‘Protecting and preserving the character’ of University City
Residents are eager for protection, but some wonder: will the government help?

Adrienne Bledsoe is like a lot of young moms doing the balancing act: wife, mother and professional. She and her husband moved to University City three years ago to raise their children in a safe community, where the schools are good, the parks are close by and the crime rate is low.

Five months after she moved into a home she and her husband remodelled, Bledsoe found a business card on her driveway that read Practical Recovery. She learned from the website that two residences on the west side of U.C. served as six-bed rehabilitation facilities, where clients come to stay typically 30 days to detoxify and rehabilitate from drug and alcohol addictions. One of the houses — which is situated next to the Bledsoe family — is leased and the other one is owned by Practical Recovery president and CEO Dr. Tom Horvath.

On a quiet evening in June, the University City United Church of Christ opened its sanctuary doors to a noisy crowd of nearly 200 residents for a two-hour informational meeting organized by a group called Protect UC. The meeting was chaired by Dr. Tom Horvath, steering committee, all volunteers expressed concerns about bringing patients with addiction problems into the residential neighborhood. Concerns included safety; a potential increase in traffic; a possible increase in drug- and alcohol-related crimes; and a potential decrease in home values.

Bledsoe said she was shattered, but it’s not relevant to us.”

I think [Adrienne Bledsoe] is right to be concerned about drugs and crime, since those who purchase illegal drugs often resort to burglary and theft ... but those wouldn’t be our patients, because they’re in treatment. We haven’t been affiliated with any crime statistic in U.C. It’s a legitimate concern, but it’s not relevant to us.”

TOM HORVATH
CEO, Practical Recovery

SANDY LIPPE
View from 52

TEDx offers a glimpse of San Diego’s future — in 18 minutes or less

A quarter-century ago, a nonprofit started up with the goal of promoting what organizers called “ideas worth spreading.” Originally billed as a four-day conference bringing together innovators in technology, entertainment and design, the event, known as TED, has since grown exponentially, with speakers traveling from all over the world to present ideas on an infinite scope of topics in Long Beach for the annual spring conference. As TED began to grow on a global scale, however, an unusual thing began to happen. The 18-minute presentations that came out of the TGJ events became increasingly popular (they’re available to watch for free at www.ted.com), and some viewers...

TEDx, Page 4
Spotlight on community: Scott Silverman reinvents himself yet again

By MANNY LOPEZ|

After more than 18 years of running Second Chance, a downtown-based human services agency, Scott Silverman has decided to leave the nonprofit world and embark on a path into the for-profit consulting arena.

Having served as the executive director of the organization he founded in 1993, Silverman is now looking to put his experiences with drug and alcohol dependency, as well as his track record working with the homeless, unemployed, underemployed and what he characterized as the most difficult sector of the population to serve, into an endeavor he said has the potential to affect systemic change in the nation’s criminal justice system.

A native San Diegan and father of two daughters, Silverman and his wife, Michelle, an agent with Prudential Real Estate, have lived in La Jolla for 25 years. Born into a family with a strong history of service, Silverman quickly learned the value of work. As a salesman in his parent’s clothing retail business, Silverman taught him that hard work and a strong work ethic were the keys to success in life.

As a child, Silverman has decided to leave the nonprofit world and embark on a path into the for-profit consulting arena.

Scott Silverman: If we put someone away in an institution, they don’t come out smarter and ready to be a community contributor. Instead, they come out with a doctorate degree in criminology. They’re frustrated, angry and ready to attack because they’ve been trained by people who live in cages. My point is that there has been no data that shows that prison works.

We don’t need science to figure it out. Around 95 percent of those who enter the prison system get out. Of those, almost eight out of 10 go back. Could you imagine any other business that has such a high failure rate? It’s appalling. And for those who say they don’t want to pay to help them, you’re paying to keep them away.

LJVN: How can you help the situation?

SS: It costs us $65,000 a year to keep someone in state prison. If someone stays out of prison, how much does it cost? I’ve developed a lot of relationships over the years in the criminal justice system. I can speak the language of felon, court, probation, parole and law enforcement.

The science shows that if you can help somebody build their self-esteem and self-worth, find a place to live, get into the workforce, have access to healthcare and all of the wrap-around services such as drug treatment, mental health support and advanced education, a lot of problems will be solved.

LJVN: Where did you get the idea for Second Chance?

SS: About six months of volunteering at St. Vincent de Paul through the Congregation Beth Israel Hunger Project. I got motivated to start talking more in depth with some of the clients. I would ask them why they weren’t working and they would reply that no one would hire them because of their appearance. I didn’t know if that was an excuse or a barrier. I began coaching one individual on what to say to a prospective employer and I helped him improve his image and skill set. After a few months, he came back to me to tell me that he had hired.

When I asked him how he did it, he responded that he applied what I had taught him. He then spoke to a few others about his experience and afterward attended on an average Sunday starting increasing. So I decided to scale this thing up and I went to all of the service providers in town and asked them to partner with me. I asked them to send me their most difficult-to-place clients and I would help them find jobs, get off of receiving services, reconnect them with their families and living on their own.

