Two pairs of college sweethearts will spend Valentine's Day together — one for the very first time as a married couple, the other for the 53rd year in a row.

By MARIKO LAMB | VILLAGE NEWS

Rodger and Mary Heglar

One was a quiet scholar; the other was a fairly “Eel-singing, guitar-playing, beer-slinging” type of gal. At the beginning of their relationship, some said they wouldn’t last six months because of their differences. But they had one underlying foundation that was solid as a rock: love.

On Valentine’s Day this year, Rodger and Mary Heglar will celebrate their 53rd anniversary together, defining the odds their fellow graduates held against them — and by quite a margin.

The duo met at the University of Michigan in 1959.

“She snuck up on me,” Rodger said. “I hadn’t left Seattle for a whole year yet, and bam! I was married.”

Mary, an undergraduate journalism major and anthropology minor, and Rodger, who was working on his anthropology doctorate at the time, frequented the same lounges on campus where they met. “I walked in and there he was. He was studying for his doctorate, and he hung out in the lounge,” Mary said. “Pretty soon, I started hanging out in the lounge.”

After getting married on an icy, cold Valentine’s Day by the county court judge in Ann Arbor, the duo finished up school, took their honeymoon in August, and began their lives together — eventually landing at San Francisco State University.

Rodger was one of the pioneers of forensic anthropology. We were connected to the San Francisco Medical Examiner’s Office, so he would teach in the day-time, and at nighttime, he’d go out on these homicide cases,” Mary said. “When we came down here (to San Diego) in ’88, he was connected here to the San Diego Medical Examiner’s Office for years. He still gets cold cases.”

Mary, too, was a pioneer in her own right as one of only two female reporters at the time to cover Formula 1 racing — even publishing a book, “The Grand Prix Champions.”

“My work out very well, thanks to Rodger,” she said. “Talk about teamwork — he made sure our daughter got to school and did all the house stuff when I was off with these people.”

More than 2 years ago, the couple retired — White Sands in La Jolla beckoned them in from the minute they walked through the door — and both remain active on the Residents’ Association, where they have each served terms as president and vice president.

There is a season —
Tern! Tern! Tern!

By JUDITH LEA GARFIELD | VILLAGE NEWS

Who doesn’t get excited when royalty comes to town? Presently holding court in our midst is the royal tern (Thalasseus maximus), a standout among shorebirds, always terra-forming turned (dare I say it?) into the mix of neutrals and just a pop of color. Co-mingling with other species adjacent to the beach break at La Jolla Shores, the royal tern might be just another avian marked by black, gray and white plumage that hangs out here or passes through the area but for its dagger-like orange-red bill — talk about a snazzy accessory! But a purely minimalist look can be striking, too, and this is true for the royal tern, who is typically decked out in a white forehead, wispay black crest, pale-gray back and wings, white under parts with just an edge of dark, and ebony legs and feet. Since, a royal tern is crow-wise, but lacks the gut of gab heard from the latter. Though usually taciturn from our experience, a verbalizing royal tern calls out in short, clear shrills, also communicating with a longer, rolling song that echoes off the ocean whistles.

Seasons, breeding and juveniles reveal slightly altered looks but in the same “color” palate. Winter is the only time I see royal terns on the sandy beach at La Jolla Shores, and during this time, the bird’s crown is almost entirely white with just some inconspicuous black spotting forward of the black crest. During February, the onset of breeding season, royals acquire a black scallop of plumage that covers the rear half of the crown and extends forward to completely envelop the eye area. Breeding birds of both sexes share this inscrutable look. As for nesting, it won’t happen in La Jolla because tern couples prefer an estuary to an open coast.

ARTS finds a way to survive

ARTS: A Reason to Survive, a nonprofit based in Liberty Station in Point Loma was bankrupted in late January, prompting employees and the children who frequent the organization to wonder who would rob such an establishment.

Five black computers were stolen in the burglary, along with their contents: the artwork of several of the children, including music recordings, graphic designs and photography projects, to name a few. Also stolen was an information video describing the programs, which uses visual, performing and literary arts to help children coping with issues like homelessness, terminal illness and domestic violence.

“The computers will be replaced, but a lot of students lost their work,” said La Jolla Kathryn Stephens, director of development for ARTS. “But for them, they’re used to facing adversity, they kind of shrug it off and start re-creating what they lost.”

Stephens said insurance will cover part of the loss, but only if the computers’ current value — and some of them were up to four years old. The organization will have to make up the difference — including some expensive software that was also lost in the theft.

In response to the theft, some La Jollans are rolling up their sleeves to help, Jennifer Spengler and her husband, Michael, owners of Studio M Photography in Bird Rock, are organizing an online fundraiser to help ARTS recoup what it lost.

During the month of February, donations to the organization will give back to the donor in the form of a photo package from Studio M. Cash donations between $50 and $500 will be rewarded with a session and prints, depending on the amount of the donation. Donations can be made online or in person.

For more information or to make a donation, visit www.arasoncevolve.org or call (619) 297-2787 ext. 2002.

— Sherry Hartmann

Family Tradition

A Family Tradition of Real Estate Success
858-775-3014

READERS’ HONOR AWARD
BEST RESTAURANTS 2012

SDNEWS.COM | VOLUME 17, NUMBER 59

There is a season —
Tern! Tern! Tern!

