Taking flight all over the city

By ETHAN ORENSTEIN

Noisy – but beautiful – wild parrots call San Diego home

The flocks of large, green-and-red birds around San Diego may seem unusual, but they’re a part of the beach culture now. They’re wild parrots.

Though the parrots are not native to San Diego, or California as a whole, they’ve been here for a while and are likely here to stay. According to The California Parrot Project, the birds survive on seeds, fruit and nectar from tropical trees and shrubs planted in urban and residential areas in such communities as Ocean Beach, Point Loma, Pacific Beach and La Jolla.

Karen Straus, coordinator of the San Diego Bird Festival, hosted by the San Diego Audubon Society, said the birds do not migrate, but stay in San Diego year-round. They said the birds do not migrate, but stay in San Diego year-round. They have established communal roosts and are simply released into the wild or the birds may escape into the wild. ‘San Diego Surf,’ which was only partially edited, was completed and released in January this year at the Museum of Modern Art (MoMA) in New York — more than 40 years after it was originally filmed. The 90-minute color film showcases many of Warhol’s infamous superstars and features a loose narrative about an unhappily married couple and their pregnant daughter, all of whom are chasing after the attention of San Diego surfers.

On March 16, the spirit of Warhol’s work will return to La Jolla’s shores at the Museum of Contemporary Art for the West Coast premiere of the film, which was completed by original film director Paul Morrissey based on the existing notes and rough cut. Guests are invited to come early

See what’s happening in La Jolla’s thriving art scene.

SEE PAGE 8

See more upcoming events at MCASD at www.ljtoday.com.

ENTRY RULES: You choose your favorite! Tell us who you think is the best of the best and you’ll be entered into our free drawing. Vote for restaurants in La Jolla and UTC. (MCASD) DRE#01197544 DRE#01071814 Scott Appleby & Kerry Appleby Payne A Family Tradition of Real Estate Success 858-773-2014


Warhol’s long-lost La Jolla-based film resurfaces at MCASD

By MARIKO LAMB

While Andy Warhol may best be known for leading the charge in the pop-art movement of the 1960s from his New York City studio, it was on the quiet shores of La Jolla in May 1968 where Warhol, film director Paul Morrissey and crew set the scene for “San Diego Surf,” one of the last films in which Warhol was directly involved before his death in 1987.

“San Diego Surf,” which was only partially edited, was completed and released in January this year at the Museum of Modern Art (MoMA) in New York — more than 40 years after it was originally filmed. The 90-minute color film showcases many of Warhol’s infamous superstars and features a loose narrative about an unhappily married couple and their pregnant daughter, all of whom are chasing after the attention of San Diego surfers.

On March 16, the spirit of Warhol’s work will return to La Jolla’s shores at the Museum of Contemporary Art for the West Coast premiere of the film, which was completed by original film director Paul Morrissey based on the existing notes and rough cut. Guests are invited to come early.
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Man shot by ranger goes to mental hospital

Bob Whitney

Sentencing delayed for Berki Killers – A judge delayed sentencing March 8 for three men who were convicted of murdering Garrett Berki, 18, a 2010 graduate of La Jolla High School. Defense attorneys persuaded Judge Kerry Wells to delay the sentencing until May 31, based on recent changes in state law over the sentences of minors who are tried as adults.

The gunman, Rashon Abernathy, 19, is expected to get 50 years in prison. “I want to give my client every opportunity … to get a parole decision in his natural life,” said his attorney, Kathleen Coyne.

Sentencing for Shugard Jordan and Seandell Lee Jones, both 19, said their clients face terms of 25 years to life, which they considered too long. A jury convicted them all of first-degree murder and robbery of Berki last November. Berki had met the trio in Paradise Hills on May 11, 2011 in response to an ad on Craigslist when they robbed him. He whispered the trio by car and was shot.

— Neal Putnam

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LJ STUDENT A GEOGRAPHY WIZ — Liam J. Fay, a La Jolla resident and seventh-grader at Francis Parker School, qualified to compete as a semifinalist in the 2013 California National Geographic Bee in Sacramento on April 5. Fay is one of 109 students chosen out of 2,000 fourth- through eighth-graders who will compete for the state title, the winner of which will represent California in the national finals, moderated by Alex Trebek, at National Geographic’s Washington, D.C., headquarters in May. The first-place national winner will receive a $25,000 college scholarship.

GILLISPIE EXPANDS STEM — The Gillispie School is embracing science, technology, engineering and mathematics (STEM) education with high standards for the disciplines at the primary level. The school has implemented several STEM initiatives in recent years, such as REMS, the Rendezvous for Engineering, Mathematics and Science competitions and the development of the school’s first LEGO robotics teams. Science director Chip Edwards has assured students have access to the latest innovations, including a 3-D printer purchased with the help of a grant from The Scripps Family Foundation. The machine works by extruding melted plastic layer by layer to create 3-D objects from computer-imaged designs. Gillispie staff and faculty recently applied to become one of the first recipients of the new GoogleGlass, an augmented reality head-mounted display still in the production phase.

For information on STEM-related summer programs, visit www.gillispie.org or call (858) 459-3773.

PUBLIC HEALTH HEADS TO UCSD — UC San Diego announced it will add public health to its undergraduate curriculum this fall. The program places UCSD at the forefront of the growing public health field, and the university is poised to combine renowned research faculty making contributions on major public health problems with a top-ranking undergraduate program. Public health focuses on the behaviors and environmental conditions that affect health and includes an emphasis on prevention, early detection and minimization of risk for infectious and chronic diseases.

ART ON OIL — The Bishop’s School 10th-grade student Chas Pulido created an award-winning label titled “Imagine” for Pulido-Walker Olive Oil, a brand produced by his family in Napa. His design earned him Best of Show in the student category of international advertising competition Mobius Awards. The design will be used on the second release of the olive oil, which will be released in mid-2013, and Pulido said he has created a new piece of art for the 2014 label.

AN ARTISTS’ LIFE ON STAGE On March 6, San Diego French-American School and Hands United for Children hosted the play “Vincent.” Actor Jean-Michel Richaud portrayed both Van Gogh brothers – Vincent the artist and Theo the art dealer – through a 70-minute dialogue based on letters between the brothers.

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Behind the performances of 5-foot-9 senior Kelsey Plum and 6-foot freshman Mai-loni Henson, the La Jolla Country Day (LJCD) girls’ basketball team came up with a huge 51-31 win over the Fullerton Troy Warriors (25-5) in a CIF Open Division Regional Quarterfinal playoff game played at Country Day on March 8.

“I think that playing a nationally ranked schedule has really helped us out,” said Plum. “We can’t complain about it.”

For LJCD, only Plum (nine points), Henson (seven points), 5-foot-5 senior Brianne Yasukochi (five points) and 5-foot-9 sophomore Isabel Aguirre (one point) lit up the scoreboard in the opening half, but it was still enough to jump out to an early 22-7 lead as the two battling ballclubs headed to the locker rooms at halftime.

