Like them or not, new laws set to grow teeth

From social media to anti-bullying, funeral protests to DUI blood tests, change is afoot

Br MARIKO LAM | VILLAGE NEWS

With every new year comes a fresh set of federal, state and local laws — some that affect taxpayers’ pocketbooks or books of their ways of life, others that seem utterly trivial or will be applied only in rare circumstances.

The following is a spotlight on some of the new state laws that took effect Jan. 1, legislation that will reshape the landscape of business, education, health, safety and environmental laws in California.

BUSINESS

• Social media privacy in the workplace: The privacy of employees’ and job applicants’ social-media accounts are now a bit more secure with the passage of AB 1844 in September. The new law forbids employers from asking for user names, passwords or other information to access employees’ or job applicants’ social-media accounts like Facebook or Twitter. While the law protects employees from being compelled to divulge such information, don’t start trash talking the boss just yet. The legislation does not apply to passwords used to access employer-issued electronic devices and does not infringe on employers’ existing rights to investigate workplace misconduct.

• Home/commercial goodies: The California Homemade Food Act, or AB 1616, allows “low-risk” foods like baked goods, candies, jams or tortillas made in private homes to be sold commercially to be sold commercially with limited regulatory oversight.

TRANSPORTATION, DRIVER SAFETY

• Registration fees: San Diego County vehicle registration fees will increase from $1 to $2, adding a new source of revenue to help combat vehicle thefts under AB 1404. Boat owners, too, will see registration fees increase up to $10 to help fund a quagga and zebra-mussel infestation prevention program under AB 2444.

• Hands-free texting: AB 1516 permits drivers to text, email or read messages on a portable electronic device while driving — but only by use of hands-free voice-to-text technologies.

• DUI changes: Urine tests are no longer an option for drivers suspected of driving under the influence. With certain rare exceptions, blood tests — widely considered to be more accurate — are now mandatory under AB 2020.

• Meters: Drivers are permitted to park in spaces with broken parking meters for the time allotted without receiving a parking ticket as the result of SB 1188.

• Tolls: Low-emission and clean-fuel vehicles with valid clean-air vehicle stickers are exempt from toll charges otherwise imposed on single-occupant vehicles in high-occupancy toll lanes under AB 2405.

EDUCATION

• Anti-bullying campaign: To further protect students against cyber-bullying, state legislators passed AB 1712, which prohibits acts of electronic bullying acts like the impersonation of another student on social media.

SEE LAWS, Page 5
As a new year starts, so begins a new season of seals

Filner extends rope barrier amid concerns over legality and jurisdiction

By MARIKO LAMB | VILLAGE NEWS

Just as expectant mother seals launched into the start of their annual pupping season at Children’s Pool beach on Dec. 15, a gathering of pro-seal activists from the La Jolla Friends of the Seals, a handful of beach-going bystanders and newly elected San Diego Mayor Bob Filner paid a visit to the cove to observe seals lounging just beyond a narrow yellow rope barrier.

Like clockwork, the infamous yellow rope, which is erected annually during the seals’ pupping season from Dec. 15 to May 15, was installed on the beach alongside signage to encourage onlookers to keep a safe distance from the rookery.

Due to a clerical error in 2010, however, city staff approved permits for a 130-foot barrier, not one that stretches 152 feet in length, as it was initially intended. Although the California Coastal Commission (CCC) unanimously approved the installation of a year-round 152-foot rope in July 2012, denial of the same year-round rope by the San Diego Planning Commission overturned the CCC’s ruling, leaving the city with the quandary of the 130-foot rope that was previously approved for six months at a time.

Filner, a vocal proponent of a year-round rope barrier and protected marine mammal reserve, ordered the city’s Park and Recreation Department to extend the guideline rope to 152 feet, as well as proceed with obtaining the appropriate amendments to the existing permits to make the extension legal. The problem, however, lies in the uncertainty about which entity, the CCC or city, is responsible for approving the amendments to the site development and coastal development permits.

According to a legal memorandum issued by the City Attorney’s Office on Dec. 24, the CCC is responsible for approving revisions to the coastal development permit, while the city retains jurisdiction over the amendment of the site development permit. Should the mayor fail to obtain proper permit revisions, however, the city may be subject to penalties imposed in superior court.

