Take a leap and try something new on your extra day

Since leap day is Monday, Feb. 29, we asked people in La Jolla and Pacific Beach if they have any special plans.

Learn how to do a cartwheel. Maybe I’ll do that.
Taghreed Khorshid

It’s an extra day at work so an extra day of pay for me.
Antonio Santillan

I would like to go to Tijuana to my house with my dog.
Laura Moreno

It’s just another day for me, because I’m retired.
Tom Becker

Here are a few of our bucket list suggestions

By DAVE SCHWAB

You may live an additional 24 hours this February due to the leap year, but will you live it up? What you would do if you only had one more day left?

There are all the usual things – the San Diego Zoo, Balboa Park, Gaslamp, et cetera – that you could do. But what about being a little more adventurous during your extra 24 hours?

- Ride a glider at the Torrey Pines Gliderport. Take in a view.
- It’s an extra day at work so an extra day of pay for me.
- I would like to go to Tijuana to my house with my dog.
- It’s just another day for me, because I’m retired.

Leap day was almost more trouble than it was worth

By MARTIN JONES WESTLIN

Sorry. If you were born on Feb. 29, (which this year lands on Monday), you’re not really a quarter of your actual age, like you’ve been telling your enemies and friends. Statute says most of the time that your legal birthday is March 1, so there’s no getting out from under it. However, you do own the rights to one interesting designation – popular culture calls you a leapling, kind of an endearing little kiss on the cheek to those born on a day with nothing else to show for itself.

Yeah, compared with everything else, your leap day is about as inspiring as a clearance on Kaopectate – but many centuries ago, you'd have thought it ruled the skies. It took no less than Roman strongman Julius Caesar to set the ancient Roman calendar to rights, as his astronomers and officials called.

Julius Caesar was the central figure behind leap day.

This year's 12th annual La Jolla Concours D'Elegance car show, set for Scripps Park on Friday through Sunday, April 8 through 10, has a new French theme and new charity benefactors. Until now, part of the proceeds from the event, whose theme this year is "French Curves," have gone to support The Monarch School, in downtown's East Village, which serves homeless children.

Now, according to event organizer and promoter Michael Dorvillier, participants will be able to donate part of their cost to attend to more deserving groups.

"Over the last couple years, we've been trying to figure out ways we can do more for charities and nonprofits that support our event," Dorvillier said. "We've found a creative way to give back to those organizations."

Other groups now benefiting from this year's event will include the San Diego Air & Space Museum, La Jolla Village Merchants Association and the USS Midway.

Concours car show adopts new theme, charity program

By DAVE SCHWAB

This year's 12th annual La Jolla Concours D'Elegance car show, set for Scripps Park on Friday through Sunday, April 8 through 10, has a new French theme and new charity benefactors. Until now, part of the proceeds from the event, whose theme this year is "French Curves,"
In February La Jolla Parks and Beaches, Inc., which makes recommendations to the city on coastal parks development, welcomed a new board member and discussed the possibility of public art on the long-term Whale View Point Shoreline Enhancement project.

Cindy Greatrex, president of La Jolla Community Planning Association, was added to the group’s 20-member roster.

Board member Ann Dynes introduced a proposal to include public art for Whale View Point Shoreline Enhancement, a long-term effort to spend about $2.1 million to beautify Whale View Point along Coast Boulevard.

The yearslong project involves extensive landscaping (including reintroduction of native species), gazebo repair and removal of dead and overgrown vegetation on the cobblestone wall surrounding the Wedding Bowl.

Dynes passed out background materials, which included several artist’s renderings of gray whales that might be used to grace a barren concrete slab, identified as an “educational plaza.” There is no vehicular parking in the immediate vicinity of the concrete, but it is on the regular route of pedestrians, bicyclists and Segway leaders showing visitors around.

Gray whales can be seen from La Jolla during wintertime on their annual pilgrimage south to Baja California to give birth to their calves.

“I’ve been pursuing some kind of graphic art at that site,” Dynes told the group. “Everybody I talk to thinks it would be charming to have some kind of outdoor public art.”

Describing the existing slab as “an ugly piece of concrete,” Dynes said the idea would be to have some art “without any commercial elements at all” to enhance the site.

“To me, it would just embellish the experience of visitors,” she said, but she added, “There’s no reason for me to pursue this unless I have the support of the group.”

Board member Patrick Ahern said he favored “some form of understated art as part of that space,” noting Whale View Point is “a natural asset of our coastal beaches.”

Noting there was no “critical mass of opposition” within the parks group, Dynes said she would pursue public art with a whale figure of some kind, adding, “That piece of concrete is no longer nature.”

Rescuers at SeaWorld on Feb. 21 successfully disentangled a 25-foot juvenile humpback whale, estimated to be 1 year old, observed about three miles off the coast of La Jolla.

The marine park’s animal rescue team was alerted to the whale’s presence by the state Department of Fish and Wildlife at 1 p.m. and was on scene two hours later.

The animal was essentially hog-tied with fishing line running through its mouth, pinning down its left pectoral flipper and entangled around its tail fluke area. It was also dragging an undetermined amount of fishing gear from its tail. It was relatively stationary in the water due to the anchoring effect of the fishing gear.

The team made several cuts to the fishing line, working from the front of the body near the whale’s mouth and moving toward its tail. After two hours, a final cut was made to the line near the tail, and the whale was able to swim.

The rescue was led by SeaWorld’s curator of mammals, Keith Yip, with the assistance of SeaWorld animal care specialists Eric Otjen, Jody Westberg and Nick Northcraft.

