Environmental groups name cleanest and trashiest beaches in San Diego

By MARKIKO LAMB | VILLAGE NEWS

The results are in for 2011’s cleanest and dirtiest beaches in San Diego, according to data collected from the San Diego Coastkeeper and the Surfrider Foundation San Diego Chapter’s twice-monthly beach cleanups conducted throughout the year.

La Jolla Shores again proved its beaches were relatively tidy, as it came in as the third-cleanest beach. That doesn’t mean the beach was free of trash-leaving beachgoers, however. According to records kept by the organizers, 52 volunteers collected 40 pounds of trash on Nov. 17.

Topping the environmental organizations’ charts as San Diego’s trashiest beach last year was Ocean Beach Pier with a whopping 3.57 pounds of trash collected per volunteer at the site. Top items collected at the cleanup included plastics and cigarette butts.

Not all of the blame can be placed on Ocean Beach residents and visitors, however. Some litter originates from the “great trash migration” — that occurs during major storms when litter is relocated from gutters, messy dumpsters and transient camps to San Diego’s bays and beaches, said Alicia Glassco, education and marine debris manager at San Diego Coastkeeper.

Although some of the blame can be spared for Ocean Beach-goers, she also emphasized the need for Ocean Beach to recycle, since the beaches there — including Ocean Beach Pier and Sunset Cliffs — had the highest counts of aluminum cans and glass bottles trashing their beaches last year.

“Ask for Ocean Beach, we would like to

La Jolla says goodbye to ‘royalty’

Residents recall fond memories of everyday encounters with La Jolla’s most unique socialite

By MARIKKO LAMB | VILLAGE NEWS

Members of the La Jolla community will remember the late Alfonso de Bourbon — dubbed “The Count” by some due to his claims of royal Spanish lineage dating back to King Alfonso XIII — for his charmingly eccentric personality, dapper dress and culture-packed conversations. De Bourbon was a common sight strolling around the village on any given day. A car accident, however, would make his daily strolls and casual encounters with La Jollans only a memory.

According to the police report, a Jonathan’s Market employee found De Bourbon in his early 80s pinned between a dump truck and loading dock wall around 7 a.m. on Jan. 11. The victim was pronounced dead at the scene behind the gourmet grocery store on Girard Avenue through video surveillance, police discovered that a Roadway 18-wheeler truck had backed into the loading dock area and made a three-point turn around 6 p.m. the night before. Police say it is possible that the driver of the vehicle — who has not been identified and is currently being interviewed — hit the dumpster but was unaware that anyone was behind it.

A memorial service for Alfonso de Bourbon will take place on Friday, Jan. 20 at 10 a.m. at Mary Star of the Sea, 2699 Girard Ave. Coffee and pastries will follow an ecumenical prayer service led by Rev. James Rafferty. Refreshments will be provided by Girard Gourmet.

“Bon voyage, Mr. de Bourbon”

Community members who knew Alfonso de Bourbon write in on their fond memories of La Jolla’s “royalty.”

“It takes all types of people to make up a community. He was definitely a part of this community for many years and had a remarkable way of surviving and did his best to make all women feel charming.”

Diana Goedhuys
Owner, Girard Gourmet

“I met Alfonso de Bourbon, accompanied by a beautiful young lady, 10 years ago whilst I was giving a real estate law presentation at the Athenaeum — he liked to attend seminars and cultural events. He was always elegant in his tweed jacket. He addressed me formally as ‘Mr. Wildman.’ His diction and speech were extraordinarily polite. He brought a smile to the face of everyone he encountered in this world. He should fit in quite as well in the world. He was a very cultured man and loved to converse (fluently) in many different languages. We quite often spoke German. He always attended our holiday parties at the Athenaeum and in the early years of our galas he sent me notes to ask if any lovely lady was looking for a dance partner. He loved to dance and he apparently was very good at it! He was a La Jolla fixture, and he will be very much missed. I am glad that my last and maybe his last encounter was such a pleasant one.”

Erika Terri
Executive director, Athenaeum

“I know him for more than 20 years and always had fleeting but charming conversations with him. He was a very cultured man and loved to converse (fluently) in many different languages. We quite often spoke German. He always attended our holiday parties at the Athenaeum and in the early years of our galas he sent me notes to ask if any lovely lady was looking for a dance partner. He loved to dance and he apparently was very good at it! He was a La Jolla fixture, and he will be very much missed. I am glad that my last and maybe his last encounter was such a pleasant one.”

Rick Wildman
President, La Jolla Town Council

‘Royal’ ambassador to the community will be missed

La Jolla’s most unique socialite, according to data collected from San Diego Community Newspaper Group, was the late Alfonso de Bourbon. He was known to many and was dubbed “The Count” by some due to his claims of royal Spanish lineage dating back to King Alfonso XIII and often carried a photo showing his striking resemblance, as shown at right in an old photo, courtesy of the Centre for Communications Documents in Spain. De Bourbon donated the map above to UCSD in 2010. It details explorations by Spanish conquistadors from 1512 to 1825 and was given to him in 1883.

Pro golfers will tee off at Torrey Pines Golf Course for the Farmers Insurance Open from Jan. 23-29.

Farmers Insurance Open sees the end of an era with Wilson’s retirement

By JOHNNY MCDONALD | VILLAGE NEWS

Among his list of successes, Tom Wilson can count being able to skirt wintery squalls and a fog bank or two, toughen up two courses, watch Tiger Woods’ amazing victory run and witness the echelon of young, long-hitting players light up the leader board. These events, all after, simply come with producing a major PGA golf tournament for 20 years.

Now, after serving for two decades as tournament director, he’ll step down following the Farmer’s Insurance Open at Torrey Pines, Jan. 23-29. “I toss about 100 balls in the air and try not to drop one,” he said of his approach to organizing such an event.

Recently, Wilson recounted his years — and the many mishaps and triumphs he witnessed during them — as head of the tournament. He managed to build the event into a multi-million dollar operation, beginning with a stormy start in 1993 when winds tore away officals’ tents.

Weather, however, has — surprisingly — cooperated for the most part. Over the course of the tournament’s 19 years, only twice did it have to be shortened to 54 holes because of bad weather — once in 1998 because of fog. “We’re fortunate that Torrey Pines drains pretty well,” Wilson said. “Only a few spots have created problems for us.”

We may worry about water in the bunkers. Otherwise, we play through it.”

Another storm to bear — not surprisingly — was another kind of give: money. When Wilson began his tenure in 1993, the total prize was $1 million and the winner (Phil Mickelson that year — his first as a pro) collected $180,000. Now, the victor can take home $1,080,000 from a $6 million pot.

Wilson endured a stressful period after Buick pulled its sponsorship in 2009 because of General Motors’ financial constraints. In an 11th-hour decision, the PGA notified him that Farmer’s Insurance had agreed to be the sponsor — and that the tournament would continue after all. “I am happy with the decision,” Wilson said in 2009. “We made the right decision.”

“Ask for Ocean Beach, we would like to
Placing the seeds for the future

Lucy Borsenberger, left, president of La Jolla’s Village Garden Club and Jacaranda Project chairwoman Carolyn Boline stand with District 2 City Councilman Kevin Faulcon- er at the Embarcadero for the groundbreaking of the Jacaranda Project. The project is responsible for planting more than 1,800 trees in public spaces throughout San Diego. The Village Garden Club of La Jolla has agreed to provide 42 large jacarandas.

How to Sell Your Home Without a Realtor

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

After all, with the proper information, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes — under him, the tour-

Continued from Page 1

GOLF

U.S. Open, due to the lack of a big-name sponsor. When Farmer’s Insurance stopped in at the last minute, it meant more scrambling.

“We had a week to prepare and replace San Diego Open signs with that of Farmer’s,” he said.

After his first tourney, Wilson asked pro golfers Tom Kite and Ben Crenshaw why more of the PGA’s top golfers were not playing here. The answer, they said, was simple.

“Your fairways are too wide, there’s no rough and the greens are slow,” they told me. Anyone can win the tourney, they said, but the name pros wanted something more challenging,” Wilson recalled.

In other words, they said, they wanted something that would separate the best players from the average players. He immediately went to work to make the course tougher, to much success — under him, the tour-

A view of the famous 18th hole on the South Course.

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NEWS
Harcourts Prestige Properties is inviting personal friends, the La Jolla Community, and all San Diego Real Estate Professionals to come by for our official La Jolla office warming party and industry mixer. This will be a fun way to see the new Harcourts La Jolla Office, enjoy networking with other real estate professionals, and learn what Harcourts is all about. Harcourts is recognized as one of the top 5 brands in the world. 512% growth worldwide over the past 5 years. Currently with 1,000 offices and 12,000 Agents. Leading the real estate markets in 9 other countries, Australia, China, Fiji, Hong Kong, Indonesia, New Zealand, Singapore, South Africa, Zambia, and now the US!

**Invites you to our La Jolla Office Grand Opening!**

Harcourts Prestige Properties is inviting personal friends, the La Jolla Community, and all San Diego Real Estate Professionals to come by for our official La Jolla office warming party and industry mixer. This will be a fun way to see the new Harcourts La Jolla Office, enjoy networking with other real estate professionals, and learn what Harcourts is all about. Harcourts is recognized as one of the top 5 brands in the world. 512% growth worldwide over the past 5 years. Currently with 1,000 offices and 12,000 Agents. Leading the real estate markets in 9 other countries, Australia, China, Fiji, Hong Kong, Indonesia, New Zealand, Singapore, South Africa, Zambia, and now the US!