As of Dec. 21, whether properly permitted or not, that little yellow rope stands at 152 feet in length, much to the satisfaction of those who hope to see humans observing the seals from a safe distance, while still permitting divers access into the water via a three-foot opening between the rope and the coastal bluff.

Studio Stratton Kitchen Design Studio

Located on Girard Ave. in the village of La Jolla, Studio Stratton offers complete kitchen design services. Their commitment to creative and functional design springs from over 27 years experience right here in San Diego. Owner Lance Stratton apprenticed under some of San Diego’s finest residential architects, and spent 12 years at Dewhurst & Associates in design and project management. Having mastered the disciplines of his craft, Lance now works with the nation’s finest brands of cabinetry and appliances including William Ohs, Plato Woodwork, Irpina, and Columbia Cabinets. His design work is regularly featured in local and national publications, and he continues to be commissioned by many of San Diego’s most discriminating homeowners and designers. At Studio Stratton they are more than capable of rendering a design that is uniquely yours. Visit them on line at www.studiostratton.com or contact the studio directly at 858-459-3757 for a complimentary design consultation.
Trolley extension plans driving forward in new year

By MARIKO LAMB | VILLAGE NEWS

Plans to extend trolley service from downtown San Diego to University City are moving forward in the new year as the San Diego Association of Governments (SANDAG) continues work on environmental documents and necessary technical studies for the $1.7 billion Mid-Coast Corridor Transit Project, a proposed 11-mile extension of the Blue Line trolley from the Old Town Transit Center to University City.

City leaders boast a number of economic, environmental and commuter benefits for the extension, such as linking San Diego universities, creating a one-mile route from the international border to University City and increasing access to jobs along the corridor.

“The trolley extension will improve quality of life for La Jollans by reducing area traffic congestion and gridlock, reducing vehicle emissions and supporting the viability of local employment centers,” said District 1 City Councilwoman Sherri Lightner. “It also provides another public transit option for La Jollans traveling to or from downtown.”

Transit officials say commuters using the Blue Line trolley can expect an easy 30-minute ride from San Diego’s Santa Fe Depot downtown to UCSD once the line is completed.

The new extension primarily traces Interstate 5 north from the Old Town Transit Center to University City. Eight new stations are proposed in the plan, including stops at Tecolote Road, Clairemont Drive, Balboa Avenue, and the San Diego–California Memorial Stadium, serving as the final destination on the Blue Line.

The $1.7 billion Mid-Coast Corridor Transit Project will extend the Blue Line north to University City from the Old Town Transit Station. Eight new stations are being proposed as part of the project, with Westfield UTC serving as the final destination on the Blue Line.

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Both 20, in the parking lot of the CVS Pharmacy on Villa La Jolla Drive on Sept. 11 around 11 p.m. He forced the couple to drive to their bank ATM and withdraw $420. Both students believed the gun Espinoza displayed to them was real, but it later turned out to be an air pistol.

Espinoza also stole Liu’s laptop and Chung’s wallet and cell phone. After taking the money, he demanded to be let out of the car in a residential area of Pacific Beach. The students called police, who found Espinoza running uphill on Loring Street at Soledad Mountain Road.

Espinoza pleaded guilty to two kidnapping counts and two robbery charges. He could have received two life terms on the kidnapping-for-robbery charges.

— Neal Putnam

SANDAG is also studying the feasibility of an additional station at the VA San Diego Healthcare System.

“I support consideration of a trolley station at the VA Medical Center. Details about the costs and benefits of the addition of this station will be included in the environmental and technical studies which are not yet complete,” said Lightner.

Project expenses — which jumped $460 million over the past two years due to mounting costs for additional trolley cars, construction, infrastructure and parking — will be funded from the Federal Transit Administration’s (FTA) New Starts program, as well as local TransNet funds. To date, a total of $39.2 million has been invested in the project for planning, preliminary engineering and right-of-way acquisition.

