A baby gray whale was spotted on a whale-watching cruise with Birch Aquarium with a display of its fluke.

KENDRA HARTMANN | Village News

Though San Diego’s weather has not exactly been providing locals with bragging rights of late, it has offered a chance to prove that, even through record-breaking low temperatures, the city continues to be America’s Finest for all the same reasons. Take, for example, that yearly phenomenon that, rain or shine, cold or hot, will take place just off the coast from December to April. The annual gray whale migration, which sees roughly 20,000 whales pass San Diego on their way to Baja California, is in full swing.

Every year starting in October, the California gray whale embarks on its 10,000-mile roundtrip journey from the Bering Sea down to the lagoons of Baja. The pregnant females — the same ones who made the trip during last year’s migration to breed in the lagoons — usually leave first, followed by the males, young adults and juveniles. Covering roughly 85-100 miles a day, most of the entire population will reach their destination by late January.

To witness the whales’ path through San Diego’s coastal waters, Birch Aquarium, along with several other companies around San Diego — including some located in Point Loma — takes to the high seas to give locals and tourists a glimpse of nature’s largest mammal migration. On a recent whale-watching cruise (Birch offers twice-daily excursions for which it teams up with Flagship cruises), the air was brisk and the sea choppy, but that didn’t stop a couple of whales from swinging the crowd with their blows and flukes.

Soon after the ship left San Diego Bay, the onboard naturalist narrating the excursion announced a blow — the visible spray of vapor that appears after the whale exhales — had been spotted nearby. The blow, the naturalist explained, is the most common way of finding gray whales in the open water (contrary to some passengers’ belief that the crew uses expensive methods to find gray whales in the open water (contrary to some passengers’ belief that the crew uses expensive methods to find gray whales in the open water). When gray whales come up to the surface to breathe, some passengers’ belief that the crew uses expensive methods to find gray whales in the open water (contrary to some passengers’ belief that the crew uses expensive methods to find gray whales in the open water) had been spotted nearby. The blow, the naturalist explained, is the most common way of finding gray whales in the open water (contrary to some passengers’ belief that the crew uses expensive methods to find gray whales in the open water). When gray whales come up to the surface to breathe, a pool of water is left on top of their head, and as their warm breath hits the cool ocean air, the pool condenses and is expelled, forming the blow.

Following the “footprint” — the path of calm, glassy water that the whale leaves behind, indicating the direction in which they are swimming — our ship was able to find the whale and witness its behavior as it surfaced for one more blow and then dove deep for a three- to five-minute “comraderie.”

A few times, the passengers crowding the deck of the ship were treated to a fluke, as the whale made a dramatic display of its tale before beginning its deep dive.

Gray whales, while once hunted almost to extinction, have made an impressive comeback, with numbers slowly but safely off the endangered species list. Growing to about 45 feet long and weighing about 30 tons, the whales live a consistent schedule of migration to Baja — with most preferring one of three lagoons: San Ignacio or Magdalena — where they rest, breed and give birth. After which they make the return journey with their new calves back up to the Arctic. When they return up north, they spend about five months feeding constantly on bottom-dwelling amphipods as they struggle to put on the six to 12 inches of blubber needed for the next migration (their prime source of food isn’t found in abundance in other parts of the Pacific, so they feed very little during the migration period). Then the process starts all over again.

In all, our cruise viewed a few gray whales (the whales usually travel alone, so seeing groups of them together is unexpected, though it occurs sporadically), along with sea lions and several pods of common dolphins. Though passengers aren’t guaranteed a whale sighting, the abundant marine life in the waters off San Diego is a treat in itself. At one point as the ship moved past the bay, a group of about 10 dolphins playfully followed the ship, jumping and waving among each other as if escorting us back home.

Though the temperature called for heavy layers and the wind wreaked havoc on some passengers whose bellies didn’t take kindly to the high surf, the cruise offered a chance to glimpse nature in all its glory. After all, the gray whales didn’t care about San Diego weather. They were, slow and steady and stopping briefly to allow the humans to gawk at them, on their way to their Mexican vacation.

Community groups, civic leaders vow to ensure Rose Creek’s future

One new year’s resolution for District 2 City Councilman Kevin Faulconer and the local advocacy organization Friends of Rose Creek is to make certain that parcels running alongside Rose Creek are dedicated as open space within the next several months — an action which would prohibit the use of dedicated parkland for non-park uses.

Karín Zirk, spokeswoman for Friends of Rose Creek, said the preservation of Rose Creek for park usage is key to ensuring that one of the few remaining coastal wetlands in Southern California is not lost to development or paved over for free-way expansion.

“Funding agencies wanting to enhance coastal wetlands and provide recreation opportunities are more likely to invest in lands guaranteed to be around for future generations,” Zirk said. “Dedicating this section of the creek [from the southern end of Marian Bear Natural Park to Mission Bay Park] will provide San Diego residents and visitors a continuous park that stretches from University City High School to Mission Bay High School and provides educational and recreational hands-on opportunities for children.”

Faulconer noted the importance that a healthy Rose Creek plays in the vibrancy of the entire watershed and Mission Bay, saying he is committed to working with Mission Bay High School students help clean up the creek bank to ensure the watershed, which feeds into Mission Bay and ultimately the ocean, is pristine for generations to come.