LJVN: What motivated you to start Second Chance?

SS: I saw how the system worked and realized that it wasn’t working at all. I was frustrated at the fact that so many people were stuck in what I call the “social-service loop.” The same people would keep coming back for services week after week. The providers were paid based on the number of people they served. The more they served, the more they got paid. If they served less, they ran the risk of not getting their funding renewed.

I was later told that if my approach proved to be successful, the service providers would run out of clients and have no one to provide services to. It didn’t make sense to me. There seemed to be incentives to keep people down rather than empower them to get up.

LJVN: Why did you decide to leave the nonprofit world?

SS: I left because I was at a point where I felt that I couldn’t really take what I had learned to another level. Funding was getting tough and there were restrictions on the mission and the vision. I felt like we could be affecting more people, but I couldn’t get the agency to move at a pace that to me was effective enough. Unemployment was skyrocketing, the prisons were...
Humans vs. seals yields to humans vs. humans

The city has proposed the installation and maintenance of a year-round 152-foot rope barrier at a height of four feet with a three-foot opening for ocean access to separate humans and seals at Children’s Pool beach.

Lifeguard union representative Sgt. Ed Harris presented LJCPA trustees with an alternative proposal using moveable boulders to create a buffer on the beach, which he dubbed as the “Wild West” due to authorities’ lack of ability to enforce code violations there.

“We see things that are unacceptable down there,” he said. “We’ve seen people yelling at children and making them cry — tourists, as well as children that live here.”

Harris’ plan calls for boulders to divide the beach into a designated seal area and a designated human area. About 70 to 75 percent of the beach would be allotted for seals in the winter months and 25 to 30 percent allotted for human access. The same percentage would be flip-flopped in the summer months.

“We need to try to bring both groups that are polarized on both sides of the issue to a more logical middle ground,” he said. “The rope barrier right now emboldens people to take the law into their own hands and harass people down there.”

Some LJCPA trustees and members of the public praised Harris for taking the lead on an alternative solution for shared use at the beach.

“I like this alternative because it’s a compromise. Like everything in life you have to find something that works for everyone,” said trustee Cindy Thorsen.

“I think this is a wonderful solution … This is about a viable solution to how the beach can be used for the betterment of everyone.”

While some called the plan a “refreshing” and “fair” alternative to the problems at the contentious beach, others said the plan is not a practical solution.

“The rope can work,” said Dr. Jane Reklak, docent for the La Jolla Friends of the Seals, urging trustees to support the city’s recommendation for a year-round rope barrier. “The idea of moving boulders is a very strange idea … The issue on the table is not Ed Harris’ suggestion in the 11th hour when the Coastal Commission and the city posted the proposal for the city to have the year-round rope permit application.”

She also said moving the boulders would be nearly impossible due to the sheer weight of the rocks and argued that Harris’ plan for dredging portions of the sand each time the boulders are moved to decontaminate the beach would still not reduce bacteria levels to a point that is safe for human activity.

“People should really not be on that beach,” she said. “The rope is simple, easy and works. Please support the city’s application and not this nonsensical, unrealistic explanation of moving boulders and dredging sand, which will be so much harder to do.”

Trustee Devin Burstein said he was baffled as to why those who are pro-separation of humans and seals would advocate for a rope barrier when, in fact, boulders would make for a sturdier physical and psychological boundary between the two.

“Ed’s presenting a way that is a good way to separate people from the seals,” he said. “The rope doesn’t do that. The rope is just a rope. Even if the rope is there year round, even if it’s put in with jackhammers, you can just walk under it.”

Some LJCPA trustees were baffled as to why those who pro-separation of humans and seals would advocate for a rope barrier when, in fact, boulders would make for a sturdier physical and psychological boundary between the two.

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Canyon Overlook, adjacent to the property — regarding a request to grant a neighborhood development permit to an existing solid wall there either, because you have this wall there either, because you have this

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wall there either, because you have this wall there either, because you have this

view corridor if you’re not going to see anything,” said Longmore. Some trustees were torn between the applicants’ right to privacy and maintaining view corridors if there is, in fact, some how open that wall and create a view corridor if there is, in fact, some how open that wall and create a view corridor if there is, in fact, some

opacity in the public right-of-way at 2974 Caminito. There’s nothing to see if that opacity in the public right-of-way at 2974 Caminito. There’s nothing to see if that

fence isn’t there."

City officials proposed that the applicant convert the top two feet and corner of the solid wall to glass to allow for more transparent views for passersby.

“The city couldn’t unanimously decide whether this was in the view corridor or not. They had given us some leeway to ask this group if we could do away with the glass,” said Longmore.

Some trustees were torn between the applicants’ right to privacy and maintaining view corridors if there is, in fact, some view to be had.

“The property is on a roadway from which identified public views can be had,” said trustee Phil Merten. “Between the building envelope and the side yard setback, the city typically requires that development be held at no more than three feet in height, whether it be fencing, walls or landscaping.”

Trustee Tim Lucas said the glass panels would be an unnecessary expense if no views were to be gained at either side of the house.

