Fireworks 'next to impossible' this year, foundation official says amid tourism concerns

By DAVE SCHWAB

Fireworks fazed this year in La Jolla due to rising costs and lack of financial support.

Deborah Marengo, spokesperson for the grass roots La Jolla Fireworks Foundation, which has been running a fundraising campaign to keep the Cove Fourth of July fireworks alive since restaurateur George Hauer stepped away from it a few years ago, said this week that the needed amount of donations hasn't come in in time to host the event.

"I can't do this all in 30 days with out having the money and signing contracts with the vendors and the city for permitting," Marengo said. "It's next to impossible to have it (fireworks) happen this year."

Reacting to the apparent demise of this year's display, Sheila Fortune, executive director of the La Jolla Village Merchants Association (LJVMA), the community's business improvement district, released the following statement:

"LJVMA is very sad to hear that the La Jolla Fireworks Foundation has been unable to obtain the annual donations that support La Jolla's Fourth of July Fireworks celebration. We have great volunteers in this community who work very hard to make La Jolla a wonderful place to have a business, work and live. Unfortunately, it seems to always fall on the shoulders of those unsung heroes to keep it all going so that everyone can enjoy. Due to the lack of contributions and participation necessary to put on the fireworks show, it looks like we have finally come to the end of an era."

Looking ahead, Fortune said, "Please keep in mind that it takes the support of our community to keep traditions like the Fourth of July fireworks alive. Before we lose any more cherished events, businesses and visitors in La Jolla, ask yourself what you can do to help."

The display has been a Village staple for nearly 23 years.

Speaking for some, Kathy Church, of Long Beach, whose family has held a fireworks-centered reunion every year, said she was disappointed funding couldn't be raised for the event.

"We come every year this time of year. "It's a tradition for us," Church said adding, "But it's a big expenditure for us, and if there's no fireworks, we won't be coming to La Jolla for the Fourth."

However, Church said "La Jolla is a very special place for us" adding that "we love La Jolla and will continue to come (other times) during the year."

Marengo agreed there could be negative consequences from canceling the fireworks.

"Not having the Fourth of July fireworks is going to be a tremendous loss to the community, not only for the residents but also for the Village and tourism," she said. "It's going to be a very quiet Fourth of July weekend in La Jolla."

Marengo said it costs about $30,000 to stage fireworks in La Jolla, $2,200 alone for a water-quality control permit.

This is not the first time the display has garnered attention. From 2010 to 2012, the Coastal Environmental Rights Foundation targeted the event, saying the city had approved the display without conducting a review of the California Environmental Quality Act.

Construction delays at La Plaza, LaJollaopoly top merchants agenda

By DAVE SCHWAB

In May, developers updated La Jolla Village Merchants Association (LJVMA) on La Plaza and redevelopment of the old Jack's nightclub site. The merchant group's executive director also chided the board in on progress being made creating a LaJollaopoly fundraising board game.

Jon Williams, CEO of Darlyn Investments, said the timeline for the off-delayed La Plaza, envisioning 16 or more new high-end retail boutique shops, is now sometime after the first of the year.

"The amount of infrastructure-type improvement we ran into was surprising," Williams said, "which pushed us (timelines) back, causing construction delays."

He said project execution is being done "delicately" in order to "develop a product that represents La Jolla well."

Williams said revised plans call for La Plaza to ultimately have 16 to 18 tenants anchored by a rooftop restaurant offering prime views of the ocean and the Village.

"As of now," Williams said, "we're in various stages of commitment for half to two-thirds of the building." He said a restaurant will definitely anchor the complex, taking "the top corner space, a beautiful spot with a balcony, ocean views and a very light, bright, open and airy feel."

Sheila Fortune, LJVMA executive director, said real estate spaces are now available to be bid on by local businesses on LaJollaopoly, a "localized" Monopoly-style game, to be used as a fundraiser.

"We wanted to produce our own game with all the little pieces that has been a success elsewhere," Fortune said, "and we hope can be a moneymaker for us." She added that the plan is to get a good broad cross-section of La Jolla businesses to participate.

"It's really cool," said Fortune, adding a lot of time's been spent "trying to figure out the categories keeping the integrity of the game but making it fun" while establishing "a nice balance of every kind of business, with every income level, moms and pops as well as big corporations."

Due to the Memorial Day holiday, the deadline for businesses to purchase LaJollaopoly spots was extended to Friday, May 30. For more information visit events@LaJollabytheSea.com.

Mangelsen nature gallery hails successful pupping season

By DAVE SCHWAB

Seal enthusiasts held a Seal-a-bration Thursday, May 22, at La Jolla’s Mangelsen Images of Nature Gallery to mark the end of another successful pupping season at La Jolla’s Children’s Pool.

"We had 54 pups," said Ellen Shively, president of the Seal Conservancy of San Diego (formerly La Jolla Friends of the Seals). "It’s slightly above average from past years, when we’ve had 46 or so."

"We come every year this time of year. "It’s a tradition for us," Church said adding, "But it’s a big expenditure for us, and if there’s no fireworks, we won’t be coming to La Jolla for the Fourth."

However, Church said “La Jolla is a very special place for us” adding that “we love La Jolla and will continue to come (other times) during the year.”

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This is not the first time the display has garnered attention. From 2010 to 2012, the Coastal Environmental Rights Foundation targeted the event, saying the city had approved the display without conducting a review of the California Environmental Quality Act.
The La Jolla Shores Association (LJSA) heard plans in May by lifeguards to have the Shores’ lifeguard tower observation glass replaced by the Fourth of July, as well soliciting testimony from neighbors concerned about AT&T’s plans to build a 30-foot-tall cell tower at Cliffridge Park near Torrey Pines Elementary School.

Group chairman Tim Lucas said “reflection problems,” as the existing lifeguard observation tower window has caused “false images,” necessitating its being replaced.

“We hired a consultant to assess the situation and come up with a solution,” said San Diego Lifeguard Lt. Rich Stropky, who added that glazing problems necessitate replacement of the glass frame. “We hired a glazing expert that went over the details, have pulled building permits and are ready for construction.”

Stropky said the plan is to “work through the month of June, with completion of construction toward the end of June before the Fourth of July.”

Noting city construction “never happens on time,” LJSA board member Janie Emerson said she doubted July 4 was a realistic due date.

“We don’t need a hurried job again and have it botched a second time,” Emerson said. “It might make a whole lot more sense and be less expensive to do it after Labor Day.”

Stropky replied it was important to try and get the job done before July 4 to make the beaches safer for the busy summer tourist season.

Also on the advisory group’s May 14 agenda was a proposed AT&T cell tower to be installed at Cliffridge Park past the outfield fence near existing Spring and T-Mobile cell sites.

The potential for harmful electromagnetic radiation has been a hot-button issue for some time. At present, the policy of the Federal Communications Commission regarding cell phone towers is that there is no irrefutable evidence to support the claim that electromagnetic transmissions are harmful.

Therefore, proposals for such towers can be opposed only for land-use reasons (inappropriate location, blocked views, et cetera), not for health concerns.

Several neighbors near the proposed cell-phone tower, including one who gave a formal presentation arguing that cell-phone towers should not be allowed near schools or other institutions where youth gather because younger people are more susceptible to any conceivable type of health threat.

A local physician, who has authored a book on the potential threat gave a slideshow presentation detailing his claim that there is evidence suggesting emissions from electromagnetic transmission could pose a potential threat, to be taken seriously.

“We can’t address health impacts,” said board member Mary Coakley Munk, “but we have a great deal of control over (cell tower) aesthetics and location.”

“This is being done piecemeal, a tower here and a tower there,” said Emerson, suggesting it might be better to have some kind of comprehensive, long-range plan for citing cell tower facilities moving forward.

LJSA meets the second Wednesday of the month from 6:30 to 8:30 p.m. at T-29 Martin Johnson House at Scripps Institution of Oceanography.

For more information, visit ljsa.org or email ljsa.org@gmail.com.

Two ordered to stand trial in La Jolla, OB robbery cases

Following six days of testimony with 35 witnesses, a judge has ordered two men to stand trial in numerous robberies allegedly committed by the “Back Door Bandits” in La Jolla, Ocean Beach and elsewhere.

The group got its nickname from exiting out the back doors of restaurants, such as when it held up the Smashburger restaurant on Prospect Avenue in La Jolla on Aug. 4.

Ryan Patrick Churchill, 23, was ordered to stand trial on 29 counts of robbery, attempted robbery and conspiracy. Duran Caldwell, 24, was ordered to stand trial on 19 counts of robbery, attempted robbery and conspiracy.

San Diego Superior Court Judge Charles Rogers, who heard the witnesses in the preliminary hearing, ordered Churchill and Duran to appear in court on May 29 to set a trial date.

Deputy District Attorney Jalyan Wang said the employees were robbed and that no customers were held up. She said the charges represent 14 incidents at different franchises. Two Rigoberto’s Taco Shops and the El Cotixan restaurant in La Jolla were among the restaurants robbed.

The other restaurants were located in Claremont and Rancho Penasquitos.

