The La Jolla Town Council’s Dancing with the Stars La Jolla sambaed, tangoed and waltzed its way through the Hilton La Jolla Torrey Pines on Oct. 5. Check out more photos from the event, Page 9.

Photos by DON BALCH

New Central Library opens amid literary fanfare

By DAVE SCHWAB

With its gleaming silver dome etched across downtown’s cityscape, the new, nine-story central library was officially dedicated Sept. 28 with praise, song and cheers from a throng of well-wishers.

“Luminous, inspiring, iconic, the San Diego Central Library is a beacon of knowledge,” said city librarian Deborah Barrow of the new flagship of the municipal library system with its 35 neighborhood branches.

At the Sept. 28 dedication, Barrow said the facility was “30 years in the making” and “a dream come true.”

The new facility replaces the former library at 820 E. St., which was built 57 years ago to serve about 15,000 patrons when the city’s population was less than 500,000. Today, the city’s population is 1.25 million and more than 480,000 people use the central library alone.

Barrow said the new $196.7 million building is centrally located with easy access by freeway, trolley, bus or air.

“Do we need a central library in the age of the Internet?” asked Barrow, answering, “Yes, and we’ve got one.”

The design of the new, 497,652-square-foot Central Library building at 330 Park Blvd. reflects the input of hundreds of people who participated in a yearlong series of public workshops. Based on their input, the joint-venture team of Rob Wellington Quigley FAIA and Tucker Sadler Architects collaborated on the structure of the building, which includes bay-view terraces, roof gardens, a state-of-the-art auditorium and a public reading room.

Barrow said there’s something for everyone at the new library, whether it’s the children’s library with its Dr. Seuss mural, the beach-themed teen center designed for and by teens, the expansive special-event room or the “beautiful and quiet” library reading room under the landmark latticed dome.

“The San Diego Central Library is poised to nourish hungry minds, connect people to one another and provide a wealth of knowledge,” she said Barrow. “This new library is exactly what San Diego needs.”

SDUSD Superintendent Cindy Marten talked about the significance of the new library in fostering literacy.

“As a teacher I know the importance of literacy and libraries can change lives,” Marten said. “This really is a dream come true for many children and their families to see the conditions created where all children become actively literate, contributing members of society. We need you — and we need this library.”

San Diego Public Library Foundation chairman Mel Katz and
When asked how to get to Carnegie Hall, the famed violinist Yascha Heifetz replied, “Practice! Practice!” So, how does one get to the Super Bowl?

The annual championship game is one of the year’s biggest sporting events, watched by over 100 million people worldwide. But the show is often stolen by the incredible video ads that are broadcast between plays and at halftime — 30- to 90-second vignettes eagerly anticipated by viewers.

Given the huge number of eyes that are focused on the content, the cost of each ad can run as much as $4 million, far beyond the reach of small businesses that make up the economic heart of our country.

Until now.

Intuit, the maker of Quickbooks and other small business software, is running a contest that can place the lucky winner in front of the world. First prize is an ad specially created for it that will be aired during the Super Bowl.

Round 1 of the contest has already been completed. Round 2 is now under way. And the lucky local small business that has made it to round 2 is … (drum roll) … Double Happiness Jewelry and its creative head, Stephanie Wells.

Like Microsoft and Apple, the company was started in a garage. Wells began to design and market unique handmade jewelry that immediately became popular locally. Then, with the help of her sister, Alisa Rottenberg, who runs Daisy Mae PR in New York City, Wells came to the attention of Diane von Furstenberg and the other judges of the city’s Fashion Week event. She won and was invited to be part of the festivities. Since then, Wells’ designs have been sold in stores all over the world. Her jewelry is worn by many celebrities, including Oprah and Beyonce, and has been worn by models gracing hundreds of covers of fashion magazines, including those appearing in the Sports Illustrated swimsuit edition.

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Since all of her jewelry is handmade, Wells creates jobs. She also provides needed education and income opportunities to struggling women in other countries, notably Africa. Her guiding theme is, “Making the world a better place, one piece of jewelry at a time.”

Wells is a local businesswoman, entrepreneur and hero. That’s how one gets to the Super Bowl. To help Wells win a spot at the Super Bowl, vote for her — today and often — at www.smallbusinessbiggame.com/CA/Double-Happiness-Jewelry/387577.

For more information about Double Happiness jewelry, visit www.doublehappinessjewelry.com.
With the ever-increasing desire to get in shape comes new and more innovative ways to do so. La Jolla is home to a wide range of cutting-edge fitness concepts, each with its own unique approach and each able to get you looking and feeling your best. La Jolla Today will feature a different fitness-related business in the coming issues. Be sure to check back often to find the right fit for your lifestyle and goals.

A personalized, high-tech, high-intensity workout in a fraction of the time is to be had at La Jolla Wellness Studio. The cutting-edge studio at 7660 Fay Ave., Suite F is the "calculus" of physical fitness, employing the MyoMetrix Method. MyoMetrix scientifically measures a number of body factors, including body fat and muscle mass, to create an efficient workout pinpointing body areas needing improvement.

“You will achieve the same outcomes in 15 minutes that you would achieve in 60 minutes at the gym,” said La Jolla Wellness general manager Ted Barduson. “Our patent-pending process results in verifiable outcomes where members achieve remarkable decreases in body fat and increases in lean muscle mass.”

Barduson said nationwide studies have shown only 8 percent of the population does regular physical fitness workouts. He said there are three primary reasons why people don’t work out: They don’t have the time. They don’t like going to a gym. They don’t like focusing only on weight control.

So Barduson set out to find ways to clear those hurdles by pioneering a method to provide a more efficient workout in less time in a more casual setting. He’s achieved all that at La Jolla Wellness.

Much more like an office than a gym, the carpeted space at La Jolla Wellness is dominated by three machines: a scale-like device measuring fat, water content and muscle mass; a vibrating therapeutic sound apparatus; and what’s been referred to as “the beast,” the big all-in-one-workout machine that users work out on while having their performance measured in real time.

Barduson said MyoMetrix does one other thing that gyms don’t, which is to balance an individual’s biochemistry. He said the MyoMetrix system adjusts the level of two body chemicals — cortisol, a stress hormone, and lactic acid produced during stressful workouts, both of which inhibit muscular development.

Biomechanical manipulation maximizes performance, allowing users to achieve better results in less time via a more efficient workout.

“We reduce your cortisol and your lactic acid to prepare your muscles for the most efficient workout,” said Barduson, who extended an invitation for people to come in and try out his new high-tech workout system. For more information, visit www.lajollawellnessstudio.com.
Small business owner proves that PR can carry an ethical message

By KENDRA HARTMANN

“If you’d told Brook Larios 10 years ago that she would someday own her own business doing public relations for socially responsible companies and working as a freelance journalist on the side, she would likely have been incredulous. She would have been particularly skeptical if you’d told her this as she was graduating from Cal State San Marcos with a psychology degree and a minor in visual and performing arts.

But it was this degree, it turns out, that led Larios on this unlikely path.

