THURSDAY, DECEMBER 13, 2012

LAN JOLLA VILLAGE NEWS
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SAN DIEGO COMMUNITY NEWSPAPER GROUP
www.SDNEWS.com VOLUME 18, NUMBER 11

Tapping into a new opportunity to dance
By KENDRA HARTMANN | VILLAGE NEWS

One morning in November, a couple of instructors from La Jolla’s Tap Fever walked into Sunrise Senior Living carrying wooden boards and several pairs of gloves. They handed out the supplies to a handful of residents — some in wheelchairs — assembled in the facility’s sitting room and proceeded to teach them something the elderly residents probably thought they’d never learn how to tap dance.

Coaching the residents, Larissa Hall, executive director of Tap Fever, and Aleandra Jackson, the school’s marketing director, helped them create a melody of taps without ever leaving their chairs. Using the gloves, which had been outfitted with the same taps found on tap shoes, the group of who have physical or cognitive limitations, tapped on the boards, “dancing” to Hall’s count.

Hall, who created the concept and developed the gloves and boards (a patent is in the process), said she wanted to do something she often does: choreographing a dance for a video of Tap Fever’s hand-tapping workshop, visit www.sdnews.com or www.youtube.com/watch?v=2RFF7Wy-_BA&feature=youtu.be

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Two La Jolla properties were honored for sustainable design at UCSD’s Charles David Keeling Apartments.

“The project also simultaneously incorporates functional infrastructure, such as a central courtyard, basketball court, barbeque area, meeting spaces, modified parking lots and extensive bioswales at the location of Rose Canyon, University City High School and Recon Environmental. The project will undertake the extensive Native Plant Restoration Project. With the participation of students from UCHS’ AP environmental science classes, the organizations will work together to undertake invasive plant control in parts of the Rose Creek Watershed, including at UC high. Students and volunteers alike will work over the next several years to remove non-native trees, like the eucalyptus around Genesee Avenue, as well as pampas grass. Not only will this work increase the overall health of the native ecosystem, it can also decrease the risk of fire and flooding in creeks and canyons. Invasive plants actively displace the native plants and animals and increase risk factors for fires. “Many of the trees are diseased and falling limbs have created a fire hazard. “It was actually started by a business associate of mine in honor of a fireman who’d lost his life in 9/11,” said Krista Baroudi, Cove Suites CEO. about the origin of the event she

Residents of Sunrise Senior Living practice tapping special gloves, outfitted with the same taps as tap shoes, on boards during Tap Fever’s hand-tapping workshop at the assisted care facility in November.

“Tap Fever offers all of the standard dance classes, the organizations will work together to undertake invasive plant control in parts of the Rose Creek Watershed, including at UC high. Students and volunteers alike will work over the next several years to remove non-native trees, like the eucalyptus around Genesee Avenue, as well as pampas grass. Not only will this work increase the overall health of the native ecosystem, it can also decrease the risk of fire and flooding in creeks and canyons. Invasive plants actively displace the native plants and animals and increase risk factors for fires. “Many of the trees are diseased and falling limbs have created a fire hazard. “It was actually started by a business associate of mine in honor of a fireman who’d lost his life in 9/11,” said Krista Baroudi, Cove Suites CEO. about the origin of the event she

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A group of Christmas carolers entertain the crowd at the event held atop the La Jolla Cove Suites hotel to bring Christmas cheer to homeless children from Father Joe’s St. Vincent De Paul Village, who received red-carpet treatment on a limo ride and gifts donated by the La Jolla Kiwanis, Bowers Jewelers and members of a group of San Diego Harley Davidson owners.

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The boundaries of the Rose Canyon Watershed Project.

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La Jolla engraver bands with local historian, volunteers to rewrite — and right — history of prominent architect

By MARIKO LAMB | VILLAGE NEWS

For years, the headstone of renowned San Diego architect Lilian J. Rice — which rests at the La Vista Memorial Park Cemetery — incorrectly stated her birth year as 1888.

According to Diane Welch, official biographer of Rice's tale, “Lilian J. Rice, Architect of Rancho Santa Fe,” the error occurred when well-meaning volunteers at the cemetery attempted to restore a number of headstones, including Rice’s, after vandals nearly destroyed them. It was then that Rice’s headstone was inadvertently changed from her correct birth date — June 12, 1889 — to 1888.

On Dec. 6, however, history was righted, thanks to the efforts of a few local women and their intent to honor the architect was a trailblazing pioneer in her field. From this point forward, Rice’s correct date of birth will be reflected to her correct birth year as 1888.

Welch hopes through her biographical work and the correction to the headstone, Rice’s reputation will be rightfully placed in our state’s history. “It has damaged Lilian Rice’s reputation in recent years, and in so doing, some of her historic work has been demolished,” said Welch. “Along with this negative campaign, her name is universally spelled incorrectly and her birth year is often cited as 1888, the date that appears on her headstone.”

Welch hopes that for the biographical work and the correction to the headstone, Rice’s reputation will be restored.

“Depending on correcting this unfortunate oversight that, going forward, Lilian Rice’s birth year will be attributed correctly. And in bringing her name into the spotlight in time for the 74th anniversary of her passing, that her rightful place in our state’s history will be reclaimed,” said Welch. “My aim is to bring her out of the shadows of time and to make her relevant today so that her determination and achievements may inspire others to succeed.”

To find out more about Lilian Rice, visit www.lilianjrice.com.

La Jolla engraver Tara Tar-
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The San Diego Symphony will ring in the holidays with two can’t-miss cultural concerts that will take its guests around the world this season. From Dec. 21-23, San Diego’s favorite holiday music tradition will return at the Copley Symphony Hall for four performances of “A Celtic Celebration,” a festive Irish holiday performance featuring the revered San Diego Symphony and Grammy Award-winning nine-time all-Ireland fiddle champion Eileen Ivers. Traditional Irish holiday favorites, including “The Holly Tree,” “Don Oiche Ud im Beeithil,” “Hark, the Herald Angels Sing” and “Wexford Carol” are just some of the tunes that will entertain the crowd, along with special pre-concert activities, including an appearance by Celtic Santa, a performance by the San Diego-based band, Raggle Taggle and demonstrations by professional costumers.