Witnesses in the Smashburger incident and two masked men entered through the back door. Duran and Churchill are charged with six robberies of Smashburger employees. The restaurant was robbed of nearly $4,000, records say.

They rode to the restaurant in a car registered to Churchill. They wore dark clothing, ski masks, hats and gloves and used a black air gun as a weapon.

Police officers pulled the car over after 15 minutes after the robbery and found the cash box from Smashburger.

The driver, Thomas Abel Nelson, 23, has pleaded guilty to robbing the Smashburger restaurant. He could receive a prison term or some jail with probation, as there is no sentencing agreement with the District Attorney’s Office.

Nelson is free on $50,000 bond and awaiting sentencing. Churchill and Duran have pleaded not guilty and remain in jail on $500,000 and $300,000 bail figures, respectively.
Soledad memorial group seeks volunteers, docents

The Mt. Soledad Memorial Association, the administrative body of one of the area’s central tributes to military veterans, is seeking volunteers in its La Jolla office and docents at the Mt. Soledad National Veterans Memorial, located atop Mt. Soledad.

Volunteer opportunities include those in memorial plaque design and sales, website support, veteran event activities, social media and general administration. On-site volunteer docents answer questions about the memorial and conduct tours. Each opportunity calls for about three hours’ donated time a week. Training programs are in place to orient new volunteers.

“The Mt. Soledad Veterans Memorial stands as a beautiful symbol and reminder of those who have served our country since the military was established in 1775,” said Bruce Bailey, president and CEO of the memorial association. “It is only through the support of our docents and volunteers that we can continue our work in honoring and recognizing those men and women.”

La Jolla resident and Senior Chief Volunteer (Bill) Sturgeon has been an association volunteer and memorial docent for the past four years. He served in the Navy and retired after 24 years of military service. He served aboard seven different destroyers in the Korean and Vietnam wars.

Sturgeon is one of seven docents “helping visitors better understand the significance of this extraordi- nary veterans tribute, which recognizes the major contributions of those who have helped preserve the freedoms we enjoy as Americans. It’s an ideal opportunity for both veterans and nonveterans to show their patriotism while honoring those who have served our country.”

The Mt. Soledad Veterans Memorial is the only veterans memorial in the area’s central tributes to veterans.

La Jolla native named to international law group

David Casey Jr., a La Jolla resident and native and a senior partner with the San Diego-based CaseyGerry law firm, was recently appointed to serve on the board of directors of the International Academy of Trial Lawyers, a group of trial attorneys representing both sides of the bar: prosecutors and defense lawyers in criminal cases and plaintiff and defense counsel in civil litigation.

Casey has been a fellow of the Aacadem – which limits membership to 500 fellows from the United States – since 1999. Fellowship is by invitation only and follows a vetting process that includes inquiries of judges and other trial lawyers of high standing.

The academy reportedly seeks out, identifies, acknowledges and honors those who have achieved a career of excellence through demonstrated skill and ability in jury trials, trials before the court and appellate practice. Members are engaged in civil practice on both the plaintiff’s and the defendant’s side of the courtroom and the trials of criminal cases.

Specializing in serious personal injury and wrongful-death cases, Casey Jr. has spent more than 35 years practicing law in San Diego. He is past president of the American Association of Trial Lawyers, now known as the American Association for Justice, and has been lauded with more than 60 professional awards throughout his career.

CaseyGerry, established in 1947, is the oldest plaintiff law firm in San Diego. The 15 attorney practice in areas of asbestos, serious personal injury, product liability and pharmaceutical litigation. Headquartered at 110 Laurel St, in the Bankers Hill neighborhood of San Diego, the firm also has an office in Carlsbad.
UCSD to host drive for San Diego Blood Bank

The San Diego Blood Bank will accept donations at a drive hosted by UCSD on Tuesday through Thursday, June 3 through 5, through Wednesday, June 4 and Thursday, June 5, from 10 a.m. to 3:30 p.m. The drive will be held UCSD’s Library Walk.

A meal and fluids are recommended prior to giving blood. All donors must show picture identification and donors are encouraged to schedule an appointment by calling (800) 4MY-SDBB (800-469-7322) or visiting sandiegobloodbank.org.

Seals

CONT. FROM PG. 1

The goal of the nonprofit wildlife group is to preserve the La Jolla harbor seal colony for ecological, educational, scientific, historic and scenic opportunities.

“We’re celebrating the seals and a successful pupping season, and we are raising financial resources to continue our advocacy for the group of volunteers working directly with officials Joanie Miyashiro-Brennan and Denise Larkins.

The association offices are located at 6413 Caminito Blythefield, Suite B in La Jolla. For more information, call (858) 459-2314 or visit soledadmemorial.com.

IN MEMORIAM

About 1,000 attended annual Mt. Soledad Veterans Memorial events in La Jolla on May 26, which included honors of the memory of Sgt. Rafael Peralta, killed in Fallujah, Iraq in November 2004. Peralta, 25, was fatally injured when he took gunfire and a grenade blast. In so doing, he saved the lives of many fellow soldiers. A plaque was installed at the memorial in his honor. The event also marked the first time that all San Diego congressional members were in attendance.

PHOTO BY DON BALCH

Seal docents at Children’s Pool, numbering more than a dozen, were also saluted at the Seal-a-bration.

CONT. FROM PG. 3

PHOTO BY DON BALCH

Beginning-of-summer holiday weekend keeps lifeguards on their toes

Lifeguards with the San Diego Fire/Rescue Department’s lifeguard services department saw an estimated influx of nearly 451,000 ocean and bay lovers over the three-day Memorial Day weekend as temperatures rose to near-perfect levels.

Lifeguards who cover Mission Bay and city beaches from Point Loma to Torrey Pines State Beach reported about 80,500 visitors on Saturday, May 24, resulting in 29 medical aids and 10 rescues. On Sunday, May 25, lifeguards reported more than 167,000 visitors, 96 medical aids and 89 rescues. Memorial Day, Monday, May 26, drew an estimated 203,000 visitors, causing lifeguards to respond to 144 medical aids and 88 rescues, according to San Diego Fire/Rescue Department spokesman Lee Swanson.

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CONT. FROM PG. 1

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PHOTO BY DON BALCH

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San Diego Opera’s long-term fix is what the phrase implies

By MARTIN JONES WESTLIN

In early April, U-T San Diego ran a series of letters on the plight of San Diego Opera, then on the verge of shuttering due to sagging ticket sales and declining patronage. The writers were loopy with opinions on what went wrong — the company’s administration can’t get its arms around the enormity of the troupe’s internal difficulties; light opera (which the company refused to stage) might have worked; an independent audit of the company’s finances is in order; the science and art of opera is dead in any event.

That last part yielded an edgy message from the guy who wrote the letter.

“There is one bright spot,” he wrote: “We don’t have to endure Nixon in China next year.”

As you know, the opera’s fortunes have reversed “to the extent” that it’s announced a 2015 season, and lo and behold, “Nixon in China” is on the bill. There’s an irony in that that transcends the political flaps over dollars and cents and the fact that only 33 of the opera’s 58 board members originally voted in March to shut it down in a statistic that never got fair play in the press.

I don’t know anything about Nixon in China, except that it’s gotten mixed reviews. Hell, I don’t even know that much about opera, as a live theater (a wholly different discipline) is my usual beat. But after nearly 20 years as a critic, I’d like to think I know something about what excites a patronage, what speaks to its mind, its objectives and its needs. My experience leads me to cite Chicago — already the greatest theater city in America — as a case in point amid its thriving opera scene, the means to its success and, given the recent turmoil at San Diego Opera, how our reinvigorated company might accordingly cop a clue.

A recent National Endowment for the Arts report says that 2.1 percent of the population attended at least one opera in 2012, down from 3.2 percent 10 years earlier. Newcomers to the art might accordingly cop a clue.

Gerald Edelman, whose discoveries on cell growth and adhesion and the structure of antibodies led to his Nobel Prize in 1972, died Saturday in La Jolla of natural causes. He was 84.

Edelman, a founding director of La Jolla’s The Neurosciences Institute and a former professor of neurobiology at The Scripps Institute, earned him and Rodney Porter a Nobel Prize in physiology or medicine. Later, Edelman sought to construct theories on sustained consciousness. He was also said to have extensive knowledge of music, the visual arts and literature.

Edelman’s work led to the discovery and creation of antibody drugs, used today in diagnostics and treatment. In 1967, he and Joseph Gally correctly suggested that immune cells that create antibodies actually shift their genetic make-up — this was an especially radical thought at the time, as genes were thought to be fixed.

Edelman wrote more than 500 research papers and published a series of books on the phenomenon of consciousness.

The New York native earned his M.D. from the University of Pennsylvania in 1954. He was a captain in the Army Medical Corps, working in France. He later earned a doctorate and joined the faculty at what is known today as Rockefeller University.

Edelman is survived by his wife, Maxine Morrison; sons Eric and David Edelman; and daughter Judith Edelman. The family suggests that donations in his memory be made to the Athenaenum Music and Arts Library, 1008 Wall St. in La Jolla, or to the Neurosciences Research Foundation, 800 Silverado St., Suite 302, La Jolla, 92037.

