**ELECTION 2012: CANDIDATE STATEMENTS**

**SAN DIEGO MAYOR**

CARL DEMAOI
My top priority is fixing city finances, restoring services, repairing our roads and getting San Diegans back to work with job creation.

I’ll bring people together. As mayor, I will lead by example and create the most open and transparent city government in the nation. I’ll always take a balanced approach.

The city continues to fall behind each year on regular maintenance of our roads and infrastructure. The incoming mayor will need to dig up our $1.5 billion infrastructure maintenance estimated at $900 million and cut through regulatory red tape that has stifled sound business practices.

By the time we bring back library hours and fix the potholed streets in our community.

Bob Filner
We need solutions to move our city forward, not political agendas, needless lawsuits and political standoffs.

I will make city government work for all San Diegans — not just developers and other special interests — rebuilding aging infrastructure in our neighborhoods and restoring basic needs.

- I will create good-paying jobs by making San Diego an alternative energy leader, expanding our port into a maritime center and building an innovation-based economy for the 21st century.
- I will improve our schools so every child has a chance to succeed.

Ray Ellis
As your councilmember, I will focus on restoring community services. I strongly support pension reform and will solve the pension issue.

I will get San Diego’s fiscal house in order so that we can work together.

For an explanation of select local and state propositions, see Page 5

**DISTRICT 1 CITY COUNCIL**

Sherri Lightner
I’m a 53-year resident of San Diego, UCSD graduate and professional engineer who raised my family in La Jolla. I have served as a Board member for the San Diego Symphony, La Jolla Ballet, and Women’s Fund and live in La Jolla for 30 years. I know what it means to be under fire and have a track record of balancing the budget and getting results.

I believe San Diego needs to take the lead in creating an innovation-based economy for the 21st century.

Santa and his Christmas colleagues will indeed make an appearance at the 2012 La Jolla Christmas Parade and Holiday Festival, which was in danger of being canceled due to ongoing negotiations.

This year the foundation has raised more than $100,000 from the free event to support underfunded programs at four public La Jolla schools.

Including funds raised from this year’s two-day event, organizers of the La Jolla Art & Wine Festival and their community partners have been successful in raising more than $220,000 for art, music, science, physical education, technology and on-site medical care programs at Muirlands Middle School and Bird Rock, La Jolla and Torrey Pines elementary schools over the past four years.

**LA JOULA'S PREFERRED SOURCE FOR LOCAL NEWS**

**VILLAGE NEWS**

**LA JOLLA'S PREMIERE SOURCE FOR LOCAL NEWS**

**COUNTRY CLUB**

**CLUB**

**LA JOLLA FARM**

**LA JOLLA SHORES MUIRLANDS**

**BARRY & BETTY TASHAKORIAN**

One of La Jolla’s Leading Agents for 2011

Confirmed by Sandicor

| 858.367.0303 |

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One of La Jolla’s Leading Agents for 2011

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| 858.367.0303 |
Richard James Reichter was best known for his unwavering passion for life. He was the first person to come to anyone’s aide, offer advice and mentorship. Since his death, he has had so many wonderful people come up and offer condolences and share stories about how Rich had positively affected their lives. The words they spoke will bring back the best memories and even reveal unknown characteristics of him. In his professional career, he was an accomplished Navy man and a journeyman mechanic, but he was so much more. He was a Christian man who read the Bible every night and loved his family and friends, putting everyone else’s needs in front of his own. He was a strong father and a loving husband; family and friendship were his true core values.

Some of his favorite hobbies were bowling and fishing. He was never the best bowler, but he was dedicated to making it fun and used that activity to stay connected with his family. Also, he used the opportunity to foster new friendships. He was also never the best fisherman; in fact he may have the worst fishing trip to fish-catching ratio to any angler.

Every trip was full of excitement and laughter, with the thoughts of trying to break the “Richard fishing curse,” always thwarted by getting skunked every time he was on the trip. On Oct. 20, Richard passed away after an accident in La Jolla. Richard “Gorilla Grips” Reichter was 50 years young, a father, brother, best friend to many, almost always the photographer in all our family outing photos, the household bug squasher, useless information librarian, mushroom fanatic, amatuer inventor, artist, self-proclaimed BBQ master, Mr. Fix-It (often because he broke it), adult child, all American, sci-fi connoiseur, USA veteran, Political Debater, neighborhood mechanic, mandatory Metallica fan, strong in his Christian faith, average bowler, cursed fisherman.

Richard is survived by wife Susan, son Thomas and daughter Stacey, as well as his sisters and so many friends and extended family. In lieu of flowers, the family asks that donations to help offset funeral costs be sent to Richard’s wife, Susan Reichter, at 4817 Coomino way, San Diego, 92117.

Richard James Reichter, loving friend, father and husband
The trial of the case in which three young men accused of killing 2010 La Jolla High graduate Garrett Berki opened on Oct. 29. Berki was killed during a robbery on May 11, 2011 when he answered an ad for a computer he saw on Craigslist.

Berki, 18, of Mission Beach, was shot in his car just minutes after the three men allegedly robbed him and his girlfriend of $640 and their cell phones when Berki drove to Paradise Hills in search of a computer deal.

All three defense lawyers conceded in opening statements a robbery was committed, but all insisted the robbery had concluded after they drove away. Berki drove after them to try and locate a car license-plate number to give to police and was shot after both cars turned into a cul-de-sac in Paradise Hills. One of the defense attorneys told jurors the shooting was accidental.