On Jan. 1 at 2:30 p.m., the magical sounds of a new year in Vienna will also descend on Copley Symphony Hall for “Salute to Vienna,” a re-creation of Austria’s world-famous New Year’s concert featuring a cast of 75 talented musicians, singers and dancers right here in San Diego. The performance will showcase operetta excerpts of Johann Strauss, Jr. and the music of Emmerich Kalman in addition to waltz, polka and ballet performances by internationally renowned dance companies, including the Kiev-Aniko Ballet of Ukraine.

Tickets to both concerts are $20-$85 and are available at www.sandiegosymphony.com.

Copley Symphony Hall is located at 750 B St. Call (619) 235-0804 for more information.

— Mariko Lamb
Trustees scrutinize proposed amendments to land development code

At its Dec. 6 meeting, La Jolla Community Planning Association trustees found two points of contention in proposed amendments to the city’s land development code, taking exception, in one case, to a proposed amendment that would change the permitting process for the establishment of sidewalk calls. The proposed code change would reduce the minimum number of paths from 8 feet to 5 feet, allow sidewalk calls to set up a single row of tables and chairs within a 8-foo-6-inch extension of the establishment without the need for a barrier and reduce the process level from a neighborhood-use permit process 2 to a process 1, which would cut the community-level input out of the process.

It loosens the standard and I don’t see any reason for it,” said trustee Jim Fitzgerald, who proposed rejection of the planned amendment.

Trustees also opposed a proposed code change that would allow new development in all zones to observe a previously conforming side setback for up to 50 percent of the length of the building envelope. Presently, only new developments in RM-1 zones are permitted to adhere to previously conforming side setbacks for up to 50 percent of the length of the building. The new standard would extend the rule to all zones. Trustees rejected the proposed amendment, emphasizing that there should be no extension of existing previously conforming setbacks.

The LJCPA also motioned to request an adequate definition of “fuel-efficient vehicles” for one proposed parking amendment. Other proposed parking amendments were directed to the La Jolla Traffic & Transportation Board for review.

Some of the 52 proposed changes clarified inconsistent language in the code, while others amended permit processes, parking, green building regulations, measurements and planned districts. To view a full summary of the amendments, visit www.sandiego.gov/development-services/industry/land-encode.

Landscape architect Jim Neri proposed a plan to balance coastal access, erosion control and beautification of Goldfish Point by re-introducing native plants to the area, filling some of its eroded gullies with natural pebbles, and installing a post and chain leading to a trodden pathway for coastal access to the beach.

Landscape architect Jim Neri proposed a plan to balance coastal access, erosion control and beautification of Goldfish Point, the coastal bluff area adjacent to Allen’s store, which has eroded over the years. “About 200 years ago, this area looked a lot more like Torrey Pines State Reserve than it does today,” Neri said. “This was a vegetated point, undoubtedly, because you look at the areas around it, they’re all vegetated. It was just because of human use that has occurred in the last 150 years or so that it was dilated.”

In 1993, a group of community members committed to preserving the land, while also providing safety to pedestrians visiting the area, resulting in the construction of a sidewalk and an observatory platform on the bluff. Additionally, in order to cater to divers who use Goldfish Point as an entrance point to the ocean, the city built a fence and gate providing a designated area to access the water.

“The plan is to re-vegetate it for the sake of beauty, for the sake of erosion control and re-vegetate it the way that it was rather than the way that it has been re-vegetated recently,” Neri said. “At that point, they’ve started to re-vegetate the area using non-native plants. The intent of this plan is to remove all of the vegetation that has been recently planted there and to re-plant it with a native vegetation that we find growing in that area.”

Neri’s plan also includes filling a deep eroded gully with cobble to allow the sediment to erode into the surrounding rock.

“We’re not going to stop erosion. What we’re trying to do is slow it down, take it back to square one,” he said.

“The other thing we’d like to do is to encourage people to be safe without curtailing public access, including diver access down to the rocks below.”

The LJCPA-approved conceptual plan calls for the removal of the gate in the existing fence and the installation of a post and chain outside the fence. The existing public access trail to the water will remain accessible by simply stepping off the existing public access trail to the water.

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The LJCPA-approved conceptual plan calls for the removal of the gate in the existing fence and the installation of a post and chain outside the fence. The existing public access trail to the water will remain accessible by simply stepping over the low hanging chain.

“We want to let people out there. We want them to see what they want to see. We want to keep them safe, but we don’t want to have them run over the entire bluff and further the erosion that has occurred there,” Neri said. “Like at Torrey Pines State Reserve, they have very subtle signs that say ‘area closed to plant rehabilitation.’ That’s kind of subtle cues we’d like to give people who choose to head down there—that they stay on the beaten path and let the plants establish. Hopefully, it becomes a little piece of Torrey Pines State Reserve right here at Goldfish Point.”

Neri has agreed to return to the LJCPA after the city’s Park & Recreation Department reviews his plan.

In the neighborhood

• The city’s new council District 1 boundaries took effect Dec. 3, consolidating all of La Jolla into one council district.

• “We’re really excited to have all of La Jolla reunited under one council district,” said Erin Domecrest, representative for District 1, City Councilwoman Sherri Lightner. “Thanks to everybody here who worked hard on that project to get all of La Jolla together under one council district.”

• La Jolla resident Gail Forbes commented on planned road improvements at Seaweed Canyon at UCSD, stating the changes could potentially be intrusive and “may not be as benign as described.”

• The San Diego City Council voted to dedicate nearly 6,600-square-foot open space, adding extra layers of protection from development on those lands.

• Through the efforts of councilmember Sherri Lightner, they managed to squeeze an additional 800 acres, so about 6,600 acres is citywide to be dedicated,” said LJCPA vice president Joe LaLana.

• “Unfortunately, our Fay Avenue bike path was not on that list for legal and technical reasons that could not be solved, but we can come back to that.”

LJCPA News

• The Planning Commission will hear a request on the Tong residence for an extension of time at the City Council Chambers on Dec. 13 at 9 a.m.

• CD recordings of the LJCPA meetings can be picked up in-person at the LJCPA office. For more information, call (858) 456-7900 or email info@lajolla.org.

• LJCPA president Tony Crisafi requested that a representative of UCSD Physical and Community Planning provide a formal presentation to summarize the development plans around the MEUSOM building. The purpose of the regularly scheduled presentation is to inform trustees and community members of any public view issues and future development, he said.

