Fundraising campaign introduced at LJVMA’s board meeting, with beautification of the Village in mind

By DAVE SCHWAB

Plans are in the works to polish the Jewel.

As a highlight of La Jolla Village Merchants Association’s (LJVMA’s) Sept. 10 meeting, board member and bookstore owner Nancy Warwick introduced a new, community-based fundraising campaign offering incentives for merchants to clean sidewalks and beautify the Village. Warwick said the Business Improvement District’s (BID’s) design division came up with the plan to spruce up La Jolla’s downtown.

“We’ve been thinking of ways to raise money to clean up the sidewalks in the Village, and we’ve come up with a fundraising campaign,” Sparkle & Shine, that would allow participating businesses to have their names placed on banners, said Warwick.

Warwick said those contributing to the fundraising campaign will have their names placed on three promotional banners LJVMA will raise around town, possibly including one on Torrey Pines Road, where upward of 35,000 vehicles travel daily.

“(The campaign) would be something for the community to be proud of and recognize merchants for doing something very generous — and very needed,” Warwick said.

“Once cleanup is done through-out the Village, leftover money could be used to do trash cleanup, maybe add a few extra trash cans and some small landscaping,” said LJVMA executive director Sheila Fortune.

The Sparkle & Shine campaign will be conducted from December to March of 2015, allowing merchants and residents to purchase eight-foot-tall banners with their names on them at a cost of $400 a month to be strategically placed throughout the community.

Tax-deductible, cleanup-campaign contributions will be deposited in an account with the nonprofit La Jolla Town Foundation. Those funds will be used only for cleaning La Jolla Village.

“This isn’t just about the businesses; it’s for everybody,” said Warwick about the cleanup campaign’s purpose and impact on La Jolla.

For more information, call (858) 454-5718 or email info@laajollyathesea.com. At its September meeting, the Business Improvement District (BID), representing about 1,400 merchants in the 30-block area of La Jolla’s downtown Village, also dismissed concerns expressed during the group’s August meeting that exploring revenue-generating alternatives would rekindle community debate over paid parking.

“We’re not bringing up parking, the subject was not even on the
Planning group votes down parade name change following request for closure of streets

BY DAVE SCHWAB

A routine request to close down streets to host the annual December La Jolla Christmas Parade turned into a debate over making the parade’s name faith-neutral, which was voted down 9-5-2 by La Jolla Community Planning Association (LJCPA) trustees in September.

The meeting took an unanticipated twist as Cindy Marten, San Diego Unified School District superintendent, speaking on her own behalf as a private citizen, supported the ongoing effort to remove Christmas from the La Jolla parade name and have it changed to something more generic like “holiday.”

“Yes, I do support looking at a name for the parade that is faith-neutral and inclusive of all faiths and cultures,” emailed Marten after the meeting. “While the parade may be privately funded, the use of public city streets makes it a community event.”

Marten said a discussion over a possible name change “offers us the opportunity as a wider community to have a meaningful, collaborative discussion about inclusivity that allows people to express their opinions without judgment and with politics aside. This is especially timely given the increasing diversity of our American workplace, a good thing, and the associated challenges with observing religious-based holidays.”

Marten said the issue of changing the parade name “may be a question for local school leaders to discuss whether participation in events with faith-based names is appropriate. I am not suggesting specific action or a future agenda item – just that it may be timely to have a more global discussion.”

A couple of LJCPA trustees and private citizens said they felt discussion of the parade name change was inappropriate, given that the item was agendized strictly as a traffic and transportation-related street closure, with no mention of the proposed parade name change.

In other action:
- Following debate, trustees voted 10-1-4 to reject a city letter which maintained that LJCPA violated its bylaws by not immediately seating disputed board candidate architect Michael Morton.
- Trustees gave thumbs up to plans by George Hauer to convert his 1,250 Prospect St. restaurant to expand his rooftop dining terrace. The vote was 10-4-2.
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Seller shall entertain offers between $1,988,000 to $2,288,000
Woman given detention in La Jolla Bank fraud

A woman who pleaded guilty to making a false statement to a federal agent about her role in obtaining a $1.8 million fraudulent loan from a failed La Jolla bank was sentenced Sept. 12 to eight months of home detention.

Laura Ortuondo, 33, of Cupertino, was placed on three years' probation and fined $3,000 from U.S. District Court Judge Anthony Battaglia in San Diego.

Ortuondo worked for Spring Valley businessman Anindya Sluman, 33, who owned numerous companies. Sluman pleaded guilty to bank bribery. His sentencing date was changed recently to Feb. 27.

The bank funded the $1.8 million loan after Ortuondo submitted two documents that falsely said the IRS released tax liabilities and liens on one of Sluman’s businesses.

Court records allege that Sluman bribed an unnamed manager at La Jolla Bank in order to get the loan. So far, no other people have been charged by the U.S. Attorney’s Office, a prosecutor said Sept. 12.

La Jolla Bank failed in February 2010 and was taken over by the Federal Deposit Insurance Corporation (FDIC). The bank ran up a debt of about $1 billion, according to the prosecutor. It reopened later as One West Bank.

Court documents also say Ortuondo destroyed a personal computer that contained evidence of obstructing the investigation into the failed loan. The loan was guaranteed by the U.S. Small Business Administration.

Sluman faces a maximum sentence of 30 years in federal prison but could face the maximum sentence if he agrees to pay restitution of $2.15 million.

He remains free on $15,000 bond.

— Neal Putnam

MURDER CHARGE

A murder charge has been filed against an alleged drunken motorist who made a U-turn on Morena Boulevard and killed a La Jolla waiter on his way home from work on his motorcycle.

Initially, Jeremy Salcedo, 26, of San Diego, was charged with gross vehicular manslaughter while intoxicated in the death of Bryan Delaney on July 25.

Delaney died at Scripps Mercy Hospital in La Jolla on Aug. 3. It is also alleged that he fled the scene. He is also charged with driving with a suspended license after a drunken-driving conviction.

Deputy District Attorney Geoff Allard said the murder charge was filed after his office reviewed Salcedo’s three prior convictions for drunken driving in San Bernardino County, one in 2006 and two in 2013.

Allard said said recidivist drunken drivers are made aware they could be faced with a murder charge if they get into another crash while they are intoxicated and someone is killed.

Salcedo posted $100,000 bond after the vehicular manslaughter charge, but the bail increased to $500,000 when the murder charge was added. Court records show Salcedo posted the $500,000 bond.

Delaney, 36, who reportedly worked at George’s at the Cove at the time of his death, served three years in the Navy. He was buried in Andover, New Hampshire, where his parents and other family members live.

Salcedo has pleaded not guilty to all charges in San Diego Superior Court. A preliminary hearing has been set for Nov. 18.

— Neal Putnam

Six-state initiative fails to make 2016 ballot

A ballot initiative that would have asked voters whether they wish to split California into six states failed to qualify for the ballot in 2016, the secretary of state’s office has reported.