The team also encountered six entangled whales in 2015. So far in 2016, the park has rescued more than 130 ill, injured or stranded sea lions and seals on the beaches of San Diego County and is caring for approximately 100 of those in its Animal Rescue Center. Over its 52-year history, SeaWorld San Diego has rescued more than 16,000 animals.
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of the Pacific from a totally different vantage point as you paraglide above Black’s Beach. Feeling a little phobic? The view as a spectator can be just as breathtaking.

* And while you’re at Black’s Beach, why not go au naturel at the clothing-optional beach.

* Pet a gray whale. Every winter, gray whales migrate from Alaska to Baja to breed. At nearly 50 feet long (babies are 16 feet!), these graceful creatures are a sight to behold. In Guerrero Negro, Baja California Sur, panga boats bring guests right to the gray whales and their calves in the lagoons. If you’re lucky, the whales will allow you to pet them and pose for photos as they swim around the boats.

* Hike to Potato Chip Rock. If you don’t have your Instagram or Facebook post posing on the Potato Chip Rock, you may lose your San Diego membership card. The steep trail on Mount Woodson above Poway Lake leads to the iconic Potato Chip Rock, a thin slab of granite over the canyon. Bring plenty of water, a lunch (eat potato chips while waiting), and drink a cold beverage.

* Visit the amazing sculptures at Borrego Springs in Anza-Borrego Desert State Park. There are more than 130 steel-welded sculptures created by ‘Perris Jurassic Park’ owner/artist/welder Ricardo Breceda. At Tsunami Skydivers, located at Oceanside Municipal Airport, offers thrilling jumps from 13,000 feet out of a colorful, fast-climbing PAC 750XL jump plane that was designed for skydiving.

* Make a splash at the Marine Room’s High Tide Breakfast. On select dates, the water explodes against the La Jolla restaurant’s windows. It’s just enough to momentarily distract a person from their Grand Marnier Chocolate Brioche french toast. $38 per person.

* Go skydiving! Ride in a hot air balloon. In Oceanside. Go skydiving in Tijuana. The sports book across the border offers wagering on a wide range of American sports — even on special events like the Oscars, set for Sunday, Feb. 28. In San Diego’s La Jolla Cove, which was an entertainment ship parked three miles from Coronado that was ripped from its moorings by an El Niño-induced storm in 1991 and then washed up on the beach.

* Eat apples and pie in Julian. Walk around the charming downtown and stop for a slice of Dutch apple pie at the Julian Pie Company.

* Visit the amazing sculptures at Borrego Springs in Anza-Borrego Desert State Park. There are more than 130 steel-welded sculptures created by ‘Perris Jurassic Park’ owner/artist/welder Ricardo Breceda. In La Jolla, you’ll see leopard sharks and more.

* Explore the tide pools at low tide. Not only do we have marine life in our backyard, we’ve got world-renowned scientists to illuminate it for us. Take a guided tour with Birch Aquarium at Scripps Institution of Oceanography.

Grayscale whales visit the boats in the Guerrero Negro lagoons and allow tourists to pet them and take photos.

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I am clearer, more agile and have a consistent source of energy that lasts all day. More importantly I feel great and I love my body again!

The changes I made weren’t difficult or time-consuming. As I began to feel better and better I made the commitment to stick with it, show up and change my lifestyle. With the Studio’s trainers help, I have discovered an incredible anti-aging program. My friends are more amazed than my doctors and some haven’t even recognized me!

Forget the fad diets, the expensive TV celebrity-endorsed food programs, the time-sapping, sweat-inducing gym visits, and the feeling that time has passed you by and it is too late to turn it back. In just a short period of time you will begin to see and feel the difference.

Without any inducement I am here to shout from the rafters that my journey to wellness began at the La Jolla Wellness Studio. You can love your body again and make it lovable as well.

Join me and talk to the knowledgeable staff and in just a short time you too will look in the mirror and say WOW! I love it!”

Thank you La Jolla Wellness Studio, Marcelle Cecil

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Visit our website at www.lajollawellnessstudio.com to learn more about i-Lipo, our non-invasive fat reduction treatment.
Legal District 1 medical pot dispensary sets grand opening

Torrey Holistics, the first legal medical marijuana dispensary in Council District 1, which includes La Jolla, is hosting a grand opening Saturday and Sunday, Feb. 27 and 28, from 9 a.m. to 9 p.m. at its Sorrento Valley site at 10671 Roselife St., Suite 100.

“Throughout the weekend, our friendly and knowledgeable staff will be welcoming patients to learn about our premium products, take advantage of first-time patient specials and celebrate with music, food and entertainment,” said a company spokesperson. “The team at Torrey Holistics has put the finishing touches on the latest next-generation legal medical cannabis dispensary to open with the support and approval of the city of San Diego.”

Torrey Holistics noted that California Gov. Jerry Brown this past fall signed into law comprehensive medical marijuana regulations empowering local municipalities to give patients and provider guidelines for legally dispensing medical cannabis.

The Compassionate Use Act of 1996 in California made cannabis for medical use legal but failed to provide the structure as to how dispensaries would provide for patients. This gray area led to conflict between the medical marijuana industry, communities and law enforcement.

Torrey Holistics said unpredictable and inconsistent enforcement deterred investment and stunted legitimate growth in the new industry.

“Torrey Holistics has embraced this opportunity by funding a next-generation legal cannabis dispensary for San Diego,” the company said. “They are bringing a combination of sophisticated world-class business practices and years of medical cannabis experience to the medical cannabis industry. Torrey Holistics will work hand in hand with the city of San Diego and law enforcement to provide consistent, high-quality, lab-tested products in a safe and discreet location.”

In February of 2014, San Diego City Council passed an ordinance allowing medical marijuana dispensaries, but it required them to be no closer than 1,000 feet from one another, schools, churches, daycare centers or other youth-oriented facilities.

The battleground locally over medical marijuana and states’ rights versus federal law dates back to 1996, when 56 percent of California’s voters gave the thumbs-up to the Compassionate Use Act, making California the first state to legalize marijuana for medical use.

