Thanksgiving minus a century: The more things change…

By MARTIN JONES WESTLIN

Jethro Mitchell Swain’s mama din’ raise no Village idiot. The La Jolla chicken and fruit farmer made his mark as a savvy businessman too, at least among neighbors who knew wise to his sense of Thanksgiving one-upmanship.

Sell your turkey and all the trimmings at a $4.50 profit. Contenting yourself instead with chicken and sweet potatoes? Why not indeed! $4.50 in Swain’s time is worth $103.83 today. The trick is that that $4.50 was well on its way to paying for Swain’s meal and then some (a century ago, $6.39 would get you a 16-pound turkey, three pounds of sweet potatoes, a pound of cranberries, a can of peas, a can of pumpkin, a dozen eggs, a half-pound of ripe strawberries, pickles, beets, honey, bread & sugar, tea, cream, were all satisfied). The landscape at La Jolla Cove was pretty desolate on Thanksgiving 1908, and not just because of the holiday. The neighborhood had only 800 or so people then, while today’s legendary prosperity was a long, long way off – but as our holiday story below reflects, people made do perfectly well, with a little help from their inner businessman.

Demonstrators protesting a grand jury decision not to indict a white police officer in the fatal shooting of a black Missouri teenager briefly shut down the northbound lanes of Interstate 5 near Nobel Drive in La Jolla early Nov. 26. The California Highway Patrol dispatch received a call of demonstrators in the traffic lanes of Interstate 5 northbound at Nobel Drive about 6:30 a.m. CHP officer officer Jake Sanchez said noting, “They responded swiftly to the scene and were able to get the roadway open in a timely manner. Demonstrators obeyed directions from officers immediately and left the freeway.” Sanchez warned that such protests pose a public safety threat. “Anytime pedestrians enter the freeway, they pose a serious risk of injury or death to themselves and to the motoring public,” he said. “We encourage citizens that are demonstrating to do it peacefully and safely to minimize injury to anyone.” According to broadcast reports, about 40 people took part in the protest, planned by the university’s Black Student Union the night before. One unidentified man with a bullhorn purportedly urged protesters while several carrying signs saying “Black lives matter” and “Hands up, don’t shoot” lined up across the freeway.

If today is Thanksgiving... ...can Christmas be far behind? Of course not – and our story on page says so. The 57th annual La Jolla Christmas Parade & Holiday Festival is on tap for Sunday, Dec. 6, featuring a nod to the La Jolla Recreation Center’s 100th anniversary.

If you’re talking small business, you’re talking a distinct La Jolla community, Melissa Williams Netherton explains on page 8 as Small Business Saturday draws near. And don’t look now, but the nation’s iconic Black Friday faces some stiff competition from cyberspace.

Small Business Saturday

By DAVE SCHWAB

I-5 traffic halted as UCSD students protest Ferguson decision

An aerial image shows part of the vehicle back-up along I-5 as protestors from UCSD block traffic near the Nobel Drive off-ramp on Nov. 26. The protestors were demonstrating against a Missouri grand jury’s decision not to indict police officer Darren Wilson in the shooting death of a Ferguson, Mo. teenager.

The Los Angeles County Coroner on Monday, Nov. 24, ruled that 18-year-old Michael Brown’s death in Ferguson resulted from a gunshot wound. County Coroner Dr. Mark Fajardo also ruled Brown’s death a homicide, and said Brown died from “a single gunshot wound from the right side of his head.”

Brown, who was unarmed but lined up across the freeway.

The protestors were objecting to a Missouri grand jury’s decision not to charge Officer Darren Wilson in the Aug. 9 Ferguson, Mo. shooting death of 18-year-old Michael Brown, who was unarmed but...

PHOTO FROM KFMB-TV, SAN DIEGO

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Seminar on energy cost reduction set

Owners of small and medium businesses can learn how to reduce their energy costs and more at a free, bilingual seminar hosted by San Diego Gas & Electric on Thursday, Dec. 4.

Owners and administrators will learn simple measures to improve their businesses’ energy efficiency, find out how to save on lighting, heating and air conditioning costs and better understand rates available for commercial customers. They also will be able to create a customized plan to reach their energy-saving goals.

The seminar, to be offered in English with Spanish interpretation, will be held at the SDG&E Energy Innovation Center, 4760 Clairemont Mesa Blvd., from 8 a.m. to 2 p.m., and a continental breakfast and lunch will be provided. The seminar is free, but registration is recommended at seminars.sdge.com or by calling (800) 644-6133 and selecting seminar No. 9607.

UCSD appoints Marcus to public health dean post

Bess Marcus has been appointed senior associate dean for public health at UCSD School of Medicine. The appointment is designed to recognize the growing field of public health in academic medicine and its pivotal role in protecting and improving the health of individuals and communities through promotion of healthy lifestyles, research for disease and injury prevention, detection and control of infectious diseases and assessing hazardous environments.

Marcus will develop a public health institute to promote public health research and education activities across the campus, foster interdisciplinary conversations and collaborations, focus the need for resources and oversee public health degree offerings at UCSD. "The ultimate goal of this new role and the Institute is to help people achieve healthier, happier lives," said Marcus who also serves as chair of the Department of Family and Preventive Medicine. "The university wants its passionate and talented public health students to serve in this broader community where, mentored by our top-notch research faculty, they can help to implement evidence-based health promotion and disease prevention programs." For more than 25 years, Marcus has had continuing funding from the National Institutes of Health to conduct research aimed at promoting exercise adherence and understanding the acquisition of incentives encouraging home-owners and businesses to use grey-water and private (water) reclamation projects for commercial developments. We want to ensure a sustainable water supply for our region. U.S. Rep. Scott Peters, of the 52nd Congressional District (which includes La Jolla), also weighed in on the council’s favorable water recycling vote.

"Actions by the San Diego City Council,” he said, “are a huge step in the right direction as we adapt to the prolonged drought and work to diversify our community’s water supply. Safely recycling wastewater into drinking water is not just the environmentally friendly thing to do but makes financial sense as we become less reliant on imported supplies.”

The 20-year capital improvement project calls for the construction of a nearly $2 billion water-purification plant on Harbor Drive and the installation of advanced purification at the North City and South Bay water reclamation plants. The three facilities would eventually produce 8.3 million gallons per day.

The project would divert wastewater flows away from the Point Loma wastewater treatment plant, which treats wastewater before it’s piped into the ocean. That would allow for a higher level of treatment for wastewater and would negate the need for billions of dollars to outfit the Point Loma plant with a secondary water treatment system.

The City currently imports 85 percent of its water from Northern California and the Colorado River. A recent water reuse study project determined that it is feasible for San Diego to use water purification technology to produce one-third of San Diego’s drinking water supply locally by 2035.

The City Council vote ratified a cooperative agreement with environmental groups laying out steps to achieve both the significant reduction in discharges of treated sewage to the ocean and production of at least 83 million gallons per day of drinking water by 2035, enough to meet about 40 percent of the City’s current use. Faulconer and city officials have been working together over the past 16 months with a diverse group of stakeholders, partners and local environmental groups to reach consensus on a strategy to submit the modified permit renewal application for the Point Loma plant, implement Pure Water San Diego and work to obtain approval of secondary equivalency for the Point Loma plant.
History is replete with creative excuses about why things went wrong—or failed to happen altogether. But when you want to sell your home, the only word you want to hear is “Sold!”

When you call on Gregg Whitney to sell your house or property, he’ll be delighted to tell you all about creative marketing strategies, creative financing, and creative ways to show your home to its best advantage.

But creative excuses they just can’t mouth. You see, Gregg considers selling real estate more than just a job—it’s his profession. To him, your success is his success—because the timely sale of your property is his bread and butter.