La Jolla post office earns historic designation

Hardworking Save the La Jolla Post Office Task Force members continue to drive forward in their efforts to save the Village’s Wall Street post office from sale or, at the very least, preserving the 1935 WPA-era building and its beloved Belle Barncueva mural from destruction.

Task force member Diane Kano, who has worked diligently over the past year to save the building, was rewarded for her efforts when she learned the post office was designated on the National Register of Historic Places on Jan. 11.

“The action would trigger CEQA (California Environmental Quality Act) review if any changes were proposed to the building or grounds,” she said. “Certainly demolishing the building would be considered an adverse effect under CEQA, so less drastic alternatives would need to be considered, as well as appropriate mitigation for any adverse changes to the building, before they could occur.”

Furthermore, its listing on the National Register automatically entitles it to be listed on the state’s historic register as well.

“We believe it is unlikely that the building can be demolished with the designation. It is made of one-foot solid, poured-in-place, reinforced concrete, with double the required amount of reinforcing steel, so it would be very costly and difficult to demolish,” said Kane. The mural, too, is protected under the designation as property of the U.S. government, Kane explained.

“The mural is owned in perpetuity by the federal government and cannot be

Quick Hits

By MARIKO LAMB | Village News

Friends of Rose Creek envisions a continuous park, complete with natural bike paths and walking trails that, once completed, would stretch from Mission Bay Park to University City, currently plans.

Whale-watching options in La Jolla:

BY KAYAK

Birch Aquarium with Harbor Excursions: departs 9:45 a.m. and 1:00 p.m. through April 14, 1050 North Harbor Drive, (818) 234-4111, www.sdhe.com, $37 weekday; $42 weekends (discounts for children, seniors and military)

BY BUS

Hike Bike Kayak Sports: departs 10:30 a.m. through March, 2246 Avenida de la Playa, (858) 425-2925, www.hikebikekayak.com, single-person kayak $70, tandem $65 per head

BAJA TOURS

Birch Aquarium: excursions of four, five or six days down to the whales’ breeding grounds in the lagoons of Baja California, (800) 661-1355, www.randamoreel.com, call for pricing

For a full list of whale-watching options in San Diego, visit www.sdnews.com.
Rescue Mission brings in more than 1,200 homeless for holiday feast

BY RHONDA RICARDO
LA JOLLA VILLAGE NEWS
THURSDAY · JANUARY 17, 2013

San Diego Rescue Mission (SDRM) diners shared stories about living on the streets and at the mission.

The SDRM feeds hundreds of homeless through its daily programs. Much like its yearly Easter and Thanksgiving feasts, the Christmas Dinner event began at 8 a.m., when about 135 volunteers met at the mission to receive instructions for walking through San Diego’s streets to invite the city’s homeless to the afternoon celebration. Most accepted the invitations and some had already been invited on a previous day. By 11 a.m., the line for dinner had already started to form on the sidewalk next to the mission.

At 2 p.m., a live band played festive music in the dining hall where SDRM president and CEO Herb Johnson was on hand, along with volunteer coordinator Deborah Krakauer and more than 85 volunteers, to offer hearty meals to the men, women and children. About 250 guests were served meals at a time. They enjoyed the holiday atmosphere and delicious desserts, and then thanked everyone sincerely as they walked back out the door holding new gifts, including stuffed teddy bears, little books and toiletries.

During the event, some volunteers decided to give the SDRM leaders personal donations to help support the abundant needs and the caring leadership they were witnessing.

“People send $15, $20 or $25 checks on a regular basis because they appreciate the work we do,” said vice president of development Greg Helton.

The mission’s programs also extend to those who need a place to stay while they are witnessing.

The SDRM brings in more than 1,200 homeless for holiday feast.

The three men immediately began to describe the days and nights they had spent living under bridges. The tall man I was interviewing some of the highest counts of the listed situational homeless populations in the United States.

New law mandates carbon monoxide alarms

A new state law requires that all apartments, condos or single-family dwellings with fuel burning appliances, fireplaces or attached garages have a carbon monoxide detector installed in the home.

“ Especially in the winter months, the houses are closed up tight and these types of appliances are on,” said San Diego Fire Capt. James Lange. “If there isn’t good ventilation, it’s usually not a problem, but if there’s a problem with the burner or if an appliance isn’t maintained right, you may see signs of carbon monoxide poisoning, which can be deadly.”

House appraisals, loans or purchases on homes without a carbon monoxide alarm will not be approved.

Lange suggested contacting SDG&E for assistance maintaining or installing carbon monoxide alarms or ensuring that fuel-burning appliances are working properly.

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Visitor Center gets a new home on Prospect

La Jolla’s new Visitor Information Center has recently relocated to its new home on 1162 Prospect St. The knowledgeable visitor center staff provides information on places to stay, must-see attractions and cultural referrals to the best restaurants in town. The visitor center has information for both tourists and locals, offering area maps, coupons and brochures for information on the go.

Winter hours of operation are Thursdays through Tuesdays from 10 a.m. to 5 p.m. Summer hours are daily from 10 a.m. to 7 p.m. For more information call (619) 236-1212.

Students’ kidnapper sentenced to 14 years

The man who kidnapped and robbed two UCSD students in La Jolla in order to get cash from their ATM in Pacific Beach was sentenced Jan. 9 to 14 years in state prison.