“The psychology department had a writing requirement, and it was daunting for most. But it was, I think, what saved me,” she said. “I ended up just loving the writing aspect, so when I realized I wasn’t going to go on to get my master’s right away, I decided I needed to find another outlet, and writing was it.”

Out of undergrad in 2002, Larios got an internship with the San Diego Community Newspaper Group and was soon hired on as one of our reporters, a position she held until 2004.

After deciding that her writing skills could be put to work in other fields as well, Larios made the jump into public relations. She did a few projects for small local agencies, learning as she went and using her knowledge as a journalist to guide her in making pitches to local publications.

“Of course, there was always that nagging thing in the back of my mind, saying, ‘This is the dark side,’” she laughed. “But I decided to take the leap, and in the end, I was getting a ton of writing assignments in tandem with my PR work. What I recognized is that I still had that journalistic integrity.”

Larios’ first real PR job after her initial foray into the field as a consultant was as a PR manager for a nonprofit.

“I didn’t have the skill set, necessarily, to be a PR manager, but I had the tenacity,” she said. “I recognized there are a million ways to do things, especially at a nonprofit where you have very little budget to work with.”

Larios built on her experience and went on to work with other nonprofits, all the while continuing to write on the side. Through her connections, she made inroads into San Diego’s food scene, writing columns and articles about the sustainable and locavore food movements. After a stint doing PR for Vista’s celebrity health spa, Cal-a-Vie, she finally broke out on her own, representing farm-to-table Terra Bistro as her sole client in 2007.

“That’s when I recognized, I can do this,” she said. “I started my own agency, slowly building my client list up.”

In 2008, Larios’ PR agency, Plain Clarity, was born. She started the venture with her husband, Joe, out of their home. Clients started showing interest when it became clear, she said, that she would “advocate for them.”

“Clients understood that I wasn’t just doing this for money, but because I cared and was concerned about the direction of our food culture in San Diego,” she said.

Through word of mouth, Larios began to get to know the movers and shakers San Diego’s food world, and they began to get to know her.

“At first it was a little shocking, because before I found my niche in food, there was a little bit of self-loathing,” she said. “I thought, ‘How can I continue to do PR when my heart was always in writing and I believe so strongly in journalistic integrity?’ That integrity was really built at the San Diego Community Newspaper Group. It left an indelible mark.”

Once she was able to start helping small business owners realize their dreams, however, Larios’ sense of self-loathing dissipated.

“I realized I could contribute to our food culture and make it better,” she said.

For five years, Plain Clarity operated out of Larios’ home office, but in June, she and Joe moved into an office on Girard Avenue above Harvard Cookin’ Girl and Ariccia Market. Larios set her sights on hiring a team to help grow the business, with the goal of bringing on at least two new clients in the first few months. She hired a full-time publicist and brought on four. The agency now represents eight clients.

“We’ve progressed beyond what I anticipated, and each month we’re bringing on a new client,” she said. “We’re able to turn down work we don’t feel is the right fit for us.”

Plain Clarity, Larios said, generally works with restaurants that are already or soon plan to work with a sustainable, farm-to-table model. Though its main focus is on food, the agency will also work with other companies that employ sustainable practices.

SDCNG gives readers a new way to get news, deals

San Diego Community Newspaper Group is joining Club Lemoeno/Text Message Marketing.

“Textspeak for ‘Let Me Know,’” the online company is a clever new way for local businesses to leverage themselves in the marketplace by using social media.

Here’s how it works.

“People can scan the QR code or put in a number to opt in to this free service,” said Julie Hoisington, San Diego Community Newspaper Group publisher.

“They will receive text messages informing them on hard-hitting local news or killer deals from local advertisers.”

Hoisington said those opting into Club Lemoeno won’t be inundated with unwanted alerts.

“This is a way for people to choose to be notified via text. There is an easy opt-out system if ever someone does not want to continue to receive these alerts.”

Hoisington added there’s no risk of their text messages being used for any other programs.

“Our goal is to add value to our existing advertisers as another way to get their message out to locals, as well as providing important news alerts as they are happening,” she said.

Creator Dave Ish said Club Lemoeno is for “small- to medium-size businesses to reach out to their customers. In the case of newspapers, it’s going to allow them to really get news in the hands of readers when it’s happening with a link to their website.”

Joining Club Lemoeno is free to join, and they can opt out at any time. To try it out, scan the QR code below or text “LJT” to 1-858-736-9922.

For more information, visit www.clublemeno.com.
Every day residential burglaries occur in San Diego. When officers investigate these crimes we can determine how and why a particular home or neighborhood was targeted.

Most of these burglaries go unsolved because serial numbers were not recorded and given to the officer. The burglars wore gloves or they stole small items that are easy to sell quickly so they are never in possession of stolen goods for very long.

Most burglary suspects drive through a particular neighborhood looking for easy targets, while others may have acquaintances that currently or previously lived in area and are familiar with the neighborhood or the residence. A large percentage of burglaries occur via unlocked doors, windows and gates.

Residential burglary suspects typically drive around our neighborhoods during daytime hours when most people are at work, looking for nice homes in quiet areas. A common method of “casing” used by suspects in residential burglaries is lengthy door knocking and doorbell ringing in an attempt to determine if anyone is home. This method has been used on several recent occasions in many jurisdictions, and is known to precede a burglary.

If the door is answered by a resident, the suspect will claim to be lost, solicit some type of service or product, or ask for someone that does not live there. If this happens to you and you believe this person is not legitimate, call the San Diego Police Department immediately at (619) 531-2000. Try to obtain a good description, a direction of travel and a license plate number if possible.

Some sneaky homeowners have been able to obtain stealthy pictures on their cell phones without the suspect knowing. Others have asked a family member to get a picture in case you are not who you say you are? “If they walk away in a hurry, then you know they are not there for legitimate purposes.”

If you do not want to answer the door, you can always yell from behind the closed door that you are not interested. If you are home and you do not acknowledge you are home, there is a possibility the suspect will attempt to break in. Should someone attempt to break into your home, call 9-1-1 immediately and flee the residence.

Mayor’s Office is taking enforcement of dispensaries, food trucks seriously

By TODD GLORIA, INTERIM MAYOR OF SAN DIEGO

I’m happy to report the work in the Mayor’s Office is charging full-steam ahead. My staff and all city employees are dedicated to doing the people’s work. They are knowledgeable professionals in their respective fields and are committed to being responsive and helpful to you.

I invite you to visit our new mayor’s web page to communicate with me and keep abreast of what we’re working on. Just how much can I accomplish in 81 days between when I took on this role and the Nov. 19 election? Visit the web site to find out at www.sandiego.gov. Additionally, I send out e-newsletter updates about two times per month. You may sign up on the website or send an email to toddgloria@sandiego.gov and you’ll be placed on the list. In the name of progress, there is much to report on.

