In a rare moment of unity, La Jollans packing a room to hear a low-tech, relatively inexpensive proposal for deter-ring problematic rock-climbing sea lions at La Jolla Cove agreed the latest solution could be the right one.

Residents and merchants turned out for a special meet-ing at La Jolla Community Center called by a La Jolla Town Council subcommittee Jan. 12 to address the prob-lem. The subcommittee has determined that spinning “roller-barriers,” erected between embedded posts in an area strategically located along pathways used by the sea lions, could at least be a partial answer. Similar barri-

El Nino: The second of a one-two punch hits La Jolla

Windansea Beach’s iconic Shack is on track to make a comeback

By MARTIN JONES WESTLIN AND DAVE SCHWAB

Per last week’s ferocious storms, El Nino has wel-come itself to the area in no uncertain terms. La Jolla was one of several communities placed under a tornado warning on Jan. 6 – and though a twister didn’t mate-

Clearer residential regulations, Village secession urged as La Jolla greets 2016

By DAVE SCHWAB

Two La Jolla activists have weighed in on Village prospects for 2016, one urg-ing Village independence from the city while the other encourages clarity of existing regulations for homeowners and developers.

Longtime La Jolla resident Melinda Merryweather, a member of La Jolla Parks and Beaches, Inc., sees a recent beach casualty as a priority, adding that La Jolla would save considerable money if it were its own city.

Independent La Jolla is going to do a fundraising drive to do a new feasibility study.

MELINDA MERRYWEATHER, LA JOLLA RESIDENT

Friends of Windansea, “is to get the Shack back up at the beach” (see related story at left). That looks to be the end of March

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The La Jolla International Fashion Film Festival is gearing up for its seventh year, to run at the Museum of Contemporary Art in La Jolla for two days, July 29 and 30. Our notice may be a little ahead of schedule, but there’s a bigger news picture here – namely that the museum will be closing for reconstruction. This means that ideally, the festival will relocate into The Conrad Prebys Performing Arts Center (“The Conrad,” in the vernacular), with La Jolla Music Society as anchor tenant. Opening date is expected in January of 2018.

Fred Sweet, festival producer, said that this turns out to be perfect timing for the event.

The 44,000-square-foot facility, to be located at 7600 Fay Ave., was designed by Epstein Joslin Architects, of Cambridge, Mass. Yasuhisa Toyota, president of Nagata Acoustics America, will develop the sound system. Both these elements mean that the facility’s acoustic excellence will be recognized internationally. This world-class home is perfect for the prestigious festival participants who fly into La Jolla from around the world.

Construction on the Conrad started the week of Dec. 14. And that’s only part of the news.

“They (the Conrad staff) want us (as tenants), and we want them,” Sweet said. “It’s a marriage made in heaven. My group is like a luxury international group, and there’s just such a serendipity about an arrangement like that. It just fits in with all our events.”

The Fashion Film Festival has grown around the idea that fashion is an increasingly branded component in film, such that modern design commands a place among the tools in actors’ and directors’ arsenals. It hones an array of distinguished producers, directors, artists, celebrities and those whose lives revolve around filmmaking.

A new performing arts center would complement such branding brilliantly, Sweet said, adding that the Lot – the high-end restaurant and film house across the street -- will be the site of next year’s festival after-parties.

Sweet said that The Lot, with its seven postmodern screens and its lofty amenities, is something the festival can anticipate as well in a search for future venues. “Huge screens, beautiful layout – how really, really cool,” he said. “At this stage,” he added, “we’ve never been this far ahead” in planning the event.

The seventh festival promises to be an exciting one, filled with awe-inspiring screenings, Red Carpet awards, press receptions and industry networking. For more, see ljifff.com.
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*CONT. FROM PG. 1*

Melinda Merryweather, a longtime spokesperson for Friends of Windansea, a local nonprofit group of volunteers who maintain The Shack, said the next big project ahead is “to get the shack back up at the beach. That looks to be the end of March or the beginning of April. We want to wait until after the (winter) storms.

“I was there, watched it go; three of the legs were broken,” said Merryweather, adding that others tied a rope to tether the landmark to an agave cactus so it wouldn’t fall.

“It was a high tide, a full moon and big surf all at once,” said Merryweather.

Meanwhile, a sinkhole that formed during the storms is creating a big mess for the south end of La Jolla Shores, near La Jolla Beach and Tennis Club. The main business street through the shores, Avenida La Playa, meets the ocean in the form of a boat launch ramp Now, it’s all surging water and broken concrete.

San Diego City Stormwater and Transportation Spokesperson Bill Harris is giving the city high overall grades for anticipating most of the areas that would become an issue when the full force of El Nino was unleashed at the first of the year. But you can’t anticipate something like this when a surging ocean meets a storm drain system full of rushing water going in another way.

The result: erosion of sand underneath and a sinkhole. It is going to be some time before the area is repaired. Inland flooding, such as in Point Loma’s Midway District, is experiencing the same thing – surging water coming in meeting surging water going out.

Back at The Shack, Merryweather added that another group cut the fronds off the structure’s roof before trimming its legs and dropping it to the ground.

“Guys held the back of it, and the group moved it up the hill,” Merryweather said. “I tied a rope to it, and the Shack is now ready for repairs.”

Merryweather said the Friends group was started by her, Hans Newman, and landscape architect Jim Neri.