The distinction about when the robbery concluded is important because if jurors find Berki was shot during a robbery, the felony murder rule specifies it is first-degree murder for all participants, which is what prosecutor Kristian Trocha is seeking.

Attorney Kate Coyne, who represents accused gunman Rashon Jay Abernathy, 18, told the seven-woman, five-man jury that Abernathy held the gun outside a partially lowered window, which was a child safety feature of the stolen Honda they were in.

When the driver, Seandell Lee Jones, 19, slammed on the brakes suddenly, that caused the gun to discharge and fatally wound Berki, said Coyne. She described it as “an unintentional firing.”

“He didn’t know the gun was loaded. It was accidental, not a premeditated murder,” said Coyne.

Only one shot was fired at dusk in the 3000 block of Artemia Way and several neighbors in Paradise Hills testified they heard it. The trio drove off, leaving Berki wounded in the shoulder, but the bullet traveled into his lungs, severing arteries. He died at a hospital a half-hour later, said Trocha.

Trocha told jurors the $640 was recovered, along with the cell phones. Berki’s cell phone was found in the backpack that carried the supposed computer for sale, he said.

The prosecutor said the trio was placed in a holding cell together and “they talk about the robbery and murder,” apparently unaware their words were being recorded on tape.

Trocha said the trio talked about how they regretted not shooting Berki’s tires or taking his keys so he wouldn’t follow them. He said they didn’t say anything about regretting Berki was shot.

The first witness was Erick Castillo, of Pacific Beach, who told jurors he answered a Craigslist ad for a 17-inch Apple Pro computer on May 5, 2011, and was robbed at gunpoint by two men.

The group was being recorded on tape.

One juror, who failed to show up for jury duty on Monday, was discharged and an alternate juror took his place.

The prosecution said later Monday: “The defendants, Castillo identified Abernathy and Jones as the young men with guns who repeatedly told him they would kill him before he gave them $640. He met them near the Paradise Valley Recreation Center. Trocha told jurors the cell phone number in that ad was the same number that Berki called a week later.

“Craigslist cuts out the middle man...” without going to the retail outlet,” said Castillo as to why he responded to the ad.

Abernathy lived in Paradise Hills, just blocks from where Berki was shot, said Trocha. Jones and Jordan lived in southeastern San Diego.

All three men have pleaded not guilty in the trial before San Diego Superior Court Judge Kerry Wells and remain in custody on $5 million bail. Two wore suits and ties and a third wore a vest, which concealed their waist chains.

One juror, who failed to show up for jury duty on Monday, was discharged and an alternate juror took his place.

Outside the financial group’s office at 2226 Avenida de la Playa through Nov. 22. Donors are encouraged to bring canned meats, soup, vegetables, infant formula, peanut butter and dried goods (pasta, rice, grains), and volunteers will help unload the goods if donors call in advance. (858) 454-6900. The group will also convey any checks made out to the San Diego Food Bank.

— Staff and contribution

**BRIEFS**

**CONTINUED FROM Page 1**

**West Nile virus found in dead crow**

A dead crow found in La Jolla has tested positive for West Nile virus, announced San Diego County vector control officials announced on Oct. 30. The infected crow is the first bird county environmental health officials are urging residents to protect themselves from mosquito bites by wearing long sleeves, pants and insect repellent when outdoors, particularly at dusk and dawn, and keeping screen doors and windows closed and in good condition. Officials also ask residents to prevent mosquito breeding by dumping out or removing potential breeding grounds for mosquitoes, like plant saucers, rain gutters and other backyard water sources. Some San Diego locations are even offering free mosquito fish, which may be used to control mosquito breeding in still water sources nearby. Finally, vector control officials urge residents to report dead birds and green swimming pools to the county at (858) 694-2888. For more information about West Nile virus or to search locations for free mosquito fish, visit www.SDFightThe Bite.com or sign up to receive the latest West Nile virus text message updates by texting PEST to 75309 on your cell phone.

**Give a family in need a delicious Thanksgiving**

Vaugn Woods Financial Group is hosting a Thanksgiving food drive during the month of November.

Donations will be accepted Monday through Fridays from 8 a.m. to 5 p.m. in the red plastic bins located outside the financial group’s office at 2226 Avenida de la Playa through Nov. 22.

Donors are encouraged to bring canned meats, soup, vegetables, infant formula, peanut butter and dried goods (pasta, rice, grains), and volunteers will help unload the goods if donors call in advance. (858) 454-6900. The group will also convey any checks made out to the San Diego Food Bank.

— Staff and contribution

**Mark Powell**

**For School Board**

“*I will base all of my decisions on what is best for our children!*”

- Proven Educational Leadership
- Honorable Community Service
- Successful Business & Management Experience

Married with two daughters in public school

“Mark Powell is a dedicated parent who will do what is best for our students.”
- Chuck & Janine Davy, Parents of La Jolla High, Muirlands & La Jolla Elementary Students

**www.MarkPowellForSchoolBoard.com**

Paid for by Mark Powell For School Board 2012, 4979 Governor Drive, 92117 San Diego, CA 92122

**GARRETT BERKI**

Wells said the truant juror left messages with her clerk, but they were not received until Monday morning.

The juror said in his message he had to work at the La Jolla County Club on Monday and also would not get paid after the fourth day of trial. Wells said she called the Country Club and was told he was not on the work schedule for Monday. Wells said she would consider finding the discharged juror in contempt of court.