City News

• The city will begin a public input process for the “Coastal Rail Trail,” a north-south bike path from Sorrento Valley to the Rose Creek bike path. For anyone interested in participating in the process, email Erin Domecrest at edmon-est@sandiego.gov.

• The Community Forest Advisory Board has vacancies on its board. The city’s 14-member board advises the mayor on all policy issues relating to urban forestry. Anyone interested in filling the vacancies can contact Alisa Gabriel at agabriel@sandiego.gov or call (619) 236-6460.
For thousands of years, travelers have visited the Dead Sea for its healing properties, which stem from the high mineral content of its waters and low amounts of pollutants and allergens in its atmosphere. As an alternative to taking a long flight east, Amy and Michael Cameron have brought the healing power of the Dead Sea to La Jolla with their recent launch of The Salt Room La Jolla, a reproduction of a natural salt cave and its microclimate, which replicates the all-natural holistic healing experience of a trip to the Dead Sea itself.

Halotherapy, or salt therapy, is believed to help relieve symptoms of respiratory conditions caused by asthma, allergies, bronchitis, COPD and cystic fibrosis, as well as skin diseases such as eczema, acne and psoriasis.

“The benefits of salt therapy are numerous and the sessions are safe, drug free and 100 percent natural. The negative ionic charge found in the dry sale aerosol gives natural detoxifying properties,” said Amy Cameron, owner of The Salt Room La Jolla. “Salt therapy also promotes stress reduction, which can lower blood pressure and help with insomnia. It even helps prevent respiratory viruses, including the common cold and flu.”

Cameron was inspired to open her own salt room after experiencing the tremendous health benefits of halotherapy in a salt room in Florida. “I knew right away that it was an amazing health alternative,” she said. “I’ve always loved La Jolla and knew this would be the perfect location because of its health-conscious community.”

The natural health guru knows a thing or two about the importance of being mindful of her health in every aspect of her life. “I have worked in the natural health field for many years and teach yoga and meditation. Healthy living and breathing are so important to me,” she said. “In order to open my own salt room, I worked closely with professionals in Florida and Europe who study salt therapy and develop the devices for salt rooms.”

What Cameron and husband Michael created in La Jolla was a reproduction of a natural 200-square-foot salt cave made with natural rock salt mineral from the Dead Sea. The Cameron hosts. “It’s kind of morphed into a random act of kindness.”

This year’s event focused on 75 young children brought in from St. Vincent.

“We do pizza, presents, balloons and Santa Claus,” said Baroudi. “La Jolla Kiwanis gave us a very generous donation this year, as did Flowers Jewelers. A lot of people come together for this event.”

Trenton Bonner of La Jolla Kiwanis said the service club was glad to pitch in. “We were happy and able to provide a little money for the gifts and to support Krista, who has been putting this on for years,” Bonner said.

Most pleased of all at the event were members of the San Diego Harley Davidson group like Robin Parker, who brought children’s gifts from Wal-Mart and passed them out to the children on the La Jolla Cove Suites’ rooftop.

A table full of gender-specific toys — dolls and lipstick banks for girls, board games, cars and trucks for boys, were laid out in front of Parker.

“For me, it’s not about the work,” Parker said when asked what the charity event means to her. “This is the happiest I am every year, right here, right now — to be with my family, meet all these kids and to see their faces light up.”

When the kids arrived in limos escorted by Harleys, it was a mob scene in front of the oceanfront hotel.

But it was all in fun, all for the spirit of the season and all for the benefit of the underprivileged.

Robin Parker brought donated gifts for homeless children to La Jolla Cove Suites hotel. Parker is part of a group of Harley Davidson riders who help out with the event every year.
ZocDoc takes the pain out of finding a doctor

By MARK LIAM | VILLAGE NEWS

A brand-new concept in the health market embraces the latest modern technology and showcases local physicians to cater to the discerning contemporary shopper. With so many offerings available in the health field and countless resources to filter through, it is often difficult to narrow down the host of selections to find the right fit. That’s where ZocDoc comes in, streamlining the process of finding the right doctor to suit a patient’s specific medical need, health insurance carrier, schedule, location, gender preference and even language spoken.

With just a few clicks, ZocDoc users can review health-care providers, peruse photos of the doctor’s office and book an appointment within 48 hours. In lieu of the elevator music, patients can choose appointment times that work best for them any time, not just during the doctor’s office hours. To top it off, ZocDoc can also narrow down health-care providers by the client’s insurance and other unique requirements.

The idea for ZocDoc first came about when founder Cyrus Massoumi experienced a painful medical emergency on a flight from Seattle to New York. Upon landing, Massoumi knew he would need an ear, nose and throat specialist to tend to his burst eardrum. Upon searching his insurance company’s directory, however, he found he could not get an appointment within 48 hours. “To him that was striking,” said Braley. “Like anything, there was skepticism initially that people could book doctors appointments online. They had to sign up enough doctors who believed in this process and they had to get the word out to patients.”

One ZocDoc user, La Jolla dermatologist Tamara Scalise of Boughton Dermatology on Girard Avenue, said the workshop got a welcome reception from the participants. “The hand-tapping workshop made a significant difference from the usual participation of residents in a physical activity,” she said. “Because our residents frequently have memory problems, watching their eyes light up and see them remember the repetitions, the counting and the tapping in the same order that the teacher performs it excited even the staff at Sunrise. At the end of the class drew near, there were residents who had only wished to watch tapping their hands in their laps and in the air, even after the gloves came off.”

The workshops have been popular with residents at other area communities, as well. Hall and her colleagues conducted a trial run with a few workshops last year, and found that their students — some of them from White Sands in La Jolla — loved the new activity. Since then, however, she hasn’t been able to market the program because of a lack of funding. A nonprofit, Tap Fever offers scholarships to help students explore their desire to dance, even if they can’t afford it. The burden of attempting to help in this economy, however, often weighs heavily on the school, Hall said.

“We offer a lot of scholarships. People assume that because we’re located in La Jolla, [our students] have money. That’s definitely not the case,” she said. “People come from all over to take classes and they need scholarships to pay for it. Then we’re struggling, because our only income comes from people buying
La Jolla Client Testimonials

I am not doing the best job at being “retired”. My active life is only possible because of the workout given by the La Jolla Wellness Studio. Taking only 15 minutes is what makes this workout realistic.