The previous administration was criticized for its lackadaisical approach to enforcing our laws and codes consistently, which led to unfair treatment benefitting San Diegans who happened to have access to my predecessor. As your representative, I see it as my job to modify laws that don’t make sense. Unless and until laws can be modified, they must be enforced. This is the current challenge I face as I work with my City Council colleagues, the city attorney and city staff to develop sensible code updates to allow medical marijuana dispensaries and food trucks to operate legally in ways that balance the needs of their clients and the surrounding neighborhoods.

I appreciate the input provided from passionate San Diegans on both topics, and the measures we’re developing will be publicly vetted prior to their consideration by the City Council. It’s essential your voices are heard. My decisions are always informed by your input.

Just like your participation guides our actions at City Hall, San Diego’s interests must be well-represented in Sacramento and Washington, D.C. I am proud that we recently rehired lobbying firms to resume the representation of San Diego before lawmakers and influencers in our state and national capitals. For the last nine months, San Diego has had no one at the table vying for our interests or funding, which is troubling given the current sequestration and its potential effect on local families and businesses whose way of life is directly connected to our military economy and other federal spending.

Late last month, the city initiated a process for new lobbying contracts to ensure that, moving forward, San Diego receives the representation it deserves. I headed to Washington, D.C. with members from the San Diego Regional Chamber of Commerce the first week of October and met with key stakeholders to advocate for San Diego on Capitol Hill. So what have I learned during these last few weeks as interim mayor? I’ve learned I really love this job. I love the people side of it, the consensus-building side of it, the making progress side of it. Make no mistake, it’s a demanding job and I do my best to balance my roles as interim mayor, City Council president and councilmember. But at the end of each day, it’s the people that make it great — diverse stakeholders coming to the table with different ideas on how we can collectively make San Diego a better place to live. This is a great gig.

There is much work to be done between now and when a new mayor takes office. I appreciate your continued patience and participation in these upcoming months. As always, thank you for the opportunity to serve.
The new owners Frank (an active military personnel) and his wife Tiffany will be there to greet you!

lined with a plastic cover changed and thrown away after each use.

chairs. Check out their website at www.lovebellemani.com for further details and photos. They also use pedicure tubs set above a vibrating heat plate, and sterilized. They use an autoclave machine, the very same sterilization machine used by hospitals and dental offices to sterilized all their implements.

Bellemani takes providing you with a clean salon seriously. They have taken that extra mile to make sure all the equipment they use are clean, sanitized and sterilized. They use an autoclave machine, the very same sterilization machine used by hospitals and dental offices to sterilized all their implements. There is a high possibility that dirt and bacteria could be lurking in the crevices of those spa chairs used by most salons so Bellemani does not use spa chairs. Check out their website at www.lovebellemani.com for further details and photos. They also use pedicure tubs set above a vibrating heat plate, lined with a plastic cover changed and thrown away after each use.

Expectant mothers, ladies and teens can expect to get pampered at Bellemani and enjoy an ultimate “beauty nails” experience. Call Bellemani at (858) 456-2191 now to schedule your next beauty nail appointment.

The new owners Frank (an active military personnel) and his wife Tiffany will be there to greet you!

Bellomani first opened in 2011 and has been known for its signature organic products and services. They embrace customer satisfaction and quality nail care with each visit. Bellomani is unique and special because they only offer non-toxic polishes that can potentially be harmful to your health.

The new owner is committed to accommodate each client and is dedicated to enhance their visit at the salon by providing more beauty art nails and nail care with each visit. Bellemani is unique and special because they only offer non-toxic polishes that can potentially be harmful to your health.

Kyle Harrington, Founder and Managing Partner of Harrington Capital Management, with degrees from Princeton and Wharton Business School is a Financial Advisor and Television Commentator for CNBC, Fox News, Fox Business, Fox 5 San Diego and KUSI TV San Diego. Kyle is not only a Financial Advisor, but he is also an extraordinarily caring, and very generous human being. He has managed to touch and enhance many lives here in San Diego beyond being active in numerous organizations and continuously supporting local causes. Kyle Harrington is also a dedicated father to the most adorable 5 year old twins involved in numerous sports and activities in the community of La Jolla where he resides.

This Saturday, October the 12th, Kyle will be sponsoring and participating in the Color Run promoted by the Cannon Youth Projects fully endorsed by Nick Cannon and co-sponsored by Mimi Kehlberg - 2 time US Marathon Olympian to benefit local San Diego children promoting academic, health and fitness awareness. Kyle Harrington is also instrumental to a second fund raiser in November for the Cannon Youth Group and MEB Foundation happening right here in La Jolla where he will be a keynote speaker that evening. Final details regarding this event to follow.

Jonest 4 Justice a local charity that benefits abused victims in educating, mentoring, and taking corrective and preventive measures. Wounded Warrriors and Promise to Kids are just a few of the many organizations Kyle willingly donate his time and money to.
We think we've made significant modifications and the historical folks at the city have approved the revise.

A tenant living in the residence noted it's not designed for a modern lifestyle, as it lacks both a breakfast room and a den.

Heather Riley, an attorney representing a nearby Sierra Mar neighbor, Barbara Levi, saw it differently. "This new project does not alleviate nearby property owners' concerns. If it's still too large," Riley said, noting the original project would have tripled the home's size and that the revise still doubles it.

"This so-called revision still has significant adverse impacts on the home's historical resources," she said.

Architectural historian Diane Kane was called forth to assess the impact of proposed redevelopment on the Sierra Mar site. On the question of historical authenticity, Kane said a litmus test involves answering two questions: "When [the remodel] is done, would you recognize it as historical, and would the home with the addition be historically designated?" Kane said.

Kane said another standard for judging historical authenticity is that an addition to a designated home "must in size, scale, proportion and mass be compatible with the original structure."

"By and large, our home's addition is not overly bulky and is sympathetic in its use of materials," Kane said, though she questioned whether the new addition differentiates enough from the original structure to "diminish its historicity."

From the audience, resident Mike Costello said he didn’t like the idea that historically designated homes are given huge tax breaks. LJCPA member Dan Courtney questioned whether a trend was emerging in La Jolla for homes to be historically designated and then resold, passing along tax breaks to new buyers.

LaCava said tax breaks given as an incentive to have homes historically designated was "not at issue here."

After LJCPA voted to reconsider the project, group member Jim Fitzgerald moved to approve the project as revised noting the developers have "done a lot with the bulk and scale making every effort to integrate the historical building [into the remodel]."

The group vote was 11-3-1.

The advisory group also unanimously approved a proposed amendment that would require the city to automatically notify City Council members, advisory groups and other interested parties if a development project is exempt from the California Environmental Quality Act (CEQA).

The La Jolla Community Planning Association (LJCPA) voted overwhelmingly in favor of a revised, significantly downscaled redevelopment of a historical home site at 7755 Sierra Mar off Torrey Pines Road at its October meeting.

Acting chair Joe LaCava introduced the item on 7755 Sierra Mar’s proposed redevelopment, noting, "The background on this goes back years." "This project was denied previously and the applicant went back and worked with neighbors to resolve issues and reduced the project and now they’re back because we had not seen the revised plans," LaCava said.

