Surging Bolts electrify SD
Colts harnessed at Q; Steelers next

Darren Sproles may not get the notoriety of other backs in the NFL but he doesn’t seem too concerned about that.

Sproles rushed for 105 yards on the evening, while scoring the game-winning touchdown (22-yard run) some six minutes into overtime. It was his first career overtime touchdown (22-yard run) some six minutes into overtime. It was his first career overtime touchdown.

La Jolla swimmers grin and ‘bear’ it

The National Weather Service forecast that the Pacific waters off La Jolla would hover between 54 and 57 degrees last Thursday, Jan. 1, 2009. For hundreds of locals turning out for La Jolla Cove Swim Club’s annual New Year’s Day Polar Bear Swim, the chilly waters are a tradition.

“I’m 85 and still alive,” said Cove Swim Club member Fouad Feretti, hopping spryly out of the water. “So give me five.”

Feretti has become something of a swimming mascot among locals. One local rushed to offer the recently emerged Feretti a hool of chili or cup of cider — another New Year’s swim club tradition.

And during La Jolla’s 2008 Rough Water Swim event, Feretti said he achieved something remarkable. “I came in first (in the 85- to 90-year-old age group), but I also came in last,” he said.

The swim club doesn’t award prizes during the Polar Bear Swim. About 250 swimmers in Speedos plunged into the icy waters off La Jolla Shores to show — well, that they can.

Seal sponsors pursue state grant expansion

Bryan Pease, attorney for the Animal Rescue and Protection League’s (ARPL) SealWatch, has begun campaigning for a new state grant that would protect La Jolla’s harbor seal colony and save the city of San Diego millions.

Despite ongoing state and federal litigation involving La Jolla’s harbor seal colony, Pease said he may have solved one of the city’s financial problems.

“The cleanest solution would be for the state to establish a ‘marine mammal habitat’ to the 1931 tidelands grant,” Pease said.

According to Pease, if state officials would add marine mammals to the list of permissible Children’s Pool uses, the city would save millions from a 2005 ruling requiring ongoing dredging. Peace and seal advocates have asked Senator Chris-

Restaurant Week returns; Girl Scouts bring dessert

“While they are getting a three-course meal for just $40 per person, they can expect the exact same quality, preparation style and service they would expect on any other night din-

Pasty chef Richard Kaufmann gives La Jolla Girl Scout Sierra Stewart a new nose at The French Gourmet, a participating restaurant in the Jan. 11-16 Restaurant Week.

Diners can enjoy fine food and stay within their budget as San Diego Restaurant Week, the popular semi-annual culi-

La Jolla swimmers grin and ‘bear’ it

An article about the La Jolla Cove Swim Club’s annual New Year’s Day Polar Bear Swim, where swimmers grин and ‘bear’ the chilly conditions. The article mentions a 85-year-old swimmer named Fouad Feretti, who achieved something remarkable by finishing first (in the 85- to 90-year-old age group) and also finishing last.

Seal sponsors pursue state grant expansion

An article about Bryan Pease, an attorney for the Animal Rescue and Protection League’s (ARPL) SealWatch, who is campaigning for a new state grant to protect La Jolla’s harbor seal colony and save the city of San Diego millions. Pease suggests that adding marine mammals to the list of permissible Children’s Pool uses could be a solution.

Restaurant Week returns; Girl Scouts bring dessert

An article about San Diego Restaurant Week, where participating restaurants offer a special three-course meal for $20, $30 or $40. It also mentions the Girl Scouts bringing dessert to the event.
BORREGO SPRINGS

$1,195,000
The Desert Club c. 1949! Chic desert compound on 3+ private acres with walls of glass & pool. Fabulous!

LA JOLLA

$1,995,000
Beautifully appointed single level home with downtown, bay and ocean views from nearly every room. 3BR/2.5BA.

LA JOLLA

$1,325,000–$1,385,000
Enjoy exceptional style, luxury and elegance in this one-of-a-kind, designer’s own home. No expense sparred in this renovation. 4BR/2.5BA.

WHAT A DEAL!

Absolutely stunning remodeled condo in the heart of the Shores! Open floor plan, kitchen features granite counters, stainless appliances and designer glass backsplash.

$987,000

ENCINITAS

$2,150,000
Beautiful NEW 5BR/4BA home with views of the Pacific! Gourmet kitchen with slab granite counters also features a large pantry.

$3,995,000

TURN THE KEY
Tasteful design and a tranquil southwest view setting greet you as you enter this home. Honduran mahogany hardwood floors, medina kitchen with granite counters, master on 1st floor.

$1,295,000

Turnkey home is ready for you to expand with potential ocean views or move-in and enjoy. Bamboo flooring, granite countertops and interior sliding doors create an exceptionally open feeling.

$1,235,000

SPACIOUS, TWO STORY HOME IN THE PRESTIGIOUS UPPER LA JOLLA SHORES AREA. EASY ACCESS TO FREeways, BEACHES, RESTAURANTS, SHOPPING AND MORE.

$1,275,000

LA JOLLA

$1,250,000
Spacious two-story home in the prestigous upper La Jolla Shores area. Easy access to freeways, beaches, restaurants, shopping and more. S=BR/4.5BA.

$1,250,000

LA JOLLA

$4987,000
WHAT A DEAL!
Absolutely stunning remodeled condos in the heart of the Shores! Open floor plan, kitchen features granite counters, stainless appliances and designer glass backsplash.

$3,995,000

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Beautifully appointed single level home with downtown, bay and ocean views from nearly every room. 3BR/2.5BA.

$4,800,000

LA JOLLA

$1,395,000
Large, upgraded condominium in La Jolla Shores. 2BR plus den, 2.2BA completely remodeled unit with fireplace in 6 unit building. Walk to beach.

$1,395,000

LA JOLLA

$3,995,000
Unique opportunity to own a recently renovated, historical designated property in the Beach Barber Tract. Offers bright open spaces, wood floors and a Viking kitchen.

$4,445,000

LA JOLLA

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Unique opportunity to own a recently renovated, historical designated property in the Beach Barber Tract. Offers bright open spaces, wood floors and a Viking kitchen.

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Tasteful design and a tranquil southwest view setting greet you as you enter this home. Honduran mahogany hardwood floors, medina kitchen with granite counters, master on 1st floor.
We need a local solution that will resolve the issue... that hasn't happened yet.

CHRISTINE KEHOE
STATE SENATOR

by District 6 Councilwoman Donna Frye.

“If it’s not controversial, it could get passed — otherwise it could get public comment,” Pease said. “It would be a request to the state legislators to add ‘marine mammal habitat’ as a permissible use under the tidelands grant.”

Casa Beach, or the Children’s Pool, was among several areas the state gave to the city for certain uses in a 1931 state grant, including “public park, basking pool for children, playground, highway, playground and recreational purposes, and to such other uses as may be incident to, or convenient for the full enjoyment of, such purposes,” the statutes stated, adding the right to fish off the waters.

There would be a new bill introduced before the legislature with a slight wording change to add the tidelands grant, the law that conveyed Casa Beach from the state to the city,” Pease said.

