Beach spectacle of the brown pelicans continues

Visitors to the San Diego coastline have been treated to an ongoing show starring the brown pelican. The usual sight of two or so flocks of pelicans soaring over places like La Jolla Cove has recently grown to two or so dozen seabirds at one time.

Large numbers of brown pelicans have been observed gliding together over the local coastline for several months.

Experts in this field appear to have mixed opinions for the reasons behind the large numbers of pelicans off the San Diego coastline.

“There seems to be no real scientific explanation for this phenomena,” said Andrew Hughan, public information officer for the California Department of Fish and Game in Sacramento. “At this time, there is no data to support the increased population of brown pelicans in the San Diego region.”

Climate changes, the weather and water temperatures are affecting a vast variety of species, including pelicans. Updrafts — created by the wind reflecting off ocean cliffs — provide the ideal conditions for this seabird to glide effortlessly over the water.

The California brown pelican can be found from northern Mexico up to the Oregon border. At one time, this seabird was considered an endangered species because of its declining population. In 2009, the pelican was removed from the endangered list after their numbers recovered. It was discovered that that use of pesticides like DDT was taking its toll on the pelican population, as well as several other species. This is the result of the use of pesticides like DDT.
People in the news

Nicole Sours Larson, a freelance writer who has written for the San Diego Community Newspaper Group since 2002, brought home three first-place awards and the “Best of Show—Magazine” award from the Society of Professional Journalists (SPJ), San Diego Pro Chapter. Larson was honored at the SPJ awards banquet at the Hula Hai Restaurant on Shelter Island on July 7.

Her “Best of Show” award was for her San Diego Fre Magazine article “Dog + surf + board + website = rediscovered passion,” which also won the first place in the features category. The article profiled www.DogtownSanDiego.com founder Doug Hokstad and his surfdog, Dozer, an article “Dog + surfing + board + website = rediscovered passion,” which also won the first place in the features category. The article profiled www.DogtownSanDiego.com founder Doug Hokstad and his surfdog, Dozer, a freelance writer who has written for the San Diego Community Newspaper Group since 2002, brought home three first-place awards and the “Best of Show—Magazine” award from the Society of Professional Journalists (SPJ), San Diego Pro Chapter. Larson was honored at the SPJ awards banquet at the Hula Hai Restaurant on Shelter Island on July 7.

In its fifth year, a total of 125 teens applied for the prestigious Diller Teen Tikvah Oam Award — an annual award that supports five teens throughout California who are creating lasting change in their communities and globally (Tikkun Olam is the Hebrew phrase meaning “repair the world”).

Liza is the sponsorship chairwoman for the Walk for Water 2011, sponsored by Pro- ject Concern International and a consortium of high school students. The project’s mission is to bring clean water to those who lack access has transformed the lives of families who live below the poverty line, specifically women and children. Her leadership has facilitated the construction of clean water systems in both Nicaragua and Tanzania and has spread awareness about the water crisis locally and worldwide.

Larson lives in Pacific Beach with her husband, Arv, and two cats. She serves as Sea and Efficient Oil Changes on San Diego Kitchen and Debbie Wakabayashi of Entrepreneurs produce healthful pet food July 7.

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In addition to her work on behalf of the San Diego Fre Magazine story “San Diego women entrepreneurs produce healthful pet food and treats,” focusing on local pet food busi- nesswomen Lacy Postins of The Honest Kitchen and Debbie Wakabayashi of Salmon Paws. Her article “Sea Lure: Fast and Efficient Oil Changes on San Diego Kitchen” for San magazine won first place in the magazines business category. Larson lives in Pacific Beach with her husband, Arv, and two cats. She serves as Sea and Efficient Oil Changes on San Diego Kitchen and Debbie Wakabayashi of Entrepreneurs produce healthful pet food July 7.

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La Jolla firm forced to change name after 15 years

A La Jolla travel agency formerly known as Travel Dynamics Group was forced to change its name after doing business for 15 years. A company located in New York, called Travel Dynamics International held the trademark rights to the name “Travel Dynamics,” and demanded that the La Jolla firm find something else to call itself.

“We were totally shocked,” Wendy Burk, CEO of the agency, said in a recent statement. “It was major, an identity crisis of sorts.”

Burk saw how much money and energy the company was pouring into lawyers to defend itself in the trademark case, and decided the resources would be better spent on rebranding initiatives. “Basically, we made lemonade out of lemons,” she said. “We took the opportunity to restructure how we communicate with the public. It’s very exciting, actually.”

The company mined the expertise of brand development specialists, and eventually settled on the name CADENCE as the agency’s new moniker.

“We wanted one word, one name, and cadence has a strong meaning,” she said. “We’re marching forward, as cadence means.”