BY MARIKO LAMB | VILLAGE NEWS

We can recall Kirk Douglas strumming a ukulele and singing in a Disney movie, “I’ve got a woman,” but in February, that’s really what it’s all about.

Name change —
La Jolla Con-
cept

be known as the La Jolla Con-
cept.

oranges, large, ripe, round and”的话让你感到惊讶吗？而现在，让我们来看看其他一些有趣的话题吧！

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.

The aquarium charters Flag-
ship cruises’ tour boats for sight-
seeing, and sometimes, to see frolicking dolphins and porpoises.
Mary said. “Communication is a priority. From the top — how important is that?”

“Really important. So the toothpaste is out and figure out your priorities — what’s things build up or nag at you. Talk things newlyweds?

“Newlyweds Yu Xie, 28, and Will Collins, 30, are certainly open to sound advice, while also forging their own path — a life that will undoubtedly contain many years of good food, fine wine and each other’s company.

Collins said Xie was the “prettiest girl in the room, and she always seemed to be laughing and smiling,” a trait that could’ve helped but catch his eye.

Xie said she was taken by Collins’ kindness to her and everyone he encountered. In October last year, the two made their love official by tying the knot in an ocean-front wedding ceremony at the La Jolla Country Club.

“The ceremony was outdoors on the grass faraway overlooking the ocean. It was a perfect day — most are in La Jolla — and there were even whale sightings that day,” Xie said.

Collins’ brother-in-law officiated the 1:20 guest ceremony, and the family dog, Downey, served as the couple’s ring bearer.

After escaping to the beach at sunset for photos, Xie changed into a traditional Chinese dress for the reception, and the two showed off their dancing skills with a choreographed dance from a YouTube video.

“We think we did a good job because afterward people asked if we took dance lessons,” Xie said.

In addition to chemistry and partnership on the dance floor, Xie and Collins share the same sensibility, as well as an understanding for each other’s demanding work schedules.

“We both enjoy talking to the other. We laugh at the same jokes,” Xie said. “We are doing our residency together, so we can be supportive and understanding of the stressful schedule. We can also share stories with each other about the patients or experiences that really affected us.”

When the two are not working, they enjoy hiking and playing tennis, and both emphasize family as a top priority.

“We try to have dinner with our families regularly and go back to China once a year to see Yu Xie’s family,” said Collins. “I am trying to learn Mandarin so I can talk to Yu Xie’s family when we go back to China.”

Calling each other husband and wife is new and exhilarating, said Xie.

The two intend to keep that excitement up by celebrating their monthly anniversary on the eighth day of each month, trying a new restaurant around town they have never tried before.

The two will spend their first Valentine’s Day together as husband and wife over sushi, a movie and a mini-version of their wedding cake for dessert — and the anticipation of the next 50 years together, built up from a solid foundation of love.
CIVIC report
La Jolla Community Planning Association, Feb. 2

Br. MARIKO LAM | VILLAGE NEWS
La Jolla post office gets clever on this," he said. "This move- community to come together and get involved quickly.
Demorest said.
"This is really important for us as a community to come together and get organized on this," he said. "This move-
ment is only two weeks old, but it’s going to be a very fast fight. This could be over in 60 to 90 days. The post office has the right to move that last, so I hope you all pay attention and get involved, and stay tuned and try to figure out a strategy to benefit the community as a whole.
Fireworks shows may be off CEQA's hook
State legislators are seeking ways to change the California Environmental Quality Act (CEQA) to exempt certain one-time special events employing fire-
works shows from environmental review, announced Demorest.
"The La Jolla Fireworks Show and a lot of special events that are near and dear to us are at stake, so we want to do every-
thing we can to try to preserve those," she said.
For LJ Shores PDD, size does matter
The city attorney responded to trustees' requests for September in for the City Coun-
cil to confirm that citywide floor area ratio (FAR) constraints exist in all zones, includ-
ing the La Jolla Shores Planned District.
"The city attorney was not comfortable with that approach at all," said Demorest. "They are recommending that we go through a full La Jolla Shores PDD amendment process to amend the PDD to include floor area ratio if that is the route that the community wants to go.
Lifeguard station to get a new lease on life
Trustees voted to approve a site develop-
ment permit and coastal development permit for a proposed modification to the La Jolla Cove lifeguard station, including the addition of an accessible ramp from the street level to the mid-level deck to comply with ADA requirements.
The project entails three components, including the replacement of the tower itself, a new view deck, and a new, sloped ADA-compliant walkway from the park-
level to the view deck and mid-level land-
ing. Two benches, cubbies and an infor-
mational sign for the La Jolla Cove Swim Club will also be constructed as part of
the project.
"The project is expected to begin in the fall.
Shores neighbors call for committee member’s resignation
"La Jolla Shores resident Peggy Davis, and neighbors urged Michael Morton’s resignation from the La Jolla Shores Per-
mit Review Committee, due to what she said was his misrepresentation of the Gato project, located at 8168 Paseo del Ocaso, which is currently under construction.
"Michael Morton’s behavior has been unethical, self-serving and we request Michael Morton’s resignation from the La Jolla Shores PRC. We are also requesting that he not serve on any La Jolla commu-
nity committee that represents La Jolla, including the La Jolla Community Plan-
ing Association," she said. "Michael Morton presented untrue statements to the La Jolla Shores Permit Review Com-
mittee, the La Jolla Shores Community Planning Association, and development services at the city of San Diego. If you go down there, you can see the community’s concerns about this massive structure that should never have been built.”