“I don’t think they should have to some how open that wall and create a view corridor if you’re not going to see anything,” he said. “I do believe in peoples’ rights to privacy. I don’t think on the north side there was much to gain by putting a glass wall there either, because you have this wonderful open space to the north right next to it that you can view easily.”

For the full rundown of the LJCPA’s July 5 meeting, visit www.sdnews.com.

LJCPA
CONTINUED FROM Page 3

it. If you’re opposing Ed’s plan on the basis of wanting to separate the seals and we want a rope to do it, it just strikes me as illogical.

In the end, trustees reaffirmed their opposition to the year-round rope barrier and supported the La Jolla Parks and Beaches action in June to give the community six months to come up with reasonable mitigation alternatives for people and seals to share the beach.

The California Coastal Commission hearing on the city’s permit application for a year-round rope barrier to separate humans and seals at the Children’s Pool beach will take place on July 11 at 8:30 a.m. at the Chula Vista City Council chambers, located at 276 Fourth Ave.

For a full explanation of Ed Harris’ proposal, see “Lifeguard union proposes long-term solution to endless Children’s Pool saga” at www.sdnews.com.

To view or not to view

LJCPA trustees attempted three motions—all of which failed for lack of a majority—regarding a request to grant a neighborhood development permit to an existing free-standing solid five- to six-foot wall in the public right-of-way at 2974 Caminito, Bello.

“We’re not asking for anything that is out of character here in La Jolla Shores,” said Brian Longmore, representative for the applicant. Since the project is not in the coastal overlay zone, the property owners are not obligated to provide a public view corridor by reducing the height of the wall to three feet, Longmore said. Furthermore, there is a dedicated open space park, Pottery Canyon Overlook, adjacent to the property line where people can enjoy views.

Certainly a view isn’t something you’re going to try to look through a house to see when you have 300 open feet and views of the ocean right next to your property,” he said. “The city made numerous trips out there and determined there was absolutely no view to gain from the south end because of the way the angle of the house sits. There’s nothing to see if that fence isn’t there.”

City officials proposed that the applicant convert the top two feet and corner of the solid wall to glass to allow for more transparent views for passersby.

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PIER
CONTINUED FROM Page 1

ture was built just next to the original in 1988), the pier was open to the public until after World War II, when a gate was put up and the pier was reserved solely for scientific research.

In addition to being ground zero for a variety of research projects for students, scientists and aquarium staff, the pier is also the home of the Coastal Data Information Program (CDIP), the hub of all coastal weather-related activity.

Funded by a cooperative agreement between the Army Corps of Engineers and the California Department of Boating and Waterways, CDIP collects data from about 50 wave instrumentations located throughout the coast. The data is then provided to the National Weather Service and is available on CDIP’s website (www.cdip.ucsd.edu).

Information like coastal conditions, real-time wave information and forecasts is collected, and gets used by anyone from commercial and recreational fishermen to surfers and coastal engineers.

Even if the full moon doesn’t make an appearance (as was the case for the July 2 event), the chance to walk nearly 1,100 feet out to sea and look back upon a rarely seen view of La Jolla is worth the $2.50 ticket price. And for those who are lucky enough to have their tour illuminated by a full moon, so much the better.

Birch Aquarium’s full moon pier walks take place on Aug. 1 and 2 from 7 to 9:30 p.m., Aug. 30 and 31 and Sept. 29 and 30 from 6 to 8:30 p.m. The tour is appropriate for ages 9 and up, and minors must be accompanied by an adult. Reservations are required and can be made by calling (858) 534-7336 or at aquarium.ucsd.edu.

The 33rd annual Beaumont Avenue Fourth of July Parade in Bird Rock had the silver screen this year with a movie theme. Floats depicted films from “Pirates of the Caribbean” to “The Jungle Book” to “The Endless Summer,” made their way through the neighborhood. The community turned out in droves in festive attire to watch the event that has been a Bird Rock favorite for decades.

Photos by Don Balch
Blind Stokers Club sets sights on a good cause

The Blind Stokers Club, a recreational cycling club that shares the biking experience with riders who are blind or visually impaired, is gearing up for its eighth annual Cycling for Sight benefit tour from July 13 to 15 to raise funds for the club and San Diego Center for the Blind.

The local club’s signature cycling retreat gives vision-impaired cyclists the opportunity to ride tandem with an experienced captain for a 3-day, 200-plus-mile tour from La Jolla to Irvine and back. Activities and dinners are planned throughout the route for cyclists, including a group sports camp experience, pre-ride orientation and meal, dining and lodging at UC Irvine’s campus, a picnic lunch at Magee Park in Carlsbad, and a finish-line reception and awards ceremony for top fundraisers.

The new Blind Stokers Club will also debut a short video adaptation of the Dr. Seuss book “Oh, the Places You Will Go” during the evening program at UC Irvine’s campus.

“Highlights include unusual doses of camaraderie and fellowship, escaping life routines, and the CFS Cycling for Sight experience,” said Dave White, director of Blind Stokers Club.

The Blind Stokers Club is raising funds to support the Knights’ travel costs to the U.S. To make a tax-deductible donation, visit www.active.com/donate/cfcs2012.

