SO OTHERS MAY LIVE  Memorial Day is especially bittersweet in San Diego amid the city’s military presence and its longstanding traditions of homage to those who have sacrificed their lives for their country. La Jolla’s Mt. Soledad National Veterans Memorial (above), which will hold its annual memorial ceremony on Monday, May 25, has chosen Marine 1st Lt. Nathan Krossoff (inset), a counterintelligence officer deployed to Iraq on Sept. 6, 2006, as this year’s honoree. Krossoff was killed Dec. 9, 2006, following a patrol outside Fallujah. A plaque will be dedicated in Krossoff’s honor at 2 p.m. Krossoff’s parents, Bill and Christine Krossoff of Rancho Santa Fe, will speak at the ceremony. The Mt. Soledad memorial is located at 6905 La Jolla Scenic Drive. Additional information on the facility can be found at soledadmemorial.com.

Amid the drought, artificial turf concept holds water

By DAVE SCHWAB  This is the first in a series of articles on energy sustainability and what homeowners can do in response to the continuing drought.

With rainfall levels diminishing and water rates increasing, San Diegans are searching for ways to save water, energy and money in these continuing times of drought. Which is leading more than just a few to consider turning in their water-guzzling, high-maintenance grass lawns for synthetic turf. It’s a trade-off, with pluses and minuses to keeping natural lawns, as opposed to trading them in for an artificial surface with a large upfront cost that pays off on the back end.

Scripps Health response team to head home from Nepal

After spending the last two and a half weeks caring for earthquake victims in remote villages in Nepal, members of the medical response team from La Jolla-based Scripps Health are resting in Katmandu and preparing for the long trip home to San Diego.

The five team members have been working under the auspices of the International Medical Corps as part of two medical groups that included physicians and medical responders from other health systems and organizations. The first Scripps group – corporate vice president Tim Collins, (corporate vice president, operations and research), assistant vice president and registered nurse Debra McQuillen and chief nursing executive Jan Zachry – are already in Katmandu. The second group – senior director of disaster and registered nurse Patty Skoglund and senior director of clinical services Steve Miller – were to follow.
Around the Block: Small, independent businesses are just around the corner

By Dave Schwab

Merchants within the Village block section bounded by Silverado Street, Torrey Pines Road and Herschel and Ivanhoe streets are truly diverse, with lots of small businesses and independents represented.

“That block of Herschel is mostly service-oriented — beauty, dentists, CPAs et cetera, with the exception of the corner where Come On In, Marketplace Grill, Porkyland et cetera are, on the corner of Torrey Pines Road,” said Realtor Claudette Berwin, a block captain for the La Jolla Village Merchants Association business improvement district.

Berwin pointed out that one huge anchor of this merchant area is The Crosby Center, 7730-7742 Herschel Ave.

“The Crosby Center is the business center with individual one-person businesses like beauty services, CPAs, psychiatrists, therapists, et cetera,” said Berwin. She added another cornerstone tenant in the area is La Jolla Village Lodge boutique hotel, at 1141 Silverado, on the corner of Herschel and Silverado. Across from the lodge is Prana Yoga studio, at 1041 Silverado St. Prana’s owner, Gerhard Gessner, said he likes his location and the visibility the corner provides him.

“We get quite some business from drive-by and walk-by customers,” said Gessner. “Besides that, being located that close to downtown, the main roads of Girard and Prospect, is a bonus.”

Pointing out parking and traffic noise from buses and trucks nearby can be limiting factors, Gessner noted a primary advantage of Prana’s strategic location is that it’s in a building that “has been there for a while and is part of old’ La Jolla.”

“We are in walking distance from basically everything in town,” said Gessner, citing walkability as the biggest advantage of his location. “We (also) have one of the La Jolla benches in front of our studio, which is very nice.”

The Crosby Center has been a focal point for local merchants for many years. Two tenants in Crosby, Amorah Kelly, owner of Wonderworks Healing Arts, an acupuncture and holistic healing studio at 7742 Herschel Ave., suite Q, and Caran Hardy Bookkeeping at 7742 Herschel Ave., suite C, both say the Crosby Center is the place to be.

“I like it here,” said Kelly. “It’s got a small-town feel. It’s got charm. I like the people. I like my office. It’s like a sanctuary, with gardens and ponds and a fountain with koi fish and palm trees.”

Hardy likes Crosby Center’s central location, which is ideal for her business.

“It’s near banks and restaurants,” she said. “I can walk to the ocean. I’m right in the center of things.”

Typical of this area of independent small business owners is Jade J. Schulz Violins, at 7748 Herschel Ave., and Judy Judy Judy, a high-profile local artist whose studio is at 7734 Herschel Ave.

“I am a full-service violin shop,” said Schulz. “Including retail sales, appraisals, repairs, restorations, accessories and lessons (the school is called San Diego Academy of Strings).” Schulz noted he runs the business himself: “My customers come from all over San Diego County, even some from Riverside and L.A. counties.”

“My block is very friendly between business owners,” said Schulz, adding “Volubulis Imports next door is making huge strides in importing Baja wines.”

Judy Judy Judy, the name the artist prefers, said her art is inspired by frequent trips to France and elsewhere in the world. Her website notes that most of her paintings “are influenced by the feminine mystical: the femme fatale, the exotic, the ordinary woman…”

LA JOLLA VILLAGE NEWS
FRIDAY · MAY 22, 2015

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Hans Petersen gets two life terms in La Jolla double shooting

By DAVE SCHWAB

La Jollans were clued into the perceived threat of “mansionization” by Bird Rock residents at La Jolla Community Planning Association’s May meeting.

Bird Rock residents Sharon Wampler and Dana Williams led a PowerPoint presentation to the community advisory group on land use. The presentation was designed to illustrating their contention that developers are redeveloping properties and turning them into mansions.

They claimed that transformation is depleting their neighborhood’s character.

The pair told community planners that as many as 20 to 25 such residences in Bird Rock have recently been purchased and redeveloped.

“We’re hoping to begin the process of having people’s voices heard on this issue of (refurbished) McMansions in our neighborhood,” Wampler said, adding, “It’s a citywide issue.”

Williams said they were not there to “pick on” individual developers but to point out that a growing number of remodels over the past decade or so have been trending in the direction of being over-the-top.

“Something has got to be done,” Williams said.

“More and more houses are being torn down and McMansions built,” he added.

Concerning the city’s housing codes, association trustee Frank Zimmerman said, “There has to be a will to change.”

“It’s been horrendous,” agreed Bird Rock resident Don Schmidt from the audience.

The whole (housing development) process needs to be changed,” he said, requiring a lot more specificity.

“These kind of conversion have been going on for 20, 30 years,” said Donovan.

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The (housing development) process needs to be changed,” he said, requiring a lot more specificity.

“These kind of conversion have been going on for 20, 30 years,” noted association president Joe Valentine.

“If we don’t act, it’s going to be too late,” he said.

Williams made him develop paranoia and caused him to lose his job in 2010.

“He will most likely spend the rest of his life in prison,” said Deputy District Attorney Amy Maund after she argued for consecutive terms.

Petersen blamed his actions on a prescription anti-seizure medication he took. He said the drug ruined his life and that he was in a drug and alcoholic blackout during most of the two shootings.

Petersen said the whole event “felt like a dream to me.” He said the drug

Officer wounded by fleeing suspect leaves hospital

A San Diego police officer wounded when a fleeing suspect opened fire during a chase was released from the hospital May 19.

Officer Heather Seddon, a five-year member of the force, was treated at Sharp Memorial Hospital after a bullet wound to her neck, where a round initially struck her, and shoulder, where it lodged.

Seddon and other patrol personnel were running after a 34-year-old Dennis Fiel of San Diego on the morning of May 17 in a neighborhood just north of Sharp Memorial Hospital when Fiel pulled a gun and shot her, prompting fellow officers.

Fiel, a San Diego police officer wounded when a fleeing suspect opened fire during a chase was released from the hospital May 19.

Officer Heather Seddon, a five-year member of the force, was treated at Sharp Memorial Hospital after a bullet wound to her neck, where a round initially struck her, and shoulder, where it lodged.

Seddon and other patrol personnel were running after a suspect in a months-long series of noninjury shootings at buildings in Kearny Mesa — as he was driving on Interstate 805 near Convoy Street, according to Hastings. As officers gave chase, Fiel merged onto State Route 163 before exiting at Kearny Mesa Drive, where the pursuing officers lost sight of his vehicle.

Police soon spotted the suspect walking nearby, and he fled when they tried to contact him, Hastings said. Moments later, the volley of gunfire erupted.

Body cameras recorded the chase and shootings, Hastings said. Police have reviewed the footage and forwarded it to the District Attorney’s Office, which will determine if the officers’ use of lethal force was justified, the lieutenant said.

During a subsequent search of Fiel’s home, investigators found an assault rifle, ammunition and a large marijuana-growing setup, according to Hastings.

Robber gets seven years in multiple hold-ups

An armed robber charged with holding up 11 people on the same night in La Jolla, Ocean Beach, Mission Beach and elsewhere was sentenced Monday to seven years in state prison.

