Three local companies play crucial roles in fight against Ebola

By DAVE SCHWAB

The consensus among local scientists and scholars who recently weighed in on experimental drug use in the treatment of two Ebola-infected Americans is that, under the circumstances, it was morally right.

“In this case, what’s unusual is that the proper treatment is a new one, had not been tried on humans in any way,” said Michael Kalichman, a professor and director of the UCSD Research Ethics Program, who noted extensive drug testing with animals is standard practice in first combating disease outbreaks like those from Ebola.

Kalichman pointed out that the federal Food and Drug Administration (FDA), which protects public health through regulation of food and drugs including vaccines and biopharmaceuticals, has an “escape clause” when it comes to experimental drugs on humans.

“It’s FDA’s compassionate use policy,” he said. “Which states that an untested drug can jump over hurdles and be used sooner in people on the assumption that trying it couldn’t make the patient any worse.”

Kalichman said the moral dilemma of using experimental drugs on Americans is that, if it makes them worse or is fatal, the decision to use it at all will be challenged.

“Our goal is to try and choose the least bad, and that’s not always easy,” he said, adding, "This is a tough situation ethically precisely because the choices you have are all bad.""Kalichman said the international community will also question on whom the experimental vaccine was used.”

“They’ll be asking: Why were two of the first people to get the vaccine from the United States rather than from Africa?” he said. "Ebola virus disease is an illness of humans and other primates fueled by an Ebolavirus. The disease, spread by contact with bodily fluids of infected people or through contact with exotic like fruit bats, is primarily prevalent in remote Central and West African villages. Symptoms of Ebola virus disease, also known as Ebola hemorrhagic fever, include fever, severe headache, muscle pain, weakness, diarrhea, vomiting, stomach pain and lack of appetite. Symptoms may appear anywhere from 2 to 21 days after being exposed to the virus. Over the course of several days, the virus multiplies in the body, eventually leading to multi-organ failure and death in about 50% of cases.”

Overriding objections by beach-access proponents, the California Coastal Commission Aug. 14 unanimously endorsed a five-year ban on people accessing La Jolla’s Children’s Pool from Dec. 15 to May 15 to afford greater protection to harbor seals during their pupping season.

It was the latest twist in a series of back-and-forth developments over several years defining the relationship between seals and human recreational users — swimmers, fisherman, divers, otters — who access the ocean via the protected pocket beach.

Paid for by La Jolla philanthropist Ellen Browning Scripps and created as a safe wading area for children, the pool was deeded to the city in 1931. During the 1990s, the manmade breakwater became increasingly overrun by seals, who turned the pool into a haul-out site and a rookery.

In 1997, the pool was closed to human contact by the county health department because of high bacteria counts from seal waste buildup in its shallow waters. Signs there continue to warn that water contact could pose a serious health risk.

In rendering their decision, coastal commissioners argued the city of San Diego’s shared-use policy allowing both species year-round access at the pool has failed.

“It hasn’t worked out in terms of what the mayor vetoes and can override the mayor’s veto with six votes. Republican Councilmember Lorie Zapf did not vote on the override.

San Diego is among several cities across the country joining a push by Democrats and labor groups to increase the minimum wage at the local and state level as Republicans in Congress oppose raising the current federal wage floor of $7.25 an hour. The California minimum wage is $9 per hour and will climb to $10 next July.

The San Diego Regional Chamber of Commerce has promised to try to roll back the wage increase through a referendum. It has about 30 days to gather the 14,000 signatures needed to place its challenge on the ballot.

Council President Todd Gloria said a referendum wouldn’t take place until the June 2016 primary election, meaning city officials and residents would debate the issue for nearly two years.

— Staff and contribution

5-year ban on Children’s Pool access during pupping season wins approval

By DAVE SCHWAB

At a special meeting called during its August recess, San Diego City Council voted 6-2 on Aug. 18 to override Mayor Kevin Faulconer’s veto of the city’s hourly minimum wage ordinance, which provides incrementally increased pay over three years and five days’ earned sick leave. The law is aimed mostly at helping low-paid restaurant and retail workers.

The ordinance sets San Diego’s minimum wage at $11.50 per hour, implemented over three years, to increase to $9.75 in January of 2015, $10.50 in January of 2016 and $11.50 in January of 2017. Wages will then be modified to keep pace with the Consumer Price Index beginning in January of 2019.

The ordinance passed City Council along strict party lines, 6-3, on June 14 before being vetoed by Faulconer on Aug. 8. The city charter allows council to reconsider any resolution or ordinance the mayor vetoes and can override the mayor’s veto with six votes. Republican Councilmember Lorie Zapf did not vote on the override.

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— Staff and contribution
Motion on revenue producers is defeated, refuels 6-year-old debate of LJVMA meeting

By DAVE SCHWAB

A proposal to explore revenue-producing alternatives, including the installation of parking meters in the Village, resurfaced a simmering community debate at La Jolla Village Merchants Association’s (LJVMA’s) August meeting.

Board member Nancy Warwick was defeated in her attempt to amend a motion brought by board colleague and attorney Mark Krasner to research various ways to increase the revenues of LJVMA. Her reasons included “a lack of community support for it in the Village only six years ago and the negative impact it would have on some businesses like restaurants or hotels that rely on valet (parking).”

Krasner said tax-funded mechanisms he’d like to see include a Maintenance Assessment District (PBID), any other revenue stream “that can further our purposes,” and the negative impact it will have on “business is changing in our community, and we should always keep an open mind, and parking is something that we should consider.”

Past LJVMA president Phil Coller said he would focus on “any revenue-generation plan that will produce animosity between the residents and the businesses.”

Warwick, noting that Krasner’s motion was merely to initiate study on revenue-generating ideas, not take action on them, said, “It’s a new day,” he said. “We should leave no stone unturned. We should keep the board what happened six years ago and the negative impact it would have on some businesses like restaurants or hotels that rely on valet (parking).”

Krasner said tax-funded mechanism he’d like to see include a Maintenance Assessment District (MAD), a Property Based Improvement District (PBID) or any other revenue stream “that can further our purposes in a much stronger manner.”

“Do we want to chase away customers with our general lack of public transportation,” warned Warwick.

Noting he was neutral on the paid parking issue, board member Trenton Bonner pointed out that “business is changing in our community, and we should always keep an open mind, and parking is something that we should consider.”

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Krasner’s motion was merely to initiate study on revenue-generating ideas, not take action on them. “It’s a new day,” he said. “We should leave no stone unturned. We should keep the board informed.”

