Lifeguards install temporary tower

By Alyssa Ramos | Village News

La Jolla lifeguards initiated installation of a temporary lookout tower while waiting for construction to begin on the newly passed replacement station at the Children’s Pool. But local planning group members said city officials failed to inform them about the building.

“Clearly, I don’t think the public wants this tower,” City of San Diego lifeguard Sgt. Ed Harris said. “But it solves our water observation issues and eliminates excess staffing.”

After more than seven years of battling with residents and planning groups, asking them to approve a new design for the Children’s Pool replacement lifeguard station, lifeguards with the city of San Diego and La Jollans resolved their differences. La Jolla planners passed the Children’s Pool design during their October meeting. The new design replaces a condemned tower, but La Jolla’s lifeguards continued to operate from trailers and temporary towers, waiting for construction to start on the new Children’s Pool station.

“Of course the underlying message from the city is they want to speed up work on the new Children’s Pool lifeguard station,” La Jolla Community Planning Association (LJCPA) board member Darvy Ashley said.

Meanwhile, about four months ago, lifeguards decided they need many features the new tower...
$2,885,000
Classic brick traditional one level home with spacious great room, gourmet kitchen, and entertainment-sized patio with downtown & ocean views.
4BR/3BA.

$2,295,000-$2,595,000
New Listing!
Located just one house from the beach in La Jolla Shores. 4 bedrooms with lush patios and retreats. High ceilings, walls of glass and privacy galore.

$1,100,000-$1,295,000
This beautifully decorated and lovingly maintained home is one of only 3 exclusive units in this private complex in the heart of La Jolla Village. 2BR+den/2BA.

$2,549,000
Sweeping panoramic ocean views from this turn-key 3BR/3.5BA stunning home in LJ Corona Estates.

$1,095,000
Just reduced!
Located in La Jolla Shores, just steps to the beach. One level 3BR/2BA with large patios for entertaining. Beach lovers’ delight.

$1,250,000
Perfect location in the Village of La Jolla! Enjoy this one level, ocean view condo with beach access. Walk to all shops and restaurants. 2BR/2BA.

$779,000
If you’re looking for a quiet, first level, no-fuss condo with 2 parking spaces in the Village...then this condo is it! 3BR/2BA.

$1,295,000
Meticulous Blackstone residence with recently renovated bathrooms and remodeled Kitchen. Quiet and private. 4BR/2.5BA, 2,601 sq. ft.

$439,000
Quiet corner unit in Southpointe. Enjoy this single level unit with large patio and spa. Enhanced with a marble entry, mirrored living room wall and corian counters in kitchen and MBA. Priced to sell fast. 2BR/2BA.

$3,650,000
Gracious home situated on a large lot in a quiet cul-de-sac, sweeping ocean and mountain views, mature trees, extremely private, with a wonderful floor plan for entertaining and family living.

$1,195,000
Lovely, single level, three-bedroom home at the end of a cul-de-sac. Enjoy the privacy and ocean/bay views as well as a fantastic location with quick access to freeways 5 and 52.

$3,650,000
Classic brick traditional one level home with spacious great room, gourmet kitchen, and entertainment-sized patio with downtown & ocean views.
4BR/3BA.

$3,850,000
Gracious home situated on a large lot in a quiet cul-de-sac, sweeping ocean and mountain views, mature trees, extremely private, with a wonderful floor plan for entertaining and family living.

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4BR/3BA.

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LJHS hosts casino-themed Homecoming

La Jolla High School (LJHS) senior and Associated Student Body representative Maggie Welbourn plans to join her class this weekend for a Las Vegas-themed homecoming football game Friday and dance Saturday featuring real gaming tables and replica floats of the city.

The students namen this year’s homecoming theme “Vikings in Vegas,” Walsh said.

“We’re dividing the gym into different themed hotels, and we’re using different floats that participated in the football game,” Walsh said.

LJHS will play Point Loma High Friday. During halftime, students have planned a parade featuring alumni and Vegas-themed floats created by the students.

Students also created replica hotels including the Hard Rock, New York, the Mirage, Luxor, Paris and the Venetian to inspire a Vegas-like atmosphere.

“The dance will have regular dress — cocktail attire,” Walsh said. “Also, we’re having Tito the Party-Rican — that’s our deejay.”

Walsh said ASB students paid three professional game tables and replica floats of the sin city and make needed rescues.

LaCava said he called city officials but hadn’t received a response due to the Veterans Day holiday.

For more information, visit www.sandiego.gov/lifeguards.

Seasonal Cheer with a Local Flavor

General manager, Lisa Redwine, certified sommelier, invites you to rediscover The Shores Restaurant! Oceanfront views, fresh ingredients, the friendly appeal of neighborhood hospitality and a fun wine list make this local restaurant the perfect spot for a festive celebration with friends, family and co-workers.