Kehoe said she needs some “clarification” from the city that this is what the people want. But at this point, she said, “I can’t promise — we’re putting the cart before the horse.”

For information about the Children’s Pool, visit www.childrenspool.org or www.childrenspool.com.

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Two youths frightened locals Saturday, when one La Jollan called police after misidentifying a BB gun, causing armed police to respond with the department’s helicopter crew.

A resident of the 5700 block of Rutgers Road called police Saturday, Jan. 3, at about 2:45 p.m. reporting an armed 20-year-old male wandering along the road, police spokeswoman Monica Munoz reported in a press release. Police responded, launching the San Diego Police Department helicopter (ABLE), the release stated.

“The helicopter crew began to record the incident on video and spotted the suspect on Copa de Oro Drive,” Munoz reported.

The resident told police another armed man also was running around, the release said.

“One of the suspects ran and hid in front of a house while the other tried to leave the area. The second male was stopped by officers and taken into custody without incident,” police reported.

While officers took the second male into custody, police said the ABLE tactical flight officer kept the first male in sight until additional officers arrived and arrested him.

Despite the counter-terrorism measures police deployed, the duo did not have real weapons. The juveniles were playing with toy BB guns, police said.

“They were detained until it was determined that no crime had taken place,” Munoz reported.

Although police released the duo, Munoz said, “it is against California law to carry a replica gun in public (12556PC) unless they are easily recognizable as replicas.”

According to Munoz, citizens can purchase replica toy guns that shoot BBs for less than $15, but manufacturers do make clear plastic guns, which are distinguishable from real guns.

“…It is never advisable for any individual to carry replica guns in public because they can be confused with a real gun. In this case, both the citizen and the officers believed that those individuals were carrying real guns,” Munoz reported.

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Restaurant Week menu.

Participating La Jolla eateries include: Apollonia, A.R. Valentien, Azul, Crab Catcher, the French Gourmet, George's at the Cove, the Grill, Jai, the Marine Room, Nine- teen, Sushi La Jolla, Roppongi, Roy's, The Shores, Steakhouse at Azul, Traitoria Acqua and Vigil- e's Seafood.

Many of the nearly 7,200 restaur-
tants in San Diego County are feel-
ing the pinch in the current econ-
omy as San Diego struggles with rising rates and home foreclosures. Many potential patrons have put their fine dining habits on ice as of late.

A special partner of this year's restaurant week is the Girl Scouts of America, which will promote its trademark cookie sales campaign that begins at the end of January. Several restaurants will feature special dessert recipes integrating Girl Scout cookie favorites like Thin Mints and Samoas.

“This year we’re seeing a return to comfort food. We think Girl Scout cookies in an ice cream sundae will make people feel good and satisfy them,” said Michel Malecot, owner of The French Gourmet.

Now in its fifth year, San Diego Restaurant Week is sponsored by the California Restaurant Association, San Diego Convention and Visitors Bureau and San Diego magazine. No special tickets or passes are required. However, reservations are strongly recommended and can be made by calling the restaur-
ants directly or by visiting www.sandiegorestaurantweek.com. The website also lists all participating restaurants by price and geographic area.

San Diego Restaurant Week is scheduled for Sept. 13 to 18.

DESSERT
CONTINUED FROM Page 1

Travel Events You’re Invited

San Diego’s own Acacia Travel, celebrating over 35 years of expert travel service to the public, will be holding some special events that travelers will find of interest.

The first is a Cruise Line Open House, January 21, between 4 and 7 p.m. Come in when you can to learn about the very special cruises now being offered by 14 cruise lines for 2009 and 2010. Cruise line representatives will be on hand to answer your questions and introduce you to their special offers — Avalon River Cruises, Carnival Cruise Line, Celebrity/Azamara Cruise Lines, Cruise West, Princess Cruises, Holland America Line and Regent Seven Seas Cruises.

Door prizes will be won, possibly by you (you need not be present to win), and refreshments will be served. The offices are located at 3272 Rosencrans St., near Midway Dr., in the Point Loma area. Please RSVP by calling 619-225-1233.

Another unique February event in the planning stages is an Introduction to Africa, which will include a lot more than just “safaris.” If you are interested in that event, please give us a call to receive an invitation.

**WEEK AHEAD**

- **Monday**
  - University of San Diego High School tour: 8 a.m., 6094 Genesee Ave., 457-3040
  - Low-impact aerobic/stretches and toning exercises, 9:30-10 a.m., also Wednesdays, chair exercises to music, 10-11:30 a.m., ages 55+, LJ Rec Center, 615 Prospect St., (619) 221-6973
  - Sea-Wees, introduction to sea life for 2-year-olds, 9:30-11 a.m., ages 55+, LJ Rec Center, noon, Lyceum Theatre, 7915 Draper St., (619) 221-6973
  - Troop 4 welcome meeting for new youth, 9:30-11 a.m., Birch Aquarium, 2300 Pacific Coast Hwy., (619) 583-0070
  - Acidic Oceans: Why Should We Care?, noon, LJ United Methodist Church, 6063 La Jolla Blvd., Mark Pulliam, 483-3642
  - Spanish classes, basic to advanced, 9:30-11 a.m., 1-2 p.m., 7 p.m., LJ United Methodist Church, 6063 La Jolla Blvd., free, (619) 221-6973
  - Piano duet, Ron Morebello and friend, 10 a.m., La Jolla Bridge Club, 1160 Coast Blvd., $15, 456-9964

- **Tuesday**
  - LeTip Golden Triangle, 7 a.m., Coco’s, 4280 Nobel Dr., 278-3334
  - LeTip classes, basic to advanced, 9:30-11 a.m., 1-2 p.m., 7 p.m., LJ United Methodist Church, 6063 La Jolla Blvd., $20 per session, $80 for eight weeks, 456-9964
  - Tasteful/Preschool storytime, 11 a.m., University Community Library, 4155 Governor Dr., free, preschool groups must call ahead, 522-1655
  - La Jolla Rotary, noon, La Valenza, 1132 Prospect St., free, and their guests only, 278-5600
  - All Lassen’s LEADS Club, noon, Traitoria Aqua, 1298 Prospect St., free, 866-3455
  - Pier Review Toastmasters, improve public speaking and leadership skills, noon-1 p.m., Room 114, Directors Office, toastmasters.ucsd.edu
  - University Community Planning Group Executive Committee meets, 6 p.m., Forum Hall, University Towne Center, above Wells Fargo Bank, 546-9475
  - Toastmasters of La Jolla, 6:30 p.m., Firehouse Community Center, 7877 Herschel Ave., guests welcome, 483-0116

- **Wednesday**
  - La Jolla Town Council will meet 30 minutes earlier than usual this afternoon, Jan. 8, since the La Jolla Community Planning Association is also meeting today.
  - Boy Scout Troop 506 meeting, 6:30-8 p.m., Birch Aquarium, 2300 Pacific Coast Hwy., (619) 583-0070
  - University City Library, 4155 Governor Dr., free, (619) 237-1223
  - Gentle Yoga/Breath & Flexibility, 10 a.m., La Jolla Bridge Club, 1160 Coast Blvd., free, 456-9964
  - Friday: Gentle Yoga/Breath & Flexibility, also Wednesdays, chair exercises to music, 10:30-11:30 a.m., ages 55+, LJ Rec Center, 615 Prospect St., free, (619) 221-6973
  - Low-impact aerobics/stretching to music, 10:30-11:30 a.m., ages 55+, LJ Rec Center, noon, Lyceum Theatre, 7915 Draper St., (619) 221-6973

**NEWS BRIEFS**

**Town Council will meet earlier**

The La Jolla Town Council will meet 30 minutes earlier than usual this afternoon, Jan. 8, since the La Jolla Community Planning Association is also meeting today.

