LA JOLLA VILLAGE NEWS

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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, DECEMBER 16, 2016

CBRE acquires Westfield UTC office space

BY BLAKE BUNCH

The classic modus operandi of business, where employees go to their office building to solely work, is quickly a dying trend. Seemingly following a “startup-esque” environment, many large-scale firms in a variety of fields are aiming to make their employees’ lives better.

In the wake of the $585 million expansion phase at Westfield UTC, international real-estate brokerage firm CBRE has secured a 32,000-square-foot office space slated for occupation in October of 2017. CBRE, which has 160 workers currently stationed across the street at La Jolla Plaza, finds that though the transition is one of the first of its kind, they will provide an excellent case study for others to follow.

John Alderson, Westfield VP of Development in SD, and Paul Komadina, CBRE managing director for SD, have known each other for several years. What began as a casual Saturday text message developed into a “rare opportunity” in the form of a new third-floor office space.

Both jumped at the idea, for they saw the potential to form a truly symbiotic relationship.

“Paul went through an elaborate process in looking throughout the market,” said Alderson. “This arrangement in non-traditional (Left) Milan Dionese-Fling, (below) Saint Nick, and (above) residents and their puppies have fun in the La Jolla Christmas Parade.

PHOTOS BY SHARON HINCKLEY

Holiday spirit alive and well in La Jolla

BY DAVE SCHWAB

From the neon “Season’s Greetings” sign draping the pedestrian bridge above Torrey Pines Road linking Hotel La Jolla to The Children’s School, to street banners and festive seasonal lights communitywide, all of La Jolla is aglow for the holidays.

The light show goes up every year right after Thanksgiving, and stays up dazzling guests and locals alike until after the new year.

In charge of lighting and Christmas decorations annually in the Jewel is the La Jolla Village Merchants Association (LJVMA), which represents the downtown Village’s approximately 1,350 dues-paying mostly small businesses within its 30-block Business Improvement District (BID). Regarding the beach community’s seasonal lights display, LJVMA president James Niebling said, “We want to mix it up with the hanging, sparkling, shining, glittering lights and street banners we put up every year, which we give people the opportunity to sponsor.”

Niebling stressed that the LJVMA-sponsored La Jolla Street Banner Program is not just for the holidays, but rather is an important, year-round function.

“Most of the holiday banners, about 40, are already up, and as we move forward into January we wanted to let everyone know that the program is continuing,” he said noting applications to sponsor a banner are avail-

ISA Adaptive Surf competition celebrates second year at Shores

BY BLAKE BUNCH

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The shack comes back, Mt. Soledad resolved, and pinniped problems

BY BLAKE BURCH

Try as one may, it should prove challenging to dismiss aspects of 2016. While many of the issues facing the La Jolla community can often prove divisive, albeit repulsive, the underlying respect and pride found in the community is palpable. People don’t need to get along all of the time. Disagreement breeds ingenuity.

Approaching 2017, many of the issues you will find in the following “year-in-review” article will remain just so. From a notion of seceding from the City, to the ever-present seal stench issue, La Jollans will indefinitely look for resolutions regarding any current and future issues that arise.

Jan. 15

An idea that has been around throughout the prominence of La Jolla, this past January, some residents were once again pushing for secession from the City of San Diego. Longtime La Jolla resident Melinda Merryweather, a member of La Jolla Parks and Beaches, Inc., championed the idea of an “Independent La Jolla.”

“We [Independent La Jolla] are going to do a fundraising drive for the funds that are needed to do a new feasibility study, which is about $45,000,” said Merryweather. “Also, we will conduct a metes and bounds study, which will define the boundaries of La Jolla, which is our zip code, 92037. That should [cost] around $15,000. For $85,000, we can prove we can be our own city and do away with any costs. It is possible. I believe... with nothing to lose but the City of San Diego.”

Jan. 29

The San Diego surf world lost one of its true pioneers, Larry Gordon, on New Year’s Day of 2016. Almost 400 surfers attended his Jan. 18 memorial paddle-out at Tourmaline Beach, representative of his contributions to the sport and humanity in general.

Kicking off the festivities for the 2016 Farmers Insurance Open on Jan. 23, 2016, a world record was broken at La Jolla Shores for the most surfers on one wave – nearly 200 in total.

In January, the La Jolla Shores Association received a progress report on an ongoing investigation into flooding caused during a series of storms that month. Though initial reports said that the water and sewer issues would be fixed in March (~16), work on Avenida de Playa continued well into late-November.

Feb. 26

Typically under a good deal of scrutiny, rescuers at SealWorld on Feb. 21 successfully disentangled a 25-foot juvenile humpback whale, estimated to be 1 year old, observed about three miles off the coast of La Jolla. The marine park’s animal rescue team was alerted to the whale’s presence by the state Department of Fish and Wildlife at 1 p.m. and was on scene two hours later.

The first medical marijuana dispensary was opened in District 1 on Feb. 27. Torrey Holistics, located in Sorrento Valley, began operations under the guise of the Compassionate Use Act of 1996. The dispensary further noted that California Gov. Jerry Brown signed into law comprehensive medical marijuana regulations empowering local municipalities to give patients and provider guidelines for legally dispensing medical cannabis.

Perhaps the cutest intruder ever wandered into a booth at The Marine Room for shelter on Feb. 4, 2016. A 4-month-old sea lion pup named Marina was then cared for at SeaWorld’s Animal Rescue Center. Marina made a speedy recovery, and was freed shortly thereafter.