Land-use attorney Robin Madaffer and architect John Oleinik, representing Sierra Mar developers, presented a redesign for a project addition on the home site that LJCPA had previously denied in December 2008 because they believed its bulk and scale was inappropriate for the neighborhood and detrimental to its value.

"The project’s been significantly revised, reduced almost 6,000 square feet and the entire second floor was removed except for one small square feet and the entire second floor was removed except for one small deck," said Madaffer. "We think we've made significant modifications and the historical folks at the city have approved the revise."

Madaffer and architect John Oleinik, representing Sierra Mar developers, presented a redesign for a project addition on the home site at 7755 Sierra Mar off Torrey Pines Road at its October meeting.

"The project's been significant-modified and then resold, passing along tax benefits to new buyers."

The Space Adventures of Sally Ride (from Bear’s point of view)

Have you ever wondered what an astronaut’s life might be like? What her “travel pictures” might show? What kind of fun you can have in space? Join us for lighthearted and sometimes informative conversation and see some of those photos from space with the Rev. Bear Ride (Sally’s sister).

Friday, October 18, 6:30 pm.
This is a free event; all are welcome!
Congregational Church of La Jolla, 1216 Cave Street, La Jolla, CA 92037. Questions: 858-459-5045

Join us for the 10th annual

Fall Festival
PLNU

Saturday, October 26, 2013
10 a.m. – 2:30 p.m.
A FREE event for the whole family!

Community Partner: Bannister Family House
Help us stock their pantry! Please bring food storage items, such as zip-close bags, aluminum foil, and plastic containers.

Don’t miss the ice cream social and grand prize drawing at 2 p.m.

A Taste of Point Loma
11 a.m. – 1 p.m.
Pumpkin Patch
Live Music
Children’s Activities
Electronics Recycling
Historic Campus Tour

Ask a Professor New!
> Antibiotics & Infections: Basic Principles and Common Myths
> Coastal Conservation: Danger of Marine Debris and Plastics
> Evangelical Christianity and Science: Are They Compatible?
> Jobs & Education in the 21st Century: Will You Be Ready for the San Diego Job Market?
> The New Middle East: Arab Spring and the Changing Landscape

www.pointloma.edu/fallfestival | (619) 849-2722

#PLNUforward
Highlights from the Bird Rock Community Council’s September meeting.

• During public testimony, it was pointed out the city has ceased collecting trash at ocean “lookouts” like those at Midway and Forward streets, which presents a potential safety hazard, as well as being aesthetically displeasing.

“Happy government shutdown day,” quipped Sarah Czarnecki, U.S. Rep. Scott Peters field representative, noting Peters considers the situation as “completely unacceptable,” vowing to donate his pay to charity for the duration of the legislative impasse.

Czarnecki said the temporary trash collection makes the cut in of Fletcher, 50, his estranged brother-in-law, and shot him in the stomach.

of Fletcher, was not home at the time. Petersen’s sister, who is separated from Fletcher, was not hurt. A charge of attempted carjacking was dismissed after she pleaded guilty to the reduced charge.

A preliminary hearing was set for Dec. 18. Petersen remains in custody. - Neal Putnam

Would-be carjacker gets 270-day jail term

A young woman who pleaded guilty to attempted car theft outside the La Jolla Country Day School after someone dropped off a child was sentenced Oct. 1 to 270 days in jail.

Jennifer Anaiz Gomez, 21, was given credit for serving 196 days in the Las Colinas Women’s Detention Facility by San Diego Superior Court Judge Eyerabide, which included time off for good behavior. She was placed on three years probation.

During the June 26 incident, Gomez tried to take a car after she pulled the driver, Maeng Kang, out of the car at 8:35 a.m. after Kang dropped off an 8-year-old child at the school. Gomez could not put the car in gear and could only rev the engine.

Gomez was sentenced to 270 days in jail.

Deputy District Attorney Rick Clabby and the probation department recommended a 270-day term with probation conditions. - Neal Putnam

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“IT EXCEEDED OUR EXPECTATIONS. We were hanging from the rafters,” said Nancy Gardner about the first-ever “La Jolla Dancing with the Stars” fundraiser Oct. 5 at the Hilton La Jolla Torrey Pines.

Gardner, a La Jolla Town Council trustee, spearheaded a committee that organized the gala event, which she said was standing-room-only.

“We had 300 people and 30 tables, and we added three more tables and we filled those, and committee members were standing up so people could be seated,” she said.

Gardner said the event was so successful plans are already underway to hold it again next year.

“I would do it again in a heartbeat,” Gardner said. “It was of the community, by the community and for the community.”

Gardner said children might be the charity focus of next year’s fundraiser.

Gardner thanked the event committee, and said they did “an incredible job.”

Six women and four men from the community were paired up with professional dancers for the competition, which was judged by assistant police chief Shelley Zimmerman, La Jollan Ramin Porteymour, Billy Ray Smith, Scott Kaplan and head judge Jonathan Roberts of ABC’s “Dancing with the Stars.”

— Dave Schwab

WINNERS:
• Shanna Timms and Doug McKay: Most Inspirational
• Irina Bell Chalkevitch and Derek Bell: Best Costume
• Brede Kaster and Brandi Williams: Miraball Winner
• Selena Reif and Dan McAllister: Most Difficult
• Darren Lees and Carol Kaplan: Most Graceful
• Tony Prado and Lisa D’Aquino: Best Stage Presence
• Dan Gibbons and Maxine Gellens: Most Entertaining
• Silke Miller and Paul Teirnstein: Audience Favorite
• Silviano Valdez and Karen Rockwell: Most Synchronized
• Tony Calligagan and Sheryl Reichert: Most Creative
• Tony Prado and Sally Thornton (not in competition): Lifetime Achievement award, Diva of Dance.
• Wheelchair dancer: Erica Davis

Correction: An article in the Sept. 27 issue of La Jolla Today erroneously implied proceeds from the event could benefit other organizations in the community. The only beneficiaries are the La Jolla Town Council, La Jolla Christmas Parade & Holiday Festival, La Jolla Community Center and Warriors and Quiet Waters.

PHOTOS BY DON BALCH

DO THE HUSTLE San Diego County Treasurer-Tax Collector Dan McAllister and dancer Selena Reif, left, perform their a tango to cheers from the crowd. Below, Realtor Karen Rockwell and afro-wigged dancer Silviano Valdez dance a hustle/salsa.

STAR MOVES Right, Realtor Maxine Gellens and dancer Dan Gibbons did the cha-cha. Audience members showed enthusiastic support for the dance couples performances throughout the night, as shown below.

TANGO TIME Right, athlete Derek Bell and dancer Irina Chalkevitch, who performed a paso doble, get a mouthful from host Mary Murphy of ABC’s “Dancing with the Stars.”

The overall winner received a disco ball trophy. Numerous other awards were also handed out to the dance duos.