Restitution to the victims of Joseph Andrews Garcia, of San Diego, will be determined in a later hearing. San Diego Superior Court Judge Timothy Walsh gave Garcia credit for a year in jail and fined him $4,533.

Before his arrest, Garcia, 20, posted this question on his Facebook page: “Who knows how to unlock an iPhone 4? The iPhone 4 is the type stolen from a UCSD student on Feb. 2, 2014. That tip led to Garcia’s arrest three days later.

Garcia pleaded guilty to two robbery charges, and the other hold-up and attempted robbery charges were dismissed after Garcia agreed on April 20 to accept the seven-year sentence.

The getaway driver, Benjamin Her- nandez, 24, of National City, will be sentenced May 27 after he pleaded guilty to committing two robberies. Hernandez faces a maximum six-year sentence. One of the victims remembers her car’s license tag, the information led to his arrest on Feb. 3, 2014.

The robberies started in Ocean Beach at 6:50 p.m. on Feb. 2, 2014, when three men on Cape May near Cable Street were approached by the robbers and a pistol. One bandit held a tire iron. The men had their cell phones, cigarettes and a lighter stolen.

Later, a man lost his cell phone and another man lost his wallet containing $2, credit cards and ID cards on First Avenue in Hillcrest, according to the probation report. Another man was then robbed of $250 in his wallet. Another man who was standing outside his apartment that evening had a gun held to his head; his phone was stolen, and one man hit him in the back with a tire iron.

The last group robbed comprised UCSD students sitting on a bench outside a school gym. One man held a tire iron, and the students were robbed of their cell phones, student IDs, wallets and credit cards.

By Neal Putnam

Officer wounded by fleeing suspect leaves hospital

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By Neal Putnam
Beach-Barber residents are asking for help amid escalating alcohol and drug activity

By DAVE SCHWAB

La Jolla Town Council in May heard a plea from Beach-Barber Tract residents complaining of escalating alcohol and drug abuse and crime on their beaches. They’re urging local government to come to their neighborhood’s aid.

Beach-Barber residents Ann Kerr Bache, a council board member, and Cynthia Chasan told the council that social media is encouraging young people outside La Jolla to come to the Beach-Barber Tract beach, which is intensifying problems with drugs, alcohol and other unacceptable behavior.

“We’re falling through the cracks,” warned Kerr Bache. “We have some very serious issues of concern — illegal underage drinking, drug dealing and huge sanitation issues.”

“In the ‘90s, neighbors were able to get together and establish a private security patrol which (ultimately) had to be disbanded,” said Chasan, arguing that’s left a void to be filled. “What’s happening is we’re heading into the summer without (security) resources at the beach, which is being degraded.”

Chasan said youths are being driven to the isolated neighborhood beach by social media promising them that it is “one of the best-kept secrets in San Diego.”

“There is now a lot of drugs and alcohol, trash and dogs off-leash,” she said.

Both neighbors insist the answer to the growing problem is simple: Hire a Level 2 lifeguard or two who are properly trained and qualified to issue citations to beach offenders. Both said their efforts thus far to beef up beach security have been stymied by a government bureaucracy that keeps bouncing them back between one group and another, without properly addressing any of their concerns.

“Windansea has two permanent Level 2 lifeguards through the summer and occasionally three,” noted Chasan.

“We’re not saying we only want locals,” said Kerr Bache. “We want people to come to La Jolla, but we don’t want them to do it illegally.”

“Our youth are being jeopardized by this criminal element,” Kerr Bache said.

“This beach needs to be patrolled,” she added.

Council president Steve Haskins suggested inviting police and lifeguards to the next meeting to thoroughly vet the issue of Beach-Barber Tract problems and what can be done to resolve them.


The council will next meet Thursday, June 11 at 5 p.m. at La Jolla Rec Center, 615 Prospect St.

San Diego. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity.

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To assist home sellers, a new industry report has just been released called “17 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

In this report you’ll discover how to avoid financial disaster when selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home.

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The corps was to host a dinner for the Scripps team May 20.

“The Scripps responders provided care to approximately 2,230 patients in at least 13 isolated, mountainous villages that in most cases were accessible only by helicopter. On their final mission day, the first group reported evacuating a patient and several family members to a larger city for additional care.

“Everyone is safe, exhausted, but absolutely fulfilled with the work,” Collins said. “As we wind down the operation, we have begun to process this experience and look forward to being home. The team is extremely grateful for this experience.”

Skoglund said, “The team is enjoying each other’s company tonight, sharing stories and playing cards. We have become a close family over these three weeks.” She noted that many of the young Nepalese volunteers with whom they’ve worked are now preparing to take on the roles of the Scripps team members.

“The local volunteers are having a difficult time with our departure as they see us as friends and, in some cases, parent figures,” Skoglund added.

“I believe we have given them hope and strength to become leaders in their own right and to begin to rebuild their lives. They are all so smart and survivors; they are bound to move forward. This is our greatest success here, leaving this young generation with hope and confidence to begin again.”

The 7.8-magnitude quake, which struck the Katmandu Valley April 25, killed more than 8,000 and injured more than 13,000.

A second tremor, at 7.3 magnitude near Mt. Everest, killed at least 48 and injured more than 1,000 on May 11.

– Scripps News Service

The Scripps Health response team is ‘exhausted but absolutely fulfilled.’

COURTESY PHOTO

Two retail/office spaces for lease in PB

4645 Cass St. (Corner of Emerald)

Nico, commercial/office spaces at the SE corner of Cass street and Emerald, directly across the street from PB post office. One space is 370 sq ft of includes large executive office, smaller office and storage/office/workroom area. very functional space. Full service, electric included.

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Both spaces available for immediate occupancy.

Contact David Mannis at 619-981-1951 or david@sdcm.com

JUST IN TIME La Jolla Country Day School, an independent college-preparatory day school serving young scholars ages 3 to grade 12, has raised funds for My First School, a program sponsored by Just in Time for Foster Youth. On May 20, students from the school built furniture for youth in the program, which helps foster children achieve self-sufficiency and well-being. The students above participated in the furniture-construction program in 2013. COURTESY PHOTO

Insider secrets to get top dollar for your home

San Diego. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

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When Ricardo Dondisch and his local business partners were searching for a restaurant space in La Jolla Cove two years ago, they weren’t put off by The Hake Kitchen & Bar’s (then Aquamarine) lack of an ocean view—they were excited. Dondisch is a managing partner in a successful Mexico City restaurant group, Operadora Bajo de la Tintorera, and The Hake is the group’s first U.S. venture. The Hake, 1250 Prospect St., is located below street level and rather discreet, reminding the group of their first restaurant in Mexico City, called Puntarena.

“We come from a place where we have to go to the market every morning in Mexico City,” said Dondisch “The only way we know to work is through fishmongers and farmers to get fresh ingredients.” Their goal was to create a neighborhood eatery in La Jolla using many of the popular dishes from their menus in Mexico City. Their executive chefs were excited to develop new dishes using ingredients previously unavailable to them in Mexico. A year later, they were exporting dishes from The Hake to their restaurants south of the border.

Dondisch, a La Jolla resident in the Ridgegate community, still travels to Mexico City every few months. He says the first two years in business at The Hake have been full of learning experiences in cultural differences and American customs. “We come from a place where that’s very normal,” he said.

They’ve also had to learn more about wine and craft beer to be able to cater to La Jollans’ tastes, whereas their Mexican clientele prefer mixed cocktails. In exchange, they’ve been able to teach La Jolla patrons about tequilas and mezcals. Accommodating special requests is customary at restaurants in Mexico City, says Dondisch, and The Hake is no different.

“We come from a place where that’s very normal,” he said.

To celebrate the restaurant’s second anniversary and give back to the La Jolla community, The Hake will hold a party in July to benefit Las Patronas, a philanthropic organization founded in La Jolla that raises money for nonprofits throughout San Diego.

The Hake serves lunches and dinners and offers outdoor seating options. Daily happy hour selections are available from 4 to 7 p.m. and again from 9 p.m. until close at the bar.
Celebrate Memorial Day with Moonglow Designs
May 24 5pm - 9pm -5763 La Jolla Blvd.
Moonglow Design La Jolla Art Gallery with glass, wood and paintings welcomes you to join us on the deck to celebrate Memorial Day with BBQ and entertainment. Sponsored by Erling Rohde Plumbing, the oldest running plumbing company in San Diego, serving your plumbing needs since 1910. Owned and operated by Vietnam Vet

For years locals of Bird Rock have relied on the services of the La Jolla Mailbox Rentals and its owner, Anita Wood. Anita acquired the business February 1987. Anita accredits her success to her ability to interact well with her customers. Anita says “I have personal interests in all the people; I take the time to service people individually. My customers know that they can send anything anywhere around the world and it will arrive safe and sound. "I love the area: coming to work doesn’t seem like work because of the people and the environment that surround my establishment.”