After the intermission, it was more of the same as Country Day continued to pour it on and had extended its advantage to 35-19 by the end of the third period. The Lady Torreys were once again led by the play of Plum, who tossed in nine points in the quarter, while Henson and 5-foot-10 sophomore Cydney Collins added two points apiece in the period.

In the final stanza, Plum, Henson and Yasukochi paced LJCD with nine, five and two points, respectively, as Country Day closed out the victory down the stretch in the fourth quarter.

Backed by Henson’s 14 points, Plum would finish with a game-high 27 points and 13 rebounds of her own.

With the win, LJCD saw its record improve to 18-11.

— Rob Stone

The boys’ La Jolla Country Day School tennis team wasted no time plowing into their season, which began on Feb. 27 and is already seeing success with the varsity and JV team boasting a combined total of seven matches and two tournaments under their belt.

The Torreys are being led by mature and experienced upperclassmen that consist of Amir Ferry, Alex Khorsandian, Jack Murphy, Gabriel Pamich, David Shaw and Ethan Krant. In addition, returning sophomores include Andrew Schiffman, Max Mereles, Julian Fricks, Cael Dadian, Rohil Parikh and Brian Mak. The team has also welcomed an impressive bunch of freshmen players, and is looking to have a successful year and — hopefully — a championship title this year.

The Torreys have a tough season ahead of them, as their schedule is packed with top San Diego and Los Angeles schools. The tough schedule is meant to prepare them for the CIF championships and their goal to make the top schools in Southern California.

Just a week and a half into the season, the varsity team has completed four matches and competed in the La Jolla Country Day Invitational. The tournament was held on March 1-2 and hosted San Diego and Los Angeles’ top tennis teams, including University High, Corona del Mar, Harvard-Westlake, Palos Verdes, Torrey Pines, La Jolla High, Cathedral Catholic and Country Day. The tournament was won by Corona del Mar, and the Torreys finished in sixth place.

At press time, the varsity team had an overall record of 6-4, and had already won all of its in-season matches against Westview, Point Loma High, Cathedral Catholic and St. Augustine High. The JV team has also started off the season on the right foot with an overall record of 6-2. The team won two out of three of in-season matches and came in third place at the First Serve Tournament at the Barnes Tennis Center.

Senior Jack Murphy connects with the ball. (courtesy Alden Photography)
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When Aleksandr met Tatiana 10 years ago, he was mesmerized by her beauty and captivated by the scrumptious meals she served him. He described the food as “simply heavenly, a combination of my mother and grandmother’s recipes.” He had no doubt in his mind that she would one day be his wife and promised Tatiana that when they got married, he would open a restaurant for her. Both Tatiana and Aleksandr were determined to open their restaurant and can’t wait to share Tatiana’s talent, passion, love for cooking and the joy of seeing everyone finish every drop of food on their plate. Thus, The Village House of Kalina was born in May 2011.

Kalyna is the Ukrainian name for the highbush snowball berry, a plant that grows naturally across the region. Kalyna berries make flavorful jelly, sauces, juice and syrup, and were a popular source of food for early pioneers and wildlife. One of the national symbols of Ukraine, it is also believed that the berry cures many different ailments and serves as a main ingredient for many traditional Ukrainian recipes.

Village houses serve as common homes in a village where guests are always welcome and fragrant aromas constantly come from the kitchen. As you walk into The Village House of Kalina, you will immediately feel the warmth of the people working there, much as guests might feel in a traditional village house. You can’t escape that relaxing feeling of sitting in your mother’s very own dining room. Not one dining table is similar in style or color at Kalina. Aleksandr and Tatiana wanted to give their guests the relaxing feeling of having a meal in their very own dining room.

Tatiana has always been passionate and proud of what comes out of her kitchen. Each dish comes from recipes that have been handed down from generations, with her signature twists that make her dishes delectable and cooked to perfection — not to mention made with all natural and healthy ingredients.

The borscht is a “must have” at Kalina. It is comfort food at its finest, while the pierogi — Ukrainian-style dumplings filled with onions and cheese or mushrooms and mashed potato — is a staple in the traditional cuisine. There’s an array of main dishes to choose from, but a favorite is the stuffed cabbage. Tatiana says that in her village of Ternopil, there are a thousand women with a thousand Golubtzi (stuffed cabbage) recipes, each unique and distinct from another woman’s recipe. Tatiana says she took all their secrets, added her mother’s and grandmother’s secret ingredients with her very own signature twist, and created the most mouthwatering stuffed cabbage dish ever. Aleksandr’s hefty portions of shish kebobs, lamb, chicken or pork, marinated in special Ukrainian herbs and spices, is not something to overlook, either — the meat melts in your mouth.

For dessert, the delectable and mouthwatering layered walnut cake must be ordered. People from all over Southern California travel to La Mesa for a taste of the walnut cake at The Village House of Kalina. Even the couple’s 10-year-old son, Aleksandr Jr., describes the walnut cake as, “Wo on fire!” Kalina also offers an array of Russian sodas like the green Tarhun soda and a variety of specialty teas, like the exotic Cleopatra tea or the green tea flower bud that blooms into a flower in front of your eyes after a few minutes in the teakettle.

It is more than worth the short drive to La Mesa to visit The Village House of Kalina. Reservations are recommended if you plan to visit them on a Friday or Saturday.
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La Jolla bookstore continues St. Patrick’s Day tradition

By ETHAN ORENSTEIN

For anyone looking to celebrate St. Patrick’s Day in true Irish fashion, look no further than D.G. Wills Books. After all, the bookstore’s annual Open Reading of Irish Poetry and Prose offers an authentic taste of the Emerald Isles, including whiskey, beer and a certain Irish literary giant’s raucous musings.

Owner Dennis Wills said the event is always a good time, with 100 to 200 people attending each year. This year, the 34th anniversary of the event, should be no different.

“The event does not have to be quiet and polite,” Wills said. “There are people wandering around. If the weather is right, we’ve got the doors open, people are outside drinking and laughing and carousing. The audience does not have to sit here like it’s a church service.”

While guests don’t have to keep quiet or sit still, the event does have one rule.

“The thing about the event — and I warn people who’ve never been to it before — it’s not an open reading of their own sometimes boring and longwinded stuff,” Wills said. “It has to be a selection from one of the great Irish writers.”

The tradition began on St. Patrick’s Day in 1980 at the suggestion of local poet Joan Lindgren, less than one year after the bookstore had opened on La Jolla Boulevard.

“We were younger then and it was a smaller place, but it went on and it got wilder,” Wills said. “We cooked food, people would bring Irish beer and whiskey, and you never knew who was going to show up.”

In the past, guests have included an opera singer, literature professors, newspaper editors and a harpist with an “angelic voice.” “Whether they were Irish or not, they had some interest in some aspect of Irish literature,” Wills said. “There was one guy who had a great interest in Edmund Burke, and he would recite Burke from memory for about seven or eight minutes. It was a little longwinded, but it was something to see.”

The event proceeds in three one-hour segments, for which guests can sign up to read. In the third segment, Wills said anyone brave enough can read from a collection of letters from James Joyce to his wife.

