Scripps researcher: Ebola's replication rate is biggest threat

A central figure in the fight against the Ebola virus says the organism's rapid replication makes it especially hard to battle. Meanwhile, she added, every Ebola lab sends its antibodies to her institution, marking it as Ground Zero among those who seek to defeat the disease.

Erica Ollmann Saphire, a scientist at Scripps Research Institute, was among three members of a panel convened Aug. 26 at La Jolla's Scripps Laboratories to discuss the progress against the disease. Kevin Whaley, whose Mapp Biopharmaceutical developed the drug that saved the lives of two Americans with the disease, and Marc O'Donnell, Project Concern International's chief operating officer, also attended.

O'Donnell reportedly said Liberia, a poor West African country especially hard hit by Ebola, is “crumbling” under the weight of the disease. Meanwhile, Whaley reportedly said his firm is “working very aggressively” in stepping up production of its ZMapp drug and acknowledged Saphire’s work in identifying many of ZMapp’s antibodies.

Saphire said the virus’ rate of travel is as concerning as its rate of replication.

In a recent related development, a group of monkeys infected with Ebola survived after being treated with ZMapp in a study that suggests the drug may be effective even after severe symptoms are present.

Monkeys were given three doses of ZMapp starting three to five days after being infected with a lethal dose of Ebola. All 18 monkeys treated with ZMapp survived, while three that weren’t given the medicine died, according to the results published in the journal Nature.

Ebola virus disease is an illness of humans and other primates fueled by an Ebolavirus. The disease, spread by contact with bodily fluids of infected people or through contact with exotic like fruit bats, is primarily prevalent in remote Central and West African villages.

Symptoms of Ebola virus disease, also known as Ebola hemorrhagic fever, include fever, severe headache, muscle pain, weakness, diarrhea, vomiting, stomach pain and lack of appetite. Symptoms may appear anywhere from 2 to 21 days after exposure, though 8 to 10 days is most likely.

The Centers for Disease Control and Prevention says it suspected or confirmed 2,240 cases as of Aug. 19, with 1,229 fatalities.

An Ebola virus disease epidemic is ongoing in West Africa, notably Guinea, Liberia, Nigeria and Sierra Leone. It is the most severe Ebola outbreak in terms of the number of human cases and fatalities since the discovery of the virus in 1976.

Typical outbreaks are reported every 21 days after exposure, though 8 to 10 days is most likely. The Centers for Disease Control and Prevention says it suspected or confirmed 2,240 cases as of Aug. 19, with 1,229 fatalities.

The Scripps Research Institute board of trustees has announced that James Paulson, chair of the institute’s department of cell and molecular biology, has been appointed acting president and CEO as Michael Marletta’s presidency comes to a close.

Paulson and the institute trustees will appoint members of a search committee and work with an executive search firm to find new leadership for the institute. The committee, which will include both faculty and trustees, will continue to be chaired by Thomas Gephardt.

Paulson, whose research focuses on antigen presentation, T cell development and adaptation of avian influenza viruses to humans, has been a member of the faculty since 1999. In 2001, he became principal investigator of a large multi-year grant to create the Consortium for Functional Glycomics, an organization with more than 650 participating investigators worldwide.

Prior to this time, Paulson spent a decade with Cytel Corporation, first as vice president for research and development and member of the board of directors, then chief scientific officer for development.

La Jolla schools' new autonomy won't trigger changes in athletics

The recent initiative by the La Jolla cluster of schools toward increased autonomy within the San Diego Unified School District points to the excellence of those schools, but it won’t spark any changes in the area of athletics, officials agreed.

La Jolla High School enjoys freedoms “much like a private school” in the areas of curriculum and hiring, said John Labeta, assistant commissioner of California Interscholastic Federation San Diego Section, the organization governing interscholastic athletics.

“They develop their own policies and procedures,” he said.

“But I would still see them as governed by CIF rules and regulations,” in the same way that other schools in CIF are.

There are prohibitions against recruiting, requirements for a student athlete to sit out games before becoming eligible in the case of some transfers between schools, grade stipulations and other regulations specified by CIF. None of those will be altered for La Jolla High students.

However, the fact that the La Jolla schools made such an announcement about their increased autonomy in developing curriculum and hiring teachers reportedly reflects the uniqueness of those institutions.

A July 29 partnership agreement unanimously approved by district trustees gives La Jolla Cluster Association’s five schools greater flexibility and autonomy over their hiring practices, student selection and academics, effective immediately. The school year began Sept. 2.

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

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DeMaio touts reform, Peters in independence in District 52 forums

By Dave Schwab

Former San Diego City Councilman and ex-mayoral candidate Carl DeMaio, a Republican running against Democratic Congressional District 52 incumbent Scott Peters, promised during an open forum Aug. 11 he would lead a Washington “budget revolution”, create jobs, support workers and small business and start changing the culture of Congress. DeMaio told the Mission Bay Rotary Club at the Catamaran Resort Hotel.

“Both parties are broken and the dysfunction is outrageous, which is why nothing seems to get done. We’ve got to clean up the mess and dysfunction,” he said.

DeMaio was the first of two meetings hosted by the Rotarians, the second of which featured Peters on Aug. 18 at the same venue.

Touting his reputation as a pension-reforming city councilman, DeMaio pointed out that some academic autonomy from the district with a new level of mutual respect to working alongside the district with a new level of mutual respect and transparency through our new partnership agreement.”

La Jolla High has “a great balance of academic excellence and athletic achievement. It shows how strong the parent support is. We get the kids to go to quality schools (universities). There are a lot of moving parts” that contribute to this excellence.”

Frank has coached baseball at the school for 18 years, the last 11 as head coach.

“Teachers and administrators at La Jolla High have pointed out that our student athletes receive superior academics, compete in an excellent sports program and take part in clubs and other extracurricular activities that build leadership and service abilities to produce well-rounded graduates.”

Chuck Poholsky, who recently became principal at La Jolla High and will be starting his first full school year in the position this month, agreed that there won’t be any changes in athletics as a result of the initiative. He said he played baseball in high school and college, was a pole vaulter and coach his daughter’s softball team. He talked about the unique “La Jolla High School experience” that includes participation in sports, whether club or school team.

“I’m a systems person,” he said.

“Here, it’s taking those great things that La Jolla High already does and creating a detailed plan to help all students.”

“La Jolla High School experience it should be exceptional, off the charts,” Poholsky said. “We talk about a student-athlete, so their academics always come first. Athletes give a student a way to connect to their high school. We have students doing amazing things: raising money for causes, building houses around the world. And part of that (experience) is being excited about their school. Being on a team — if you’ve ever done it, it is a fantastic feeling. Whether it’s a club or another team, those things you do in sports bond you to a team.”

Paula Conway, a teacher in her second year as La Jolla High athletic director, also agreed the initiative doesn’t mean changes in sports.

“I actually think it’s a huge test to the La Jolla community who passed it — a testament to our school and community. We have new administrators at La Jolla High and Muirlands Middle School. I think we’re moving in the right direction.”

— Dave Schwab contributed to this story.

Home Owners Lose Thousands When Selling Their Home

As this report uncovers, most home- sellers 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. I answer to this issue, industry insiders have prepared for a free special report entitled “The 9 step System to Get Your Home Sold Fast and For Top Dollar.”

To order a FREE special report, call toll-free 1-800-726-0761 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.
Preliminary hearing for stabbing suspect rescheduled for Dec. 9

A suspect in the stabbing of a biotech executive near the Westfield UTC has won a long delay in court proceedings, with his preliminary hearing now set for Dec. 9 instead of Aug. 22.

Odie James Miller Jr. agreed to the delay when he appeared Aug. 20 in San Diego Superior Court on charges of attempted murder and assault with a deadly weapon. He has pleaded not guilty.

Miller, 20, is accused of repeatedly stabbing the executive, referred to in court records as Brian M., around 12:15 p.m. on Aug. 6 in a random attack in the vicinity of Renaissance Avenue and Towne Centre Drive. The victim is 44.

