The master crafter, who has been honing his craft for more than half a century, has evolved his designs and Ekstrom analyzes the feedback of legendary surfers like Richard Kenvin and Ryan Burch pilot the new designs and Ekstrom analyzes the surfboard design.

The idea behind the asymmetrical design is to cater to the surfer’s non-linear weighted stance and enhance the rider’s ability to respond with ease in both directions, while also giving the rider the speed down the line. Although Ekstrom enjoyed the thrill of surfing — especially on his asymmetrical creations — things got “kind of crowded” at Windsandria, and he shifted his focus solely to surfboard design.

To test out his prototypes, legendary riders like Richard Kenvin and Ryan Burch pilot the new designs and Ekstrom analyzes the ride and gets feedback from them. “There’s a lot of different things that people are trying to get out of a surfboard,” he said of his inspiration for the design, which he first built in 1965 and patented in 1967.

Pacifica Companies, a San Diego-based real estate developer, owner, investor and investment management company, announced on Sept. 26 that it had completed its acquisition of La Valencia Hotel. The company, which has managed the “The Pink Lady” since September last year, also committed to the future of La Valencia and to ensuring it remains the premier destination in La Jolla.

La Valencia was owned by the Collins family for 65 years before Pacifica began the process of purchasing the property last year. At the time of the initial sale, the Collins family released statements indicating their desire to sell was due in part to a polo accident suffered by Harry Collins several years ago.

Built in 1926, La Valencia sits atop La Jolla Cove in the heart of downtown and has been dubbed a "Hollywood hideaway" for some of the nation’s most elite celebrities. Pacifica owns more than 30 properties in five states, most of which are brand names such as Holiday Inn, Wyndham, Crowne Plaza and Hilton.

— Mariko Lamb
Casa de Ensuenas, the house of dreams, is a Spanish Colonial with many of the original features. Walk to the beach from this 4BR/2BA home.

$1,659,000

An absolute steal in La Jolla Shores. Just 100 paces to the park & ocean. Fabulous 2BR/2BA/den condo. One level with no common walls. Beautifully remodeled. Tennis, pool & spa.

$795,000

New Listing in fabulous Montefaro. 1 level 3BR/3BA with great kitchen & grand rotunda entryway. Stroll to fine cafes and shopping. Amenities include pool and gym.

$1,089,000

Enjoy a lush and tropical setting on a flat lot west of La Jolla Blvd and one block from the beach. French doors open to a patio and grassy backyard with built-in BBQ and private spa. www.5552chelsea.com

$1,475,000

Timeless design in the heart of the Village! Walk to everything…world-class restaurants, sun-drenched beaches, award winning schools, and more! It’s definitely a fabulous lifestyle! 2BR/3BA www.7575EadsAvenue.com

$1,095,000

An incredible opportunity to revive this Mediterranean style 6BR/6.5BA that has over 4800 SF and views over the LJ Beach Club to the ocean. Visit www.7970roseland.com for more!

$3,450,000

This beautifully appointed single level condo in the Village offers 3 bedrooms, 3.5 baths, living, dining & family rooms, 2 balconies, parking spaces & Ocean Views!

$1,995,000-$2,195,000

A pristine classic traditional and relaxed contemporary all in one, this home is ideal for the buyer who wants to relish in the California lifestyle. 5BR/5.5BA www.7172CountryClub.com

$2,795,000

Built new in 2003, this detached 3 story townhome is immaculately maintained, has easy living neutral décor, and is ready for the buyer looking to move right in! 3+BR/3.5BA www.5305alarae.com

$1,950,000-$2,295,000

Highly upgraded 6BR/5BA Mediterranean masterpiece with beautiful ocean views on every level. Panoramic ocean view rooftop deck with fireplace, spa, sauna and built in BBQ. Elevator servicing all levels from garage to roof.

$3,095,000

Enjoy spectacular panoramic ocean and sunset views from this meticulously renovated Coastal Modern in Riviera Del Mar! Sleek Viking kitchen, exquisite design finishes, 4BR/3BA.

$1,695,000

Highly upgraded 6BR/5BA Mediterranean masterpiece with beautiful ocean views on every level. Panoramic ocean view rooftop deck with fireplace, spa, sauna and built in BBQ. Elevator servicing all levels from garage to roof.

$3,540,000

Enjoy a lush and tropical setting on a flat lot west of La Jolla Blvd and one block from the beach. French doors open to a patio and grassy backyard with built-in BBQ and private spa. www.5552chelsea.com

$1,475,000

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Highly upgraded 6BR/5BA Mediterranean masterpiece with beautiful ocean views on every level. Panoramic ocean view rooftop deck with fireplace, spa, sauna and built in BBQ. Elevator servicing all levels from garage to roof.
Police continue to investigate taxi driver’s slaying in La Jolla

Police are still investigating the shooting death of cabdriver Mir Najibullah Sadat Sahou in La Jolla. Reports of gunshot brought police officers to the 6800 block of La Jolla Scenic Drive North late in the evening on Sept. 28. There, officers discovered the body of the 68-year-old Afghan immigrant.

Witnesses saw the man’s cab pull up to the west curb of the street and the driver and another male exited the car. An exchange of words and a struggle was followed by several gunshots, according to witness accounts.

The suspect got back into the cab and fled northbound on La Jolla Scenic Drive North. The taxi was found abandoned by a Northern Division patrol officer at 2:20 a.m. on Sept. 29 on the 1200 block of Coast Boulevard North.

Police have not released any information about the investigation, but they are investigating it as a robbery-murder.

Lt. Kevin Rooney of the Homicide Unit said officers have no information regarding the whereabouts of the suspect and they do not know if the suspect knew the victim prior to the shooting.

Anyone with information about the case is encouraged to call the Homicide Unit at (888) 580-8477 or Crime Stoppers at (619) 531-2293 or Crime Stoppers at (888) 580-8477.

