**LA JOLLA TODAY**

LA JOLLA'S LOCALLY OWNED & OPERATED COMMUNITY NEWSPAPER

FRIDAY, OCTOBER 25, 2013

**A roundup of ghoulish events around town**

By MARC & DARLYNNE MENKIN

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Ever since we were kids, we loved this time of the year. The weather is starting to cool down and almost everywhere you look, there’s no shortage of Halloween fun. Whether you’re into costume parties, haunted thrill rides or prefer family friendly events, there are plenty of fun activities to choose from.

In La Jolla, one of the best bets for family-friendly and affordable fun is the 13th annual La Jolla Shores’ long-awaited SWAT and pumpkin-patch painting. www.-aquarium.ucsd.edu

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**Shores lifeguard tower, a long time coming, opens to praise from community**

By DAVE SCHWAB

La Jolla Shores’ long-awaited cantilevered lifeguard tower drew rave reviews from city staff, public officials and local residents at an Oct. 11 open house.

“We’re ecstatic to be in the new tower, which we’ve been in since mid-June,” said Lifeguard Services Associate city engineer Jihad Sleiman, a liaison between the community and city on the project, said the new tower’s design is as practical as it is aesthetically pleasing.

“The old boardwalk had a huge kink in it where bicyclists and skateboarders used to run into one another,” he said. “We’ve put it here in the garage. It’s great.”

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**High bacteria levels, persistent odor prove Cove stench problem is still far from over**

By DAVE SCHWAB

Far from over, the battle to quench the stench at La Jolla Cove may actually have intensified as some say bad odors persist while high bacteria counts have triggered the need for signs to be posted warning of a potential health hazard.

“We sample numerous beaches routinely, including this particular beach (Cove), and the sample came back high with respect to bacteria levels, and that’s what has caused us to post signs out there,” said Keith Kezer with the county Department of Environmental Health. “The signs are basically telling people there is an increased risk to illness. What we’re doing is educating people on what the water quality is, so they can make a decision for themselves and their families.”

Kezer said the recent Cove sample was above state standards for two different kinds of bacteria — enterococcus from the intestines of humans and animals, and coliform, a bacteria universally found in the feces of warm-blooded animals and commonly used as an indicator of the sanitary quality of foods and water.

“The state standard for enterococcus is 104,” said Kezer, noting the sample level for the bacteria is typically in the 10 to 20 range for an uncontaminated body of water. The sample taken at the Cove was above 104.

A high fecal coliform count is also the same as a high bacteria count.
Offering warm welcomes down the coast

By SHARON ANN HAMILTON

Years ago, La Jolla native Julie Taylor was the first person to play a guitar during a traditional church service at the request of the youth minister of La Jolla Presbyterian Church. She rocked them then, and she rocks today.

Taylor followed her music dreams to LA and out to the world. She returned to San Diego after more than two decades for a brief reprieve. She so enjoyed helping her mother, Rose Mary Taylor, with Welcome Wagon services that she decided to stay a while longer.

Today, 15 years later, Taylor is emerging as the key player in San Diego coastal communities spanning from Encinitas to Point Loma and downtown, Hillcrest, Mission Valley, Clairemont and University City. She is the force behind Newcomers San Diego, a welcoming service for those newly arrived.

Through her passion for helping newcomers feel welcome, Taylor is a model for women who are learning and growing successfully.

Born the fourth child of six, Taylor, along with her sister and five brothers, was immediately opened their own business when a large company that had purchased it went out of business when a large company that had purchased it.

Further south in Encinitas and Point Loma, Taylor contacted people who have moved to San Diego after more than 10 years and moved to Los Angeles in 1998. She returned to San Diego after more than two decades.

Taylor put out an album of country music called “Avenue of Heartaches,” backed by a talented band. She wrote and sang and was on a world tour, then performed in events in Los Angeles.

In 1998, she returned to San Diego and began working with her mother, Rose Mary, for Welcome Wagon. Four months later, however, it went out of business. Taylor woman, Rose Mary, for Welcome Wagon. Four months later, however, it went out of business.

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Church. She rocked them then, and she rocks today.

Taylor contacts people who have just moved — more than 100 individuals and businesses each month — and informs them about their new community. She offers letters of welcome from high-level government officials, tells people of their civic leaders and civic events, voting information, public and cultural events, locations of the post office and library and provides phone books and community newspapers.

She invites every newcomer to the seasonal Community Connections Newcomers Appreciation Event, hosted by some of her sponsors, where they can get a look at her musical talent, as she provides the evening’s entertainment.

In addition, as newcomers San Diego grows, Taylor has set in motion a training program to bring in additional relationship builders who want to help the business grow. If you are a newcomer to San Diego, email her at julie@newcomerssandiego.com or for resources and a complimentary package. For entertainment bookings, visit www.essentiablyjazz.com.

― SharonAnn Hamilton is author of The Retirement Concierge, a baby boomer’s playbook for navigating the future. Questions are welcome via email to guidesharonann@gmail.com or www.TheRetirementConcierge.com.
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THANK YOU ALL AGAIN SO VERY MUCH.
La Jolla woman testifies of rape near Rosecrans

By NEAL PUTNAM

A 30-year-old La Jolla woman has identified a man whom she said raped her behind a closed restaurant on Pacific Highway near Rosecrans Street. He has been ordered to stand trial on four charges.

The victim told San Diego Superior Court Judge Joan Weber that Michael Meretse Tesfa, 22, also robbed her of her iPhone, backpack and most of her clothing after he ran off March 18.

Weber ordered Tesfa to stand trial for rape, kidnapping, robbery and false imprisonment on Oct. 3 at the end of a preliminary hearing. Deputy District Attorney Elizabeth McClutchey announced she may file a charge of kidnapping for rape, an offense that carries a life sentence. A trial date of Jan. 24 was set.

The sexual assault took place near RosecransBy NEAL PUTNAM

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The sexual assault took place near Rosecrans
Effort to change La Jolla parade moniker renewed

By DAVE SCHWAB

What’s in a name? Everything, for some in La Jolla when it comes to Christmas.

A simmering controversy that first erupted in 2005 over a request to strike Christmas from the name of the community’s annual December parade has resurfaced.

Then — and now — pressure is being exerted to have the La Jolla Town Council Christmas Parade and Holiday Festival changed to something more generic and less overtly religious to make it more inclusive of non-Christians.

Eight years ago, a handful of La Jollans, including the late Murray McGrory, former San Diego city manager, petitioned the nonprofit La Jolla Town Council, sponsors of the parade now in its 56th year, to consider changing the parade name.

In the end, that attempt fell just short as La Jolla Town Council trustees voted 11-10 by secret ballot against the proposal.

Now, current La Jolla Town Councilman Howard Singer has revived the debate over changing the parade’s name.

On Oct. 16, Singer successfully petitioned the San Diego Human Relations Commission (HRC), which agreed to act as a liaison in re-establishing a dialogue between opposing sides on the parade name issue.

The mission of the HRC is to promote activities that foster mutual respect and understanding, protect basic human and civil rights and create an atmosphere that promotes peaceful and harmonious relations among all members of the San Diego community.