CADENCE handles corporate travel, leisure vacations, business meetings, incentive trips and events. It is known for luxury travel options through its partnerships with the Four Seasons, the Ritz-Carlton and the Mandarin Fan Club. Its most recent high-profile travel partnership was created through an association with Virgin Galactic Space Travel, the first company to offer sub-orbital space flights as a vacation destination. Only about 15 companies are handling reservations for space travel with Virgin Galactic.

“We are a La Jolla homegrown agency, and we’ve grown and sophisticated over the past 16 years,” Burk said. “The situation has all been very positive.”

For more information, visit www.cadencetravelmanagement.com
— Kendra Hartmann

Adventures in real estate
Amateur home sellers have a chance to win $1 million

The Luxury Homes Group is giving ordinary people the chance of a lifetime, to win $1 million, simply by finding a buyer for a home.

The group has a bounty on the sale of a home, to reward anyone bringing the highest bidder. The catch is that the home is a La Jolla estate, going for $15.9 million. The company is inviting the public to four open viewings at the home, a six-bedroom, 8,232-square-foot mansion that boasts wrought iron railings from Jayne Mandel’s estate, a wine room door from Father Williams’ house and a mantle piece taken straight from George Washington’s Mt. Vernon estate.

In addition to making one lucky person a millionaire, the sale of the home will itself be a good deed. Luxury Homes Group will write two six-figure checks to two charities through the sale. Funded By The Fallen, a program that supports fallen and wounded soldiers and their families, and Passion 4 K.I.D.S., a group that helps children in desperate situations will both be the beneficiaries of the real estate transaction.

The home’s viewings will be held on July 23 and 24 and Aug. 6 and 7 from 1 to 3 p.m. at 1538 Keurau Rd. and are open to the public.
— Kendra Hartmann

“Pricing your short sale to avoid foreclosure”

SAN DIEGO: When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home’s “first impression,” and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. A recent study, which compiled 10 years of industry research, has resulted in a new special report entitled “Homesellers: How to Get the Price You Want (and Need),” which will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell at the price you want.

To hear a brief, recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0765 and enter 1017. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

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For more information, visit www.cadencetravelmanagement.com
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Vinyl Windows and Patio Doors

Vinyl Windows a positive.

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The La Jolla Town Council (LJTC) motioned to support the LJTC’s Parks and Beaches representative Bill Robbins announced that the committee’s bylaws were adopted and sent to the city for approval.

The appointment of proposed trustee Howard Singer has been post-posted until the next LJTC meeting in August.

The LJTC motioned to support the event “Taste of the Cove” on Aug. 31 from 5:30 to 10 p.m. at Ellen Browning Scripps Park. Proceeds will benefit the San Diego Sports Medicine Foundation.

The LJTC motioned to support the Challenged Athletes Foundation’s 18th annual San Diego Triathlon Challenge on Oct. 21.

Trustee Egon Kafka requested that the city restore funding to the Scripps Oceanographic Library.

“This is the best specialized library in the subject in the world,” he said. “I just think that it’s vitally important to maintain this resource and not break it up.”

It was announced that Rep. Susan Davis (D-San Diego) will hold an interactive budget forum in which constituents can balance the budget through an interactive program. The forum will be held on July 19.

The La Jolla Village Merchants Association, Traffic and Transportation Committee, La Jolla Community Planning Association and La Jolla Town Council voted to approve the city’s recommendation to begin Segment 4 of the Torrey Pines Corridor Project.

The Trustee Ken King nominated fellow trustee Egon Kafka to become a member of the Streetscape Committee.

The LJTC’s Parks and Beaches representative Bill Robbins announced that the committee’s bylaws were adopted and sent to the city for approval.

The Traffic and Transportation Board approved the End of Summer Fire Run and the installation of two hour parking on the $800 block of Nottingham Place.

The丑陋："它已经通过，但还不是。"

"这是这个预算最大的好处，因为它允许我们对我们的社区、我们的海洋和我们的海滩有更多的影响，"她说。"这是我们必须做好的事情，我们必须确保我们的海滩和海洋不会受到破坏。"
Recently, boats blaring stadium lights congregated at night off La Jolla, a sight hard for any landlubber to miss. The fishers aboard apparently caught wind of what I’d already discovered: a mini squid run was under way. The squid attracted game fish that, in turn, attracted the fishers to try and catch all. Market squid (Loligo opalescens) are local but secret inhabitants, living out their lives at great canyon depths, returning only to shallower waters to spawn in the wee hours. One early-morning dive, I came upon a couple of squid about to breathe their last (they spawn, then die), while some freshly laid egg sacs validated a next generation in the offing. But squid aren’t the only mollusks spawning this time of year. It’s like a giant molluskan love-in under water, making for the most fun and interesting diving of this year. Though the individuals in the images here may be tricky to untangle, it is certainly clear that when it comes to mollusks, there’s more than one way to lay an egg.

