**Bishop’s students gain valuable insights from a top foreign-policy leader**

Former U.S. Secretary of State Condoleezza Rice spoke at an event at The Bishop’s School on Jan. 19. Courtesy photo by Michael Spengler, Studio M Photography

By MARIKO LAMB | VILLAGE NEWS

Former Secretary of State Condoleezza Rice spoke at an event at The Bishop’s School on Jan. 19. Former Secretary of State Condoleezza Rice paid a special visit to The Bishop’s School on Jan. 19 to answer students’ questions about her leadership roles in the White House, as well as impart valuable advice to students about how to prepare for life’s upcoming endeavors.

The once-in-a-lifetime opportunity was made possible by the Endowed Leadership Lecture Series, which brings role models who have exerted extraordinary leadership and achievements to the Bishop’s community.

Rice was also accorded the school’s highest honor, the Bishop’s Medal, which was presented to her by Head of School Aimé Clair Roche at the school wide presentation.

Before her presentation, Rice—who currently teaches political science at Stanford University and political economy at the graduate business school—was a guest teacher in Jeff Geoghegan’s Advanced Placement U.S. History, teaching students about redevelopment after the Civil War.

“The opportunity to have the former secretary of state visit this class will be an unforgettable highlight of a Bishop’s education,” said Richard del Ros, chair of the school’s history and social sciences department. “Condoleezza Rice is both a scholar and top-level policymaker who brings enormous personal skills to her interactions with students.”

In her presentation, Rice advised students to discover their passions, challenge themselves, gain exposure to other cultures and not to take privilege for granted.

**La Jolla’s post office could become another victim of economic downturn**

By PATRICIA WALSH | VILLAGE NEWS

The U.S. Postal Service’s plan to sell the building at 1140 Wall St., that has housed the La Jolla post office since 1935 has some thinking about what can be done to maintain the status quo.

“The idea is to somehow find the funds to buy the building,” said Joe LaCava, a La Jolla Community Planning Association trustee. “We could keep the post office in front and find a use for the other end. They could sell the building and negotiate a lease.”

The Postal Service is looking to sell the building and lease a new facility within a mile of the current location, according to Eva Jackson, USPS spokesperson. The move won’t affect the 92037 ZIP, P.O. box numbers or hours of operation, she said. CB Richard Ellis (CBRE) has been retained to handle the real estate transaction.

Jackson said the Postal Service needs only about half of the building’s 14,451 square feet. “The building is underutilized, but we still have to maintain it, heat it and cool it. We need a location with only 6,100,” she said.

Until 1975, the building housed letter carriers and retail, Jackson said. Carriers were then moved to an annex on Silver Street.

Reporting a net loss of $5.1 billion last year, the post office could raise much-needed capital by selling the corner lot building. To return to profitability by 2015, the Postal Service must reduce its operating costs by $20 billion.

Marc Lipschitz, broker for Prudential, who has 22 years of commercial real estate experience, estimates the value of the property to be $2.5 to $3 million. But, he added, “It is difficult to place a value or premium on what an owner, user or developer would pay for this unique opportunity in the village.”

“The Postal Service expects to have its official appraisal on the property in March. “That gives us some time,” LaCava said. “The discussion is what should be the strategy [to buy the building]. The feeling is we have enough stores and restaurants, here’s a different kind of facility that has a civic use.”

Cathy Hammond, who has had a personal interest in Alzheimer’s for a few years (the disease is, in fact, had started showing up even before they married). Without

**See FOX, Page 4**

**La Jolla’s book on coping with Alzheimer’s sheds light on family caregivers’ struggles**

By KENDRA HARTMANN | VILLAGE NEWS

A as a photographer with collections in galleries from New York to Los Angeles, Judith Fox had captured images of almost everything imaginable. She had taken photos of people, buildings, animals and trees — and every combination thereof.

The one subject, though, that eluded her happened to be right in front of her. Other than the odd snapshot while traveling, she had never used her husband as a model. And ironically, in the end, she found her husband, Ed Ackell, a most inspiring — if unlikely — muse.

Fox, who has lived in La Jolla since the late 1990s, didn’t set out to document Ed’s struggle and decline because of Alzheimer’s disease. After coming across the photography book, “The Model Wife” by Arthur Ollman, in which Ollman compiles photos by nine photographers who used their wives as subjects, she wondered why there wasn’t a similar book called “The Model Husband.” Admittedly, she had never thought of Ed as a model, and she realized there was a serious lack of older subjects — male or female — in the art world, and even less focus on the male physique.

“I had this opportunity to think about this aspect as an artist, and to build a series around my husband,” she said.

When Fox started photographing Ed, he had been diagnosed with Alzheimer’s for a few years (the disease, in fact, had started showing up even before they married). Without

**See FOX, Page 4**

**La Jolla’s preferred source for local news**

**La Jolla’s post office could become another victim of economic downturn**

The La Jolla post office, with the La Valencia Hotel in the background, has occupied the building at 1140 Wall St. since 1935.

**See POST OFFICE, Page 5**

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**See FOX, Page 4**
La Jolla man gets life without parole for strangling death of retired exec

By NEAL PUTNAM | VILLAGE NEWS

A La Jolla man who strangled retired biotech executive John G. Watson in 2010 for financial gain was sentenced Jan. 20 to life in prison without the possibility of parole.

The judge ordered Kent Keigwin, 61, to pay more than $3,000 for Watson’s funeral, but didn’t order any restitution because ultimately, Keigwin was never able to collect the $8.9 million he tried to illegally obtain by stealing Watson’s identity.

Several friends of Watson, 65, showed up at the sentencing. Some said Watson met Keigwin several years ago at a ski club, but were only acquaintances.

“We miss him greatly, but his impact will never fade in our lives,” said Beth Martinez.

Keigwin, a financial advisor, entered Watson’s apartment at 8111 Camino Del Oro in La Jolla on June 8, 2010, and shot Watson with a stun gun, disabling him. He then strangled Watson, took his computer, wallet and other possessions.

