La Jolla High School grad cooks up zany fun in new web show

By MARIKO LAMB | VILLAGE NEWS

La Jolla High School graduate Natasha Feldman loves food. She also loves film, and it was the simple marriage of these two passions that led to the creation of a unique — and decidedly not simple — venture: a cooking show for movie buffs.

Feldman, 24, and her business partner, Julianna Strickland, 25, fused their talents to create “Cinema & Spice,” a weekly web-based cooking show that teaches viewers how to make healthy recipes inspired by the duo’s favorite films.

“Everything about the episodes — from the tablescapes, menus, cocktails, food presentation and over-the-top wacky wardrobes — it painstakingly planned, bursting with creativity and centered around the theme of the chosen film,” Feldman wrote. “It had a green front lawn with a child as a home. But it still can “talk” and tell the more. But it still can “talk” and tell the story of the people who lived under its gently sloping rooflines over nearly 120 years.

First, it would remember John and Agnes Kendall, a n’er-do-well British couple who wanted a place in the La Jolla sunshine in the late 19th century. They included in many social and cultural institutions in the community and was one of the founding members of the La Jolla Historical Society. The structure’s history yields stories of La Jolla’s past through first-hand accounts.

Reflections

Reflections By Carol Olten

There is a timeworn expression that goes, “If only houses could talk.” Windemere, the historic 1894 cot-
tage that was demolished last month at 1328 Virginia Way, obviously is no more. But it still can “talk” and tell the rich history of how it was designed and built. Through historians and researchers it can also relate the many stories of the people who lived under its gently sloping rooflines over nearly 120 years.

First, it would remember John and Agnes Kendall, a n’er-do-well British couple who wanted a place in the La Jolla sunshine in the late 19th century and commissioned its building inspired, in part, by William Morris and the Arts and Crafts Movement in England. Second, it would remember the young architect Irving Gill, a trans-plant to Southern California from New York, who sketched the overhangs, fenestrations and redwood board and batten walls, keeping in mind how the house would relate to a mild coastal climate.

Third, it would recall a celebrity resident, the novelist Beatrice Harraden, who wrote some of her most popular prose as a houseguest of the first owners. And possibly what Windemere would talk most about is a young girl named Marnie Hutchinson whose childhood memories of growing up in the house remain among the most poignant recollections of what it’s like to live within the envelop of a small town in a storybook cottage — or so it seemed to her in La Jolla reveries she wrote as the start of a book in 1976. The book as Marnie planned hasn’t been published, but the recollections are part of the La Jolla Historical Society’s archival collection. In light of Windemere’s recent demolition, they provide an enduring remembrance of a historic house and what it was like to be a child as a home.

“Windemere was redwood,” Marnie wrote. “It had a green front lawn with nightshade hedges on both sides and right down the middle … Stepping stones for hopping on all the way to the porch-perpola … right to the door of Windemere, your house in La Jolla that could make you forget bad things that had happened away from La Jolla but were fuzzy now in your mind …” Marnie was the daughter of Mar-
jorie and Joseph Hutchinson. Her father was one of the Early Bird air-
craft pilots and her mother was active in many social and cultural institu-
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tions in the community and was one of the founding members of the La Jolla Historical Society.
After earning her MBA, Harvard Business School graduate Bibi Kasrai decided she wanted a change of pace. She was working as an executive for a nonprofit organization, but her real passion lied in teaching others how to cook healthy and delicious meals. So Kasrai did what many only dream of: she made use of her business skills, and embarked on starting her very own cooking school.

As with many ventures, the business saw humble beginnings. Kasrai started the business in her garage in 2008 with just a pushcart, cookware and quality ingredients. She quickly became a lady in high demand, however, when she moved into schools as an after-school enrichment teacher in September 2009. “The reception was amazing from kids, parents, teachers and principals alike,” she said. “Then Nickelodeon chose my recipes as ‘Best for Kids. The kids were the catalysts to bring in parents. I signed the lease, my sponsors followed, and the rest is history.”

The name of her business, now located in a state-of-the-art three-kitchen venue at 7441 Girard Ave., was originally Harvard Cookie Girl, a title that stemmed from a quip by a former business associate. “The name was a tongue-in-cheek joke from a captain of industry in San Diego who knew me from my corporate background at Scripps and knew that I landed in countries across the globe. The name stuck, even though his wife, he came up with the name,” she said. “Then Nickelodeon chose my recipes as ‘Best for Kids. The kids were the catalysts to bring in parents. I signed the lease, my sponsors followed, and the rest is history.”

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Throughout her children’s classes and camps, Kasrai includes a spoonful of education about measurement, reading and following recipes, the science of baking, the importance of sanitation and hygiene, and tips about nutritional ingredients, along with healthy eating habits to engage children in the learning process while also having fun.