— Judith Lea Garfield, naturalist and underwater photographer

is author of two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. For info or to send comments, contact jgarfield@ucsd.edu.

Above left: At up to 8 inches long, Pleurobranchaea californica is the biggest sea slug to roam these parts. A voracious, though squishy, predator, it has no qualms about eating other snails and slugs—even its own species. Taking a break from an ongoing killing spree, this slug is depositing large, loosely ruffled strands of eggs, which adhere to sandstone via excreted mucus. Right, market squid (Loligo opalescens) measure about 8 inches long. Left: Ida’s miter (Mitraidea) snails (about an inch long) carry on a ménage à trois. Right, market squid eggs sacs are about cigar sized and carry a couple hundred individual eggs, each housed in its own compartment.

©2011 Judith Lea Garfield
Summer is in full force in San Diego County, and as the temperature climbs, employers and employees may be facing challenges when it comes to appropriate dress attire in the workplace. Fisher & Phillips (www.laborlawyers.com), a national labor and employment law firm with offices in the La Jolla area, has released a list of “Top Tips” when it comes to hot-weather wear in the workplace.

“Summer can be a tough time when it comes to employee dress,” said David Monse, partner at Fisher & Phillips. “What happens when an employee wears an outfit that is too revealing or shows up in flip-flops? Managers feel pressure to relax standard dress codes and employees want to be comfortable. You can avoid common pitfalls with a little advance planning.

1. Employers need to start the summer with written policies that clearly outline the dress code policy for the office. Define what is business casual and if needed, prohibit employees from wearing T-shirts, shorts, flip-flops and other overly casual attire.

2. Clearly communicate the dress code policy and the reasons behind it. If flip-flops send a signal, cut off shorts or to sprints with cargos and caps are not appropriate in your workplace, state that in writing, preferably in a professional memo and/or during staff meetings.

3. As an employer, know that your boss needs to respect your religious or ethnic clothing choices whenever they do not comply with health and safety concerns and justifiable business practices.

4. Remind employees of your organization’s policy against harassment. In doing so, it can be helpful to specify that comments about an employee’s clothing constitute inappropriate conduct that violates the policy.

5. Enforce the dress code in a consistent manner. Make sure that employees know the consequences for non-compliance. As an employee, familiarize yourself with what is allowed and not allowed before you face your closet in the morning.

6. Try to find the right balance between requiring appropriate dress among employees and respecting their personal expression. Statistics from recent studies have found that about half of Americans in their 20s have a body piercing somewhere beside their ears and one in four Americans between 18 and 50 are tattooed. To learn more about employee dress code issues (in summer and year-round), visit www.laborlawyers.com.

― Fisher & Phillips LLP represents employers nationally in labor, employment, civil rights, employee benefits and immigration matters. The firm has 206 attorneys in 25 offices. Founded in 1943, it is one of the largest U.S. law firms to concentrate its practice exclusively upon representation of employers in labor and employment matters. In addition to the La Jolla office, the firm has offices in Atlanta, Charlotte, Chicago, Cleveland, Columbus, Dallas, Denver, Fort Lauderdale, Houston, Irvine, Kansas City, Las Vegas, Louisville, Los Angeles, New York, New Orleans, Orlando, Philadelphia, Phoenix, Portland, San Francisco, Tampa and Washington, D.C.

Dog boarders beware
La Jolla is a community of dog lovers. Just lock on any block and you will see happy, loving dog owners walking their best pets. This is why we want to let La Jollans know of our experience. Everyone can draw their own conclusions.

We boarded our perfectly happy dog for 12 days at the La Jolla PetSmart Pet Hotel. Our dog was to be in individual play, which we have been assured she was, since she was bitten once before in group play. We picked up our dog with an cơn face skin abrasion. We were told she had a canine abscess per its in-house Banfield Pet Hospital.

We took her home and she refused to eat and would not interact with us. She was clearly in pain. We took our dog to the respect we vet.

X-rays and exams revealed bites on both sides of her muzzle, through her nose, with puncture wounds and a broken premolar caused by the injury. (Note: Her canines are perfectly fine, no abscesses.)

She had surgery and is still on antibiotics. Our dog was traumatized, as were we, and has not healed three weeks later.

PetSmart has not taken responsibility for this bite. They did say they would reimburse us for our medical bills if we sign a release.

As pet owners who really consider our sweet dog family, this does not answer our questions or protect anyone else from having this happen.