SANDAG and the Federal Transit Administration (FTA) are currently preparing draft environmental documents, which will be available for public review in the near future. Following a 60-day public review period, the trolley extension is expected to receive its final environmental approvals late this year and could begin construction in 2015. The line is slated to open to the public in 2018.

For more information and updates about the mid-coast trolley line, visit www.sandag.org/midcoast.

TROLLEY
CONTINUED FROM Page 3

BRIEFS
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For more information please visit our website
www.canvaschurchsd.com
A history on the green, Salk sleep studies and upcoming scenes at the Playhouse

Tiger Woods has decided to begin his 2013 golf campaign not on the United States PGA Tour but in the Middle East. Jan. 17-20.

He made the announcement in an interview in Singapore, where he was conducting a clinic for youthful golfers.

Unless he makes a quick change of mind, he’ll skip the Farmers Insurance Open, taking place Jan. 24-27 — a surprise, because Torrey Pines has been his favorite playground, where he’s won six times with total winnings of nearly $65 million.

Should he return sometime to play at TPC, golfing rival Phil Mickelson will probably stage an event in Dubai in anticipation of the reversal of California’s voter-approved ban on same-sex marriage — also protects religious assemblies from being forced to axe their status if they refuse to solemnize such nuptials.

RELIGION

Clergy’s right to refuse performing of nuptials: Under the protection of California's ban, clergy are permitted to refuse to perform marriage rituals if the union violates the priest’s, pastor’s or rabbi’s religious beliefs, often involving same-sex marriages. The law — which was proposed in anticipation of the reversal of California’s voter-approved ban on same-sex marriage — also protects religious assemblies from being forced to axe their status if they refuse to solemnize such nuptials.

IGMIGRATION

Fewer restrictions: AB 2189 allows undocumented immigrants who qualify for a new federal work permit to be eligible to obtain a driver license. For a full list of new laws that took effect Jan. 1, 2013, visit: www.leginfo.ca.gov/pdfs/bls/mediated/Report2012.pdf.

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Please call 858-268-3999 for more information and visit our websites:

www.sandiegobahai.org • www.bahai.org
**La Jolla Wellness Center**

The La Jolla Wellness Studio, home of the 15 Minute Workout, is dedicated to the health and overall wellness of our customers. Your Personal Trainer will guide you through the use of our revolutionary technology in your 15 minute session. Those 15 minutes are equivalent to approximately 1 hour of exercise.

**Attention Seniors!**

Don’t risk serious injury. Grab Bars can be installed anywhere your loved one needs extra balanced support.

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Create a brand new perfume/cologne that no one else is wearing! Sport a lab coat and enjoy mixing hundreds of different oils to find the perfect scent. With over 300 oils, possibilities are endless and experiences range from short-guided sessions to longer, more educational experiences. Sounds daunting, but Tijon provides as much help as needed to create your compelling fragrance.

Enjoy this new, DIY, hot spot for date night or girl’s night out. Private parties available as well.

“This is the coolest spot ever.” - Heather Ford, FoxNews, 12/11/12

“I’ll let you in on a little secret, this is the best date place around now.” - Brad Perry, KUSI-TV, 12/10/12

Attention Gentlemen: If you really want to impress this holiday season, book a class at Tijon and create a custom scent for your special someone.

**Therapy for Alzheimer’s Patients**

Even though at this time there is no cure for Alzheimer’s disease, researchers have been looking into therapies that can improve a person’s quality of life, possibly lessen some of their symptoms and help them function better.

**NotePad Computers** - These same lightweight touchscreen computers, with puzzles, games and apps, are being used to exercise the person’s mind, help them improve their dexterity and even help remind them of things. The games help the person feel that they’ve accomplished a task and are successful.

**Bright Lights** – A study that was published in the journal of the AMA found that extensive light therapy or UV light therapy has helped a person with memory issues have better cognition and help improve their mood. It may be especially helpful with sundowning behavior.

**Art** – This is increasingly being seen at museums around the country, where there are programs for people with Alzheimer’s to view and create art. The result of this therapy lasts well past the therapy session.

**Comfort Food** – It is being researched that letting the person have that extra piece of pie or that nighttime drink makes the person more content and peaceful. This could cause them to need less medication.