WALTZING TO A WIN Above, the judges, from left, Jonathan Roberts, main event sponsor Ramin Pourteymour, assistant chief of police Shelley Zimmerman and TV/radio hosts Scott Kaplan and Billy Ray Smith confer on the performances. Below, the event’s director Nancy Gardner jokes with ABC’s “Dancing with the Stars” judge Jonathan Roberts.
Magical entertainment

About 410 enthusiastic guests enjoyed a little night magic recently at The Old Globe’s annual gala. Longtime Globe supporter Nina Doede and former board chairwoman Sheryl White (who’s chaired eight Globe galas — so far!) collaborated to co-chair this year’s gala. Their imaginative, beautifully designed invitation called it “A Magical Evening,” and incited partygoers to dress in black (-tie) and white and “paint the town red.”

Departing from historic tradition, they held the reception and silent auction in the Globe’s Copley Plaza (rather than the nearby Alcazar Gardens), and dropped the usual live auction.

The reception offered such fine fare as coconut-battered shrimp and huge chilled shrimp, crab cakes and king crab legs, sushi and more — because much entertainment was to follow, and dinner wouldn’t be served until about 9 p.m.

Once guests took their seats in the theater for the program, managing director Michael Murphy welcomed and thanked them for their support. He lauded the significant contributions of the co-chairs and such extraordinary longtime sponsors as Audrey Geisel, Darlene Shiley, and Conrad Prebys and Debby Turner, to name just a few.

Murphy introduced new artistic director Barry Edelstein, who arrived here early this year from the Big Apple, where the Globe’s reputation is well known.

“San Diego sends more plays to Broadway than any city other than New York,” he said. “It’s the country’s second great theater city, despite being the eighth-largest city in America.”

That, he said, is because San Diego has the three requirements for a great theater city: a critical mass of great theater makers (artists and craftsmen creating sets, costumes, etc.); an adventurous, open-minded and “hungry” audience; and a very special philanthropic culture that believes that to have a great city, you need to have great art. (Many of the event guests exemplified this critically important philanthropic philosophy.)

Edelstein praised Balboa Park’s concentration of 28 cultural institutions, saying, “The philanthropic culture that believes that to have a great city, you need to have great art. (Many of the event guests exemplified this critically important philanthropic philosophy.)

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Community comes together to enhance popular bike path

On Oct. 6, a small gathering of pets and their owners came together behind La Jolla United Methodist Church to recognize contributions to the community by the church, Scouts of Troop 506 and a local artist.

Part of the Fay Avenue Extension (popularly called the “bike path”) passes over the eastern property of La Jolla United Methodist Church, behind its nursery school, library, youth lounge and onto its parking lot. It attracts countless bikers, walkers and joggers daily.

From time to time, the combined contributions of the entities of a community benefit countless others who may not be aware of those efforts. On Oct. 6, several of these efforts came together to dedicate and celebrate contributions to the La Jolla Community—a drinking fountain for both humans and pets, welcome bench and information kiosk. They are the result of the generosity of the church, Eagle Scout projects of three members of Troop 506 and the talent of a prominent local artist.

Three Scouts from Troop 506 (celebrating its 50th anniversary in February 2014 and founded by church member Roger Wiggans) were instrumental in the eventual completion of enhancements to the bike path.

Two years ago, Phillip Andrews built and installed two concrete benches along with an informational kiosk on the bike path for his Eagle Scout project. In May 2012, William Fuhlbray’s project entailed the preparatory work for the fountain. His contributions included the running of the underground pipes, the construction of the drainage for the fountain and the installation of the concrete slab. Last month, the church purchased the fountain and Michael Koveleski completed the necessary plumbing, installation and canopy. (A note of interest: with the documentation of his project, Koveleski will become the 81st Eagle Scout of Troop 506 in its 50 years.) Thanks are also due to Scout parent and committee chairman John Stojic, who provided significant guidance and support.

Artist Jane Wheeler (whose mosaic art is prevalent along La Jolla Boulevard in Bird Rock and at several local schools) was commissioned to add her original mosaic design to one of the benches. Andrews built. The primary message of the bench is “Welcome,” and its design includes inspirational quotes from Albert Einstein, John Wesley, John Ruskin and Ralph Waldo Emerson.

The dedication of the project included the first annual blessing of the animals by pastors Walt Dilg and Diane Davis. About 25 owners and as many animals attended the dedication, unwinding and blessing. All who pass by the information sign, pause to sit on the beautiful welcome bench and stop to refresh themselves — pets and humans alike — are beneficiaries of the caring Scouts and the church that welcomes their passage along the bike path. Now the LJ United Methodist Church can add a fourth item to its motto — Open Hearts, Open Minds, Open Doors — Open Bike Path!
Apollonia
Apollonia has been the destination of choice for La Jollans with an appetite for Greek delicacies. The restaurant has a handsome outdoor patio where shaded alfresco dining is delightful. Venture inside and you will find a charming ambiance in every dining room and in the beautiful lounge. The menu includes age-old favorites such as Dolmathakia and Moussaka, alongside some absolute surprises guaranteed to tantalize your adventurous curiosity. The menu offers many heart-healthy items prevalent in Greek cuisine. Apollonia's service is very friendly and as pleasant as the food. Open daily from 11:00 AM to 9:00 PM (Sun-Thur) and to 10:00 PM (Fri & Sat).

Donovan's

Froglanders
Froglander’s has been satisfying yogurt lovers cravings for over 26 years. In addition to the best yogurt in town, they also serve acai bowls, banana splits and yogurt pie. You'll find four flavors everyday including peanut butter and original tart. Plus they offer over 50 different yogurt toppings including fresh fruit. La Jolla students receive a 20% DISCOUNT. Open late. Friday-Saturday 11 AM -10:30 PM. and Sunday--Thursday 11 AM-10PM.

Bistro Pazzo
The whole idea of a bistro, says Seto Marselian, owner of Bistro Pazzo, is to offer a neighborhood place where everyone knows you - where great friends and great food meet. Bistro Pazzo is going on its 5th year, located just slightly off the beaten path, just off Prospect Street at 7930 Ivanhoe Ave - and the “hidden gem” nature of the eatery makes it just that much more of a neighborhood treasure. Within walking distance to shopping, hotels, the financial district and the famous beaches of La Jolla. Open for Lunch and Dinner; Bistro Pazzo is definitely the “hidden gem” of La Jolla. Come enjoy this small neighborhood Italian bistro seven days a week. Moderate prices, great food, good portions and a vast wine list with crazy service. You can be crazy too, no one will mind. Really! 858-456-4005 www.bistropazzo.com

A big THANK YOU to everyone in La Jolla for your support during our first year!

BEST PIZZA - 1ST PLACE
BEST NEW RESTAURANT - 2ND PLACE
BEST SALADS - 3RD PLACE

811 PROSPECT ST.  (858) 729-9988 WWW.AMICIS.COM
It was like touching history. Every time I visited Athens, Greece, I felt overwhelmed by its antiquity. In my mind’s eye, I visualized Socrates sitting in a corner, debating, educating the youth of Athens. Then, in my imagination, there was Plato in the background, taking in every word. I walked the cobblestones of the Plaka, that maze of narrow streets and inviting cafés at the base of the Acropolis and wondered about the countless others who have walked on them over the centuries, too many different conquerors to think about.