Miller’s father, Odie Miller Sr., has told several television news stations he tried to warn police and the court about his son, who ceased taking medication designed to treat his mental issues.

“What I want people to know is that my son has a mental illness,” the suspect’s father said.

Odie Miller Jr. is on probation for attacking his father with a knife in an earlier case, but his probation has been revoked.

On Aug. 7, a police SWAT team surrounded the younger Miller’s mother’s Rolando residence in the belief he was inside, but he was not. He was later arrested in the East Village area.

The younger Miller remains in the George E. Bailey Detention Facility on $550,000 bail.

— Neal Putnam
Room to roam: SeaWorld plans to double size of orca environment  

BY DAVE SCHWAB

SeaWorld San Diego is set to be the first of three SeaWorld parks to engage in the Blue World Project, which calls for the construction of a 10-million-gallon tank environment, set to open to the public in 2018.

Park officials said the 50-foot-deep exhibit, with a 1.5-acre surface area, is expected to give guests more access to views of killer whales underwater and would allow the animals increased engagement with park experts. Plans for the tanks also include a “fast-water current,” which would allow the orcas to swim against moving water.

“Through up-close and personal encounters, the new environment will transform how visitors experience killer whales,” said SeaWorld Entertainment, Inc. president and CEO Jim Atchison in a statement. “Our guests will be able to walk alongside the whales as if they were at the shore, watch them interact at the depths found in the ocean or get a bird’s-eye view from above.”

SeaWorld Entertainment, Inc. has also pledged $10 million in matching funds for killer-whale research and plans a “multi-million dollar partnership” to focus on ocean health. Officials said the research includes projects to understand killer whales’ hearing ranges and gain information on their nutritional status and reproduction.

“For 50 years,” Atchison said, “SeaWorld has transformed how the world views marine life. The unprecedented access to marine mammals that our parks provide has increased our knowledge of the ocean and inspired generations. Our new killer-whale homes and research initiatives have just as bold a vision: to advance the global understanding of these animals, to educate and to inspire conservation efforts to protect killer whales in the wild.”

Not everyone was thrilled by the news.

Martha Sullivan, a volunteer community organizer who’s been actively lobbying for the retirement of SeaWorld orcas, said SeaWorld’s decision is all about the marine park’s bottom line — not altruism.

“SeaWorld Entertainment, Inc. reported revenues in 2013 of $2.4 billion,” Sullivan said. “The $10 million included in its Blue World pitch for supposed research to benefit wild orcas is 0.004 percent of their revenue. Big deal. No aquarium, no tank in a marine land, however spacious it may be, can begin to duplicate the conditions of the sea,” said Sullivan, quoting legendary underwater explorer Jacques Cousteau.

Sullivan claimed that, of 137 orcas captured in the wild since 1961, 13 remain alive (three in San Diego), with an average lifespan of four years in captivity.

“One of the three survivors here in San Diego, Corky, is the longest-held orca in captivity in the world, at 45 years this Dec. 11,” she wrote. “Kasatka and Ulises, the other two wild-caught orca survivors in San Diego, have been in captivity for 35 years. When do these performing animals get to retire?”

“SeaWorld Entertainment, Inc. is willing to spend several hundreds of millions of dollars to double the surface area of its orca tank in San Diego and add 15 feet of depth to the new half of it and subject the orca and other animals held nearby to the tremendous disruption of major construction over three years,” Sullivan concluded. “SWE, Inc.’s priorities are very clear.”

SeaWorld has taken a number of hits — both financially and in terms of public relations — in recent months. Animal-rights activists continue to regularly picket the park, protesting against orca captivity.

Point Loma activist Alana Coons and others are petitioning City Council to ask it to direct SeaWorld to use alternatives to fireworks for their nightly summer shows.

In the wording of an online petition drive protesting SeaWorld’s pyrotechnics displays, Coons claims, “SeaWorld is damaging the quality of life of hundreds of thousands of San Diegans who live within a 20-mile radius on a nightly basis every day for three months straight ... The fireworks at SeaWorld constitute animal cruelty ... We are asking the San Diego City Council to ban the fireworks at SeaWorld and ask them to switch to laser light shows, which are kinder to animals and the environment and show a courteous and decent neighborly behavior to San Diegans.”

SeaWorld’s stock has also reportedly dropped 33 percent recently because of declining attendance.

In March, a controversial bill designed to ban orca shows in California was introduced, but an Assembly committee delayed action on it to conduct further study.

For more information on the Blue World Project, visit seaworld.com/blueworld.
Mt. Soledad group seeks help for memorial, office

The Mt. Soledad Memorial Association is seeking volunteers in its La Jolla office and docents at the Mt. Soledad National Veterans Memorial atop Mt. Soledad. A variety of volunteer opportunities are available, including but not limited to memorial plaque designers, plaque salespersons, website support personnel, veteran event activities workers, social media coordinators and general administrative office workers.

Volunteer docents at the site answer questions about the memorial and conduct tours upon request. Each of the above opportunities calls for about three hours of service a week. Training programs are in place to orient new volunteers.

“The Mt. Soledad Veterans Memorial stands as a beautiful symbol and reminder of those who have served our country since the military was established in 1775,” said Bruce Bailey, president and CEO of the memorial association. “It is only through the support of our docents and volunteers that we can continue our work in honoring and recognizing those men and women.”

Senior chief Wilfred (Bill) Sturgeon has been an association volunteer and memorial docent for the past four years. He retired after 24 years of military service. He served onboard seven different destroyers in the Korean and Vietnam wars.

“I am one of seven docents,” Sturgeon said, “each of us helping visitors to better understand the significance of this extraordinary veterans tribute, which recognizes the major contributions of those who have helped preserve the freedoms we enjoy as Americans. It’s an ideal opportunity for both veterans and nonveterans to show their patriotism while honoring those who have served our country.”

Sturgeon’s canine visitors are a highlight of each of his bi-weekly shifts.

“Dog owners throughout San Diego regularly take their dogs up to Soledad Natural Park on days,” Sturgeon said. “As the dogs near the top of the site, they break into quickstep knowing that I am working my docent shift, with pockets brimming with tasty dog biscuits. It’s a highlight for me to see the dogs but also to converse and share the association’s story with those who live right here in our own backyard.”

In addition to answering questions and assisting the more than 60,000 visitors who pass through the memorial each year, Sturgeon completes weekly reports on the number of domestic and foreign visitors, visitor questions, plaque locator requests, group pictures and new plaque inquiries.

This year, he initiated a program with volunteers to help maintain the appearance of the Memorial Walls and veteran plaques. He also oversees and supervises an induction program for Navy chief petty officer selectees to help with general maintenance work at the memorial.

He developed a detailed self-guided tour of the memorial and a U.S. President and Medal of Honor Tour, which shows visitors where each of these different distinguished veteran plaques are located on the Memorial Walls.

“We are grateful,” Bailey added, “to the existing and future volunteers and docents who are willing to give their time and energy to preserving the spirit and commitment of the association. We hope to get the word out about our need for more volunteers and docents who bring the same energy and enthusiasm for our mission, as Bill has for so many years. He is truly an asset to our organization and to our community.”

The Mt. Soledad Veterans Memorial is the only veterans memorial in the U.S. that honors veterans, living and deceased, from the Revolutionary War to the current conflicts in the Middle East.

It is administered through a volunteer board of trustees and volunteers working directly with executive director Joanie Miyashiro-Brennan and assistant Denise Larkins.

The association offices are located at 6437 Caminito Blythefield, Suite B, in La Jolla.

For additional information, call (858) 459-2314 or visit soledad-memorial.com.

La Jolla drug firm enrolls first kidney-trial patient

La Jolla Pharmaceutical Company, a leader in the development of therapies against life-threatening diseases, has announced that on September 2, the first patient in a therapy trial for the treatment of a life-threatening form of progressive kidney failure in patients with liver cirrhosis or liver failure.