-Retired, Norm Pressley, 86

I do not recommend things often, but my experience in being a tri-athlete and avid runner compels me to tell people how great the La Jolla Wellness Studio’s workout is for me. It is not only great for those who are getting in shape, but also those who need to get better in shape.

-CEO RoadRunner Sports, Mike Gotfredson, 60

My profession keeps me very busy. I work out about 3 times a week for about an hour. The La Jolla Wellness Studio is the first workout that has been short enough to consistently do it! I leave refreshed and invigorated.

-Realtor, Lisa Colgate, 45
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LA JOLLA VILLAGE NEWS | THURSDAY, DECEMBER 13, 2012 | PAGE 11
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Br KENDRA HARTMANN | VILLAGER NEWS

With the holidays right around the corner, many are looking forward to time spent with family members — and indeed, some are already experiencing the incoming flow of out-of-town relatives. With more time off from work and school, the focus turns instead to leisurely meals and relaxed evenings with family and friends. For one of the best ways to bring family together — and for a return to an old tradition — check out Herringbone’s Sunday Suppers.

Started by chef Amanda Baumgarten in an attempt to bring back the communal dining experience of the Sunday supper, Herringbone offers a prix fixe menu on Sunday evenings starting at 6 p.m. With a menu that changes weekly, guests can choose between two appetizers and two entrees, and top it off with a dessert for $35. The menu includes two appetizers, two entrees, and dessert for $35. The menu includes a wide variety of options to suit any taste.

For one of the best ways to bring family together — and for a return to an old tradition — check out Herringbone’s Sunday Suppers.

Relax with family and friends before the start of the week in Herringbone’s cozy lounge with the restaurant’s Sunday Supper menu.

For something different, a chocolate pecan pie perfectly rounded out the autumnal-themed meal.

Inspired by a similar event at an L.A.-area supper club, Baumgarten was determined to bring the tradition of gathering around the table with family and friends on a Sunday evening to La Jolla. She started creating the special menus about six weeks ago, and has since attempted to grow the dinners could become a regular tradition for locals at the end of their weekend. At the beginning of each week, she creates the menu and by Wednesday, the next Sunday’s supper is up online for diners to view.

For more information about Herringbone’s Sunday Supper menu, view menus or to make a reservation, visit www.herringbone.eat.com or call (858) 459-0221. Herringbone, part of Brian Malarkey’s Fabric of Social Dining family of restaurants, is located at 7817 Herschel Ave.

Herringbone’s Sunday Supper menu for Dec. 16:

Cocktail:
THE BRUCE WAYNE (A twist on a traditional Manhattan)

Appetizer:
Chilled borsch, creme fraiche, rye bread crisp

Entree:
Pork osso bucco millanese

Dessert:
Hungarian-style cheesecake

Squash and a pistachio vinaigrette

For dessert, a chocolate pecan pie perfectly rounded out the autumnal-themed meal.

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For some, the holidays can be a difficult time. Whether from losing a loved one, a job, a relationship or otherwise, La Jolla United Methodist Church is holding a “Blue” Christmas service on Dec. 11 for those who experience the blues after the holiday season. Face the season’s traditional merriment with others who may feel alone, discouraged, disconnected or bereft for a quiet gathering to worship, remember, and bring light to the darkness. The free service will take place at 7 p.m. at the church’s sanctuary followed by a fellowship time with hot coffee, cookies and conversation in the church’s Memorial Hall.

La Jolla United Methodist Church is located at 6083 La Jolla Blvd. For more information, visit www.lajoll unitedmethodist.org or call (858) 454-7108.

For more information, visit www.lajollaworld.org or call (858) 454-5100.

La Jolla Presbyterian Church will double the holiday fun this year with not one, but two channel choir Christmas concerts on Dec. 16. The live musical performance will celebrate the Christmas season with a collection of works featuring Bach’s cherished masterpiece “Magnificat” — a compilation that reflects on Mary’s response to the news that she will bear the Messiah. The concerts, which will take place at 4 and 7 p.m., will also showcase the handbell, chamber and youth and children’s choirs performing traditional carols and Christmas favorites. No tickets are required for the concert, but a free-will offering will be received. La Jolla Presbyterian Church is located at 7715 Draper Ave. For more information, visit www.lajollapresbyterian.org or call (858) 729-5811.
Madison Gallery will ring in the new year with a new exhibit by Canadian-born artist James Verbicky. Starting with an opening reception on Jan. 19, the gallery, located at 1020 Prospect St. Suite 130, will feature Verbicky’s mixed-media pieces titled, as a collection, “ERA.”

Verbicky, who is of Polish descent, came to the United States as an adult and, after working as an artist and struggling with citizenship for several years, was awarded a green card for “extraordinary ability,” a status rarely given by the U.S. government, because of his involvement with many American museums, galleries, charities and publications.

With his use of and depiction of media in his work, he often laments the downward trend of print as the dominant form of communication, and challenges the viewer to contemplate our history and future through the various forms of media to which we are exposed.

“ERA” will feature Verbicky’s media paintings, as well as never-before-seen works from his new series, “Future Primitive.” Madison Gallery’s opening reception will be held on Jan. 19 from 6 to 9 p.m., and the exhibit will run through Feb. 19. For more information, visit www.madisongalleries.com, email info@madisongalleries.com or call (858) 459-0836.

— Kendra Hartmann

LJAA celebrates the holidays with art
Local artists and art lovers will come together on Dec. 21 to celebrate the holidays with a party and artist reception at the La Jolla Art Association’s “Happy Holidays, the Season for Giving” event.

Featuring a display of paintings, photography, silk wearable art, jewelry and sculpture, the event will allow guests to party and shop while supporting the nonprofit art association as it celebrates its 95th year in La Jolla.

From 6:30 to 8 p.m. the association will offer art viewings and holiday gift ideas as violinist Maryam Parto entertains the crowd with live music.

Prior to the party, starting on Dec. 17, the association’s gallery will feature two works of art that should not be missed.