To find out more about what Gregg Whitney can do for you, call today. Or schedule a no-obligation market evaluation of your home. Both are free. Only excuses can cost you.
OB businessman sentenced in sex ploy

The owner of a real estate business in Ocean Beach was sentenced Monday to 10 years in federal prison for using a cell phone to arrange for sex with a 13-year-old girl he paid several occasions in 2012. Michael Lustig is the owner of Real Giant Properties on Governor Drive, but his first contact with the law was in 2012. Lustig was arrested on the current charge of smuggling charges that involved a delivery of undocumented people who landed south of Children’s Pool in La Jolla in 2013. Lustig charged in a federal court on June 20, 2015, pleaded guilty to using cell phones in coded messages that involved and transported undocumented aliens. Lustig also admitted into evidence. His appeal of a life-saving surgery that removes blood clots from the lungs’ arteries and allows patients to breathe has been granted $8 million to fund a registry that will help physicians treat their patients.

BRIEFS » CONT. FROM PG. 2

and maintenance of exercise behavior. She developed and validated assessments for understanding the stages and processes of exercise behavior change and has also developed interventions to promote moderate-intensity physical activity in community, workplace and primary care settings. Over the past 10 years, her research has focused on increasing physical activity among underserved and vulnerable populations. She has been reported that as much as 5.8 percent of individuals with first-time pulmonary embolism may develop the disorder. This suggests there may be thousands of new cases in the United States annually.

People from around the U.S. are referred to UC San Diego Health System for (the condition), but usually after discharge, we do not have the resources to follow up long term,” said Michael Madani, co-investigator and cardiac surgeon, chief of cardiothoracic surgery and director of UCSD Pulmonary Vascular Center—Surgery. “Another critical part of the registry that allows us to identify a more thorough understanding of how (surgery) truly improves a patient’s overall quality of life, even if they live 2,000 miles away.”

For more information on pulmonary vascular medicine at UCSD Health System, visit heartcenter.ucsd.edu.

MTS sets ridership mark in Ocean Beach

The Metropolitan Transit System set a record for buses and trolley ridership in October, thanks to new services along the I-15 corridor and elsewhere, the agency reported today.

More than 9 million passenger trips were taken last month, the highest number ever in a single month, according to the MTS. Of those trips, 5.4 million were taken across ocean single-month high for the agency.

The MTS reported that overall ridership increased 3 percent over the first four months of this fiscal year compared with the same period last year with a slight dip reported record ridership increases on the Superloop, which serves University City and UCSD.

The number of passenger trips on trolley buses increased nearly 18.8 million in the first four months of last fiscal year to 19.7 million this year. On the trolley, trips went from 1.39 million to almost 14 million during the same time periods, according to MTS.

The MTS credited the introduction of frequent bus routes along the I-15 corridor. A new route between downtown and San Diego State University has also proven popular, according to the agency.

Woman convicted in alien smuggling ploy

A federal jury convicted a woman Nov. 18 of illegal-alien smuggling charges that involved a delivery of undocumented people who landed south of Children’s Pool in La Jolla in 2013. Lustig was arrested on the current charge of smuggling charges that involved a delivery of undocumented people who landed south of Children’s Pool in La Jolla in 2013. Lustig charged in a federal court on June 20, 2015, pleaded guilty to using cell phones in coded messages that involved and transported undocumented aliens. Lustig also admitted into evidence. His appeal of a life-saving surgery that removes blood clots from the lungs’ arteries and allows patients to breathe has been granted $8 million to fund a registry that will help physicians treat their patients.

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Before moving to California, Pechersky was a solutions architect at Chicago’s Promet Source where he built web systems, shaped development processes and led international development teams. He spent the last year working as a Code for America fellow in Puerto Rico with a focus on economic development. His team delivered a business intelligence platform to help government teams understand how they can be more efficient.

The City’s new open data policy is scheduled to go to City Council on Dec. 16. The policy calls for the chief data officer to identify and make available the City’s high-value data through a web portal.

Energy improvement plans launched in area cities

In an effort to combat the statewide drought and help residents reduce energy use, the city of Coronado, Imperial Beach, La Mesa, National City, Poway and Santee have launched the HERO Property Assessed Clean Energy (PACE) Program, enabling homeowners and commercial property owners to pay off energy- and water-efficiency improvements through their property tax bill.

Energy- and water-saving products are available through the HERO Program, including solar power panel installations, whole-home heating and cooling systems, energy-saving windows, doors and roof insulation. Property owners reap the assessment over 5, 10, 15 or 20 years through their property tax bill. By bringing in the Californiaound and homeowners see savings on energy and water utility bills.

“HERO will help these cities save water and energy and enable local businesses to save and protect the environment,” said Matt Messina, HERO Community Development Manager. “As a San Diego-based business, we’re proud that our home county has enthusiastically embraced our program. We’ve already funded more than 1,600 projects in San Diego County partnering with hundreds of contractors and creating jobs across the county. We’re looking forward to helping homeowners in the seven new cities to use HERO to help save energy and water and to reduce their utility bills.”

HERO has already funded more than $2 million in projects in Carlsbad, El Cajon, Escondido, Lemon Grove, Oceanside, San Diego, San Marcos, Solano Beach, Vista and the County of San Diego. To learn more about and apply for HERO’s energy and water improvements, homeowners can visit HEROProgram.com or call (855) HERO-411.
Swanson Memorial Pool, built in 1975, sits on a small part of the 21.75 acres that make up Standley Park on Governor Drive in University City. Swanson is almost 40 years old, and, like a lot of 40-year-olds, it is showing its age and needs more than a cosmetic facelift. It is in need of a 21st-century upgrade.

A volunteer group of residents is interested in bringing Swanson up to these standards to serve the University City High School (UCHS) water polo and swim teams as well as the Swanson aquatics teams and others who love to swim laps or join classes in the pool.

At one time, Swanson served the students at Standley Middle School and Spreckels Elementary School, both within walking distance of the pool. Brook Ferekick, a community activist and former Ed/Cat presidnet who grew up in UC, recalls learning to swim at Swanson as a child. Swimming was part of her physics program at Standley.

Current UCHS swimming coach Jim Vance has hope that Swanson Pool can be expanded, a goal of the 52nd District Assemblymember Scott Peters and current Councilmember Sheryl Lightner. Vance laments the fact that Swanson is too small in terms of available lanes and too shallow to be a viable option for UCHS swim teams or private swim teams.

“The shallow depth,” Vance said, “leads to a lack of ability to train for starts off the block, which is crucial for success in swimming and for water polo programs. With only five lanes, Swanson cannot accommodate the 60 kids on the swim team.”

Closures for more than three months interfere with the continuity of swimming programs. How can you build a successful, competitive program when the pool is closed a quarter of the year?”

UC families, Vance continued, have to look elsewhere for swim and water polo programs for their kids. Traveling well outside the UC area is a great inconvenience. The rental fee for a high school swimming team at UC’s Jewish Community Center is $100 an hour, another hardship for parents to pay. Vance had to move his private swim program from the community center to Coronado High School because of the rental costs. UC High swim and water polo teams had to move from the community center to UCSD just to make sure the programs would survive amid high costs.

“These issues,” Vance said, “must be addressed if Swanson Pool is worth the money and operational costs. If you are going to have a pool, you need to have it open so it can be used enough by seniors, adults and youth year-round. Until this issue is addressed, funds are wasted, and the UC community suffers.”

Seven years ago, a group of dedicated volunteers rallied the community to support an expansion of Swanson. Under the guidance of Julia Cooper, at that time the mother of University City High swimmers, this group engaged the swimming and non-swimming communities to get involved. Aman- da Weibrecht, on a full scholarship to the University of Nevada, Las Vegas, was an example of a record-breaking swimmer and Olympic hopeful who got her start at Swanson. How many little girls and little boys are missing out on those opportunities today?