**Tell a Story** – Having the Alzheimer’s patient in a group, looking at pictures and making up a story about that picture is helping the person be creative as well as helps them socialize.

No therapy at this time can reverse Alzheimer’s but more people are working to help improve the quality of life of these people. For more help in dealing with an Alzheimer’s patient, call the RN Care Managers at Innovative Healthcare Consultants at 1.877.731.1442 or see us online at www.innovativehc.com.

**Attention Seniors!**

Don’t risk serious injury. Grab Bars can be installed anywhere your loved one needs extra balanced support.

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We invite you to meet our students, parents, and faculty at an Admission Open House for our preschool through Gr. 6 program

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LIMITS
CONTINUED FROM PAGE 5

defending champion is Brandt Snedeker, who beat Kyle Stanley last year in a two-hole playoff.

MATTER OF RHYTHMS

When we start to fall asleep, most of us think we’re tired because our bodies need rest. More accurately, scientists define the reason as circadian rhythms that affect our bodies at the level of individual organs and even genes. Circadian rhythms are physical, mental and behavioral changes that follow a roughly 24-hour cycle, responding primarily to light and darkness in an organism’s environment.

They are found in most living things, including animals and plants. Scientists at the Salk Institute have determined the specific genetic switches that sync liver activity to the circadian cycle. Their findings give insight into the mechanisms behind health-threatening conditions like high blood sugar and high cholesterol.

“We know that genes in the liver turn on and off at different times of day and they’re involved in metabolizing substances such as fat and cholesterol,” said Satchidananda Panda, co-corresponding author on the paper and associate professor in Salk’s Regulatory Biology Laboratory. “To understand what turns those genes on or off we had to find the switches.”

Surprisingly, they discovered that among those switches was chromatin, the protein complex that tightly packages DNA in the cell nucleus. While chromatin is known for the role it plays in controlling genes, it was not previously suspected of being affected by circadian cycles.

Panda and his colleagues report their results in the December issue of Cell Metabolism.

TWO PLAYS ADDED

“His Girl Friday,” John Guare’s adaptation of Ben Hecht and Charles MacArthur’s “The Front Page” and Rex Picket’s “Sideways,” have been added to the La Jolla Playhouse’s 2013-14 season. They’ll kick off the season in June and July in the Mandell Weiss Theatre.

— Johnny McDonald is a longtime writer and columnist for the San Diego Community Newspaper Group. He can be reached at johnnym2@yahoo.com.
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Hershey Felder tells extraordinary tale of an ordinary man

Hershey Felder’s new play, opening Jan. 4 at the Birch North Park Theatre, tells the tale of the first medic on the scene the night Abraham Lincoln was shot.

Dr. MARIKO LAMB | VILLAGE NEWS

Some people are immortalized as legends in history books, while others are forgotten after their moment in history has passed. Founding fathers, ancient philosophers and literary masters have their stories told time and again by the world’s playwrights and authors, but sometimes the most interesting tales come from the men and women who walk among us each day, whose lives are much as he could for others, and still questioning if he did enough.

The initial focus of Felder’s original production, “Lincoln: An American Story,” which debuted in Pasadena last year, was to bring Lincoln to life on stage through the eyes of this unknown army surgeon.

“What I discovered through the process and through the live performance of the work was that the man we wanted to know about was the man telling us the story,” he said. “He wasn’t just a conduit anymore; he was the one to whom this story happened, and because he is one of us, his story became a valuable one.”

While living in La Jolla, Felder re-created the production and its musical score with a shift in focus to one he says is more organic and layered with inherent truths, not one that is clouded by big ideas and conceits that distract from the richness of the story itself.

“A piece of theater must live and breathe on its own terms,” he said. “After all these years — some 17 — on stage creating new productions and characters and then playing them for a total of more than 4,000 performances, there is something I learned and accepted some time ago: there are no shortcuts. The methodology and process may go a methodology and process may go a

Get a taste of what’s cookin’ in San Diego

California Restaurant Association’s semi-annual San Diego Restaurant Week (SDRW) is back again Jan. 11-18 to kick the new year off with sumptuous dining options in a dozen neighborhoods throughout the county. Talented local chefs at more than 180 of San Diego’s dining establishments will dish out a taste of their culinary skill with prix fixe lunch and dinner menus at discounted prices for the week.