**West Nile virus in dead crow**

A dead crow found in La Jolla has tested positive for West Nile virus, announced San Diego County vector control officials announced on Oct. 30. The infected crow is the first bird detected with the virus in San Diego this year. Despite cooling temperatures, county environmental health officials are urging residents to protect themselves from mosquito bites by wearing long sleeves, pants and insect repellent when outdoors, particular-ly at dusk and dawn, and keeping screen doors and windows closed and in good condition. Officials also ask residents to prevent mosquito breeding by dumping out or removing potential breeding grounds for mosquitoes, like plant saucers, rain gutters and other backyard water sources. Some San Diego locations are even offering free mosquito fish, which may be used to control mosquito breeding in still water sources nearby. Finally, vector control officials urge residents to report dead birds and green swimming pools to the county at (858) 694-2888. For more information about West Nile virus or to search locations for free mosquito fish, visit www.SDFightTheBite.com or sign up to receive the latest West Nile virus text message updates by texting PEST to 75309 on your cell phone.

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— Staff and contribution
FOOTBALL SHOWDOWN

The 2013-13 La Jolla High School varsity girls’ tennis team brought home a CIF Div. II championship, winning first place in a hard-fought battle against Canyon Crest Academy on Oct. 26 at the Barnes Tennis Center. Rozel Hernandez and Kelly Chan were the co-captains who helped the team come together for the win. The team had a season record of 16-2, and followed strong in the footsteps of a historically high-performing LJHS team, which has won 22 championships since 1977 – now 23. Team coach Lisa Shih and assistant coach Casey McMalin put together a great effort and led them fearlessly throughout the season. It was another great year for girls’ tennis at La Jolla High School.

Left, La Jolla High’s Rozel Hernandez swept her three singles matches in the championships. She won 6-3, 6-0 and 6-0 over her opponents. Right, Emily Kuo won all three of her singles matches in the championships. She won 6-0, 6-0 and 6-0 over her opponents. Between the two matches, the girls took control with ease and only lost a total of four games out of nine sets.

On Oct. 26, the Torreys faced Coronado High in the finals of the CIF team championships at the Barnes Tennis Center in Point Loma. There were strong emotions in the air and the Torreys wanted to do nothing more than to win and to help team captain Lindsay Jacobs, win her last CIF team match.

The Torreys went out in the first rotation a little nervous. The doubles lineup had some trouble putting away their matches due to nerves. However, the top two singles players, Devon and Lauren Ross, took care of business. After the first rotation, the Torreys were up 5-1. On the second rotation, however, they lost three matches — one singles and two doubles — making the overall score 6-4.

In the final rotation, Devon easily dominated her last match and doubles duo Kendal McGinnis and Olivia Martin clinched the overall match. The final score was 11-7.

The victory marked the Torreys’ third consecutive CIF team title and fourth consecutive CIF final appearance. In addition, they won their Coastal League for the fifth year in a row, adding on to their total wins of 36 consecutive league matches. Great job Torreys and congratulations! — Cindy Sarrepsom, assistant coach, LJCD tennis

**FOOTBALL SHOWDOWN**

La Jolla Country Day School swept The Bishop’s School in a Coastal League game played at Country Day on Oct. 26. Above, La Jolla Country Day’s Sage Burmeister races through The Bishop’s School defense during the Torreys’ 51-34 victory. Burmeister finished with 28 carries for 242 yards and five touchdowns. His runs included a 98-yard kick-off return for a score and a game-clinching 79-yard touchdown.

**SPORTS**

**LJ Country Day takes third consecutive CIF Div. III title**

The La Jolla Country Day varsity girls’ tennis players have taken one match at a time this season with one goal in mind: to win their third consecutive CIF team championship title.

After a long season of taking on strong teams, the Torreys brought home the title once again on Oct. 26.

The young team overcame its early season struggles with its doubles game and inconsistent results, and players pushed their limits throughout the championships.

In the first two rounds, the Torreys took on Clairemont High in the round of 16 and The Bishop’s School in the quarterfinals. Between the two matches, the Torreys only dropped 6 of 36 sets.

Although they won easily, the team’s performance was not perfect. Easy errors and lackluster focus plagued some matches, but fortunately, the girls were able to take control and come out ahead. They recognized, however, that they would need to put their best tennis on the line in order to defend their CIF title for the third year in a row.

The players had a bit of trouble in the singles sets, but came out with two wins from Devon, who after a slow start picked up her game and dominated the rest of her matches. In the doubles sets, the girls took control with ease and only lost a total of four games out of nine sets.

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**LJHS SWEEPS DIV. II**

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should include: Prop. 30 increases personal income tax on annual earnings over $250,000 for seven years, as well as sales and use tax, by a quarter of a cent for four years. It allocates temporary tax revenues to K-12 schools and community colleges, barring the use of funds for state and local government contractors and state and local government employers. Other entities, such as limited liability companies, limited partnerships, real estate investment trusts, and independent contractors, stopped withholding for making payments, making all funds spent locally.

Supporters: Gloria Romero, state director, Democrats for Education Reform — California; Carla Harris, Secretary of the California National Federation of Independent Business — California; Maris Hermann, founder, Center for Responsive Politics.

Prop. 37: should label foods that are from genetically engineered material but have not been labeled. It prohibits labeling if it is made from plants that are not related to tax increases would still go into effect. If both Prop. 30 and Prop. 38 pass, the proposers specify the following: If Prop. 30 passes, Prop. 38 would not go into effect. If Prop. 30 passes with a greater number of votes, the tax-increase provisions of Prop. 30 would not go into effect. If that event, any provisions of Prop. 30 not related to tax increases would still go into effect, such as the “trigger cuts” to K-12 school programs.