The company is developing LJPC-501 for the treatment of an acute, life-threatening condition in which blood pressure drops to dangerously low levels and is poorly responsive to current treatments. LJPC-501 has been shown to raise blood pressure in a clinical trial, as well as in animals with hypotension. Due to the estimated size of the affected population, it is estimated that La Jolla has filed an application for orphan drug status for LJPC-501. An orphan drug is one designed to treat a very rare disease.

Hepatorenal syndrome is a life-threatening form of progressive kidney failure in patients with liver cirrhosis. In these patients, the diseased liver secretes substances that cause underfilling of blood vessels. This low blood-pressure state causes a reduction in blood flow to the kidneys. As a means to restore systemic blood pressure, the kidneys induce both sodium and water retention, which contribute to ascites, a major complication associated with the syndrome.

The American Liver Foundation reports that more than 30 million Americans have some form of liver disease. The Centers for Disease Control and Prevention says that more than 31,000 persons die of cirrhosis annually.

City Council backs hosting return of 35th America’s Cup to San Diego

City Council on Aug. 7 passed a resolution brought forward by District 2 Councilman Ed Harris in support of San Diego hosting the 35th America’s Cup, to be held in the summer of 2017.

“The Unified Port District of San Diego submitted a proposal to the America’s Cup Event Authority to host the race, and on July 8, San Diego achieved finalist status. San Diego, in the running against Bermuda for the host city selection, hosted the America’s Cup in 1988, 1992 and 1995.

A final decision on the venue is expected before the end of the year. “San Diego already has the infrastructure in place for the America’s Cup, and we know what it takes to host this event,” Harris said. “This breathtaking spectator sport would be a boost to our economy, and we could once again showcase America’s Finest City to the world at this international sporting event.”

“The city of San Diego’s support and partnership are essential as we pursue the opportunity to host the 35th America’s Cup,” said Unified Port District of San Diego chairman Bob Nelson. “San Diego is a ‘can do’ region, with a sailing tradition as strong as anywhere you can find, and we have unrivaled experience in coming together to host major special events. Our collaborative regional approach gives our destination a strong advantage in this competitive process.”

Mayor Kevin Faulconer, who represented City Council District 2 for nearly two full terms before being elected mayor, agreed.

“San Diego hasn’t hosted an America’s Cup in nearly 20 years, and bringing it back to San Diego could be great for our city,” he said. “This would be a phenomenal opportunity to showcase San Diego to the rest of the world.”

The America’s Cup is the oldest and most prestigious trophy in international sport and is the pinnacle of the sport of sailing. The port district’s proposal calls for sailing in north San Diego Bay, unlike previous America’s Cup races held off the coast of San Diego.

— Staff and contribution

UCSD researchers identify enzyme that controls breast cancer spread

Researchers at the UCSD School of Medicine have identified an enzyme that controls the spread of breast cancer. The findings, reported in the current issue of Proceedings of the National Academy of Sciences magazine, offer hope for the leading cause of breast cancer mortality worldwide.

“The take-home message of the study is that we have found a way to target breast cancer metastasis through a pathway regulated by an enzyme,” said lead author and post-doctoral researcher Xuelong Wu.

The enzyme was found to be present in breast cancer cells at two to three times the levels of healthy cells. Although the enzyme’s role in regulating normal cell growth and healthful immune system function is well-documented, the study is among the first to show a link to the spread of breast cancer.

Wu and his colleagues at the UCSD Moores Cancer Center found that the enzyme regulates cancer cells’ ability to transport signals that stimulate cell growth and survival by regulating the activity of a protein which, when “knocked down,” prevents metastasis. The research-ers said a compound that inhibits the activation of this protein is already being tested for treatment of rheuma-toid arthritis.

Scientists altered human breast cancer cells by silencing the proteins and injecting them into the mammary tissues of mice. Although the primary tumors grew in these mice, their cancers did not spread.

“Primary tumors are not normally lethal,” Wu said. “The real danger is cancer cells that have successfully left the primary site, escaped through the blood vessels and invaded new organs. It may be only a few cells that escape, but they are aggressive. Our study shows we may be able to block these cells and save lives.”

Researchers have also defined a metastasis gene signature that can be used to evaluate clinical responses to cancer therapies that target the metastasis pathway.

An estimated 40,000 women in America will die of breast cancer in 2014, according to the American Cancer Society.

— Staff and contribution

Moore sentencing delayed amid late filing of report

The sentencing of Point Loma resident Tara Moore, convicted Aug. 4 of embezzling millions from her former employers, was delayed on Sept. 2 to Tuesday, Oct. 7, because a sentencing report was recently delivered to her attorney, whom it was ruled had not had sufficient time to review it.

Moore, 42, worked for the former Jack’s La Jolla Restaurant and acted as the firm’s bookkeeper before it went out of business in 2009. She also was convicted of embezzlement from Richard Anderson, who owned businesses in San Mateo.

The probation department delivered its report Tuesday to attorney Michael Pfingst, but court rules say it must be delivered at least five court days before sentencing. Pfingst asked for the delay so he could study it. A jury deliberated 3½ days before it convicted Moore of six felony counts, including three counts of grand theft, forgery and fraudulent appropriation by a bookkeeper. Moore did not testify in the seven-week trial in San Diego Superior Court.

She had been free on $400,000 bond, but a judge remanded her to jail immediately after the verdicts. She remains in custody in San Quentin.

— Ted Putnam

La Jolla Village News
James Freeman Gilbert, a renowned professor emeritus of geophysics in UCSD’s Cecil H. and Ida M. Green Institute of Geophysics and Planetary Physics at Scripps Institution of Oceanography, died in Portland, Ore., on Aug. 15 of injuries related to an auto accident. He was 83.

A leading contributor in computational geophysics, seismology, earthquake sources and geophysical sciences, and is used throughout all physical sciences. He was instrumental in establishing modern seismograph networks, most notably the International Deployment of Accelerometers, a network built with the backing of his friend and Texas Instruments co-founder Cecil Green, that has transformed modern earthquake studies and areas such as nuclear test-ban treaties.

Born in Vincennes, Ind., in August 1931, he attended the Massachusetts Institute of Technology and received a bachelor of science degree in 1953 and a Ph.D. in geophysics in 1956. While at MIT, he was a National Science Foundation postdoctoral fellow and a research associate.

He was an assistant professor of geophysics at UCLA in 1957-59, followed by 10 years as a senior research geophysicist at Geophysical Service Inc. in Dallas. After joining Scripps, he held two Guggenheim fellowships.

Gilbert was director of La Jolla’s Institute of Geophysical and Planetary Physics (IGPP) from 1976 to 1988, following in the steps of founding director Walter Munk.

In 1972, Gilbert was elected to the National Academy of Sciences and in 1981 was awarded the Royal Astronomical Society’s Gold Medal. He was the 1985 recipient of the Council of the Geological Society of America’s Arthur L. Day Medal for outstanding contributions to geological knowledge, and in 1990, he won the Balzan Prize from the Fondazione Internazionale Premio E. Balzan in Milan, Italy.

Gilbert received the 2004 Medal of the Seismological Society of America for outstanding contributions in seismology and earthquake engineering. Also in 2004, he received an honorary doctor of engineering degree from Colorado School of Mines.

He served on several boards and committees, including the National Research Council and National Academy of Sciences’ Board on Earth Sciences and Resources, the IGPP external advisory committee and the UC Santa Cruz Institute of Tectonics’ external advisory committee.

He was a senior fellow of the San Diego Supercomputer Center, an honorary foreign fellow of the European Union of Geosciences and a fellow of the Geological Society of America, the American Academy of Arts and Sciences, AGU, and the Explorers Club.

He is survived by Sally Gilbert, his wife of 55 years; children Cynthia, Sarah and James; sons-in-law, Henry and Francisco; daughter-in-law Jennifer; and grandchildren Dominic, Elena, Stuart and Tash.

Colleagues wishing to express their condolences are invited to submit messages for web posting to scrippsnews@ucsd.edu.