Catherine deGroot-Heedin, a member of Cooper’s committee, put it this way: “The more closures we have, the fewer programs they’ll be able to start or maintain there, which will bring attendance down. If this city can pay to lower attendance numbers, it becomes easier for them to close the pool periodically to save money. How quickly it becomes a vicious cycle.”

Our neighbors to the west in La Jolla have a first-class pool in the Coggan Family Aquatic Complex, adjacent to La Jolla High School. This Olympic-size pool, 25 yards by 50 meters, features a spa and men’s and women’s locker rooms. Hopefully, University City locals can point with pride to a new Swanson Pool someday soon. If you want to help make this dream a reality or you want to underwrite the costs for naming rights, contact this writer at sandylippe@gmail.com.

Swanson pool deficiencies hobble team efforts at UC High School

By SANDY LIPPE

Faulconer launches Do Your Homework library plan

Surrounded by Logan Elementary schoolchildren, Mayor Kevin Faulconer on Nov. 17 launched a citywide education program and announced a new non-profit organization, One San Diego, to promote opportunity and inclusion throughout San Diego’s diverse neighborhoods.

A $10,000 contribution secured by One San Diego will fund 60 laptops for the city’s new Do Your Homework @ the Library after-school program for students from kindergarten to 8th grade. Faulconer and educational board members presented laptops at the Logan Heights Branch Library. The donation is made possible by a $15,000 gift from the Walmart Foundation that was matched by the San Diego Public Library Foundation.

“Your opportunity to succeed,” Faulconer said, “shouldn’t hinge on whether you live in a neighbor- hood north of Interstate 8 or south of it. As mayor, I’m working to bring people from all walks of life together to overcome our shared challenges, end the divi- sion and create what I’ve called One San Diego.”

One San Diego is a nonprofit, non-governmental organization designed to promote equal access to an enhanced quality of life and access to education initiatives. Its grant program gives up to $2,500 to help fund these efforts.

The city’s 2015 budget funded the Do Your Homework @ the Library program, which provides one-on-one assistance to children for school-assigned homework at targeted kindergarten through 8th-grade schools. It adds a learning coordinator in 18 San Diego libraries where curriculum-aligned resources, technology and community partnerships work in tandem to support students. The program also capitalizes on San Diego public library public equipment, staff, Wi-Fi access and digital resources, including the HelpNow! online tutoring program.

The after-school program has begun at the Central Library and four branches – Logan Heights, San Carlos, Pacific Beach/Taylor and Scripps Miramar Ranch. The program is scheduled to expand to 11 additional libraries in January.

After years of service reduc- tions, Faulconer’s inaugural One San Diego budget, passed last June, brought library hours to their highest levels in a decade.

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Photos with Santa at All About Animals Dec. 13th
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Small business = big community in Village

A man walks into a boutique on Ivanhoe and asks the owner if by chance some items posted on Instagram might be available for purchase. He is from out of town, and his wife is a follower of the shop, Swoon Collection, on the popular social media site. Owner Kate Yetman is happy to help him find what he is looking for. Customer service, and getting to know customers personally, is all in a day’s work at Swoon Collection, one of many other small La Jolla businesses that heed the creed.

Yetman knows what it takes to make a small business run in a big-business world. As the owner of the 600-square-foot indie fashion venue at 7910 Ivanhoe Ave., she has found that large customer-service-based stores must make up for lack of size. “What do you think of this?” Yetman asks her regulars as a step in making decisions on what products to carry and what styles customers want to see. She offers clientele a way to be a part of the business and thus bring about its success.

Yetman is no stranger to business ownership, coming from two entrepreneur parents; she knew early on that she wanted to be a business owner herself. Starting her first Swoon Collection in Cape Cod, Mass., Yetman eventually decided to quit her corporate job and move to La Jolla. Meanwhile, as the East Coast native collaborates with the greater La Jolla business community, the small businesses on Ivanhoe have banded together to create their own marketing powerhouse. The Shops on Ivanhoe has taken new level. Consisting of Swoon Collection, Mary’s English Kitchen, Hi Sweetheart, Bistro Pazzo, Barre 59 and Naturale Beauty Bar, these businesses have become a little family.

“Our building is now full,” Hi Sweetheart owner Molly Rossetti said, “and there is an energy and excitement shared by the owners and staff of each business. We have become a little family; patronizing each other’s businesses, chatting about events and marketing, borrowing ladders and extension cords, celebrating birthdays... we do it all.”

And no matter how much Swoon grows, Yetman plans to keep it a small business at heart. “Our main focus,” she explained, “will always be to deliver great customer service,” she explained as she reflected on La Jolla, a community she has grown to love. Having a customer-focused business is indeed one of the many perks of staying small.

On Saturday, Nov. 29, shoppers everywhere will celebrate Small Business Saturday, an effort by American Express to promote small business. Coming directly after Black Friday, one of the biggest shopping days of the year, consumers will theoretically head to the small shops (just one day after shopping at the big box stores to wait in lines for hours or stock up on the latest electronics). While Black Friday is known for its crowds and deals, Small Business Saturday, part of American Express’ Shop Small movement, is coming to be known for customer service and appreciation as well as sales and specials.

The Shops on Ivanhoe are participating in this year’s Small Business Saturday. With a motto of “Shop Small, Shop Local, Shop Ivanhoe,” these small businesses are bringing the heart of community to the forefront of their marketing efforts.

Amid Black Friday competition, big-box guys might see red

By MARTIN JONES WESTLIN

However begrudgingly, the banks and the post offices are open the day after Thanksgiving, because the government knows they can’t close more than three days in a row. Holiday-happy retailers follow the government’s lead, although their payoff is way stronger that any paltry federal law. It’s called Black Friday, and it has its name for a reason, although the explanation isn’t always what you want to hear.

One death and one miscarriage occurred in 2008 as a Walmart store opened for the day in New York state; in 2011, a man collapsed and died at a West Virginia Target while fellow shoppers stepped over the guy and went about their chores. There’s even a website, blackfridaydeathcount.com, that tracks the grisly details on the heels of our national day of gratitude.

Meanwhile, for better or worse, Black Friday reflects a staple of Christmas commercialism. The “black” part, coined in the 1960s, refers to profit, as in the black ink that adorns the retailers’ books the day after (red, of course, means loss). 12-inch TVs for $78; high-end vacuum cleaners for $250; $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy: Mega-deals like these await $18 for the popular Furby robotic toy; 32-inch TVs for $78; high-end televisions for $250; $18 for the popular Furby robotic toy. Instead, business owners worry about their vendors’ claims about site security and whose accessibility to the Internet places them in charge of their shopping on a number of fronts.

I’ve been a cybershopper since 2010, and I’ve never had a single delivery or availability issue (except once, when a very hard-to-find book was out of stock; it was resupplied a little after 1 a.m., while you lazies were asleep). True, the physical stores do a remarkable job bending over backward as they battle the Internet in efficiency of service and fulfillment of demand, and there’s something to be said for the extra effort in trawling to a flesh-and-blood venue in the interest of domestic peace on Dec. 25. But truly, it’s not the effort that counts; it’s the thought. And I, for one, thus categorically deny that today’s swirl of electronic commerce fuels the alienation among our countrymen, regardless of the time of year or the gift under debate.

Now, if you’ll excuse me, I have to kiss my girlfriend’s website good night.

By MELISSA WILLIAMS NETHERTON

The San Diego Convention Center turned 25 on Nov. 25, having generated billions of dollars of economic impact. But challenges loom.

According to the San Diego Convention Center Corp., the facility has hosted 20 million people at more than 5,000 events. Its economic impact has been estimated at $24.2 billion since the 1989 opening. More than 14 million room nights have been booked at area hotels thanks to convention center events, resulting in around $450 million in tax revenue for the city, according to the corporation.