**Date-Thursday, January 19th**  
**Time-5:30-8:30**  
**Venue-New Harcourts Prestige Properties Office**  
La Jolla Village at 7825 Fay Ave. Suite 190 La Jolla, CA. 92037  
Wine, Beer and Appetizers Provided

For more info contact:  
Tiffany Torgan Philips  
(858) 459-5478 LJ Office  
or direct cell phone at 858-504-8433.  
E-mail-tiffany.torgan@harcourtsusa.com
**What's the scoop?**

Highlighting La Jolla businesses

By MARIKO LAMB | VILLAGENEWS

Whether they have stopped in or not, La Jollans may have noticed a colorful little open-air shop and casual garden at the entrance of the La Jolla business district on Torrey Pines Road. The shop adds a burst of color to the area with its flower and plant-filled front and side gardens, sunlit décor and bright smiles from the owners who have years of expertise in the flower and gardening business.

Native La Jollans Michael and Bridget Oleata decided to launch the blooming new business venture, Bridget Blooms, last April after Bridget took a 10-year hiatus from the flower and plant industry in order to start a family.

The shop offers a variety of fresh-cut seasonal and year-round blooms, a great selection of potted and hanging plants, succulents, orchid plants, and special holiday offerings in an indoor-outdoor, children- and dog-friendly shop. The front and side gardens serve as tranquil “waiting rooms” for those who simply stop in for an arrangement on the go.

“Our location provides excellent visibility for the many people that enter and leave La Jolla every day,” Michael said.

He called the shop “La Jolla’s floral ambassadors to the world,” since the online selection of wreaths, potted plants, bouquets, flower baskets, topiaries and centerpieces are sent across the globe for a variety of occasions.

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“In addition to our retail shop and online store, we offer home decoration, home and garden flowers and plant consultation and installation, and business plant and flower services,” he said.

Bridge’s many years of experience in the field of flowers stemmed from a passion for gardening at a young age. “I’m a local La Jolla beach girl who has always loved planting in my garden and working with flowers. I started my education with flowers back in 1983,” she states on her website. “After working at a La Jolla flower shop for many years and later owning the business for 10 years, I sold my shop to start a family. Nine years and two children later, with the support of my family, I’m back providing quality products and the best customer service around.

“What’s most important to my wife and I is the relationship we have with people coming in. My wife is obsessed with quality and making people happy,” Michael said. “Our expertise in the field of flowers and plants comes from decades of experience, a grand passion from all that is flowers and our commitment to meeting and exceeding our customers’ expectations. Quality and customer satisfaction — at a reasonable price — is our goal.”

Bridget’s Blooms is located at 1055 Torrey Pines Road. Visit www.bridgetslajollablooms.com or call (858) 459-0731 for information.

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**A blooming business brightens up La Jolla village**

Bridget and Michael Oleata recorded a momentous occasion — the blooming of their first sunflower at Bridget’s Blooms. The family business focuses on providing quality products and the best customer service around.

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**A grand rebirth for Grande Colonial Hotel**

Major interior renovations for historic inn

By MARIKO LAMB | VILLAGENEWS

La Jolla’s nearly century-old Grande Colonial Hotel began a grand renovation at its 910 Prospect St. property last month to improve the hotel’s main lobby, elevator and lower public restroom foyers, and two of the hotel’s three meeting rooms.

San Francisco-based architectural and interior design firm Warren Sheets Design, Inc. led the three week, $500,000 interior overhaul, which included refurbished flooring, wall coverings, paint, lighting, furniture and artwork in the foyers and main lobby. Restoration of the hotel’s $500,000 renovation that began last month.

The Grande Colonial Hotel’s main lobby was on the list of improvements for the hotel’s $500,000 renovation that began last month.

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**Historic Home Designation Workshop**

Saturday, January 28, 2012
8:30 AM - 11:30 AM

Wisteria Cottage, 780 Prospect Street, La Jolla

**TICKETS**

$10 Members / $15 General Public

Space is limited so register today!

Online: www.lajollahistory.org/events

Phone: 858-459-5334

For more information, visit www.lajollahistory.org or contact Workshop Coordinator Connie Bencoweb at 956-454-5671
Lightner announces new projects

District 1 City Councilwoman Sherri Lightner paid a visit to the La Jolla Town Council (LJTC) Jan. 12, announcing the state of policies and projects vetting questions from the public regarding her vision for the new year.

Lightner was unanimously selected by the City Council to implement her recently appointed comprehensive committee, serving as vice chair of the 54th annual Christ-mas Parade and Holiday Festival in December.

“I love my job. I love working for you all, and if there’s anything we can do to help you out, please call our office,” Lightner said.

La Jollans urged to spend money locally

Second vice president John Weinstein urged La Jollans to become a part of the LJTC’s newest commercial initiative, the Shop Local, Shop La Jolla program.

“The concept is businesses can offer discounts that will be exclusive to La Jolla Town Council members,” he said. “With one card, you’ll be able to save at dozens of businesses. You don’t have to have a separate card, a separate coupon for each business.”

All LJTC members will receive a membership card, printed by D.W. Printing.

“We hope you’ll participate, that you’ll encourage your friends and neighbors to become members, and you’ll encourage other businesses that you go to to become members and offer a discount,” he said.

Residential membership is $50 and business membership is $100.

Newest brand on the block? La Jolla

Executive director Rosemary Murrieta of the La Jolla Village Merchants Association (LVMA) announced the association is on the tail end of its branding campaign.

“We just publicly announced our new logo and our new ad campaign,” she said. “We’re looking to brand all of La Jolla, not just the merchant’s association, so we’ll be promoting all of the cultural and arts nonprofits within 92037 free of charge to the nonprof- its.”

The LVMA’s new website is sched- uled to launch at end of January — a “one stop shop” for event information in La Jolla, said Murrieta.

“It’s not about the merchant’s association. It’s about all of La Jolla,” she said.

Coast Boulevard Walk to get facelift

La Jolla Parks and Beaches member Phyllis Minnick presented a redesign proposal for the beautification of Coast Boulevard Walk at Children’s Pool, as designed by landscape architect Jim Nert, based on public input from community workshops last year.

The design proposal includes improved landscaping, two-sided benches and improved pedestrian flow in the area.

“This has certainly become an even more conflicted area — maybe the most conflicted area in La Jolla,” she said. “It shouldn’t be a battle. If the fact that that area became so ugly and so blocked brought more conflict, I think it’s possible that making this area look better and feel better can bring peace.”

The redesign proposal and a list of the main priorities emphasized by partic- ipants at the workshops will be on display at the La Jolla Library throughout the month.

Coast restoration cause for environmental concern

LJTC trustees voted in favor of ask- ing the city to conduct an environ- mental study on Coast Walk to assess possible constraints in restoring park- ing spaces there.

The study should include a bluff sta- bility and drainage analysis to deter- mine geological constraints, a map of lines of the public right-of-way, and an analysis of public safety and fire department access issues of potential parking arrangement on Coast Walk, said La Jolla Parks and Beaches chair- man Patrick Ahern.

Brenda Fake, a member of the non- profit group of residents Friends of Coast Walk, issued a letter to the council on behalf of the group in full sup- port of urging the city to conduct the study.

“It is a beautiful walk,” she said. “We are very concerned about the restora- tion and the continued use and envi- ronmental safety of this walk for the long-term enjoyment of not only the residents who have interest, but the residents who want to make sure that it is available to the public in a way that is available today.”

Olympic trials to ride through La Jolla

Learn how cochlear implants are covered by Medicare, most insurance plans, and may be covered by Medicaid.

Thursday, January 19, 2012
LA JOLLA VILLAGE NEWS

Former employee of La Jolla business gets four years for embezzlement

A former employee of a La Jolla business who embezzled from the company has been sentenced to four years in federal prison and ordered to pay more than $250,000 in restitution.

Khris St. Ives Dulay Lu, 34, was handed the sentence by U.S. District Court Judge Roger Benitez last month for embezzlement from Metabasis Therapeutics, which operated at 11119 N. Torrey Pines Road. Lu worked in computers at the now- defunct business.

Lu gained unauthorized access to names and personal identification of employees and their family members and opened some credit cards in their names, according to court records. There were 96 people affected by Lu’s actions.

Lu purchased air, hotel and show tickets through Travelocity on the forged credit cards in 2008. He then sold those ticket packages on the Inter- net. Benitez ordered Lu to pay Travel- ocity and Barclays Bank’s amounts of more than $200,000 and $50,000, respectively.

Lu fled to Japan before he could be arrested. The U.S. successfully obtained Lu’s extradition from Japan last February. He pleaded guilty to aggravated identity theft and commit- ting credit card fraud across state lines.

He could have received a maximum 10-year prison sentence.

— Neal Putnam

“"My hearing was restored with a cochlear implant!" Struggling with your hearing aids? Cochlear implants can activate your hearing and your life! If you have severe to profound hearing loss, a cochlear implant may be able to help. Unlike a hearing aid that amplifies sound, a cochlear implant is an implantable hearing solution that delivers sound straight to your auditory nerve.