Arguments for Prop. 38: Prop. 38 makes schools a priority again. It guarantees new funding per pupil direct to every local public school site to restore budget cuts and increase educational results. It prohibitsSacramento politicians from touching the money. Spending decisions are made locally with community input and strong accountability requirements, including independent audits.

Supporters: California State Parent Teacher Association; California Teachers Association; Sacramento Taxpayers Association; National Education Association; California Business — California; California Chamber of Commerce; National Education Association; California Teachers Association; Sacramento Taxpayers Association

Proposition 37: Should labeling be required on foods containing genetically modified ingredients when such foods (whether raw or processed, plant or animal) are offered for sale to consumers in California? Prop. 37 would require labeling on raw or processed food offered for sale to consumers if it is made from plants with genetic engineering that has changed in specified ways. It prohibits labeling or advertising such food, or other processed food, as “natural.” It exempts foods that are certified: organic; unintentionally produced with genetically engineered material; made from animals fed or injected with genetically engineered material but not genetically engineered themselves; processed with or containing only small amounts of genetically engineered ingredients. The Proposition guarantees funding for public safety programs. It provides K-12 funds on a sliding scale from 0.4 to 6 percent of revenues to K-12 schools, 30 percent to repaying state debt and 10 percent to early childhood programs. It authorizes an annual tax to be levied on the state income not related to tax increases would still go into effect, such as the “trigger cuts” to K-12 school programs.

Arguments for Prop. 37: PROPOSITION 37:

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La Jolla researchers continue to amaze with scientific advancements

BEYOND Limits

JOHNNY MCDONALD

The white-frocked, determined men of test tubes, cylinders and meters who log hours of experimental research progress never cease to amaze me — and why shouldn’t they?

In one arena at the Salk Institute for Biological Studies, for instance, they have determined how a pesky cold virus can be a valuable ally in the fight against cancer. In another, they have put together findings that might encourage intruders in dealing with Parkinson’s disease.

Of course, most of the discoveries are meshed from research and language adaptable only to laboratory conversation and arrived at with major input from colleagues in other countries. These things take teamwork.

According to a study recently released in Cell, adenovirus, a type of cold virus, has developed molecular tools or proteins that allow it to hijack a cell’s molecular machinery, including large cellular machines involved in growth, replication and cancer suppression. Researchers identified the construction of these molecular weapons and found they form a three-dimensional web inside cells that traps and overpowers cellular sentries involved in growth and cancer suppression.

Findings suggest a new avenue for developing cancer therapies by mimicking strategies employed by the viri.

“Cancer was once a black box,” said Claudagh O’Shea, an assistant professor in Salk’s Molecular and Cell Biology Laboratory, who led the study. “The key that opened that box was revealing the interactions between small DNA tumor virus proteins and cellular tumor suppressor complexes.”

The suggestions may help scientists develop small molecules — the basis for the vast majority of current drugs — capable of destroying tumors by binding and disrupting large and complex cellular components that allow cancer cells to grow and spread.

The work was supported by the National Institutes of Health, American Cancer Society, Sontag Foundation, the Arnold and Mabel Beckman Foundation and the Anna Fuller Foundation.

INTERNATIONAL INVOLVEMENT

By reprogramming skin cells from Parkinson’s disease patients with a known genetic mutation, researchers have identified damage to neural stem cells as a powerful player in the disease. The findings, reported in Nature, may lead to new ways to diagnose and treat the disease.

The research team, which included scientists from China and Spain, as well as the University of California, San Diego, and Scripps Research Institute, made discoveries using human-induced pluripotent stem cells.

They found that a common mutation to a gene that produces an enzyme responsible for both familial and sporadic cases of Parkinson’s disease deforms the membrane surrounding the nucleus of a neural stem cell.

Nobody puts art in a box

(Rel: “For IJ gallery owner, healing starts with art.”, Oct. 25, Page 1) While I honor her philanthropy and agree with her preface that art has healing properties, I challenge Ms. York’s claim that “not all artwork has healing properties,” and that “artwork being painted by a heroin addict won’t have healing properties.”

The aesthetic experience of art is subjective to each viewer. The idea that anyone can dictate to others which artwork is healing or not is a fallacy.

Art can be healing for everyone, just as the process of making art is healing in and of itself. To diminish the capacity of artwork created by a heroin addict to have healing power is narrow. How does having an addiction limit creating art with healing properties? This high brow idea is an unjust bias. After all, what are these mystical life-saving properties that only non-addicts can produce?

If hospitalized, I’d find California painter and heroin addict survivor Chuck Boegel’s “Color Therapy” series to be healing. His dynamic use of bright colors and abstract shapes would keep me entertained and interested while bedridden. Moreover, his paintings would inspire me to create artwork in response to them, whether in the form of a story, poem, song or drawing. I encourage people to keep an open mind and heart.

Michelle Jesey

Letters to the Editor
RECYCLE your cartons, San Diego!

WHEN THE CONTENTS ARE GONE, LET THE CARTON LIVE ON

If you receive City of San Diego refuse collection service, you can recycle cartons for all of your favorite food and beverages like milk, juice and soup. Just place your empty cartons in the blue curbside recycling bin. Give your cartons a second life. Recycle your cartons today!
Go to RecyclingWorks.com for more information.
Excitement brewing for San Diego Beer Week

San Diego’s fourth annual Beer Week returns from Nov. 2 to 11 to show off San Diego’s thriving craft beer industry and delight the taste buds of beer aficionados countywide—including several events in La Jolla.