Special menus and holiday treats abound, including:

- The Ocean Garden Sustainable Shrimp Dinner Series
- Special Thanksgiving Day Buffet
- Tempting catering and event menus
- Customized to fit the needs of your group and your budget

Please call today to plan a holiday gathering as memorable as the season.
A WEEK ahead

13 Thursday
• Institute of the Americas Silver Anniversary, InfoCom Americas Conference, seminar on changing world of telecommunications, events through Nov. 15, Institute of the Americas, 10111 N. Torrey Pines Rd., call for times and further information, 455-5560
• La Jolla Sunrise Rotary Club, 6:58 a.m., La Jolla Shores Hotel, 8118 Camino Del Oro, 459-8271, (619) 992-9449
• San Diego Business Connection, 7:15-8:30 a.m., Coco’s, 4280 Nobel Dr., (619) 681-1910
• Leads Club/UTC, 8:30 a.m., Huiatt Regency Barcino Grill, 3777 La Jolla Village Dr., 808-783-3761
• Exercise class, followed by activities and discussions throughout the day, weekday schedule, 8:30 a.m., Riford Center, 8175 Regents Dr., free
• Doyle Rec. Center, 8175 Regents Rd., also Nobel Executive Center Lane, also Nobel Executive Center Drive, public invited
• La Jolla Bridge Club hosts Duplicate Bridge, also Sundays and Wednesdays, noon, 1160 Coast Blvd., $27, 454-5872
• La Jolla Historical Society at Wisteria Cottage, 780 Prospect St., free, (619) 221-6973
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14 Friday
• La Jolla Breakfast Club, 6:45 a.m., Radisson, 3299 Holiday O., 488-2569
• San Diego Blood Bank Bloodmobile, 9-11 a.m., Aventine-Glenbriar Retirement Center, 4141 Camino Parkway, free
• JCC Bridge, 10:30 a.m.-11:30 a.m., Edwards Stadium on campus, 6:30 p.m., La Jolla Community Center, 6811 La Jolla Blvd., 551-9871
• San Diego Independent Scholars monthly meeting, Arthur Wagner on "The Development of UCSD’s Theatre Dept. and Re-emergence of La Jolla Playhouse," 1:30 p.m., USCD Chancellor’s Complex, 9500 Gilman Dr., (619) 296-4055, www.edscholar.org
• JCC, 4126 Executive Dr., 3:30 p.m., JCC, 4126 Executive Dr., "Kelp Kornucopia, learn about the ocean world," all welcome, 456-4650

15 Saturday
• San Diego Blood Bank Bloodmobile, 9-11 a.m., Aventine-Glenbriar Retirement Center, 4141 Camino Parkway, free
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16 Sunday
• LeTip Golden Triangle, 7 a.m., Coco’s, 4280 Nobel Dr., 278-3334
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WEEK AHEAD

CONTINUED FROM... Page 4

WEATHER

Friday, November 21 · 2-6

Public Welcome

Saturday, November 22 · All Day

Public Welcome

Sunday, November 23 · All Day

Public Welcome

Monday, November 24 · 1-4 p.m.

French language immersion program

Tuesday, November 25 · 10 a.m. - 2:30 p.m.

Preschool and Kindergarten through 8th grade.

Wednesday, November 26 · 9 a.m. to 10:30 a.m.

French lycée

Thursday, November 27 · 9 a.m. to 10:30 a.m.

French lycée

Friday, November 28 · 9 a.m. to 10:30 a.m.

French lycée

Saturday, November 29 · All Day

Public Welcome

Sunday, November 30 · All Day

Public Welcome

Monday, December 1 · All Day

Public Welcome

Tuesday, December 2 · 10 a.m. - 2:30 p.m.

Preschool and Kindergarten through 8th grade.

Wednesday, December 3 · 9 a.m. to 10:30 a.m.

French lycée

Thursday, December 4 · 9 a.m. to 10:30 a.m.

French lycée

Friday, December 5 · 9 a.m. to 10:30 a.m.

French lycée

Saturday, December 6 · All Day

Public Welcome

Sunday, December 7 · All Day

Public Welcome

Monday, December 8 · All Day

Public Welcome

Tuesday, December 9 · All Day

Public Welcome

Wednesday, December 10 · All Day

Public Welcome

Thursday, December 11 · All Day

Public Welcome

Friday, December 12 · All Day

Public Welcome

Saturday, December 13 · All Day

Public Welcome

Sunday, December 14 · All Day

Public Welcome

Monday, December 15 · All Day

Public Welcome

Tuesday, December 16 · All Day

Public Welcome

Wednesday, December 17 · All Day

Public Welcome

Thursday, December 18 · All Day

Public Welcome

Friday, December 19 · All Day

Public Welcome

Saturday, December 20 · All Day

Public Welcome

Sunday, December 21 · All Day

Public Welcome

Monday, December 22 · All Day

Public Welcome

Tuesday, December 23 · All Day

Public Welcome

Wednesday, December 24 · All Day

Public Welcome

Thursday, December 25 · All Day

Public Welcome

Friday, December 26 · All Day

Public Welcome

Saturday, December 27 · All Day

Public Welcome

Sunday, December 28 · All Day

Public Welcome

Monday, December 29 · All Day

Public Welcome

Tuesday, December 30 · All Day

Public Welcome

Wednesday, December 31 · All Day

Public Welcome
We are looking for donations at all levels, and so far we’ve only raised 25 percent ...