Coaster Boulevard Walk at Children’s Pool, as designed by landscape architect Jim Nert, based on public input from community workshops last year.

The redesign proposal and a list of the main priorities emphasized by participants at the workshops will be on display at the La Jolla Library throughout the month. "Coast restoration cause for environmental concern" LJTC trustees voted in favor of asking the city to conduct an environmental study on Coast Walk to assess possible constraints in restoring parking spaces there. The study should include a bluff stability and drainage analysis to determine geological constraints, a map of lines of the public right-of-way, and an analysis of public safety and fire department access issues of potential parking arrangement on Coast Walk, said La Jolla Parks and Beaches chairman Patrick Ahern.

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Olympic trials to ride through La Jolla

Attend a FREE Hearing Health Seminar to find your solution

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• Learn about medical treatment for severe to profound hearing loss
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Find us on... Cochlear implants are covered by Medicare, most insurance plans, and may be covered by Medicaid.
Many of us make health-related New Year’s resolutions. But how many really know the ins and outs of maintaining a healthy body and, more specifically, how many of us focus on keeping that fundamental core of our bodies — our back(s) — in good health? Here are some tips for a healthy spine in the new year.

Improve your posture
There are three curves in your spine: cervical, thoracic, and lumbar.

Improve your posture. The curves help balance the weight distribution of your body and minimize a negative impact on your spine while partaking in various activities.

Let’s use running as an example: The feet pound the ground with each stride, forcing your weight into your body. Your spine absorbs the pounding force from the best when your body is in an optimal position. A misalignment, whose function is to hold the head upright.

Improve your posture. When imbalances in the core muscles lock down the area with the body’s natural reaction is to prepare the body for the rigors of athletic activity allow each part of the body to move more freely, even while supporting it. The more water you take in, the less the weight of your body comes on your spine.

Tight muscles occur as a result of poor posture, when the affected region. The muscles will work against the natural structural alignment and mobility are vital in the battle against chronic back pain and preventing tight muscles in the back. These changes can put stress on joints higher up in your body and lead to more serious problems and pain.

Ask your chiropractor or foot care specialist if you could benefit from custom foot orthotics and make an investment in supportive and comfortable footwear.

Keep your bones properly aligned
The bones in your body must be aligned and mobile to ensure proper function of the muscles that make up your body’s natural defense mechanism against pain. Although there is no floor-area ratio (FAR) restriction in La Jolla Shores, at the time of the appeal, there was no appeal of an applicant’s proposal that failed to change the property values of older homes in La Jolla Shores by approximately 1 to 25 per cent.

As residents of La Jolla Shores, we believe it is reprehensible for this community group to disregard our LJSP and impose its capricious FARs on the commuter traffic. If you have concerns about the current or past actions of our community groups, send your concerns to lbajoca@sandiegouniontribune.com.

If you would like to see the afore-mentioned city of San Diego civil penalty notification, it can be seen at http://www.sandiegouniontribune.com/ljv Penalty_Notice.pdf.

Bob & Kim Whitney
Members of The La Jolla Association
La Jolla, CA

Submissions
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Beach Cleanups in 2012
Help be part of the solution to trashy beaches with these volunteer opportunities:

- Jan. 28: Ocean Beach Pier cleanup, Ocean Beach, 9 to 11 a.m., hosted by Coastkeeper. Meet on the grassy area next to the lifeguard tower at the end of Newport Avenue just north of the pier.
- Feb. 25: Tournamaine Beach, Pacific Beach, 9 to 11 a.m., hosted by Surfrider. Meet near the bench, just north of the public restrooms at the end of Tournamaine Street in north Pacific Beach.
- April 14: Sunset Cliffs, Ocean Beach, 9 to 11 a.m., hosted by Surfrider. Meet at the end of Ladera Park.
- May 26: Fiesta Island, Mission Bay, 9 to 11 a.m., hosted by Coastkeeper. Turn right off of Fiesta Island Road and meet in the dirt parking area.
- June 9: La Jolla Shores, La Jolla, 9 to 11 a.m., hosted by Coastkeeper. Celebrate World Ocean Day by participating in a cleanup and educational event at La Jolla Shores. Meet in the grassy area in front of the lifeguard tower.
- June 23: Crystal Pier, Pacific Beach, 9 to 11 a.m., hosted by Coastkeeper. Meet by the north side of the pier on the grass north of Garnet Street. Street parking only.
- Aug. 25: Pacific Beach Drive, Pacific Beach, 9 to 11 a.m., hosted by Surfrider. Meet at the end of Pacific Beach Drive on the beach. Street parking only.
- Nov. 24: Ocean Beach Jetty, Ocean Beach, 9 to 11 a.m., hosted by Coastkeeper. Meet at Dog Beach.

This may reflect the fact that the pier also had the highest number of volunteers out of all the beach cleanups put on by the two environmental groups. Glassco said that because the area gets more traffic, it is also a popular area for cleanups.

“The calculation is based on the pounds of trash collected per volunteer.

The data from 2011 indicated a decrease in the usual. More than 100,000 pieces of plastic dominated the removal effort as usual, but the decrease, 3,600 volunteers from the organizations picked nearly 5,500 pounds of trash last year, each piece meticulously collected, identified and tallied in its respective category in order to move forward with a solution for pollution.

“Collecting data at beach and bay cleanups is almost as important as removing the trash from the environment,” Glassco said. “The data help us identify from where trash on our beaches originates.”

Of the top items collected, single-use plastic dominated the removal effort as usual. More than 100,000 pieces of single-use plastic, including cigarette butts, plastic bags, plastic food wrap, bottle caps, lids, cups, and straws, were collected throughout the year.

“Plastic poses a serious threat to our marine and coastal ecosystems because it does not biodegrade. Even cigarette filters are made of plastic,” said Haley Haggerstone, coordinator of Surfrider Foundation’s San Diego. “The solution starts at home so please help us rise above plastics, and if you smoke, please hold on to your butts.”

Glassco added that in order to drastically minimize the pollution of plastic foam — a top contender each year — beachgoers should choose food containers made of food-friendly materials or bring their own reusable food containers, bottles and bags.

“We can also refuse Styrofoam and support legislation to ban Styrofoam take-out containers here in California,” she said.

Some of the fascinating items beach cleanup volunteers have reported in their collections over the years includes a military badge at Belmont Park, a pregnancy kit at Dog Beach in Ocean Beach, two headless statues collected in La Jolla Shores, a military badge at Belmont Park and a pregnancy kit at Dog Beach in Ocean Beach.

To date, San Diego Coastkeeper and the Surfrider Foundation San Diego chapter have successfully completed more than 170 beach cleanups around the county to address the problem of trash in San Diego’s oceans, beaches and bays.

Glassco said the goal next year is to see less debris on all San Diego beaches next year, a goal that can be attained through conscious personal efforts by all beachgoers in America’s Finest City.

For more information about San Diego beach cleanups, visit Coastkeeper’s website at www.sdcoastkeeper.org or Surfrider’s website at www.surfrider.org.

**Announcing the opening of La Jolla Piano Institute in La Jolla Village**

**Introducing: Practice Made Perfect!**

**At La Jolla Piano Institute, we don’t just teach, we motivate.**

The art of practicing has been perfected at La Jolla Piano Institute. Our students learn the pieces they love, ensuring they’ll want to play. Practicing becomes something they look forward to; they never have to be forced.

**ENROLL TODAY!**

Join us at La Jolla Piano Institute. We offer all levels of instruction in piano, guitar, violin, drums, voice and theory (music reading and writing). For a low monthly fee, comparable to traditional lessons, you will discover an easier way to learn music.
Car2go rolls out San Diego’s newest fleet on the street

San Diegans may have noticed a new—if petite—phenomenon on city streets in recent weeks. The city has entered a new frontier with the implementation of an electric car-sharing program that has been touted as energy-conscious and eco-friendly.

Daimler, a German-based auto manufacturing company, announced plans in July to bring its car2go service to San Diego. The proposal had backing from local elected officials as well as the San Diego Association of Governments (SANDAG).

The introduction of car2go comes on the heels of the recent installation of 1,500 charging stations for electrical vehicles throughout San Diego County.

“Where we’ve structured this allows the user to become much more concerned about the time and the way they use a car2go vehicle,” said Martin.

San Diego is the fifth city worldwide and the second within the U.S. to adopt the car2go program into its transportation blueprint. Other communities include Austin, Texas; Hamburg, Germany; and Vancouver, Canada.

Stuart said car2go has been “very well received” in Austin, with about 50,000 memberships to date. The program is entering its third year in the city.

“Austin is a very progressive city,” said Martin.

The introduction of car2go comes on the heels of the recent installation of 1,500 charging stations for electrical vehicles throughout San Diego County.

The fleet of 300 electric vehicles has been popping up throughout the city for car2go’s car-sharing program. Some of the areas planned for coverage include Mission Hills, Bankers Hill, Hillcrest, Golden Hill, North Park and South Park.

The company kicked off a membership campaign with an offer that includes a waive of a one-time $25 membership fee and 30 free minutes. The offer is for a limited and undisclosed amount of time.