Friends of Watson showed up at Watson’s door that day when he didn’t keep an appointment. A building manager let them inside, and after finding his body, they called police.

Two days later, at 5:30 a.m., Keigwin returned to the building, and stepping off the elevator at the floor where Watson lived, ran into police officers and evidence technicians who were still processing the scene.

Keigwin had empty bags and a flashlight and could offer police no explanation why he was there. He was in possession of Watson’s keys and police found Watson’s computer in his car after he was arrested.

“I’ve always been shocked to see people like you who take a life for greed,” said San Diego Superior Court Judge Fred Link, addressing Keigwin. “This is a cold-blooded, calculated, horrible murder.”

“I have no mercy for you. Whatever happens to you, happens to you,” said Link.

The judge turned down the request by Deputy District Attorney Sharla Evert to impose an additional 11 years for other crimes the jury convicted Keigwin of, like forgery, burglary, attempted grand theft and using Watson’s credit cards.

He was convicted Nov. 18. Link also turned down the request of defense attorney Stacy Gulley to dismiss the special circumstances of murder for financial gain and murder during a robbery. These charges were the basis for the life term without parole.

Keigwin spoke briefly at the sentencing.

“I am sorry for the death of John Watson,” he said. “I will spend the rest of my life seeking God.”

A probation officer wrote that Keigwin claimed a Christian conversion in jail after earlier being an agnostic most of his life.

Keigwin was fined $612. Link noted he had served 589 days in jail, but since he received a life term without parole, he cannot receive credit for those days.

La Jolla man gets life without parole for strangling death of retired exec

Empty Nesters: FREE Special Report Reveals 9 Costly Mistakes to Avoid When Selling Your Home

SAN DIEGO: Are you an “Empty Nester” who needs a home for the future? Is it time to downsize or to move into another home more suitable for your glorious retirement years?

Like thousands of residents in our area, you may be discovering that after years of non-stop child traffic in and out of your doors, toys on the floor, music echoing throughout, suddenly you can hear a pin drop over the quiet hum of the refrigerator.

If you find yourself in this situation, you’ve in vogue and good company. If you know what it takes to get the most out of the equity you’ve built up in your current home, you are in good shape.

To help you understand the issues involved in making such a move, a new report called "Empty Nester: How to Sell the Place You Call Home" has been prepared which identifies these issues, and shows you how to steer clear of the mistakes that could cost you literally thousands of dollars.

To hear a brief recorded message about how to order your free copy of this report, call toll-free 1-800-276-5763 and enter ID# 1013. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can fly your empty nest with the most cash in your pocket.

To find out how you can fly your empty nest with the most cash in your pocket, please call 1-800-276-5763 and enter ID# 1013.
Let us pamper you and get you ready for Valentine's Day

* Signature Organic Facial
Treat yourself to a 60 minute deep cleansing facial with organically grown fruits & vegetables that contain high levels of concentrated vitamins and nutrient rich ingredients customized to your skin type. Followed with exfoliation and relaxing facial massage, and a custom mask leaving your skin brighter & more youthful.

* Ultra Refining Facial
Rejuvenate your skin with a stimulating 80 minute exfoliation and extraction by a custom hydrating mask with AHA fruit pulps acids that has oxygenating effects to your skin.

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* Advanced Age defying Facial - Glycolic Peel
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* Transformation Facial
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* Alpha Vital Facial
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* Advance Optimizer Facial
Stimulate your face, neck and decollete with a proven 75 minute intense skin boot camp.

* Men’s Fitness Facial
Designed and formulated just for men! A 60 minute complete therapeutic facial that will cleanse and relax you with earthy botanicals.

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Reduce signs of scarring, moderate wrinkles, sun and acne damage with this 60 minute treatment that is also effective in correcting age spots and other pigment problems.

* Hot Stone Facial
This extremely hydrating 75 minute hot stone facial treatment is perfect for lackluster, parched skin. This double mask and double facial massage will guarantee a radiant complexion.

* Sea Salt Scrub
Leave your skin feeling smooth, soft, supple and detoxified with this 60 minute Sea Salt scrub.

* Green Tea & Lemon Grass Scrub
Hydrate, nourish, cleanse, tone your skin and body with this 60 minute scrub

* Phyto-Marine
Surround yourself with this 75 minute ultimate aroma and marine therapy with all the natural elements of seaweed or mud from the ocean that will leave your skin soft and mineralized.

* Contour Drainant
Enjoy a quick and slimming 50 minute body treatment perfect for fitting into that little black dress!

* Foot Relief Exfoliation
Give your feet this 30 minute pampering and moisturizing while exfoliating dry, calloused skin on the soles of your feet.

This Valentine’s Day, Relax, Enjoy…

* Swedish Massage
Increase circulation, reduce muscle tension and relieve stress with this 60 minute classic European Massage.

* Custom Massage
Designed and tailored to meet your individual body needs, this 60 minute signature custom blend massage techniques will target your specific muscle tension, leaving you refreshed and revived.

* Deep Tissue Massage
Realign the deeper layers of your muscles and specific areas of tension with this 60 minute deep pressure massage.

* Hot Stone Massage
Transport your mind to a peaceful place with a 70 minute Natural Basalt heated stones massage combined with warmed oils to melt your tensions away.

* Couples Massage
Treat yourself and that someone special to one of our hottest services in our exclusive Couples Suite!

* Buddah Belly
The special mommy - to - be and baby will enjoy this 75 minute total relaxation massage and healing touch to help alleviate some muscular discomforts associated with pregnancy.

I extend my personal invitation to you to come and visit us here at La Jolla Spa to be delighted and pampered by our professional staff. My expertly trained staff and I believe in encompassing the full ritual of relaxation from the moment you step in to our front doors. We are prepared to melt away your every stress, to reveal the renewed, radiant, Peaceful You.

-Diane York, The Spa of La

“Like” us on Facebook for 5% off any service
any specific direction for her photos, Fox started documenting Ed’s daily activities — Ed sleeping, playing golf, eating, golfing around. After she had compiled a number of photos, she showed them to Ollman, who thought she had the makings for a book.