“Seventeen years ago,” she explained, “Friends asked the city permission to take care of and maintain the Shack.” She noted the Shack was created in the 1940s by fishermen who put a hammock in there.

“One of those guys is Don Okey,” she said. “I’m alive.”

Merryweather said new legs for the Shack are being fashioned from eucalyptus trees which need to be cured. “We’re going to put them in a kiln to dry them out.”

Merryweather said the Shack “is super-sturdy. But this time, unfortunately, water got in where the legs were.” She added that that process has gradually undermined the structure’s support over the years.

Windansea Beach was named after the 1909 oceanfront Strand Hotel, renamed Windansea Hotel in 1919 after owner Arthur Snell ran a naming contest.”

The distinguishing landmark at the beach is the palm-covered shack originally constructed in 1946 by Woody Ekstrom, Fred Kenyon and Okey. The Surf Shack at Windansea Beach was designated a historical landmark by the San Diego Historical Resources Board on May 27, 1998.

Windansea also enjoys a storied reputation as a surfbreak and has served as home break to many notable surfers. Steve Pezman, former publisher of Surfer magazine, is one of those guys who is still alive.

When the wind is right, a heavy surf is unleashed at the first of the year. And the surfers who put a hammock in there have a good time.

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When the wind is right, a heavy surf is unleashed at the first of the year. And the surfers who put a hammock in there have a good time.
For La Jolla Country Day's Max Guinn, a little environmental ed goes a long way

By ED PIPER

Max Guinn, just a freshman, makes a lot of little contributions in many areas for the La Jolla Country Day School basketball team: In the Torreyes’ first three games, the 6’4” swingman had three three-pointers, 18 rebounds, 10 assists, seven steals and two blocks, with four turnovers. Breaking it down, that works out to averages of 10 points, six rebounds, 3.3 assists, 2.3 steals and 0.7 blocks per game for Coach Ryan Meier’s team.

On the other hand, the precocious 15-year-old makes a big contribution off the court in one specific area: He started the nonprofit organization “Kids Eco Force—designed to provide children with hands-on exposure to wild animals and first-hand knowledge of ways to care for the environment. “Our generation needs to do something,” Guinn says. “The nonprofit partners with teachers and likeminded organizations to bring in resources and raise children’s awareness of the environment and sustainability. He began it when he was 10 years old. Animals brought on to the more than 100 campus “Eco Clubs” in San Diego, working through the San Diego City Schools, include ones native to the area, like a great horned owl, tortoises and reptiles.

Another fascinating element of the ninth-grader’s life is his being invited to participate with 19 other panelists to celebrate the visiting Dalai Lama’s who he was.” He Googled the famed Guinn says, smiling, “was a couple of celebrities. “I watched the movie ‘The Cove,’ set in Japan,” he relates. “They slaughtered all the dolphins.” He also viewed the movie “Food, Inc.” “It’s about how people treat animals and get them on the dinner table,” he reports. “A lot of it has to do with the amount of space the animals have to live in.”

Finally, the family has a home in Breckenridge, Colo., and that setting gave him enjoyment and exposure to the beauty of the outdoors.

While Susan has “the most to do with Eco Club,” he says, his other mom, Denice, “helps out” and plays a support role, like “when somebody needs a ride.”

Both bring a pedigree of sports excellence to Max and his younger brother, Gavin, 10, who also started his own nonprofit. Denice played catcher on Division I Nebraska’s softball team, which won the College World Series. Susan, a 6-footer, played Division 1 volleyball for the University of New Mexico. Guinn’s nonprofit is also linked with 39 “Kindness” clubs in the Democratic Republic of the Congo, also oriented toward educating children about the environment.

Country Day’s basketball team has started off well in the early season, sweeping its first four games. Guinn is listed as a guard, but he plays the post as well as handles the ball. “I played up group” in club basketball, he says, “so I was smaller than everyone else.” This gave him experience against boys older than he. But being taller than boys his own age, he also has experience inside.

A multi-sport athlete, he played volleyball on a club team, but that team plays during the same season as school basketball. He plans to go out for the Torrey track and field team next spring, with his eye on running sprints and hurdles.

Planners hear proposal for district to fund improvements to Village

By DAVE SCHWAB

In its first meeting of the year, La Jolla Community Planning Association heard a pitch from La Jolla Community Foundation about proposed creation of a Maintenance Assessment District (MAD) to pay for public improvements.

“We need to polish the Jewel that we all love, which is why we’re proposing a MAD to enhance, beautify and improve our village,” Julie Bronstein, executive director of the nonprofit foundation, told trustees.

An assessment district is a legal mechanism by which property owners can vote to tax themselves to receive enhanced maintenance, landscaping and light- ing services or other civic improvements.

Bronstein said creating such a district would serve as a tool for ongoing maintenance on public improvements, such as landscaping and periodic watering of hanging plants, which the community has struggled to pay for over the years.

“MAD is also an investment process,” noted Bronstein, adding that creation of a maintenance assessment district would “mean we would be able to fundraise, adding private dollars to do capital improvement projects within the Village and see them to com- pletion.”

Bronstein gave a slideshow presentation showing a map of the proposed district, which does not include all of La Jolla’s 9,203 ZIP code but much of the Village of La Jolla, a roughly 30-block area including about 1,800 businesses in the neighborhood’s heart.

