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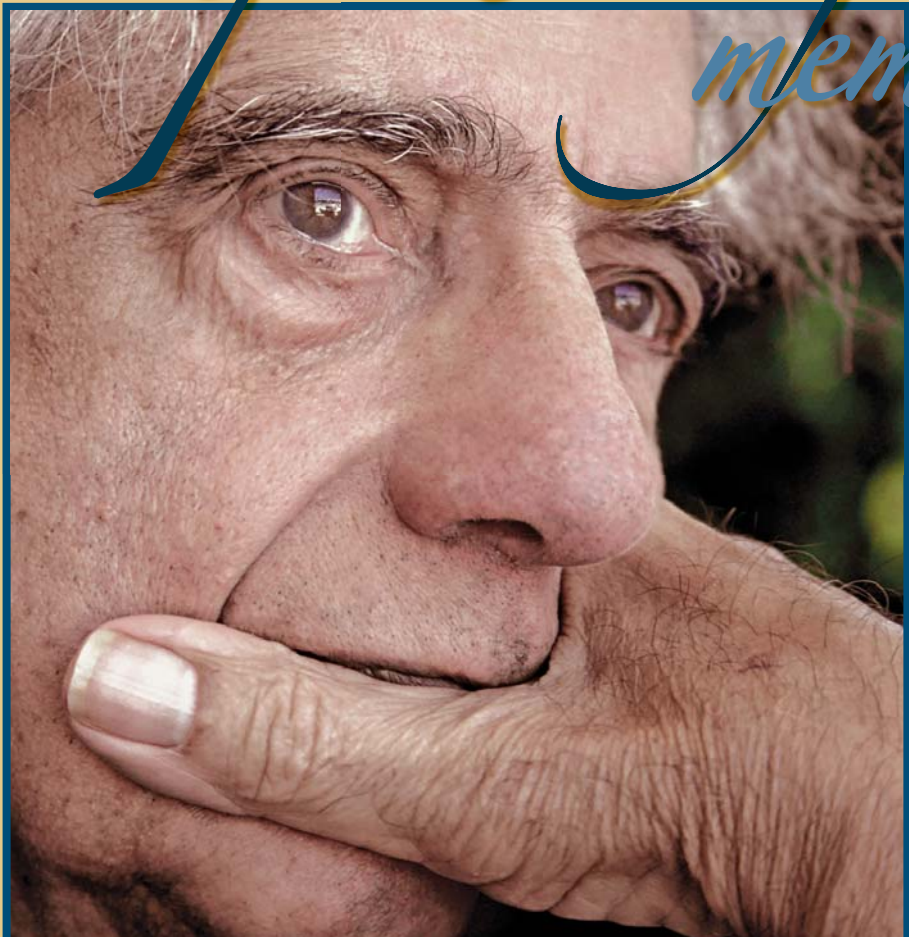
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Capturing memories



One La Jollan's book on coping with Alzheimer's sheds light on family caregivers' struggles

"These are some of the things my husband used to do: fly a plane, perform surgery, consult worldwide, head a university and medical centers, hit four holes-in-one, and play on the same basketball team as Bob Cousy. These are some of the things my husband can't do anymore: find his way to and from an unfamiliar bathroom, work the coffee maker, play tournament golf, or remember something I told him two minutes ago."
 — Excerpt and photo from Judith Fox's book, "I Still Do: Loving and Living with Alzheimer's"

By **KENDRA HARTMANN** | VILLAGE NEWS

As a photographer with collections in galleries from New York to Los Angeles, Judith Fox had captured images of almost everything imaginable. She had taken photos of people, buildings, animals and trees — and every combination thereof.

The one subject, though, that eluded her lens happened to be right in front of her. Other than the odd snapshot taken while traveling, she had

never used her husband as a model. And ironically, in the end, she found in her husband, Ed Ackell, a most inspiring — if unlikely — muse.

Fox, who has lived in La Jolla since the late 1990s, didn't set out to document Ed's struggle and decline because of Alzheimer's disease. After coming across the photography book, "The Model Wife" by Arthur Ollman, in which Ollman compiles photos by nine photographers who used their wives as subjects, she wondered why there wasn't a similar book called "The Model Husband." Admittedly,

she had never thought of Ed as a model, and she realized there was a serious lack of older subjects — male or female — in the art world, and even less focus on the male physique.

"I had this opportunity to think about this aspect as an artist, and to build a series around my husband," she said.

When Fox started photographing Ed, he had been diagnosed with Alzheimer's for a few years (the disease, in fact, had started showing up even before they married). Without

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Former Secretary of State Condoleezza Rice spoke at an event at The Bishop's School on Jan. 19. Courtesy photo by Michael Spengler, Studio M Photography

Bishop's students gain valuable insights from a top foreign-policy leader

By **MARIKO LAMB** | VILLAGE NEWS

Former U.S. Secretary of State Condoleezza Rice paid a special visit to The Bishop's School on Jan. 19 to answer students' questions about her leadership roles in the White House, as well as impart valuable advice to students about how to prepare for life's upcoming endeavors.

The once-in-a-lifetime opportunity was made possible by the Endowed Leadership Lecture Series, which brings role models who have exuded extraordinary leadership and achievements to the Bishop's community.

Rice was also accorded the school's highest honor, the Bishop's Medal, which was presented to her by Head of School Aimeclair Roche at the school wide presentation.

Before her presentation, Rice — who currently teaches political science at

Stanford University and political economy at the graduate business school — was a guest teacher in Jeff Geoghegan's Advanced Placement U.S. History, teaching students about redevelopment after the Civil War.