It was only at this point, Fox said, that she started to consider how she might include the aspect of living with Alzheimer’s in the photo project. After all, the photos showed exactly that: Ed living with Alzheimer’s and doing—or not doing—all the things he had done before the diagnosis. Why couldn’t this stark portrayal of Ed’s daily life also double as a commentary on the disease? Ollman, however, discouraged her from taking that approach.

“Arthur suggested I not bring in Alzheimer’s to the book because publishers don’t like cross-market books and Alzheimer’s is a difficult subject to sell,” she said. “People are uncomfortable with it.”

The more she thought about it, however, the more Fox said she rejected the notion that Alzheimer’s couldn’t—or shouldn’t—be talked about. “The more our journey went on, the more I realized how isolated caregivers feel,” she said. “At the time, Alzheimer’s was very in the closet. People didn’t talk about it. And I felt like I was in a position at that point to help contribute to the very beginnings of a conversation about Alzheimer’s and help people who are caregivers realize they’re not alone.”

As it turns out, that is a common sentiment among those caring for family members with conditions like Alzheimer’s—that they must shoulder the burden alone. So much so that 25 years ago, a nonprofit organization was started up to help caregivers in exactly that situation.

The Southern Caregiver Resource Center was founded with the goal of providing much-needed services, like respite, case management, counseling and support groups for caregivers who were stuck in the cycle of trying to do everything for their loved one themselves. Fox said she, too, was mired in this mindset.

“I chose not to give myself permission to have day off for eight years,” Fox said of caring for Ed. “One of the difficulties of caring for someone with Alzheimer’s is that it’s a constant job. If you’re vigilant and a worrier—and I’m both—you’re always trying to anticipate what could go wrong and you’re always on watch. It’s a very difficult state to sustain.”

Fox finally did allow help to come in, and though it was difficult to relinquish some control, she said, it was the best thing for her—and Ed—at that point.

“I’m not patting myself on the back for waiting eight years. I waited too long,” she said. “I think that we, as caregivers, are very reluctant to admit we can’t do it all ourselves.”

One of the reasons it can be so difficult to give up control—and one of the reasons Alzheimer’s is so difficult to live with—is the amount of uncertainty surrounding the disease, Fox said. With no clear introduction or indicators, Alzheimer’s, she said, “rolls in like a fog.”

“It’s a very difficult disease, very slippery,” she said. “When someone has cancer, for example, you can see it...
The U.S. Treasury Department of Public Buildings under the supervision of architect Louis A. Simon, the building was expanded in the 1960s. "Scenic View of the Village," the mural inside La Jolla's post office, above, was painted by Belle Baranceanu in 1939-36, the same time the building was constructed by the U.S. Treasury Department of Public Buildings under the supervision of architect Louis A. Simon. The building was expanded in the 1960s.

Diane Kane, a retired senior planner with the San Diego’s Historical Resources Board, was involved in the process and believes today the building would qualify for the historic registry.

Built in 1915 by the U.S. Treasury Department of Public Buildings under the supervision of architect Louis A. Simon, the building was expanded in the 1960s, changing the lobby and doubling its size, Kane said.

"Stacked up against small original post offices, La Jolla didn’t make the cut [for the historic designation]," she said.

Additionally, the "Scenic View of the Village" mural by Belle Baranceanu that winds around the lobby walls wasn’t considered artistically significant. The final criterion to obtain the designation was to show how the post office helped developed La Jolla’s downtown. While Kane said that could be demonstrated, there wasn’t enough time to document the facts before the 75th anniversary.

"If we can get historical designation now, the building could be sold with a restrictive covenant," Kane said. "It’s an invaluable community treasure and we need to keep it as a public building."
FOX CONTINUED FROM Page 4 on an X-ray. It’s something you can put your hands on. If someone has one cancer, for example, you can see it on an X-ray. It’s something you can put your hands on, it’s tangible. But the nature of this disease is very mystifying."

JUDITH FOX

"It’s a very difficult disease, wasn’t it? We both have it — he was my dad — he was a doctor, a brilliant man — he was a doctor, a brilliant man — he was a doctor, a brilliant man. She was an LPN (licensed practical nurse), Alzheimer’s really means to us all as individuals, as families and communities, they will reflect upon it.

"And in other cases carefree. The photos show a slow slide, and her photos depict the community. Dr. Lee Cornwell said she sees the need to help people find options and have an exchange, but it has got to be comfortable in your own skin, even if it doesn’t feel friendly."

"That’s part of why I did my book — it’s important to talk about and get comfort, and getting it. She said: ‘I’ve talked to people around the globe dealing with Alzheimer’s and their families, they will reflect upon it.

"The primary thrust of the MLP A is the establishment of coastal no-take reserves where the coastal zone is closed (e.g. to local fishing, diving or swimming) is banned. Falsely advertised as "science-based," they are in reality founded on the utopian concept that, left alone, predators along the coastal zone will be healed by Mother Nature. Protected within these reserves are most marine management techniques. For instance, periodical population explosions of kelp-destroying sea urchins can no longer be managed within these reserves. Also, federal law now permits communities to control nuisance seals and sea lions. But within no-take reserves, our fishing waters can no longer be managed within these reserves. Also, federal law now permits communities to control nuisance seals and sea lions."

Letters to the Editor

Marla Marples, a retired registered nurse and a volunteer at La Jolla Community Planning Association meetings, wrote a letter to the editor of the La Jolla News & Views.

"I love the love between them, she said, is still there.

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Cluster group brings teachers together

Warwick’s Book Store will be selling copies of O’Shaughnessy’s and Louv’s books during open talks.

The financial woes of the district were discussed briefly at the meeting. John May, a parent who chairs the finance committee, described a recent meeting of all the campus foundation leaders in the cluster. He said the group discussed the district’s financial situation and shared information about what programs the various foundations are supporting.