First District Councilwoman Sherri Lightner said city policy now requires a 45-55 split between community and city on paid-parking revenues. “The city gets the bigger portion,” she said.

“I think we need to look at this (revenue generation),” said Marengo, noting he wasn’t endorsing paid parking, merely advocating its study. “If anything, it might confirm what happened six years ago and we’ll move on,” Marengo said.
Sentencing delayed in synagogue fraud

The sentencing of the former La Jolla Beth El Synagogue director who pleaded guilty to mail fraud has been delayed from Aug. 22 to Sept. 19 in federal court.

Attorneys on both sides requested a delay in the sentencing of Eric Levine from U.S. District Court Judge Dana Sabraw but didn’t specify a reason in court documents.

Levine, 36, faces up to 20 years in federal prison, but both sides have agreed that more restitution could reduce his sentence. Levine remains free on $25,000 bond and has surrendered his passport.

Levine pleaded guilty to mail fraud in a scheme where the synagogue unknowingly paid nearly $395,000 on his personal credit cards, travel expenses, jewelry purchases and membership dues from a fitness club, according to court records. Levine served as Beth El executive director from July of 2007 to December of 2013, overseeing the synagogue’s budget of $2 million.

— Neal Putnam

I-5 expansion from La Jolla to Oceanside OK’d

A plan to expand I-5 from La Jolla to Oceanside was approved unanimously by the California Coastal Commission on Aug. 13, paving the way for the protracted plan’s implementation.

The $6.5 billion North Coast Corridor program will involve six cities and 27 miles between La Jolla and Oceanside and feature freeway, rail and environmental improvements by the state Department of Transportation.

San Diego County Supervisor Greg Cox, a coastal commissioner, called the plan a remarkable example of governments working together even as the project faces obstacles. The freeway-expansion portion is the subject of a lawsuit by those who favor coastal transit improvements as the plan’s primary objective.

California, which expects to start the project next year, said the I-5 widening is needed amid corridor traffic growth. The project is expected to take as long at 40 years to complete.

— Staff and contribution

Public service is ordered in firearm discharge case

A La Jolla man who pleaded guilty to discharging a firearm in a grossly negligent manner has been ordered to perform 10 days of public service work on condition of three years’ probation.

Deller fired two shots in his condominium, in the 3200 block of Via Marin. Both bullets went through his bedroom wall into a neighbor’s unit. One bullet lodged two feet above the bed of a neighbor’s daughter.

Deller claimed he did not fire the weapon deliberately and was checking the gun to see if the cartridges were jammed. Deller also claimed he began drinking alcohol only after the gun discharged and acknowledged he was drunk when police showed up. Court records reflect that when police arrested Deller, his blood/alcohol level was at 0.19, twice the legal limit.

“Alcohol is a major factor in this,” said Deputy District Attorney Melissa Vasel when she asked for certain alcohol conditions with the probation order.

Deller was elected president of the Woodlands South Homeowners Association on Dec. 10, 2013, two months after the incident.

San Diego Superior Court Judge Timothy Walsh ordered Deller to pay $400 in restitution to the neighbor. Daeuong Sim. Deller has never met the neighbors who occupy the condominium next door. Deller noted that Deller is banned from contacting the neighbors under conditions of $30,000 bond.

Walsh fined Deller $1,300 and gave him credit for serving nine days in jail after his arrest. Deller pleaded guilty June 11 to one count of negligently discharging a firearm. A second charge was dropped.

— Neal Putnam

Former Bishop’s football player held in Cal Poly thefts

A former Bishop’s School football player has been arrested in San Luis Obispo for his alleged involvement in a fraternity house robbery.

Dominique Alize Love, 19, and four California Polytechnic State University Mustangs teammates were arrested Aug. 10. All face charges of robbery or conspiracy to commit robbery.

The robbery happened at the Cal Poly Delta Sigma Phi house, from which a 911 call was placed the morning of Aug. 10. Police said the caller told them a man with a gun was in the house and that he was demanding money from someone at the residence. Love was later arrested on campus.

The five have been suspended from all team activities.

Witnesses told police the athletes were also after the drug Xanax, a relaxant. Meanwhile, police said, a similar case happened a year ago involving another football player, wherein a subject was shot.

“We had a situation where a similar type of environment, where a subject actually got shot as a result of a robbery where Xanax was involved,” he said.

“We are looking into whether a broader problem exists in our football program,” Cal Poly president Jeffrey Armstrong said. “To that end, we will expand drug testing to include all members of the football team.”

— Staff and contribution

Driver killed in UC crash after car bursts into flames

A flaming car crash killed a driver early Aug. 11 in the University City area, according to authorities.

The single-vehicle crash was at 7900 Genesee Ave. The driver had been traveling north and made an unsafe right turn, striking an abutment. The vehicle burst into flames, and the driver was killed.

No other injuries were reported. There was no immediate note on the driver’s gender, and the name was not released. The incident remains under investigation.

— Staff and contribution

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Christened Scripps vessel named after Sally Ride

The U.S. Navy christened a ship on Aug. 9 after astronaut Sally Ride, who in June of 1983 became the first American woman and youngest-ever American in space at age 32, aboard the shuttle Challenger. The 238-foot research vessel, christened in Anacortes, Wash., is scheduled to be operated by the Scripps Institution of Oceanography in La Jolla, which is part of UCSD.

Ride, a Los Angeles native, served on the UCSD faculty after leaving NASA, becoming director of the school’s California Space Institute in 1989. She also founded Sally Ride Science, a La Jolla-based organization designed to get young people interested in science and engineering.

At the christening, Secretary of the Navy Ray Mabus said: “For decades to come, the men and women who will man this ship will look past the horizon, beyond manmade boundaries, searching, learning and honoring the pioneer [it] is named after — the great Sally Ride.”

Ride died at age 61 in 2012 following a two-year bout with pancreatic cancer.

Music Society raises hall funds, names center

La Jolla Music Society has raised $50 million to build a new concert hall, which will be named the Conrad Prebys Performing Arts Center and open in time for the society’s 50th season.

The donations were noted in published reports and announced to patrons attending SummerFest concerts over the weekend of Aug. 8.

Christopher Beach, society president and artistic director, told patrons that the year-long “silent phase” of the campaign was complete and that the society is launching a public effort to raise additional funds for an endowment to support programming at the new center.

Construction of the complex at 7600 Fay Avenue in La Jolla is expected to begin in late 2016 and be completed by October of 2017. The society purchased the nearly 31,000-square-foot parcel in May.