“We wouldn’t care if it was the Santa Claus parade or the community parade or the holiday parade,” Singer told commissioners Oct. 16. “The fact is, people won’t discuss this with us, and they feel they’re above discussing this with other people. Therein lies the problem. And that’s why we’re here.”

Singer noted numerous other parade names throughout the county, including Balboa Park’s holiday event (December Nights, formerly Christmas on the Prado) have been changed without incident. Singer also said he felt resistance in changing the La Jolla parade name to something more inclusive might be the result of lingering anti-Semitism from La Jolla’s past when Jewish residents were discriminated against in housing and other areas.

Singer’s sentiment was echoed at the commission hearing by Debbie Allen, San Diego chapter president of Americans United for Separation of Church and State.

“Christmas is not universally celebrated by everyone,” said Allen, noting many Christmas traditions were borrowed from Romans, pagans and other non-Christian cultures.

“To include all of our neighbors is not an easy task,” admitted Allen. “But we all aspire to represent cultural diversity celebrating the uniqueness of all people.”

NAME GAME

La Jolla Town Councilman Howard Singer and Debbie Allen, chapter president of Americans United for Separation of Church and State, held a sign at the recent meeting of the San Diego Human Relations Commission where Singer and Allen testified to the need for a change in the name of the La Jolla Christmas Parade and Holiday Festival. Courtesy photo

Noting our nation is “no more segregated than when we worship,” Allen said, “I’m here to ask that the parade name be changed to make it more inclusive of the entire community, and better representative of the true diversity of La Jolla.”

HRC chair Mark Dillon said the group is “not a judge, not a jury,” but that its role is one of facilitator.

“How can we respond to this in a public way to increase the likelihood that it gets resolved?” Dillon asked, suggesting something be done that “moves this forward.”

Commissioner Joyce Abrams suggested the group offer to serve as mediators in further discussion of the issue.

Commissioner Bruce Abrams then moved that the commission write a letter to the mayor supporting consideration of changing the La Jolla parade name, while

NAME GAME La Jolla Town Councilman Howard Singer and Debbie Allen, chapter president of Americans United for Separation of Church and State, held a sign at the recent meeting of the San Diego Human Relations Commission where Singer and Allen testified to the need for a change in the name of the La Jolla Christmas Parade and Holiday Festival. Courtesy photo

Commissioners conceded it’s too late to have any impact on this year’s parade, which is scheduled for Dec. 8.

No one at the commission hearing spoke in favor of keeping Christmas in La Jolla’s parade name.

Members of the La Jolla Town Council could not be reached for comment.
The Cove’s cliffs were sprayed, in two separate applications, at the beginning and end of summer. Blue Eagle Cleaning Distribution, Inc. did the spraying using an all-natural bacteria blend that reportedly eats away at the fecal waste material.

Lance Rodgers, head of Blue Eagle, said it’s inaccurate to say the Cove cliff spraying was unsuccessful.

“The intensity of the smell is significantly better, significantly reduced in ammonia levels from the bird guano buildup,” Rodgers said. “That’s been a very big success.”

But Rodgers said the recent spraying was meant to address “the immediate intensity of the smell,” and was not intended as a long-term solution.

Though the bird guano buildup issue has addressed at least in part, nothing has yet been done to tackle another odor source, which may be significantly adding to the problem: the Cove’s growing sea lion colony.

“You have both factors happening at the same time,” Rodgers said, adding the combination of smells from bird and pinniped waste is creating “new and changing issues” to be dealt with.

The growing sea lion colony at the Cove may cause the city to rethink — or expand — its long-term strategy for dealing with foul smells coming from the area.

“It seems pretty obvious that when animals are gathering in such concentrations, it would be logical that waste is going to occur,” said Ken Hunrichs, a member of La Jolla Parks and Beaches, Inc., an advisory group making recommendations to the city on coastal parks. “The sea lions have been moving in greater numbers from around the corner right to the mouth of the Cove, creating a conflict with people.”

District 1 Councilwoman Sherri Lightner said her office will be getting a full report from city staff on the Cove issue the week of Oct. 28.

“The cleanup efforts to date seem to have helped, but there may be a need for a third application or alternative actions,” Lightner said. “In addition to the bird poop, there is some concern that the sea lions may be adding to the smell.”
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Should You Hire A New Doctor?
With so much emphasis lately on the U.S. healthcare system, good communication between patient and doctor is being increasingly emphasized. New apps and technology is a sign that healthcare providers are quite focused on better engagement with their patients. Doctors are even taking communication training in order to improve how they engage their patients. So what do you do if you feel the relationship with your doctor just isn’t working?

Changing your doctor can be time consuming and difficult. Before leaving your present doctor, try to resolve the issues you may be having. The following is a guide on when you should consider leaving your present physician.

- You leave his office without answers to your questions. If you leave confused or unsure on what you should be doing next, the doctor is not communicating which is his responsibility.
- Your doctor ignores your ideas and questions. Physicians should be interested in what you are concerned about regarding your health.
- Your doctor misdiagnosed you. Doctors can make mistakes and that isn’t necessarily a reason to find a new doctor unless his distrust in you causes a life-threatening or catastrophic problem.
- Your doctor is offended with your request for a second opinion. A doctor should be happy that you are taking an interest in your healthcare and should even suggest other physicians.
- Your physician is not board certified. Board certification shows the doctor is interested in continuing to be assessed and educated in his specialty.

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Although no agreement is yet in place to sublease the office space, Coller added, "It will raise a substantial amount of rent."

Coller said the present financial shortfall is primarily the result of "an extremely poor response to advertising on TV screens" at the information center, as well as unanticipated funding cutbacks from various sources, including grants.

"Can’t we just lower the prices of the TVs?" asked LJVMA board member Claudette Berwin.

"We’ve already done that," replied LJVMA executive director Sheila Fortune.

LJVMA treasurer Tom Brady pointed out the use of the advertising screens as a source of income "was a gamble that didn’t quite work out," adding the group’s safety net is "the value of the lease on some very desirable property."

The LJVMA board voted to sublease about two-thirds of the information center at $162 Prospect St. Monthly rent for the sublease space is about $6,500. For more information, call Fortune at (858) 454-5718.

Moving on to matters of neighborhood beautification, the group sanctioned "Partners in Grime," a La Jolla Community Foundation proposal to clean up the downtown Village.

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"Can’t we just lower the prices of the TVs?" asked LJVMA board member Claudette Berwin.

"We’ve already done that," replied LJVMA executive director Sheila Fortune.

LJVMA treasurer Tom Brady pointed out the use of the advertising screens as a source of income "was a gamb..."
La Jolla High artists leave their mark on Little Italy’s streets

La Jolla High School juniors Stephanie Foster and Kaitlin Wheeler, founders of the Splat-ter Art Club, completed an 8-foot-by-8-foot Italian mask out of chalk for the 2013 Gesso Italiano (Italian Chalk) at Little Italy’s Festival of Arts on Oct. 12 and 13. The event is the largest Italian-themed masterpieces on chalk artists creating beautiful Italian-themed masterpieces on Date Street in the downtown Little Italy district.