Silicon Valley venture capitalist Tim Draper submitted 1.37 million signatures in July in support of the measure, saying the state, with 18.3 million people, has become un governable because it has too many diverse interests for politicians to effectively represent its constituents.

A sampling of signatures from all 58 counties found that just 66 percent were projected to be valid. The effort fell more than 500,000 signatures short of the 807,000 needed to qualify the ballot.

Draper, who has put more than $5 million into the effort, sought to split California into six states, called Jefferson, North California, Silicon Valley, Central California, West California and South California. On Sept. 12, he said that he believed enough signatures were valid and that a full review would prove that.

Critics say Draper’s plan would have separated the wealthiest and poorest Californians, potentially creating some of the poorest states in the nation.

Former California Assembly Speaker Fabian Nunez headed a campaign opposing the measure. Salcedo could have created massive inequities among our states and caused chaos in our state’s water, energy, higher education, transportation and other systems,” he said in a written statement.

— Staff and contribution

Air traffic

A TIME TO REMEMBER The cross at La Jolla’s Mt. Soledad Veterans Memorial, abutted by the flags of all 50 states, serves as a backdrop to the American flag on Sept. 11, the 13th anniversary of the terrorist attacks on New York’s World Trade Center and The Pentagon in Washington, D.C. Passengers thwarte a fourth planned assault, possibly intended for Washington’s Capital building. The attacks killed nearly 3,000 people and caused at least $10 billion in property and infrastructure damage. PHOTO BY SHARON HINKLEY

DecoBike releases map of rental station sites

DecoBike San Diego, seeking to help privately fund, implement and operate a citywide bike share program, has released a map of bike share stations locations to the city, the county and several stakeholders and members.

DecoBike is continuing to work with property owners and the community on remaining sites that will complete the network of 180 bike-sharing stations throughout San Diego.

In 2013, DecoBike signed a ten-year contract with the city to create a citywide network of bike-share stations for short-term rentals. DecoBike stations will be located in communities from Pacific Beach to San Ysidro, providing a network where patrons can rent a bike at one location and drop it off at another.

La Jolla community planners recently rejected requests for additional rental stations in the neighborhood.

The Oct. 30 launch will take place downtown and in other communities, with the rest of the network going online in ensuing months.

To view a map of the approved sites, see DecoBikeSanDiego.com.

Safety measures ramp up following Fiesta crash

Traffic and engineering improvements, including speed signs and directional arrows, are being made on Fiesta Island in the wake of a recent accident during which nearly two dozen cyclists were hit by a wrong-way motorist suspected of driving under the influence of drugs. The accident left several of the bikers injured, one critically.

“All of these improvements can go in relatively soon without requests for additional funding,” said Craig Gustafson, press aide to Mayor Kevin Faulconer. “We expect everything to be installed by mid-October.”

Theresa Lynn Owens, 49, has pleaded not guilty to felony charges of driving under the influence of drugs while operating a motor vehicle. She was driving the wrong way on a one-way road about 6:30 p.m., plowing into the group of 16 to 20 cyclists while traveling about 30 to 35 miles an hour, hitting 10 of the riders head-on as they were going around a blind curve.

Owens was transported to a hospital, where a bag of methamphetamine was found in a body cavity, the prosecutor said. Toxicology reports are pending.

Fiesta Island, located in Mission Bay, has a 5-mile-an-hour zone on its east side that lures many water sports enthusiasts.

Coalition launches website on candy containing lead

On Sept. 12, the Environmental Health Coalition, an organization fighting toxic pollution in San Diego and Tijuana, launched a web-based resource for information pertaining to the removal of lead from candy.

The website, leadfreecandy.org, provides information on lead poisoning, how to keep children safe from all sources of lead and how the coalition and its partners took action to regulate contaminated candies in California. Through investigation, the coalition, the California Attorney General’s Office and several other parties successfully filed a lawsuit to demand manufacturing processes eliminate lead in candy products. To keep children safe, candy manufacturers now undergo regular audits to ensure compliance.

Blood-borne lead can cause learning disabilities, behavioral problems, hyperactivity and reduced IQs.

Tourism group launches La Jolla marketing blitz

The San Diego Tourism Authority has launched a plan to market La Jolla, Mission Valley and Mission Bay to travel writers in the United States and Canada, with the hope of portraying the jewel as a luxury destination — at a cost of $3 million.

Robert Brown, the Tourism Authority’s public relations manager, has recently held meetings with editors in Calgary, Alberta and Vancouver, British Columbia, noting that the authority will host several travel writers for an expenses-paid tour of La Jolla in November. The yearlong publicity boost began in July.

Rita Moore, director of sales and marketing for the La Valencia Hotel, said more tourism equals more money and thus more tax revenue. Meanwhile, Grande Colonial Hotel manager Terry Underwood announced the formation of a hotel advisory committee for La Jolla, including county supervisors from the Village and nearby area.

Announcement of the launch was made at the August meeting of the La Jolla Village Merchants Association.

Water use in city drops 4.2 percent in August

San Diego water customers heeded the call for increased water conservation during this year’s unusual drought, resulting in a 4.2 percent water use reduction in the month of August compared with that of August 2013, the City’s Public Utilities Department reported.

The 4.2 percent consumption decrease has nearly 20 percent amid outreach, education and water conservation programs.

To report water waste, call (619) 533-5271 or email water-waste@sandiego.gov.

For more information on water conservation programs and resources, visit wastenowater.org.
An anonymous donor to UCSD's Scripps Institution of Oceanography has committed $500,000 to bring sensor, instrument and platform concepts developed by Scripps scientists to completion, enabling creation of equipment that will allow new types of measurements, detection and extended power capabilities for ocean research.

"This generous gift will accelerate our ability to observe and measure the ocean through the development of a new generation of viable research instruments," said Margaret Leinen, Scripps Oceanography director. "We are grateful for this investment from a donor with the vision to support the transformative research interests of our innovative scientists."

Underwater cameras and microscopes allow scientists to look closely, even in 3-D, at freely floating, minute organisms that drift with water currents. These close-ups provide unprecedented views of critical components of the marine environment. Many federal sources of funding for the projects’ instrumentation are focused on developing laboratory components rather than research into instrumentation rather than deployable instruments – making it difficult to secure funding. Meanwhile, Scripps researchers have developed many innovative inventions, such as floats, gliders, cameras, 3-D microscopes, earthquake sensors and pH detectors for ocean acidification.

The donor, therefore, sought to support unique equipment development not commercially available or fabricated from off-the-shelf components.

Proposal criteria focused on new instruments. A rigorous competitive process narrowed the field from 27 proposal submissions and resulted in awards for innovation and invention to three Scripps research teams:

- Making spectrophotometric seawater pH measurements convenient: Andrew Dickson, professor of marine chemistry, Scripps Marine Physical Laboratory
- Scripps plankton camera system: Jules Jaffe, research oceanographer, Scripps Marine Physical Laboratory
- Jaffe is the innovator of new technology for observing ocean phenomena and the development of inverse techniques for their interpretation. Funds will enable complete development of the Scripps Plankton Camera System (a prototype dark-field zooplankton microscope that is being refined under separate funding) and support its operation for at least one year. This new funding will also support the addition of a higher-resolution phytoplankton imaging system. The installation will consist of two in situ observation towers with these instruments performing real-time image processing and object detection. Output from these microscopes will be broadcast to the Internet, where scientists, students and the public can access and download data from the system with real-time access.

