Contractors fighting clock to complete construction along Avenida de la Playa

By DAVE SCHWAB

Contractors are racing against time to complete the so-called Avenida de la Playa Infrastructure Replacement and Sewer & Water Group projects at La Jolla Shores before Memorial Day, ahead of the city’s summer construction moratorium.

“Everyone involved is doing their absolute best to complete the project, making every effort to finish up as quickly as possible,” said Department of Public Works spokeswoman Mónica Muñoz. “But as you know, we can never assume that everything will go smoothly and without a hitch.”

The projects are designed to improve stormwater, sewer and water services by creating more reliable systems and replacing undersize storm drains, which have contributed to frequent flooding and resultant pollution to the adjacent Shores beach and its state-designated Area of Special Biological Significance. They involve installing new sewer and water mains within portions of the public rights-of-way of Avenida de la Playa, Paseo del Ocaso, El Paseo Grande, Vallecitos, Calle Frescota, Camino del Sol, Camino del Oro, Paseo Dorado and Avenida de la Ribera.

In a prepared statement, the city said both projects — which have been combined into one and are being done concurrently to save time and cost — is “not on schedule due to delays caused by utilities conflict/relocation, the SDG&E under grounding of power lines and the redesign of box culverts to provide proper street drainage.”

The city said unforeseen construction delays occurred in late February because of a quality-control issue with material from a supplier and in early March, when there were several days of rain.

“The schedule, as often happens with construction, currently is in flux. The recovery schedule may be provided in the next two weeks or so. Due to these delays, an acceleration change has been submitted to the city engineering department for approval,” according to the city’s statement.

“Everyone is tolerating it (construction) knowing it’s for improvement and has to happen,” said Izzy Tihanyi of Surf Diva on Avenida de la Playa. He added some work changes have been disconcerting.

“We were told they weren’t going to cut up the avenue and now they are, so we’re (merchants) a little confused,” she said.

Tihanyi said the community and city have been collaborating for the

SEE AVENIDA >> PG. 2

Condo residents, SANDAG to meet amid trolley corridor route flap

By DAVE SCHWAB

May 9 is D-Day for the La Jolla condo residents who will invade a San Diego Association of Governments (SANDAG) board meeting to lobby against a proposal to bring the Mid-Coast Corridor Transit Project trolley service closer to their homes, which they fear could negatively impact their quality of life.

The project would extend trolley service from Santa Fe Depot in downtown San Diego to University City, serving Old Town, UCSD and Westfield UTC. Construction is expected to begin in 2015, with service starting in 2018.

But there’s a lot of time — and a long way to go — between now and the design of the route. Contractors are racing against time to complete the so-called Avenida de la Playa Infrastructure Replacement and Sewer & Water Group projects at La Jolla Shores before Memorial Day, ahead of the city’s summer construction moratorium.

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SEE TROLLEY >> PG. 2
Crosses back over I-5 near Voigt UCSD campus. The route then west side of I-5, just south of Nobel to Gilman Drive, then crosses to the right-of-way alongside Interstate 5 north of the Old Town Transit Center.

The stakes are high, said Krupp, adding that he and other condo residents are taking “a much more aggressive role” in “putting on a full-court press. It’s their quality of life, the value of their property.”

Linthicum acknowledged the route alignment decision is tough, saying it’s a balancing act. “We understand this is a mega-project going through the heart of many communities,” Linthicum said. “It’s a good project. We need transportation improvement. It’s been in the works for a long time, and our job now is to build the best transportation improvement. It’s about the wisest course for the trolley route crossing the right-of-way alongside Interstate 5 has been a “moving target.”

“Going back 15 years or more, the trolley alignment was further north,” he said. “But for operational, engineering and aesthetic reasons, we moved it further north.”

Linthicum acknowledged the route alignment decision is tough, with lots of competing interests involved. “That’s why we’ve been working and talking with all sorts of folks out in the community,” he said. “It’s a balancing act.”

“We want to get the alignment back to where it was,” Krupp said. “Our big issue is having it done right, where the alignment makes sense and doesn’t destroy the quality of life for the folks in our area.”

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The city said everyone is keeping their fingers crossed as infrastructure work continues along Avenida de la Playa.

“Although the unexpected is to be expected with a construction project,” said Muñoz, adding parking problems in the area relating to ongoing construction have been largely resolved. “HPS Mechanical, the city’s contractor, worked with the manager of a property on Avenida de la Playa and the owner of La Jolla Beach and Tennis Club to secure parking spaces at LJBTC through May 23 for the five residences of Avenida De la Playa.”

The good news, Lucas said, is that “there are a lot of steps that still need to be completed, and in order to finish the project in time for the summer moratorium they will continue to work longer hours, until 7 p.m. and also on Saturdays.”

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Former employee convicted in death of noted architect

After 14 hours of deliberation over three days, a jury on April 24 convicted a former employee of noted local architect Graham Downes of second-degree murder in Downes’ beating death outside his Bankers Hill home in 2013.

The jury acquitted Higinio Salgado, 32, of first-degree murder. Sentencing was set for June 6 by San Diego Superior Court Judge Joan Weber. Salgado is expected to receive a prison sentence of 15 years to life.

Downes, 56, was architect on the Tower 23, along with the 15 years to life.

The guilty plea included a hit-and-run allegation, said Deputy District Attorney Keith Watanabe. Stockmeyer faces 9 to 15 years in prison.

“Why we were told that the defendant wanted to plead guilty and acknowledge his guilt and get this case to a final resolution."

KEITH WATANABE
Prosecutor

La Jolla man faces prison term in Del Mar vehicular manslaughter

A La Jolla man arrested for vehicular manslaughter while intoxicated in the death of a graduate student has pleaded guilty to the charge and faces up to 15 years in state prison.

Christopher Boyd Stockmeyer, 41, will be sentenced June 20 in Vista Superior Court. Rachel Morrison, 27, was killed March 28 in Del Mar.

Stockmeyer, an engineer, is the registered owner of the vehicle that struck Morrison around 10:15 p.m. and left the scene.

Defendant wanted to plead guilty and acknowledge his guilt and get this case to a final resolution, the prosecutor. Stockmeyer remains in custody on $250,000 bail.

A La Jolla man will stand trial beginning July 9 on felony charges of discharging a firearm in a grossly negligent manner in an Oct. 18 incident in La Jolla.

Alan Deller, 64, has had a preliminary hearing in Superior Court and was also ordered to stand trial for shooting inside an occupied dwelling with a handgun. The incident occurred at 7:30 a.m. in the Woodlands south complex in the 3,200 block of Via Marin in La Jolla.

A neighbor heard two shots fired five minutes apart and later saw bullet holes on two inside walls of his residence. Deller surrendered about three hours after police surrounded his unit.

Deller, who pleaded not guilty, is free on $50,000 bond on the condition he live outside his condominium (as per judge’s request)

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Two UCSD professors elected to join American Arts Academy

Two UCSD professors have been elected members of the American Academy of Arts and Sciences alongside leaders from academia, business, public affairs, the humanities and the arts.

Cliff Kubiak, a distinguished professor of chemistry and biochemistry at UCSD, has served as the faculty athletics representative for the Department of Intercollegiate Athletics since 2007. He serves as a liaison between the school and the athletics department and as a representative of the institution in National Collegiate Athletics Association affairs. Kubiak is also chairman of the Faculty Athletic Board of Advisors.

“This prestigious recognition really underscores the esteem in which Cliff is held by his peers,” said Earl Edwards, UCSD director of athletics. “Very few collegiate athletic departments and as a representative of the institution in National Collegiate Athletics Association affairs. Kubiak is also chairman of the Faculty Athletic Board of Advisors.

“Very few collegiate athletic departments are fortunate to have an academician like Kubiak as their faculty athletics representative. He has been an integral part of our program, and we all congratulate him on this honor.”

In 2013, Kubiak received the department’s Meritorious Service Award. Kubiak, who holds the Harold C. Urey Endowed Chair in Chemistry, received his bachelor’s degree from Brown University and his PhD from the University of Rochester. He was a postdoctoral fellow at MIT and a professor of chemistry at Purdue University from 1982 to 1998, when he joined the faculty at UCSD. Also elected from UCSD is Christopher K. Glass, M.D., a professor of medicine and of cellular and molecular medicine.

The election of Kubiak and Glass brings UCSD’s current membership in the academy to 112. The professors will be inducted into the academy at a ceremony on October 11 at the academy’s headquarters in Cambridge, Mass.

