LA JOLLA
VILLAGE NEWS

LA JOLLA’S PREFERRED SOURCE FOR LOCAL NEWS

THURSDAY, FEBRUARY 12, 2009

PLAYHOUSE PRESENTS A PETER Pan PREQUEL IN ‘STARCATCHERS’

BY CHARLENE BALDRIDGE | VILLAGE NEWS

Ever wonder what caused Peter Pan to become Peter Pan? Possible clues abound.

First, there’s the official prequel, “The Little White Bird,” written by Peter’s creator, J. M. Barrie, and published in 1902.

In 2004, humorist Dave Barry and mystery writer Ridley Pearson created their own Peter Pan back-story. Titled “Peter and the Starcatchers,” it was published by Disney subsidiary Hyperion in 2004 and has spawned an entire series of books that take

WATCH THE BIRDIE?

Nick Watney wraps it around on the 15th hole during the championship round of the Buick Invitational at Torrey Pines Golf Course. Intermittent rain and clouds (below) played a part in the Feb. 5-8 event, which Watney won.

LJCPA ELECTION WILL FILL 6 SEATS

BY ALYSSA RAMOS | VILLAGE NEWS

Ten candidates are running for six seats on the La Jolla Community Planning Association (LJCPA) board as the group gears up for its annual 2009 election, beginning at 3 p.m. Thursday March 5, at La Jolla Recreation Center. One candidate challenged last year’s results, claiming the group violated its bylaws.

“We’re hoping that’s part of our past,” LJCPA President Joe LaCava said. “We’ve gotten it clarified — that two years ago, people were standing at the door [with slates of proposed candidates]. The bylaws said you had to be 200 feet away, but that’s not enforceable.”

During last year’s election, citizens passed out a slate of recommended candidates called Save Our Village, which included recommendations on candidates to avoid.

La Jollan Phil Merten ran during last year’s 2009 election, but lost. Merten and Alice Perricone — who was elected in 2008 — challenged the results, claiming locals distributed slates close to the polls. But Deputy City Attorney Alex Sachs worked with LJCPA election subcommittee, eventually determining there was not a valid challenge to overturn the results.

“We clarified the CPA could not endorse the slates but outsiders can do the slates,” LaCava said. “The public sidewalk is the appropriate place to stand.”

This year’s candidates — Michelle Addington, Greg Salmon, John La Raia, Ryan Hill, Nancy Manno, Dan Courtney, Alice Perricone, Phil Merten, Michael Merton and Tom Brady — will run to

ACADEMIC LEAGUE CREATES A BUZZ

BY DAVE THOMAS | VILLAGE NEWS

La Jolla Country Day (LJCD) School has fielded a number of strong athletic teams over the years. When it comes to strong academic teams, the school does not have to take a back seat to anyone.

LJCD’s participation in the countywide Academic League has been a positive experience for a number of students and faculty at the school. The students at LJCD are matched with students from competing schools, having to “buzz in” and answer questions correctly before their opponents in a number of subjects, ranging from current events to quantum physics and so on.

The competitions begin next Thursday, Feb. 19, with LJCD competing in the Northern Division of the San Diego City School League. LJCD’s opponents in the Northern Division are Mira Mesa, Serra, Cathedral Catholic, Scripps Ranch and University City High. The teams are made up of varsity members (grade 12), junior varsity (grade 11) and novice (grades 9 and 10).

Gary Peritz is one of three faculty advisors (Bill Stevenson, Dave Schall) who coach the school’s Academic Leaguers. LJCD has a varsity team of 12 seniors, some of whom have known each other since they were in LJCD’s Lower School.

“Rather than focus on five”

REFLECTIONS

La Jolla saluted Abe Lincoln 100 years ago

BY CAROL OLTEN

As the Lincoln Bicentennial is observed Feb. 12, it becomes noteworthy to consider that the oldest memorial plaque in Scripps Park is dedicated to Abraham Lincoln installed by a small group of La Jolla pioneers commemorating the Lincoln Centennial in 1909.

Feb. 12 was a blustery day with bursts of rain showers 100 years ago when the ceremony was held, erecting a flagstaff while patriotic songs were sung and the Gettysburg Address was read and various tributes were made to the

Academic League Will Face Division Foes Starting Next Week

La Jolla saluted Abe Lincoln 100 years ago
12 Thursday
• La Jolla Sunrise Rotary Club, 6:38 a.m., La Jolla Shores Hotel, 5110 Camino del Oro, 459-8271, (619) 992-9449
• San Diego Business Connection, 7:15-8:30 a.m., Coors, 4280 Nobel Dr., (619) 681-1910
• Leads Club/UTC, 8:30 a.m., Hyatt Regency Barcoo Grill, 3777 La Jolla Village Dr., (800) 783-7361
• Exercise class, followed by activities and discussions throughout the day, weekend schedule, 8:30 a.m., Rifford Center, 6811 La Jolla Blvd., 459-0831
• Seniors discuss current events, 9:30-11:30 a.m., JCC, 4126 Executive Dr., free, 362-1114
• Toddler/preschool storytime, 10:30 a.m., Rifford Library, 7555 Draper Ave., free, preschool groups must call ahead, 552-1652
• Doyle Park Bridge Club, all levels welcome, 10:30 a.m.-1:30 p.m., Doyle Rec. Center, 8175 Regents Rd., 581-7170
• Toddler/preschool storytime, 11 a.m., University Community Library, 4155 Governor Dr., free, preschool groups must call ahead, 552-1655
• La Jolla Town Council meeting, 5 p.m., LJ Rec. Center, 615 Prospect St., 552-1658
• Red Wine and Dark Chocolate, discussion on heart disease prevention, 5:30 p.m. reception, 6 p.m.

Clarification
Due to a technical error, the calendar in last week’s paper was from two weeks prior. We apologize for any confusion this may have caused.

Michael Wolff brings his trio to the Athenaeum, 1008 Wall St., at 7:30 p.m. Feb. 12. Their Athenaeum debut will feature the acclaimed pianist’s original compositions, featured on his new release, “Joe’s Strut,” as well as straight-ahead classics. For tickets or info: 454-5872; www.jathenaeum.org.

13 Friday
• A Kindergartner’s-Eye View of La Jolla Shores, various media, by 5- and 6-year-olds, The Children’s School, 2225 Torrey Pines Lane, 454-0184
• LeTip Breakfast Club, 6:45 a.m., Radisson, 3299 Holiday Cl., 488-2560
• La Jolla Bridge Club hosts Duplicate Bridge, also Sundays and Wednesdays, noon, 11306 Coast Blvd., $2/mon.-members, 459-7000
• Scripi Memorial Hospital, 5980 Genesee Ave., free
• Collective Thoughts and Creative Expression: A Night of Spoken Word, presented by Thurgood Marshall College, part of Black History Month at UCSD, 6 p.m., The Price Center East, 9500 Gilman Dr., 534-7404 for this and more information on Black History Month events at the university
• Toastmasters of the Cove, 6:15 p.m., Doyle Community Center, 8175 Regents Rd., www.tmco.com
• Joe Cuervo Tequila Talk and dinner with Hon. Arturo Sarukhan, Mexico’s ambassador to the U.S., 6:45 p.m., Institute of the Americas, 10111 N. Torrey Pines Rd., $10 talk only, dinner $45-$60, 453-5560
• Program on American presidents with wordsmith Richard Lederer, 6:30 p.m., fund-raiser for ArtsBusXpress that provides free bus transportation for cultural field trips for students, Art Expressions Gallery, 2645 Financial Ct., Suite C, $30 advance, $40 door, 270-7577
• Jing Shi by Love, 7:30-9 p.m., Whole Foods Market, 8825 Villa La Jolla Dr., suggested donation $15, 642-1600
• Michael Wolff Trio, jazz, 7:30 p.m., the Athenaeum, 1008 Wall St., $18-$23, 454-5872
• Chamber music, Lin Hong, pianist, Charles Nedich, clarinetist, Mozart, Schumann, others, 7 p.m., La Jolla Presbyterian Church, 7711 Draper Ave., $10 suggested donation, 729-5280

14 Saturday
• Silver Jubilee Mahatma Gandhi Memorial Lecture with grandson Rajmohan Gandhi, 3 p.m., UCSD’s Calit® Auditorium, 9500 Gilman Dr., http://ucsdnews.ucsd.edu
• Valentine’s Day Music & Tasting, 3-5 p.m., Whole Foods Market, 8825 Villa La Jolla Dr., free, 642-6700
• Not So Silent Films featuring SD local and locales, with Teeny-Tiny Pitt Orchestra, 7 p.m., The Loft at UCSD’s Price Center East, 9500 Gilman Dr., (619) 534-9497
• Last day of “Looking for Juan” exhibit by emerging Filipino artists, the Athenaeum, 1008 Wall St., 454-5872

15 Sunday
• Farmers Market, 9 a.m.-1 p.m., corner Girard and Center streets
• USD campus tours, walking and bus alternating weeks, views of campus architecture and public art, 2 p.m., meet at South Gilman information pavilion, 9500 Gilman Dr., 534-4414
• LJ Democratic Club: speaker Diane Combs on Effective Grass Roots Organization and the Broadway/Navy Complex Downtown, 2-4 p.m., Rifford Library, 7555 Draper Ave.
• Chamber music, Lin Hong, pianist, Charles Nedich, clarinetist, Mozart, Schumann, others, 7 p.m., La Jolla Presbyterian Church, 7711 Draper Ave., $10 suggested donation, 729-5280