The Cycling for Sight tour will begin and end at Pfister La Jolla, located at 10464 Science Center Drive. The project, which uses 3,500 free-drifters to document the oceans’ currents, is part of a larger, ongoing effort to study the oceans’ climate and help us understand how climate change is affecting our planet.

“Most of the world’s oceans are not studied in situ,” said White. “We will overcome eyesight and language challenges in the spirit of friendship and using the sport of bicycling.”

The Blind Stokers Club member Stephen Stewart, left, with Taiwanese Knights of Darkness founder David Chang after a riverside ride through Taipei.

“The aim is to provide a secure, safe, enjoyable environment for the compilation of club’s riders from a similar organization in Taiwan — the Knights in the Darkness — for the compilation of club’s first-ever international tandem bike team competition and a common cause.”

“Blind Stokers Club sets sights on a good cause”

Blind Stokers Club member Stephen Stewart, left, with Taiwanese Knights of Darkness founder David Chang after a riverside ride through Taipei.

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Trees have taken on special mean-
ing and regained public favor through the
years. Among the fascinating tree stories
are the many tall and graceful star pines
trees that dominate the landscape around
La Jolla Cove and along the headlands of
the eastern end. Legend has it that they are
tied to personal memories and folklores.

This week in La Jolla history...

From Linda Peppard’s “This Day in San Diego History”

Jul 15, 1991

Dr. Roger Revelle died at the age of 82. Revelle was an oceanogra-
pher and the director of the Scripps Institution of Oceanography (SIO) from 1951 to 1964. Prior to that, Revelle had been a graduate student at SIO in the 1940s, receiving his Ph.D. in oceanography in 1946.

Revelle spent World War II in the Navy, where he participated in important naval research projects. In 1946, he was appointed as the Navy’s chief oceanographer in Operation Crossroads, which tested the effects of atomic bombs on naval ships at Bikini Atoll in the Marshall Islands of the South Pacific Ocean. After the war, he returned to Scripps.

During his years at Scripps as a research associate and director, Revelle was involved in many innovative programs, including leading oceanographic cruises to all parts of the world, which led to a greater understanding of the ocean. Under Revelle’s leadership, Scripps expanded its scope worldwide. He was recognized as the nation’s leading expert on glob-

al environmental issues and was appointed to the President’s Science Advisory Board by R. Kennedy in 1961 as scientific advis-
or to the secretary of the interior.

In 1956, the regents of the Uni-
versity of California voted to build a university campus in the San Diego area and Revelle was appointed to head the campus planning com-
mitee. He worked hard to promote the La Jolla location for the new university and to recruit distin-
guished faculty from all over the world.

The unique quality of the campus, including leading oceanographers and other experts, made it an attractive greenery for the then-barren peninsula.

Similarly, interest in the beautification of the oceans grew, and Revelle was involved in many innovative programs, including leading oceanographic cruises to all parts of the world, which led to a greater understanding of the ocean.

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v...
A Special Wellness Report

NEW MEDICINE BASED ON AN 88-YEAR OLD THEORY
BY ALBERT EINSTEIN CAN HELP ALMOST EVERYONE WHO IS SICK OR INJURED

What you are about to read may be the most important information you’ve ever read. Here is why.

Albert Einstein was, quite possibly, the most intelligent person who ever lived. His theories and ideas were so far ahead of his time, that even now, the smartest scientists alive are still discovering his value.

One of his theories published in 1917, worked out the theory of how lasers function. However, it was not until May 16, 1960 (43 years later) that the first actual laser was developed by an American scientist. Since then, scientists and inventors have developed many types of lasers and all kinds of uses for them. They can be used as a scalpel that is so delicate, it can be used on the eyes of human beings. Lasers are used to read price codes at your local supermarkets. And they’re used to play music and video on your CD’s and DVD’s.

But now, there is a new type of laser so effective against human disease and injury that it is rapidly changing the practice of medicine. This is a new type of low-level laser which produces an unfocused light that has been...

Registered With The FDA
To Be 100% Safe!
Low-level lasers use less than one watt of power and they produce what can best be described as a “Healing Light”.

Here is a somewhat un-scientific description of how this “Healing Light” can potentially help reverse the damage done by human sickness and disease.

As you probably know, our entire bodies are made up of cells. The health of all human cells is based on energy. If your cells don’t receive enough energy, they will weaken and the body will become sick.

Be One Of The First 200 To Call & Receive A Free DVD!
For you to be healthy, what your cells need is exactly the right kind and the right amount of energy. Every time you get injured or become sick, the energy flow to your cells is disrupted. Until the proper type and amount of energy is restored, you will remain sick or injured.

That’s what a low-level laser device does. It re-energizes the cells in your body with the right kind and proper amount of healing energy. It may surprise you to learn that low level lasers are

Used By Doctors To Heal Their Patients In The Fastest Way Possible!
Could you guess what kind of doctors use the highest percent of low-level lasers on their patients?
It’s doctors involved in sports medicine. Why? The answer is simple. You see, doctors involved in sports medicine often have to get their patients better in the fastest way humanly possible because every day he remains “unhealthy” can cost the sports organization millions of dollars.