Miguel Torres Espinosa, 29, of San Diego in Pacific Beach was sentenced Jan. 9 to 14 years in state prison.

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La Jolla’s city councilwoman gives updates from the helm

By MARIKO LAMB | VILLAGE NEWS

District 1 City Councilwoman Sherri Lightner visited the La Jolla Town Council during its Jan. 10 meeting to provide updates from the city, as well as answer questions from trustees and the public about the state of the city under its new leadership.

“We’ve had our first two [City Council] meetings of the year,” she said. “As you know, former council president Tony Young has resigned from his position and moved on to the Red Cross, so we’re down one councilmember. That position should be filled within six months we believe.”

District 3 City Councilman Todd Gloria has taken over as council president and Lightner as the council’s president pro tem — the first woman in San Diego to have held the position. Lightner is also serving as chairman of the newly Rules and Economic Development Committee, continues to serve on the city’s Land Use and Housing and Budget committees, and is a board member on the newly established Infrastructure Committee.

“We will be seeking a lot of input from the communities with respect to what you see as needs within the community for infrastructure. I want you to be thinking about some of the needs here in the Village area and the parks especially,” she said.

She also announced that Gov. Jerry Brown issued a response to her letter, written Dec. 19, regarding the infamous stench emanating from La Jolla Cove.

“He has assured us that he will get the Coastal Commission working on it. That’s one of the entities involved,” she said.

On a broader scale, Lightner also urged community members to contact her office with comments on any federal or state legislative agenda, which will be discussed at the Jan. 30 meeting.

Also to be discussed at the upcoming meeting is the state of the city’s budget, which may see a deficit of around $30 million, according to the latest report by the Independent Budget Analyst’s Office (IBA).

“The IBA will be providing us with a report, and hopefully the mayor’s office will have met with us by that time to help consolidate priorities for the city as a whole,” Lightner said. “The five-year outlook from the mayor showed no deficit. The five-year outlook from the Independent Budget Analyst did show a deficit. We will be getting those numbers soon, and we will be getting reports on the various revenue sources from the city to update those.”

The councilwoman also announced vacancies on city boards, including the Historical Resources Board, the La Jolla Shores Planned District Advisory Board and the city’s Audit Committee.

“If you are interested in any other boards or commissions — I believe we have about 47 or 48 in the city of San Diego — check out the website, contact my office and we’ll be glad to help you out,” she said.

For more updates about goings on in District 1, visit www.sandiego.gov/citycouncil/cd1 or call Sherri Lightner’s office at (619) 236-6611.

New middle school parents invited for sneak peek at Muirlands

Muirlands Middle School invites parents of incoming sixth-graders to an open house luncheon on Jan. 31 from 11:30 a.m. to 1 p.m. in the school’s auditorium.

Prospective families can have their questions answered by faculty, current parents and students, while principal Chris Hargrave will give a presentation along with teachers and foundation members. An optional parent-guided campus tour will be available, as well.

RSVPs are requested at bit.ly/TTXYVIH. For more information, email mbobra1@san.usz.ca or fran-ando@jiool.com.

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

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

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low.

A recent study, which compiled 10 years of industry research, has resulted in a new special report entitled “Home-sellers: How to Get the Price You Want (and Need),” This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell at the price you want.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-896-1797 and enter 1016. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

Beautiful and highly sought after end unit with southwest exposure, 3bd + Den, 2.5 bath, 2131 esf, and large wrap around courtyard.

Seller will entertain offers between $769,000 and $789,000

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various city departments to clearly identify the specific parcels that constitute Rose Creek and move forward with dedication in the next several months.

“One of my overriding goals is to ensure that we dedicate these parcels, and I will ensure that we move forward collectively with my colleagues because it is in the public’s best interest to dedicate that,” said Faulconer during a Dec. 17 City Council meeting. “There are some questions that we have about some of the lines, where they fall and who [owns] that, but this is a problem that is entirely solvable.”

When the City Council approved the dedication of more than 6,500 acres of canyonlands and open spaces through the adoption of the “Declaration of Dedication of Land” on Nov. 27, portions of the Rose Creek watershed were not cleared for dedication by city departments because of questions about ownership and the potential for alternative uses for the sites.

Upon further evaluation, staff from the Park and Recreation Department and the City Attorney’s Office explained to City Council members on Dec. 17 that not all of Rose Creek is within defined assessor parcel numbers and have legal descriptions. Certain portions of the watershed within Caltrans and railroad rights of way may conflict with stormwater and transportation maintenance programs in the area, and other portions of the property are simply not owned by the city, according to the city attorney’s report.

“I understand that protecting Rose Creek is a complex undertaking with a host of logistical and legal issues,” said Zirk during the meeting. “I do not leave here today with exactly what I was hoping for. I hope we can carry this effort into 2013 and beyond.”

Faulconer emphasized the importance of proactive communication among community groups and stakeholders to bring this issue of dedication back to the City Council in the coming months.

“I do want this to come back to the City Council, probably through the Natural Resources and Culture Committee, and that the city actually survey those properties,” Faulconer said. “I’m confident we can do that and I will push for that to make sure that we have all those questions answered.”