Scripps study fuels tests on drinking preventive

On the strength of a successful study on alcoholism conducted by the Scripps Research Institute, the National Institutes of Health and Santa Clara-based Xenocor, Inc. have announced that they will test an extended-release version of an anti-drinking drug preventing heavy drinking in adults in alcohol-use disorder.

Xenocor is supplying the National Institute on Alcohol Abuse and Alcoholism with its anticonvulsant gabapentin enacarbil to conduct a randomized, placebo-controlled trial in 350 adults with alcohol use disorder who are or will be abstinent at the beginning of the study.

The alcoholism institute will assume the costs and logistics for executing the trial. Xenocor will have access to the study data to support a potential supplemental new drug application for gabapentin in supporting alcohol abstinence in heavy drinkers.

Gabaepentin is approved to treat restless legs syndrome and to manage nerve pain that often follows a bout of shingles, the rash from herpes zoster infection.

In the fall of 2013, a team led by Christina Mason showed that gabapentin reduced the number of heavy drinking days (more than five drinks per day) over the placebo and quadrupled the percentage of men who remained abstinent from alcohol during those 12 weeks.

The men came into the study with 14 to 15 years of heavy drinking, their consumption ranging from 41 to 47 drinks a week. An indicator of alcohol-use disorder is consumption of more than 14 drinks a week for men. The alcoholism institute anticipates beginning patient enrollment and dosing at the beginning of 2015.

About 18 million Americans have an alcohol-use disorder, according to an article in the September issue of the National Institutes of Health's News in Health.
La Jolla, Bishop's field hockey teams finding leaders early on

BY DAVE THOMAS

Although it is still early in the scholastic field hockey season, La Jolla High and The Bishop's School are finding leaders on their respective rosters.

At La Jolla High, head coach Paula Conway likes what she sees from her strong returning senior class, which includes captain Jenna Harmeyer, Kelly Collins, Gabby Person, Lauren Robbins, Izzy Melvin and goalkeeper Katja Sarain.

“Many of these players were key players on the team last year, when we notched 16 wins, a second-place seed in the Western League and a fourth seed in the CIF tournament,” Conway said. “We have a strong class moving up from our JV team as the programs continue to grow and get stronger.”

According to Conway, Harmeyer has blazing speed and lots of experience and Collins has great stick skills, a powerful hit and a great game sense. Meanwhile, Robbins is a great goal scorer, while Melvin is solid all-around player. Conway said Person is the team’s most versatile player and that Sarain has been the starting goalkeeper for three years.

At Bishop’s, head coach Gary Hendrickson has a fairly young team (one freshman, six sophomores, two juniors, and five seniors) but with more experience than teams in recent history (seven returning starters).

Recent wins over Hilltop (opener), 3-1, and Poway (Otay Tournament), 1-0, predict at least as strong a season this year as 2013, according to Hendrickson. The team finished 16-6 in 2013.

“Junior Eileen Mahler, last year’s leading scorer, is looking strong,” Hendrickson said, “as are co-captains and midfielders senior Tori Tran and junior Caroline Edwards. Sophomore Emma Lewis and senior Adeline Shin control the backfield, along with three-year starting goalie senior Nadine Bradbury. One player to watch is freshman Alison Herbst.”

In a recent win over Eastlake, Lily Keck scored a pair of goals, with Mahler adding the other strike.
Collagen Induction Therapy (CIT) is an exciting new treatment and is now being offered at THE ARTIST’S TOUCH.

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- Improve Chicken Pox Scars
- Improve the appearance of Stretch Marks

Collagen Induction Therapy (CIT) is considered to be a relatively new concept within the plethora of aesthetic treatment options available for skin rejuvenation, having come about in the format that we now see within the last 5 years. In comparison to prolonged recovery time from laser resurfacing and chemical peels, a few days of healing time makes Skin Needling a more desirable alternative.

It employs the use of a Dermal Roller or Dermapen with treatment for numbing. CIT promotes YOUR own natural re-production of the main elements “collagen” and “elastin”, making the skin appear smooth, tight and more youthful in appearance. The texture of the skin and large pores are drastically improved. Tissue adhesion under scars and wrinkles are released allowing collagen and elastin to rise to the surface optimizing the repair and rapid healing. It is recommended to continue using your anti-aging regimen to enhance the healing process.

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Medication mistakes can be dangerous

Every year 1.5 million people are injured or become seriously ill when a medication mistake happens and 100,000 people a year die from the mistake. It is important for everyone to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

Confusing two medications with similar names accounts for up to 25 percent of errors. Sometimes the doctor’s handwriting is misread, the wrong medicine name is put into the computer or the wrong drug is pulled from the pharmacy shelf but it happens. Drugs that could be confused might be Adderall (a stimulant for ADHD) with Idealform (a beta-blocker for high blood pressure), or Paxil (an antidepressant) with Xanax (a benzodiazepine). Ask your doctor to write on the prescription what it’s for as well as the name and dosage. If the pharmacist sees high blood pressure but the name of the drug is an antidepressant, it should be a red flag for the pharmacist.

Sometimes drugs can interfere with each other because of their side effects. One drug can magnify the other or one drug can magnify a side effect of the other. If you take one medication that says a side effect can raise blood pressure and then you take a second medication with the same side effect, the two together could cause your blood pressure to get dangerously high. So ask your pharmacist and doctor about side effects, read the written printouts and review and compare them.

The RN Care Manager at Innovative Healthcare Consultants is experienced and knowledgeable about reviewing all medications to insure against drug interactions and errors. Her job is to make sure these errors don’t happen for the client. If you’re concerned about a loved one and the possibility of a medication mistake, call us at (760) 731-1334 or www.innovativehc.com for more information.

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For better or worse, La Jolla is getting what it's been wishing for

By MARTIN JONES WESTLIN

Enteries with the handle “Azul” have recently closed in Seattle, San Francisco, Albuquerque and San Antonio. Last week, La Jolla added an entry to the list with the Sept. 2 closure of The Steakhouse at Azul La Jolla. The acclaimed Donnanor’s Prime Steakhouse purchased the eatery from owner The Brigantine, and will assume the space sometime late this year or early next year after its La Jolla Village Drive location across from Westfield UTC.

Donovan’s will probably fit in well at 1250 Prospect St., a tiny enclave that’s recently seen some big-city commerce close up. Restaurateur George Hauer, owner of the ever-popular George’s at the Cove, recently won approval to expand his Ocean Terrace outdoor dining locale there, and a few nearby venues have succumbed in and out of the last several years.

opened the fine The Hake restaurant and The Morrison Hotel Gallery’s sad passing are notable examples). But 1250 Prospect St., alone does not a neighborhood make. Even during the Great Recession, well-heeled La Jolla managed to sustain itself. Even during the Great Recession, La Jolla is getting what it’s been wishing for

facto home, will undergo a $30 million renovation of its own on the Museum of Contemporary Art San Diego’s La Jolla campus.