Gerald Edelman, 84, Nobel laureate, Neurosciences Institute founding director

Here’s a simple way to flush Children’s Pool

Surf waves, trapped in a U-shaped trough hung on the sea side of the concrete pier, can feed water through a pipe to the south side of the pool, flushing it. If the trough bottom is open, except for narrow edges, the water will rise and fall inside. If a non-floating dense Fiberglass board lays on the bottom edges, water will be trapped in the trough when the surf recedes. The trapped water flows through a pipe inserted in a hole bored through the dirt or concrete on the south end and dangled down to and under the south-side sand. Several connections feed water through pipes pointing north under the surface.

A quicker and simpler flushing solution is to use an electronic motor-driven water pump to feed a trickle of sea water to the rocks during the day before the animals’ night roosting. A float moving up and down in the surf can operate a pump. A cable anchored to a railroad car axle with wheels can hold the pump. The float moving up in the surf pulls the pump. An electric clock triggers a bypass valve to control the flush time.

Meanwhile, the sea lions and birds draw the tourists.
In Memory of

Janet Hill Lamott

October 14, 1935 – April 26, 2014

Janet passed away in the presence of loving family on Saturday, April 26th 2014. She was born Janet Willson Hill in Honolulu, Territory of Hawaii, to Naval Officer Andrew J. Hill and Jean Willson Hill. She was a “Kamaaina” (native Hawaiian) because of her “Aloha” spirit and love of the ocean. A “water-baby” from start, Janet swam on a kids’ swim team, coached by Florence Chadwick. Janet’s local schooling, was at Loma Portal Elementary, Dana Jr. High and Pt. Loma High (class of ’53). She married a local, David Lamott in December 1956. A working mother of three girls, Janet finished with 15 years at the San Diego County Sheriff’s Crime Lab as a forensic alcohol and narcotics analyst. Janet and David began “Masters” swimming in 1972, competing in pool meets and ocean events. She became a stalwart international outrigger canoe paddler from age 50 – 58, 1985 – 1993. Janet was then the oldest of (61) known modern woman to swim from one Hawaiian island to another. Janet anchored relay teams for Maui and Catalina channel swims, the latest a 6-woman, all-in-their 70’s, relay of the Catalina Channel, 2012. In her 60’s and 70’s, Janet swam daily, year-round, with dear friends off La Jolla Cove. She was very fond of underwater photography and “Snorkel Safaris” and recently explored many exotic tropical waters. Janet produced many photo albums of colorful corals and creatures. She is survived by David; children: Jo Anna Lamott, Jenny Lamott and Jill O’Beirne (Kevin); grandchildren: Megan and Dan Lamott and Sage Lamott; sister, Dorsey Gale (Alfred) and numerous cousins, nieces and nephews. Janet was loved by all, was a role-model for many younger women, and is dearly missed.

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Celebrating 100 years of Mission Beach

‘Father’s Day Cruise’ proceeds to benefit centennial project

The next installment of the months-long Mission Beach centennial celebration will be a car show on Sunday, June 15 from 10 a.m. to 3 p.m. at Belmont Park, located at 3146 Mission Blvd.

Billed as the “Father’s Day Cruise to Belmont Park,” the free event will feature up to 75 vintage, pre-1980 cars, trucks and motorcycles.

“We’re going to have a ‘pig’ and will be giving prizes to the winners,” said Wendy Crain, centennial committee chairwoman. “We’ll also be doing some raffling, giving away Belmont Park passes and tickets to SeaWorld.”

The event pre-registration deadline to enter a vehicle for a $25 charge is Saturday, June 14. Participants will receive a limited-edition T-shirt, lunch and a dash plaque.

The centennial celebration kicked off in March with a proclamation from the mayor to go along with dedication of a monument, a big boulder with an oxidized bronze plaque placed between Belmont Park and the south lifeguard restroom on the beach.

Crain said the roots of the centennial celebration go back to May 2013 and the influence of local historian Phil Prather, who co-wrote “Images of America Mission Beach,” along with Terry Curren. Prather suggested having an event-a-month format to mark the occasion.

“We’ve tried to make it community oriented with horseshoe and volleyball tournaments, as well as doing things with our oldest icons — the roller coaster and The Plunge swimming pool at Belmont Park,” said Crain.

The next event in the centennial celebration, a planned movie viewing at The Plunge pool in July, is being revamped because the pool is closed for refurbishment. Crain said the event will likely go on but will be held at a substitute venue yet to be determined.

The centennial event schedule will continue in August with a sandcastle event and conclude with a volleyball/horseshoe beachfest in early September. The finish will be a Sept. 27 Centennial Festival at Belmont Park/Ventura Blvd.

Having the June 15 event on Father’s Day in June is a wonderful add-on, said Crain.

“It will be a fun thing to do for dad and the whole family to bring them all down here and have a good time,” she said.

Event proceeds will benefit the Mission Beach Centennial Project. The origin of Mission Beach dates to June 14, 1914, when a syndicate headed by John D. Spreckels and managed by George S. Barnary submitted a subdivision map surveyed by D.A. Loebeinstein to the “Common Council” (now the City Council) of San Diego for approval and acceptance.

For more information, visit www.missionbeachcentennial.org.
For one retiree, volunteering is the cure for chaos

Every day, public attention is drawn to the plight of poverty, cruelty to animals or environmental disasters. These are causes that certainly tug at the heartstrings, but many people may feel that, although they’re terrible, such is life, and they continue living.

Some may donate money to assist in resolving these causes and continue forward without a backward thought. However, sometimes, special, unknown individuals leave their footprints in ways that will positively impact the lives of many for years to come. Marjorie Stewart is one of those people.

Marjorie retired from the entertainment business, in which she specialized in contract fulfillment and public relations, in 2009. Many would feel that retirement signals life’s enjoyment, with no strings attached. Marjorie thought differently and began volunteering for the San Diego Humane Society’s development department in 2010.

When asked if volunteering has enhanced her life, Marjorie said it “has given me a sense of purpose and joy. The generosity of spirit, the helpfulness and sharing of information, is rampant and contagious!” Moreover, she said, every volunteer experience has given her “pride in the human race, hope, humility and happiness knowing that [she] was a teeny part in it.”

After five years, Marjorie is still amazed at the dedication level, the gratitude by those helped, the friendships and the hope her volunteer work has given her, especially in a time where we experience “so much chaos and cynicism.”

The bottom line, in Marjorie’s words, is: “When a critter looks at me, all I see is the desire for love, care and kindness. It’s all in the eyes, and those three things are free, and there is so much in return.”

— Staff and contribution

Pharmaceutical company licenses five programs to viking therapeutics

La Jolla-based drug developer Ligand Pharmaceuticals Inc. has licensed five of its development programs to Viking Therapeutics, a La Jolla clinical stage biopharmaceutical company focused on the development of therapies for metabolic and endocrine disorders.

In addition, Ligand will provide the start-up company with a $2.5 million convertible loan, which Viking can use to pay for operating and financing expenses. Viking is responsible for all development activities under the license.

Ligand products include therapies for diseases such as diabetes, anemia, asthma and osteoporosis.

‘Final’ Pfizer bid to acquire AstraZeneca rejected; La Jolla research jobs to be retained

In an unsuccessful attempt to reach a deal that would have restored its status as the world’s largest pharmaceutical company, biotechnology giant Pfizer Inc. — whose five-facility La Jolla site specializes in the manufacture of cancer drugs — has been turned down in what it terms its final offer to acquire AstraZeneca.

On May 18, the British pharmaceutical giant rejected Pfizer’s $11.9 billion offer, potentially saving research posts at the La Jolla facility.

“Pfizer has a history of shutting down facilities,” said Raghuvaran Selvaraj, an analyst with Aegis Capital. “They don’t thin down headcount. They shut down an entire facility and pick up their stakes and move away.”

AstraZeneca recently rejected Pfizer’s previous cash and stock offer of $106 billion.

Pfizer’s 25-acre La Jolla campus, on Science Center Drive near the I-5 and Sorrento Valley Highway intersection, includes five buildings totaling more than 500,000 square feet. The company spent $5.7 billion on research and development in 2013, down from $7.48 billion in 2012.

Pfizer would not disclose how many people work at the La Jolla facilities or other U.S. research centers.

In your life, you know what you like and what you don’t. You don’t take rejection personally.

You May Be A Grandparent – Nothing helps keep you younger than grandchildren. They help you stay excited, be playful and curious. As my husband said “We should have skipped children and gone straight to grandchildren.”

You Have A Network of Friends and Family – by having long time friendships as well as new friends and your extended family, you stay involved and connected. You Are Motivated to Make The Most Of Your Time – You are aware of how quickly time goes by so you use it more wisely. Continuing a number of interests, such as learning, volunteering or work can help your good health.

We are all aging. Learn how to make the best of it by calling our RN Geriatric Care Managers at Innovative Healthcare 760.731.1334 or www.innovativehc.com.
Bishop’s, La Jolla look to net volleyball titles

By DAVE THOMAS

With the regular season closed out, The Bishop’s School and La Jolla High boys’ volleyball teams were hoping to find CIF gold in their nets soon.