Adult classes and corporate parties are also an educational experience, with the opportunity to learn recipes and ingredients from cultures across the globe, from Moroccan to Malaysian, Japanese to Greek and everything in between. Harvard Cookin’ Girl even takes one class on a gastronomic journey through the spice trade route, explaining how cross-cultural dishes landed in countries around the globe.

“I do not have traditional chef training, even though my sous chefs are all Cordon Bleu trained and above,” she said. “However, I have been blessed with the best grandma in the world of cooking, and I have traveled the world and learned from the best chefs how to make the local specialty even more special.”

Iranian-born Kasrai specializes in Persian cuisine, although she is also proficient in teaching Ayurvedic, vegan and raw recipes, or can customize class options to fit the tastes of her party at hand.

Harvard Cookin’ Girl’s kitchen contains a sophisticated setup of top-of-the-line equipment, including SubZero, Thermador and Electrolyx, yet the atmosphere is casual and comfortable, as if you were going to your girlfriend’s house to learn to make something good,” she said. “Corporate parties and team-building events are popular occasions at the school as a fun way to get to know coworkers and colleagues, celebrate milestone events or holidays or wine, dine and entertain top clients.

Although she has been told to move closer to entertainment capitals like Los Angeles or forward-thinking centers like New York or San Francisco, “La Jolla is home,” she said. “I believe in community,” she said. “So far, my community has supported my business.”

“ Ле в о н и т ”

The biannual weeklong event offers discounted prices on cuisine options from around the world without having to leave the comfort of your own backyard — whether that be the beach communities or downtown, North County or South County — San Diego Restaurant Week offers culinary delights to cater to any palate.

Here’s a taste of some of the options around La Jolla:

- Cafe Japengo, 8960 University Center Lane, (619) 450-3355, www.cafejapengo.com, $40 dinner
- La Jolla Strip Club, 4282 Espanade Ct., (858) 450-1400, www.coffreestaurant.com, $40 lunch, $50 dinner
- Shores Restaurant, 8110 Camino Del Oro, (858) 456-0600, www.shoresrestaurant.com, $30 dinner
- Tapenade Restaurant, 7512 Fay Ave., (619) 531-7500 x201, www.tapenadeastaurant.com, $40 dinner
- The Melting Pot, 8960 University Center Lane, (619) 538-1700, www.meltingpot.com, $30 dinner
- La Jolla Shores Restaurant, 1201 Spindrift Drive, (858) 454-7373, www.lebistrorestaurant.com, $25 dinner
- Mastro’s, 7995 Girard Ave., (858) 452-4141, www.mastorsinc.com, $25 dinner
- Shores Restaurant, 8110 Camino Del Oro, (858) 456-0600, www.shoresrestaurant.com, $30 dinner
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For a complete list of participating restaurants, visit www.sandiegorestaurantweek.com.

— Mariko Lamb
A former housekeeper of La Jolla cookbook author and philanthropist Joanne Jones and the housekeeper’s boyfriend are awaiting sentencing for thefts of jewelry from Jones’ home.

The sentencing of Carla Rosela Carrillo, 44, has been delayed several times because the amount of restitution is being disputed, said Carrillo’s attorney, Frank Birchak. Birchak said the restitution figure is between $24,000 and $215,000, and he wanted to narrow the figure down before she is sentenced. Carrillo will be sentenced Jan. 30.

She pleaded guilty Sept. 23 to residential burglary of Jones’ La Jolla residence that involved her taking jewelry and giving it to Lamont Long, 29, who sold some of it at jewelry stores. Long will be sentenced March 2 after pleading guilty to receiving stolen property.

Carrillo also pleaded guilty to commercial burglary involving stealing clothing from a Gap store in La Jolla while she was out on bail for stealing jewelry from Jones, said Deputy District Attorney C.J. Mody. Carrillo faces a maximum term of four years and eight months in state prison. Long is expected to get probation because he has no prior record.

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As a major beneficiary, the society is eligible to receive $30,000 toward the installation of an ADA-accessible elevator inside its historic Wate-ría Cottage, 780 Prospect St.

Las Patronas generates funds on behalf of its beneficiaries through yearlong fundraising efforts and its annual Jewel Ball, held the first Saturday in August at the La Jolla Beach and Tennis Club.

This is the second time in four years the society has been named a major beneficiary. In 2007, Las Patronas funded the movable shelving in the society’s archives facility.

For more information about Las Patronas, visit www.laspatronas.org.

Friends to remember Ted Smith at paddle-out

Longtime member of the surfing community Ted “Shred” Smith, who passed away New Year’s Eve while surfing at Windansea, will be remembered at a memorial and paddle-out event on Jan. 15 at noon.

Smith collapsed in the water on Dec. 31 and was hauled to shore by friends. Attempts by lifeguards to revive him were unsuccessful.