La Jolla Mailbox Rentals offers customers 24-hour access to mail and postal deliveries. When you have a mailbox at their convenient location, you receive not only a private mailing address, access to delivery of large packages and 24-hour access to your mailbox, but also peace of mind.

In addition to mailboxes they also offer complete postal services, notary service, copies, scanning, and shredding. La Jolla Mailbox Rentals also offers DHL, UPS, and Fed Ex services. They truly are your one stop postal shop.

La Jolla Mailbox Rentals: (858) 456-2216 • 5666 La Jolla Blvd.
A recently endowed $1 million will help UCSD preserve and grow its internationally renowned 18-piece collection of public artwork.

The site-specific sculptures make up the Stuart Collection, launched more than three decades ago with the now-famous “Sun God” by Niki de Saint Phalle. The collection was started by James Stuart DeSilva, a San Diego businessman who built a successful tuna fishing fleet. He used his middle name for the collection to deflect attention from himself.

“Times of San Diego”
French-American School mirrors namesake nation's gifts to humanity

By MARTIN JONES WESTLIN

Editor's note: This is the second of a two-part series on La Jolla's San Diego French-American School, which seeks to hold itself out as an institution uniquely capable of preparing students for life on the strength of France's profound international impact.

Everybody has bad days, after all – even in France, home to the world's sixth largest economy and the globe's biggest influx of tourists every year. French unemployment stood at an eye-popping 10.6 percent as of March, and taxes on some wealthy French households somehow topped 100 percent two years ago. To add insult to injury, famed French actor Gérard Depardieu left his native country for good in a huff, loudly lamenting the French system of taxation; he was granted Russian citizenship in January of 2013.

But to hear the San Diego French-American School tell it, such entanglements mean something only if they make the nightly news. "Multilingual – multitalented – world-ready," reads the school's new tagline, like some irresistible force pitted against a suddenly movable object. Take care of the little things, and the big stuff will take care of itself.

"We're committed to teaching good world citizens," principal Christian Jarlov said, "and preparing them for a very different world. Two out of three jobs require [or will require] knowledge of a second language – two out of three. We know this as we design our curriculum, and we're already ahead of the curve] with so many cultures represented."

But a French education means many things, at least in the eyes of history.

Two centuries ago, France led the globe in educational progress, and its pursuits weren't limited to the classroom. All the world was its stage, and its actors led the way in movements and inventions that would eventually touch populations in every corner.

The Abbé Charles-Michel de l'Épée, a philanthropic educator who in the Paris of 1760 founded what is now the world's oldest school for the deaf.

Brothers Joseph-Michel and Jacques-Étienne Montgolfier, who in 1783 introduced the world to untethered flight in a hot-air balloon.

Louis Braille, who in the 1820s invented the renowned reading and writing system for the blind and visually impaired – at age 12 (he himself was also blind).

Louis-Jacques-Mandé Daguerre, whose invention of the daguerreotype deemed him one of the fathers of modern photography.

Walk, ride and roll to school with SANDAG amid new grants plan

The San Diego Association of Governments (SANDAG) has launched a Walk, Ride and Roll to School mini-grant program to help increase active transportation and safety education for students throughout the region.

In support of International Walk to School Day in October, mini-grants of up to $5,000 will be awarded to public or private K-12 schools or school districts to help develop programs or projects that educate and encourage active forms of transportation to and from school or that promote pedestrian and bike safety around schools. Funded through the SANDAG iCommute program, a total of $30,000 in grant funding is available.

The mini-grants empower schools by giving them the resources and flexibility they need to organize events and programs that work best for their students. Approved programs and projects will take place between Sept. 1 and Nov. 30.

Funds may be used toward event expenses such as permits and supplies, marketing materials and student incentives.

Examples of eligible programs and projects include events or fairs that promote and encourage students to walk, bike, skate or ride a scooter to school.

Other concepts could include bike rodeos and safety obstacle courses for students; a walking school bus or bike train program; classes related to bike and pedestrian safety and contests that challenge and reward students for using active transportation.

iCommute, run and managed by SANDAG, is the gateway to transportation choices in the San Diego region.

Walk, Ride, and Roll to School is an annual awareness effort implemented through iCommute.

Parents schooled on ins and outs of costs for college

A noted expert on postsecondary schools presented a series of dos and don'ts to La Jolla parents April 21 on matching their children to the right college at the right cost.

Lynn O'Shaughnessy, author of the bestselling "The College Solution: A Guide for Everyone Looking for the Right School at the Right Price," said there are money-saving steps parents can take before the child applies for college, such as noting the school's available financial assistance and determining the actual cost of college, which often is weighted by unforeseen fees and premiums.

Scholarships, college versus university and need-based aid are vital considerations in calculating the ultimate cost of a degree, O'Shaughnessy said, adding that parents should never assume there are only a handful of suitable schools to complete a given major.

O'Shaughnessy, who also writes a blog called "The College Solution" and put her own two children through college, encouraged parents to stay acquainted with pricing plans at potential schools, as pricing packages change every few years.

The talk, at La Jolla High School, was attended by about 150 parents.

Prospect Center sold; condo development planned

Prospect Center, the four-story office building at 1020 Prospect St., whose tenants include a high-end brand development company, has been sold for $27.9 million and will be converted to a luxury 16-unit condominium venue.

The buyer was San Diego's RREF-HV Prospect Property Owner LLC. The seller of the property was 1020 Prospect St., Property Owner LLC, as its general partner.

The building was constructed in 1967 on a 23,522-square-foot lot. The property was renovated in 2002.

Current tenants include Lambeesi, an agency that develops branding strategies for companies such as Hitachi.

The sale included the building and the land.

According to records documents, the smallest condo floor plans are a pair of one-bedroom/1.5-bathroom units of 1,155 square feet, for a minimum release price of $1.04 million on the second floor and $1.14 million on the third. The largest floor plans are three two-bedroom plus den/three-bathroom units on three floors.

The second-floor model's 3,060-square-foot floor plan has a minimum release price of $3.09 million and $3.98 million on the third.

The same bedroom/bathroom plan is 2,931 square feet on the fourth floor, for a $3.01 million minimum release price.

The 16 units total 16.636 square feet and carry a total minimum release price of $446.2 million.

The building was constructed in 1967 on a 23,522-square-foot lot. The property was renovated in 2002.

The property was sold in July of 2001 for $13.65 million and for $11.652 million in June of 2000.

The property was renovated in 2002.
Mother Earth takes center stage at Mesa College award program

PHOTO BY DIANA CAVAGNARO

The San Diego Mesa College fashion program presented the 34th annual Golden Scissors Fashion Show & Awards Gala on May 8 at the Sheraton San Diego Hotel & Martina. The event was a collaboration by different departments of San Diego Mesa College. The fashion students, under the direction of their professors, organized and presented the program along with help from the multimedia students. Mesa Repographics did the printing and publishing for the evening. Dancers from the Mesa Dance Ensemble presented the entertainment during the fashion show.

The theme for the evening was “Mother Earth,” and each scene had corresponding names such as “Branching Out,” “May the Forest Be with You,” and “Under the Stars.” The children’s wear section had corresponding names such as “Mother Earth,” and each scene was inspired by Japanese street fashion and retro kimonos. Another standout was the Best in Show winning collection, called “Sentimental Shojuo,” by Bridget Fitch. The red, black and white collection was inspired by Japanese street fashion and retro kimonos. Another favorite was the Best in Show outfit, “Darkness,” by Estefany Madero.

The theme was “Darkness,” inspired by nature and historical garments. This dramatic collection received a huge response from the audience.

First place award winners for the evening were:
- Weekend wear, Yan Yin; club wear, Lina Mills; children’s dress, Ricardo Souza; day wear, Jessica Holland; millinery, Christiana Moore; lace tulle reconstruction, Stephanie Castro; retro-redo, Jason Wass; costume-influenced, Stephanie Castro; un-Fabric, Kelly Snodgrass; evening wear, Cat Frazier; collections, Bridget Fitch and rising star, Lina Mills.

San Diego Mesa College fashion program provides degrees or certificates in fashion merchandising, fashion design and fashion consulting. For more information, visit sdmesa.edu.

UPCOMING EVENTS
SATURDAY, MAY 23 – NATIONAL CHARITY LEAGUE OF SAN DIEGO: charity fashion show to be presented by Gretchen Productions at the Hyatt Aventine in La Jolla. (858) 459-1685.
THURSDAY, JUNE 11 – 3RD FWSD VIVA LA V SERIES: at the La Valencia Hotel from 10 a.m. to 2 p.m., featuring Lady Lane & GFASH, with modeling.
FRIDAY JUNE 19 – THE AVANT GARDE COSTUME GALA: at the Mingei International Museum from 7 to 11 p.m. Show by Shawn Michael Styler, performances by the California Ballet Company, Animal Cracker Conspiracy, Patricia Rincon Dance Collective and Priscilla, the empress of pop. Tickets, eventbrite.com.

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UCSD's 'Threepenny': Flawed shows aren't always the fault of the actors

PHOTO BY JIM CARMODY

Just because ‘The Threepenny Opera’ is a theater classic doesn’t mean the tech effort (in the recent kallisti ensemble effort) will follow suit.