The annual 10-day celebration, sponsored by the nonprofit San Diego Brewer’s Guild, supports the city’s many breweries, restaurants, pubs and other businesses that comprise of the craft beer mecca that is San Diego, which was recently named the No. 1 “beer city” in the country by Men’s Journal.

San Diego will host some of the finest craft brews the county’s beloved breweries have to offer. Here is a condensed list of a few of the events.

FRIDAY, Nov. 2
- Night of Delirium & Belgian Breweries, 4 p.m. at The Public House La Jolla, 830 Kline St.
- San Diego IIPA extravaganza, 5 to 11:45 p.m., Pizza Port Ocean Beach, 1956 Bacon St.
- Super sours, noon, Sessions Public, 4204 Voltaire St.
- Beer week kick off and rough draft, 6 p.m., Slater’s 50/50, 2750 Dewey Road in Liberty Station

SATURDAY, Nov. 3
- Coronado Day, noon, TapRoom, 1269 Garnet Ave.
- Russian River & Bear Republic, 5 p.m., Raglan Public House, 1851 Bacon St.

SUNDAY, Nov. 4
- Moorgat Brewery Night, 4 p.m., The Public House La Jolla, 830 Kline St.
- Del Rey art glass brunch, 11 a.m. to 10 p.m., Sessions Public, 4204 Voltaire St.
- Green Flash Brewing night, TBA, Raglan Public House, 1851 Bacon St.

MONDAY, Nov. 5
- Ballast Point: “Can you Call-co?” 5 p.m., Raglan Public House, 1851 Bacon St.
- Slater’s 50/50 first anniversary brew-release party, 6 p.m., Slater’s 50/50, 2750 Dewey Road in Liberty Station

TUESDAY, Nov. 6
- Alesmith night with beer and cheese pairing, 4 p.m., The Public House La Jolla, 830 Kline St.
- Pizza Port, Port Brewing and Lost Abbey night, 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.

WEDNESDAY, Nov. 7
- Stone Brewing Co. night, 4 p.m., The Public House La Jolla, 830 Kline St.
- Brew, food, beer tasting and book signing, 6 p.m., Karl Strauss Brewing Company, 1044 Wall St.
- Eagle Rock Brewery and Sierra Nevada rare beer night, 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.
- Pizza Port beer dinner, 6 p.m., Table 926, 926 Turquoise St.

THURSDAY, Nov. 8
- Mikekeller night, 4 p.m., The Public House La Jolla, 830 Kline St.
- New Belgium Lips of Faith night, 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.
- Cinnamon tap takeover, 4 to 10 p.m., Sessions Public, 4204 Voltaire St.
- Coronado Brewing final, 6 p.m., Raglan Public House, 1851 Bacon St.
- Meet the brewers: Bear Republic and Manzanita, 6 p.m., Slater’s 50/50, 2750 Dewey Road in Liberty Station

FRIDAY, Nov. 9
- Green Flash, Founders and St. Feuillien night, 4 p.m., The Public House La Jolla, 830 Kline St.
- Beer and chocolate with Sea Salt Candy Co., 4 p.m., Rock Bottom La Jolla, 8980 Villa La Jolla Drive
- Sour and rare beer night, 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.
- Stone Brewery’s Bastard’s Barbeque, 6 to 11 p.m., Sessions Public, 4204 Voltaire St.

SATURDAY, Nov. 10
- Ballast Point Nitro live ways, 5 to 11 p.m., Sessions Public, 4204 Voltaire St.

SUNDAY, Nov. 11
- Rare and barred aged beer night, 4 p.m., The Public House La Jolla, 830 Kline St.
- Beer garden, noon, The Lodge at Torrey Pines, 11480 N. Torrey Pines Rd.

To check out a full list of San Diego Beer Week happenings, visit www.sdbeer.org.
Jewish book fair brings literary legends to La Jolla

More than 40 of the nation’s top authors will gather at the Lawrence Family Jewish Community Center (JCC) in University City and Temple Solel in North County to present the latest and greatest literary works, ranging from spy intrigue novels to cookbooks on delicious ethnic fare. Here is a sampling of a few of the events that will take place at the LFJCC, located at 4126 Executive Drive. For a full list of author presentations, visit www.ljf.cc.org.

THURSDAY, Nov. 8

Coffee talk
A mid-morning panel discussion featuring authors Ken Druck and Edie Lutnick will raise thoughtful dialogue about confronting life’s challenges, whether it be setting a path toward balancing life’s priorities or sharing a story of perseverance through devastation. Druck will discuss his book, “The Real Rules of Life: Balancing Life’s Terms with Your Own,” a groundbreaking book that shatters clichés governing people’s lives and presents comprehensive guidelines for embracing life’s adversities.

Edie Lutnick’s “terms” include raising Jewish children, being a wife, and caring for aging parents. A life that started in the 1970s and ended with the terrorist attacks on the World Trade Center building on that ill-fated day, and her family’s efforts to help bring comfort to more than 800 families who became victims of the attacks. Tickets to the panel discussion are $7 for JCC members and $9 for nonmembers.

FRIDAY, Nov. 9

Lunch with an artist
A lunchtime conversation with Helene Aylon will reveal the captivating tale of a woman at life’s crossroads through her extraordinary book, “Whatever is Contained Must be Released: My Jewish Orthodox Girlhood. My Life as a Feminist Artist.” In her autobiography, Aylon talks about her experience as a young, happily married Jewish housewife with two kids and her transformation into a widowed feminist artist. The discussion provides audience members with the rare opportunity to engage with the eco-feminist artist who gained some notoriety in the 1970s and ’80s for her activist performance works and take a sneak peek into her fascinating life story. Tickets to the lunch and talk are $17 for JCC members and $17 for nonmembers.