At Bishop’s, head coach Jacqueline Bernardin’s Knights were sporting a 1-4 overall mark (8-4 and undefeated Coastal League champions). According to Bernardin, key players have included senior outside hitter Scotty McPherson, junior outside hitter Chris Al-leyne, junior libero Alec Swanston and freshman setter/right side Owen Gallahue.

“We achieved our first goal,” Bernardin said, “and that was to win league. And now, our goal is to win the Division II CIF championship and have a blast doing it.”

The Knights opened CIF play winning three games over El Camino High before falling last week to eventual champ Escondido in the second round.

At neighboring La Jolla High, head coach Dave Jones and the Vikings finished the regular season 7-5 in Western League and 17-14 over-all. Junior outside hitter Joe Palatella (middle blocker) and Jack Chapman (outside hitter) helped average an earlier loss to Cathedral Catholic, upending the Dons 19-25, 27-25, 25-23, 26-28, 15-13 in the team’s final league match.

“We were moved from Division III to Division I this year in CIF,” Jones said, “due to the overall strength of our program, which will make playoffs more of a challenge than ever. We received the fifth seed (of 12 teams) heading into our first-round match versus visiting Mission Hills.

“In terms of goals,” he said, “we know where we want to finish this season, but to get there at this point, we’ve got to remain focused on the next opponent in front of us at any given time, and right now, that’s Mission Hills.”

The Vikings defeated Mission Hills by scores of 25-17, 25-16 and 25-11. In its next meeting against Steele Canyon, La Jolla won the event by a 3-1 score, registering games of 25-21, 30-32, 25-14, 25-18. La Jolla would end up losing its May 22 playoff matchup to Del Norte (3-1) by scores of 25-20, 20-25, 25-18-25-19.

SOFBALL TEAMS LOOK TO SCORE WINS

As the final games of the regular season dwindled down, several local scholastic softball teams looked to lock up seeds in the CIF playoffs.

At The Bishop’s School, the Lady Knights, under head coach Art Schiele, finished regular-season action at 18-1. In their first CIF playoff game in the postseason, the Lady Knights scored a 5-0 win over Holtville High, following that up with an 11-1 romp over High Tech SD in the second round last weekend.

According to Schiele, key players have included junior captain/third baseman Sabrina Moreno (who leads San Diego County with 52 RBI, has 5 home runs); junior captain/shortstop Aida Ayala (batting .464, with three home runs); freshman center fielder Livy Schiele (top 10 in San Diego County in batting average, .600, on-base percentage, .681), runs scored, 40, and stolen bases, 26; and sophomore pitcher Grace Young (10-0 record, 1.73 ERA).

“This team is ready to work harder right now to ensure that we’re playing our best softball at the end of the season,” Schiele said. “Our goals of winning league and CIF championships are still within reach.”

At La Jolla High, the Lady Vikings, under head coach Anthony Sarain, have had a tough go of it this season, sitting at 3-2-2.

“We are still hoping to squeeze into the Division IV playoffs,” Sarain said.

At La Jolla Country Day School, the Lady Torreys, under head coach Lissa Lewis, were 5-13 heading into the final week of regular-season play.

“It has been a rough season,” Lewis said, “but this team has fought to stay in the game. This showed when we played Santa Fe Christian going into the ninth inning. Our pitchers, Jacqueline Nelson and Kayla Magid, have stepped up and worked together. Our hitters, seniors Taylor Johnson, Emily Springfield and Jacqueline Nelson and sophomore Kayla Magid and freshman Samantha Mostarth, continued to get stronger throughout the season.”

Lewis said she is most proud of the work this team has put in and that they continued to find ways to improve on and off the field.

Orangetheory offers a heart fitness modality for everyone

By DAVE SCHWAB

No matter what their sport, La Jolla athletes can get in the zone at Orangetheory Fitness.

“Orangetheory Fitness really is for everybody,” said Billy Borjia of the new fitness modality, whose local venue opened six months ago at 7734 Girard Ave., Suite C.

“Our training program workouts aren’t specifically designed for any one sport,” Borjia said. “But it’s a great conditioning program for all of them.”

A cross-training method pioneered by a Florida fitness expert, Orangetheory Fitness offers 60-minute workout sessions split into intervals of cardiovascular and strength training, with heart-rate monitors to track intensity and maximize metabolic burn, increase energy and burn more calories, even after leaving the studio.

Orangetheory Fitness uses the Excess Post-Exercise Oxygen Consumption program, in which guests are taken through five gradually increasing “zones” of escalating heart rate as they exercise with treadmills, rowing machines and freeweights.

“The goal,” Borjia said, “is to get you into the fourth zone, the orange zone, where you’re working at 85 percent or higher of your maximum heart rate for 12 to 20 minutes. When you achieve this, it allows you to burn calories from fat up to 36 hours post-work-out.”

Orangetheory can benefit athletes of every stripe from runners to skiers to triathletes to surfers, Bor- jia said.

“A surfer himself,” Borjia said wave riders can benefit from Orangethe- ory’s fitness method, which can help them build their cardiovascular capacity, as well as work on their ability to “pop up” quickly and efficiently on their boards.

“Orangetheory can strengthen their upper bodies, improve their techniques and paddling doing exercises that help with that range of motion,” Borjia said, adding that similar exercises and workout pro- grams can be geared to improve the abilities of those in throwing positions in other sports like pitchers and quarterbacks.

Borjia said Orangetheory can be made applicable to any sport because it works on “the abdominals and core structure,” some- thing he said improves your physi- cal capability no matter what you do.

“The body core is really key,” he said, “affecting your overall perfor- mance, your balance, the type of maneuvering you do, like surfers on the waves.”

Another benefit of the Orangeth- ory method, Borjia said, is that clients are “guided by a coach every step of the way.”

The Village Fitness studio on a recent afternoon found business- men, moms, students and younger and older people were working out together, led by a personal trainer exhorting and encouraging them to apply themselves to get the most out of their workout.

A big board in the room tracks the pertinent levels — calories burned, time in the various zones — of everyone in the class throughout their workouts.

“We send them an email after- ward automatically with the results of their workout,” Borjia said.

John Johnson, a 54-year-old physician who trains in the Orangetheory method, is sold on it.

“It’s a small-group setting with some level of personalized train- ing,” Johnson noted, adding he likes it because “you’re not just competing against yourself.”

Combined with the studio’s screens where “you can always monitor your heart rate,” Johnson likes it because “it’s a blend of cardiovascular and weight train- ing. It’s an hour-long challenging workout, which would be hard to do on your own.”

Johnson said the workouts have definitely improved his ability “to do sports like snow skiing and surfing.”

Borjia said Orangetheory works for everyone no matter what their fitness level. He said a marathon- er or Iron Man or Woman com- petitor can benefit just as much as someone utilizing the condi- tioning program on a doctor’s advice.

Borjia said the program has proven results.

“We’ve got a member in here who’s 72 years old and has got limitations, bad knees and a hip problem, and he lost 22 pounds in nine days,” said Borjia.

For more information call (858) 551-8750, stop by 7734 Girard Ave., Suite C or visit orangetheorystudios.com.
Del Mar Fair returns with ‘Fab Four’ theme, new food treats

By LORALEE OLEJNIK

ALL YOU NEED IS “FAB FOUR” FUN

Visitors to this year’s San Diego County Fair at Del Mar can look forward to plenty of rides, food treats, shows and a “Fab Fair” theme in tribute to the Beatles this year at the Del Mar Fairgrounds.

Ladies and gentlemen, the Fair! The San Diego County Fair returns June 7 to July 6 with a “Fab Fair” theme, celebrating 50 years since the Beatles’ British Invasion of America.

“Our exhibit is going to be extraordinary,” said Linda Zweig, spokesperson for the County Fair. “Every year, we choose a new theme that is attractive to a lot of demographics. There is something for everyone.”

It was 1964 when Paul, Ringo, George and John hit U.S. shores, appearing on the “Ed Sullivan Show” in a pivotal pop-culture moment in American history. In addition to tribute-band performances, a special Beatles-themed exhibit will feature photo archives never before seen in California, including John and Yoko’s 1969 “Bed-In” for peace.

The Beatles will have to share the stage at this event, however, with the Fair’s other star, the food.

Known for such delicacies as deep-fried ice cream, deep-fried pizza, and deep-fried Twinkies, the Fair has once again added deep-fried items to its menu.

For example, the Fair’s new food treat is bacon-wrapped Churros, fried chicken skins, a four-patty hamburger on a Krispy Kreme Donut bun and gourmet grilled-cheese sandwiches.

Several hot musical performers will play as part of the Summer Concert Series on the Grandstand Stage. Acts, including Third Eye Blind, Smokey Robinson, Toni Braxton and Kenny “Babyface” Edmonds, REO Speedwagon and Mattiyahu. Some acts may require purchase of an additional ticket. Several performers and events geared toward the Latino community are also part of the lineup.

A favorite of the kids, the AgriFair exhibit will take place in the Wyland building. Visitors can learn about animals and visit the petting farm and Junior Livestock Auction, where young San Diegans sell the animals they’ve raised over the past year.