“There was a buddy of mine in the Marine Corps who read from that in segment No. 1 last year and it offended some people. They got up and walked out,” Wills said. “That was our mistake for reading those in segment No. 1, so we warn the audience if they want to hear those they have to stay until around 10 o’clock at night when anyone who might be offended is gone.”

While he has often wondered how long the tradition would continue as he got older, Wills said it’s important to a lot of people in the community and he plans to keep the St. Patrick’s Day reading going for as long as he can.

The celebration will begin at 7 p.m. on March 17, D.G. Wills Books is located at 7461 Girard Ave.

The late professor Denis Callahan, Notre Dame Ph.D. and authority on Irish literature who taught at Southwestern College, reads during a previous St. Patrick’s Day reading at D.G. Wills Books. Courtesy photo

The event raising awareness for heart disease, the No. 1 killer of women, at the Hilton La Jolla Torrey Pines on Feb. 8. “An Affair of the Heart” featured the designs of internationally renowned designer Sandra Rhodes.

One of the most touching segments featured local cardiovascular disease survivors, who walked the runway holding bunches of red balloons, delighting the audience. Dressed in Rhodes designs complemented by Designer Millinery hats, the models threw red-heart confetti into the audience during the finale.

The American Heart Association recognized Maryle Anne Fox, Betty Beyster, Joan Jacobs, Jeanne Jones and Darlene Shiley for their philanthropic leadership in San Diego. For more information or coming events, visit GoRedForWomen.org.

UPCOMING EVENTS

March 19 — “Cherry Blossoms in Springtime” Hands of HOPE fashion show to support the Epilepsy Foundation of San Diego, 10:30 a.m., US Grant Hotel, www.epilepsyandsd.org.

April 6 — Fashion with a Passion, 11 a.m. to 3 p.m., Fashion Institute of Design & Merchandising, vendor shops and swap, www.fashionwithapassion.org.

— Diana Cavagnaro is a nationally recognized hat designer and milliner with a fashion business in downtown San Diego. She has been teaching in the fashion department at San Diego Mesa College for 20 years.

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AN AFFAIR OF THE HEART

Go Red For Women hosted an event to raise awareness of heart disease, the No. 1 killer of women, at the Hilton La Jolla Torrey Pines on Feb. 8. “An Affair of the Heart” featured the designs of internationally renowned designer Sandra Rhodes.

A Zandra Rhodes design at the event raising awareness for heart disease on Feb. 8. Diana Cavagnaro

Satori Design at Hearts, Hats and Heels on Feb. 6. Diana Cavagnaro

Fashion Files

LA JOLLA TODAY
FRIDAY, MARCH 15, 2013

LJTODAY.COM | VOLUME 18, NUMBER 18

Hearts, Hats and Heels, held on Feb. 6 at the Rancho Santa Fe Country Club and hosted by FENE magazine, raised funds to benefit KidsKorps USA, and organization designed to encourage young people ages 5 to 25 to participate in community service through volunteerism.

Participants arrived to find local vendors had set up booths for some exclusive shopping, with an array of items, including hats, heels, jewelry and more.

Some of the stand-out fashions were Satori Designs, located at Aja Home & Accessories, Melero Boutigue in Little Italy, Deja Chic Boutique in Encinitas and TR in Del Mar. Featured hats came from Del Mar Hats and Designer Millinery, and the fashion show included men’s clothes from Mister B. For more information about KidsKorps USA, visit www.kidskorps.org.

Heart, Hats and Heels included men’s clothes from Mister B. For more information about KidsKorps USA, visit www.kidskorps.org.

Designer Zandra Rhodes.

One of the most touching segments featured local cardiovascular disease survivors, who walked the runway holding bunches of red balloons, delighting the audience. Dressed in Rhodes designs complemented by Designer Millinery hats, the models threw red-heart confetti into the audience during the finale.

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La Jolla florist stays ahead of the curve for over 75 years

By ETHAN ORENSTEIN

Proving change is inevitable — and necessary — Adelaide’s, a La Jolla institution that has thrived for more than 75 years, is heading full force into the future with an ambitious makeover.

Adelaide’s began a major reinvention two years ago and has more in store in the future. As one of the few florists left in La Jolla, changes are necessary, owners said, to keep Adelaide’s competitive against discount and bulk florists.

Chief operating officer and general manager Jerry Parent said Adelaide’s traditional style has always been venerated in San Diego, but a major overhaul — changing everything from the store fixtures and paint to merchandise and pricing — was necessary to keep up with current trends and appeal to a broader audience.

“We’re not trying to veer too far away from what Adelaide’s was, but also were trying to make sure we’re encompassing the next generation,” Parent said.

The store has been redesigned with more open space and bright, colorful paint. It added a new plant and potting department, where customers can create their own fixtures and displays. Succulents, a newer trend, are available to plant with rocks, moss and vases. European giftware and accessories, that Parent said can’t be found anywhere else in the U.S., are also available to accompany floral displays.

“People are looking for things that they’re seeing in New York or Europe,” Parent said. “That’s where we keep our eyes, on those trends that are happening there, and trying to bring them here so we’re fresh, we’re new and ahead of the curve.”

Adelaide’s has also added a Friday Flower Market, where customers can purchase flowers at wholesale prices. Each Friday, designers arrange different displays to provide examples of what can be created with the available flowers.

“That’s what’s new, that’s what people are discovering with us,” Parent said. “We’re constantly evolving now. We really are offering something that’s new and fresh and different as an independent florist.”

Flower shops have changed tremendously over the 76 years Adelaide’s has been in business. Traditional florists often have a hard time staying in business trying to compete with the low-prices offered by online and phone-in flower shops.

“The 800 number-type flowers are popular because it’s easy, fast and inexpensive, and I can pick up the phone and order those types of flowers,” Parent said. “The stuff that we do is unique, stylized and customized.”

The store’s website has undergone some major changes as well. Parent said he wanted to provide customers with plenty of pictures and prices, giving them a good idea of what’s available.

“Hopefully they can get a really customized arrangement at the same price they’d get for something that’s being put together in the thousands by an 800-line number,” Parent said.

Adelaide’s is located at 7766 Girard Ave. For more information, visit www.adelaides.com.

BUSINESS

A NEW STATEMENT — Statements of La Jolla, which specializes in stationary, custom invitations and gifts, has moved to Suite F in the Crosby Center at 7734 Herschel Ave. Panache Productions, an event-planning firm that coordinates everything from luncheons to weddings and works closely with Statements of La Jolla, joined in the move. Hours are Mondays through Saturdays 11 a.m. to 5:30 p.m. and Sundays by appointment.

NATUROPATHY MOVES IN — The La Jolla Naturopathic Clinic, 7820 Ivanhoe Ave., celebrated its grand opening on Feb. 28. Owner and primary care naturopathic doctor Karen Paquette offers naturopathic consultations, vitamin injections, detoxification and therapeutic bodywork and massage. Appointments are available Mondays, Tuesdays, Thursdays and Fridays. To book an appointment call (858) 779-9120 or visit www.lajolla-naturopathic.com.