Governance is another priority of the cluster, which is moving forward with its efforts to create a partnership agreement with San Diego Unified School District, said Rob Tindall, a teacher at Murrieta Middle.

After a year of surveying teachers and holding open meetings, the agreement committee is now preparing to contact labor union and district representatives, he said.

Student safety is always a cluster concern. To relieve traffic around Murrieta Middle and La Jolla High, the LCJA is working with the La Jolla YMCA to create a neighborhood bus service. Parent Fran Shimp explained how the buses will begin to transport students to Murrieta Middle and La Jolla High School starting Jan. 30. The cost is $75 a month. The application form is available at the YMCA or can be downloaded at www.sjymca.org. LCJA represents the five public schools in La Jolla (La Jolla High, Murrieta Middle and the three elementary schools). The five principals sit on the governing board, along with 10 teachers and 10 parents. The board meets regularly at the Murrieta Middle School library.

— Sharron Jones
MEET A FRIEND. HEAD DOWN TO THE BOARDWALK. TAKE A QUICK COFFEE BREAK. RUN BACK TO THE OFFICE. CHECK OUT A MUSEUM AT BALBOA. GO TO THE DOCTOR'S AFPPOINTMENT. GET TO A MEETING. STOP BY THE BANK. WORK ON YOUR BICEPS. DROP OFF THE LAUNDRY. TAKE A STROLL AROUND THE GASLAMP.

Getting around San Diego is a breeze. Simply take a car2go when you need it, and leave it when you're done. Sign up now for FREE registration and 30 minutes of FREE driving time (promo code: CHARGED). Offer available for a LIMITED time. Sign up at sandiego.car2go.com.
other than an octopus, I can think of no other underwater critter clever enough to play peek-a-boo. I’ll be finning along one of the terraced walls gracing the submarine canyon off La Jolla Shores when we spot each other. I back off and sink down out of the mellusk’s view. It’s only a matter of time until my playmate leans out of the den’s opening, then inches over to see where I went and what I’m doing. I move out of sight again, and the octopus follows. I’m not the only one who knows how to play the game.

Like a newborn human, an octopus has a large head in relation to its body, the better to hold the complex brain enfolded within. Who knows what it thinks, but I imagine an octopus is drawn to staring at me — a giant, bubbling blob — for reasons not unlike most humans transfixed watching a train wreck (most reality programs can suffice as examples). We aquanauts are a noisy, clumsy, flailing bunch, whereas an octopus moves with a fluid grace along the seafloor, curled tentacle tips barely brushing aside sand grains, as they constantly change their outerwear to coordinate with new backgrounds appearing beneath them. From a societal stance, under water we are hot polit; they are blue bloods (both literally and figuratively).

Of the three octopus species found off our coast, two “bimac” octopi (Octopus bimaculatus, Octopus bimaculoides) typically top out size-wise at a foot-and-a-half from tentacle tip to opposite tentacle tip, while the diminutive red octopus (Octopus rubescens) sports a tentacle-to-tentacle stretch of about 4 inches. Bimac octopi lodge mostly in dens made from the canyon’s clay walls while ball-pint red octopus popularly nestle among living and inert relief on the bottom. Like much of high society, octopi are notorious jet setters.

Transport by jet propulsion involves ambient water being forcefully pushed out of the body cavity via a flexible siphon. Aim the funnel in whatever angle necessary and all systems ready for takeoff. Tentacles need not apply for the job. In fact, when it comes to movement, an octopus can rightly brag, “Look ma, no arms!” A diver friend discovered this first hand on a recent night dive when a full-on octoamputee pulsed by him with nary an arm to its name.

Certainly nobody who’s anybody would be without a coat of arms, and the octopus has them in abundance. When engaged in business with prey (like crabs and some fish), having suckerd arms are integral to closing the deal. They snatch and hold the victim in place until it is subdued by a toxin released from the salivary gland. Now the beaklike jaw can dispatch the carcass at leisure, exercising a sandpaper-like tongue to delicately strip off every morsel. Now that’s class!

But there’s more to those arms than just a coat and an embrace because octopus arms are bionic. To best explain, revisit the size of an octopus brain and we may agree that complex decision making must be going on around the clock up there, which includes controlling all those arms. However, with so many appendages to keep track of, in a clever nod to evolution, an octopus has eight (!) nervous systems managing the finer decisions. Thus, the octopus’s brain decides it wants an arm to move but it’s up to each of the eight independent contractors to decide which arm(s) will do so.

With so many available arm options, might there be a preference? Can an octopus be right-handed or left-handed? In some octopus studies, when blinded and octopi were required to choose, they typically employed the arm closest to the object of interaction, meaning they had no preference. However, with eyesight restored, subjects used a favorite tentacle to inspect or handle objects (despite all eight arms being equally nimble). This exciting result connects an octopus, the intellectual giants of the invertebrate world, with vertebrates, because most animals with a backbone also have a preferred eye (whether or not they have actual arms and fingers).

I know any number of avid divers who won’t pass up a lobster feast, clambake or bowl of fish stew but won’t touch octopus. Who wants to dine on someone you know is really smart and has personality plus? Did I mention agility skills? Octopi can learn to grab certain colored balls, navigate mazes and open jars. And the brainsacs can learn to do these things just by watching their peers. Octopi, I gotta hand it to you. You are the crime of the crime of the crime of underwater society.
New karate classes provide powerful tools to build character

**By MARIKO LAMB | VILLAGE NEWS**

The award-winning instructors at La Jolla Karate, who have been instructing students in North County for 25 years, are now enrolling students at their recently relocated La Jolla location at 7838 Herschel Ave. for martial arts and character-development classes for all ages.

Senior instructor Mark Truscott has more than 30 years of experience in martial arts, and along with associate Josh Trent provides energetic classes for children and adults of all ages.

An industry-leading Powerful Words Character Development program is incorporated as the backbone of the school’s curriculum for students to learn how to become community leaders and confident individuals.

Child and adolescent development specialist Robyn Silverman created the comprehensive character development program specially for La Jolla Karate with easy-to-follow lessons that provide each student with fundamental tools that will allow them to succeed both mentally and physically in the context of an organized karate class.