16 Monday
• Low-impact aerobics/stretching and toning exercises, 9-10:30 a.m., also Center, 615 Prospect St., (619) 221-6973
• Law and the Retiree club, 9:15-11:15 a.m., JCC, 4126 Executive Dr., free, 362-1141
• Gentle Yoga/Breath & Flexibility, 10 a.m., La Jolla Bridge Club, 1166 Coast Blvd., $15, 456-9964
• Kasey Kay, classical piano, noon, The Athenaeum, 1008 Wall St., 454-5872
• La Jolla Planned District Ordinance joint committee meeting, 4 p.m., LJ Rec. Center, 615 Prospect St., 552-1658
• Boy Scout Troop 506 meeting, 6:30 p.m., LJ United Methodist Church, 6063 La Jolla Blvd., Mark Pulliam, 438-3642
• “Islam: A Religion of Peace?,” book discussion with author Saleem Ahmed, 6-8:30 p.m., White Sands of La Jolla, 7450 Olivetas Ave., 450-5268
• “Skin Care Mythbusting,” book discussion with author Paula Begoun, 7:30 p.m., Warwick’s, 7812 Girard Ave., free, 454-0347

17 Tuesday
• LeTip Golden Triangle, 7 a.m., Coors, 4280 Nobel Dr., 278-3334
• Qi Gong classes, 10 a.m., free, Hospitality Hall, United Methodist Church, 6063 La Jolla Blvd., free, (619) 224-7479
• Toddler/preschool storytime, 11 a.m., University Community Library, 4155 Governor Dr., free, preschool groups call 552-1655
• La Jolla Rotary, noon, La Valenci, 1132 Prospect St., members and their guests only, 278-5600
• Ali Lassen’s LEADS Club, noon, Trattoria Aqua, 1298 Prospect St., (800) 783-3761
• Pier Review Toastmasters, improve public speaking and leadership skills, noon-1 p.m., SIO, Room 114, Directors Office, toastmasters.ucsd.edu
• Improve speaking and leadership skills with Toastmasters, noon-1 p.m., meeting site alternates, check Web site, visitors welcome, 826-6200 or http://wirelessimpresions.freecoast.host.com
• La Jolla Garden Club general meeting, Leon Vogel, San Diego Iris Society, 1 p.m., La Jolla Lutheran Church, 7111 La Jolla Blvd., visitors welcome, 538-8272
• Brain fitness program for older adults, 1 p.m., also 15th, 7:30 p.m., SIO, 450-5268
ACADEMIC
CONTINUED FROM PAGE 1

starters plus a few extras for each team (i.e., novice, junior varsity, varsity), we have always opened up our team to get as many students as possible involved in the matches,” Peritz said. “We have approximately 45 kids participating on the three teams, which is a double-digit percentage of our entire upper school student body. We have cross-section of athletes, artists, musicians, editors of student publications and members of student government.”

According to Peritz, the participants are all students who love intellectual challenges and are hopefully unafraid to hang the buzzer and answer questions in front of a room filled with fellow students, parents, and strangers. “A successful player needs to be smart, quick and have a little ice water in the veins,” Peritz added.

The kids practice during lunch (Monday novice, Tuesday JV, Thursday varsity) and commit themselves to five Thursday-night matches during February and March.

“We run the team the old-fashioned way,” Peritz noted. “We don’t offer a class in Academic League or prep the students in any special way. We just take our regular garden-variety smart kids and run ‘em on Thursday night. Win or lose, the success of the team is simply a result of the daily education they receive here at Country Day.”

Among the members of the LJCD squad is senior Matthew Wong, who is a member of the varsity squad. “I joined the Academic League team because I have always felt that I possessed a fair degree of trivia knowledge,” Wong remarked.

“Aside from that, watching ‘Jeopardy!’ at night also stimulated my interest in the activity. I really enjoy the doggedness of competition that Academic League brings as well as the team atmosphere and camaraderie that it fosters. When a teammate gets a question right, the moment is embraced and we can interact with each other to figure out the bonus question.”

Wong has played Academic League for four years and can say that he does not find it one bit less exciting than he did as a freshman. Fellow senior Kees Thompson said he can’t stress enough how much he thinks Academic League is a great addition to high schools and how much he enjoys it. “Although there are a multitude of opportunities to pursue in high school, and especially at Country Day, Academic League really is unique,” Thompson said. “So much information is constantly thrown at us day in and day out in class, and we are expected to learn it all for this test or that assignment. However, in Academic League, we are actually using that same information that is normally reserved for monotonous quizzes and tests in a fun and competitive environment. Comparing academic knowledge to athletics, Academic League is like finally scheduling a game after having practiced for seven hours a day, five days a week.”

Thompson adds that to be successful in Academic League, it takes a lot more than the ability to do well in school. “When I am studying for a test if we really know information, such as in public and time-pressed situations, it forces us to draw on knowledge from our entire academic career or even knowledge from the outside, such as the questions on current events,” Thompson said. “While it is true that not everyone or even most people would enjoy Academic League, it has been getting more and more popular in recent years, at least from what I’ve seen in the past four. “The only thing that has really been holding it back, other than the time commitment, is just lack of exposure to kids, parents and even faculty. As a result, our group tends to be somewhat of an eclectic mix of kids who are already involved in a lot of clubs or other activities and are aware of Academic League and what it actually is. In addition, one fact I think worth noting is that at Country Day, Academic League is not a class or an elective like at other schools. Instead, we meet at lunch once a week when possible, and only rarely get the time to really practice. I think we have a pretty committed and interested group. No doubt intelligent students, a dedicated faculty and learning all make for a seat at the table for the Academic League students from La Jolla Country Day School.”

NEWS

A Glimpse of the Market…

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A successful player needs to be smart, quick and have a little ice water in the veins.

NEWS BRIEFS

Bicyclist injured after Torrey Pines Rd. crash

A bicyclist crashed and hit his head after losing control around noon Sunday, Feb. 8, around the 12600 block of North Torrey Pines Road.

The 55-year-old bicyclist hit a concrete storm drain, lost control and crashed, according to San Diego Police Department Sgt. Jeff Fellows.

“He may have had a flat tire or lost control and crashed, hitting a concrete storm drain,” San Diego Police Department Sgt. Ray Battrick said in a press release. “He suffered a head injury causing bleeding to the brain, but is expected to survive.”

Rescuers drove the cyclist to Scripps Hospital, where he was treated for a head injury, police reported. Witnesses said no vehicles were involved in the crash, according to police.

MTS plans meetings on mass-transit cutbacks

Funding for public transportation in San Diego may get cut as much as $14 million this year as the state moves to reduce or eliminate its transit assistance.

The Metropolitan Transit System (MTS) must battle once more with reducing services and increasing fares to handle the lack of state funds.

The bus company is holding open houses throughout February to discuss proposals to

SEE NEWS BRIEFS, Page 7

SHORES SHARK SAFARI

Surprisingly clear water Feb. 4 offers a view of leopard sharks such as this one in the shallows of La Jolla Shores. It was the last day of calm seas before rainstorms made for murkier waters.

NEWS

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place prior to Wendy’s flight from the nursery to Neverland with happy thoughts and magic dust.  

Now, Rick Elise (“Jury Boys”) has written a play based on the Barry/Pearson hit novel. It is part of La Jolla Playhouse’s Page to Stage program, directed by Roger Rees and Alex Timbers, and presented by special arrangement with the film Theatrical Productions, whose involvement causes one to wonder if the animated film and musical are far behind.

On a Jan. 30 rehearsal break, Rees and Timbers walked down their lunch and then met briefly with Village News to discuss the project. Young, dark, handsome and obviously talented, Timbers spent four seasons at Williamstown Theatre Festival, where Rees was artistic director from 2005 to 2007.

“Alex was part of a program called Leaftag,” said Rees, who trained at the Royal Shakespeare. “He did a most astonishing performance in ‘The Life and Adventures of Nicholas Nickleby.’”

According to Rees, Elise and Disney producer Thomas Schumacher had the idea he and Timbers should work on “Starcatchers” a hit experimentally “somewhat more factory theater” than the techniques Rees is familiar with from “Nickleby.”

Rees said, “Ostensibly this is done with absolutely nothing on the stage. There is no scenery, no slip, no island or anything like that. It turns out to be a rather moving story about maturity, responsibility and the decisions that you make in life. Therefore, it applies not only to and the Stuporomaniacs to the leading characters, 12 and 13, but actually to anyone who’s grown up through life and made a decision they regret later or [passed up] an opportunity when it came along. We all have Peter Pan inside us.”

What about the bad guys? Rees turned to Timbers and asked, “Are there any bad guys?”

Timbers replied, “Not really.”

Then Rees explained that the character Robin Colcord in the television show “Cheers.” To theater folk, however, he is remembered, among others, for his Olivier- and Tony-Award-winning performance in “The Life and Adventures of Nicholas Nickleby.”

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“Alex was part of a program called Leaftag,” said Rees, who trained at the Royal Shakespeare. “He did a most astonishing musical (Bloody Bloody Andrew Jackson) that went on to Broadway and is going to be done at the Public Theatre in New York this year as well. It’s a fantastically imaginative, audacious piece of political theater, very musical, very modern….and you know, when you get to be my age, which is ancient, it’s very good to be around young people.”

Born in Wales in 1944, Rees is noncommittal. “Perhaps. Perhaps. There may be. Maybe. That’s one of the things about Peter Pan. He can do that thing we all dreamed of doing when we were children.”


The ceremony concluded late in the day with a procession to the park through La Jolla accompanied by a drummer and a group of dignitaries, the latter arriving for the celebration by train from San Diego.

One outstanding guest of the day was R.H. Spears of Indianapolis, whose face to fame was being “the man who looks like Lincoln.”

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School board wrestles with budget cuts

Br. Sebastian R. U. [Village News]
The San Diego Unified School District (SDUSD) has restored some federal funding to schools with students from poorer families. Next school year, schools with 40 percent or more students on free or reduced-cost lunch programs will get about $343 per student. The money should go to help pay for additional instruction and other costs for the students.

Schools including University City High School on Gene- see Avenue and Ocean Beach Elementary on Santa Monica Avenue, were cut out of federal funding because of recent board decisions to funnel more money to schools with a higher concentration of students from financially struggling families.

As the board restores some federal funding to schools in poorer areas, the rest of the district continues to wrestle with current-year and projected budget cuts.