The future of the convention center is hazy, however. An expansion plan, which tourism officials say is necessary to attract the largest of the trade shows and keep the wildly successful Comic-Con International, is tied up in court. Convention center executives are also trying to get their financial books in order following several years of operating without reserves and finalizing a plan to address more than $40 million worth of necessary capital and maintenance projects.

Among them are an $11.4 million replacement of the roof sails, which could happen in fiscal years 2017 and 2018, according to a report presented to the City Council in March.
Frankie Puente: Dr. Jekyll is Mr. Hyde  

By ED PIPER

Frankie Puente is comfortable in his own skin, content with himself and with those around him—and not in a showy, "puffed-up" kind of way. One minute, he can talk about extending the hand of mercy in a possible career in medicine; in the next, he'll jump in the pool to practice bashing bodies as University City High School's two-meter guard in water polo.

Puente, according to UC coach Daniel Ramirez, is "that's the straw that stirs the drink to (steal Reggie Jackson's phrase)." Rather, the 6-foot-1, 215-pound junior is the glue that keeps the team together. "This is a talented team," said Ramirez, watching his club, seeded fourth in the CIF Open Division, work out. "We need a player like Frankie. He has an even keel."

That evenness, along with a genuine joie de vivre that binds him with other people, seems to be a thread through the different facets of his life. "Definitely," he says when asked if he's a people person. His mother Helen serves as a teacher's aide in a class for special needs students. And he says his aunt, his mother's sister, is a person with special needs as well. "These are among the sources of Puente's training in good-hearted compassion for others."

But in the pool, he thrives on physical contact. "Oh, definitely, you have to be physical" in water polo, he said. He fills the role of "false-front" guarding the opponent's two-meter player, who positions himself right in front of the net (the role is similar to that of the basketball center, playing in the key near the basket). Puente's assignment is to pound the two-meter, wear him down through the course of the game and limit his offensive opportunities. This is not a location for compassion central.

What makes Puente so exceptional, in Ramirez's view, is not that he is so gifted at what he does. The friendly, engaging 16-year-old may be less talented than some of his teammates. Instead, he makes the most out of his abilities by working hard and being consistent. He plays a difficult position that doesn't receive recognition, and he takes it for the team.

"The main reason I don't get upset at not being as strong a play-er on offense," he said, "is because of my defense."

Ramirez, in his third year as varsity coach at UC, says the key is his player's mindset. "There are guys on our team who have played since they were 8 or 10 years old," the coach said. "Frankie has played less than them (he started in ninth grade). Others think that they have to be the star to help the team. Not Frankie. He does what the team needs."

Ramirez calls Puente "selfless" in his team-orientedness, and he gives examples of that: "One day he might need to be the brunt of a teammate's joke. Another day, he might need to let a teammate rough him up a little (in practice)."

But Puente seems to have a healthy outlook, not being anyone's doormat.

He hangs with teammates and fellow juniors Cole Kammerer and Noah Graciani in his one brother of the school day, between the end of 6 at 2:18 p.m. and the beginning of practice at the UCSD pool at 3:45. Then, after practice ends at 6 p.m., he sits in bumper-to-bumper traffic on the way home to Clairemont, eats dinner and then starts homework. His grueling schedule includes an academic load of two advanced placement courses and two honors courses. "It's a lot of late nights," he admitted.

Another joy is hopping on the surfboard, though during water polo (fall) and swim season (spring) that's restricted pretty much to weekends and some Friday nights. Early release Wednesdays, getting out of school at 12:30, allow more "green room" opportunities. "Whenever I'm not playing water polo, I'm surfing," Puente said.

Participation in the biomedical program at University City High since the ninth grade has fueled Frankie's interest in the medical field. He said discussion in class recently has included the Ebola outbreak in western Africa. The area of anesthesia seems fascinating to him at this point. "It would definitely be an exciting career," he said. "People's lives depend on it."

Puente's ability to be big and physical in the pool goes hand in hand with his big heart for people in other areas of his life. His aggression in sports isn't malicious. It's done in the good-natured spirit of athletics.

"That's probably why I didn't keep playing baseball," Puente said in referring to a sport he played earlier. "It isn't as much a team sport" as water polo is for him.

PROTESTS

CONT. FROM PG. 1

allegedly came at the officer and at one point tried to take his service weapon.

Moments before, Wilson had ordered Brown and a friend off a roadway and onto the sidewalk as they were walking.

A news helicopter shot video footage of motorists on the gridlocked freeway leaving their vehicles to confront protesters, who reportedly had placed orange cones across the right-hand lanes forcing vehicles to stop in all lanes and both shoulders, which made police access difficult.

About 7:18 a.m., two dozen CHP patrol cars reportedly drove down an off-ramp onto freeway lanes and officers directed protestors to leave, which they promptly did walking up the ramp to Nobel Drive dispersing toward UC San Diego.

No one was arrested or cited by police, Sanchez said.

The Nobel Drive off-ramp remained closed until about 9 a.m. The freeway was reopened a few minutes later. Similar protests shut down a freeway in City Heights Tuesday night.

The protests came on the heels of another demonstration at UCSD. A few dozen students vowed Nov. 24 to continue to occupy the campus' Peterson lecture hall as part of ongoing protests against state system tuition increases recently approved by University of California regents.

The regents last week approved a plan that will increase tuition by 5 percent each year for five years unless lawmakers in Sacramento substantially increase the system's budget. The hike would add $612 to the cost of attending a University of California school, increasing tuition to $12,504 for in-state students in the 2015-16 school year. Tuition would rise to $15,564 by fall of 2019 under the plan. That cost does not include local campus fees, books, room and meals.

- Staff and contribution

EVENTS CALENDAR

THURS. NOV. 27

Happy Thanksgiving!

FRI. NOV. 28

The Second City's Nut-Cracking Holiday Revue, 8:30 p.m., 2990 La Jolla Village Drive. This hilarious new holiday production, staged by the Second City improvisation groups out of Chicago and Toronto, captures all the magic, mystery and mayhem of the season, with original songs, sketches and improv. It's the perfect antidote to the annual office party. Call (858) 550-1010, email information@ljp.org, or visit lajollaplayhouse.org

SAT. NOV. 29

La Jolla Comedy Store open mic night, 7 p.m., followed by Best of San Diego at 8 p.m. To sign up, call the La Jolla Comedy Store box office at (858) 454-9796 every Sunday night between noon and 4 p.m. At 4 p.m., random lottery will be held to determine which comics will perform that night. Call at 4:30 p.m. to see if you made the list for that night's show. 21 and over, two-drink minimum. Visit lajolla.comedystore.com

MON. DEC. 1

Second annual USTA National Tennis Championships. This seven-day event will feature singles and doubles matches starting Monday, Dec. 1, and the competitions will continue throughout the week. Also on the agenda is the USTA National Father/Son and Grandfather/Grandson Hard Court Doubles Championships, beginning Friday, Dec. 5, with matches concluding Sunday, Dec. 7. The father/son championship has been held continuously at the La Jolla Beach & Tennis Club since 1959 and attracts the top tennis teams in the nation. The grandfather/son championship is a relatively new competitive division that started at the La Jolla Beach & Tennis Club a few years ago. Call (877) 344-8842 or visit ljbtc.com, cost. Free-$10.
Gloves of compassion, coat of courage

The seventh annual 10 Best Dressed Awards & Gala was held Nov. 13 at The Hilton La Jolla Torrey Pines. The evening’s theme was “A Moment in Time,” with the guests coming out in their best finery for this red-carpet event. Founders are Leonard Simpson and Sally Thornton. This year’s chairs were Mina Kooklani and Kristi Peper, along with the honorary chair supermodel Kelly Emberg.

Leonard Simpson produced this theatrical runway show. Bijoux Couture Jewelry accented elegant gowns by Oseas Villatoro, and designer Vo Viet Chung flew here from Vietnam to show his exquisite collection on the runway. His Haute Couture coats were very impressive. One segment had Steam Punk characters from the Penny Farthing Group coming down the catwalk and delighting the crowd. Filipino designer Rocky Gathercole showed his avant garde line at an awestruck audience.