But here’s something exciting! You don’t actually need to go to a doctor to get laser therapy. If you want to you can buy one of these devices and use it on yourself. The best ones come with simple, easy-to-follow instructions and can be used by almost any person with average intelligence.

Perhaps the best low-level lasers in the world have been invented by a doctor named Larry Lytle. He has studied lasers and human health for years, and Dr. Lytle is, without question, one of the most knowledgeable people in the world about low-level lasers... and... how they can be used...

To Help Almost Every Health Problem Ever Experienced By A Human Being!
Dr. Lytle believes (as do many other people) low-level laser therapy will become the medicine of the future.

If you hold a low-level laser device against the skin of your body and turn it on, you will be able to see the laser light... but... you will not be able to feel it. There probably won’t even be a sensation of warmth. Laser light is as gentle as the kiss of a butterfly. But, from a healing point of view, it is quite possible it is more effective than drugs or surgery.

Low-level laser therapy is not just the medicine of the future. For many people who know about it, it is the “medicine” they use now. The problem of trying to explain the healing powers of low-level laser therapy is...

It Works So Well On So Many Different Problems, It Seems Like It Couldn’t Possibly Be True!
But it is true! As mentioned earlier, all injury and illness creates an interruption of energy to the cells of the human body. The body will never recover until the proper amount and type of energy is restored to these cells. But once that energy is restored...

The Body Can Recover From Almost Anything!
With the correct equipment, properly used, low level lasers have been clinically shown to reduce pain, reduce inflammation, increase cellular energy, increase cell permeability (so that the nutrients the cell needs to heal can get into the cell) and even help correct faulty DNA*.

What you have just read is a very simplistic (almost childish) explanation of low-level laser therapy, of how it works, and what it can do for you. But this is something that needs to be explained to you much more accurately by a real expert.

This is information which just might help relieve you of any disease and might possibly save your life and the life of your loved ones. And best of all, you can

Get This Information Absolutely FREE!
Dr. Larry Lytle himself has written and compiled a FREE REPORT in which he explains to you exactly how and why low-level laser therapy works. Dr. Lytle will show you some unbelievable “before” and “after” pictures of people who have benefitted by this amazing new therapy.

For some people, a free report and information like this can mark the beginning of an entirely new life... pain-free and full of energy. For others, it can make the difference of living a healthy life compared to a low-energy life of sickness and disease.

Professional Results In a Small, Easy to Use Package! Call 1-800-303-6923, Code 2031 For Your FREE Information Report

And, for those who live with enormous pain every day... this free report could truly guide them to a miracle!

But even if you are not sick, not injured, or not in pain, you should still order this report. After all, it is 100% free. And almost nobody lives out their life without having at least some kind of sickness or injury.

Wouldn’t it be nice to know that, if you do become sick or injured, you will at least know where to go to find some sort of answer to your problems that don’t involve dangerous drugs!

Dr. Lytle is a remarkably young man in his 70’s. His life’s mission is “To Make A Difference In Humankind” and he has devoted his life to the accomplishment of that goal. He passionately believes low-level laser therapy is an important health management tool that can benefit nearly everyone that uses it.

Call 1-800-303-6923...
...after you are connected, at the prompt, press the code number: 2031... into your keypad then leave your name and mailing information. That number again is 1-800-303-6923, Code 2031. Your free report... and free gift (if you’re one of the first 200 callers) will be sent to you via 1st Class Mail.

After all, this is one FREE report that will teach you about something that can possibly make more of a positive change in your life than anything else you will ever learn.

Get the free report. You have nothing to lose and everything to gain. The report and your gift are both 100% free!* The (Laser System is indicated for providing temporary relief of pain associated with osteoarthritis of the hand, which has been diagnosed by a physician or another licensed medical professional. No other medical treatment claims are made or implied.

Ad
Hair loss can be treated with personalized treatments that consider your hair type and problem. A personal treatment program should consist of the following:

- Prepare: massage with essential oils
- Shampoo: treatment shampoo for thinning or hair loss
- Treat: apply products for hair loss
- Condition: for dry or oily hair

The bonds are so discreet you can style it as you wish. Color 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 bond that 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. Call for your FREE consultation and receive $200 off on your first full head of hair replacements. 858-456-2344 or go to beautybyjudyinfo

**Judy Judy Judy Hair Salon**

**Did You Hear Me?**

Remember when you were young and your parents were lecturing you and at the end would say “Did you hear what I said?” You would say “yes” and continue on with your own thoughts. Today, as adults, we find ourselves in a reverse situation. Children, at times, must now take over the role as parent to ensure the well being of their elderly parent. Linda calls her mother every night after work and gets the same answer to every question she asks – “Everything’s fine.” Assuming that “everything is fine” and that her mother knows and does what is necessary can be a mistake. What if the answer is not true? By the way, the old addage gray men are old doesn’t hold true. Gray can be a matter of self-esteem. You may not be present –ing your most professional, attractive self.