To assist home sellers, a new industry report has just been released called “27 Easy tips to get thousands more for your home”.

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Flu activity increasing in San Diego, says Health Department

The fever, chills and body aches caused by the flu are increasing across the nation, and San Diego is no exception.

The number of influenza cases reported in San Diego County this season increased to 303.5 as of the week ending Jan. 2, up from 238 the week before that, a 27 percent increase.

"Influenza activity tends to increase in January and typically continues through February," said Wilma Wooten, M.D., M.P.H., county public health officer.

For the week ending Jan. 2, the Health and Human Services Agency Influenza Watch report shows the following:

- Emergency department visits for influenza-like illness: 4 percent of all visits (unchanged from the previous week)
- Lab-confirmed influenza cases for the week: 65 (up from 41 the previous week)
- Total influenza deaths to date: 3 (compared with 0 last season)
- Total lab-confirmed influenza cases to date: 303 (compared with 590 last season).

Even though the number of flu cases reported this season is 49 percent lower compared to this same time last year, health officials continue to urge residents to get vaccinated as flu activity is likely to increase.

Furthermore, three influenza deaths have been reported this season. None had been reported at this time last year.

"While the overall number of flu cases in the region is lower compared to this time last season, people should not become complacent. Influenza is very unpredictable and people should get vaccinated," Wooten added.

The Centers for Disease Control and Prevention recommends that everyone 6 months and older get a flu vaccine every year. The vaccine is safe and effective. It takes about two weeks for immunity to develop.

Vaccination is especially important for people who are at high risk of developing serious complications from influenza. They include:

- People with chronic medical conditions like asthma, diabetes and any disease, even if your symptoms are under control
- Pregnant women
- People 65 years and older
- People who live with or care for others who are at higher risk.

In addition to getting vaccinated, people should also do the following to avoid getting sick:

- Wash hands thoroughly and often
- Use hand sanitizers
- Stay away from sick people
- Avoid touching your eyes, nose, and mouth
- Clean commonly touched surfaces
- If you are sick, stay home and avoid contact with others

The flu vaccine is available at doctors’ offices and retail pharmacies. If you don’t have medical insurance, you can go to a Community Health Center or county public health center to get vaccinated.

For a list of locations, visit www.sdzh.org or call 2-1-1.

"We can make really good dopamine neurons from stem cells now," Bratt-Leal said. "What’s different about our project is we’re actually using the patient’s own dopamine neurons from stem cells different about our project is we’re actually using the patient’s own.

"What's different about our project is we’re using the patient’s own dopamine neurons from stem cells. We can make the dopamine neurons that are lost in Parkinson’s and put them back into our patients’ brains.

"Parkinson’s is a progressive disease of the nervous system marked by tremor, muscular rigidity and slow, imprecise movement, chiefly affecting middle-aged and elderly people. It is associated with degeneration of part of the brain and a deficiency of dopamine.

"Parkinson’s symptoms continue and worsen over time. Nearly one million people in the United States are living with Parkinson’s. The cause is unknown, and although there is presently no cure, there are treatment options such as medications and surgery to manage its symptoms.

Jeane Loring, Ph.D., an internationally recognized authority in the emerging field of stem cell research, said at the fundraiser that she was once “hopeful” a cure for the disease would happen in her lifetime. She admitted, though, that “I wasn’t sure.

“Now, when I talk to the patients,” Loring said, “I say, ‘There will be some revolutionary process treatment, whether it be gene therapy or biological implantation, which is what we’re working on now, in our lifetime’ — and I really mean it. Hopefully, it will be in the next five years.”

Asked what advice they’d give disease victims, Houser said, “Keep your spirits up, be spiritual, exercise.”

"Keep a good attitude,” agreed Bratt-Leal. "There will be a treatment in the near future.”

Opinion

Little-known vaccine court says a lot about the flu shot

By MARTIN JONES WESTLIN

I’m probably beginning to sound like a broken record from 1934, but at least I play it only once a year. I actually prefer it that way, because this is the time of the season it means the most, especially to the friends and families puzzling over a crisis that sometimes evolves out of the best of intentions.

New Year’s brings with it a subset of raw emotions—and stories like this are designed to spread those emotions to a higher level of awareness, the touchy nature of the topic notwithstanding.

Brianna Browning, a 9-year-old Houston girl, reportedly hasn’t been able to see or move much of her body after receiving a flu shot on Oct. 15. The fourth-grader was hospitalized two days after vaccination and suffered vomiting spells and what appeared to be a seizure, according to her parents. Doctors allegedly don’t yet know what happened or why, but Brianna’s parents say their daughter’s illness was caused by the vaccine.

That’s an understandable judgment on the part of a loving and responsible mother and father—but truth be told, it’s also embraced many times a year amid illness and death following administration of the vaccine. The number and strength of flu subtypes, the body’s introduction to foreign substances through the vaccines, the criteria that determine the vaccine’s potential harm, the grazing statistics on the shot’s relative effectiveness. Flu activity in a given year (which right now is reportedly somewhat lighter than usual in the U.S.): The variables crazily abound, even as the Centers for Disease Control recommends flu shots for almost everyone over six months of age.

Lightly coloring the mix is legislation signed last June by California’s Gov. Jerry Brown, dictating that the state’s children are no longer allowed to skip the shots required to attend school because of their parents’ religious or personal objections.