Of course, it wouldn’t be the County Fair without contests. Everything from photography to flowers to a Homebrew Competition is in the works as locals vie for coveted blue ribbons.

The Fair is the largest annual event in San Diego County, drawing more than 1.4 million visitors annually.

The Del Mar Fairgrounds are located at 2260 Jimmy Durante Blvd. in Del Mar. The Fair is closed Mondays and the first two Tuesdays after June 7.

Adult admission is $14. $8 for seniors (62+), children 6-12. Children under six are admitted free. Tickets can be purchased online or at the gate. The “Best Pass Ever” deal is $24 for all 24 days of the Fair. Kids under 12 can gain free admission by reading 10 books and having a teacher or librarian sign off a special reading certificate that is downloadable on the Del Mar Fair’s website. Discount tickets are also available for purchase at Albertsons and Save-On pharmacies. Military discount tickets are available at San Diego military base ticket offices.

Parking is $10 per vehicle or motorcycle and $20 for RVs (cash only). Offsite free parking and shuttle service are available at the Del Mar Horsepark, MiraCosta College’s San Elijo Campus and Torrey Pines High School. If looking for an alternative to fighting traffic, Fair Tripper Passes are $15. These allow guests to ride the Coaster, Sprinter or Breeze round trip and include admission.

For more information and a complete list of events, visit www.sdfair.com.

UPCOMING EVENTS

FRIDAY, JUNE 6 – THE SAN DIEGO HISTORY CENTER COSTUME COUNCIL will present a luncheon and fashion show from the past, present and future at House of Hospitality in Balboa Park from 11 a.m. to 1:30 p.m. For information, call (619) 232-6203.

SATURDAY, JUNE 28 – STYLE IN MOTION will present a show by Fashion Council and the Fashion Group International.

HOW MUCH CAN YOU STOMACH?

The Del Mar Fair, known for its unusual and gustavious offerings each year, will have plenty of offerings for adventurers to try this year.

Photo by Don Balch

BIRDS OF A FEATHER Flocked Together

The Epilepsy Foundation of San Diego County presented its annual Fashion Show & Luncheon at the Hilton Torrey Pines on May 15, beginning with an amazing champagne shopping spree. The theme for the day was Birds of a Feather, and the dress code centered on shades of blue. Many guests added an extra touch with feathered headpieces.

The honorary chairwoman was Jenny Craig. Other chairs were May Zawaideh, Lynda Kerr and Lena Zawaideh. Supermodel Kelly Enberg was in attendance as celebrity chairwoman.

The show was choreographed by Leonard Simpson and produced by Fashion Forward.

Each segment was in keeping with the theme, as La Jolla hairstylist Kira Pinski and team created an awesome look for the models. Hair was brushed back in chignons, and the make-up on the eyes was dynamic and multicolored, with large lashes and feathers.

The finale featured designer Puey Quinones showing off his dramatic collection. The designs were created with gorgeous feathers, and the audience was wowed.

The show benefited the Epilepsy Foundation of San Diego County, which offers myriad programs designed to improve the lives of those with seizure disorders. Some programs include expressive arts therapy, personal counseling and seizure education. For more information, visit epilepsysandiego.org.

FORWARD AT 7 P.M.

Forward at the Harley Davidson new showroom at 7 p.m. The chairwoman is Kristi Pieper. The show will benefit DS Action/Down Syndrome, Rady Children’s Hospital.

For more information, visit dsд撒n.org.

JULY 24-26, 2014 – LA JOLLA INTERNATIONAL FASHION FILM FESTIVAL at the Museum of Contemporary Art. This is the world’s largest gathering of fashion-film professionals and will feature a Bruno Avellian retrospective. For ticket information, visit jiff.com.

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

BIRDS OF A FEATHER flocked together

Kira Pinski’s team rocked the make-up at Birds of a Feather.

PHOTO: DIANA CAVAGNARO, LA JOLLA VILLAGE NEWS
New Catania eatery to feature coastal Italian fare

By MARTIN JONES WESTLIN

Whisknladle Hospitality, which runs La Jolla’s Whisknladle and Prepkitchen in La Jolla, Del Mar and Little Italy, is adding another restaurant to its roster, this one with a new concept for the group.

Catania, owner Arturo Kassel’s fifth restaurant, will occupy the La Plaza Building, currently under redevelopment at the corner of Wall Street and Girard in La Jolla. Catania is aiming to open in early 2015.

The restaurant will occupy 3,750 square feet on the top floor of the building, which allows for ocean and village views.

Kassel, who opened nearby Whisknladle in 2008, said, “We’re thrilled to be taking on this new challenge and for the opportunity to exercise a different side of our brain. Catania has been six years in the making, dating back to a two-week road trip that [creative director] Chef Ryan [Johnston] and I went on throughout Italy. We’ve been eagerly waiting for the right time and opportunity and strongly feel that La Plaza in La Jolla will allow us to open a restaurant built to last.”

Kassel said the new eatery’s coastal Italian menu will feature seafood and an emphasis on lighter dishes.

Longtime collaborator Bluemotif Architecture will putting together a modern space for Catania.

New hours, breakfast at The Patio

The Patio on Lamont Street, known for its shared plates and neighborhood feel, will be offering a select number of breakfast items, beginning Monday, June 2. Coinciding with the addition of the new plates, the restaurant will now be open at 9 a.m. daily to accommodate the needs of the local early-risers.

Some of the new breakfast items will include a seasonal vegetable frittata, house-made muffins, and a house-smoked salmon flatbread. Guests will still be able to enjoy the Greek yogurt and granola parfait, Patio breakfast flatbread, bacon breakfast potato skin and vegetarian potato skin dishes, which were added to the menu earlier this year.

With a continued focus on local vendors, The Patio on Lamont Street also now proudly serves Swell Cafe coffee, whose flagship shop is located in Mission Beach. Swell Cafe was recently named “Best Coffee” in San Diego by San Diego Magazine.

Whether you’re dining in or taking out, start your day with The Patio!

Art of presentation is king at University City’s Ahi Sushi

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.

Ahi Sushi & Grill
(Japanese & Chinese Cuisine)

Special Grand Opening

Please Join us in Celebrating our New Location by enjoying

1 FREE CRUNCHY ROLL*  
*with minimum $5 purchase

50% OFF Cut Rolls & Sushi

Please Present Coupon When Ordering, Only One Coupon Per Table

UNIVERSITY SQUARE CENTER
3949 Governor Drive, San Diego, CA 92122 (Next to Vons)
Tel: (858) 678-0288 • Fax: (858) 678-0988
Pianist Jacquelyne Silver has parlayed her keyboard talent into a broader audience interest – that of the cinema and the story of the men and women who profoundly influence it. Her new touring series, “Hollywood,” is coming to the Athenaeum, 1008 Wall St., and will feature footage of the films you love, from the silents to the talkies, along with Silver’s accompaniment and lecture on music’s indispensable place in film. The history of the Oscars, the roar of the MGM lion, the mythical celebrities: it’s all there in a show designed to answer the questions about Hollywood you didn’t know you had. The event runs May 27 and June 3 from 7:30 to 9 p.m. Tickets are $14 for members and $19 for nonmembers.

**HOLLYWOOD:**
Tuesdays, May 27 and June 3, 7:30 to 9 p.m.
**THE ATHENAEUM**
1008 Wall St. ljathenaeum.com

As can be determined through its name, December’s Children is at heart a Rolling Stones cover band, and it’s a good one. Featuring Danny Baker (vocals/guitar), John Yelenowsky (bass), Andrew Harvey (drums) and David Fleming (lead guitar), the band doesn’t try to look like or mimic the Stones. Instead, they focus on playing the music with accuracy and attitude. The group’s secret weapon is the incredible Fleming, who can also be heard with a Beatles tribute group, The Baja Bups, and ’60s soul wonders The Amandas. His lead work will stun even the most jaded rock guitar fan. December’s Children stick to the hits, but with nearly 50 years of material to choose from, there is plenty of variety and a lot of fun to be had from this band.

**DECEMBER’S CHILDREN**:
Saturday, May 31, 8 p.m. at **BEAUMONT’S**
5662 La Jolla Blvd., 8 p.m. 21 and up. beaumontseatery.com

Donovan’s

**The Broken Yolk Café**
The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelets to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches.

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Summer Camps

Pro Select Soccer Training

Pro Select soccer camps provide the competitive youth soccer player with a proven curriculum delivered by professional qualified coaches to help each player advance their game. Our curriculum has been developed over the past 14 years through numerous one-on-one private training sessions!

As part of its effort to assist San Diego’s Transitioning-Age Foster Youth (TAY), the Junior League of San Diego hosted a unique program on May 18 at KOMA Salon, 7843 Girard Ave. in La Jolla. Mentors from TAY were treated to a day of Pampering for a Purpose to prepare TAY for job interviews and career readiness through a budgeting workshop, a professional etiquette refresher, a resume consultation and mock interviews. Additionally, as part of Pampering for a Purpose, mentees received fresh haircuts, manicures, massages and professional styling tips at KODA Salon to boost confidence and prepare them for their next steps in life.