By CHARLENE BALDRIDGE

This week, I’d like to concentrate on sound and projection (double entendre the latter).

Apparently, the projection gods demand appeasement this spring.

First, we dealt with the failure of technology throughout San Diego Opera’s April 25 afternoon performance of “El Pasado Se Nunca Termina” (“The Past Is Never Finished”) at the Civic Theatre. Many sat in the dark missing the usual English projections and wishing they’d paid better attention in Spanish class.

On May 8, the second act of kallisti ensemble’s “The Threepenny Opera” at the Experimental Theatre in UCSD’s Conrad Prebys Music Building, which closed May 10, suffered a similar fate. After a few spurring attempts at projecting the background, the computer and/or computer technician merely gave up. Reminds me of the opening of the old Festival Theatre at the Old Globe. Computer-generated lighting were in their infancy and failed, so on opening night, director Jack O’Brien and his lighting designer had to input the cues manually. Imagine that!

Computer technology is far from perfect, and due to many factors, so

Authors to revisit Warwick’s amid Internet-centric release

By MARTIN JONES WESTLIN

Boy-girl break-ups are traumatic enough, as we of the everyday well know. But when the guy lowers the boom at the rehearsal dinner and announces he’s fallen for his fiancée’s close friend, the result trips something magical, and not necessarily in a good way. Crestfallen jilted Kate is about to discover as much as she trumpets the news to the world over the social media she devours – with little warning, her real life starts to mirror whatever she writes in her Facebook status. Her newfound strange tool bids her back in time, and she’s bent on rewriting her history with philanderer Max.

SEE STATUS >> PG. 15

SEE PENNY >> PG. 15

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1250 PROSPECT ST. IS A TONY ADDRESS, EVEN FOR LA JOLLA — the locale is loopy with the Village’s finest shops and restaurants, and you could spend a weekend exploring them alone. But don’t lose sight of what’s around the corner or across the street – like one serious deli whose prices will simply astound. See our review beginning on PAGE 11.
Dining

Health BRIEFS >>

Bruges—Dementia Friendly

I’ve just returned from Bruges, Belgium which has the distinction of being the most ‘Dementia Friendly’ city in Europe.

So what exactly is Dementia Friendly and should San Diego do more? On the surface, I must say Bruges did not seem any different insofar as accessibility or friendly for someone with Dementia and I think anyone with Dementia would be challenged to navigate the market square! However, a number of community organizations, shopkeepers and local government have made a difference to those with Dementia trying to lead normal lives.

Some of these initiatives are:

• The police know who have Dementia through a registry which helps them find wandering individuals
• Shopkeepers display a knotted red hankerchief meaning they offer compassionate assistance
• A local choir (Foton) is made up entirely of people with Dementia

Undoubtedly, there are other measures and I can’t help thinking residents of San Diego could benefit from similar initiatives. The Joseph Rowntree Foundation recently published an article outlining efforts in the city of York, England and here’s what they have to say about criteria for ‘Dementia Friendly’.

• Find their way around and feel safe in their locality, community or city
• Access local facilities they are used to (such as banks, shops, cafes, cinemas and post offices, as well as health and social care services)
• Maintain social networks that make them feel still part of their community.

Your thoughts? Let me know at www.ssmith@comforcare.com

Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. For more information call (619) 246-2003 or go to the website at rightchoiceseniorliving.org.

Scrappy, inexpensive Deli-icious stands up to the big guys

By MARTIN JONES WESTLIN

1250 Prospect St. is something of an iconic address in the Village, home to equally iconic restaurants like gallant old-timer George’s at the Cove, revered recent transplant Donovan’s Steak House and wunderkind tough cookie The Hake Kitchen & Bar (see our related Hake story on page 8). Amid its proximity to La Jolla Cove and merchants of all persuasions, it’s a marker for visitors and locals alike, and it seems to hold more than its own regardless of the season.

With that kind of company, it’s easy to forget that venues large and small have unceremoniously vacated the immediate areas (Donovan’s is where the Steakhouse Azul La Jolla used to be, and don’t forget the late Morrison Hotel Gallery, a small art house featuring absolutely magnificent photos of rock stars and their memorabilia). Enter 20-year-old Deli-icious, at 1237 Prospect, across the way from the street’s roily commercial hub and thus maybe a little less conspicuous in the local public mind.

As you can figure, Deli-icious is a delicatessen, one of somewhere close to 3 billion throughout the immediate solar system—but to give this eatery short shrift amid the cavalcade of supreme tastes and low prices. $9.95 for a boxed lunch featuring a herkin’ sandwich with Boars Head meat? Buffalo chicken or apple ‘n’ cheddar

SEE DELI >> PG. 13

Savor the temptations at Deli-icious and you’ve joined an elite group of diners that everybody thought ate across the street.
**Donovan’s**

877-698-6666

8th & K - GASLAMP LA JOLLA PHOENIX

DONOVANSSTEAKHOUSE.COM

Open at 4:00PM, dinner at 5:00PM. Reservations recommended. Business casual, valet parking available.

**Richard Walker’s Pancake House**

Best Breakfast Restaurant in San Diego by USA TODAY’S 10 BEST! Review highlights - Richard Walker’s Pancake House, located in downtown San Diego near the Convention Center and in La Jolla, has received numerous local accolades for their breakfasts overall, with high praise for the pancakes, as the name might suggest. The baked apple pancake is legendary, featuring a heaping pile of baked granny smith apples topped with a Saigon cinnamon glaze. Also, available are traditional pancakes, omelets, waffles, crepes and more. Portions are big, service is prompt, and the gourmet drip coffee is a hit with patrons.

**The Broken Yolk Café**

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles, crepes and more. Portions are big, service is prompt, and the gourmet drip coffee is a hit with patrons.

**Donovan’s**

Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates. donovansteakhouse.com.

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**Something new is simmering at Ahi Sushi**

Be sure to try the NEW tonkotsu ramen soup - you’ll be in for a real treat. The slow-cooked pork broth is rich and creamy with a lip smacking salty meatiness that is addicting. Add to that Pork Slices, ramen noodles, bamboo shoots, Shiitake mushrooms, sliced green onions and top it off with a soft-yolked soy-sauce tinged egg and garnish with seaweed and you have the ultimate meal-in-a-bowl.

It is definitely the Japanese version of comfort food.

**Thirsty? Take advantage of Ahi’s drink special.**

Buy any large beer & get a small Sapporo for $1.99. (Not valid with sake bomb).

And be sure to visit Ahi’s website for dine-in and take out coupons and specials! iloveahi.com

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Please Join us in Celebrating our New Location by enjoying

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LA JOLLA VILLAGE NEWS
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Dining

In front of a crowd of more than 1,000 spectators in Old Town San Diego State Historic Park, top honors were bestowed on four ballet folklórico teams from around the state Sunday afternoon in the culmination of the two-day competition which was part of the Historic Old Town Community Foundation’s Fiesta Old Town Cinco de Mayo celebration.

Top honors in the adult category went to Sacramento-based Rincones de mi Tierra for their traditional rendition of “Jalisco-Danza de Paixtles.” Second place in the adult category went to Teocalli Cultural Academy of Fresno for their performance of “El Saro Campechano.”

The teen category for students age 13 to 17 years old, was also won by a group from Fresno. The team from Clovis West High School won first place in the category for their performance of “El Cuadro,” which originated in the Mexican state of Sinaloa.

In the children’s category for those 12 and under, the top spot was a tie between Corazon Purepecha of San Diego for “La Danza de los Viejitos,” a traditional dance originated in the state of Michoacan, and Grupo Folklorico Orgullo Mexicano of Long Beach for their performance of traditional mestizo dances of Sinaloa.

In its sixth year, this competition was the biggest yet. Sixteen teams from Sacramento, Fresno, Long Beach and San Diego County entered the competition and performed before three renowned ballet folklórico judges from Mexico on Saturday. Nine teams advanced to Sunday’s final round. The teams were vying for cash prizes from the Historic Old Town Community Foundation. Both days of the competition saw record crowds in Old Town San Diego State Historic Park with well over 1,000 people watching the competition each day.

Ballet Folklorico is a traditional Latin American dance that emphasizes local folk culture with ballet characteristics. Children, teen-agers and adults competed in the three categories for the competition title and cash prizes. Dance instructor Luis Oceguera of Oceanside produced the event on behalf of Fiesta de Reyes and Felipe Castaneda of Univision entertained the crowd as master of ceremonies.

Fiesta de Reyes under the direction of Chuck Ross, spearheaded the effort to expand this year’s competition and to attract teams from all over California. Fiesta de Reyes is an anchor concession in Old Town San Diego State Historic Park and features three restaurants, a boutique historic hotel and 19 unique shops in the park.

For more information on Fiesta de Reyes go to www.fiestadereyes.com.

ENJOY THE BEAUTY OF OLD TOWN

Winners Announced at Fiesta de Reyes Folklorico Competition

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For more information on Fiesta de Reyes go to www.fiestadereyes.com.