They were assisted by Kylee Hum and Madeline Gates, members of the Splat-ter Art Club at La Jolla High. An art and community service club, Splat-ter centers around improving students’ artistic skills and taking part in community-service projects. The club combines art with helping those in need, as well as focusing on beautification, learning about different methods and styles of art, teaching how to draw, paint and create various forms of art and giving tips and tutorials to help benefit students’ artistic talents.

“We’re showing the evolution of the villa and cottage, which became MCASD and Wisteria Cottage, tracing the history through photographs, architectural drawings and other documents celebrating the cultural zone here in La Jolla and the history and architecture of this place,” said Fox.

Another participant, St. James by-the-Sea Episcopal Church at 743 Prospect St., is gearing up for the event. Walter DuMelle, assistant to the rector, said the church has been busy assembling a display of “architectural plans and art and all things St. James.”

DuMelle said guests will notice the seaside church has a major restoration project under way, renovating its bell tower, roof, repainting its walls and restoring its stained-glass windows.

“We’ll have two in-house architects available to discuss the renovation project going on,” said DuMelle.

DuMelle said St. James is on board with this year’s Open House theme, “Emphasizing the Scripps Legacy,” along with its connection to other cultural-zone institutions. The Scripps family made a generous donation to St. James allowing creation of the church’s landmark bell tower.

There are other treats on tap for visitors to St. James on Nov. 3, said DuMelle.

“Along with opening our front door, we will have organ demonstrations so people can enjoy getting up-close-and-personal with that and there will be some singing as well,” he said.

There will be refreshments at the special event, including coffee and scones.

For more information about the Open Doors event, call (858) 454-3541 or email lstraub@mcasd.org. For more info about “Scripps on Prospect” visit: www.mcasd.org/exhibitions/scripps-prospect-evolution-villa-and-cottage.
HALLOWEEN EVENTS >>

SPOOKTACULAR HALLOWEEN PARTY at UTC Ice, Oct. 25 from 8:30 to 11 p.m. and Oct. 26 from 8 to 10:30 p.m. Anyone dressed in costume will receive candy, with the best three costumes to win a prize. 4545 La Jolla Village Drive, (858) 452-9110, ext. 0, utcice.com

OLD TOWN ZOMBIE WALK, Saturday, Oct. 26. Zombies will meet at the El Campo Santo Cemetery, 2410 San Diego Ave., an hour before sunset (6:06 p.m.) for instructions and directions. For more information, visit www.facebook.com/otsdzw or email events@motorcircuit.com.

GET IN THE SPOOKY SPIRIT at Muttropolis’ annual Howl-o-Ween Party and Costume Contest on Friday, Oct. 25 at 6 p.m. Judges will award a grand prize and prizes for the two runners up. Light refreshments and appetizers will be served for owners and treats for their pooches. Receive a 10 percent discount remain up through Halloween.

THE 19TH ANNUAL WITCHES BROOMSTICK BALL takes place on Saturday, Oct. 26 from 8 p.m. to 1 a.m. at the Four Points by Sheraton’s Grand Pavilion Ballroom, 8110 Aero Drive. The event features live entertainment from The MarDels, as well as tarot card readings, black jack gaming and costume prizes. $25 in advance, $35 at the door.

THE OCEAN BEACH RECREATION CENTER will host its annual Halloween Carnival from 2 to 5 p.m. on Saturday, Oct. 26 at 4726 Santa Monica Ave.

THE OCEAN BEACH KIWANIS CLUB hosts a Howl-o-Ween Canine Carnival on Sunday, Oct. 27 from 10 a.m. to 4 p.m. at Dusty Rhodes Park between Nimitz and Sunset Cliffs boulevards. Dress up your dogs in the spookiest, funniest and stateliest costumes and bring them down. A pet parade takes place from 1:30 to 3:30 p.m., with prizes handed out around 3 p.m. for best costumes. For more information, visit www.oceanbeachkiwanis.org.

UNDERSEA HAUNTS A child dresses up like a starfish for Birch Aquarium’s Halloween-themed event. DON BALCH

HALLOWEEN CONT. FROM PG. 1

Price said.

When you do check out this haunted like house, bring your camera and beware of the dropping spiders! www.Barbarella-Restaurant.com

For those who crave the adrenaline rush of being scared, why not head up I-5 and visit The Scream Zone at the Del Mar Fairgrounds! This attraction consists of four terrifying haunted homes that won’t disappoint. One thing to keep in mind — it’s not for the squeamish, as the interactive mazes can be graphic. New this year is Zombie Paintball Safari, where guests are given the chance to save the planet from a zombie apocalypse. Other terrifying haunted attractions include the Haunted Hayride, House of Horror and the Chamber. For more information on hours and pricing, visit www.thescreamzone.com

Bird Rock students invited to decorate merchants’ windows for Halloween

Kindergarten through fifth-grade students are being called upon to help get Bird Rock merchants in the Halloween spirit with a window-painting event in the Bird Rock Merchant District on Saturday, Oct. 26 from 10 a.m. to noon.

Participants will meet at Bird Rock Coffee Roasters at 5627 La Jolla Blvd. to check in for the event, where they will be assigned a business’ window to decorate. Supplies will be provided.

Participants must pre-register by emailing Andrew Ward at andrew.ward@edwardjones.com. When registering, provide your name, email address, phone number, number of children participating and their ages.

The window decorations will remain up through Halloween.

WE WANT TO HEAR FROM YOU! One of our favorite secret spots near the Village is the dirt path that’s north of the Cave Shop. Walk along this path for about 10 minutes and you can eventually see both La Jolla Shores and the sandstone cliffs, as well as part of the caves. This is a great area to walk your dog! Take a creative picture on this walking path with at least two people, and include your family pet. Email your photo by Nov. 24 to tours@wheretours.com. The best photo wins four tickets to an Urban Challenge/Scavenger Hunt and four tickets to a Coronado Biking Tour.

A four-day food drive is also being held for Pillage the Village to benefit the San Diego Food Bank. Nonperishable food items such as canned goods and packaged foods such as pasta, rice, crackers and cereal can be donated in exchange for a commemorative trick-or-treat bag.

Food drive donations can be dropped off from 9 a.m. to 5 p.m. Oct. 28-31 at the REBA office, 908 Kline St., or C&H Photo, 7442 Girard Ave.

A food donation is not required to participate in Pillage the Village – and you don’t need to participate in Pillage the Village to donate food.

BIGGER AND BETTER EACH YEAR, PILLAGTHE VILLAGELa Jolla’s annual Halloween haunt, will be held from 3 to 6 p.m. Oct. 31 throughout the community’s downtown Village.

Trick-or-treating with local merchants is sponsored this year by the La Jolla Village Merchants Association (LJVMA), La Jolla REAL Estate Brokers Association (REBA) and La Jolla Kiwanis Club.

Orange-and-black balloons on doors will mark participating merchants.

The event includes a kid’s costume judging and prizes for 20 winners at 4:30 p.m.

GETTING IN THE SPIRIT Students paint merchants’ windows during a previous Halloween window-decorating event. DON BALCH

GHOS TLY DELIGHTS Above, a scene involving some residents playing in costume in a foggy park was caught on camera by photographer Don Balch. Above right, Barbarella restaurant goes all out for the holiday. DON BALCH

SPIRIT

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Fitwall workout offers a one-stop-shop fitness plan for all ages

By Dave Schmab

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

Fitwall is a cross-training method blending basics — and high-tech — in one comprehensive fitness program.