Organized by the Windansea Surf Club, the event will take place under the shack at Windansea and will include music, reflection and a celebration of Smith’s life followed by a 1 p.m. paddle-out. Participants are then invited to take part in a potluck lunch.

— Staff and contribution

Duos accused of Jones robbery still awaiting sentencing

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Home Buyers: Discover How to Avoid These 6 Costly Mistakes Before You Buy

SAN DIEGO. A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make before buying a home.

Mortgage regulations have changed significantly over the last few years, making your options wider than ever. Subtle changes in the way you approach mortgage shopping, and even small differences in the way you structure your mortgage, can cost or save you literally thousands of dollars and years of expense.

Whether you are about to buy your first home, or are planning to make a move to your next home, it is critical that you inform yourself about the factors involved before you buy.

In answer to this issue, industry insiders have prepared a free special report entitled, “6 Things You Must Know Before You Buy.”

Having the right information beforehand can undoubtedly make a major difference in this critical negotiation.

To hear a brief recorded message about how to order your free copy of this report, call toll-free 1-800-276-0763 and enter ID# 1004. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out what you need to know before you buy a home.

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University City Centurions run over Patriots, tame White Tigers

By ROB STONE | VILLAGE NEWS

The University City High School (UCHS) Centurions defeated the Patrick Henry Patriots 6-1 in a non-league men’s soccer contest at Hickman Field last week. UC was paced by the performances of senior forward-middlefielder Travis Nicklaw (two goals), senior forward-middlefielder Spencer Williams (one goal), junior forward-middlefielder Martin Cennero (one goal), junior forward-middlefielder Martin Castillo (one goal) and junior midfielder Jeremy Tran (one goal).

On Jan. 6, the Centurions were led by Nicklaw (one goal), Cennero (one goal), Castillo (one goal) and junior midfielder-defender Christian Gonzales (one goal) as they defeated the Escondido Charter White Tigers 4-1 in a non-league game also played at Hickman Field.

With the victory, UC saw their record improve to 10-0. In other men’s non-league action, the La Jolla Vikings suffered a tough 3-1 loss to the Coronado Islanders to the Coronado Lady Islanders 1, at La Jolla High School. The Centurions were led by the performances of senior midfielder Martin Castillo (one goal), Castillo (one goal) and junior midfielder Jeremy Tran (one goal).

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Athenaeum jazz series kicks off Jan. 13

By BART MENDOZA | VILLAGE NEWS

There are many fine music venues in San Diego, but nothing compares to the Athenaeum Music & Arts Library. The Athenaeum, in its present location opened to the public in 1921, but its roots go back to 1899, making this one of the longest-running musical institutions in the country. The location is a treasure trove of books, CDs and DVDs related to music, one of only 16 members libraries in the U.S. Today, however, for music aficionados, the highlight of the library is its live music performances, which offer the chance to take in classical, jazz, chamber and new music.

On consecutive Fridays, Jan. 13, 20, Feb. 2, the 160-seat venue will host a special concert series, jazz at the Athenaeum Winter 2012 Trio Pik/Moutin/Hoenig, featuring Jean-Michel Pik on piano, Francois Moutin on bass and Ari Hoenig on drums will kick off the series on Jan. 13. Jan. 20 will feature Los Angeles vocalist Gretchen Parlato, performing with Taylor Eigsti on piano, Alan Hampton on bass and guitar, and Mark Guion on drums. Then, on Jan. 26, music fans can catch a set from the NYC-based Jonathan Kreisberg Quartet, featuring Kreisberg on guitar, Will Vinson on saxophone, Joe Martin on bass and Mark Forber on drums. Finally, Feb. 2 will see Trio M, a collective band co-led by pianist Myra Melford, bassist Mark Dresser and drummer Matt Wilson. This performance marks a return to San Diego, but nothing compares to the Athenaeum, Atkinson doesn’t hesitate.

“Athenaeum jazz program coordinator Dan Atkinson said there are practical reasons for which groups play which series or location. “There are some physical constraints that come into play,” he said. “One of them being that the [[University Heights] studio doesn’t have a piano. So, unless I can make the dollars work out, I have to find groups that don’t require us to rent a piano for that space.” he said.

He also said new airport security measures have meant having to provide more equipment than in past decades. “Now, typically we provide acoustic basses on our end because no one can put them on an airplane anymore,” Atkinson said.

There are several venues around town that offer jazz, but according to Atkinson, there’s a difference with the Athenaeum. “There aren’t a lot of options for national acts at the moment,” he said. “Really small ensembles of the kind that are on this series [have] almost a kind of a niche that I don’t think anyone else really fills right now.”

The music offered can also be more adventurous than other nightspots, he said. “I get very frustrated by that artist the best possible conditions to play,” he said. “It’s a combination of intimacy and sound.”