Since its founding in 1780, the academy has elected leaders from each generation, including George Washington, Benjamin Franklin, Daniel Webster, Ralph Waldo Emerson, Margaret Meade and Martin Luther King Jr. The current membership includes more than 250 Nobel laureates and more than 60 Pulitzer Prize winners.

— Staff report

As French Open looms, local high school tennis teams hold their own allure

While the world’s tennis eyes will likely be on the French Open later this month, local tennis fans are keeping up to speed with the boys’ season at several area schools.

At The Bishop’s School, the Knights, under head coach Matt Copland, sported a 5-7 record as of the last week, looking to finish strong in their final matches and at least make the CIF quarterfinals in team play.

According to Copland, notable players this season have included senior Jordan Sadowsky, leading the team at No. 1 singles, along with the doubles duo of Nick Appel and Zac Cohen.

“We achieved two good team wins over Pacific Ridge in our conference,” Copland said.

“The season has been a little crazy,” he added, “starting 0-4 and getting back to 4-4, then following to 4-7 with a chance to finish 7-7. Overall, the players have definitely started to find their form. The last two weeks of the season are going to be interesting.”

At La Jolla Country Day School, the Torreys, under head coach Joslynn Burket, headed into the end of April with an overall mark of 8-7 and 4-1 in Coastal League play. The Torreys were to meet up with Pacific Ridge on April 29 to battle for the league title, seeking their fifth straight league crown.

“As for the season,” Burket said, “we have been plugging away day-in and day-out taking some losses with some well-fought victories. Our schedule is always one of the toughest, so we are prepared going into CIF, which we have won three times in the past four years. As for this season, we’re taking one match at a time, which is a philosophy that will take us through the postseason.”

Burket said she believes this team is capable of anything, as they are “bonded in their goals and stay united through the good and the bad. They have progressively improved throughout the season, which is all I can ask for as a coach.” That said, I think the team would support me in saying that not one player is more meaningful to this team than another. It truly is a team effort each and every day, which is why I continually have confidence in their abilities to exceed any goal.”

At La Jolla High, the Vikings, under head coach Matt Previdi, have been rolling past the competition en route to a 10-0 mark as April winds down.

According to Previdi, key players to date include freshmen Jack Hogan and Sam Hum, senior captain Colton Kellogg (proving a good example for younger players) and juniors Sasha Kovacevic and Nikola Nikolic.

“We have six freshmen this year who are all growing with each match,” Previdi said. Kovacevic and Nikolic, he said, “have taken the freshmen under their wing and are helping us to build a doubles powerhouse. Our team has the potential to win our third CIF title in a row this year. It will all come down to how well our guys support each other when the pressure is on. This is one of the most enjoyable teams I have ever coached, because the players are there to pick each other up and are amazingly altruistic in their approach to their teammates.”

Track and field teams sport excellent marks, performances

For local high school track and field teams, the 2014 season could shape into a field of outstanding performances.

— Staff report

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LA JOLLA VILLAGE NEWS
FRIDAY · MAY 2, 2014

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MAY 2: 20TH ANNUAL TASTE OF THE TRIANGLE 2014
WHERE: UCSD Faculty Club, 9500 Gilman Drive, 7 to 9 p.m.
HOW MUCH: $75 to $400
WHAT: An evening of fun, food and fundraising for University City public schools, enjoy food from more than 20 restaurants with more than 100 silent auction items, plus four hours of entertainment; cost is $75 to $400. For more information call 619-985-9070 or visit https://www.uc-educate.org/events/taste-of-the-triangle/. Tickets: (858) 534-8497 or www.artpower.ucsd.edu.

MAY 3: 4TH ANNUAL JUNIOR LEAGUE OF SD FOOD & WINE FESTIVAL
WHERE: 1 to 5 p.m., La Jolla Cove Ellen Browning Scripps Park
HOW MUCH: $85 general admission $140 VIP Ticket
WHAT: 14th annual Junior League of SD Food & Wine Festival, 1 to 5 p.m., La Jolla Cove Ellen Browning Scripps Park. More than 50 of San Diego’s best restaurants and beverage purveyors will be offering exquisite bites, flavorful wines, top craft and microbrews and exotic cocktails this year celebrating the Kentucky Derby, with proceeds benefiting the Junior League of San Diego and its Mission and Community Projects. To purchase tickets, visit www.jlsdfoodandwine.com.

MAY 4: LA JOLLA YMCA SWING DANCE CLASSES
WHERE: 8 to 10 p.m., MCASD Sherwood Auditorium, 700 Prospect St.
HOW MUCH: $30-$80
WHAT: Featured is Irish pianist Barry Douglas, who is active as an orchestral soloist, recitalist, chamber musician, conductor and festival director. His La Jolla Music Society program will feature Brahms’ “Four Pieces for Piano” and “Sonata No. 3 in F Minor,” and Schubert’s “Fantasy in C Major,” “Wanderer Fantasy,” “Impromptu in G-flat Major” and “Impromptu in A-flat Major.” Concert tickets are $30-$80 and are available through the La Jolla Music Society ticket office, (858) 459-3728 and online at www.LJMS.org.

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MAY 9: LA JOLLA GARDEN CLUB’S ANNUAL GARDENER’S MARKET
WHERE: 9 a.m. to 1 p.m., 7777 Girard Ave.
HOW MUCH: Free
WHAT: La Jolla Garden Club’s annual Gardeners Market, 9 a.m. to 1 p.m., 7777 Girard Ave. Just in time for Mother’s Day, the gardeners market features blooming potted plants, succulent arrangements, sweet and savory baked goods, garden-themed gifts, topiaries and more. Proceeds support horticultural scholarships for local students, for more information, call (858) 488-2697.
Walk for Salk 5K event headlines free laboratory tours with ‘Shrek’

By DAVE SCHWAB

The public got a rare behind-the-scenes peek at the Salk Institute for Biological Studies, home of one of the Jewel’s true treasures and medical marvels — on April 12 during its annual Step into Discovery event.

The event combined a fundraising Walk for Salk 5K with free public tours of Salk Institute laboratories. Guests were treated to scientific talks and hands-on activities, including a kids zone and science booths.

To visit a colleagues of Sreekanth ("Shrek") Chalasani, assistant adjunct professor of neurobiology in UCSD’s Molecular Neurobiology Laboratory, was a tour highlight.

“Disney stole my name,” quipped Chalasani, noting he got his nickname because in an animated character’s name somewhat resembled his own, besides being a lot easier to say and spell.

Chalasani and his co-workers are busy exploring the inner “universe” of the mind, body and nervous system, the connection between them and how everything works. Though it may not sound sexy, that mind-body connection is being explored with tests on C. elegans, a simple worm species.

“Very little is known about the human brain and it’s approximately 85 billion cells,” said Chalasani, noting that the study of the human nervous system and its thousands of nerve connections is mind-boggling.

By comparison, C. elegans’ nervous system has only 302 neurons.

Chalasani explained how understanding a worm’s nervous system might ultimately shed light on ways to treat, and perhaps someday cure, dread diseases such as Alzheimer’s, schizophrenia and Parkinson’s.

“With a worm’s neurons,” Chalasani said, “we know every single one of them and how every one is connected with every other one. You can use the simple systems to understand how a nervous system works and learns how to deal with things like stress, fear or anxiety.”

Grad student Sarah Lentinow and research assistant Ada Tong in Chalasani’s lab guided visitors through a microscopic look at C. elegans. Guests got to see how the worms reacted to stimuli such as the introduction of salt and an actual video of a worm neuron “firing” as it strongly reacted to the salt.

Illustrating his research, Chalasani noted that C. elegans has a neuronal transmitter that helps control the brain’s reward and pleasure centers and helps regulate movement and emotional responses, is present in worms and humans. Dopamine deficiency, as it turns out, results in Parkinson’s disease.

“It’s really hard to figure out how neurons connect with each other as we struggle to understand how disease is caused or progresses and how to treat it,” Chalasani said. “I can look at C. elegans, which has only eight dopamine neurons, and study how they affect the worm’s brain.”

Established in the 1960s by polio vaccine developer Jonas Salk, the Salk Institute for Biological Studies is one of the world’s preeminent basic research institutions.

Salk faculty achievements have been recognized with numerous honors, including Nobel prizes and memberships in the National Academy of Sciences.