However, despite approval by state voters, the federal government has continued to maintain that marijuana remains illegal under U.S. law. Today, about half the nation’s states allow the sale and use of medical marijuana.

Marijuana has subsequently been legalized for recreational use in Alaska, Colorado, Oregon, Washington state and Washington, D.C.

An attempt is under way to proscribe marijuana legalization on California’s election ballot on Nov. 8, with the proposed but not yet certified Control, Regulate and Tax Adult Use of Marijuana Initiative.

The battle over legalizing medical marijuana and hemp under state law is not a case of states deciding whether they want to legalize marijuana and hemp. It would designate state agencies to license and regulate the marijuana industry while imposing a state excise tax on retail sales of marijuana equal to 15 percent of the sales price and provide state cultivation taxes on marijuana of $9.25 an ounce of flowers and $2.75 an ounce of leaves.

The measure would exempt medical marijuana from some taxation. It would establish packaging, labeling, advertising and marketing standards and restrictions for marijuana products.

The ballot measure would also allow local regulation and taxation of marijuana while prohibiting marketing and advertising marijuana to minors. Additionally, it would authorize resentencing and resentencing of records for prior marijuana convictions.

Twice before has legalizing marijuana for recreational use been on the ballot in California. Both attempts were defeated by voters, the first time in 1972. In 2010, a legalization initiative, Proposition 19, was defeated, with 53.5 percent of voters casting “no” votes.

For more information, visit pccc.org.

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Village Veterinary Hospital offering discounted services

The Village Veterinary Hospital, at 7527 Draper Ave., has announced several savings opportunities for pet owners.

Until the end of March, the hospital will be offering 15 percent off dental care, and its vaccination clinic will offer 30 percent off all vaccines in addition to holding a $6 rabies clinic every second and fourth Friday of February and March.

The hospital has also announced that it will be participating in a low-cost spay and neuter clinic and offers 30 percent discounted health care packages, including an exam, a parasite check and vaccines for one year. The hospital is also discounting 10 percent a spay or neuter as well as its immunodeficiency test for kittens. In addition, the hospital carries a canine influenza vaccine.

The hospital also performs free exams for new clients and discounts $25 for referrals.

Call the Village Veterinary Hospital at (858) 412-4776 or email at Villagevets7527@gmail.com for details. For more information about the hospital, see villagevets.com.

Legal Day » CONT. FROM PG. 1

had seriously screwed up in their observations of the solar year. By the time he became top man, the calendar allowed for only 355 days – 10 and a quarter days behind its solar counterpart.

Stay with me here. In 46 B.C., Caesar figured he’d add one day (called the intercalary) every four years to make up for the slop between the earth’s and sun’s calendars – but the tradition didn’t take hold until after a 90-day transition to help align both. The following year, Caesar installed his intercalary six days before March 1, or what was Feb. 25 at that time.

Problem solved? Not quite. Turns out that the pesky solar year is about 11 minutes shy of 365.25 days – and the world’s star-gazers didn’t cop the clue until all the way into the 16th century, when the calendar was messed up again (this time by about 10 days).

Enter Pope Gregory XIII, who in 1582 made the revisions we know today. However unwittingly, Greg did his legacy a favor by drawing up his new day tracker. The Gregorian calendar is the most widely used civil calendar in the world.

So there you have it, nutshell it may be. We could have spent some time on the nuts and bolts of it all, reminding you that the solar year is 365.2425 days long (365 days, 5 hours, 48 minutes and 46 seconds) in an effort to put it into clinical perspective. Come to think of it, we also might have teased your socks by adding that the galactic year (250,000 solar years, the time it takes the sun to orbit the Milky Way) comes complete with its own interminable sequence of leap centuries and millennia.

But let’s not press our luck. Let’s let the day pass without interruption as usual, except for you persnickety let the day pass without interruption. In an effort to put it into clinical perspective. Come to think of it, we also might have teased your socks by adding that the galactic year (250,000 solar years, the time it takes the sun to orbit the Milky Way) comes complete with its own interminable sequence of leap centuries and millennia.

But let’s not press our luck. Let’s let the day pass without interruption as usual, except for you persnickety...
La Jolla Country Day lacrosse player’s travels make a world of difference

By ED PIPER

Wynton Bastian, a promising lacrosse player at La Jolla Country Day School, has faced two instances when his interpersonal skills weren’t up to par: first when his family moved back to Germany four years ago and his German proved faulty; and second when the Bastians relocated from Hamburg to San Diego and Wynton’s subpar lacrosse skills left him sitting on the bench.

In the first case, Bastian’s father Helge, a well-traveled synthetic biologist, moved the family back to its native land: himself, Bastian’s mother Elke and the 11-year-old Bastian, born in Dusseldorf. Bastian’s spoken German was lacking. “I grew up speaking German,” says the 14-year-old, who has already resided in three countries for almost five years each. “I still speak it at home with my parents all the time. I used to be kind of fluent in French,” he adds, but that has become rusty due to lack of use.

“Germany was a big change (after living elsewhere). I had to get my German back up. We were speaking in our home, but not as much. My school in Hamburg was an international school, so we spoke English in class. But we had a German class, so I got my German skills up through that.”

Amid his fair features and tousled hair, looking like he’s straight off the beach, he chuckles at us monolingual Americans. “In Europe, the people speak multiple languages,” he says. “In the U.S., people are so amazed when you speak multiple languages.”

Meanwhile, he’s following in dad’s sports footsteps, as the latter played lacrosse for a German national team. Accordingly, he says, “I feel like I’ll follow my dad in doing something related to science.

“He supports me in whatever I do. I could quit lacrosse someday and switch to baseball, and he would say, ‘OK.’”