Asked about his favorite aspect of the Athenaeum, Atkinson doesn’t hesitate. “It’s a combination of intimacy and good sound,” he said. “[I’ve] just been at venues here in New York City where the music is great, but the sound is terrible. I get very frustrated by that now because it’s something that I put a lot of effort into, trying to really give the artist the best possible conditions to play, all the way down to the fact that the Athenaeum has one of the best pianos on the planet. At this venue, people can really hear the music the way it should be heard.”

Jazz at the Athenaeum: Fridays, Jan. 13, 20, Feb. 2, at The Athenaeum Music & Arts Library, 1008 Wall St., 7:30 p.m. All ages. $21 members. $26 nonmembers. www.ljathenaeum.org.

CUTTING COUNCIL RED TAPE

District 1 City Councilwoman Sherril Lightner attended the La Jolla Community Planning Association meeting to provide details of a new City Council committee dedicated to improving the city’s economy by cutting red tape and streamlining city processes. Called the Committee on Economic Development and Strategies and headed by Lightner, the committee emerged out of the City Council-hosted Regulatory Relief Day, held in November, during which members of the community were invited to give input on how the council could work more effectively.

Lightner said the project is something that she has been advocating for before she even served on the City Council. “Having such a committee is something that is very important — probably the most important thing for the city of San Diego,” she said. “It will be instrumental in crafting a long-term vision for San Diego’s economy, as well as looking for ways to cut red tape, making it easier for businesses to get started and grow.”

Lightner said the committee’s primary focus would be on pensions and local growth. Lightner also gave an update on the Torrey Pines Corridor Project. She noted the recent installation of two electronic speed warning signs along Torrey Pines Road (at Amalfi Street traveling east) and at Viking Way traveling west.

“I just about drove off the road when I saw them,” Lightner said of her reaction to finally seeing the long-awaited signs. She said the signs will be operational within the next couple of weeks. "I think as some- body that’s going to judge applicants that come in front of them, their building should be in compliance with the rules that they’re trying to make other people enforce.”

NAGLE RATIFIED — AMID OPPOSITION

The LJCPA voted to ratify Myrna Nagle as a member of the La Jolla Shores Permit Review Committee. Resident Bob Whitney, who was in the audience, voiced his opposition to the ratification.

“The [Nagle] residence is in violation of the San Diego municipal code,” Whitney said. “I think as somebody that’s going to judge applicants that come in front of them, their building should be in compliance with the rules that they’re trying to make other people enforce.”

Nagle was already voted in as a member of the committee, and her appointment to it stands. The purpose of the LJCPA’s ratification, as trustee Joe LaCava pointed out, is to bring members of various community committees under the umbrella of the LJCPA, thereby covering them under indemnification and defense.

MERTEN URGES PUBLIC OUTCRY

Trustee Phil Merten appealed to trustees and the public alike to attend a Planning Commission meeting on Jan. 24 at 2 p.m. to voice concern over a project at 8490 Whale Watch Way. The project, which Merten called “potentially precedent-setting,” calls for the demolition of the existing structure and the construction of a 12,716-square-foot single-family residence on a 0.46-acre site.

See LJCPA, Page 8
LETTER TO THE EDITOR

Preservation of history would require an independent La Jolla

In response to the guest commentary written by John Bohlhouse about the demolition of the Windemere Cottages — a catastrophic loss of community’s historic heritage — Jan. 5, Page 6, I agree. As we as a community must stand up and say to the city of San Diego, “I am mad as hell and I am not going to take it any more.”

I have watched for years the destruction, with great sadness, of the history of La Jolla. The city will never care about historic preservation — it makes no money for them — but we as a community can do something.

We can become our own city — which should, at the most, cost $2 million — and after three years we will have permission to recoup that. We will no longer have to give money for them — but we as a community can do something.

Epic waves crashed into San Diego last weekend, delighting surfers up and down the coast — including La Jolla. Blacks Beach was the scene of stunning 10- to 15-foot waves that challenged expert surfers on Jan. 6. The waterworks made for some impressive scenery, as top, surfer enjoys the pipeline at Windansea (photos by Don Balch).
Scott White brings contemporary art close to home

By MARIKO LAMB | VILLAGE NEWS

After spending a decade in Little Italy, Scott White Contemporary Art has relocated to 7665 Girard Ave, — enhancing part of the design corridor that serves as a hub for everything art in La Jolla.

“We moved back to La Jolla to rejoin and enhance the emerging art community here. We love our proximity to the Museum of Contemporary Art and other like-minded art galleries, design shops, interior designers and retailers,” said White. “Also, many of our locally-based collectors live in La Jolla, and the move makes us a more convenient destination for our San Diego clienteles.”