“Le Marais” depicts a scene from Paris’ Quartier Juif, the old Jewish quarter in the city’s third and fourth arrondissements. Guests can also view “Our Lady of Kazan,” a painting on silk depicting a Russian Orthodox icon whose history dates back several hundred years. The original painting of “Our Lady of Kazan” was discovered in 1579 in a garden in Kazan. From then, the original followed a long and sometimes dangerous journey. Taken along during a war between Russia and Poland because of its symbolism, it settled in Moscow following the war. A handful of replicas were made, and today it is unknown which, if any, of the paintings are in fact the original. In the early 20th century, what was then thought to be the original was stolen (perhaps for its gilded frame). One of the replicas, though likely not the original painting, was acquired by the Blue Army of Our Lady of Fatima and given to Pope John Paul II, who kept it for 10 years. It was returned to the Russian church in 2004.

— Kendra Hartmann
Almost everybody loves gingerbread, but some talented, artistic people can do much more than just bake it (or eat it). Those who can do the most with it show off their talents at the annual Gingerbread City benefit gala for the Epilepsy Foundation of San Diego County (EFSD). Founded eight years ago by philanthropist Sally Thornton, the event raises bigger and more festive each year, always attracting the best gingerbread structure designers. Gingerbread City was presented for honorees, “Myths and Legends of Gingerbread City,” was held recently at the Grand Del Mar Resort.

Starry, starry nights

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It commenced with a reception during which the 375 guests could enjoy the spectacularly created gingerbread structures. These were not your grandma’s gingerbread houses — they were 14 exceptionally imaginative, highly creative and incredibly intricate works of art. The astounding effort that went into their conceptualization and construction was reflected in the fine points of each entry. Viewers examined them intently, marveling at life-like details the artists had thoughtfully included and painstakingly constructed. They found miniature figures, flowers in pots, tiny loaves of bread in a basket and much more.

The names of the entries hint at their designers’ creative abilities: In the petite category were “Dreams Come True,” “Dream and Fantasy of Fairies in the Woods,” “Legend of Pelle,” “Mermaid’s Domain,” “Poseidon’s Palace” and “Twas the Night Before Christmas.” Every one was beautifully conceived and carefully, lovingly constructed.

There was much more to attract and entertain. There was a big silent auction and 13 of our area’s very best celebrity chefs prepared various gourmet dishes, dispensed from food stations around the ballroom. The evening’s program included a silent auction and 13 of our area’s very best celebrity chefs prepared various gourmet dishes, dispensed from food stations around the ballroom. The evening’s program included the announcement of the winning gingerbread structures. Pastry artist Melody Morse took the Grand Prize for her fabulous “Camelot” creation (no surprise — her entries also won for her fabulous “Camelot” creation (no surprise — her entries also won in 2010 and 2011). Keys to Gingerbread City were presented for honorory chairs “Papa” Doug Manchester and John Lynch (Lynch, unable to attend, will receive his later). Mike Gallineaux (Marines) and Gabriel Varela (Navy) spoke of how EFSD has helped them, their families and others in the military. A live auction offered dinner parties by the celebrity chefs (which went for as much as $10,000).

But the program’s highlight was Maria Burritt, who spoke eloquently and articulately about her older brother and friends who have epilepsy. Her perfectly delivered speech, well-organized and articulate, resonated with the audience.

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**Bistro Pazzo**

The whole idea of a bistro, says Seto Marselian, owner of Bistro Pazzo, is to offer a neighborhood place where everyone knows you - where great friends and great food meet. Bistro Pazzo is going on its 4th year, located just slightly off the beaten path, just off Prospect Street at 7930 Ivanhoe Ave - and the “hidden gem” nature of the eatery makes it just that much more of a neighborhood treasure. Within walking distance to shopping, hotels, the financial district, and the famous beaches of La Jolla. Open for Lunch and Dinner, Bistro Pazzo is definitely the “hidden gem” of La Jolla. Come enjoy this small neighborhood Italian bistro seven days a week. Moderate prices, great food, good portions, and a vast wine list with crazy service. You can be crazy too, no one will mind. Really! 858-456-4005 www.bistroppo.com
Parents and children working together face tough situations

By Natasha Josefowitz, Ph.D.

I often hear from friends who complain about their children who work with them in the family business. I also hear from their children, some of whom are young adults, others are middle-aged, complaining bitterly about oversupervision and a lack of autonomy and trust. One young woman with an MBA told me that her mother checks up on her work more than she does on that of any other employee.

What is going on?

One may well ask whether it is the children who cannot accept any authority from the parent from whom they so recently struggled to gain some independence, or whether, indeed, it is the parents who cannot let go of controlling their child?

Let us examine the dynamics of both possibilities.

One of the major tasks of growing up is growing away from one’s parents. For young people to be able to stand on their own two feet, they must be able to differentiate themselves from their parents. They need to test parental value systems, lifestyles, beliefs and goals in order to see if these fit their own values and styles. They do this by trying out different beliefs, new ways of living and by having friends that their parents disapprove of. We call this adolescent rebellion.

Even though the child may be well beyond the so-called “rebellious years,” remnants of this effort to distance oneself may remain. Even when I was in my mid-70s and my mother was in her mid-90s, I still sometimes startled at the strength of my reactions when she criticized me. This is a parent-child dynamic that lasts a lifetime.

So it is no wonder that a child may resist any parental attempt — no matter how legitimate — to control. It may be a helpful suggestion that is taken as criticism or a mild criticism that is perceived as strong disapproval. The push for autonomy from one’s parents is so strong that any supervision is felt as overly controlling.

Children want to please their parents and care so much for what they think that they exaggerate — in their own minds — any parental reaction that is less than absolutely positive. Every child, from infancy through adulthood, wears a little invisible sign around his or her neck that says, “Mom, Dad, please admire me!”

The other possibility, that indeed the parent is a very difficult boss, should also be explored. As children grow older, it is difficult to see them as adults. I still give unsolicited psychological advice to my 62-year-old daughter who has a Ph.D. in psychology and business advice to my 60-year-old son with an MBA from Harvard.

Parents remember all the foolish things their kids used to say and do and still attribute that potential to their grown sons and daughters. They still believe that their own judgment must be better than their child’s. Parents do tend to oversee their own children. Whereas a mother or father may overlook an employee’s minor errors, they would notice every mistake their son or daughter made and overreact. In other words, the expectations of performance are higher for children, thus placing additional burdens on these children who feel under observation all of the time. If children do well, it’s a chip off the old block. If they don’t, it is perceived as an embarrassing reflection on the parent.