"We are so excited to showcase this new event and see the mentees enjoy all of their services," said Junior League members.

And for a limited time, receive $20 off the full summer package when using code: SDNEWS. Visit jlrYW.org for more information.

Nike Tennis Camps at UCSD

Come join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Directors Bill and Shelly Scott, and USD Head Women’s Tennis Coach, Sherri Stephens, along with their experienced staff, have another amazing summer lined up with fun both on and off the court! With five weeks of junior overnight and day camps for boys & girls ages 9-18 of all ability levels, and a special High School program for juniors and off the court! With five weeks of summer lined up with fun both on and off the court! With experienced staff, have another amazing summer at the Nike Tennis Camps at University of San Diego.
La Jolla High to build science/tech center

La Jolla High School has announced plans to create a 13,000-square-foot biological science and technology center and to pay for it through a fundraising drive.

The building is to be located behind the school’s swimming pool and next to its band building. It would replace two existing classrooms, which would be relocated. The school is located at 750 Nautilus St., in the central part of the Village.

Construction on the center is expected to begin in 2015, with completion in the fall of 2016.

UCSD’s English in Action tutor program plays role in strengthening international cultural bonds

The UCSD International Center offers San Diegans an opportunity for global engagement through a unique tutoring program, one it’s had a chance to perfect over the last 43 years.

Founded in 1971, the English in Action tutor program welcomes members of the San Diego community to interact with UCSD international students, scholars, spouses and visitors. Volunteers harness the potential of conversation, help improve the conversation skills of our international community and play a role in helping its members become acclimated to American culture. Many tutors find new confidence in their teaching skills, develop increased cultural awareness and build lasting friendships with people from across the globe.

“The English in Action tutor program,” said coordinator Shelly Taskin, “is an excellent opportunity for volunteer tutors and international visitors to engage in conversations that range from study techniques and pronunciation to hobbies and favorite foods. I’m consistently amazed by the amount of improvement participants achieve after engaging in friendly conversation with their EIA tutor.”

After submitting an application, participants are paired based on common interests, preferences and availability. Tutors and their clients then decide on a meeting schedule, involving 1 and a half to 2 hours’ conversation at the International Center patio each week. International Center staff provide support through tutor orientations and an online resource website.

La Jolla resident Maureen Nichols has been tutoring with English in Action since 2002.

“Being a tutor has reaffirmed my strong beliefs regarding the importance of celebrating diversity and learning as much as possible about the other people who inhabit the planet with us,” Nichols said, adding that she’s become interested in global affairs after meeting people from around the world.

“I like to think that I am giving back to the community,” Nichols said, adding that “in some small way, I am contributing to increased global understanding.”

The International Center promotes and supports international education and exchange for UCSD, provides the university community with the experiences that foster development of international knowledge, skills and sensitivities and supports the university’s international students, scholars and study-abroad participants with services designed to improve the quality of their intercultural experience and contribute to their academic and research success.

For more information, visit icenter.ucsd.edu.

For more information or to apply to become a tutor, visit bit.ly/EIA-TutorWebsite or email iprograms@ucsd.edu.

– Staff and contribution
We fulfill our purpose by letting ourselves shine.

By Natasha Josefowitz, Ph.D.

A flower bud in the spring has closed petals but not potential. If the bud is placed in water with dupled sunlight, it will open into a lovely flower. But if the water is too cool or too warm, or the sun too hot or a draft too cold, the bud will dry out and fall away.

And so it is with children. If there are loving parents—not too strict, not too lenient—and the school has good teachers and there is good food and good air and a warm bed at night, preferably with a story read at bedtime, the child will grow into a healthy adult.

A summer flower could be large or small, with a sweet scent or a pungent one, with colors all the rainbow, with bees and birds sipping its nectar, a flower that makes people smile as they stop to look at it, smell it, take a photograph—or it can be a flower that makes none notices, lost in the underbrush, maybe even inadvertently trampled by passing feet.

And so it is with people—some grown into adults who make others glad, making the world a better place. Others, however, may contribute little—taking but not giving back. They risk being trampled and forgotten.

In the autumn, the flower will drop its petals, and a fruit will form. Some will be sweet, some sour, with varying colors—red, yellow, orange, purple, speckled—fruits to be eaten raw or cooked, dried or candied, made into jam or relish. The fruit must be eaten or it will fall to the ground, wither and decay.

And so, in the autumn of our lives, it is the last chance we have to nourish those around us. We have our time in the sun, beautiful, admired, like flowers picked and lovingly placed into vases to give pleasure to all. Now that we are ripe, we are like fruit put into bowls and set on tables to be relished—to nourish all.

We may be wrinkled, a little shorter, with gray hair and halting steps, glasses and hearing aids; but we are at last free from the expectations of others and also free to pursue who we are meant to be in the coming of the winter of our lives.

Let us not discount that winter, with the landscape covered with snow. For under that icy cover, deep in the earth, dormant roots are resting. Seeds are waiting to emerge with the first hints of spring.

Some of our seeds will take root right next to us. Some will blow to distant places carried by the wind, carried by the forcefulness of our ideas, our values and our actions—the result of all our gifts, of all our endeavors.

Let us bear the fruits of our labors proudly and be the standard bearers, the role models, the wise men and women who extend our arms full of ripe fruit to the generations to come.

Let the seeds of integrity and good values that we have planted continue to germinate and grow through the generations so that they will keep our earthly home safe and productive. It is then that we would have finally fulfilled our purpose.

La Jolla drama teacher is behind group’s revival

A La Jolla theater instructor and UCSD graduate is a central figure in the latest incarnation of one of San Diego’s most talked-about tropes, now that sports ambitions beyond stage performance.

Scott Feldsher, who teaches drama at La Jolla Country Day School, is directing Samuel Beckett’s “Happy Days” for the reconstructed Sledgehammer, which mounts unconventional, often neglected plays as alternative entertainment and whose personnel include actor Dana Hooley.

The underscore at the end of the name is meant as an empty blank, inviting the audience to contribute to the new interpretation with larger partners, the new approach will be production-based rather than focused on seasons of plays.

“Sledgehammer’s new branding,” Feldsher said, “is designed to allow us to embrace our ambitions beyond the theatrical productions we’re best known for... Returning to our site-specific roots or collaborating with larger partners, the new approach will be production-based rather than focused on seasons of plays.”

Happy Days runs through June 8 at The Tenth Avenue Theatre, the company’s new operations base. The venue is located at 9010 Tenth Ave. downtown. Tickets are $25 and $30.

For more information, call (619) 354-5888 or see sledgehammer.org.

La Jolla drama teacher is behind group’s revival

By MARTIN JONES WESTLIN

The historic Cosmopolitan Restaurant in Old Town is unveiling a new brunch menu on Sunday, May 18, which combines traditional American favorites with Mexican breakfast staples that will be sure to delight hungry brunch goers of all ages.

“The Cosmopolitan Restaurant & Guest House is excited to unveil our new brunch menu, which is the perfect way to start off a beautiful spring day in Old Town,” owner and operator Chuck Ross said.

The brunch menu was created to incorporate the newest culinary trends by using fresh fruits, vegetables and spices from the Cosmo’s garden, much like former residents Albert Seeley and Juan Bandini would have done in the 1870’s, continued Ross.

Guests can enjoy special $1-off per person drinks and $2-off per person dessert special. Call 619-297-1874 or visit www.oldtowncosmopolitan.com for more information.

Chuck Ross, owner and operator of the Cosmo.

Enjoy the beauty of Old Town

Fridays are for family, friends and fun. Join us for brunch every Sunday 10am – 2pm. Eggs your way and ways you’ve never imagined, including five variations of eggs Benedict.

All items $5.95 – $10.95.

Flapjacks, waffles, iron skillet hash, biscuits, fruit, burgers, burritos, and of course, what would brunch be without champagne, mimosa, and margaritas! There are even dishes created especially for your 11th whisperers.

2660 Calle St. 69-207-1874
OldTownCosmopolitan.com

Brunch every Sunday
10am – 2pm
Eggs your way and ways you’ve never imagined, including five variations of eggs Benedict.
All items $5.95 – $10.95.

Flapjacks, waffles, iron skillet hash, biscuits, fruit, burgers, burritos, and of course, what would brunch be without champagne, mimosa, and margaritas! There are even dishes created especially for your 11th whisperers.

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OldTownCosmopolitan.com

The historic Cosmopolitan Restaurant in Old Town is unveiling a new brunch menu on Sunday, May 18, which combines traditional American favorites with Mexican breakfast staples that will be sure to delight hungry brunch goers of all ages.

“One of the oldest hotels in California, The Cosmo isn’t just a beautifully restored building; we blend history with specially prepared dishes to provide an excellent dining experience that is unlike any in Old Town,” said Chuck Ross, owner and operator of the Cosmo.

Guests dining on May 18 will receive a special $1-off per person drink if they mention the secret word “Victorian.”