“Ultimately, our aim is to help our stu-
dents embrace the person that they are, respect those around them and share their appreciation at home, in school, at La Jolla Karate and within their community while having a terrific time learning at our facility,” said Truscott.

Each month, students have the opportunity to get positively recognized for their completion of an age-appropriate Powerful Project and instructors will emphasize a Powerful Word of the Month, a concept that can be reiterated at home.

This month, La Jolla Karate will emphasize the word “acceptance,” teaching students everything from its definition to its application in day-to-day life with lessons and projects.

Silverman also provides parents of students in the program with an opportunity to write her with questions or concerns in a Dear Dr. Robyn column in the Parents Perch newsletter, which describes the Powerful Word of the Month and how it will be taught in the studio.

Ian Sheres, program director and co-
owner of La Jolla Karate, said the short and long-term benefits of the program.

“Every new student must complete four karate challenges before they can wear their first belt. This reinforces what parents and teachers want immediate-
young people to be. Just like anything worthwhile in life, every belt at La Jolla Karate is earned,” he said. “Long-term benefits such as increased focus and discipline build strong community members inside and out.”

La Jolla Karate also offers classes for adults to get in a challenging workout and attain their optimal fitness levels in a way that is beneficial in more ways than one.

“Our M.A.X program, designed for adults, provides a fun way to get in great shape by combining martial arts and self-defense techniques with strength-building full-body exercises,” Sheres said.

La Jolla Karate is already helping out the community through a Life Lessons/Character Counts program at Bird Rock Elementary School to teach children basic self-defense and karate techniques, reinforce character-building development, and raise money for the local elementary school.

The price of the four-session program is $69 and all of the proceeds from the program go directly back to the school through the Bird Rock Elementary Foundation.

For more information about La Jolla Karate or to sign up for classes, visit www.lajollakarate.com or call (858) 255-8384.

**Dr. Oz Show**

La Jolla Karate instructor Josh Trent teaches a group of children. Courtesy photo

**BRIEFS CONTINUED FROM Page 6**

The Historical Society invites visi-
tors to provide feedback on the improved site at the “website feed-
tors to provide feedback on the

tent and videos were also new addi-
tions to the site.

It also added tools like a search fea-
ture and access to the society’s social media outlets. Information on histor-
ical resources and tablet-friendly con-

* Don’t Forget To Ask About Jodi Sawyer’s Exclusive Liquid Facelift ! "Like" Our Facebook Page Medspa Xi – A Jodi Sawyer Aesthetic Creation and receive 10% off one treatment!
Senior Hayley Bohart asks Condoleezza Rice a question following the former secretary of state’s address to the students of The Bishop’s School. Bohart asked, “We have seen the so-called Arab Spring, with the uprisings of the people in Egypt, Libya and Syria. Was our success in Iraq with the formation of a constitutional government a factor that convinced the Arabs in the region to begin to demand some personal liberties from the other authoritarian regimes?” Rice’s answer: “In the Arab Spring in Iraq, I think what is being demonstrated is that every man, woman and child wants to live in freedom. You’re seeing these uprisings because people are insisting on their freedoms.”

Constitutions matter because these institutions are ways for people to exercise their rights peacefully. The great vulnerability of an authoritarian regime is that people cannot change their government, so they will do it violently. Even with all the violence that is out there, the Middle East is far better off with the potential for democratic regimes, and yes, I think Iraq has had an impact on what has transpired in the Middle East.”
The La Jolla Historical Society will be presenting a three-hour informational workshop on Jan. 28 from 8:30 to 11:30 a.m. to help community members find out whether they own a property that is worthy of official historic recognition.

Topics covered include the city’s designation criteria, how and where to conduct archival research, how to analyze the information uncovered, how to write up findings for city review, and what the benefits and responsibilities are of historic home ownership.

The workshop will include informational handouts and opportunities to ask questions to an expert panel of speakers, as well as speak with homeowners who have successfully navigated through the process of designating their properties as historic.

Scheduled workshop speakers include Ione Stiegler, architectural historian Diane Kane, and senior planner at the San Diego Historical Resources Board Kelly Stanco.

Tickets to the workshop are $15 for the general public and $10 for society members. For tickets or more information, visit www.lajollahistory.org or call workshop coordinator Connie Braun at (858) 454-6871.
Ladies who lunch and a very French rendezvous

There are ladies who lunch, and then there are the ladies of Las Patronas (LP), who have much more going on in their minds than gossip, martinis and the latest fashions. The LP members met for lunch last week and handed out nice gifts to a dozen acquaintances they’d invited to join them. The gifts were checks, and every one of them was written for more than $20,000.

Held at the La Jolla Beach and Tennis Club (LJBTC), it was LP’s annual Beneficiary Luncheon — and a major highlight of the year. As everyone in La Jolla knows (or soon learns), LP invites some of the brightest and most talented La Jolla women to join the limited membership of its philanthropic organization. They become “actives,” working diligently for the next six (or seven) years raising money for worthy causes. Since 1946, LP has annually held its Jewel Ball, widely considered the most prestigious social event in the greater San Diego area. It takes the entire membership a full year of diligent labor to conceptualize and plan the event, and to build the elaborate sets and decorations that transform the perennial venue (always the LJBTC grounds, just steps from the site of the luncheon) to match the unique theme selected for that year’s Ball. Putting everything in place before the guests arrive takes four grueling days and nights of feverish effort before the last minute details are perfected for Aug. 4.

Mainly Mozart celebrated its 24th year last Sunday with a gala fundraiser at the Westgate Hotel. With its 18th century antiques, bronze sculptures and Baccarat crystal chandeliers, the setting matched the event’s historic French theme: “Rendezvous with Mozart at Versailles.” The fun began in the Grand Lobby, where guests sipped champagne (always the LJBTC grounds, just steps from the site of the luncheon) to match the unique theme selected for that year’s Ball. Putting everything in place before the guests arrive takes four grueling days and nights of feverish effort before the last minute details are perfected for Aug. 4.