McDonald and other donors accounted for the $50 million, with lead gifts from Prebys, Joan and Irwin Jacobs, RAffaelia and John Belanich and Brenda Baker and Steve Baum.

The society, founded in 1941 as the Musical Arts Society of La Jolla, presents touring artists at venues throughout the community, primarily at Sherwood Auditorium on the Museum of Contemporary Art San Diego’s La Jolla campus.
BOUND NEWS

FRIDAY · AUGUST 22, 2014
LA JOLLA VILLAGE NEWS

Kashi snack foods firm to return to La Jolla

A popular snack foods and cereal company that got its start in San Diego is returning home.

Kashi, owned by food giant Kellogg, will move back to La Jolla after spending the past year in Michigan.

Kellogg CEO John Bryant told investors on Aug. 1 that Kashi is not performing as well as the company would have liked. He said the company has been less focused on progressive nutrition and that the lower distribution has meant the company must make dramatic changes.

David Denholm, Kashi’s former CEO, will retake the company’s helm.

Kashi has not released a timetable for when Kashi will move back to the area.

Kashi, founded in La Jolla in 1984, was purchased by Kellogg in 2000 and moved to Battle Creek, Mich., Kellogg’s headquarters, in 2013. It specializes in energy bars, crackers, breakfast cereals and frozen entrées.

In 2012, a grocer in Rhode Island reportedly found that Kashi used genetically engineered ingredients even as it used the term “natural” to describe its foods and pulled its products from its shelves. Kashi’s general manager responded that the federal food and drug Administration has not yet regulated the term “natural.”

A group of UCSD researchers has found that anti-inflammatory drugs like aspirin, naproxen (marketed as Aleve) and ibuprofen (known as Advil and Motrin) work by inhibiting or killing a key component in the production of hormone-like compounds linked to a variety of ailments, from headaches and arthritis to menstrual cramps and wound infection.

In a recent paper published in the Proceedings of the National Academy of Sciences, the researchers conclude that aspirin has a second effect: Not only does it kill the component cyclooxygenase, thus preventing production of the compounds that cause pain; it also makes the enzyme generate another compound that hastens the end of inflammation, returning the affected cells to health.

Aspirin causes the cyclooxygenase to make a small amount of a related product called 15-HETE, said senior author Edward Dennis. During infection and inflammation, the 15-HETE can be converted by a second enzyme into lipoxin, which is known to help reverse inflammation and cause its resolution.

The findings, Dennis said, may open possibilities for anti-inflammatory therapies by developing new drugs that curb inflammation. “If we can find ways to promote more resolution of inflammation,” Dennis said, “we can promote health.”

LETTER TO THE EDITOR

Coastal Commission is praised for decision on Children’s Pool

I am so thrilled and happy about the decision handed down by the California Coastal Commission as to the Children’s Pool in La Jolla (see story on page 1)!

For the first time, we have it in black and white: The pupping seals get the beach to themselves for five months (mid-December to mid-May). For seven months, the children and swimmers and divers get the pool.

The great thing that has happened is the Coastal Commission has asked the city to find out how to clean the beach and water so it is safe for the people’s turn. We as taxpayers, back in 1989, paid for a study to see what it would cost to open the gates in the wall, which have not been opened since the pool opened in 1912. The reason for the gates is to let the ocean water clean the sand and get rid of any build-up, so now the beach can be cleaned between the seal time and people time. We have a study and a plan, now, we just have to carry it out.

We as a community have asked the city for this over 24 years; finally, the city has been told to do it. This is great for the seals and the people. Finally!

Melinda Morrisweeter
La Jolla

Rare new brain cells may help influence memory, Salk says

New research at the Salk Institute for Biological Studies shows that little-known brain cells known as astrocytes may be major players that help control cognitive function critical to some forms of memory.

In a recent study published in the Proceedings of the National Academy of Sciences, Salk researchers report a new, unexpected strategy to turn down certain brain waves by disabling astrocytes, or certain central nervous system cells. In the process, the team showed that astrocytes, and the waves they help shape, are critical for some forms of memory.

“This is what could be called a smoking gun,” says co-author Terrence Sejnowski, head of Salk’s Computational Neurobiology Laboratory and author of hundreds of papers linking [the waves, called] gamma oscillations with attention and memory, but they are all correlation. This is the first time we have been able to do a causal experiment, where we selectively block gamma oscillations and show that it has a highly specific impact on how the brain interacts with the world.”

Sejnowski and Salk professors Inder Verma and the late Stephen Heinemann found that memory in animals immediately preceded gamma oscillations in the brains of mice. This suggested that astrocytes, which use many of the same chemical signals as neurons, could be influencing these oscillations.

As expected, healthy mice spent more time with a new item placed in its environment than it did with familiar items. In contrast, the group’s mutant mouse treated all objects the same.

“That turned out to be a spectacular result,” Sejnowski said, “in the sense that novel object recognition memory was not just impaired. It was gone—as if we were deleting this one form of memory, leaving others intact.”

The behavioral result, Sejnowski says, is the tip of the iceberg.

“Tebrecognition system is hugely important,” he said, adding that it includes recognizing other people, places, facts and things that happened in the past. In this new discovery, he added, scientists can begin to better understand the role of gamma waves in recognition memory.

The Salk Institute for Biological Studies is one of the world’s preeminent basic research institutions, where internationally renowned faculty probe fundamental life science questions in a unique, collaborative and creative environment. Faculty achievements have been recognized with numerous honors, including Nobel Prizes and memberships in the National Academy of Sciences.

Founded in 1960 by polio vaccine pioneer Jonas Salk, the institute is an independent, nonprofit organization and architectural landmark.

Stephen Heinemann, 75, Salk pioneer on brain disease research

Stephen F. Heinemann, a Salk Research Institute professor whose pioneering work on neurotransmitter receptors in the brain helped lay the groundwork for understanding brain diseases, died Aug. 6 of complications of kidney failure at Vibra Hospital in San Diego. He was 75.

A professor of neuroscience, Heinemann focused his research on the molecular mechanisms that nerve cells use to communicate with each other and specialized connections known as synapses.

Groundbreaking findings from his laboratory supported the idea that many diseases of the brain result from deficits in communication between nerve cells, and Heinemann was widely considered one of the world’s most accomplished neuroscientists.

“Steve was a giant of 20th-century neuroscience,” said William Brody, president of the institute. “His discoveries opened many avenues to better understand the function of the brain and for pursuing new therapies for neurological disorders.”

