Perking up the community
one cup at a time

By MARIKO LAMB | VILLAGE NEWS

Bird Rock's favorite little coffee roaster has taken home a big win from Roast magazine’s annual Roaster of the Year competition, beating out micro-roasters from all over the nation to achieve the 2012 Micro-Roaster of the Year award — the first time any San Diego roaster has won the prestigious honor.

Although the Bird Rock community already knew Bird Rock Coffee Roasters had some of the nation’s best beans, Roast magazine verified that through a panel of experts and blind judgment by two separate labs – Lab International in Vermont and Atlas Coffee Importers in Seattle.

The experts’ judgments were based on various criteria, including aroma, color, imperfections, bean size and flavor profile. Based on the Roast Review — the world’s leading coffee guide — Bird Rock Coffee Roasters consistently scored at 94, national competitors.

— Bird Rock Coffee Roasters consistently

The lighter you roast, the more origin character you get from the coffee,” he said. “If you must go darkly you end up not tasting its characteristics.

Patton is dedicated to sourcing at origin traveling to far-reaching countries like Colombia, Nicaragua, Costa Rica, Ethiopia and Bolivia to buy directly from individual farmers — an arduous task, but one that pays off in every cup.

“We’re the only one in San Diego that consistenly sources at origin. It’s rare to find a company our size do it as well,” he said. “We find coffees that no one else is getting and are unique. The only way to do that is to go there and meet the farmers.”

Upcoming trips this year include pre-harvest visits to Guatemala. Kenya and Burundi to speak with farmers about their harvest and build long-term, sustainable relationships with them.

“A business agreement only works out if there is a certain level of trust,” he said. In addition to fair-trade practices, Patton is dedicated to supporting causes both locally and abroad.

What insolvent could mean for San Diego schools
By MARIKO LAMB | VILLAGE NEWS

If the San Diego Unified School District (SDUSD) is unable to pass a balanced budget by July 1 next year, the district could be considered financially insolvent, causing a state takeover of the district, said SDUSD officials.

If that comes to pass, the school board would become an advisory body, Superintendent Bill Kowba would be out of a job and the state would bring in one administrator to make all the district’s decisions.

“They bring in one person who will essentially say, ‘Close that school. Get rid of those programs. Increase class size,’ but without any thought to the impact,” said Scott Barnett, who represents beach-area schools.

At minimum, the district faces a $60 million deficit next fiscal year due, in part, to four consecutive years of state budget cuts to public education. Since 2007, SDUSD has been forced to cut $4.5 billion from its budget and reduce staff by 15 percent.

SDUSD, like many other districts in the state, “has used every budget trick in the book to get through these difficult times,” said Kowba. “These cumulative reductions have been steeping and devastating and are now being felt in all of our classrooms.”

This school year, students started the year with 1,000 fewer teachers and staff members.

To further pare down the workforce, the state will trigger midyear cuts in December if the state’s revenue projections — optimistically presumed to be $4 billion — fall short by $2 billion or more. At the end of September, state revenue projections were already more than $700 million below its budget target.

If the triggers are engaged, SDUSD’s deficit could skyrocket up to $1.18 billion next year — a price tag Kowba said the district simply can’t afford.

Under that worst-case scenario, even with employee concessions and hundreds of teacher and support staff layoffs, a balanced budget would be very difficult to achieve, challenging the fiscal solvency of the district, Kowba wrote in an opinion letter to the San Diego Union-Tribune on Oct. 13.

In a meeting with the La Jolla Cluster Association on Oct. 19, Barnett named a few solutions to resolve the deficits in both scenarios — all of which, he said, range from “pain” to “terrible.”

“District wide, we’re going to have to make these tough decisions. We need to think of everything just to keep the doors open next year — significant cuts to magnet and language schools to International Baccalaureate programs and pushing class sizes as high as we possibly legally can,” he said. “Every horrible thing you think of is going to have to be on the table if we want to avoid financial insolvency.”

SDUSD board members are creating parallel budget tracks, discussing a range of options, including more classified and certified layoffs, school closures and realignments, property sales, tapping into already depleted reserves, program and transportation cuts, union concessions and reducing the school year by seven days.

“We need to get creative, and we’re going to have to be bold and make tough decisions in order to salvage some semblance of quality education for our children in the next couple years and beyond,” said Barnett. “This is not just Chicken Little. This is not trying to scare people. This is real. We’re trying to save 100-plus-year-old institution.”
People in the news

• San Diego home-builder and La Jolla resident Bill Davidson was inducted Oct. 12 into the National Builder Magazine’s Hall of Fame for Design Excellence.

Davidson’s induction took place during the 31st annual Builder’s Choice Awards Gala in Washington, D.C. The honor recognizes Builder’s Choice-winning architects and builders who have a legacy of award-winning designs.

Called a “maverick” in a March 2005 Union-Tribune feature story, Davidson’s design and marketing innovations include the now-famous pink houses at Pointe Del Mar in the Del Mar Highlands and the early adoption of outdoor living and dining rooms at multiple projects in San Diego.

Davidson’s projects have been honored with local, regional and national building industry awards.

Locally, the Sales and Marketing Council of the San Diego Building Industry Association has awarded Davidson an unprecedented 14 Grand SAM awards.

• Silver Age Yoga announced its first ever Silver Age Yoga Teacher of the Year award has been given to Bob Spindler for his commitment to supporting its mission with his volunteer efforts.

As an entrepreneur traveling all over the country to help his corporate clients motivate their employees with large training events, Spindler found yoga a great de-stressor. One day he took a free seniors’ yoga class at the Riford Center in La Jolla, which was sponsored by Silver Age Yoga Community Outreach (SA YCO), a 501(c)3 nonprofit.

“When I attended this class and witnessed the interest and fun these older students were having, I was impressed and hooked,” Spindler said.

He was encouraged to become a SA YCO instructor by Carolyn Boline, then-SAYCO teacher at the Riford Center.

Spindler completed his basic 200-hour-level training in March 2007, and went on to complete the Silver Age Yoga online certification course and the advanced hands-on training program soon after.

To date, he has taught well over 450 free yoga classes to hundreds of seniors without compensation. He has served on Silver Age Yoga’s board of directors for five years.

Spindler currently teaches five SAYCO classes at the Riford Center in La Jolla, St. Peter’s in Del Mar, University City Older Adult Center and the Jewish Family Service Coop Apartment Activity Center.

• Two La Jolla High School students will be featured in American Rose Theatre’s production of “Spring Awakening” at the Lyceum Space Theater in Horton Plaza.

Junior Trudy Bailey portrays Tina in the musical. She is the winner of three National Youth Theatre Awards for best ensemble with San Diego Junior Theatre (SDJT) productions.

Bailey auditioned for her first role at age 11 and was the youngest cast member in the multi-award winning “Thoroughly Modern Milly” with SDJT, directed by original “Choreo Line” member and renowned choreographer Steve Anthony.

She attended the San Diego School of Creative and Performing Arts (SCPA) and Brenda in “Hairspray” (SDJT).