Around town:
• Project manager Eugene Gay and pro-
duction engineer Chris Gascón provided infor-
mation about how to order your FREE copy of this report, call toll-free 1-800-276-6763 and enter 1017. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how you real-
ly can sell your home yourself.

Designer Consigner
WHERE ALL YOUR VALENTINE’S WISHES COME TRUE!
1002 Prospect (above Smash Burger) La Jolla, CA 92037  858.459.1737

SAN DIEGO, If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.
After all, with the proper infor-
mation, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for home sellers like you. You’ll find that sell-
ing your home by yourself is entire-
ly possible once you understand the process.
Inside the report, you’ll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.
To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-6763 and enter 1017. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how you real-
ly can sell your home yourself.
UCDS’s basketball team faces final hurdles
By MORGAN CARMODY | VILLAGE NEWS

UCSD’s women’s basketball team has jumped twelve rankings since the begin-
ing of the season to finally achieve the number one rank in the USA Today/ESPN
Coaches Poll for Div. 2 schools with its
number one rank in the USA Today/ESPN
ning of the season to finally achieve the
jumped twelve rankings since the begin-
ing last spring.
Perhaps that loss that helped them build
UCSD and the lack of available scholar-
ships. Elliott, however, has managed to use
these shutouts,” he said.

Some of her team’s strengths, she said,
and weaknesses against that caliber of
athletes. Elliott, however, has managed to use
that situation to her advantage.
“It gives us the opportunity to give more
impressions to our games," she said
some of the struggles the team has faced was “trying to get every-
one on the same page,” Cisneros echoed
this in saying, “We’re just becoming a
team.”

Andersen, who is also the assistant
director for the club soccer team Notts
Forest Football Club, said the majority of
the boys also play club soccer in the off-
season. Their dedication to the sport, as
well as to academics, has to be real.
“We have a good group for next year,”
said Andersen.

UCDS boys’ soccer in line for record season
By MORGAN CARMODY | VILLAGE NEWS

Coming off last season’s CIF win against
St. Augustine High School, Uni-
versity City High School’s (UCHS) boys
2011-12 soccer team had some high shoes
to fill. The team is aiming high, again
aspiring to get into the CIF competition —
and to win.
The team is currently ranked 19th in
California and 41st in the nation.
Under the skilled leadership of head
coch coach Erik Andersen, the season has seen
success with an overall record of 14-1-2,
with ties against Cathedral Catholic and
St. Augustine. The team recently had its
first loss against Cathedral on Feb. 1.
Both Cathedral and St. Augustine are
competitors in the Western Athletic
League and are, Andersen said, “prob-
obably our toughest competition.”
The team’s strengths, Andersen said,
be in the defense, a concept the team has
been working on late, as well as in
“good leadership from the seniors and the
captains.”
As for their success thus far, Andersen
said humility has taken hold.
“You don’t hear the boys talking about
it,” he said. “Though it does put more of
a target on our back… Other teams want
to knock you off a pedestal.”
Captains Martin Cisneros, Travis Nick-
law and Spencer Williams know their
success at this point in the season is merely
the icing on a cake yet to come.
“It feels good, but it doesn’t mean any-
thing until CIF,” Nicklaw said.
Williams agreed, adding the team
must continue focusing on what has got-
ten them this far.
“We need to maintain and execute
these shutouts,” he said.

Andersen said one of the struggles the
team has faced was “trying to get every-
one on the same page.” Cisneros echoed
this in saying, “We’re just becoming a
team.”

Andersen, who is also the assistant
director for the club soccer team Notts
Forest Football Club, said the majority of
the boys also play club soccer in the off-
season. Their dedication to the sport, as
well as to academics, has to be real.
“Injured or not, they are expected to be
here,” he said.

The team is also spending time focus-
ing on getting healthy and recovering
from injuries. Andersen has had a chance
to develop his bench and his JV team —
which bodes well for future seasons — so
UCHS can continue its reign.

Andersen said one of the struggles the
team has faced was “trying to get every-
one on the same page,” Cisneros echoed
this in saying, “We’re just becoming a
team.”

Andersen, who is also the assistant
director for the club soccer team Notts
Forest Football Club, said the majority of
the boys also play club soccer in the off-
season. Their dedication to the sport, as
well as to academics, has to be real.
“Injured or not, they are expected to be
here,” he said.

The team is also spending time focus-
ing on getting healthy and recovering
from injuries. Andersen has had a chance
to develop his bench and his JV team —
which bodes well for future seasons — so
UCHS can continue its reign.

Andersen said one of the struggles the
team has faced was “trying to get every-
one on the same page,” Cisneros echoed
this in saying, “We’re just becoming a
team.”

Andersen, who is also the assistant
director for the club soccer team Notts
Forest Football Club, said the majority of
the boys also play club soccer in the off-
season. Their dedication to the sport, as
well as to academics, has to be real.
“Injured or not, they are expected to be
here,” he said.

The team is also spending time focus-
ing on getting healthy and recovering
from injuries. Andersen has had a chance
to develop his bench and his JV team —
which bodes well for future seasons — so
UCHS can continue its reign.
deal with their broods in the southern latitudes of Mexico’s estuaries. Though out of my sight, by late June, the birds black caps have receded, revealing their typical white forehead with black stubble near the crest. Juvenile royal terns look similar to nonbreeding adults but younger species have black-speckled wings and an orangey bill that may lean more toward yellow instead of red.