Delaying the purchase of new school buses, curtailing travel for teachers and potential layoffs of district administrative office personnel represent some of the budget-cut items SDUSD board members approved Feb. 10, as they try to close an estimated $33 million midyear budget gap.

Board member Katherine Nakamura voted against proposed midyear cuts because, she said, there wasn’t enough information to make a decision. She crumpled up the single sheet of paper representing $33 million and tossed it aside after the 3-2 approval of the 2008-09 midyear budget plan.

Nakamura and board member John de Beck voted against the plan, with board president Sheila Jackson and members John Lee Evans and Richard Barerra in favor.

Nakamura’s objections included a vaguely described $7.7 million cut from non-school sites.

“Who is taking what hit in Central office and what does that mean?” Nakamura asked. “Are we getting the financial document[s] we need?”

Nakamura directed staff to come back with more information at a special Feb. 14 board meeting. De Beck, who represents schools in Ocean Beach, Pacific Beach and La Jolla, said the cuts don’t represent a long-term solution. Although the board is trying to avoid layoffs, de Beck said they’re a possibility.

“I don’t see that the savings are there that don’t involve rollbacks in salary,” de Beck said.

Proposed midyear budget solutions include tapping into $4.5 million in workers compensation funds and maintaining a hiring freeze that should result in an estimated $6.2 million in savings.

Time is ticking for budget decisions as the district runs up against San Diego County deadlines. SDUSD Chief Financial Officer James Masias said if the district doesn’t decide on a current-year solution and a two-year outlook plan soon, the county could throw out the entire plan and force it to plan with county officials this week, adding that the current budget crisis changes the way school site budgets are allocated.

“We’re looking at every school site to see what is it that you don’t need [to oper- ate],” he said.

The board also addressed next year’s estimated $75 million budget deficit. Cuts next year could bring reductions in Central office staff, increased class sizes and elimination of off-campus learning programs in Balboa Park and Old Town.

According to SDUSD staff reports, for every closed school with fewer than 400 students, the district can save about $45,000.

Several beach-area schools, including Point Elementary, La Jolla Elementary, Laurel Elementary, and Barnard Elementary showed up on a list of schools the dis- trict was considering closing or reconfiguring.

The SDUSD board recon-venes to discuss the fiscal year 2009-10 budget Saturday, Feb. 14, 8 a.m., at Eugene Brucker Education Center Auditorium, 4100 Normal St.
T he peeps over at Point Loma’s NTC Promenade liked last year’s Valentine’s Day marraige marathon so much that they’ve decided to throw a do-over. On Friday, Feb. 13, 30 couples will either marry or renew their vows there, having been picked from a list of 160 who submitted their testamonies on why they think they’re the coolest candidates. A big fat reception is planned too, with a big fat wedding band, a big fat buffet, a big fat cake, big fat music and (hopefully) a decided absence of big fat second thoughts.

Marriage is one of those endur- ing institutions, all right, the world’s universally recognized forum for declaration of mutual fidelity — and if yours is happen- ing on the 13th at NTC, it takes on a special significance. The only drawback is that one of the central figures in the institution’s history won’t be there to perform the ceremony. St. Valentine has been dead since about A.D. 270, but it’s his stretch in stir that really take root in Rome until Christianity, after all, didn’t become the richness life has to offer. The signature said, “From your Valentine.”

What’s more, Julia could read it.

Thus inspired, Julia is said to have planted an almond tree at Julia’s grave, near what is now the Church of Praxedex in Rome. The almond tree — like the archetypal card Valentinus left behind at his end, but not refunds? — er, rings — you might want to give it up for an unsuspecting little sort who’s there in spirit, the bearer of many standards for marriage’s very public place in the very pub- lic mind.

The ancient Romans held the feast of Lupercalia, designed to purify the city and promote fertility, every mid-February. Magis- trates ran around the city streets; dogs and goats were sac- rificed; crowds donned the animal skins, called februa, in imita- tion of the fertility god Lupercus; and young women lined the parade routes to receive lashes, which were thought to prevent sterility and ward off evil spirits. The Whipings live on today in some. Faster Monday ceremonies — other than that, Lupercalia was about as un- Christian as it gets.

Christianity, after all, didn’t really take root in Rome until the “truce” and triumvirate of Emperor Constantine by about 250 years, and he came to symbolize martyrdom’s other- wise narrow even then. Despite the oppressive Emperor Claudius II’s ban on Christian marriage rites, Valentinus wed young cou- ples underground by the score. The jig was soon up amid word of mouth, and Valentinus was jailed for crimes against the state. He was eventually beaten to death and thrown overboard his growth around A.D. 500 — but Valentinus, a Roman temple priest, precursed Constantine by about 250 years, and he came to symbolize martyrdom’s other- wise narrow even then. Despite the oppressive Emperor Claudius II’s ban on Christian marriage rites, Valentinus wed young cou- ples underground by the score. The jig was soon up amid word of mouth, and Valentinus was jailed for crimes against the state. He was eventually beaten to death and thrown overboard his growth around A.D. 500 — but Valentinus, a Roman temple priest, precursed Constantine by about 250 years, and he came to symbolize martyrdom’s other- wise narrow even then. Despite the oppressive Emperor Claudius II’s ban on Christian marriage rites, Valentinus wed young cou-

A man is the sum of his assertions, and the assertions of his assertions:

For whatever rea- Mark, the “I dos” and break out the golden handc-  — er, rings — you might want to give it up for an unsuspecting little sort who’s there in spirit, the bearer of many standards for marriage’s very public place in the very pub- lic mind.

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For whatever rea-
Dear friend,

Mistakes are tough. Real tough. But sometimes an admission can set the record straight. So I am writing to get my heart’s truth out. Before I talk about my mistake, though, let me say a few other things first.

Let me start by explaining the photo in this issue. You know how it goes, ‘You’re cute, you’re yeah, you’re Dr. Wong.’ I’ve seen your ad with that picture of you and the little girl. Let’s start with me, the guy on the right.

Thirteen years ago something happened to me that changed my life forever. Let me tell you my story...

Back then I was working part time doing a job that taught me how to be an excruciating pain in the middle of my back. In my case it came on suddenly. The pain was so intense I couldn’t bend over, twist, and sometimes I couldn’t even button my shirt. I was afraid that I’d lose my job if the disability continued. After seeing a doctor and taking lots of pain medications, the discomfort was still there. I even remember one instance where I just couldn’t stand the pain anymore and I broke down and cried. Knowing I didn’t want to take painkillers forever, I was desperate for answers. But there’s more...

A friend of mine convinced me to give their doctor a try. This new doctor did an exam, then took a ‘selfie’ and then said I needed surgery, which I didn’t. I eventually went to chiropractic school...

Now for Cierra, she’s the little girl in the photo. Growing up, she was (and still is) very active. She slipped and hit her head in the parking lot when she was three. Her head had been bed numerous times and on top of that, she suffered from severe ears infections. Cierra’s been getting adjusted regularly now for over a year and she is as healthy as can be. She’s no longer afraid to go to school, and she loves getting adjusted and it seems like a huge difference to her.

It’s strange how life is, because now people come to see us with their health problems. Also they come to see us with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, allergies, sleep problems, tongue, athletic injuries, just to name a few.

Here’s what some of my patients had to say...

“UN_SOLICITED TESTIMONIAL”

“I was having so much back pain, neck pain and couldn’t take the credit. My job affected my job, I was misdiagnosed so many times but now I live pain free. My kids say ‘no more’ and that’s why I love you Dr. Wong.”

Sigrid, La Jolla R, San Diego.

“UN_SOLICITED TESTIMONIAL”

When I first came to Dr. Wong, I was in constant pain and barely could walk up the steps to his office. Now, after being under his care, exercising to strengthen my back and legs, I can honestly say that I am pain free I am no longer taking any pain medication. My bowling game is better and I am now walking about 3 miles a day. I am looking forward to a life I did before my back problems.

Sigrid, Larry D, San Diego, CA

Several times a day, patients please me for helping them with their health problems. But I can’t really take the credit, my unfortunate mistake is that I’ve neglected to tell people that their bodies have built-in systems and that by taking their medications only covers their problems.

My commitment is to tell as many people as possible about how an adjustment removes pressure on the body by healing itself. We get tremendous results. It’s as simple as that.

You Benefit from an Amazing Offer – Look, it’s almost time for you and a leg to correct your health. You are going to start to see how much you are spending on your health care expenses, you may as well write one for a lesser amount for chiropractic.

When you bring in this article, you will receive our entire new patient exam for $47. That’s with x-rays, computerized testing...the whole ball of wax. This exam could cost you $170 elsewhere. But, please call right away because this offer expires on February 28, 2009, and I do not want you to miss out. By the way, further care is very affordable and you’ll be happy to know that I’ll bill your insurance. You see I’m trying not to seduce you to come see me but I want you to take the time to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor. High costs can add up very quickly.

Great care at a great fee...Please, I hope this article helps you to understand about quality of care just because I have a lower exam fee. You’ll get great care at a great fee. More questions... I’m a graduate of the California State University System with a bachelor’s and a chiropractic degree and I completed my doctorate at Palmer College of Chiropractic in San Jose, CA. I’ve been in private practice in San Diego since 2005 and I love what I do. Thirty years ago, my grandmother, who lived in San Jose, moved to San Diego to start my own practice. I just take that low exam fee to this day.

My assistants are Cindy and Liz, and they are really great people. Our office is both friendly and professional. We try our best to make you feel at home. Our office is called GREATER LIFE FAMILY CHIROPRACTIC and we’re located at 4400 North Torrey Pines Drive, Suite G (we are in the Ven’s shopping center behind the Starbucks) (415-944-3384). Our phone number is 619-322-8888. Call Cindy, Liz or myself today for an appointment.

Your Friends,

Dr. Henry Wong, DC

P.S. When accompanied by the first, I am also offering the second family member this same exam fee including the x-rays but only until 2-28-09 so call right now!
the centuries-long story of an illuminated prayer book.