THROWN A CURVE

Padres closer Trevor Hoffman speaks about character and humility to students at The Bishop’s School Nov. 7 as part of the school’s Endowed Leadership Lecture Series (ELLS). Following a lively Q&A, the star pitcher also received the Bishop’s Medal in recognition of his leadership achievements. Many Padres fans are crying foul after the club rescinded its 2009 offer to Hoffman earlier this week, right after the closing of its 2009 offer to Hoffman earlier this week, right after the closing of its annual conference Nov. 13-14 at the Westin Carlsbad Resort & Spa.

Boy Scouts to hold open house

Fun, friendship and adventure — all will be on display Monday, Nov. 17, when La Jolla Boy Scout Troop 506 holds an open house. The troop currently has 40 members and 16 registered adult leaders. Since 2005, more than 80 percent of the scouts have qualified for Eagle rank. Troop 506 emphasizes leadership, teamwork, delegation techniques and skills. The scouts also take part in activities such as backpacking in the Sierras, canoe trips on the Colorado River, surfing at San Elijo State Park, skiing at Big Bear and even learning to fly a Cessna. Many of these events were so successful they are planned for the coming year as well, along with overnight camping trips, hiking and merit badge work. The open house runs from 6:30 to 8 p.m. at La Jolla United Methodist Church, 6063 La Jolla Blvd. The troop has been chartered by the church since its founding in 1964. For more information, call Mark Pulliam, (858) 483-3642.

5D French-American School invites parents

The San Diego French-American School, 6500 Coldwind Mountain Road, will hold two open houses next week for parents of prospective students. The first open house on Tuesday, Nov. 18, is for parents of preschoolers ages 2 to 4; on Wednesday, Nov. 19, for parents of first through third graders. Each open house runs from 9 to 10:30 a.m. both days. The open houses feature a buffet and a chance to visit the school; call (858) 456-2807, ext. 306, for more information.

Institute of the Americas marks 25

The Institute of the Americas at UCSD, 10111 N. Torrey Pines Road, will hold a gala dinner Nov. 15. This marks 25 years since the Institute of the Americas was founded by the church since its founding in 1964. For more information, call (858) 456-2807, ext. 306.

Parade

We are looking for donations at all levels, and so far we’ve only raised 25 percent ...

Darcy Ashley LJTC President

boats, bands, horses, all types of cars and vehicles, along with Marshals, Legends of La Jolla and local politicians, Ashley said.

The festival will feature music and singing, horse-drawn and food from area restaurants, photos with Santa and family activities, according to a written statement. Town council members will light the living Christmas tree outside the recreation center during a special ceremony at 5 p.m.

“The winner of the store-decorating contest will be announced at the festival,” Ashley said.

This year, the town council is sponsoring a contest for merchants in the village. Council members will reveal the stores that get the most votes during the festival, she said.

To volunteer for the parade, contact La Jolla Town Council, (858) 454-1444.

For more information about the parade, visit www.ljparade.com. II

PARADE CONTINUES FROM PAGE 1

register. According to Ashley, this year residents haven’t registered as quickly as they have in the past.

“We need volunteers for the day of the event. There’s a lot of things to do,” Ashley said.

Town council members still need volunteers to answer questions the day of the event and volunteers the day before. Ashley said up to 72 hours before the event, Ashley said she needs volunteers to alert owners of parked cars along the route that their cars will be towed.

“We’d like to have as few cars towed as possible,” said Ashley.

That’s an easy job. The most important time is the day before and the day of the event and volunteers the day before, Ashley said. Up to 72 hours before the event, Ashley said she needs volunteers to alert owners of parked cars along the route that their cars will be towed.

“We’d like to have as few cars towed as possible,” Ashley said.

“That’s an easy job. The most important time is the day before and the day of the event.

People’s priorities are different and this is viewed as extra, so this is really difficult, but this is a free event for the community,” Ashley said.

Ashley said this year’s parade will include floats, bands, horses, all types of cars and vehicles, along with Marshals, Legends of La Jolla and local politicians, Ashley said.

“The winner of the store-decorating contest will be announced at the festival,” Ashley said.

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score and a 28-0 lead. La Jolla added scores in the first half on a safety by Adam Lautanen, a six-yard run by Henry Nawahini and a Lautanen recovery of a fumble, set up by a sack from Harper Allan. The Vikings, in firm control, went into halftime with a 44-0 lead.