SUNDAY, Nov. 11

Fun for the family
Family day at the San Diego Jewish Book Fair will include a number of educational events to entertain guests of all ages throughout the day. Kicking off Veterans Day, JCC will host a morning coffee conversation with Alan Lichtman, author of “The Liberator,” the story of Felix Spark’s odyssey during World War II on the 157th Infantry Regiment of the 45th Division, a battalion that saw the most action throughout the war from the beaches of Sicily to the gates of Dachau.

Tickets to the coffee talk are $7 for JCC members and $9 for nonmembers.

Follow @LJvillagenews on www.twitter.com and “like” us at www.facebook.com/ljvillagenews for news, updates, events and more. Chime in and let us know what you’re thinking!
The Stella Maris Academy Dad’s Club will host its second annual wine-tasting event on Nov. 2 to raise funds for the parochial school of Mary, Star of the Sea Catholic Church and its educational programs.

Guests at the event will have the opportunity to taste and learn about a variety of local and regional wines from Roadrunner Ridge, Lenora and Kohil wineries, as well as sample a selection of breads, cheeses, appetizers and desserts from Girard Gourmet, We Olive and Chef Cat Guillermo. Tickets to the event are $40 per person or $75 per couple, including wine glasses, and bottles of wine are also available for purchase. The wine-tasting fundraiser will take place from 7 to 10 p.m. at Stella Maris Academy, located at 7654 Herschel Ave. For tickets and information, visit www.smadadsclub.com.

Warwick’s is gearing up for a busy week, hosting a number of free exciting, educational and informative daily events at the neighborhood bookstore from Nov. 1-8.

- Music director and conductor of the La Jolla Symphony and Chorus, Steven Schick, will lead an enlightened discussion on Wallace Stegner’s masterpiece, “Angle of Repose,” on Nov. 1 at 7:30 p.m. Guests will also have the opportunity to win symphony tickets in a special drawing, and a portion of the sales from the event will go to the La Jolla Symphony and Chorus.

- Warwick’s will host Fellow of National Security at the Pacific Council on International Policy, Michael Keane, on Nov. 5 at 7:30 p.m. for a discussion about his latest book “Patton: Blood, Guts and Prayer,” which takes readers on a journey through Gen. George S. Patton’s life, career and deep faith.

- Award-winning writer and filmmaker Phil Cousineau will be on hand at Warwick’s to sign and discuss his book, “The Painted Word,” on Nov. 7 at 7:30 p.m. Cousineau’s linguistic treasure will venture audience members on a journey deep into the history and mystery of words that are sure to enchant any dictionary guru or lover of language.

- For those seeking out the next “must read” of the season, Warwick’s is there to help. Publisher’s Rep Night on Nov. 8 at 6:30 p.m. will give guests the rare opportunity to hear sound advice about the season’s best upcoming titles and latest trends in reading straight from the mouths of top publishing house representatives from Random House, Penguin, PGW and Macmillan.

For more information about Warwick’s, visit www.warwicks.com or call (858) 454-0347.
Cats, dogs, and seniors

By Natasha Josefowitz, Ph.D.

Every Friday at 3 p.m., about a dozen dogs have a puppy party at White Sands La Jolla. They congregate with their owners and other dog-loving residents on a large lawn for puppy play time. The dogs vary from tiny and young to large and older and everyone gets treats — dogs get biscuits and people get lemonade. It is one more opportunity to encourage seniors to get together and share common interests.

It is well known that living with a pet contributes to better health and longer life. Pet owners benefit from reduced blood pressure, and petting your animal releases the chemicals that lower cholesterol and triglycerides.

Current research indicates that even small physical movements increase mental cognition. Being prompted by an animal to bend down to pick it up, fetch a treat or petting it on your lap is a pleasurable way to help keep your brain active and healthy.

An animal in one’s life also promotes wellbeing by increasing emotional and psychological stability. Specifically, having a pet decreases stress, depression and anxiety. Pets become part of the family; they provide companionship and help alleviate loneliness. For those who live alone, pets may be the only social life line. People talk to their pets and get purrs or wagging tails in response. Having to walk a dog gets a senior out of the house and into encounters with other dog owners and passersby.

Pets can be especially therapeutic in dealing with the loss of a loved one or other traumas. For instance, recovery rates from heart attack are better or other traumas. For instance, recovery rates from heart attack are better for those who return home from the hospital to a loving pet. Having an animal to take care of makes one feel needed and responsible for another living creature. This reinforces both self-esteem and the value of life. Here at White Sands, we have a few rules: dogs must be on a leash except when playing in our grassy areas, pets may not come into the dining room, owners must pick up their own dog waste, and dogs must be on a leash at all times except when playing in our grassy areas.
Eleven years ago, Mary Bradley and Reena Horowitz founded The Fishman Fund to honor Dr. William and Lillian Fishman, founders of what is now the Sanford-Burnham Institute for Medical Research (formerly known as the La Jolla Cancer Research Foundation). Dr. and Mrs. Fishman had begun a tradition of fostering the careers of promising young scientists.

As an endowment fund, the Fishman Fund honors this tradition by presenting outstanding Sanford-Burnham postdoctoral fellows with recognition for their accomplishments — and also a financial award — providing both means and incentive to help further their professional development. The fund’s goal is helping young research scientists so they can help the world.

Before Mrs. Bradley passed away last year, she asked Jeanne Jones to become co-founder designee.