La Jolla Boulevard is awash in new construction, with mixed-use facilities, single-family dwellings and luxury homes dotting the plans. The Holiday Inn Express is getting up to 20 new suites; Bella Bridesmaids has rented space; and the remodel of a private home near Carla Way has traffic moving at a slower pace. The boulevard’s sprawl absorbs a lot of the activity, but tell that to the contractors who negotiated the projects and the laborers who built them.

The idea that La Jolla will one day become its own city (a notion floated in many quarters for some years until the LJVMA began an ongoing discussion) is probably a way off. Per-

Fortunate said that illegal sandbagging—keeping the sidewalk is the PROW. “Signs cannot completely block the public right-of-way. Any signs in La Jolla that are freestanding must be on private property.”

SHEILA FORTUNE

Executive Director, LJVMA

number of factors, including the downturn in the economy; the city’s labor-force cuts and lack of staff to perform compliance inspections; lack of tourists visiting and patronizing establishments; and the need for locals to shop local.

“Signs all fueled the need to do whatever (was) necessary for the merchants to attract business … thus, more and more signs were put in the PROW,” said Fortune. She said the LJVMA’s contract with the city gives it the responsibility of managing La Jolla’s PROW.

“Signs cannot completely block the public right-of-way. Any signs in La Jolla that are freestanding must be on private property.”

JOHN MORBERG

chief executive

San Diego-based Garden Fresh Restaurant Corp. has announced its board of directors has appoint-

ed John Morberg as its chief executive officer, effective immediately.

Morberg has served as the company’s interim chief executive officer since May and as chief financial officer and general counsel since January of 2007.

“Over the past couple of months,” said board member Bud Terry. “John has demonstrated outstanding leadership as the interim CEO and has been working on improving the guest experience in the restaurants. After completing a thorough search, we are confident John is the right leader to take Garden Fresh to the next level of growth and profitability.”

After the last two months as interim CEO,” Morberg said. “I am more energized than ever to capitalize on the potential of our strong brand that is even more relevant to today’s health-conscious consumers. We have a very talented team in our restaurants and support center, dedicated to serving our guests, and I look forward to creating a strong future for Garden Fresh and all of its stakeholders.”

Garden Fresh operates 128 restaurants in 15 states under the Souplantation and Sweet Tomatoes brands.

“Signs cannot completely block the public right-of-way. Any signs in La Jolla that are freestanding must be on private property.”

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Garden Fresh operates 128 restaurants in 15 states under the Souplantation and Sweet Tomatoes brands.
Scripps Radiation Therapy responded when a grateful patient needed it most

I am writing to give recognition for the excellent performances of treatments that were given to me recently at Scripps Radiation Therapy Center.

On July 17, I was a passenger in a car accident in Woodburn, Ore. Because of the injuries I received, I was seen and treated at a hospital emergency room. The second time I had to go to the emergency room, it was discovered during tests that I had cancer. I moved to California, and I went immediately down to Scripps in La Jolla, where my primary doctor is (I live in central California).

I saw my doctor, Bradley Patay, and gave him all records from my emergency-room visits in Oregon. He had new tests done starting that very day. From the moment I saw Dr. Patay to my last radiation treatment three weeks later, it was non-stop. I had state-of-the-art tests, doctors, technicians et cetera, working to fight for me and with me. If I had been anywhere else, I would today still be waiting for tests and treatments.

I learned something very valuable in the last three whirlwind weeks: I can literally entrust my life to Scripps and all the wonderful people who worked to help me. I want to give a commendation to some remarkable people; they deserve credit where credit is due and recognition for their unwavering dedication to their patients. Never once did I have to wait for a procedure, appointment or report. What a fantasic team you all are!

I know it is not unusual there at Scripps for this kind of excellence, because everyone at Scripps that I came in contact with were absolutely wonderful to me, and I appreciate every one of you. What a fantasic team you all are!

I want the following people to get the recognition they deserve for exceptional, outstanding performance:

Dr. Bradley Patay, first and foremost, for being the engineer of it all. He wasted no time getting the ball rolling, and he put me in the hands of the best! I am eternally grateful! You are my hero!

And Mina, thank you for your kindness, patience and support.

What a nice person you are! Dr. Ray Lin at the Radiation Therapy Center and his outstanding crew: no better hands could I have been in. Dr. Lin gave me the confidence and determination to go on with hope. I am eternally grateful!!

Kristi G., you made the treatments actually enjoyable. Thank you so much all! Phillip J., you were a delight and made treatments a happy time for me. Bless you!

Amy D., your smiles and humor helped me through the process. Thank you!

Marlene, your patience and understanding was a blessing, and you never once made me feel as if I were a bother. Thank you for that!

Lilia Angulo, you are a receptionist extraordinaire!

Dr. Alan Sawn, division of hematology/oncology. What a remarkable man and doctor!

Lynn Grawunder, Green Cancer Center. Thanks for the encouragement and support, and I love the wig and hat. You are such an asset to the Cancer Center.

Dr. Harry Knowles, who did the biopsy and the nurses in recovery: Kate and Chery, whose smiles and friendliness helped me at a difficult time; Dr. Burdick, heart, lung and vascular specialist; and helpful and pleasant Melody, in medical records:

Every last one of these people responded to me as if they had a personal investment in my getting well.

Thank you one and all for making a frightening and desperate experience be so smooth-going, and thank you beyond words for giving me my life back. I’ll never forget you all, ever!

— Sheila Henderson

Romantics, water lovers getting bubbly over hot-tub cruise rentals

By Dave Schwab

Young entrepreneurs are bringing something new to the recreational mix of water sports and entertainment on Mission Bay. Along with boating, jet skiing and paddle-boarding, ocean users can now go Hot Tub Cruisin.

That’s the name of a company launched recently by the Rhodes brothers, originally from Washington state. The family-owned and operated business has set up shop in San Diego after launching the first pontoon-style hot-tub boat ever to ply Mission Bay.

“My brothers and I grew up in Spokane sailing cold mountain lakes,” company president Taylor Rhodes said, “and the running joke with our dad was always, ‘Why can’t you just put a hot tub on the boat?’ When my brothers and I graduated from college and wanted to start our career paths and take on some endeavor, we loved this idea.

So the Rhodes family’s triplets did some background research putting together a design and business plan — and Hot Tub Cruisin was born.

The company, which launched this summer, subleases its hot-tub boat operation out of Mission Bay Sport Center, at 1030 Santa Clara Place in Mission Beach. It rents its pontoon-style craft seating up to 10 guests for a flat rate of $215 an hour for up to four hours. There’s a barbecue and an 18-gallon deck cooler onboard, and guests can bring their own food and drinks. The craft is also equipped with a Bluetooth-capable sound system with wrap-around seating to take advantage of the views.