The awards were given to local philanthropists who dress every day with “gloves of compassion and a coat of courage.”

Female honorees included Bibbi Herman Conner, Carmela Koenig, Darcy Delano Smith, Helene Gould, Jo Ann Kilty, Laurie Black, Mina Kooklani, Terri Valentina Rios, Kathleen Conner, Shelley Zimmerman and Lola Green. Male honorees were Brent Wilsey, Dave Carothers, George Gould, John Winfield, Jonathon Collatty, Matthew Shillingburg, Patrick Krueer, Raymond Dale, Paul Chasan and Roberto De Gregorio.

Additional awards went to Kimberly Hunt, lifetime achievement award in broadcast journalism; Vincent Andrunas, media award; Kathy Hogan, lifetime achievement award in fashion; Ranim Paroutseymic, civic leadership award; Sylvia McKinney, founder award for charitable contribution; Margo Schwab, publisher and society coverage award; and Vanessa Williams, best actress and style award.

Proceeds for this event went to Dress for Success. This nonprofit organization empowers women to be self-sufficient by providing professional clothing, help with employment programs and a network of support. For more information, visit dressforsuccess.org.

UPCOMING EVENTS

THURSDAY, DEC. 4: 4TH FWSO VIVA LA V SERIES featuring jewelry designer B.Jash., 11 a.m.-2 p.m., located at the La Valencia Hotel, 1332 Prospect St. This is part of the Fashion Week San Diego series. For more information, visit fashion-weeksd.com.

SATURDAY, DEC. 6: “GONE WITH THE WIND” FABULOUS 5 p.m.-4 p.m. located at 5945 Pacific Center Blvd., Suite 510. This is a Women’s Empowerment Glam Expo & Crafter’s Market for the holiday shopping. Benefits the local Dove Outreach program. RSVP at eventbrite.com and scroll down.

SUNDAY, DEC. 14: WISH UPON A SNOWFLAKE fashion show and toy drive, presented by Lady Lane at Jolt N’ Joe’s, 6 p.m. The event will showcase independent designers and visual arts. Proceeds will go to local community youth organizations. Admission is $30 or $10 off with a new unwrapped toy.

— Diana Cavagnaro, a nationally recognized hat designer and milliner, has been opening a fashion business for 30 years, the last 20 years downtown San Diego’s Gaslamp Quarter and has been teaching in the fashion department at San Diego Mesa College for 20 years.

Playhouse’s ‘Hunchback of Notre Dame’ is for grown-ups

By CHARLENE BALDRIDGE

Readers have until Sunday, Dec. 14 to hear and see the extended U.S. premiere of “The Hunchback of Notre Dame,” produced by La Jolla Playhouse in association with Disney Theatricals Group and the Paper Mill Playhouse. Composed by Alan Menken (who also composed the music for “Beauty and the Beast,” “The Little Mermaid,” “Aladdin,” “Mulan” and “Lilo & Stitch”) with lyrics by Stephen Schwartz, who were responsible for the music and lyrics in the 1996 Disney animation, the show is orchestrated for the stage by Michael Starobin (the show also orchestrated the film). The musical sounds magnificently with the addition of the local choral group Sacra/Profana, plus a 12-member ensemble and a 14-piece orchestra. Peter Parnell provides a new book, Scott Schwartz directs the piece, which takes place in and around Notre-Dame Cathedral in 1482 Paris.

Even if you’ve not read the novel by Victor Hugo, you know the characters: Quasimodo (Michael Arden), the misshapen bell ringer; Frollo (Francis Gercke), the evil judge; Esmeralda (Ciara Renée), the beautiful gypsy girl; and Meg (Jill Farren) the bullyingiking girl. Their desire for salvation and love for the ‘beautiful girl’ Esmeralda is at the heart of the story. It’s a tale of love and Self-sacrifice. While some may not enjoy or be familiar with the novel, this production clearly shows the passion and love for beauty and love that is found in the story. The musical has been described as a love letter to the original novel and a love letter to opera.

A lot of MOXIE

It was a weekend of satire, with The Second City’s “The Nutcracking Holiday Revue” Nov. 28 to Dec. 21. It promises “all the magic, mystery and mayhem of the season,” making certain you won’t see and do. lajollaplayhouse.org/holiday-revue.

If the kids are “Grinch”ed out, you might take them to San Diego Symphony’s “Holiday Pops” Dec. 19 to 21. The family matinee, with the San Diego Master Chorale and San Diego Children’s Choir, is 2 p.m. Sunday, Dec. 21. Sandiegosymphony.org or (619) 238-4397.

A model walks the fare by designer Rocky Gathercole, while Vo Viet Chung (below) is flanked by some of his collection.

Playhouse presents “The Second City’s Nutcracking Holiday Revue” Nov. 28 to Dec. 21. It promises “all the magic, mystery and mayhem of the season,” making certain you won’t see and do. lajollaplayhouse.org/holiday-revue.
La Jolla Village catches the spirit of Christmas yet to come

By DAVE SCHWAB

Visitors to the Village of La Jolla will be dazzled by a light show this year for the holidays as merchants are hoping that boutique is what shoppers will seek.

“We are excited about the development of the holiday décor for La Jolla Village over the last few years,” Kerr Bache said.

The 2014 Christmas parade features homage to century-old rec center

The 57th annual La Jolla Christmas Parade & Festival, which draws thousands to the Village to glimpse bands, floats, equestrians, marching units, VIP vehicles, fire engines and a police antique paddy wagon and lifeguard boat, will kick off Sunday, Dec. 7 at 1:30 p.m. at Girard Avenue and Kline Street.

This year’s parade theme is “Christmas Spirit – Peace on Earth.”

The holiday festival, on the grounds of La Jolla Rec Center, at 615 Prospect St., follows the parade at 2:30 p.m.

The festival includes stage entertainment, games, interactive learning activities and science and education exhibits. It ends with the lighting of the Christmas tree in front of the Rec Center at 5 p.m., on the eve of the rec center’s 100-year anniversary.

The day’s activities begin with a flyover of vintage aircraft, courtesy of Bill Allen.

“La Jolla art center”

The event is organized by the La Jolla Christmas Parade & Holiday Foundation and run by a dedicated group of volunteers.

Foundation president Ann Niebling said, “We are grateful to Jack McGroarty and Bill Kellogg, honorary parade chairs, for their support and assistance making the parade possible.”

Kerr Bache said in a release, adding, “Cindy Greenacre is festival chair, and Mike Carlin is our very able parade director, making sure once again that we have a well-run and safe parade.”

Kerr Bache noted that the parade and festival is supported solely by community donations, with no public monies provided.

She thanked John Barbey, the parade’s Gold Sponsor, “whose support early in the year made it possible to plan this year’s parade. "But we still need your support to keep the tradition alive," said Kerr Bache, encouraging local residents to “join your friends and neighbors and donate today at ljparade.com.”

Major parade sponsors include Audrey Geisel, Dr. Seuss Fund; Darlene Marcos Shiley; Mcogy Family Fund of the Jewish Community Foundation; and LMC Management.

“Please shop and support our local merchant sponsors — Adobe, Warbucks, Bowers and others — who continue to support this village tradition,” Kerr Bache said.

Donations in any amount can be made via ljparade.com using a credit card or PayPal accounts. A donation form can be found on the website, printed and mailed with a check or credit card information to La Jolla Christmas Parade & Holiday Festival, 1150 Silverado Ave., #212, La Jolla, CA.

The foundation is a nonprofit, and all donations are fully tax deductible.