March 3

Longtime community planner Joe LaCava was named by La Jolla Town Council as La Jolla’s first honorary mayor in late Feb. of 2016. The town council bestows the title on a La Jollan who exemplifies “a personal commitment to the community... who operates with integrity ... and has demonstrated the ability to work with others of all backgrounds and points of view; not for their own personal benefit but for the benefit of the community as a whole.”

March 25

SealWorld CEO Joel Manby announced March 17 that the company will halt killer whale breeding, end its theatrical Orca shows and double down on conservation and rescue efforts. They also partnered with a longtime adversary, the Humane Society, to do it.

The Orca shows will end at the San Diego park in 2017, while the San Antonio and Orlando parks will end the shows by 2019.

April 8

At the April La Jolla Parks and Beaches Inc. meeting, member Bill Robbins, pinch-hitting for absent chair Dan Allen, addressed “camping” at the cove on holidays.

“I’d like to talk about camping in parks at the beach in relation to what the [La Jolla] Shores is doing,” Rob-bins said, noting the Cove “turns into a tent city on Memorial Day, the Fourth of July and Labor Day.”

April 22

San Diego Lifeguard Sgt. Ed Harris spoke on the extent of visitors interfering with sea and seals.

There’s no way for us (lifeguards) to try to mitigate them touching or petting the marine mammals,” said Harris. “I have literally seen people petting the stomach of a sea lion as if it was a dog.”

In March 2015, a sea lion bit a 5-year-old boy on his face as he wandered too close for comfort. Due to the familiarity between the aquatic mammals and humans, these interactions are strongly cautioned against.

May 6

Aimed 1,500 Scripps people, a fleet of ships, field stations on the North and South poles, satellites, people in airplanes and robots exploring the ocean floor, the information from Scripps that comes to the aquarium will be vast and ever changing.

This is good news to Birch Director Harry Helling, who sees the continu-ous support of San Diego residents as a key factor in being able to bring it all back to the community. “We’re part of Scripps, and we’re part of UCSD,” says Helling, “and a lot of people don’t know that.”

An Orange County Superior Court judge ruled May 3 that the City...
CONTINUED FROM PG. 4

of San Diego's attempt to close the Children's Pool beach in La Jolla is unlawful, Judge Frederick Horn ruled in the case of Friends of the Children's Pool vs. City of San Diego and the California Coastal Commission, that the city and the commission are prohibited from enforcing the Local Coastal Program amendment and the coastal development permit issued by the commission and the city ordinance for the seasonal closure of Children's Pool.

May 20

• Mt. Soledad Veterans Memorial Association's mission is to create and maintain a monument paying homage to veterans who've honorably served our country and to educate the public on the contributions of military personnel throughout our nation's history. After more than two decades of controversy, the area immediately surrounding the landmark 40-foot-tall cross was sold to the group for $1, a sale deemed questionable by some.

June 3

• Scripps Health opened the John R. Anderson V Medical Pavilion on June 1, a state-of-the-art $130 million outpatient clinic featuring 17 medical and surgical specialties including cardiology, neurology, diabetes and endocrinology, gastroenterology, dermatology, nephrology and family medicine. Medical services are being provided by Scripps Clinic Medical Group.

The Scripps outpatient center and one operated by Cedar Sinai Medical Center in Los Angeles are the only ones in California operating full-service outpatient catheterization laboratories outside a hospital through special state legislation approved in 2012.

June 17

• The Windansea Shack turned 70 this year and – except for the palm frond roof – has been fully restored by volunteers after being pounded by a storm last Christmas. The Shack is a historic landmark on the Windansea Beach in La Jolla and it has officially been restored following the hard hit it took from a storm last year. Credit for the restoration goes to a nonprofit and the community.

July 1

• Planning on the new Children's Pool tower, one of three built in La Jolla over the past decade, which cost $3.1 million to construct, goes back to at least 2007. The project has been plagued with problems and delays since the get-go.

La Jolla community planners early on questioned the size and scale of the old tower, built in the 1960s. That tower was condemned by the health department before being razed in fall 2013. Lifeguards had operated out of a pod-like temporary station atop scaffolding next door to the new tower structure under construction ever since.

July 15

• No one was injured, but La Jolla's Fourth of July fireworks display was interrupted – and shortened – by defective fireworks that prematurely exploded more than halfway through the show. "Nine feet of defective pyrotechnics which come in 'cakes,' discharged on the ground 14 minutes into the 25-minute show," said Deborah Marenco, La Jolla fireworks organizer. "At that point, the fire marshal came in and inspected, noticing that another 9-foot cake had been damaged, the finale fireworks, and deemed that not usable. The show continued and, gratefully, no one was injured."

July 29

• The LJPB Board sanctioned a letter drafted by chair Dan Allen to be sent to the city's Parks and Recreation Department opposing a proposal for DecoBike to extend its bike share stations into the Jewel. Ultimately, the DecoBike proposal was shut down.

Aug. 12

• A marine biologist, who completed a study on sea lions and harbor seals in and around La Jolla Cove, concluded that deterring the marine mammals from coming ashore is going to be easier said than done. Dr. Doyle Hanan, of Hanan & Associates Inc., at the City of San Diego's request, recently submitted the results of his year-long research on local pinniped populations and their behavior.

• Scripps Health invested $117.5 million into community benefit programs and services in the La Jolla area through Scripps Memorial Hospital La Jolla and Scripps Green Hospital during fiscal year 2015. The nonprofit health system recently released its 2016 Community Benefit Report detailing its community benefit activities for fiscal year 2015 (October 2014 through September 2015).