My favorite memories, though, involved Greek food. I ate at historic (so I was told) cafés in the Plaka, where food, retsina wine and pulsating bazouki music often serve as a background to revelry, joy and to throwing wine glasses and plates into the fireplace. The famous scenes of the movie “Zorba The Greek” are true to life, even today.

The Greek diet is very healthful. It is, after all, a Mediterranean diet, a way of eating that provides welcome shade to its small outdoor patio. The interior has three moderate-size rooms that are usually busy with the regulars who have discovered great food at moderate prices.

Then Farah bought his second location. Apollonia Bistro is on the lower level of the large Costa Verde shopping center in UTC. This restaurant is much larger, with a covered outdoor patio where cooling breezes flow in through the openings. The interior has a number of large rooms, including a private dining room. Many Greek statues, paintings and other artifacts decorate the walls, giving the interior its ethnic ambiance. Smaller statues are encased in niches on a wall, lit up for dramatic effect.

“We offer the same menu year round because it is a healthful menu,” Farah said. “We want our customers to appreciate our consistency. I want to know that they can always find the same tasty food that is good for them.”

The recipes are traditional and were developed in consultation with expert Greek chefs.

The waiter brings pita bread, large round flat loaves that can be opened to create little pockets that can be filled with good stuff. Hummus, a dip of garbanzo beans, fresh garlic, lemon juice and sesame sauce and with a drizzle of extra virgin olive oil, is perfect on pita.

Another Middle Eastern dish, baba ghanouj, combines eggplant with garlic, parsley, lemon juice and sesame sauce. The restaurants use filo dough — multiple layers of paper-thin sheets that can be filled with good stuff. Hummus, a dip of garbanzo beans, fresh garlic, lemon juice and sesame sauce and with a drizzle of extra virgin olive oil, is perfect on pita. The famous scenes of the movie “Zorba The Greek” are true to life, even today.

In the evening, diners can choose two skewers from chicken, shrimp, short rib, salmon and calamari, two veggie, a sauce and a side. Each plate is a complete meal and priced at $20. A selection of add-ons is available for $6 each. The meal is available Mondays, Tuesdays, Wednesdays, Thursdays and Sundays from 5 p.m. to 9 p.m. The regular menu is also available.

Finch’s Bistro & Wine Bar is located at 7644 Girard Ave. and is closed on Mondays. (858) 456-4056, www.finchslajolla.com.
Health BRIEFS

Learn the Ultimate Physical Fitness
ZUMBA: move to the beat at your own speed. Its an invigorating orient-ed dance-fitness class that feels fresh and most of all, exhilarating. Zumba provides modified, low-impact moves for a healthy, active lifestyle. All levels and beginners welcome.

BELLY DANCE TECHNIQUE: the ultimate in Physical Fitness. Allows your personality to shine through. Natural movements lend to making a suitable dance regardless of age or fitness level. Focus is on proper posture and muscle use from head to toe. This is a low-impact, aerobic workout which enhances overall body conditioning, thus building strong core muscles, flexibility and confidence.

There are a myriad of western approaches including hormones in all forms: pills, creams, suppositories, and bio-identical hormones. Why not try a more natural option? Acupuncture and Chinese herbal medicine is the oldest and most time-tested medicine available. If you have tried everything else, and haven't tried Acupuncture - We urge you to give us an opportunity to help you.

Call today for our new patient offer of $69 for a consultation and treatment. We have been serving Southern California since 1989 and we're conveniently located off I-5 near UCSD. It's never too late to feel better and restore your body back to its natural state of balance. Acupunc-ture Center of La Jolla - MyAcupuncturist.com or call 858-450-0620.

Menopause
Hot flashes, night sweats, irritability, vaginal dryness, insomnia, anxiety... the hit goes on... Menopause is a natural cycle in women's health but it doesn't need to be uncomfortable.

Should You Hire A New Doctor?
With so much emphasis lately on the U.S. healthcare system, good communication between patient and doc-tor is being increasingly emphasized. New apps and technology is a sign that healthcare providers are quite focused on better engagement with their patients. Doctor's are even taking communication training in order to improve how they engage their patients. So what do you do if you feel the relationship with your doctor just isn't working? Changing your doctor can be time-consuming and difficult. Before leav-ing your present doctor, try to resolve the issues you may be having. The fol-low ing is a guide on when you should consider leaving your present physi-cian.

✓ You leave his office without answers to your questions. If you leave con-fused or unsure on what you should be doing next, the doctor is not com-municating which is his responsibility.

✓ Your doctor ignores your ideas and questions. Physicians should be inter-ested in what you are concerned about regarding your health.

✓ Your doctor misdiagnosed you. Doctors can make mistakes and that isn't necessarily a reason to find a new doctor unless his disinterest in you causes a life-threatening or catastroph-ic problem.

✓ Your doctor is offended with your requests for a second opinion. A doc-tor should be happy that you are tak-ing an interest in your healthcare and should even suggest other physicians.

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Health BRIEFS >>

Women With Hair Loss Can Have Thick and Healthy Hair

Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair.

The unique patented process used at Judy's salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair.

Hair Extensions FAQ

How Do You Match Extensions to a Client's Existing Color?

If you are blending colors choose extensions that are the same level of color as the clients own hair. If you are changing the level of the clients hair choose a shade that works well with the skin tone. A coloring process can be done to the natural hair 48 hours prior to application and extensions can be matched to that also.

What type of hair extensions do you use?

Judy uses Great Lengths all-natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein to the same molecular structure as your hair. This application process does not harm your own hair. While others use techniques such as welding, waxing, gluing or knotting, which strain your hair to a high degree Judy uses a much more gentle principle called modulating. An extremely high-tech method of bonding the hair strand to your own hair. Extensions can be used for volumising, lengthening, colouring or simply adding texture; Judy will offer a free consultation guiding you through your new style. Whether creating a new look, following fashion or with a special occasion on the horizon. Judy's hair extensions have over 55 colours to choose from and blend with your own hair for perfect colour matches. Most importantly your own hair will not be damaged and the extensions can be easily removed by an expert.

Can hair extensions damage my hair?

No, they will not. Actually, even very fine and damaged hair can become healthier if you're wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed. This is different than many hair extension methods that bond too tightly to your hair. Those old methods can lead to hair breakage when being removed. Judy's La Jolla hair extensions are joined to your natural hair by using a safe, all-natural, keratin protein bond application system.

Are hair extensions uncomfortable?

Judy's La Jolla Hair Extensions are applied to your hair with a very small bond of natural keratin protein. Most people don't even notice a difference between the hair extensions and their own natural hair.

How do I maintain my extensions at home and between visits to the salon?

Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will recommend hair care products, brushes, combs and appliances for use at home. Hair styling is very similar to how you style your hair without extensions.

Contact Judy in La Jolla today for answers to any more of your hair extensions questions.

7734 Herschel Suite #P
La Jolla, CA 92037
Phone: 888-456-2344
hairextensionsoflajolla.com

Call today and receive $200 off on your first full head of hair replacement!