With San Diego cuisine and atmospheres ranging in style from traditional to exotic, fine fare to relaxed brewpubs and everything in between, even the most discerning diner is certain to find something on the menu to delight his or her taste buds.

Two-course lunch options include $10, $15 or $20 menus and three-course dinner options include $20, $30 and $40 menus to choose from. No tickets are required to participate. Simply stop by or make a reservation at any of SDRW’s participating restaurants.

LA JOLLA RESTAURANTS:  
• Amadoreen, dinner $20  
• Apollonia, dinner $20  
• Arterra Restaurant & Lounge, dinner $30  
• Brockton Villa, dinner $30  
• Café Japengo, dinner $40  
• Cheki Thai Bistro, lunch $10, dinner $20  

SEE FELDER, Page 12

Seskin, Craig Carnarvon and Grammy Award- winner Don Henry, collectively responsible for writing a sizeable portion of the country music Top 40 parade in recent years, including hits from Tim McGraw, Blake Shelton, Keith Urban and Kenny Chesney, as well as standards for the likes of Ray Charles and Patti Page. The trio will play their best tunes, as well as share the stories behind the songs and give an insight into the magic that goes into writing a hit song.

Nashville Comes to La Jolla: Friday, Jan. 4 at La Jolla Lutheran Church, 7111 La Jolla Blvd.

By BART MENDOZA

MUSTHEAR: Nashville Comes to La Jolla

Singer-songwriter fans won’t want to miss Nashville Comes to La Jolla, taking place on Jan. 4 at the La Jolla Lutheran Church. On hand will be tunesmiths Steve Seskin, Craig Carnarvon and Grammy Award- winner Don Henry, collectively responsible for writing a sizeable portion of the country music Top 40 parade in recent years, including hits from Tim McGraw, Blake Shelton, Keith Urban and Kenny Chesney, as well as standards for the likes of Ray Charles and Patti Page. The

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Chime in and let us know what you’re thinking!
The 29th edition of a famous traditional event was held in December, this time at the 7,000-square-foot craftsman home of Dr. Holly Casele Holden and Emmet Holden in La Jolla’s exclusive Muirlands district. Designed by San Diego architect John Berry and originally built in 1965, the stunning home overlooks the Pacific from an ideally situated 20,000-square-foot lot. Meticulously renovated in 2006, the residence's beautifully landscaped grounds include a detailed, kid-size children's playhouse with its own loft.

It was the annual Silver Tea, held by a group that used to be called the St. Germaine Auxiliary to the Child Abuse Prevention Foundation. Although that somewhat longwinded moniker was aptly descriptive, the auxiliary later formed its own 501(c)(3) organization, renaming itself St. Germaine Children’s Charity (SGCC) in 2006. They sponsor social service agencies responsible for the care, shelter and treatment of abused, abandoned and neglected children from birth to age 18, supplying everything from cash assistance to new and used clothing, and from playthings to donations of time by caring volunteers.

Since its 1984 founding, SGCC has awarded nearly $4.5 million in grants and in-kind donations (to say nothing of all those countless hours of volunteer work) to the greater San Diego community. It’s all supported through fundraising events and donations, and staffed entirely by volunteers. All administrative costs are covered by membership dues. With the understanding that almost all child abusers were themselves abused as children, SGCC strives to break the cycle of abuse by working not just with the parents, but also directly with the children.

The Silver Tea is SGCC’s primary fundraiser. Drawing anywhere from 300 to 400 guests, a significant part of the event’s attraction is its venue — traditionally a different carefully selected fabulous private home each year. It’s become so popular that even quite a large home could become overcrowded, so about half the guests are invited to arrive at the outset and the rest are asked to join the party halfway through (by which time many of the original guests have left). The plan keeps the party population manageable, assuring everyone a comfortable opportunity to enjoy the beauty of the venue and the extensive holiday decorations associated with the season. Bonnie Hage was chair of this year’s elegant event, and past Silver Teas chairladies took turns pouring tea for the guests, who also enjoyed lovingly prepared finger sandwiches, cookies and confections. Those not particularly predisposed to sipping tea were delighted to find that wine had also been thoughtfully provided.