Joel and Jody Vetere
La Jolla

Reviewing the rookery
Re: “Citation dismissals leave seal activists questioning enforcement” (June 23, Page 1): I’m sure that some, if not all, of the seals will be going on long after I have shuffled off this mortal coil, but it is never too late to point out a few facts.

1. I do not for the breakwater, the Children’s Pool will not be sheltered and there would be no protection from the breaking waves. The breakwater was built on condition that the resulting sheltered beach be for people.

3. There was no rookery at the Children’s Pool until recently (within the last 10 years or so). Some believe that relocation of seals to the site by entities such as SeaWorld has contributed to the appearance of the rookery.

4. Seals are not endangered, and there are ample locations up and down the coast (including the very large colonies on the Channel Islands) for them to live and propagate. There were large numbers of seals at La Jolla before the appearance of the colony at the Children’s Pool. There is no existential threat or other compelling reason to void the legal binding commitment made when the breakwater was built.

5. The presence of the seals has proved a bonanza for tour bus companies, T-shirt vendors and others who profit by the presence of the seals. Their presence in this residential neighborhood is detrimental to the quality of life of long-time residents. This profit-making potential, and concurrent increase in traffic and visual blight, would be increased by the proposed marine mammal center.

6. Proponents have engaged in a dis- tortion of the facts, bullying and physical intimidation to try to prevent local residents from exercising their right to access the beach (examples: one of my Asian acquaintances was struck and called a “dirty Jap” when he attempted to use the end of the breakwater; I myself have both witnessed and been subject to attempts to physically block access to the steps leading to the beach.)

7. La Jolla, and indeed the entire San Diego area, offers ample opportunity for nature lovers to experience their love of beaches and its creatures (including seals) without a harmful atmosphere, pseudo-educational or otherwise. Staring at a small area, offers ample opportunity for nature lovers to experience their love of beaches and its creatures (including seals) without a harmful atmosphere, pseudo-educational or otherwise. Staring at a small area, offers ample opportunity for nature lovers to experience their love of beaches and its creatures (including seals) without a harmful atmosphere.

Dear Larry Michaels:
I enjoyed reading about you and your daughter and seeing that neat picture of you two on the front page of the June 16 La Jolla Village News. I hope your daughter realizes how lucky she is to have a dad like you. I’m sure she will realize it even more as she grows older.

I was lucky to have a stay-at-home dad when I was young. I was during the Great Depression, and my dad was out of work. My mother had a good job with the U.S. Forest Service, so my dad stayed home with me between my ages of 5 to 10. He planted a vegeta- able garden in the back yard and in a vacant lot down the street so we wouldn’t have to spend so much money on food. He taught me how to wash the dishes by having me stand on a chair in front of the sink (there were no automatic dishwashers then!) and He did the laundry together, and my dad did a lot of the cooking — especially using the vegetables from his vegetable garden. When my garden came from work, she was usually pretty tired and with frazzled nerves. When she would comb her hair, she wasn’t that patient with the tangies in her hair. When that happened, I would leap over to my dad with the hair brush or comb and had him do it for me. He was always gentle and his combing never hurt me. Men can be gentle and kind — and “moo-thy.” Being at home with your father during those early years helped me to like and appreciate men, and helped me to make a good decision about the man I later married.

So, your daughter is very lucky to have a dad like you. She will appreciate it more and more as time passes.

Best wishes to you both.

Julie Pappan La Jolla Shores
seabirds feeding off of the ocean coast. Farmers in places like Imperial Valley were using pesticides that would eventually filter into the Pacific Ocean's food chain. The result was that the pelican egg shells became thinner and they were being crushed by the weight of the large birds. Conservation efforts eventually eliminated the pollutants, and the pelican population slowly grew. Past oil spills also added to the demise of seabirds like the brown pelican. The environmental movement was energized by the publicity from the Santa Barbara Union Oil spill in 1969. The federal Migratory Bird Treaty Act of 1918 was the first legislation to protect seabirds. The Endangered Species Act of 1966 permitted individual states to adopt regulations that would give greater protection to migratory birds. Spokespeople from agencies like the U.S. Fish and Wildlife Department said they are aware of the situation with the brown pelican along the San Diego coastline. Expert opinions about the re-emergence of brown pelican numbers varies. Most experts agree that pelicans are just simply following the food supply. Some say a heavy concentration of pelicans at local beaches just makes it appear that their numbers are rapidly increasing. “Just a one-degree difference in the water temperature makes a big impact on all life in the ocean,” Hughan said. “It’s just good that the pelicans are doing well.”