Served from 10 a.m. to 2 p.m. on Sundays, the extensive menu features moderately priced dishes, such as the Pronto Cafe Homestyle for $8.95 and the Goat Cheese Veggie Omelet for $8.95. Some of the must-try midday offerings include the Baja Fish sandwich, the Savory Waffle Sandwich and the Monte Cosmo Sandwich, which features ham, turkey and Swiss cheese on broccoli bread dipped in egg batter, pan fried and dusted with powdered sugar.

“The brunch menu was created to incorporate the newest culinary trends by using fresh fruits, vegetables and spices from the Cosmo’s garden, much like former residents Albert Seeley and Juan Bandini would have done in the 1870’s,” continued Ross.

Guests can indulge in mimosa offerings, such as Ysidora’s Mimosa (champagne, orange juice, pineapple juice and grenadine), 18, which combines traditional American Platt’s eggs benedict topped with crumpy onions and house-made hollandaise sauce. The menu also features Mexican dishes such as mole dish.
Deep-ocean scientists urge caution as energy resources lay untapped

The world’s deep ocean spans more than half the planet, and untold quantities of untapped energy resources, precious metals and minerals reside in its depths. Humankind needs and depends upon many of the deep ocean’s treasures, and the race is already on to exploit them.

In the May 16 issue of Science, scientists from Scripps Institution of Oceanography at UCSD and their co-authors call for stewardship of the world’s largest living space — striking a balance between wise use of vast resources and maintaining the deep ocean’s delicate ecological environment — now, before permanent loss occurs.

“Most of the deep ocean has never been explored,” said Lisa Levin, director of Scripps’ Center for Marine Biodiversity and Conservation. “But what we have seen reveals a vast diversity of life forms and habitats important to the health of our planet. Slow-growing species are the norm, and some ecosystems, once injured, may never recover.”

The deep ocean, below 656 feet, faces mounting challenges, as impacts from activities like fishing, oil and gas development, waste disposal, and human interference.

Scripps Institution of Oceanography official says some delicate ecosystems may never recover from human interference.
Industry is cited as a major reason for the monarch butterfly’s decline. A
months, but these numbers are
each year to roost for the winter
County and Santa Barbara from
ico, Los Angeles, Ventura, Orange
known to migrate to central Mex-
plexippus) is a robust species that
entists are worried they are on the
in the past few years and that sci-
eed the milkweed
in my gar-
Asclepias tuberosa, com-
monly known as butterfly weed.
It is native to eastern North America, Green Gardens Nursery
in Pacific Beach, at 4910 Cass St.,
has just begun stocking nar-
rowleaf milkweed (Asclepias fras-
circularis) and showy milkweed
(Asclepias speciosa), both native
plants I plan to add to my garden.
All milkweed is drought-tolerant
and will attract monarchs. As a
bonus, it will attract bees and ben-
ficial insects to your garden.
— Linda Marrone is a Realtor
with Caldwell Banker, and she spe-
cializes in historic real estate. She
is a historic homeowner and co-
founder of the Secret Garden Tour
of La Jolla. Her garden was featured
on the tour in 2001. You can take a
tour of Linda’s garden on

Is the monarch's reign in jeopardy?

By LINDA MARRONE

COURTESY PHOTO

I have several milkweed plants that attract abundant numbers of
monarch butterflies to my garden, and I recently noticed several
newly “hatched” monarchs that had just emerged from their chrysalises.
The pleasing sight of these brightly colored creatures
drying their new orange, black
and white wings prompted me to do
some research on them; and what I read was quite sad. It
appears that monarch butterfly numbers have declined drastically
in the past few years and that sci-
etists are worried they are on the
verge of disappearing altogether.

The monarch butterfly (Danaus
plexippus) is a robust species that
has one of the longest migration
patterns in the insect world. Lit-
erally hundreds of millions are known to migrate to central Mex-
ico. Los Angeles, Ventura, Orange
County and Santa Barbara from
all over the country and Canada
each year to roost for the winter
months, but these numbers are
dropping at an alarming rate. A
recent CBS News report reflects
that the monarchs covered 1.65
acres of the pine and fir forests
west of Mexico City last winter.
That’s down from 2.93 acres last
year and a decrease from a record
44.5 acres in 1996.

Monarchs need the milkweed
plant to survive, as it is the only
plant on which they will lay their
eggs. Scientists say the use of her-
bicides to eradicate weeds (includ-
ing milkweed) from farmlands
and public roadways is one of the
main reasons the monarchs are
disappearing, along with illegal
deforestation in Mexico and severe
winter weather. Farmers are
growing genetically altered crops
designed to withstand the effects of
erbicides, so when these crop
fields are sprayed with herbicides,
only the weeds are affected. The
use of herbicides has increased
over the years amid this process,
and it appears to be killing off the
monarch population.

When the monarch eggs hatch,
the larvae grow into caterpillars
that feed on the milkweed leaves,
which contain a milky sap that
makes them poisonous and
unattractive to predators. After
eating the leaves, the caterpillars
form chrysalises, and their meta-
morphosis is complete when the
monarchs emerge.

The milkweed I grow in my gar-
den is Asclepias tuberosa, com-
monly known as butterfly weed.
It is native to eastern North America, Green Gardens Nursery
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Stakeholders edge closer to
tourist-rental regulations

By DAVE SCHWAB

On May 28, an ad hoc Stake-
holders Committee edged closer
to making recommendations on
whether — and how much — to regulate short-term vacation-
rental properties that some
believe have become a problem
in La Jolla.

Jonah Mechanic, representing
the rental industry, gave a pre-
tation and a handout defend-
ing short-term rentals, insisting
there are only a handful of
“party houses” giving the indus-
try a bad name.

“Less than 1 percent of short-
term rentals in La Jolla are party
houses,” claimed Mechanic, not-
ing at recent ad hoc committee
meetings that only four homes
have been identified as problem-
atic.

One local resident responded
that that is a serious underesti-
mate and understatement of the
number of problem homes in
the community, many of which
he said have gone unreported.

La Jolla resident Mary Kinyon
gave a suggestion she’d like the
ad hoc committee to make to its
parent body, the La Jolla Com-
munity Planning Association
(LJCPA), which makes land-use
recommendations to the city.

“There should be a 30-day (min-
imum) limit on rentals,” she said.

The Ad Hoc Stakeholders
Committee on Short-Term Vac-
tion Rentals has offered the fol-
lowing suggestions for solutions
to the perceived problem:

• Request a larger budget for
the CAPP (Community Assisted
Party Program) used by San
Diego Police to regulate “party
houses”;

• Increase fines for CAPP viol-
ators;

• Enforce collection of TOT
(business occupancy taxes) that
lodging interests are required to
charge guests; and

• Establish a permit process for
short-term rentals, including
fees dedicated to covering the
cost of the permitting process
and enforcement.

Ad hoc committee member
Heather Weiermann spoke in
favor of a short-term rental per-
mits system.

“If you have reasonable fees,
persons will pay taxes,” Weier-
mann said, adding that “taxing
and licensing is one way to take
the burden off the city and put it
on the person renting the
home.”

Ad hoc committee member
Jim Fitzgerald said he didn’t
believe anyone would have a
problem strengthening the
CAPP program, pointing out
that the real issue is “how to deal
with the problem behavior” and
noting the focus should “start
with the zoning.”

Member Mike Costello talked
about a dozen or more other
municipalities, including Coro-
nado, Imperial Beach, Dana
Point and Carmel by the Sea,
that have acted to limit or pro-
hibit short-term rentals in resi-
dential neighborhoods.

“Municipalities,” Costello said,
“have used zoning regulations
to restrict short-term rentals. Do
not tell me I owe you my quality
of life so you can make money.”

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Demystifying The Myths Of Solar

Don’t Go Solar… Until You’ve Learned all the Facts

The abundance of solar radiation in San Diego makes the community an ideal location to produce solar energy. The City of San Diego was recently ranked second for solar capital of the nation. Sullivan Solar Power, the top installer in the SDG&E utility territory, is hosting an educational seminar to provide property owners the facts about solar. The local company is hosting an educational seminar for residents to learn how they can declare energy independence.

The free information luncheon will cover rebates, incentives, financial savings, technological advancements, owning vs leasing a system and how to evaluate credible solar companies. Residents are invited to attend the educational workshop on June 14 at the Marina Village Center from 11am – 12pm. Lunch and refreshments will be provided. To RSVP, call (858) 740-6669 or email brittney.larsen@sullivansolarpower.com.

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Tom Armstrong began at the base level at the age of 15 as a laborer, carpenter, framer and layout worker and worked his way up. At 17, he was specializing in stairway construction and roofing. A few years later, he was supervising construction phases. Then Tom went solo in the design and remodeling business. In his work, he aims to capture as much sunlight and ocean view as possible. Armstrong has become a trusted name in construction.

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Container gardening is fun and easy!

You don’t even have to have a yard to garden in containers. Follow these five steps for stunning container gardens.

Tip 1: Thrillers, Fillers, and Spillers — This is a sure fire way to create a container with a balanced design.
- Thrillers will give you height and will be placed in the center of your pot if viewed from all sides and towards the back if viewing it from the front. (choose one or more depending on the size of your container)
- Fillers are full or mounding plants that will fill in the bulk and middle of your container garden.
- Spillers will fall over the sides of your containers.