Sophomore Ian Brininstool studied dance, singing, and acting with Leigh Scarritt Productions theater workshops, voice coaching with Pandeli Laurard of the San Diego Small Opera and professional on-camera training with Terry Scott of Acting Professionally.

He has appeared in numerous productions with San Diego Junior Theatre, The Old Globe, La Jolla Towage Company and Lamb’s Players Theatre, among others.

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OBITUARY

Beloved director of Riford Center

Jean LaFarge Jones, a longtime friend of the La Jolla community, passed away peacefully on Sept. 21 with her loving family at her side. She was 83.

Jean was born in Huntington, Neb., on June 18, 1938 to Kenneth LaFarge and Beryl Rhodenbaugh. Bruce and Kenneth were her two brothers.

Jean grew up in Omaha, where she met the love of her life, Marinus Jones, in 1954. Jean and Marinus moved to Phoenix, Ariz., where their daughter, Judy, was born in 1959, and then San Diego in 1959. Her granddaughter, Andrea, was born in 1979 and her great grandson, Benjamin, was born in 2010.

From 1962 to 1977, Jean enjoyed a successful career as the personnel director of The May Company in Mission Valley. She enthusiastically donated her time to May Company’s many charitable activities, including helping young people who were trying to get jobs and into college.

Also during this period, Jean played in numerous golf tournaments, which she thoroughly enjoyed.

For 18 wonderful years, Jean went on to work as the director of The Riford Center in La Jolla, where she assisted countless numbers of seniors, developed numerous programs, kept the building humming, served on the Riford Board of Directors, played bridge (her favorite pastime) and met so many friends she cherished.

Beloved mother, grandmother, and great grandmother and treasured friend, Jean exemplified the life of service to others. With a huge heart and an optimistic spirit, Jean was always warm and friendly, took a great interest in everyone, made them feel welcome and special, and took care of them in so many positive ways. Her great spirit, style, wit and intelligence charmed us all.

A strong and vibrant person, Jean taught us many lessons about life, aging and facing life’s challenges with grace, courage, humor and perseverance. It has been a privilege and a pleasure for us all to have known her and enjoyed life with her.

A gathering of more than 45 friends and family took place at the Riford Center on Oct. 14 to remember Jean’s life.

The family suggests donations in memory of Jean to the Friends of the Riford, the Alzheimer’s Association or San Diego Humane Society.

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JEAN LAFARGE JONES
French Gourmet owner pleads guilty to hiring undocumented-workers

By NEAL PUTNAM | VILLAGE NEWS

The owner and manager of The French Gourmet restaurant have both pleaded guilty to charges involving the hiring of undocumented workers. Meanwhile, the restaurant has agreed to forfeit $350,000 to the U.S. government as a penalty.

Owner Michel Francois Malecot, 59, and manager Richard Kauffmann, 58, will be sentenced Dec. 19 by U.S. District Court Judge Thomas Whelan. Malecot and Kauffmann remain free on $75,000 and $60,000 bond, respectively.

Kauffmann pleaded guilty on behalf of the restaurant on Oct. 13 to hiring 10 illegal aliens. Kauffmann faces a maximum term of five years in federal prison because of alleged prior hirings of the same nature. Meanwhile, Malecot signed a document that allows federal prosecutors to seek between $130,000 and $650,000 in criminal forfeiture.

Malecot pleaded guilty to a misdemeanor charge of “a pattern and practice of continuing to employ illegal aliens,” according documents from the U.S. Attorney’s Office. Malecot could receive a sentence of six months in federal prison, according to his lawyer, Eugene Iredale.

“We feel the restaurant can survive if forfeiture is set at $350,000, but not more than that,” said Iredale, who also represents the restaurant. “It employs over 100 U.S. citizens.”

Iredale said some of the undocumented workers “were longtime employees” and the owner did not want to fire them just because of their immigration status. Other undocumented workers misrepresented their status to Malecot when they were hired, Iredale said.

Malecot has owned the Turquoise Avenue restaurant for 12 years. Kauffmann has worked there for 28 years. Charges of conspiracy and harboring illegal aliens will be dismissed during the sentencing, said court officials.

Meanwhile, the restaurant has agreed to forfeit $350,000 to the U.S. government as a penalty.

The former Immigration and Naturalization Service fined the restaurant in 2003 for employing illegal aliens, according to documents from the U.S. Attorney’s Office. When charges were first filed in April 2010, prosecutors initially said they would seek forfeiture of the restaurant and the property itself but later revised that to a forfeiture range between $350,000 and $650,000.

The former Immigration and Naturalization Service fined the restaurant in the 1990s for employing illegal aliens, according to the U.S. Attorney’s Office. The restaurant received letters in 2005 and 2006 from the Social Security Administration that several employees’ names did not match Social Security numbers.

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Behind an outstanding effort from senior tailback Jaivon Griffin, Point Loma High ran all over La Jolla High for a 31-8 win in a Western League meeting on Oct. 22.

Griffin scored three impressive touchdowns, including a 72-yard jaunt to begin the third quarter. That long run effectively ended any realistic chance of a Vikings comeback.

“If it wasn’t for my line, none of it would have happened,” Griffin said. “We played as a team and came out with a lot of success. The game plan was to come out as a team and play as a team and that’s what we did.”

LJHS head coach Rey Hernandez was understandably disappointed with his team’s performance but he said it all starts with himself at the top.

“It’s a reaffirmation that you have to be a disciplined team to win,” he said. “I was pretty disappointed, especially with our defense, in the first half. I thought we were better prepared, but obviously I didn’t have the guys ready to go.”

Griffin scored on a pair of touchdown runs in the first quarter to give the Pointers an early 14-0 lead. A PLHS field goal to start the second quarter made it 17-0 and the Pointers essentially opened the flood gates when they converted a long fourth down for a 26-yard touchdown passing play and a 24-0 lead going into halftime.

After Griffin’s marathon run to begin the second half, the Vikings’ offense started finding some rhythm. In particular, senior wideout Vincent Cheng made several drive-extending catches for the team.

“We need to get back in the weight room,” Cheng said. “As a team, we need to get collectively stronger and hold the line better.”

Hernandez elected to insert backup quarterback David McColl midway through the third quarter. Hernandez said he wanted to give the junior some playing time but Bobby Schuman will remain the team’s starter.

“We wanted to do something different to jumpstart the offense,” Hernandez said. “I don’t think there’s any quarterback controversy as far as I’m concerned. I personally don’t think yanking one individual is the way to go, I think there were a lot of guys who weren’t doing the things we needed.”

The Vikings showed some resilience late in the fourth quarter. After LJHS linebacker Chris Lachance intercepted a Pointers’ pass, the Vikings responded by mounting their best drive of the game. Running back Dillon Cromwell finished off the possession and ended the shutout by pummeling through multiple PLHS defenders for a three-yard touchdown run with 1:43 left.

“(We wanted to) save a little pride,” Cromwell said. “You gotta always look forward to the next game, learn from our mistakes and just move on.”

Junior running back Connor Irwin converted the two-point conversion attempt on an end-around run to the right side making the score 31-8.