PELICANS CONTINUED FROM Page 1

Live music blasting. People walking dogs. Kids playing, dancing, blowing bubbles, Hula-hooping and devouring ice cream sundaes topped with sprinkles, syrups, Gummy Bears, whipped cream—you name it. That was the scene July 16 at the La Jolla Historical Society’s (LJHS) Old-Fashioned Ice Cream Social. For the second year in a row, the society opened its doors to the community, filling Wisteria Cottage’s usually quiet and pristine lawn with more than 400 community members. “We want to do this year after year after year,” said LJHS board member and event organizer Christina Freundt. “We’ve got this amazing ocean and beautiful lawn and we just want to share it with everyone.”

Carol Olten, the society’s historian, said ice cream socials are certainly old-fashioned and Saturday’s event was reminiscent of a church ice cream social she went to as a child. “Back then, they would actually make their own ice cream,” she said. “Ice cream socials are traditional events all over the country, a very popular American pastime.” At the event, Olten and photographer Rudy Vaca set up a display and signing table for their recently released book, “La Jolla Then and Now,” which has an accompanying exhibit on display at Wisteria Cottage through Aug. 21. “A lot of people were curious to get the book, and people love to talk about how much La Jolla has changed,” said Olten. “It was a beautiful day and everyone seemed to enjoy themselves.”

Event sponsor Geppetos’s Toys, located at 7850 Girard Ave., sent the first 200 kids home with free jump ropes. Contributions from Greg Noonan and Associates and Grunow Construction helped fund the musical appearance of Del Mar-based Hulabaloo, a two-member band that plays, according to their website, “farm-fresh, free-range, organic kid-folk in a genre filled with musical Twinkies and Ding-Dongs.”

BY CLAIRE HARLIN | VILLAGE NEWS

Top left, friends and neighbors take advantage of the sun at the La Jolla Historical Society’s second annual Old Fashioned Ice Cream Social. Middle, kids had plenty of toppings to choose from, including sprinkles, syrup, Gummy Bears and whipped cream. The day included several activities, like giant bubble blowing, left. Far right, Carol Olten and Rudy Vaca signed copies of their book, “La Jolla Then and Now,” which is currently on display at Wisteria Cottage.

Christina Freundt, right (blond), organized the event. Photos by Rudy Vaca

YOU MAY NOT BE IN IT FOR THE MONEY

(but Lord knows you’re going to need it.)

Just because you’ve chosen the path of God instead of the money trail doesn’t mean you should forgo your financial future. That’s where we come in. We are MMBB. For over 100 years we’ve been offering investment, retirement and insurance benefits just for those who serve the church. Both ordained and lay. To learn more about us and our financial products, visit www.mmbb.org or call 1-800-986-6222.

REAL PLANNING, REAL SOLUTIONS. THAT’S OUR CALLING.
THURSDAY, July 21

- **“Peer Synt,” 7:30 p.m., La Jolla Playhouse, 2910 La Jolla Village Drive, play runs through July 24, (858) 550-1010, www.lajollaplayhouse.org, $35, $45.
- **Poetry Workshop, 2 p.m., Riford Library, 7555 Draper Ave, (858) 412, 6351, www.lajollalibrary.org, free
- **“Gardening as an art of Resis-
tance” discussion with Elizabeth Chaney, 5 p.m., San Diego Museum of Contemporary Art, 700 Prospect St, (858) 454-3541, www.mcasd.org, free.
- **Free Third Thursday, 5 to 7 p.m., Museum of Contemporary Art, 700 Prospect St, (858) 454-3541, www.mcasd.org.
- **Farrell Family Jazz series: Kendra Shank Quartet, 7:30 p.m, Athenaeum, 1008 Wall St, reservations advised, (858) 454-5872, www.jathenaeum.org, $15 members, $20 nonmembers.

FRIDAY, July 22

- **“From SUVs to Electric Cars: Shaping Consumer Choice to Save Gasoline” by Mark Jacobsen, 7:30 a.m., Ida and Cecil Green Faculty Club, 6351, www.lajollalibrary.org, free
- **“Supporting the Artists” by Juliet Eilperin, 2 p.m., Athenaeum, 1008 Wall St, snacks, wine and film showing, free
- **“If You Need a Lawyer” by San Diego County Bar Assn, 8100 Paseo del Ocaso, Suite B, students of high school age, (858) 534-7336, aquariuminfo@ucsd.edu, $30 RSVP required, ages 10 and up, (858) 459-0474 or visit www.lajollatown-council.org.