Some parents exaggerate their children’s achievements and give them responsibilities too soon. Some parents under-rate their children and continue to keep them in subordinate positions longer than is warranted. Either way, it has little to do with reality. Also, other employees often believe that boss’ children are unfairly given advantages and may resent it, adding to the problem.

Also, if the child takes a position different from the parent, that parent may feel betrayed. Family loyalty and affection get confused with work decisions.

Parents generally have trouble giving up control, and when it’s time to retire many stay on, becoming burdens to their children — who would normally pension-off aging employees but cannot because it’s mom or dad. If relationships at work are too fraught with tension, it may be important to the child to prove himself or herself elsewhere, before the parent can accept that child as a valuable member of the team.

Parents who work with their adult children may tend to see them still as children — which can often be disruptive to the relationship, as well as to the work.

Children want to please their parents and care so much for what they think that they exaggerate — in their own minds — any parental reaction that is less than absolutely positive.

There is really only one solution to the problems of parents and children in the same business. It is to talk openly about the one’s need for control and the other’s need for autonomy. There must be constant reassurance about loyalty, commitment and love. Although these should not be at stake because of a difference of opinion, they often are.

— Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 19 books. She lives at White Sands La Jolla.

My Mother complains that I’ve gained weight. My hair isn’t right. My dress is unbecoming. I wasn’t polite. It matters not that she complains. What matters is that it still matters.

LA JOLLA LIVING
**This week in La Jolla history**

Dec. 15, 1926

The La Valencia Hotel opened on Prospect Street in La Jolla. It was built as an apartment hotel. The original name was going to be Los Apartamentos del Sevilla, but the name was changed to La Valencia Hotel before the opening. It was built in two parts. The first part opened on this date in 1926. The second addition opened two years later.

The first phase of the hotel had 21 apartments, 12 single rooms, a tea-room and a banquet room. It was described as “beautifully furnished throughout ... overlooking the ocean with a wonderful view and ... one of the most attractive places in La Jolla.”

The La Valencia Hotel became popular with movie stars and other important people. There are still autographed photographs of old-time movie stars from the 1920’s and 1930’s hanging today on the wall near the stairway in the hotel.

The hotel became so popular that it was not large enough to accommodate all the people who wanted to stay there. So, two years after the first part opened, an addition was built that increased the number of rooms to 125 and also added a large lobby and living room, roof gardens and the tower where the Sky Room restaurant is now located.

The hotel was known locally as “The First Lady of La Jolla” (and is now known as “The Pink Lady”). It is still a lovely and popular place for out-of-town visitors to stay and for locals to dine in its three restaurants — the Mediterranean Room, the Whaling Bar and the Sky Room.

Many married couples who spent their honeymoon at the La Valencia in years past return to spend their anniversaries there. You can spot the hotel at 1132 Prospect St. by its pink stucco Mediterranean-style facade and its tall pink tower.

In 1987, the La Valencia Hotel was named a historic site by the San Diego Historic Site Board.

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**Events**

**THURSDAY, Dec. 13**
- La Jolla Town Council meeting, 5 p.m., La Jolla Recreation Center, 615 Prospect St., (858) 454-1444, www.lajollatowncouncil.org, free
- The Adam & Kim Birthday Show, 8 p.m., The Comedy Store, 916 Pearl St., featuring performances by Adam Wolpe, Kim Thompson, Jon Shetksy, Pat Puccini, Bijan Mostafavi, Nick Crosby and headliner Jerrod Carmichael, (858) 454-9176, www.thecomedy-store.com, $8 and two drink minimum per person
- Holiday blanket drive, business hours, Warwick’s, 7812 Girard Ave., drop off blankets to be donated to Father Joe’s Villages anytime during business hours through Dec. 16, (858) 454-0347

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**FRIDAY, Dec. 14**
- Reader’s Theater, 7:30 p.m., La Jolla Community Center, 6811 La Jolla Blvd., staged reading performances of a holiday classic that is sure to uplift your spirits, (858) 459-0831, www.ljcommunitycenter.org, free

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**SATURDAY, Dec. 15**
- Third annual Teen Coalition Dodgeball Tournament, 7:30 to 11:30 p.m., Lawrence Family Jewish Community Center, 4126 Executive Drive, battle it out with teens from all over San Diego with prizes for the best dressed team and for tournament winners, registration required. (858) 382-1331, karenf@ljfcc.com, $7 per player

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**This Day in San Diego History**

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The hotel was known locally as “The First Lady of La Jolla” (and is now known as “The Pink Lady”). It is still a lovely and popular place for out-of-town visitors to stay and for locals to dine in its three restaurants — the Mediterranean Room, the Whaling Bar and the Sky Room.

Many married couples who spent their honeymoon at the La Valencia in years past return to spend their anniversaries there. You can spot the hotel at 1132 Prospect St. by its pink stucco Mediterranean-style facade and its tall pink tower.

In 1987, the La Valencia Hotel was named a historic site by the San Diego Historic Site Board.

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Moving Mom and Dad to Assisted Living

Almost everyone hopes as they grow older that they will be able to spend the rest of their lives in their own home enjoying the comfort and memories that go along with having a long life. Sometimes parents tell their adult children “I want to stay in this house forever. Promise me you’ll never put me in a home.” This promise can put undue stress on the children when the parent’s good health begins to change.

Joan’s parents, John and Anna, had been married more than fifty years and were doing well. Then Anna began having short-term memory loss and then she broke her hip which put her in a rehabilitation facility for three months. John was at a loss of what to do when his mother was ready to leave the facility.

She contacted Innovative Healthcare Consultants, a Geriatric Care Management company, who met with the entire family. Even though Anna wanted to stay in her home forever, it wasn’t practical as John could not manage the demands of her illness. The nurse at Innovative was able to help Joan find an assisted living home with specialized dementia care for Anna with a senior apartment complex for her dad. It’s working out well. Anna is being safely taken care of and John sees her every day but still can golf and do all the things he loves without the worry of leaving Anna. Call Innovative Healthcare at (877) 771-1442 to talk to a nurse or view our website at www.innovativehc.com.