Enter a little-known federal body with a big fat name. It’s called the Office of Special Masters of the U.S. Court of Federal Claims, and it’s known popularly as the Vaccine Court. It’s charged with administering a no-fault system for sorting out vaccine injury claims, called the National Vaccine Injury Compensation Program, funded through a tax on vaccines.
University Community library chief Melissa Martin drives a new Buick

By SANDY LIPPE

Are you familiar with the Buick TV commercial whispers “My grandpa used to have a Buick”? Her friend looks at the young hunk getting out of the car and says, “That’s not your grandpa.” Well, let’s look at today’s library in the same light. Today’s library is not your grandpa’s library, and today’s library branch manager wears many hats.

In the libraries of 50 or 60 years ago, lots of female librarians of a certain age shushed the noisy patrons, especially teens giggling their way through assignments. Libraries served the reading community.

Today’s libraries are community centers too – but technology and new itineraries have enormously changed their faces, not least at University City’s University Community Library, at 4155 Governor Drive.

The branch was recently searching for a permanent manager after going through several interim staff. Sharon Thomerson, former manager, took an early retirement, leaving big shoes to fill. Come early November, in walks a Russian literature graduate from UCSD’s Revelle College, a gal who grew up in East County, graduated Valhalla High and met her future husband at UCSD.

Melissa Martin has a hearty laugh and a great brain. “I always like to try new things,” she says with a smile. “You never know ‘til you try.”

Martin says today’s librarian is always busy with collections, staff, the public and showing patrons how to use online catalogs and computers, providing a community center for all ages. “No shushing is going on. How did Martin go from Russian lit to head librarian?

“My husband,” she says, “was stationed in the Coast Guard in Louisiana, and I got a job at a library. I loved it.” When they returned to San Diego, she enrolled in the San Jose State University distance program at the Fullerton campus, where she spent two years commuting from San Diego and got her MLIS (Master’s of Library and Information Science), all before her twelve-year old son was born.

She worked at the Naval Anti-Submarine Warfare library in Point Loma and did an internship at UCSD’s Geisel Library, where she worked with wonderful people. From there, she went to the Central Library in downtown San Diego and stayed around 15 years. She worked in the science section for four and a half years and then joined the I CAN! Center, which provides services, programs, resources and professional assistance in a safe, comfortable environment for persons with disabilities. She oversaw library catalogs and had great praise for “an amazing staff.”

She was then promoted to supervisor of the science section, wherein there was always a team effort. “Our jobs,” she says, “were to know whom to talk to in order to find out answers.” She felt she was always learning and helped prepare for the new library transition in 2013.

Her first stint as a branch manager was at the Valencia Park/Malcolm X Branch Library, at 5148 Market St. southeast of downtown, which celebrated its 20th anniversary on Jan. 9. “There were many joys and challenges,” she says. “This complex community is very active and loves its library. The Valencia Park/Malcolm X Branch Library had a busy home help center and computers available for adults looking for jobs.”

Now, Martin calls the University Community branch library her home away from home. She is busy preparing the library collection for transition to Radio Frequency Identification (RFID), the latest technology for tracking library materials. RFID technology goes beyond security and tracking. It makes it easier and faster to charge and discharge books and other items.

Other latest developments at the branch include a new adult volunteer who will be working two days a week, from 2:30 p.m. to 4:30 p.m., to help students from Kindergarten through 12. The Friends of University Community Branch Library provides funding for programs like concerts on the first Wednesday of each month. The computers are busy all day long with students and adults at the helm.

Martin is happy to share the news that library operating hours have increased and that all San Diego public libraries will have extended Saturday hours. On Saturdays, the library is open from 9:30 a.m. until 6 p.m.

This busy librarian is truly wearing many hats, and she welcomes volunteers to help with shelving and anything to support the library (people normally volunteer an hour a week).

The University City branch has hired an outstanding manager. She is driving the new Buick, not your grandpa’s. Stop by and see for yourself.

Enjoy our photos? Follow us on Instagram @sdnewsgroup
There are popular sayings such as “live in the moment,” “look to the future” and “don’t dwell on the past.” I do not agree. There are lessons to be learned from our past choices. To quote George Santayana, “those who cannot remember the past are condemned to repeat it.” It is strange to think back on the moments our lives changed direction. We all have a story of when and how we met our mates, usually by circumstance that could just as easily not occurred.

I live in La Jolla today because a woman in Switzerland woke up one morning 40 years ago with a sore throat. I was working as a therapist, part of a psychiatric team in a Swiss child-guidance clinic. There was a speaker visiting from the United States whose translator had a sore throat, and he asked if anyone could do a simultaneous interpretation of his lecture. I had no previous experience, but I volunteered. He asked me to join him as his translator during his lecture tour. We became friends. He suggested I meet a consultant at a local hospital looking for a colleague — a professor sent by Harvard to start a satellite business school in Lausanne. We met and worked together for a year. We fell in love, got married and moved to the state of New Hampshire, where I became a professor of business, teaching the first course on women in management in the United States. After seven years at UNH, we spent a winter in California and later moved to a small house in the White Sands in La Jolla.

Today, after so many roads taken and/or not taken, I have no regrets. Luck — being at the right place at the right time — played a large part in the opportunities that opened up to me. On the other hand, I also consciously scanned for different opportunities and was always ready to jump at a possible chance for expanding my horizons.