La Jolla’s only score in the second half came from a 26-yard run by Beathard, while UC got its only points on a short run from Dougherty to avoid the shutout.

La Jolla junior cornerback Oscar Hernandez finished the day with five solo tackles and a pass break-up, Lautanen tallied five solo tackles, Nawahini added nine tackles, linebacker Thomas Rowaman contributed seven tackles and a quarterback sack and defensive lineman David Ferrier was credited with a quarterback sack in his first game back after a season-long injury.

On offense, Beathard rushed for 109 yards and two touchdowns on just six carries, while Stangel finished with 70 yards and two touchdowns. Petch, who did a fine job of controlling the game from the opening kickoff. The kids responded well. I hope this gives us momentum against Point Loma.”

La Jolla will host Point Loma and celebrate Homecoming this Friday night at 6:30 p.m.

Elsewhere, La Jolla Country Day (LJCD) (4-5) fell to top-ranked (Cal-Hi Division V Poll) Christian High by a 27-20 decision to Escondido Charter.

La Jolla will host Point Loma and celebrate Homecoming this Friday night at 6:30 p.m.

On defense, the LJCD linemen were the difference as Montell Allen rush for 241 yards on 22 carries and Junior Togiaso opened gaping holes for LJCD ball carriers, paving the way for their teammates to run for a game high 341 yards.

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Diabetes is a metabolic disease resulting in abnormally high blood glucose levels. It is estimated to affect about 29 million people in the United States, of which almost 6 million people are undiagnosed. According to the Centers for Disease Control and Prevention (CDC), 1.6 million people are diagnosed with diabetes in the United States each year, and the number of people in these three categories is expected to rise to over 80 percent for those of working age. Fortunately, the development and progression of diabetic retinopathy can be slowed with long-term tight control, but regular eye examinations are still needed to diagnose and treat the various stages of diabetic retinopathy.

Diabetic retinopathy can be a devastating disease, and many large-scale studies have been conducted to understand the pathogenesis of the disease. It is well known that poorly controlled diabetes is the leading cause of vision loss in diabetics. The standard treatment for diabetic macular edema is laser therapy, but newer approaches involve injecting medicine into the eye. Advanced diabetic retinopathy, called proliferative diabetic retinopathy, results in neovascularization. The neovascularization can cause bleeding in the eye and can cause a detached retina, which necessitates an eye surgery called vitrectomy.

The American Academy of Ophthalmology recommends at least one annual dilated eye examination for diabetic patients (at the time of diagnosis for Type 2 and three years after diagnosis for Type 1), and more frequent examinations for patients with diabetes in the presence of severe diabetic retinopathy. Diabetic retinopathy can be a devastating disease, but regular eye examinations can detect ocular complications and prevent visual loss.

One important member of the team is the ophthalmologist, a medical doctor who specializes in diagnosis and treatment of eye disease. Poorly controlled diabetes causes elevated blood glucose levels throughout the body, which can cause kidney failure, nerve damage, retinopathy, and even affect the retina. One important member of the team is the ophthalmologist, a medical doctor who specializes in diagnosis and treatment of eye disease. Poorly controlled diabetes causes elevated blood glucose levels throughout the body, which can cause kidney failure, nerve damage, retinopathy, and even affect the retina. It is well known that poorly controlled diabetes is the leading cause of vision loss in diabetics. The standard treatment for diabetic macular edema is laser therapy, but newer approaches involve injecting medicine into the eye. Advanced diabetic retinopathy, called proliferative diabetic retinopathy, results in neovascularization. The neovascularization can cause bleeding in the eye and can cause a detached retina, which necessitates an eye surgery called vitrectomy.

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Avoiding the clonal effect: We like ourselves too much

You have identified your competencies and have presented them well; you have written the perfect resume; you were superb in the interview; there seems to be a perfect fit between you and the job you want. And yet, you were not hired. Is there anything wrong with you? No! It’s the clonal effect at work!

What is the clonal effect? It is the tendency of individuals, groups and organizations to replicate themselves or others that are familiar to them wherever they have an influence to do so. The dictionary defines a clone as “a person or thing that duplicates, imitates, or closely resembles another in appearance, function, performance, or style.”

Every time someone is to be hired or promoted and there is a pool of available candidates, there are two criteria that enter into play. One is competence to do the job; the other is the fit between the individual to be hired and the rest of the staff and organizational culture. This is where the clonal effect takes place. The “fit” deals with comfort factor for both the employer or employees feel the person being hired or promoted “fits” is in the eyes of the beholder.

Recent research findings point to the fact that, when people are discriminated against because of gender, race, age or ethnic origin during the hiring process, it is often in terms of imagined fit. An employer hires someone with whom he or she has a fair chance of getting along, of communicating well, and sharing basic values around such matters as work ethics, standards of quality, imagination, precision, punctuality, dress codes, humor, politics and even leisure activities. The list is endless and so are the possible prejudices. Who do we trust? Those whom we can understand, those who are most predictable to us. Who are they? Those who most like ourselves.