LJHS finishes its regular season with three straight home games. The Vikings welcome Hoover on Oct. 28 then play host to Serra during homecoming weekend on Nov. 4 before closing out the season against Mission Bay for a rare Thursday game Nov. 10. All three matchups are scheduled to begin at 6:30 p.m. under the lights at Edwards Stadium.

Now accepting women’s and men’s consignments.
Challenged Athletes Foundation holds event to change lives, athletes

One of the definitions of the word challenge is to be invited to a contest. On Oct. 23 at La Jolla Cove, an incredible group of athletes — both able-bodied and disabled — answered that challenge and participated in the 18th annual San Diego Triathlon Challenge. The event raised more than $1 million for the Challenged Athletes Foundation.

Crowds of people gathered at the Cove to watch the swim in the early morning fog and cheered when swimmers crossed the finish line. Some able-bodied athletes qualified to ride in the second, 62-mile day — an event for which riders must be in top condition.

It is Halloween time again and this time of year means trick-or-treat candy! We may indulge, but the kids are the real concern. Decay (cavities) is on the rise in our children as is childhood obesity. Halloween candy is a contributor to each of these situations, and this year we can do something about it.

Global sugar consumption for children increases by about two percent annually and currently sits at 50 million tons per year. This means parents need to be more watchful than ever in regards to their children’s health.

Here are some reasons why:

• Sugar highs create sugar lows.

Sugar-sensitive children may very well experience a decreased ability to pay attention and learn while at the same time exhibiting a negative behavior pattern.

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La Jolla becomes center of US’s private banking
Union Bank plans to broaden its outreach to the La Jolla-area clients by moving its private bank office from the Golden Triangle area to downtown La Jolla.

The new office, located at 7807 Girard Ave. Suite 200, will open on the second floor above the existing Union Bank La Jolla branch on Oct. 31.

The private bank office in La Jolla is led by senior vice president and regional director Kay Matherly and is staffed by 15 professionals. Robert Wiidorf will continue to manage the Union Bank branch on the first floor.

The private bank provides comprehensive wealth-management services, including wealth planning, investments, risk management, fiduciary services and banking to individuals and families, as well as professional service firms such as law firms, medical practices and accounting firms.

“We are looking forward to being much closer to our existing clients and to offer them the convenience of having a private bank office in the heart of downtown La Jolla,” Matherly said. “Our team knows the La Jolla area and has deep, local ties here. We are thrilled to now be in the center of the community that is so important to us.”

The La Jolla private bank office will continue to cover La Jolla and the surrounding area and will continue to have its longstanding, downtown San Diego office led by senior vice president Laume Bas.

Medical help on the go attracts new sponsor
Union Bank also announced it is partnering with Scripps Mobile Medical Unit to sponsor the unit’s 40-foot motor coach. The coach is equipped with two examination rooms, a nurse’s station, state-of-the-art telecommunications and interior/exterior plasma television screens providing patient education. It is also equipped for disaster preparedness and response.

Union Bank and Scripps held an official launch of the sponsorship downtown today, Oct. 27, where Union Bank employees toured the bus and joined Scripps executives to announce the partnership and explain its importance to the community.

Money for the arts — and then some
The Neurosciences Institute announced it raised more than $100,000 during its ninth annual “Minding the Arts” event on Sept. 18.

The fundraiser, which supports the use of the institute’s performance space at no charge by local nonprofit arts and educational organizations, highlighted the institute’s award-winning auditorium with performances by Gilbert Castellanos, San Diego Taiko and the San Diego Symphony.

Taking on cancer drug research
Takeda Pharmaceuticals drug discovery research sites in San Diego and San Francisco led simultaneous Take- da Dog Walks on Oct. 7 to increase breast cancer awareness and collectively raised $20,000 for local affiliates of Susan G. Komen for the Cure.

More than 200 Takeda employees and their pets walked 1,522 miles — the same width of the United States. The walks complement Takeda’s research efforts to cure cancer in partnership with Millennium: The Take- da Oncology Company, which has a pipeline of investigational drugs in clinical testing in cancer patients.

In conjunction with the walk, Take- da San Diego and San Francisco each made a financial contribution to Susan G. Komen for the Cure. Totaling $20,000.

— Staff and contribution

COFFEE
CONTINUED FROM Page 1

Coffee roaster
La Jolla’s Bird Rock Coffee Roasters is also heavily involved in community causes, including selling “cause coffees” to raise funds for local nonprofits and hosting meetings for volunteer organizations like the Bird Rock Community Council.

“Before I moved to Bird Rock, I never did volunteer work. But once I got involved in the community, I saw the amount of change people can make. It was really invigorating for me to see that people really can have a positive effect,” he said. “We are really sensitive of the fact that the business wouldn’t be anywhere without the community’s support.”

Patton said that although he has no desire to become the next big Starbucks chain, he is considering expanding, possibly with another San Diego retail location next year.

“The award is a fantastic honor, but it’s not the end all. It’s sort of a progress report,” he said. “We’ve made a lot of great coffee, but we’re still going forward.”

Unroasted coffee beans from around the world sit in Bird Rock Coffee Roasters ready for roasting. After they go through the process, they’re ready to become delicious coffee treats, like the one below.

Coffee roaster
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“Before I moved to Bird Rock, I never did volunteer work. But once I got involved in the community, I saw the amount of change people can make. It was really invigorating for me to see that people really can have a positive effect,” he said. “We are really sensitive of the fact that the business wouldn’t be anywhere without the community’s support.”

Patton said that although he has no desire to become the next big Starbucks chain, he is considering expanding, possibly with another San Diego retail location next year.

“The award is a fantastic honor, but it’s not the end all. It’s sort of a progress report,” he said. “We’ve made a lot of great coffee, but we’re still going forward.”

Unroasted coffee beans from around the world sit in Bird Rock Coffee Roasters ready for roasting. After they go through the process, they’re ready to become delicious coffee treats, like the one below.

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Donovan’s Steak House

They may look good enough to eat, but the paintings and sculptures at Dono- van’s of La Jolla are strictly off-limits – so you’ll have to content yourself with the USDA prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan’s, fresh seasonal vegetables and your choice of potato are always included with each entree.

Cafe Milano

Owner/Chef Pasquale Cianni, brought Northern Italian cuisine to La Jolla 12 years ago & has been successfully pleasing both local residents & out of towners, even out of the country guests, with his home made pappardelle pasta, veal ossobuco, lobster ravioli and other many authentic Italian dishes. Cafe Milano offers your palate an exciting & incredible experience for the whole family at affordable prices. Early Bird Special: 4:30 p.m. and 6:30 p.m. and choose a select soup or salad, menu entrée, and dessert for $17.95.

TGI Fridays

T.G.I. Friday’s, the first American casual dining chain, is a dining experience that has become the favorite pastime of millions since 1965. The first T.G.I. Fri-day’s was located in New York City and featured red and white stripes, a blue exterior and its name – T.G.I. Friday’s. Inside were wooden floors, Tiffany lamps, bentwood chairs and striped tablecloths. At T.G.I. Friday’s, we’re known for an unsurpassed menu selection of food prepared to perfection, served in a lively, engaging atmosphere for the entire family.