The institute is an independent nonprofit organization and architectural landmark.

Chen said her for-profit business is geared largely toward helping small- to medium-size businesses become “greener.”

Partnering with the La Jolla Village Merchants Association, the community’s business improvement district, ProductBio rolled out its business model with a “Clear and Green” ribbon-cutting event to celebrate Earth Day on April 22 at Mangelsen Images of Nature art gallery in La Jolla.

Participating La Jolla merchants at the debut included Fair Trade Decor, Froglanders, Whiskinhale, Prepklitchen Restaurant LLC, Girard Gourmet, Burger Lounge, El Pescador Fish Market, Juice Kaboose, Modish Maternity, Natural Beauty Bar, The Cottage Restaurant, Ark Antiques, Home Grown Meats, Pharmacca, Arte De Origen, Lean And Green, Bloomers, ProRituals Salon and Academy. Rainier’s Rotisserie, Muttropolis, Don Carlos Taco Shop, Walhoo’s Fish Tacos, Fresh Produce, Michele Couloan Dessertier, Geppetto’s Toys, Adelaide’s, Nek Juice Bar, Bridge’s Blooms, Museum Cafe by Giuseppe Restaurant, Puesto, Warwick’s, We Olive and Wine Bar, Zenbu Sushi Bar & Restaurant, Hillside Artisans Children’s Boutique and Copy Cove of La Jolla.

For more information on ProductBio, visit angel.co/productbio.com.

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How to save thousands when selling your home.

LA JOLLA. When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home’s “first impression.” To assure that you realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a home seller as pricing too low. A recent study, which compiles 10 years of industry research, has resulted in a special report entitled “Homesellers: How to Get the Price You Want (and Need).” This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but at the price you want to receive.

To help you follow recorded message about how to order your FREE copy of this report, call toll-free 1-800-722-7202. This offer is good through May 17. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

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La Jolla’s ProductBio helps take the gray areas out of the green By DAVE SCHWAB

ProductBio has come to La Jolla to match up environmentally sustainable businesses with “green” products and producers.

“ProductBio helps consumers find products that are aligned with their environmental, social and economic values by removing all of the traditional barriers to purchasing: sustainably, knowledge, access and price,” said new business co-owner Angela Chen.

Chen said her company’s innovative approach uses data science to select best-fit products for users who don’t want to spend time researching and simply want the best sustainable products or services.

“ProductBio helps consumers learn and discover the whole story behind every product to make greener, ethical and local purchasing decisions,” Chen said. “We believe in increasing transparency of environmental, social and fiscal impacts behind production to empower buyers to vote with their dollars.”

ProductBio, Chen said, simplifies the discovery of new sustainable products while comparing and choosing between their suppliers.

ProductBio initially aided cities and schools in finding environmentally sustainable products, then saw an opportunity to expand.

“Now we’re gravitating toward consumers,” said Chen. “We want to help everybody.”

Chen said her company’s mission is to spread the gospel of environmentally sustainable “through buyer education and seller transparency.”

With both its brick-and-mortar business and online presence, ProductBio is doing exactly that.

“We have 50,000 products in our database, running the gamut from food to goods and services,” said Chen.

She said a great many products like coffee, paper, electronics and even furniture can be purchased through ProductBio, assisted by San Diego data company Workpology.

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LA JOLLA. When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home’s “first impression.” To assure that you realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a home seller as pricing too low. A recent study, which compiles 10 years of industry research, has resulted in a special report entitled “Homesellers: How to Get the Price You Want (and Need).” This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but at the price you want to receive.

To help you follow recorded message about how to order your FREE copy of this report, call toll-free 1-800-722-7202. This offer is good through May 17. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.
Most fitness studios tell you what’s wrong. La Jolla Wellness Studio tells you how to fix it — and how to reduce stress while doing it.

“We’re results-oriented,” noted Ted Barduson, co-owner, along with his dad, Gene, of the venue at 7660 Fay Ave., Suite F.

The father-son team, whose studio more closely resembles a doctor’s office than a gym, are pioneering the MyoMetrix Method.

A science-based fitness mode, MyoMetrix measures a number of body factors, including body fat and muscle mass, to create an efficient workout pinpointing body areas needing improvement.

MyoMetrix also balances a person’s biochemistry, adjusting the level of two critical body chemicals — the stress hormone cortisol and lactic acid produced during stressful workouts — both of which inhibit muscular development.

“Our technology has impact on your results,” said Gene Barduson about what differentiates the Wellness Studio. “It’s more prescriptive and improvement measured. I don’t know of anyone else who’s measuring the improvement side.”

Together, the Bardusons say, they’ve discovered some simple truths about muscle development while exploding some commonly held misconceptions about physical fitness.

“It’s a myth,” Ted Barduson said, “that you must work out for an hour, profusely sweat and feel really sore afterwards. That’s what we’re combating.”

Ted Barduson said their research has shown that “the intensity of the exercise is far more important than the duration.” The Bardusons claim that their patented MyoMetrix method optimizes their standard 15-minute workout by utilizing cutting-edge sound vibration technology to oxygenate red blood cells and maximizing workout and muscle-building results.

The Bardusons believe negating stress is integral to promoting wellness.

“You meet stress head-on, not bury it,” Ted said.

“Other fitness modalities don’t focus on stress,” Gene said, adding that “wellness is as much about the emotional and spiritual as it is about the physical.”

Gene Barduson said research has shown many people are discouraged from working out in standard gyms because it’s time consuming and they don’t like the atmosphere. He said those issues have been properly addressed at La Jolla Wellness Studio.

“We wanted to create a place you could go where a workout is easy to do, it’s not a big chunk of time, it’s a nice environment and you don’t get sick of it,” Gene said.

Inconsistency in working out is a big problem with getting people to become and stay fit, say the Bardusons. “They’ll do it for a period of time and then stop,” Ted said.

“Our instrumentation gives you measurements you can use for a lifetime,” Gene noted. “It’s our improvement formula.”

Ted invited the public to drop by for a visit, try out the equipment and hear about the studio’s innovative new fitness strategy.

“You can get the same results here as you get in an hour elsewhere,” he said. “We’ve proven it over and over.”

For more information, call (858) 444-0340, or visit lajollawellnessstudio.com.

Middle-schoolers grab some track glory

Two patrons try out the pioneering MyoMetrix Method at La Jolla Wellness Studio. COURTESY PHOTO

The National Multiple Sclerosis Society in San Diego will present its 20th annual MS Golf Invitational, a fundraising golf tournament, on Monday, May 5, at La Jolla Country Club.

The tournament, open to the public and limited to a field of 120 golfers, is sponsored by Torrey Pines Bank. Honorary tournament chairman is Jerry Sanders, president/CEO of the San Diego Regional Chamber of Commerce.

The donation to play is $750 per player or $3,000 a foursome. The price includes tee times, lunch, beverages on the course, contests, a hosted reception and an awards gourmet dinner. Silent and live auctions are also planned. Registration will begin at 10 a.m., lunch will begin at 11 a.m. and the shotgun start begins at noon. Cost to attend the dinner only, which will begin at 5 p.m., is $100 per person.

The tournament is expected to raise more than $140,000 in donations. In 2013, 115 golfers raised more than $130,000.

Proceeds will benefit multiple sclerosis research and programs and services for people with multiple sclerosis, a disease of the central nervous system that interrupts the flow of information between the brain and body.

For registration information, visit www.GolfMS.org or contact Kristyal Thompson, kristyal.thompson@ nmss.org or (800) 486-6762.
By Natasha Josefowitz, Ph.D.

I have noticed that often when I am at a party, a meeting or any event where people gather around a table—be it a coffee, dining or conference table—there is a tendency to be more vocal if one discusses something that elicits strong emotions. And the topics that elicit strong emotions deal with controversial matters, difficult situations, scary stories and potential disasters. Complaints and negative comments have a stronger impact than positive utterances.

The tone and volume of the voice of someone saying “This is terrible” is louder and has more impact than “This is lovely.” So, if we want to be heard and get attention, we need to say something not only interesting but startling. And startling is often something bad.

To wit: Our newspapers sell better with stories of tsunamis, fires, epidemics and bombings. Why is this so? We need to listen to this news as a survival mechanism; just in case any of this happens to us, maybe we can be prepared better by knowing about these events. Also, there is a component of “There, but for the grace of God, go I,” with a feeling of relief that it is not happening to us.