Ave., following a discussion. Brooks won the Pulitzer Prize in fiction in copies of her new “People of the Book” Jan. 21 at Warwick’s, 7812 Girard

Pulitzer Prize-winning author Geraldine Brooks greets fans and signs

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Understanding the controlling forces

DOING IT BETTER

Natasha Josefowitz Ph.D.

Brooks on books

“They don’t allow it,” you’re told. “They wouldn’t like it... They have decided ... It’s up to them.”

But who are they? They are “the powers that be,” the nameless, faceless others who control our lives. They are the system, the institution, the organization, the board of directors, the trustees, the governing bodies, the upper echelon. They decide about the roles, they distribute the tasks, they allocate the resources.

Role deals with who you are, tasks with what you do and resources with what you have. If you can understand roles, tasks, and resources in terms of “their” expectations and yours — learning what is negotiable — you have a chance to exert some control over your work and life.

Role usually is determined by a formal title, by the responsibilities attached to the title and by specific behaviors. The way a specific role is performed determines influence. For example, the role of chairperson can be exercised democratically, seeing to it that all members have a say, or manipulatively, seeing to it that only those members who agree with you are recognized to speak. Similarly, the role of a secretary may include typing, filing, sewing on the hoss’ loose buttons, attending meetings, writing reports and making important decisions.

Roles always have two aspects: others’ expectations and your own. The importance of others’ expectations is that it colors their perceptions of your performance. Managers are seen as needing to be tough and direct, they will have difficulty being empathetic and nurturing in that organization. If employees are expected to be self-starting, anyone who waits to be told what to do will not advance.

What strategy should you pursue? First, figure out others’ expectations, then start performing at a level that allows you to take on functions beyond your job description. You have to act like a vice president before you can become one!

As you tread the fine lines between being demanding and compassionate, having high standards and being flexible and attending to the task and caring about the people, ask for feedback on your performance from colleagues. You can trust and bosses you respect. Your own comfort level also will be an indication of the appropriateness of your behavior.

Task is the work to be done. What you actually are expected to do, and how you do it, is of critical importance. For example, when you write a report, you add a separate section of your suggestions or ideas and send it with your superior’s approval to several people in key positions.

When something in the office needs to be done differently, initiate not only the idea but also the changes, asking other people to help.

If you are blamed when a task goes wrong, you should also not miss out on the benefits of a successful outcome. Every major success should result in more chances to be creative and have more autonomy.

The allocation of resources encompasses such items as money, equipment, people, services, information, time, territory (both the physical space you occupy and the size of the territory you control or manage) and the opportunity to use your own knowledge, competencies and skills.

Decisions are based on information gained through both formal channels (e.g., written reports or exchanges at meetings) and informal networking (e.g., tidbits picked up during coffee break, in the restroom or the car pool or after hours over a drink). Many decisions are made, deals confirmed and promotions promised via this informal exchange. Therefore, if you aren’t asked to join colleagues for coffee, then make the necessary contacts and present your own ideas. Information gained casually is often invaluable.

In crisis management, emergent opportunities or the quick decision needs to be made, try to be the one who makes those decisions. Taking the initiative may give you the opportunity to prove yourself.

The nameless, faceless “they” — who have given you an inconsequential role, assigned you an insignificant task and allotted you limited resources — are in for a surprise.

Although I write here of the workplace, it applies equally well to any organization, whether profit or nonprofit, large or small — wherever there are people there are hierarchies, with their competitions and rewards.
Forget the Emmys, the ‘Tonys or the Oscars! Far more meaningful are San Diego’s own Patté Awards, now in their 12th year, celebrating all the elements of live theatre. Even the Westin Hotel where the ceremonies were held had a theatrical look, with one staircase going up and the other going down. At the landing where they met, guests mingled excitedly as they sipped drinks, nibbled hors d’oeuvres and ate — what else — pâté. Flashbulbs popped and TV cameras rolled as local celebrities gathered and hostess Pat Launer bustled amidst friends and supporters, acknowledging plaudits for her popular “baby.” No Broadway production could have been more glamorous or professional than the entertainment segment that featured snippets from prize-winning shows including “The Princess and the Black-eyed Pea,” “Nine,” “Dreamgirls” and “Thoroughly Modern Millie.”

A total of 30 awards were presented for everything from ensemble work, playwriting, directing, costume, lighting, scenic and sound design to behind-the-scenes brilliance, as well as a Patté scholarship for promising young theatremaker Jaime Myers and a theatre angel award to a real angel, Pam Slater-Price.
Exercise is Good for Your Health and Your Wallet!

“For every dollar you spend on wellness, you can save as much as five dollars or more on illness,” says Dr. Richard Kreider, director of the exercise and sport nutrition laboratory at Texas A&M University. Budget-minded families are looking to cut expenses that may seem like a luxury, including gym memberships. Yet, mounting evidence suggests that cutting out the gym may be exactly the wrong move.

In its just released report of annual health spending, the federal government confirmed that chronic illness accounts for 75 percent of all health spending. Yet exercising regularly and maintaining a healthy weight can significantly reduce your risk for chronic illness and your medical bills.

Call Curves today at 619-222-8555 and find out we can help you attain your health and fitness goals.

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First Class Level Service Combined with Great Eye Care

The doctors at GW Eye Associates have been dedicated to the concept of Concierge Optometry since 1994. Concierge eye care is first class eye care tailored to your needs in a professional and unhurried setting. In short, our goal is to determine your needs and expectations and then exceed them. We know that this concept works as we have been voted “Best Optometrist” by La Jolla readers.

In addition to providing basic care for annual eye health exams, Drs. Gordon and Wildon Wong are licensed to treat eye infections, minor eye injuries, and dry eyes. We also perform contact lens fittings to address your blurry vision including the inability to read after age 40 (presbyopia). Our practice also focuses on the rehabilitation of vision after corneal transplantation, severe corneal injury, or poor vision after LASIK.

We are in-network providers for Blue Cross PPO, Blue Shield PPO, Medicare, and most Vision Service plans such as VSP, EyeMed and Medically Eye Services. Although we are not in-network for other insurances such as United Healthcare, PacifiCare, or Aetna we would be happy to bill them for you on your behalf.

Those who want additional information about our services can call us at 858-454-4699 or visit our website at gweye.com where we have a blog page and streaming video available.

People’s January Chocolate Mint Cookies

Makes 2 dozen.

2 cups whole wheat pastry flour
½ tsp. baking soda
½ cup chocolate chips
½ cup maple syrup
¼ vegetable oil
¼ tsp. peppermint flavor
½ tsp. vanilla

Mix flour and soda in bowl. Melt chips, oil and syrup in saucepan. When mixture is smooth, set aside to cool, then add peppermint and vanilla. Add flour and soda, stirring until smooth. Spoon walnut sized scoops of dough onto oiled baking sheets. Bake at 350° for 10 minutes, being careful not to overcook. Cookies should be soft to the touch.

People’s February Chocolate Macadamia Nut Cookies

Makes 30 cookies, which is plenty for sharing.

½ cup plus 1 Tbsp. maple syrup
½ vegetable oil
1 tsp. vanilla
1⅛ cups whole wheat pastry flour
½ tsp. baking soda
½ tsp. sea salt
½ cup macadamia nuts, course chopped (available in the Bulk Dept. at O.B. People’s Organic Food Market, where you can purchase just enough for the recipe!)
½ cup chocolate chips

Combine syrup, oil and vanilla. Put flour and soda into separate bowl. Add wet ingredients into the dry, stirring just enough to mix well. Fold in nuts and chips. Spoon by tablespoons onto oiled or non-stick cookie sheets. Bake at 350° for 10 minutes or until lightly browned and just firm.

People’s Chocolate Mint Cookies

Makes 2 dozen.

2 cups whole wheat pastry flour
½ tsp. baking soda
½ cup chocolate chips
½ cup maple syrup
¼ vegetable oil
¼ tsp. peppermint flavor
½ tsp. vanilla

Mix flour and soda in bowl. Melt chips, oil and syrup in saucepan. When mixture is smooth, set aside to cool, then add peppermint and vanilla. Add flour and soda, stirring until smooth. Spoon walnut sized scoops of dough onto oiled baking sheets. Bake at 350° for 10 minutes, being careful not to overcook. Cookies should be soft to the touch.
San Diego Hair Extensions & Salon in downtown La Jolla, would like to invite you to come in for a free consultation for 100% Human Hair Extensions. We offer various options for you to choose from. One option is our stunning clip-in extensions that are convenient and easy to put in yourself for special occasions for you to change your look in an instant. We also have a longer lasting option that lasts up to eight weeks and can be applied in one hour. Our most desirable option is our long lasting Hair-dreams Extensions. These extensions last up to six months, take two hours to apply and are very versatile. All of these options can be used to add length or just volume and thickness.

We also specialize fashionable haircuts and hair color (exclusive-ly from REDKEN 5th Avenue NYC). And just one more service to make you look even more amazing for Valentine’s is our personalized Airbrush Tanning.

For all of you new clients, come take advantage of our special discount ($250 off of full head of Hairdreams extensions). Be sure to call as soon as possible to schedule your free consultation. Our books are getting full already.

Cause, Symptoms and Suggestions for Sundowner’s Syndrome

Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night for a person in the early stages of Alzheimer’s and other forms of dementia. Sundowner’s Syndrome occurs in the late afternoon or early evening and can include increased confusion, anger, paranoia and rapid mood changes. Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night. A person who is sundowning will probably spend a great deal of time wandering because they are trying to come to terms with their surroundings.

The Alzheimer’s Foundation has advice for dealing with Sundown’s Syndrome:

- Discourage day-time napping to regulate sleep cycle.
- Limit caffeine intake, particularly in the evening.
- Encourage exercise throughout the day to expend excess energy.
- Allow for light exposure in the morning to help set internal clock.