Doreen Schonbrun has sat on the advisory board for the Fishman Fund Awards, given by La Jolla’s Sanford-Burnham Medical Research Institute; has served more than a decade on the steering committee for Art Alive, the signature fundraiser for the San Diego Museum of Art; and was recently appointed to the Commission for Arts and Culture of San Diego, for which she serves on the advocacy committee and is vice-chair of the Arts and Education Committee.

The Los Angeles native worked in a nursery school at age 15 and continued volunteering in the school classrooms, helping the young children, also helping raise funds for several local charities. After moving to San Diego in 1998, she pursued a love of art by earning a bachelor’s degree in art history and criticism at UCSD. She also performed charity work for Patrons of the Prado, the philanthropic organization supporting the collection of arts and cultural institutions in Balboa Park.

Of the center, she says: “I saw kids from the worst possible scenarios come to our center, loving environment, where they were getting the best education and the best therapy, and I thought, ‘These kids have a chance here, and I want to be part of that miracle.’ I have been here ever since.”

Founded in 1887, the San Diego Center for Children is the oldest children’s nonprofit organization in San Diego. At its eight locations, the center provides therapeutic care, specialized education, foster care and transitional services to more than 1,000 children and their families.

Schoenbrun takes post on Center for Children board

La Jolla resident has taken an advanced role in shaping local children’s lives, recently accepting a position on the San Diego Center for Children board of trustees.

Doreen Schoenbrun has sat on the center’s development committee and chaired its annual dinner gala, the nonprofit’s biggest fundraising event. She is a longtime member of the San Diego Chapter of the American Cancer Society and a member of the Board of Directors of the San Diego City Mission.

La Jolla Shores Tomorrow fights the ravages of time

Ever since La Jolla’s famously beauty magnetized more and more inhabitants to its shores, there has been a need for guardian angels, in the guise of citizens’ watchdog groups, to take the community of La Jolla under their collective wing. One of these, La Jolla Shores Tomorrow, is a nonprofit organization established to promote, preserve and protect the unique architectural character and environment of the beach-town community of La Jolla Shores through education and community forum.

In the beginning, the community of La Jolla Shores existed as a small and remote extension of the pristine beauty of the seaside. The small-scale charm of the picturesque residential neighborhoods and a modest commercial area harmonized well with the terrain. Adorned only in the wrap-around sound of the ocean, the energy of La Jolla Shores was easy, breezy and as casually elegant as Fred Astaire’s dancing.

Then, in the 1970s, alien “sky-box” dwellings began to rise up, standing out like sore thumbs against the horizon. Alarmed citizens, jolted out of complacency by this threat to their community, pressed the city planning department for guidance in drafting their own development regulatory code. The result: A Planned District Ordinance (PDO) for La Jolla Shores became effective in 1974.

For some 20 years, the planning department and the La Jolla PDO coalesced well. Working hand-in-hand, they that developers adhered to the laws and guidelines of the PDO. However, over time, administering the boom of developers’ projects depleted the city’s fiscal resources and undermined the coalition’s clout. Once again, more controversial construction muscle its way in.

In response to this new challenge, La Jolla Shores Tomorrow proactively=crescendos to preserve their heritage, their unique small-scale architectural character and the value of their property. As soldiers they are, pledged to ensure that La Jolla Shores never becomes a choked monster-mess or another “Paradise Lost.”

For more information, contact Dick McCormack at (858) 459-2460.

Dianne Schroeder
La Jolla

UC man sets an example as height of fire season approaches

How many people have a litter Twitter account?

Vince Reardon, who’s lived in University City since 1967, is proud to make the claim about his “Don’t Litter” Twitter. He tweets from Australia to England about his campaign to keep cigarette butts inside car ashtrays rather than outside on one big ashtray, better known as roadways.

“From New York,” Reardon says with a ready smile and a slightly accent. “The real New York — Brooklyn.” He happily shares his “aha” moment, when he decided he had seeh enough long enough at the sight of ugly litter and cigarette butts on his drive south on Regents Road to Route 52 several days a week. An inner voice whispered his favorite Gandhi quote: “Become the change you want to see in the world.”

He purchased a reflective safety vest, grabbed a couple of large trash bags and, with the blessings of his wife, Ellen, and daughter Tees in tow, he started his campaign in July of 2013 to clean up the evil litter (and pick up a nasty case of poison oak) along the way.

Besides the butts, his fare included tire retreads, plastic and paper — and several unmentionables (which featured a part of lacy red panties). He photographs some of his finds and tweeted a photo of a mountain of cigarette butts around the world.

Five people responded to his calls for littering help in April. He called up some of his skills from 25 years in public relations — and as of August, he had 20 participants, with a stated goal of 50.

What made it so special?

“It’s my little thing,” Reardon said. “I could be playing golf, [but] I got an intrinsic satisfaction. One volunteer told me that he just feels like he does after he gives a pint of blood. You can’t pay a person for that feeling.”

Cigarette butts are the most prevalent litter item in America, according to Keep America Beautiful. In San Diego, cigarette butts ranked No. 1 in 2013’s Top Ten Debris items, with 79,689 butts collected (I Love a Clean San Diego lawsuitly counts them). With the fire season approaching and the persistent drought, San Diegans need to get after those folks who toss the butts out their car windows.

The volunteers meet at 7 a.m. the second Sunday of every month (except for this month, in which the cleanup takes place at 8 a.m. on Saturday, the 20th) near the Starbuck at Governor Drive’s Marketplace Shopping Center. Some volunteers, including Reardon’s wife and daughter, socialize before the 7:30 a.m. “pick-off,” while others show up at 7:30 ready to work until around 9 a.m. Reardon weighs the bags for I Love a Clean San Diego, piling them up near recycling bins at Regents Park. He has a city department on Monday; the bags are picked up midweek.

Reardon likes to give a shout-out to some volunteers: Rich Quinonez is a terrific booster. He is a star. He works long after normal quitting time, Brooke Choi, the [University City High School] volleyball coach, and her daughter, Emma, are faithful followers too. Emma is a Centurion senior and has just started a litter group at the high school.

Locals are invited to help grow the number of volunteers at the appointed time and place to socialize, or arrive a little before 8:30 a.m. ready to do good work on Saturday, Sept. 20. You will see a table set up with everything you need.

Reardon credits I Love a Clean San Diego with help in mapping out the streets to clean. In turn, he has been appointed to serve on its board, but he won’t rest on Sunday mornings. He will welcome you the way any spiritual leader would, and he doesn’t pass a collection basket after his brief sermon.

— Sandy Lieppe contributes her View from 52 columns to The San Diego Community Newspaper Group.
A new football season dawns, and another opportunity for old and new emerges on the gridiron at La Jolla Country Day School this fall under new head coach Tyler Hales.

Country Day, which travels to Castle Park on Friday, Sept. 5 for its second contest of the season after opening with La Jolla High last weekend, opened camp several weekends ago. According to Hales, while former coach Jeff Hutzler’s absence was felt, his mark on the program was clear in the traditions continued into this year.

As in the past, the Torreys learned in the classroom and practiced hard on the field and in the weight room. However, this year, players cheered each other on during their weight-room testing each day. Between sessions, the team engaged in a number of activities to fuel an already strong team chemistry.

A new tradition involved each senior giving a talk about what football at Country Day has meant to him; the squad began and ended its first few meetings hearing from a different senior.

"While we have had these senior talks in the past," Hales said, "we found that hearing from these young men during camp really helped set the tone for our camp really found that hearing from these talks in the past," Hales said, "and has really improved every aspect of this game. He has had a great pre-season and he has set himself up be a vital and confident leader on our offense.

"We plan to surprise some people by competing for the Coastal League title, as well as advancing deep into the CIF Playoffs in division 5."

Hales is pleased with the work ethic from everyone involved.

"This group — both players and coaches — is one of the most dedicated and hardworking group of Torreys that I can remember," Hales said. "Far more important than the incredible talent of our players and coaches, it's their high character that gets me excited to get to practice each and every day. We have a group of seniors who have really bought in to what we are trying to accomplish, and they have taken the team under their wing by showing their teammates how to do things the right way, the Torrey way. Because of the character of this team, I have no doubt that we will be successful on the field this year, which of course also makes things even more fun."