Heinemann, born in Boston on Feb. 11, 1939, received his first chemistry set from his uncle, Emil Julius Klaus Fuchs, a theoretical physicist who contributed to the development of the atom bomb as part of the Manhattan Project but later confessed to spying for the Soviet Union.

Heinemann held several patents and had earned several awards. He was a member of the National Academy of Sciences, the National Institute of Medicine and the American Academy of Arts and Sciences and was a former President of the Society for Neuroscience.

Heinemann received the Bristol-Myers-Squibb Distinguished Achievement in Neuroscience Research Award and the McKnight Award for Research. In 2010, he was awarded the Julius Axelrod Prize for exceptional achievements in neuropharmacology and exemplary efforts in mentoring young scientists.

He is survived by his wife of 54 years, Ann Reischauer Heinemann; sons Nate (Suzy), Danny (Cindy), Quentin (Rachel) and Tud; daughter, Eden Westgarth (John); sisters Marcia Saunders, Kristel Heinemann, Marianna Holzer and Heidi Holzer; and 12 grandchildren. Services are pending.

SENSE ON SENSES

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The effects of suicide know no boundaries

The recent death of comedian Robin Williams brought it all back in a rush: the tremendous pain of loss. The questions: Why did this happen? What could I have done differently? Was it someone’s fault? Will it happen again? Will people pull away from me knowing this is the third suicide in our immediate family?

The first anniversary of the most recent loss, that of my youngest brother, is coming up, and already returning is the searing memory of receiving that dreadful call in the middle of the night. Each death was unexpected: all were violent; all were different. None really became “real” until we attended the funeral. The memories and questions that haunt us will never go away.

When someone commits suicide, most of the focus is upon the one who has died: What was the cause? Was there something “wrong” with that person? Was he “responsible”? We talk superficially about the survivors. Eventually, the talk fades.

Those who grieve are forever haunted by unanswered questions: How could this have been prevented? What more could have been done? What did we do wrong?

We miss loved ones who have left us and feel cheated out of not having had enough time with them. Particularly when the deaths occur “out of order,” years before they might normally have been expected, the survivors are hit hard. What’s wrong with that family? Should our children be allowed to play with their children? Is suicide genetic?

I can’t begin to express how difficult life can be for those left behind, even for one’s who seek counselling. Some families come together briefly then break apart as they begin to point fingers. Others turn to chemicals as they try to absorb the loss. Still others have difficulty overcoming the regret they feel for missed opportunities.

Suicide knows no social, economic or ethnic boundaries. Even for survivors who on the surface seem to have recovered and moved on, life will never be the same. Remember this as you spend time with friends and neighbors who have experienced such profound and complicated loss. They are forever changed. You can make a difference.

Cindy Goodman
La Jolla

Robin Williams: La Jolla, like everywhere else, held a special place in his heart

By MARTIN JONES WESTLIN

Everything everybody’s said and continues to say about the late Robin Williams is true: He was a comedic genius, and his performance acumen is possibly unmatched in the annals of modern entertainment. Arguably, the late Jonathan Winters could only scratch his head at the news that he was Williams’ idol – while Winters’ cackophenous routines were hilarious, Williams took ‘em into his corner of outer space, turning thousands of itinerant characters on a dime and challenging audiences to keep up, often within an inch of their lives.

Too, too seriously damn funny.

Williams, 63, died Aug. 11 in his Marin County home with a belt around his neck and a colossal open sore on his heart. Acquaintances had said he was in a funk about what normally would have been expected. His passing was violent; his death much more aware of itself for having embraced his essence, and La Jolla is that much more aware of itself for having experienced his decency.

Godspeed, Robin, and thanks for everything. 

GUEST COMMENTARY

Home Owners Lose Thousands When Selling Their Home

SANDIEGO. A new report has just been released which reveals 7 costly mistakes that most homeowners 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 increasingly less and less effective in today’s market. The fact of the matter is that only one of these steps are still working. You can get the most money for your home if you sell with this system. From realtors to buyers to appraisers, this report is the last word on what works and what doesn’t in today’s market.

The system is so powerful and effective at getting the most money for your home that it has been released to the public only after extensive testing. To get your FREE copy of this system, contact a realtor today or visit the website below.

Contact: rob@realpropertyreport.com

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To order a FREE special report, call toll-free 1-800-276-0763 and enter "9 Step System" to get your Home Sold Fast and For Top Dollar. 

As this report uncovers, most home-sellers 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. I answer this issue, industry insiders have prepared for a special free report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar.”

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San Diego Report 9 Step System
Race officials revving up for San Diego Bayfair Festival in September on Mission Bay shoreline

BY JOHNNY MCDONALD

San Diego Bayfair officials report it will take a workforce of 700 volunteers to put on this year’s popular hydroplane boat racing and entertainment festival, set for Friday, Sept. 12, through Sunday, Sept. 14.

“Tug everyth ing from security assistance to parking, securing properly supplies or manning patrol boats to close off the bay,” said race director Bob Davies.

“Starting in June, we scheduled monthly meetings, with the fine tuner set for Sept. 4.”

Over the 50 years the event has been staged, Davies said it has become a tradition for families.

“We’re entering the third generation of volunteers,” Davies said.

The premier events, of course, are the rooster-tail, spraying, turbine-powered hydroplanes, celebrating a half-century of competition on the 2 ½-mile Bill Muncey course on Mission Bay.

“The races will be nationally televised.

“Bayfair needs as many as 30 bands to play professional stages on East Vacation Island and Crown Point as well as an intimate stage on Fiesta Island,” said Dave Rodger, entertainment chairman. Bands will perform 90-minute sets over the weekend.

“Bayfair offers all genres of music, but bands should be mindful it’s a family event,” he said. “It’s an excellent opportunity for area bands to gain exposure and get new followers.”

Bayfair is a nonprofit festival organized and run by volunteers. An eight-member board of governors directs and oversees the army of volunteers to stage the three-day festival.

An estimated 500 RV owners, friends and family are offered the opportunity to stay in Mission Bay Park for the weekend.

“We want the families to come out and enjoy the vendors, just like they do at the Del Mar Fair,” said Davies, who has been a board member for 15 years.

He said the event was scheduled in September so hotels can have one more shot for summer business.

A VisionQuest survey taken two years ago revealed that Bayfair was responsible for generating 13,600 room nights and in excess of $1.7 million in hotel revenue.

Over the years, it has been estimated that five million people have attended the festival.

For more information, visit sandiegobayfair.org.