SATURDAY, July 23

- **“Sorrel with the Sharks,” 9 a.m, Birch Aquarium, 2300 Expedition Way, RSVP required, ages 10 and up, (858) 534-7336, aquariuminfo@ucsd.edu, $30.
- **Art exhibit: “Tolents and Monsters” by Jason Gudelke, 10 a.m., R.S. Revel-

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1. in water-wise and drought tolerant landscape installation. All phases of landscape construction installed, including synthetic turf, pavers, fences and outdoor LED lighting.

WEDNESDAY, July 27

- **Crafts for Kids, 2 p.m., Riford Library, 7555 Draper Ave, recommended for children ages 5-12, (858) 552-1657, www.lajollalibrary.org.
- **Children’s Storytime, 3 p.m., Riford Library, 7555 Draper Ave., recommended for children ages 0-12, (858) 552-1657, www.lajollalibrary.org.

THURSDAY, July 28

- **Comics and Zines Workshop, 2 p.m., UCSD Arts Library, 9500 Gilman Drive, graphic novels and comics show-off, (858) 522-5758, spaulson@ucsd.edu.
- **“Demon Fish: Travels Through the Hidden World of Sharks” lecture by Juliet Eilperin, 6:30 p.m., Birch Aquarium, 2300 Expedition Way, (858) 534-5771, aquariuminfo@ucsd.edu, $5 for new members, $10 for non-members, $7 for seniors, $3 for students.

Why do we feel La Jolla Nursing & Rehabilitation Center is the right choice for you?
We realize that choosing a Skilled Nursing Facility for yourself or your loved one is one of the most difficult decisions you will ever have to make. Most facilities look at the same, and seem to have the same services. We feel that you want to be more than just a resident. We offer skilled nursing services and a staff that is well trained to deliver the optimum level of care to each resident in a professional and homelike environment. Our goal is to provide a comforting environment that encompasses the rehabilitation, recuperative, hospice, nursing, and long term care needs of our community. We are located at 2352 Torrey Pines Road, La Jolla, CA 92037, free to call with any questions or directions at (858) 459-5810.

MUSTSEE

Moonglow design. 5763 La Jolla Blvd., in Bird Rock has some new fine art and sculptures, and to show off its latest pieces and the artists that created them, the store will be hosting free artists’ receptions with wine and music from noon to 6 p.m. on July 21 and July 28.

Athenaeum, 1008 Wall St, art exhibition with music by violinist Victoria Marino and pianist James Lent, (858) 454-4372, $18 members, $23 nonmembers.

MUSTGO

Join community movers and shakers for the La Jolla Town Council (LJTC) Sunsetting community happy hour on Thursday, July 21 from 5 to 7 p.m. at Beaumont’s restaurant, 5682 La Jolla Blvd, will be the host of this month’s happy hour. Come enjoy summer cocktails while mingling with community leaders in politics, the arts and non-profits as well as merchants, business professionals and neighbors.

La Jolla Town Council members pay just $5, while non-members pay $10. There will be free for new members that sign up and pay dues at the door. For more information, call (858) 459-0474 or visit www.lajollatown-council.org.

Milburn and Vigoda are two-thirds of the splendid, almost classical, rock trio GrooveLily. Married in real life, Milburn and Vigoda were first introduced to area audiences with “Striking 12,” based on “The Little Match Girl,” which was produced at La Jolla Playhouse. Those who attended the short run will never forget the jam session that followed. Then, San Diego Repertory Theatre presented its two-person musical “Long Story Short,” and last year, its one-woman musical “Ernest Shackleton Loves Me,” was seen in workshop at La Jolla Playhouse with Vigoda singing and accompanying herself on keyboard.

Vigoda and Milburn met in a New York club, where he was entertaining. The two became acquainted over coffee and Vigoda said that she “was writing musicals for a long time. She’s been writing musicals since 2002. They’ve been wildly successful. A year or so ago they moved from Brooklyn to Gendale. They moved west to find a better place to raise their son, Moses.

Vigoda said having a child has changed their writing. “Just being a parent opens your heart a little bit,” she said. “You don’t know how much time you have to finish something, so you work harder.” Vigoda said.

Readers may have guessed that their latest musical theater piece, “Sleeping Beauty Wakes,” is an update of the fairy tale by Charles Perrault, familiar to Americans as a 1959 Walt Disney film. “Sleeping Beauty Wakes,” a young woman is portrayed by Adina Alexander, Jimmy Ray Bennett, Steve Judkins, Kecia Lewis-Beauch, Carrie Manoskov and Bob Stillman.

Sleeping Beauty Wakes” plays at 7:30 p.m Tuesdays-Saturdays through Saturdays; and 7 p.m. Sundays, with matinees at 2 p.m. Saturdays and Sundays, at the Mandell Weiss Theatre, La Jolla Playhouse, 2910 La Jolla Village Drive. Information is available by visiting www.lajollaplayhouse.org or calling (858) 550-1010.