The problem with this is the contagion effect. When I sit at a table and everyone is down on something, my own mood changes to feeling low. I have also noticed the opposite: When I make an effort to be funny and excited about a topic, the mood becomes more upbeat for everyone else too.

There is also the issue of being the different voice. We all want to fit in, to be a member, a part of a group, integrated. If most of the people are negative, making the only positive comment puts us outside the group. This is more difficult for some people whose level of self-confidence or assurance of membership is not clear.

I just came across this quote from Albert Einstein: “Few people are original in expressing our infinite opinions which differ from the prejudices of their social environment. Most people are even incapable of forming such opinions.”

It takes courage to go against the tide, to be the dissenting voice. So what makes some people able to do so? I believe there are two things. First is the strength of one’s convictions. If we believe strongly in something, we will want to influence others to see our point of view, or at least to make them aware of it. Second is a level of confidence that when we state the opposite of the popular opinion, we will not be ostracized, or that we are willing to chance losing membership in the group.

We all have what I call a default setting. Some people are usually comfortable with voicing their opinions, while others are seldom if ever able to do so. We have set ways of behaving, so it is that behavior that we keep reverting to, no matter how dysfunctional. There is no correct way to fit all circumstances; sometimes it is better not to speak up and other times it might be better to go for it. What is problematic is to always decide one way.

These are unconscious set points, and people tend not to deviate unless made conscious of that tendency and really pushed to see the inavoidability of their positions.

We form our own self-fulfilling prophecies. If you expect to hate a movie, a party, you will find something amiss. The surprise will be if all goes well. Others look forward to any and all happenings and indeed make them fun events. The surprise being if they are not.

So how can we change our default settings? It is even more important to do so in a group, for there is the contagion effect—few people in a group can influence the climate from a joyful place to a boring or sad one.

If I sit with a group of depressed people, it is hard to tell jokes and laugh. On the other hand, when I come in feeling down and meet with a group of fun people, my mood can change to fit the group’s. So what to do?

If it is important to you to lead the group toward a different direction, then by all means, do so. If you’re afraid of negative consequences, then go along with the majority and don’t ruffle any feathers.

You should consider what you can handle and what price you’re willing to pay for taking chances. There is no right or wrong way; it is your way. But after you have defined your usual mode of reacting, you may want to try the opposite to see if you can broaden your range of responses.

I always find it challenging and therefore exciting—and, yes, at times scary—to sample an unfamiliar way of behaving.

Listen to Natasha speak
May 6 at 7 PM
La Jolla Community Center
6811 La Jolla Blvd.
858-459-0831.
Topic: The Seven Steps Of Healing After Loss.
BEACH BEATS Alan Sanderson says Pacific Beat Recording has a great beach vibe and an unbeatable location for the artists.

Photo by BART MENDOZA

Pacific Beat Recording and its vibe is the area’s perfect Pacific fit

By BART MENDOZA

San Diego’s music community has grown by leaps and bounds over the past few years, and nowhere is this more evident than in the established businesses surrounding the performers themselves. The number of world-class studio openings is of particular note. There’s a reason that artists from U2 to Keith Richards have spent time in San Diego for recording sessions. The newest location – Pacific Beat Recording, at 926 Turquoise St. – is also one of the longest running. The venue opened in 1974 as Seacoast Studios and has had several owners in the years since. It is now owned by Grammy Award-winning producer and engineer Alan Sanderson.

Working behind the board for such artists as Fleetwood Mac, Elton John and Madonna, Sanderson has spent time in many of the best studios in San Diego and Los Angeles. But now, after 20 years of nomadic recording (including in Africa and Brazil over the last few years), he has a place of his own. He said that whereas he’s pleased with his work at other rooms, Pacific Beat’s address is what held the biggest appeal.

Although the bulk of his clients will be local, Anderson hopes to attract major-label attention. “Location is everything,” he said. “Most of the San Diego studios that I’ve worked at are in business parks. Why would someone want to record someplace like that when they could be, for example, Hollywood? So, here, we have a centrally located room in close proximity to the beach. It’s got a great vibe.”

Sanderson said Pacific Beat’s proximity to the airport and to major music venues is a plus. “It’s great,” he explained. “when a chosen studio is just a hop, skip and a jump for an artist to get to. That’s especially important, as a lot of times recording is scheduled when a performer is on tour.”

In 2005, he worked with The Rolling Stones’ Keith Richards and Toots Hibbert of reggae icons Toots and the Maytals when the Stones stopped in town for a show at Petco Park.

“I had to put the whole [show] together in two days,” he said. “but what I think surprised Keith the most is that he had to drive to Rancho Bernardo from downtown San Diego to do the session.”

At 1,050 square feet, Pacific Beat is smaller than some of the area’s other major studios, which, depending on amenities, can even include living accommodations. “This is manageable,” Sanderson said. “There’s a lot of overhead on a 3,000-square-foot room. This is perfect. It’s got a nice feel to it. It’s a comfortable room for the artists.”

The music business in general is reported to be in a downward spiral, but Sanderson sees things as pluses and bounds over the past few years, and nowhere is this more evident than in the established businesses surrounding the performers themselves. The number of world-class studio openings is of particular note. There’s a reason that artists from U2 to Keith Richards have spent time in San Diego for recording sessions. The newest location – Pacific Beat Recording, at 926 Turquoise St. – is also one of the longest running. The venue opened in 1974 as Seacoast Studios and has had several owners in the years since. It is now owned by Grammy Award-winning producer and engineer Alan Sanderson.

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FRIDAY, MAY 2, 2014

Two area service organizations are set to merge efforts with the area’s art community in addressing a problem whose effects are as wide-ranging as they are persistent.

On Saturday, May 10, The Third Avenue Charitable Organization (TACO) and La Jolla’s United Methodist Church will play major roles in the area’s eighth annual Empty Bowls campaign, designed to address the problem of hunger in the United States. The event, known locally as San Diego Empty Bowls (or TACO), is part of an international effort to draw attention to hunger through meal sharing, with the art of pottery a major component.

Empty Bowls was created in 1990 by two Bloomfield Hills, Michigan schoolteachers who sought to involve their art classes in a charitable effort against hunger. The classes distributed soup and bread in bowls they’d designed and crafted in exchange for a donation, guests were invited to keep the bowls as a reminder of hunger and its effects.

Today, many such events are held in the United States and Canada, and Empty Bowls sponsors several food-related charities worldwide.

The event opens at 11 a.m. to 1 p.m. at United Methodist Church, 5053 La Jolla Blvd. The suggested donation is $20. Proceeds will benefit Father Joe’s Village downtown and The Hunger Project.

Local potters such as Gila Avenue Studio and Plum Pottery are designing and manufacturing this year’s bowls, with area restaurants, including La Jolla’s VeggieGriller, donating the food. Downtown San Diego’s TACO has been serving the homeless and working poor since 1975.

Feeding America, a national hunger-relief organization, reports that one in six Americans, including one in five children, face food insecurity at some time during any 12 months. The USDA defines food insecurity as lack of “access to adequate food [due to] a lack of money and other resources at times during the year.”

The Hunger Project reports that 98 percent of the world’s undernourished people live in developing countries. The organization says that 8,500 children a day die of hunger-related illnesses.
Coastal Dining

Donovan’s

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.

Wine Dinners making a splash at The Patio

Last month, The Patio on Lamont Street introduced a wine dinner series and received an overwhelmingly positive response from guests. The themed dinners take place on the first Tuesday of each month. Sheila Tracy, The Patio’s wine buyer and coordinator of the event, chooses each dinner’s theme based on whatever holiday or special event is happening during a particular month; April was “Screwy Food and Wine” and featured eclectic pairings and screw-top wines in honor of April Fool’s Day.

This month’s wine dinner will be held on Tuesday, May 6, and is playfully called “Seis De Mayo,” as it falls on the day after Cinco De Mayo. The five courses, created by Executive Sous Chef Eddie Zamarippa, will be classic, regional Mexican specialties derived from family recipes. The featured wines are from blossoming wineries located in the Guadalupe and Santo Tomás Valleys of Baja California.

According to Tracy, guests of any Patio-hosted wine dinner will enjoy a “fun and whimsical” tasting experience, and leave with some interesting facts, too.