Patronizes have been selected to award the 2014 Christmas Parade. They will serve as honorary marshals along with civic marshal Phyllis Minick, LJPB Beautification Committee; innovation marshal Greg McKee, CEO, CONNECT; and sports marshal Doug Fitzgerald, board chair of La Jolla Recreation Council. Military marshal is Steve Kappes, captain, Military Outreach Team, joined by the Wounded Warriors’ Tennis Cup.

Concorde’s elegance is providing Classic Cars to carry the marshals down the parade route. Allen is providing a vintage truck painted a bright Christmas red. The Christmas tree has been specially pruned and will be decorated once again courtesy of La Jolla Sunrise Rotary. Pancho Dwellhouse, GDC Construction, provides the crew and equipment to decorate the tree, continuing a Dewhurst family tradition.

The rec center advisory board granted monies to the foundation and to the Rotary Club so that worn tree ornaments could be replaced. Laura McDonald, of Elocuence Designs, has designed special ornaments for the tree, which will be decorated Dec. 3.

Volunteer opportunities are available for those who would like to learn how to run the parade and join in the fun on parade day.

As always, No Parking zones have been established and are shown on the parking map on the website. This year, the first towing time is 9:30 a.m.

LA JOLLA ART ASSOCIATION
97TH ANNIVERSARY FUNDRAISER

Saturday, December 6 • 2-5 p.m.

LJAA Gallery, 8100 Paseo del Ocaso, Suite B, La Jolla Shores

619-252-9564

EVENT: 60-65 original works of art valued from $300 to $2,000 will be available. Leftover paintings will be sold for $100 after the event.

TICKET SALES: $200 available at gallery. Mastercard/Visa accepted at gallery or by phone. Also available by PayPal at ljaa.org (click on box-upcoming shows)

PROCEDURE: The first of 50 numbers selected will get their first choice. The 50th will have 10-16 works to choose from.

VIEW THE ARTWORKS: www.ljaa.org (click on fundraiser box under upcoming shows) or photos of work at gallery. Artwork on display at the gallery Dec. 1st through Dec. 6. Open daily 11 a.m. – 5 p.m.
For the third year in a row, Fiesta de Reyes is offering San Diegans a special treat this holiday season. When you do your holiday shopping at Fiesta de Reyes, you will be rewarded with a discounted lunch or dinner. The ever-popular Shop and Dine promotion will kick off on Thursday, Nov. 20. For every $20 spent at one of the 19 boutique shops in Fiesta de Reyes between November 20 and January 4, guests will receive $5 off their meal at Barra Barra Saloon, Casa de Reyes or The Cosmopolitan Restaurant in Old Town. Guests may use one $5 coupon per person, per visit. The $20.00 expenditure can be a combination of purchases throughout Fiesta de Reyes shops. From children’s gifts, garden decor, ethnic-inspired clothing, and accents for any home, you’re bound to find something for everyone on your holiday list at Fiesta de Reyes.

In addition, gift baskets will be on display throughout the Fiesta de Reyes plaza this holiday season and guests can enter to win each one at no cost. The winners will be drawn from all entries on January 5.
### Eats

**Donovan’s**
Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates. www.donovanssteakhouse.com. In La Jolla at 4340 La Jolla Village Drive in the Golden Triangle area, (858) 450-6666. In the Gaslamp Quarter at 570 K Street on the corner of 6th and K, (619) 237-9700

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

**Lorna’s Italian Kitchen**
The pilgrims at Plymouth Rock couldn’t be choosers – if they could, they might have picked this place to recharge. This venue is a tad out of the way, at 3945 Governor Drive, but it’s as highly regarded as anything in the Village. If you pass on the eggplant and garlic bread, we can’t be held responsible. For more stuff, visit lornasitalian.com or call (858) 452-0661.

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**Hearts, Minds, and Coffee**: two movies in one

Ironically, four soldiers against the Vietnam war were assigned to reconnaissance there as support for an American regiment in Viet Cong territory. Previous units hadn’t the best history in that segment – the area’s support troops were routinely killed, and that’s what the commanding officers grimly expected for this squadron, there against their will.

But the war made strange bedfellows out of supposed enemies. Accordingly, these misfits found a way to coexist with their Viet Cong counterparts, giving lie to the boundaries that separated two cultures and ideologies. The story, recounted in La Jolla author Kent Hinckley’s novel “Hearts, Minds, and Coffee: A Vietnam Peace Odyssey,” is fictional, but the peripheral events are true – and Hinckley will be the central figure at an author event, set for 1:30 p.m. Saturday, Dec. 13, at the La Jolla Riford Public Library, to recount them. Palo Alto native and 25-year real estate veteran Hinckley served a year in Vietnam as half of his two-year Army stint. He anecdotally refers to his book as “‘Dances with Wolves’ meets ‘Platoon’” – and since we liked both movies, we’ll heartily recommend this presentation.

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Shores groups seek solutions to Avenida disruptions

By DAVE SCHWAB

La Jolla Shores is trapped between a rock and a hard place.

The city contractors and neighborhood residents and merchants are struggling to find ways of fast-forwarding infrastructure replacement work along Avenida de la Playa with the least disruption. But it’s a task easier said than done.

With merchants and residents existing in such close proximity, what’s done to help one group ends negatively impacting the other.

That happened most recently with an attempt to do nighttime work, which would have accelerated construction but proved unacceptable to nearby residents.

“Night work on this project has been cancelled,” said city public information officer Monica Munoz. “Day work has resumed and will continue. This particular project brings unique challenges because of the mixed residential and commercial uses in the same area. Our goal is to successfully complete the project, which includes much-needed infrastructure improvements, with the least amount of disruption to the community.”

Munoz added that the project contractor will break for Thanksgiving, until Monday, Dec. 1.

A storm drain replacement project on Avenida de la Playa and Playa Water Group Job 809 in the Shores are being done simultaneously. Both projects are contributing greatly to noise, dust, lack of access, excessive vibration and traffic congestion along the Shore’s small commercial strip.

The storm drain project is replacing and realigning 1,300 linear feet of old existing storm drain main and upgrading the existing ocean outfall structure. The sewer and water group project is replacing 9,150 linear feet of sewer main, including replacement/installation of manholes, sewer laterals, water services and fire hydrants and curbs, as well as requiring street resurfacing on impacted streets.

Despite months of preparation, residents are complaining that construction work is entirely too dissecting. Some Avenida merchants, whose business has plummeted between ongoing construction and the post-Labor Day off-season, fear they may not be around when the project is completed next year.

Shores resident Nicole Goedhart said nighttime work, as some had feared, wasn’t the answer.

“There were numerous calls/complaints to the nonemergency police number at night/early morning due to the unbearable noise and pounding/shaking of construction,” Goedhart said, adding she doesn’t have the answer to the construction conundrum.

“I am honestly not sure if anything could really be done about the noise and vibration issues,” she said. “A delay in the one phase of construction [December of 2013 to May of 2014], my building was right on top of the ongoing daytime construction for five months, and this is why I knew later on, when night work was proposed by the merchants association, that this likely stiff fingers.

Are you afraid of falling in the shower or bathtub? A curbside shower or a walk-in bathtub is a major change but a simpler idea could be a shower chair so you can sit while showering. Add a hand-held showerhead and cleaning yourself becomes a breeze.

Are you having a harder time getting up and down from the toilet? A new higher toilet will help but another idea might be to purchase a raised toilet seat. Remember to have some grab bars installed next to the toilet or shower to also help.

As we get older, our extensor muscles that allow us to straighten our knees get weaker so getting up and down is harder.

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A Tale from the One-Armed Bandit

By Natasha Josefowitz, Ph.D.

No, it’s not a slot machine. It’s me, trying to brush my teeth with my left arm, eat with my left hand, and generally feeling totally handicapped. What happened? I was planning to speak to the residents of Seacrest Village, a retirement community in Encinitas. I was to talk at 1 o’clock on my latest research about loss, grief and healing.