Rental fees are 35 cents per minute, $12.99 per hour or $65.99 daily.

While car2go is the first large-scale foray into car sharing in San Diego, the initiative actually has been in place for several years. Another company, Zipcar, has been offering traditional vehicles to college students through car sharing within campuses, including the University of San Diego.

Car2go’s blue and white Smart Cars carry a 30-kilowatt lithium battery. According to company documents, the battery can go up to 84 miles before a recharge is necessary.

“Goal is to be very forward-thinking while looking at a variety of eco initiatives,” said Katie Stafford, communications manager of Daimler’s North American division.

“Our goal is to be very forward-thinking while looking at a variety of eco initiatives,” said Martin.

“San Diegans have been watching at the benefits of car sharing and realized it made a whole lot of sense,” Martin said. Electric car sharing is meant to compliment, not replace, other transit options available to San Diegans, Martin said.

“We’re really excited about this because it provides another option for folks who are only looking to use a vehicle occasionally,” Martin said.

“We see this as another tool in the tool belt,” said Martin.

A number of local organizations have lashed the addition of car2go to the city.

“Amongthems are Move San Diego, an advocacy group comprised of residents, environmentalists, bicyclists, pedestrians and transportation experts that routine-ly take up land-use policies in relation to sustainable transportation.

“I personally am really looking forward to using it,” said Elyse Lowe, executive director of Move San Diego. “This is a clean transportation alternative to the region. If I can use something that’s going to create zero emissions... I’m going to do it.”

The electric car sharing available through car2go is part of SANDAG’s Strategic Transportation Plan, an initiative outlining the virtues of sustainable transportation that is aimed at creating $5,400 jobs annually through 2050.

For more information, including a map of car2go’s coverage area during the initial rollout phase, visit sandiego.car2go.com.

— This story first appeared in the San Diego Uptown News on Nov. 11.

Recognizing the Need for outside Help in Caregiving

Caregivers often don’t recognize when they are in over their heads, and often get to a breaking point. After a prolonged period of time, caregiving can become too difficult to endure any longer. Short-term, support is needed. Outside help at this point is often necessary.

A typical pattern with an overloaded caregiver may unfold as follows:

1. 18 to 36 months—the caregiver is handling everything themselves under control and is coping well. Other friends and family are lending support.

2. 36 to 50 months—outside help is needed. (1st sign of burnout)

3. 38 to 50 months—Besides needing tranquilizers or antidepressants, the caregiver’s physical health is beginning to deteriorate. Lack of focus and sheer fatigue load the caregiver to a breaking point. After a prolonged period of time, caregiving can become too difficult to endure any longer.

4. 50 to 60 months—outside help is needed. (2nd sign of burnout)

“Jam took special time to note that most of the Town Council trustees came to the meetings from their offices, nutritionally-wise, he has provided sandwiches, cheese, vegetables and salads. The audience and town council trust-ee members,” said Stuart.

“Von’s La Jolla is not only one of the LJTC’s newest commercial members, but store manager Jim Luft has also offered to supply food platters, water and napkins for trustees and audience members at future LJTC meetings.

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“Runners-up Charles Hartford will be presented the proposal.

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“I would like to help bring the Hispanic community to the La Jolla Town Council,” said the bilingual diRugier.

“Runner-up Charles Hartford will be seated and sworn in at next month’s meeting on Feb. 16.

“I love La Jolla, and I look forward to serving,” he said.

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Bolthouse announces resignation from LJ Historical Society

Society’s executive director reflects on time spent at the helm

By MARIKO LAMB

John Bolthouse, executive director of the La Jolla Historical Society, announced he will be leaving his position with the society on Feb. 10 for a leadership role at another San Diego nonprofit organization.

“I am sincerely grateful for the tremendous support from La Jolla I’ve been lucky to enjoy during my tenure,” Bolthouse said in a statement. “My decision to leave was a difficult one but presents a unique professional opportunity I couldn’t pass on.”

Bolthouse noted an abundance of great memories to reflect upon from his time spent with the society — from seeing schoolchildren and adults learn about the unique history of their La Jolla surroundings to witnessing the passion and dedication La Jollans have for protecting the heritage of their architecture.

For more than five years, Bolthouse has helped lead the historical society in its transformation from a small community organization with modest funds, facilities and programs into one of La Jolla’s most beloved vibrant and dynamic nonprofit organizations with a multitude of offerings for the community.

His leadership style, he said, both personally and professionally, is encompassed in his favorite Clara Barton motto: “It irritates me to be told how things have always been done. I defy the tyranny of precedent.”

Bolthouse spent more than five years at the helm of the La Jolla Historical Society. On Jan. 17, he announced he will leave the society to direct another nonprofit on Feb. 10.

“Tremendous support from La Jolla I’ve done. I defy the tyranny of precedent,” he told how things have always been encompassed in his favorite Clara Barton motto, “It irritates me to be told how things have always been done. I defy the tyranny of precedent.”

Community leader victim in violent UC home invasion

Lightner shaken by conversation with victim just before incident

After seeing her friend and colleague Harry Mathis at the mayor’s State of the City address on Jan. 11, District 1 Councilwoman Sherri Lightner announced her shock upon hearing that Mathis, a longtime San Diego civic leader and current chairman of the San Diego Metropolitan Transit System — his wife, Mary, and a neighbor were victims of a violent home invasion and robbery that very night.

“[Mathis] was at the State of the City [address] last night, and I was talking with him. We left there at the same time. Little did I know that in a half hour he was at home shooting at someone.”

SHERRI LIGHTNER
District 1 Councilwoman

“I was in tears this morning, but he is fine,” Lightner said at the meeting, “He is at home, and the police are aggressively pursuing the folks who did this to him and his wife, Mary.”

The San Diego Police Robbery Unit and Metro Arson Strike Team (MART) are currently conducting the follow-up investigation. Anyone with information about the crime is asked to call the Robbery Unit at (619) 531-2299.

— Mariko Lamb

Serving La Jolla for 25 years!

Thanks to our loyal customers who have incorporated Girard Gourmet into family celebrations from birthdays to graduations and all special occasions. Francois’ personalized cookies and cakes have become family traditions. Now our fresh produce and fruits add a new dimension to our menu selection. Girard Gourmet’s full service catering makes entertaining a treat for your guests and effortless for you.

We look forward to seeing you soon!
Diana & Francois Goedhuys

GIRARD GOURMET
“From our Garden to your Plate”
Tel#: 858. 454. 3325 Fax#: 858. 454. 2325
diana@girardgourmet.com www.girardgourmet.com www.funcookies.com
Although he was known to have an old hobby of “dumpster diving,” de Bourbon owned a condo on Eads Avenue and was a regular guest at cultural and social events around town.

The accident came as a shock to many who saw him on a near-daily basis. Village storeowners said they could just about set their watches by the appearance of the charismatic La Jollan in their shops each day.

“At 2:30 p.m., he would have lunch here, go for a walk and come back to have some coffee around 5 p.m.,” said Diana Goedhuys, owner of Girard Gourmet, recalling the last time she saw him leaving her cafe around 5:30 p.m. on the evening of his death.

Just before his 5 p.m. appearance at Girard Gourmet, executive director of the La Jolla Athenaeum, Erika Torri, had two pleasant encounters with de Bourbon — the first in the afternoon when the two greeted each other in their “usual light-hearted and happy way,” and another just as Torri was returning to the Athenaeum from a visit to the Gagosian Gallery nearby.

“I was carrying a large package with an Ed Ruscha book ... Seeing the large package, he offered to carry it for me. I thanked him, but politely refused his offer. Then he offered to open the Athenaeum door for me. Again, I refused and said to him, ‘Alfonso, this is a good workout for me.’ He in turn said, ‘Well, that is how you keep your lovely figure,’” recalled Torri of the last time she saw him. “That is what I remember about Alfonso. There was always a compliment — a small upbeat remark that stayed with you for the day.”

La Jolla Town Council president Rick Wildman said he will remember de Bourbon for his extravagantly polite speech, worldly conversations and affinity for beautiful women.

“He would tilt his head and gesture as he spoke of grand themes, never hesitating to share his well-read and worldly knowledge,” he said. “Mr. de Bourbon always offered to share these gifts of conversation and company with as many beautiful women as he could. He was eager to escort any such available woman to dinner, dancing or any gala event if only they would cover the cost.”

The longtime La Jolla resident will be remembered through the fond memories and encounters he shared with neighbors for nearly 40 years in the village.

“He was always cheerful, even when his plans did not meet with success. I will remember him as the proud aristocrat, content to reign in his chosen heaven-on-earth,” Wildman said. “Mr. de Bourbon’s gifts to us are not lost with his departure.”
Six homeowners in the Bird Rock community will open their doors on Jan. 28, welcoming guests to peek into their homes and discover the distinctive style, unique charm and abundance of creative design inspiration inside their four walls. And it’s all for a good cause — to ensure a bright future for Bird Rock Elementary School and its students.

The annual Bird Rock Home Tour originally began in 2002 as a community event with no fundraising aspect associated with the tour. After a year’s hiatus, Michelle Fulks was determined to bring the tour back in a way that extended the community benefit to Bird Rock Elementary School, which suffered from budget cuts along with many other schools in the county.