Studies have shown that the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves.” Those who are most like our- selves and are considered reliable are more likely to be “like” themselves. The more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves,” the more managers perceive people to be “like themselves.” And those who are different are on average rejected, unless they tend to “fit” in.

In order to become conscious of the clonal effect, in order to have more choices, we need to become aware of how we react to people. If we wish to stop the unconscious tendency to reproduce ourselves, then we must actively look for the discomfort of diversity, the challenge of change, the potential for disagreement. Then and only then will the women, the blacks, the whites, the Latinos, the Asians, the people of different religions and various ethnic backgrounds, the handicapped, the too young, the old, the too skinny or too fat, the oddly dressed, and those with strange accents have a chance to join in so that all of us can contribute our differences and be enriched by them.

The clonal effect also inserts its tendrils randomly in who we vote for, who we believe represents us. We are suspicious of the “different,” the “other.” Whether it is the black sheep or the albino—no—if the color is not our color, it’s not comfortable.

In order to become conscious of the clonal effect, in order to have more choices, we need to become aware of how we react to people. If we wish to stop the unconscious tendency to reproduce ourselves, then we must actively look for the discomfort of diversity, the challenge of change, the potential for disagreement. Then and only then will the women, the blacks, the whites, the Latinos, the Asians, the people of different religions and various ethnic backgrounds, the handicapped, the too young, the old, the too skinny or too fat, the oddly dressed, and those with strange accents have a chance to join in so that all of us can contribute our differences and be enriched by them.
Dabby did it again! Sparkling brighter than the diamond chandelier earrings she was wearing, purchased by her adoring husband Hal at a previous La Jolla Playhouse gala (one of many she had chaired over the years), she did herself proud as always this time around. Sharing chairing honors with Sheri Jameson and Jeanne Jones at the Moon over Morocco-themed bash, this event brought out the big guns once again to participate in bidding on goodies like an 18-karat gold vermeil necklace combined with a walk-on in the NYC production of “Jersey Boys” (it was a Playhouse hit first, like so many that have gone on to the Big Apple), or a fantasy trip for a week in a Tuscan villa that sleeps eight (perfect for the entire Jacobs clan). Attending were lots of ladies who caravanned over in their caftans, many accompanied by fez-topped gentlemen, taking time to pet the cute camel, pose for photos or admire the genuine Middle Eastern décor, dine on Wolfgang Puck’s chow (he didn’t attend but he is now the resident go-to guy at the Playhouse), and then be entertained by Tony-nominated Kerry Butler before continuing on to bazaar desserts and dancing with good old Zowie Bowie. It was a wow of an evening!
Malashock stages stage duet dances at Garfield Theatre

Emmy-winning choreographer John Malashock has created “Let’s Duet,” playing Nov. 21 and 22 at the JCC’s David & Dorthy Donfield Garfield Theatre, 4126 Executive Drive.

“Duet is totally in my comfort zone,” Malashock said in a written statement. “By that I don’t mean safe. I mean they’re where I can … take the most risks and find the most expression. I just love working in that form.”

Malashock works with duos dancing to myriad music, from an 80s song to video game-inspired tunes. “Let’s Duet” uses a dance soundtrack featuring music including classical, pop and opera. The mixed bag features new music guru Philip Glass, opera composer Georges Bizet, Nick Cave and the Bad Seeds and minimalist Polish composer Henryk Gorecki.

The audience will see Malashock’s effort to capture different emotions between partners as they play out and explore a couple’s relationship.

“The Duet” features dances with new duos and established dancers, according to a press release. This year, Malashock introduces a two-woman duet called “Flight of Longing,” while his dance introduced in 2007 called “Silver and Gold” focuses on a dysfunctional partnership, his dance introduced in 2007.

“Part of Compass’ Q Program, presenting plays about the lives and loves of gays and lesbians, the musical, sung to an overbearing canned accompaniment, presents numerous gay male stereotypes and very little of reality other than the young gay man who can hardly wait to flee this Podunk backwater. And that in itself is also a stereotype. The lone female, double cast as the Marjorie Main-like law enforcer and the understanding school-marm, is also made of cardboard.

The most unfortunate, perhaps unintentional, stereotype is in the casting of the lone African-American cast member as an abuser and petty thief.

Don’t get me started on the repetitive, derivative songs and their cliché, rhymeless lyrics and the fact there are too many by far. Some in the company are talented veterans, others appealing youngsters. Why they would waste their time and ours on such “mush and drive” beats me.

“Backwater Blues” continues through Nov. 26. For repertory schedule, go to www.compassstheatre.com or call (619) 688-9210.