NEW SHILEY CENTER — Darlene V. Shiley has committed $5 million to a new musculoskeletal and orthopedic care facility at the Scripps Clinic. The Donald P. and Darlene V. Shiley Musculoskeletal Center, which will advance research and centralize services for orthopedic surgery, neurosurgery, sports medicine, podiatry and rheumatology. The project is scheduled to begin in June, with completion scheduled for January 2015.

NEW LOCATION FOR CHIROS — Holistic chiropractors Patricia Lotufo and Rachel Richards, who have been practicing in La Jolla for a combined 12 years, have made the move to a larger located at 7520 Eads Ave, Suite 7 to accommodate a growing customer base. The team will celebrate the move on April 11.

LA JOLLA TODAY FRIDAY · MARCH 15, 2013

Vote online at LJToday.com

CONTACT INFO (must be filled out for your votes to be counted):

Name: ________________________________
Address: ________________________________
City / Zip: ________________________________
Daytime phone: ( ) ____________________
E-mail: ________________________________

ENTRY RULES: You choose your favorite! Tell us who the best of the best is, and you’ll be entered into our free drawing. Vote for restaurants in La Jolla and UTC, (82037, 92121, 92122). Maximum of 4 categories per restaurant. Mail or hand deliver your ballot to: La Jolla Today, Readers Choice Awards: 1621 Grand Ave., Ste. C, San Diego, CA 92109 or vote online at: sjnewson.com or ljtoday.com. Please complete at least 50% of the ballot. One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by 3/22/2013.

Submit this ballot for a chance to Win Dinner for Two ($100 value) at one of the La Jolla’s fine restaurants.

Overall Restaurant
Overall restaurant service
New restaurant
Best Chef
Breakfast
Lunch
Dinner
Take-out
Sunday brunch
Family restaurant
Best Atmosphere
Restaurant Service
Restaurant w/ Wine List
Wine Shop
Wine Bar
Local Winery
Beer Selection
Sports Bar
Martini
Place to People Watch
Pet Friendly Restaurant
Live music
Place to Dance
Happy hour
Best Comfort Food
Late Night Eater
Place to go on a budget
Place for a birthday party
Most romantic
Best oceanview
Appetizer
Bagel
Bunette
Burger
Fish Taco
Fish & Chips
Desserts
Margarita
Onionette
Pastry
Pizza
Pita
Salad bar
Sandwich
Senior Special
Steak
Sushi
Seafood
American
BBQ
Asian fusion
Thai
Chinese
Pho
Greek
French
Indian
Italian
Korean
Mediterranean
Mexican
Mexican (fast food)
Bakery
Bar
Cafe
Catering
Coffee shop
Deli
Gelato
Ice cream / Frozen yogurt
Vegetarian
Patio dining
Senior special
Wings
Bird Rock art community grows

By DAVE SCHWAB

There’s an art renaissance afoot in Bird Rock with the emergence of new galleries.

Two of the most recent are GALEREie at 5629 La Jolla Blvd. and The Art Nest at 5648 La Jolla Blvd.

The owners of both new hybrid galleries say their existence is indicative of the neighborhood’s growing cultural and artistic awareness.

“Over the last year or two art galleries are just booming,” said Sejla Holland of GALEREie. “It’s starting to reflect the community.”

A Bosnian expatriate, Holland, who’s lived in Bird Rock for 15 years, previously owned an art gallery in Laguna Beach. She opted to close that one and open a local space last September because she wanted to bring her art “closer to home” and make it more focused on the community. Meanwhile, Anseath Richards, owner of Art Nest, saw a niche that could be filled with her business experience.

“I wanted to open a cooperative art gallery with shared creative space for artists complimenting my existing wedding business, The Bridal Bar,” said Richards, who is a former La Jolla Realtor. “Artists rent space out of the back of our building and it’s very affordable.”

HOMETOWN-INSPIRED ART — Bish- op’s School graduate Natalia Wrobel will display a La Jolla-inspired exhibit at the new Strand Salon. Although Wrobel’s permanent studio remains on the East Coast (she studied art at Harvard), her work will make its La Jolla debut in the spring.

The festival will be brought to life thanks to the collaboration of Bird Rock Arts Gallery owner Maria Parenteau and local artist, gallery advisor and festival director Fernando Pinon.

“It’s a great chance to bring artists from across the spectrum into one place to showcase their work and educate the art-loving community of Bird Rock,” said Pinon. “Plus, it’s the only place in La Jolla where you have such direct and immediate access to a wide range of artists that can produce custom works of art and home décor from sandals to salt shakers.”

ARTS TODAY

OPERA + COMMUNITY — Young opera musicians will converge at the La Jolla Community Center on March 15 at 7:30 p.m. for an event to benefit the community center and the Point Loma Opera Theatre. The Arias and Baritones fundraiser offers guests a rare glimpse at the region’s up-and-coming operatic artists, including tenor Alexis Alfaro, baritone Anthony Winston-Martini and soprano Michelle Law. Tickets are $10-$15. For more information or to purchase tickets, call (858) 459-0831.

SPRING CLEANING — The La Jolla Art Association will feature some of the community’s best known living artists’ work in the Clean Sweep for Spring art show, on display at the gallery, 8100 Paseo del Ocaso, Suite B, until April 6. More than 20 artists will feature work at steeply discounted prices. Receptions will be held on March 16, April 6 and April 13 from 7 to 9 p.m. For more information, call (858) 597-8187 or email n59melinda@aol.com.

THANK YOU READERS FOR VOTING ME BEST ACCOUNTANT

Stanley M. Back
CERTIFIED PUBLIC ACCOUNTANT
Certified in California, New York and Nevada. Serving Southern California since 1979
7911 Herschel Avenue, Suite 208
La Jolla, California 92037
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Thank you La Jolla! Thank you readers for voting me Best Accountant.

One thing you can count on when the rest of the attention is on you. No more miserable dates. No more surprising prices. Instead, you can count on your $400 off. Up to $400 off for ongoing weekly or biweekly cleanings with Merry Maids advantage. Plus receive 10% off Wine Cleaning Service. First-time – 1 to 2 hours and 10% off your weekly or biweekly cleaning fee. The first two visits are free for new customers only. This offer may not be combined with any other coupons. This offer is valid for 24 months or one year from date of service (whichever comes first). Offer expires on 12/31/13. Merry Maids is trademark of Merry Maids Licensing, Inc. Merry Maids of La Jolla is independent franchise. Please call for details and availability.
Recognizing real dedication

Of all the annual daytime gatherings that occur in San Diego, one of the largest and best known is the Women of Dedication Luncheon. The 48th anniversary edition of this popular event took place March 8 at its traditional Sheraton San Diego Hotel and Marina venue. Betty Brayshay and her daughter, Marla Black, teamed up as co-chairs, and they called it “A Garden of Giving.” It was a very apt title, because each year, the event honors a number of outstanding women for their extraordinary leadership and incredible contributions to the community through volunteer service in various cultural, educational, philanthropic and religious organizations.