“There’s an opportunity to re-imagine the fitness experience, what fitness means,” said CEO Joshua Weinstein, of the business philosophy behind Fitwall La Jolla, which opened at 7710 Fay Ave. in May. “You can come and work out here, do it in 40 minutes, have fun and it’s going to be a welcoming and great experience.”

Fitwall’s motto is, Don’t train harder: Train Smarter.

“This is a revolution in the way you can train your body,” said Weinstein. “You can get better results working out here three times a week for 40 minutes than you can going to the gym for an hour and a half each day.”

The Fitwall research-based program eschews weights and other traditional equipment in favor of a one-device-fits-all approach, the Fitwall vertical training system, which utilizes interchangeable steps, bars, straps and elastic bands.

The Fitwall program professors to deliver strength, cardio and flexibility combined in one intense, fast-paced, 40-minute workout.

The validation of the program, Weinstein said, is the quality of the trainers Fitwall employees, who he said are career fitness coaches “won over” by the Fitwall system.

“We use strength and conditioning coaches who’ve used thousands of tools,” said Weinstein. “But they’ve come to work here with one tool, because they realize that one tool is more powerful, and can have a bigger impact on people’s physical health than a room with a thousand tools. That really speaks volumes.”

Weinstein said Fitwall appeals to active men and women of all ages and types.

“We have 9-year-olds working next to professional surfers, working out next to 75-year-olds who’ve had double-bypass surgery,” he said. “You can’t really name any other fitness experience that can integrate all of those.”

Yoana Teran, Fitwall’s market manager, demonstrated the Fitwall method, above. The workout is based on a single apparatus, which utilizes steps, bars, straps and elastic bands.

“Yoana Teran, Fitwall’s marketing manager, demonstrates the Fitwall method, above. The workout is based on a simple apparatus, which utilizes steps, bars, straps and elastic bands.

“SET A SCHEDULE AND STICK TO IT

When a good sleep schedule is followed, the entire body and mind can benefit. Here are some tips that can help improve sleep hygiene:

• Eating problems, including binge eating, loss of appetite
• Dependency on stimulants
• Difficulty in interpersonal relationships

Getting into a normal sleep routine can assist with weight loss efforts for a variety of reasons. When the body is deprived of sleep, a person will simply be more likely binge eat, late-night eat and may lack the energy necessary to exercise.

When a good sleep schedule is created and actions support proper sleep hygiene, the entire body and mind can benefit. Here are some tips that can help improve sleep hygiene:

**SET A SCHEDULE AND STICK TO IT**

The body craves routine. This is especially so if weight loss and personal fitness are concerns. Even the slightest deviation from a good sleep schedule can cause problems in the body for strength. It’s a lot of body stimulation.”

Clifton Harski, Fitwall head coach, walked over to the back of the wide-open fitness room and pointed to a wall inscribed with 14 workout “fundamentals,” a list of exercises like pull-ups, squats, etc., that raise or fall raises.

“They’re all multi-joint movements, which do a lot in a little amount of time,” Harski said. “Each workout is a combination of all those things.”

Harski said Fitwall is a more holistic fitness approach.

“Really connects your body together so your body works as one unit versus a bunch of isolated pieces,” he said. “From an athletic standpoint, we want to be able to integrate all the pieces together to allow people to get all the strength, cardio and flexibility they need. If you’re always running or cycling, for example, you’re getting a lot of wear and tear on the same pieces. This keeps you fit without wearing out your go-to pieces.”

Fitwall is a paradigm shift, said Weinstein.

“You don’t need to have a bunch of muscle-bound people or a lot of heavy weights that are often the things that turn people off from fitness,” he said. “Folks in La Jolla and elsewhere are really responding positively to what we’re doing.”

For more information, visit www.fitwall.com.

Why you need to improve your sleep hygiene

By Israel Lobue

Regular bathing and grooming is only a start. If good personal hygiene matters, sleep should also be a top priority.

When this area is ignored, the entire body can suffer. This is especially so if weight loss and personal fitness are concerns. Even the best diet and exercise plans can be get in the way of a person enjoying the entire body and mind can benefit. Here are some tips that can help improve sleep hygiene:

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For more information, visit www.fitwall.com.

GUEST COLUMN

Get Physical

Building exercise into the regular routine can also help promote healthier, more restful sleep habits. Exercise doesn’t have to take place at night, either, to have an impact. Even light exercise can help a person improve sleep hygiene by reducing stress and burning off extra energy.

Losing weight and getting into shape doesn’t just call for diet and exercise. Proper sleep hygiene can play a critical role in the process. When sound habits are developed, the entire body can benefit.
Apollonia

Apollonia has been the destination of choice for La Jollans with an appetite for Greek delicacies. The restaurant has a handsome outdoor patio where shaded al fresco dining is delightful. Venture inside and you will find a charming ambiance in every dining room and in the beautiful lounge. The menu includes age-old favorites such as Dolmathakia and Moussaka, alongside some absolute surprises guaranteed to tantalize your adventurous curiosity. The menu offers many heart-healthy items prevalent in Greek cuisine. Apollonia's service is very friendly and as pleasant as the food. Open daily from 11:00 AM to 9:00 PM (Sun-Thur) and to 10:00 PM (Fri & Sat).

Pleiku Cafe

Pleiku Cafe serves coffee, tea and modern Vietnamese dishes prepared from fresh ingredients. Our dishes consist of many blends of traditional Vietnamese and Asian cuisine flavors and techniques employing a modern-twist. We utilize fresh herbs and spices, without using MSG or preservatives. Come by and try our signature Vietnamese coffee, spring rolls, Pho and waffles. There is something for everyone to enjoy!

Froglanders

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

Bistro Pazzo

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

THE SHERSTRAVE RESTAURANT recently rolled out a series of seasonal offerings. Check out the iconic restaurant’s latest culinary delights:

Sip & Savor Wine Dinners — Dinners can indulge in a themed three-course menu and perfectly paired wines with every course. In October, chef de cuisine Percy Qani offers a special fall harvest menu featuring bacon-roasted monkfish tail or Pan-Pacific bouillabaisse. November’s menu is theme is Ocean Bounty, with seared Maine diver scallops and local swordfish. December’s Winner Catch menu features butter-poached Maine lobster tail and five peppercorn tuna steak. Dinner is $36 per person or $51 with wine pairings.

Thanksgiving Day Buffet — Enjoy a variety of savory appetizers and delicious main courses, including classic maple brined North Carolina tom turkey and rosemary mustard roasted ango prime rib, seasonal sides, delicious desserts and more. Available on Thursday, Nov. 28, from 10:30 a.m. to 7 p.m. Cost is $46 per person and special pricing is available for children 12 and under.