As Hales sees it, senior captain Coffman is going to provide important leadership on a young offensive and defensive line.

"He has already proven himself to be a great leader on and off the field," Hales said. "He is one of our strongest players, and he is one of the few returning linemen."

According to Hales, Brown is one of the team's most consistent players and also one of the fastest. He is a big part of the offense, and he returns as the team’s leading receiver from last year. He's also proven himself to be a tough corner on the defensive side of the ball.

"He is a quiet leader who just goes hard every single day, which pushes all of his teammates," Hales said. Meanwhile, sophomore quarterback Braxton Burmeister is a returning starter at the position after playing every snap as a freshman.

"He worked incredibly hard this offseason," Hales said, "and has really improved every aspect of this game. He has had a great pre-season and he has set himself up be a vital and confident leader on our offense.

"We plan to surprise some people by competing for the Coastal League title, as well as advancing deep into the CIF Playoffs in division 5."

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- 9616 W. Pico Blvd. - Los Angeles
- 22333 Sherman Way - Canoga Park
- 260 S. La Brea Ave. - Los Angeles

Prices Good through September 9, 2014 - While Supplies Last
Style with Masters of Fashion was a driving force for Crab is the star and a subtle scene-stealer.

Through Sept. 14 in the Old Globe Theatre’s outdoor Lowell Davies Festival Theatre, you’ll witness a lovely production of Shakespeare’s “Two Gentlemen of Verona” as part of the Globe’s Summer Shakespeare Festival, replete with a beautiful, fairy tale set by John Arnone, the most laid-back Crab the Dog ever seen (yes, even more relaxed than you were). Augie, and a meticulously cut, well-acted script, for which credit is due to veteran director Mark Lamos. See it or be sad. It runs at 8 p.m. Tuesdays through Sundays. For more, visit theoldglobe.org or call (619) 610-1184.

La Jolla theater entrepreneurs Dori Salois and Robert Salerno couldn’t be more pleased over their Vantage Theatre production of Lynne Kaufman’s “Be Here Now: the journey of Ram Dass,” which starred the amazing Warren David Keith and played Aug. 15 to 17 at Ocean Beach Playhouse. All four performances in the 80-seat theater were sold out, and now Vantage is “exploring other avenues to remount the production.”

Subscribe Now: Athenaeanu Music and Arts Library announces its 25th-anniversary Barbara and William Karatz Chamber Music series of eight concerts, set to begin at 7:30 p.m. Tuesday, Oct. 28, with magnetic and expressive Italian baritone Luca Pisaroni. Pisaroni’s recent performances include the title role in “Le Nozze di Figaro” at Covent Garden and Caliban in the Metropolitan Opera’s pastiche titled “The Enchanted Island,” seen in high definition throughout the land.

All concerts begin at 7:30 p.m. at the Athenaeanu Music & Arts Library, Joan & Irwin Jacobs Music Room, 1008 Wall St., La Jolla. To reserve series or individual tickets, go to jathenaeanu.org/chamber-concerts or call (858) 454-5872.

Scholarship goes to binationally raised lad

José Antonio Partida, 19, of Coronado and Mexico City, is one of only 16 students to receive an Emerging Artist Scholarship through the Robert Redford/Mila-gro Initiative Scholarship Program. In the announcement made by Santa Fe (N.M.) University of Art and Design, Redford said, “I look forward to seeing all that these students accomplish at Santa Fe Universi-
ty Art and Design, as it’s clear they have bright futures ahead of them.”

Partida’s study area is film. “My favorite authors are Gabriel García Márquez and José Emilio Pacheco,” he said. “Both have inspired me with stories that someday I would like to film.” Watch out, Santa Fe. Partida has a third-degree black belt in tae kwon do.

Style with Masters of Fashion featured fare designed by Ukrainian Olena Dats.

Ticket sales and 10 percent of the in-store receipts benefited the non-profit Epilepsy Foundation of San Diego County, which works toward finding a cure for this neurological disorder characterized by sensory disturbances and with which about 3 million Americans live. For more information, visit epilepsysan-diego.org. Meanwhile, visit the Centre, at 1205 Auto Parkway in Escondido, for a new experience. The next fashion show at the Centre will be on Saturday, Sept. 27, featuring recycled materials.

UPCOMING EVENTS

SATURDAY, SEPT. 13: TENTH ANNUAL STRUT FOR SOBRIETY boutique, luncheon, “Path to Recovery” awards and fashion show, to be held by A New PATHS (Parents for Addiction Treatment & Healing) at the Sheraton Harbor Island. (619) 670-1184.

WEDNESDAY, SEPT. 17: FASHION THROUGH THE AGES, A TRIBUTE TO DOWNTOWN ABBEY will be held at the Town and Country Hotel, 500 Hotel Circle North, beginning at 11 a.m. This fundraiser benefits Angels of Aseltine Auxiliary. For tickets or information, contact Holly Smith Jones at (858) 755-8446, eventbrite.com, scroll down.

SATURDAY, SEPT. 27: RECYCLED MATERIAL RUNWAY EVENT #2; Moonlight Veranda, Lexus Centre of Escondido, from 6 to 9 p.m., hosted by Escondido Arts Partnership/Escondido Municipal Gallery. Tickets are available at escondi-doarts.org/details/runwayevent.html.

TUESDAY, SEPT. 30 – SUNDAY, OCT. 5: FASHION WEEK SAN DIEGO 2014 located at the Port Pavilion on Broadway Pier. The event will start each night at 6. For tickets, visit eventbrite.com and scroll to the Fashion Week link.

— Diana Cavagnaro is a nationally recognized hat designer and milliner. Diana has been operating a fashion business for 30 years, the last 20 years in downtown San Diego’s historic Gaslamp Quarter. She has been teaching in the fashion department at San Diego Mesa College for 20 years. Diana is an active member of the Gaslamp Quarter Association, the American Sewing Guild, the San Diego Costume Council and the Fashion Group International.

Playhouse residents CCdd: How about a show set on Mars in 2044?

BY CHARLENE BALDRIDGE

Some of the best, most innovative theatrical work is produced by San Diego’s small theaters. Many are “homeless,” or “gypsy” companies, with no regular venue. Recognizing that, La Jolla Playhouse artistic director Christopher Ashley instituted a resident theater program that so far has hosted Mo’olelo Performing Arts Company, MOXIE Theatre, San Diego Asian American Repertory Theatre, Eveoke Dance Theatre and Teatro Máscara Mágica.

Circle Circle dot dot (CCdd) begins its 2014-15 La Jolla Playhouse residency Sept. 12 with a new work, titled “Red Planet: The First Vacation Resort on Mars in 2044,” the work commissioned by La Jolla theater entrepreneurs Dori Salois and Robert Salerno.

The company’s recent performances include the world premiere of the play “magik,” written and performed by the members of Los Angeles troupe Theatre of War, Northwestern University’s production of Arthur Miller’s “All My Sons,” and the La Jolla Playhouse production of “The Life,” a new play by Pulitzer Prize winner Anna Deavere Smith Jones, which will run through Sept. 28 at The Old Globe Theatre in Balboa Park.

Fashion Files

Diana Cavagnaro

The Epilepsy Foundation of San Diego County held its first Style with Masters of Fashion luncheon and fashion show on Aug. 23. This event was held at The Centre in the Lexus Escondido dealership — the idea is to have fun shopping and dining while you wait for your car.

The show began in the Sunset Heights Banquet Room while the guests enjoyed a luncheon catered by Vintana Wine & Dine. DJ Noel 2013 laid down the tunes for the afternoon, and models came down the catwalk in daywear different than in other stores — the lovely line of colorful outfits resembled flowing castes, and a collection of gorgeous gowns came down the runway for the finale. These créme de la crème Paris-made garments were designed by Ukrainian designer Olena Dats, and they were definitely the hit of the show as Dats does a modern twist on the Slav tradition.

Crab (right) gets ready for his next line in the Old Globe Theatre’s “Two Gentlemen of Verona,” running at The Old Globe Theatre through Sept. 14.