**NuAge Facelift**

The NuAge Facelift procedure is a minimal incision approach for facial rejuvenation of the lower face and neck. Compared to the traditional facelift the NuAge Facelift is less invasive and has a quicker recovery time.

At our facility the Grossmont Oral & Facial Surgical Center, we take pride in the vast scope of services we offer our patients. With three main focus of practice: Oral Surgery, Maxillofacial Surgery, and Facial Cosmetic Surgery, we are able to customize a treatment plan for each of our patients. As oral and maxillofacial surgeons, Dr. Varboncoeur & Caldemeyer are recognized specialists who are surgically trained in a hospital based residency program for a minimum of four years. There they rotate alongside medical residents in internal medicine, general surgery and anesthesiology, and also spend time in otolaryngology, plastic surgery, emergency medicine and other specialty areas. Their training focuses, though, on the hard (ie, bone) and soft (ie, skin, muscle) tissue of the face, mouth, and jaws. Dr. Varboncoeur & Caldemeyer’s knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and esthetic conditions in the maxillofacial anatomical area. For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center call 619-463-4846 or go to our website to learn more about this revolutionary procedure at vchoms.com
Bird Rock gallery emphasizes healing power of art

By DAVID L. CODDON | VILLAGENEWS

Bird Rock gallery

Maria Parenteau is owner of the Bird Rock Arts Gallery Studio, but in name only. The Brazilian expatriate said her space belongs just as much to the local artists, students, senior citizens and people in need of healing who come and create there.

“The gallery is theirs,” she said. Parenteau, an artist whose work — much of it depicting her favorite subject, birds — lines the walls of the small but sunny gallery along La Jolla Boulevard, is a firm believer in the restorative power of making art.

“It’s a healing process,” she said. “When you do art, you are releasing a scary thought or fear. I had this idea to open the studio to bring people together.”

Among the workshops or classes offered at the gallery and bringing people together are those specifically tailored for women.

“I have a passion to work with women,” said Parenteau, who, having grown up in Brazil, moved to La Jolla from Massachusetts four years ago. “If you help women, you help the whole family. Women need tending and befriending to relieve stress. The idea is to bring women together to support each other in difficult times.”

It was while living in Brazil and teaching art classes that Parenteau discovered women felt comforted by the process of creating art. Everyday objects, like a rain boot painted by Robin Bellows, can be turned into works of art at the gallery. Parenteau’s own work aside, Parenteau described her space as a “gallery/studio/co-op” at which she welcomes artists working in all media (including sculpture and jewelry-making), seniors, cancer patients and anyone looking to relieve stress through a safe, creative outlet.

The cancer patients “come here and they relieve their stress,” said Parenteau. “They talk to other people who are hurting. I’m not bringing healing to their bodies, but I’m comforting them.”

Local artists pay to rent space to work at Parenteau’s gallery, and students are charged for classes, offered throughout the week from morning through evening. A recent look at the workshop schedule showed classes like “Surfboard Art,” “Junk Into Surfboard Art,” “Mixed Media Organic Art” and “Vase Phase.”

Almost all of Parenteau’s own paintings hanging inside the gallery are for sale, though her own work aside, Parenteau discovered women, like Lois Kelinoss, who come and create there.

“I can express humanity’s complexity. ‘I can tell a story’ with the bird paintings, she said. Ask for a tour of these pieces.”

“I use images of birds to represent people in various life situations,” Parenteau said, pointing to different paintings designed to express humanity’s complexity. “I can tell a story” with the bird paintings, she said. Ask for a tour of these vibrant works — no two of which is alike — and Parenteau is happy to obliged.

Her own work aside, Parenteau focuses on the primary mission of her gallery: to comfort.

“Everybody needs love,” she said. “Everybody needs healing.”

Bird Rock Arts Gallery Studio is located at 5785 La Jolla Blvd., Suite B. For more information, call (858) 999-0500 or visit www.birdrockarts.com.
The artist sat before the Steinway for a long moment late Sunday afternoon, letting silence accumulate in the Neurosciences Institute’s acoustically perfect auditorium. He focused intently on Danseuses de Delphes, the Debussy piece he was about to play to begin the opening concert of the Athenaeum Music and Arts Library’s Summer Festival 2012. The performer, noted pianist Gustavo Romero, is a product of the greater San Diego area, and possessed of such talent that he was sent off to study at Julliard while in his pre-teens. Noted for his technical brilliance and interpretive depth, he now maintains residences in Dallas and New York City and performs professionally around the world.

Over the last 14 years, Mr. Romero has been preparing a series of concerts featuring the music of one classical composer each year. For 2012, in celebration of Claude Debussy’s 150th birthday and in honor of the 75th anniversary of the passing of George Gershwin, he is presenting piano recitals featuring the music of these great composers on three continents. He’ll be performing in the Athenaeum’s festival every Sunday through July 29, with each concert featuring a different set of Debussy works followed (after an intermission) by Gershwin tunes. This time, he began with a dozen Debussy preludes from 1909-1910, and continued with his famed deux arabesques (1888-1891). A Grand Fantasy based on themes from Gershwin’s “Porgy and Bess” concluded the performance. All were beautifully and sensitively played to a hushed but appreciative audience. They burst into applause when each set was finished, ultimately rendering standing ovations before — and after — the encore (Gabriel Fauré’s ‘Pavane’).