The conveniently located 3,000-square-foot facility possesses a progressive, modern layout and street presence similar to galleries on the streets of New York’s Chelsea art community, but within closer reach of La Jolla collectors. At the same time, White maintained the original 1950s sensibility of the building itself with complementary materials, finishes and furnishings. Inside the high-ceilinged facility, White will bring a slew of internationally renowned contemporary fine artists right to La Jolla’s doorstep.

“Scott White Contemporary Art presents a consistent roster of shows featuring artists that are internationally known,” he said. “Scott White opens shows and represents artists that will shine national attention on San Diego’s art scene as a destination to find contemporary fine art beyond the local landscape.”

The gallery represents some of the world’s most renowned contemporary fine artists like Ross Bleckner, De Wain Valentine, William Glen Crooks, Tony Oursler, Andy Warhol and Roy Lichtenstein — many of whom have been featured in internationally-renowned institutions like The Guggenheim, The Getty, The Tate Modern and MOMA.

White has developed private and public collections for more than two decades. His expertise is reflected in his gallery’s exhibits, which feature a unique selection of contemporary painters, sculptors, photographers and mixed media artists from around the world.

On Jan. 14, the La Jolla gallery will unveil its second exhibition “Stranger Than Paradise” — a collection of distinctive washed-out, retro-style photographs by internationally acclaimed German photographer Stefanie Schneider, which were handpicked by White himself.

The opening reception of Schneider’s first solo show in San Diego will take place from 6 to 8 p.m., and the exhibit will run until Feb. 25. The debut will coincide with exhibits at neighboring La Jolla businesses will showcase their galleries’ exhibits, which feature a range of artistic styles from artists near and far with gallery openings, artist receptions and open houses in several gallery locations on Jan. 14, culminating in an art walk through the village.

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Peter Halasz’ “Tompkins Gate ” at R.B. Stevenson Gallery

R.B. Stevenson Gallery will highlight the works of Peter Halasz in his newest collection of paintings titled “Love Songs and Incantations” from 5 to 8 p.m. Halasz’s works will be on display at the gallery located at 7661 Girard Ave, Ste. 201 until Feb. 18. For information, call (858) 459-3917 or visit www.rbstevensongallery.com.

• Thumbprint Gallery, located at 920 Kline St. Ste. 104, will hold an opening reception for “Works of Wisdom” — an exhibition presenting an eclectic mix of artists using famous quotes as inspiration for their work — from 5 to 10 p.m. The exhibition will feature pieces from the San Diego-born Mike Maxwell, Escondido-based Kelly Vivanco, New York painter Caredyton Valenzuela and more. For information, call (858) 354-6284 or visit www.thumbprintgallery.com.

• Quiet Contemporary Art, located at 7474 Girard Ave., will hold an opening reception for a show of paintings, sculptures, photographs, video and mixed-media works by a multitude of artists in “Directing Nature” — a group exhibition highlighting the simple beauty of Mother Nature’s natural elements — from 6 to 8 p.m. For information, call (858) 454-3409 or visit www.quintgallery.com.

• Joseph Bellows Gallery will launch “George Brown’s Bar” — a collection of John Banasius’ photographs all taken in 1970 and 1971 at a neighborhood tavern in suburban Chicago — from 5 to 6 p.m. For information, call (858) 456-5620 or visit www.josephbellows.com.

Erik Skoldberg’s work at Alexander Salazar Contemporary Art

• Salazar Contemporary Art Exhibits La Jolla will hold its grand opening and artist reception from 6 to 9 p.m. at its new location on 1162 Prospect St. The event will include a chance to meet featured artists Erik Skoldberg and Kevin Barlett, as well as curator Alexander Salazar. Musical entertainment will be provided by harpist Sonia Marie Oliveras as guests peruse Salazar’s present gallery. For more information, call (858) 551-8453 or visit www.alexandersalazarart.com.

DANCE CLASS SCHEDULE

SUNDAY
4:30PM  KIDS | SALSA (7-12yrs) | ROBIN CROOKS
4:30PM  KIDS | SALSA (7-12yrs) | WILFREDO RODRIGUEZ
5:00PM  KIDS | SALSA (7-12yrs) | KRIS BABAO
5:30PM  KIDS | SALSA (7-12yrs) | MONIQUE GUZMAN
6:00PM  KIDS | SALSA (7-12yrs) | SHANNA TIMMS
6:30PM  SALSA | HOT TAMALES | SUSIE NGUYEN
7:00PM  SALSA | HOT TAMALES | MELODY MOORE
7:30PM  SALSA | HOT TAMALES | SUSIE NGUYEN
8:00PM  SALSA | HOT TAMALES | SUSIE NGUYEN
8:30PM  SALSA | HOT TAMALES | SUSIE NGUYEN
peaceful...
wrapping tips to creating quick and easy place settings and decor.