Extreme Pizza

Voted Best Pizza by locals year after year, Extreme Pizza is serving up the fresh- est ingredients, the tastiest combinations of toppings, and the most mouth- watering store-baked crust around. Whether you stop by or have a piping hot pizza delivered to your doorstep, be sure to enjoy one of their gluten free piza- ns, fresh salads, or delicious wings.
New listing adds holiday cheer to the market

To combine holiday charity and real estate, the San Diego Association of REALTORS (SDAR) announced the newest addition to the market: the Holiday House.

From Nov. 1 through Dec. 8, donations will be collected to help fill up the house with items that will be donated to local charities. The campaign will include a number of special events, starting with a kickoff on Nov. 1 from 3 to 7 p.m., when the home will serve as a venue to entertain local dignitaries and sports figures.

The house, located at 5204 Chelsea St., is a property recently listed on the market by Coldwell Banker Residential Brokerage of La Jolla. Situated next door to the house where MTV recently wrapped filming of "The Real World," the home, dubbed "Maison de la Mer," features about 6,733 square feet of living space, expansive windows and French doors in each room yielding ocean views.

"We wanted to make sure the filming next door had been completed before offering the home for sale," said agent Maria Weiss of Coldwell Banker Del Mar, who is sharing the listing with Irene McCann of Coldwell Banker La Jolla. "Along with completion of 'The Real World' taping next door, we wanted to ensure the newly-named Holiday House was prepared for the Nov. 1 kickoff.

La Jolla architect Mark Lyon supplied some of the home’s finishing touches, which include two expansive decks that provide views of the entire coastline south to Point Loma, as well as the outdoor kitchenette.

This is the first time SDAR has embarked on the Holiday House charity. The idea for the event was hatched as a way to collect charitable contributions during the holiday season, but it was only after Weiss brought the idea of housing it on the property of a vacant listing that the project took off. SDAR plans to make the event an annual holiday happening.

Numerous local charities will benefit from the Holiday House campaign, including Adopt-A-Classroom, Becky's House, Homefront San Diego, It's All About the Kids, Marine Toys for Tots, The Salvation Army, San Diego Armed Services YMCA, San Diego Center for Children, San Diego Food Bank, Second Chance and West Senior Wellness Center.

Donations will be accepted at the Holiday House, at SDAR Service Centers and area drop-off centers located throughout San Diego. An abbreviated list of items to donate includes: clothes for children and adults, baby supplies and diapers, car seats, toys and games for kids, school supplies, books, videos, DVDs, educational and art supplies, non-perishable packaged and canned food, gift cards from major retailers and grocery stores, gas cards from major gas companies, amusement park passes, movie and sports passes, sports equipment, appliances, furniture, computers and laptops, kitchen utensils, personal hygiene products, tools, linens, bedding and towels. Visit www.sdar.com for more information.

Guests at the Nov. 1 kickoff are asked to bring a suggested donation with an approximate $25 value. To RSVP, email events@sdar.com and include your contact information or call (858) 715-8000.

BY KENDRA HARTMANN | VILLAGE NEWS

The "Maison de la Mer," located at 5204 Chelsea St., was recently listed on the market and will serve as the Holiday House, headquarters for the San Diego Association of REALTORS’ newest philanthropic endeavor.

The home, which is vacant and will remain so until after the charity drive is over, features 90 feet of ocean frontage offering views of the coast as far south as Point Loma.
Lift a pen can change so much. It can declare independence, write a constitution, sign a treaty, pledge marriage vows, connect with a loved one, design a house, prescribe an anticipated cure, write a check, figure a math problem, and learn to write. These days most of that can be done with voice command. Even a phone call and your computer can be directed by voice command. I don’t talk to any of them yet, but they talk to me.

Lifting a pen is how we increasingly pay for life. We are becoming a cashless society. On an airplane, we’re not allowed to use cash, even for a $6 snack. Have you noticed that when you get a refund from a department store, the store asks you whether you want a refund instead of cash. Mercedes sent me plastic to use toward car repairs and more plastic to use toward detailing. We’ve gone from learning to live with no debt to living only with debt. Now I can pay Rotary bills and donations with plastic. I get airline miles for doing so. We are no longer “Pay Go”, we use plastic.

We buy homes on the same concept. Down payments are not real cash, escrows aren’t equipped to deal with it. Monthly payments are paper checks, direct debit, or plastic. In the planning stages is a way to chip us, most likely a finger, such that when going through airline security, applying for a job, buying movie tickets, groceries, clothes—all will be paid for by lifting a finger which will automatically tie to your banking, spending and traveling history, right next to your medical history. Your whole life style will be able to be read by lifting a finger, comforting…isn’t it? That’s in the future.

In the past our founding fathers were in favor of Pay Go. Our countrymen financed, fought and paid back all the money it took to secure America’s freedom and to pay for the war we fought to countrymen financed, fought and paid back all the money it took. That’s in the future.

We have beautiful, precious families, children and grandchildren.

1. Our environment in La Jolla is highly prized.
2. We have beautiful, precious families, children and grandchildren.
3. Our environment in La Jolla is highly prized.
4. Natural wonders surround us with ocean, rocks, trees, hills, wild life, and domesticated life.
5. La Jolla home sales volume and prices are up significantly September of 2011 over September of 2010.
6. You can buy before home prices go up further.

We actually have industry that contributes to the Gross Domestic Product…Biotec, Scientific Development, Health Care, Tourism, Real Estate Development, Education better than most, Military Contractors and Tourism. All add to local revenues and our bottom line in San Diego.

Why wouldn’t someone want to buy a home and live here? Good idea to act now while the delta of Price/Value/Monthly Payment is so favorable, before the rates and pricing go up. Rents most surely will. We will soon be running out of housing inventory—who wouldn’t want to live here? Just lift a finger, and it’s yours! The transaction will all be cashless anyway, right?

When the election comes around, don’t be laissez faire about your rights… lift a pen, raise your voice.

– Nancy K. Gardner

CMC Finance
858.456.3000
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La Jolla, 92037

www.SDNEWS.com | Vol. 1 Issue 6
San Diego Community Newspaper Group

MARKET
Together we can build a future for La Jolla’s past.

The La Jolla Historical Society connects our community to its past. Please join us as a "Partner for History" as we raise $2 million to restore historic Wisteria Cottage.

Please donate:

~ Online at LajollaHistory.org
~ By phone at 858.459.5335
~ By mail at PO Box 2085, La Jolla 92038
~ Or visit 8746 Eads Avenue, La Jolla

LA JOLLA HISTORICAL SOCIETY

Real Estate
San Diego Community Newspaper Group
THURSDAY, OCTOBER 27, 2011
www.SDNEWS.com | Vol. 1 Issue 6

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shunjadi@primelending.com

Balboa Park Visitors Center

Family Day

Saturday, October 29

Family Activities FREE with museum admission.
Children 12 and under FREE with paid adult admission.