For more information, call (619) 233-5008 or visit www.lajollabythesea.com.

**Spanish classes offered**

Four Spanish classes, from introductory to advanced conversational, will begin next Tuesday, Jan. 13 at the Rifesto Adult Center Group, 6811 La Jolla Blvd.

The classes are taught by retired Spanish teacher Sylvia Caviola, and run from 60 to 90 minutes each. For information, call (619) 452-1292.

**Liberty Station will recycle e-waste**

The High Tech Middle Media Arts Parent Association will host an e-waste recycling drive on Saturday, Jan. 10. To help San Diegans reduce clutter and recycle sensitive materials to the friendly manner.

The event will be held from 9 a.m. to 4 p.m. at the High Tech High School campus, 2230 Truxton Road.

Acceptable items include: computers, monitors, fax machines, keyboards, televisions, printers, copiers, toner cartridges, video game consoles, laptop computers, network cards, mice, cell phones, stereo systems and speakers and other items.

For more information, call (310) 734-6700 or e-mail sigurolson@gmail.com or mindydk@yahoo.com or send an e-mail to libertystation-recycle@earthlink.net.

**Motor Car Classic**

**spotlights sports cars**

The annual Motor Car Classic will take place Sunday, Jan. 11, at La Jolla Cove. The fifth annual event, which runs from 11 a.m. to 3 p.m., will celebrate classic American sports cars such as Corvettes, Mustangs, GTOs and Shelby Roadsters, and also pay tribute to GM on its 100th anniversary. The juried show will feature 10 specialty car classes.

Tickets are $15 in advance or $20 at the event, with children ages 13 and under free. A portion of the proceeds goes to the Monarch School for disadvantaged youth.

For more information, call (619) 219-5008 or visit www.lajollabythesea.com.

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MAKE THE ROAD SAFER AND SANER IN 2009

New Year’s resolutions for drivers

Meriden, CT — At this time of year, everyone hopes to close the book on bad habits and resolve to do better. Experts agree that many people break their New Year’s resolutions because they set unrealistic goals for themselves. However, there are common driving behaviors that drivers can resolve to improve for this New Year that are not only attainable but can make it a safer year for everyone.

“Bad driving is often just a habit you get into,” said Ray Palermo, director of public relations for Response Insurance. “It can take as few as 21 days for people to adopt a new habit. So, drivers can help ensure that 2009 is safe for themselves and others on the road in a relatively short period of time.”

He offered a few New Year’s Resolutions for drivers:

Use your turn signal. Letting other drivers know where you are heading avoids crashes.

Stay calm. Don’t compound another driver’s foolish driving maneuvers by making your own. Don’t overreact to events that can lead to road rage.

Know where you are going. And if you do make a wrong turn, just keep going. More often than not, you can return to the correct road pretty quickly and do it without endangering others.

Maintain your car. Check all fluid levels, change the oil if it’s due, clean the car’s windshield, windows and head-lights, make sure your lights and directionals are working properly, check the tire tread and air pressure.

Sleep. Rest can be your best defensive driving weapon. Long hours behind the wheel, particularly at night, make you drowsy, less alert to danger ...

A warm glow

I am so sorry that Proposition 8 has caused such a problem. I am sorry that people see homosexual marriage as a right. First of all, God ordained marriage between man and woman. The more we have abused this rule, the more problems we have as a society. I am surprised that people believe that rights are more important than God’s commandments.

I personally have lived with a homosexual parent and I wouldn’t wish this problem on anyone. I took his name even without adoption. My mother was the unsuspecting token wife and he made it hard for her to live without complications.

Our society is forced by minority groups to be what they want us to be and to think what they want us to think. We don’t need to feel sorry for these people and we don’t need to be their token guilt partners either. Since homosexual ads don’t have children, they can put more money into their commercials. Adopting children is one of their causes and many believe it is their right. If I had the ability, I would legally prevent this situation from happening to another child the way I had to experience it.

America is struggling to make sense of its government and now homosexual rights. We need to get back on a healthy track and start focusing on all of our citizens.

Susan Drake

They are accountable to us, not to them

Regarding “More views on Prop 8” (Letters to the Editor, Dec. 23, page 6) and protecting democracy. Thank goodness for the California Constitution — a document created by “we the people” to serve and protect the rights and liberties of “we the people” from the majority or from the minority. A living document, the preamble is quite clear in that it serves to secure and perpetuate freedom’s blessings provided by Almighty God.

We the people own the ability to establish it, change it and modify it. In fact, Article 2 is quite clear when it states, “All political power is inherent in the people. Government is instituted for their protection, security, and benefit, and they have the right to alter or reform it when the public good may require.” This constitution belongs to “we the people” and not the legislature nor they the court. It establishes protections against that tyranny and we the people have changed our constitution more than any other state for this very reason. When the legislature or judiciary gets too out of touch, they no longer serve the people. People are accountable to us, not to them as much as they would hope it not to be.

We the people of California are struggling to make a recent election that we understand marriage well. We comprehend that current law is quite clear that same-sex couples have the same rights as the rest of society. We also appreciate that marriage has its origins in religion. It is considered to be a sacred union sanctified by God. Our constitution is quite explicit in providing for the free enjoyment of religion without discrimination.

The issue before the voters therefore was quite simple — it was that of “we the people” providing a definition to the judiciary and legislative term of the marriage so they would know how to govern. Then, if people, be they legislative or judicial, cannot nor will not be tolerated. We the people have spoken — and rest assured that we will speak again.

Government works for us. The freedoms are ours. We are fiercely protective.

Al Sargeant

La Jolla

Letters to the Editor

OPINIONS

Signed letters to the editor are encouraged. All letters must include the writer’s name, address and phone number for verification. The editor may add editors for clarity and accuracy. Letters should be 350 words or less. Expressions not expressed are not the views of the newspaper.

SUBMISSIONS

Letters and photo submissions are welcomed. Those accompanied by an unabashed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

DEADLINES

All content must be received by the La Jolla Village News by 5 p.m. on the Thursday prior to publication. The editor reserves the right to edit for clarity.

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PRINTED WITH any ink and recycled paper. Please recycle.
GET MORE for less!
RESTAURANT WEEK RETURNS JANUARY 11-16

Enjoy three-course, prix fixe meals at 130 of the county's finest restaurants for only $20, $30 or $40 per person.