Hot Tub Cruisin’s pitch is that clients can “enjoy the bay any day,” whatever the reason — a birthday or special event, a date, a company outing or just a summer-night spin to catch a fireworks display.

“We’re hitting every demographic: college students and young professionals all the way up to families and businesses going out together on groups on a Friday afternoon,” Rhodes said.

Rhodes said no one has yet asked to get married on his Jacuzzi cruise, “but we’ve reached out to some wedding planners, and they’ve made suggestions to people,” he said.

The cruise, however, has attracted a fair amount of bachelor and bachelorette parties because of its attractive and unique venue for such fun-oriented excursions.

So far, Cruisin’s skipper hasn’t done much advertising. He said he hasn’t had to.

“First a floating advertisement,” Rhodes said. “While the boat is out, we get four or five calls from people who’ve seen it going by, asking, ‘What’s the deal? Is it really a hot tub?’”

Rhodes said Hot Tub Cruisin, for a variety of reasons, usually isn’t a tough sell.

“It’s a unique, luxurious experience,” he said about partying and dining in a hot tub out on the ocean.

He said the hot tub is drained and refilled after every excursion. “We fill it back up with water at a temperature of 104 degrees,” he explained, adding the temperature can be adjusted at the customer’s request.

“Is this the start of something bigger?” Rhodes said he doesn’t want his company to get too far ahead of itself.

“Now that summer’s over, we’re going to take a step back and consider things,” he said. “There’s a ton of interest to bring this to other venues.”

For more information or to make a reservation, visit hottubcruisin.com, or call (619) 905-5100.
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Small Tastes $4

Gluten Free Dishes Available
La Jolla’s Star shines at San Diego Fashion Week preview

On Sept. 4, La Jolla-based Star Fashion previewed some of its Fashion Week San Diego designs at the Valencia Hotel. Fashion Week founder and director Allison Andrews was on hand to greet the guests, and DJ Noël 2033 (Brandon Noël) set the mood with entertaining music. CA Botama, a sponsor of this event and a California-based leader in the development of natural and organic personal skin and body care products, handed out goodies to the attendees.

The spotlight for the afternoon was on Wilhelmina, who began Star Fashion House of La Jolla in 1994. Everyone was delighted to see a special preview of the new line from Wilhelmina, whose fashion house specializes in high-end evening gowns and cocktail dresses.

The runway was informal, with modeling of beautiful long and short dresses inside and outside on the patio. They sported gorgeous updos and some wore intricate milkmaid braids.

Star Fashion House is located at 1110 Torrey Pines Road, Suite D. Wilhelmina will show her collection at Fashion Week on Saturday, Oct. 4. It begins Sept. 29 at Broadway Pier. 1000 N. Harbor Drive. The lineup includes art and beauty behind fashion, with a hair and makeup runway show to be presented by Bellus Academy; a Woven Together runway show, with knitwear, children’s wear and BCHS dogs; a SoCal Style runway show, with Southern California designers; the Gentlemen and Ladies runway show (the menswear night), and the Finale Night runway show, with gowns and avant garde designs. On Sunday, Oct. 5, the week concludes with a trunk show at the Horton Grand Hotel and Theatre.

UPCOMING EVENTS

SATURDAY, SEPT. 20: BRADON MCDONALD, PROJECT RUNWAY SEASON 12 FINALIST. Presentation hosted by San Diego American Sewing Guild Chapter and Mesa College Fashion Design Program. Open registration is under way. Questions?

Call Jackie Cruz, (760) 846-3356

SATURDAY, SEPT. 27: RECYCLED MATERIAL RUNWAY EVENT at Moonlight Veranda, Lexus Centre of Escondido, 6 to 9 p.m., hosted by Escondido Arts Partnership/Escondido Municipal Gallery. Tickets, escondidoarts.org/details/runwayevent.html.

SUNDAY, SEPT. 28: FALL BRIDAL BAZAAR with three fashion shows by Gretchen Productions at the San Diego Convention Center. For more information, call (760) 334-5500.

— Diana Cavagnaro is a nationally recognized hat designer and milliner. Diana has been operating a fashion business for 30 years, the last 20 years in downtown San Diego’s historic Gaslamp Quarter. She has been teaching in the fashion department at San Diego Mesa College for 20 years. Diana is an active member of the Gaslamp Quarter Association, the American Sewing Guild, the San Diego Costume Council and the Fashion Group International.

La Jolla Today
If necessity is the mother of invention, then the Great Depression gave birth to public art in the United States. President Franklin D. Roosevelt’s effort to fuel the country’s collapsing workforce resulted in collections of free-standing whatnots, whoozies and flibbertygibbets on the street and at adjoining exteriors, supplying artists with jobs and Mr. and Mrs. America with stuff to talk about in passing. The idea, she argued, helped create a principle of thought among creators and their millions helped create a principle of thought — that true public art must truly belong to the public.

That was then and this is now, and in between, the principle hasn’t changed a bit. If you don’t believe us, then by all means, go take a peek at the 13 entries that make up the Murals of La Jolla project, begun in 2010 by the La Jolla Community Foundation and currently overseen by the people at The Athenaeum Music & Arts Library. The Athenaeum holds free monthly walking tours of the artwork (the latest is set for Wednesday, Sept. 24, the last event until March of next year), and the murals feature everything from topical nautical themes to ponderous stills, reflecting several sides of the local public experience.

Lynda Forsha, project curator, concurs that variety is the spice of the program’s life. The Athenaeum, she said, “has been very deliberate about the variety of work, about wanting to work with the artist and create a feel for the community and for the artist. These [patrons] always have questions about the muralist and the idea behind the mural, how it was created. These are involved, curious people who want to come back often. They’ll go on one tour and ask ‘Can I come on tour B?’ because their interest was piqued” the first time.” A maximum of 30 can take the walk, and Forsha said there’s invariably a healthy waiting list following an event.

The installations are staggered amid the Athenaeum’s consensus, Forsha said. “We don’t expect everyone to love every mural, because they’re always different,” Forsha said, “but we always get a responsive group.”

Murals by John Baldessari, Gajin Fujita, Anya Gallaccio, Robert Ginder, Ann Hamilton, Robert Irwin/Philipp Scholz Rittermann, Nina Katchadourian, Kim MacConnel, Ryan McGinness, Roy McMakin, Richard Allen Morris, Catherine Opie, Julian Opie and Fred Tomaselli have been installed throughout La Jolla, which bears little resemblance to cities from a darker economic time in our history. But art is required to reflect the good times as well as the bad — and by accounts, Murals of La Jolla has the public’s attentions accordingly.

The Sept. 24 tour begins at the Athenaeum, 1008 Wall St., at 5:30 p.m. and runs until 7. Reservations are suggested and are available at (858) 454-5872. For more information, including a map of mural sites, see muralsoflajolla.com.