Women with Hair Loss
Can Enjoy Thicker Hair

Help for Thinning Hair – Adding Volume

According to the Women’s Institute for Fine and Thinning hair, there are 30 million women who are currently experiencing hair loss. It can begin as early as puberty, although it usually occurs between 35 and 50 years of age. In the past several years effective treatments have become available for fine, thinning hair. Professional hair loss treatments are most effective when used at the first signs of thinning or hair loss. After analysis of hair type and problem a personal treatment program should consist of the following: • Prepare – with essential oils • Shampoo – treatment shampoo for your hair type • Condition – for dry or damaged hair • Treat – apply products for hair loss.

Hair Color

Q: Should you color your hair if your hair is prematurely gray, or could gray help your business? A: Gray can be a matter of self-esteem. You may not be presenting your most professional, attractive self. By the way, the addled gray men are distinguished, women are old doesn’t hold true. Gray is a grooming issue, not a gender issue. A good rule of thumb is to go one shade lighter than the natural color so it does not look harsh and goes with the skin tone. Light-lightening colors gray hair and leaves some natural hair showing, which makes gray hair less apparent. All white hair can make some women look washed out. Warm, tan, or golden tones can add color to the hair and skin tones.

Extensions

Volume and length can be added with extensions. A unique patented process using real human hair attached with a protein bond does not damage your hair. The bonds are so discreet you can style your hair any way you choose. Most women who want this service suffer from thin, weak, and damaged hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook! Extensions come in 40 different shades.

Call for your FREE consultation and receive $200 off on your first full head of hair replacements. 858-456-2344 or go online at www.beautybyjudys.info Judy Judy Judy Hair Salon, 7734 Herschel #P La Jolla.

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This Sunday, Dec. 16, the La Jolla Open Air Market will feature, along with its regular fresh produce and unique gifts, a special holiday offering from C&H Photo and Outside the Lens. Families can have their photo taken with Santa for only $5, which includes an 8x10 print and CD upon request. All proceeds from the holiday photo shoot will go to help victims of Hurricane Sandy.

Prospect St., some mix mingle with community leaders in politics, the arts and nonprofits as well as merchants, business professionals and neighbors, (858) 518-3086, pwulff@wulff.us.com, $5 LJTC members, $10 nonmembers, free for nonmembers who sign up and pay dues at the event.

The Cheese Concierge, 2 to 4 p.m., Warwick’s, 7812 Girard Ave., presented in conjunction with Venissimo Cheese, the event features three holiday cheeses (about 1 pound total) with descriptions, wine pairings and cooking instructions for $25, pre-order by 5 p.m. on Dec. 19 at (868) 454-0347.

THURSDAY, Dec. 20

• “How the Grouch Stole Christmas,” 8 p.m., UCSD Porter’s Pub, 9500 Gilman Drive, hip hop performance with the Grouch & Eligh, Mistah F.A.B., Prol and DJ Fresh, (868) 213-3890, www.portergroup.com, general admission $20, VIP admission $50

TUESDAY, Dec. 18

• Reader’s Theater, 7:30 p.m., La Jolla Community Center, 6811 La Jolla Blvd, celebrate the season with staged reading performances of a holiday classic that is sure to uplift your spirits, (858) 459-0831, www.ljcommunitycenter.org, free

WEDNESDAY, Dec. 19

• The Bunnell Strings in concert with Hannah Ford and Olen Ellis, 7 p.m., La Jolla Christian Fellowship, 627 Center St., Christmas concert featuring the beloved, family quartet along with singer-songwriter Hannah Ford and guitarist Olen Ellis, (858) 414-6253, www.lcjfc.net, free-will offering received

• Children’s storytelling, 3 p.m., Athenaearum, 1008 Wall St, (858) 454-5872, www.jolaholocaust.org, free

SUNDAY, Dec. 16

“A Celebration of Carols,” 4 p.m, La Jolla United Methodist Church, 6050 La Jolla Blvd, annual Christmas concert featuring the Christmas andorian bell choirs under the expert direction of conductor Robert Vloet, www.lajollunitedmethodist.org, free-will offering received.

MONDAY, Dec. 17

• “How the Grouch Stole Christmas,” 8 p.m., UCSD Porter’s Pub, 9500 Gilman Drive, hip hop performance with the Grouch & Eligh, Mistah F.A.B., Prol and DJ Fresh, (868) 213-3890, www.portergroup.com, general admission $20, VIP admission $50

LA JOLLA LIVING

THURSDAY · DECEMBER 13, 2012

LA JOLLA VILLAGE NEWS

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“People are more tech savvy now, especially with smartphones. If they can get on the site, click and they’ve got an appointment and a confirmation a few minutes later, I think that’s preferable than sitting on the phone and trying to schedule an appointment,” she said. “We get at least 20 new patients a month, and I’ve heard multiple comments from patients who say it’s so great to be able to book online.”

Unlike some online review websites like Yelp, only verified patients are permitted to review the practice, ensuring that all reviewers have valid claims based on their firsthand experience. By nature of booking online, ZocDoc eliminates the need for patients to voice health issues over the phone, ensuring that their private matters remain private.

ZocDoc also recently launched a mobile phone app for even the busiest people. “It’s very similar to what’s on the website,” explained Bradley. “One unique feature is that we can actually geocode your precise location and find the nearest doctor to where you’re standing that accepts your insurance.”

On average, patients can cut the wait time to see a doctor from more than 20 days to 24 hours or less by using ZocDoc’s website or phone app. “We’re not only a time saver, but we hope to encourage more people to get preventative care,” Braley said. “It’s also completely free for the patient to use. I think a lot of people are baffled and shocked by that. You’re just here to help people get their care as quickly and effectively as possible.”

To learn more about ZocDoc or to sign up as a patient or health care provider, visit www.zocdoc.com.

The company also offers a mobile phone app for patients on the go who need to find a physician close to wherever they might be in a given moment. "This is the best project on campus and makes great progress toward the campus goal of being completely self-sustaining," said ASLA juror Joyce Cutler Shaw.

For 45 minutes, you get to relax, meditate or fall asleep and shut out the world. During this time, your body can rest and heal. At the end of 45 minutes, the music is turned off, signaling the end of your session,” she said.