For more information about any of the upcoming wine dinners, please call the restaurant at 858-412-4648 or visit www.ThePatioSD.com. Reservations are required and space is limited.
A culinary landmark for steak and seafood lovers

The year was 1951. President Harry S. Truman was serving his second term in the White House. Color television was being tested. And in the hang between Mission and Pacific Beach, a dive bar named High Tide was purchased by Pennsylvania transplants Joe and Pauline Saska.

By the latter part of the decade, the couple had turned High Tide into a destination restaurant, delighting customers with aged steaks and authentic Roquefort dressing draping the salads — a recipe wildly in vogue at the time that remains in place.

“We’re still known today as a sirloin house,” said Tom Saska, the founders’ son, who now runs the well-preserved establishment and a contemporary sushi room next door with his siblings, Mary and Jim Saska.

About 12 years after their father’s passing in 1960, the family re-branded High Tide to Ska’s Steak & Seafood as they began adding fresh, oceanic fare to the menu.

At the time, a whole lobster tail with soup or salad was $7.95, described on an old menu as “so good, it’s almost worth the price.” From the red meat offerings, “flot of tenderloin” rang in slightly cheaper at $7.25 per plate.

While such costs are a thing of the past, the restaurant’s interior design is a ticket to yesteryear. Original red-leather booths match appropriately to walls and doorframes clad in cedar and redwood. Block glass forming the bar's façade is still in place, as well as a brick fireplace nestled in one of the cozy dining areas.

The bill of fare captures many of the classics, starting with jumbo shrimp cocktails propped by metal, ice-filled chalices sporting wells of cocktail sauce in the middle. The Angus beef sirloin and other cuts hail from Omaha, while a variety of seafood, including coveted Alaskan king crab legs, are sourced from local and national vendors.

From the lunch menu, you’ll find “cheezie steak supreme” sandwiches, French dips, patty melts, fish and chips and other dishes resistant to fleeting culinary trends.

“Many describe our restaurant as ‘retro,’ but this is who we are,” said Mary Saska, who recalls getting “dressed up” when visiting Ska’s with her family as a child. “In those days,” she adds, “people often came in to eat after partying, when the kitchen would stay open until 4 a.m."

The family caters also to customers seeking a more modern-day dining experience. In 1997, they opened Saska’s Sushi Bar one door away, which features a rooftop deck called Skybar for taking in things like “wedding cake martinis,” Moscow mules and other libations. During daily happy hour, from 3 to 6 p.m., visitors are afforded discounts on drinks and food ranging from 15 to 50 percent.

Downstairs, the evening menu extends to everything from caterpillar and California rolls to sushi pizza and tuna tataki. For home cooks, a fresh-fish market sans any retail displays is available for “back-door” purchases.

When asked for the secret to Saska’s longevity in this beach community, which has changed radically over the last 63 years, Tom chalks it up to “hard work and being present,” pointing out that on any given day at least one family member is on property to manage operations.

Adds Mary: “Being part of the community is also part of it,” referring to the restaurant’s long history of donating dinners to local charity events and her family sitting on various neighborhood planning boards over the years.

Saska’s is a museum to its time that has attracted politicians, sports figures and even Lady Gaga, who dropped in discreetly out of costume a couple years ago. Also, the restaurant celebrates its anniversary publicly every March 8 with birthday cake, live music and meal specials.

SASKA’S 3768 Mission Blvd. • (858) 488-7311
Hours: MON-THU: 11:30 a.m. to 11:30 p.m., FRI: 11:30 a.m. to 1 a.m., SAT: 10 a.m. to 1 a.m., SUN: 10 a.m. to 11:30 p.m.

Sushi restaurants dot the country’s landscapes like Laundromats and body shops—but not many Laundromats and body shops, or sushi restaurants, for that matter, offer more than 260 items from their menus. University City’s Ahi Sushi & Grill is the exception.

As casual venues go, Ahi caters to a different level of taste, chiefly because of its attention to presentation. You get a dragon roll in the shape of a dragon, a caterpillar roll that looks like a caterpillar and an orange cut to look like a bear, a rabbit or any animal that comes to the artist’s mind. Meanwhile, that giant menu includes Chinese entries as well, and you can eat them in front of a big-screen TV.

Ahi Sushi & Grill is located at 3949 Governor Drive between Edmonton Avenue and Luigi Terrace in University City in the shopping center.

For more information, call (858) 678-0288 or visit iloveahi.com. Ahi has other locations in Alpine, San Marcos and San Diego, as well.

Decorative oranges add variety to your meal at Ahi Sushi & Grill. COURTESY PHOTO
Mother’s Day: Not what founder had in mind

By MARTIN JONES WESTLIN

The National Retail Federation says Americans spend more than $21 billion on Mother’s Day gifts and treats every year, adding that the outlook for 2014 (Sunday, May 11) is about the same. That figure is dwarfed, to say the least, by the $20 billion we fork over during the winter holidays. Still, the “billion” is the daunting part — lay mom’s bucks end to end, and they’d literally stretch about 40 times around the world, or to the moon and back.

And to the moon again.

That’s the problem. To hear the day’s founder tell it, 14 cents spent in her mom’s honor is 14 cents too many. With all due respect to disillusioned holiday founder Anna Jarvis (see at left), a little celebration is good for the Mother’s Day soul. Here are a few spots in the area whose service staff agree and are eager to please on Sunday, May 11:

GEORGE’S AT THE COVE: If the spectacular ocean view doesn’t compete for attention at your meal, you’re not doing it right. In any case, George’s California Modern restaurant will serve brunch beginning at 11 a.m., and it promises its own holiday twist on its traditional brunch favorites, such as squid ink agnolotti, brie French toast, eggs Benedict and prime shortrib hash. George’s at the Cove is located at 1250 Prospect St. (858) 454-4244, georgesatthecove.com.

BROCKTON VILLA: Mom’s the Queen Bee today, and this eatery is eager to please on Sunday, May 11. Brockton Villa is located at 1250 Prospect St. (858) 454-4244.

LA VALENCIA HOTEL: Everybody knows about Estancia’s Mother’s Day soul. Here are a few spots in the area whose service staff agree and are eager to please on Sunday, May 11. Estancia is at 9700 North Torrey Pines Road. For more information, call (858) 964-6500 or see estanciahotel.com.

LA JOLLA VILLAGE: And just like that, we’re back at the Cove, specifically 11323 Prospect St., where “La V” has something special planned. Welcome to The Med, the hotel restaurant that says (maybe not so tongue-in-cheek) it created the Mother’s Day brunch. Three separate dining areas overlook the spectacular coastline, and if you’re looking to get an early start on the holiday, one opens at 6:30 a.m. on Mother’s Day. (858) 454-0771, lavalen西亚.com.

Don’t let Anna rain on mom’s parade

With all due respect to disillusioned holiday founder Anna Jarvis (see at left), a little celebration is good for the Mother’s Day soul. Here are a few spots in the area whose service staff agree and are eager to please on Sunday, May 11:

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BROCKTON VILLA: Mom’s the Queen Bee today, and this eatery is eager to please on Sunday, May 11. Brockton Villa is located at 1250 Prospect St. (858) 454-4244.

LA VALENCIA HOTEL: Everybody knows about Estancia’s Mother’s Day soul. Here are a few spots in the area whose service staff agree and are eager to please on Sunday, May 11. Estancia is at 9700 North Torrey Pines Road. For more information, call (858) 964-6500 or see estanciahotel.com.

LA JOLLA VILLAGE: And just like that, we’re back at the Cove, specifically 11323 Prospect St., where “La V” has something special planned. Welcome to The Med, the hotel restaurant that says (maybe not so tongue-in-cheek) it created the Mother’s Day brunch. Three separate dining areas overlook the spectacular coastline, and if you’re looking to get an early start on the holiday, one opens at 6:30 a.m. on Mother’s Day. (858) 454-0771, lavalen西亚.com.
San Diego's vibrant jazz community includes some of the biggest talents on the planet, an embarrassment of riches still underappreciated. To prove the point, one of the area's leading lights, flautist Holly Hofmann, is set to release Low Life, her 12th album, with a CD release show Tuesday, May 6, at 7 p.m. at the Scripps Research Institute Auditorium. She'll be joined by an all-star cast of backing musicians, including pianist Mike Wofford, guitarist Anthony Wilson, bassist John Clayton and drummer Jeff Hamilton.

Jazz aficionados are likely already aware of Hofmann's musical charms, but fans of other genres will find much to enjoy in her music, which includes melodies within her instrumental songs that touch on pop, soundtrack and classical elements.