Hydroplanes race at breakneck speed during a previous San Diego Bayfair event. This year’s festival will be Sept. 12-14. COURTESY PHOTO

Sports & Calendar

FRIDAY · AUGUST 22, 2014

LA JOLLA VILLAGE NEWS

IN THE SADDLE

The sobering news from the Del Mar Thoroughbred Club has subsidized a bit, with Enterprising (pictured) winning the La Jolla Handicap for three-year-olds as turf racing resumed on Aug. 9. Del Mar has been rocked by unfortunate events since its July 17 opening day, with the deaths of 10 horses, mainly through heart attacks and training injuries. The season runs through Sept. 3.

PHOTO BY ASSOCIATED PRESS

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FRIDAY, AUG. 22

Athenaeum Night Owls Presents Members’ Choice: The Unusual Suspects, 7:30 to 10 p.m., Athenaeum Music & Arts Library, 1008 Wall St. Come to The Night Owls to seize good art and drink and hear music with friends, strangers and the Unusual Suspects. Sponsored by Stone Brewing Co. and Svedka Vodka. Night Owls/A List members free, $10 general admission, $5 Athenaeum members, recommended for ages 21 to fortiethsome, RSVP in advance at (858) 454-5872.

SATURDAY, AUG. 23

Rocks, rips and reefs, 8 to 10 a.m., Hospital Point, meet at 400 Coast Boulevard, south of Cuvier. 3Rs is an in-water education and site orientation program for divers and snorkelers. Participants are briefed on the interaction of surf, swell and tides on underwater rocks and reefs, and then they enter the water and tour popular dive sites with experienced instructors. Bring a mask, fins and a snorkel. A full wetsuit and gloves are strongly recommended for warmth and protection from scrapes. ljathenaeum.org/calendar/2014/08/23/rocks-rips-and-reefs

SUNDAY, AUG. 24

Plant Show & Botanical Discussion, 12:30 to 1:30 p.m., the Blue Azul Collection, 1237 Prospect St., Suite U. Discussion will focus on proper plant watering during drought. A water-friendly plant show and sale follows the event. Seating capacity is limited; RSVP by Aug. 22 at (858) 412-4150.

MONDAY, AUG. 25

Stroller Strikes, La Jolla Shores, 9:30 a.m. to 10:45 a.m., Kellydog Park at La Jolla Shores, 8220 Camino Del Oro. Exercise for moms and kids. Meet on the grass in the foreground of the playground. (760) 410-8497.

TUESDAY, AUG. 26

Bereavement Support Group: Parent Loss, 6 to 7:30 p.m., Scripps Memorial Hospital La Jolla, 8810 Medical Center Dr., 2nd floor, Scripps La Jolla, OB Conference Room, 9888 Genesee Ave., 3rd floor, East Tower. This weekly, professionally facilitated group offers support for adults grieving the death of a parent. Get education about the grieving process, learn coping skills, share your experience with others in similar circumstances. Parking fee $4. scripps.org/events/bereavement-sup- port-group-parent-loss-august-26-2014

WEDNESDAY, AUG 27

Murals of La Jolla Tour, 5:30 to 7:30 p.m., Athenaeum Music & Arts Library, 1008 Wall St. The Athenaeum is pleased to host walking tours of the Murals of La Jolla. Thirty murals are currently on view, and each tour features more than half of these. The route changes each time to accommodate new murals and takes approximately 90 minutes to tour. It is a gentle walk around the Village, but we ask participants to please wear comfortable shoes. We will end the tour with a wrap-up reception at the Athenaeum. Free. Reservations are suggested. ljathenaeum.org/special-events.html and muralsoflajolla.com or call (858) 454-5872.
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Michael Glancy, Owner of Erling Rohde Plumbing

Started in 1910, Erling Rohde Plumbing may be the longest run family-owned business in La Jolla. The company is located at 5763 La Jolla Blvd in Bird Rock, and has been operated for the last 30 yrs by the grandson of the founder, Michael Glancy.

Mike returned from Vietnam in the ’70s and decided to seize the opportunity to work in a “good trade.” Plus, Mike is a surfer and wanted to stay close to the ocean. Mike says his company offers two valuable traits: honesty and knowledge. Rohde Plumbing specialties include toilet, faucet, pipe repair and replacement, backflow protection, underground leaks water, sewer and gas, Ray-Pac boiler repair and water heaters. They’ve earned their stellar reputation for providing caring customer service.

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www.abetterdealtuxedo.com
St. Madeleine Sophie’s Center presented “Fashion on Pointe,” the 37th Haute with Heart show and luncheon, at the Hilton Bayfront on Aug. 16.

Honorary chair and La Jolla resident Sally Thornton strutted down the catwalk, accompanied by Fashion Forward’s Leonard Simpson, while the center’s Triton swim team members walked the runway along with student John Agostini. Agostini was this year’s featured artist amid his fabulous artwork with a red-haired dancer. Host chair was Toni Petruno, Alicia Summers of KFMB Ch. 8 was emcee and the phenomenal auctioneer was Steve Flammann.

The center partnered this year with Rubio’s Dance Studio and Christian Youth Theater. Barbara Menard and The Menard Family Foundation were recognized for all their support of the students over the past 20 years. The audience was treated to a delightful performance from the California Ballet, and a student performance of “Grease” was one of the highlights. The Fashion Forward show finale featured the theatrical designs of Jose Maria, elegant designs from Nadia Castillo and the quinceanera-inspired gowns by Gladys Pleitez. Proceeds for this event benefited St. Madeleine Sophie’s Center, which offers work training and social experiences for 400 adults with developmental disabilities. For more information about the center, visit stmsc.org.

San Diego Fashion Innovations

San Diego Fashion Innovations at Co-Merge Workplace held its annual start-up weekend Aug. 8 to 10. This 54-hour international event encourages fashion entrepreneurs to pitch their idea for new businesses, and the most popular ideas form the teams that compete with each other. Developers and graphics designers are on hand to work with the teams. The organizers for the event were Carol Wafer and Ian Miller.

Facilitator Jon Russi began the evening by introducing keynote speaker Brian Hawkins, who inspired hopeful entrepreneurs with his success stories. His most recent start-up was PreFab, a creative space for entrepreneurs. Lucy Beard, second-place prizewinner at the 2013 event, was on hand to talk about her success. Feetz uses 3D printing technology to create fashionable custom shoes, and Beard’s business model got a mention on CNBC.

This startup weekend, which explored different topics in 100 countries, was the second local such weekend. LoveBuzz took first place in the local event: SyleMe, second; and Grief Puppy, third. For more information on upcoming events, visit sandiego.startupweek-end.org.