Sept. 23

• After a 25-year-long battle, an agreement has been reached to allow the sale of the cross, along with its surrounding memorial granite plaque walls, from the U.S. Department of Defense to the Mount Soledad Memorial Association Inc., at the City of San Diego's request, to the Mount Soledad Veterans Memorial Association Inc., at the City of San Diego's request, to the Mount Soledad veterans group bought the half-acre parcel containing the controversial Mount Soledad cross from the Department of Defense the previous year.

Oct. 21

• A plea to Mayor Kevin Faulconer to "invoke his legal right to move and exclude sea lions from specific areas where they are causing a public health and safety problem," topped the list of proposed action items La Jollans would like to see at the October meeting, and included:

• The mayor and City Council designating La Jolla Town Council (LJTC) as the contracting entity to develop a short-term action plan to move and exclude the sea lions from La Jolla beaches.

• The mayor and City Council giving authority for LJTC to execute a contract to implement a sea lion action plan, LJTC proposing/executing a city-funded contract to plan the sea lion project in detail and implement it, as well as develop cost estimates for the plan.

Nov. 4

• A motion by City Council President Sherri Lightner, which some felt would have largely banned short-term vacation rentals in single-family neighborhoods was defeated Nov. 1 by a 7-2 vote.

Nov. 18

• Termed-out San Diego City Councilmember and outgoing Council President Sherri Lightner, representing La Jolla and District 1, said she won't be running for another political position right away — or retiring.

“I don’t know what my choices will be in the future — I’m not precluding anything,” said Lightner. Council member-elect Barbara Bry was inaugurated on Dec. 12 for District 1.

Free report reveals secrets sellers use to preserve their equity

SAN DIEGO. If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

After all, with the proper information, selling a home isn't easy. A new report entitled "Sell Your Own Home" has been prepared especially for home sellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you'll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

PHOTO BY DAVE SCHWAB

A veteran receives a hug before the Memorial Day ceremony at the Mt. Soledad Veterans Memorial. PHOTO BY DAVE SCHNAB

PHOTO BY DAVE SCHWAB

A motion by City Council President Sherri Lightner, which some felt would have largely banned short-term vacation rentals in single-family neighborhoods was defeated Nov. 1 by a 7-2 vote.

PHOTO BY DAVE SCHWAB

A veteran receives a hug before the Memorial Day ceremony at the Mt. Soledad Veterans Memorial.
Goehler, a LJHS striker from Germany

BY ED PIPER JR.

Luís Goehler, a striker from Halle, Germany, has the disarming smile and bright blue eyes that could serve as the new face of the La Jolla High soccer team. His warmth and friendliness—not to say his stellar speed with or without the ball—embodies some of the increased excitement surrounding the Vikings soccer program following their CIF championship in Division 4 last March.

This year’s squad, which already had somewhat of an international flavor, has stepped that up considerably with the addition of Goehler, at 5’8” a speedster, who hails from just south of Leipzig in the former East Germany; Pablo Jativa, a defender from Spain; as well as junior Marco Furlanis, one of two captains for head coach Marcos Gonzales, whose father Salvatore is from Italy and his mother Roberta from Brazil.

Add into that world citizen gumbos our traditional Mexican salsa of Southern California, and you’ve got an 11-man side that could go places, so to speak. Andrew Estrella, who opened the season with a flurry of goals from his forward position, Jose Bella, who helps hold down the defense from his back position in front of goalkeeper Tai Nguyen, and Brando Diaz at midfield all are likely to respond favorably to assistant coach Victor Zendejas’ exhortations in Spanish and English from the sidelines during the game.

“He’s funny,” allows Grant Wagener, a sophomore who joined the high school team after his club team commitment was completed, of Zendejas, a former Viking standout.

“His warmth and friendliness—not to say his stellar speed with or without the ball—embodies some of the increased excitement surrounding the Vikings soccer program following their CIF championship in Division 4 last March,” said Aguerre. 

At one of La Jolla’s early matches at Mission Bay this season, Thomas called out from the stands to his son during the game. “Das spielen,” Translated, it means “the play” or “the playing,” Dad explains that he was encouraging Luis not to try to score in front of the goalie when the goalie comes out to defend. Instead, dribble around him to the space left open to the goal. “If he kicks with the goalie in front of him, the space is small. If he goes around him, the space becomes much bigger,” Thomas, bearded, elaborates. He is here pursuing business opportunities.

Goehler primes himself for games listening to what he calls “push” music—music that will push him in the game. “In Germany, we have a locker room like here. We have a music box. We’d all listen to the same music. We’d go out to warm up. Then we’d come back into the locker room, listen to two songs, and then go out for the game.”

He favors a German rapper known as KC Rebel, who comes from Berlin, north of Halle.

Two good friends from home, Justin Scholz and Luis Saeger, will be here over the Christmas holidays to visit and stay with the Goehler family. “They won’t get to see Luis play in his American environs, however, as the team is off during the winter break.”

As surfers, we are all constantly adapting. It truly is therapeutic.

FERNANDO AGUERRE
PRESIDENT OF ISA

SURFERS » CONT. FROM PG. 1

the disenfranchised is tangible.

Following a great deal of success and international excitement seen from the inaugural competition, Aguerre aims to keep the event in California—where it all began.

“You know, there was such a buzz following last year’s competition,” said Aguerre. “In a lot of places around the world, these athletes are viewed as second- and third-class citizens. California is different, however, and is why we chose to have the competition in La Jolla.”

Aguerre further explained that athlete’s who participated in 2013 witnessed how U.S. society takes care of those with limitations, and went back to their respective countries demanding equality.