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The luncheon was also the occasion for the presentation of LP’s annual Spirit of Giving Award, given this year to Jim Roth for his tireless dedication, providing audio/video and production services for the Jewel Ball over 24 years. Elaine Murphy closed with a tantalizing presentation about the 2012 Ball, “Passeggiata,” which she’ll chair. The ambiance will be Rome, circa 1960. Mark your calendar for Aug. 4.

Mainly Mozart’s Winter Series begins right here in La Jolla, in the Neuropsychology Institute’s acoustically perfect auditorium. Other performances begin in April and concludes on June 23.

There were two concert performances in the Versailles Ballroom, both combining the violin of Cleveland Orchestra Concertmaster William Preucil and the piano of Los Angeles Philharmonic Principal Keyboardist Joanne Pearce Martin. Playing with the virtuosity for which Mainly Mozart musicians are well known, they excelled in their roles.

A buffet in the Fontainebleau Restaurant offered a feast of fine cheeses, meats, and en croute treats — all tris français. Desserts, including crops made to order, were served in the adjacent Regency Room. Sadly there won’t be another Mainly Mozart gala until a Saturday evening in June of 2013, when it celebrates its 25th anniversary. Tomorrow, on Mozart’s 256th birthday, Mainly Mozart’s Winter Series begins right here in La Jolla, in the Neuropsychology Institute’s acoustically perfect auditorium. Other performances follow in Carlsbad and Rancho Santa Fe. The expanded Festival series opens in April and concludes on June 23.

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On Jan. 18, some brothers from New Jersey opened an authentic Jersey sub shop at 7836 Herschel Ave. in La Jolla.

Jersey Mike’s, a sub shop that embodies the Jersey Shore, serves up classic sub sandwiches, wraps and salads for dine in or takeout.

The Kenny brothers, owners of the local franchises, are real Jersey boys, who can be seen crafting subs at both the La Jolla and Solana Beach locations. Their subs have been so well received across the nation, they’ve earned the coveted title of No. 1 sub in the country by the Travel Channel’s “Sandwich Paradise.”

With the original shop in Point Pleasant, N.J., the La Jolla location adds to the more than 500 Jersey Mike’s shops nationwide. The next stop for the shop will be in Pacific Beach, opening soon at 1975 Garnet Ave.

Menu items include the popular original Italian sub with provolone, ham, prosciuttini, capocolo, salami and pepperoni; a meat-lover’s dream.

Jersey Mike’s also offers hot subs like the famous Philly cheese steak. East Coast transplants, meanwhile, will be ecstatic to know that they can get their fill of Tastykakes — a rare treat on the West Coast — at Jersey Mike’s.

Guests are encouraged to order subs “Mike’s way:” with onions, lettuce, tomatoes, olive oil, vinegar and spices.

It all started in 1956 at the Jersey Shore with a single neighborhood shop dedicated to serving authentic subs. Today the authentic taste is available nationwide. Their secret? Everything about Jersey Mike’s is high quality. They serve only certified Angus beef top rounds that are trimmed and cooked right in the store. The meats and cheeses are all top-quality premium brands.

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Their bread is baked fresh each day on the premises. The best thing? Everything’s prepared right in front of you. This is what makes Jersey Mike’s the most authentic tasting submarine sandwich available.

The Kenny brothers have helped bring the great taste of the Jersey Shore to the West Coast. After completing their education, they invested in the subs they have enjoyed their whole life. Growing up just a bike ride away from the original ship, it seemed natural to them to serve Jersey Mike’s fresh subs to an amazing community like La Jolla, Solana Beach and soon, Pacific Beach.

Jersey Mike’s will offer bicycle delivery with a three-sub minimum order. A $5.50 delivery fee will apply. The shop also offers catering, and for in-store diners, there is both indoor and outdoor seating. Store hours are 7 a.m. to 9 p.m., daily.

For more information, visit jerseymikes.com or call (858) 200-9888.

Vi at La Jolla Village

takes independent living to a whole new level

If you’re ready to live life on your terms, Vi at La Jolla Village is one of Southern California’s top choices. Conveniently situated near San Diego’s Golden Triangle, this premier community for older adults is founded on the vital elements of home, wellness, connection and vitality.

Whether it’s enjoying the finer comforts of home, complemented by first-class amenities and meals created by a classically trained executive chef, engaging with friends or relaxing in the whirlpool, Vi offers countless ways to enrich body, mind and spirit. It also provides a full continuum of care so you can embrace greater peace of mind while living life to its fullest.

To schedule a personal tour of the community, call 888.735.4852 or visit ViLiving.com/LaJolla today.
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LA JOLLA, P О H Е N I E S
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Station Sushi can handle your late night private party for 20 - 40 people (10 person minimum- 10:30 pm to 1:30 am). And the best part is for only $40. per person it's All-you-can-eat AND drink (some restrictions apply). Join us for Happy Hour Sunday- Thursday 5:30 to 7 pm. We are now open for lunch Monday-Friday 12-2 pm. Dinner Monday-Sunday 5:30-close. Full Bar.
www.stationsushi-birdrock.com

The Broken Yolk Café

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

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Bite of Boston

Bite of Boston (BoB) is a family-owned eatery which offers an array of East coast-style seafood, soups, breads and meats flown in weekly from Massachusetts. Lobster rolls are available seven days a week. Enjoy Fish & Chips, fried shrimp and Ipswich fried clams every Fri, Sat, Sun. More than 30 sandwiches on the menu including the Philly Cheesesteak, Prime Rib, Turkey, and a variety of low-cal options. Call in for take-out or delivery. Check the BoB website for menu specials!