San Diego Canyonlands, the nonprofit organization that spearheaded the mapping, planning and public vetting for the Rose Creek preservation movement, initially proposed the dedication of nearly 10,000 acres of city-owned open space as protected parkland. Due to inconsistencies between the Canyonlands’ proposal and the city’s policies, the City Council dedicated 6,550 acres of the proposed land as dedicated open space on Nov. 27 and vowed to re-address the issue of dedication for other city-owned parcels, like portions of the Rose Creek Watershed, which was initially acquired by the city for flood-control purposes.

According to San Diego Canyonlands, the purpose of dedication is to provide reliable, open-space preservation and recreational opportunities within communities, providing a framework for future planning as the city grows.

ROSE CREEK CONTINUED FROM PAGE 1

HOME CARE ASSISTANCE announces the GRAND OPENING of our FAY AVENUE OFFICE!

Home Care Assistance has served the La Jolla community since 2008

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“I could not have been more please with your company’s services, and most of all, the assigned Caregiver. The pre-visit to my home was very reassuring that I was dealing with a company of integrity. My caregiver never stopped trying to find things to do for me.” — Jeanne Olsen

Chef Leslie Myers, founder of Foodsense, Now! and Executive Chef for Home Care Assistance, will continue to create and teach our caregivers healthy and nutritious meals in the Fay Avenue office’s NEW Executive Kitchen.

We offer Silver Age Yoga, a modified form of yoga based on the most current geriatric science and research. We also train our care givers in Chair Chi, a gentle, seated exercise program.

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Local family pulls community together to find cure for ALS

**By MARIKO LAMB | VILLAGE NEWS**

In July 2011, the close-knit Constans family’s world was shaken when they discovered that John Constans — father to two grown daughters, Ashley and Elise, and husband to their mother, Lin — was diagnosed with ALS (amyotrophic lateral sclerosis), a terminal neurodegenerative disease that is more commonly known as Lou Gehrig’s disease.

The chilling motor neuron disease is one that leads to the rapid degeneration of nerve cells, muscle strength and motor function. Although the disease does not typically affect a person’s senses or impair one’s mind, the disease invariably results in a premature death several years after the onslaught of noticeable symptoms. The debilitating illness — one that affects about 30,000 Americans each day — is one with no known cause and no known cure.

“Both my parents were in absolute shock when they found out the news,” Ashley Constans said. “We were devastated.”

John, a former Navy pilot and retired captain with U.S. Airways, has always embraced the positive aspects of any given situation by his casual, fun-loving approach to life.

“Many times, we resort to humor,” said Ashley, “as that has always been something my family has been able to rally with in difficult times,” she said. “Through everything, he is still such a funny guy, so that has made everything a little easier.”

The frustrations of engaging in what once were effortless daily activities and performing seemingly straightforward motor-control functions are no longer the simple tasks they once were, however.

“He has lost so much control over his body and is unable to do things that he was once able to. Even the simplest things like writing have become difficult for him.”

However, we never gave up hope,” said Ashley. “The four of us are such a close family. When one of us is down, we can always rely on one another to pick us back up. This is no different with my dad’s battle.”

Although there is never a day like the one before, the Constans family has redefined the daily norm, adjusting their lives to accommodate John’s ever-changing needs.

“ALS is a community disease. Once a person is diagnosed, it quickly becomes not just their disease, but the disease of a family and those who support them,” Ashley said. “Though it is not a well-known disease, it is probably one of the worst diseases one could be diagnosed with.”

One of the many things John Constans will undoubtedly bequeath as a legacy to his daughters is his approach to life.

“His big thing is that he’s going to listen to communities, and this community has said over and over again to finding happiness in life no matter the circumstances. These traits already exist in his daughters, exemplified by their own personal achievements.”

Ashley, the director of operations at an event production company, Redfearn & Associates, is using her expertise in the field of event production to proactively channel her emotions and energy for the betterment of those battling ALS.

“My partner and I wanted to find a way we could use what we do to help raise money for research, as well as awareness about ALS and its devastations,” she said. “We rallied all the people we rely on to make our own business successful and asked them to help us out to make this event both very special and very fun.”

The result: an upcoming fundraiser, “Flying for a Cure,” on Jan. 19 to celebrate John’s life and successes, while also helping to raise funds for Team Godfather, a nonprofit foundation dedicated to raising charitable funds to find a cure for ALS.

“My hope is that through this event, as well as other Team Godfather events, we can help raise money to fund ALS TDI (Therapy Development Institute), the research facility Team Godfather sends some of its funding to, to help find a cause and cure for this horrific disease, as well as raise awareness in the San Diego community,” she said.

“Patients and families who first get this news should know they are not alone. Though the future may look dark, so many people in San Diego want to help and there are resources that are here for them.”

“Flying for a Cure” will take place at 5:30 p.m. at the Hyatt Regency La Jolla Avenue, located at 1777 La Jolla Village Drive. The evening will feature a high-quality array of silent and live auction items, including one of the largest signed guitar collections available in San Diego’s history; a cocktail happy hour reception with sumptuous bites from local caterers and restaurateurs, and a special performance by the Paul Cannon Band and a surprise internationally acclaimed musical guest.

“We hope through this event and other Team Godfather events that our community will rally together to help us find a cause and cure for ALS,” said Ashley. “We will beat this one day.”