“This year, more than any prior year, the parents are having to fill in,” Fulks said. “Fundraisers like this and other things the community can do to support the school benefit the kids and the community.

With school budget cuts deeper than ever this year, the fundraising goal for this year’s event has to reflect that deficit.

“We have raised over $9,000 that we have presented to the elementary school each year,” she said. “This year, I anticipate reaching a goal of $10,000.

The self-guided tour, co-chaired by Fulks and Celeste Trudeau, provides community members the opportunity to get out of their own homes, mix with neighbors and mingle, and soak in design ideas for their own homes and gardens.

“The reason people come out to the home tour is because people love their homes,” Fulks said. “They’re looking to see other people live and get creative ideas for themselves and their own remodeling.

Kitchen pot-filler faucets, floor heaters in master bathrooms, and outdoor box ways to utilize space with unique wine cellars or racks are just some of the innovative design ideas guests have picked up on the tours over the years.

“We try to vary the external architecture so we don’t have six Spanish-style homes or six beach cottages. We make them as diverse as possible,” she said.

The homes are not revealed until the day of the event, but Fulks did divulge that the six homes this year are of the utmost quality and style.

In addition to gathering home ideas and providing support for the local elementary school, Fulks said the event gives neighbors a chance to get out and enjoy the beautiful, tight-knit community in which they live.

“You’ll see people — young, old, families, couples without children — out and about, riding their bikes, and bumping into neighbors,” she said. “It truly is a feel-good community event. It focuses on giving the very best beautiful homes, and great contractors.”

Lead tour sponsor Golbu Architects — Tim Golbu’s award-winning residential and architectural design firm based in Pacific Beach — is making the event possible again this year.

“He has been our lead sponsor for the last five years, and he has been such a great supporter of the event every year,” said Fulks.

Additionally, Girard Avenue Collection is collaborating its tour sponsorship with a milestone celebration this year. For the interior furnishing company’s 15th anniversary celebration, Girard Avenue Collection will be donating a percentage of proceeds from its two-day anniversary sale on Jan. 28 and 29 to Bird Rock Elementary School.

With Lincoln will also add to the fundraising by showcasing a new Lincoln automobile outside of each featured home on the tour for visitors to explore Lincoln’s latest line of models.


Tickets can only be purchased on the day of the event at Bird Rock Coffee Roasters, located at 5627 La Jolla Blvd. There, participants will be provided with a wristband, shoe covers and a pamphlet that includes a description of the home and a map. Tickets can be purchased starting at 11 a.m. for $25 per person or $20 with a Bird Rock Community Council membership. The self-guided tour will run until 3 p.m.

Photography is not permitted and shoe covers must be worn prior to entering each home, said tour organizers.

For more information about the event, call (858) 775-8500 or visit www.birdrock.org.
HAPPY BIRTHDAY DIANNE

With Love, your friends.

Dianne York, La Jolla’s sweetheart, celebrated her birthday at the posh Manhattan Restaurant, surrounded by her closest friends.
Tons of toys, Auld Lang Syne and a cooking party


“Papa Doug” Manchester’s Grand Del Mar luxury resort was the mid-December setting for an annual Christmas celebration hosted by Tom Groff and a dozen or so friends. About 1,200 guests attended the black-tie gala, each donating a new, unwrapped children’s toy worth $25 or more. The event’s beneficiaries — Athletes for Education, Polinsky Children’s Center and the San Diego Police Department — would later divvy up the “tuke” and distribute the goodies to needy kids in the San Diego area, brightening the holidays for both givers and receivers.

Looking at the gigantic pile of playthings, it was clear most of the partygoers were pretty generous, choosing gifts they’d probably have enjoyed playing with themselves. Surprisingly, the packages didn’t show any obvious signs of having been opened and later re-sealed. The donors must have been very careful…)

The hosts started the evening with a two-hour pre-party in the Manchester Salon, where 100 or so of their closest friends enjoyed cocktails, champagne and hors d’oeuvres. By the time they entered the Elizabeth Ballroom for the main party, a large number of guests were already there, mingling, talking, drinking and dancing. Popular DJ Barry Cohen entertained, not just by spinning discs (or MP3s), but also with his guitar and accomplished singing voice. The party rocked energetically until 1 a.m.

***
Dr. Jack Wasserman likes dualities. He’s bi-residential, with a home in La Jolla and another in Fairbanks Ranch/Rancho Santa Fe, and his dual interests extend to medicine. Too, although he’s a family practice doctor (a rarity these days), he’s deeply involved with the Cardiovascular Disease Foundation (CVDF) and serves on the group’s executive board. That connection led him to host (for the second consecutive year) a New Year’s Eve party to benefit the foundation.

Held at his Fairbanks house, the party grew to 250 guests this year. Arriving partygoers found that same Barry Cohen already singing (the entertainment all night). They enjoyed libations mixed at an ably-tended hosted bar, and sniffs of delicious hors d’oeuvres (the event’s main course prepared and served by La Jolla’s French Gourmet). Event proceeds, including the silent auction sales of 10 different original pieces donated by area artists and pieces displayed around the estate, will be given to helping wounded warriors and the financially disadvantaged.

Event proceeds, including the silent auction sales of 10 different original pieces donated by area artists and pieces displayed around the estate, will be given to helping wounded warriors and the financially disadvantaged. CVDF celebrates its tenth anniversary this year. Its main mission is educating the public about the symptoms and science of cardiovascular disease and aiding in its prevention. Particular attention is given to helping wounded warriors and the financially disadvantaged. Event proceeds, including the silent auction sales of 10 different original pieces donated by area artists and pieces displayed around the estate, will benefit the foundation.

Horns and party hats were put out near midnight and partygoers welcomed the New Year noisily, perhaps to scare off any evil economic spirits. Much kissing accompanied the playing of the traditional Auld Lang Syne, and everyone seemed ready for the new, and hopefully improved year.

***
A mid-January event at La Jolla’s Riford Center was part cooking class, part dinner party and part social gathering. The Riford hosts similar events periodically, each a bit different and limited to 16 attendees. This one was titled “Light and Easy Cooking after the Holidays,” something we’re all ready for at this time of the year. It was presented by a delightful Swiss-American couple, Urs “le Chef” Bammann (who caters gourmet events in people’s homes) and his wife Ursula, an artist and faux finisher (and highly capable assistant).

Guests arriving for the early-evening event were presented with a printout of seven recipes for the evening’s dishes. Seats at the centerpieces were placed and each table provided with wines by the very busy Ursula), guests watched and listened as Urs prepared each component of the dinner. While very educational, the presentation — delivered with much humor and laughter — was also both instructive and highly entertaining. Questions were welcomed and ably answered. Each course prepared in front of the audience was then immediately served, completing the sensory experience. Salads, stuffed mushrooms, sautéed zucchini, poached salmon, couscous and a dessert of caramelized oven-baked apples were enjoyed during the evening. Guests went home knowing how to recreate these dishes themselves — and will probably return soon for another such evening, socializing and learning experience.
Four-day boat show puts lap of luxury on public display

Enthusiasts of boating and yachts will find something to ogle at annual event

BY NICOLE SOURS LARSON | VILLAGE NEWS

As thoughts begin to turn to spring and boating, one of the best ways to explore the wealth of watercraft options — and the great deals that are now available — is during the San Diego Sunroad Boat Show. The show opens Thursday, Jan. 26 and continues through Sunday, Jan. 29 at Sunroad Resort Marina, 955 Harbor Island Drive, located at the east end of Harbor Island.

This year’s show, now in its third year at Sunroad since its move from the downtown Convention Center, is expected to be about 10 percent bigger than last year’s, with about 150 boats on exhibit, including sailboats and powered boats ranging from 28 feet to 90 feet.

More than 100 vendors will offer an array of boating-related products, accessories and services. “It’s the largest sailboat display in Southern California and may be bigger than Sail America in San Francisco,” said show director Jim Behun, who doubles as the Sunroad marina manager. The mix is about 40 percent sailboats and 60 percent powered boats and includes both new and used or brokerage vessels.

Last year, an estimated 14,000 people attended the show over the four days, generating numerous boat sales and introducing prospective buyers to yacht brokers. This year, to ease the flow of visitors, Sunroad is adding a floating dock as a bridge between the two main exhibit docks.

New this year is a charter section showing various boats available for day-sails or longer charters from several operators, Behun said. “Seaforth Yacht Charters will offer free boat rides and West Marine will have a large display of Avon Zodias — or hard-bottom inflatables — and will take people out for test rides,” he said.

Among the new exhibitors is Precision Laboratories, which will have staff on hand demonstrating new methods of cleansing boats to eliminate mold, mildew, smoke and other odors and toxins. Raymarine will again demonstrate the latest in marine electronics in a mobile exhibit.

In addition to boats for sale, other exhibitors will showcase nautical furniture, custom-made mattresses, canvas and sails, specialized marine paints, lubricants and other supplies, along with marinas and yacht clubs for cruisers’ exploration and discovery. The Unified Port of San Diego is sponsoring educational seminars that will cover a range of subjects from fishing to boating-related environmental issues to safety concerns in Mexico.