**Athenaeum’s Murals of La Jolla is a popular wall-to-wall project**

**BY MARTIN JONES WESTLIN**

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**Signature Art**

Kelsey Brookes’ ‘One Pointed Attention’ mural takes center stage at one La Jolla locale, while an Ann Hamilton installment of a wind-tossed schooner dots a local Chase Bank building. The works are part of the Murals of La Jolla project, which plays to public sentiment in matters artistic. COURTESY PHOTOS

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**Sephardic Kehillah enjoys growth as Rosh Hashana approaches**

Over the last two years, the Sephardic Kehillah of San Diego has taken its place as a vibrant, welcoming religious community, steeped in ancient Moroccon-style Kabbalistic Sephardic tradition yet modern in its embrace of all walks of life, including the Israeli Jews whose presence adds a strong Hebrew flavor to its bilingual services.

Chief among the adherents is Rabbi Yonatan Halevy, affectionately known as Rabbi Yoni. Yoni’s practice is long on worldly experience — he studied at the Ner Israel Rabbinical College in Baltimore for five years before pursuing his ordination at Jerusalem’s Sheheber Sephardic Center, specializing in the laws of Kashrut, Marriage and Family Purity.

Yoni relocated to San Diego after four years in Jerusalem. He’s married to Rabbani Devorah, his partner and supporter in all things good and spiritual co-leader at the Sephardic Kehillah of San Diego and a social work student at Yeshivah University.

Rosh Hashana, the Jewish New Year, will be observed Wednesday, Sept. 24 through Sept. 26. As it approaches, questions about the Sephardic Kehillah may arise.

For more information, call Rabbi Yoni at (858) 752-1025.

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**Rosh Hashanah**

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**Sephardic Kehillah of San Diego**

Yoni relocated to San Diego after four years in Jerusalem. He’s married to Rabbani Devorah, his partner and supporter in all things good and spiritual co-leader at the Sephardic Kehillah of San Diego and a social work student at Yeshivah University.

Rosh Hashana, the Jewish New Year, will be observed Wednesday through Friday, Sept. 24 through Sept 26. As it approaches, questions about the Sephardic Kehillah may arise.

For more information, call Rabbi Yoni at (858) 752-1025.
Ralphs wishes you a

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- 22333 Sherman Way - Canoga Park
- 260 S. La Brea Ave - Los Angeles

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Restaurant Week

Tenth annual Restaurant Week: What’s in a name?

BY MARTIN JONES WESTLIN

This year’s San Diego Restaurant Week, organized by the local chapter of the California Restaurant Association, marks the end of the event’s first decade, with more than 180 of the county’s eateries offering prix fixe menus in their joint quest to define the art of area dining. Trouble is, the whole affair runs only seven days (Sunday, Sept. 21, through Saturday, Sept. 27), which means you’d have to hit almost 30 participating venues a day to take it all in. The job’s a lot easier in La Jolla, where 35 merchants are giving the week a shot — many, if not all, are already your favorites, and the list includes the following, along with some very interesting choices of names of the fare:

Amici’s East Coast Pizzeria, which offers a $10 lunch, including any seven-inch pizza or small pasta plus a side salad with your choice of dressing. The impressive price continues through dinner, which features stuff like 10-inch pizzas, lemon chicken wings/soup/salad and New York cheesecake for $25. All this can be yours in exchange for a trip to the venue, at 811 Prospect St.; the number’s (858) 729-9988, and the web address is amicis.com.

The Marine Room, a 73-year-old local landmark, is trotting out a three-course menu at the eater-friendly price of $45 per person. The fare includes the exotic-sounding Ras el Hanout spiced prawns, Loch Etive steelhead and braised Kurobuta pork cheeks. For $15 more, you can enjoy a helping of ahi tuna or center-cut Angus filet mignon. The latter two’s names aren’t as much fun, but that doesn’t make the Marine Room any less ideal for marking the week. The restaurant, owned by the La Jolla Beach & Tennis Club, Inc., is located at 2000 Spindrift Drive. The number is (866) 644-2351, visit marineroom.com for more.

Herringbone, whose $20 lunch and $40-$65 dinner menus this week feature wine pairings as part of the deal. Buffalo ranch octopus, seared diver scallops and something called dulcey tres leches are only a few of the eatery’s entrees, although they win the prize for the oddest handles. Herringbone is located at 7837 Herschel Ave.; call (858) 459-0221 or see HerringboneEats.com.

The Melting Pot, whose fondue underpinnings yield delights like quattro formaggio, your choice of three salads as a second course and goodies from the beef, shrimp and chicken families as a third. $35 for all three courses is an excellent value, and you can get lobster tail with any entrée for $14.95 extra. One of the dessert fondues is called the Flaming Turtle, and it’s worth the extra $5 to find out exactly what that is. For more, come by 8980 University Center Lane; call (858) 638-1700; or visit meltingpot.com.

The Shores thinks Restaurant Week is so cool that it’s decided to extend it until Sunday, Oct. 5. That means that, for a paltry $25, you can lose yourself in Wasabi cured salmon, sweet-corn bisque and (for an extra $10) crispy-skinned sea bass. Don’t forget the flourless callebaut chocolate cake for later, and be sure to relax with a three-wine pairing (an additional $15) after the meal. The spectacular views of La Jolla Shores are yours for the taking. The Shores is located at 8110 Camino del Oro. Please call (858) 466-0600 or visit TheShoresRestaurant.com for more.

To see the full list of participants, visit sandiegorestaurantweek.com and click on La Jolla’s little red spot on the home-page map. It’s a cinch San Diego will eat itself silly next week, and La Jolla’s got plenty of venues to fuel the cause.
Donovan’s
Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates.

The Broken Yolk Café
The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles and french toast. Feel more like lunch? Try one of our juicy half-pound burgers or one of our large sandwiches.

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If you love Sushi, then you’re in for a treat at the new Ahi Sushi & Grill. With more than 260 items on their menu, they are sure to have all your favorites. As casual venues go, Ahi caters to a different level of taste, chiefly because of its attention to presentation. You get a dragon roll in the shape of a dragon, a caterpillar roll that looks like a caterpillar and an orange cut to look like a bear, a rabbit or any animal that comes to the artist’s mind. Meanwhile, that giant menu includes Chinese entries as well, and you can eat them in front of a big-screen TV.

Ahi Sushi & Grill is located at 3949 Governor Drive in University City in the shopping center.
For more information, call (858) 678-0288 or visit iloveahi.com. Ahi has other locations in Alpine, San Marcos and San Diego as well.

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Seven states of loss and healing

By Natasha Josefowitz, Ph.D.

This is the first in a series on the emotional states of grief. The poems are excerpted from Natasha Josefowitz’s book, “Living Without The One You Cannot Live Without: Hope and Healing after Loss.” Everyone deals with pain differently. What helps me is trying to understand it. When my husband died, the pain was so intense that I wondered whether I would survive it. I did survive and decided to learn and write about the pain of loss and the process of healing. I used my own experience after the death of my husband four years ago, my cousin and my brother two years ago, and my son last year. I also researched the literature.