Even the safest home can be treacherous for someone in a confused state. For more information and help to deal with someone experiencing Sundowner’s Syndrome, call Innovative Healthcare Consultants at (877) 731-1442 or go to our website at innovativehc.com. Our RN case managers are experienced in all stages of Alzheimer’s and would be happy to advise you.

Meet Your Hairstylist… Emily Dimond

Meet La Jolla’s Best Stylist of 2008

Emily Dimond has worked in La Jolla for seven years and has been in the industry for a total of sixteen years. Formally located at Salon Victor Magna she’s now at Armonia in Bird Rock. Emily is one of the top artists in hair color and cutting. Furthering her education and finding fresh inspiration have always been top priorities during her career. She looks forward to gaining your trust and making you feel your best.

Meet Your Hairstylist… Emily Dimond

Voted Best Stylist in La Jolla

by La Jolla Village News Reader’s Choice

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For Your Valentine

When a friend says, “I just had a fabulous facial,” people think of pampering services and products that are expensive. Beauty industry hype has most people thinking that spa services and facials are more of an indulgence than a wellness treatment. That could not be further from the truth. The health benefits far outweigh the beauty benefits and the “healthy glow” is a result of the combination.

If you are feeling guilty about getting a facial, spa treatment or massage, consider these major health benefits: regulation of the immune system, detoxification, reduction in fluid build-up, exfoliation, and stress relief. These benefits are achieved in a spa services that incorporate lymphatic drainage, exfoliation treatments, acupressure, and aroma therapy.

The estheticians and spa/massage therapists at GAIA Spa provide holistic, organic treatments using pure botanical products with an emphasis on whole body wellness.

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.

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- Cosmetic Beauty Procedures
- Skin Peels: Retin A + Gessner
- Laser Removal
- Moles & Age Spots

For Your Valentine...

Romance Package:
Enjoy 90 minutes of spa bliss in February!
Private sauna, skin smoothing scrub and massage with oils infused with romance herbs. Finished with Love Choc from Gnosis Chocolates! $165 per person

Health Benefits:
The major health benefits of regular facials and massage are regulation of the immune system, detoxification, reduction in fluid build-up, exfoliation, and stress relief. These benefits are achieved in a spa therapy that incorporates lymphatic drainage, exfoliation, acupressure, and aroma therapy. Organic dark chocolate’s health benefits are from flavonoids, which act as antioxidants. Antioxidants protect the body from aging caused by free radicals. Flavonoids also help relax blood pressure through the production of nitric oxide, and balance certain hormones in the body....sweet ways to take care of you and your Valentine!

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Dr. Sunstein moves his La Jolla office

During my 13 years of college I received my Bachelor of Science in Biology at SDSU, then I received my Doctor of Dental Surgery from UCLA, and Advanced Degree’s in General and Esthetic dentisty. I did my residency in New York City at Columbia University for Orthodontics and Dentofacial Orthopedics. I came back to join my family and live my dream practicing Orthodontics in La Jolla after my residency. I have been practicing Orthodontics and Dentofacial Orthopedics here in La Jolla in my second decade of making smiles. We just recently moved from our Herschel address to 7575 Eads Ave., where our new state of the art facility has been built in the Monarchet building one block north of Pearl. There is easy access and plenty of parking.

I love making beautiful smiles every day, I truly enjoy what I do! If you would like to come by and see for yourself or for a free consultation you can meet my wonderful staff and myself. Some of whom have been with me since I started here in the “Jewel by the Sea.” We are one big happy family. We look forward to making many more beautiful smiles in the years to come!
Joy turns on a dime in ‘Love Song’

By CHARLENE BALDRIDGE | VILLAGENEWS

Four beloved San Diego actors create endearing characters in John Kolvenbach’s delightful com-edy, “Love Song.” The whimsical work is made appealing by its poe-try and the fact that a darker, grayish world exists, a world revealed only in the characters’ behavior.

The quirky Beane (Frances Gercke) has isolated himself in a stark apartment that contains all he needs — a cup, a spoon and a teapot. He smokes in his apartment and vice versa. McDermott played Beethoven’s humon-ger loot. Beane offers his wallet, John Kolvenbach, who says he never understandably put out that her heart is broken in such mea-ger lost. Beane offers his wallet, she declines, says “Hands up!” and deals him instead.

A master at character making, Gercke captures Beane’s inner tur-moil, hidden under his sleepless in-ertia. After meeting Molly, he becomes manic, yes, but truly alive, perhaps for the first time in a reclusive life.

Kolvenbach, who says he never sets out to write comedy, is a mas-ter of comic dialogue, allowing his characters to move seamlessly from real humor into their newfound ability to play. The cause of everyone’s awakening is Molly’s light, metaphorically evoked in Beane’s malfunctioning lamp (fine details provided by properties designer Bonnie L. Durben and lighting designer Ashley John-sion!). The contrast between Beane and Joan’s lifestyles is man-ifest in Nick Fouah’s fabulous scenic design. Love songs are provided by sound designer Jeremy Siebert and fetching costumes by John. Sean Murray directs, stepping in for previously announced Esther Emery, who reportedly withdrew for per-sonal reasons.

The audience departed the evening performance Jan. 25 laughing and chattering, their mouths spilling such words as “wonderful.” We all need a lift just now, and “Love Song” is the thing. One thinks of countless friends whom the show might lighten. This funny, delicate work contains a pro-found message about our lives, our things, our loving. Ultimately it’s about healing, joy and compassion.

“Love Song” plays at 7:30 p.m. Wednesdays, 8 p.m. Thursdays through Saturdays and 2 and 7 p.m. Sundays through Feb. 22. For tickets and information, visit Cygnet Theatre Rolando Stage, 6663 El Cajon Blvd. 4N, San Diego. (619) 337-1525.

The tides that bind musicians

By CHARLENE BALDRIDGE | VILLAGENEWS

San Diego musical organizations share many things, including great artists, as evidenced Sunday, Jan. 18 at Copley Symphony Hall in San Diego. Symphony brought its mini Beethoven Festival to a close. Pianist Anne-Marie McDermott, for McDermott, who keeps getting better. She played a forte in all styles represented by Wolf- gang Amadeus Mozart, Brahms, Claude Debussy, Giacchino Rossini, and especially Mozart’s 2009 Spotlight Series performances of Johannes Brahms’ Piano Concerto No. 2 with Yefim Bronfman. Also programmed is Mendelssohn’s “The Hebrides” (Fin- gis’ Cave) and Ivorra’s Serenade for Strings in E Major. For tickets and info, call (619) 233-0804 or visit www.sandiegosymphony.com.

David Shifrin, clarinet, and Pri-Yao Wang, piano, kicked off Main- ly Mozart’s 2009 Spotlight Series Jan. 16-17 at the Neurosciences Institute. Audiences were reminded of Shifrin’s genius, his gift of gab, his impeccable phrasing and the incredible sweetness of his tone. Also a Lincoln Center artist, Pri-Yao Wang was an able collaborator in all styles represented by Wolf- gang Amadeus Mozart, Brahms, Claude Debussy, Giacchino Rossi- ni and especially in the work by Francis Poulenc, whose Sonata for Clarinet and Piano was smooth and languid with fine threads of tone and characteristic fun intervals for which the composer is known. It was a marvelous evening of music. Feb. 12-14 at the Mainly Mozart Spotlilght Series features James Ehnes, violin; Cynthia Phelps, viola, and Julie Albers, cello in performances of Prokofiev, Ernst Von Dohnanyi and Mozart. For tickets and information, visit www.mainlymozart.org or call (619) 239-0160.

YAT brings ‘HSM 2’ to MCA’s Sherwood

By AYLSA RAMOS | VILLAGENEWS

Young Actor’s Theatre (YAT) pre- sted “High School Musical 2” (HSM 2) on stage Feb. 20, 21 through March 1 at the Museum of Contemporary Art’s Sherwood Auditorium, 700 Prospect St.

“High School Musical 2” is so new that the museum’s ad- mier of it,” YAT administrative director Mishon Wallace said.

“High School Musical” is the inspired plot that quickly spread into a trend that included T-shirts and other marketing parapherma-

lia. Soon Disney produced “HSM 2” and recently “HSM 3.”

YAT successfully produced the first HSM, according to YAT founder and executive director Joan Isaac. “The crowds were huge,” Isaac said. “We had sold-out perfor-mances once the word got out.” YAT recently built the group’s own theater in Spring Valley.

“The Spring Valley theater has so much more of a intimate atmo- spheric parison to Sherwood,” Isaac said. Wallace said many “HSM” cast members returned to the YAT com- pany for “HSM 2,” including the characters Troy and Gabriella. “HSM” lovers won’t be bored, according to Isaac, who said the “HSM 2” play version “flows bet- ter” than the movie.

“The stage play gels. All the pieces come together very well,” Isaac said, adding that many songs remain in the stage version. “Die- vormathrm it when it comes to the music. YAT will perform “HSM 2” Feb. 20, 21 and 27 at 7 p.m.; Feb. 21, 22 and March 1 at 2 p.m., and Feb. 28 at 11 a.m. Tickets are $18 for adults and $15 for students and seniors; YAT offers discounted group rates.

For more information, visit www.yatsandiego.org or call (619) 670-1627.
**LA JOLLA VILLAGE NEWS**

**SPORTS**

**LJCD surf team making waves**

By DAVE THOMAS | VILLAGE NEWS

The La Jolla Country Day (LJCD) School surf and bodyboarding team has been riding to the top this season, turning in some great performances in the waves.

A recent competition not only produced a strong team effort but also a great individual effort from La Jolla resident and LJCD freshman Stefan Raghavan, who won first place in the bodyboarding competition.

LJCD competed against undefeated Clairemont at La Jolla Shores recently in its third meet of the year, when Raghavan turned in his stellar performance.

Raghavan had been honing his El Rollo (a flip trick) and 360s for several months and finished second in the opening-day heat to advance to the next day's final round of individual competition. He finished third in his first heat Sunday behind a boarder who was doing drop-knee 360s (involving partially standing on the bodyboard), a trick Raghavan hadbarely practiced and never attempted in competition.