Officials investigate chemical substance released into air in University City apartment

The San Diego Fire-Rescue Department and hazmat crews responded to reports of a chemical irritant in a University City apartment building on Sept. 28.

After several residents complained of symptoms consistent with irritants like pepper spray, including a burning throat and nose, crews evacuated several units on the top floor of the building and ordered other residents on the floor to shelter in their homes.

Representatives of both the Fire-Rescue Department and the SDPD’s Northern Division have said there is no new information about exactly what the chemical was, though the substance was determined to be non-hazardous. Officials said the chemical was diffused through the air, but they did not have information on how or why the chemical was released.

Five residents were taken to the hospital for their symptoms, which subsided, as did the chemical in the air, over time. Officials lifted the evacuation notice in the building after an hour.

— Kendra Hartmann

Which of these costly homesellers mistakes will you make when you sell your home?

SANDIEGO. A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9-Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market.

The fact of the matter is that fully three quarters of homesellers don’t get what they want for their home and become disillusioned and—worse—financially disadvantaged when they put their home on the market.

As this report uncoveres, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled “The 9-Step System to Get Your Home Sold Fast and For Top Dollar.”

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 1000. You can call any time. 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

— Kendra Hartmann

EDUCATION NOTEBOOK

• University City High School won a $2,500 donation from Westfield Plaza Bonita through the “Give Back to School” program bested by Westfield shopping centers.

• Westfield will donate more than $57,000 to local schools to be used to support programs like arts and music, sciences, physical education, libraries and technology resources.

• The shopping center will host a check presentation event for both schools at a later date.

• Three La Jolla schools have earned a national honor for their work fighting hunger.

• The schools Fight Hunger program is a two-year-old initiative focused on connecting schools nationwide with the hunger cause and helping those schools fight hunger most effectively.

• The schools Fight Hunger program features an awards program (and the chance to have school efforts multiplied thanks to ConAgra Foods) for participating and reporting schools.

By activating students around a schoolwide food drive, organizing volunteers for a local pantry or food bank or cultivating a school garden to provide fresh produce for the cause, schools across the country have been playing a larger and larger role in helping to fight hunger nationwide.

“The students, staff and families of our School of Distinction schools should be very proud of their efforts and the impact they’re making on the hunger cause,” said Schools Fight Hunger founder Tim Sullivan. “Of course, the short-term results are impressive, but we also love to see how our next generation of leaders are getting active in their communities at such a young age. In a day when so much news about our kids and our schools seems so negative, these schools and these students are well worth celebrating.”

The Fall 2011 Schools Fight Hunger program is focused on connecting schools nationwide with the hunger cause and helping those schools fight hunger most effectively.

To learn more about the La Jolla schools efforts or to get involved, visit www.schoolsoffighthunger.org.

— Kendra Hartmann

University City – New Home
4 br/3.5 ba, 1977 esf
$684,888

SOLD

Birdrock
3 br/2 ba, 1666 esf
$1,196,000

SOLD

Muirlands - Panoramic Ocean Views
4 br/2.5 ba, 2521 esf, exquisite remodel
$1,250,000 - $1,399,000

JUST LISTED

High AVE.
3 br/2 ba, 1635 esf
$1,245,000 - $1,445,000

SOLD

Village Charmer
3 br + den/3 ba, 2470 esf, single level
$1,650,000 - $1,795,000

JUST LISTED
NIH recognizes Dr. Gage’s neurological diseases. Mosaics make identical twins different. To understand how unique genomic elements of genetic material can be studied, researchers in his lab will pair two clients, David Finley, after he fell and suffered serious injuries while playing basketball at Club One, a fitness facility in Carmel Mountain Ranch.

UCSD bio-engineering professor Shu Chien was honored by President Obama on Sept 27 with the National Medal of Science, the highest honor bestowed by the United States government on scientists and engineers. Chien was one of seven researchers to receive the award, and was the only engineer among the medalists.

Chien is a professor in the department of bioengineering at the UCSD Jacobs School of Engineering. He is a world leader in the study of how blood flow and pressure affect blood vessels and is the director of the school’s Institute of Engineering in Medicine. Chien is a Fellow of the American Academy of Arts and Sciences and has published more than 500 archival journal articles and 11 books. He has served in leadership positions in the Federation of American Societies for Experimental Biology (FASEB) and the American Institute for Medical and Biological Engineering (AMBE).

The National Medal of Science was created by statute in 1959 and is administered for the White House by the National Science Foundation. Awarded annually, the Medal recognizes individuals who have made outstanding contributions to science and engineering.

People

Fred Gage, a professor in the Salk Institute Laboratory of Genetics and holder of the Vi and John Adler Chair for Research on Age-Related Neurodegenerative Diseases, was named a 2011 recipient of the National Institutes of Health (NIH) Director’s Transformative Research Projects (TR1) program.

Only 17 TR1 projects were selected throughout the country and will be supported with a total of $15.8 million in funding. Gage, who will receive $700,000 over the next five years, was the sole researcher in San Diego awarded a grant by the program.

Gage has challenged the theory that most healthy cells in an individual possess identical genomes by showing the activity of mobile genetic material can create a unique mosaic of different genomes in any one individual’s brain. Researchers in his lab will pair a client, David Finley, after he fell and suffered serious injuries while playing basketball at Club One, a fitness facility in Carmel Mountain Ranch.

GAYLE BLATT

La Jolla’s City resident Gayle Blatt was honored as an outstanding trial lawyer by the Consumer Attorneys of San Diego (CASD) during a special “Evening with the Trial Stars” dinner at the U.S. Grant Hotel in downtown San Diego on Sept. 30.

Every year, CASD — a local organization of trial lawyers dedicated to preserving and protecting the legal rights of consumers — celebrates the accomplishments of San Diego attorneys who have obtained outstanding results for their clients.