The luncheon is also the major fundraiser for The Salvation Army Women’s Auxiliary of San Diego County. Construction is under way to expand the Army’s Door of Hope Transitional Living Center, which provides a secure environment for pregnant mothers and their children. This expansion will include 24 new apartments, providing a safe haven and supportive temporary home for 24 at-risk women and children in desperate need. Proceeds from the luncheon will go toward providing furnishings for those apartments, so that each bedroom, living room, kitchen and bathroom will have the necessities needed to make it a home.

The event began at 10:30 a.m., with a reception, boutiques and big

SEE SOCIETY >> PG. 20

Starry, starry nights

with Vincent Andrunas

message from the COB

Last Wednesday February 20th the Chamber held their monthly Business After Five at the La Jolla Brew House. The happy networkers enjoyed a delightful variety of salads, breads, appetizers and some great sausages out on their spacious covered patio.

On February 28th the Chamber celebrated a Ribbon Cutting at the offices of their newest member, Dr. Karen Paquette of La Jolla Naturopathic Clinic located at 7820 Ivanhoe Street in La Jolla.

For the March Mixer the Chamber is going back over to UTC to enjoy the special taste of Leucadia Pizza located at 7748 Regents Rd. Besides great networking, there will be complimentary pizza, salads and snacks.

Attendance for Members is $10 and non-members are $15. Groups of three or more will be $10 each. For information about the event or membership contact Chamber President: George Schmall at his office of Financial Bodyguards.

(858)350-1253

WWW.LJGTCC.COM

WHAT:

La Jolla & Golden Triangle Chamber of Commerce’s “Business After Five” Mixer

WHERE:

7748 Regents Rd
La Jolla, CA 92122

WHEN:

March 20, 2013
5:30-7:30 p.m.

Members $10.00

Non-members $15.00

Photos from last month’s BAF Mixer @ Brew House

Raffle winners pose with COB George Schmall (2nd from left).

Chamber members enjoyed food and networking at the BAF at La Jolla Brew House.

Ribbon cutting for La Jolla Naturopathic Clinic.

San Diego, Joan Embrey and Duane Pillsbury.
Bistro Pazzo

The whole idea of a bistro, says Seto Marselian, owner of Bistro Pazzo, is to offer a neighborhood place where everyone knows you - where great friends and great food meet. Bistro Pazzo is going on its 4th year, located just slightly off the beaten path, just off Prospect Street at 7930 Ivanhoe Ave - and the “hidden gem” nature of the eatery makes it just that much more of a neighborhood treasure. Within walking distance to shopping, hotels, the financial district, and the famous beaches of La Jolla.

Open for Lunch and Dinner, Bistro Pazzo is definitely the “hidden gem” of La Jolla. Come enjoy this small neighborhood Italian bistro seven days a week. Moderate prices, great food, good portions, and a vast wine list with crazy service. You can be crazy too, no one will mind. Really! 858-456-4005 www.bistropazzo.com
Therapy for Alzheimer’s Patients Improves Life

Even though there is not yet a cure for Alzheimer’s disease, researchers have been looking into therapies that can improve a person’s quality of life, possibly lessen some of their symptoms and help them function better.

- Nortepad Computers – Some lightweight touchscreen computers, with puzzles, games and apps, are being used to exercise the person’s mind, help them improve their dexterity and even help remind them of things. The games help the person feel that they’ve accomplished a task and are an accomplishment.

- Bright Lights – A study that was published in the Journal of the AAM found that either intensive light therapy or UV light therapy has helped a person with memory issues have better cognition and helps improve mood. It may be especially helpful with sun-dawning behavior.

- Art – This is increasingly being seen at museums around the country, where there are programs for people with Alzheimer’s to view and create art. The result is being researched that letting the person have that extra piece of pie or that night-time drink makes the person more content and peaceful. This could cause them to need less medication.

- Tell a Story – Having the Alzheimer’s patient in a group, looking at pictures and making up a story about that picture helps the person be creative, as well as helping them socialize.

No therapy at this time can reverse Alzheimer’s, but more people are working to help improve the quality of life. For more help in dealing with an Alzheimer’s patient, call the RN care manager at Innovative Healthcare Consultants at 1.877.731.1442 or see us online at www.innovativehc.com.

Women With Hair Loss Can Have Thick and Healthy Hair

Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing, healthy human hair!

The unique patented process used at Judy’s Salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair.

Most women who want this service suffer from thin, weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

Hair Extensions FAQ

How Do You Match Extensions to a Client’s Existing Color?

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

How Do You Customize Extensions for a Client With Thinning Hair?

Use an extension with a smaller attachment bond and a single-strand application process so the hair is not damaged and can hold the weight of the extension. This will give the natural looking volume and length to thinning hair.

How Do You Match Hair Extensions for Clients With Curly Hair?

If a client with curly hair wants to wear their hair straight then nothing needs to be done to the extensions. If the hair is worn curly most of the time the extensions can be permed prior to attachment to the natural hair.

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JOHNNY MCDONALD

When exploding meteors crash to earth and asteroids zoom past, people begin to take note of how vulnerable life can be on this planet.

On our globe, however, it can be said that scientists have their hands full keeping abreast of challenges that demand their expertise.

 Birch Aquarium has been, and will continue to, cover some of these evasive topics during lectures this spring.

Professor emeritus Richard Somerville, a world-renowned Scripps climate scientist, explained the scientific case for urgent action to limit climate change on March 11.

Next up, geophysicist Michael Hedlin will describe on April 8 how the new field of atmospheric acoustics is allowing researchers to listen to earth from earthquakes and volcanic eruptions to meteorite impacts.

Then, division director Lisa Balance will discuss research and programs that are informing how we can protect and sustain precious ocean resources.

Each year since 2001, these informative lectures for the public, students and faculty have dealt with a multitude of topics, including “oceans, atmosphere, solar activity, weather and temperature, magnetic field physics of earthquakes and coral reefs,” said aquarium executive director Nigella Hillgarth.

Titled the Jeffrey B. Graham Perspectives on Ocean Science Lecture Series, the lectures enlighten not only those in the audience, but millions online viewers, as well. Hillgarth said they have registered 9.96 million downloads of past series that have touched on climate change, atmospheric acoustics and ocean resources.

“We’re proud of the series,” she said. “It’s for the lay person who wants to know more about ocean science, as well as students and faculty from UCSD.”

Scippers researchers are noted for their diversity of topics, from monitoring earthquakes worldwide to searching the ocean depths of the Mariana Trench.

“Scippers scientists are exploring earth’s mysteries through hundreds of research projects under way on every continent and in every ocean,” Hillgarth said.

She pointed out that schools don’t have the resources for science studies as in the past so it’s not taught as much.

“Places like our lecture series, our museums and those in Balboa Park help to get kids excited and interested,” she said.

Lectures start at 6:30 p.m. Admission is $8 for the general public; $5 for students and educators. For more information or to RSVP visit aquarium.ucsd.edu.

—— Johnny McDonald is a longtime writer and columnist for the San Diego Community Newspaper Group.

What type of hair extensions do you use?