Sources suggest a royal tern does not have a strong seasonal pattern, being found along San Diego County’s coast year round. Maybe so, but whenever a royal is seen, count on a being near salt water—a commitment likely connected to its favored prey choice, small fish like anchovies and sandlances. The mercurial movements—and booms and busts—of these fish species are one reason the status of royal terns has been poorly understood throughout the 20th century. We are only beginning to document changes in behavior of seabirds and correlate them with their prey (in terms of numbers and distribution fish). The point is to understand how the changes relate to fishing pressures on these important prey and global climate change. Since seabirds that nest with success can expect to be widespread across their range, decreases in their numbers or change in their expected range provide quick and visible proof. Though the royal tern is nonmigratory and it lives by the ocean instead of in a coal mine, it is one of the seabird species on the front lines responding to global environmental change. In other words, the royal is more than an arbiter of sartorial taste. In my scope of range that intersects with that of the royal tern, I will enjoy observing these birds as long as they choose to stay. Somehow, it always happens that one morning, just as I discover they’re here, I discover they’ve gone. Then after nine or 10 months, they just as abruptly return from points south to again adorn our seashore.

— Judith Lee Garfield, biologist and underwater photographer, has authored two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. Send comments to jgarfield@jucsd.edu.
USCD celebrates Black History Month
UC San Diego will present a series of exhibits and events in celebration of Black History Month throughout the winter and spring at the school’s Geisel Library. All events are free and open to the public.

- Stitching Memories: The Story of African American Quilting
An exhibit about the creation and significance of quilts to African American women will be held from Feb. 1 to March 31 on the main floor in the west wing of Geisel Library. In addition to the exhibit, a reception and panel discussion will be held on Feb. 15 from 11 a.m. to 1 p.m. in the Seuss Rooms. The exhibit includes works of the quilters from the San Diego People of Color Quilt Guild, which challenge the common misunderstanding that African American quilts comprise only strip quilts, patchworks or nostalgic creations that reflect what many scholars claim to be an African aesthetic. The exhibit dispels that notion, with examples of “quilted photography,” art quilts and more traditional quilts.

- Magic Lanterns from the 1800s
Shed light on African Diaspora
Magic lanterns dating back to the 19th century will be on display from Feb. 1-29 in the UC San Diego Arts Library (located near the main stack in Geisel Library). The hand-painted glass magic lantern slides on display depict images of Africa and celebrate and raise awareness of the African Diaspora.

According to Scott Paulson, outreach coordinator for the UC San Diego Arts Library and the owner of the magic lanterns on display, perhaps the earliest views Americans saw of Africa came in the form of magic lantern shows (hand-painted glass slides that were used in early gaslamp-powered projectors). Even as early as the 1600s and 1700s, lowly lantern shows employed early animation techniques, narration and live music to show the culture of other continents.

For more information about UC San Diego’s Black History Month celebrations, visit blackhistorymonth.ucsd.edu/2012/2012>

LETTER TO THE EDITOR

La Jolla
Setting the record straight on minority controversies
In a letter written by Kim Whitney, published in a recent edition of the La Jolla Village News (“Custodians of La Jolla’s codes must be on our side,” Feb. 2, Page 6), my name is mentioned and there are a few misstatements that I believe justify some clarification. Mrs. Whitney was responding to a letter I wrote that was published in another newspaper (La Jolla Light, Jan. 26). Editing errors in the Kim Whitney letter assert that I am a trustee of the LCJP. I am not a trustee of the LCJP, nor do I sit on any LJCPA or La Jolla Shores committee. Another editing error makes it seem as if I am a neighbor of the Whitney’s and at some time acted as their architect. This is not correct. I have never met the Whitneys and, although I was born and have lived in La Jolla for 60 years, I do not reside in La Jolla Shores.

With regard to the matter of code compliance issues at the Naegle residence, it is my understanding the Whitneys first contacted me about the acquisition of building permits issued many years ago. I believe it has been determined that the permits were properly issued and that Naegle’s current plans to renovate the Whitney’s are now upzest the conversion of one tandem parking space into an elevator space. This conversion was necessary to allow second-floor access for Dale Naegle, who suffered from polio and had been finding negotiating stairs more and more difficult. I most certainly can forgive the Naegles for making this necessary alteration. The American’s With Disabilities Act may have figured in the city’s decision to allow the conversion.

I also believe the letter misrepresents Mike Stepner’s part in the creation of the Naegle Shores FFO. Mr. Stepner was not the sole author of the document. I think he had a little help from a few others. In my letter, when I asked, “Who is Mike Stepner? I was being a bit facetious, posing a metaphorical question; pondering Mr. Stepner’s appointment as expert on La Jolla Shores Lifestyle and spokesman for the community.

In closing, I would like to urge the Whitneys to put their bitterness aside, quit picking on invalids and widowers, and begin working with the community to find a successful resolution for their project.

Fritz Lieberd
La Jolla

Welcome to Milano

Come visit us on Valentine's Day!

Cafe Milano
711 Pearl Street, La Jolla (858) 454-3806 www.cafemilanolajolla.com

La Jolla Village News
Thursday, February 9, 2012

Events

The talents ranged from karate sword-fighting skills to classical music, hip hop, standup comedy, jump rope and much more. Far left, fifth-grader Blaise Gimer demonstrates his imitation of principal Donna Tripi as part of his comedy routine. Above, third-grader Annelys Baltazar plays guitar and sings “Count on Me,” while Tatum Evans, Brisa Brown, Lucie Scoma, Caroline Gutfrey and Maddy Keck perform an energetic dance routine, left. Photos by Sharon Jones

Outside the Lens, the Junior League of San Diego and the Girl Scouts will host a film screening of the documentary feature “Miss Representation,” followed by a panel discussion about the effects of mainstream media under-representing women in positions of power and influence in America.