The firm’s senior partner, David S. Casey, Jr. — who founded the firm with Roger Lasken of the J. Craig Venter Institute to develop innovative single cell approaches to understanding how unique genomic elements of genetic material can be studied — received the award.

Gayle Blatt and other Casey Gerry attorneys were honored for their efforts on two separate cases.

Blatt and colleague Robert J. Francavilla were commended for their work on Finley v. Club One, Inc. Francavilla and Blatt obtained $1.8 million for their client, David Finley, after he fell and suffered serious injuries while playing basketball at Club One. A fitness facility in Carmel Mountain Ranch.

Diane Malloy knew that creativity flows out of La Jolla — she just didn’t see any outlet for it.

For years, Malloy has been involved with San Diego Writers, Ink (SDWI), an organization dedicated to serving San Diego’s literary scene. The group hosts events like open mics, writers’ roundtables and critiquing sessions. Starting out as the Writing Center in the 1990s, the organization became incorporated and changed its name in 2004. Since its base began to grow, Malloy, a La Jolla who has worked as a writer, a teacher and a counselor and has experience writing everything from grants to fiction, has seen drop-in creative writing groups pop up in just about every corner of the city — except La Jolla.

“There was such a need for this kind of thing in La Jolla,” she said. “There is one downtown, there was one in South Park that moved to North Park, and there used to be one in Del Mar, but we never had anything in the north city area.”

Malloy took that hole and filled it with the Pen to Paper weekly drop-in writing group. Every week since Aug. 25, Malloy has hosted an ever-changing group of writers at the La Jolla Risdorf Library.

From those who have never written a word to accomplished scribes who have been published (“It’s a very even playing field,” she said) show up, pen and paper in hand, Malloy gives them a prompt — a photo or perhaps a word — and they set to writing whatever comes to their minds for 20 minutes. Afterward, those who wish to read what they’ve written are welcome to do so. The group then repeats the process, and they’re done.

“This is just about sitting and moving pens,” Malloy said. “The time frame is designed to get people in and out on their lunch hour. They can do this quickly.”

La Jollans, it seems, have responded to Malloy’s offer. She said in the month since the group began, she has seen about 50 people in total come and go. Some show up regularly, while others come when they have the time. The group’s average size on any given week is about a dozen writers.

“I’ve been wanting to do this for years,” Malloy said. “Lots of people have asked me in the past why there was nothing like this in the area. People keep telling me they’re so glad we’re here, and one woman said she’s wanted something like this for 30 years.”

In addition to helping writers exercise their brains and “get their creative juices flowing,” Malloy said the group offers another much-needed benefit: community. “Writers lead such solitary lives,” she said. “We keep each other going and keep each other motivated. It’s good for writers to know other writers.”

The group meets at the library, 7555 Draper Ave., every Thursday from noon to 1 p.m. For more information, visit www.sdwi.org, or call (858) 472-2405.

Photo credit: Kendra Hartmann
EKSTROM CONTINUED FROM PAGE 1

surfboard," he said, adding that although there may be a perfect board for a certain rider on a certain wave, the same board might not work for another rider.

“As surfing trends change, we have to come up with new designs to accommodate for that,” he said. “Everyone is looking for their own thing in a board. Most of us are refining, refining, refining until getting it to its optimum. We all have our own thing we’re designing for and it’s constantly evolving.”

He is working with Kemvin on a project called Hydrodynamica — a collection of surfboards inspired by the work of Bob Simmons, a California surfer and shaper who died while surfing at Windansea Beach in 1954. He is on the cutting edge of developments in the sport and constantly experiments with new ways to better serve the rider.

At the Sacred Craft Consumer Surfboard Expo, Ekstrom will be honored during the “Tribute to the Masters” event. Ekstrom will be honored during the “Tribute to the Masters” event, for his contribution to shaping boards, Ekstrom extended his passion for industrial design to designing ever-evolving practical surfboards — continues to shape his legacy as an innovative board designer, experimenting with techniques such as the finless board and “fish egg” tail design. Revolutionizing the art of surfing has translated into the capacity for creating ever-evolving practical designs and functional works of art for the veteran surfer, serving as a foundation for future innovations in a variety of industries.

He will also have his own prototypes to come up with new designs to accommodate for that,” he said. “Everyone is looking for their own thing in a board. Most of us are refining, refining, refining until getting it to its optimum. We all have our own thing we’re designing for and it’s constantly evolving.”

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Just after 6:30 p.m. on Sept. 30, the Wells Fargo bank inside the Vons grocery store at 7444 Girard Ave. was robbed by an armed man who resembled the “Geezer Bandit” — an armed and elusive serial bank robber described as a 6-foot, 190-pound, grey-haired white male in his 60s or 70s.

The elderly-looking male in Wells Fargo bank’s surveillance video looked similar to the Geezer Bandit, who is suspected of robbing 14 banks throughout Southern California since August 2009 — including the Bank of America on Girard Avenue and the San Diego National Bank on Ivanhoe Avenue. FBI Special Agent Darrell Foxworth, however, said the FBI has not confirmed the robber is part of the Geezer Bandit bank robbery series.

Witnesses described the robber at the Wells Fargo bank as being a 6-foot-1-inch, bald, thin white male in his 70s wearing glasses, a grey suit and possibly makeup.

Some investigators speculate the Geezer Bandit and the elderly white male who robbed the La Jolla bank may, in fact, not be “geezers” at all and that the descriptions are based on an elaborate disguise.

To report information, contact the San Diego FBI office at (858) 565-1255 or Crime Stoppers at (888) 580-8477.