When it was time to start, I was taken to a beautiful synagogue also used as a venue for lectures. A large crowd had gathered to hear me. There was a podium. I was mace’d 3 times by the audience. Then I looked up and saw a friend in the audience and happily sauntered towards her. I had entered from the back and did not realize that the stage was elevated. You guessed it: I missed the step down, crashed, and fell flat on my face! How embarrassing is that!

I tried to get up and could not. My arm hung useless and limp by my side. When I was helped to a chair, I realized that my shoulder was dislocated. I wondered if I could still give my talk. The pain made me decide against it. Someone called 911: the paramedics put me on a gurney and whisked me away. I wondered if I could still give my talk. The pain was bumpy, and I was in pain. Valerie, the paramedic, inserted an IV in my hand and dripped morphine. She was warm and helpful, but I was worried about how much damage I had done to my shoulder.

At the ER, where I was transferred to a bed and rolled to a hallway to wait my turn to see a doctor. Valerie stayed with me for as long as she could, a reassuring presence. I waited 20 minutes in excruciating pain, then was wheeled to a cubicle and waited there for too many minutes, getting very anxious. Finally, the doctor saw me and immediately sent me down the hall to get x-rayed. Within minutes she got the results: a dislocated shoulder and a break. Lisa Morkado has worked in the ER for 22 years and knew what she was doing. She took my right hand and started pulling hard, again and again, until we heard a click. The shoulder was back in place.

Another x-ray was taken, and now I have before-and-after photos. I was relieved that the break was small and wouldn’t need surgery. I was given a pain medication, which made the room become blurry, and a copy of my x-rays. I called a taxi to take me home.

A nurse and wheelchair were waiting for me at White Sands. I was taken safely to my apartment but realized I could not undress myself. I am grateful that I live in a facility with nurses available around the clock. I was helped into bed and spent a restless night veel sitting up and hurting. The next morning, our house doctor, Dr. Lazarus, who’s here every morning, came to my apartment. Breakfast was brought to me, then lunch. I went down for dinner to a chorus of “How are you? What can I do for you? Can I drive you? Can I get you something?” Call this syndrome, even in the middle of the night.” White Sands is a family; I am home among friends who care. But I find it difficult to be dependent on others. I soon figured out how to dress and undress by myself. I felt a surge of pride when I figured out how to put on my brassiere.

The lesson, according to my friend Eileen: We are all pilgrims on a journey; we should pay attention to every step we take. In other words, where you’re going, look around you, slow down! I tend to run everywhere. And from my daughter Nina, “Don’t schedule more than one event a day, and, if more, put some space between each event.” I was scheduled to do a radio interview after my talk and was anxious to get back on time, which probably contributed to my lack of focus. This adventure was a wake-up call to stop rushing through the day, through life.

Although breaking a shoulder was not on my bucket list, it is an adventure of sorts: riding in an ambulance, waiting my turn in an ER. The inability to take care of myself adds to my understanding and compassion for others’ disabilities.

— Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 20 books. She lives at the White Sands in La Jolla.

Sparkle & Shine clean-up is cleaning up

By DAVE SCHWAB

The jewel is getting polished thanks to Sparkle & Shine, a property-based improvement district, looking to revitalize the Village.

To help in the effort to improve La Jolla’s sidewalks, which has met expectations. “We’re doing great; we’ve raised $50,000,” said bookstore owner Nancy Warwick, who’s spearheaded the community improvement project as a member of La Jolla Village Merchants Association’s design division.

“We can do a very thorough quarterly clean-up of the Village,” a project in progress. Warwick noted that the idea of putting a fundraising drive to do a community clean-up was a long time coming. “We’ve been trying to come up with ways to clean the Village for a number of years now,” Warwick said, “and the merchants association doesn’t have the funds, and it’s expensive to clean the sidewalks, and they’re the responsibility of the business owners.” Other communities, she added, have used tax-based funding mechanisms to maintain assessments for clean-up, and Warwick, who’s spearheaded the community improvement project as a member of La Jolla Village Merchants Association’s design division.

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La Jolla Community Planning Association, which makes recommendations to the city on local community matters, including protecting the integrity of the La Jolla Community Plan, is starting its search for 2015 board members early to reach a more diverse community base—and it asks you to consider taking a seat.

Candidates for the at least six available positions, to be elected Thursday, March 6, must be associated with the community as a resident, property owner or local business owner and have attended at least three association meetings between March of 2014 and February of 2015.

“This is a great way to have your say in local building and infrastructure projects in La Jolla,” association president Joe LaCava said. “To be honest, it is not easy work, but it is very rewarding.”

If you are interested or have questions, send an email to info@lajollacpa.org. You can also learn about the association, its current trustees, membership qualifications, attendance records and meetings at our website, lajollacpa.org.

Meanwhile, Bird Rock Community Council, which promotes the growth of the Bird Rock neighborhood, seeks members to help with its projects for 2015, which include the enhancement of the neighborhood’s public amenities support of educational, cultural, artistic, charitable and community service activities; improving the quality of life among and economic well-being of Bird Rock residents and businesses; and maintaining a healthy business environment along La Jolla Boulevard.

Membership years begins Jan. 1. Tax-deductible dues are $35 and payable at birdrockcc.org/member-services/join-the-brc-form or Bird Rock Community Council, PMB 168, 5666 La Jolla Blvd., La Jolla, CA 92037.

Paperwhites: holiday sweets without the calories!

BY LINDA MARRONE

I must admit that I am always a last-minute holiday shopper, and the only advanced preparation I ever seem to do is planting paperwhite narcissus bulbs to enjoy in my home and garden throughout the holiday season.

Paperwhites (Narcissus papyraceus) are a very fragrant daffodil that can be grown in soil or placed on top of small stones in a container filled with water. Select firm, heavy, shiny brown bulbs, and if they show signs of sprouting, plant them as soon as possible. After they have been planted, you will have flowers in approximately five to six weeks. It is getting close to Hanukkah and Christmas, which is why you will need to plant narcissus bulbs now or over Thanksgiving weekend, you should have flowers to enjoy by the end of December. Pots of growing paperwhites also make great holiday gifts.

Planting in Gravel: Select a container that will hold water and fill it with about four inches of gravel or small stones (pea-size to one-half-inch diameter). Set the bulbs into the gravel and add water, just to a level below the base of the bulbs. If you cover too much of the bulb with water, it will rot. Place the container in a warm, sunny spot and keep the water level below the base of the bulbs while they grow and flower.

Planting in Potting Soil: Your container should be at least four to six inches deep to accommodate the bulbs’ roots. Fill the container with moist potting soil and set the bulbs firmly into the soil, with one inch of the bulb and any emerging shoot uncovered. Water them thoroughly and keep them moist but not waterlogged. Place the pot in an area that receives bright sunlight. While the bulbs need lots of sunlight to bloom (this also keeps the plants from getting long and leggy), be sure to move them to a cooler area and out of direct sunlight once they bloom. The cooler environment will help prolong the life of the flowers. When they are finished blooming, let all the greenery turn brown and dry out. Store the bulbs in a cool, dry place or plant them in a dry area of your garden where they will not receive a lot of water. Begin watering them once they begin to sprout.

Next year, you can have fragrant blooms from Thanksgiving through New Year’s by planting your narcissus bulbs every two weeks beginning in mid-October through mid-November.

— Linda is a local Realtor with Coldwell Banker. Take a tour of her garden at LindaMarrone.com.

Mid-Coast Trolley plan gets final environmental OK

The Mid-Coast Trolley extension received final environmental approval Nov. 22, and the project is now in line to compete for federal funding and to move forward into construction.

The board of directors of the San Diego Association of Governments (SANDAG) voted unanimously to certify the state environmental document, known as the Final Subsequent Environmental Impact Report. The vote comes on the heels of the federal environmental approval issued in October by the Federal Transit Administration (FTA).