ARTS BRIEF >>

Martin Lawrence Gallery

Martin Lawrence Gallery will celebrate contemporary artist Robert Deyber with an artist reception on Oct. 18 from 6 to 9 p.m.

Deyber, whose art moves in and out of visual themes and story lines, creates imagery where he uses a combination of highly stylized composition, light and contrasting colors. Deyber is a visual raconteur – a storyteller with a paintbrush, his mind's eye planted deep within the subconscious. With artistic roots that hail from the Surrealist movement, among his heroes are Rene Magritte and Salvador Dali. Born and raised in Greenwich, Conn., Deyber began drawing at an early age. Art was a necessary means of escape from an otherwise difficult world, one in which he set his mind free to visit the most remote places – a wheat field in South Dakota, the dunes of the Gobi desert, the moons of Jupiter – all within easy reach for a very imaginative young boy.

Martin Lawrence Gallery is located at 1111 Prospect St. For more information, visit martinlawrence.com or call (858) 551-1122.

La Jolla Wellness Studio

Home of the 15 Minute Workout

GOLDEN TICKET

2 FREE Sessions with inBody Analysis

$150 value

Entitles holder to two FREE sessions and one inBody Analysis

Please bring your GOLDEN TICKET! Expires November 10, 2013
Typhoon: Oct. 15 at The Loft, UCSD campus. 8 p.m. www.artpwr.com

ONCE UPON A TIME, colleges were where you went to find exciting new music, each campus complete with its own mini scene. UCSD’s student venue The Loft is bringing some of that energy back with exciting new bookings, open to the public. On Oct. 15, the Loft will feature 11-piece Portland-based indie rockers Typhoon. Currently touring behind its new album “White Lighter,” which debuted at No. 2 on the Top New Artists Chart, the band’s profile, as well as its following, is building. Typhoon has a unique sound that takes in quirky pop, orchestral backing, horns and rock dynamics for music that’s an intriguing listen and catchy as heck. Best of all is its atmospheric material like “Hunger and Thirst,” which beautifully showcases the band’s arrangements, bordering on abstract sound paintings, without giving up its winning sense of melody.

Typhoon: Oct. 15 at The Loft, UCSD campus. 8 p.m. www.artpwr.com

— Bart Mendoza

See the full live-music calendar at ljtoday.com.
of a new downtown library a reality. “For all of San Diego, this is your building,” said Katz, as he thanked Qualcomm co-founder and La Jolla philanthropist Irwin Jacobs for his multi-million dollar contributions to the new library. Jacobs’ generosity has allowed the new library to be “100 percent funded while for costing the same amount to operate as the old building, which is half its size,” said Katz.

The full name of the new facility is The San Diego Central Library at Joan & Irwin Jacobs Commons. The nearly 80-year-old Jacobs, who grew up in the Boston area, recalled as a child one of his fond memories was of “my mother taking me on the trolley to the central library and allowing me to take out a stack of books.”

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Come on! How long does it take to close escrow?

On the one hand, we could easily dismiss this issue by saying, “As long as no one gets hurt, what’s the difference? The transaction still closes and the buyer and seller get what they want.” Buying and/or selling a house can be very stressful, and especially when each party is relying on the expectations created by the promises of each other, and each party has likely committed to other plans or events that are connected to the anticipated closing date. Any delay could significantly alter or perhaps jeopardize those future plans. If you are, or will soon be involved with buying and/or selling a home, you might want to remember this information and keep your plans flexible to allow for possible delays.

**If you have any questions about real estate in San Diego, send your inquiries to www.Wetellalajolla.com Charles Schevker, or Natasha Alexander at Schevker@jsan.rr.com. They will respond directly to you, and those questions that have a broader public appeal will be published along with our next column in La Jolla Today.**

Home-improvement projects you might want to skip

Upon buying a home, homeowners understandably want to start making adjustments. While there are many ways a person can turn a home into their own unique oasis, some home-improvement projects may not be worth the effort. Some may even come back to haunt homeowners down the road.

**SPORTS COMPLEX** — Sports fans often dream of creating a backyard basketball court or adding a tennis court to their property. But such projects are among the more expensive additions a homeowner can make to his or her property, costing a homeowner’s initial investment.

**LUXURY SHOWER** — Installing a luxury shower, such as a multi-headed steam shower, can add a splashes of resort-style luxury to your home, but it likely won’t add much to your sale price. If you simply must give your bathroom a more luxurious look but still want to be a responsible homeowner, look for a low-cost addition. That can take some of the sting out of not recouping much of your investment at resale.

**FULLY FURNISHED HOME OFFICE** — More people are working from home, and some homeowners might feel that transforming a room in their home into a fully functional home office is a great investment. But some buyers might be turned off by a room that can no longer function as an extra bedroom. The cost of converting a home office into a more traditional bedroom may compel prospective buyers to keep looking or make a lower offer on your home. While a home office might be a good idea, avoid making an exclusive home office room during your renovation.

**HOME THEATER** — Few home-owners would scoff at installing a home theater in their homes, but the impression of home theaters as a luxury only the super wealthy can afford might turn prospective buyers away from your home. Poten-tial buyers may be impressed by a fully functioning home theater complete with surround sound, lighting, a big screen and all the other fixings synonymous with home theaters, but when they go home to discuss their options, they may feel the home theater is a luxury they can live without and opt for a more affordable home without a theater instead.

A dream home means different things to different people, so homeowners should keep in mind the reactions of potential buyers before adding too many personal accents and additions to their homes if they plan to sell down the line.

**Immaculate 2011 Beacham remodel with great views, new hardwood flooring, granite kitchen with custom finishes, new roof, electrical and plumbing. Charming yard, cul-de-sac location and two shops.**

**ASKING $1,550,000**

1934 CAMINO EL CANARIO, LA JOLLA 3 BR/2 BA

**$3,550,000**

305 VISTA DE LA PLAYA

9 Acres in BARRIO TRADE, incredible land at the beach. This 3 BR 2.5 BA vacation home rents for $2,800/Easter week. One of La Jolla’s most desirable neighborhoods. Quiet cul de sac, ocean view potential with build out.
In 1995-96, the first of the two government shutdowns that year lasted only six days from Nov. 14 to Nov. 20. Subsequent to the shutdown, the Clinton administration released an estimate of what the six days had cost.

Well, it cost the taxpayers approximately $800 million — including $400 million to furloughed federal employees who were paid, but did not report to work and another $400 million in lost revenue in the four days the IRA divisions were closed. Six days, $800 million. Ouch.

In U.S. politics, a government shutdown is simply the name for the process the executive branch must enter into when the Congress creates a “funding gap” by choosing to pass legislation denying funding government operations and agencies. If interim appropriations are not enacted into law, the U.S. Constitution requires the federal government to begin a shutdown of the affected activities.

The current shutdown affects all of us right here in San Diego and across the country. We are a military city and death benefits to military families will not get paid! Ten thousand Americans turn 66 years old every day. That means all of these people who are ready to submit a Social Security claim will not be processed until the shutdown is lifted. How about our national parks being closed? This means tourist revenue is being lost and families are not able to visit parks in California and across the country. Government-backed loans and FHA mortgage loans worth more than $800 million to more than 10,000 low- and moderate-working families in the U.S. won’t be administered, affecting some of them right here in San Diego.