At the annual ceremony and reception held earlier in October, the organization thanked its esteemed advisory board. The five 2012 Fishman Fund Award winners were honored (each

SEE SOCIETY, Page 13
Moving Mom and Dad to Assisted Living

Almost everyone hopes as they grow older that they will be able to spend the rest of their lives in their own home enjoying the comfort and memories that go along with having a long life. Sometimes parents tell their adult children “I want to stay in this house forever. Promise me you’ll never put me in a home!” This promise can put undue stress on the children when the parent’s good health begins to change.

Joan’s parents, John and Anna, had been married more than fifty years and were doing well. Then Anna began having short-term memory loss and then she broke her hip which put her in a rehabilitation facility for three months. Joan was at a loss of what to do when her mother was ready to leave the facility.

She contacted Innovative HealthCare Consultants, a Geriatric Care Management company, who met with the entire family. Even though Anna wanted to stay in her home forever, it wasn’t practical as John could not manage the demands of her illness at home. The nurse at Innovative was able to help Joan find an assisted living home with specialized dementia care for Anna with a senior apartment complex for home with specialized dementia care for biomedical science. This year’s winners were Tufan Aydogdu, Soda Diop, Mihee Kim, Zhi-Gang She, and Jun Wang. They normally live on relative- ly small incomes, so their cash awards will be spent on anything from research equipment to personal needs. These young scientists are deeply involved in their work, and quite dedicated. They don’t spend a lot of time socializing, and have only limited opportunities to meet people outside of their labs or relax in luxurious private homes. With that in mind, all the fund’s award winners (from this and previous years) were invited to a beau- tiful reception and dinner at the sumptu- ous La Jolla villa of Armi and Al Williams. Like the honored postdocs themselves, nearly every piece of art and furniture in the Williams’ home came from outside the United States. Even the delicious (and beautifully pre- served) food was prepared and served by a charming Swiss couple: Urs “(La Chef)” and Ursula Baumann, known for fine catering in La Jolla and else- where. The varied foods, fine wines, and congenial atmosphere led to a relaxed, enjoyable evening for all the guests, and many high-level conversations were shared. The only problem was, nobody wanted to leave.

Society

CONTINUED FROM PAGE 12

Receiving a plaque, a $6,000 check and something significant to add to their résumés, as were the winners of the Lady Bradley and Reena Horowitz Founders’ Prize, the Jeanne Jones and Kathryn Fishback Prize and the Lenka Finci Prizes (all quite prestigious). As always, the awardees are all exceptional postdoctoral researchers in biomedical science. This year’s winners were Tufan Aydogdu, Soda Diop, Mihee Kim, Zhi-Gang She, and Jun Wang. They normally live on relative- ly small incomes, so their cash awards will be spent on anything from research equipment to personal needs.

The fall/winter collection is modern, sophisticated and chic. Beautifully knit dresses, sweaters, silk blouses, suede and leather pieces come in colors that are rich and on trend for fall — think berry, mustard yellow, navy, grays and creams. The collection also fea- tures color blocking, animal prints and plenty of sparkle for holiday dressing. I’m personal- ly obsessed with the brick shavel cardigan ($598) and liq- uid gold-metallic organza coat ($998).

If you are interested in viewing the fall/winter trunk show, contact LaGrange at (858) 444- 7448, wla- grange@worthltd.com or the agency leaders for La Jolla directly: Kelli Fales (kfales@worthny.com) and Cristi- na Schaffer (cschaf- fer@worthnewyork.com). They will be making appointments for a trunk show in La Jolla that will run from Nov. 2-8. If you don’t want to wait that long, can check out the collection online at www.worthny.com. Happy shop- ping!

— Sabrina Heft has been a fashion consultant in San Diego for several years. Along with consulting, she works for Kate Spade in the Village. heyhandsma@yahoo.com

Society

CONTINUED FROM PAGE 9

Point. Items can range from $200- $1,500, and the fabrics used are milled in the same Italian mills as Gucci, Bottega Venetta, etc.

Grab Bars Provide Safety for Seniors

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home. We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people are often reminded that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to a bed, at the top of the stair case, in the hall or outside the back door.

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Credit Tips to Help You Score the Best Rates

Having good credit scores has never been so important if you’re looking to obtain any type of financing for these days. If you or someone you know is due to purchase a new car, house, or any type of financial refinancing soon, here are 5 tips below that you can use right away to help improve your credit, so you can score the best mortgage or loan rates.

1. Identify your 3 major credit reports and get your own copies. You can get copies of your credit reports for free at freeannualcreditreport.com.

2. Make sure your payments are on time and your balances are within your credit limits. Late payments and high balances can negatively impact your credit score.

3. Keep your credit utilization rate low. Your credit utilization rate is calculated by dividing your balance by your credit limit. Aim for a utilization rate below 30%.

4. Check your credit report for errors. Mistakes on your credit report can lower your credit score. You can dispute errors by contacting the credit bureaus.

5. Build your credit history. If you don’t have enough credit history, consider getting a secured credit card or a credit-builder loan.

Credit scores are important. If you are purchasing an expensive item or are applying for a mortgage, you may want to improve your credit score. In the world of credit, a higher credit score is often equated with lower interest rates. A higher credit score can help you secure a lower interest rate on loans, save you money on insurance premiums, and even improve your job prospects. If you are struggling with your credit score, there are several steps you can take to improve it. These steps include paying your bills on time, keeping your credit utilization rate low, and paying down your credit card balances. If you have past-due bills, consider setting up a payment plan with your creditors. If you have a high credit utilization rate, consider getting a credit card with a higher credit limit. If you have a lot of debt, consider getting a debt consolidation loan. If you are looking to buy a new car or a house, consider getting pre-approval from multiple lenders. This will give you an idea of what interest rates you can expect to pay. If you are looking to purchase a new car or a house, consider getting pre-approval from multiple lenders. This will give you an idea of what interest rates you can expect to pay.