Tickets are $250 per person or $2,500 fora table of 10 with VIP meet-and-greet opportunities with the musical guests. To purchase tickets, visit www.teammgodfather.org or call (760) 436-8809.
By BART MENDOZA

MUSTHEAR: The Tilt

There are plenty of bands hitting the boards that play a mix of Americana, blues and rock ’n’ roll, but few reach the levels of excitement that The Tilt does. Appearing at Beaumont’s on Jan. 26, the band is led by singer Jesse Malley and guitarist Jeff Irwin, creating a mix of sounds that comes close to Led Zeppelin or the Allman Brothers at their best, if either band had had a female vocalist. The band is adept at a range of covers, but it’s the originals that will impress, every one of them good enough to stand up against the classic tunes of the members’ heroes. If there’s any justice, The Tilt will gain national recognition soon.

Thursday

- Richard James Tri, piano jazz, 6 p.m., Eddie V’s
- Tod Sister, vocals, piano, keyboards, 7 p.m., Manhattan of La Jolla
- Latin Jazz Cruise, Latin jazz, 7:30 p.m., Café-Bar Europa
- Lotus, DJ Night, 8 p.m., Barfly
- Mike Myrtal, acoustic covers, 8 p.m., Beaumont’s

- Richard James Tri, 6 p.m., Eddie V’s
- Sigentas, indie rock, 6 p.m., Ché Café
- Tod Sister, 7 p.m., Manhattan of La Jolla
- Latin Jazz Cruise, 7:30 p.m., Café-Bar Europa
- Simeon Flah, acoustic covers, 8 p.m., Beaumont’s
- Lotus, DJ night, 8 p.m., Barfly

Friday

- Tomcat Courtney, blues legend, 6 p.m., Café-Bar Europa
- Jeff Bristol, jazz guitar and vocals, 6 p.m., Finch’s Bistro
- GypsyMoon, world music and modern jazz with Spanish guitar, 7 p.m., La Salsa Lobby, La Valencia Hotel
- Al De Ferrari Trio, piano jazz, 7 p.m., Eddie V’s
- Tod Sister, 8 p.m., Manhattan of La Jolla
- AfroJazziacs, Latin and Afro Cuban jazz, 9 p.m., Café-Bar Europa
- Jemeaux, French jazz, 9:30 p.m., Café-Bar Europa
- The Jones Revival, classic rock, 9 p.m., Beaumont’s

- Tony Lasley, Latin sounds, 6 p.m., Finch’s Bistro
- Pongua, indie rock, 6 p.m., Ché Café
- Tomcat Courtney, 6 p.m., Café-Bar Europa
- GypsyMoon, 7 p.m., La Valencia Hotel
- Mercedes Moore, Jazz and blues, 6 p.m., the Marine Room
- Jazz Nites, 7 p.m., Eddie V’s
- Tod Sister, 8 p.m., Manhattan of La Jolla
- My Fridays, 8 p.m., Barfly
- AfroJazziacs, 9 p.m., Café-Bar Europa
- Fish & The Seaweeds, rock ’n’ roll, 9 p.m., Beaumont’s

- Paul Custom, jazz and pop standards, 6 p.m., Finch’s Bistro
- Tomcat Courtney, 6 p.m., Café-Bar Europa
- Freddie A Dream Trio, piano jazz, 7 p.m., Eddie V’s
- Raindance, indie rock, 7 p.m., Ché Café
- Tod Sister, 8 p.m., Manhattan of La Jolla
- Supercat Saturdays, DJ night, 8 p.m., Barfly
- Yvonne Vibe, piano recital, 8 p.m., CPMC Recital Hall, UCSD
- 8 Violins, fusion and world music, 9 p.m., Café-Bar Europa
- The Jones Revival, classic rock, 9 p.m., Beaumont’s

- Elliott Lawrence, jazz guitar and vocals, 6 p.m., Finch’s Bistro
- Infest, punk, 6 p.m., Ché Café
- Tomcat Courtney, 6 p.m., Café-Bar Europa
- DREAM jazz standards, 6 p.m., Marine Room
- Al De Ferrari Trio, piano jazz, 7 p.m., Eddie V’s
- Tod Sister, 8 p.m., Manhattan of La Jolla
- My Fridays, 8 p.m., Barfly
- AfroJazziacs, 9 p.m., Café-Bar Europa
- The Tilt, rock and country-tinged tunes, 9 p.m., Beaumont’s

- Spanky, acoustic covers, 11 a.m., Beaumont’s
- The Stanford Mandarins and Counterpont, acapella music, 3 p.m., St. James by-the-Sea Episcopal Church
- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
- John Cain, piano jazz, 5 p.m., Eddie V’s
- Big Rosa Rolie, rock and Euro jazz, 7 p.m., Café-Bar Europa
- St. Ranger, indie rock, 7 p.m., Ché Café
- Grace Kelly, singer-songwriter-saxophonist, Porter’s Pub

- Matt Commerce, acoustic covers, 11 a.m., Beaumont’s
- Ify St. John, Scholarship Benefit Concert, 3 p.m., CPMC Concert Hall
- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
- John Cain, piano jazz, 5 p.m., Eddie V’s
- Inspired and the Sleep, indie rock, 7 p.m., Ché Café
- Mischka Zabludowsky Trio, piano jazz, 5 p.m., Eddie V’s
- Jennifer Bewe- r, cafe recital, 8 p.m., CPMC Concert Hall, UCSD
- Ibrahim Senegal, traditional African music, 4:30 p.m., Café-Bar Europa
- Freddie A Dream Trio, piano jazz, 5 p.m., Eddie V’s
- Tomcat Courtney, 6:30 p.m., Café-Bar Europa
- Takao Ohnishi, harpsichord tunes including Bach, 7 p.m., CPMC Recital Hall, UCSD
- James Romine, 7:30 p.m., Café-Bar Europa