This approach to life keeps me open — checking what might be worthwhile, attending a lecture on an unfamiliar topic, meeting people outside my circle of friends, reading on a topic not immediately relevant to my interests, always thinking outside the box. New adventures begin outside our comfort zones. It is the unintended, the unplanned, the unexpected that can offer a chance for new growth. I have always believed that it is better to have remorse for what you should not have done but did rather than regret for the things you wished you had done but didn’t.

Life can encourage or discourage us depending on the endless situations we encounter and the choices we make on a daily basis. I am happy for most of the choices I have made so far and sorry for the hurt I may have caused. Yet, I remain forever curious about all the roads that still stretch in front of me, wondering which ones will beckon the loudest.

Natalia josefowitz is the author of more than 20 books and taught the first course on business management for women in the United States. She lives at The White Sands in La Jolla.

How Do You Match Extensions?

If you are blending colors choose extensions that are the same color of level as the clients own hair. If you are changing the level of the client’s hair choose a shade that works well with the skin tone. A coloring process can be done to the natural hair 48 hours prior to application and extensions can be matched to that.

What type of extensions do you use?

Judy uses Great Lengths all-natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein the same molecular structure as your hair. This application process does not harm your own hair. While others use techniques such as welding, gluing, gluing, or gluing, which strain your hair to a high degree Judy uses a much more gentle principle called modulating. An extremely high tech method of bonding the hair strand to your own hair. Extensions can be used for volumizing, lengthening, coloring or simply adding texture; Judy will offer a free consultation guiding you through your new style. Whether creating a new look, following fashion or with a special occasion on the horizon. Judy’s hair extensions have over 55 colors to choose from and blend with your own hair. Most importantly your own hair will not be damaged and the extensions can be easily removed by an expert. Can hair extensions damage my hair? No, they will not. Actually, even very fine and damaged hair can become healthier if you’re wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed. This is different than many hair extension methods that bond too tightly to your hair. Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will recommend hair care products, brushes, combs and appliances at home. Hair styling is very similar to how you style your hair without extensions. Contact Judy in La Jolla VILLAGE for any of your hair extensions questions hairextensionsoffajol-la.com.

Call today and receive $200 off on your first full head of hair replacements! 858-456-2344. Judy Judy Judy, 7734 Herschel Ste #11 La Jolla.

The Retirement Concierge offers trust verification services as well as home organization assistance assistance as a team member alongside attorneys, trustees, and fiduciaries. We do not offer legal, financial or tax advice. We also wrote A 10-Step Action Plan for Defining Your Mission, helping boomers on the verge of retirement to plan, make and manage life transitions. TheRetirementConcierge.com. (619) 818-8575.

Dear SharonAnn,

My family came for Christmas, and I am happy about that, but I am struggling with the idea of sharing information I’ve always kept private, namely: When I go, they will all be fairly wealthy people. My three children, ten grandchildren and three great-grandchildren will inherit about $5M each. For my 90 years, I have lived a simple life (in my same small house for 60 years) and never spent much. However, my husband and I loved to invest in the stock market and have done quite well over the years. I still do. Do you think I should tell them or let them be surprised when my final wish is read? (It would be fun to see their faces!)

Signed: Family S Ahead

I am happy you asked this question. Let me tell you about Larry, a modest guy who worked his entire life as an electrician and managed on about $80,000 a year. He is married and has two adult children and recently has retired. His parents passed away, and he was called for the reading of the will. They left him $365 million! Yes! He had no idea, no preparation, no training or financial education. This “gift” took his nice, simple life and blew it away. Now, he deals with attorneys, CPAs and financial advisors and has little time for his dream retirement, fishing on a lake. He has to catch up on a lifetime of money management lessons. In fact, he wants to keep the fortune he inherited.

One of the biggest estate-planning goals is failing to communicate your intentions to your family or heirs. Surprises are not always good, especially the ones that have echoing implications. Does anyone know immediately how to handle $5 million? No! So if it is to be kept, then involvement of professionals for guidance is a must. Time to learn is what you give your family when you communicate your information to them in advance. When there is time to process and understand accept, then better decisions can result.

You can give your family members a wonderful gift by spending time with each one individually and sharing your monetary wisdom, helping set them on the path of learning and teaching them to be good stewards. Imagine a letter under the tree for each of your family offering to come visit over the next few months. This way, you can see their faces — and certainly, it will be fun to watch their jaws drop!

The Retirement Concierge offers trust verification services as well as home organization assistance assistance as a team member alongside attorneys, trustees, and fiduciaries. We do not offer legal, financial or tax advice. We also wrote A 10-Step Action Plan for Defining Your Mission, helping boomers on the verge of retirement to plan, make and manage life transitions. TheRetirementConcierge.com. (619) 818-8575.
Latest Fashion Week San Diego show trumpets 'shop local' mantra

The internationally acclaimed La Valencia Hotel presented a holiday trunk show, featuring the latest Fashion Week San Diego fare, on Dec. 17. The La Valencia is an intimate and charming hotel, perfect for an event that promoted shopping local. Guests enjoyed a delightful lunch, and designers set up booths decorated for the holidays. The best part was that the event was free to attend.