The second instance occurred in the Bastians’ many switches in residences, this one from Hamburg to San Diego a year ago. Bastian lived in Dusseldorf until he was 3. The family then spent five years in Geneva. A move to St. Louis followed and lasted three years before the return to Germany.

Bastian had begun picking up lacrosse in St. Louis in the fourth grade, taking to the sport because “It’s fast. It was something new. I’d never heard of it. It’s interesting, and I fell in love with it.” He now plays year-round, on club teams and in the coming spring for the Torreys team at Country Day.

But his skills in lacrosse didn’t measure up to the level played here, as he had played only in Europe. “I kind of sucked,” he laughs. “I wasn’t used to the way they make teams here. There (in Europe), they have club teams. Everyone who goes out makes the team. No one is cut. Here, you try out and can get cut.”

Bastian was a little shocked by the situation. In Hamburg, his parents signed him up for a national team when he was only 11. The advantage was that he had to compete against older players. He was so good in comparison with his teammates that he was named a captain and continued in that role the rest of his time in Hamburg. But in San Diego, the skill level of players was much higher.

His solution: Begin improving his stick skills through hard work. “I started working on shooting before school and after,” he says. He worked with Deanne Mellor, Country Day’s lacrosse associate head coach, who helped him considerably during his eighth-grade year at LCDD.

Through his math teacher, lacrosse head coach Rory Hyland, he was invited to practice with the high school varsity despite still being in middle school. “Eventually, I made a club team, Mad Dog. I still play for them.”

The athleticism he brings to lacrosse includes his agility and foot speed. Also, “I have a hard shot,” he says. He plays “middle” (midfielder) and attack, which is offense.

And if his name sounds familiar, that’s because it is. He is named after trumpet great Wynton Marsalis and Wynton Rufer, a star soccer player in New Zealand. Though he plays soccer in addition to his number-one sport, lacrosse, the only musical note he plays would seem to be his favorite tune on his phone.

UC gets new fire-rescue unit amid increases in fast response

By SANDY LIPPE

Squad 56 sounds like the name of a TV show. In truth, it is the name of a new fast-response fire-rescue program in underserved communities.

The new unit is located in a house at 3034 Governor Drive in South University City. University City is the second community in San Diego to implement this program.

UC was chosen by former fire chief Javier Mainar and the command senior staff. Council president Sherri Lightner, whose District 3 includes La Jolla, campaigned long and hard to get Squad 56 into the community, and Mayor Faulconer approved this program expansion.

Encanto was first to host the program and opened up this fast response two-person team of firefighters in an industrial park garage with chairs and a hotplate for the 12-hour shift from 8 a.m. until 8 p.m. Statistically, the reduced response time improved by two minutes, according to Faulconer. Lee Swanson, spokesperson for San Diego Fire Department, related that it looks as though the response time has cut off five to six minutes.

In 2011, a consultant study said there was a great need for more fire stations in 19 San Diego communities to lend themselves to fast response time and prioritize the needs. Governor Drive was one relatively high in priority for a fire station for this 8 a.m. to 8 p.m. program. A fire captain/EMT and firefighter/paramedic make up the team.

When asked if there’s a possibility the squad will be open 24 hours, Swanson said, “We keep looking at the volume of calls, what are optimal times. We will learn as we go.”

Amgen Tour of California to start and finish in Mission Bay

The 2016 Amgen Tour of California route was recently released, revealing a scenic but challenging course across nearly 800 miles of California’s most beautiful terrain and the state’s second largest city. A natural fit for the nation’s premier cycling race, San Diego features a vibrant beach-oriented community whose residents are passionate about living a healthy, fulfilling lifestyle.

The first day of racing will start and finish in Mission Bay. The peloton will depart Mission Bay traveling through Balboa Park before heading south toward downtown and the harbor with views of the historic Gaslamp District and Coronado Bridge.

The race’s first Visit California sprint will take place in bike-friendly Imperial Beach before heading east toward the rolling hills of East County.

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Audrey Geisel says she always believed the Geisel Library at UCSD was a special place, and so did her late husband Ted (Dr. Seuss). That’s why she has been showering the library and campus with gifts over the years.

Now, UCSD will do something for the La Jolla philanthropist — it will name the café now under construction in the building as the Geisel Library Café in her honor.

Audrey’s is expected to be completed in mid to late spring, with a grand opening planned for the campus and community supporters in May. The café, which has been under construction since last December, is located on the second floor in the east wing of Geisel Library, conveniently situated on the north end of the building’s most heavily used study area, which also houses the overnight study commons.

“I’m truly touched that so many of my friends at the UC San Diego Library have decided to name this new café after me,” said Geisel. “Even before we established the Dr. Seuss Collection here at the library many years ago, I felt that this was a very special place and certainly worthy of my continuing support. I know that Ted felt the same way, so I’m very pleased to know that our support will help to provide the resources and the services — not to mention caffeine — that today’s library patrons need to stay on the cutting edge.”

The café is one of the many enhancements planned for the university’s flagship building over the next several years, thanks to a $3 million gift made by Geisel in July of 2015, the lead gift in the Geisel Library Revitalization Initiative, a major endeavor aimed at transforming and rejuvenating the interior public spaces of the library.

The café will be operated by the university’s Sports Facilities, which manages Peet’s coffeehouse in the north part of campus. Coffee and tea will be supplied by Café Virtuoso, an independent local roaster.
San Diego's weather is nothing shy of legendary, as is its locale in the nation's greatest state. Those factors figure prominently in the area's growth and color the increase in its numbers of elderly – the San Diego Association of Governments says that those over 65 make up more than 12 percent of the local population, up from 10.5 percent about 15 years ago (the country itself has about 45 million seniors, highest number since the census bureau started keeping records about a century ago).