Tip 2: Color Echoing — Choose a plant you love and then repeat the color or colors in that plant with other plants. An easy way to start learning how to echo colors is by choosing a bi-colored flower first and then playing off of it. These flowers have more than one color, like a rudbeckia (A) with yellow and burgundy colors. To use it in a container with color echoing pair it with purple fountain grass (B), yellow lantana (C), coleus and purple potato vine (D).

Tip 3: Fabulous foliage — Mix in foliage with your flowers. Foliage of differing textures provides a great backdrop for flowering plants to stand out against and makes the garden more visually appealing.

Tip 4: Conversation starter — Include unique plants with striking foliage, unusual flowers or colors. These conversation starter plants will have your friends and family raving about your container garden.

Tip 5: Maintenance — Keep your container garden looking great all season — remember to maintain it. As with any garden a little maintenance is required to keep container gardens looking their best. Give them food and water and prune back any plants that are taking over their neighboring plants and deadhead flowers to keep them blooming.

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LA JOLLA VILLAGE NEWS
Given the substantial knowledge gaps, future exploitation of deep-ocean resources will inevitably be punctuated with new discoveries as well as unexpected harmful effects of planned activities. Both will require transparent and adaptive decision-making, balancing exploitation with lasting protection of habitats, biodiversity and ecosystem services.

The ideas for this paper arose during an inaugural meeting of the Deep-Ocean Stewardship Initiative (DOSI).

According to Levin, one of DOSI’s founders, “The initiative is designed to bring natural and social scientists, regulators, the private sector and civil society together to provide guidance on environmental management of the deep ocean. We humans don’t have a great track record with stewardship of land and our coastal ocean. Hopefully, we can do a better job with the deep half of the planet.”

This paper is part of the Environmental Law Institute’s broader efforts to support sustainable management of the deep ocean, including its Gulf of Mexico Program, to support the public’s role in restoration in the wake of the Deepwater Horizon oil disaster of 2010.

The spill blackened parts of the Gulf of Mexico with nearly 5 million barrels of oil over 87 days as oil rig exploded and sank.

The J.M. Kaplan Fund and the International Network for Scientific Investigation of Deep-Sea Ecosystems, through a grant from Foundation Total, have supported development of the Deep-Ocean Stewardship Initiative.
Taking puppy love to a new level: healthy doggy muffins for Fido

Kathie Missett has taken puppy love to a whole new dimension, creating an Internet business promoting natural nutrition for pooches.

Missett started her business, Puppy Love Muffins & Specialty Dog Food, after adopting her rescue dog, Bailey. Bailey had some health issues, and Missett wanted to ensure her pet was getting the best possible diet to help build his immune system naturally.

But she became disenchanted with dog-food options after exploring alternatives and discovering that even high-quality dog food brands used substandard ingredients, byproducts, artificial preservatives and supplements.

Missett, an Ocean Beach resident, developed what she said is a better, more healthful, dog-food alternative: muffins.

“I had some heart-shaped tins from Valentine’s Day and I came up with the idea for Puppy Love Muffins, little meat muffins with all sorts of nutritional food,” she said.

Now, she’s turned into “a baking fool,”pointing out she once baked 600 muffins at one time for a pet parade.

It would represent the birth of Missett’s virtual bakery, puppylovemuffins.com.

“I started this business just about a year ago and it’s really started selling,” said Missett. She said all her doggie muffins are freshly baked, adding it takes three days to process an online order.

Missett’s customers speak highly of Puppy Love’s product line.

“I would definitely recommend her to anyone looking for a healthy alternative dog food,” said Gwendolyn Fuentes, whose dog, Dominick, is an Italian greyhound-chihuahua mix. “[Fuentes] is incredibly knowledgeable, and I have learned quite a bit about how bad conventional dog food can be for our pet. What I really like about her is her passion and how she can present all her research and findings without ego,” said Fuentes.

“She knows her stuff, but she isn’t going to make you feel like a bad pet owner if you choose another path,” Fuentes describe Missett’s muffins as “amazing.”

“My dog will go on strike if I don’t offer him a muffin,” she said.

Fellow customer Lily Joovanna Matteotti concurs with Fuentes, “I recently adopted a puppy (Tucker, a King Charles cavalier) with a known heart condition,” Matteotti said. “I began reading up on dog food shortly after picking up my puppy, but I wasn’t too impressed and, in fact, a little shocked at what type of ‘filler stuff’ type food (wheat, corn) is on the market. Puppy Love Muffins was exactly what I needed, dog food that provided all the nutrients and minerals for my dog and all the convenience of not having to make it myself.”

Matteotti said she appreciates that Puppy Love Muffins “has done their research.”

“I would recommend them to any dog owner that is looking for the same things I was looking for: healthy, local ingredients, convenient for me and made locally in the USA,” she said. “The plus side is I’m supporting a small business. Tucker loves them, and I feel good knowing I’ve done the best I can.”

“My goal is to be able to expand and grow,” Missett said.

An all-natural holistic dog-food company, Puppy Love Muffins & Specialty Dog Food uses no wheat, corn, soy or artificial ingredients. Its products are filled with high-quality animal protein like tuna, beef and chicken and all-natural ingredients like blueberries, cranberries and sweet potatoes that are formulated to meet a dog’s nutritional needs.

For more information, visit www.puppylovemuffins.com.

San Diego is the most well-read major U.S. city, amazon says

San Diego is the most well-read major city in the United States, Seattle-based online retailer amazon.com has announced.

San Diego’s ranking among cities with a population of 1 million or more came in amazon’s fourth annual Most Well-Read Cities in America list, released as a kickoff to the summer reading season. The ranking was determined by compiling per-capita data of all books, magazine and newspaper sales in print and Kindle formats from April of 2013 to April of 2014.

The full rankings include cities of populations of 100,000 and up. They were led by Alexandria, Va., which bought the most books per capita overall. The only California city in the top 20 of 100,000 and up was Berkeley, which finished seventh.

The year-old company, which was founded by five former Qualcomm software engineers, has developed a smartphone app that helps residents find plumbers, handymen and other home service providers.

The company, which focuses on the mobile user trade, raised $1.5 million in venture capital this week to fuel expansion.

Rabines Architects of San Diego and Dempsey Construction Inc. have been selected to handle the project’s first phase on time.

The TMD assessment is levied on all lodging businesses. The percentage paid is based on the number of units or rooms in the business. Businesses with 30 or more units or rooms pay 2 percent of assessable rent. Businesses with 29 or fewer units or rooms pay .55 percent of assessable rent.

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Construction firm retained for Country Day expansion

Dempsey Construction, Inc., has been selected to handle the improvement and expansion of La Jolla Country Day School’s upper-school classrooms for grades 9 through 12.

The school is located at 9490 Genesee Drive. Twenty-eight classrooms will be upgraded and expanded to feature larger learning areas and more natural light.
Hooking up renters with TV access consumer tips

By ALAN PENTICO

When it comes to TV access today, consumers have numerous options in addition to their local cable company. Viewers can watch their favorite TV shows on network websites through streaming services like Netflix or Hulu Plus, and through satellite service providers.

One of those options—satellite service from companies like Dish Network and DIRECTV—involves installing equipment outside your home. So what does opting for satellite TV mean for apartment and condominium residents or single-family-home renters?

Renters who want satellite service are supported in their choice by Federal Communications Commission rules. The FCC says anyone renting his or her home has the right to install a satellite dish or a receiving antenna. The federal agency’s guidelines also state that a landlord is prohibited from imposing restrictions that prevent or delay installation, maintenance or use of an antenna or satellite dish. In most cases, requirements to get approval before an installation are prohibited, according to the FCC.

However, the property owner does have the right to impose some restrictions on the installations, like for safety reasons or the preservation of historic areas. Details may be explained in your lease or rental agreement.

Generally, the rental guidelines for having a satellite dish are straightforward. The dish must be one meter or less in diameter and it must be installed only in an area leased by the tenant. That means the dish must be in the satellite subscriber’s residence or on his or her balcony, patio or terrace. For single-family homes, permissible areas include the house, patio, yard or similar areas.

A satellite dish cannot be placed in an apartment or condominium complex’s common areas, like on the roof or exterior walls.

The installation must be performed by a professional and take into consideration safety, interference and potential alterations of the property. For example, the dish must be secured safely to a heavy object or tripod, and the dish installation can’t interfere with the complex’s own telecommunications and electrical systems. And, if the signal transmission from the dish requires a cable, the line must run flat under a doorjamb or window sill or via other industry-standard methods so that it does not alter the residence or the use of the door or window.

Finally, when a renter moves, the satellite equipment must be taken out. The resident would be responsible for the cost of repairing any damage that occurs in the removal process.

As with any modifications to your rental home—whether it’s an apartment in a large complex or a single-family home—checking with your landlord first is advised.

—Alan Pentico is executive director of the San Diego County Apartment Association.
Which of These Costly Mistakes Will You Make When You Sell Your Pacific Beach Home?

PACIFIC BEACH - 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.

As this report uncovers, most homesellers 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 have a brief recorded message about how to order your free copy of this report, call 1-800-467-3238 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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