• HOLLY HOFMANN: Tuesday, May 6, at 7 p.m. at THE SCRIPPS RESEARCH INSTITUTE AUDITORIUM, 10640 John Jay Hopkins Drive. www.hollyhofmann.com See the entire live music calendar at ljtoday.com.

Ironically, and unknown to Jarvis, the Florists Exchange — a major player in the Mother’s Day flower trade — picked up Jarvis’ nursing home tab. Blind, broke and childless, Jarvis died in 1948, rife with the discouragement she’d experienced amid the perceived ruination of her dream. Perhaps it’s just as well. Today, Mother’s Day is celebrated in more than 80 countries, presumably with the same commercial zeal reflected in those billions of American dollars.

As for me, I think Anna overstated her case. Flowers, after all, are an indispensable part of the human experience and a stable ecosystem: their exchange is presumably a gesture of love and respect, which makes them an especially appropriate Mother’s Day tribute. And yes, you and I are as guilty as the next guy of dipping into that candy box — but c’mom. It’s the thought that counts, and it’s a cinch mom offered you the goodies of which you eagerly help relieve her every second Sunday in May.

But Jarvis’ distaste is also understandable. There’s a glutony about such commercial success, and it doesn’t constrain itself to Mother’s Day. Christmas or any single day of the year, Jarvis learned this lesson the hard way — and she died amid the belief that she’d inadvertently placed a sacred trust in a nationful of the wrong hands.

— Martin Jones Westlin is interim editor of La Jolla Village News.

Swinging into Summer, the La Jolla Art Association Gallery’s season-welcoming theme event, features the works of several association members in a two-week exhibition of reflections on our wondrous shore and legendary weather. The participating artists will be on hand at a reception (with wine and hors d’oeuvres).


MOTHER CONT. FROM PG. 12

MOTHER’S DAY CELEBRATION TAPENADE RESTAURANT

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11:30am-7:00pm

Three-Course Prix Fixe Menu
$40/person
Children $20
(Up to 12 years old)

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Mascarpone Stuffed French Toast
Farm House Omelette
San Tropez Omelette
Portobello Bacon Bennie
Salmon Cake Bennie
Seafood Louis Salad
La Jolla Salad
The Nooner
The Finch Burger
Chocolate Salami
Fried Cheese Cake

For Reservations Please Call 858.456.4056 or go to www.fincheslajolla.com.
WE ARE ALSO SERVING DINNER FROM 5PM TO 9PM
Children will enjoy the excitement of new languages – French, Chinese & Spanish. Learn about other cultures in theme-based activities like Archery • Science, Theater • Sports, Art • Surfing, and much more! Each year, hundreds of kids join us for Animal Adventure Camp, kids ages 5 to 13 will be introduced to the proper care and understanding of the animals around us, which helps them to develop respect and a positive attitude toward all living beings. Week-long sessions are available June through August in San Diego and Oceanside. Space is limited, and pre-registration is required. To register or receive more information, call (619) 279-5893 or sdhumane.org.

A Time to Discover
The LA JOLLA YMCA is offering Summer Day Camp to give kids and teens in La Jolla, Pacific Beach, and University City an adventurous, active and healthy summer. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime.

"YMCA summer camp supports the social-emotional, cognitive development and physical well-being of kids," says Brian Sense, Associate Executive Director of Youth Programs, La Jolla YMCA. "In our Day Camp, kids are in a welcoming environment where they can belong, build relationships, develop character and achieve – discovering their potential."

To ensure that all youth have the chance to experience camp, the LA JOLLA YMCA offers financial assistance to those in need. Contact our website at www.lajollaymca.org for more information about our Summer Camp Programs.

Gillispie Summer Classes
Have your student spend the summer at one of La Jolla’s best independent schools! The Gillispie School in downtown La Jolla offers its unique one and two-week-long summer classes to students from all elementary schools, aiming to engage kids in purposeful learning and warm-weather fun all summer long.

Some of this year’s exciting offerings include fencing, digital photography, soccer, and doll crafting, as well as academic-focused classes like Math Camp and Jr. Engineering. Classes are offered in the mornings or afternoons, and each day offers an optional afternoon swimming session at the Coggan Aquatic Center.

To welcome new families to the School’s summer program, Gillispie is offering a 10 percent discount on their student’s first summer class! Class prices range from $130-225. For information, gillispie.org/summersession, or to call to register at (888) 439-3773. The Gillispie School is located in the heart of La Jolla village at 7380 Girard Avenue.
Kids experience performing arts at Junior theatre Camp

Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, & singing. Traditional, Performance and Advanced camps available in Balboa Park. Junior Theatre also provides K-3 camps in La Jolla.

Camps run June 9-August 29. To register or for more information and registration forms, please call the office at 858-481-1055 or go on-line at www.northcoastrep.org/TheatreSchool.

About Girl Scout Camp

All girls in grades K-12 are welcome at a Girl Scout summer camp — whether or not they are already Girl Scouts. Newcomers simply add $15 dues to the camp fee and enjoy Girl Scout membership through the rest of the year. Tiered rates and financial assistance make camp affordable for various income levels.

Girl Scout Chrysanthe set to tap her inner “Spirit of Katniss” at summer camp

A world of adventures awaits at Girl Scout Camp! Registration is now underway for the 139 sessions hosted by Girl Scouts San Diego this year, with themes ranging from archery to zoology.

Local Girl Scout looking forward to camp include Chrysanthe Frangos (pictured). The 11-year-old La Jolla resident is a member of Girl Scout Junior Troop 4134 — which is part of Girl Scouts San Diego’s Pacific Jewel service unit covering La Jolla, PB, with 633 members.

Chrysanthe earned a free camp session by selling 525+ (in her case, 532) boxes of Girl Scout cookies. She signed up for the Spirit of Katniss archery session, because she loves the sport and hopes to improve her skills.

Residents may recall seeing Chrysanthe’s troop in front of the Pacific Beach VONS during cookie season. The girls are grateful for their customers’ support, and plan to use part of their sales proceeds to fund a trip to San Francisco in May. Joined by thousands of girls from throughout the country, they’ll walk across the Golden Gate Bridge to symbolize their advancement to the next level Girl Scouting, Cadettes. The troop also set aside cookie revenues for a community service project.

Girl Scout Chrysanthe set to tap her inner “Spirit of Katniss” at summer camp

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Each camp offers a mix of traditional camp activities with specific areas of focus. STEM sessions include marine biology, animal care, technology and science. Girls who love the outdoors will enjoy activities like horseback riding, biking, backpacking, canoeing, swimming and wilderness survival.

Future financial experts, chefs, childcare specialists and journalists can build skills in these and other fields. Campers can also try creative outlets like drama, painting, wearable art, photography, filmmaking and dance.

Girl Scout Camps are accredited by the American Camp Association. For details, visit www.sdgirlscouts.org or call (800) 643-4798.
Time, love and tenderness

Founded by a group of prominent, forward-thinking San Diego women back in 1887, the San Diego Center for Children (SDCC) has been through some changes over the years, yet it’s always kept up with the times. It finally settled on its current name in 1975 and continues to provide one of the region’s most comprehensive behavioral-health programs for underprivileged children aged 3 to 18.

To celebrate its 127th anniversary, the center held a gala fundraiser in April. More than 400 guests attended the fun-filled event at the Hilton San Diego Bayfront, where guests enjoyed friends, fine cuisine and entertainment headlined by multiple Grammy Award-winning singer/songwriter Michael Bolton. Attendees experienced a memorable evening and will have stories to share with friends for quite some time to come.

The event honored a well-known La Jolla couple, Myron and Doreen Schonbrun. With a degree in art history earned at UCSD not so very long ago, Doreen (still sometimes mistaken for a recent high school grad) has devoted extensive time to exposing SDCC kids to the wonders of art and encouraging their efforts. She’s a cultural attaché to UCSD and serves on the City of San Diego Commission for Arts and Culture. Her husband (recently retired from a distinguished ob/gyn career) has long been deeply involved with the rights and health issues of women and children. Longtime SDCC supporters, the couple were justly recognized as the gala’s honorees.

Bolton, a friend of the Schonbrun family and also a social activist, has been honored with several prestigious humanitarian awards. His Michael Bolton Charities foundation, now in its 21st year, advocates on behalf of women and children at risk. His concert performance at the gala lent the event its name, “Time, Love and Tenderness.” The phrase, also the title of one of his most popular songs, also describes what SDCC provides for its young charges.