Barrett Canfield, president of South Coast Yachts, which will be exhibiting four new Beneteau sailboats ranging from 30 feet to 50 feet, and two new 25-foot and 30-foot Schock Daysailers, said he is enthusiastic about the Sunroad boat show, which he finds productive for both buyers and sellers. “It’s the perfect central location by the airport,” Canfield said. “I’ve done boat shows for 20 years and it’s the best-run boat show.”

He said he also likes the show’s compact design, with vendors’ exhibits located under a tent near the entrance to the in-the-water boat display. “It’s the perfect central location by the airport,” Canfield said. “I’ve done boat shows for 20 years and it’s the best-run boat show.”

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Bite of Boston

Bite of Boston (BoB) is a family-owned eatery which offers an array of East coast-style seafood, soups, breads and meats flown in weekly from Massachusetts. Lobster rolls are available seven days a week. Enjoy Fish & Chips, fried shrimp and Ipswich fried clams every Fri, Sat, Sun. More than 30 sandwiches on the menu including the Philly Cheesesteak, Prime Rib, Turkey, and a variety of low-cal options. Call in for take-out or delivery. Check the BoB website for menu specials!

Cafe Milano

Owner/Chef Pasquale Cianci, brought Northern Italian cuisine to La Jolla 12 years ago & has been successfully pleasing both local residents & out of towners, even out of the country guests, with his home made pappardelle pasta, veal ossobuco, lobster ravioli and other many authentic Italian dishes. Cafe Milano offers your palate an exciting & incredible experience for the whole family at affordable prices. Early Bird Special: 4:30 pm and 6:30 pm and choose a select soup or salad, menu entre, and dessert for $17.95.

Donovan’s Steak House

They may look good enough to eat, but the paintings and sculptures at Donovan’s of La Jolla are strictly off limits – so you’ll have to content yourself with the USDA prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan’s, fresh seasonal vegetables and your choice of potato are always included with each entrée.

Girard Gourmet

“From our garden to your plate”

Girard Gourmet has been La Jolla’s headquarters for fresh, healthy, tasty breakfast, lunch & dinner for the past 25 years. Locals always find their favorite dish at Girard Gourmet. Others eagerly await to find out Francois’ Julian Harvest to plan their dinner menu. Whether it’s the Pear Cambazola Salad or Soup & Sandwich combo for lunch, Beef Burgundy or Chicken Pot Pie for dinner, or the unlimited selection of scrumptious desserts, you will always leave Girard Gourmet with a smile on your face!

The Spot

Though this restaurant is within spitting distance of several ritzy hotels, it manages to maintain a laid-back charm. Witness the painting of an old, pot-bellied surfer just inside the door. The restaurant is divided into a narrow bar area on the left and a dining room on the right; both have wood paneling and brown leather booths. The menu ranges from burgers and grilled napper tacos to lobster tails and bacon-wrapped filet mignon.

Station Sushi

Station Sushi can handle your late night private party for 20 - 40 people (10 person minimum-10:30 pm to 1:30 am). And the best part is for only $40. per person it’s All-you-can-eat AND drink (some restrictions apply). Join us for Happy Hour Sunday- Thursday 5:30 to 7 pm. We are now open for lunch Monday-Friday 12-2 pm. Dinner Monday-Sunday 5:30-close. Full Bar. www.station sushi-birdrock.com

The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelets to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches.
**ArtPaw is again hosting another popular “Yoolie” event at the Loft, located at 9500 Gilman Drive, on Jan. 19 starting at 7 p.m. The “Yoolie” event will feature the 2007 Italian romantic comedy film, “Lozioni Di Cioccolato,” which tells the tale of a relationship between a Peruvian businessman who gets blackmailed by an injured employee, in order to make a chocolate cooking class in the employee’s name, and in the meantime catches the eye of fellow chef Cecilia, who mistakes him for the hardworking immigrant employee.

The “Foovies” menu will include falafel salad with baby romaine, shaved red onion, and yogurt-falafel salad with baby romaine, harissa dressing, spaghetti bolognese, aged parmesan garlic bread, and a truffle duo. Ticket sales for the movie alone are $8 for general admission and $4 for UCSD students. Tickets for dinner and the movie are $30 for general admission and $24 for UCSD students. To purchase tickets visit www.artpwr.com or call (858) 545-4657.

**Praza Yoga Center, a local studio founded by La Jolla Gerhard Gessner in 2001, is hosting its 200-Hour Spring Yoga Teacher Training again, starting on Jan. 27. The three-month program equips students to go out and teach yoga at a setting of their choice. The Yoga Alliance-certified program has gained a stellar reputation with the San Diego and SoCal Yoga community as it offers a comprehensive certification, with a strong focus on proper alignment, yoga philosophy, meditation and speciality yoga. Many of Prana’s graduate teachers now instruct at local gyms and other yoga facilities across San Diego. For more information visit www.praza-yoga.com/teacher_training.php.**

**The UCSD Arts Library is currently hosting “The Lost Art of Letters” — an exhibit that provides visitors with the opportunity to browse library books on the topic of penmanship, cursive writing, and etiquette in letter writing. While supplies last, visitors can write a letter using stationery and pens provided by the library. At the writer’s request, the UCSD Arts Library will even have the letter delivered to the addressee via the U.S. Postal Service until Jan. 27. On Jan. 23, penmanship expert and local educator Sylvia Rubin will host a live demonstration and tutorial with quick tips on how to improve handwriting while providing supportive supervision over on-the-spot letter writing. For more information about the event, call (858) 522-5758 or visit http://artlib.ucsd.edu.*
Balancing work and home: the unachievable goal

By Natasha Josefowitz, Ph.D.

When women started to go to work in large numbers as a result of the feminist revolution, we were told that this balancing work and life and home was an achievable goal and one to be pursued with great alacrity. Before that, many women worked in low-paying jobs, earning money as waitresses, nurses, schoolteachers and factory workers and in service jobs as hairdressers, maids and typists.

At this point, there weren’t many resources for this demographic. If they had to go home after a day’s work to shop, cook, clean and take care of children without the help of a husband or with a husband who didn’t help, no clear options were available — no one was writing about how to balance their lives or make goals or create a clear vision. For these women, dead-end jobs with no expectations of promotions, raises or recognition were the only reality.

Then, quite suddenly, Betty Friedan’s book, “The Feminine Mystique,” was published and the “problem that had no name” became the problem with a name: the malaise of the stay-at-home mom, the lack of fulfillment of the formerly satisfied homemaker. And so, women started looking for work that was significant, well-paid and on equal par with men in both opportunity and salary.

But a new problem emerged. Now that women had careers as opposed to mere jobs, they started to experience what men had experienced all their lives: a commitment to get the work done, even if it took evenings and weekends. The newly important and indispensable woman could not remain in a strictly 9-to-5 job. However, the culture at home was not changing. Although many husbands took up some of the slack, it was still the woman’s responsibility to manage the homefront and the children. The new continuously exhausted woman, who was rushing home from work to find cranky children, difficult-to-keep baby-sitters and a similarly exhausted husband started to look for solutions, trying to home her time-management skills.

I never did manage to handle each piece of paper that came across my desk only once. However, I did not buy anything that needed to be ironed. I learned the secrets of how to make ready-made clothes look coocked-from-scratch and delegated to husband and children some household tasks. This is what I least expected from friends and colleagues did, and yet we were nowhere near finding that elusive balance between work and home. Either work suffered or the family did, with frustration and guilt ever present in all our lives. We saw ourselves as failures and tried harder. I have come to realize that, in fact, balance between those two extremely demanding roles is an unachievable myth, and the elusive pursuit only made women feel inadequate.

When women are advised to plan, have goals and prioritize, it is assumed we have choices. It is a myth. In fact, life is full of unpredictability, unintended consequences and problems we cannot control.

We also must deal with our own ambivalence towards our social roles. How often do we see friends, who do not have the time, how often do we go to fun things like movies and theaters, and is it at the detriment of our pursuits! And “quiet time” go? By creating the impetus of balancing work and life, we are creating an idealized image of how we should be, for what we should want. As our self-esteem starts to depend on how closely we live up to this image, we end up feeling more and more frustrated at what we perceive as our own lack of discipline and time-management skills.

The language of work/life balance is one that includes predictability, control, individual achievement, hierarchies of values, constant movement toward goals and compartmentalization of life. It demands that we set priorities, choosing between things are impossible to choose between: Do we finish the urgent report for work or help a child with her equally urgent report for school? We need to re-think achievement, success and status. The price in refusing to be part of the competitive rat race is threatened ambitions and to make peace with one’s choices is sometimes to forgo status. But parenting cannot be delayed, and while some work can be, more often the opportunity for significant advancement is lost in bad timing. This, in fact, is our ultimate choice — for women and men alike. I live by the motto: “not everything worth doing is worth doing well” and “better is often good enough.”