NO COUPONS NEEDED. Most activities from 11:00 am - 3:00 pm.

- Over 20 participating organizations
- Hands-on activities and crafts
- Zoo animals on display
- Costume parades for kids and dogs
- Scavenger hunt
- Family storytelling

Lots of prizes, giveaways and free candy!

Information 619.239.0512
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Schedule www.balboapark.org/visit/halloween
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Boasting spectacular and sweeping white water views of the Pacific Ocean and North Shore coastline, this 3-bedroom/3-bath residence sits on one of the largest premium lots in Colony Hill. Large windows, high ceilings and skylights create an open, airy and bright ambiance. Sliding doors open out to an outdoor patio with dining area and grassy secluded yard, perfect for year-round entertaining.

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The original Point Loma

Over 400 years ago in 1602 when Spanish explorer Sebastian Vizcaino sailed his flagship, the San Diego, into what become known as San Diego Bay, he found a very different Point Loma than what we know today. According to reports, he found what he described as “a forest with tall and straight oaks and other trees, shrubs resembling rosemary, and a great variety of fragrant and wholesome plants.”

Fast-forward to today and much of what he described has been replaced by acres of lawns, palm trees and other non-native, water-thirsty plants that offer little in the way of showcasing the “true” Point Loma. Except for a few hidden, and some not-so-hidden gems, that allow us a look back in time.

One of these gems is the Cabrillo National Monument, which showcases a wide array of native plant communities. Point Loma’s history with the military and national park services has saved much of the existing vegetation. However, give that it is is surrounded by water on three sides and is fenced in by dense urban growth to the north, is has become an island of sorts, leaving it fragmented from the rest of San Diego.

Along the northern edge of the Cabrillo National Monument, dense urban growth and the use of non-native plant species has taken its toll on the surrounding native ecosystems. The introduction of non-native plant species has lead to the deterioration of many sensitive, endangered plant communities, and can give homeowners a preview of how these plants may look like in their yards.

Point Loma’s environment is in danger. Consider that only 2% percent of the world’s vegetation is labeled Mediterranean, and 10% of that is located in California. Point Loma vegetation is generally further classified as coastal sage scrub, which statewide has been reduced to less then 10% of its former size. This enormous reduction in acreage demonstrates the importance of returning Point Loma to its true natural state.

Through the reintroduction of native plants by homeowners, we can work together to help restore the beauty and importance to this unique environment that was so admired by early explorers.

For more information on native plants or for any other landscape design needs you may have, please contact Cleator Landscape Design at 619-917-3644 or visit www.cleatordesigns.com.
Luxury Custom built Corporate Executive home designed by a well known Architect, possibly the Weir Brothers. Beams are said to be from the Long Beach Pier! Three large separated bedrooms, Formal Library that can be closed off if needed. Fine architectural features throughout the home including stained glass, iron work, arches, and much, much more.

Over 2 1/2 acres of land, plenty of room to expand and then add a multi car garage if desired. Zoned Rr.

307 VERBENA, BORREGO SPRINGS, CA • $450,000 • 3,600 SQ. FT.

Beautiful One level home on a point with several canyons surrounding it! Over $100,000 in upgrades including a gorgeous new Library/office, new windows, newly remodeled pool, new roof with special drainage design, and much more. Gentle slope with large flat lower lot. In a beautiful neighborhood of well upgraded homes.

2501 ANGELL AVE, SAN DIEGO, CA 92122

Below Market financing possible; call listing agent for details. One of a kind location with a forever view down Rose Canyon, and also east to the mountains. Rural feel in the middle of the city. Move in ready, Dazzling new kitchen, West facing. If being secluded from neighbors seems like heaven to you, this home is for you!

7095 CONDON DR, SAN DIEGO, CA 92122

340x955 Luxurious 3 bedroom home in a quiet neighborhood. Can be an amazing home office or guest quarter. Large lot and fenced yard.

307 VERBENA, BORREGO SPRINGS, CA • $450,000 • 3,600 SQ. FT.

$f450,000 • 3,600 SQ. FT.

$740,000 • 2,036 SQ. FT.

$749,000 - $758,000 • 2,010 SQ. FT.

$740,000 • 2,036 SQ. FT.
**La Jolla**

- **Thurs & Sat 1-3 pm**
  - 6903 Neptune
  - 48/98 A/B/C/D
  - $4,345,000

- **Fri 1-3 pm**
  - 6903 Neptune
  - 48/98 A/B/C/D
  - $4,345,000

- **Sat & Sun 1-3 pm**
  - 3508 Prospect St.
  - $750,000

- **Sat & Sun 1-3 pm**
  - 7575 Eado Ave. #305
  - $675,000

- **Sat & Sun 1-3 pm**
  - 6683 Azurita Ave.
  - $1,095,000

- **Sat & Sun 1-3 pm**
  - 861 La Jolla Village Drive
  - $1,750,000

- **Sat 1-3 pm**
  - 7506 Dragon #3
  - $899,000-$925,000

- **Sat 1-3 pm**
  - 5083 Saidi Court
  - $1,150,000

- **Sat 1-3 pm**
  - 4670 Caminito Coralita
  - $1,375,000

- **Sat 1-3 pm**
  - 900 Prospect M.D. 4D
  - $1,495,000

- **Sat & Sun 1-3 pm**
  - 3889 La Jolla Village Drive
  - $1,600,000

- **Sun 11-1 pm**
  - 315 Renal St #2
  - $545,000-

- **Sun & Sat 1-4 pm**
  - 5403 Beaumont Ave.
  - $1,635,000

- **Sun 1-4 pm**
  - 6900 Avenida Menta
  - $2,450,000-$2,795,876

- **Sun 1-4 pm**
  - 2220 Avenida de la Plaza
  - $2,620,000-$2,920,900

- **Sun 1-4 pm**
  - 6903 Neptune
  - $3,025,000

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**Point Loma / Ocean Beach**