Britannicus

Lost one fear the winding path through Joan Bacine’s 1669 drama, “Britannicus,” translator Howard Rubenstein gives the entire back story to the scheming Agrippina (Glynn Bedington), who delivers it in one fell swoop at the top of the production, playing through Nov. 23 at Compass Theatre. Agrippina’s son Nero (Rich Carrillo) is emperor of Rome, having usurped power from his adoptive brother and true heir Britannicus (Rayando de Murguia), son of the late emperor Claudius. Agrippina was married to Claudius, whom she is said to have poisoned so her son could rule. Though he is already married, Nero falls in lust with and kidnaps Britannicus’ fiancée, Junia (Jenna Selby).

Britannicus comes to the palace and tragedy ensues. Other characters are Britannicus’ duplicitous tutor Narcissus (Dave Morris), and Nero’s tutor Burras (Neil McDonald). Miram Cuperman directs a company that possesses wildly diverse acting skills, ranging from nil to considerable. Murguia, a University of San Diego theater graduate, is impressive in his Compass Theatre debut. Experienced actors Bedington and McDonald steady the shaky ship. As for the “nil” and its intermediate ranges, it is not possible to avert one’s eyes or stop one’s ears in such a small space. Fortunately, the running time is short.

From Rome to down home at Compass

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YOU Talk First: you must have confidence in your stylist, pay attention during your first meeting, select one that carefully listens to your hair concerns, past problems, your wants and your desires.

Stylist Communication, your stylist is the hair expert, they must dialog with you, explain the reality of your requests by analyzing your hair type, condition, lifestyle, your skill level and offer solutions... if your stylist doesn’t talk, you walk before the scissors come out.

Repeat steps until you achieve synergy securing your new stylist. Lauren Carr explains that this ongoing communication is产业园 to hair care as customers experience changes in their lives from health to job shifts to time constraints. She is the “go to expert” for natural blonde coloring as she highlights so close to the root that you actually become the color or go flat out with “peek-a-boo” fun color. Also specializes in “edgy” precision hair cuts for women and men that are low care and high style. Stylist Neda Saadeti agrees to use the same

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Why People do not Join Health Clubs

With all of the information out there stating the importance of regular exercise, over 80% of the population does not regularly exercise. Why is this? Because of the intimidation factor of the modern Health & Fitness Club. If you find yourself in the doldrums and can’t explain why, exercise intimidation may be the barrier that’s keeping you from enjoying your workouts. People are intimidated by a stereotype impression that health club members are already in good shape.

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As a regular exerciser you will enjoy your workouts at Club La Jolla, as the Club is well-equipped with everything you need for an enjoyable and productive workout.

There has never been a better time to get started on your membership at Club La Jolla, located conveniently in the Village on Fay Avenue across from Von’s. The enrollment fee has been waived for November, and membership always comes with a 10-day money back guarantee. If you are not exercising and know you should, you are at a crossroads. Pick the path that leads to a better life. Start a regular exercise program today.

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Bishop’s boys polo win tourney, city title

BY DAVE THOMAS | VILLAGE NEWS

The Bishop’s School boys water polo team captured the Greater San Diego Water Polo Invitational tournament winning a 15-12 victory over Cathedral Catholic.

Senior Scott Siegel was named tournament MVP, while goalies Christian Ronald and Drew Hoffenberg were also named to the All-Tourney team for the Knights.

To advance to the championship game, Bishop’s beat Eastlake High, 17-2 (Adam Wrobel six goals) and Fontana High, 15-4 (Justin Wolfe six goals) and Point Loma 18-4 (Hunter Gettelfinger with two and Adam Buechler, James Hixson, Tyler Woods and Kyle Usselman with one each). La Jolla also claimed an 8-6 victory over Cathedral Catholic in Westcoast Invitational recently with a 15-20 victory over Carlsbad, as Hoffenberg added three goals, while Augie Arcidiacono and Gettelfinger each had two, with Woods adding one.

Bishop’s defeated University 12-4 (two goals) and Malin Schumacher (two goals), Claire Mittermiller (two goals), Lauren Vinzant (two goals) and Morse High. Lauren Vinzant (two goals) and defense, and Alissa Arnold in the meet, the boys varsity hoped to repeat their division win and advance to the championship game, Bishop’s beat Eastlake High, 17-2 (Adam Wrobel six goals) and Fontana High, 15-4 (Justin Wolfe six goals) and Point Loma 18-4 (Hunter Gettelfinger with two and Adam Buechler, James Hixson, Tyler Woods and Kyle Usselman with one each). La Jolla also claimed an 8-6 victory over Cathedral Catholic in Westcoast Invitational recently with a 15-20 victory over Carlsbad, as Hoffenberg added three goals, while Augie Arcidiacono and Gettelfinger each had two, with Woods adding one.

Bishop’s concluded the season to the Dons. after losing two prior games Catholic on Saturday night with strong team results. In the season to the Dons.

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Call agent, Mary Ann Holladay for details on the above.
Village plans to put on the glitz in Dec.