San Diego's most delicious tradition is coming back, offering extraordinary food at bargain prices. From pizza to prime steaks, San Diego Restaurant Week offers a wide range of mouth-watering cuisine for every craving and budget.

SanDiegoRestaurantWeek.com

San Diego Restaurant Week brought to you by

* Tax, beverages and gratuity are additional.
Jai by Wolfgang Puck

Created by one of the country's most renowned and respected culinary greats, Jai by Wolfgang Puck provides San Diego with a world-class dining experience that fuses rich Asian tradition with contemporary culinary trends. Executive Chef Yoshinori Kojima works closely with Chef Puck to create the modern and inventive menu, featuring diverse Asian inspired cuisine ranging from Miso Sake Broiled Butterfish to Crispy Cantonese Duck.

The name Jai (pronounced “Jay”) draws on the Thai word for “heart” and references the Chinese good luck dish. Puck's first venture into America's Finest City, Jai is proud to partner with La Jolla Playhouse to combine both theatre and culinary arts for Playhouse guests, as well as residents and visitors to San Diego.

Beyond the plate, guests at Jai enjoy a modern ambiance designed by architect Martin Vahtra of PROJECTS architectural design, also known for Jay-Z's 40/40 Club in Las Vegas, and the Time Hotel in New York City.

Roppongi Restaurant & Sushi Bar

Conveniently located on Prospect Street, it's obvious why Roppongi is Zagat rated “One of the Top Five Most Popular Restaurants in San Diego” and is a recipient of Wine Spectator's “Award of Excellence.” Executive Chef Stephen Win- dow continually finesses the extensive menu of tapas, salads, sushi and seafood, delighting guests with fresh, exotic fare prepared with traditional European gourmet cooking techniques.

Visit Roppongi during Restaurant Week and try their inventive prix-fixe menu which includes selections such as Pan Roasted Salmon with Curried Cauliflower Puree, Cilantro Pesto and Candied Cashews, and Meyers Natural Flat Iron Steak with Sake Braised Shiitake Mushrooms and Chinese Broccoli.

Roppongi is open daily for lunch and dinner with an ever-popular happy hour from 3-6pm. Spend an evening dining around the firepit, cozy up around the indoor fireplace and aquarium, indulge at the stunning sushi bar or just have fun watching the scene from their covered/heated patio.
Prospect Bar & Lounge
Prospect Bar & Lounge has a 180° ocean view from its patio. With new booth style seating and a California cuisine menu, come enjoy a relaxed dining experience. Happy Hour MTHW: 2 for 1 drinks and appetizers. Saturday & Sunday drink specials all day. Come watch all the NFL games in HDTV with an ocean view. CALL US TODAY AND BOOK YOUR HOLIDAY PARTY!

Catamaran Resort Hotel
The Atoll Restaurant and Patio provides fine dining amidst the tranquil and tropical breezes of San Diego’s Mission Bay. Surround yourself with spectacular sunsets, white sandy beaches, and the sights and sounds of nature all in one place. Ideal for special occasions, bayfront Sunday brunches, or an everyday escape to paradise. www.catamaranresort.com

Apollonia
A contender for the best Greek restaurant in Southern California, for 27 years, Apollonia (formerly Aesop’s Table) has been the destination of choice for La Jollans with an appetite for Greek delicacies. The restaurant has a handsome outdoor patio where shaded alfresco dining is delightful. Venture inside and you will find a charming ambience in every dining room and in the beautiful lounge. The menu includes age-old favorites such as Dolmathakia and Mousaka, alongside some absolute surprises guaranteed to tantalize your adventurous curiosity. The menu offers many healthier items prevalent in Greek cuisine and are suitable to those who follow a restricted diet yet like the joys of eating and the finer things of life. Apollonia’s service is very friendly and as pleasant as the food. Opens daily from 11:00 AM to 9:00 PM (Sun-Thur) and to 10:00 PM (Fri & Sat).

Vigilucci’s
A relative newcomer to La Jolla, Vigilucci’s Seafood, Steak & Chop House has quickly become a local favorite. Italian-influenced seafood, prime steaks and pastas are complemented by an extensive wine list. Sunday Italian Dinners featuring live music. Open Christmas Eve. Accepting reservations for New Year’s Eve—call for details on our special menu.

Kitima Thai
One could describe Kitima as unique, extraordinary and superb, and still fall short of describing it properly. Located in San Diego’s artistic Hillcrest area and also overlooking the water in La Jolla, Kitima takes pride in serving authentic Thai cuisine using only fresh and natural ingredients. The menu features an impressive array of organic vegetarian, seafood, poultry and pork entrees. Several house specialties, such as the Evil Prince (fresh prawns steeped in red curry sauce), sets the standard by which all Thai cuisine should be judged. The desserts are homemade, including the wildly popular coconut ice cream. The dimming room, designed by owner/architect/chef Troy Bushykanist, features a beautiful blend of Asian sculptures and colorful wall murals, giving it a refreshingly relaxed feel. The service (led by Troy and his wife Kitima) is excellent, and guests immediately feel at home in the intimate and romantic atmosphere.

Mr. Taco
Happy Hour just got even Happier! Please join us Monday-Saturday, 4-9 pm for our new Happy Hour with $1 TJ Tacos and $2 Drinks. Authentic Mexican Food served since 1985. Catering is available for any special occasion! Located off of Prospect & Ivanhoe.

French Gourmet
Our Zagat-rated restaurant serves California-inspired French cuisine in a quaint countryside environment. We are a long-time favorite of locals who appreciate the value of the menu and the extensive wine list, created by Master Sommelier Gino Campbell. Ask about hosting your private party here.

Donovan’s of La Jolla
Nationally recognized as one of the great steakhouses in America, Dono- van’s of La Jolla has an intimate and relaxed private club atmosphere, enhanced by imported mahogany walls and extensive collection of fine art.
Bird Rock is nestled between swanky La Jolla Village and the beach community of Pacific Beach. The charm of Bird Rock is alluring and seductive with the assortment of shops and eateries. Make a point to park and shop along the newly renovated La Jolla Boulevard and enjoy the vibrant trees and colorful plantings. Among the variety of shops you’ll find clothing boutiques, including swim wear, bridal salon, infant clothing, formal attire and fashion accessories and shoe salons. Locals have enjoyed the health and fitness salons, postal services and other services available. There’s even a piano store! Bird Rock hosts a large assortment of restaurants and eateries from casual to very elegant! If you haven’t visited Bird Rock on the Boulevard, you’re in for a very pleasant surprise!
Newcomers salute New Year

What better way to start off the new year than with a tale of the La Jolla Newcomers gala? Last week in this column there were two photos and herewith are the rest. It was a glittery affair, replete with two handsome Marines (in the aforementioned photos) who guarded the new, boxed, unwrapped toys, destined for the hands of children who otherwise might have had a bleak Christmas, and assorted recycled shiny silver table centerpieces, selected from the extensive collection of Joni Alpert, which she uses time and again for such occasions. Not visible is the redecoration of rooms at the home of the Crossroads Foundation, a group that helps women attain sobriety, and has become the new charitable undertaking of LJN. One thing that is not so new is their membership; the very name “newcomers” alludes to newly arrived La Jollans but there are no hard and fast rules about what constitutes one nor are there any limitations on how long they can remain members. That’s why there were so many familiar faces, dating back many years, in the gala crowd, plus a few new ones who have been local residents for eons but perhaps never got around to registering. Maybe they found out how fun this group is, so, La Jollans, it’s never too late! Check out their assorted activity groups, going far beyond the toy collections and Crossroads.