Jennifer Siebel Newsom’s film follows the stories of women ranging from teenage girls to top politicians, entertainers, activists and academics — revealing startling facts and statistics that highlight cultural norms about how men and women are shaped in a society where media is a persuasive force.

The event will take place at the Museum of Contemporary Art San Diego La Jolla, 700 Prospect St., at 8 p.m. Presale tickets are $10 or $15 at the door. For more information, visit www.outsidethelens.org or call (818) 234-2253.

For a full list of La Jolla events Feb. 9-16, visit www.sdnews.com.

The many talents of youth today were on display Feb. 3 at La Jolla Elementary School. The auditorium was packed and overflowing with friends and family for the school’s annual talent show, featuring performers of all ages, some as young as five years old.

The FanFaire Foundation — a public charity organization dedicated to nurturing creativity in today’s youth through science and music education — will host a free concert for the family to enjoy at the La Jolla Library, located at 7555 Draper Ave., on Feb. 12.

The recital will kick off with a prelude piano performance by the international award-winning pianist, 10-year-old Michael Chen, at 2 p.m., followed by a solo recital and discussion by up-and-coming harpist Alexandra Tibbits of the SDSU Symphony Orchestra, Wind Symphony and Symphonic Band. For more information, visit www.fanfaire-foundation.org or call (760) 666-1810.

Jennifer Siebel Newsom’s film follows the stories of women ranging from teenage girls to top politicians, journalists, entertainers, activists and academics — revealing startling facts and statistics that highlight cultural norms about how men and women are shaped in a society where media is a persuasive force.

The event will take place at the Museum of Contemporary Art San Diego La Jolla, 700 Prospect St., at 8 p.m. Presale tickets are $10 or $15 at the door. For more information, visit www.outsidethelens.org or call (818) 234-2253.

For a full list of La Jolla events Feb. 9-16, visit www.sdnews.com.
Grief akin to drug withdrawal

By Natasha Josefowitz, Ph.D.

Although I have written about this topic before, I have some further thoughts that I would like to now share.

After my husband died, I had a very hard time adjusting to singleness. Although living in a retirement community helped me survive those awful first months, I was still lonely and bereft.

The way I helped myself was by trying to understand what was happening to me. I started talking to recent widows and widowers and found that they very often experienced the same thing, which I found reassuring. I started writing about my feelings and other people who call everyday — and sometimes several times a day. Others have plunged themselves into non-stop activities, which may or may not affect brain chemistry, but do at least decrease cortisol, the stress hormone.

Time spent with friends seems to be a universally helpful activity. Isolating oneself seldom works and can lead to depression. In other words, it may be important to push oneself out of the house, accept invitations or contact with people and not indulge in the at-times-overwhelming desire to give up all interactions and just stay in bed.

The task at hand is to find the activity that will provide some dopamine and other feel good hormones that may help you to cope better.

—I Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 19 books. She lives at White Sands La Jolla.

Now, what happens when that loved one dies? Not only do we mourn, we are also deprived of the endorphins, dopamine, oxytocin, serotonin and other feel-good substances. We are in drug withdrawal!

If this is correct, it could explain the physiological symptoms experienced by a surviving spouse that are akin to drug deprivation: loss of appetite and not eating enough (impacting the release of serotonin, a neurotransmitter); trouble sleeping; memory problems; feeling disoriented, listless and unable to engage in an activity; short attention span; depression; crying spells; feeling weak; physical pain; and even aches and pains. Unusually vivid dreams or nightmares are also common.

Although I have written about this topic before, I have some further thoughts that I would like to now share. Until the death of one can be so terribly upsetting — it being off to college, moving to a new neighborhood or leaving a job — I have some further thoughts that I would like to now share.

Although I have written about this topic before, I haveords and widowers and found that they very often experienced the same thing, which I found reassuring. I started talking to recent widows and widowers and found that they very often experienced the same thing, which I found reassuring. I started writing about my feelings and other people who call everyday — and sometimes several times a day. Others have plunged themselves into non-stop activities, which may or may not affect brain chemistry, but do at least decrease cortisol, the stress hormone.

Time spent with friends seems to be a universally helpful activity. Isolating oneself seldom works and can lead to depression. In other words, it may be important to push oneself out of the house, accept invitations or contact with people and not indulge in the at-times-overwhelming desire to give up all interactions and just stay in bed.

The task at hand is to find the activity that will provide some dopamine and other feel good hormones that may help you to cope better.

— Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 19 books. She lives at White Sands La Jolla.

Now, what happens when that loved one dies? Not only do we mourn, we are also deprived of the endorphins, dopamine, oxytocin, serotonin and other feel-good substances. We are in drug withdrawal!

Although living in a retirement community helped me survive those awful first months, I was still lonely and bereft.

The way I helped myself was by trying to understand what was happening to me. I started talking to recent widows and widowers and found that they very often experienced the same thing, which I found reassuring. I started writing about my feelings and other people who call everyday — and sometimes several times a day. Others have plunged themselves into non-stop activities, which may or may not affect brain chemistry, but do at least decrease cortisol, the stress hormone.