- **Sat & Sun 1-4 pm**
  - 5195 San Aquino Drive
  - $1,000,000-$1,225,000

- **Sat 1-4 pm**
  - 1950-1957 Honolua Street
  - $520,000

- **Sat & Sun 1-4 pm**
  - 3487 Seaport Drive
  - $499,000

- **Sat 1-4 pm**
  - 1340 Towerline Street
  - $675,000

- **Sun 10-4 pm**
  - 1056 Chalcedony Street
  - $699,000

- **Sun & Sat 11-4 pm**
  - 616 San Antonio Ave.
  - $1,200,000

- **Sat & Sun 11-4 pm**
  - 885 Armada Terrace
  - $895,000

- **Sun 10-4 pm**
  - 1056 Chalcedony Street
  - $699,000

- **Sun 1-4 pm**
  - 3880 Avenida De La Playa
  - $2,620,000-$2,920,900

- **Sun 1-4 pm**
  - 5690 Avenida Mirola
  - $2,450,000-$2,795,876

- **Sun 1-4 pm**
  - 6590 Avenida Mirola
  - $2,450,000-$2,795,876

- **Sat 1-4 pm**
  - 521 Avenida Playasanta
  - $1,500,000-$1,790,670

- **Sat 1-4 pm**
  - 4670 Ocean Blvd. #221
  - $1,330,000

- **Sat & Sun 1-4 pm**
  - 816 San Antonio Ave.
  - $1,330,000

- **Sat 1-4 pm**
  - 4150 Lincoln Revere Ln.
  - $325,000

- **Sun 10-4 pm**
  - 4988 Breerce Drive
  - $399,000

- **Sun 1-4 pm**
  - 3235 Midnight
  - $699,000

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**BAY PARK**

- **Sun 1-4 pm**
  - 1990 Elks St.
  - $725,000

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**Del Mar**

- **Sat 1-4 pm**
  - 521 Avenida Playasanta
  - $1,500,000-$1,790,670

- **Sat & Sun 1-4 pm**
  - 521 Avenida Playasanta
  - $1,500,000-$1,790,670

- **Sat 1-4 pm**
  - 6330 Elstager Lane
  - $800,000

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**U.T.C.**

- **Sat 1-4 pm**
  - 2715 Calafia Ct. #73
  - $224,500

- **Sat 1-4 pm**
  - 6330 Elstager Lane
  - $800,000

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**October Events**

**La Jolla Library**

- **Library, 7555 Daper Ave.**
  - (858) 552-1657, www.lajollalibrary.org, free

**FRIDAY, Oct. 28**

- **11th annual Sunset Splash Gala**, 6 to 9 p.m., Scripps Seaside Forum, 8610 Kennel Way. (858) 551-7006, www.natural-high.org, $200 general admission, $300 VIP

- **Harvest Festival**, 9 a.m., La Jolla Community Church, 7499 La Jolla Blvd. (858) 598-9200 x202, www.communitychurch.org, free

- **“Happy Hour”**, 5 to 9 p.m., La Jolla Brewhouse, 7538 Fay Ave, Spey Nutter Action Project (SNAP). “Howlowsen Happy Hour” fundraiser with costume contest, dog adoptions, photos with “Ghostbuster” car, (858) 466-6279, www.lajollabrewhouse.com, free

**SATURDAY, Oct. 29**

- **Pompeii carving contest for kids**, noon, O’Neil La La Jolla Academy, 7467 Cuver St., (858) 456-4500, www.oohlaladance-academy.com, first 15 children free


- **Variations of a Theme**, 5:30 p.m., La Jolla Art Association Gallery, 801 Paseo De Casa, La Jolla, opening reception with wine, paella and Spanish music and entertainment for feature paintings inspired by Joaquin Sorola, exhibit runs through Nov. 6, (858) 456-1196, www.lajollartassociation.org, free

- **High Tide breakfast**, 9 a.m. to 1 p.m., The Marine Room, 9500 Girard Drive, (858) 456-7222, www.themarvenir.com, $25 general admission, $20 student, $15 senior

**SUNDAY, Oct. 30**

- **The Five Great Principles for Life**, noon, Warren’s, 7128 Girard Avenue, book discussion by local bestselling author Chad Robert Stewart, part of the proceeds from book sales benefit the Boys and Girls Club of America, (858) 454-0347, www.warwicks.com, free

**MONDAY, Oct. 31**

- **Haunted house and “Thriller” dancers**, 7 p.m., O’Neil La La Jolla Academy, 7467 Cuver St., (858) 456-4500, www.oohlaladance-academy.com, free

- **3rd annual “Pillage the Village,”** 3 to 6 p.m., participating vendors on Grand Avenue, dedicated time for trick-or-treating in the Village at participating stores, (858) 829-2249, www.lajollahappyhour.com, free

- **Junior Seau Foundation Teammates luncheon**, 11 a.m., Hyatt Regency La Jolla at Aventine, 7996 La Jolla Village Drive, (858) 264-5565 x101, www.juniorseau.org, $100

**TUESDAY, Nov. 1**

- **Boys and Girls Club of America**
  - **“I’LL COME TO YOUR RESCUE”**
    - **BERNIE SOSNA**

- **Wednesday, Nov. 2**
  - **Painted Pals with Space Town**, 8 p.m., The Loft, 9500 Girard Drive, (858) 822-3199, www.alivetoon.com, free

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The many ghosts of Old Town

By Karen Spring

It’s that time of year again, when Old Town’s fame for being the birthplace of California plays second to a host of resident spirits that live amongst us. Although there are no fright reports of paranormal sightings throughout San Diego, the most famous ones are found at the historic Whaley House. Tourists have had countless encounters with long-departed family members checking in on their past place of residence.

A frequent visitor from beyond is Yankee Jim Robinson, who was hung in 1852, on what is now the front steps of the house. On trial with a noose tightened around his neck and a pious made scaffold beneath his feet, Yankee Jim was to be hung to death for stealing a little boat called the Pinto. Death seemed like a hefty price to pay for such a small theft. In fact, Yankee Jim’s two cohorts went free only given a year jail sentence and a small fine. But there was a strong feeling of vigilism in these parts around the 1800s. The residents felt the law was too lenient and unanimously agreed that they needed to show a united force of intolerance to all who would consider coming to town and committing any crime, big or small.

As a last resort, Yankee Jim didn’t stand a chance against the towns concerned. During his capture, Yankee Jim had been struck across the back side of his skull so hard that he left him foggy during the trial where he was charged to defend himself. Instead, he was defenseless against his accusers who wanted to Lynch him on the spot instead of waiting the mandatory 30 days. Yankee Jim never thought in a million years that the town would be so successful in stealing horses because you got ‘hung for’... not a little boat!

Until that fatal moment when the orders to kick the nudes was given, Jim spoke to the crowd, begging them to reconsider, but to no avail. The cruel moment arrived but not without a major hitch that would haunt the minds of generations to follow. Instead of being killed swiftly and swiftly, the poor workman of the scaffold in Old Town to suffer a slow, choking death that would last well over an hour. It was not until the next day that he was pronounced dead. Today, Yankee Jim has been known to haunt the streets of America’s most haunted house and to plead his case to who’ll ever listen...

One of the most popular hauntings was “Lucy” the white deer of Presidio Park. Residents of the area used to feed and care for her because of all the attention, she felt very comfortable around people. Unfortunately, a fatal mistake was made due to the people’s fear of her, and finally one of the local folks who tranquilized her in an attempt to move her to a safer area. The year was 1975... and the public was outraged. After her sad demise, money was raised for a reflection pond at Mission Point in memory of her freedom and beauty as this was Lucy’s favorite spot. Many locals today still report sightings of her scurping down the hills and munching on her favorite Zinquis – which are found nearby.

La Casa de Estradillo is the original adobe home of the wealthy Estradillo family and still stands proudly as a pristine museum in the State Park. For over thirty years, the house was a social center, offering a perfect views from its cupola to the public events held in the plaza below. When the Mexican War was in full bloom, the Casa served to protect many and its cupola served to watch the town souls. By chance, well-known author Helen Hunt Jackson decided to write a historic novel and came to the Casa to research her project with then resident Father Antonio Uribe. Because of their common interest in the treatment of the local Indians, the novel “Ramona” was written – placing La Casa de Estradillo on the map forever.