In order to better understand the grieving process and to discover if my experiences were universal, I talked informally to about 50 people experiencing loss and then interviewed 12 widows and 12 widowers in depth. I used a questionnaire as a starting point, but I left it open-ended to capture more of their experiences. My criterion was that the death of the spouse should have occurred recently enough so that the memories were still fresh and often still raw. I chose subjects between the ages of 60 and 90 because this group tended to have had a long-term marriage and had parents who were no longer living and were also grown children who had their own lives and were often living far away and therefore not available on an ongoing basis.

This group lived alone, with fewer resources than those who experienced the death of a spouse in an earlier part of life. (Younger people dealing with loss have very different issues—they usually have children at home, parents that are supportive, friends and relatives and often a job or regular activities that involve a community of like-minded people.) In the older group, issues such as health and isolation were more prevalent; many friends and relatives had died or were not available due to problems with transportation.

Even though people grieve in many individual ways and need different types of support — to wait the activities that helped some were exactly what distressed others — there are common feelings and behaviors that most people exhibit in a continuum. I found that emotional states after the loss of a spouse had enough similarities that they were worth examining further. Although I have attempted to categorize these in some sort of sequence, not all people went through these emotional states. Neither did they all encounter them in the order I propose. At times, many reverted to a previous state before moving on. These emotional states, painful as they feel, are the steppingstones to healing.

Pre-Grief
Still at Hospice
We’re still here because his back is still hurting he has prostate cancer metastasized to his bones so we’re here to get some relief but the relief comes at a cost opiates put you to sleep so he lies there, only half-conscious and as the hours become days and the pain is only relieved by increasing the medications the days are turning into weeks we came here believing he would get better and come home but instead he only came home to die in a different hospital bed the one in our continuing care unit two floors up from our apartment

A LONG WAY FROM HOME

“By Natasha Josefowitz, Ph.D.

The following was produced by DeHart & Company, a Hickory, N.C. public relations firm.

Most Americans believe that the best way to strengthen bones and stave off osteoporosis is to ingest as much calcium as possible. No wonder: We constantly hear advice like “Drink your milk!” and (especially if you’re women of a certain age) “It’s sooo important to take your calcium supplements.”

But Thomas Levy, M.D., J.D., begs to differ. He insists that an excess of calcium won’t improve bone strength but back to osteoporosis.

“In a nutshell,” Levy says, “too much of it promotes heart disease.” The increased density was particularly evident at the femoral spine. “The increased density was primarily the result of soft tissue calcification. Calcium tends to enjoy, Levy says, where it does you harm.”

Calcium leached from the bones simply doesn’t go away. Actually, much of the calcium is simply used by the body, where does it go harm.”

That’s right. Despite the good PR calcium tends to enjoy, Levy says too much of it promotes heart disease.

“Initially, this wasn’t thought to be a problem,” he explains. “The steady supply of calcium and supplemental intake of vitamin C increases bone density. Research has shown that systematic debunks much of the disease, what is? The answer may surprise you.

In “Death by Calcium,” Levy presents compelling scientific evidence that systematically debunks much of what we assume about calcium and osteoporosis. Here, he shows ways in which vitamin C helps build strong bones and improve overall health:

1. It increases bone density. Research demonstrates the strong relationship between vitamin C supplementation and bone density. In one study, postmenopausal women with a high dietary intake of vitamin C had greater bone mineral density, but only in the lumbar region of the spine. “The increased density was particularly evident at the femoral neck,” Levy says, “which is the typi-
Scotland-born Colin Clyne says La Jolla is his musical home

BART MENDOZA

When Colin Clyne left his native Scotland in 2003 to follow the love of his life to sunny San Diego, he had no way of knowing all the changes the next decade would bring. He dreamed of being a musician, although he got a late start, an accident to his hand kept him away from the guitar until he was 23. Working as a seabed surveyor while in La Jolla, he became a husky, almost unrecognizable, musician, but he continued to return to the guitar. Now he is ready to return to San Diego and “the great Mexican food.”

“I don’t record demos that often anymore,” he said. “I keep them in my head, and if they are good enough, I’ll remember them. Hopefully!”

Colin Clyne is eager to return to San Diego and “the great Mexican food.” COURTESY PHOTO

While he did make preproduction demos to test the sounds and to keep the passion in the material, the band never heard them. “I’d love to return to San Diego and the city where it all began,” he said. “I’m completely obsessed with San Diego.”

Clyne credits working with Sanderson as the catalyst for a hit record. “We were all proud of Doricana,” he said. “It was the absolute best it could have been at that time. But this was a little more intense. We were genuinely moved.”

Grad Welcome Concert, 7 p.m., UCSD campus, CPMC Concert Hall. Graduate students from UCSD’s department of music kick off the 2014-15 concert season with a welcome for incoming grads and the public. Free. musicweb.ucsd.edu/concerts/.
Tired fall garden? Japanese anemone will wake it up

Before I was introduced to Japanese anemones, I always associated anemones with the brightly colored flowers that appear in the garden in springtime. However, the Japanese anemone (Anemone × hybrida) is a late-blooming plant whose flowers gracefully appear in the garden around early fall. The flowers are poppy-like in appearance and bloom atop long, elegant stems that can grow anywhere between 2 and 5 feet high. When in full bloom, these lovely flowers will lend a breath of fresh air to tired fall gardens.

Sometimes referred to as wind flowers (since the word “anemone” means “wind” in Greek), the flowers (since the word “anemone” means “wind” in Greek), the flowers lend a breath of fresh air to tired fall gardens. Sometimes referred to as wind flowers (since the word “anemone” means “wind” in Greek), the flowers (since the word “anemone” means “wind” in Greek), the flowers lend a breath of fresh air to tired fall gardens.

These plants thrive in areas with partial shade and can tolerate more sun along the coast. During hot, dry months, they require frequent watering, but when established and kept well mulched, the water requirement will be less. I feed my plants a balanced organic fertilizer in the spring through the fall.

Choose an area in your garden where your Japanese anemones can spread out over time, since they can become quite invasive. These plants may take a year or two to establish, but once they become happily ensconced in your garden they will begin to spread out quickly. In time, one or two plants will become a large, attractive drift of fall flowers. If they begin to take up more space in your garden than you want, dig up some of the plants and divide them in the winter, right after they have finished blooming, and share some with your friends and neighbors.

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With its shiny green foliage, the Japanese anemone makes an attractive spot of color in either white or pink. COURTESY PHOTO

A San Diego developer has purchased several retail buildings with adjacent land in La Jolla for approximately $6.17 million—and one includes a landmark that traces its history to the Brooklyn Dodgers.

USA Properties bought the facilities and acreage from the Dewhurst Family Partnership and Dewhurst Family Trust, represented by Cushman & Wakefield. The properties, which total more than 14,000 square feet, were fully leased at the time of sale. The sale included 9,800 square feet of retail space at 7545-7549 Girard Ave., a 9,700-square-foot parking lot on Herschel Avenue.