La Jolla figures heavily in Carlsbad Music Festival slate

BY CHARLENE BALDRIDGE

The 11th annual (how time flies) Carlsbad Music Festival, Sept. 19 to 21, promoting itself as “three days of adventurous music by the beach … over 50 performances in three days … .” has announced appearances by several new music-makers and interpreters familiar to La Jolla music lovers. Precise dates and locales are yet to be announced, but the roster includes La Jolla Symphony & Chorale music director Steven Schick, an internationally renowned percussionist; UCSD professor of music and Grammy Award-winner Susan Narucki, an acclaimed soprano specializing in contemporary music; San Diego’s successful new music presenter, Art of Elan; and Pulitzer Prize-winning composer David Lang, a cofounder of Bang on a Can, a frequent resident artist at La Jolla music organizations.

Schick will conduct Renga, a new San Diego-based chamber orchestra he co-founded (with Kate Kutnak of Art of Elan), in performance of Lang’s “darken” (sic), an hourlong piece for 12 solo strings. Lang will be celebrat ed in a concert devoted to his music that features the U.S. premiere of “ark luggage” for soprano (Narucki) and string quartet. San Diego’s Sacra/Profana singing ensemble will present a concert of new music for choir, including a world premiere by Festival Director Matt McBane and also music by Lang, who will be in residence throughout the festival.

Other artists are USC Thornton Edge, led by Donald Crockett, and the Brooklyn-based piano trio, Dawn of Midi.

A complete line-up, including dates and locales, is to be announced soon. Go to cara lsbadmusicfestival.org.

San Diego Symphony post goes to Chicapian

San Diego Symphony just announced the appointment of former Chicago Symphony executive Martha Gilmer as San Diego Symphony’s new chief executive officer, replacing Ward Gilmer. Gilmer has heard the orchestra and been thrilled by the sound; she begins her new contract job Sept. 24. In making the announcement, symphony board chairman Shearn Platt said, “…we are certain that Martha is the right person to lead us in the years ahead.”

‘Side Show’ sets Broadway opening

The New York Times reported Aug. 6 that the revivified production of the 1997 musical, “Side Show,” seen recently at La Jolla Playhouse and subsequently at The Kennedy Center, will begin Broadway preview performances at New York’s St. James Theater, with the opening scheduled Nov. 17.

Erin Davie and Emily Padgett will star as Viola and Daisy, the conjoined twins upon whose real-life story the show’s book is based. The score was written by Henry Krieger, with book and lyrics by Bill Russell and addition al material by Bill Condon, who directs the revival. Die-hard fans are hoping for a cast album.

Fresh Sound back in the Barrio

Following nearly a year as gypsy contemporary music series, Bonnie Wright’s Fresh Sound returned to Bread & Salt, 1955 Julian Ave., earlier this month. Now seven years old, Wright’s well-attended and highly praised project to new music and musicians presents computer electronics wizard/composer/Neil Rolnick (neilrolnick.com) in an evening of compositions for solo laptop computer. The program is titled “New Music from Old Music” and takes place at 7:30 p.m. Wednesday, Oct. 10. Tickets ($15-$10 for students) are available at bonniwright@gmail.com or (619) 987-6214.

Lamb’s Players THEATRE’s Strandaway hit. “Les Misérables,” has been extended at the Coronado Theatre through Sept. 28. This one will be talked about for years to come. Do not miss it.
A downtown hotspot tailors its brand for Pacific Beach  

BY FRANK SABATINI JR.

Slow-cooked meats, Trader Vic’s mai tais and craft beer are among the creature comforts calling patrons back to the two-level space formerly occupied by Nick’s at the Beach. After months of renovations, the property recently reopened under new ownership as The Local Pacific Beach. The venture is an offshoot of The Local Drinking Hole & Eatery in downtown San Diego, differentiated in part by more square footage and several tantalizing Hawaiian twists on its menu. “We have a good beach-restaurant feel here,” says Brendan Huffman, who along with partner Minna Deslde-rito also co-owns Wonderland Ocean Pub in Ocean Beach. Both are experienced restaurateurs; Huffman operates Boothelegger Plates & Pours in East Village, and Deslde-rito founded the original Local several years ago at Fourth Avenue and Broadway.

Redesigns to the 7,800-square-foot structure have included new exterior siding, the addition of an elevator and solar-heated flooring installed on the upstairs patio for cooler nights, an uncommon amenity in San Diego restaurants. In keeping with the islander theme, fresh flora was added throughout.

The billiard tables that once occupied the upper level are gone. They’ve been replaced by more seating options, including a raised “community booth area” that holds up to 20 people. “The synergy of the two Locals is that they have the same attitude. Both are fun and edgy, with good local craft beer and incredible food,” says Huff-man. “But downtown caters to more of a lunch crowd, while PB attracts a lot more people.”

Visitors to the Pacific Beach location can also expect a decidedly different menu, with some of the dishes authored by Seen Rusch, who worked as an executive chef in Hawaii for 12 years. Meats such as huli huli chicken, kalua pork, brisket and Asian-style short ribs are put through a slow cooker overnight. They appear in plate form, sandwiches and tacos. “We’re going through quite a bit of them,” says Huffman. Their sidekicks and condiments include sticky rice, fresh macaroni salad, spicy coleslaw, pineapple sweet and sour sauce and other elements that beckon to tropical cuisine. There is also coconut calamari, ahi poke with macadamia nuts and The Local’s top-selling lobster tacos, which carry over from downtown. The tacos are made with char-grilled flour tortillas encasing three ounces of fresh tail meat from lobsters trawled along the West Coast.

Discounts on various tacos and drinks are offered from 5 to 10 p.m. on “tiki Tuesdays,” when musician Ben Benvenite aptly provides patrons with live Hawaiian compositions. On other nights of the week, a host of popular DJs raise the beat with contemporary music.

Complementing an ambitious craft beer list, which encompasses everything from IPAs and Belgians to lagers and pale ales, are cocktails that remind visitors of their proximity to the sands, such as Don the Beachcomber’s Zombie, which mixes pas-
The dogs have their day

On Aug. 16, the San Diego Humane Society and SPCA held Fur Ball Masquerade fundraiser No. 196, which in human years works out to 28. The society has been holding the black-tie event since 1985, raising support for programs that benefit its nearly 2,200 animals. Guests and their humans dined and danced under starry skies at the society’s Gaines Street facility and yielded the images below and right; donations for this year so far total nearly $600,000. The San Diego Humane Society and SPCA was organized on March 10, 1880 and is the oldest and largest humane society in San Diego County.