Time spent with friends seems to be a universally helpful activity. Isolating oneself seldom works and can lead to depression. In other words, it may be important to push oneself out of the house, accept invitations or contact with people and not indulge in the at-times-overwhelming desire to give up all interactions and just stay in bed.

The task at hand is to find the activity that will provide some dopamine and other feel good hormones that may help you to cope better.

— Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 19 books. She lives at White Sands La Jolla.

Now, what happens when that loved one dies? Not only do we mourn, we are also deprived of the endorphins, dopamine, oxytocin, serotonin and other feel-good substances. We are in drug withdrawal!

Although living in a retirement community helped me survive those awful first months, I was still lonely and bereft.

The way I helped myself was by trying to understand what was happening to me. I started talking to recent widows and widowers and found that they very often experienced the same thing, which I found reassuring. I started writing about my feelings and other people who call everyday — and sometimes several times a day. Others have plunged themselves into non-stop activities, which may or may not affect brain chemistry, but do at least decrease cortisol, the stress hormone.
Add La Jolla Village News to your online social network
Follow us at www.facebook.com/ljvillagenewsnewsfor news, updates, events and more.
Chime in and let us know what you’re thinking!

Discover Jewish film in February

By MARIKO LAMB | VILLAGE NEWS

The San Diego Jewish Film Festival (SDJFF) is back again this year from Feb. 9 to 19 with more to discover than ever before — a record-breaking number of exclusive film screenings, events designed for every age group’s whims and fancies, and an international roster of some of the most talented guest artists, actors, filmmakers, directors and scholars the Jewish film industry has to offer.

Screenings of nearly 50 of the best contemporary Jewish-themed films from around the world will be brought right to San Diego’s backyard at five screening locations throughout the county over the course of 11 days.

“Our films appeal to everybody,” said Helen Fleming, SDJFF chairwoman. “They’re interesting, they’re different and you don’t have to be Jewish to come to the film festival.”

Some interesting topics that will be unveiled through the films include a unique feature based on a true story about Muslims that saved Jews during World War II in “Free Men,” the story of a drag queen in Israel in “Mary Lo,” a riveting documentary about Phil Spector; and a Spanish-language trial in “The Agony and the Ecstacy of Helen Fleming,” SDJFF chairwoman. “They’re interesting, they’re different and you don’t have to be Jewish to come to the film festival.”

On Feb. 13 will showcase a collection of short films at Claremont’s Reading Cinemas Town Square 14 at 2:30 p.m., as well as a series of animated shorts at 7:30 p.m. One such rising star who will be showcased at the forum is Pitt: Beyond the Forest, which can be viewed at the Lawrence Family Jewish Community Center in La Jolla.

The festival reaches a diverse age range, with forums and events designed for each age group. Here is a preview of the festival’s age-specific events this year:

• “Family Day on Sesame Street” will turn Claremont’s Reading Cinemas Town Square 14 into a playful atmosphere for families with children 3 to 7 with a screening of “Mitzvah on the Street,” interactive sing-alongs, fun activities and even a guest appearance by a surprise furry friend from the Street. Family Day is free and will take place on Feb. 12 at 11 a.m.

• “For young professionals in their 20s, 30s and 40s, ‘Flix Mix’ will feature the provocative story of a babysitter, as babies are free.”

• “Teen Screen is open to San Diego’s backyard at five locations in San Diego — Clairemont’s Reading Cinemas Town Square 14, UltraStar Mission Valley Cinemas at Hazard Center, Edwards San Marcos Stadium 18, the Carlsbad Village Theatre and the David & Dorothea Garfield Theatre at the Lawrence Family Jewish Community Center in La Jolla.

“The Kissinger Saga”

• Finally, on Feb. 16, “Jews in Toons” will highlight political opponents to convert them to her cause in “The Names of Love.” The screening at Claremont’s Reading Cinema Square 14 will take place at 5 p.m. on Feb. 19 and will be preceded by a 3 p.m. mixer to mingle with fellow filmgoers over food and drinks. Tickets to “Flix Mix” are $20 in advance or $25 at the door.

“Wunderkinder”

Fleming, in ensuring the films are exclusive. “In this world, it’s hard to find films that aren’t on Netflix,” she said. “We really strive to find films that you cannot find anywhere, and that’s what makes us unique. It’s really difficult, though, because everything is so instant.”

Despite that difficulty, the committee succeeded in uncovering those very films.

This year, SDJFF has doubled up on film screenings to give audience members a chance to catch each of their favorite films. Films will be shown at five locations in San Diego — Claremont’s Reading Cinemas Town Square 14, UltraStar Mission Valley Cinemas at Hazard Center, Edwards San Marcos Stadium 18, the Carlsbad Village Theatre and the David & Dorothea Garfield Theatre at the Lawrence Family Jewish Community Center in La Jolla.

• “Family Day on Sesame Street” will turn Claremont’s Reading Cinemas Town Square 14 into a playful atmosphere for families with children 3 to 7 with a screening of “Mitzvah on the Street,” interactive sing-alongs, fun activities and even a guest appearance by a surprise furry friend from the Street. Family Day is free and will take place on Feb. 12 at 11 a.m.