Feldman, a trained chef, caterer and theater major, and Strickland, a USC film-school graduate with film knowledge and an eye for design, met while working at Real Food Daily, a popular vegan restaurant in Santa Monica.

“Neither of us are vegans, but we’re both health-conscious and frequented the restaurant before working there,” Feldman said. “Although we were friendly at work, the idea for ‘Cinema & Spice’ germinated when we became roommates a year later.”

Their business plan developed after evaluating how their skills and passions were connected, and how they could use those talents to carve out their own unique niche in the market and stand out in a sea of ever-expanding web-based tutorials and shows.

“We realized that our varied talents — film expertise, eye for design, crafting skill, cooking experience, menu planning, comfort in front of the camera — could coalesce into something missing in the market,” Feldman said. “It is completely homegrown. Our friends help shoot and edit each episode, and they even help prep the food sometimes. They volunteer as production assistants and are at the dinner table to enjoy the food.”

“Cinema & Spice” has now been in production for a little over a year — and positive feedback for the show has been growing.

Most recently, Feldman and Strickland exceeded their $10,000 Kickstarter fundraising campaign goal, allowing them to fund and expand their show in 2012.

Feldman said their ultimate goal for the show is to grow into an Internet or TV-based weekly show and have people from around the world throwing “Cinema & Spice”-inspired dinner parties.

“We love everything about creating ‘Cinema & Spice’ — although it’s challenging to do all of the work necessary while also working full-time jobs,” she said. “Choosing the film, planning the menu, testing and perfecting recipes, dreaming up cocktails, creating the tablescape, and finally, shooting the episodes and enjoying the evening with our friends — it’s all rewarding.”

Underwater Parks Day a lure for landlubbers and ocean lovers

By JUDITH LEA GARFIELD | VILLAGE NEWS

Who says your vote doesn’t count? You just have to be lucky enough to live long enough to see change happen. When California voters said “yes” to the California Marine Protection Act (with bipartisan support) back in 1999, who knew it would take 13 years (including lots of lawsuits by fishing lobbies) before a network of marine protected areas (MPAs) could become a reality? I went to some of those meetings, and they weren’t pretty. The soon-to-be-improved coastal line’s southern region includes a string of undeveloped reserves and conservation areas stretching from Point Conception to the Mexican border. Though seriously watered down during the final stretch, having anything designated for protection is cause for celebration at this point. By safeguarding hot spots like south La Jolla, we begin to chart a course toward greater sustainability, and that means a future of better fishing, div- ing, kayaking, tidepooling and birding.

Time and again, research both nationally and internationally has shown that implementing not one but a series of MPAs is a more effective way to protect marine life, habitats, marine ecosystems and marine natural heritage. Protected marine ecosystems also provide better recreational, educational and study opportunities, which can’t be had in waterways regions degraded by intense human dis- turbance. In short, if we get out of our own way, the overall marine ecosystem has the intrinsic means to recover itself. Personally, I find it de- signing to constantly read about whatever is the next collapsed fishery. In recent local news, kelp and burried sand populations have collapsed in many areas. Not far away, the Marina del Rey Anglers, hosts of the Halibut Derby (begun in the 1950s to raise funds for youth fishing trips), should consider changing the name of their tournament under the circumstances. When catches at the two-day event were reduced to no more than a handful of halibut (having started their roller coaster descent a handful of years earlier), the hosts were forced to change the rules. Now, the derby lasts only one day, the com- petition fishing area has expanded, and a new “Save the Halibut” credit has been implemented for anglers being witnessed releasing healthy fish at the docks. The kicker is that other fish species are now included to assure some- one will land something (this was the third place was won by a guy with a bunch of rockfish). On the plus side, they reduced the entry fees by about a third.

California, once again the nation’s trendsetter, is the first state to develop a science-based statewide network of MPAs, which include rocky reefs, kelp, estuaries and tidepools. Support of the measure has extended to locals who are now involved in citizen science and mon- itoring programs to help ensure its suc- cess. Other communities have already implemented such programs with wonderful results. Not all require underwater monitoring but Reef Check, ongoing for several years, boasts a collaboration between fisher- men and university scientists who work with volunteer groups counting fish for a baseline study — one which will help inform future management dis- cussions.

After decades of treating the ocean as though it is inexhaustible, we Cali- fornians are bent on restoring our coastal legacy of abundant sea life and a more sustainable coastal economy. Think of these MPAs as underwater versions of Venice Park. More than 90 percent of us want to walk the beach, dive, surf, swim, whale watch or kayak — to name some non- invasive activities — and we can con- tinue to fully participate in such enjoy- ments throughout the new reserves. That about 90 percent of the coast is still open to fishing will reveal, over time, whether we have or have not protected enough coastline to allow for recovery.