— Marike Lamb

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San Diego Bahá’í Center
6545 Alcala Knolls Dr. (Off Linda Vista Rd)
9:30 am – 10:00 am Multi-Faith Devotional Program
10:30 am – 12:00 pm Introductory Talk & Discussion

Please call 858-268-3999 for more information and visit our websites:
www.sandiegobahai.org • www.bahai.org

I don’t just list, I SELL!
“Mr. President, three years ago I met you at a similar venue and told you then that I worried about you — you answered that you were worried about yourself too. You were a candidate then. I must admit that I have not stopped worrying since and that you are also getting a little too thin.”

This was my opening line when I asked him over to hold for President Barack Obama on Sept. 26. He laughed and said his wife, Michelle, agreed with me. Back in 2007, two weeks after he was flung open to the rows of tables and doors into the foyer. At that third checkpoint, more security guards — Secret Service agents — all in black suits — waited to look into my purse. But there is no money for the corps of engineers to build such a pipeline. We were asked to wait until he left with his motorcade. It is a special thrill to be in the presence of the president of the United States — something seems to rub off and make us feel a little bit larger, more confident. One dealt with the idea of installing a water pipeline to go from the United States of America with clarity, accuracy, brevity and backbone. Another question that struck me was asked by Janice Brown. She wanted to know when he would finally get “pissed off.”

“She said she does read them and mentioned that both Freedman and Brooks are good friends and agree with him 80 percent of the time, but that is not what they write about. Controversy is what makes headlines.”

The luncheon was held in their large courtyard, covered by a tent with long tables seating 130 of us (I counted). Salads were waiting for us — Chinese noodles over lettuce with pepper and chicken strips catered by Elegant Gourmet. Huge, delicious cookies baked by François Goedhuys, owner of Girard Gourmet, were decorated with the Obama campaign logo — a circle with a red, white and blue rainbow.

I had expected traffic congestion getting to La Jolla Village Drive and then onto La Jolla Mesa, but the roads were clear as I passed the first checkpoint and arrived at the second, where police on motorcycles and Secret Service agents — all in black suits — waited to look into my purse and check my ID. Golf carts took us up the two blocks to the house where a dozen other early arrivals awaited the signal to enter through the large double doors into the foyer. At that third checkpoint, more security guards armed with metal detector wands checked me over, and the metal in my hip made it buzz. We waited again until the entrance to the courtyard was flung open to the rows of tables and more black suits surrounding the area.

While we ate our salads, Rep. Jared Polis of Colorado — son of Susan and Steve Schulte of La Jolla — spoke to us about the sad state of education in our country. Jared is passionate about the issues facing our nation. He also addressed immigration, trade agreements, the Tea Party and several other topics. He is a wonderful spokesperson for all the things I believe in, too, and has a great political career in front of him.

“We had barely finished our lunches when the president arrived, straight from another such event in San Jose (looking fresh — I don’t know how he does it). His navy-blue suit was impeccable, though hopefully the seams were left large enough to make it bigger if he gains the weight back. But then, he’s the president; I guess if the suit becomes too tight, he’ll be able to afford a new one.

“A palpable rush of excitement accompanied his arrival. He really does have a wonderful, contagious smile. He spoke for about twenty minutes on the expected topics (immigration, taxes and healthcare issues) but then said he preferred a discussion. As my seat at the table was a few feet from where he was standing — and I know how to wave my arm — he looked at me and said he would take the first question from the lovely lady in front of him. I was going to say that I was neither lovely nor young nor always sure about lady,” but asked instead about something I was truly wondering about.

“I assume, I said, that his staff gives him summaries of all the news media from around the world — he nodded yes — but does he also read in their original the likes of Thomas Freedman, Paul Krugman, Maureen Dowd, and if yes, what kind of impact do these columnists have on him?”

He said he does read them and mentioned that both Freedman and Brooks are good friends and agree with him 80 percent of the time, but that is not what they write about. Controversy is what makes headlines.

Another question that struck me was asked by Janice Brown. She wanted to know when he would finally get “pissed off.”

“Now,” he said to great applause. “We also found out that his favorite drink is a martini straight up, but on Friday and Saturday nights, his favorite movies are the first two Godfather films and he likes re-reading Shakespeare. Faulkner and Hemingway.

Although there were many more hands up for questions, he had to get on his plane for the next event in Los Angeles. We were asked to wait until he left with his motorcade.

It was a special thrill to be in the presence of the president of the United States — something seems to rub off and make us feel a little bit larger. Part of a tight community; part of a proud country. Especially for someone like me, an immigrant who came through Ellis Island armed with not one word of English, the fact that “I talked to the president” was, and is, awesome.

The Art & Wine Festival drew crowds to the Villa Beach & Bay Press海湾新闻，的口号“艺术与葡萄酒节”由Jane Lillico赠送贵宾。照片由Don Balch

The festival provided fun for the whole family as children enjoyed painting a car supplied by Wilt Lincoln of San Diego, far left. Para el artista Blazk, también disponible para los pequeños invitados fue el “La Mejora” de abajo, donde los estudiantes pudieran crear su propio arte. Foto por Sara Wildey.

Exhibitors pulled out all the stops when they came to showing off their creations. Far left, Bridget Thompson displayed her decorative purses created with living flora (left, far left). Photo by Don Balch.

The La Jolla Art & Wine Festival drew crowds to the Villa Beach & Bay Press海湾新闻，的口号“艺术与葡萄酒节”由Jane Lillico赠送贵宾。照片由Don Balch

Exhibitors pulled out all the stops when they came to showing off their creations. Far left, Bridget Thompson displayed her decorative purses created with living flora (left, far left). Photo by Don Balch.

Submissions
announcements, photos and story ideas are welcomed. We ask that content be at least one week prior to publica 

Opinions
The opinion expressed on the Opinion Page do not necessarily reflect those of the paper or the San Diego Community

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Now accepting women’s and men’s consignments.
Talking too much or not at all

By Natasha Josefowitz, Ph.D.