• “Family Day on Sesame Street” will turn Claremont’s Reading Cinemas Town Square 14 into a playful atmosphere for families with children 3 to 7 with a screening of “Mitzvah on the Street,” interactive sing-alongs, fun activities and even a guest appearance by a surprise furry friend from the Street. Family Day is free and will take place on Feb. 12 at 11 a.m.

The yearlong undertaking of film selection, event coordination and fundraising is an arduous task that takes a team of dedicated volunteers — including a film selection committee, curator and focus groups — who commit their time and efforts before, during and after the festival.

“It’s a huge commitment, but it’s really fun,” said Fleming. “It’s a labor of love. There are about 60 volunteers doing a lot of various things. It’s a large endeavor, and there are so many people behind the scenes that do so much.”

Volunteers on the SDJFF’s film selection committee thoroughly vet more than 200 films throughout the year, each ranked numerically by individuals on the committee.

One of the most difficult tasks, according to Fleming, is ensuring the films are exclusive. “In this world, it’s hard to find films that aren’t on Netflix,” she said. “We really strive to find films that you cannot find anywhere, and that’s what makes us unique. It’s really difficult, though, because everything is so instant.”

Despite that difficulty, the committee succeeded in uncovering those very films.

This year, SDJFF has doubled up on film screenings to give audience members a chance to catch each of their favorite films. Films will be shown at five locations in San Diego — Claremont’s Reading Cinemas Town Square 14, UltraStar Mission Valley Cinemas at Hazard Center, Edwards San Marcos Stadium 18, the Carlsbad Village Theatre and the David & Dorothea Garfield Theatre at the Lawrence Family Jewish Community Center in La Jolla.

“Tickets are on sale now, and they’re selling out fast,” Fleming said. “We don’t want anybody to miss anything.”

Single ticket prices for most films are $10.75 to $12.75 for seniors, $11.75 for JCC members, and $11.75 for nonmembers. Tickets to the opening and closing night films are $12.75 to $14.75 for seniors and $11.75 to $15.75 for nonmembers. The Feb. 14 screening of “Duck” Family Day Teen Screen and Joyce Forum Shorts are free. Festival passes, senior and student discounts, and group rate discounts are available. For more information, visit www.sdfj.org or call (619) 362-1348.

THURSDAY, FEBRUARY 9, 2012 | VOL. 17, NO. 19

Get daily news updates at sdnews.com

La Jolla LIVING

46 films, 11 days, 5 theaters

By MARIKO LAMB | VILLAGE NEWS

The San Diego Jewish Film Festival (SDJFF) is back again this year from Feb. 9 to 19 with more to discover than ever before — a record-breaking number of exclusive film screenings, events designed for every age group’s whims and fancies, and an international roster of some of the most talented guest artists, actors, filmmakers, directors and scholars the Jewish film industry has to offer.

Screenings of nearly 50 of the best contemporary Jewish-themed films from around the world will be brought right to San Diego’s backyard at five screening locations throughout the county over the course of 11 days.

“Our films appeal to everybody,” said Helen Fleming, SDJFF chairwoman. “They’re interesting, they’re different and you don’t have to be Jewish to come to the film festival.”

Some interesting topics that will be unveiled through the films include a unique feature based on a true story about Muslims that saved Jews during World War II in “Free Men,” the story of a drag queen in Israel in “Mary Lo,” a riveting documentary about Phil Spector; and a Spanish-language trial in “The Agony and the Ecstacy of Helen Fleming,” SDJFF chairwoman. “They’re interesting, they’re different and you don’t have to be Jewish to come to the film festival.”

On Feb. 13 will showcase a collection of short films at Claremont’s Reading Cinemas Town Square 14 at 2:30 p.m., as well as a series of animated shorts at 7:30 p.m. One such rising star who will be showcased at the forum is Pitt: Beyond the Forest, which can be viewed at the Lawrence Family Jewish Community Center in La Jolla.

“Tickets are on sale now, and they’re selling out fast,” Fleming said. “We don’t want anybody to miss anything.”

Single ticket prices for most films are $10.75 to $12.75 for seniors, $11.75 for JCC members, and $11.75 for nonmembers. Tickets to the opening and closing night films are $12.75 to $14.75 for seniors and $11.75 to $15.75 for nonmembers. The Feb. 14 screening of “Duck” Family Day Teen Screen and Joyce Forum Shorts are free. Festival passes, senior and student discounts, and group rate discounts are available. For more information, visit www.sdfj.org or call (619) 362-1348.
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 palettes. And at Donovan's, fresh seasonal vegetables and your choice of potato are always included with each entrée.

Cafe Milano

Enjoy a taste of Milano right here in La Jolla. Chef - owner Pasquale’s 25 years of experience with Northern Italian Cuisine and hospitality offers only the best and most incredible meal for the entire family. Chef - owner Pasquale will always go that extra mile from their homemade bread, pasta, dessert to your main dish and a variety of his signature sauces, you will surely leave the restaurant already planning when you will be back again! We hope to serve you soon!

Bite of Boston

Bite of Boston (BoB) is a family-owned eatery which offers an array of East coast-style seafood, soups, breads and meats flown in weekly from Massachusetts. Lobster rolls are available seven days a week. Enjoy Fish & Chips, fried shrimp and Ipswich fried clams every Fri, Sat, Sun. More than 10 sandwiches on the menu including the Philly Cheesesteak, Prime Rib, Turkey, and a variety of low-cal options. Call in for take-out or delivery. Check the BoB website for menu specials!