During the seated dinner (which offered a tasty dual entrée of short ribs and chicken), the evening’s program began. A live auction started off with a round of Mojito cocktails, hand-delivered to the highest bidder by Phil Pace of the famed Phil’s BBQ restaurant. This was a great lead-in to the next item, a backyard barbecue for 50, featuring the food Phil’s is famous for. It sold twice, at $2,600 each, and the entire auction brought in over $58,000.

Next, retiring board member and CEO Dave McCaslin was honored for his years of service. His moving address about the importance of caring about behavioral and mental health was followed by Tina Garcia Ward’s account of the help she and her daughter Summer received from SDCC. This set the scene for paddle-rise donations, which exceeded $80,000. Overall, the event netted well more than $200,000.

Sundiata Kata and the SDCC Drum Circle took the stage to begin the evening’s musical entertainment. Then, Kids With A Song, the center’s choir, sang enthusiasticly and incited an outbreak of dancing. They were soon joined by Bolton and the Schonbruns for a very moving rendition of “Lean on Me.”

Bolton continued with solo renditions of several of his hits, followed by duets with singer Kelly Levesque. They sang “When a Man Loves a Woman,” “The Prayer,” “ Ain’t No Mountain High Enough” and others. The audience was enthralled and delighted.
Nature is a grand healer, and plants and flowers are some of her most powerful gifts. Being in a garden surrounded by flowers and plants can have an uplifting effect on the spirit, mind and body and bring joy. My friend Susan Vanderdriese, who works in the volunteer services department at Scripps Memorial Hospital La Jolla, recently gave me a tour of the gardens on the hospital’s campus, where patients and staff can enjoy the beauty and solitude. In addition to the captivating garden areas, the hospital has an impressive collection of sculptures to enjoy.

A part of La Jolla since 1924, Scripps Hospital is continuing its tradition of bringing the healing powers of art and nature to the public. he hospital is one of the main sponsors of the La Jolla Historical Society’s Secret Garden Tour of La Jolla. As a co-founder of the tour, I am very grateful for their continued support.

The 16th annual tour of some of La Jolla’s loveliest secluded gardens is scheduled to begin at Wisteria Cottage, 780 Prospect St., Saturday, May 17, at 10 a.m. For more information, visit www.lajollahistory.org/events-secret-garden-tour/.

The Wolfstein Sculpture Park was established in 1998 by Ralyn and Nathan Wolfstein in honor of their 50th wedding anniversary. The couple believes that art enhances the healing environment and that it should be enjoyed by all in celebrating life’s special events. Over the years, others who have been inspired by the Wolfsteins’ generosity have also donated different works of art to feature on the grounds.

At 11 a.m. on the first Tuesday of every month, the hospital offers docent-led tours of the Wolfstein Sculpture Park and grounds. The 90-minute tour is free and open to the public. Call (858) 626-6994 for more information or to RSVP.

In the spring of 2008, the hospital opened a serenity garden, designed to create a sense of healing and inner harmony in those who visit. The sounds of water from a fountain mark a meandering path through the peaceful garden, where artfully placed benches invite you to linger.

A plaque in the garden reads: “Recognizing the inspiration of a Master Gardener — Ernest Fybel.” Fybel was the father of Gary Fybel, the hospital’s chief executive. Inspired by his father, Gary Fybel helped to bring this garden to life amid the love of gardening and nature his father instilled in him. As I drove up to the main hospital building, colorful rose gardens were bursting with blossoms. Many of the roses were planted in honor of the volunteers who dedicated countless hours of service to the hospital.

Beautiful garden roses can also be found throughout the hospital lobby, some from the hospital garden and others from volunteers and staff, who bring them from their own gardens.

To celebrate the recent National Volunteer Week, they participated in a rose show that featured their homegrown fare.

Agreeing to disagree was the outcome of an April 23 stakeholder meeting of an ad hoc committee of the La Jolla Community Planning Association (LJCPA), which failed to reach a consensus on whether new restrictions are needed to curb excesses with short-term La Jolla vacation rentals.

The five-member Ad Hoc Committee on Short-Term Vacation Rentals comprises three neutral LJCPA members — chair Helen Boyden, Jim Fitzgerald and Bob Stock — as well as citizens representative Mike Costello and Heather Weiermann, a spokesperson for short-term rental property managers.

The group has been charged with studying issues such as excessive noise and violations of neighbors’ privacy, which some claim have been plaguing local neighborhoods, and ultimately returning to the LJCPA with recommendations on what could — or should — be done about them.

But a meeting of the minds on the short-term vacation rental question thus far hasn’t found much common ground. On the one side are angry residents in single-family residential zones calling for stricter controls over rentals. On the other side are property managers who maintain all that is needed is better enforcement of existing rental rules, such as the police CAPP program in place for troublesome residences.

“We’re a time-limited committee,” noted Boyden, who added that public comment on rental issuesunset at previous meetings was inadequate.

Boyden said any recommendations coming out of the ad hoc committee will be reviewed and voted on by the full LJCPA. Those recommendations would then be forwarded to the city for further consideration. Any such recommendations could conceivably result in changes to the city’s municipal code governing short-term rentals following a long governmental review process.

Committee member Jim Fitzgerald read a list of vacation rental “problems,” which he suggested the board ought to be considered as it finalizes its recom mendations to the LJCPA.

Fitzgerald’s list included enforcement of current regulations, site-specific problems with “party house” events, frequent turnover and conversion of single-family neighborhoods into “tourist zones.”

Committee member Mike Costello wanted to add a couple items to that list, including “inadequate enforcement of current regulations” and “intensity of use” of vacation rentals.

Costello pointed out intensity of use issues are reflected in frequency or duration of problematic behavior at affected sites.

“There is an absence of on-site management with short-term vacation rentals,” Costello noted.

Vacation rental property managers present at the ad hoc meeting advocated enhancing the powers that police have in enforcing the Community Assisted Party Program (CAPP), which allows residences causing noise and other complaints to be cited and ultimately punished with fines for excessive noise or partying.

Residents at the meeting largely spoke out against beefing up the CAPP program, arguing it has failed to be a real deterrent to bad behavior at short-term vacation rentals because it places the burden of proof on neighbors, requires police to actually witness infractions and is time consuming to carry out.

“It is an inefficent way to control rentals,” commented one resident.

Weirmann questioned whether applying different rules for different types of rentals (short- versus long-term) was desirable or valid.

The public dialogue over short-term vacation rentals will continue at the next meeting of the ad hoc committee, set for Wednesdays, May 28, at 5 p.m. at La Jolla Rec Center, 615 Prospect St.

At Keller Williams Realty, RED Day is a red-letter day like Keller Williams La Jolla. By raising funds and increasing the number of potential donors on the registry, they are helping us achieve our mission to serve all patients in need of transplants.”

Since the first RED Day in 2009, Keller Williams associates have given almost $500,000 hours of community service through activities ranging from food and blood drives to clean-ups in public parks.

Keller Williams Realty, Inc., established in 1980, is the largest real estate franchise company in North America, with approximately 700 offices and almost 100,000 associates in more than a dozen countries around the world. The La Jolla office employs around 120 associates.

For more information about RED Day, visit kw.com/redday.

Planning group fails to reach agreement on vacation rental problems.
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Narrowing the gap between the buyer and seller

Your car has been good to you all these years, and you are fond of it. You decide it is time to trade up, and you believe you should get a fair price for your item. Problem is, your idea of a fair price is different than that of the dealership. The dealership near-

ly insults your car’s condition, brag-
ging about the newer model it wants to sell you. No different in real estate. Sellers brag about their houses like they are selling a brand new car, and buyers have insulting comments about the property.

Gaps in the perceptions and expec-
tations between buyers and sellers often materialize, and here is where many of the gaps reside:

- Price: Sellers often have an inflat-
ed opinion of their homes and want to receive the highest price regardless. The buyer’s objective is to acquire an upgraded house and to pay as little as possible.

- Concessions: Sellers may do little or nothing to prepare their house for sale. Buyers may want guarantees that equipment and systems will work endlessly.

- Terms and conditions: Sellers want to include no contingencies (possible ways for the buyer to cancel) in the contract. Buyers want to extend contingency periods to give themselves more time to perform their obliga-
tions. Sellers want buyers to place the highest amount of deposit to give themselves more confidence in the buyer’s intentions. Buyers want to minimize the deposit, thereby reduc-
ing their risk of exposure should they need to cancel.