2. Karen Hickman and Jeff Wissler.
3. David and Mary Duea.
7. La Jolla Playhouse: Happy New Year from Joan Jacobs, Barbara ZoBell and Iris Strauss.
**Location, location: Cabaret Dances moves to Anthology**

Above: The supper club would seem an ideal location for its super-slick art deco ambiance, an excellent sound system, an intriguing stage, a platform made for musical groups and a dance floor — usually covered with tables — that seemed to propel them headlong into the music, which also held hard-vocalist Rachel Drexler (more applied "style" than substance or musicality) and the talented arrangement/pianist and singer, working vocalist Rachel Drexler.

Art produced in places not created for art is common in today’s world. Art, which has an illustrious history of evoking and enduring, is just as much a social and political happening to be anywhere — in fact, which fact provides a platform, including parks and street corners.

Over recent decades in San Diego, citizens have seen theater and dance in storefronts, at trolleys, and in shops, in banquet rooms and converted spaces of all kinds, including the decor of the Dinah’s Doo Boppers. Art manages to survive even in places with bad acoustics, bad pianists, and bad audiences. There is need for art that flows both ways. Art must be seen, people must see and be affected by it.

Because The Old Globe converted San Diego Museum of Art’s (SDMA) Copley Auditorium into theater space for its use during the razing and reconstruction of its smallest theater, programs and artists normally booked into Copley are as homeless as gypsy theater companies.

Jazz in the city was set back decades by the shuttering of SDMA’s monthly Jazz in the Park series, booked by the extraordinary Holly Hoffmann. In fulfillment of an odd cosically aligned almanac left, Art Isaacs San Diego Dance Theater — longtime producer of a yearly series titled “Cabaret Dances” at SDMA — had moved this season’s “Cabaret Dances” to one of San Diego’s newest commercial supper clubs, Anthology, where it continues Sundays at 5 p.m. throughout January.

The supper club would seem an ideal location for its super-slick art deco ambiance, an excellent sound system, an intriguing stage, a platform made for musical groups and a dance floor — usually covered with tables — that seemed to propel them headlong into the music, which also held hard-vocalist Rachel Drexler (more applied “style” than substance or musicality) and the talented arrangement/pianist and singer, working vocalist Rachel Drexler.

**‘Valkyrie’ captures intense moment in world history**

Dr. James Colt Harrison | VILLAGENEWS

“Valkyrie” is an exciting new look at a moment in history, which could have changed the direction of World War II. Director Bryan Singer (“The Usual Suspects”) and screenwriters Christopher McQuarrie and Nathan Alexander, who worked with Tom Cruise, give their characters flesh.

The film depicts the plot to kill Hitler on July 20, 1944. Von Stauffenberg had devised Operation Valkyrie, a shadow government that seemed to take over if Hitler were killed during the war. Hitler himself approved the scheme and considered von Stauffenberg one of his loyal officers. But the colonel was beginning to see the terrible things the Nazi government was doing, and he had the nine lives of a cat.

Cruise plays von Stauffenberg, one of the most famous Bay of Pigs década. He tries to “kill” Hitler through laughable moustache. Even Charlie Chaplin tried to “kill” Hitler through laughter in “The Great Dictator” by making fun of him. Surprisingly, this didn’t stop “Titanic,” which became the biggest grossing film of all time. It doesn’t hurt “Valkyrie” either, and it is a fine film that keeps one on the edge of the seat.

The officers in the plot are remarkable. Tom Wilkinson, who plays General Tresckow, the ambitious General Fromm as played by Oscar-winner Tom Wilkinson and Terrence Stamp, who plays General Beck, an officer who resigned early in 1938 to protest against Hitler. Also doing a terrific job are comic Eddie Izzard in a serious role, Bill Nighy, German superstar Thomas Kretschmann as played by David Bamber as Hitler and newcomer Carice van Houten as Mrs. von Stauffenberg. It’s a good ensemble cast and they do the best they can with characters that are not fully fleshed out.

The officers are all upset with Hitler, but the real reason they want to participate in the assassination is not fully clear, unless they all have the same reason as Hitler, that seems to be propelling them headlong into what they knew would be a disaster if they failed.

It’s an absorbing film, even though we know the outcome. It’s a suspenseful, directorial and writing to sustain interest in a subject we know the ending. But the film doesn’t stop. It’s an exciting story, which became the biggest grossing film of all time. It doesn’t hurt “Valkyrie” either, and it is a fine film that keeps one on the edge of the seat.

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Several local scholastic boys basketball teams took to the hardwood over the holiday break in area tournament action.

La Jolla High under head coach Kamal Assaf heads into play this week with a 6-7 record. After meeting University City High on Tuesday, the Vikings are slated to play at neighborhood rival Bishop’s School on Friday night at 7 p.m.

“We are playing everyone competitively — we have defended well against a quality non-league schedule,” Assaf noted. “We are looking forward to a great league season.”

La Jolla played in the MaxPreps Holiday Classic over the Christmas break, scoring wins over Francis Parker (51-34) and Bingham (51-41), with losses to Palm Desert (43-40) and Temecula Valley (62-52).

In the win over Francis Parker, Alec Giusti paced La Jolla with 19 points, while John Walsh and Jack Latta led the way in the win over Bingham with 13 and 12 points, respectively.

At The Bishop’s School, the Knights head into action this week with a record of 9-3.

In action at the Las Vegas Prep Tournament to end December, Bishop’s tallied victories over Las Vegas Mountain View Christian (67-53), Clovis North (66-44) and Sherman Oaks Buckley (68-60).

Malik Love and David Stotelmyre led the way over Sherman Oaks Buckley with 26 and 18 points.

La Jolla Country Day (LJCD) School comes into play this week at 9-4 following action in the Corona del Mar High Tournament.

The Torreys scored wins over Lutheran (79-19) and San Ysidro (60-51), with losses to Oceanside (60-49) and Anaheim Katella (63-60). LJCD had five players in double figures in the victory over Lutheran, with Max Herdliska leading the way with 16 points.

Finally, University City High enters play this week at 10-2, having competed in the Surf ‘N’ Slam Tournament over the holidays.

UC registered wins over Tracy Merrill West (50-39) and Snoqualmie Mount Si (69-59), with a 68-64 loss to Conestoga.