JOIN CUSP DINING & DRINKS in November for Kimpton Restaurant Month. Cusps is offering a three-course meal for $35 all month long for Kimpton InTouch (KIT) members. Sample the season’s offerings with a choice of any starter, entrée and dessert on the entire menu. Kimpton Restaurant Month is valid for parties of six or less. Some of what chef Donald Lockhart is preparing include: crispy pork belly with honey sriracha glaze; maple and grain mustard-glazed chicken breast with butternut squash hash, molasses caramel jus; butter roasted skate wing with long beans, hummus cream and crispy hummus peas; and a dark chocolate Nutella mousse with a gin-infused Concord grape jam.

Live music calendar

By BART MENDOZA

Friday, Oct. 25
• Tomcat Courtney, blues legend, 5 p.m., Café-Bar Europa
• Lisa Campbell, 6 p.m., Prospect Bar & Grill
• AJ DeGrasse Trio, piano jazz, 7 p.m., Eddie V’s
• Lori Bell with Grant Levin, flute and piano jazz, 7:30 p.m., La Jolla Community Center
• The Mark Leisman Band, blue and jazz, 7 p.m., Amaya
• Teagan Taylor, singer songwriter, 7:30 p.m., Athenaeum
• Tod Sider, vocals, piano, keyboards, 8 p.m, Manhattan of La Jolla
• FUNdamental Fridays, DJ night, 8 p.m., Barley
• Afra Jazziacs, Latin and Afro Cuban jazz trio with Louie Venzuela, 9 p.m., Café-Bar Europa
• Scratch, acoustic trio, 9 p.m., Beaumont’s

Saturday, Oct. 26
• Mike Myrland, 10 a.m., Bird Rock Coffee Roasters
• Ryan Hillier, noon, Prospect Bar & Grill
• Jimmy Lewis, 3:35 p.m., Prospect Bar & Grill
• Tomcat Courtney, 5 p.m., Café-Bar Europa
• Now Hear Ensemble, classical, 5 p.m., CPMC Recital Hall, UCSD
• Aquile, 6:30 p.m., Prospect Bar & Grill
• Jazz Mike, piano jazz, 7 p.m., Eddie V’s
• Lance Diekmann, blues harp, 7 p.m., Amaya
• Tod Sider, 8:30 p.m., Manhattan of La Jolla
• Superstar Saturdays, 8 p.m., Barley

Sunday, Oct. 27
• Emilie Autumn, theatrical rock, 8 p.m., Porter’s Pub
• János Négyesyy, 75th birthday celebration for violin virtuoso, 8 p.m., CPMC Concert Hall, UCSD
• DJ Night, modern sounds, 9 p.m., Porter’s Pub & Grill
• December’s Children, classic rock, 9:30 p.m., Beaumont’s
• Latin Magic, Latin dance music, 9 p.m., Café-Bar Europa

Monday, Oct. 28
• Sean Murphy, standards, 4 p.m., Café-Bar Europa
• John Cain, 5 p.m., Eddie V’s
• Pan Am, bossa nova and jazz, 7 p.m., Café-Bar Europa
• JoJo Hahn, 7 p.m., Amaya

Tuesday, Oct. 29
• Stephanie Schmitz, Brazilian jazz and world music, 5 p.m., Café-Bar Europa
• Ben Alpert, bluegrass, 6 p.m., La Valencia
• Flatbush Zombies with Bodega Bamz, 8 p.m., Porter’s Pub
• Tad Sider, 8 p.m., Manhattan of La Jolla
• Superstar Saturdays, 8 p.m., Barley

Wednesday, Oct. 30
• Carlos Velasco, Latin guitar, 4 p.m., Café-Bar Europa
• Aquile, 6 p.m., Prospect Bar & Grill
• Freddie A Dream Trio, 6 p.m., Eddie V’s
• Rick Ross, jazz and pop, 7 p.m., Amaya
• Tomcat Courtney, 7 p.m., Café-Bar Europa

Thursday, Oct. 31
• Talia, 4 p.m., Café-Bar Europa
• Rob Bondurant, 6 p.m., Prospect Bar & Grill
• Tad Sider, 7 p.m., Manhattan of La Jolla
• Stephanie Aston, soprano sings “Mysteries of the Macabre” by György Ligeti, 7 p.m., Athenaeum
• Pan Am, 7 p.m., Café-Bar Europa
• Mark Fulton Band, 7:30 p.m., Amaya
• Chris Cerna Trio, 6 p.m., Eddie V’s
• Jade Visions Jazz Trio, 7 p.m., Café-Bar Europa
• Lotus, DJ night, 8 p.m., Barley
• Simon Flick, 8 p.m., Beaumont’s

Friday, Nov. 1
• Tomcat Courtney, 5 p.m., Café-Bar Europa
• Lisa Campbell, 6 p.m., Prospect Bar & Grill
• AJ DeGrasse Trio, 6 p.m., Eddie V’s
• Retailate, punk, 6:30 p.m., Che Café
• Quel Bordell, gypsy folk, 7 p.m., Amaya

Saturday, Nov. 2
• Ryan Hillier, noon, Prospect Bar & Grill
• Jimmy Lewis, 3:15 p.m., Prospect Bar & Grill
• Tomcat Courtney, 6 p.m., Café-Bar Europa
• Mellow High, 7 p.m., Porter’s Pub
• La Jolla Symphony, 7 p.m., Mandeville Auditorium
• New York Polyphony, 7:30 p.m., Athenaeum
• Tad Sider, 8 p.m., Manhattan Fly Fridays, 8 p.m., Barley
• Pac Div, 8 p.m., Porter’s Pub
• African Jazz Trio, 9 p.m., Café-Bar Europa
• TBA, blues-rock, 9 p.m., Beaumont’s

Sunday, Nov. 3
• Freddie A Dream Trio, 5 p.m., Eddie V’s
• Jon Sandoval, jazz and pop, 7 p.m., Amaya
• Dornob Persian Traditional Music, 7:30 p.m., Café-Bar Europa
• Typhoon, indie rock, 8 p.m., The Loft
• Yo Gotti, rap, 8 p.m., Porter’s Pub

EVENTS

NOV. 13: LA JOLLA WRITERS CONFERENCE
WHERE: Paradise Point Resort & Spa, 1404 Vacation Road
NOW HOURS: 9:30 AM-4:30 PM
WHAT: Offering writers of all levels the opportunity to learn more about the art, craft and business of writing. Writer’s Digest placed the LJWC “among the 84 conferences in the country worth your money.” This year’s event features keynote speeches from notable writers Christopher Reich, Lisa Jackson and David James Keenan, as well as workshops with authors and classes like 7-Minute Pitch, Advanced Group Read and Critique, American Idol Pitch Session and Proposal Workshop. ljwconfere nce.com

NOV. 6: A NIGHT IN PARIS
WHERE: La Jolla Community Center, 6811 La Jolla Blvd., 6 p.m.
NOW HOURS: Free
WHAT: Mark Anderson of Adventure Vacations will be presenting and answering questions about everything you have ever wanted to know about traveling to Paris based on his 40-plus years of traveling there and almost as many times as a travel agent and European specialist. Wine and appetizers will be served. For reservations and information, call (858) 459-0831 or (858) 459-1065.