- The more gaps that exist, the more
likely the buyer and seller will not come to an agreement, and the greater the chances that the real-
estate agents involved will not be able to bridge those gaps. The key to a successful transaction closure is knowing how to narrow these gaps and keep the parties on an even emotional keel. Every situation is different, however, and it’s probably best that buyer and seller prepare a list of key concerns and have a dis-
cussion with a real-estate agent. Sure, this amounts to some home-
work, but there is a lot of money at stake — and really, how often does the average person buy/sell a house?

Real estate agents provide the value of knowledge, experience and skills to help you achieve your goals. As professionals, we want to serve you to the best of our abilities with counsel and advice that will assist in your decisions and will help narrow the gaps from the beginning.

— If you have any questions about real estate in San Diego, send your inquiries to WeSellLaJolla.com or Charles Schecker or Natasha Alexander at ChSchecker@sain.com.
Real Estate Runs In Cairncross’ Bloodline, Who Recently Won A RE/MAX Award For Ranking #1 in San Diego

Who better should you turn to for Real Estate needs in San Diego than Native-Born San Diegan, Steve Cairncross. It was only natural progression for Cairncross to get involved in Real Estate as Cairncross deputize history.

“My father began Cairncross Realty in the 1970’s in Mission Beach. The Brokerage managed vacation rentals and sold real estate.” As Cairncross puts it, “I got the bug” from my parent; they helped many people achieve their dreams of Home Ownership, and I wanted to be apart of it. Buying and selling a home is one of the biggest financial decisions of a person’s life, and I wanted to be apart of helping people through this absolutely gratifying process.”

While attending college, Cairncross worked full-time, running the family business. Cairncross was as lucky in love as he was, and still is, in business, and in 1997, he welcomed his beloved wife, Lori, and had two beautiful children: Caitlin, 24, and Pat, 22. Then, in 2000, Cairncross made one of the hardest decisions in his life, to leave the family brokerage. Cairncross states, “My decision was to better service my Clients by solely focusing with a lot of camaraderie, where the Agents compliment one another’s strengths and talents.” It was a sensational business decision for Cairncross.

In 2004, oddly enough, through a Craigslist ad, Cairncross met up with his highly talented, licensed Agent, Lifie Perich, who has been a major supporter and backbone of Cairncross’ business for over 10 years. Lisa has been a perfect fit for Cairncross’ business. She is super-organized, punctual, and does not leave anything unfinished. Cairncross proudly continues, “My daughter, Caitlin, has joined our team. I feel so lucky to be able to spend quality time mentoring my daughter to evolve in the real estate industry.”

“My hope is that eventually my son, Patrick, who is working for the Corcoran Group in NYC, will join the team, too.” Shayne Flaherty elaborates. “The remarkable components that set this team apart from the rest is that Cairncross conducts his business with the utmost integrity—super high morals and ethics—always take the high road, be loyal to those you conduct business with, it’s his motto, and this magical bond of trust is born within all his relationships.” Cairncross is community-spirited and has been a Member of the San Diego Rotary Club since 1991, giving major support to the Chamber of Commerce’s organization.

The Chamber has arranged a Special “Members Only” group price for this service. Normally a production of this quality would cost in excess of $4000 and not include any TV time. The Special Price for Chamber Members is only $1,500 and includes the sight of a 30 minute marketing video that would enhance any website. The video was air on TV eight times as infomercials on local network and cable channels. The productions will remain the property of each member who participates and can then be used for any other marketing or advertising purposes.

Who should better turn to for Real Estate and create the life you want to live. Be honest about fear. Own it. Let it out. Take control. Take action.

The next Business After Five Mixer will include a Ribbon Cutting for our host Dr. Jana Osmolinski at her office of La Jolla Family Dentistry. The event will be held Tuesday, May 6th from 5:00 to 7:30 PM. Dr. Jana is located at 7609 Draper Avenue Suite B in La Jolla. Food and beverages will be provided. This is a free event don’t miss it!”

Cordially, George Schuam, COR/LI/TCU.

Photos from the April Business After Five Mixer @ La Jolla Wellness Studio

PHOTO BY DAVE SCHUAM

From right to left; La Jolla Wellness Studio Founder Steve Cairncross with Fitness Director Janelle Eileen Bennett; Nutrition/Trainer Janelle Fischer, and CDTCU Vice President Ted Bardison.

Mr. Bardison welcoming Dr. Jana Osmolinski of La Jolla Family Dentistry as an official member of the La Jolla and Golden Triangle Chamber of Commerce.

From top to bottom; La Jolla Family Dentistry was honored with a most outstanding and distinguishable Award for his grand accomplishments.” Cairncross embellishes upon the firm Re/Max Coastal Properties. “Re/Max allows me to have my own, customized and unique business under the larger umbrella of the brand-name, Re/Max, which is renowned across the nation. Re/Max and my team provide, and have accessible to Clients the hottest, most current, top-notch marketing tools, nationwide ad campaigns, the most updated research data, software, and data bases to furnish our Clients ‘the cutting edge’ on buying or selling a home in this competitive real estate market to stand out and be a cut above everyone else out there.”

Cairncross continues, “Bottom line: I love what I do, my team loves what they do, we love waking up each day and assisting Clients in this dynamic real estate market, with the ups and the downs, we make people happy and they keep coming back and sending me referrals. My team is exceptionally passionate and proud of what we do for our Clients...this is the magic to our success.”

UPCOMING MIXER & RIBBON CUTTING

WHAT: La Jolla & Golden Triangle Chamber of Commerce’s “Business After Five” Mixer & Ribbon Cutting

WHERE: 7509 Draper Ave Suite B
La Jolla 92037

WHEN: May 9th 2014
5:00 PM-7:00 PM
FREE EVENT

Real Estate Today
Recycle San Diego, San Diego’s largest independent recycler of electronic waste, is expanding its program to make disposal of electronic waste quick and painless for thousands of San Diego consumers by creating local drop-off points around San Diego County. The latest collection point comes through a new partnership with Meanley & Son Ace Hardware in La Jolla for collection of consumer e-waste.

“The Environmental Protection Agency estimates that only about 28 percent of all e-waste gets recycled,” said Jeffrey Harding, Recycle San Diego president and founder. “The goal of our initiative with Ace and others is to make easy disposal and collection available seven days a week.”

Ace will accept most types of light bulbs and batteries. They’ll also take electronics such as cell phones, iPods and personal digital assistants. Ace will also offer 10 percent off any purchases made in the store at the time of drop-off.

The store is located at 7756 Grand Ave. Highly toxic chemicals and substances are used in the manufacturing of many products, such as light bulbs, batteries and printed circuit boards found in almost any item that uses electricity. Arsenic, lead, mercury and other heavy metals remain in these products, and when they are discarded and left in landfills, they leach out into the ground and find their way into the water table.

In 2013, Recycle San Diego collected more than 3.2 million pounds of e-waste. It maintains 17 drop-off points throughout the county and hopes to reach 40 by the end of the year. It also gives customers a Certificate of Recycling, which releases the donor from all liability and puts the burden of safe recycling on the organization.

For more information about Recycle San Diego and its community outreach programs, visit recyclesandiego.org or call (858) 569-1807.

A recycling center is brimming with electronic items that otherwise would contaminate the water table. COURTESY PHOTO
Which of These 7 Costly Mistakes Will You Make When You Sell Your La Jolla Home?

Why Most Home Sellers Don’t Get the Price They Want

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

This industry report shows clearly how the traditional ways of selling homes have become less and less effective in today’s market. The fact of the matter is three quarters of home sellers don’t get what they want for their home and become disillusioned and worse: financially disadvantaged when they put their home on the market.

As this report indicates, 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 7 mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar” To hear a brief recorded message about how to order your free copy of this report, call the Info line: 1-800-467-9064 and enter ID# 2000. You can call any time, 24 hours a day, 7 days a week.

Buying or selling a home - who are you going to listen to?

We are your “go to” source of knowledge and expertise when it comes to Real Estate homes in La Jolla. Whether you are considering buying, selling or both, we will get the job done for you. Charles M. Schevker (CPA) 858-449-8250, CalBRE #0859218 or Natasha Alexander 858-539-0051, Cal. BRE # 01874907.

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