Saturday

- John Cain, piano jazz, 5 p.m., Eddie V’s
- Persian Classical Music, classical, 7 p.m., Café-Bar Europa
- Ibrahim Senegal, traditional African music, 4:30 p.m., Café-Bar Europa
- Persian Classical Music, classical, 7 p.m., Café-Bar Europa
- John Cain, piano jazz, 5 p.m., Eddie V’s
- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
- Persian Classical Music, classical, 7 p.m., Café-Bar Europa
- John Cain, piano jazz, 5 p.m., Eddie V’s
- Jennifer Bewe- r, cafe recital, 8 p.m., CPMC Concert Hall, UCSD
- Persian Classical Music, classical, 7 p.m., Café-Bar Europa
- Ibrahim Senegal, traditional African music, 4:30 p.m., Café-Bar Europa
- Persian Classical Music, classical, 7 p.m., Café-Bar Europa
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- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
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- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
Can Sockers continue consecutive win streak?

By JOHNNY MCDONALD | VILLAGE NEWS

As the win streak rolls merrily along, the question arises: are the San Diego Sockers that good or is the opposition that weak? The win string has now reached 46 straight triumphs, whether at home or away. At any rate, they’re assured of a prominent spot in the March 10-11 playoffs with Turlock again as a formidable opponent.

Despite scant local media attention, the Sockers continue to play before a loyal core of over 4,400 fans at the Valley View Casino Center on Sports Arena Boulevard.

Of course, the Sockers are stretching the all-time professional sports win string, but are far from the sport’s all-timers. That would be the University of Cincinnati girls’ basketball team that won 90 in a row or Johnnies University of Cincinnati girls’ basketball all-timers. That would be the University of Cincinnati girls’ basketball team that won 90 in a row or Johnnies 46 straight triumphs, whether at home or away.

Lacrosse-hopefuls get chance on the field

The La Jolla Lacrosse Club is once again inviting prospective players in grades first through eighth to try their hand at the sport with team tryouts on Feb. 2.

Tryouts will take place on the field at La Jolla High School, located at 765 Nauftus St., and are free of charge. Players in first through fourth grades will begin at 10 a.m., with fifth- and sixth- graders at noon and seventh- and eighth-graders at 2 p.m.

If placed on a team, the cost of participation for the 2013 season is $225 for first through fourth grades and $395 for fifth through eighth grades.

The deadline for registration is Jan. 31, and players can sign up at www.lajollalacrosse.com. For more information, email lacrosseclub@gmail.com.

UC High edges MBHS in league opener, falls to Cathedral

By ROB STONE | VILLAGE NEWS

The University City High (UC) Centurions got a big 51-48 win over the Mission Bay Buccaneers in the Western League men’s basketball opener for both ballclubs at UC last week.

Behind the performances of senior Devante Pritchett and junior Riley Dickard, the Centurions opened the ballgame by getting on the scoreboard first and jumping out to an early 8-5 lead.

UC got baskets from Dickard and junior (junior) Skillin to extend its edge to 14-11 at the end of the first quarter, but Mission Bay outscored the Centurions 8-4 in the second quarter to take a 19-13 advantage into the locker room at halftime.

After intermission, Dickard, Skillin and fellow juniors Brendan Smith and Michael Sohikish scored two, three, four and seven points, respectively, in the third quarter, as UC went on a 16-7 run to create a 34-26 cushion.

That’s when Buccaneer junior Isaiah Milan went to work, outscoring the entire Centurions squad 9-0 all by himself and giving Mission Bay a 35-34 lead at the end of the third quarter.

In the fourth quarter, Buccaneer junior Jared Kane converted five baskets (including two free throws and a three-pointer) and junior Andre Petties-Wilson added four points of his own, but it wasn’t quite enough as UC got six points apiece from Skillin and Sohikish and free from Pritchett in the fourth period to seal the victory.

Sohikish led the Centurions with a team-high 15 points, plus three assists and was followed in the scoring column by Skillin (11 points, eight rebounds, three assists), Pritchett (11 points, eight rebounds), Dickard (six points, four assists), Smith (six points) and senior Kalid Ahmed (two points).

In another Western League contest, UC suffered a tough 75-69 loss to the Cathedral Catholic Dons at Cathedral on Jan. 11.

The Centurions were led by the play of Pritchett who finished with a team-best 10 points on the evening.

With the defeat, UC saw its record fall to 6-9 overall and 1-1 in Western League play on the young season.
MISSION CONTINUED FROM PAGE 2

recovering from an illness or injury. “We have a recuperative-care program so if, for instance, a patient without a home has a broken leg he can recover from it here with bedding changes, meals and clean laundry,” said David Seider, a member of the mission’s board of directors. “We have a great partnership with the hospitals.”