NOV. 3: FAMILY DAY BOOK-A-PALOOZA
WHERE: Lawrence Family Jewish Community Center, 4126 Executive Drive, 10 a.m. to 2 p.m.
NOW HOURS: Free
WHAT: Part of the Jewish Book Fair, Family Day offers literary fun for all with activities, entertainment and learning experiences for the whole family, including the Kid Zone, with activity stations and an obstacle course and crafts from 10 to 11 a.m. and from 1 to 2 p.m. Children will have the opportunity to meet Ann Stampler, author of “The Cats on Ben Yehuda Street” and Jamie Kornold, author of “Sadie’s Almost Marvelous Menorah.” Authors will be available to sign purchased books.

MUST HEAR)

Anyone who enjoys the sounds of New Orleans or classic style jazz in general will want to check out the 13-piece Preservationists, performing at the La Jolla Community Center on Nov. 1, 5 p.m. The official band of Mission Bay High School under the leadership of music director JB Balmat, the award-winning ensemble has turned out several generations of great jazz musicians over the years. While much of the music world these days is based on hype and what a producer can do behind the scenes, watching these youngsters perform is both exciting and inspiring. To paraphrase Pete Townshend, the kids are alright.

WEDNESDAY NIGHT MUSIC AT THE ATHENAEUM: Music to celebrate the 150th anniversary of Ostwald’s orchestra is valid for parties of six or less.

Join CUSP Dining & Drinking — In November for Kimpton Restaurant Month. Cusps is offering a three-course meal for $35 all month long for Kimpton InTouch (KIT) members. Sample the season’s offerings with a choice of any starter, entrée and dessert on the entire menu. Kimpton Restaurant Month is valid for parties of six or less. Some of what chef Donald Lockhart is preparing include: crispy pork belly with honey sriracha glaze; maple and grain mustard-glazed chicken breast with butternut squash hash, molasses caramel jus; butter roasted skate wing with long beans, hummus cream and crispy hummus peas; and a dark chocolate Nutella mousse with a gin-infused Concord grape jam.
The San Diego Symphony (SDS) held its annual black-tie fundraising gala Oct. 19. It began outside Copley Symphony Hall, where B Street, closed to traffic, was converted to a posh party venue. Chairpersons Hélène and George Gould gave their gala Erté’s art-deco style, and subtitled it “Glitz, Glamour and Gershwin.” The reception featured gourmet hors d’oeuvres, gorgeous models flauting stunning Van Cleef & Arpels jewelry and two beautifully restored 1920s Rolls Royce automobiles.

After the reception, partygoers ascended to the 44th floor University Club, where they found a string quartet and spectacular panoramic views. An elegant seat-ed dinner awaited; amuse-bouche plus three courses, with a Chateaubriand entree. Symphony CEO Edward Gill noted that at 103 years of age, SDS is California’s oldest symphony — and one of America’s very best.

“We’re the top of the country right now,” he said, “probably the most successful orchestra in America today.”

Fifteen consecutive years of balanced budgets — and achievement of “Tier 1” status — attest to that claim. So does the fact that SDS will play Carnegie Hall on Oct. 29, followed by Shanghai, Beijing and Yantai, China, in early November.

A surprise live auction addition was a Beverly Hills lunch with a moonwalker — famed astronaut Buzz Aldrin — who was also a gala guest. The auction and subsequent paddle raise helped event proceeds exceed $700,000 for SDS’ music education and outreach programs, which reached over 51,000 San Diego children last year.

Guests adjourned to the virtually full concert hall. CEO Gill introduced gala honorary chairs Joan and Irwin Jacobs, whose support over the years has included financial gifts totaling $130 million, and presented them with a commemorative plaque. While the Copley name will remain on the auditorium, the overall facility has now been renamed the Joan and Irwin Jacobs Music Center.

The orchestra’s 90-minute performance featured Gershwin’s “An American in Paris” and “Rhapsody in Blue,” and Ravel’s “Bolero.” The audience responded with thunderous standing ovations, giving particular attention to piano soloist Kevin Cole for his incredibly masterful “Rhapsody” performance.

The fun didn’t end there. Partygoers returned to the now-redeco-rated University Club for more libations, sumptuous buffets, fine cheeses, decadent desserts, a dance band (and elsewhere, a solo singer) and casino gaming.

Concert plus after-party tickets cost $250 — well worthwhile for the entertainment received. Full-event tickets, including VIP reception, dinner, concert and post-concert salad, cost several times as much. This was an opportunity for people to financially support SDS programs, while receiving in return seven hours of lavish sensual delights — a memorable evening of the finest quality — and the satisfaction of helping San Diego’s kids.

Las Patronas (LP) is a revered organization of about 50 accomplished La Jolla women who perennially raise substantial funds to support numerous worthy San Diego nonprofits. At LP’s recent annual La Jolla Country Club luncheon, it welcomed six new members, and celebrated the success of its 67th Jewel Ball, dubbed “Lucky 13.” Chaired by Erin Wyer, with co-chairs Megan Heine and Marlena Poulin, the August event raised more than $840,000, all of which will be distributed to carefully vetted beneficiary organizations.

Each Jewel Ball involves all LP members in a full year of planning and laborious preparation, resulting in the most significant social event in the entire region. Susie Piegza, chairwoman of the next (Aug. 2, 2014) Ball, introduced its theme with a retrospective video based on her mother’s 1956 trip to Havana. Titled “Moonlit Mambo,” it will celebrate the color, music and romance of 1950s Havana with the verve and panache for which this annual event is renowned.

**OPUS:** right: Scott Patridie, Kristin Bertell, Audrey Gregory, Alena Kortis, Tatiana Kisseleva, Dr. David Brenner

**OPUS:** left: Jing Yan (violin), Doug and Susan Lowrance, Doug Hall (French horn), Jisun Yang (violin; associate concertmaster), Jane Rice (SDS director)

**OPUS:** above: George and Hélène Gould (gala chairs), Buzz Aldrin, Regine Dreyfus, Benoit Voslion

**OPUS:** Above: Jahja Ling (SDS music director/conductor) and Jessie Chang, Kathleen Davis, Edward and Kari Gill (he’s SDS CEO), Laurel Gill, Peter Shultis
Left: Jay and Laeli Kovtun, Barbara Kjos, Kelly Kjos, Annika and Gordon Kovtun
Living in the name of...

By Natasha Joselowitz, Ph.D.

We live in a world where nearly everything is programmed to survive by killing one other. Imported plants take over native species, big fish eat little fish, and big animals prey on smaller ones. Ant colonies fight against another. And that, perhaps, is the most destructive of all. We should be surprised when there is peace and good will for a few years, not when there is war and ill will.

In 1609, when colonists first settled in Jamestown, a group of men just wanted to live off the work of others, and the colony was starving to death. Finally, John Smith insti-
tuted the law, "No work, no eat." That simple law saved all of their lives. Similar mention is in the New Testament when Paul teaches "the one who is unwilling to work does not eat." These are simple actions but very hard to do. Hang in there. You can do them and life will get better for all concerned.

Q: Hi, Our son is 20, quit college two months ago and came back home to live. I keep waiting for him to get a job but he is unmotivated. He sleeps until noon then plays video games until 1 a.m. I am frustrated because no matter how we talk about things, nothing changes. My husband and I are working our butts off but our son is lazy!