David Washington tallied 23 points for UC in the victory over Snoqualmie Mount Si.
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Workshop Dates:

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<th>Point Loma</th>
<th>Coronado</th>
<th>La Jolla</th>
<th>Mission Valley (AM)</th>
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<td>Best Western Island Palms</td>
<td>Loews Coronado Bay</td>
<td>La Jolla Shores</td>
<td>Sheraton Mission Valley</td>
<td>Sheraton Mission Valley</td>
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<td>2051 Shelter Island Dr.</td>
<td>4000 Coronado Bay Rd.</td>
<td>8110 Camino del Oro</td>
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<td>Wednesday, January 21st</td>
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Ask us about our upcoming Advanced Trustee Training Workshop!

- How to Sell Appreciated Property Without Paying Capital Gains Tax
- Avoiding the Pitfalls of B Trust Funding
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- Increasing Your Income Through Tax Credits and Real Estate Investment Trusts
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- Understanding Medicare and Long Term Care
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- Avoiding Identity Theft

More information including dates and location will be given at the 7 Biggest Mistakes workshop.

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San Diego Boat Show drops anchor

By LAURIE SMITH | VILLAGE NEWS

Avast ye, mates! The 21st annual San Diego Boat Show sails into town today, Jan. 8, and will dock through Jan. 11 at the San Diego Convention Center. Show manager Jeff Hancock declared that the event is for everybody and anybody — “people who own boats, people who want to own boats and people who just want to look at boats.”

And this year, like no other, it’s also for the eco-minded. The show, largest of its kind on the West Coast, features hundreds of vendors and local dealers, showcasing the latest in boats, gear and accessories — at the best deals — from kayaks to mega-yachts and everything that goes with them, Hancock said.

“Think of the show like a supermarke...
Safe Exercise for the New Year


MYTH
You don’t have time for exercise

FACT
You just need 30 minutes a day

LEARN
New exercises to keep you in shape this year

• Learn how to stretch properly
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• Learn how to progress your own exercise routine

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Date: Thursday, January 22nd at 4:00 – 6:00pm "NEW TIME"* St. Brigtd Parish Hall, 4735 Cass Street, P.B. FREE Seminar 8:30-9:30 (858) 581-6900
Sponsored by St. Brigtd Health Ministry and Tassinari Physical Therapy

GRASSES

CONTINUED FROM PAGE B 1

base comprises tangled, brown roots that weld like concrete to rock substrate. The individual, compressed (1/16-inch wide) blades flex easily with brittle resist- tance. Shapewise, surfgrass strands somewhat resemble fine spaghetti- ni noodles, due to their serpentine water at the Cove and a set of waves rolls in. I dive down and grab onto a hunk of surfgrass, confident that I won’t be washed back to shore. It’s a strategy that works every time. Contrarily, eelgrass generates tranquil, grassy islands in caves or on the white sand expanse off La Jolla Shores. Growing in bundles on the sheltered bottom at 25 to 30 feet deep, individual blades grow to 3 feet tall and measure 1/8-inch wide. Shapewise, eelgrass strands somewhat resemble flat, wide fus- taccini noodles. The stem of each bundle is loosely submerged in sand, where it is further anchored by many fine roots. Although eel- grass grows well beyond the breaking waves, surge from heavy surf may uproot these delicately positioned plants so beach walk- ers may see some wash in.

As with all plant life, seagrasses provide food and substrate to a variety of animals. Like many local plants at this time of year, seagrasses are also not in bloom. Come sum- mer, they will send up flowers but now is not the time to look for them because, as self-pollinators, they have no need to attract birds or bees.

To find surfgrass flowers, move in close and wade through the sand, where it is further anchored up to their roots. The individual, compressed (1/16-inch wide) blades flex easily with little resis- tance in the turbulent surf. The mix in your portfolio should match your personal goals & objectives, and your asset allocation is likely off-kilter. The mix in your portfolio should match your personal goals & objectives, portfolio to be a long- term investments. You can't force investment managers to act and do what so many peo- ple have done – panic selling. Panic selling decisions may force investment managers to sell good stocks or forego attractive purchases to meet liquidation requests. And as you should remember, for every seller there must be a buyer... and big drops in the market can be great buying opportunities. Selling, “going to cash” and waiting for a new seedpod structures that project a foot above the grass meadows themselves. Once seagrass seeds have devel- oped, the pods burst open and the numerous seeds pop out, drift down and root within 3 feet of where they were ejected. This is a particularly good trick for surfgrass because of its rocky and otherwise chaotic environment, but it explains why eelgrass forms dis- tinct islands. Each island is com- posed of a solitary plant, its progeny, and the progeny of their progeny.

Seagrasses are an important food source for many animals such as snails, some fish, birds and mammals, and they play a critical role in providing a safe haven for various animals to hide, hunt and reproduce. Cormorant birds use surfgrass to build their nests, as can be seen in their rookery area above the coves. These attributes aside, we want to be mindful of seagrasses because their sensitivi- ty to pollution makes them an excellent barometer of the health of the nearshore environment.

— Judith Lea Garfield, biologist and underwater photographer, has authored two natural history books and underwater photographer, has authored two natural history books of the nearshore environment. "We have a small commercial space in La Jolla Shores for long term lease now. Call for more details.

Sponsored by St. Brigtd Health Ministry and Tassinari Physical Therapy

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Ask Aubrey

Aubrey Morrow CPF
Certified Financial Planner
Registered Investment Advisor Representative

Q: In your opinion, when will stocks bounce back?

A: If you consider your portfolio to be a long- term investment – at least 5 – 7 years or more, don’t over- act and do what so many peo- ple have done – panic selling. Panic selling decisions may force investment managers to sell good stocks or forego attractive purchases to meet liquidation requests. And as you should remember, for every seller there must be a buyer... and big drops in the market can be great buying opportunities. Selling, “going to cash” and waiting for a new bull market to rescue any losses may be an exercise in futility.

No one can predict with accuracy when the turn around will come or how robust it will be when it does. Human nature is often in conflict with successful investing. Those who wish to invest in today’s market are essentially snapping up stocks & real estate during a 40% off sale as compared to the peaks in 2007. This may be a great opportunity to rebalance your portfolio since your asset allocation is likely off-kilter. The mix in your portfolio should match your personal goals & objectives, risk tolerance and time hori- zon.

Don’t panic when the mar- kets seem to be falling apart and forget about sitting on the sidelines with your long- term investments. You can’t control the markets – but you can control your reaction to it. Remember, crisis plus fear may equal opportunity. As always, please let us know if we can be of assistance.

Please call with a question (858) 597-1980 or e-mail info@financialsightsd.com

The Financial Advisors

Ask Aubrey

Aubrey Morrow CPF
Certified Financial Planner
Registered Investment Advisor Representative

Q: In your opinion, when will stocks bounce back?

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The board of directors of the Golden Triangle Chamber of Commerce (GTCC) extends best wishes for a productive and happy New Year to members and to the entire community. The next several months will be exciting and busy for the Chamber.

The December mixer was held at Harry’s Bar. Always a fun venue, this year was no exception. More than 50 enthusiastic business people enjoyed great appetizers and even better networking. These new members were awarded certificates of membership.

The Chamber has two more fantastic Business After Five Mixers scheduled. The January mixer will be at Venice restaurant on Wednesday, Jan. 14. Of special note is that Venice has one of the largest wine collections in San Diego. The theme of this event will be recognition for all members who joined in 2007 or before. It is our way of expressing the gratitude we feel for our members.