In the next heat, in addition to his usual maneuvers, surfing long lefts, earning second and third in their heats, and attempting 360 maneuvers from Hunter Hartman, to earn first in his heat. (Heats feature six surfers for boys, four for girls.) Alternate Sam Brink showed up knowing he’d probably not surf and stepped up to earn third in the same heat, with Chris Fry and Warren Wood holding up fifth and sixth for the team to win it a slim lead. While LJCD’s young longboard, women’s and bodyboard competitors kept close, Clairemont won the day.

Six LJCD surfers advanced to the finals, and three of them, on the day, were second El Rollo winners for the team. Raghavan followed in his stellar performance.

He had been honing his drop-knee 360s, a trick that had never been attempted in competition.

“I had never done a drop-knee 360 before until I tried it and landed it in the finals,” Raghavan said.

Raghavan threw in a drop-knee and finished second, placing him in the finals for the second time in three competitions. This accomplishment was made sweeter since it also was his birthday.

The finals heat was held at the south break, a break that trended right — not Raghavan’s favorite. Not right, but it was his birthday.

Raghavan had been honing his El Rollo (a flip trick) and 360s for several months and finished second in the opening-day heat to advance to the next day’s final round of individual competition. He finished third in his first heat Sunday behind a boarder who was doing drop-knee 360s (involving partially standing on the bodyboard), a trick Raghavan had barely practiced and never attempted in competition. In the next heat, in addition to his usual maneuvers, surfing long lefts, earned second and third in their heats, and attempting 360 maneuvers from Hunter Hartman, to earn first in his heat. (Heats feature six surfers for boys, four for girls.) Alternate Sam Brink showed up knowing he’d probably not surf and stepped up to earn third in the same heat, with Chris Fry and Warren Wood holding up fifth and sixth for the team to win it a slim lead. While LJCD’s young longboard, women’s and bodyboard competitors kept close, Clairemont won the day.

Six LJCD surfers advanced to the finals, and three of them, on the day, were second El Rollo winners for the team. Raghavan followed in his stellar performance.

“I was focusing on the 360 and El Rollo combos,” Raghavan said. “In the finals I had a perfect wave and went left, and I got pretty motivated and saw that the wave didn’t break and went for a second El Rollo, and then it still didn’t break so I went for it again. I thought it was pretty cool that I did three El Rollos, but I didn’t think I would win first place because I had been hesitating. I got up and I turned the ranking in the heats, that the other guys might be better. And as for the boardroom score, the judges gave the drop-knee specialist high marks, so I figured I would try it. I had never done a drop-knee 360 before until I tried it and landed it in the finals. I was happy and surprised to do more than doing the three El Rollos.”

Raghavan said it is not exactly something that Raghavan has grown up on, having started bodyboarding, going to the beach and practicing just this past summer.

“I got into it because I have a friend who is a bodyboarder, who had recently moved to La Jolla from Cathedral Catholic, Chris Langford, who has bodyboarded his whole life, and I started with him and got excited about it,” Raghavan remarked. “I got obsessed with it. My friend showed me a lot. But he is really a drop-knee specialist and he doesn’t do other tricks. Then I started watching videos on Youtube of professionals, and that really inspired me to do more tricks. If there is some Hollow Bodyboarder, I would try to get as much weekend and go to surf practice with Country Day Tuesday and Thursday.”

Raghavan noted that in practice he keeps trying to learn new tricks and attempts them out in the waves.

“That is my goal, and I’d like to keep doing well in the competitions,” Raghavan added. “I would like to get a sponsor at some point.”

Raghavan is just one of a talented number of surfers on the LJCD team that is coached by Chris Sexton.

According to Sexton, the team has excellent leadership, even and until this year was really carried by the leadership of one remarkable surfer, Justin Pierson, who graduated last year and now attends Chapman University. He finished last year’s season as the number one surfer in the 2008-2009 season and this year was the number one surfer in the 2009-2010 season.

It is amazing to me that this year we have a ninth-grader, Stefan Raghavan, ranked number one in bodyboarding, continuing a legacy of sorts. Of course, we still have two competitions yet to go,” Sexton said.

Sexton noted that in past years, the surf team was really quite recreational in nature. Even last year, although Pierson was very competitive, as a team the Torreys scored well enough in the Western League and go to surf practice with Country Day Tuesday and Thursday.

“This year we saw leadership and excitement from returning students, enthusiasm among freshmen and courage from some female surfers just starting in the sport but willing to put themselves into competition,” Sexton said.

Also, the surf team almost every year has had an all-female board team, including four girls, one of whom, Cristina Planas, is an inter-divisional athlete who competes in both the Coastal South League and the Coastal West League.

One of our male shortboarders, Hunter Hartman, is starting to throw 360-degree maneuvers in competition and is ranked seventh in Division 3 and 4. We’ve got some great team leaders in seniors Chadhosp and Ben Cohn, and we also have impressive parent involvement and support, which has led to a planned surf trip over spring break.

Sexton added that all the students made a serious commitment to practices and competitions this year, and as a result the team has done well, winning at the Army-Navy Beach meet in November and posting a respectable score at the January La Jolla Shores meet against a truly competitive team, Clairemont, which has the top shortboarder in Division 3 and 4.

Sexton said that as a coach, it is great to see students pursuing an athletic, artistic and playful activity that they really love doing.

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**Torres boot Horizon, gain 14th win**

By DAVE THOMAS | VILLAGE NEWS

The La Jolla Country Day School (LJCD) School football team gained its 14th win last Friday in a 2-1 victory over Horizon, moving the Torreys a step closer in their pursuit of first-place Bishop’s School in the Coastal South League.

The win held the Torreys unbeaten early on, hitting the crossbar on three occasions, and had numerous other close misses, but Kees Thompson (two goals) was able to score on a header off a cross by Alex Fleischhacker, while Zach Wolfenzon put in a rebound after a strong shot by Coling Young.

With numerous starters out of the lineup, including Thompson, nine of the first 14 goals were scored by first- and second-year players.

A lot of credit should go to goal-keeper Michael Bailey, who started in spite of a nagging elbow injury and played the entire game before leaving the game early in the second half,” LJCD head coach Jerry Eisienhouse said. “Philip Poyhonen held his own in spite of playing in a cast after suffering an arm injury in the previous game.”

LJCD (3-1-1) trails Bishop’s (3-0-2) by one point in a closely contested Coastal South. The two will meet this Friday, Feb. 13 at LJCD at 3:30 p.m.

In Western League action last week, La Jolla High School shut out opponents La Jolla and University City were shut out by opponents. La Jolla dropped a 1-0 decision to La Jolla and University City was shut out by opponents.

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**Bout Horizon, gain 14th win**
Successful teams and developing talent for the next level have gone hand in hand for The Bishop’s School girls water polo program over the years. Never backing down from a challenge is also important when going after your goals.

In keeping with that tradition, senior Dominique Sardo has signed a letter of intent after receiving a water polo scholarship to continue her academic and athletic career at the University of Southern California (USC) later. Sardo expects to be an attack-er/driver with the Lady Trojans when she suits up next season.

For now, though, Sardo is busy trying to help Bishop’s garner yet another CIF title.

In two last games (wins over La Jolla High School and La Jolla Country Day School), Sardo tallied nine goals as Bishop’s won the Western League title with a 7-1 record. Bishop’s sports a 23-5 overall record heading into CIFs later this month.

“The reason why I chose USC was because they have a great water polo program, and great academics,” Sardo remarked. “Also, USC is close to home and is a beautiful campus; it just felt like home to me.”

For Sardo, who has not chosen a major at USC, these last four years have been a whirlwind of fun and successful times.

“The playing days at Bishop’s have gone by so fast; I remember my first day of practice my freshman year, and now I’m a senior and the team’s captain,” Sardo continued. “The highlights of my Bishop’s playing days are: The practices are always something exciting, TVR Cup, Disneyland, the team bonding, but most of all that last night of the past three seasons.”

That last night of the season has resulted in the CIF Finals for the Lady Knights.

Sardo will not go off to USC unprepared, having perfected her water polo game and, more important, been exposed to some outstanding academics that Bishop’s School provides all of its students.

“Bishop’s academics are very challenging and they have prepared me for college,” Sardo remarked. “Bishop’s also taught me time management, which I think is a key to succeeding at college. Bishop’s water polo has taught me to never back down; always keep trying no matter what happens. Bishop’s water polo has made me the player I am today.”

According to Sardo, “The advice I gave to the younger Bishop’s girls is to remember you’re a team — you can’t win with just one person, the whole team has to be in it together. Also, always keep your head up and never back down. Backing down is not an option when it comes to Dominique Sardo.”

Bishop’s senior Dominique Sardo, with coach Doug Peabody, signs a letter of intent to play water polo for USC.

Sardo has been an instrumental part of the program’s success these last few years. “Dominique has had a tremendous impact on the program,” Peabody commented. “She is only one of five girls in the history of the 12-year program who came in as a freshman starter. Right away she added speed, intensity, explosiveness and a never-back-down attitude. Her first year she scored in the CIF championship game, helping us win the title, and repeated the same thing the next year. Since she has been in the program, she has amassed over 50 goals and 400 steals.”

Peabody noted that as a senior, “Dominique is looked upon to do the right thing, to lead by example and teach the other girls the never-back-down attitude.

“When I first saw Dominique play for my club team, I knew right away that she had the natural abilities to become what she has,” Peabody added. “Nothing she has done or accomplished has really surprised me. She had an expectation away that she had the natural abilities to become what she has,” Peabody added. “Nothing she has done or accomplished has really surprised me. She had an expectation away that she had the natural abilities to become what she has.”

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With Tiger Woods missing, and local favorite Phil Mickelson struggling to capture the title (tied for 42nd place), a new face emerged for local golf fans at last week’s Buick Invitational at Torrey Pines.

Nick Watney broke Woods’ streak of four straight Buick titles, raling from three shots behind with five holes to play to capture the title by one shot.