Merchants hope transformation will boost holiday cheer, profits

BY ALYSSA RAMOS | VILLAGE NEWS

Merchants inside La Jolla’s village joined efforts in planning to stave off the economic slump this holiday season with extra incentives for shoppers. Shopkeepers will begin Tuesdays in the Village Dec. 2, in an effort to spuce up the holiday season and their bottom line.

During December, more than 70 shops around La Jolla will implement new ideas to draw customers and keep dollars local, from extended business hours to a horse-drawn buggy, according to Warwick’s owner Nancy Warwick.

“For every $100 spent in local businesses, $68 stays in the community versus non-local stores where only $43 stays in the community,” said Warwick’s Susan McBeth, citing statistics from the American Independent Business Alliance.

During the month of December, more than 70 shops around La Jolla Village plan to put extra incentives for shoppers.

Wine & Food fest offers a taste of the good life

BY LORALEE OLEJNIK | VILLAGE NEWS

Like a Comic-Con for foodies, food lovers of all types, from celebrity chefs to microwave mavens, will flock to the downtown area this week for the annual San Diego Bay Wine & Food Festival. The star, however, is the wine, abundant in quantity and quality.

Last year, more than 700 different wines were poured at the Grand Tasting event alone.

“This is our fifth anniversary, and we’re really excited to see how it has progressed each year,” said Michelle Metter, festival producer. Southern California’s largest and poshest culinary festival will feature a weeklong lineup of all things gourmet.

SEE WINE & FOOD, Page B6

Peters will migrate to Port board

BY HEAL PUTNAM | VILLAGE NEWS

Outgoing City Council President Scott Peters won five votes from his colleagues Monday for a seat on the San Diego Unified Port District Board of Commissioners, despite an attempt by District 6 Councilwoman Donna Frye to have the vote postponed until four newly elected members of the council begin their terms.

Peters, of La Jolla, will serve a term that will end on Jan. 2, 2013. He is leaving his First District Council seat next month due to term limits. Peters recused himself from voting, and the meeting was ed by the council.

Outgoing City Council President Scott Peters won five votes from his colleagues Monday for a seat on the San Diego Unified Port District Board of Commissioners.

Bolts hang tough in squeaker over Chiefs

BY DAVE THOMAS | VILLAGE NEWS

When you sport a 1-7 record in the NFL, you often throw conventional wisdom out the window. Missing an extra point earlier in a game and having a tired defense out on the field may do that to you.

The Kansas City Chiefs decided to go for it all last Sunday, passing on an extra point after pulling within 20-19 late in their game against the San Diego Chargers. Their 2-point conversion came up short, however, and the Chargers escaped the AFC West Division match-up with the victory.

“When you’re 1-7, it’s not even a question what you do,” Kansas City head coach Herman Edwards said. “These guys, they deserve to win a football game. These guys are so beat up on defense that it wouldn’t have been fair to not go for two points because I don’t think we could’ve stopped them. We just didn’t have the bodies.”

In what can politely be described as a sloppy game for most of the day by both teams, more than 67,000 in attendance saw the Chargers break a 13-13 tie in the fourth quarter, nursing a lead right down to the very end.

On a day where neither the offense nor defense was at its best, the Chargers somehow found a way to win their fourth game of the season, heading into a big match-up this Sunday in Pittsburgh.

The Chiefs had pulled within 20-19 after a questionable pass interference call and a TD catch by future Hall-of-Famer Tony Gonzalez (two TD receptions) with less than a minute remaining.

Having missed an extra point attempt earlier when they took a 13-6 lead, the Chiefs had QB Tyler Thigpen (27-of-41, 266 yards, three TDs) roll out and try for a 2-point conversion pass deep in the right side of the end zone. Charge...
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GLITZ
CONTINUED FROM PAGE D 1

Alliance. “We want people to understand that it’s not about supporting our individual stores but supporting La Jolla locally,” McBeth said. La Jolla’s merchant organizations are skilled at understanding the needs of area residents. The other nice thing about local stores is that we buy for our local markets. We know our own community and our own market so we can buy for our customer base,” McBeth said.

Village merchants will extend hours to 8 p.m. starting Tuesday, Dec. 2 and then every Tuesday throughout the month. And each participating shop will host various specials, from book signings to entertainment, Warwick said.

[During] Tuesdays in the Village, each store will have their own special event, whether it’s a discount or balloons or food,” McBeth said.

PETER S continued from Page D 1

has been council president for three years and is a former California state Assemblyman. A spokesman for Mayor Jerry Sanders told the council the meeting was to “put a resolution” for Peters for the Port District seat.

Before the vote, Peters told the council he would not be accepting the $1,000 monthly transportation or $100 monthly phone allowance. Port Commissioners do not receive a salary, but they do receive some free travel with their official duties.