New musical not your average Disney story


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LJ Art Association hosts ‘Visual Variations’

Local artist exhibition in its fourth year

Starting July 25, the La Jolla Art Association will hold the exhibition “Visual Variations” at its gallery at 8100 Paseos del Oro, Suite B.

The exhibition is a compilation of paintings and photographs, all created by award-winning San Diego artist Jeffrey B. Brode. Dana Levine, Caroline Morse, Gwen Nohil and John Valois.

The title of the exhibition refers to each artist’s unique vision, ranging from the abstract to the realistic, from black and white to intense color, and from high impact to quiet contemplation. Even through each artist exhibits stylistic differences, this is the fourth year these artists have exhibited together at the La Jolla Art Association Gallery.

An artists’ reception will be held at the gallery on Friday, July 29 from 5 to 8 p.m. The exhibition runs until Aug. 7. For directions to the gallery, call (858) 459-1196. The gallery is open Mondays through Sundays from 11 a.m. to 4 p.m.

— Claire Harlin

La Jolla offers the perfect popping up

Red is summer’s “it” lip color! Wearing a red lip adds the perfect amount of pop to any ordinary look. I suggest going bold and glossy when choosing your new lip color. Try Tina Ferreira’s red lip glosses, available at Alexander Perfumes & Cosmetics at 7914 Girard Ave. Experience how a pop of red can enhance your personal style!

— Holly Lauren Beedle

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Follow @LJVillagenews on www.twitter.com or “like” us at www.facebook.com/ljvillagenews for news, updates, events and more. Chime in and let us know what you’re thinking!
Glad hatters, and gilding the Globe

Excitement about the opening of Del Mar’s racing season has been building for weeks. Mary Soriano, thinking about hats for Opening Day, envisioned a “fashionable lunch” and hat show at La Valencia. She approached Justin Wilson (food and beverage director) and Vikrum Sood (general manager) of the famed La Jolla hotel, and they decided to run with it, dubbing it their summer kick-off. Mary engaged two entrepreneurial young hat purveyors — Florencia Gomez Gerbi (founder of Greenpacha) and Mo Dunfee (owner/designer, Mo’s Bows & Chapeaux) — and both loved the idea. Pacha means “times” in the language of the old Inca Empire, and Greenpacha’s designs are Panama hats made in a village in Ecuador, to which a percentage of the sales are donated. (Panama-style hats originated in Ecuador, but since they were shipped through Panama to the rest of the world, they took on the name of their shipping point rather than their country of origin.) Mo’s hats are the more domestically-familiar style, embellished with flowers and bows. She also makes “fascinators,” which aren’t quite hats, but delicate, frivolous head decorations that have become quite popular. A percentage of her sales benefits the Monarch School.

With more than 100 guests, the event filled La Valencia’s entire Mediterranean Room and adjoining Garden Patio. The Galleria Room upstairs became a shopping boutique. Chef Lance Repp’s delicious lunch included shrimp Nicoise or chicken Paillard, and an excellent Meyer lemon meringue. Each hatter’s five models made multiple passes through the area during lunch, wearing clothing individually matched to each hat — and receiving enthusiastic responses. The best of the guests’ own hats were given awards, first place winning a Turf Club table for Opening Day.

The Globe Guilders raise substantial support for the Old Globe with their annual fundraising extravaganza, which typically attracts 600 or so avid attendees for a huge luncheon event with a spectacular fashion show. On the evening before that gathering, Sheryl and Harvey White hosted a Patron Party at their Del Mar residence for the event’s featured designer and most generous supporters. Arriving guests found an inviting and architecturally-significant home; warm, congenial hosts; and a spectacular ocean and valley view. They were well-fed with substantial hors d’oeuvres by California Cuisine. Desserts

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Great hatters, and gilding the Globe

Located on a tree lined street in Muirlands West near schools, beaches and the Village, this single-level 4 BR/2.5BA home offers a spacious floor plan that opens to wonderful outdoor living areas on nearly an acre of grounds. Features include: grand 17x17 foyer, 2 fireplaces, wood floors, newly resurfaced pool and spa and a backyard playhouse. The sunny back yard garden is brimming with veggies and the colorful front yard rose garden is sure to make you “stop and smell the roses!”

Offered at: $1,599,000

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came out later — and there, rising high above a string of lighted paper lanterns pretending to be moons, was the real full moon, huge and lustrous.

Celebrating Couture 2011, held at the Hilton Bayfront Hotel, began at 10 o’clock the next morning with freely-flowing champagne, a huge silent auction and couture gowns on display. The growing, stylishly-dressed crowd were entertained with activity and anticipation. When everyone was finally seated for the luncheon (a major accomplishment), a live auction began that commanded the attention of everyone in the room. A tasty lunch was served in the Bayfront’s unique style, on four smaller square plates fitted into a larger one.