The event derives its name from the large silver bowl traditionally situated near the entrance. Generous guests deposit therein cash and checks, mindful of both the cause and the season. This year’s Silver Tea netted about $125,000 to support SGCC’s work — a rather significant sum for an organization having just 120 members, of which only about 10 are men. (That lopsided ratio may change significantly if the men in our community ever get wind of the fact that there are more than 30 times as many women as men in the group.) SGCC members received enthusiastic and willing assistance again this year from students studying culinary arts in Mira Mesa High School’s Regional Occupational Program. Arriving at 10 a.m., they worked tirelessly throughout the event, earning valuable experience while also serving the community and clearly having a great time. New for this year were strolling holiday carolers, including well-known professional singers Eve Sels and Matty Mills. They were so warmly received that it seems this idea should be reprised in future years!

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FOOD & DRINK

COASTAL DINING
IN AND AROUND LA JOLLA

Kaiserhof Restaurant
Kaiserhof is a great family owned and operated German restaurant. A German restaurant would not be complete without wiener schnitzel or jager schnitzel. It doesn’t get much better than the “wurstplatte” which includes: bratwurst, knackwurst and baurnwurst with sauerkraut and red potatoes and a good German beer. American style entrees include broiled lobster tail, grilled halibut steak, poached salmon filet with hollandaise, filet mignon Madagascar with pepper corn/brandy sauce, or a New York strip steak. Dine in or enjoy the beer garden, a lovely outdoor heated area where you can sip a German brew and enjoy a traditional German and American meal. Full bar available.

Kaiserhof Restaurant
2253 Sunset Cliffs Blvd.
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www.kaisershofrestaurant.com

The Broken Yolk Café
The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelets to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches.

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The Steakhouse at Azul La Jolla
The Steakhouse at Azul La Jolla is excited to be participating in Restaurant Week again. Chef Carl Grobner will be offering a prime petite filet, brick organic chicken and herb grilled pacific swordfish. Sommelier Will Burtner has selected the perfect wine pairings to compliment each selection as well. Reservations recommended.

Happy Hour Daily 4 – 7pm
½ price bottles of wine on Wednesdays and lunch on Fridays.

Sunset Dinners – Served Nightly 4 – 5:30 pm
3 Courses for $30. Choice of 3 entree selections including a prime steak featured daily.

Complimentary Wine Tasting – First Thursday of every month 5-6 pm.
Enjoy 4 tastings with Sommelier Will Burtner as soon on Fox 5 News.

We offer an intimate Wine Room and an enchanting Courtyard Patio for private dining. Call Jennifer at 858-268-1031 for more information.

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

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Donovan’s Steakhouse

French Gourmet
Our award-winning restaurant offers California influenced French cuisine in a quaint countryside environment. We are a long-time favorite of locals who appreciate the value of our menu and extensive wine list. Stop by our bakery for a sandwich or pastry to-go! It’s always a delicious day at The French Gourmet! (858) 488-1725. 960 Turquoise St, La Jolla, CA.

www.thefrenchgourmet.com

The Broken Yolk Café
The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelets to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches.

Froglanders
Froglander’s has been satisfying yogurt lovers’ cravings for over 26 years. In addition to the best yogurt in town, they also serve acai bowls, banana splits and yogurt pie. You’ll find eight flavors everyday. Plus they offer over 50 different yogurt toppings including fresh fruit. La Jolla students receive a 20% DISCOUNT. Open late. Friday - Saturday 11 AM - 10:30 PM and Sunday - Thursday 11 AM-9:30 PM.
See just how much your antique jewelry and purses are worth at Blue Vault Secure’s free Vintage Jewelry Day appraisal event on Jan. 12. Local appraiser and auction house professional Christine Saltzman will be on hand to evaluate the value treasures in your closet or jewelry chest held with free informal auction estimates from 11 a.m. to 3 p.m. at BlueVault San Diego, located at 5638 Mission Center Rd., Ste. 104. To sign up for a free time slot, visit www.BlueVault-Secure.com or call (619) 661-5741.