Watney’s two birdies on the last three holes allowed the Californian to finish with a 4-under 68 to complete a five-shot comeback.

John Rollins placed second in the journey, with Lucas Glover and Camilo Villegas ending tied for third.

Watney won $954,000 for his efforts in the four-day event.

— Dave Thomas

“Happy birthday,” Sexton said. “It surprised me. She had an expectation away that she had the natural abilities to become what she has.”

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— Dave Thomas
This striking home is perfect for entertaining with spacious living areas and high ceilings, all dramatically accented with panoramic ocean views. The home is surrounded by open space. Floor-to-ceiling windows and retractable doors open the home to a sensational entertaining view deck overlooking the ocean. $4,495,000

A rare offering—a new contemporary home with tremendous curb appeal, entirely fenced and gated with panoramic ocean views. The home is surrounded by open space. Floor-to-ceiling windows and retractable doors open the home to a sensational entertaining view deck overlooking the ocean. $4,495,000

Dramatic single level home offering 3BR/3.5BA, two studies, a media room plus a spacious deck with 180-degree view toward the ocean, bay and night lights. Special features include Turkish limestone flooring, custom limestone based plaster surfaces, two fireplaces and dumbwaiter to deck! $3,475,000

Outstanding value in the heart of the Village. Walk to shops, restaurants and the ocean from this bright and cheerful condo. Features a large kitchen, an open floorplan without hallways, a large balcony, and secure underground parking. This home will appeal to primary and second home owners. $699,000

Sophisticated 1BR plus den in the 5-star concierge building known as 464 Prospect. Features include cherry flooring, private patio and exquisite detailing. Enjoy substantial property tax savings per year under Mills Act contract. Amenities include indoor lap pool, workout room and wine tasting room. $1,395,000

A billion dollars in lifetime sales!
**Rugby gets ready to roll lucky USA Sevens**

BY RONAN GRAY | VILLAGE NEWS

Super Bowl Sunday has passed. The “world” championship of football has been decided for another year, and diehard fans across the nation are falling into despair. It is the beginning of the long, bleak months of the off-season. Across the nation, as they somberly pack away their war paint, over-size foam appendages and plastic Viking helmets, many may well be contemplating what could have been. Most have already resigned themselves to the boredom of spring and the long, hot days of summer before the return of football.

For those fans lucky enough to live in San Diego, though, the outlook may not be so bleak — especially if they are willing to broaden their horizons just a bit. This week, a truly international “world” football event is coming to town. Rugby — the wrestlings of the American game itself — will take over the heart of downtown San Diego for a weekend of nonstop action Feb. 14 and 15, when the USA Sevens rugby tour touches down at Petco Park.

The annual competition, the largest international rugby tournament in North America, is in its sixth year and will be at Petco for the fourth year in a row. It will feature 16 nations competing in 44 games over the course of the two-day event. A fan zone inside the venue will feature music, fun and, of course, beer. This year’s tournament will also feature a women’s competition for the first time — the perfect Valentine’s date. At first glance, the two games seem vastly different. There are no pads or helmets on the rugby pitch and the game is essentially played nonstop, with the same players filling both offensive and defensive roles. Passing the ball forward is Rugby is the most team-oriented sport I have ever played....

**Matrimonial bliss en masse**

BY JOSEPH GREENBERG | VILLAGE NEWS

A marathon of weddings and vow renewals, church bells and flying bridal bouquets will change the unlucky 13th of Friday the 13th, at least for a day.

For the second year running, the North Chapel at Liberty Station and KyXy radio station are teaming up to give away 30 free weddings or vow renewals during a ten-hour marathon of “I dos” from 9 a.m. to 7 p.m. on Friday, Feb. 13. The radio station will also broadcast the event live from www.kxyx.com. One of those winners is a Point Loma resident named Lennie Austria, who was quite beside herself on her selection. “When we got married it wasn’t a big production: no flower girls or any of the other whole nine yards. I wore my mom’s Sunday dress as my wedding gown,” she said. That was nearly 16 years ago for Lennie. This wedding marathon will allow her and her husband, Jay, to make good on a promise they made to each other to renew their vows someday under better circumstances. That day has finally come.

All 30 winning couples were selected by KyXy radio staff based upon essays they had submitted to the radio station. Roughly 200 applicants participated. “It’s going to be a long day, I know that ... and maybe after...”

**Underwater sound: a busy boiler factory**

BY JUDITH LEA GARFIELD | PART II

Marine mammals speak their own sophisticated language of clicks, squeaks and complex songs, but not many humans know that more primitive marine creatures create sounds as well. Over the years, studies have shown that the sea is inhabited by fish and invertebrate species sometimes so rare that regions of the ocean sound like a busy boiler factory. Although waves, wind and tidal currents are responsible for a considerable amount of underwater commotion (called sea-state noise), these sounds don’t measure up to the racket produced by fish, shrimp, lobsters and others. Marine mammals, since ancient times, fishers have known that certain fish are able to produce sounds underwater. But not until 1942, the beginning of World War II, did modern scientists get an earful using underwater listening devices placed along U.S. coastlines to protect important harbors from enemy submarines. Hydrophones picked up noises at the entrance to Chesapeake Bay in Virginia that sounded like a chorus of frogs and crickets. The stunned scientists concluded that the sounds originated from marine life activity. Following that incident, marine life noises have been recorded and analyzed on a worldwide basis, resulting in the stratigraphic growth of scientific underwater technology.

When I first started scuba diving, I didn’t notice the natural cacophony over the rush of bubbles emanating from my regulator exhalations. At some point, I began holding my breath so as to listen more intently to the background clutter. When I further solidified my auditory observations by the quieter activity of skin diving, I finally realized that...
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 relaxing dining experience. Happy Hour MVTHF 2 for 1 drinks and appetizers, Saturday & Sunday drink specials all day. Come watch all the games in HDTV with an ocean view.

The La Jolla Brew House

A true locals favorite! New updated menu, great selection of in-house and local brewed beers nightly specials. Happy Hour Monday thru Friday 3pm to 7pm and 10pm to 2am Fridays & Saturdays.

Childrens Menu, Pets Friendly, Patio, and Party Room with Pooltable. Catering Available!

Sundays 3pm to 9pm $12.95 ALL U CAN EAT RIBS $10 Pitchers www.lajollabrewhouse.com

Apollonia

A contender for the best Greek restaurant in Southern California. For 27 years, Apollonia (formerly Aesop’s Tables) 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 ambiance in every dining room and in the beautiful lounge. The menu includes age-old favorites such as Dolmathakia and Moussaka, alongside some absolute surprises guaranteed to tantalize your adventurous curiosity. The menu offers many heart-healthy 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.

Kitima Thai

One could describe Kitima as unique, extraordinary and superb, and still fall short of describing it properly. The menus feature an impressive array of organic vegetarian, seafood, poultry and pork entrees. The desserts are homemade, including the wildly popular coconut ice cream. 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 p.m. 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.

Donovan’s of La Jolla

Nationally recognized as one of the great steakhouses in America, Donovan’s of La Jolla has an intimate & relaxed private club atmosphere, enhanced by imported mahogany walls and extensive collection of fine art.

Thai Pan Cuisine

We are a new Thai restaurant in La Jolla having just opened on January 21, 2009. We are located on the southwest corner of the Vons Market complex on Girard and Pearl. The owners and kitchen staff are all native Thais who have many years of cooking and food preparation experience that is reflected in their tasty dishes. The menu offers an extensive selection to include great deals on lunch specials, vegetarian dishes, appetizers to include delectable handmade spring rolls, noodle dishes, curries and main course meals, all at affordable prices and generous portions. All dishes individually prepared with natural Thai ingredients, no MSG and no trans fats. Open Tuesday to Sunday, Lunch 11:00 a.m. - 3:00 p.m. and Dinner 3:00 p.m. - 9:00 p.m. Closed Mondays.
BLISS

CONTINUED FROM Page 1-B

wards I’ll be changing my mind,” Pratt said.

The reverend's energy was palpable, but just in case he needs to take a break during the wedding marathon, he will have associates there to spell him.

The reverend foresees the day going by quickly. “Everybody brings a different story to the table, and no two are exactly the same,” he said. “It will make for a lovely day.”

The winners will receive a one-of-a-kind ceremony that will include a chaplain, decorative flowers placed throughout the restored chapel and the traditional wedding march played on the chapel's pipe organ by a professional organist. The couples will then be treated to a wedding reception thanks to donations from nearby restaurants like Panera Bread & Bakery, Sammy's Woodfired Pizza and Solarie Restaurant & Lounge. The North Chapel can seat up to 300 friends and family members coming to support and take part in the joyous ceremonies.

The chapel's architecture is in the Spanish Colonial Revival style and was restored at a cost of $1.35 million and reopened in 2007 by La Jolla-based C.W. Clark Inc. The 14 stained glass windows inside the chapel are nautically themed.

The two-story, nondenominational chapel was originally built in 1942 and used primarily by the San Diego Naval Training Center. The chapel was closed by the Navy in 1997, along with numerous other military buildings, and sat vacant until the restoration.

To take part in these “lucky in love” ceremonies, come to the North Chapel at Liberty Station Friday. The day starts at 9 a.m. For more information, visit www.thenorthchapel.com.

PHOTO COURTESY SABINA PHOTOGRAPHERS

SPA

CONTINUED FROM Page 1-B

ence. These fine intimate fashions will also be sold at the spa.

The evening was the beginning episode of a reality TV show that will include a chaplain, decorative flowers placed throughout the restored chapel and the traditional wedding march played on the chapel's pipe organ by a professional organist. The couples will then be treated to a wedding reception thanks to donations from nearby restaurants like Panera Bread & Bakery, Sammy's Woodfired Pizza and Solarie Restaurant & Lounge. The North Chapel can seat up to 300 friends and family members coming to support and take part in the joyous ceremonies.