“Toward’s competition, which is sponsored by Stance surf socks, will entail roughly 80 entrants from over 21 countries. At last year’s event, there were about 60 surfers from 18 countries. A range of categories will be available under which to surf, as no two individuals are alike. Boards of various sizes, shapes and adaptive design will be seen at the competition.”

“We call it an ‘adaptive’ competition, not only for the athletes adapting their skills, but also the creativity into the equipment they use,” said Aguerre. “As surfers, we are all constantly adapting. One you catch a wave, you aren’t thinking. Instinct takes over then, and you forget about whatever stressors the day may have entailed. It truly is therapeutic.” Solace can be found in numbers, and that is ultimately a goal of ISA’s. While one may be discouraged regarding their functional capabilities, an event like this shows them that they aren’t the only one with a particular issue or limitation. They can talk with others who have endured similar difficulties, or simply get out and be stoked on surfing.

“My wife and I surfed the Shores today,” said Aguerre. “I heard a surfer speaking in Argentinian Spanish, with someone telling him when to go. He was blind, and another athlete was coaching him into a wave. That is truly why we host this event, to come together as humans and surfers.”

For more information about ISA’s World Adaptive Surfing Championship, visit www.isaworlds.com.

CBRE » CONT. FROM PG. 1

Alderson stressed the hospitality aspect of the deal, which is strangely unfamiliar for a corporate mall chain. Westfield expunges any notion of a traditional approach to how a mall space can, and will be used.

“Some may see our goals are lofty or aspirational, but Westfield and CBRE are aligned in many ways, both aligned in addressing hospitality as the core of doing business. Also, Westfield aims to create an experience—not just function as another shopping mall. As mentioned previously, both companies view this relationship as a bellwether, not just for San Diego or Southern California, but for the rest of the U.S. This not only enhances the future of the UTC area, but is also an amazing case study for alternative office settings. We hope to set the standard for a hospitality-focused environment,” said Komadina.

Until October of 2017, CBRE will remain in their current offices across the street—with a view of the ongoing construction of their new headquarters. Once they set up shop at Westfield, it will be interesting to see how this progressive work/play model will benefit the lives of employees, tenants and landlords.
STRATEGIES ON HOW TO BRING BUSINESSES TO THE VILLAGE

"The key is to work with real estate brokers, develop this package, then the vision into a tool and make sure that we are getting the right businesses in," Fazzio said.

Photography studio owner Krista Baroudi noted the group ought to build on previous survey work done recently by the La Jolla Village Merchants Association (LJVMA), which represents more than 1,350 dues-paying businesses within its 30-block business improvement district (BID).

"There was a lot of energy and some great ideas," said new LJVMA president and interior designer James Niebling. "We need to be really focused on coming up with a very cohesive plan of action that members, at our January meeting, can buy into and sign-off on — and then we can move forward."

Niebling noted the merchant group’s efforts ought to be directed mostly at “driving business into the Village.”

On Dec. 7, LJVMA executive director Sheila Fortune gave a primer on the Brown Act, which all state political and other public groups adhere to. The act sets guidelines for keeping meetings transparent and open to the public, as well as ensuring group business is not conducted secretly behind the scenes.

“It is the public’s right to record our meetings, both audio and video, any time,” Fortune noted.

Niebling then asked LJVMA members to break into small-group discussions amongst the group’s Promotion, Economic Development and Design Divisions.

LJVMA’s Design division covers streetscape improvements/repairs, cleaning and trash pick-up, tree planting and other beautification projects.

Economic Development explores ways to recruit new businesses, as well as providing educational opportunities for members. Promotions produces events and creates marketing programs.

Sitting in on the Economic Development Division’s discussion, electric bike shop owner like Fazzio pointed out the division’s mission is more than just assembling a marketing package for prospective clients.

"The key is to work with real estate brokers, develop this package, then the vision into a tool and make sure that we are getting the right businesses in," Fazzio said.

Children’s Pool stays open during holidays

In order to comply with an Orange County Superior Court ruling, the City is prohibited from closing the Children’s Pool on Dec. 15 as it has done since 2014.

The City has appealed the decision and continues to work to resolve legal issues surrounding the pool.

In the past, the City has closed the pool from Dec. 15 to May 15 during harbor seal pupping season for the beach and surrounding area.

The existing rope line, which serves as a guide and reminder for the public to keep a safe distance from any seals that may be present, will remain in place while the beach remains open.

The decision to close the pool was approved by City Council on March 18, 2014.
Pop art meets high-performance surf design for local board shaper

BY BLAKE BUNCH

Although it may seem difficult to envision Andy Warhol existing outside of the infamous Chelsea Hotel or his plastic Factory in New York, in 1967 he briefly called La Jolla home. He was living in a rented beach cottage, indefinitely less modern than his familiar settings, became obsessed with surfing (or surfers) and purchased an asymmetrically-tailed board from local shaping legend Carl Ekstrom. The film, “San Diego Surfer,” would be his last – remaining unreleased until a 2012 premiere at the MoMA.

Shaper and artist, Tim Bessell, was around 10 years old at the time – but was a close friend of Ekstrom’s. Frequently sighting Warhol around the Village, Bessell would not formally meet the iconically introverted pop artist until a chance trip to New York during his 20s. Since Warhol and Eckstrom hit it off, Bessell was fortunate enough to secure a meeting at his factory through Ekstrom’s connection.

“I told Carl that I was going to New York with a friend, and he asked me to tell Andy ‘hi’ if I saw him,” said Bessell. “Sure enough, we were out at the opening of the new Playboy club in Manhattan, and Andy was there. My friends dared me to go speak to him. I shyly approached him and - you know, he was super approachable and thoroughly interested – more so than one could have ever imagined.”