Guests could shop with Alber Redo, who presented a selection of timeless jewelry designs. Territa Torres, who took third place for her ENVY collection, was showing her designs of greens and natural hues. The Timmitha Leeds Collection featured a chic southern California look with stripes and prints. Designer Annaiah Jones had a booth showing off her shimmering Dynamic Doll designs. This year, Ta Sanni was voted second place winner with its vibrant African prints. Pushin By Survvi had beautiful handcrafted Fashmina scarves, shawls and unique semiprecious jewelry from Nepal and India.

That, you might ask, does this have to do with the arts? It does when you consider the group offers “Play Me: Pianos in Public Spaces.” Ten upright pianos, gaily painted by San Diego artists, have been placed at public locations throughout the city and from Escondido to Coronado, where you may go and play to your heart’s delight through Feb. 8. See a map at sdymphony.org.

There’s a piano somewhere in your future, that is if San Diego Symphony has anything to do with it. As part of its January Upright and Grand Festival, the group offers “Play Me: Pianos in Delavan.

Felder recently designed and produced another show, in Chicago, titled “The Baritones,” with Gunn, Broadway’s Marc Kurdisch (remember him from the Playhouse’s “Thoroughly Modern Milly”) and opera baritone Mark Delavan.

Felder’s 2016 holds more than baritones, however: He returns to Berlin and Bernstein—and the rest he can’t talk about yet. He’s assured that you will see Hershey here—about this year, especially since he lives in La Jolla.

La Jolla’s Hershey Felder and the world of connectedness

Ready or not, here comes a new year in the arts. With the recent announcement of the San Diego Theatre Critics Circle awards, named in honor of the late Craig Torres, who took third place for her ENVY collection, was showing her designs of greens and natural hues. The Timmitha Leeds Collection featured a chic southern California look with stripes and prints. Designer Annaiah Jones had a booth showing off her shimmering Dynamic Doll designs. This year, Ta Sanni was voted second place winner with its vibrant African prints. Pushin By Survvi had beautiful handcrafted Fashmina scarves, shawls and unique semiprecious jewelry from Nepal and India. Lorraine Poveromo, from CA Botana, was on hand to give out spa and wellness products to everyone. James Wyno, store manager from Rangoni, on Girard Avenue, showed off the venue’s beautiful shoes and handbags.

This was a great way to shop local this holiday season. Fashion Week San Diego is not only a week of runway shows but also an entire year of events. The Dec. 17 entry was the last event of the year, bringing to a close a successful year celebrating fashion and beauty. For a list of upcoming events for Fashion Week San Diego 2016, stay tuned at fashion-weeksd.com.

UPCOMING EVENTS THROUGH JAN. 31: “TALKING THROUGH HER HAT,” an exhibit of hats and the women who wore them at the Women’s Museum of California located at 2730 Historic Decatur Road, Barraasset 16. Nationally established costume milliner Diana Cavagnaro, known around San Diego and Del Mar, will feature her hats. Museum hours are Wednesdays through Sundays from noon to 4 p.m., and the admission is $5.

SUNDAY, JAN. 10: The Wedding Divas Bridal Show presents “Let it Snow, a Winter’s Wedding Dream” at The Dana on Mission Bay from 11 a.m. to 3 p.m. The fashion show will include Bridal and Tux Galleria, D’Angelo Couture Bridal and Somis Couture. For tickets, visit eventbrite.com and browse.

Diana Cavagnaro is an internationally renowned costume milliner based in the Gaslamp Quarter. Learn more about this hat designer, teacher and blogger at DianaCavagnaro.com.

La Jolla’s Hershey Felder and the world of connectedness

By CHARLENE BALDRIDGE

Hershey Felder, seen here in La Jolla Playhouse’s recent ‘Hershey Felder As Irving Berlin,’ barely has time to clear his head these days. PHOTO BY EIGHTY EIGHT ENTERTAINMENT
In-home cooking classes for the mise en place challenged

By DAVE SCHWAB

For La Jolla resident Teri Newlee, cooking was something she grew up with, was responsible for as a mom and now does for the sheer joy of it. “I bring the food and the fun,” said Newlee of her homegrown cooking-lesson business, which she operates out of her Mount Soledad home and in clients’ homes throughout La Jolla and Pacific Beach. “I’m certified in pastry, but I like cooking everything.”

“My goal is not to turn anyone into a gourmet chef,” Newlee said, “but to just show them cooking can be very fun and not as intimidating as we all seem to think.” Newlee cooks mostly for small groups, four people in her home, more elsewhere depending on the circumstances.

“I’ll do a hands-on class, and usually it will be a three-course meal,” she said, adding she grew up as one of eight children in a small Oklahoma town in which her family owned the only market. Newlee said cooking was an acquired taste she got from her mother, whom she noted is now 93 years old and “still cooks full meals, inviting 20 or more people over.”

Her business, named Eatsies, has a website, eatsieslajolla.com, where potential clients can find out about her and register for her cooking classes.

Cooking as a profession was something Newlee started after being encouraged to do so by a friend.

“I was throwing parties and cooking for people, and my friends would call me to get recipes and advice,” she said. “I ran into a girl-friend, and she said, ‘You have got to start teaching; this is ridiculous.’ I went home, emailed about 20 of my friends, and it kind of blossomed from there.”

Newlee’s cooked for weddings and birthdays and done things for the Girl Scouts, national charity leagues, mom’s nights et cetera, she said. Adding, “I’ll come to people’s homes and do a cooking party.”

She doesn’t do catering, though. “I like being with and interacting with people,” Newlee said.