Resolutions projects have saved the home and throughout the years, many lovers have had an opportunity to get married on its magnificent grounds. Several brides have reported looking into the well to make a wish, only to have a tiny bug woman to show them. Most of these sightings have been passed off as paranormal jitter, but are they? Along with classic reports of footsteps, moving objects, creating doors and mirrors that seem to look back at you, many have reported seeing a musician at the piano and hearing traditional Mexican melodies. Some Old Towners have reported hearing a distinct male voice that orders visitors to “Get Out!”

Unlike the Whaley House, this adobe home has little or no recorded tragedies, and no one seems to know who really haunts it. Could it be Father Antonio or the bug lady? Or could it be the winds and decoction? Is it a bride who’s only happy moment was he day she made her wish in the well? And what about the music. We know the real story! Call Ghostly Tours in History at (877) 230-4844 and take a walking tour to learn more about Old Town’s wonderfull spooky past.

** VISITOR TIP **
Bring the kids to view the interesting artifacts that makes Dia de los Muertos so special.
Check out the Dia De Reyes store in the Fiesta De Reyes courtyard for one of the largest selections of holiday decorations from around the world. Don’t forget to visit the store with your camera and take a picture of the kids in a holiday scene at the store!
Get a good fun scare and a bit of history with the lineup of spooky events this Halloween season at one of the most haunted areas in San Diego, Old Town San Diego State Historic Park and Fiesta de Reyes.

**“WHOOF’S THE WICKEDDEST GHOST? A SPOOKY TRIAL”**

**DATES:** On Oct. 28, 29, 30, and 31

Two performances will be held: the first at 6 p.m. and the second at 7:30 p.m.

Old Town San Diego State Historic Park will hold an evening of scary, funny and tragic stories of people who once lived in early San Diego during the 1800s. Spirits will answer to the comical judge Oliver Weatherby with the audience as their jury to determine “Whooo’s the Wickedest Ghost.” An hour-long walking tour will be given with the performers. For information, call 619-220-5422 or www.brownpapertickets/event/195947

**GHOST TOURS**

**DATES:** All October long

Michael Brown leads San Diego’s only real ghost tours. During his 90-minute walking tours, guests will get to visit various paranormally active places in Old Town such as a park that used to be cemetery and a haunted brothel located on the Whaley House property. He shares tips, tricks and techniques to find ghosts and other paranormal happenings in Old Town. Each tour includes photos, voices of the dead and a video vortex. His tours are every Thursday through Sunday in October. Walking tours begin at 9 p.m. in front of the Fiesta de Reyes fountain and no reservations are necessary. Adult tickets are $19 and children 6-12 are $10.

For more information, visit http://www.oldtownmosthaunted.com/ or call 619-297-7311.

**OLD TOWN’S FALL FESTIVAL**

**DATES:** Saturday, Oct. 29

Fall crafts and children’s activities a la San Diego in the 1870s will be held from noon to 4 p.m. in the central plaza at Old Town San Diego State Historic Park. Many merchants surrounding the park will have activities as well. For more info, visit www.fiestadereyes.com.

**OLD TOWN THEATER: DANSE MACABRE BY WRITE OUT LOUD**

**DATES:** Monday, Oct. 31

Write Out Loud will present “Danse Macabre” in the Old Town Theatre on Monday, Oct. 31 at 7 p.m. Danse Macabre will feature stories of magic and mystery brought chillingly to life by professional actors. Tickets cost $15 for adults and $13 for students, seniors and active military. For more info, visit http://writeoutloudsd.com/ or call 619-297-8953.

**TRICK-OR-TREAT**

**DATES:** Monday, Oct. 31

Trick-or-treaters are invited to come out Monday, Oct. 31, from 4 p.m. to 6 p.m. to collect goodies from participating shops and museums throughout Old Town San Diego State Historic Park. Admission for this is free.

**DIA DE LOS MUERTOS**

**DATES:** Nov. 1 and 2

The premier Day of the Dead event in San Diego County, Old Town’s Dia de los Muertos is designed to celebrate the history, culture and heritage of the region. Old Town’s predominantly Mexican, Spanish and Native American and legacy makes it the best site in San Diego to hold this special and beloved celebration. There will be a tour of more than 30 altars, a candlelight procession and live music. At Fiesta de Reyes in the state park, face painting and an after party are also planned for Nov. 1. This two-day-long activity will also feature workshops, performances and lectures.

For more information, visit facebook.com/DiaDeLosMuertosOTSD or call (619) 297-7311.
Artist who frequently paints La Jolla to be featured on TV show

BY MARKO LAMB | VILLAGE NEWS

San Diegans who frequent the Star- 
bucks in Ocean Beach, Gold’s Gym in 
Point Loma or the San Diego Yacht 
Club have undoubtedly been fascinat-
ed by the vibrantly-colored, precisely 
detailed pastel and watercolor paint-
ings that can be seen there. 

Artist David Linton is the man 
behind such paintings, which can be 
described as “realist with an impres-
sionist twist.” Linton frequently paints 
scenes of La Jolla, and has an impres-
sive body of work portraying the 
Jewel.

Linton’s artwork has been commis-
sioned by countless organizations, 
including the America’s Cup Organiz-
ing Committee, the Arthur Ashe AIDS 
Foundation and San Diego Marine Trade 
Association for a variety of 
causes. 

He often provides his colorful rendi-
tions of landscapes and seascapes — 
such as a 12-by-25-foot mural of the 
Point Loma lighthouse at the Naval 
Training Center campus — as dona-
tions to nonprofit organizations like 
the American Cancer Society, the 
Epilepsy Foundation and the Cher 
Foundation.

“You always have to give back,” he 
said. “Yeah, I sell paintings, but God 
gave me this talent and I have to give 
it back. It’s good for your soul.”

What makes Linton’s paintings 
stand apart is his preference for a dif-
icult-to-use but vibrant medium that 
many artists tend to shy away from. 

“A lot of artists don’t want to work 
with pastels. It’s difficult medium to 
work with,” he said. “It takes years to 
actually say I’ve arrived, and I can 
master this medium.”

Linton has worked with pastels for 
more than 40 years and can assertive-
ly say he has mastered “the oldest 
known painting medium to mankind.”

“It’s pure color pigment, it’s not 
diluted. You’re applying pure color 
to the surface, and the image is 
stronger,” he said of why he prefers 
the medium to oil or acrylics. “You 
just get a raw feel about what the 
artist is trying to say on the surface.”

He said his talents have evolved 
over the years to create tighter and 
cleaner paintings with an immensely 
expanded color palate. His subject 
matter, too, has gotten to be more 
workable, he said, including a repertoire 
of paintings from Venice to Paris to 
Hong Kong.

Linton also has his sights set on the 
upcoming Olympics in Rio de Janeiro, 
America’s Major League Baseball and 
U.S. national parks.

Currently, Linton is creating 
designs for more than 40 types of 
America’s Cup merchandise to pre-
pare for the America’s Cup World 
Series, Louis Vuitton Cup and Ameri-
c’s Cup Finals in San Francisco.