DELI

CONT. FROM PG. 11

that’s because Deli-icious is open for breakfast too. The morning burritos fuel the local flavor with names like the La Jolla, Wall Street, the Core and the So-Cal, stacked with everything from ham and cheddar to London broil, all made with a whopping two eggs. Chili con carne is an every-day staple, and a 16-ounce bowl of the day’s soup runs a paltry $5.50. The list goes on and on, with you and your wallet the happy beneficiaries.

Deli-icious does take-out exceptionally well. Deli-icious does it better than most. In the time it took me to recently place my order from two blocks away, leave my car with the valets and talk trash about the Padres with one of ‘em, the jolly staff had completed it. New York is the only other locale in which I can cite a similarly stellar feat, and New York’s the deli mecca of the known universe. I should mention that Deli-icious isn’t just take-out – you can of course dine in and stare across the street at the monument that is 1250 Prospect, with its commercial prowess and lore. You’ll be looking at a few classic La Jolla eateries, but at Deli-icious, you’re also sitting in one.

It doesn’t stop there, either. and...
Luxury and Leisure

5788 La Jolla Corona  La Jolla, CA 92037
$2,975,000  -  4bd/4ba  -  3,245sqft

Alongside panoramic ocean views this distinguished split level home on a cul-de-sac is located a brief walk away from reputable Bird Rock beaches, shopping and dining. An open air concept combines the living room, dining area and gourmet kitchen to better enjoy the wide-ranging views of the ocean. Walking onto the large sun deck is to enjoy the amazing sea breeze and sunshine La Jolla treasures. The kitchen is adorned with granite counters, cherry wood finishes and Viking appliances- with an added breakfast space with lots of light- it is sure to impress. Retreat to the luxurious master suite with a private patio and en suite that is like a spa. Three large bedrooms and a large living area all open into a courtyard oasis which the lower level of the home is centered around.

5663 Chelsea - 3bd/2ba - Bird Rock
Expansive ocean views within walking distance of the beaches, restaurants and shopping.
$1,890,000

2120 Vallecitos #204 - 2ba/2ba - La Jolla Shores
Steps to La Jolla Shores beach and Kellogg Park. Rare opportunity in beachfront Windigo condominium
$1,550,000

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The book is called “The Status of All Things,” and in real life, it amounts to another coup for authors and former Vistans Liz Fenton and Lisa Steinke, who will visit Warwick’s Books at 7:30 p.m. Monday, June 8 to talk about their newest work and discuss magical realism, their genre’s unofficial handle. The Magical Realism Readers and Writers Book Festival, held annually, having visited the venue for eight years and talk a lot about having turned 40 (Fenton is about the same). But without giving too much away, she learns to separate the two as the book goes on.

“If you hurry, there’s still time to get in on La Jolla Day at Petco Park. But don’t wait too long. Tickets are going fast, and the date draws near. “La Jolla Village Merchants Association is excited to partner with the Padres for our second annual La Jolla Day on June 14th versus the Dodgers,” said Sheila Fortune, executive director of La Jolla’s business improvement district. “The Padres have committed again this year to give back $5 for every ticket we sell. The money will be used for keeping our village clean through the Sparkle & Shine campaign.”

Fortune added that any individual or business that sells 25 or more tickets will go into a drawing for a contest incentive – First Pitch and VIP tickets – for a game later in the year.

At the association’s May meeting, Padres spokesman Brad Dwight said La Jolla Day is part of the team’s effort to promote local baseball via community outreach.

“We love having you,” Dwight said, adding, “It’s going to be a fun day.”

Dwight said a total of 350 tickets need to be sold to reserve a section of the ballpark for the special occasion.

For ticket information, email events@lajollabythesea.com or call (858) 454-5718.

The book was “The Threepenny Opera,” the story of a Victorian Englishman who constantly eludes his father-in-law’s efforts to have him killed. First, there is the Experimental Theatre itself, which has now been modified with metal strips that run along the base of seatbacks, making the already stingy legroom unbearable. One used to be able to stretch one’s legs under the seat in front. No more. And even though the seats are padded, they grow hard over the course of 2½ hours. Second, we have the acoustical problem presented by the Experimental Theatre, in which sound, even though amplified, flies off into the high ceiling and wings of the wide playing space.

Third, with book and lyrics by Bertolt Brecht and music by Kurt Weill, content in the form of text in this Weimar Republic opera from 1928 is of prime importance. The composition of the orchestra – very brassy – is a factor too, especially here. The young soprano’s diction was largely unintelligible, whether spoken or sung, contributing to the work’s dizzying events. In some cases, text intentionally mispronounced in Marc Blitzstein’s 1954 English translation for the sake of rhyme was not. With the exception of Jonathan Nussman as Mack I, director Ruff Yeager as Peachum, producer Susan Narucki as Mrs. Peachum and mezzo Julia Karis as Lucy Brown, most everyone was not understood, making for a long evening, backsides endurance notwithstanding.

Then there was the matter of two Mack the Knife portrayers. I am certain there were aesthetic and practical reasons for this, but I fail to imagine what they were. Cortez L. Johnson as Mack 2 is physically agile and does not sing. Jonathan Nussman’s Mack 1 narrates and sings, at first spread and under pitch; but improved as the evening progressed. Even Michael Mizerany’s choreography could not a style re-create, and I went home feeling sorry for those who have never seen or heard a proper “Threepenny” production – something more and more rare, since Weill is seldom performed these days. Perhaps the difficulty of attempting to capture its style is the reason why.

It’s interesting to note that Karis’ biography was omitted from the printed program, as was Lotte Lenya’s at the original performance. Maybe the program gods need appeasing, too, after all this time.

If you are inclined to do some research, go to threepennyopera.org.

Meanwhile, the incredibly philanthropic Conrad Prebys will receive an honorary doctorate from San Diego State University on Wednesday, June 3.

Someone who he just never had time to go to college. I’m sure he is thrilled.

**La Jolla Village Merchants Association invites you to the second annual La Jolla Day at Petco Park. Padres vs Dodgers - Sunday, June 14th 1:10PM**
Funding and design proposals for new multi-use Chargers stadium unveiled

The Citizens’ Stadium Advisory Group (CSAG) released its “Site Selection and Financing Plan for New Multi-Use Stadium in San Diego” on Monday, May 18. CSAG concluded a new multi-use stadium in Mission Valley is the most viable option, and would cost approximately $1.1 billion, excluding land. To pay for the facility, CSAG outlined more than $1.4 billion in revenue streams without increasing taxes.

“Despite so many dramatic changes and potential distractions, both here and elsewhere over the last four months, our community rallied and kept moving forward,” said Mayor Kevin Faulconer. “San Diego now has a framework to build a new stadium that’s tangible, that’s achievable and that won’t raise taxes.”

To pay for the proposed stadium, parking, stadium-related infrastructure and operations and maintenance, CSAG’s financing plan includes 60 acres of land from the City of San Diego valued at $180 million, and more than a dozen funding sources that exceed $1.4 billion, including:

- $300 million from the Chargers
- $173 million in bondable construction capital from the team’s rent
- $200 million from the NFL
- $121 million from the County of San Diego
- $121 million from the City of San Diego
- $225 million from the sale of 75 acres of land.

More than $100 million from fans, who would contribute through the purchase of personal seat licenses (PSLs), and ticket and parking surcharges.

“CSAG’s plan is the first chance the community has had to solve a problem that’s existed since I first arrived in 2001. I hope the city, county and the Chargers use this plan as a basis to retain the team in the community it belongs,” said former Charger LaDainian Tomlinson.

Included in CSAG’s plan is a $950 million proposed stadium designed by MEIS, a New York-based stadium design firm, that would take advantage of San Diego’s sunny and mild year-round climate.

The state-of-the-art venue would be home to the Chargers, San Diego State Aztecs, the Holiday and Poinsettia Bowls, and numerous other events — from corporate events to rodeos — that would help pay for operations and maintenance.

CSAG released its financing plan at a news conference at the San Diego County Operations Center/Campus Chamber Centers. As for the site selection, CSAG’s report says without Mission Valley a clear path to a stadium would not exist in San Diego.

“Given the accelerated timeline the NFL and the Chargers established, the Mission Valley site emerged as the only option that leads to a ribbon cutting ceremony at a new stadium before the end of the decade,” CSAG’s report says.

The city and the City’s Water Department own the land, valued at $180 million, and the 166-acre site Department own the land, valued at $180 million, and the 166-acre site.

“Unlike major league baseball that has been so successful in developing stadiums that are well integrated and evocative of their locations — Camden Yards in Baltimore, AT&T Park in San Francisco — NFL stadiums have been, for the most part, fairly generic architecturally,” Metz said. “We believe the design we created for the proposed stadium in San Diego will alter that trend by presenting a venue that truly embodies the city’s landscape and spirit.”

In addition to the stadium, CSAG’s research led it to estimate that parking and stadium-related infrastructure would cost $204 million.