With that, we present a special section on local senior living, featuring advertising and editorial content that address the group's presence and comfort. The pages include caregiver and trust attorney referrals alongside stories in which our Hanna Laukkanen explores the intricacies and rewards of grandparenting (with our acclaimed columnist Natasha Josefowitz the central figure) and offers tips on accident prevention in residences occupied by the elderly. This is the first of several special sections we'll be presenting this year – in light of the area's growing senior presence, we think you'll find it as useful as it is entertaining.

Martin Jones Westlin, editor
La Jolla Village News

### Breakthrough relief for back pain and sciatica

Do you suffer from shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs? Are you one of the millions with symptoms of pinched nerves often called "sciatica". Left untreated, the intense pain can rapidly wear you down and pain the joy of life.

That is, until now...

Recent advances in treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Corrective Spinal Care.

The excellent results of this treatment have been published in major medical journals. With success rates as high as 90% some back surgeons recommending their patients try this treatment first before having back surgery.

In San Diego, you can try Non-surgical Corrective Spinal Care at Life Chiropractic Center — the office of low back pain and sciatica relief expert Matt Pennetti. Matt and his team of fully trained spinal care specialists have helped hundreds of patients find relief from their agonizing back pain and sciatica.

According to Matt, "We use a combination of advanced techniques, not found elsewhere in San Diego, for precisely finding the cause of your low back pain and sciatica; and a unique program for reconstructing the damaged area causing the pain; this means superior long-term results for most people."

Because the treatment is non-surgical, safe and easy, most patients report and almost immediate relief from their pain.

Patient Elizabeth R. from San Diego says, "My back pain was keeping me from living life the way I wanted. I am 26 years old and was feeling like and 80 year-old woman. I couldn't exercise, work or do anything useful. Within just a couple of weeks of corrective spinal care at LCC, I felt 90% better. I am so glad I called your number because now I have my life back!"

Call them now at (619) 275-4343 and get a full and thorough examination to pinpoint the cause of your problem for just $49, the normal cost of such and exam is $290 a savings of $241!

Mention code: LJ226

Sciatica Releif Expert Matt Pennetti, says: I've never seen a treatment as effective as Non-Surgical Corrective Spinal Care for patients with sciatica or lower back pain.

### Weekday Senior Special

Available Mon - Fri only
Order our 1, 2, 3 breakfast (1 egg, 2 links, 3 pancakes) for $8.95 and
Get a FREE Coffee
Exp. 05/27/16 1 coffee per coupon. Must have coupon, not valid with any other offer.
Grandparenting: ‘Far away and always in heart’

By HANNA LAUKNANE

Humans are one of the rare species that have three or even four generations alive at the same time. This is important because human children are dependent on their parents longer than any other mammal species. Grandparents hold an important role taking care of the children when parents aren’t available.

Josefowitz has been a grandmother for 35 years and soon will be a great-grandmother. Josefowitz and her grandchildren email, call, Skype and sometimes visit.

“Grandparents,” she said, “have more time and longer life experiences than parents to talk to the children about life, problems and solutions. Some issues are easier to discuss with parents but may be easier to talk about with grandparents.” Josefowitz lives in La Jolla, raised two children and has four grandchildren. She has written 20 business and poetry books. Her articles and poems have been published in more than 100 magazines and newspapers.

She writes a column, “Doing It Better,” for La Jolla Village News and is a regular blogger on Huffington Post.

In 2015, she was inducted into the San Diego Women’s Hall of Fame. She taught the first course in the U.S. on women in management. She is also featured on an international website, sandiegojewish-world.com, and has her own website (natasahaswords.com).

Grandparents, she said, are the ones who can always turn to. Even if there are problems with their parents, children can always get support and comfort from grandparents.

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Josefowitz has lectured on various topics, including grandparenting. One of the favorite lectures of her cruise ship audiences was about living with your children who are not raising their children the way you know they should be raised. Josefowitz sums it up in two words: “Shut up.” She believes in serving as an example of being a vital and fun senior. As a model, the grandchild will remember when they are old and will hopefully follow suit.

When Josefowitz’s grandchildren were young, they spent summers at her home. She told them stories about the time when their parents were young as well as stories from great-grandparents they never met so the children would know where they come from. She also wrote about the things her children did when they were little, and she gave these notes to them when they had their own children. It was a lot of fun to compare behaviors across the generations.

Josefowitz and her grandchildren email, call, Skype and sometimes visit.

As a grandparent, your only duty is to admire and support them. Criticism should always be about a specific behavior, not a general term.

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HELPFUL TIPS

- Seniors have many options to make their houses and apartments more safe and live at home longer.
- Moderations are important in order to prevent falls-down and make it easier to move and live normally at home. Modurations are not always cheap. Certain modification, like installing wheelchair ramps or needed bathroom renovations, can be expensive.
- Seniors with serious physical or memory problems, like Alzheimer’s, should not live alone.

Well-lit areas

Having light in areas such as staircases, hallways and on the front porch is essential to safety. Additionally, elevated electric sockets are more accessible to people in wheelchairs as well as to those who have difficulty bending down. Replace your switch(es) to easy rocker light switches.

No-step entry

When moving around gets more difficult, a single-floor layout is best in senior home. Also make sure the thresholds are flush with the floor, for getting around in a wheelchair.

Prevent scalding

According to statistics, people over age 65 are four to five times more likely to experience a fatal injury from a burn or scald. Make sure that the water temperature in the bathroom for toileting and bathing or anywhere persons might need to steady themselves.

Bathrooms have to have nonslip surfaces in bathtubs and showers. Sitting down in the shower chair can be safer for those who are not able to stand for long periods of time and can prevent falls. Grab bars are great in the bathroom for toileting and bathing or anywhere persons might need to steady themselves.