Wendy Ledford chaired the affair, Chrissy Roberts co-chaired and will chair next year. The Globe chose Jo Ann Kilty as honorary chair, perhaps because she’s a Globe trustee and a Globe Guilders member, and active in both. She’s also exceptionally well dressed, with closets loaded with haute couture gowns. Several are by Naeem Khan, who began learning his art in his native India, under the tutelage of his father and grandfather — both designers for the royal families. Now living in America and a top international couture star, it was a show of his designs that all were about to see. When his show’s start was delayed briefly, Khan suggested that they kill time by auctioning off a gown chosen from any of his collections. In spirited bidding, it went for $6,000 — to Jo Ann Kilty.

Once started, the high-energy show took just over 20 minutes, but presented a serious number of attractive creations, including one or two particularly daring numbers. The dramatic production ended with Naeem Khan himself taking a lap up and down the long runway, followed by the show’s 18 models, to the cheering of the adoring audience.
Your shadow side is the side you may be, at best, only dimly aware of. It is your shadow side that makes you chronically late and leaves the pile of books on the floor or papers on your desk.

It’s responsible for the unpaid bills on the kitchen counter, the unanswered phone calls and emails, the dirty dishes waiting in the sink and the laundry waiting in the hamper. In other words, you can blame your shadow side for your disorganization.

Do you have clothes that you hang on to but have not worn in several years? Are there objects cluttering up your house you haven’t looked at and that don’t enhance your home? Are there things in drawers, on shelves, in cupboards and in closets that have lost their usefulness? If this applies to you (it does to me), read on.

There are times when we are baffled by our own behavior. We ask ourselves: “Why do I do this or that and don’t care of this? Why can’t I motivate myself to or take the time to get my life in order?”

Let us start with chronic lateness. I told a friend recently that her lateness is a sign of hostility, because she makes others wait for her. But it is more than that. One needs to uncover the hidden messages lurking in our brains, such as: “I am important, let them wait,” or “When I was a child, my father always pushed me to hurry, so I promised myself I would never be the last person to arrive. I suffer from tardiness.”

The other side of the coin is tardiness pushed again, “or “I fool myself into thinking I can do one more thing before leaving the house or office and still be on time. Thus giving a higher priority to that last-minute call or letter than whatever getting there promptly. Again: “My time is more valuable than yours.”

On the other hand, if you always put others’ needs before your own, your shadow side may be playing old tapes about your worthlessness. Were you given messages in your childhood about not being good enough, bright enough or capable of handling parents and siblings;

Before you can change unwanted behaviors, you need to get in touch with that shadow side to understand the messages that are secretly dictating your choices.

Start slow and small: “Today, I will look through one inch of that pile of papers. Today, I will clear up one quarter of my desk.”

Live in the moment; allow your conscious mind to set the agenda, so your shadow side cannot turn you back to your old patterns. Decide on your vision of the life you want; then take the time to identify the steps you need to take to get to that vision and then — this is important — take very small steps or you will get discouraged.

Twenty minutes a day for clearing up old files may be all you can handle without frustration, but then stick to those twenty minutes no matter what. Every time you don’t decide what to do with that item in your hand, you postpone the decision for a later time. Not making a decision is a decision: Put it away or give it away. And then there is the issue of compatibility. You like neatness and very few things around, but your partner feels cozy only in a cluttered home. Or your partner (and usually children too) leaves a mess expecting you to clean up. Do you?

The amount of clutter and organization one is comfortable with, as well as who is in charge should be negotiated calmly and re-negotiated often as progress or no progress is being made.

You know you are dealing with your shadow side if the issue is something in your own behavior that has been bothering you but every time you think about it, it upsets you and you feel powerless. Look for a hidden message behind your lateness, the broken promises you made to keep, your clutter or your disorganization.

In researching this article, I got in touch with why I keep all my old teaching notes and articles I wrote 30 years ago (which are now obsolete). It represents a time in my life that was very productive, where I was successful and at the forefront of women entering the workforce in male-dominated enclaves. I was giving talks, consulting with major corporations, writing and travel-editing.

Do I miss that time in my life? I would not live that way now; I am 83 — too much of an activist and more presuming, preferring to stay home than travel. Yet, there are those papers. Now that I know what they represent, I can let go. That was then — is now.

So learn how your shadow side stops you from doing what you really want. Find a friend you can talk to. It’s hard to do it alone. Get your vision clear as to what you want to accomplish, decide on small steps and just do it. Good luck!
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