Judy uses Great Lengths all-natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein the same molecular structure as your hair. This application process does not harm your own hair. While others use techniques such as welding, sewing, gluing or knotting which strain your hair to a high degree Judy uses a much more gentle principle called modulating. An extremely high tech method of bonding the hair strand to your own hair. Extensions can be used for volume, length, colouring or simply adding style. Judy will offer a free consultation guiding you through your new style. Whether creating a new look, following fashion or with a special occasion on the horizon, Judy’s hair extensions have over 55 colours to choose from and blend with your own hair for perfect colour matches. Most importantly your own hair will not be damaged and the extensions can be easily removed by an expert.

Can hair extensions damage my hair?

No, they will not. Actually, even very fine and damaged hair can become healthier if you’re wearing hair extensions because they will protect your hair from things that could damage it like coloring, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed.

This is different than many hair extension methods that bond too tightly to your hair. Those old methods can lead to hair breakage when being removed. Judy’s La Jolla hair extensions are applied to your natural hair by using a safe, all-natural, keratin protein bond application system.

Will the hair extensions match my natural color?

Yes, the hair extensions are offered with custom hair color blending. With well over 55 natural, vibrant hair color options to choose from, it is possible to match just about any hair color. This will create the most natural and real-looking hair extension possible.

Are hair extensions uncomfortable?

Judy’s La Jolla Hair Extensions are applied to your hair with a very small bond of natural keratin protein. Most people don’t even notice a difference between the hair extensions and their own natural hair.

How do I maintain my extensions at home and between visits to the salon?

Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will show you how to shampoo, condition, brush, comb, style and appliances for use at home. Hairstyling is very similar to how you style your hair without extensions. Contact Judy in La Jolla today for answers to any more of your hair extensions questions. http://hairextensionsoflajolla.com/

Call today and receive $200 off on your first full head of hair replacement! 1-858-456-2344. Judy Judy Judy, 7374 Herschel Suite #1, La Jolla.

Spring into spring dining

With San Diego on the cusp of springtime, La Jolla chefs are preparing for the season with fresh new seasonal dishes.

EXECUTIVE CHEF TREY FOSHEE at GEORGE’S AT THE COVE recently revealed his array of seasonal California Modern menu items, including springtime twists on his dry-aged ribeye, diver scallops, Jidori chicken, local black cod and Thai snapper. Mixologist Frankie Theriel’s newest lineup of seasonal craft cocktails, such as the Manitoba Spring, Taproot Cooler and Cienega, provide the perfect pairing. George’s Bar and Ocean Terrace will also feature desserts crafted by pastry chef Lori Saur, like the mocha mousse bar, sticky toffee pudding cake and lemon chiffon. 1250 Prospect St. www.georgesatthecove.com (858) 454-4244.

HERRINGBONE’S FRESH ADDITIONS, crafted by “Top Chef” celebrity cuisine Amanda Baumgarten, include a selection of fresh farm cuisine like scallops, spring vegetable crudités and a range of every fresh wild-caught fish imaginable. Don’t miss the $1 oyster hour on weekdays and $12 Sunday brunch bottomless mimosas.


TO KICK OFF SPRINGTIME WITH A SPLASH, The Marine Room welcomes diners to enjoy any one of its seasonal events amid the crashing waves knocking on the restaurant’s windows. The landmark will host a Mother’s Day cooking class and dinner, a decadent Mother’s Day menu and the oceanfront restaurant’s ever-popular high tide dinners.

The Mother’s Day cooking class and dinner starts at 6 p.m. on May 1 and features a special cooking demonstration by executive chef Bernard Guillou and chef de cuisine Ron Oliver, followed by a three-course dinner and wine pairings. Tickets for the dinner and class are $75 per person. An à la carte Mother’s Day menu will also be available on May 12 from 11 a.m. to 7 p.m.

The dramatic dining experience at the restaurant’s high-tide dinners will kick off on May 22 and run through Aug. 21.

2000 Spindrift Drive www.marine room.com (858) 459-7222 — Mariko Lamb

Bridal Hair Extensions for your perfect wedding look.

Don’t be limited to your current hairstyle for your wedding, prom or any special occasion. By adding 100% natural hair extensions you can add volume, length or completely change your look. Call Judy for a free expert consultation when considering hair extensions or hair recovery treatments.

$200 OFF your first full head of hair extensions

Judy Judy Judy Hair Salon is located in downtown La Jolla 7734 Herschel Ave. Suite P, (858) 456-2344 • www.beautybyjudy.info
La Jolla band The Saline Solutions is hitting it big locally with an original song on The Weather Channel’s “Lifeguard!,” as well as six gigs this month. “Lifeguard!,” as well as six gigs this month.

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San Diego’s arts community offers many wonderful cultural events and programs throughout the year, but for both sights and sounds, nothing compares to the annual Indian Music and Dance Festival. Taking place this year March 19-24 at the David and Dorothée Garfield Theatre, the event features 19 programs. The festival showcases the music and traditional dance of India, alongside wonderful food. Between the colorful clothing, enchanting music and savory meals, it’s a feast for the senses, with more than 5,000 people expected to attend. Dozens of internationally renowned artists will take part, including sitarist Charumathi Ramachandran, who will perform an opening night concert of Raga’s, dedicated to the late Ravi Shankar, who passed away at his Encinitas home late last year. A further tribute to Shankar will take place on March 23.

Other highlights include a children’s program, a concert from the Trichur Brothers performing traditional Carnatic music, as well as dance programs, highlighted by a performance of the classical dance form Mohiniyattam by Gopika Varma.

Upcoming shows:

- March 15, 10 p.m. — The Salty Frog, 992 Palm Ave., Imperial Beach
- March 17, 2:30 p.m. — St Patty’s at Effin’s Pub, 6164 El Cajon Blvd.
- March 21, 9 p.m. — Tin Can Alley, 1863 Fith Ave.
- March 29, 9 p.m. — 710 Beach Club, 710 Garnet Ave.
- March 30, 9-9:30 p.m. — Effin’s Pub, 6164 El Cajon Blvd.

For more information, visit www.facebook.com/salinesolutions.
Kids experience performing arts at Junior Theatre Camp

Join Junior Theater this summer and experience the wonderful world of performing arts where campers will take classes in acting, dance, and singing.


To register or for a list of camp dates, descriptions and pricing visit juniortheatre.com. Register early as our camps fill quickly.


For more about San Diego Jr. Theatre call (619) 239-1311.

Nike Golf Schools & Junior Camps 2013

Nike Golf Schools and Jr. Camps offer a variety of programs designed to meet the needs of each camper. Every facet of the game is covered during morning instruction and afternoon course play. Beginning, intermediate, high school and advanced players can immerse themselves in the sport for an entire week.

Our camps are led by directors who are nationally recognized PGA/LPGA professionals and college coaches and are joined on staff by other teaching professionals, college assistant coaches, renowned high school coaches and former/current college players.

Enroll in a Nike Jr. Golf Camp today and see why over 150,000 junior golfers have participated in what we believe are among the best junior programs in the country.