A post-concert dinner is an option for festival performance guests. This one was held on the lovely garden patio of Leanne Hull MacDougall’s comfortable, art-filled La Jolla Shores home. The amiable hostess welcomed every guest, including Mr. Romero and his mother, Leticia. Girard Gourmet catered the affair, beginning with tasty tray-passed hors d’oeuvres. Later, when everyone was seated for dinner, Athenaeum executive director Erika Torri thanked them for their attendance, noting that this was the pianist’s 55th Athenaeum concert performance. He had played for the first Summer Festival in 1999, a highly successful series featuring the music of Chopin, and continued at successive annual festivals showcasing other great composers. He’ll be back in 2013 for the 15th iteration of this series.

Dinner began with a refreshing mango gazpacho, followed by a main course of perfectly prepared salmon. During the reception, guests had admired a number of beautiful lattice-topped strawberry rhubarb pies cooling in a window. They were served, with ice cream, for dessert. Mr. Romero had two slices, declaring it “the best in the world,” and was later rewarded with an entire extra pie to take home.
THURSDAY, July 12
• “Pardon My French” Bastille Day celebration, 7 to 10 p.m., Prospect Bar & Lounge, 1025 Prospect St., art, music, hors d’oeuvres and champagne to benefit A Reason to Survive, (858) 454-8092, www.pardonmyfrancevents.com, $15 minimum donation
• La Jolla Town Council meeting, 5 p.m., La Jolla Recreational Center, 615 Prospect St., (858) 454-1444, www.lajollatowncouncil.org, free

FRIDAY, July 13
• Marcos Ramirez book signing, 7:30 p.m., Athenaeum, 1008 Wall St., (858) 454-5872, www.ljathenaeum.org, free
• Sat. Market at La Jolla Open Aire Market, 9 a.m. to 1 p.m., La Jolla Elementary School, corner of Girard Avenue and Center Street, (858) 454-1699, www.lajollamarket.com, free

SATURDAY, July 14
• Snorkel with leopard sharks, 8 a.m., Birch Aquarium, 2300 Expedition Way, dive with aquarium naturalists to visit leopard sharks in their underwater homes off La Jolla coast, (858) 534-7336, aquarium.ucsd.edu, $30 general admission, $25 members
• TedX – America’s Finest City 2012, 11 a.m. to 6 p.m., La Jolla Playhouse, 2910 La Jolla Village Drive, conference presentations, musical performances, demonstrations and interactive experiences throughout the day in 18 minutes or less, (858) 550-1010, tedlx.eventbrite.com, all access pass $100, general admission $80, students $45
• Chino Farms celebration supper club, 7:30 p.m., Whisk in the Kitchen, 1044 Wall St., meet new friends over pre-fixe dinners with wine pairings, (858) 551-7975, whiskintheKitchen.com, $75
• Guided walking tour of historic La Jolla, 10 a.m., La Jolla Historical Society, 780 Prospect St., RSVP required, (858) 482-6424, ljaphilhistory.org, $10 adults, children 10 and under free
• Presentation by Erhard Vogel, 5 p.m., private La Jolla home (address given upon RSVP), a conversation with meditation master Vogel followed by information about the Expert In Life Program and a vegetarian potluck, RSVP at (858) 701-9879 or programs@vogelinstitute.com.

SUNDAY, July 15
• Gustavo Romero, 4 p.m., The Neurosciences Institute, 10940 John Jay Hopkins Drive, piano performance to commemorate the 150th anniversary of the birth of Claude Debussy, (858) 454-5872, www.ljathenaeum.org, $30-$45 nonmembers, $160 with all access pass $100, general admission $80, students $45
• The Age of Miracles,” 6:30 p.m., Warwick’s, 7812 Girard Ave., debut novelist and former editor of Simon & Schuster Karen Thompson discusses her new book, (858) 454-5872, www.warwicks.com, free
• La Jolla Open Aire Market, 9 a.m. to 1 p.m., La Jolla Elementary School, corner of Girard Avenue and Center Street, (858) 454-1699, www.lajollamarket.com, free
• “Wait: The Art and Science of Boogie-Woogie,” 6:30 p.m., Birch Aquarium, 2300 Expedition Way, live music and food and drinks for purchase at the aquarium’s Tide Pool Plaza, (858) 534-4109, aquarium.ucsd.edu, $27 general admission in advance, $24 members in advance, $32 at the door
• “Wait: The Art and Science of Boogie-Woogie,” 7:30 p.m., Warwick’s, 7812 Girard Ave., University of San Diego law professor Frank Partnoy signs his latest book, (858) 362-1174, marciatw@ljfcc.com, $7 general admission, $5 members

MONDAY, July 16
• Laughter yoga, 11 a.m., La Jolla Community Center, 8811 La Jolla Blvd., (858) 459-0831, www.laplajcommunitycenter.org, free
• Portraits alla John Valadez, 9 a.m. to noon, Athenaeum, 1008 Wall St., 5-day art class with instructor Christina Snel, (858) 454-5872, www.ljathenaeum.org, $200 nonmembers, $180 members