A Q&A seminar hosted by the National League of American Penwomen, (619) 454-0347, www.lajollalibrary.org, free

WEDNESDAY, Jan. 25

• Brooklyn Rider, 7:30 p.m., Athenaeum, 1008 Wall St., live performance by the string quartet, (858) 454-5872, www.lj.com, $65

• “Superfoods for Health & Flavor,” 6 p.m., Cups Lounge and Culinary, 7857 Girard Ave., class about “superfoods” — calorie-sparse, nutrient-dense, unprocessed foods high in antioxidants, (858) 459-2877, www.cups-lounge.com, free

• Jonathan Krebsberg Quartet, 7:30 p.m., Athenaeum, 1008 Wall St., (858) 454-5872, www.lj.com, $45

• “Madeline” storytime and character appearance, 3:30 p.m., Warwick’s, 7812 Girard Ave., (858) 454-0347, www.warwick.com, free

• Running the Rift,” 7:30 p.m., Warwick’s, 7812 Girard Ave., author Naomi Benaron discusses and signs her novel, (858) 454-0347, www.warwick.com, free

• “Is America Irrelevant?” 3:30 p.m., USCD’s Social Sciences building, 9500 Gilman Drive, (858) 534-2230, http://iacs.ucsd.edu, free

• “New Year/New Life Resolutions,” 1 p.m., La Jolla Library, 7555 Draper Ave., gerontologist Mera Kelley leads a talk to inject fillers and dys- mean.

Wednesday, Jan. 25

“Brooklyn Rider,” 7:30 p.m., Athenaeum, 1008 Wall St., live performance by the string quartet, (858) 454-5872, www.lj.com, $65

“Salone: Fatal Attraction,” 7 p.m., La Jolla Country Day School, 9490 Genesee Ave, a vivid account of the life and times of Herod’s family with an emphasis on Herodias and Salome. (619) 533-7000, www.sxopera.com, free

Thursday, Jan. 26

Superfoods for Health & Flavor,” 6 p.m., Cups Lounge and Culinary, 7857 Girard Ave., class about “superfoods” — calorie-sparse, nutrient-dense, unprocessed foods high in antioxidants, (858) 459-2877, www.cups-lounge.com, free

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Come Experience the Customer Service and Patient Care that You Desire!
What’s your sign? In University City, it’s ‘closed’

Almost all of the city libraries saw the same fate: a closed sign. One library in District 1, Carmel Valley Branch Library, was allowed to stay open — that’s a long bike ride for a kid from South UC. Coronado and North County libraries were wide open. Is there any correlation between academic success in school and library hours in a community? Many children weren’t off skiing or visiting grandma’s house and wanted to go to a safe place with books, curating adults, computers and comfort.

Will CLOSED be on the sign in the window next December? Let’s hope the mayor and City Council take seriously the non-voting wishes of the children who don’t have a voice in politics. CLOSED was also the sign on the door to Swanson Pool on Jan. 2 — and it will remain the pool’s sign until April 8. Several years ago, concerned citizens from University City fought the good fight against a possible pool closure, but lost to city representation who devised a plan to “share the fiscal pain” by closing various public swimming pools in communities like U.C. How much money has been saved? How many people have just given up and gone to other facilities with pools? The answer — if you talk to the folks who like water exercise and lap swimming — is a lot.

“I can’t count on the city to keep the pool open so I decided to join the Y in La Jolla,” was one resident’s answer. Statistically it looks as though Swanson is not used enough to justify keeping it open.

In the words of Mark Twain, “There are three kinds of lies — lies, damned lies and statistics.” How can you close the pool and expect the numbers to grow? At one point in U.C.’s history, when Scott Peters was representing us in City Hall, he proposed expanding the pool to accommodate more people, especially University City High School swimmers and water polo teams.

CLOSED was the sign on Internation Business City Bank — permanently closed. This bank served the community for more than 20 years. ICB CEO Jane Netherton, who works out of Long Beach, donated $10,000 to the University City Community Association street banner program ten years ago. She added another $5,000 to put new banners on the main arteries: Governor, Regents and Genesee. Why did Netherton, a David among Goliaths of huge corporate banks, donate so much when other banks refused?

“It was the right thing to do,” she said. “Businesses should support a community that supports the business.”

It seems the economy — the upside-down homes and the foreclosures — had Netherton rethinking the practical side of business. The closure was quiet and painful for longtime customers who were well-served.

Soon-to-be CLOSED on Jan. 30 was the sign on the California Coast Credit Union ATM in the Marketplace Shopping Center that houses Sprouts, Starbucks and many other stores. Bonnie Hornbeck and Shelley Plum refused the University City troops who use this ATM on a regular basis — and word travels fast in a small community like South University City. The owners of Marketplace are represented by Cushman and Wakefield, and associates Kam Walton and David Bradley assured the folks who would be seriously inconvenienced by the closure of the ATM that the owners had done all they could and the purpose for the closure was California Coast Credit Union’s refusal to negotiate fairly. On the other hand, Rob Miller, senior vice president of California Coast Credit Union, accused Cushman and Wakefield of lacking the rent too high. In the meantime, for the consumers who support both the credit union and the shopping center, the opposing businesses were starting to sound more and more like members of Congress locked in a partisan stance instead of companies looking out for their constituents/consumers. The outcome may not be known by press time, but hopefully the ATM will remain open instead of closed on the last day of January.

It used to be a give and take world. Now CLOSED is giving up in many communities, and that makes for a sad day in San Diego. It appears the only things consistently open are the pot holders.

— Sandy Lippe is a 36-year resident of University City and the former president of the University City Community Association.

Women with hair loss can have thick hair!

According to the Women’s Institute for Fine and Thinning Hair, there are 30 million women who are currently experiencing hair loss. It can begin as early as puberty: although it usually occurs between 35 and 55 years of age. In the past several years effective treatments have become available for fine, thinning hair. Professional hair loss products are most effective when used at the first signs of thinning or hair loss. Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy, human hair! The unique patented process used at Judy’s salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair. Most women who want this service suffer from thin, weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook.

Call for your free consultation and receive $200 off on your first full head of hair replacements. 858-456-2344 or go to www.beautybyjudy.info Judy Judy Judy Hair Salon 7734 Herschel #P, La Jolla
BOLTHOUSE
CONTINUED FROM PAGE 9

been at the helm of many of the society’s successes, including the launch of a new public exhibition and gallery docent program, the introduction of youth outreach programs, an increase in local business partnerships, a larger professional staff, exponential growth in its financial assets, complete renovation of the archival collection storage facility and an expanded array of events for community members to enjoy.

One of the society’s most notable successes under Bolthouse’s leadership was the Revelle family’s donation of the historic Wisteria Cottage to the society in 2008.

“I am honored to have played a small role in the donation of the Wisteria Cottage to the historical society,” he said. “The cottage had been in La Jolla’s revered Scripps-Revelle family since 1905, so the fact that the late Ellen Revelle and her children believed in the vision and competency of the society’s dedicated volunteers and staff enough to gift this great historic property to us is gratifying indeed.”

Through his leadership, the society has built a foundation of donor support that will enable the society to continue expanding its repertoire of programs to appeal to a growing demographic audience.

Over the years, Bolthouse has also shaped the society’s board of directors into a group of enthusiastic leaders dedicated to passing on the trust of La Jolla’s history to future generations.

“We’ve attracted some truly high-quality community leaders to this important body who are helping the society create the ‘culture of philanthropy’ needed to ensure the society has a dynamic future,” he said. Those very community leaders on the society’s board of directors will take the lead in searching for a successor — a candidate with large shoes to fill — to help shape the success of the historical society for many years to come.

“This will present the society with a wonderful opportunity to have a fresh face and new voice as it looks toward its 50th anniversary in 2013,” he said. “I will always remember my time at the La Jolla Historical Society fondly. I intend to remain a supporter and look forward to watching its continued growth and success.”

Virginia Scripps stands in front of Wisteria Cottage in 1920. The cottage, which had been in the Scripps-Revelle family since 1905, was gifted to La Jolla Historical Society by Ellen Revelle in 2008, something Bolthouse holds as one of his most cherished moments as executive director of the society.

Photo courtesy of the La Jolla Historical Society

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VAMPIRE FACELIFT EVENT

The Vampire FaceLift® Procedure™ combines the science of hyaluronic acid fillers (i.e., Restylane and Juvederm), unipotent stem cells, and beauty to provide a custom designer procedure.

The event will be held Saturday January 21st and Sunday January 22nd from 10am to 6pm. This is the first time this event will be happening in San Diego. The doctor that will be performing the service is Dr. Jon M. Grazer.

We will be offering the service at a special rate, it will be 55% off it’s regular price. We will begin taking appointments tomorrow and there will be a service going on every hour. For any other questions you can call us at 858-459-6868 or for questions, pictures, and videos about the actual service you can go to www.vampirefacelift.com

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ROTERAY
CONTINUED FROM PAGE 11

including ensemble and solo performances and a visual arts show. Past performers have gone on to professional, international careers in the arts. This year’s event will take place Friday, Jan. 27 at 7 p.m. in Parker Auditorium at La Jolla High School. Tickets are $25 for adults and $10 for students and senior citizens.

La Jolla Rotary also holds an annual golf tournament in conjunction with the Tijuana Rotary Club raising funds for students across the border as well. And the club doesn’t stop there: The club also sponsors two community service Interact clubs at La Jolla High and at The Bishop’s School. The student-led clubs provide fledgling leaders with meaningful volunteer experiences and leadership development. The LJHS club’s signature contribution is a home building project where students and parents trek to Tijuana twice annually to build homes for impoverished families living without shelter.