The February mixer should be a night to remember. The new restaurant Jai La Jolla Playhouse has been very special to a lot of our players, and they have offered to host the event on Wednesday, Feb. 11. Jai La Jolla is owned by world-renowned chef Wolfgang Puck, so it’s a safe bet the passed appetizers will be delectable.

According to OSU head coach Mike Gundy, who helped lead the Cowboys as a quarterback to the 1988 Holiday Bowl title, “Oregon was much more physical in the second half than we were in both sides of the ball.”

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New GTCC members (from left) Cory Reynolds (Manpower), Chamber President George Schmall, Laurie Britton (Cafe Virtuoso) and Ed Badrack (Send Out Cards) display their certificates at the December mixer at Harry’s Bar.

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Chamberchat

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There are currently two unfilled positions on the GTCC board of directors. Anyone interested in this leadership opportunity is invited to call GTCC Chairman of the Board George Schmall at Financial Bodyguards, (858) 350-1255.

Ducks

Thurmond raced back the second-half kickoff 91 yards to set up the Ducks inside the 10-yard line. Thurmond was very special to a lot of our players, and they have offered to host the event on Wednesday, Feb. 11. Jai La Jolla is owned by world-renowned chef Wolfgang Puck, so it’s a safe bet the passed appetizers will be delectable.

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Alzheimer’s Association Support Group

A supportive, informative group that meets monthly to discuss issues regarding caring for a loved one affected with Alzheimer’s or other types of age related dementia. Facilitated by caring, trained staff in conjunction with the San Diego Imperial chapter of the Alzheimer’s Association.

Come Join Us!

White Sands Admin. Conference room
Thursday, January 2009
6:00 – 7:30 PM

Location, Location!

Rare opportunity to purchase a home across the street from the ocean in La Jolla shores. Sun-filled home has lots of character. Ocean views and cool ocean breezes. Walk to beach and La Jolla shores village. 4br / 2ba.

Offered at $4,500,000.

Mary McGonigle
(858) 361-2556 or (858) 459-3504

PREVENTIVE MEDICINE FOR YOUR PC!

Q. What should I use to remove Viruses, spyware and malware?

A. It is important to check your computer regularly for Viruses, spyware, and malware. They can sneak onto your computer and drastically decrease its performance. Detecting and cleaning these malicious pieces of software is an essential part of the preventive maintenance being done through numerous antivirus/antispyware programs out on the market. Our recommendations are BitDefender and Spybot both are free programs that can be downloaded and help with any of your Viruses, spyware and malware problems.

Q. Why does it take a long time once I start using my computer to be able to use it?

A. Your computer can only do a certain amount of things at one time. Even though you may task it with doing more, it can only do one thing at a time. Implementing startup shields allow you to see and control which items run on startup. For help with this, feel free to give us a call.

Alzheimer's Association Support Group

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A Message from Dr. Broomberg, Voted Best La Jolla Doctor for Three Consecutive Years

I have been practicing Family Medicine for 40 years in South Africa and the United States. I began my practice in 1983 here in La Jolla, and it grew from a small intimate practice to a rather large one, now servicing over 3,600 active patients.

Every year the pressure to see more people increases, leaving both the patient and the doctor dissatisfied. The dramatic changes in medicine, throughout the years, have made it exceedingly difficult to deliver a high level of personalized service. With this in mind, I am making some important changes in my practice that allow me to take care of my expanded patient base and offer new personalized wellness options and specialty services.

Along with the continuation of general medicine, I am excited to announce the implementation of three categories of enhanced services into my practice.

Barry Julian Broomberg, M.D.

Why People Do Not Join Health Clubs

With the amount of information available today promoting the benefits and importance of regular exercise, more than 80% of population does not exercise regularly. Why is this? Perhaps it is simply an issue of the intimidation factor of the modern health and fitness club, which is keeping far too many people from achieving a healthy lifestyle.

Even though you desire the benefits of exercise… looking fit, feeling better with more energy, improving your overall fitness for a longer and healthier life… you avoid a Health Club because of the feeling you just won’t be comfortable there, or you don’t fit the “profile” of a serious exerciser.

At Club La Jolla, the health club intimidation factor is eliminated. If you are new to exercise and have the desire to improve your health and fitness, take the first step and experience the difference at Club La Jolla.

The friendly and knowledgeable staff will guide you on the road to better health with the complimentary personal training that is included with your membership. These one-on-one sessions will improve the effectiveness of your workouts and reduce the fear of the unknown through professional instruction.

Club La Jolla employs a philosophy of superior quality and a friendly, non-competitive atmosphere that encourages members to return, day after day, to enjoy their workouts in a relaxing and stress-free environment. The Club is well equipped, providing everything you need for an enjoyable and productive workout. At Club La Jolla, you can achieve the level of fitness you desire.

There has never been a better time to get started on your membership at Club La Jolla, located conveniently in the Village on Fay Avenue across from Vons. The enrollment fee (normally $145) is only $10 in January, which will be donated to The San Diego Center for Children. In addition, your membership comes with a 10 day money back guarantee.

If you are standing at the crossroads, knowing you need to improve your health and fitness, pick the path that leads to a better life. Start a regular exercise program with Club La Jolla today! Club La Jolla, where you’ll enjoy getting into shape!
What is a Geriatric Care Manager?

A geriatric care manager is a professional who specializes in assisting older people and their families in meeting their long-term care arrangements. Geriatric Care Managers develop an individualized care plan, providing for immediate support and long term needs. Care Management may locate and arrange for services, screen and assist in hiring providers for home care, home maintenance, meals, transportation, pet care and other services. Care managers may accompany clients to medical appointments, monitor health and other care providers, periodically reassess their needs. Care Management may locate and arrange for services, screen and assist in hiring providers for home care, home maintenance, meals, transportation, pet care and other services.

Uni.K.Wax Center

Uni.K.Wax has revolutionized the concept of hair removal since 1993. They are the body and facial waxing specialists. Now you too can benefit from their proprietary techniques, exclusive herbal wax and unparalleled service, as they bring their unique system to your area. Their center is inviting to everyone from students to athletes, moms on the go and the growing group of metrosexual men. Their center appeals to both men and women because their concept includes professional, affordable, fast and discreet waxing services in a clean and relaxing environment.

Their waxes are trained at their corporate headquarters, ensuring that they are qualified to provide service consistent with their high standards and proprietary techniques. Uni.K.Wax manufactures its unique herbal wax with only pure and natural ingredients and it is applied just above body temperature. So you won’t experience that irritation you may experience with other types of hard wax or depilatory products. Their technique removes the hair right from the root, leaving your skin with a long lasting and naturally smooth feeling. Phone: 858-455-5520 www.unikwax.com, email sandiego@unikwax.com

New Year’s Resolution Sale!

JOIN FOR JUST $10*

All proceeds from $10 enrollment to be donated to the San Diego Center for Children

*10$ Enrollment offer good until Jan 31st 2009

Membership includes:

• Fully equipped workout facility
• 2 free personal training sessions
• Unlimited Classes (Yoga, Pilates, Stretch & more)
• Beginner, intermediate and advanced programs
• Steam rooms, towel service & more!