— Judith Lea Garfield, biologist and underwater photographer, has authored two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. Send comments to jgarfield@ucsd.edu

Underwater Parks Day brings the ocean to SoCal residents

Saturday, Jan. 21 is California’s third annual Underwater Parks Day. Join the party at any of the below oceanariums!

*AUTHOR’S PICK!* • Santa Monica Pier, Santa Monica, 12:30 to 5 p.m. Join in the beach cleanup and nature walk. Then get free admission to the aquarium! Visitors also receive a free canvas tote bag on which they are encouraged to create their own underwater cane scene at the aquarium’s craft station.

*Ocean Institute:* 24200 Dana Point Harbor Drive, Dana Point, 10 a.m. to 3 p.m. Staff-led tours of the new underwater park just outside their doors. Games, activities and videos.

*Birch Aquarium:* 2500 Expedition Way, La Jolla, 9 a.m. to 5 p.m. Listen to a local scientist talk about ocean research and a scuba diver talk about underwater parks during the kelp-tank dive show. Photo contest winners (photos previously submitted) will be announced and their photos dis- played.
A better community center, and a cookie La Jolla village

La Jolla’s Riford Center — not about to be left out of the flurry of December holiday parties — staged a celebration for its members and friends, as well as non-members willing to purchase their tickets at just slightly more than the modest price members paid.

Held at the center’s La Jolla Boulevard facility, the event featured an especially nice sit-down dinner prepared by chef Cliff Leeper. Soups are his specialty — his Soup On company caters corporate (and other) events, and his pumpkin soup with spices and cheese was certainly a hit. Salad was also served, as was lobster macaroni and cheese and a tender, slow-cooked tri-tip. A choice of wines accompanied the meal, which was followed by dancing to Dean Ratzman and his group.

The party was held on the eve of the demolition of the Riford’s front entrance and lobby. The original entry steps are being replaced by a wide ramp with railings. That, and new doors, will bring the center’s entry into compliance with ADA regulations. A $207,000 Federal HUD Grant will finance the alterations. The original plan was to move the entry just around the corner to the building’s Bonair Street side, which would have pared to 42 charities and counting.

“I believe that we need to help each other and the goodness will boomerang,” she said. “This year, I want to focus on child obesity and diabetes and marshal the help of those who can help me expand my outreach to underprivileged kids and families through my classes.”

So far, Kasrai’s Ivy League wisdom seems to have paid off, as Harvard Cookin’ Girl’s business model is not easily duplicated, she said. “I think people are more and more appreciating authentic versus plastic,” she said. “That’s why those have been duplicated, she said. “I think people are more and more appreciating authentic versus plastic,” she said. “That’s why those have attempted to copy me are not successful.”

For more information about Harvard Cookin’ Girl or to sign up for a class or event, visit www.harvardcookin girl.com or call (858) 988-1509.

CONTINUED FROM PAGE 2

Starry, starry nights

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eliminated the need for stairs or a ramp, but neighborhood resistance (and the city’s recommendation) led to the choice of the more expensive alternative. Other changes are coming too, continuing the improvements alternative. Other changes are coming too, continuing the improvements.

Always a joyful La Jolla event, the Athenaeum Music and Arts Library’s annual Members’ Holiday Party attracted more than 300 guests this year, who enjoyed a wide range of delightful treats for the senses. Drinks included wines, punch and eggnog (with additives!). Diana Goedheus produced a perfectly prepared roast beef, which was served in delicious little (or not-so-little) sandwiches. Diana and her husband, François, own Girard Gourmet in La Jolla. In case you’re wondering how to pronounce their Belgian surname, François — who’s an expert on the matter — says it’s “Good-House.” A master baker, he has created holiday cookie masterpieces (and the city’s recommendation) led to the choice of the more expensive alternative. Other changes are coming too, continuing the improvements (and the city’s recommendation) led to the choice of the more expensive alternative. Other changes are coming too, continuing the improvements for the Athenaeum for more than 10 years. Last year, he created a replica of the La Jolla itself. Santa and his reindeer were on their way to the Athenaeum, passing Mary Star of the Sea church on the way, and waving to François himself — all in cookie form. Many other La Jolla landmarks were included, like the Colonial Inn, the La Valencia, St. James-by-the-Sea church, Burns Drugs and Warwick’s. He repeated the feat this year — but made it twice as big, and added such contemporary touches as the Occupy people (standing in front of La Jolla’s Wall Street), and a few buildings with “For Sale” or “For Rent” signs.

The décor was beautiful everywhere, as is typical at Athenaeum events, and there was lots of musical entertainment. Sue Palmer performed on piano in the music room, with a double-bass player and alternating vocalists singing in French and English. Some partygoers enjoyed just listening, but many couldn’t resist dancing. Sammy Tritt played another piano in the entry hall, joined late in the evening by guests singing holiday songs. Near the end of the two-hour party, it was announced that guests could take some of the cookies home with them. The reindeer and certain others of the decorated cookies were fair game, but not the model of the village of La Jolla, which would remain on display at the Athenaeum for a couple of weeks longer.