TUESDAY, July 17
• American Jews & the Civil War, 10 a.m., Congregation Beth Israel, 9001 Towne Centre Drive, (858) 362-1150, www.cbisd.org, $35 members, $45 nonmembers,
• Still Life and Landscape alla John Valadez, 1 to 4 p.m., Athenaeum, 1008 Wall St., 5-day art class with instructor Christina Snel, (858) 454-5872, www.ljathenaeum.org, $200 nonmembers, $180 members

WEDNESDAY, July 18
• Paul Cannon Band and Matt Nathanson, 5:30 to 9 p.m., Birch Aquarium at Scripps, 2300 Expedition Way, live music and food and drinks for purchase at the aquarium’s Tide Pool Plaza, (858) 534-4109, aquarium.ucsd.edu, $27 general admission in advance, $24 members in advance, $32 at the door
• Grape Escape wine tasting, 6 p.m., La Jolla Community Center, 6811 La Jolla Blvd., (858) 459-0831, $35 members, $45 non-members

THURSDAY, July 19
• On Topic: A Conversation with John Valadez, 7 p.m., MCASD La Jolla, 700 Prospect St., conversation with the artist about his work, (858) 454-3841, mcasd.org, general admission $10, students $5, members and UCSD students and faculty free
• Canvas design & wine, 5 p.m., La Jolla Community Center, 8811 La Jolla Blvd., art class with Dottie Stanley, www.lajollacommunitycenter.org, $25 members, $35 nonmembers

MUSIDRINK
Drink for a cause
Murrials Middle School’s Concerts on the Green organizers will host a doubly philanthropic fundraising event at La Jolla Brew House on July 13 from 5:30 to 8 p.m. The fundraising mixer gives guests the opportunity to mingle with friends, snack on hors d’oeuvres, sip local brews and bid on auction items to benefit the Murrials Middle School Foundation and the Epilepsy Foundation. La Jolla Brew House is located at 7536 Fay Ave. For more information, visit laplajbrewhouse.com or call (858) 454-6279.

SOUNDS OF SUMMER
For the 29th year in a row, Scripps Park at La Jolla Cove will become host to free weekly outdoor concerts for the entire family to enjoy throughout the summer. The La Jolla Concerts by the Sea series will begin on July 15 at 2 p.m. with swing band Big Time Operator kicking off the show. Concerts take place each Sunday throughout the summer with bands ranging in style from Cajun to classic rock to boogie-woogie. Concerts are funded by sponsors and proceeds from concession and raffle ticket sales each week. For more information, visit ljconcertsbythesea.org or call (858) 454-1600.

DANNY GOKEY
COUNTRY SINGER & AMERICAN IDOL FINALIST
This Sunday! July 15th • 5pm
Join us for the kick off service of our new series with Pastors Sergio & Georgina De La Mora!
profit business. It seems unfair to the 
community. We are not targeting one 
owner. We are targeting clustering— 
putting too many in close vicinity.

Forrest said she plans to carry out 
that targeting with signatures, and she 
handled out petitions at the meeting.

“Petitions work,” she said. “Who will 
buy a home next to these facilities? Why 
aren’t zoning laws protecting the com-

Whatever the conclusion the commu-

The meeting, Bledsoe and Von 
Borst encouraged residents to contact 
Horvath and meet with him to discuss 
concerns about the facilities. Horvath 
said he had since met with a few, but he 
urged more to come forward with ques-
tions—like the issue of prior notifica-
tion, which Hein and Caldwell had ques-
tions.

“We have actually been open in Uni-

It won’t be answered tonight.”

“It’s going to be a long process,” he 

— we see all kinds, but the one thing 
they met the requirements of the 
law,” he said. “Frankly, the sober-

We’re very proud of our work, and we 
to solve this problem and move forward.

“We have actually been open in Uni-

We hope that our neighbors will 
feel our neighbors could be, too.”

Horvath said his hope is that, in time, 
the community would come to embrace 
Practical Recovery for the work it does.

“We hope that our neighbors will 
come to be proud of us,” he said. “We’re 
one of the most innovative treatment 
centers in the country. We provide indi-

cooking. Others could come in, yes—we 

We have actually been open in Uni-

I feel that it plays into the idea that 
somehow these homes are a magnet for 
thieves and burglars, which has no basis 
in statistics or reasoning. Everyone 
knows where their local drug houses 
and alcoholics are, and they just avoid 
them and laugh about it, and yet some-
how we get branded as unsafe. So I’m 
not supportive of prior notification to 
that extent, but to the extent of wanting 
to be a good neighbor, that is a good 
think. Overall, committee members said, 
they hoped government representatives 
would work with residents of Universi-
ty City to address their concerns regard-
ing the facilities and the potential for 
more to crop up in the community.

“We just want to protect and preserve 
the character of this community,” Bled-
soe said.

For more information on Protect UC, 
visit www.protectuc.com. For more 
information on Practical Recovery, visit www.practicalrecovery.com.
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