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CRAB IS THE STAR AND A SUBTLE SCENE-STEALER.

PLAYHOUSE RESIDENTS CCDD: HOW ABOUT A SHOW SET ON MARS IN 2044?

BY CHARLENE BALDRIDGE
Big changes are on tap at Oggi’s Liberty Station

Oggi’s in San Diego County to soon expand its tap offerings from 14 to 30. The lineup already includes eight of the company’s signature craft beers plus a seasonal brew and a barrel-aged special, although in the coming months it will make room for a slate of suds produced by other local brewers.

Oggi’s was founded in 1991 by brothers George and John Hadjis. They opened their first location in Del Mar as a pizzeria. A few years later, they integrated microbrewing into the equation and eventually launched Left Coast Brewery in San Clemente for beer making.

The effort blossomed into a portfolio of award-winning beers such as crisp California Gold blonde ale, slightly sweet McCarver’s Scottish Ale and the refreshingly hoppy Double Up IPA. Connoisseurs will also cherish the hearty barrel-aged Black Magic Stout that earned a gold medal at this year’s San Diego International Beer Competition. The honor ranks among dozens of other recognitions that Oggi’s has garnered at high-profile competitions over the past two decades.

The company currently operates 16 franchised restaurants, located mostly throughout Southern California. In addition, Oggi’s Pizza Express outlets opened recently at 125 Garretson Ave. in Pacific Beach and in the Student Union Center at San Diego State University.

Several companywide menu changes were implemented in August, including the enlargement of personal-size pizzas from eight to 10 inches. As with the bigger sizes, the pies are constructed from hand-tossed dough and house-made red sauce, ranking as “the official pizza of the San Diego Chargers.” (Oggi’s is the exclusive pizza vendor at Qualcomm Stadium.)

From the specialty list, the new Sports Fan pizza is crowned with a zesty melange of pepperoni, sausage, red onions, bell peppers, roasted garlic and jalapeños. The popular Heavy Weight ups the meat factor with the additions of Canadian bacon, ground beef, sausage, smoked ham and turkey. The Wind Wind Wind is loaded with bledon coddies vegetarians with a garden’s worth of fresh veggies, pineapple and parsley.

Ringing in at 550 calories or fewer are such newcomers as quinoa-stuffed portabella mushrooms, a goat cheese spinach salad and colorfully constructed lasagna rollups stuffed with grilled veggies.

Waldon points out that Oggi’s hand-formed burgers containing “secret seasonings” remain top sellers at Liberty Station and beyond. Customers can either build their own or choose to the temptations of Parmesan patty melts, spicy Matadors with Cajun aioli and a few others that raise the volume with bold ingredients.

For those looking for an Oggi’s meal while settled into the comforts of home, delivery service is available from 11 a.m. to 10:30 p.m. daily, spanning from Point Loma and Ocean Beach to the Midway District and Downtown.

Given his proximity to Naval Base Point Loma, Waldon holds regular fundraisers for military veterans returning from Afghanistan and Iraq.

“We throw parties for them and collect cash donations at the restaurant,” he says. “We also have a memorial wall of plaques for those who died in battle.”

His latest fundraiser for the Wounded EOD Warrior Foundation kicks off with raffle drawings held during each of the coming season’s Monday-night football games. Customers can enter the raffles by purchasing an entree or a large pizza or by making a cash donation to the Wounded EOD Warrior Foundation. Prizes include Oggi’s gift cards, Chargers-auto graphed memorabilia and more.

Enjoy the Beauty of Old Town

A new Taste of Old Town event, presented by Tequila Herradura, will debut on Thursday, Sept. 18, from 6 p.m. to 9 p.m. The Taste of Old Town will give food and spirit lovers the chance to blaze through the streets of Old Town sampling selections of spirits and beer paired with culinary specialties from 16 participating selections.

Produced by the Old Town Chamber of Commerce and sponsored by Tequila Herradura, Taste of Old Town tickets are $30 if purchased in advance and $35 on the day of the event. A Student-only ticket is available for $20. Most restaurants will offer samples of a signature dish, along with a beer or spirit tasting to accompany the product.

“We have had similar events in the past but this year’s Taste of Old Town is sure to knock your socks off,” said event chair Chuck Ross of Old Town Family Hospitality Corp., the Cosmopolitan Hotel and Fiesta de Reyes. “All the restaurants have stepped up and are serving either specially created dishes for this event, or their signature favorites.”

At the Fiesta de Reyes restaurants Casa de Reyes will be serving a taste of one of their most popular dishes ‘Mar y Tierra,’ which is a prawn stuffed with Mozzarella cheese and rajas, wrapped in bacon and grilled, then topped with its famous jalapeño white sauce.

Old Town Mexican Café will spotlight its camarones and pollo asado street tacos, topped with grilled onions and jicama salsa. They will also be serving up “Cheesoholic,” a cheddar-based lasagna topped with tequila on top of moist chocolate cake.

Other participating restaurants include: Azteca Mexican Café, Casa Guadalupana, El Patio, Fred’s Mexican Café, La Pilata, Los Leon, Bar & Grill, Old Town, Tequila Factory and Rockit芭 Baja Lobster. In addition, Cold Stone Creamery and RUST General Store and Sushi will be offering free samples as well.

Participating spirits include 1800 Tequila, Azteca Tequila, Casamigos Tequila, Coralitos Tequila, el Jimador, Espolìn Tequila, Frida Kalio Tequila, Grand Leonora Premiun Organic Tequila, Herradura, Milagro Tequila, Roca Patron and Tequila Canadore, and Tres Agaves.

Visit www.tasteofoldtown.com for more information and to purchase tickets.
A chance at life

A newborn’s critical illness can seriously alter a household’s financial and emotional environment, with the sickness resulting in the loss of a home, a livelihood and a sense of purpose. Miracle Babies has seen lives turned upside down by this change of fortune; accordingly, it aims to become the nation’s premiere nonprofit resource for neonatal intensive care unit patients and their families. The San Diego Polo Club was the site of the nonprofit group’s first White Party fundraiser, held Aug. 31. Many guests, such as Miracle Babies founders Marjan Montazavi and Dr. Sean Daneshman (far upper right with daughter Natalie) are the parents of prematurely born children. Guests from La Jolla included Sean and Mary Ellen Bloomingdale and their poodles (near right); Diane Rabin (shown with friend Juliet Ta), far lower right; and Lorelei Romera (below), of Real Housewives of Orange County fame, who donated the pictured necklace. Two performers from On Demand Lifestyle Staffing (facing) took the event a level higher with their impromptu acrobatics. For more on Miracle Babies, please see miraclebabies.org.

Photos by Lena Evans; Text by Martin Jones Westlin
Marla Bingham’s 91-year-old mom makes a good case for advances in mainstream medical science. Her knee replacements have redrawn her world. Gone is the limited range of motion that compromised her comfort and, more important, her independence. She’s even driving again, living to the max as new technology declares itself a full partner in traditional medicine’s evolution.

That seems at odds with Bingham’s expertise in the Pilates and Gyrotonic Expansion Fitness systems, regarded as some of the most alternative quasi-medical practices in an aging of alternative marketing. The fact is, Pilates has been around for about a century, and its close cousin, the Gyrotonic Expansion System, is more than 70 years old. By comparison, knee arthroplasty found its first favor as recently as the 1970s. It’s all about perception, Bingham said — in matters of optimum health, one person’s old school is another’s New Age, and vice versa.

So goes the conversation on a recent afternoon at La Jolla’s The Marla Bingham Studio, where my firsthand exposure to Gyrotonic fuels an appreciation for brain-body communication, Bingham’s disarming commercial candor and the beauty of body movement as the studio marks its tenth year in business.