At the start of the meeting, Frye unsuccessfully tried to delay the vote until after four new council members are sworn into office on Dec. 8. Frye said she made the motion “out of courtesy to our incoming colleagues” and added there’s no rush to fill the seats, which are not vacant until Jan. 2. “I don’t think it’s the fair thing to do,” said Young, who seconded Frye’s motion to postpone the vote, but they were the only ones to vote for it.

Activist Ian Trowbridge said the new City Council should be the ones to vote on the nominees, adding that it was “shameful toocket this item” before they took office.

Madafiler said there was nothing wrong with docketing the matter now. He said many council actions are often delayed but there was no reason to delay this one. The new council will meet only twice in December before the Christmas recess, and they won’t meet in January before the vacancies would take effect.

The Port of San Diego was created by the state legislature in 1962 to manage San Diego Bay and surrounding waterfront land and is a state agency.

The cities of Coronado, Chula Vista, National City and Imperial Beach also elect representatives to sit on the Port District.
BOND, "Quantum of Solace." We might have expected a more unorthodox Bond, one that might have stood out from the crowd, but instead we get a very conventional Bond, one that is very much in the same mold as the previous films. Craig is a fine actor, but he seems to be playing a character that is very similar to the one he portrayed in the previous Bond films.

The film itself is a typical Bond film, with all the usual elements: a mysterious villain, plotting to destroy the world; a beautiful Bond girl; a gadget-filled car; and a thrilling car chase. The action sequences are well-done, but they lack the excitement and innovation of earlier Bond films.

The film's plot is also quite familiar. The villain, Dominic Greene, is a former MI6 agent who has gone rogue and is now plotting to destroy the world. Bond, of course, sets out to stop him. The plot is not particularly original, but it is well-executed and will keep audiences entertained.

One of the things that makes this film different from others in the series is the use of location shooting. Much of the film was shot on location in Bolivia, allowing for a more realistic portrayal of the South American nation.

Overall, this is a good film for fans of the Bond series. It may not be as innovative or exciting as some of the earlier films, but it is well-made and will keep audiences entertained. If you are a fan of the Bond films, you will enjoy this one.
This nonnative worm (Polyophthalmus pictus) originated from the Mediterranean Sea, where it was first described in 1839. It was likely introduced when inadvertently transported along with the native alga it lives on. Now its substrate is a native green alga, which grows attached introduced when inadvertently transported along with the native alga it lives on. Now its substrate is a native green alga, which grows attached to offshore cobbles buried in the sand.

A green stink bug (Chlorochroa sp.) may be settled on seaweed but it can’t live on a sandy beach, there being no solid attachment on which it is commonly found. A green stink bug (Chlorochroa sp.) may be settled on seaweed but it can’t live on a sandy beach, there being no solid attachment on which it is commonly found.

Sandy beach walk rivals Shores’ rocky tidepooling

By JUDITH LEA GARFIELD

Extreme low tides begin this time of year and, with them, exposed rocky reef areas that draw crowds of tidepoolers. Instead of crouching elbow to elbow on hard substrate with the hol polli, head to La Jolla Shores to take a soft, sandy beach walk. You may likely reap greater sea life discoveries. Although seaweed and other algae can’t live on a sandy beach, there being no solid attachment on which to anchor, clumps and fragments of a variety of red, green and brown photosynthesizers do get pushed to shore by the surge and currents, bringing with them a variety of life.

Take a look at just a snapshot of what you might see, sized from tiny to big. As with all exploration, take only pictures, leave only footprints. See www.judith.garfield.org. Questions, comments or suggestions? E-mail jgarfield@ucsd.edu.

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• Framed or computer enhanced photos will not be accepted.

• Color or black and white prints are eligible. Slides are not allowed. Entries should be no larger than 8 x 10 inches and not smaller than 3 x 5 inches. Please don’t send a photo in a frame.

• Only two entries per photographer allowed.

• NO POSTER PHOTOSGRAPHY

• Please include on the back of the photo: photographer’s name, address, phone number, date the photo was taken and a brief description of the subject.

• The safe return of entries is not guaranteed. Remember, these photos will be mounted for public display — expect some wear and tear.

• Photos may be picked up at Nelson Photo after Dec. 31, 2008.

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"James," and the smirk on her face gives the event that creates the best chance of winning the game." She's never got off the ground as a safety Clinton Hart, however, knocked the ball away to preserve the lead and San Diego (4-5) recovered the onside kick to secure the victory.

The victory returned many fans of the earlier tussle this season in Denver, where the Broncos passed on an extra point and pulled out a 39-38 victory over the Chargers in Week 2 to end the game.

After Kansas City grabbed a 7-0 lead early in the game, a pair of Nate Kaeding field goals and 10-0 San Diego safety Clinton Hart, however, knocked the ball away to preserve the lead and San Diego (4-5) recovered the onside kick to secure the victory. The victory returned many fans of the earlier tussle this season in Denver, where the Broncos passed on an extra point and pulled out a 39-38 victory over the Chargers in Week 2 to end the game.

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