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PHOTO COURTESY SABINA PHOTOGRAPHERS

BUSINESS & FINANCE

UCSD Extension offers career workshops As California’s jobless rate continues to rise, the University of California, San Diego’s Extension has decided to offer free career opportunity workshop and grants.

“These career workshops are an opportunity to learn from our instructors about emerging career trends and employment opportunities in these challenging times,” said Henry DeVries, director of UCSD’s extended studies and public programs. “Workshops are free to the public and an excellent opportunity to network with peers.”

California’s jobless rate now has reached 8.2 percent. It continues to rise and now stands at the highest level since 1996.

“The healthcare industry is one of the largest and fastest-growing industries in the United States, and the general consensus is that career prospects in healthcare jobs will continue to grow over the next decade and beyond,” DeVries said.

For more information about this new reality TV series, stay tuned.
reverts to 55% in 2013 (www.irs.gov). President Obama has proposed fixing the credit at $3.5 million and the tax rate at 45%. Although any future legislation is speculative, it is widely expected that changes will occur in 2009 and that Congress won’t allow the one-year unlimited credit in 2010 to happen. Therefore, we can and should expect estate tax law changes this year.

With various investments, retirement accounts, homes, rentals and life insurance all thrown into the pot, it all adds up. As indicated above, the estate tax can be brutal. In your estate planning, don’t just consider your total wealth today – consider natural appreciation and inflation. If your estate is or may be subject to the death taxes, by doing nothing, you have elected to leave assets to Uncle Sam vs. your heirs. It’s that simple. However, there are legal strategies and techniques which are available to provide you better choices. Consult your tax and legal professionals for details. As always, let us know if we can be of assistance in helping you plan for your financial future.

It’s always fun to get a little heads-up on the new films coming to our theater screens in the next few months. In random order, they are:

• “Nine” is the highly anticipated screen version of the Broadway smash. Returning to the screen after a long absence is the gorgeous Sophia Loren, now a legendary beauty and double icon. The life of film director Guido Contini shows how he tries to balance all the women in his life of glamour. Nicole Kidman is the major star with help from Kate Hudson, the marvelous Judi Dench, Daniel Day-Lewis, Penelope Cruz and Oscar winner Marion Cotillard (“Tillul Phair”). Directed by Bob Marshall, The Weinstein Company.

• “Little Ashes” stars new sensation Robert Pattinson as bizarre Spanish artist Salvador Dalí. After creating a worldwide furor in his first “Twilight” film, Pattinson wants to show off his acting chops by immersing himself in Dalí’s young life and loves. Regent Releasing.

• “17 Again” stars “High School Musical” sensation Zac Efron, but this time he is not in a musical. He plays a former high school basketball star given a second chance at life as he miraculously reverts back to being a 17-year-old. Matthew Perry and lovely Leslie Mann go along for the ride. New Line Cinemas.

• “My Life in Ruins” stars the funny Nia Vardalos, who made such a sensation with her film “My Big Fat Greek Wedding.” “Staying close to her roots, Nia stars as tour guide who leads some discount tourists around Greece. Oscar winner Richard Dreyfuss adds to the fun. Focus Searchlight.

• “American Violet” is based on true events. A single African-American mother of four is inadvertently swept up in a drug raid. She chooses to take on the justice system to prove her innocence. Allison Janney and Charles Dutton star. IDV/Samuel Goldwyn Films.

• “Case 39” is a scary horror film. Rene Zellweger plays a social worker whose effort to save a little girl turns into a nightmare. Ian McKellan of TV’s “Deadwood” western series co-stars with Bradley Cooper. Paramount Pictures.

• “Shanghai” is one of those wonderfully atmospheric films set in China during World War II. There are lots of old cars and fantastic fashion. The Japanese have occupied the city, but John Cusack arrives anyway to investigate the mysterious death of his father. Lovely Chinese star Gong Li provides the sex and romance. The Weinstein Company.

• “The Soloist” presents the story of a journalist who discovers a former classical music genius playing a violin on the streets of skid row in Los Angeles. Robert Downey Jr. and Jamie Foxx are the stars, and Joe Wright directed for DreamWorks/Paramount Pictures.

• “Pocahontas in Wonderland” is a twist on the old children’s classic. Ellen Fanning (Dakota’s sister) plays the lead in the school stage production of Levis Carroll’s “Alice in Wonderland.” Being a method actress, it’s all real to her, and she retreats to the fantasy world. “Desperate Housewives” star Felicity Huffman, Patricia Clarkson, Bill Pullman and Campbell Scott add to the fun. ThinkFilm.
underwater sounds did not require high-frequency equipment. I alone could bear witness to the concert. During the day, unseen snapping shrimp hide their tiny selves in the reef so, although I do not see them, I do hear their steady cracking. The feisty orange garibaldi damselfish sound is easy to discern. If you get too close to this sonic fish, particularly during its nesting season, you could bear witness to the concerto. The territorial garibaldi (below) emits thumping noises to ward off interlopers and click-noises to attract a mate.

A garibaldi produces a low-frequency noise to attract a mate. How do creatures without vocal cords make such diverse and intriguing sounds? For some members of the arthropod family, the snapping shrimp, one claw is freakishly enlarged and can produce a very loud popping sound. A collapsing bubble outside the claw causes its characteristic clap. It clamps its claw so fast that a water jet gushing from the claw first loses its buoyancy. A gas-filled sac that helps fish maintain buoyancy. A claspless spiny lobster produces a rasping sound using its antennae. The sound created is not unlike the way a violin makes sound. To generate sound vibrations from a violin, the bow “sticks and slips” over the strings due to friction. When a spiny lobster moves its antennae a certain way, a piece of soft tissue ruts against a smooth, stiff file near its eye and produces sound. Making sounds is no random act.

There’s a lot of listening happening, too, though you won’t find an identifiable outer ear anywhere on an invertebrate or a fish. Interestingly, fish inner ears are similar to those of other vertebrates, including mammals. Ocean animals use sound like land mammals as it is to land animals. Having this sense means being aware of events all around, no matter where attention is focused. Contrary to earlier thinking, the special qualities of the undersea world actually emphasize sound because sound travels much farther underwater than it does in air. And considering that much of the world’s dark and murky, the value of vision is reduced or even altogether eliminated. Accordingly, sound offers compelling reasons to break our investment in hearing.

During the day, unseen snapping shrimp use their hearing to detect predators, find prey and communicate to potential mates. One loud, manlike noise to do this is the snapping shrimp. Making sounds is no random act.

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Presented by: Tassanari Physical Therapy and St. Bridgid Health Ministry

WHAT LIES BENEATH
Thursday February 22, 2007
La Jolla Village News

A garibaldi produces a low-frequency thumping by grinding its teeth, which are located in the gill or throat region. The sound is amplified by the swim bladder, an expandable gas-filled sac that helps fish maintain buoyancy. A claspless spiny lobster produces a rasping sound using its antennae. The sound created is not unlike the way a violin makes sound. To generate sound vibrations from a violin, the bow “sticks and slips” over the strings due to friction. When a spiny lobster moves its antennae a certain way, a piece of soft tissue ruts against a smooth, stiff file near its eye and produces sound. Making sounds is no random act. There’s a lot of listening happening, too, though you won’t find an identifiable outer ear anywhere on an invertebrate or a fish. Interestingly, fish inner ears are similar to those of other vertebrates, including mammals. Ocean animals use their hearing to detect predators, find prey and communicate to potential mates. One loud, manlike noise to do this is the snapping shrimp. Making sounds is no random act.

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RUGBY
CONTINUED FROM Page B-1

not allowed in rugby, and only the player carrying the ball may be tackled or blocked. The Sevens tournament at Petco will feature a variant of the full 15-player Rugby Union game, as the name suggests. Instead of 15 players, only seven per side play in this fast-paced version of the game. Rugby itself has been played in the U.S. alongside the modern variant of the game for many years. It is most popular along the Eastern seaboard, but there are teams in many colleges across the nation, including here in San Diego at SDSU and UCSD.

Most amateur rugby players play a non-contact version of the game gaining popularity in San Diego. Pick-up “touch” rugby games can be found most weekends in area parks and at the beach in Del Mar and South Mission Beach. There are several more formal, 15-player full-contact teams playing in the county too, including The San Diego Surfers, an all women’s team based at Robb Field in Ocean Beach. Mandy Wilson, who plays with the Surfers, says it’s a great way to stay fit.

Beyond that there is a great social aspect to the sport. “Rugby is the most team-oriented sport I have ever played and it is as much of a club as it is a sport,” Wilson said. “There is an opportunity for any age, gender, ability and experience to play rugby. Teams are always looking for players, and it is a great way to meet people and become part of a team.”

Ruth Oram has been playing touch rugby for more than 10 years with the San Diego Tumeke Touch Club (www.TumekeTouch.com), an informal group of men and women who meet on Saturday mornings to play touch at local parks. “Touch is growing a lot [in San Diego], mostly from the help of transplanted Aussies and Kiwis,” Oram said after a game on a Saturday morning in Del Mar.

On Feb. 12 and 13, the San Diego Invitational Rugby Tournament, an ancillary event to the USA Sevens, will feature play by some of the county’s and the nation’s best 15-player men’s and women’s teams at the Del Mar polo fields in North County. It will be a good place for interested locals to see the game, get a quick fix of full-contact sporting action and get more information about playing locally.

For more information, visit www.usasevens.com and www.sandiego-invitational.aspx.
NOTICE TO DEFENDANT:

The transaction of business began on: NOT YET STARTED The statement was filed with: David L. Butler, County Clerk of San Diego County on: DEC 16, 2008 Issue Dates: JAN 22, 29 FEB 05, 12 AND 19, 2009

THE NAME(S) OF BUSINESS:

FILE NO. 2009-002224

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FILE NO. 2009-001522

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FILE NO. 2008-039085

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The Barber Tract is bordered by a beautiful sandy beach and is convenient to the Village, shops and restaurants. Go to www.LindaMarrone.com for the History of the Barber Tract.

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