INTERCOMS AND ALERT SYSTEMS

It’s easy to call for help when seniors have a medical alert system along and intercoms around the home. Sometimes you can’t get to the phone, and in an emergency you have to have access to other forms of communication.

DOUBLE-LOCKED DOORS

Doors, especially bathroom doors, should have locks from the inside and outside. If someone falls behind the locked door in the bathroom or bedroom, it can be risky. A door that can be opened from the outside allows other people to come in and help. Also, replace old doorknobs with levers.
Seniors have fun every month with Movies ‘n’ More group

By HANNA LAUKKANEN

Sandy Cresci and Elaine Cartwright are members of Movies ‘n’ More, a San Diego social singles group for 50s and over. The group was founded in 1998, and since then, the 50s and over have had dinners, gone for happy hours, took walks and had house parties.

Cresci says it’s a great group to make friends in, whether you are retired or still working.

“I have made close friends by being part of the group,” she says. “Sometimes, people tell me that they would like to join the group but they don’t know anybody. I always say that we are a friendly group and I’m there at the event to help people blend in. People should be encouraged to meet new people.

“When you get out of your home couch and meet friends and new people, you are a lot happier when you get back home,” Cresci points out.

Sal Adirente came up with the idea in the late 1990s, and 18 years later, the group has about 200 members and 15 to 20 members at each meeting.

Cresci became president after Adirente, and Cartwright is responsible for public relations.

Cresci says that this year, the group has had 11 events. She adds it’s nice to have an event with 20 people because it’s easy to chat with everyone and keep the group together.

Events cost $1 a person, and the money is used toward food and drinks for house parties. Meanwhile, everyone can suggest his or her own idea about what the group should do together. The group is a social group for singles, not a dating group. Then, nobody feels the pressure that he or she has to meet somebody special.

“In our group, there are a variety of people — widows, separated, people who have never gotten married — and everybody is welcome,” Cresci and Cartwright say.

You can find more on Movies ‘n’ More at meetup.com/Movies-n-More/.

Seniors Helping Seniors and provide a variety of services including companionship and socialization, rides to doctors, shopping, help around the house and medication reminders. The services often allow a senior to remain in their own home instead of moving to an assisted living setting. If you have a heart for helping fellow seniors, want to earn some extra income and have your own car, call Seniors Helping Seniors. They are hiring and provide free training. Call 800-481-2488 or visit the company website — www家居care4seniors.com to learn more.

Lifestyle Briefs >>

BayView Senior Assisted Living, License #374603660

Point Loma’s BayView Senior Assisted Living is truly a home away from home, located in an hillside in the premier Roseville Heights neighborhood of the Peninsula, overlooking beautiful Shelter Island, downtown and the San Diego Bay. BayView offers 17-bed, which is uniquely larger than normal board and care facilities, but smaller and more intimate than larger institutional facilities. BayView’s cozy, inviting atmosphere allows its residents to live comfortably in a home-like setting, with compassionate, loving 24-hour care by specially trained staff.

BayView Senior Assisted Living specializes in memory care, serving individuals with all forms of dementia. The well appointed rooms, casual-yet-refined atmosphere, dietician formed menu, and thoughtful activity calendar are just some of the reasons so many San Diegans have decided to become part of the BayView family over the past many years. Please call 619-225-5616 to schedule your tour of BayView today!

Right Choice Senior Living

Established in early 2008, Jean Brooks (USC Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. For more information call (619) 246-2038 or go to the website at rightchoiceassistedliving.org.

New Home Care Licensing Law Goes Into Effect

Assembly Bill 217 was passed and signed into law in 2013 but didn’t go into effect until January 1, 2016. This bill established the Home Care Services Consumer Protection Act which promotes consumer protection for elderly and disabled individuals who hire caregivers to provide assistance in their home.

Free Healthcare Directive

Virginia Weber Lasikowitz is committed to serving her clients and will make home or hospital visits. She is an example of “Attorney, your Grandma and Grandpa would love.” She is available for consultations regarding your estate planning needs. Her office offers a Free Healthcare Directive if you email, drop off or mail the information required: Your your 1-3 agents names, addresses and phone numbers. 619-222-5500 Virginia L. Weber, Inc. 4817 Santa Monica Ave. Ste D San Diego, CA 92107

BayView Senior Assisted Living
Our Services

BayView offers 24-hour personalized assistance, supportive services and compassionate care in a professionally managed, well planned, home-like setting. It’s the perfect alternative for seniors who can no longer live on their own.

619.225.5616 • bayviewpointloma.com

For more information call 619-246-4535 to schedule your tour of BayView today!
Windansea Pilates: Serving the community since 2002

At Windansea Pilates at 504 Nautilus St., owner Rachel Kanter offers a pleasant workout experience. “Windansea Pilates is an intimate, neighborhood studio that offers a warm, serene and nurturing environment ideal for the Pilates practice,” Kanter said. “We have been serving the community in our Windansea studio since 2002. We offer private and semi-private lessons that are tailored to meet the needs and abilities of each client.” Kanter added that “whether you are looking to improve your posture and physique, or get healthy and strong following an injury, we are here to help you achieve your fitness and wellness goals.”
For 30 years, Vantage Theatre has done things a little different around these parts — the company doesn’t pick plays for a season so much as exploit seasonable plays. The La Jolla-based troupe strikes only when ever its iron is hot, patiently addressing timely big-ticket issues at sites specific to the topic.

Its “Cudeman: Mozart’s Last Year” used part of Balboa Park’s Timken Museum and set in Wolfgang’s apartment; and what better place for last year’s play on counterculture figure Ram Dass than breezy, caution-to-the-wind little Ocean Beach?