Recently, Newlee did a cooking class for someone’s 65th birthday, during which she taught them how to make homemade pizza from scratch, including making the dough. She once even taught cooking to a group of avid Mission Bay High School boys water polo players, whom she still hears from.

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TOP 25 RESTAURANTS IN SAN DIEGO Highlight Reviews — “Great selection of not just breakfast items. Very unique. Highly recommended. Fun for the whole family.” “Great breakfast, large tasty portions. Fast service and good coffee — you just can’t ask for more!” “The apple pancake was fantastic!” “Believe the reviews, this place is amazing!”

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San Diego winter boat show returns to Sunroad Marina Jan. 21-24

By NICOLE SOURS LARSON

Despite this year’s El Niño rains, with the imminent debut of the San Diego Sunroad Boat Show on Harbor Island, it’s time for boaters to start thinking and dreaming about the upcoming spring and summer boating season.

The 26-year-old winter boat show, with larger-than-ever in-the-water displays and now in its seventh year at Sunroad, kicks off on Thursday, Jan. 21 and runs through Sunday, Jan. 25 at Sunroad Resort Marina, located at 955 Harbor Island Drive, at Harbor Island’s east end. Show hours are noon to 6 p.m. Thursday and Friday and 10 a.m. to 6 p.m. Saturday and Sunday.

The show offers guests the chance to experience more than 150 sail and powerboats in every price range, style and size, from trailerable boats and inflatables to yachts over 90 feet, explained show director Jim Behun, who doubles as the marina’s general manager. The show is about equally split between sail and power models, with “first looks” available for many newly introduced boats.

Self-propelled vessels, such as kayaks and powerboats, are South Coast Yachts, showing the Beneteau Gran Turismo 44i; San Country Marine, introducing Searay’s high-speed L650 Fly and 430 Fly; and Art Brooks Sea Company, exhibiting the Johnson 65. West Coast Multihulls is introducing the Fountainae Pajot Helia 44 sailing catamaran. Another trend Behun has noticed is that financing is now readily available. Many people are buying new boats, he said, another indication that the Great Recession is mostly behind us.

Boating education will again play a significant role. On Saturday and Sunday, the pavilion will host seminars on subjects, including high-speed Internet for boats, green boating and nonskid surfaces.

Representatives from 12 Mexican marinas and boatyards will be on hand explaining their available facilities and amenities and will present seminars on Mexican boating, as will Capt. Pat Rains, author of “Mexico Boating Guide.”

Along the docks, Seaforth Boat Rentals will provide sailboat and electric boat rides for the entire family.

Unlike many boat shows, the Sunroad show offers new and brokerage boats in the water. The show’s exhibits under a festive tent include more than 100 vendors offering wide-ranging marine services, electronics, products, supplies and accessories.

Show tickets are $12, with children 12 and under admitted free. Active-duty military, police, EMTs and fire personnel with ID are admitted free Thursday and Friday.

Because of crowded docks, show staff ask guests to leave pets and strollers at home, with service animals always welcome.

Paid parking is available next to the Sheraton Hotel, with shuttle service provided. Sunroad’s Island Deli and food trucks will offer varied menus, all to the accompaniment of steel drums. The adjacent Island Prime/C Level Lounge and Coaster-Ra Restaurant will provide alternate dining options.

For latest details on seminars and exhibits, visit bigbaybeachshow.com or call (619) 497-5254.
Nutrition Trends and Fads

Michael Pollan, author of *In Defense of Food*, says it best when he states that we live in an age of “nutritionism” with experts bickering to hold their ground. What is the lay person to do?

Come hear Rancho La Puerta’s nutrition director, Yvonne Niemirstadt, take on Paleo vs. Vegan and everything in between: Low fat, high carb and the high fat, low carb trends. What’s up with gluten free? Are grains really killing us? Is soy as bad as some say? Is dairy?

How much protein do we really need? What fats are best, and how much? Let’s discuss the latest weight loss and health schemes and anything else you are interested in.

Join Yvonne at the La Jolla Wellness Center Saturday, January 30 at 10 AM for a lively, good natured, ‘food fight’. Please RSVP by January 29th.

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Bare-root roses: Spring must be just around the corner

By LINDA MARRONE

January is the month to prune back your rosebushes. It is also the perfect time to plant bare-root roses in your garden. Bare-root roses are dormant, “sleeping” roses sold without soil, and they are less expensive than purchasing established roses growing in containers. With a few basic steps, you can plant bare-root roses in January and enjoy roses in the spring.

Step 1: Make sure you plant your bare-root rose shortly after purchasing it. Remove it from the package and soak the roots for 24 hours in a bucket filled with water. Choose a sunny place in the garden that will receive at least 6 hours’ sunshine, preferably beginning in the morning.

Step 2: Dig a large hole about 2 feet wide and 18 inches deep that slopes outward from the top. Create a 6- to 8-inch, cone-shaped mound of dirt in the center of the hole; this will keep the rosebush from settling down too low in the hole and will provide the roots with space to spread out.

Step 3: Trim any damaged roots or canes from the rose; place the roots on the dirt cone and spread them out. At this point, you can fill in the hole with the dirt you dug from it, or you can use a prepared planting mix for roses mixed in with the dirt, such as Dr. Earth’s Rose and Flower Planting Mix, which will provide mild organic supplements to help your plant thrive.