Bird Rock Elementary is doing its part to clean up Mother Earth by hosting an e-waste recycling day on Jan. 12 in conjunction with locally based recycling solutions company Cali Resources Recycling, owned by Bird Rock Elementary parent Carlos Kelvin. From 9 a.m. to 1 p.m., community members are invited to drop off unwanted electronics in the teacher parking lot at the Beaumont Alley entrance to the school, located at 5371 La Jolla Hermosa Ave. Items accepted include everything from phones and computer monitors to VRs and answering machines. Cali Resources Recycling will ensure that all donated electronics are properly recycled, which not only does right by the environment, but assures donors that sensitive information on phones, computers and pagers are safely and securely discarded. All donations made at the event will benefit Bird Rock Elementary School. For more information, call (619) 661-5741.

Sprinkles Cupcakes La Jolla is celebrating its two-year anniversary by doing what it does best — satisfying sweet-toothed San Diegans with its delectable treats. On Jan. 13, Sprinkles will give away a free scoop of red velvet ice cream — a sweet cream layered with bites of red velvet cake and cream cheese frosting — to the first 1,000 people who come into the store and buy any of the cupcakery’s handcrafted quality cupcakes. Stop by early at Sprinkles, located at 8855 Villa La Jolla Drive, to take advantage of the sweet deal. For more information, visit www.sprinkles.com or call (858) 457-3800.

THE CALIFORNIA RESTAURANT ASSOCIATION
SAN DIEGO COUNTY CHAPTER

SAN DIEGO RESTAURANT WEEK
JANUARY 13-18 2013
SanDiegoRestaurantWeek.com
20 Tips: 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/or show signs of anxiety.
• 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 their fault. Be empathetic to your children’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 schedules.
5. The more optimistic and happy the family is, the more realistic and recoverable situations are. Happier people handle situations better.
6. Tell the kids what you’re doing to make the situation better: looking for a job, collecting unemployment, the husband or father is back at work.

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**Keep Your Home Allergen Free**

The weather may be getting cooler, but that doesn’t mean people who are impacted by allergens are in the clear. From dust and dander to seasonal pollen, millions of people will sneeze, wheeze and cough their way through the months ahead.

The experts at San Products, makers of Snuggle, and All wash laundry products, offers these steps to help make your home a safer haven from that which afflicts you.

**Bust Dust**

Allergens are hiding all over the home. Regular dusting and vacuuming will eliminate much of the problem. Just be sure to clean your vacuum filter often. And don’t overlook fabrics in your house like upholstered chairs and drapes, as dust, mites and other allergens can collect here easily. Don’t suffer while cleaning. Use a mask to avoid coming into contact with the allergens you’re trying to eliminate.

**Wash Safely**

The irony of keeping your home clean and spic and span for the sake of allergy management is that many cleaning supplies can aggravate the problem. Ammonia, for example, can be quite harsh on the eyes and nose. Using a hypoallergenic, fragrance-free, all-purpose cleaner will make scrubbing the bathroom and kitchen a much more pleasant experience.

In lieu of bedding and clothing that are notorious for collecting and trapping common allergens. According to a study by Grana, an international science journal, a large t-shirt can trap up to 7 milion pollen grains on a peak pollen day.

**Remove everyday allergens**

Trust your nose to guide you in your choice of bedding with a fragrance free detergent designed for sensitive skin. For example, all free clear detergent. Which is the number one detergent brand recommended by dermatologists and allergists for sensitive skin, will eliminate 99 percent of tree and grass pollen, and ragweed pollen, the number one fall allergen. Free of potential irritants like dyes and perfumes, it will also help bust pet dander and dust mite matter. More information can be found at www.all-laundry.com/freeclear.

**Keep Allergens Out**

When you walk around outside your clothes can collect and absorb allergens and irritants. Shoes are magnets for grass, tree and ragweed pollen. Leave your shoes by the door before walking through the house. Change out of your clothes when you get home, depositing them directly into the hamper.

**Stay Vigilant**

You stay informed with pollen-level maps and recent allergen news. Visit the all free clear Facebook page for allergy resources and management tips.
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