UC High’s Wahhab: Change your approach, change your game

Instead of taking so many pitches, as he did in the past, he looks at each pitch as a potential hit. This has meant not getting down in the count 0-and-1 or 1-and-2 as much, which put him at a disadvantage to the pitcher. As a result, his strikeouts are down, too.

Wahhab, though philosophical, doesn’t give in to resignation. He loves the game of baseball, he’s a fighter, and Frink views him as the “quiet leader” who motivates his teammates to play harder by his own hard work and dedication.

It is not uncommon for schoolmates to take his name as Middle Eastern — “everything becomes Middle Eastern” — and he says he has been the object of more than his share of inappropriate terrorist jokes. He said the best response is not react, “to take it well. It’s a maturing process.” He adds that his name is Moroccan.

He says he may explain that “I’m pretty white,” not just referring to his mother Janet but also to his being a typical teenager, to try to help others get past his name. The camaraderie he enjoys on the baseball team with his teammates seems to reflect the friendships he has with them.

Says Frink of his second baseman: “He’s a middle infielder who knows the game well.”

Playoff loss doesn’t dampen spirits of Bishop’s lacrosse girls

By ED PIPER

Alex Flagg’s stewed-popcorn popcorn with Tajin seasoning, which contains chile peppers, salt, and lime, must be with Tajin seasoning, which contains

More than $100 million from fans, who would contribute through the purchase of personal seat licenses (PSLs), and ticket and parking surcharges.

“We’re happy playing,” says Flagg, whose energy continued through the entire interview. “We’re happy to be here.”

Case in point: Bishop’s trailed rival La Jolla, having a good year, 10-7 with seven minutes to play at home. The Lady Knights held it together, scored four unanswered points in the last four minutes, and won 11-10 in a cliffhanger.

Carr says, “We don’t play according to where we’re placed. We play to win.” Bishop’s, despite the momentum going in, suffered a narrow 11-10 loss in the Lady Knights’ initial playoff-off game in the Open Division May 9 to Canyon Crest. Flagg scored five goals. Bishop’s was seeded fourth, Canyon Crest fifth.

A relaxed Yassin Wahhab now takes everything in stride, from his on-field performance to classmates’ inappropriate terrorist jokes. PHOTO BY ED PIPER

Sydney Yockey are only three of 25 girls who make the Bishop’s lacrosse team work. PHOTO BY ED PIPER
HELP WANTED 250 

Wanted:

**Actual Paperbacks from the 1950s and Older**

Sales by the pound or by the whole book. We pay the shipping costs for the books we buy.

Contact me at sandiego-web32@yahoo.com.

**Primary Contact Information:**

**Business Hours:**

Monday to Friday, 10 AM to 6 PM

**Payment Methods:**

Cash, Check, and PayPal

**Location:**

San Diego, CA

**Contact Information:**

Phone: 619-454-4151

**Website:**

www.ademaandassociates.com

**Additional Information:**

Conveniently located in Point Loma and Cardiff by the Sea.

**Note:**

This job posting is for a hands-on learner who is interested in handling paperbacks from the 1950s and older. Let's make a deal and start sorting through these treasures together!

**more classifieds**

This page contains several classified ads related to various services and products. The ads are arranged in a grid format with each ad containing a brief description of the service or product offered, along with contact information such as phone numbers or websites. The ads cover a variety of topics, including home services, pet care, and professional services.

**Note:**

For a detailed review of the content, please refer to the individual ads. Each ad contains a brief description of the service or product offered, along with contact information such as phone numbers or websites. The ads cover a variety of topics, including home services, pet care, and professional services.

**more classifieds**

As the reader, you may find the following tips useful for navigating and understanding the classified ad content:

- **Arrange the Ads:**
  - Organize the ads in a logical sequence, possibly grouping them by category or area.
  - Use headings or subheadings to categorize the ads.
  - Highlight important information, such as contact details or service areas.

- **Note the Service Areas:**
  - Identify the specific locations or regions where the services are offered.
  - Pay attention to the names of towns or cities mentioned in the ads.

- **Contact Information:**
  - Make a note of the phone numbers provided in each ad.
  - Keep track of websites mentioned for further reference.

- **Review the Ad Content:**
  - Read through the ad descriptions to understand the services offered.
  - Note any specific requirements or qualifications for the services.

- **Consult Additional Resources:**
  - Prepare to review additional resources, such as websites or brochures, to get more information.
  - Consider reaching out to multiple service providers for comparison.

- **Determine Your Needs:**
  - Reflect on your specific needs and requirements for the services.
  - Decide on the priority areas based on your needs.

- **Take Action:**
  - Reach out to service providers to schedule appointments or receive estimates.
  - Follow up on promises or agreements made in the ads.

- **Follow Up:**
  - Keep records of all interactions with service providers.
  - Maintain a list of contacts for future reference.

**Note:**

The content provided is a summary of the classified ads found on the page. Each ad contains a brief description of the service or product offered, along with contact information such as phone numbers or websites. The ads cover a variety of topics, including home services, pet care, and professional services.
Epsom salt isn't just a cure for aches and pains

By LINDA MARRONE

After I listed the charming Westbourne Street home, everyone who has seen the house and gardens has asked me how my client grows such beautiful roses. Her roses are breathtakingly large, with lush green foliage and strong healthy canes. She showed me the fertilizer she uses – Magnum Rose and Flower Fertilizer – and I noticed that it was full of magnesium sulfate, which made me remember a secret my grandmother used on her roses.

Epsom salt. Used for medical, health and agriculture purposes, Epsom salt is actually not a salt at all. This naturally occurring mineral, clinically known as magnesium sulfate, is an economical supplement that will keep your plants thriving, especially roses. Named after the springs in Epsom, England, Epsom salt is no longer mined there, and what we find today is usually derived from the mineral epsomite.

Magnum assists plants with the photosynthesis process, which is how plants create the chlorophyll that allows them to convert sunlight into food. It also helps plants soak up nitrogen and phosphorus, the minerals they need for growth and for the production of beautiful flowers.

Sulfate is the natural mineral form of sulphur, and it also aids in the plant’s ability to produce chlorophyll. The combination of magnesium and sulfate helps plants absorb the mineral nutrients and vitamins they need. In January or February and again in late summer, I use Walter Anderson’s Ada Perry Mix on my roses. One of the many mineral ingredients in Ada Perry Mix is Epsom salt.

Next January, use 1/2 a cup of Epsom salt on each rosebush after they have been pruned, and work it into the soil around the base of each bush. Then, as the leaves and buds begin to form, dissolve two tabs of Epsom salt per one gallon of water, and pour it around the base of the rosebush and let it soak in. You can use this “drenching” solution now and throughout the growing season about once a month. In August, add another 1/2 cup to the base of the rosebush, and work it into the soil to give your roses a boost.

Remember that Epsom salt is only a supplement that boosts your plants’ ability to absorb the nutrients they need; you still need to nourish your roses with a balanced fertilizer. An organic fertilizer, such as Dr. Earth’s Rose and Flower Food, will provide your roses with the other nutrients they need to be happy and healthy.

Your entire garden will benefit from using Epsom salt, and there are many different ideas online for using it. Tomatoes and peppers enjoy a feeding of Epsom salt (a tab per gallon of water every two weeks). You can also use Epsom salt on your house and outdoor potted plants (one tab per gallon of water once a month), which will help flush away natural salt build-up and help roots stay healthy. You can see more of the garden at the Westbourne House at Barber Tract Beachhouse.com.

Linda Marrone is a Realtor with Coldwell Banker in La Jolla. Pictures of her garden have appeared in local and national magazines.

La Jolla lifestyle brand sold to Sherman Oaks’ Cherokee firm

Sherman Oaks-based Cherokee Global Brands has acquired La Jolla’s casual lifestyle brand Everyday California from owners and founders Michael Samer and Christopher Lynch.

Samer and Lynch retain ownership of the Everyday California flagship store in La Jolla and will continue selling men’s and women’s apparel, accessories and footwear through a licensing agreement with Cherokee Global Brands.

They also retain ownership of non-fashion categories, such as their signature ocean adventure business – kayaking and snorkeling tours and board rentals, among others.

“We are very excited to be adding Everyday California to our portfolio of style-focused lifestyle brands,” said Henry Stupp, CEO of Cherokee Global Brands. “Everyday California’s global potential made the acquisition a perfect fit for Cherokee Global Brands. The brand is more than a state of mind; it’s a way of life. Many great active lifestyle brands have been born in California, and we are confident that together with Mike and Chris we can take an already strong brand and make it even more successful.”

Stupp said Samer and Lynch will also become global brand ambassadors, leveraging Cherokee’s existing design, marketing and supply chain infrastructure to expand the brand’s presence internationally.

“We have been actively working to identify new licensee partners for the brand,” Stupp said. “Several licensees have already been identified, and we expect to announce them shortly. In addition, through our global platform and expanded licensing network, we are confident that we shall be able to swiftly secure international partners for Everyday California.”