Comes now its “Rasheeda Speaking,” a dramatically centering on race, friendship and backdoor politics in an apparently unlikely venue -- a doctor’s office. This is a pretty good show on a topic done to death from all sides, owing to playwright Joel Drake Johnson’s clear-as-a-bell dialogue and savvy coaching by directors and company founders Dori Salois and Robert Salerno. And true to its specific-type form, Vantage has mounted its play in a church (Congregational Church of La Jolla, venue for 8-5-seat La Jolla Commons Theatre), where the racial harmony factor is certainly not lost on anybody. Least of all your Host.

We soon may be seeing more at that site from this always-interesting company. Meanwhile, as gigan-
tic La Jolla Playhouse retains its sup-
posed world-class status, Vantage provides the first community voice Village theater since 2007, with the exit of La Jolla Stage Company. Accordingly, here’s a look at the issues “Rasheeda” raises and how La Jolla became the company’s focus.

Jaclyn’s eccentric side has pretty much run over by the time we meet her. This Chicago medical sec-
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tic La Jolla Playhouse retains its sup-
posed world-class status, Vantage provides the first community voice Village theater since 2007, with the exit of La Jolla Stage Company. Accordingly, here’s a look at the issues “Rasheeda” raises and how La Jolla became the company’s focus.

Jaclyn’s eccentric side has pretty much run over by the time we meet her. This Chicago medical sec-
retary has been in and out of jobs too often, owing to her super-
sensitivities and her incessant braying — on the air she breathes, on the whereabouts of the office paper
The prolific crocosmia is easier to grow than pronounce

By LINDA MARRONE

With clusters of pointy, sword-shaped leaves and brightly colored bell-shaped flowers, crocosmia is an easy-to-grow “bulb” that produces masses of flowers in shades of red, orange and yellow. Crocosmia flowers grow on long, slender, slightly arched stems that can grow up to two feet long. The eye-catching flowers will also catch the eyes of hummingbirds and butterflies and attract them to your garden.

Related to irises and gladiolus, the crocosmia “bulb” is not a true bulb but actually a corm. Corms, like bulbs, act as storage units for the plant during its dormant time. Crocosmia corms are available at garden centers from winter through early spring. Plant them in an area of the garden with full to partial sunshine and in well-drained soil. For maximum effect, plant the corms in masses about eight inches apart and two to three inches deep, pointy side up. After planting, the corm will usually begin to sprout a green shoot in about four weeks, depending on how warm it is.

Once crocosmia establish in your garden, they are fairly drought tolerant, but when first planted, they need a little more moisture to stimulate their growth. Fertilize them in the spring with a balanced fertilizer with low-nitrogen. Fertilizers specialized for bulbs include Dr. Earth’s Organic Bulb Food (3-15-2), which has plenty of flower-producing phosphorus (the middle number, 15, will help the plants produce an abundance of healthy colorful flowers. I plant my crocosmia mixed in with different varieties of irises that have the same water and fertilizer needs.

Usually, my crocosmia bloom in the early spring and will last through the Fourth of July, when they add a pop of fireworks orange to the garden, but this year, most of them are blooming already. These early flowers have bloomed just in time to feed an Anna’s hummingbird nesting nearby. She not only visits the flowers regularly but also vigilantly guards them to keep other hummingbirds away from her favorite feeding territory. As the flowers die, cut their long stems back to the leaf joint, or cut them before they die to bring into the house to enjoy in floral arrangements. Cutting them back will encourage the plant to produce more flowers. Even after the flowers begin to fade, the leaves will remain attractive and green until late summer. When the foliage turns yellow and begins to die, cut the plants to the ground. It is important to let the leaves die before cutting them, since this is the signal that everything the plant needs to grow back next year has returned to its corm.

Crocosmia can be invasive plants and what started as just a few corms in my garden has grown into a large drift of colorful flowers that needed to be divided last year. About every four years in the fall, divide your crocosmia corms. Over time, if they grow too tightly together, you will notice that they will not produce as many flowers, a good sign it’s time to divide. After the leaves have been cut, dig up the corms and carefully divide them into singles, taking care not to disturb the corm’s delicate tip. Now you can replant the corms into other areas of the garden or share them with your friends.

Fashion Files: La Jolla newbie brings creations that tell a story

By DIANA CAVAGNARO

Designer Kenneth Barlis, a talented international designer known for his luxury fabrics, recently relocated his commerce from Mission Valley to the upscale open-air shopping of La Plaza La Jolla.

Barlis, originally from Pagadian City in the Philippines, is a graduate of Fashion Institute of Design and Merchandising. Emerging on the fashion scene in 2012, he introduced his first evening and bridal collection, telling, as always, a story with his creations.

Last year, the theme for his collection was Mayan civilization, with fabulous designs incorporating rich colors and embroideries reminiscent of that era. Some of the materials Barlis uses for his collection are natural, such as feathers and shells. His favorite material is a fabric made from pineapple, clear, like organza, and strong, with a shine.

In the past few years, he has won three awards for his creations: Project Ethos, Top Designer at Icon magazine as its Rising Star and Top Design at Fashion Week San Diego in 2012. Many celebrities, such as Sarah Hyland from ABC’s sitcom “Modern Family” and Crystal Reed from MTV’s “Teen Wolf,” have worn his creations.

In 2015, Barlis debuted his menswear line. These statement pieces are different from the standard look for men.

The consumer now wants something different, and Barlis’ pieces are standouts, with color and crazy prints.

Recently, Barlis received rave reviews with his menswear collection as he rocked the runway at Toronto Fashion Week and LA Fashion Week.

Currently, he has returned to Canada for Toronto’s MENS Fashion Week.

His collection is a combination of streetwear meets luxury. It is very comfortable and easy to wear.