Nothing was ever formally discussed, but a seed was indubitably planted. Prior to his meeting with Warhol, Bessell had been shaping since he was 13, and had built quite a local following. Years later (after Warhol’s tragic shooting), a friend showed Bessell a skateboard with some Warhol prints on them.

“My friend showed me some Warhol prints on them. ‘I have to put these on surfboards,’ thought Bessell. ‘Having the connection to Andy was beneficial, but I was still unsure regarding the licensing.’

He then contacted the Andy Warhol Foundation, and from there, things escalated swiftly.

Bessell, who operates his shaping factory through Ekstrom’s company, found a way to bridge the gap between the artist’s work and surf culture.

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He then contacted the Andy Warhol Foundation, and from there, things escalated swiftly.

Bessell, who operates his shaping shop and studio in Bird Rock, has found a way to bridge the gap created by Warhol initially tried to intersect his art with surf culture. For the past few years, he has been licensed to shape boards with readily desired, vibrant Warhol prints glassed in.

“First and foremost, these boards are 100 percent rideable,” said Bessell. “I still hand shape them, just like I do with every board I create. No ‘pop-outs’ here. When it came to pricing the boards, I basically just added another zero to a typical Bessell board.”

A true play on the Warhol works themselves, Bessell designs certain boards to their corresponding prints. He created a “gun” (used in massive surf) with “Gun” glassed in, a performance fish for “Last Supper,” high-performance thrusters for “Mick Brown (Jagger)” and “Marilyn Monroe” (two of the best sellers), a fun shape for “Banana” and so on.

Not only is Bessell utilizing Warhol prints, but also has created two boards from Jackson Pollock’s first print, “Autumn Rhythym,” as well. Over the past three years, Bessell has hand-created over 200 surfable pieces of art bearing Warhol’s prints – and does not appear to be stopping anytime soon. He still shapes Bessell boards on a regular basis as well, which remain in high demand throughout Southern California, and around the world.

Bessell held a red-carpet artist’s reception at the Aaron Goulding Gallery on Saturday, Dec. 3. At the gallery, nearly all of the boards are marked with red dots – significant of having been purchased. If one chooses to stop by the gallery, however, the Bessell/Warhol Project will be there until Jan. 2.

The Aaron Goulding Gallery is located at 1273 Prospect St.

Connecting/Disconnecting: The impact of social media – Åsa Kvissberg

BY BLAKE BUNCH

In this era of technological over-saturation and crisis, even the most resilient human beings find ways to disengage. It is a natural defense mechanism developed after thousands of years loving, and yet, fearing disengagement. It is a natural defense mechanism developed after thousands of years loving, and yet, fearing disengagement.

“In this era of technological over-saturation and crisis, even the most resilient human beings find ways to disengage. It is a natural defense mechanism developed after thousands of years loving, and yet, fearing disengagement.”

Although some of the pieces are more direct in their statements, others will induce a line of internal questioning. Kvissberg’s technique of multi-layering provides a chaotic, yet ordered backdrop depicting humans in everyday tasks – often overlooked.

“The collection, which is currently on display at the Monarch/Arredon Contemporary Gallery in La Jolla until Jan. 15, poses one question to which the artist wishes to invoke: ‘Is this a problem?’

“I am by no means implying that social media is wrong,” said Kvissberg. “As humans, we have this innate desire to be the most popular, to be the happiest or make the most money. While this competition is natural, it presents a ‘false reality’ or ‘duplicitous self’ on the Internet.”

The works cover a range of media: oil tempera, prints made from hand-created etchings, wax and mixed media. While the wax pieces tend to create a lighter, warmer feel (by general nature), the etchings remain a shade darker in content and color.

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Pet of the Month
Zuri

Favorite Food: Zuri loves to eat organic, natural peanut butter.

Favorite Activity: Zuri loves her daily visits to Seasons Assisted Living Facility in which she spends time with a very special resident. She also loves spending time with her canine sister, Pippa.

Origin of Zuri’s Name: Zuri is short for Zurich, a city in Switzerland. Her mom and dad picked her name after a family trip to Switzerland.
From My Garden – Living Christmas trees

BY LINDA MARRONE

The tradition of bringing pine trees into homes, then decorating them for Christmas can be traced to 16th century Germany, and the Christmas tree has played a nostalgic part in our holiday season ever since. San Diego has ties to Christmas tree history by having the first electrically lit outdoor Christmas tree in 1904 at the Hotel Del Coronado.

Living Christmas trees may not be the easiest choice, but they have been gaining in popularity, mostly due to concern for our environment. After the holidays, living trees can be planted in the landscape where they can become a cherished reminder of a special Christmas past.

If you are considering a live tree, remember that the “cute” little Christmas tree will become a large specimen in the future. Pine trees have dense root structures and careful consideration should be taken before planting them in your yard. If you do not have room in your yard, think of a place where you can donate your tree.

Coastal Redwood or Sequoia: These trees are native to Southern Oregon and California. They are among the tallest trees in the world and can reach heights of over 300 feet, with trunks 75 to 90 feet in circumference. I purchased one of these trees several years ago, and it now resides atop Mount Palomar, thriving on a friend’s ranch. We gave the tree as a gift after the area was ravaged by a devastating fire.

Aleppo Pine: This particular pine thrives along the coast and is a native of the Mediterranean. It can grow to heights of 60 feet.

Monterey Pine: A Southern California native, the Monterey can grow up to 60 feet, thrives at the seaside, and has attractive, bright green needles.