Everyday California will be formally introduced under Cherokee Global Brands June 9 through 11 at the Licensing Expo in Las Vegas.
Real Estate Showcase

**5532 Renaissance Avenue**
- **Great Value in the Golden Triangle**
- Gorgeous luxury town home in the coveted Andria Renaissance La Jolla. High ceilings in this bright corner unit make it highly desirable. 2 BR and 2 BA, open floor plan with a nice patio and fireplace. Attached one car garage with a full sized washer and dryer. Newer appliances. Additional assigned parking space directly in front of the unit makes for ultimate convenience. Ceramic tile and neutral Berber carpet.

**4BR/4.5BR • $2,495,000**
5875 La Jolla Corona Drive

- **Open Floor Plan with Ocean, City and Bay Views!**
- Expansive great room provides a warm gathering for family and friends. Spectacular Ocean, City and Bay Views!
- Gourmet kitchen, features Viking appliances. Master suite with sitting area, his & her walk-in closets and view balcony runs length of condo, no neighbors on either side!

**OPEN HOUSE SAT. & SUN. 1PM - 4PM**
5557 Avenida Fiesta

- **Spectacular Ocean, City and Bay Views!**
- Sunny 3 bedroom 2 bath one level view home offered for sale by the original owner. Enjoy indoor/outdoor living with sliding glass doors that lead to a free form pool in the center of the courtyard. $1,895,000

**Stunning family home on expansive lot recently renovated for the discerning eye.**
5557 Avenida Fiesta

- **Gorgeous single level Cape Cod style home.**
- Corner lot with Ocean, Bay and City views. Expansive great room provides a warm gathering for family and friends. Gourmet kitchen, features Viking appliances. Master suite with sitting area, his & her walk-in closets and Carrara marble bath. Remodeled from the ground up in 2015 this home evades warmth, charm and quality.

**OPEN SAT. & SUN. 1PM - 4PM**

**Billionaires Row Welcomes New Agent, Lenna Doyle!**

Having lived in San Diego for the past 30 years, Lenna knows the city well. She enjoys her client relationships, valuing communication as the utmost importance in real estate transactions and negotiation. After a 20 year career as a nurse at the world famous San Diego Zoo, she transitioned to Real Estate. Oddly enough, if asked, she would tell you there’s an uncanny similarity between the two careers in that success both depends on great relationships with those you work with!

Born in Sweden, she stays connected by serving on the Board of the House of Sweden in Balboa Park. She’s spent years serving on various PTA and Foundation committees with Muirlands Middle and La Jolla High schools. With an alumnus daughter of the women’s golf team at the Univ. of Colorado and a son championed as a U.S. highly ranked junior golfer for the UC Berkeley men’s team, Lenna is an avid fan!

**Quality Like You Have Never Seen**

**SHANNON COLLEEN HAGAN | 858-414-7514 | CALBRE #01213577**

- **LIKE YOU HAVE NEVER SEEN Quality**
- **4BR/4.5BR • $2,495,000**
5875 La Jolla Corona Drive

- **OPEN HOUSE SUNDA Y 1-4**
- 1028 Spindrift, La Jolla | $23,900,000

**Wonderful & spacious family home in La Jolla’s highly acclaimed school district!**
1781 Calle Delicada

- **Beautifully renovated using exquisite materials and meticulous attention to detail. Walls of glass which integrate the indoor outdoor space and highlight the generous back yard and sparkling pool.**
- **Viking Professional Grade kitchen, custom dark Cherry cabinetry, quartzite counters. Relax & unwind with a glass of wine on your Master suite balcony w/ southern coastal and bay views.**
- **Back on market, no fault of property.** $1,950,000

**OPEN HOUSE SUNDAY 1-4**
909 COAST BLVD 4 • $1,250,000

- **Exquisite in every detail, this single level 2 BR/2BA condo boasts shut-down ocean views & just steps to the La Jolla Cove!**
- **Recently renovated for the discerning eye.**

- **Moira Tapia | 858-337-7269**
- myoberle@willisallen.com | willisallen.com

- **$1,795,000 - IN ESCROW**
- 5666 Rochester Ave, La Jolla | $1,975,000

**Billions Row Welcomes New Agent, Lenna Doyle!**

**Byrio@willisallen.com | willisallen.com**

- **Shannon @sandiegocoldwellhomes.com**

- **CABRE #01377013**
- ron@live-lajolla.com | 858-751-9210

**Abe Cohen 619-339-5570**

- **countywidehomeloan@sbcglobal.net**
Reframing Your Life Story

By Natasha Josefowitz, Ph.D.

Tell me the story of your life, and I will tell you how healthy you are most likely to be in the next few years.

No, it’s not a joke. There are two ways to tell your story: One is with a positive spin — emphasizing the good things that happened and minimizing the bad things by talking about your resilience or the way they helped you grow stronger; the other way is with a negative spin — talking mostly about how much you suffered, the unfairness of life and the traumas and glossing over the good times.

How you tell — and perceive — your life story is important to your health, according to Jonathan Adler, assistant professor of psychology at Ohio College and legal researcher on a study that looked at the way people told stories about their lives. Some participants could find positive outcomes even in negative experiences, while others believed that even good things eventually turned bad. What is interesting is that years down the line, the people who told their stories in a positive way had better health, while those who dwelled on the negative tended to have worse health or die earlier.

You could argue here that it is not the way the story is told but the events that happened. Some people’s lives are easier, and others go through terrible times. Still, everyone has both positive and negative experiences, and the tendency to emphasize one or the other has an impact. People with good lives who don’t perceive the good do worse than people with bad lives who mitigate the bad and emphasize what little good they encountered.

So can you do something about this? Yes, you can, in fact. By changing your narrative, you can improve your chances of a healthier and longer life.

If you suspect your narrative is negative, tell your life story to a friend and ask him or her to take note of the way you talk about both the negative and positive events, what you dwell on and what you skip over. Or can you record yourself and then listen to the way you describe your life and make notes. Then if you feel you have overly described negative events, retell the same story, putting a more positive spin on it.

Ask yourself the following questions:

1. Could this “bad” event be perceived differently by someone else? If so, is that a valid way of looking at it?
2. What are the possible consequences of seeing this event differently?
3. Is this a pattern in your life? If yes, what might be the cause of it? Do you bear some responsibility, and can it be changed?
4. Are there any benefits to viewing these events negatively? How would you feel if you changed your narrative?
5. Are you so entrenched in seeing the world in negative terms that it feels like you would lose something if you reframed your story? If yes, what might you gain?

When my husband died, I saw myself as just half a couple, an old, lone widow. It took the better part of a year to reframe my perception of myself into an OK single woman who can manage her life, find support in friends, engage in interesting activities, be there for others in distress and find a new strength in going it alone.

By reframing your story and trying it out several times until it becomes easy to do, you may consciously change the outcome of your life by improving your chances of better health and possibly living longer. We have all heard about self-fulfilling prophecies; this is one example. Talk about your strength in the face of adversity and your gratefulness for all the good that has come your way. It is certainly worth a try.

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

Windansea view condos set open to summer

One Neptune, a luxury condominium development that overlooks Windansea Beach and whose units feature private ocean-view decks, is scheduled to open for occupancy this summer. Seven of the 18 units are reportedly already sold.

The 18 luxury condominiums, located at 6767 Neptune Place between Playa del Norte and Playa del Sur, are a mix of one-, two- and three-bedroom homes, each on a single level with a private deck. The three-story structure contains six homes per floor.

Designed by San Diego firm Marenco Morton Architects, homes at One Neptune range from 797 to 2,196 square feet and feature solar electrical systems and tankless water heaters, underground parking and extra storage for bikes and surfboards.

One Neptune sits on the site of the Strand Hotel, which opened in 1909 and 10 years later became known as the Windansea Hotel when its new owner, Arthur Snell, sponsored a competition to rename it. After that, the neighborhood took on the Windansea moniker. In 1953, the structure was replaced with a 19-unit apartment building.

For more information on One Neptune, call 858-735-1045 or visit www.oneneptune.com.
415 Gravilla Street 23
This rarely available Windansea studio will satisfy any one looking for the La Jolla lifestyle. Located two blocks away from the surf, a nice walk/bike ride south to Bird Rock restaurants and shops, and just as easy of a walk/bike ride north to the Village. Live low-maintenance or rent as an investment property. Second floor unit has small views of the ocean and the courtyard. This 1BR/1BA unit is located on the first floor of a low-maintenance complex with a swimming pool. The location offers easy access to restaurants, cafes, shops, and public transportation. With a Walk Score of 89, this property is an excellent choice for those who appreciate urban living with convenient access to outdoor activities. The spacious layout offers a comfortable living area with a large balcony, perfect for enjoying the peaceful ocean views.

7405 Chaminade Drive 238
$379,000 • 2BD/2BR
Located in La Jolla Colony, Veneto community. This is a great upstairs corner unit with an open floor plan and very nice upgrades. Kitchen has newer cabinets with granite counters, hardwood floors in living room. Move in ready with private balcony and 2 pools, 2 hot tubs, fitness center, cyber cafe, mail center, walking trails, dog park, and access to La Jolla Colony Park. Full size washer, dryer, and whirlpool tub included with sale.