Also, if you need help reducing your credit card debts, consider a debt consolidation loan. This will allow you to combine all of your debts into a single monthly payment with a lower interest rate. This can help you reduce your monthly payments and save you money over time. If you need help improving your credit score, consider getting a credit report from a credit bureau. This will allow you to see your credit score and the reasons why your score is low. You can then work on improving your score by addressing any errors or negative information.

If you are looking to purchase a new car or a house, consider getting pre-approval from multiple lenders. This will give you an idea of what interest rates you can expect to pay. If you are looking to purchase a new car or a house, consider getting pre-approval from multiple lenders. This will give you an idea of what interest rates you can expect to pay. If you are looking to purchase a new car or a house, consider getting pre-approval from multiple lenders. This will give you an idea of what interest rates you can expect to pay. If you are looking to purchase a new car or a house, consider getting pre-approval from multiple lenders. This will give you an idea of what interest rates you can expect to pay.

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**SUNDAY, Nov. 4**
- **La Jolla Open Aire Market**, 9 a.m. to 1 p.m., La Jolla Elementary School, 1111 Marine St, (858) 454-1699, www.lajollamarket.com, free.
- **Angle of Repose**, 2 p.m., UCSD Mandeville Auditorium, 9500 Gilman Drive, a Steven Schick conducted orchestra playing the works of Beethoven, John Cage and Missy Mazzoli with free pre-concert lecture, (858) 534-4637, www.lajollasymphony.com, $15-$29.
- **Up Close**, 2:30 p.m., La Jolla Library, 7555 Draper Ave, Ocean Discovery Institute students share their personal and ocean science discoveries, (858) 488-3849, clarissa@oceanadvisorbook.com, free for purchase for suggested $20 donation.

**MONDAY, Nov. 5**
- **Orpheus Speaks**, 7 p.m., Athenaeum, 1008 Wall St, an evening of short stories read aloud by the talented Write Out Loud theater troupe, (858) 454-5872, www.jathenaeum.org, $12 members, $17 nonmembers.
- **Tahrir**, 7 p.m., UCSD Great Hall, 9500 Gilman Drive, film screening about the day-to-day account of the revolution in Tahrir Square with post-screening Skype conversation with filmmaker Stefano Saravon, (858) 534-8597, www.artpwr.com, general admission $10, UCSD faculty and alumni $8, youth $5, UCSD students free.

**TUESDAY, Nov. 6**
- **“Yoshimi Battles the Pink Robots,”** 7:30 p.m., La Jolla Playhouse, 2910 La Jolla Village Drive, world premiere musical performance of Yoshimi battling for her life along in a fantastical robot world, book by Des McAnuff and music by the Flaming Lips, ongoing until Dec. 16, (858) 550-1010, www.lajollaplayhouse.org, $49-$75.

**WEDNESDAY, Nov. 7**
- **Children’s storytime**, 3 p.m., Athenaeum, 1008 Wall St, (858) 454-5872, www.jathenaeum.org, free.
- **Beer tasting and brew food**, 6 to 8 p.m., Karl Strauss Brewing Company, 1044 Wall St, brew food pre-fare tasting menu with beer flight pairings and book signing, (858) 951-2739, www.karlstrauss.com, prices vary based on menu items.
- **“Palimpsest,”** 7 p.m., UCSD Conrad Prebys Music Center, 9500 Gilman Drive, concert performance curated by composer Rand Steiger, (858) 534-3230, musikvob.ucsd.edu, general admission $15.50, UCSD faculty and alumni $10.50, students free one hour before concert with ID.

**THURSDAY, Nov. 8**
- **Across Disciplines**, 7:30 p.m., Athenaeum, 1008 Wall St, art and architecture lecture by Jimenez Lai, assistant professor at University of Illinois at Chicago and leader of Bureau Spectacular, (858) 454-5872, www.jathenaeum.org, free.

**FRIDAY, Nov. 9**
- **Midnight on the Beach**, 7:30 p.m., La Jolla Cove, world premiere one-act musical based on the 1963 novel by Patricia Highsmith, book by Des McAnuff and music by the Flaming Lips, ongoing until Dec. 29, (858) 550-1010, www.lajollaplayhouse.org, $49-$75.
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2. Create Some Balance:
The trick is to get and keep your balances below 30% of your credit limit on each credit card. May inadvertently undo all of your hard work.

3. Know Your Limits:
Make sure that your credit card issuers are reporting the correct limits on your accounts to the three major credit bureaus. Without an available limit, your account will appear to be maxed out at its highest

4. Protect Your Interests:
Your credit is calculated based solely on the information available to your creditors. If you have a HELLOC, make sure it’s listed as a mortgage or an installment account on your credit reports and not a revolving debt. If you had a bankruptcy for example, be sure that all items associated with the bankruptcy are being reported correctly, that is with a zero balance. This action could increase your score by 50-100 points. Because simple mistakes like these can wreak havoc on your credit score, it’s important to monitor your credit every 6 months.

5. Even the Score:
If you find information on your credit report that you believe is inaccurate or incomplete, then you have the right to dispute it free of charge. For the fastest results, visit the appropriate credit bureau’s website and file a complaint on-line. If supporting documents are necessary, you have to file your dispute by mail.

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