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 USA’s 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 palate. And at Donovan’s, fresh seasonal vegetables and your choice of potato are always included with each entree.

French Gourmet
Our award-winning restaurant offers California-influenced French cuisine in a quaint countryside environment. We are a long-time favorite of locals who appreciate the value of our menu and extensive wine list. Stop by our bakery for a sandwich or pastry to-go! It’s always a delicious day at The French Gourmet! (858) 488-1725. 960 Turquoise St, La Jolla, CA.
www.thefrenchgourmet.com

La Dolce Vita Ristorante
Owner/Host Enzo Castiglione, shares the secret family recipes from Raddusa, his native town in Sicily, the true Italian dishes that gives La Dolce Vita its reputation for genuine Italian cuisine. Enzo and his staff have a warm way of welcoming patrons to their homey restaurant atmosphere to enjoy a remarkable dining experience. Level to its name, La Dolce Vita (the sweet life) is the place to sit back, relax and enjoy a hearty meal along with a nice bottle of wine, to the classic Italian tunes. Buon Appetito!

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.

Tel: (858) 488-1725. 960 Turquoise St, La Jolla, CA. www.thefrenchgourmet.com
www.cafemilanolajolla.com
www.ladolcevitaristorante.com
3rd Annual ‘Blessing of the Animals Returns January

Old Town San Diego State Historic Park is hosting the third annual Blessing of the Animals on Sunday, Jan. 13, from noon to 3 p.m. The Blessing is led by Monsignor Mark Campbell, but all faiths and convictions are welcome to celebrate the animals that make our lives so special. There will be a pet expo with treats for pets and owners as well as activities for kids. Sky Hunters will be bringing exotic birds to the park. Pet owners can bring their pets for various rescue groups such as Emergency Animal Rescue and Wise Warriors to educate the public about rescuing, rehabilitating and supporting wild and domesticated animals.

There will also be a memorial available for dogs and a special appearance by Chopper the Biker Dog. Chopper is an one-year-old Boston terrier who is known all around the country for riding his own Harley Davidson motorcycle and his distinctive bike garb.

The event features animal-themed entertainment such as pet psychic readings by Singh Singers from Wild and Sage. Other groups participating include Love My Pet, Sunny bunny Shelter, and Chihuahua Rescue of San Diego.

Historically, this event has been a favorite among pet lovers for more than 100 years dating back to the 1700s. In San Diego the animal blessing of the Beasts celebrates St. Anthony of Padua, the Saint of Animals. Activities for both animals and families make this celebration both unique and very moving to all who participate. Admission to this event is free. This event is sponsored by a joint agency. For more information, visit www.facebook.com/lafeastreys or call event flyer, 858-567-9909.

ATTENDANCE: 100

LUNCH buffet

$8.00 per person

ALL YOU CAN EAT 12:00 TO 2:00 TUES-FRI

July 4th and August 7th

OPEN 12:00-2:00 TUES-FRI

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Friday 12-3pm
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Mission Bay
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$860,000
Greg Noonan
858-551-3302

Sun 12-4pm
5519 Chelsea
5BR/4BA
$2,999,900
Irene Mc Cann

Sun & Sun 1-4pm
8819 Caminito Sueno
3BR/2.5BA
$672,000
Christie Duguid
858-722-8844

Mission Beach
Sun 12-3pm
3742 Eads Ave.
1BR/1BA
$599,000
Elizabeth Potter
858-922-6929

Sun 1-4pm
220 Coast Blvd. #1G
3BR/3BA
$1,625,000
Greg Noonan
858-551-3302

Desirable Neighborhoods, Great Deals

Want “Top Dollar” For Your La Jolla Home?

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 $5,000 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 90 days.

To get a copy of this free report, How to Sell Your House for Top Dollar – Fast! just call 888-611-8015, ext. 37 for a free 24 hour recorded message. Or order at www.LaJollaRealEstateAgent.com There’s no cost or obligation and your report will be mailed today!
Just Listed in the Muirlands....

1260 INSPIRATION $5,395,000
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John Tolerico
858.876.4672    www.sell858.com  DRE#01204419

Open House Sunday, January 15th, 1-4 p.m. ~ 510 Forward Street

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.

Offered at $1,299,000
Classic Beach House

With approx. 115 feet of sandy beach frontage in La Jolla’s coveted Barber Tract, this timeless 5 BR/4BA oceanfront home with mesmerizing views of the sea and coastline offers almost a ½ acre of lushly landscaped grounds and a detached guesthouse.

Go to YouTube [Casa del Lido] for a video about this unique offering.

Offered at: $12,500,000