Italian Stone Pine: Another Mediterranean native, this tree has an asymmetrical umbrella-like head, and can reach heights of up to 60 feet. These trees are available in sizes ranging from 2 gallons up to 15 gallons.

Your potted tree should remain indoors for no longer then two weeks. It should be watered thoroughly before you bring it inside and the soil should be kept moist. Take care to place the pot on top of a plastic pot liner, to protect your floorings. Position the tree away from direct sunlight and your heat source. It is recommended that you use low-heat lights and keep the decorations to a minimum.

Pine trees can be kept in pots, but should be transplanted every spring into larger containers, filled with fresh organic (acid-based) soil. Before transplanting, they may be “root-pruned” by cutting vertically through the horizontal circulating root at the base of the root structure. This technique will help to keep their size to a minimum. Feed them periodically with a mild fertilizer, such as fish emulsion or a kelp based fertilizer.

If you have limited space, other small ornamental choices include: Ivy and rosemary that have been formed into “cone” shaped topiaries. Different varieties of evergreens are also available in pots as small as 6 inches. Display these living “trees” in interesting containers for a festive holiday touch.

Author, photographer finds unconditional love

BY LUCIA VITI

On Thursday Dec. 8, La Jolla’s Warwick’s hosted photographer Jane Sobel Klonsky showcasing her new book, Unconditional: Old Dogs, Deep Love. Sporting a 38-year career as a sports and commercial photographer, Sobel Klonsky’s most recent publication juxtaposes captivating photographs with endearing personal narratives that celebrate a dog’s golden years. Featured senior canines include rescue, service and working dogs as well as cherished pets. Accounts and anecdotes narrate the enduring bond between humans and older dogs.

The idea by accident was sparked during a meeting with her insurance broker, Angela, Clementine. Angela’s senior bulldog, lay in a bed with Angela’s hand nestled comfortably on the dog’s side. Clementine had been diagnosed with terminal cancer.

According to Sobel Klonsky, “a light bulb went off and I knew that I wanted to document the relationship that people have with their senior dogs. Angela agreed to be photographed and we did so the very next day. The images were so poignant the idea became a passion project.”

Affectionately named Project Unconditional, Sobel Klonsky “asked around – friends, friends of friends and organizations – for senior subjects, took photographs and at my husband’s...
We look forward to them, and we breathe a sigh of relief when they’re over. I’m talking about the holidays. We grumble about the commercialism, guests that come in droves, children home from school and constantly underfoot, or home from college constantly flying the coop to who knows where and who knows with whom, or adult children on a break from work who can only stay a long weekend, although we are grateful for the opportunity to get to know them anew.

So we decorate our houses. We bake, wrap presents, stand in line at the post office. We get more mail to answer, more catalogs. Most of it is fun. It is lovely to see friends’ children and grandchildren, how much they’ve grown since last year. While the cute child has turned into an awkward, rather unattractive teenager, last year’s overweight teenager has blossomed into a charming and confident young adult. The baby is now walking, and everyone else has grown a bit older looking. Have we? We also wonder whether it is as much of a shock for others to see us after a year’s absence as for us to see them. We lie and say, “You haven’t changed a bit.”

We eat latkes at one home and Christmas fruitcakes and cookies at another. We sing “Dreidel, dreidel” one day and “Silent Night” another. We send gingerbread houses to all the children I know, some arrive early for Chanukah, others later for Christmas. I get short phone calls from grandparents, “Thank you for the gingerbread house, Grandma. I love you. Goodbye” and receive letters of thanks from friends’ children in long, unimportant letters that don’t respond by the end of January. I call and ask, “Did you get the gingerbread house?” “Oh yes, thank you. We’ve been so busy; so sorry.” They don’t get one next year. I received a lovely phone call from a niece, my late brother’s daughter, “I love the gingerbread house you sent my children. I remember getting them when I was a little girl.” Has it really been that long that I have been sending these?

So among the activity, the tension, the lack of time, it is important to stop, reflect on the past year: to be sad for what was lost undone or unspoken, remember those who have died or moved away, be glad for the successes, for what has been accomplished, and celebrate family and friends with whom we have shared both the good and not-so-good times.

I find it important to connect to our past, to our ancestors who celebrated Chanukah and Christmas and probably had similar concerns and hopes. Both Jews and Christians were persecuted at various times in our histories. Sadly to this day both are still being persecuted in many parts of the world. We in the United States should be particularly thankful that we can light the menorah candles and the Christmas tree, singing with gratitude that we are able to do so freely without fear.

When I was a little girl growing up in Paris, Christmas did not include the commercialism of today. There was no proliferation of presents for children; instead, I remember receiving walnuts and oranges from Palestine—both were a real treat. Jan. 6 marked Epiphany, or Three Kings’ Day, an equally important holiday with the traditional French galette des rois (three kings cake). For some mysterious reason, every year my brother or I would get the slice with the little baby Jesus in it; whoever received it would get to wear a gold, paper crown.

Traditionally, each family has its own rituals passed on from generation to generation; as children grow and have their own families they embrace these ceremonies. These customs bind generations and create a tie to our past and a connection to the future.

When the holiday hubbub is all over, there is often a period of letdown. Following the December whirlwind, it’s important to have plans for the new year, something to look forward to—a year full of unknowns, opportunities, adventures, and growing not only older, but wiser.

Reminiscing about holidays past

Doing it Better

By Natasha Josefowitz, Ph.D.