The Peninsula YMCA

The Peninsula Family YMCA offers day camps all summer long beginning June 12 through August 30. Day camps range from a variety of choices and for youth ages 5-16.

There are many new camps to choose from and some returning favorites includ- ing ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more.

Kids will grow, discover and explore while making lasting friendships and memories.

Camps fill up fast, so please sign up early. To ensure that every child and teen has the chance to go camp, the Y offers financial assistance to those in need.

To register to either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8888 for more information.

Pacific Beach United Methodist Church Extends a Warm Welcome

Chartered in 1947 and still celebrating the grace of God, the Pacific Beach United Methodist Church (PB UMC) is a faith community which people of many ages, stages, and backgrounds call home. Some have claimed PB UMC as “their” church since the 1950’s others have just arrived. The church is known for excellent music, uplifting messages, opportunities for com- munion, service, creativity in putting everyone’s gifts to work, and a beautiful courtyard complete with what must be Pacific Beach’s largest living Christmas tree!

PB UMC has long-held commitment to supporting families by sponsoring kids to participate in a resident summer camp in Julian, organizing week-long youth service projects which prove inspiring and eye-opening to teens, and mentoring young people. This year the church will add an arts day camp to its array of youth opportuni- ties.

More information is available at www.myPBchurch.org.

Day Camps at La Jolla YMCA

The La Jolla YMCA offers day camps all summer long beginning June 12th through August 30th. Day camps range from a variety of choices and for ages five to seventeen years old. There are more than 100 camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will learn, grow and thrive making lasting friendships and memories. Camps fill up fast so please sign up as soon as possible. To ensure that every child and teen has the chance to go camp, the Y offers financial assistance to those in need. Also, it’s not too late to sign up for our spring camps beginning April 1 through April 5. To register to either spring or summer camps, please visit lajolla.ymca.org or call (858) 453-3483 for more information.
Is the real-estate market in a recovery?

Charles Schevker & Natasha Alexander

I
s it time to buy? Is it time to sell? Is it time to do both? Or is it time to sit and do nothing?
The real-estate market in La Jolla has already begun to show signs that might signal a recovery — the question is whether or not such progress will be sustainable for the months and perhaps years ahead. So much of that answer lies well beyond our control, with concerns like interest rates on mortgages, fiscal policy of the government, income tax regulations and, of course, the economy and job growth as a whole. If you are a buyer, you may be in denial of any such recovery, and if you are a seller you are so hoping this is real.

It is both interesting and confusing to look at data on real-estate sales. Some sources like to publish median home sale prices from the same month sales, though between two different years. For example — and this is not real data — if a source reported median home sales for February 2012 as $450,000 compared to median home sales in February 2013 of $528,000, this might lead one to conclude an increase in median home prices of 17.3 percent. Is this believable? Not sure how credible that would be. Rather, we would like to suggest that a one-month data point does not make a trend.

In La Jolla, the average number of homes sold each month for recent years is as follows: 2009 — 45, 2010 — 45, 2011 — 46, 2012 — 60.

Now, this is a trend worth contemplating. This might suggest that from 2009 to 2011, the market flattened out from its previous decline, and last year saw a real increase in sales. 2005 was the peak of the most recent real-estate cycle, and during that year an average number of 77 homes sold per month. While the market is not as robust as it was in 2005, there is optimism that a recovery is upon us.

Another positive trend to consider is annual selling cycles. In those years since 2005, selling cycles were clearly defined by highs and lows throughout the year, while in 2012 we witnessed increasing sales month over month, from beginning to end of year.

Now, at the same time let’s take a look at what has been trending for housing inventory (the number of houses available for sale). In 2009, the available inventory peaked at around 883 units for La Jolla, compared to nearly 2,722 now. To put this into some perspective, imagine if this was Black Friday and there was a frenzy of Christmas shoppers waiting at the front door of Wal-Mart, yet the store’s shelves were only stocked to a level of 30 percent. When the doors open, what do you think would occur? Well, we would suggest not standing in front of those doors.

Here are just a few things to keep in mind that may help you to recognize whether the market is shifting from a buyer’s market to a seller’s market (meaning that pricing and trends are in favor of the seller). (1) Inventory levels drop mostly because they cannot keep pace with the demand; (2) home sale prices begin to increase; (3) sellers begin to receive multiple offers and in some cases there are sightings of bidding wars; (4) seller subsidies like seller financing and seller contributions toward buyer closing costs begin to fade away; and (5) buyers obtain lender pre-approval and place higher down payments to persuade lender financing, all to win over seller confidence.

In fact, if you want more inside knowledge of the real-estate market, adopt a real-estate agent as a helpful resource.

Do you have a question about real estate in San Diego? Send your inquiries to Cschevker@san.rr.com. We will respond directly to you, and those questions that have a broader public appeal will be published along with our next column in La Jolla TODAY.

REAL ESTATE BRIEFS>>

San Diego-based ihomebutler, an online service that interactively assists homeowners with individual maintenance management, announced the official launch of its online platform to homeowners across the nation. After a soft launch last November, the company has since been working with residential property owners, housing industry professionals and service providers to build its database of both users and verified businesses.

Once a homeowner inputs their residential property’s information into the system, the ihomebutler application sends automated quarterly reminders to suggest maintenance checks or the need for professional service.

“We’ve used our own experience in the handling, purchasing, selling and financing of residential properties to identify the needs of today’s homeowner,” said CEO Bruce Ives. “Through automated notifications, our goal is to help our members prevent accidents and costly repairs attributed to home issues that could have been avoided with a timely check or service.”

Once a homeowner receives the quarterly notification email, he or she has the option to “Get a Bid” from licensed and bonded service providers in the respective area.

Areas of specialty include plumbing, air duct cleaning, roofing, carpenters, cleaning services, electricians and landscapers.

ihomebutler’s platform also allows real estate and insurance brokers to enter in their client’s home information to send out the reminders on a quarterly basis, giving brokers a way to stay in contact with clients and positioning them as a helpful resource.

ihomebutler is offering users a free annual membership, regularly priced at $149/year, for a limited time.

“We’ve hit the ground running in Southern California over the past few months and will continue to expand our focus to new markets, offering our innovative service to homeowners across the nation,” said Ives.

For more information, visit www.ihomebutler.com.

— Staff and contribution

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$2,750,000
GALLERIES >> CONT. FROM PG. 11

Richards said her shared gallery space at The Art Nest forms a synergy with her other enterprises, which include a nonprofit promoting women’s health resources, The National Cheers Foundation.

“I got the idea (for Art Nest) working with brides and generations of women realizing how stressful things are for women and how they tend to things for everyone else other than themselves,” she said, noting each of her businesses “kind of helps the other in a circle.”

Richards said she chose to put “nest” in the name of her new gallery because it’s a metaphor suggesting her desire to incubate local art within the community.

As for Holland, she said the gallery’s unusually spelled name connotes the originality of its contents.

“We have an eclectic combination of art, design, furniture, and clothing and fashion,” she said. “It’s not your typical gallery where it’s just one medium. That’s what makes it different. You can shop for a piece of art or a beautiful outfit.”