The Gyrotonic Expansion System, created in 1942, looks to key principles found in dance, yoga, tai chi and swimming and stresses synchronized movement and breath. The explanation seems pretty simplistic, but its practical application may have saved its creator’s health. Hungarian swimmer and dancer Juliu Horvath, who suffered from chronic pain and the aftermath of an injury that ended his career with the Houston Ballet, created the system in 1942, looks to key principles found in dance, yoga, tai chi and swimming and stresses synchronized movement and breath. The explanation seems pretty simplistic, but its practical application may have saved its creator’s health. Hungarian swimmer and dancer Juliu Horvath, who suffered from chronic pain and the aftermath of an injury that ended his career with the Houston Ballet, created a novel series of exercises and routines that derived from his observations of nature.

“The octopus, the monkey and the cat,” Horvath said, “are my basic models, because they can move in any direction at any given time with strength and control because they have no restrictions. The human body has restrictions, but I can model the body — within the framework of its restrictions — to move in a similar way, to be free.”

Enter Massachusetts native Bingham, her background as a George Balanchine dancer and the enor- mous physical toll it exacted. The Pilates and Gyrotonic systems, she reasoned, were logical progressions of movement and breath, and her licensed expertise is evident amid Horvath’s allusion to the animal kingdom.

“I’m always moving,” Bingham explained. “Most of us either don’t move enough or our movements are repetitive, activities that the brain is used to. But muscles are what’s called [parasympathetic], meaning that one [fires] off the other and so on.” Accordingly, Bingham’s casual and random movements are virtually effortless, taking their cues from synchronized breathing’s role in overall health.

The client’s part involves an introduction to a body-fitting bench, a weight-driven set of pulleys and straps and Bingham’s attention to my breathing amid the slow, gentle stretches below the waist (a sore point for me). This isn’t so much exercises as attunement, an effort to align mental, emotional and pulmonary function. It works — after 45 minutes, I’m dizzy from the intake of oxygen and, more important, buoyed by the potential of an altered physical state. Bingham expected nothing less — meanwhile, she said, one benefit of her practice lies in its limitations.

“Gyrotonic,” Bingham said, “is not for everybody. Pilates is not for everybody. Yoga is not for everybody. Veganism is not for everybody. If you have an abnormality like scoliosis (curvature of the spine), nothing I do can fix it. I’m not a cure. What I can do is get you thinking about the brain and how it communicates with [your infrastructure] so that you can feel better.”

Bingham draws out the last two words as if declaring a prognosis. Feeling better, after all, sets the foundation for the brain-body connection that paves the road to feeling your best. To that extent, Gyrotic is a success. For more on Pilates and the Gyrotonic fitness system, call The Marla Bingham Studio at (858) 454-1224 or see binghamplates.com.
serves as the legal voice in the San Diego Chargers’ fight to build a new stadium has joined the defense team of the Texas governor charged with abuse of his office.

Mark Fabiani, partner in La Jolla’s Fabiani & LeHane law firm, will seek to defend Gov. Rick Perry from allegations that he attempted to coerce a public official to resign.

Perry has pleaded guilty to two felony counts for threatening to withhold funding from an anti-corruption program after state District Attorney Rosemary Lehmberg refused his demand she step down following a charge of driving while intoxicated.

Fabiani has served as an adviser to former President Clinton and was a member of former Vice President Al Gore's communications staff in the 2000 general election. Attorney Ben Ginsberg, who opposed Fabiani during the 2000 presidential recount, is also on the defense team.

Study of coastal whales inaugurated by Navy

The Navy has inaugurated a study to document the feeding, diving and travel habits of whales off the Southern California coast.

The project, which began on July 31, involves Oregon State University researchers’ attempts to attach 24 trackers to the fins of blue whales and fin whales, whose locations will be tracked for a year. In a separate project, eight whales will be tagged in an effort to learn about their deep-water foraging habits.

Preliminary results will be reported to the National Marine Fisheries Service next spring. Field work is also planned for 2015 and 2016. Data will be combined with oceanographic information to obtain results that can only be achieved underwater.

The Navy estimates that the work may kill up to 1,35 mammals and injure 2,000 others. The study begins as environmental groups fight the military and the fisheries service over a permit that allows the Navy to use sonar and explosives charges.

Parkinson’s group to open offices in La Jolla

The Parkinson’s Association of San Diego will open offices in the Ximed Building at 9850 Genesee Ave, suite 740, in La Jolla, offering the association’s noted service program.

“With the opening of this office, we will be able to broaden our reach to people who have Parkinson’s,” executive director Jerry Hemberger said, “and they will have a convenient access to the association’s Minds and Motion program, close to where they see their primary physicians.”

Clinical psychologist Arika Johnson will be seeing patients.

Johnson said adjustment and difficulty accompany a diagnosis like Parkinson’s; almost always, patients and families don’t know what it’s going to look like in the future.

“Usually, medical doctors are quite good at trying to manage the physical symptoms, but progressively, there’s a huge need to address the nonmotor, nonphysical symptoms. That’s what we do.”

Johnson said.

The association provides therapeutic support groups, one-on-one counseling and family counseling to people who have Parkinson’s disease, members of their families, caretakers, and others who may be experiencing stress, depression and anxiety associated with the condition of Parkinson’s, as well as others with movement disorders.

The association accepts Medicare and Medi-Cal. It also offers private-pay and sliding-scale rates for those with no insurance.

Call (877) 737-7576 for appointment.

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Using management consultants

By Natasha Josefowitz, Ph.D.

A management consultant, like a doctor, will diagnose the problem (illness), offer solutions (remedies), discuss the possible consequences of each alternative (the side effects), help to implement the decision (treatment) and observe closely to see that the suggestions are followed correctly to avoid unintended consequences (follow-up visits). And just as a doctor may work only with the patient or involve the family in the treatment, a consultant may work with just the CEO, the management group or the total organization. Both the consultant and the doctor will reassess and change the course of action or treatment if necessary.

As a management consultant, I am often called on to help an organization in trouble, but it is easier to know when a person is ill and needs a doctor than when an organization is sick and needs a consultant. What are some of the problems that may require these services?

Personality clashes may cause a group to work ineffectively, relations may be strained by power conflicts between different groups or leaders may be unable to steer an effective course of action. The problem could also be in the system as a whole: The labor market or physical conditions are untenable or there is a general climate of malaise. When a CEO or manager is unable to cope with these problems alone, it is time to call in a consultant. The consulting process can be applied to any organization: a school, hospital, corporate office, bank, retirement community, factory or shop.

There are times when the objective viewpoint of an outsider specialist is essential to solving the problem, whether it be diagnosing the difficulty, locating it within the organization, devising a solution or implementing the new course of action. Spotting and eradicating trouble relies on a collaborative effort between the client and the consultant. Without top management’s support, little can be accomplished. The consultant will gain the necessary credibility by demonstrating knowledge of what questions to ask, how to listen, what to look for and how to observe.

The consultant will diagnose the organization in order to answer the question: “What is really going on?” using data gathered from inside or outside the organization. Questionnaires may be sent to all employees or just to representative groups, or key people may be interviewed. The challenge is to ask the right questions so that the correct issues will be addressed. It is also important for the consultant to spend some time in the organization in order to observe the various interactions.

Frequently the information is fed back into the system. This means that the findings are reported back, often anonymously to safeguard confidentiality, giving people in the organization some indication of the issues involved. This knowledge allows the decision makers to understand the results and to participate in a plan of action.

For instance, let us take poor performance. If people don’t perform up to standards due to one of three reasons, they are willing but unable to due to their own limitations; the question then is can they be trained. Or they have the ability and desire but they are being prevented by other employees, management, lack of resources or policies; the question then is can these obstacles be removed. Or people could perform but are not willing due to laziness, lack of motivation or different priorities; the question here is what can be done to get everyone to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

Confusing two medications with similar names accounts for up to 25 percent of errors. Sometimes the doctor’s handwriting is “ugly” or legible. What is the possibility of a medication mistake, call us at 858-954-7297 or visit them at Sola Salons Suite #120, 5726 La Jolla Blvd. in La Jolla.