A faith-based organization, SDRM gives residents the opportunity to attend chapel twice a day and have religious services every day. “Once we have significant donations to help pay for the property, we can concentrate on helping even more people,” said Helton.

For client success videos, program information, volunteer needs and ways to partner or donate, visit sdrescue.org or call (619) 687-3720 or (888) 737-3728. The mission is located at 120 Elm St. Donations can be mailed to San Diego Rescue Mission, P.O. Box 80427, San Diego, 92138. The SDRM is a 501(c)(3) nonprofit organization qualified to receive tax-deductible donations.

CONTINUED FROM PAGE 5

for seven years that we literally would rather not have the rope,” said Merritt. “First, the city attorney said it was illegal. Secondly, I think it was beyond his jurisdiction.”

Not all public speakers at the meeting were against the mayor’s action, however.

“The Children’s Pool beach has had peace since Dec. 21 when the rope was extended to the 152-foot length that was originally intended and corrected by the city, who admitted to the error of the 130-foot rope measurement,” said Dr. Jane Redfern, docent for La Jolla Friends of the Seals. “That’s all Mayor Filner did was correct the city’s error, and since he did, there has been peace at Children’s Pool beach.”

* Trustees recommended approval of the LJCPA

The SJCPA will hold its annual trustee election on March 7 to fill eight trustee seats, including six three-year terms and two one-year term seat vacancies. Interested candidates must be a member of the SJCPA in good standing, having attended at least three meetings over the past year prior to the March 7 meeting. To submit your candidacy, email info@sjcppa.org or notify a seated trustee no later than Feb. 7. Candidates will be given two minutes at the Feb. 7 meeting at 6 p.m. to present their background and interest in becoming a trustee.

The mission, located at 7124 La Jolla Blvd., after applicant-architect Jeanne Liem modified aspects of the design to address concerns about the blocking massing of the structure. Liem softened the look with colors, materials and textures, adding recesses and insets, and articulating the facades using parapet structures and trellises.

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New foodie tour offers up Cove’s culinary delights
Bay Area startup Dishcrawl is traveling south to debut along La Jolla’s coastline on Jan. 29 for a foodie crawl at four of the Cove’s prized eateries. Unlike a self-guided tour, Dishcrawl has a knowledgeable ambassador on hand as guests taste and smell the local specialties, learn more about the best of our abilities with localized news found nowhere else — we appreciate and enjoy all we have to offer in the new year.

Let there be light in Bird Rock
Nine newly installed LED streetlights, will illuminate Bird Rock’s main thoroughfare along La Jolla Boulevard from Midway Street to Camino de la Costa, bringing to light more of the merchants lining the boulevard, improving the aesthetics of the corridor and addressing public safety and visibility concerns in the area. “While the intersections were reasonably well-lit by streetlights, the area along each block was extremely dark,” said Bird Rock Community Council president Jacqueline Bell. “There was also very little visibility for our merchants to passing motorists in the evening hours.”

Bird Rock Home Tour
The annual Bird Rock Home Tour will welcome guests into incredible local homes once again on Jan. 26 from 11 a.m. to 3 p.m. Tickets are $20 for BRCC members and $25 for all others, and will be available only on the day of the event in front of Bird Rock Coffee Roasters.

For more information, call Michelle Fulks at (858) 775-8500.

Kazoo gets a PR boost
The kazoo, an oft-forgotten instrument with a rich history, will be highlighted at the UCSD Arts Library for National Kazoo Day on Jan. 28 at noon. The Kazoo — more than just an annoying party favor — has a longstanding history in African-American culture, played a key role in the jazz age and is often used today as a therapy tool for speech therapists. More little-known kazoo facts will be explored at the exhibit, which will trace the kazoo’s history in America, catalog its role in the classical repertoire and showcase an intriguing display of different kazoos of all types and from all ages. The event will also feature live musical kazoo entertainment and a demonstration about the physics of how the kazoo actually works.

The free event will take place at the UCSD Arts Library, 9500 Gilman Drive. For more information, visit libraries.ucsd.edu or call (858) 822-5768.
Messages went out inviting guests to the elegant La Jolla villa of Al and Armi Williams for a December reception in honor of Kirsti Westphalen, consul general of Finland in Los Angeles, and her husband, Mr. Abdellatif Moufakkir. The reason given was that Consul Westphalen wanted to come to San Diego to explain to key people here her scaled-back plans for running her Consulate General in light of recent cutbacks by Helsinki.

At least, that was the story that Al put out, and Armi saw no reason to suspect otherwise. She’d heard of the announced budget reductions, and was pleased to host the reception in her home, even though such news was less than joyous. Little did she know what really lie in store for her.

About 50 guests arrived for the occasion, for which the always-lovely home had been beautifully prepared. But although there really had been threatening budget issues, a possible closing of the Los Angeles consular office had already been happily averted. Still, its threat served as a cloak for a far happier or occasion: a presentation that would be a very pleasant surprise. Mr. Williams and Consul Westphalen reportedly had great fun putting together a “script” that allowed the reception’s true purpose to be kept secret until it was unveiled before all the guests.

Everyone listened intently as the consul began speaking. When she announced the real reason everyone was gathered there, Armi’s facial expression became one of absolute shock and surprise. Everyone had come, in fact, to honor Armi, and she was the only one who didn’t know it. The title of “Knight First Class of the Order of the White Rose of Finland” was conferred upon her for her service to Finland for San Diego, and Knight First Class of the Order of the Lion of Finland, Gladys Jones, Grigori Nasonov.