“I never realized what the project would do in terms of my relationship with my own dogs,” she said. “I appreciate them now more than ever. Charlie and Sammy keep me honest and living in the moment. They’ve taught me how to stop and smell the roses and enjoy the free, simple things in life. We spend more quiet and quality time together. They make me a better person. Because of the project, I feel honored and blessed to have them by my side. I really miss them when I go away.”

By JEMMA SAMALA

The divisive Regents Road Bridge issue was put to a city council vote on Dec. 5, and council members voted 6-2 to remove the bridge construction from planning maps. Many University City residents attended the meeting and voiced their concerns for and against the bridge during three hours of public testimony.

The council decided that there were too many doubts about the bridge actually reducing congestion, and too many environmental concerns about the project being built across Rose Canyon. Those who were pro-bridge and voiced concerns about public safety problems without a bridge were told that emergency response times would be better alleviated by building new fire stations in the area, one in south University City and another on the UCD campus.

It was also noted that traffic congestion problems will be helped by the current construction of the new trolley line. Additionally, the proposal to widen Genesee from four to six lanes, and one to re-trace the line instead of being deleted from the plans, while the Regents Road Bridge is officially off the planning maps, the issue continues to be a touchy subject in University City. Is it really over? We shall see.

Sprechels kindergarten teacher, Lisa Alessio, was presented with the “Teachers Are Heroes” award by the Entercom San Diego stations in partnership with Amusa Pacific University, San Diego Regional Campus and the San Diego County Toyota Dealers. The award has been given out since 2001, and 12 recipients are selected each year. The monthly recipient is chosen based on nomination letters.

Alessio was nominated by Sprechels parent Jennifer Harper, whose comments included: “Mrs. Alessio not only taught them but she loved, cared for, and nurtured them. She turned my children into bright and beautiful young students, introducing them to the world of learning. Not only did she follow them through kindergarten, she has followed them through their entire academic experience.”

The University City Community Association created the Buy Local program a few years ago to help support local businesses. For a $20 membership, a local business can become a Buy Local member. UCCA members receive incentives for supporting a Buy Local business by showing their membership card. Perks in supporting the Buy Local businesses range from 20 percent off JK Computer Services, to 10 percent off from Klassen Painting, to 10 percent off your meal at Lorna’s Italian Kitchen, and much more.

The Buy Local businesses are also listed at www.universitycitynews.org.

After five Southern California competitions, University City High School’s Band Field Show was ranked No. 1 in the 2A Division heading into the Southern California School Band and Orchestra Association Field Championships at Ramona High School in Riverside last month.

The band ended up coming in fourth place at that state-level competition, and finished the highest in school history. The band also marched during the La Jolla Christmas Parade, and during their recent Barnes & Noble fundraiser.

Curie Elementary teaches the value of community service to their students, and parents, through the school’s Curie Community Service Group. Each month they select a different organization to support. In December, they are having a coat/blanket drive. Gently used coats, jackets, pajamas and blankets for children and adults are being collected and delivered to Father Joe’s Villages homeless shelters.

In November, the Curie Elementary Community Service Group collected enough items for the St. Inno- cent Orphanage in Mexico to help more than the one child assigned to them. Information about the orphanage is at www.projectmexico.org.
Last-minute purchases and go-to vacation locations in La Jolla

There’s still plenty of time left in this holiday season. While most have the next two weeks of their calendars blocked off, holiday parties are in full swing.

In order to aid with your last-minute holiday gift purchases, tasty treats for that dinner party, or anything else falling out to finally purchase that tree that we’ve compiled a quick list of some businesses near La Jolla Boulevard that will help you get the job done.

Baskin Robbins has created a “festive lineup of holiday treats to make sure that any ice cream lover in your life will be satisfied. They specialize in working on ice cream treats, with flavors constantly changing every day and night (except Mondays). Named after the Roman myth of the “Lupa,” maitr’d Adrianio Gasparo and chef Luigi Tornatore surely provide a truly authentic Italian experience. They also offer group dining in–restaurant and through catering services.

Lupi Vino Cucina is located at 5518 La Jolla Blvd. 858-454-6421. Lupi Vino Cucina is not located off La Jolla Boulevard. Owner Victor Carrillo has been fascinated with computers since an early age, and has continued that passion to ensure that his devices are safe and sound. They specialize in working on PCs, iPhones, and iPads. They won’t be using that device too much over the holidays, so go ahead and bring it to San Diego Mac Repair. San Diego Mac Repair is located at 7734 Herschel Ave, Suite J-8, 858-795-9775.
Fashion Files: A sparkling array of a trunk show

Laura Gambucci Boutique held a sparkling trunk show on Dec. 9 and 10 in her La Jolla store. Gambucci featured two New York jeweler designers: VIVAAN and Slight Jewelry. Surbhi Pandya is the brilliance behind the luxury fine jewelry collection named VIVAAN. The name “VIVAAN” translates into “Goodness of Life.” This organic elegance collection is inspired by nature and incorporates antiquity designs blended with modern. Pandya uses the finest quality of diamonds and natural gemstones.

Pandya grew up in the business and started VIVAAN 11 years ago. Every six months the style and design is changed. In addition to Pandya’s talents, she is a painter inspired by nature. She is also a spiritual healer and believes the vibration of the gemstones is very important to the wearer. She is able to cleanse the stones so that the vibration has the ability to raise the emotions and put the wearer into alignment.

I was in awe of all these 18-karat gold pieces of art. The gem quality was very unusual and each design was one of a kind. There were emerald slices, green tourmaline, blue tanzanite and pink opals. One was called Bridging the Generations, which was a symbol of bridging the gap of generations. I loved her combination of refined and unrefined stones creating a beautiful unique design. VIVAAN can be found in stores and boutiques around the country, but you can see them up close by visiting the Laura Gambucci Boutique on 7655 Girard Ave. Suite A.