According to Cameron, salt therapy is not a new form of natural therapy. In fact, it has been used for many hundreds of years, dating back to the days of Herod the Great in biblical times. It is, however, relatively new to the United States.

“There are only 30 salt rooms in the U.S., but there are 30,000 in the world,” she explained. “Salt mines and caves are naturally formed and people have been visiting them for hundreds of years to heal respiratory issues and skin conditions.”

The Salt Room La Jolla also carries a wide range of natural health products, including an organic skin care line, organic teas, salt inhalers, neti-pots, Himalayan salt lamps and natural, organic hand cut mineral soaps, scrubs and bath salts made with Dead Sea salt.

Now offering halo massage—which combines the benefits of salt therapy with a therapeutic massage—the Salt Room La Jolla is offering a 45-minute halo massage for $115. Guests can also mention the company’s website and receive 20 percent off a halo-therapy session.

The Salt Room La Jolla is located at 7509 Draper Ave., Ste. A. For more information, visit www.saltroomla-jolla.com or call (858) 456-3900.

The Salt Room La Jolla also carves out a halo-therapy session.

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### 20 Tips for Talking to your kids about tough financial times

Fact: 30% of children ages 7-17 years old said their stress levels are higher this year than last year due to financial reasons.

- Signs of stress in children/teens: change in eating habits, change in sleep habits, change in academic grades, loss of interest in hobbies and/or leisure activities

Physical signs: stomachaches, headaches, low immune system— frequent illnesses

- If a child internalizes their stress/worries, they can become depressed and have anxiety disorders. Kids can have panic attacks too.

Here are 20 tips for talking to your children about tough financial times:

1. It’s okay to talk to your children about finances.

2. Discuss who makes the financial decisions in your home.

3. When discussing the financial situation, make it clear that it’s not your fault. Be empathetic to your child’s feelings.

4. Normalcy — try not to make drastic changes or big changes in their schedule. Try to keep everything as normal as possible with their schedule.

5. Age does not equal maturity — an age/number doesn’t mean a child is ready. The more mature they are, the more they can handle.

6. If a child becomes fearful, overwhelmed, stressed and/or anxious, they can act out. A child can become depressed as well. We now see depression as early as 3 - 4 years old. Children can act out and become angry or guilty like it’s their fault.

7. Reassurance — let the kids know that everything will be okay and that everyone loves them.

8. Teach your children about personal finances.

9. Basic needs will still be there. There will be food on the table, a house to come home to, a car to pick them up from school, etc.

10. Think about — positive and negative behaviors/attitudes are contagious. If your family is in a bad mood constantly it will rub off on the kids.

Happier people handle situations better, they’re more realistic and recover from negative situations quicker.

11. The more optimistic and happy the parents are, the easier it will be for the family to remain calm and intact. Kids understand what a recession means, but can sense fear and stress.

12. Tell the kids you’re doing what it takes to make it happen.

Looking for a job, collecting unemployment, the wife or husband took the job... it’s all about fear. Kids don’t understand what a recession is, but they can sense fear and stress.

13. Tell the kids you’re doing what it takes to make it happen.

Looking for a job, collecting unemployment, the wife or husband took the job... it’s all about fear. Kids don’t understand what a recession is, but they can sense fear and stress.

14. Call Mrs. JB for hours at 619-952-7260 or email: EVGREEN@SANDIEGO.COM

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3760 Hancock St., Ste A-B, 92110
www.EVGREENUSA.COM
10. It’s good to use past experiences or real-life experiences from your family on how you dealt with these types of situations.
11. If you do need to make drastic changes in the kids’ life. Follow these steps:
   - Change one thing at a time
   - Let the children be involved in what changes they have to make. So, if they can only keep one extra school activity or sport out of three, let them pick the one they want.
12. Don’t ever lie to your kids. You will feel worst about yourself. You will feel guilt.
13. Let the children be involved in what changes you dealt with these types of situations.
14. Don’t send mixed messages - don’t say you can’t buy or afford something for the kids and then buy it out of guilt. This will confuse the kids. They need consistency. As a parent explain that you have to make changes and sacrifices as well. Example: I wanted a new outfit for work, but due to our budget I couldn’t get it. This will show the child that the new rules/budget are for everyone.
15. Don’t bribe your kids with materialistic items. Use positive reinforcement like praise and compliments.
16. Altruism – teach your kids to pay for it forward. Teach them about volunteering/charity. Volunteer as a family, this is a good way to spend quality time together. Spend no money and be a good role model. Helping others is a key factor to happiness. Example: Meals for wheels - the whole family can drop off meals at senior centers or homes.
17. Frugal – a not a bad word. Teach your kids about abundance. Kids should have abundance of love, affection, quality time with friends and family, etc. Frugal does not equal cheap. Example: We want to save gas and electricity so we have oil left for the next generation. We want to recycle to protect the environment. We garden to have fresh veggies because it tastes better and is healthier for us – no pesticides or chemicals.
18. Give and Take – discuss with your kids the give and take method while budgeting. They can buy _____ but then you can’t buy _____.
19. Elementary age kids can’t understand the meaning of a recession, but they can understand that the economy has ups and downs. Middle school and older can grasp the meaning of a recession.
20. Media - kids are smarter than we think. From young kids watch TV, go on computers, listen to their peers and teachers and they know more than we think. My daughter has asked questions about money, economy, etc. since five years old.

LANG is also an adjunct professor at Montclair State University and Centenary College.

Lang has been interviewed for numerous magazine and newspaper articles and has been a frequent guest on radio and TV shows including “Fox & Friends” on the Fox News Network. Lang is a monthly contributor for “Family Beautiful” magazine, a weekly columnist for MommyTalk.com, a regular featured expert on the “Expert Show” broadcasted weekly on the New York ABC affiliates WTRQ AM, and is a Blogger at www.MyHappyBlog.vox.com.

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**LA JOLLA VILLAGE NEWS**

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This Gracious Bird Rock Family Home with Versatile Floor Plan offers a warm welcome with classic ambience! The expansive lot enjoys mature landscaping with multiple decks for outdoor living in both the front & back yards. This home boasts wood flooring, Jacuzzi, 5 bedrooms, and 3 baths. The Master Suite boast’s a large landing/office area and private deck with a peek ocean view. Absolutely Fabulous!

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