Cafe Milano

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

Donovan’s Steak House

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

Girard Gourmet

“From our garden to your plate”

Girard Gourmet has been La Jolla’s headquarters for fresh, healthy, tasty breakfast, lunch & dinner for the past 25 years. Locals always find their favorite dish at Girard Gourmet. Others eagerly await to find out Francois’ Julian Harvest to plan their dinner menu. Whether it’s the Pear Cambazola Salad or Soup & Sandwich combo for lunch, Beef Burgundy or Chicken Pot Pie for dinner, or the unlimited selection of scrumptious desserts, you will always leave Girard Gourmet with a smile on your face!

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The Spot

Though this restaurant is within spitting distance of several ritzy hotels, it manages to maintain a laid-back charm. Witness the painting of an old, pot-bellied surfer just inside the door. The restaurant is divided into a narrow bar area on the left and a dining room on the right; both have wood paneling and brown leather booths. The menu ranges from burgers and grilled napper tacos to lobster tails and bacon-wrapped filet mignon.
Submit this ballot for a chance to Win Dinner for Two ($100 value) at one of the La Jolla’s fine restaurants.

VOTE FOR YOUR FAVORITE!

CONTACT INFO (must be filled out for your votes to be counted):
Name ____________________________
Address ____________________________
City ____________________________
Daytime phone: ____________________________
E-mail ____________________________

ENTRY RULES: You choose your favorite! Tell us who the best of the best is and you’ll be entered into our free drawing. Vote for restaurants in La Jolla and UTC. (92037, 92121, 92122). Maximum of 4 categories per restaurant. Mail or hand deliver your ballot to: La Jolla Village News, Readers’ Choice Awards, 1621 Grand Ave., Ste. C., San Diego, CA 92109; or vote online at: sdnews.com or lajollavillagenews.com. Please complete at least 50% of the ballot. One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by 2/23/2012.

Overall Restaurant  
Overall restaurant service  
New restaurant  
Best Chef  
Breakfast  
Lunch  
Dinner  
Take-out  
Sunday brunch  
Family restaurant  
Best Atmosphere  
Restaurant Service  
Restaurant w/ Wine List  
Wine Shop  
Wine Bar  
Local Winery  
Beer Selection  
Sports Bar  
Martini  
Place to People Watch  
Pet Friendly Restaurant  
Live music  
Place to dance  
Happy hour  
Best Comfort Food  
Late Night Eatery  
Place to go on a budget  
Place for a birthday party  
Most romantic  
Best ocean view  
Appetizer  
Bagel  
Burrito  
Burger  
Fish & Chips  
Desserts  
Margarita  
Onionsfeelte  
Pasta  
Pizza  
Pita  
Salad Bar  
Sandwich  
Senior Special  
Steak  
Steak  
Suites  
Seafood  
American BBQ  
Asian fusion  
Thai  
Chinese  
Pho  
Greek  
French  
Indian  
Italian  
Korean  
Mediterranean  
Mexican  
Mexican (Fast food)  
Bakery  
Bar  
Cafe  
Catering  
Coffee shop  
Deli  
Gelato  
Ice cream / frozen yogurt  
Vegetarian  
Poly-dining  
Senior special  
Specials  
Wings  

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Planning Income Strategies for Your Retirement

Will I have enough money in retirement? It’s a question more and more Americans are asking. Baby boomers in particular wonder if they’ll be able to live comfortably and securely when they leave the workaday world. The good news is that you may be able to retire with confidence and enough assets — if you get organized. That means thinking about what you want retirement to be, reviewing your current investments and benefits, and taking maximum advantage of some investment vehicles designed to provide retirement income. As with so many things, the key is to set clear goals and then pursue them.

“People who are getting ready for retirement are more financially responsible than their counterparts who are not planning for retirement,” says David Karr, a CPA with the accounting firm of David E. Karr and Associates, LLC, in Rockville, Md. “People who spend less than they make and take maximum advantage of the opportunities presented them to save for retirement, these people understand that life is not all about today. If you want a nice retirement life, you need to start planning as early as possible.”

Setting retirement goals is not just about dollars and sense. It’s also about drawing on your values and hopes to create a satisfying life. For some, that may mean continuing to work past age 65, or even starting a new career. Others, of course, may be ready to stop laboring and start relaxing, volunteering, traveling or pursuing a pastime.

Because each individual’s idea of the perfect retirement is different, everybody will have different financial needs. Try to determine what yours will be based on your vision of being retired. Don’t accept the conventional wisdom that says all of us will require 60 to 80% of our income when we stop working. Instead, try to estimate a budget for your specific vision of retirement.

Start by noting what you spend on the basics — food, shelter, clothing, health care and transportation. Include expenses for raising children and the mortgage, if it still needs to be paid off. Also, if you keep working, account for any income you anticipate. Add costs for travel, hobbies, entertaining, donations and a second home, if that’s something you’ve worked toward obtaining. Think about what might happen to your taxes and apply that information accordingly. While admittedly imprecise, this estimate should be a fair starting place for creating a retirement budget.

As you look ahead, be sure to consider that, realistically, you may be retired for a long time, and your finances need to reflect that fact.

“If you retire at 65, you have a life expectancy of another 20 to 25 years. That’s a long, long time not to have a regular check coming in,” Karr says.

Once you have a sense of your financial needs, look at the benefits you’re confident you’ll receive. Make sure you know what you’ll get from your employer. This typically will take only a quick visit to the human resources department.

“Make sure you talk to well-informed people. Make sure they know what they’re talking about. Get all the facts. Sometimes there are gross misunderstandings about what you’ll get. You want to focus too on when you get benefits.” Karr says.

Also, review your savings and investments. Then check on your Social Security benefits. Once a year, Social Security sends a statement of these. If you don’t have one, then use the benefit calculators at the Social Security Web site — www.ssa.gov.

When you know your goals and estimated expenses and income, you can create a written retirement plan that covers investments held in retirement and nonretirement accounts. As you do, it’s a good idea to look at several sources of income that you can use to save and invest.

Begin by considering using an Individual Retirement Account. Two types particularly deserve attention — traditional IRAs and Roth IRAs. Traditional IRAs tend to work best for people who believe they’ll be in a lower tax bracket during retirement and meet the criteria for making tax-deductible contributions. Earnings and contributions are taxable as ordinary income when withdrawn, and withdrawals prior to age 59½ may trigger a federal 10% penalty. Payments from the account must begin when the investor reaches age 70½.