I hope I speak for all Americans when I say the games in Washington, D.C., have gotten so petty it’s an embarrassment. Having said that, the key to changing what’s happening is for the D.C. elite to stop playing to the crowd and to get back to the notion of governing and establishing a budget so our country can continue being the greatest in the world.

Grand visions of society from socialism to fascism to communism have all made certain promises of the future. On the other hand, capitalism at its core invites unpredictable change and creative destruction that along the way improves and enriches lives.

In order for capitalism to continue, our government needs to be open and giving up the idea of getting re-elected, and establishing a budget so our country can continue being the greatest in the world.

Ten thousand Americans turn 66 years old every day. That means military families will not get paid!

“This is our home now, and we’re invested in the community. We strive to be that agency that is an extension of our clients. We live and breathe what they do.”

Larios hopes the agency’s new office location will, by proximity, give her access to some of the La Jolla businesses that embody Plain Clarity’s ethics.

“One of my intentions right now is to become an integral part of the La Jolla community. I want to work with more clients in La Jolla,” she said.

“This is our home now, and we’re invested in the community. We strive to be that agency that is an extension of our clients. We live and breathe what they do.”

For more information about Plain Clarity, visit www.plainclarity.com.
GREEK

CONT. FROM PG. 13

Kalamata olives. The best sand-
wiches, meanwhile, are the gyros,
large pita stuffed with a generous
portion of meat, rice pilaf and
tzatziki sauce. Gyros meat is grilled
on a vertical spit, with the heat
adjusted by moving the spit back
and forth from the flame to keep
the meat moist as it is thinly sliced.
Moussakas is another very pop-
ular dish. Similar to Greek version
of lasagna, it combines layers of
eggplant, zucchini and seasoned
ground leg of lamb in a caserole
and topped with béchamel sauce
and Vlahotyri cheese.
My favorite entrée is the rigana-
to, a plump half chicken marinat-
ed with lemon juice, olive oil and
oregano. It is served with briani
(Greek marinated vegetables),
lemon potatoes and garlic aioli
sauce. Fanú’s briáni uses garden-
fresh vegetables braised with
herbs de Provence and seasoned
tomato sauce. It is simply deli-
cious.

LOANS, LOANS, LOANS...

SO MANY LENDERS TO CHOOSE FROM

Over the last 25 years and thousands of loans, the question
always comes up for me, “why should I use you for my real
estate financing?”

Three items of significance: Product, Pricing and Performance...
...with the emphasis on Performance! It’s quite obvious
that a lender needs to have a valuable product with competi-
tive pricing. But there is another component that many people
ignore and in my opinion this can be more important than the
first two, performance.

The ability to effectively manage and control the loan appli-
cation from start to finish, with minimal challenges and max-
imum comfort. How conveniently can an individual handling your
loan process work? If you are comfortable with the lender and
administrative process, you can relax.

Contact me today!
Scott Boaman
Home Lending Specialist
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NMLS# 343518

CRIME

CONT. FROM PG. 5

bedroom window. Many times these
ports are left unlocked. Many burglars
carry tools and will pry open sliding
windows or even large sliding doors.

The only way to stop the deter-
ded burglars is to use some type of
pin-locking device that prevents the
burglar from removing the slid-
ing door or window from its track.

If you have maintenance or pool ser-
vice, buy a pushbutton combina-
tion lock and give them the combina-
tion. Don’t forget to
change the combination peri-
dically.

Once inside, almost all burglars
go straight to the master bedroom
or other areas where residents will
likely store jewelry, cash or guns. If
there is no alarm system, burglars
will feel they have more time; and
there is no alarm system, burglars
are likely to seek easier residences.

We strongly recommend that
residents secure a safe, profession-
ally bolted to the floor for any type
of valuable keepsakes that cannot
be replaced, like wedding rings or
other family heirlooms. You may
also consider keeping such items
at the bank in a safety deposit box.

Laundry rooms, bookcases, attics,
refrigerators/freezers and even garages can also be used to make
it more difficult to find your
priceless valuables.

How so do you “harden the tar-
get” and at least reduce the likeli-
hood of becoming a victim of a res-
idential burglary? Here are some
suggestions:

• Consider owning a dog (bur-
glars hate attention). If you don’t
have a dog, make it look as if you
have a large dog. Simply putting
a large dog toy inside the side gate
may deter a burglar.

• Install an alarm system. IRIS
sold at Lowes or similar home
alarms are effective.

• Video surveillance systems are
very affordable nowadays and a
great deterrent.

• Visually inspect your rear
yard. If a burglar enters undetec-
ted into your backyard, anticipate
how he will try to break into your
home, and “harden the target.”

• Do not have an open-door pol-
icy when it comes to burglars. Lock
your front door, even when you are
away.

• When no one is at home, al-
ways keep your doors and win-
dows locked.

• Do not leave jewelry and cash
where it is easy to find.

• Secure all your doors and win-
dows when you leave.

• Install solid-core doors with
deadbolt locks.

• Use locking pins or dowers on
sliding windows and doors (2-inch
gap if needed for ventilation).

• Engage a personal identifica-
tion number on valuable items
such as electronics.

• Take close-up, detailed photos
of expensive jewelry.

• Prepare and keep safe a list of
valuable items and their serial or
personal identification numbers.

• Use a radio/light timing device
when on vacation. (Google “fake
TV” as an option.)

• Have a neighbor pick up your
mail and newspaper (or have it
temporarily stopped), and check on
your house periodically when you are
on vacation. Arrange for a vacation
check by our Retired
Senior Volunteer Patrol (RSVP) by
calling (858) 552-1737.

• Be alert and observant. Alert
neighbors are responsible for the
majority of arrests made in resi-
dential burglaries. If something
appears suspicious, immediately
contact the San Diego Police
Department at (619) 531-2000,
or dial 9-1-1 to report a crime in
progress.

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2 For home purchase, we guarantee to close by the date specified in the purchase contract, unless prohibited by Federal law, and further provided that the date is at least 20 days after the application date and the date of the purchase contract. If the loan fails to close on time due to a delay by us, the client will receive a check towards closing costs of $2,000. Other than available for nonprofits loans, escrows, unique circumstances, residence under construction, community lending programs, and government loans. In Texas, this credit may not result in the client receiving cashback. “On-time closing” is defined as closing within 60 business days. Under any circumstances, the Guarantee to close does not apply if: (a) borrower is not on time with his/her monthly payments.

3 Minimum combined (Agency/manufacturer) rate.

4 We are a lender committed to lend. All loans are subject to underwriting and approval. Certain restrictions may apply on all programs.

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Charlie Blane, Realtor
1621 Grand Ave. Suite B
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(858) 284-3737

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Trevor Pike Of The Chris Love Team

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*** Owner requires an acceptable credit check, a Security Deposit, first and last month rent.

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