We have all attended meetings disrupted by someone who takes up all the “air time.” We have also been at meetings where one or more participants do not contribute. This goes for meetings where one or more participants do not contribute. This goes for meetings where one or more participants do not contribute. This goes for meetings where one or more participants do not contribute.

There is usually an underlying reason someone talks too much or doesn’t talk at all. Often, women worry that what they have to say will be seen as irrelevant or reveal their ignorance. Most men believe they’re doing well unless criticized, while most women believe they’re not doing well unless praised. As positive feedback is not a norm in most workplaces, women often don’t know how their contributions are received.

This behavior begins in kindergarten when a teacher asks a question and all the little boys’ hands go up whether or not they know the answer. The little girls will only raise their hands when they’re sure they know. As a result, boys are called on more often than girls and get to practice their responses more.

On the opposite end of the scale are those who won’t shut up. They may express a thought slowly or try to add something after each comment by others. Often this person is a higher-up and believes it is his prerogative to continually opine or hold forth ad nauseam.

But, it is also often people who feel lower down on the totem pole and want to show they are not inadequate as they believe others perceive them. They keep talking to show they are indeed as knowledgeable as the next person.

What to do? If you’re the leader of such a group, your task is to ask the non-talkers for their opinions and reinforce the validity of the contribution by referring to it. After the meeting, the leader can tell the non-participators privately their contributions were helpful and appreciated. If there is no leader to perform this task, anyone who notices a silent person can engage them and validate what is then being said.

As a leader in a group with an over-eager person, your task is more difficult. How do you shut someone up without offending? If you guess it is a person who speaks out because of feeling inferior, you would use the same tactics of reassurance and support. If it is a higher-up who won’t stop talking, you can discreetly ask — after the meeting — for suggestions on how to better equalize the airtime. Perhaps he or she can be asked to monitor how much others talk and discuss observations with you.

Suggesting that junior members are unwilling to express their thoughts and feel intimidated because the talker always seems to have something to say about everything might be a strategy for quieting an over-talker. Asking them to help you encourage others to talk will give them a role. If it’s a junior member, he or she can be asked to take notes.

Generally, people speak too much or too little for real reasons. Responding to the underlying need to express or withdraw might solve the problem — at least in the short run.

Some years ago we were members of a monthly dinner group of several very congenial couples. Unfortunately, one member was totally unaware she was using up all the airtime. We were all equally annoyed and equally unwilling to hurt this person, so we said nothing and instead looked at each other with dismay as she rambled on, nonstop. All we did was to note how their contributions were received. This can also help when it is hopeless to change behavior.

I believe, however, that allowing this to continue is a disservice to an individual who is unaware of the irritation that such behavior causes. The ultimate consequence is that such people will not be asked to join other groups, be they work groups or social gatherings, and will suffer from the inevitable exclusion.

So the kind, though difficult, thing to do is to take this person aside and ask whether they are aware of talking more than anyone else. Whatever the answer, this behavior is usually unconscious and responds to some psychological need. If the individual becomes defensive and refuses to acknowledge the person with examples of the repercussions of their disruptive behavior. It is important to be aware that criticism should always be constructive and offer an opportunity for growth.
Depending on how you view it, either Earth has a major case of the blues or rarely sings the blues. Between the sky and ocean, blue is the most widespread color on the planet. The sky is blue because rays of sunlight streaming into our atmosphere separate into individual wavelengths (colors) as they pass through each air molecule. Longer wavelengths (like red) pass straight through but the shortest wavelength in the visible color spectrum, blue, gets absorbed. Look anywhere and blue is spayed out all around the sky. The ocean is blue because water molecules also absorb colors in the red part of the light spectrum, leaving behind the blues for us divers.

For all the blue sky and ocean, true-blue plants and animals are an elite group. Blue life is rare because few living systems have an alkaline chemistry. (Recall the age-old litmus test where the strip turns red (or pink) for acid and turns blue for alkaline.) Even so, most biological blue is from iridescent proteins (bubble gum ice cream doesn’t count). Dearth of blue foods (bubble gum ice cream doesn’t count). Even so, most biological blue is from iridescent proteins. For all the blue sky and ocean, blue life is rare because few living systems have an alkaline chemistry. (Recall the age-old litmus test where the strip turns red (or pink) for acid and turns blue for alkaline.) Even so, most biological blue is from iridescent proteins. But A. cyanocrypta can’t take credit for its striking hue: that’s the domain of a strain of blue-green bacteria that sponge, so to speak, off the host. The sponge sponges, too, because while the bacteria gush shelter and protection from hungry grazers, the sponge gets nutrients made by the symbiont. Ready access to nutrients boosts the sponge’s survival, particularly when it’s most vulnerable — in the earliest growth stages (sex cells to larval development). Growing fast means the sponge can better compete with other organisms looking for space on an otherwise crowded reef. Sponge-microbe relationships are not unusual, with the color of the symbiotic microbes often masking the sponge’s construction. In this case, an undescribed A. cyanocrypta is pale orange.

In an experiment that revealed the sponge-bacteria relationship, a host sponge covered by photosynthetic blue-green bacteria was partially shaded to reduce light (inhibit photosynthesis). Over time, the sponge’s footprint under the shaded area was lost to other plant and animal growth, while the lit area remained robust. Further work showed the microbes to be important for more than photosynthesis: they harbor an enzyme that allows them to transform nitrogen gas into solid form, a necessary but limiting nutrient for animals. Like spinning straw into gold, animals can’t pull off this trick. But when researchers discovered that more of the enzyme was found in the wall-like sponge region than in the shaded part, they found another reason the sponge is dependent on the microbe. And with an in-house factory to keep the pantry stocked, sponges can expand their range. The potential downside to this relationship lies within the symbiont, which, if overgrown, can smother the host’s tissues. Somehow, the sponge must have a control mechanism to counteract this inevitability, such as a way of starving the symbiont. Naturally occurring iridescent blue pigments are also rare, but for other reasons. Before chemists figured out how to reproduce blue, it was mined. Lapis lazuli, an intensely blue, semi-precious stone, has been known for millennia and enjoyed a thriving trade in antiquity. Lapis was probably most used in printing and paintings throughout the 11th and 15th centuries. Interestingly, though the sky is closer at hand, they called it ultramarine (ultra-marine), which means “from beyond the sea.”