Club La Jolla

8915 Towne Centre Dr, Suite 118
San Diego, CA 92122
Ph: (858) 455-5520
www.unikwax.com

Uni.K.Wax’s treatment areas:

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• Brazilian Waxing
• Bikini Line Wax

15% OFF* Any Individual Service

$10 OFF* Bikini Line Wax

$15 OFF* Bikini & Shaved Areas

Packages for Men and Women

Flu Shots $20

Free to Eligible Medicare Recipients
No Appointment Needed
Hours: 9-4. Mon-Fri; 9-1 Sat

Uni.K.Wax has revolutionized the concept of hair removal since 1993. They are the body and facial waxing specialists. Now you too can benefit from their proprietary techniques, exclusive herbal wax and unparalleled service, as they bring their unique system to your area. Their center is inviting to everyone from students to athletes, moms on the go and the growing group of metrosexual men. Their center appeals to both men and women because their concept includes professional, affordable, fast and discreet waxing services in a clean and relaxing environment.

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Seeing Spots?

Now that summer is over have you noticed hyperpigmentation (brown spots/areas) on your skin? Annoying isn’t it and how did it get there anyway? The first cause is from the sun itself, second is birth control pills or hormones, third comes home treatments that are too aggressive and injure the skin, rounding third and sliding in to home are lesions and abrasions. If you get by all of these you get the Gold Star. The skin reacts to injury by inflammation -> Tyrosinase -> Melanocyte Activity -> Melanosome Formation -> Melanin Granule Deposition -> Freckles, Dark patches -> uneven skin tone

PCA Facials along with PCA Brightening Therapy Cream with Trutone (registered trademark) will take away hyperpigmentation by blocking the production of melanin in the dermis. SkinSation La Jolla is exclusively PCA. Try the SkinSation’s of La Jolla “Spot Remover” facial for an overall even complexion. Owner April Neal-Nava is certified by PCA Skin to sell product by PCA (at a 10% discount to the public) and use PCA professionally at SkinSation in La Jolla.

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Innovative Healthcare’s Care Managers are Registered Nurses and are licensed through their professional associations. At Innovative Healthcare they have a bachelor’s degree or equivalent training in gerontology, social work, nursing or counseling. They are also members of the National Association of Professional Geriatric Case Managers (NAPGCM). For more information, call us at (877) 731-1442 or visit our website at www.innovativehc.com.
Big Bay Kids Area (sponsored by the Port of San Diego). This area features interactive boating safety puppet shows, boat painting and a chance to climb aboard the show’s dolphin mascot. Among the new features is the sure-to-be-popular Wakeboard Stunt Show, from Florida. “It is a spectacular show of professional wakeboarders and wakeplayers doing tricks on an impressive indoor set-up featuring a pool, rails and ramps,” Hancock said, adding that “they perform jumps, flips, nose-presses. And there’s something called the Kicker, a jump that launches riders 20 feet and propelling them up to 40 feet across the pool.”

The Green Boating Zone, another first for the show, promises to help water enthusiasts discover eco-friendly boating. Featured are the latest eco-friendly boats and engines to hit the market. West Marine’s “Go Green” display, outlining the best eco-friendly practices, and the Green Accessory Center, previewing the newest green boating accessories.

Former mega-yacht captain Russ Grandinetti — in his new role as the Green Accessory Center’s “eco-detective” — will hold a seminar titled “Trends Toward Green.”

The seminar will address what’s new in green marine products and highlight the most effective and useful procedures that make the boating experience more environmentally friendly. Knight & Carver, based in National City, invited Grandinetti to shift care and help form a new division of the company called Eco Solutions, the first green division in the shipyard industry. “I used to bring yachts in there all the time,” Grandinetti said. “When they asked me to come work for them, they asked what I would like to do — what I was passionate about.”

“Trend Toward Green” seminar, Thursday, Jan. 8, 9-10 a.m., $79 door, (619) 557-7272.

Grandinetti will be available to the press following the seminar, Thursday, Jan. 8, 9-10 a.m., at the San Diego Marina, 3000 Harbor Drive, (619) 438-4119.

The San Diego Boat Show will showcase all things ship-shape Jan. 8-11 at the San Diego Convention Center and the Marriott Marquis (above).
Add text here
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**SERVICE DIRECTORY - LA JOLLA VILLAGE NEWS**
Cape Cod Charm in La Jolla

Open Sunday 12–3  ·  1338 Muirlands Vista Way

All the charm and romance of New England right here in La Jolla. This wonderful Muirlands Village, Cape Cod, one-level home is elegantly situated on a +16,000-square-foot lot and boasts a landscaped backyard and ocean view roof deck. Perfect for entertaining and ideal for indoor/outdoor living. Features include large windows and doors throughout, electronic skylights, crown molding and open beam ceilings. Offered in cooperation with Peggy and Eric Chodorow. Designed by Ione Stiegler, Architect, and remodeled by Pete Hill Construction in 2007.

$2,995,000

Recycling and Waste Reduction Tips!

*How to Recycle at Home.*

Make recycling an easy part of your daily routine with these simple guidelines.

1. **Select storage locations** – Collect recyclables where they’re generated by conveniently placing bins in the kitchen, home office, and garage.

2. **Select storage containers** – Make sure that your recycling and trash containers look different from each other. Stackable plastic bins, crates, boxes and grocery bags make good indoor containers. When full, empty them into your City-issued blue bin.

3. **How to prepare items** – Remove lids. Flatten cardboard. Although rinsing containers out is not required, it may deter bugs.

4. **What to do with…?**
   - There are some items not accepted in the blue bin that can still be recycled: Donate clothes and household items – If in good condition, these items can be donated to local thrift stores and non-profit groups to be repaired and reused.
   - Recycle paper and plastic shopping bags – Most grocery stores in California have bins for recycling plastic bags, and paper bags can be recycled in your blue bin. Avoid single-use shopping bags altogether by using durable bags, and prevent tons of unnecessary paper and plastic bags from being produced and discarded.
   - **Reuse Styrofoam Packing Products** – Try reusing Styrofoam for packing at home. If you can’t use the peanuts, many shipping stores will reuse them. Some do not accept molded Styrofoam.
   - **Recycling Household Hazardous Waste and Universal Waste**
     - It is against the law to dispose of household hazardous waste (HHW) or universal waste in any refuse container.
     - HHW includes: used motor oil, antifreeze, oil filters, and latex paint.
     - Universal Waste includes: consumer batteries, electronic devices, fluorescent bulbs, and items containing mercury.
     - Proper disposal and recycling options vary. For More Information: Help is Close By – For help on starting a recycling program, disposal options for hazardous waste and universal waste, or more waste reduction tips, call Environmental Services at 858-694-7000 or visit www.sdrecyclingworks.com

5. **For More Information**

- www.iluvjunk.com
- 858 459 0202
day@sunrr.com
www.DavidSchroedl.com