PHOTOS BY LENA EVANS AND COURTESY SAN DIEGO HUMANE SOCIETY; TEXT BY MARTIN JONES WESTLIN

Happy Hour(s) at The Patio

So often, restaurants limit ‘happy hour’ to the late afternoon, making it hard for those with certain schedules to enjoy drink and food specials on a regular basis. The Patio on Lamont Street, however, offers happy hour during the week from 11 a.m. - 6 p.m. and 3 p.m. - 6 p.m. on the weekends.

During happy hour, guests can enjoy half off draft beer, cool cocktails, and wines by the glass. Also, our happy hour bites menu is available everyday from 3 p.m. - 6 p.m. Chef Andre Fuentes recently added some new items to the menu, including roasted beet bruschetta, chef’s selection of sausage plate, and smoked chicken sliders. They’re great for sampling and sharing, too!

Happy hour is also the perfect time to host your next group outing. The loft area is a cozy and intimate space for rehearsal dinners, bridal showers, business meetings, and more. Let us help you plan an unforgettable event at The Patio.

Call 858-412-4648 or visit ThePatioRestaurants.com for more information.
Donovan’s

Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates. www.donovanssteakhouse.com. In La Jolla at 4340 La Jolla Village Drive in the Golden Triangle area, (858) 450-6666. In the Gaslamp Quarter at 570 K Street on the corner of 6th and K, (619) 237-9700

The Broken Yolk Café

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

Ahi Sushi & Grill

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

Ahi Sushi & Grill is located at 3949 Governor Drive in University City in the shopping center.

For more information, call (858) 678-0288 or visit iloveahi.com. Ahi has other locations in Alpine, San Marcos and San Diego as well.

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EBOLA >> CONT. FROM PG. 1

21 days after exposure, though 8 to 10 days is most likely.

The Centers for Disease Control and Prevention says it suspected or confirmed 2,240 cases as of Aug. 19, with 1,229 fatalities.

An Ebola virus disease epidemic is ongoing in West Africa, notably Guinea, Liberia, Nigeria and Sierra Leone. It is the most severe Ebola outbreak in terms of the number of human cases and fatalities since the discovery of the virus in 1976.

Typical outbreaks are reportedly 90 percent fatal; the current outbreak has resulted in a fatality rate of 60 percent.

Missionaries Kent Brantly and Nancy Writebol, the only two Americans known to be stricken with Ebola, were reportedly infected while caring for Ebola patients in Monrovia. Brantly was released from Emory University Hospital in Atlanta on Aug. 21 after a course of experimental drug treatment; Writebol was released from the facility on Aug. 19. Mapp Biopharmaceutical, a Sorrento Valley biotech firm, manufactures ZMapp, the experimental drug administered to the two. Shipment of the drug and an untested vaccine are reportedly on the way to Liberia.

Earlier this year, Mapp became part of a consortium working to create a “cocktail” of drugs to treat Ebola. The group of 15 institutions, lead by the Scripps Research Institute, was funded for $2.85 million over five years by the National Institutes of Health.

Erica Ollman Saphire, professor of the Department of Immunology and Microbial Science at Scripps, said using an experimental drug to fight Ebola may have been the only logical choice. “You might be willing to take a chance on putting it into people infected with the Ebola virus if it has some minor side effects,” she said, adding, “What else are you going to do if they are infected with the Ebola virus other than give them fluids and Tylenol and hope for the best?”

Ollman Saphire said an even broader ethical question with treating Ebola victims with experimental drugs might be: Whom do you choose to give them to if there’s not enough to go around?

Ollman Saphire, who is researching the role proteins play in the fight against Ebola, said Mapp’s antibody cocktail “works well in animal models.” Noting Ebola is still “not under control,” she said she is nonetheless encouraged that the battle against it will succeed. She noted that, unlike HIV, the Ebola virus does not remain in the victim’s genome after infection. She also said Ebola symptoms appear much more rapidly than those of HIV, which can incubate for 10 to 20 years.

“She’s been very clear of the disease,” she said, “we’re clean.”

“There may be some good news here in the long term,” Kalichman concluded, “that [ZMapp] may be a treatment that will be useful, though in the short term it’s been a challenge and stressful to figure out what to do. It’s easy to say they made the right decision if it worked out well. But if it doesn’t work out well — you can’t know that in advance.”

Hunrichs said shared use at the pool hasn’t worked “because it is not being allowed to work.”

Describing the pool as “a children’s playground,” Hunrichs argued that Children’s Pool beach “ought to remain open year-round.”

Free-diver Ryan Sweeney characterized the decadelong battle over shared use at Children’s Pool as a “long and tortured soap opera.”

Insisting that the Marine Life Protection Act has closed 70 percent of La Jolla to fishing, Sweeney said the pool is “smack-dab in the middle of the remaining 30 percent left open.

“Why isn’t there a pinned management plan?” Sweeney asked, “When will this problem end? When will the city take responsibility and do something about it?”

In final motion, coastal commissioners attached conditions to seasonal beach closure.

When the measure sunsets in five years, the city is directed to return with updates on the feasibility of providing Americans With Disabilities (ADA) access at the pool’s beach and the evaluation of possible methods for cleansing the pool’s seal waste-contaminated sand and water.
If you want to attract butterflies, bees and hummingbirds to your garden, pentas (Pentas lanceolata) are a wonderful choice to that end. This nectar-rich flowering plant, commonly known as starflower or Egyptian star cluster, is easy to grow. It’s considered an annual in most parts of the country, but in our warm Southern California climate, it’s a perennial and will bloom for most of the year.

There are quite a few varieties of pentas to choose from. Some are compact dwarf varieties that grow to about eight inches high; older heirloom varieties grow 24 to 36 inches. When they mature, they are shrublike plants with dark green foliage and are covered with three-inch clusters of star-shaped flowers in white, red, various shades of pink and hues of purple and lavender. Hummingbirds prefer the red ones.

Pentas like it warm and need at least four hours of full sun each day – the more the better, because if they don’t get enough sun they will become leggy and will not produce as many flowers. Once they’re established, you can let them dry out in between watering, but as they work to become established, the soil around them should be slightly moist but well drained. If it’s too dry, they can attract spider mites.

Plant them in containers or in your flower beds, or if you have a sunny warm window, they can be grown indoors. Deadhead the spent flower clusters to encourage your plants to keep blooming, and fertilize them once a month with a balanced organic flower fertilizer. In January, shape and prune them back to no less than six inches from the ground and give them a shot of fish emulsion. After several years, pentas will become woody and will eventually need to be replaced, which is not a problem at all since they will have rewarded you with at least two to three years of more of flowers, hummingbirds and butterflies.