— Judith Lea Garfield, naturalist and underwater photographer is author of two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. For info or to send comments, contact jgarfield@ucsd.edu.
three or four spots from a variety of restaurants, see the menu beforehand and sit down inside the restaurant for a meal.”

Despite the mere $5 price tag, the restaurants do not skimp on the dishes. Finch’s Wine Bar and Bistro will be offering two fulfilling options, including pistachio-crusted salmon, French lentils, ratatouille and saffron citrus beurre blanc or a chocolate French toast sandwich served with maple bourbon bacon ice cream.

Other meal options include a trio of street tacos at Jose’s Courtroom, smoked gouda mac and cheese at Prospect Bar and Grill, salmon-nashi poke at Zenbu Sushi and homemade lasagna pauliase at Vigilucci’s Ristorante.

Kennedy said the La Jolla location was an easy choice for the Grub Sprawl. “It’s just the perfect San Diego spot,” she said. “We wanted to fill the calendar with spots where guests get the chance to experience restaurants they may never have gone to before.”

The Grub Sprawl tour has already made successful stops in North Park, Coronado and Hillcrest, with an increasing number of Grub Sprawl groupies attending each month. Participants can pick up a complimentary wristband and map at 5:45 p.m. from one of two check-in locations — Finch’s Wine Bar and Bistro on 7644 Girard Ave. or the Mediterranean Room at La Valencia Hotel on 1132 Prospect St. — for the chance to grub on good eats at some of the Village’s best restaurants.

For more information about Grub Sprawl, visit www.grubsprawl.com or call (619) 858-0322.
**THURSDAY, Oct. 6**

- **“Fleurs du Mai,”** 8 p.m., The Loft, 9500 Gilman Drive, film showing, (858) 822-3199, www.artpwr.com, $8 general admission, $6 members
- **“The Most Beautiful Museums of Europe,”** 7:30 p.m., Athenaeum, 1000 Wall St., (858) 454-5872, www.jplatenaean.org, $12 members, $17 nonmembers
- La Jolla Community Planning Associa- tion meeting, 6 p.m., La Jolla Recre- ation Center, 615 Prospect St., (858) 454-7900, www.lajollaplacca.org, free

**FRIDAY, Oct. 7**

- An evening with Abigail Washburn, 8 p.m., The Loft, 9500 Gilman Drive, (858) 822-3199, www.artpwr.com, $20 reserved, $15 general admission, $10 UCSD student, UCSD student member free at door

**SATURDAY, Oct. 8**

- Guided walking tour of historic La Jolla, 10 a.m., Wisteria Cottage, 780 Prospect St., 1.5 mile docent-led tour by a knowledgeable volunteer, RSVP required, (858) 480-6424, $10, chil- dren 12 and under free
- **“Quartang!”** 5 to 10 p.m., Thumbprint Gallery, 920 Kline St., opening recep- tion for new works by Dion Terry and Richard Sauido, on display until Nov. 6, (858) 354-6294, www.thumbprintgallerysd.com, free
- **“Paradise Plundered: Fiscal Crisis and Governance Failures in San Diego,”** 7 p.m., D.G. Wills Books, 7812 Girard Ave., authors Steven P. Eire and Vladimir Kogan, (858) 456-1800, www.dgwillsbooks.com, free
- **“Lam Ron with Margues Tohner,”** 8:30 p.m., The Loft, 9500 Gilman Drive, (858) 822-3199, www.artpwr.com, $13 advance general admission, $15 general admission at door, $12 UCSD student, UCSD student member free at door

**SUNDAY, Oct. 9**

- Weekend with the locals, noon, War- wick’s 7812 Girard Ave., Donna Mis- cola discusses her book “When the de la Cruz Family Danced,” (858) 454-0347, www.warwicks.com, free
- **“Art in the Spotlight: 100 Years of Scripps,”** 7:30 p.m., Birch Aquarium, 2300 Expedition Way, a moonlight walk and tour led by aquari- um naturalists along the Allen Browning Scripps Memorial Pier, RSVP required, ages 9 and up, (858) 534-7336, http://aquarium.ucsd.edu, $22 members, $25 nonmembers
- **“Assist Jory Herman mini-concert, noon, Athenaeum, 1008 Wall St., (858) 454-5872, www.jathenaean.org, free**

**TUESDAY, Oct. 11**

- Promises2Kids fundraiser, 7 p.m., Lawrence Family Jewish Community Center, 4126 Executive Drive, fundrais- er featuring best selling author Dave Pelzer of “A Child Called It” to benefit Promises2Kids, (858) 362-1348, www.sjdjc.org, $16 general admission, $12 students and members, $40 VIP tickets including wine and cheese reception with the author
- **“Wicked Bugs: The Louse that Con- quered Napoleon’s Army and other Dia- bolical Insects,”** 7:30 p.m., Warwick’s, 7812 Girard Ave., book discussion and signing, (858) 454-0347, www.war- wicks.com, free
- **L.O.L. (Loft Out Loud) with the Hinges,** 8 p.m., The Loft, 9500 Gilman Drive, comedy performance, (858) 822-3199, www.artpwr.com, $10 general admission, $8 UCSD staff and faculty, $5 UCSD student, UCSD student member free at door