In addition to designing evening and bridal wear, menswear and one-of-a-kind ready-to-wear fashions, this gifted designer is augmenting his business with custom-made wedding dresses and their entourage. These creations are made to measure.

For a look at these breathtaking designs or to set up an appointment, stop by and visit Barlis at La Plaza La Jolla, 7863 Girard Ave., No. 204.

Hours are Mondays through Sundays, 11 a.m. to 6 p.m. Stay tuned for news on his upcoming sample sale, set for March.

Upcoming Events

MARCH

14 Th Thursday, 6:00 p.m. - 8:00 p.m.: “Fashion Redux,” 2018 VIP Pre-Party party presented by San Diego History Center and San Diego Mesa College, at San Diego History Center, Balboa Park, RSVP at sandiegohistory.org/Fashionredux-2016

26 Thursday, 5:00 p.m. - 7:00 p.m.: “Q O R B I Women for Women,” to benefit the American Heart Association, at Fairmont Grand Del Mar, 10 a.m. to 2 p.m. with fashion show by Zandra Rhodes. For ticket information, please visit ahafoundation.org/qorb1

17 Thursday, 5:00 p.m. - 7:00 p.m.: “People Who Can Come Too,” Hosted by San Diego, presented by The Golfdiggers (Gifts of Loving Donors) at the San Diego Marriott, La Jolla, with a luau and hat parade, 10:30 a.m. For reservations, call Jackie Bailey at (619) 670-3643.

Diana Cavagnaro is an internationally renowned couture milliner based in the historic Gaslamp Quarter. Learn more about our hat designers, teachers and blogger at DianaCavagnaro.com.
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Washman has washed over 16 million cars, with our 15 locations on the west coast! Our patented advanced technology is preferred by major auto manufacturers, with soft cloth, biodegradable solutions, and our water treatment process recycles 100% of our water, and helps keep our oceans clean!

Our environmentally friendly wash, saves time, saves money, saves water, and save our rivers and oceans, while you enjoy your sparkling clean car in only 3 minutes!

Our $6 Advanced Wash, $9 Premium Wash and $12 Ultimate Car Wash packages comes with our free self-service vacuums. We also offer Unlimited Monthly Wash Club Memberships for as low as $19.99. Car Wash Gift Cards are available, when you buy 4 wash packages - you get one free! We can wash vehicles up to 94” high, with 13” wide tires.

Our guarantee is simple. You must be satisfied or well’ll rewash your car for FREE!

Coming soon is the world’s first “Cosmic Car Wash” from sundown to closing. With over 200,000 LED lights, black lights, lasers, music, live video feed on our web site, and more! (619) 458-9040.

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Sat & Sun 12-3pm  924 Hombramb #302  $615,000-$630,000  Alan Rojas •  858-963-1411

POINT LOMA / OCEAN BEACH
Sat & Sun 11-4pm  3309 Freelton  4BR/4BA  $1,195,500  Robert Realty •  619-852-8827
Sat & Sun 11-4pm  820 Armanda Terrace  3BR/3BA  $2,250,000  Robert Realty •  619-852-8827

RANCHO SANTA FE
Sun 1-4pm  5810 Saratoga Court  3BR/3.5BA  $1,950,000  Lon Neal •  858-580-6396

LA JOLLA
Sat & Sun 1-4pm  7271 Rues Michael  4BR/3BA  $2,550,000-$2,680,000  Vincent Cruz •  858-519-1236 / Chris Martin •  619-962-7588
Sat & Sun 9-4pm  7760 Via Capi  3BR/2BA  $2,650,000  The Reed Team •  858-459-4033
Sat & Sunday 1-4pm  6767 Neptune Place  3BR/2BA  $2,800,000  Steve Garman •  858-859-0370
Sat 2-4pm & Sun 1-4pm  7324 Remely Place  4BR/3.5BA  $4,695,000  David Schroedl •  858-358-6300
Sat & Sun 1-4pm  819 Nautasket Court  2BR/2BA  $900,000  Mih Burganos •  619-857-8930
Sun 1-4pm  3412 Via Alicante  2BR/2BA  $429,900  Candi De Moura •  858-900-1333
Sun 1-4pm  909 Coast Blvd.  2BR/2BA  $1,250,000  Carole De Musso •  858-900-1333
Sun 1-4pm  1511 Copa de Oro  4BR/3.5BA  $2,199,000  Bianca O’Donnell •  858-332-7507
Sun 1-4pm  6569 Fairway Road  4BR/3.5BA  $3,450,000  George Douglas •  858-367-0156
Sun 1-4pm  7981 La Jolla Shores Dr.  4BR/3BA  $2,650,000  Vicki Padula •  619-985-1055
Sat & Sun 11-4pm  820 Armada Terrace  3BR/3BA  $2,250,000  Robert Realty •  619-852-8827
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3 SOLD 1 IN ESCROW
1119-1125 Grand Ave
NEW Construction 2bd + bonus room / 2.5ba
townhomes only 4 blocks from the ocean featuring dual
master suites, multiple patios/ decks, a large open great
room w/ a fireplace, & a bonus room. Enjoy the large
3rd floor deck w/ an outdoor fireplace-perfect for any
time of year! Kitchen boasts granite counters, stainless
steel appliances & ample cabinet space. All four units
went into escrow before construction was completed!

SAT & SUN 1-3 PM
3020 Kellogg Street  $925,000  2BR/2BA
Located in Prestigious La Playa of Point Loma, this spectacular top floor condominium has been
renovated to show like a custom home with attention to every detail. Providing Views Spanning
from the Downtown Skyline to San Diego Bay and out the Harbor, you can easily understand why
local residents refer to La Playa as the “Gem” of Point Loma. Walk two blocks to Kellogg Beach, con-
tinue strolling down the La Playa Walking Trails to World Renowned Yacht Clubs & Shelter Island.

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