I asked Pandya what she would like to create in the future? She said, “I would like to integrate jewelry with technology that can reach people’s emotions and take them to a higher vibration.”

Amanda Campbell is the second designer in the trunk show whose collection is named Slight Jewelry. This jewelry line highlights geodes and diamonds with gold-white, yellow, and rose. Campbell’s jewelry is edgy, avant garde, and unique. Campbell works with rare gray diamonds, Tahitian pearls, and gemstones. She is also from New York and was unable to attend the trunk show but her beautiful work was on hand for all the customers to try on. Campbell is one of three fine jewelry designers selected for The Residency in Hollywood by Be Akerlund. This line can be found at Albright Fashion Library in NYC. For more information, visit www.slightjewelry.com.

A theatrical retrospective 2016: Most notable from San Diego County

BY CHARLENE BALDRIDGE

As I write this it’s almost mid-December. By Dec. 31, I will have attended more than 150 cultural events just in the larger San Diego area. I also saw and heard numerous concerts and a new opera in other parts of the country, including three Florida Orchestra concerts conducted by San Diego’s Mainly Mozart Festival artistic director Michael Francis in St. Petersburg, Orlando and Clearwater. Most recently in Houston, I attended the Dec. 2 Houston Grand Opera world premiere of Jake Heggie’s “It’s a Wonderful Life,” starring Deborah Gilmour Smyth and Robert Smyth and directed by Christy Yael-Cox, and, after assuming (shared) programming at the Horton Grand Theatre, Intrepid’s fine production of “Art.”

Diverionary Theatre wowed everyone with the world premiere musical titled “The Boy Who Danced on Air.”

Kudos to Ion Theatre for boldness and excellence for “Sunday in the Park with George” at San Diego Museum of Art, directed by Kim Straussburger; and their recent Sixth@Penn production of “The Normal Heart,” in which artistic director Claudio Raygoza scored in the Ken Kramer role. Ion’s record of gut-wrenching small productions continues.

Moxie Theatre’s recent production of “The Kid Thing,” showcased one of the best performances of the year, that of Jo Anne Glover.

North Coast Repertory scored with a surprising and involving “Way Down River,” which starred Richard Baird.

San Diego Repertory earns kudos for their world premiere of Herbert Siguenza’s hysterically funny Moliere adaptation, “Manifestis Destinitis,” plus an intense production of Ayad Akhtar’s Pulitzer Prize-winning “Disgraced.”

If there was a trophy for Outstanding Theatrical Achievement it would go to Cygnet Theatre for their alternating repertory of August Wilson’s “Seven Guitars” and “King Hedley II” at Cygnet Theatre Old Town. Cygnet’s casting of splendid San Diego actors and their dedication to the works of Wilson, often referred to as the American Shakespeare, are exemplary of the finest in San Diego theater and worthy of the utmost esteem and support.

See you at the theater next year!
Chiltonic: A cool wave of cryotherapy in La Jolla

BY DAVE SCHWAB

Chiltonic Cryotherapy in La Jolla is lending a whole new meaning to the expression “chill out.”

Cryotherapy, the local or general use of low temperatures in medical therapy (cold packs and the like) has been practiced for centuries, especially to treat sports injuries. Today, it is becoming a much more mainstream alternative treatment people are increasingly choosing.

Cryotherapy’s goal is to use extreme cold to decrease inflammation and pain.

“This cryotherapy is a dry cold, which is ideal for (treating) arthritis and auto-immune disorders like fibromyalgia,” noted Matthew Bergman, managing member of Chiltonville Partners LLC of Rancho Santa Fe, which manages the La Jolla Chilcote, the fourth such business in Southern California and the seventh in California. “We realized it could be a real benefit.”

Those benefiting early-on included Bergman himself, a former BMX biker with some leftover physical dings, and his wife, Gretchen, whom cryotherapy helped with her chronic back pain.

The cryotherapy process is surprisingly quick, Bergman said.

“The treatment is three minutes for your entire body with only your head out the entire time,” he said. “You think you’re in cold water because it’s so cold — but it’s dry. It constricts your blood vessels bringing blood to the (body) core to protect and warm it.”

La Jolla Sports Club co-owner Brett Murphy is a client, fan and partner with Chilcote, who swear by the therapeutic benefits of cryotherapy.

“I had a lower back herniated disc and I love to play basketball, lift weights and workout, but was having trouble doing that,” said the upstate New York native from a cold environment, who admitted he was initially surprised when he first tried cryo.

“For the first 10 to 20 seconds it messes with your mind a little bit,” he said. “But your body-adjusts, makes changes, and then your adrenaline really kicks in.”

Murphy said he likes that techs educate clients guiding them through the brief but intense cryotherapy process.

“After the three minutes is up, you get an endorphin (hormones secreted within the brain and nervous system) rush as the body starts to heat itself up.”

Murphy said cryotherapy’s worked for him.

“I’ve become more flexible, my back feels better, the pain and inflammation is reduced,” he said adding he now regularly undergoes cold treatments five days a week.

The fitness operator says he has a client in his 70s, who also undergoes multiple treatments weekly, who claims “it makes him feel younger.”

“It’s very good for athletic recovery as well as reducing inflammation,” Murphy added.

“It’s not best to do just one session,” said Murphy. “You really have to do it consistently to really feel the effects on your body and mind.”

Where cryotherapy differs from traditional cold treatments is that it works “from the inside out,” Bergman noted.
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