2356 Torrey Pines Road #17 • $579,000 - $615,000 • 2 BD / 2 BA
24/7 on the web: www.SELL858.com
E-mail: John Tolerico@gmail.com
Direct: 858.876.4672
John can be reached seven days a week.

Choosing John Tolerico to list it is easy.
The decision to sell your home is difficult.
Letting Go....

Getting 100% of market value with Realtor expertise is possible.

Mark Klasen
La Jolla Star Realty
at your service
mklasen@hotmail.com
CallBRK® #01925255
(619) 261-1162

La Jolla Shores Ocean View Condo
Panoramic white water ocean views with year-round sunsets from this 2BR 2BA condo with luxury building amenities & 3 parking spaces. Ideally located for easy walks to La Jolla Shores beach, park and restaurants. REDUCED $925,000

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<tr>
<th>Address</th>
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<tr>
<td>328 Boorer St.</td>
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<td>George Deglas - 858-367-0560</td>
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<td>403 Center #47</td>
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<td>Matt Pichardo - 858-333-7430</td>
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<td>3620 Calabrese Square</td>
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<td>David Schrondt - 858-353-5300</td>
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<td>8110 El Paso Grande #88</td>
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<td>McGy Gentry - 858-775-9260</td>
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<td>6752 Cardero Dr.</td>
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<td>Monica Baden - 858-752-7584</td>
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<td>6708 Mirlandes Dr.</td>
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<td>Deborah Greenspan - 859-972-5060</td>
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<td>526 Nautilus Ave</td>
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<td>Jim Schuss - 858-364-0000 / Irene Chandler - 858-776-6762</td>
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<td>Joanne Thompson</td>
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<td>5875 La Jolla Corona Dr.</td>
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<td>Abe Cohan - 858-339-5570</td>
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<td>5519 Chelsea</td>
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<td>Irene Chandler - 858-775-6782</td>
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<td>1718 Calle Delcelia</td>
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<td>George Dagris - 858-367-0560</td>
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<td>5475 Caminito Herencia</td>
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<td>Vennie Mecon - 858-395-0153</td>
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<td>9757 Kendall Row</td>
<td>$915,000</td>
<td>Doris Zink - 859-913-9500</td>
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<td>903 Coast Blvd. #4</td>
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<td>Maria Pata - 858-397-7239</td>
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<td>Guido Sinagel - 858-342-0355</td>
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<td>1550 Copa De Oro</td>
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<td>Cher Conner - 858-454-8714</td>
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<td>1672 Via Carolia</td>
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<td>5380 Moonlight Lane</td>
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<td>Barry &amp; Betty Toshokarian - 858-367-0300</td>
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<td>2800 Tenny Pina Rd.</td>
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<tr>
<td>8481 El Paso Grande</td>
<td>$4,950,000</td>
<td>Linda &amp; Nilo - 858-518-4209</td>
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**PACIFIC BEACH / MISSION BEACH / CROWN POINT**

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<tr>
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<td>Jim Doudy - 858-251-5626</td>
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<td>135 Thomas Ave.</td>
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<td>Scott Booth - 851-534-1450</td>
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<td>1819 Last St.</td>
<td>$1,139,000</td>
<td>Scott Booth - 851-534-1450</td>
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<tr>
<td>5591 La Jolla Blvd.</td>
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<td>Pete Middleton - 858-744-4908</td>
</tr>
<tr>
<td>4011 Farselt St.</td>
<td>$2,299,500</td>
<td>Valerie Zath - 858-882-7902</td>
</tr>
<tr>
<td>3480 Rivesk St.</td>
<td>$2,899,000</td>
<td>Valerie Zath - 858-882-7902</td>
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**POINT LOMA / OCEAN BEACH**

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<th>Address</th>
<th>Price</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>2477 Larga Circle</td>
<td>$729,000</td>
<td>Lionel Silva - 858-904-0305 / Tyler Silva - 858-633-6375</td>
</tr>
<tr>
<td>3211 Kads</td>
<td>$875,000</td>
<td>Robert Realty - 859-852-8827</td>
</tr>
<tr>
<td>3034 Calypso Place</td>
<td>$875,000</td>
<td>Robert Realty - 859-852-8827</td>
</tr>
<tr>
<td>1071 Alcan St.</td>
<td>$1,250,000</td>
<td>Robert Realty - 859-852-8827</td>
</tr>
<tr>
<td>3640 Pio Pio St.</td>
<td>$2,195,000</td>
<td>Robert Realty - 859-852-8827</td>
</tr>
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</table>

**CLAIREMONT**

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>11-1pm 10-6pm 5212 Via Trana St.</td>
<td>$529,000</td>
<td>Terry Wright - 858-797-0334</td>
</tr>
</tbody>
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**DEL MAR**

<table>
<thead>
<tr>
<th>Address</th>
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<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>4930 Rancho Grande Del Mar</td>
<td>$2,195,000</td>
<td>Pete Middleton - 858-764-4908</td>
</tr>
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**ENCINITAS**

<table>
<thead>
<tr>
<th>Address</th>
<th>Price</th>
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</tr>
</thead>
<tbody>
<tr>
<td>200 Paso de las Flores</td>
<td>$1,689,000</td>
<td>Adam Folsay - 858-735-7843</td>
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**RANCHO SANTA FE**

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>6162 La Flecha</td>
<td>$1,895,000</td>
<td>Scott Appleby - 858-775-2014</td>
</tr>
<tr>
<td>6775 Pogo Lago</td>
<td>$1,395,000</td>
<td>Adam Folsay - 858-735-7843</td>
</tr>
</tbody>
</table>

**NEW NEVER BEFORE ON THE MARKET Available for Sale!**

<table>
<thead>
<tr>
<th>Address</th>
<th>Price</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>858-998-0280</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**OPEN HOUSES**

<table>
<thead>
<tr>
<th>Address</th>
<th>Price</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>3812 Haines St. #18</td>
<td>$1,475,000</td>
<td>Bill Luther Realty - 858-454-9672</td>
</tr>
</tbody>
</table>

**WE DO IT ALL!**

<table>
<thead>
<tr>
<th>Beach Area Property Management</th>
<th>Vacation Rental Management &amp; Sales Since 1991</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.billuther.com">www.billuther.com</a></td>
<td></td>
</tr>
</tbody>
</table>

**3812 HAINES ST. #18**

- Located in PB's most FAB pocket!!! WEST of Ingraham & BOTH OCEAN & BAY CLOSE!!!
- Bright & spacious, 2nd floor, single level, 2bd/2ba condo enjoys large balcony with tropical feel & comes with an oversized parking space that can fit two small cars. Comes w/ features serene corner, water fountain & a sauna. Easy bike ride or walk to Father Joe Church, Tide/Kayak Point or shopping on Garnet. The PERFECT place to call home. Price recently REDUCED to $429,000!!

**SAN DIEGO NATIVES SPECIALIZING IN COASTAL RESIDENTIAL PROPERTIES**

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</table>
Just Listed! • OPEN SUNDAY 1-4 • Spectacular Windansea Beach Home Just Steps to the Sand

Just Listed! 292 Bonair • Open This Sunday 1-4
The ultimate location! This gorgeous remodeled 3BR/2.5BA Windansea beach home with ocean views boasts over 2,400 sq ft. Just half a block to the sand. French doors open out to the south facing sunny, warm and inviting front yard. Simple yet elegant use of natural stone, tile & hardwood throughout. The incredible private and spacious master retreat features an elegant spa-like master bathroom. An entertainers paradise – this is a perfect home to enjoy the La Jolla beach life! Yet also perfect to lockup and travel the world. Excellent vacation rental history makes this home an incredible investment as a second home. Enjoy a full-time vacation in your own beach home & never miss a sunset!

Offered Between $1,500,000 & $1,700,000

Just Listed! Wonderful 5BR Family Home on a Quiet and Private Cul de Sac

Just Listed! • 5562 Avenida Fiesta • La Jolla
Situated on a hidden cul-de-sac this wonderful updated family home boasts 5BR/4BA plus a huge upstairs office/library. Over 3,200 ft.² on a 10,000 square-foot lot. Large private, west facing backyard. 3-car garage. Call David to view this home.

Offered Between $1,500,000 & $1,700,000

My Daddy Knows La Jolla
Call him today to buy or sell your home!

Just Listed! Unique Opportunity in the heart of Old Del Mar

Just Reduced! Open Saturday & Sunday 1-4
An incredibly rare opportunity for a builder/investor or owner-user to create to their dream home(s) in the heart of Old Del Mar on this oversized 8,000 sf, R-2, elevated ocean view lot! Just a stones throw to the oceanfront and a couple blocks to the enchanting Village of Del Mar.

Offered between $2,700,000 & $3,300,000

David Schroedl
858-353-5300
DavidKnowsLaJolla.com
DavidKnowsLaJolla@gmail.com
BRE #00982592

Jensen David Schroedl
Now Age 8

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