Girard Gourmet

“From our garden to your plate”

Girard Gourmet has been La Jolla’s headquarters for fresh, healthy, tasty breakfast, lunch & dinner for the past 25 years. Locals always find their favorite dish at Girard Gourmet. Others eagerly await to find out Francois Julian Harvest site for menu specials!

Station Sushi

Station Sushi can handle your late night private party for 20 - 40 people (10 person minimum-10:30 pm to 1:30 am). And the best part is for only $40. per person it’s All-you-can-eat AND drink (some restrictions apply). Join us for Happy Hour Sunday-Thursday 5:30 to 7 pm. We are now open for lunch Monday-Sunday 12-2 pm. Dinner Monday-Sunday 5:30-close. Full Bar. www.stationssushi-birdrock.com

Jersey Mike’s

Jersey Mike’s is a sub shop that embodies the Jersey Shore, serves up classic sub sandwiches, wraps, and salads for dine in or take out. Menu items includes the popular original Italian sub, a meat lover’s dream, with provolone, ham, prosciutto, capiccasullo, salami and pepperoni, guaranteed to be always freshly sliced. Jersey Mike's also offers hot subs like the famous Philly cheese steak, grilled. East coast transplants will be happy to hear that they can get their fill of Tastykakes – a rare treat on the West Coast – at Jersey Mike’s.

The Spot Restaurant

This landmark restaurant, on Prospect Street, earns its title for its friendly atmosphere and excellent cuisine. It offers a full service bar and large selection of fine wines. The SPOT Restaurant first opened in Evanston, Illinois and relocated to the sunny shores of southern California, in the late 70’s, bringing along its signature Chicago style pizza. Since then it’s become a favorite for fresh fish, steaks, ribs, burgers, and salads. It also offers child-friendly choices. Come see for yourself why The SPOT remains one of the areas most popular eateries among locals, visitors, young and old.

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.
The La Jolla Playhouse (LJP) fielded a couple of parties in their Play Development Center this past Saturday night—one just before and another immediately after the last opening-night performance of their 2011-12 season.

The evening began with potent specialty drinks dubbed La Jolla Sunrise (1800 Tequila, orange juice and grenadine) and Fever Dream (St. Petersburg Vodka and grapefruit juice), and several food stations offering Mexican dishes (The Hyatt Regency La Jolla donated all the catering). The food and drinks were a match for the performance: Culture Clash’s “American Night: The Ballad of Juan José.” The play presents a sort of nightlong fever dream of Juan José, a former Mexican policeman immersed in cramming for the U.S. citizenship test he’s about to take. Richard Montoya originally wrote the play for the three members of Culture Clash (including himself). They and director Jo Bonney developed it, and the expanded version running at LJP employs a cast of nine ethnically diverse members—but since most play multiple parts, the cast seems much larger.

Shortly before everyone headed to the Potiker Theatre for the play, the director—herself a naturalized U.S. citizen born in Australia—gave some insightful and entertaining commentary about the play’s background and development. She noted that citizenship exams require applicants to study American history. They must learn the official version, but some also seek alternate versions written by voices outside of the mainstream, expressing history as seen by such groups as Native Americans, African Americans, Hispanics, Asian Americans, women, etc. This was no preachy political lecture, but the play uses humor (and lots of it!) to open people’s eyes and minds.

Once the play began, the humor disarmed even those most sensitized to immigration issues. Culture Clash members are noted for being improvisational and incorporating daily news and local lore into their performances. Their mention of basketball great Bill Walton became more meaningful when playgoers realized that Big Bill and his wife, Lori, were right there in the audience. Energetic cast members kept the barbs and the laughs coming nonstop, appearing and re-appearing as new characters. They did it all without an intermission, earning an enthusiastic standing ovation at the play’s end.

Guests reconvened for the after-party, where they enjoyed desserts, libations and dancing to the music of DJ Shammy Dee. Gradually, cast members joined the party, chatting amiably with the admiring guests.
Keep Your Home Safe with the Elderly in Mind

It is important to be aware of certain points in order to make your home safe for the elderly. The RN Care Managers at Innovative Healthcare Consultants are experienced in doing a safety evaluation at any home to give suggestions but the following will give you some ideas: • Be aware of rugs around the home as the number one injury for the elderly is falling. • Are there rails on the bed to help a person get in and out of bed safely? • Is your shower or thick pile carpet too difficult for an elderly person to maneuver a walker? • Is the showerhead handheld or can be burned more easily? • Is there room for a shower chair in the shower if needed and is the showerhead handheld for ease in using? • Are there anti-slip strips in the bathroom to prevent falls? • Is your water heater set at a temperature so the older person can't burn themselves? • As a person ages they do not feel heat as well and can be burned more easily. • Is there room for a shower chair in the shower if needed and is the showerhead handheld for ease in using? • Is the shower seat at the right height? • Is there a safety rail and raised toilet seat at the right height to help a person get up and down? • Is the oven “safety-proofed” for a person with Alzheimer’s so they can’t hurt themselves or cause fires?

View our website at www.innovativehc.com for more information or call (877) 731-1442.
I am pleased to announce that the fourteenth annual Secret Garden Tour of La Jolla will take place on May 19, 2012. For more information, call the La Jolla Historical Society at 858/459-5335 for recorded information or go to their informative website www.lajollahistory.org.

To get you into the springtime garden tour mood, take a tour of my garden that was featured on the 2001 Secret Garden Tour at www.LindaMarrone.com.