Step 4: When filling in your hole around the plant, make sure to keep the soil level below the graft knot, or the bulge just below the plant’s canes and above the root structure. Pack down the soil around the plant and create a well around it about 10 inches in diameter, with the sides a few inches high.

Now it is time to give your newly planted rose a good drink of water. Once planted, it will not need a lot of water until it begins to leaf out.

As the days grow longer and warmer, your new rosebush will wake up from its winter slumber and begin to leaf out. When the canes are in full leaf, it is time to start feeding.

LINDA MARRONE

VACINES® CONT. FROM PG. 6

A June 2015 Department of Justice report covering a three-month period that year seems to reflect that the flu vaccine is proportionally far from safe. Some 78 cases overall were awarded Vaccine Court settlements then, with 5% of the settlements granted for effects from the flu shot, including one death. Most of the settlements for injuries due to the flu shot were for Guillain-Barré Syndrome, a muscle disorder caused by damage to the nervous system. Other flu vaccine injuries included shingles, arthritis and Bell’s palsy, a neural condition that causes one side of the face to droop.

Are the flu shot-related injuries exceedingly rare? Yeah, probably. But as with everything else, there’s strength in numbers – numbers the CDC itself can’t even site on the other side of the ledger. Its own information says it’s not aware of the number of yearly flu deaths, because states are not required to report individual seasonal flu cases or deaths of people older than 18 to the centers. Also, seasonal influenza is infrequently listed on death certificates of people who die from flu-related complications. One unrelatable website says that the number of flu-related deaths each year can range anywhere from 3,000 to 49,000 – an unflathomable range amid the CDC’s insistence that flu vaccines are safe.

I’ll be 66 in February (I feel, act and look like I’m about 12 and a half), and that puts me in the “65 and older” group the CDC especially urges to get the shot. Every year I ask my doctor if I should take the vaccine, and every year she emphatically says no. That’s fortunate, because I’ve never gotten it, and, out of an abundance of caution, I never intend to. I’ve contracted an influenza strain a whopping one time in four decades (New Year’s weekend of 1996, when I thought I was gonna die and wished I had at the time) – so it’s clear I’ve dodged the flu through a God-given immune system rather than through a medication that fuels a rolly annual controversy on the other side of the mainstream press.

Not everybody has my excellent health, but then again, not everybody requires it in order to stave the flu. And if worse comes to worst, the effects from influenza typically last one to two weeks – a potentially small price to pay against the uncertainty that surrounds the arguments that favor the shot. Mercury, for example, can poison the heart, brain and kidneys and is a preservative component of the vaccine; and providers insist that the vaccine is virtually mercury free today. So I guess we’re supposed to ignore the fact that the levels were higher in the 40s the vaccine’s been around? Makes perfect sense to me, hey-tell.

What makes no sense is that Brianna Browning is very, very ill and that doctors either don’t know or aren’t stating the cause. There’s certainly every chance that her shot isn’t the cause of her sickness – but my money’s on the figures from the Vaccine Court. Not only are they laughably more precise than those from the CDC; they’re devoid of the inexorable big-pharma stigma, one that Brianna might never have a chance to survive.

How can something so ungodly ugly yield such a classically beautiful harvest? Treat bare-root roses with care, and they’ll come back for more year after year. PHOTOS BY LINDA MARRONE
I just arrived in the nicest city in the U.S.!

By HANNA LAUKKANEN

Last May, I decided that I want to see and experience something other than my home country of Finland and my home office at a local newspaper. I decided that I want to travel somewhere warm, and I was eager to improve my English, so I decided to travel to San Diego from my hometown of Nurmes, about 310 miles east of Helsinki — a Finnish friend said it is the nicest city in the U.S. so why not give it a try.

With help from the German-American Chamber of Commerce, I started to plan my trip and my internship — and after six months and an 11-hour flight on Jan. 6, here I am, at San Diego Community Newspaper Group, starting my four-month internship. I'm excited, and I hope I can learn a lot about journalism and the United States.

I graduated from the University of Tampa (second biggest university in Finland) last March and wanted to improve my knowledge of what journalism is like abroad. The U.S. is a great place for comparison, because freedom of speech here is quite equal to that in Finland.

I've been a working and student journalist for 10 years, and I truly think I have found a career that I really enjoy. The best part of the job is meeting people with different backgrounds and trying to understand why they see the world as they do. I also love writing and want to develop my style so that in the future people would also like to read my novel(s).

Journalism in Finland is in the same kind of adolescent phase as in the U.S. and all over the world. If I knew how to get people under 30 to read news and pay for it, I would have millions of dollars. Somehow, we journalists have to burst the bubble of not-so-modern and inflexible journalism and make something so amazing and super-fun that people simply can't live without it. I personally love news that includes video, because videos give so much more information about the subject.

You, dear reader, can help us. Tell us: What do you want to read about in your community newspaper? What excites you and makes your blood flow faster? Whose interview would you like to read? Tweet, post an Instagram photo, email or send us a card or call. We want to know.

I will continue having a nice time in San Diego and hope to meet you in my adventure! Tavataan pian ("see you soon" in Finnish)!

(Editor's note: Hanna Laukkanen is a winter-spring intern at San Diego Community Newspaper Group. Her electronic mail address is toimittajalaukkanen@gmail.com.)
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Please note: Home is listed but not in the MLS at this time, due to tenants.

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Offered at: $1,850,000