On Oct. 28, Linton will appear on 
Art and Coin TV’s Fine Art Showcase for a live interview, demonstration of 
the use of pastels and sale of his art-
work.

Some of Linton’s original Ameri-
c’s Cup works will sell in an upcom-
ing Fine Art Showcase, a live show he 
appears on twice each year.

“People want to find out about the 
artist, a lot of times you see the art-
work, but you wonder, ‘who did this?’” he said. “For about 10 min-
utes, I talk about what inspired me 
for the paintings, what I’ve been doing 
and where I’m going in the way of my 
artwork.”

He said he prefers this virtual 
gallery to a physical local gallery 
because he can capture a bigger and 
broadened global audience.

“People have gotten to the point 
where they just don’t want to go out 
sometimes. It’s much easier for them 
and it’s easier on the artist,” he said. “It’s the home shopping network for art.”

For more information about David 
Linton, visit www.davidlintonart-
.com. Linton’s live interview, show-
case and demonstration on Art and 
Coin TV’s Fine Art Showcase is avail-
able on Direct TV and online at 
www.carouseltv.com on Oct. 28 at 
5 p.m.
The class of 2011 joins LP and Wine D’Vine celebrates its eighth

Starry, starry nights with Vincent Andrunas

Those lovely ladies of Las Patronas (LP) welcomed eight new members to their prestigious organization at a creative and entertaining October 12 luncheon at the La Jolla Country Club. The class of 2011 — “The Grateful,” as they dubbed themselves (each new class gives itself a name) — joined LP’s other talented members, and talented they must be to accomplish what they do. It’s hard work, and there are high standards and demanding traditions to maintain, LP’s members work all year long to produce the Jewel Ball (JB), one of our region’s most memorable and significant social events, annually netting well over a half-million dollars. LP also devotes significant effort to examining the needs of nonprofit organizations throughout San Diego County, choosing multiple major and minor beneficiaries deserving of financial support. Specific funding needs are fulfilled with shares of JB proceeds, and a broad range of community needs are met from one very significant social event, thanks to the hard work — and intelligent decisions — of the members of this highly effective philanthropic organization.

But it’s not as if these eight new lambs are being led unknowingly to slaughter. They’re not expecting a picnic — it’s well understood in our community that LP members are in for lots of hard work. Six years’ worth, in fact. It once was seven, but the seventh year is now optional, with some members staying on to serve as LP president or chair the Jewel Ball. The rest become “advisory” members, using their experience and expertise to guide newer members.

Following a social hour, guests sat for a luncheon featuring a healthy — but exceptionally tasty — “cornucopia salad” (followed, fortunately, by a decadent caramel brownie dessert). The new members were presented, past presidents and ball chairs introduced, and matriculated advisory members announced.

Sue Wagner revealed a net of $612,000 for JB 2011, which she chaired. JB 2012 chairwoman Elaine Murphy and her co-chairs (seemingly with a cast of dozens), staged an entertaining skit introducing the coming ball theme. They’ll call it “Passagéjata”! It’s an Italian term for an evening stroll; a traditional social event for which people turn out in their best clothes to see and be seen. At passeggiata, new shoes are on display as well as new romances. For most of us, it’s a new word to learn. (Despite her husband Tom’s Irish surname, Elaine is of Italian descent, and thus familiar with this tradition.) I don’t miss this next Jewel Ball, which will take place on Aug. 4.

Hundreds of guests gathered at the Grand Del Mar for an evening of delectable cuisines paired with fine wines distributed from booths around the ballroom’s perimeter. Seven area restaurants were represented, serving fabulous dishes. How could you go wrong with — for example — shrimp and grits? Or lobster, bacon and cheddar in a warm soft taco? How about Rombauer Carneros Chardonnay or Duckhorn Napa Valley Merlot? It was all there at the eighth annual Wine D’Vine benefit for Walden Family Services (WFS).

Since 1976, WFS has provided quality care for abused and neglected children throughout Southern California. In 2010, Walden served more than 600 children, including many of the most needy with developmental disabilities and special healthcare needs. The organization supports the lives of children and families through lasting, nurturing relationships.

Having grown rapidly over the years, this latest Wine D’Vine attracted more generous supporters than ever, with all that fabulous food and wine (and handcrafted beers, too) supplemented by live and silent auctions and notable entertainment. Mark Grant, voice of the San Diego Padres, was emcee, while Scott Kaplan of XX1090 AM radio was the auctioneer and famed sax man Peter Sprague provided live music. A video gave guests an insight into the success WFS has with the young people they help, and Harley Sefton offered a $100,000 matching grant, which was quickly counted guests’ pledges. Every dollar raised at this event will have a positive impact on the life of a child in need.
Do you find yourself exhausted and unmotivated? You may be suffering from burnout.

Burnout at work or at home

By Natasha Josefowitz, Ph.D.

You wake up exhausted after a good night’s sleep.
• You take no pleasure in your activities.
• You have difficulty concentrating.
• Tasks take longer than they used to.
• You have ups and downs in your energy level.
• You notice that you keep re-reading the same paragraph.
• You keep misplacing things, forgetting appointments, not remembering what others have just been talking about.
• Everything feels like “too much” and even trivial matters seem monumental.
Quite likely, you are suffering from burnout.

Burnout can be from overwork at the office or it can be from being overextended at home. Single mothers often suffer from burnout from too many responsibilities with no support. Even married couples can feel burnout with small children at home, a new baby, a demanding job, running a house and the major culprit: the expectation that not only can you do it all, but that you can do it all perfectly.

There is a difference between burnout and depression. Depression is usually not attached to a specific event, is not connected to overload and continues for an extended period of time. It is characterized by an inability to respond to stimuli, low initiative and general despondency. It colors all of the person’s life. But burnout, if prolonged, can turn into depression.

What is the cure? I’m not going to advise you to go to the Caribbean for two weeks and lie in the sun (although that might help) because when you return, if the situation has not changed, burnout will eventually recur.

You’re not coping with burnout if:
• You become withdrawn, blaming yourself for not meeting expectations — whether your own or those of others.
• You get angry, blaming everyone else for your problems, accepting no responsibility for the situation.
• You deny the stress, keeping a stiff upper lip in spite of feeling terrible. By not admitting how bad you feel, emotional problems can convert into physical symptoms.
• You are coping if you try to problem-solve, using others to help you think through whether the unmet expectations that are causing the burnout are realistic.

At work, just because everyone else is burning the candle at both ends, not only can you do it all, but that you can do it all perfectly.

Broken nutrition is critical. Sugar lowers energy levels after an initial short-lived surge. Six to eight hours of sleep are necessary for most people. Don’t watch television until all hours of the night. Burnning the candle at both ends, which many of us do too often, will eventually result in burnout. Learn to burn that candle one end at a time. The light will last longer.
Even if Your Sins are Great... *My Mercy is Greater*

Jesus, I Trust in You!

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For summaries and more information go to bigthunder.org or email books@bigthunder.org