**WEDNESDAY, Oct. 12**

- **“Pen to Paper” writing workshop, noon, La Jolla Library, 7555 Draper Ave., La Jolla Library and San Diego Writers, Ink’s weekly drop-in writing section, plankton collection and obser- vation of marine life.
- **“Promises2Kids fundraiser,”** 7 p.m., Warwick’s, 7812 Girard Ave., book discussion and signing, (858) 454-0347, www.warwicks.com, free
- **La Jolla Town Council meeting, 5 p.m., La Jolla Recreation Center, 615 Prospect St., (858) 454-1444, www- ljatlowncouncil.org, free
- **“Pen to Paper” writing workshop, noon, La Jolla Library, 7555 Draper Ave., La Jolla Library and San Diego Writers, Ink’s weekly drop-in writing group, (858) 412-6531, www. ljallajlib.org, free

**THURSDAY, Oct. 13**

- **“Ghost Wave: The Discovery of Cortes Bank and the Biggest Wave on Earth,”** 7:30 p.m., Warwick’s, 7812 Girard Ave., journalist Chris Dixon book dis- cussion and signing, (858) 454-0347, www.warwicks.com, free
Artful fashions, new commissioners in town and speaking up for children

**SOCIETY**

**LA JOLLA VILLAGE NEWS**

**THURSDAY · OCTOBER 6, 2011**

 lis Parrish, Fred Applegate Porteymour (event chair), Phyl- son, Sandy Redman, Ramin ic left: Andrea

The Country Friends’ 56th annual Art of Fashion event held Sept. 22 at The Inn at Rancho Santa Fe, honored the late Luba Johnston (fondly remembered as the grande dame of Rancho Santa Fe), as well as Priscilla Webb, who, through her volunteer efforts, helped to launch the Country Friends in 1961.

The event is the organization’s largest fundraiser, focusing on support and funds for human care agencies throughout San Diego County. This year’s show, chaired by Mia Solonok and produced in partnership with South Coast Plaza, featured fashions from the fall and winter collections of some of the world’s most distinguished designers.

A shade-cloth canopy covered the dual runways and seating area, and the weather was somewhat cooler than usual, much to the guests’ delight. The 15-minute show displayed a variety of looks in rapid suc- cession. When one model’s shoe broke early in her runway trip, she picked it up and began to complete her circuit on one very high-hillside and the toes of one bare foot until a rend ankle — so skillfully accomplished that many spectators never noticed the missing shoe. A post-show “Aprés Affaire” featured boutique shopping, a vignette surrounding a missing shoe. A post-show “Aprés Affaire” featured boutique shopping, a small space and seating area, and the “Legends of the Badge” gala fundraiser. During the dinner, there was a 90-minute keynote speech by Steve Gregory, senior vice president of the San Diego Police Department. The program included short videos on the stories of five former police officers who have taken on new roles in the community, focusing on reentry and support for families affected by the justice system.
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**GALLERY**

14

THURSDAY · OCTOBER 6, 2011

LA JOLLA VILLAGE NEWS
**Donovan’s Steak House**

They may look good enough to eat, but the paintings and sculptures at Donovan’s of La Jolla are strictly off limits – so you’ll have to content yourself with the USDA prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan’s, fresh seasonal vegetables and your choice of potato are always included with each entrée.

**Cafe Milano**

Owner/Chef Pasquale Canni, brought Northern Italian cuisine to La Jolla 12 years ago & has been successfully pleasing both local residents & out of towners, even out of the country guests, with his home made pappardelle pasta, veal ossobuco, lobster ravioli and other many authentic Italian dishes. Cafe Milano offers your palate an exciting & incredible experience for the whole family at affordable prices. Early Bird Special: 4:30 p.m. and 6:10 p.m. and choose a select soup or salad, menu entrée, and dessert for $17.95.

**Pho La Jolla**

Pho La Jolla has taken the art of Vietnamese cuisine and transformed it into something very delicious and satisfying for their customers. It presents the fusion of “East meets West” menu options with something very delicious and satisfying for their customers.

“Written by a discerning customer.

**La Dolce Vita Ristorante**

Host/Owner Enzo Castiglione, shares the secret family recipes from Raduccio, his native town in Sicily, the true Italian dishes that gives La Dolce Vita its reputation for genuine Italian cuisine. Enzo and his staff have a warm way of welcoming patrons to their homey restaurant atmosphere to enjoy a remarkable dining experience. Loyal to its name, La Dolce Vita (the sweet life) is the place to sit back, relax and enjoy a hearty meal along with a nice bottle of wine, to the classic Italian tunes. Buon Appetito!

**El Pescador**

Serving La Jolla since 1974, El Pescador provides the freshest and finest fish around. A full service fish market and restaurant that remains unsurpassed for its quality and selection. On a daily basis from 10AM - 8PM we offer hot char-grilled and sautéed seafood items, such as sandwiches, plates, and salads. Proudly serving San Diegans for over thirty five years, we hope that you will join us soon.

**TGI Fridays**

T.G.I. Friday’s, the first American casual dining chain, is a dining experience that has become the favorite pastime of millions since 1965. The first T.G.I. Friday’s was located in New York City and featured red and white stripes, a blue exterior and its name – T.G.I. Friday’s. Inside were wooden floors, Tiffany lamps, bentwood chairs and striped tablecloths. At T.G.I. Friday’s, we’re known for an unsurpassed menu selection of food prepared to perfection, served in a lively, engaging atmosphere for the entire family.

**Pizza Pronto**

At Pizza Pronto, we offer you a choice of traditional and cutting-edge homemade sauces, only the freshest, most wholesome, all-natural toppings, a tangy blend of special Italian cheeses, and a crust baked just the way you like it. Pizza Pronto, Traditional Italian with a California Twist! To view our complete menu list and to place your order on line for pick up or delivery, visit us on the web at www.pizzaprontolajolla.com.