“We have been working toward this milestone for many years,” said Supervisor Ron Roberts, a member of the SANDAG board and chair of the Mid-Coast Corridor Transit Project Working Group. “We look forward to securing federal funding for the project next year and starting construction on this long-awaited regional transit project.”

The next step is to seek approval from the FTA to enter into the final engineering phase and to secure a full funding grant agreement from the FTA’s New Starts program. Anticipated in late 2015, the grant pact would provide 50 percent of the project funding. Including financing, the project is expected to cost approximately $2 billion, with half coming from the grant agreement and half from the region’s TransNet half-cent sales tax for transportation.

“This project will not only provide additional travel choices for residents: it will also be a major boost to the regional economy,” said Santee Councilmember Jack Dale, chair of the SANDAG board of directors. “Its construction will result in more than 14,000 local jobs, and it will provide a net economic benefit of more than $2.5 billion for the region.”

The Mid-Coast Trolley is one of the region’s highest-priority transit projects. As an extension of the San Diego Trolley Blue Line, it will provide a no-transfer ride from the international border and communities south of downtown San Diego to UCSD and University City, connecting residents directly to job centers with frequent high-speed transit. It is projected to increase daily transit ridership by 21,000 riders each day.

Construction on the Mid-Coast Trolley is anticipated to start in late 2015. For more information, visit sandag.org/midcoast.

Bikeshare’s next stop is in PB

In Pacific Beach, bikeshare is coming soon to a corner near you. MJF Marketing Services, which is handling the area’s bikeshare promotions, said the launch of the new, short-term bike-rental system is under way in downtown San Diego, with outlying areas, like Pacific Beach, to follow shortly thereafter. La Jolla planners earlier this year rejected a similar concession for this initial round of station construction.

“We’ve been working closely with David Silverman and DecoBike on the rolling launch,” said Chris Biele, of MJF. “The San Diego DecoBike warehouse is filled with all the bikes, stations and equipment for every approved San Diego location.” Biele said bikeshare installation began recently focusing initially on the downtown Gaslamp locations.

“There are 11 approved stations in Pacific Beach scheduled for installation the week of Dec. 8,” Biele said, noting DecoBike now has the most current station location map up on its website and that “the membership drive is now live. The first 1,500 members to sign up will get a free bike helmet, Biele said.

In 2013, San Diego-based DecoBike signed a 10-year contract with the city to create a citywide network of 180 bike-share stations for short-term rentals. DecoBike stations will eventually be located in communities from Pacific Beach to San Ysidro, providing a robust network that will give the public a viable and environmentally friendly transportation choice. The convenience of being able to rent a bike at one location and drop it off at another encourages bicycling as a mode of travel rather than relying on cars.

Bikeshare is a service in which bicycles are made available for shared use to individuals on an automated, short-term basis to provide affordable access to bicycles for short-distance trips in urban areas as an alternative to motorized public transportation or private automobiles, with a goal of reducing parking and traffic congestion, as well as air pollution. For information, visit deco-bike.com/sandiego.
of butter, two cans of string beans, a gallon of cider, five pounds of flour and five pounds of sugar. If the ad flyers were to be believed, Swain also rejoiced in a lifelong asset named Alice (his wife, whom he affectionately called Pard) — you don’t get to be Ellen Browning Scripps’ dressmaker without some kind of commercial savvy, and Swain’s diary constantly refers to Pard’s solitary trips downtown to do business on her own.

Swain died in 1917 with his straight-shooter reputation intact — but he and Pard knew what was good for them, and their Thanksgivings were the better for it.

Carol Olten, historian and docent coordinator at the La Jolla Historical Society, contributed to this story.

ASSAULT CONT. FROM PG. 4

The victim was leaving the mall at 4345 La Jolla Village Drive at 8:15 p.m. and was about to cross a pedestrian bridge when the suspect approached her from behind and forced her up a grassy knoll.

The victim’s screams drew the attention of two witnesses. They yelled at the attacker, who then ran off. A witness gave a cell phone to the victim, who called police, and she was taken to a hospital.

LEVINE CONT. FROM PG. 4

Embezzlement Levine had conducted during his eight years with the temple. Levine used temple funds to pay for expensive vacations, jewelry, men’s clothing and a personal fitness trainer.

Sabra signed the restitution order that specifies Levine should pay $208,000 to the synagogue and $100,000 to Philadelphia Insurance Companies, which insured the temple.

Levine was also ordered to pay $162,000 to Chase Bank, also considered a victim, as Levine used temple funds to pay his personal Chase-issued credit card accounts. Sabra wrote that Levine must pay Congregation Beth El before the other two firms.

Levine must report his income while in prison. He will have to pay 50 percent of his income, or $25 per quarter, whichever is greater, toward the debts. After he is paroled, he will start making payments of at least $300 per month, according to court documents.
Potential home sellers should list now as area home prices have leveled off  

BY NANCY GARDNER

Do we have something to be thankful for? Look around. U.S. citizens pay the highest corporate tax rate in the developed world, yet only three major U.S. companies have AAA credit ratings. They are big pharma, big oil and gas and tech: Johnson & Johnson, Exxon Mobile and Microsoft. American families are not faring so well, with 43 percent of them spending more than they earn while juggling $15,200 in average credit card debt. According to CNBC, disability checks put true unemployment closer to 31.1 percent of the working-age population. One in six Americans are on food stamps. The rest of us pay something to be blackmailed, leaving the door open for private interests to push the income tax bill through on Dec. 23, 1913, during the holiday period.

We citizens have owed much of our hard-earned dollars to taxes of all types since 1913. This money has been used to support citizens in dire need, but it increasingly also supports those who come across our Southern border looking for a better life. But do we want to keep supporting all who walk, swim, fly or float across our borders?

Meanwhile, we’re happy; we’re healthy, with wonderful family and friends. We can also be thankful for some easing of the Dodd-Frank regulations lenders must follow when qualifying those requesting a mortgage. There is still VA- and FHA-backed money available for those with little down payment.

New home orders seem to be the sweet spot. It is time for the pent-up housing demand to transform our local real estate market into more sales. Potential sellers should list now, as existing home prices have leveled off. There is no time like the present to make the move you have been planning. The San Diego economy is stronger than it has been for a few years. Look at the big picture: The U.S. has the highest corporate tax rate, but we get plenty of exclusions to mitigate those taxes for our corpora- tions and personal tax obligations. In England, those who own their own business get taxed immediately. The government doesn’t wait for tax time but takes a certain amount out all year. At least we get the benefit of tax planning. With all its foibles, we live in America’s Finest City in the best country in the world. The negative statistics at the beginning of this article are there in large part because we practice what Emma Lazarus wrote in 1903, engraved on a bronze plaque welcoming all to America. Her sonnet reads in part, “Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!” Let’s face it: America is still the land of the free and the brave. Happy Thanksgiving!

Contributor Nancy Gardner, president of CMC Finance, La Jolla, can be reached at nancy@cmcfinance.com or at (858) 456-3000.
The All Souls’ Saint Nicholas Home Tour

Saturday, December 6, 2014 from 10:00 to 4:00. This year’s theme is “From Past to Present”. Each home on the Tour was designed by San Diego architects and have undergone renovations in the years since. Get a rare look inside San Diego’s most beautiful homes and support local community programs! Featured this year are homes designed by Homer Delawie, Don Edson, Gustav A. Hanssen, Richard Requa and Richard George Wheeler. See presentations reflecting the transformation and enjoy traditional Christmas music as you tour the unique homes. See a classic boxcar style home, the house built for the Principal of Point Loma High school in 1926, a mid-century family home now an elegant entertainment venue, a residence designated as a historical site, and what was once a cottage now with a 360 degree view of San Diego.

Order tickets online at www.all-souls.com.

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Have a Happy Thanksgiving!

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

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