Sharonann Hamilton

We are territorial animals. We want each other’s land or oil wells or to force others to believe in our God or our political system — how different is it except for scale and technology from wanting each other’s goats or women or totems? When we raid a neighboring village or to force others to believe in our religion, we become so entrenched in the belief system that no one is converted, even among our own. Whether it is dissenting political parties or tribal warfare, conflict is part of human history wherever our species lived and still exists today in remote places in the world. We should be surprised when there is peace and good will for a few years, not when there is war and ill will.

In a nutshell, compromise. You and your husband must work together to stop making it easy for him to be lazy. Some ideas that I’ve seen work are: Set a time limit for him to be living in your home, give him a long list of chores you want him to do and to see. Agree on ones you would enjoy together. Discuss an occasional separate trip where he gets the golf and you get Africa. Sometimes differing experiences give you interesting conversations together in the future. Beware of vacationing separately too often because it can lead to a death of intimacy. A delightful experience together is a great step. Tough love is the hardest.

Does a Muslim have the answer or a Jehovah’s Witness or an Inuit? Did God speak to Abraham, Moses, Jesus, Mohammed and Joseph Smith?

Even within the same religion there is dissent: Orthodox versus Reform Jews and Christians fighting with each other. So, what is it? Will half of Ireland go to heaven and the other half be denied access? Do we know which the Catholics or the Protestants? Will the Sunnis or the Shiites?

So, where does that line of reasoning take us? Is it a clash of religion or a clash of culture? Is it the “have-nots” against the “haves,” the bearded ones against the shaven, or the covered heads against the bare ones? Is it dark skin against light?

The survival of our species in the New Millennium will depend, not on ancient conflicts, but on new

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Q: Hi, we just retired and I am ready to see the world. My husband and I are at odds about the types of trips we would enjoy. I want to go on a volunteer work program in Tanzania and see the sights on free days but he wants to go golfing in Scotland. How do we resolve this?

Q: Hi. Our son is 20, quit college two months ago and came back home to live. I keep waiting for him to get a job but he is unmotivated. He sleeps until noon then plays video games until 1 a.m. I am frustrated because no matter how we talk about things, nothing changes. My husband and I are working our butts off but our son is lazy!

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Urgent local news alerts plus a ‘limited’ selection of local deals sent directly to your phone! We won’t overwhelm you with junk mail or deals! Promise.
Mercents warned of imposter SDG&E scam

Warnings are being issued by the Ocean Beach MainStreet Association (OBMA) and the Pacific Beach Business Improvement District (PBBID) to merchants who are being targeted by a telephone scam, in which imposters posing as representatives of San Diego Gas & Electric are attempting to extort money.

According to the business advocates, the scam involves an immediate threat by the scammers to have a merchant’s power disconnected by SDG&E within a very short period of time if “X” amount is not paid. Reports have been filed that dollar amounts range from several hundred to over $1,000. The scammer apparently has access to specific information about a merchant’s account and payment history.

According to the OBMA and PBBID, SDG&E will not call merchants to settle up on an outstanding invoice, but rather leave a written notice. Merchants are urged to call SDG&E first to confirm any information before making a payment. This is a crime that should be reported to the police department’s Economic Crimes Division (at (619) 446-1031).

For more information about the scam, visit the SDG&E website at www.sdge.com/node/2755.

Merchants are also encouraged to call (619) 224-4906, or email info@oceaneach-bandsdiego.com to report similar activity.

— Staff and contribution

The University City bank robber who was shot by a security guard was sentenced Oct. 16 to five years in state prison. Casey Alan Wilson, 27, of El Cajon, is the only one of three people charged with the June 11 hold up of Wells Fargo Bank on Genesee Avenue to plead guilty. Wilson was shot in the arm and face and the getaway driver left him at a hospital.

San Diego Superior Court Judge Euyenia Cyherabide ordered Wilson to pay more than $22,000 that was stolen from the same bank on May 7. Wilson pleaded guilty to two robbery charges and received credit for 147 days in jail. He was fined more than $2,500.

Robert Anthony Hodge, 28, and Laura Joyce Elshire, 43, will get a trial date set for them on Nov. 4 after they were ordered to stand trial for the same robbery. If Hodge is convicted of the May 7 robbery, he would have to share the restitution order.

No money was taken out of the bank on June 11. Elsheire was arrested inside the bank. Hodge and Elshire have pleaded not guilty and they remain in jail.

Deputy District Attorney Chandelle Konstanzer asked Cyherabide to sentence Wilson to seven years, while his attorney sought a lesser sentence. The probation department recommended a 4-year term.

Donations are being sought for the San Diego Police Foundation, which provides funds for things like trauma kits used by SWAT teams and police canines. A dozen of the dogs are retiring next year.

“It was brilliant, everything about it, including the light show,” said Phyllis Minnick from the audience, about the fundraiser that paired professional dancers with local VIPs.

LJTC president Cindy Greatrex commented about another successful council-sponsored event, a La Jolla Goodwill Store fashion show held at La Jolla Woman’s Club.

“The next day after the sunset/ter/fashion show, $680 worth of clothing was purchased from Goodwill,” said Greatrex. “It was a fabulous time seeing the models in the fashion show.”

In other action:

• Lena Lewis, from interim UC bank robber sentenced By NEAL PUTNAM

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LJVCMA >> CONT. FROM PG. 6

the cleanup to start initially at the La Jolla Parkway gateway into the community from Interstate 5 and work down Torrey Pines Road into La Jolla Village.

“Our goal is to work together with everybody throughout La Jolla toward achieving success,” said Bronstein. “Once we’re up and running, we’ll start fundrais-

ing and accepting donations.”

Bronstein said a contractor is to be hired to perform a number of functions, including emptying trash cans, picking up litter on sidewalks in gutters and along roadsides, power washing side-

walks, removing graffiti and con-

ducting weed abatement.

“No funds are being asked from the community for this cleanup process,” said Collier.

LJVCMA’s annual election results were announced at the meeting.

No board members to be seated in November are Claude-Anthony Marenco, Billy Borja, Justin Stew-

art, Corey Bailey and Carol Mills.

The group meets the second Wednesday of the month at 8:30 a.m. at the Curver Club, 7776 Eads Ave.

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Napoli said, noting dogs can smell the police canines the foundation officers’ lives in the field, as have SW AT teams, have saved police 10,000 adults.”

“75,000 young people in sixth-outreach programs have reached LJTC immediate threat by the scam-

extort money .

Gas & Electric are attempting to representatives of  San Diego Improvement District (PBBID) and the Ocean Beach MainStreet Merchants warned of imposter SDG&E scam

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— Staff and contribution
The real reality behind real-estate reality shows

combining “wish lists” for their dream house, the couple by the end of the show must make a decision from among the three choices. At this point, we are wishing our lives were only this easy. We would love to show only three properties knowing the buyer has to select one, then quickly transact the deal and get paid. In real life, consumers in this country are insulted by so few selections.