Among its other many youth-oriented programs, Rotary Club of La Jolla sends teams of students to dynamic leadership conferences. The LJHS club recently sponsored nine eighth-graders from Bishop’s and Muirlands Middle School to a LEAD — Leadership, Ethics and Determination — workshop held at Camp Palomar. Fourteen juniors spent three days at Idyllwild Pines learning leadership skills and teamwork abilities.

For more information visit RotaryClubOfLaJolla.com

— Nancy Gardner

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7630 Fay Ave. La Jolla, 92037 • www.thespaoflajolla.com
Want “Top Dollar” For Your La Jolla Home?

Experts Say: Start planning for it 60 to 90 days before you sell.

La Jolla (CA) – A recent interview with Jeffrey Middagh of Coldwell Banker, revealed several helpful tips for anyone who is thinking of selling their La Jolla home.

“Most owners think their homes will sell quickly. Everyone thinks that their home is special and will bring top dollar fast. In fact, a lot of the new listings that go on the market eventually expire with the home still unsold.”

If you’re going to sell your house in the next six months, there are some things you can do now that will help you get top dollar for your home when you do sell it.

There’s a free report available that shows you the things that buyers most look for in a home, and how to make your house irresistible to buyers. You’ll learn:

- Why buyers love model homes and how to make your house show like one.
- A little-known designer’s secret that could net you $1,000 to $3,000 more when you sell your home.
- How to sell your house in as little as 24 hours – without ever putting it ‘on the market’.
- Three things you can do to get your house on a buyer’s ‘must see’ list.

Jeffrey has compiled a free report that he calls How to Sell Your House for Top Dollar – Fast! This report details several specific ways to prepare your house for sale and how to make your house irresistible to buyers. Jeffrey says the information in this report is the secret to his success in selling homes so quickly, and the reason he can guarantee to sell any house in less than 30 days.

To get a copy of this free report, How to Sell Your House for Top Dollar – Fast! just call 858-611-8015, ext. 37, for a free 24 hour recorded message. Or order at www.LaJollaFreeHomeReport.com

There’s no cost or obligation and your report will be mailed today!

ATTENTION REALTORS & PROPERTY OWNERS:
Oceanfront Paradise Rentals is looking for properties to place on our NEW STATE-OF-THE-ART WEBSITE!

OUR WEBSITE GOES OUT TO ALL TRAVEL AGENCIES AND

We will pay realtors 10% of the first years Gross Rentals

We are a Vacation Rental & Property Management Company with 30 years experience in managing properties. We specialize in properties in La Jolla, Mission Beach, Pacific Beach, Downtown and Point Loma.

Oceanfront Paradise Rentals
858-354-7385
www.oceanfrontparadiserentals.com

Tile and Grout Cleaning Specialists Have Floors Sparkling and Homeowners Smiling

As many homeowners know, keeping a clean and beautiful home can be a full-time job. After picking up, doing the dishes, vacuuming the floors, folding the laundry, and gardening, most homeowners don’t have the time or energy to tackle their grout and tile floors. Cleaning your floors by hand can be a lengthy and frustrating process, and sometimes no matter how hard you scrub your grout it still doesn’t look clean. Perhaps it is time to turn to the professionals.

Professional tile and grout cleaners can come to your home and apply a certified green cleaning agent to your floors. Then they use a commercial scrubber to remove dirt and debris, followed by a steam extraction of your soiled grout lines. Once your floors are sparkling clean, a solvent-based sealer is applied to your grout lines to ensure easier cleaning for years to come.

For more information on tile, grout, and upholstery cleaning, you can contact Frank Blake Tile & Cleaning, a company with 15 years experience serving San Diego, at (619) 264-7676.

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East Coast Charm with Classic Beach House Features

NEW LISTING!

East Coast Charm with Classic Beach House Features

Updated coastal residence blends timeless details of hardwood floors, cozy fireplaces, wainscoting & crown molding with today's modern conveniences. The expanded floor plan hosts 4 bedrooms & 3 remodeled baths, remodeled kitchen & upper level ocean view Great Room & adjacent deck. 1 bedroom suite serves as an attached guest suite with private entry. BBQ island/bar at patio, A/C, workshop & security system. 510 Forward Street, La Jolla

Offered at $1,299,000

Jeannie Gleeson (858) 551-3355 jgleeson@SDCoastalHomes.com DRE#01059544

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  - 5519 Zervas
  - 4BR/3BA
  - $1,249,000
  - Karla & Mark Stuart
  - 619-981-6929

- **Sat & Sun 12-4pm**
  - 3381 Ecochee Ave.
  - 4BR/3BA
  - $849,000-$879,000
  - Vickie Dutch-Jones
  - 617-723-7010

- **Sat & Sun 1-4pm**
  - 4565 Orchard Ave.
  - 4BR/4BA
  - $1,159,000
  - Cindy Wing
  - 619-223-9464

- **Sat & Sun 12-4pm**
  - 1450 La Jolla Rancho Road
  - 6BR/4BA
  - $1,799,000
  - The Daniels Group
  - 619-726-3434

- **Sat & Sun 1-4pm**
  - 4076 & 4080 Morrell St.
  - 4BR/3.5BA
  - $829,000-$839,000 each
  - Kathy Evans
  - 858-488-7355

- **Sat & Sun 1-4pm**
  - 6683 Aranda Avenue
  - 3BR/2.5BA
  - $950,000-$1,075,876
  - David Schroedl
  - 858-459-0202

- **Sat & Sun 1-4pm**
  - 3751 Wilcox St.
  - 4BR/3BA
  - $1,575,000
  - Robert Realty
  - 619-852-8827

- **Sat & Sun 1-4pm**
  - 873 Loma Valley Place
  - 4BR/4BA
  - $595,000
  - Robert Realty
  - 619-852-8827

**PACIFIC BEACH / MISSION BEACH / CROWN POINT**

- **Sat & Sun 1-4pm**
  - 4059 & 4061 Marlin St.
  - 2BR/2BA
  - $425,000
  - Tammy Kug
  - 619-384-3490

- **Sat & Sun 12-4pm**
  - 4433 Via Sepulveda #2
  - 2BR/2BA
  - $524,999
  - Joseph Dean Klatt PhD
  - (858) 454-9672

**POINT LOMA / OCEAN BEACH**

- **Sat & Sun 11-4pm**
  - 873 Lena Valley Place
  - 4BR/3BA
  - $844,000 & $839,000
  - David Schroedl
  - 858-459-0202

- **Sat & Sun 11-4pm**
  - 5535 Armada Terrace
  - 2BR/2.5BA
  - $375,000
  - Robert Realty
  - 619-852-8827

- **Sat & Sun 11-4pm**
  - 4750 Lena Valley Ln.
  - 3BR/2.5BA
  - $499,000
  - Tammy Kug
  - 619-384-3490

- **Sat & Sun 12-4pm**
  - 3560 Balboa
  - 4BR/3BA
  - $699,000
  - Wynne Duch-Jones
  - 617-729-7010

- **Sat & Sun 11-4pm**
  - 3381 Echelon Ave.
  - 4BR/3BA
  - $849,000-$879,000
  - Vickie Dutch-Jones
  - 617-723-7010

- **Sun 1-4pm**
  - 1071 Santa Barbara St.
  - 4BR/3BA
  - $795,000-$825,000
  - Tammy Kug
  - 619-384-3490

- **Sun 1-4pm**
  - 4560 Orchard Ave.
  - 4BR/4BA
  - $1,159,000
  - Cindy Wing
  - 619-223-9464

**BAY PARK**

- **Sun 1-4pm**
  - 1995 Erin St.
  - 4BR/3BA
  - $699,000-$725,000
  - Tammy Kug
  - 619-384-3490

**CLAIRMONT**

- **Sat & Sun 1-4pm**
  - 4050 Kenosha Ave.
  - 3BR/2BA
  - $375,000
  - Wynne Duch-Jones
  - 617-729-7010

- **Sat & Sun 12-4pm**
  - 4365 Mayflower Way
  - 3BR/2BA
  - $399,000-$405,000
  - Erin L. Metzschler
  - 619-415-2185

- **Sat & Sun 11-4pm**
  - 3715 West St.
  - 4BR/3BA
  - $515,000
  - Robert Realty
  - 619-852-8827

- **Sat & Sun 11-4pm**
  - 876 Armada Terrace
  - 2BR/2BA
  - $2,275,000
  - Robert Realty
  - 619-852-8827

- **Sat & Sun 1-3pm**
  - 3502 Rue D’Orleans #121
  - 2BR/2.5BA
  - $325,000
  - Tammy Kug
  - 619-384-3490

- **Sun 2-4pm**
  - 3251 Midland
  - 3BR/3BA
  - $637,500
  - Ruth Ann Fisher
  - 619-733-4100

- **Sun 2-4pm**
  - 1144 Sunset St.
  - 3BR/3BA
  - $599,999
  - Adam S. Aleniz
  - 619-229-1234

**MISSION HILLS**

- **Sun 1-4pm**
  - 1144 Sunset St.
  - 3BR/2.5BA
  - $1,210,000
  - Lisa Jenkins
  - 619-889-2117
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