Holland said all the clothing sold at GALERIe is either handmade or composed of organic fabrics.

Besides renting space for local artists to exhibit, Richards’ multifunctional space is also available for hosting a wide range of fundraising events — everything from wine tastings and educational seminars to Christmas parties. For a cost of $250 an hour, she’ll even throw in her own complimentary event-planning services.

“The Art Nest is a venue, and we can have small parties up to about 60 people for two to four hours,” she said. “We’ll help you line up what you need — a sound system, entertainment, catering, invitations, etc. It’s a very unique space.”

Holland, who has brought much of her art down with her from Laguna Beach, said she’s in the process of converting GALERIe to a more local focus.

“We really want to promote local artists, whether they’re designers or jewelry makers or photographers,” she said. “We want them to be able to showcase their work. I’m looking to start engaging more local artists, either from La Jolla or elsewhere in the San Diego community.”

For more information about GALERIe, call (858) 869-4196. For information about Art Nest, visit the gallery’s Facebook page.

PARROTS >> CONT. FROM PG. 1

populations today.

The other theory, Strauss said, is that parrots native to northern Mexico came to California in search of a suitable habitat as areas of Mexico became deforested.

Whatever the reason, the exotic birds have established themselves as a colorful addition to more than 500 species of birds found throughout San Diego County.

“San Diego has an amazing diversity of birds, and that’s because we are lucky enough to be located on a major migration flyway,” Strauss said.

Strauss said anyone interested in learning more about the variety of birds in San Diego should go on a San Diego Audubon Society bird walk. Throughout the month experts guide guests through local areas around the county like Santee Lake and La Jolla Shores to observe birds.

For more information about the walks, visit www.sandiegoadubon.org.

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GIGI GENTRY (858) 775-9269

Gigi Gentry is a third generation native La Jollan and life-long member of the La Jolla Beach and Tennis Club. She has an eclectic and extensive real estate background and is very active in the La Jolla Community. Her current community project is The Putting on the Ritz Benefit for the San Diego Zoo.

PRISCILLA FONYAT- (858) 361-5582

Priscilla Fonyat is a native Brazilian and is bi-lingual with her native Portuguese and Spanish languages. She is active in the San Diego international community and works with Buyers and Sellers from all over the world. Her focus area is the San Diego Coastal Communities.

For more information about Harcourts International founded in New Zealand in 1888, headquartered in Australia, please contact:

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Which of These Costly Mistakes Will You Make When You Sell Your La Jolla Home?

LA JOLLA - A new report has just been released which reveals 7 costly mistakes that most home-owners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become less and less effective in today’s market. The fact of the matter is three quarters of home-sellers don’t get what they want for their home and become disillusioned and worse - financially disadvantaged when they put their home on the market.

As this report uncovers, most homeowners make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar”.

To hear a brief recorded message about how to order your free copy of this report, call 1-800-467-9064 and enter ID# 2000. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home.

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Sat & Sun 1-4pm...........7734 Hidden Valley Ct..............4BR/3BA...........$3,100,000-Vince Cueto ◊ 658-518-1236
Sat & Sun 1-4pm...........5712 Skyline Pl..............3BR/3BA...........$1,250,000-Peggy Weinbrecht ◊ 658-234-2304
Sat 12-3pm..............333 Midway Dr................3BR/3BA...........$1,950,000-David More ◊ 619-994-2438
Sat & Sun 1-4pm...........5712 Skyline Pl..............3BR/3BA...........$2,750,000-Olivia Moore ◊ 658-357-4767
Sat & Sun 1-4pm...........460 Gavila......................2BR/2BA...........$1,325,000-Marie Hult ◊ 619-838-9400
Sat 12-3pm..............5431 Westwind Dr..............4BR/2.5BA........$1,489,000-Michelle Dykstra ◊ 658-344-7653
Sat & Sun 1-4pm...........5632 Rutgers Road..............4BR/4BA...........$1,595,500-Tammy Davis ◊ 658-699-3765
Sat & Sun 2-4pm...........373 Coast # 3 #..............2BR/2BA...........$1,799,000-Virginia Luccom ◊ 619-981-2323
Sat & Sun 1-4pm...........1486 Vista Canadita..............3BR/2BA...........$1,175,000-Janet Davis ◊ 658-353-7854
Sat & Sun 1-4pm...........333 Midway St..............3BR/2BA...........$1,900,000-Susana Cortes ◊ 658-229-8120
Sat & Sun 1-4pm...........7710 Hidden Valley Court..............2BR/2.5BA...........$2,395,000-Susan Compan ◊ 658-775-7333
Sat & Sun 1-4pm...........1944 Little St..............4BR/4BA...........$3,538,000-Brenda Wyatt ◊ 658-215-7397
Sat & Sun 1-4pm...........1944 Little St..............4BR/5BA...........$4,478,000-Sarah Hym Towler ◊ 619-813-6609
Sat & Sun 1-4pm...........1944 Little St..............4BR/4.5BA...........$4,499,000-Ed Macri ◊ 658-382-6006

PACIFIC BEACH / MISSION BEACH / CROWN POINT
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POINT LOMA / OCEAN BEACH
Sat & Sun 11-4pm...........3917 Norma St..............2BR/2BA...........$895,000-$923,000-Christopher Dugad ◊ 658-722-8844
Sat & Sun 1-4pm...........487 Harbor View Place..............4BR/4.5BA...........$2,495,000-Scott Remit ◊ 658-852-8827

UNIVERSITY CITY
Sat & Sun 12-3pm...........5382 Renaissance Ave..............3BR/2BA...........$1,100,000-Chris Enyes ◊ 619-795-8777
Sun 1-3pm..............4189 Sterling Way..............3BR/3BA...........$895,000-$923,000-Christina Dugad ◊ 658-722-8844

CARMEL VALLEY
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more information on the free festival,

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PAWS HIT THE PAVEMENT — The Escondido Humane Society will host a community walk at its 14th annual Paws in the Park fundraiser on March 24 at the Kit Carson Park, 3333 Bear Valley Parkway in Escondido. Festivities will begin at 8 a.m., and paws will hit the pavement at 9 a.m. along a 1.5-
or 2.5-mile course. A post-walk celebration will begin at 10:15 a.m. with activities for the whole family. The first 1,000 walkers will also receive a goodie bag, and all walkers will receive incentive prizes based on dollars raised for the humane society.

Registration is free at www.escondido-
humanesociety.org or on the morning of the event. For more information, call (760) 888-2235.

50 YEARS OF SURF — The Windansea Surf Club is kicking off its 50th anniversary celebration with a one-of-a-kind rummage sale on March 23 from 8 a.m. to 2 p.m. Featuring an array of surfing items, as well as traditional rummage-sale items. Proceeds from the sale will support the club’s community service projects, including Day at the Beach for underprivileged children and the Menemune Surf Contest for young surfers. The event will take place at the La Jolla Methodist Church, 6063 La Jolla Blvd.

Events around town >>

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