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Excerpt from an article about Armi Williams, who was honored with the title of Knight First Class of the Order of the White Rose of Finland.
that either intensive light therapy or UV light therapy has helped a person with memory issues have better cogni-
tion and helps improve their mood. It may be especially helpful with sun-
downing behavior.

Art – This is increasingly being seen at museums around the country, where there are programs for people with Alzheimer's to view and create art. The NuAge Facelift procedure is a minimally invasive approach for facial rejuvenation of the lower face and neck. At our facility, we take pride in the vast scope of services we offer our patients. With three major focuses of practice: Oral Surgery, Maxillofacial Surgery, and Facial Cosmetic Surgery, we are able to customize a treatment plan for each of our patients. As oral and maxillofacial surgeons, Dr. Varboncoeur & Caldemeyer’s knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and esthetic conditions in the maxillofacial anatomical area.

For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center. Call 619-463-4486 or go to our website to learn more about this revolutionary procedure at vchoms.com.

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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 client’s 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.

How Do You Customize Extensions for a Client With Thinning Hair?

Use an extension with a smaller attachment bond and a single strand application process so the hair is not damaged and can hold the weight of the extension. This will give natural looking volume and length to thinning hair.

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 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 volumizing, 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 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. Hairstyling 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 extension questions. www.hairextensionsoflaajolla.com

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after she and her husband came to La Jolla in 1991, no one knew her secret until it was discovered accidentally, many years later. She still never volunteers the information about her wonderful accomplishment.

The evening continued with conversation and anecdotes told by those who know her well, and a fabulous buffet offered delicious foods. Everyone seemed very pleased that Armi had received such a well-deserved recognition — and at having succeeded in keeping the secret from her until the very last minute.

***

Mainly Mozart's elite donor group, Club Amadeus, held a festive December event for nearly 100 members and guests. Hosted by architect Jonathan Segal and wife Wendy in their stunning new digs in Little Italy, the fun began with a champagne reception preceding the concert by the Trio Caratina. Noted for offering "potent, intense interpretations," this outstanding chamber ensemble played Faure, Ravel and Piazzolla for a sophisticated, appreciative audience. Delectable appetizers and desserts, all by Ron McMillan’s Catering Solutions, topped off the afternoon.

MM’s Spotlight Winter Season is in full swing, now through April, in La Jolla, Rancho Santa Fe and Carlsbad. Its 25th Anniversary Festival runs May and June, highlighted with its annual gala on June 8.

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The La Jolla Wellness Studio is located at 7760 Fay Avenue in downtown La Jolla.

The La Jolla Wellness Studio utilizes advanced machines that quantify your energy expenditure and uses these measurements to help maintain a healthy body.

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I B Divers has been established in San Diego County since 1989. Our La Jolla facility is the only full service SCUBA shop in La Jolla. We offer all levels of scuba instruction as well as equipment sales, service and rentals from all major manufacturers. Our tour guides for scuba and spearfishing are trained to the highest standards possible and love having a great time out on the water. Feel encouraged to come by, hang out, and see what amazing wonders the beautiful blue ocean has to offer. Our hours are 1000-1800 M-F and 0700-1900 S-S.

Photos from December’s BAF Mixer at Wooden’s UCLA cagers, who claimed 88 straight. They have topped the United Indoor Football Sioux Falls Storm’s 41 consecutive win mark (2005-08) and far exceeded the Los Angeles Lakers’ win streak of 33 straight.

Recently, the league’s leading scorer, Kraig Chiles, continued with his dominance with a hat trick and Aaron Susi tacked on two goals and two assists as the Shockers overcame a halftime deficit to beat Turlock. It was the first time the Shockers had trailed at the half since a 3-2 deficit in Tijuana on Dec. 9, 2011.

Despite allowing their highest goal total of the season, the Shockers extended their remarkable defensive streak, holding their opponent under double-digit goals for the 31st straight game.

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- Sun 1-4pm: 5846 Solidad Road, 4BR/4BA, 1,500,000-1,700,000. Zavid Schroeder, 858-459-2020
- Sun 1-4pm: 5522 Rutgers Road, 4BR/4BA, 1,635,000. Monica LeClisho, 858-732-9754
- Sat 1-4pm: 373 Coast Blvd, 3BR/3BA, 1,625,000. Angie Larson, 619-981-2323
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- Sun 1-4pm: 1650 Camino Del Teatro, 3BR/4BA, 3,985,000. Miey Lobatch, 858-336-0936
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- Sun 12-3pm: 1854 Beryl St., 3BR/2BA, 729,000. Kristina Uteg, 619-347-0033
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**LA JOLLA VILLAGE NEWS**

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View, views, views! Enjoy sunsets & gorgeous south-shore ocean views from this fabulous resort-like home. Beautifully remodeled with an open floor-plan and hardwood floors throughout. Views from almost every room. Even a separate detached guest suite with a fireplace! This wonderful 4BR/3BA property is situated on an over-sized 12,000 sf lot. With it’s pool, BBQ island & fire-pit this is a home perfect for entertaining!

Seller will entertain offers between $1,500,000 & $1,700,000 www.5584SoledadRoad.com

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