Medication mistakes can be dangerous

Every year 1.5 million people are injured or become seriously ill when a medication mistake happens and 100,000 people a year die from the mistake. It is important for physicians to ask each other about side effects. One drug can magnify the other or another drug can magnify a side effect of the other. If you take one medication that says a side effect can raise blood pressure and then you take a second medication with the same side effect, the two together could cause your blood pressure to get dangerously high. So ask your pharmacist and doctor about side effects, read the written printouts and review and compare them.

The RN Care Manager at Innovative Healthcare Consultants is experienced and knowledgeable about reviewing all medications to insure against drug interactions and errors. Her job is to make sure these errors don’t happen to her client. If you’re concerned about a loved one and the possibility of a medication mistake, call us at (619) 246-2003 or visit www.rightchoiceseniorliving.org.
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Orb weavers aren’t nearly as fearsome as they look

By LINDA MARRONE

In early fall, just in time for Halloween, you will begin to notice some pretty large spiders in your garden, and they will probably be of the orb weaver variety. Spinning large round webs that can reach up to several feet across, the spider itself can come in a variety of shapes and colors (most of the ones in my garden are brownish), and it can also have markings on its body.

The orb weaver is a lie-in-wait predator that sits in the center of its web, head down, its eight legs tucked under its crab-like body, which can be anywhere from a quarter of an inch to an inch or more. But when disturbed or moving in to capture its prey, the spider will unfurl its long legs, and that is when you see how large it is.

Orb weavers have an annual life span and reach full maturity in the fall. In most orb weaver species, the female weaves and sits in her web. The male will visit the female’s web when he is searching for a mate and female weaves and sits in her web. Orb weavers like the one here come from a family that kills more pests than all other garden animals combined.

The orb weaver is a lie-in-wait predator. Although their size can be somewhat intimidating, orb weavers are docile, nonaggressive spiders and are said to be harmless to humans. They do possess fangs and can bite if threatened, but their bite is not considered to be serious, and it reportedly can be compared with a bee sting. That said, it should be noted that some people actually not insects and hail from an animal family called arachnids — hence the term arachnophobia, meaning fear of spiders. The arachnid family includes, scorpions, ticks and mites; the members have eight legs and do not have wings or antennae. For a very long time, I was not pleased to meet up with large, friendly spiders in my garden, but after years of working in there I have gotten over my arachnophobia, and I now appreciate how these skillful predators benefit our environment. The orb weaver consumes many of our most irritating garden pests, even termites (in fact, spiders in general kill more insects than all other garden predators combined).

An old Quaker saying reads: “If you want to thrive, let the spider run its web.” This time of year, I cautiously venture into the garden each morning with my broom in hand, and when I find a web intricately constructed across my garden path, I gently move it aside and up into the higher branches of the bushes and trees. Some of the spiders have gotten the hint and have removed their webs up and away from the busy pathway, which keeps both the spiders alive and my garden thriving.

By LINDA MARRONE

Nancy Gardner, one of our community-minded citizens, is on her way to Indianapolis as the appointee-representative from the San Diego FBI Citizens Academy for the National Leadership Conference, attended by one chosen representative from each U.S. state and territory.

It’s an extreme honor to be asked after years of working in there I have friendly spiders in my garden, but some people actually have an extreme fear of spiders. The arachnid family includes scorpions, ticks and mites; the members have eight legs and do not have wings or antennae. For a very long time, I was not pleased to meet up with large, friendly spiders in my garden, but after years of working in there I have gotten over my arachnophobia, and I now appreciate how these skillful predators benefit our environment. The orb weaver consumes many of our most irritating garden pests, even termites (in fact, spiders in general kill more insects than all other garden predators combined).

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Orb weaver spiders like the one here come from a family that kills more pests than all other garden animals combined. Orbs are not as scary as their reputation, and they are beneficial garden predators. Scare is common when people think of spiders, but in reality, spiders are not insects and hail from an animal family called arachnids — hence the term arachnophobia, meaning fear of spiders. The arachnid family includes scorpions, ticks and mites; the members have eight legs and do not have wings or antennae. For a very long time, I was not pleased to meet up with large, friendly spiders in my garden, but after years of working in there I have gotten over my arachnophobia, and I now appreciate how these skillful predators benefit our environment. The orb weaver consumes many of our most irritating garden pests, even termites (in fact, spiders in general kill more insects than all other garden predators combined).

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— Linda Marrone is a Realtor with Coldwell Banker. Stories about her historic La Jolla garden have been published in local and national magazines.
Suicidal man arraigned at hospital on weapon charge

A suicidal man who pointed a gun at police in Mission Bay Park before police shot him Aug. 6 has been arraigned in his bed at Scripps Memorial Hospital La Jolla on two counts of exhibiting a weapon in the presence of police officers.

A not guilty plea was entered for Lance Marshall Tamyo, 45, who remains in hospital. San Diego Superior Court Judge Joan Weber set bail at $150,000, and Tamyo will be transferred to jail after he is discharged from the hospital.

Deputy District Attorney Michael Runyon said Tamyo faces a maximum sentence of three years and eight months in prison, if convicted. Runyon declined to comment about Tamyo’s medical condition.

On Aug. 6, Tamyo called 911 from his car, saying he was suicidal, had a gun and wanted officers to kill him. Police kept him talking on his cell phone, but Tamyo got out of his car and walked around a grassy area holding a gun.

He allegedly pointed the weapon at numerous officers and at an overhead police helicopter before he was shot near De Anza Cove and rushed to the hospital.

— Neal Putnam

SCRIPPS

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and the board’s general manager. During this period, he was an adjunct faculty member in the institute’s department of molecular biology.

A Ph.D. graduate of the University of Illinois at Urbana-Champaign, Paulson spent 12 years on the faculty of UCLA before joining Cytel.

Paulson is currently chairman of the American Chemical Society Division of Carbohydrate Chemistry and serves on several scientific advisory boards. His honors include the United States EPA Green Chemistry Challenge Award (2000), Barnett Lecture (2008), Bijvoet Medal (2008) and Karl Meyer Award (2009).

Marletta resigned his post as institute CEO in July after a heated conflict with his deans over a proposed merger with the University of Southern California.
3443 Ocean Front Walk, Unit F - $1,250,000

Vistas of the Pacific abound from almost every room of the ocean front. This impressive property melds contemporary elements w/ hi-end features, Donovan Entertainment, flat screens, top-of-the-line ss appliances, slab granite, slate flooring, Euro style cabinetry, vaulted ceilings, gas fp, floor 2 ceiling windows & doors, maximizing the spectacular vus. 2 car parking. Currently a vacation rental & rents for $2,900/week in June & Sept. and $3,400/week in July & August.

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Sun 11-3 pm
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Sun 11-4 pm
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Sun 11-3 pm
5707 Palomar Ave. 5BR/3BA $850,000- $1,025,000 Michelle Serafini 858-829-6210
Sun 11-3 pm
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1355 Scottie Place 3BR/2BA $1,475,000 Henrik Chaziel & Jen Stultz 858-364-0000
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7830 Via Capri 2BR/2BA $1,650,000 Ken Woods 858-252-2510
Sun 11-4 pm
1720 Nautilus St. 4BR/4BA $1,665,000 Celeste Arne 858-587-3645
Sun 11-3 pm
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Sun 11-3 pm
421 Westbourne St. 3BR/2BA $1,775,000 Henrik Chaziel & Jen Stultz 858-364-0000
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6447 Avenida Manana 3BR/3.5BA $1,775,000 Kent Adams & Craig Ogland 819-613-9557
Sun 11-4 pm
1360 Caminito Greco 3BR/2.5BA $2,495,000- $2,895,000 Henrik Chaziel & Jen Stultz 858-364-0000
Sun 11-4 pm
5519 Chelsea Ave 3BR/2BA $2,300,000 Henrik Chaziel & Jen Stultz 858-364-0000
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Sat & Sun 11-4 pm
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Being able to walk a potential buyer through the benefits and restrictions associated with owning a historic home is very important and Linda’s experience as both a historic homeowner and her years of involvement in the historic preservation field will make selling your historic home a pleasure.

Go to www.LindaMarrone.com to learn more about historic designation.

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