Varieties of pentas to look for in plant and seed form: Butterfly, which grow 18 to 24 inches; Graffiti, a smaller compact variety, which grow to about 12 inches; and Northern Lights, a taller variety that grows to almost four feet and has been bred to grow in cooler weather. All these come in an array of colors.

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Residents’ input sought on Mid-Coast trolley project

By DAVE SCHWAB

La Jolla and Pacific Beach residents can weigh in on the design of three new trolley stops, including one at Balboa Avenue, at a public workshop Wednesday, Aug. 27, from 5 to 6:30 p.m. in the Community Room of Pacific Beach/Birdie Taylor Branch Library, 4275 Cass St. in Pacific Beach.

The three southerly stops are among nine being created in the Mid-Coast Corridor Transit Project, which will extend trolley service from Santa Fe Depot in downtown San Diego to the University City community and serve major activity centers like Old Town, UCSD and Westfield UTC.

The project would be funded in partnership by San Diego Association of Governments (SANDAG), the region’s transportation planning agency, using a regional half-cent sales tax for transportation improvements and the Federal Transit Administration New Starts Program.

Brian Curry, chairman of Pacific Beach Planning Group (PBPG), said the group specifically requested SANDAG expand its workshop schedule to include the Pacific Beach community.

“Although the proposed Balboa transit stop is formal in the Clairmont community planning area, it is certainly an extremely important focus of interest and opportunity for those who live, work and visit Pacific Beach,” Curry said. “This is the opportunity for the public to understand the proposed trolley line and engage SANDAG on the Mid-Coast trolley proposal.”

David Hicks, communications director for SANDAG, talked about the workshop’s purpose.

“It’s to gather input from the public regarding the details of the station design for the three southerly — Tecolote, Clairmont Drive and Balboa Avenue — Mid-Coast trolley stops,” he said. He said details include landscaping, shelters, paving and access issues. Hicks said there will be a formal presentation at the outset of the Aug. 27 workshop, followed by small-group discussions about the design of each of the three trolley stops in Pacific Beach and environs.

“We’ll have three tables, each one with a facilitator,” Hicks said. “They’ll go over some ideas for each of the stations and ... solicit feedback. Guests will then switch tables so they can comment on all three trolley stations.”

The SANDAG manager said the workshop’s goal is to “get people in the community to make suggestions on what works (from a design standpoint) for each individual station. We want them to fit into the communities.”

For more information, visit sandag.org.
Driving home the point

Q: My 16-year-old just took his solo voyage as a driver. Since I saw him learning to drive, I am nerv-
ous, at best, when he is out there alone without a parent to guide him. At the same time, my parents-in-law and my par-
tens are creeping into their late 80s, and I notice a few dents in their car; they all drive! That brings the tally to
six seniors; these numbers reveal a clear trend that if someone cannot turn his/her way to the driver’s seat of the car, Then, shaking and swaying, he wove his way to the driver’s seat of the car, and off they drove! My own observation and opinion is that if someone cannot turn his/her head to see what is there when backing up or when changing lanes, he/she is a danger to himself and herself and others, no matter the age. Of course, if you are a senior, the last thing you want is to go down the tubes on a public show, however, that 14 percent of fatal traffic accidents and 17 percent of fatal pedestrian accidents are caused by seniors; these numbers reveal a clear message for seniors: Be responsible! Should your senior, who may be facing facts, you might want to force the issue, although you will not be popular. Lives may depend upon you being the “bad” senior. Seniors can be reported to the DMV for any reason by any citizen with their doctor who can intervene. All that being said, seniors, you can put off the giving-up-the-car date with some preemptive actions of your own, and remember, drive safe and refresh your skills. Keep yourself active at least several times a week. Yoga, tai chi are among fun activities that help develop balance and flexibility. Listen carefully to what others say about your driving problems, and strive to improve.

When it is time to let go, be grate-
ful you have had a long and safe run. It will be time for new adventures, like better air travel and a life without the need for road trips. Make your own plans and reinvent your own life. See TheRetirementConcierge.com or call (619) 888-8575.

— The Retirement Concierge helps baby-boomers on the verge of retirement in planning, make and manage life transitions by guiding them through a systematic process of discovery and re-creation where they can create the future they desire: make their own plans and reinvent their own lives. See TheRetirementConcierge.com or call (619) 888-8575.
When is it simply ‘good enough’?

By Natasha Josefowitz, Ph.D.

In other words, some things just need to be completed in a way that is good enough but not polished. For example, when balancing work and home, something has to give, and that thing is to be OK. In a recent book by Robert Kaplin and Robert Kaiser, “Fear Your Strengths,” the authors take some of our common wisdoms and myths and examine what happens when we carry them too far. Perfectionism, in its extreme manifestation, inhibits productivity because nothing is ever good enough to act on or to be finished. Also, perfectionists have a high number of chronic illnesses due to their constant anxiety about not being good enough or doing anything well enough.

The common advice to follow your passion may also be misleading. Indeed, passion has driven many inventors, entrepreneurs and artists to succeed, but one must differentiate between the healthy pursuit of a hobby and the obsessive compulsion to accomplish goals.

Perfectionism is rooted in the fear of not being good enough. This anxiety about not being good enough can drive us to continually improve, but at what cost? When we carry them too far, this anxiety can lead to a fear of failure, a fear of rejection, and a fear of not being good enough.

Perfectionism, in its extreme, can become paralyzing. It can prevent us from taking risks, from trying new things, and from learning. It can also lead to burnout and depression. It is important to recognize when perfectionism is getting in the way of our goals and to find ways to balance our desire for excellence with our need for self-acceptance.

Perfectionism is not necessarily bad. In fact, it can be a useful tool to achieve our goals. However, it is important to be aware of when perfectionism is becoming a problem and to take steps to counteract it. This may involve setting realistic goals, accepting that mistakes are a part of life, and celebrating our achievements.

There are many techniques that can help us to break free from the grip of perfectionism. Some of these techniques include accepting our limitations, setting realistic goals, and forgiving ourselves for mistakes. These techniques can help us to develop a more flexible and realistic approach to life and to enjoy greater success and happiness.

In summary, perfectionism can be both a useful and a problematic trait. It is important to be aware of when perfectionism is becoming a problem and to take steps to counteract it. By doing so, we can develop a more flexible and realistic approach to life and to enjoy greater success and happiness.
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