The Roth IRA generally appeals to people who want tax-deferred earnings, are OK with the idea of making aftertax contributions now in exchange for tax-free distributions in retirement and who expect to be in the same or a higher tax bracket when they retire. Holders of Roth IRAs often use them because they also may need access to their savings. The Roth IRA requires no minimum distribution during the investor’s lifetime. With both IRAs, investors make periodic contributions and direct how the money will be invested.

Ultimately, proper planning may help you get the retirement you desire, if you know what you want and what your options are — and pursue both with resolve and clarity.

You’ll want to discuss:

• Your vision and goals for retirement

• How an annuity might help strengthen your retirement plan

• Whether a traditional IRA or Roth IRA makes sense for you

This article was written by Wells Fargo Advisors and provided courtesy of Kevin Linggi, Chartered Retirement Planning Counselor and Jaime Morgan, Financial Advisors in San Diego. (858) 523-7927

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We do it with years, presidents, mayors, shoes, fad diets, exercise routines, clothes, lovers, homes and sometimes, even cities. Do you remember when you first came to La Jolla? Was the Cove Theatre with the omnipresent Spence Wilson still to be relied upon? Was the Universal Boot store on Girard? Were the Red Dragon cottages across from the Cove still occupied? Was the Children’s Pool unfettered with ropes, actually for children and still smelling OK? Let’s look at our area currently.

Citywide, after several disastrous fiscal years, Jerry Sanders has done a remarkable job bringing our budget back. In the process are plans to attract privately financed infrastructure enhancements like a planned new stadium to keep the Chargers and gain visitor revenues from an adjacent new entertainment, concert, sport and community shared-use facility downtown at the end of the MTS line. Also planned are several acres of enhancements to Balboa Park public spaces, including a Plaza de Panama and underground parking. A new convention center is being financed mostly by hotel revenues and will have rooftop parks. According to reports, it will create 7,000 new jobs and bring in some $300,000 incremental city revenue over 30 years. Mayor Sanders has also attracted new business and has strengthened military relationships and defense contractor opportunities for San Diego’s future financial growth. All this while budgeting $100 million for infrastructure improvements, the largest repaving in city history, upgrading street lights, remote water-meter reading, airport improvements — including a direct connect to Tijuana airfield — and a balanced budget this coming year. Whew!

For La Jolla, an in-depth study has proven it would be more profitable in terms of cost and services for La Jolla to become an independent city. With La Jolla’s current tax revenues — the ones we are allowed to keep — we can choose to accelerate our own infrastructure improvements not waiting to make it to the top of the city’s list. As a city, we can rent police, fire and trash services and most likely get quicker responses. According to La Jolla Town Council trustee Cindy Greatrex, even in the first year while making ransom payments to San Diego for our freedom, we would still be at least $3 million ahead.

Housing sales seem to be improving locally, especially from Clairemont to the beaches of La Jolla/Pacific Beach. In La Jolla, December 2011 sales are up over December 2010 sales. December 2011 experienced lower inventory levels than November 2011. Realtors are telling me that available inventory is way down in the $500,000-and-under bracket in the same area. When inventory stops meeting demand, the market moves from a buyer’s market to a seller’s market. That is why recent nationwide studies have proven it is becoming increasingly more cost effective to buy than to rent. If 2012 is your year to buy a new home or sell you existing home, you might want to get on with it. Now is an excellent opportunity for you.

It’s 2012. We need to elect a president and a mayor. We’ve got new stuff for holiday gifts and we’ve made elusive resolutions. How do we focus? Now we have a wealth of information to draw upon for making decisions. We have history and memories to guide us. Our parent’s decisions set the course of our lives, but now we control our own compass. What resolutions are you ringing in? My personal history tells me that I look better, sleep better, feel better and think better when I’m working out. So my workout routine is in. What changes need to be made as a person, a family, a city, a nation? It starts with you and your moral compass. What’s out — or in — for you?

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Out with the old, in with the new

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$599,000

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$3,875,000

Sun & Sat 1-4pm  
6669 Neptune Place 
4BR/4BA 
$3,400,000

Sun 1-2pm 
220 Coast Blvd. #2-E 
1BR/1BA 
$499,999

Sun 1-4pm  
5017 Aranda Ave. 
3BR/3BA 
$995,000

Sun 1-4pm  
7800 Via Estrada 
5BR/4BA 
$1,800,000-$2,200,000

Sun 1-4pm  
1302 Aliso Ct. 
2BR/2BA 
$299,999

Sun 1-4pm  
9617 Avenida De Las Pescas 
3BR/3BA 
$1,250,000

Sun 1-4pm 
1740 Margot Ave. 
2BR/2BA 
$699,000

Sun 1-4pm  
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Sun 1-4pm  
8628 Villa Mallorca 
1BR/1BA 
$225,000

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3BR/2.5BA 
$1,249,000

Sat & Sun 1-4pm  
6683 Aranda Ave. 
3BR/2.5BA 
$699,000

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6020 Via Estrella 
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$599,000

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6253 Dowling Dr. 
4BR/2BA 
$998,000

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5BR/5BA 
$2,000,000

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7020 Via Estrada 
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As a La Jolla native and graduate of La Jolla High School, Chris is very excited to partner with David at Prudential CA Realty in La Jolla. A seasoned agent with 10 years of commercial experience and the recipient of the Rising Star of the Year award at his previous brokerage, Chris is transitioning into residential purchases and sales to leverage his extensive local knowledge for the benefit of the region’s buyers and sellers. Known for his ability to orchestrate successful closings, Chris brings a great attitude and a native knowledge of La Jolla to ensure his clients realize their goals. Chris will focus on La Jolla residential properties and will be working directly with David. Should you have any real estate needs, please contact Chris at 858•405•9981 or cduncan@prusd.com

Chris Duncan – 858•405•9981