**The Broken Yolk Café**

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

**French Gourmet**

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

Above, Tiare Thompson, 10, stylishly bottom turns into a wave during the WindanSea Surf Club's Menehune Contest on Oct. 1. Right, Rory Engh readies for a girls 6-to-9 longboard heat. Far right, “Comdog” contest winner Luke Hartman looks up in surprise as he is chosen as the sandiest kid. Photo by Don Balch

In honor of and to bring awareness to the plight of women around the world who go to great lengths hauling wood to cook for their families, a group of activists is walking from San Diego to Los Angeles with 40-pound packs of wood on their backs. Over 11 days, the Wood Walk will raise money to buy stoves for families in developing countries. Photos by Sharon Hinckley

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Call for your free consultation and receive $200 off on your first full head of hair replacements. 858-456-2344 or go to www.beautybyjudyinfo Judy Judy Judy Hair Salon. 7734 Herschel #P, La Jolla

San Diego Nurse Is Speaker At Care Managers Retreat

Colleen Van Horn from Innovative Healthcare Consultants was among the 40 advanced geriatric care management professionals who attended The National Association of Professional Geriatric Care Managers Advanced Practice Retreat, which took place September 15-18, 2011 in San Diego, CA.

Professionals from around the country came together to share best practices from both the clinical and business perspectives. The conference was aimed at geriatric care managers with more than five years of experience and who are instrumental in the day to day management of a geriatric care management practice. The intimate setting allowed those in attendance to perfect and enhance the services they provide to those challenged by issues of aging.

Highlights of the conference included:
• New ideas on how to make hospital transitions positive.
• How to add elements of “quality of life” to each client’s plan.
• How to deal with resistance to care in kind and mindful approaches.

More information about Innovative Healthcare Consultants can be found at www.innovativehc.com or call us at (760)731-1334

About NAPGCM
The National Association of Professional Geriatric Care Managers (NAPGCM) was formed in 1985 to advance dignified care for older adults and their families. Geriatric Care Managers are professionals who have extensive training and experience working with older people, people with disabilities and families who need assistance with caregiving issues. They assist older adults who wish to remain in their homes, or can help families in the search for a suitable nursing home placement or extended care if the need occurs. The practice of geriatric care management and the role of care providers have captured a national spotlight, as generations of Baby Boomers age in the United States and abroad. For more information please visit www.caremanager.org or NAPGCM on Facebook.

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Shores resident pens book on leadership

When longtime La Jolla Shores resident Nina Rosoff decided she wanted to share her philosophies about paradox and leadership with the world, she pulled out all the stops and stayed determined until her name finally ended up on a book cover.

With no agent, she spent four and a half years perfecting a 30-page proposal about how to be a leader during uncertain times and she had 16 meetings with editors until Routledge presented itself as the perfect publishing match.

“An example of a paradox,” said Rosoff, “is the fact that technology keeps us connected but it also disconnects us.”

In Rosoff’s book, she examines seven leadership paradoxes that she has observed in her years working with leaders of Fortune 500 companies and universities nationwide.

“The Japanese automaker has proposed allowing the city to use 34 of the 2012 vehicles at no cost for two years, a financial value placed in a City Hall report at between $555,000 to $1.1 million. The city would also have an option to buy the vehicles at the end of the two years, according to the proposal.”

The estimated savings of using these vehicles for free ranges from more than $491,000 to more than $982,000, depending on the actual agreement.

City lifeguards might appear in the two television commercials, but the committee was told that Toyota is more interested in seeing Toyotas on the beach as the city lifeguards’ “official vehicle” and brand name, rather than focusing on the individuals behind the wheel.

No specific beach area was mentioned as to where the commercials might be made. Toyota would reimburse the city for the cost of staff time for filming and/or recording commercials or other activities.

Two radio ads are also suggested in the proposal, along with public service announcements. The city would have final approval of all content before use by Toyota, according to the city report.

Toyota has suggested promotional events at city facilities and “Water Safety Days” sponsorships at Toyota dealerships. Despite the small plate servings, past attendees have said the specially prepared dishes add up to quite a satisfying and fulfilling dinner at the end of the night.

Since the Foundation’s inception of the Taste of La Jolla in 2000, volunteers have raised more than $200,000 for the high school. Funds raised at the event are used to insulate LJHS from deep budget cuts that threaten faculty and staff positions, the availability of textbooks, critical supplies, course offerings, and maintenance to the school. Tickets are $45 in advance and $50 at the event. To purchase tickets, call (858) 551-1250 or visit www.ljhs-.sand.net.foundion.

— Mariko Lamb
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Wendy Hiner  
858-401-0782

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895 Sunset Cliffs Blvd.  
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Tami Fuller  
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Sat 1-4pm  
5097 West Point Loma Blvd.  
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Tami Fuller  
619-226-8264

Sat & Sun 1-4pm  
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Cindy Wing  
619-223-9464

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Welcome to a new chapter in Bentley history. The new Continental GT - a remarkable fusion of breathtaking performance, sensuous luxury and modern technology. This stunningly sculpted coupe's sharp features are indicative of Bentley's DNA. It harnesses an incredibly powerful 567bhp (575PS, 423kW) FlexFuel W12 engine sporting innovative capabilities for everyday driving. This is matched with an exquisitely handcrafted, contemporary interior to ensure you are transported by all-wheel drive across countries and continents in superior comfort and elegance. Supreme motoring that is unmistakably Bentley. Welcome to the new Continental GT.
Classic Beach House

With approx. 115 feet of sandy beach frontage in La Jolla’s coveted Barber Tract, this timeless 5 BR/4BA oceanfront home with mesmerizing sea views offers almost a 1/2 acre of lushly landscaped grounds and a detached guesthouse.

Offered at: $12,500,000

Go to YouTube (Casa del Lido) for an informative video about this unique offering.