Among tenants in the 7545 building is Harry’s Coffee Shop, a landmark in La Jolla for more than 50 years. Founded in 1960 by former Brooklyn Dodgers batboy Harry Rudolph Jr., the restaurant’s ambience was and is inspired by Rudolph’s love for the Dodgers—it’s said that Rudolph moved to California because he was intent on following his team when it moved from Brooklyn to Los Angeles in 1959.

Rudolph and his wife Catherine raised nine children in the area, and three Rudolph siblings run the eatery today. Rudolph died in 2009 at 79.

The Chevrolet Corvair was a trendy auto when Harry’s Coffee Shop opened in 1960. COURTESY PHOTO

Harry’s Coffee Shop building sold in $6 million purchase

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OPEN HOUSE - 9/20 & SUN 9/21 from 11 - 2
6722 Vota Del Mar, La Jolla
388/38 Ocean Front - Windansea, Corner Ocean Front Lot

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Steve Cairncross
BOOM! COMMERCE BUILDING

ded in China but was discovered in Japan in the late 17th century. These tuberous-rooted plants are long-lived, with red flowers that appear in the garden around early springtime. However, the Japanese anemone (Anemone × hybrida) is a late-blooming plant whose flowers gracefully appear in the garden around early fall. The flowers are poppy-like in appearance and bloom atop long, elegant stems that can grow anywhere between 2 and 5 feet high. When in full bloom, these lovely flowers will lend a breath of fresh air to tired fall gardens.

Japanese anemones easy to grow. They tolerate most soil types and are virtually pest free, but you do need to bait for slugs and snails. While they can be grown in most soils, they prefer soil with good drainage and organic matter. When you are ready to plant them, dig a hole the depth of the pot the plant is growing in. These plants thrive in areas with partial shade and can tolerate more sun along the coast. During hot, dry months, they require frequent watering, but when established and kept well mulched, the water requirement will be less. I feed my plants a balanced organic fertilizer in the spring through the fall.

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BOOM! COMMERCE BUILDING
Real-estate CEO returns from citizens academy parley

Nancy Gardner, one of our community-minded La Jollans, has just returned from Indianapolis as the appointed representative from the San Diego FBI Citizens Academy Alumni Association for the National Leadership Conference, attended by one chosen representative from each state and territory.

It’s an extreme honor to be asked to attend the symposium, in which all representatives share ideas on community outreach, which is vital to the FBI, as well as Citizen Academy member participation and education.

Nancy holds B.A. and M.A. degrees from Michigan State University, has previously taught at Pima College in Arizona and blew out the comp plan as a sales manager, then sales planning manager, with Xerox Corp. in Phoenix. After moving to La Jolla, she worked with Coldwell Banker Commercial Real Estate before founding her award-winning California Mortgage Consultants/CMC Finance, Inc. real estate finance company in 1994.

Nancy is a member of Infragard and is a police commissioner II for the Police Historical Association, with whom she chaired last year’s La Jolla Dancing with the Stars event, featuring Mary Murphy of “So You Think You Can Dance” and Jonathan Roberts of “America’s Dancing with the Stars” as emcees. You may remember Nancy led the drive to redo the Police Store Front on Olney Street in PB. The La Jolla Real Estate Brokers Association and Dewhurst Construction were instrumental in the success of that remodel, and La Jolla Rotary Club stepped in to paint and landscape the exterior of the building.

The giving hand of La Jolla Rotary, of which Nancy is community service board chairman, will again be seen in 2015, with a project they are planning at the same storefront location in which the police, led by Capt. Jerry Hara, and many community service groups will work together to create a day of respite and needed services for those who are not chronically homeless but situationally so due to events beyond their control.

Nancy welcomes other civic minded people to bring their talents to help with the Rotary project or, if they are interested in joining the FBI Citizens Academy Alumni Association, to contact her at her office, (858) 456-3000, or by email at nancy@cmcfinance.com.
DOIN’ WHAT COMES NATURALLY

Natural High, a drug abuse prevention organization that has reached 7 million youth in saying no to drugs and alcohol, is hosting its 20th anniversary gala on Saturday, Sept. 6, from 10 to 6 p.m. at the Hilton La Jolla Torrey Pines – and the group’s guest of honor is waiting in the wings. Actor Corbin Bleu, best known for his roles in Disney’s “High School Musical,” will be feted at the event with the 2014 Celebrity Messenger of the Year Award. Bleu’s film on the group is set for release to over 18,000 schools across the country for the fall school year. The evening will feature a performance by last year’s Eastlake High School dance team, shown above. For more on Natural High, see naturalhigh.org.
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If you are renting, this home has a great floorplan and ROOM for several room mates to help pay your mortgage instead of wasting money down the drain on rent!

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Money talks as homeowners embrace La Jolla Solar Program

Through the La Jolla Solar Program, residents have committed to install over 165,835-watts of solar power. But the program, created and administered by local company Sullivan Solar Power, gave property owners an extra incentive to go solar – cash, regardless if the homeowner used a lease, loan or cash to pay for his solar power system.

“While the La Jolla Solar Program recently came to a successful close, it’s not the mark of an end, rather the beginning of a strong transition for La Jolla to be the strongest solar community in the nation,” said Daniel Sullivan, founder and president of Sullivan Solar Power. “La Jolla property owners get it – they understand the benefits of clean energy, both economically and environmentally, and appreciate the secure investment.”

La Jolla residential and commercial properties have jumped on the solar bandwagon. The National Oceanic and Atmospheric Administration (NOAA) Southest Fisheries Science Center installed a scenic 117,680-watt solar photovoltic system on the rooftop of its new facility, and UCSD is reportedly the largest solar-producing institution in the nation, according to California Solar Initiative officials.

“UC San Diego is a living laboratory for climate change research and solutions. Our clean energy initiatives stand as a testament to our commitment to providing the best possible educational experience and meeting the global challenges of the twenty-first century,” said UC San Diego President Michael Levine.

“Initially, we involved UC San Diego in this project to be leaders in the area of sustainable energy use, and overall the results were excellent. It has enhanced our reputation and the environment in which we work. The project was recognized by the California Energy Commission for being one of the most successful in the state,” said Peter M. Dye, director of the UC San Diego Supercomputing Center.

Sullivan recently completed seven on-campus solar power installations at UCSD totaling 76,188 watts of renewable power. The newest UCSD solar installations will save the campus more than $2 million over the next 20 years.

San Diego was recently named the top solar city in the U.S. by Environment America, and La Jolla played a role in that recognition. The 92037 zip code is second in the city of San Diego, only behind the industrial neighborhood just north of the border, 92154, according to California Solar Initiative officials.

Sullivan Solar Power is a turnkey solar system provider that delivers solar electric projects from concept to commission. The company has installed over 19,400,000-watts of solar power ranging from small-scale residential to large-scale commercial and municipal systems. For more information about the La Jolla Solar Program or going solar, call 1-800-SULLIVAN or visit SullivanSolarPower.com.

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