As we are awakened by our own snoring, we catch the finale to learn that this once-difficult couple have managed to choose a house that, by the way, was not even close to one of their “wish lists” — go figure! Wow, great job of resolution management. AND ... And ... no less, their offer was accepted at below asking price. So now those home buyers out there in TV land are more likely to believe they, too, have the opportunity to grab their dream home, all the while offering a lower price. Sorry, but that is so 12 months ago.

For certain, these reality shows have been staged and pre-scripted, which lead to fantasies in the minds of people. These same people go out into the real world with those fantasies and become either very intolerant to deal with because they are insulted by the real-estate agent’s selections, or they get very frustrated because they cannot achieve these expectations.

This is the reality. Every market, whether real estate, investment securities or precious metals, will experience cycles. Currently the real-estate market is to the seller’s advantage, so if you associate yourself with those reality-real-estate television shows, well, you may lose your window of opportunity to buy the next home for you and your family.

Your real-estate agent should have the metrics and data available to present to you a clear picture of the real estate market. This will help you to have a clear mindset.

Charles Schevker & Natasha Alexander

Mirna Carson
Coastal Property Specialist
619.218.1464 | mcarsonre@gmail.com
BRE CA #01062264

REAL ESTATE BRIEFS >>

La Jolla’s largest condo sells for $8.2 million

The largest condominium to ever sell in La Jolla at a little more than 6,500 square feet closed escrow the first week of October with a sales price of $8.2 million.

“I checked, and nothing that I could find comes close to being as expansive as this condo in the Village of La Jolla, and probably all of San Diego County,” said Joan Schultz, the property’s agent with the La Jolla office of Berkshire Hathaway HomeServices California Properties.

“Where can a buyer find something this magnificent in the heart of La Jolla with two huge patios spanning more than 1,000 square feet with sweeping ocean views?” According to Schultz, the buyers were from San Diego and wanted to be able to walk to the Village with ease.

“They are so excited to be in the Village, so close to all of La Jolla’s quaint shops and restaurants now,” she said.

Schultz said the property is one of a kind.

“This condo is just a work of art designed by the late Arthur Porras, who used the most beautiful woods and stones in exquisite combination,” she said.

The unit, with its three and a half bathrooms, office and dramatic views, was a prime example of his work and vision.

“This is a home that makes you feel warm and comfortable among its grace and elegance,” Schultz said. “Porras found a way to combine design elements in such a way you feel a sense of peace and calm wash over you. And, most of all, you know you’re in a very unique home.”

With more than 3,200 sales associates located in 62 offices across Southern California and the Central Coast, Berkshire Hathaway HomeServices California Properties is one of the top five brokerages in the nation. In 2012, agents of the firm closed nearly $11 billion in sales volume and more than 14,000 transactions.

— Dave Schwab
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part of intimacy is shared experiences. The bigger game here would be that you might learn to golf so you could enjoy the Scotland trip. Your husband might agree to do a volunteer job he enjoys, even in Tanzania, and you both agree to each trip. My experience is that we can put up with just about anything for a short time. In the meantime, go on a mutually agreed trip and enjoy it.

— SharonAnn Hamilton is author of The Retirement Concierge, a baby boomer’s playbook for navigating the future. Questions are welcome via email to guidessharonann@gmail.com or www.TheRetirementConcierge.com.

ways of dealing with one other in spite of different gods and different mores. We must invent ways to assuage the immense anger ravaging the earth today in order to keep our species living on this small planet just a bit longer.

"Every gun that is made, every warship launched, every rocket fired, signifies in the final sense a theft from those who hunger and are not fed, those who are cold and are not clothed."

— Dwight D. Eisenhower, U.S. general and 34th President (1890–1969)

Perhaps the only way we can counteract our evolutionary propensity is by education. Starting in kindergarten, through high school and college, offer classes not only about understanding diversity but also embracing the ones different from us. We tend to be more comfortable with people similar to ourselves, but our job as teachers, parents, mentors, and leaders is to help people get out of their comfort zones, explore and hold out a hand to those so different from us.

"The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently."

— Friedrich Nietzsche, philosopher (1844–1900)

Yet tolerance is not valued by everyone, some see it as a vice, a lack of moral integrity. Maybe the real conflict isn’t between extremists groups, but between the philosophies of absolutism and relativism.

If we are programmed to fight, is there a way to deprogram ourselves, to accept each other as different but still part of the same human family? Is there a way for us to just love one another, not only in spite of, but because of...?
sensitive, year-round teaching area that’s ecologically fragile with inter-tidal pools that are in both a state sensitive marine animal and plant life in the inter-tidal zone."

• Lifeguard Lt. Rick Strobel told LJSA there is a good chance the city will soon discuss starting a request for proposal (RFP) process to regulate Shores snorkelers, as has been done previously with other beach user groups.

LJSA Parks & Beaches Committee chair Mary Coakley Munk urged caution in initiating a new RFP process. "It seems like we’ve singled out some groups, like kayakers and surfers, and given other groups a pass," she said. "We’re working with scuba divers on a way to regulate their use of Kellogg Park, which they’ve been using for their businesses for years."

Strobel assured the group safety was the No. 1 concern in the process. "We’ll look at it from a public-safety standpoint," replied Strobel. "We don’t have a timeline, but we’re seriously looking at it right now."

Some LJSA board members echoed the need for an official presence in the area.

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We desperately need a park ranger and some maintenance on the park and we’d like to see that money (beach user fees) come here before going to the [city’s] general fund," said LJSA board member Janie Emerson. "That’s a high concern to all of us, and we’re going to keep saying it until it happens."

"We’ve heard that loud and clear," responded Strobel.

In response to a community request to find out if lifeguards have any authority in enforcing laws pertaining to ice cream and other commercial vendors in Kellogg Park, Strobel said lifeguards’ purview is what goes on in the water, and with businesses the city has RFP contracts with, such as kayak operators and surf camps.

In other action:
• LJSA chairman Tim Lucas, responding to Bob and Kim Whitney’s claim of possible code violations involving parking at 2211 & 2226 Avenida de la Playa, said the city has informed him that one residence is in compliance, while the other is in the process of retrofitting their property to be in compliance with city codes.

The group’s next meeting will be Wednesday, Nov. 13 at 6:30 p.m. at Scripps Institution of Oceanography, Building T-29.
The woman said he punched her in the face in a misdemeanor battery case in 2012, according to court documents.

Schultz said he secured the victim’s backpack and holding a pink jacket. Schultz said he caught up to him and arrested him. Schultz said he secured the victim’s property. He said the victim identified Tesfa as the suspect at the curbside line up.

Tesfa’s mother attended the hearing. He is on probation for punching his mother in the face in a misdemeanor battery case in 2012, according to court records. He has pleaded not guilty, and remains in jail on $750,000 bail.

Tesfa dropped the backpack and ran when he saw the officer, but Schultz said he had a black eye and lost part of a tooth. She had glass in one foot from broken glass on the ground.

A stipulation between the prosecutor and defense attorney Euketa Oliver was read into the record indicating that DNA from Tesfa matches semen that was found during an exam of the victim.

Police officer Ryan Schultz testified he responded to the 9-1-1 call and found Tesfa in a dry riverbed. He said Tesfa was “sweating profusely” when he saw him and noticed he was wearing a black backpack and holding a pink jacket.

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