"The opportunity to have the former secretary of state visit this class will be an unforgettable highlight of a Bishop's education," said Richard del Rio, chair of the school's history and social sciences department. "Condoleezza Rice is both a scholar and top-level policymaker who brings enormous personal skills to her interactions with students."

In her presentation, Rice advised students to discover their passions, challenge themselves, gain exposure to other cultures and not to take privilege for granted.

SEE **RICE**, Page 11

La Jolla's post office could become another victim of economic downturn

By **PATRICIA WALSH** | VILLAGE NEWS

The U.S. Postal Service's plan to sell the building at 1140 Wall St. that has housed the La Jolla post office since 1935 has some thinking about what can be done to maintain the status quo.

"The idea is to somehow find the funds to buy the building," said Joe LaCava, a La Jolla Community Planning Association trustee. "We could keep the post office in front and find a use for the other end. They could sell the building and negotiate a lease."

The Postal Service is looking to sell the building and lease a new facility within a mile of the current location, according to Eva Jackson, USPS spokesperson. The move won't affect the 92037 ZIP, P.O. box numbers or hours of operation, she said. CB Richard Ellis (CBRE) has been retained to handle the real estate transaction.

Jackson said the Postal Service needs only about half of the building's 14,451 square feet.

"The building is underutilized, but we still have to maintain it, heat it and cool it. We need a location with only 6,100," she said.

Until 1975, the building housed letter carriers and retail, Jackson said. Carriers were then moved to an annex on Silver Street.

Reporting a net loss of \$5.1 billion last year, the post office could raise much-needed capital by selling the corner-lot building. To return to profitability by 2015, the Postal Service must reduce its operating costs by \$20 billion.

Marc Lipschitz, broker for Prudential, who has 22 years of commercial real estate experience, estimates the value of the property to be \$2.5 to

\$3 million. But, he added, "It is difficult to place a value or premium on what an owner, user or developer would pay for this unique opportunity in the village." The Postal Service expects to have its official appraisal on the property in March.

"That gives us some time," LaCava said. "The discussion is what should be the strategy [to buy the building]. The feeling is we have enough stores and restaurants, here's a different kind of facility that has a civic use."

Cathy Hammond, who has had a post office box for 34 years, said she believes the building will be sold in no time, "Unless they ask too much money," she said.

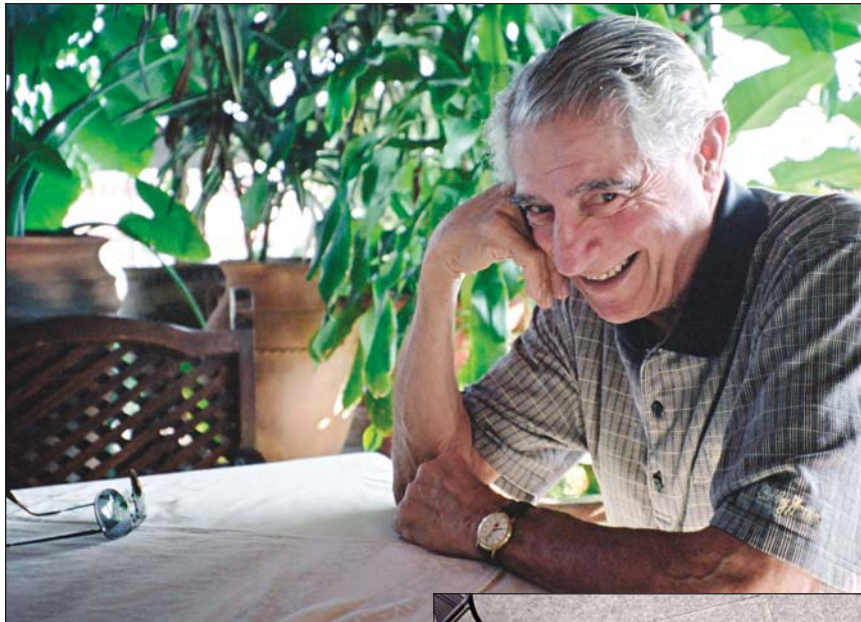
But she's still lamenting the fact that the facility may be gone.

"It's such a quaint part of the vil-

SEE **POST OFFICE**, Page 5



The La Jolla post office, with the La Valencia Hotel in the background, has occupied the building at 1140 Wall St. since 1935. DON BALCH | Village News



Judith Fox's book "I Still Do: Loving and Living with Alzheimer's" depicts her husband, Ed, as he navigates daily life with the disease. Fox's own written text helps illustrate the photos.

"What Ed wants most is friends, buddies, the kind of men who used to gather around him when he was president of a university and a hero on the golf course. What he wants is to sit over a beer with these men after a game of golf and talk about politics, business, and sports. He wants his old life back," she writes.



FOX

CONTINUED FROM Page 1

any specific direction for her photos. Fox started documenting Ed's daily activities — Ed sleeping, playing golf, eating, goofing around. After she had compiled a number of photos, she showed them to Ollman, who thought she had the makings for a book.

It was only at this point, Fox said, that she started to consider how she might include the aspect of living with Alzheimer's in the

photo project. After all, the photos showed exactly that: Ed living with Alzheimer's and doing — or not doing — all the things he had done before the diagnosis. Why couldn't this stark portrayal of Ed's daily life also double as a commentary on the disease?

Ollman, however, discouraged her from taking that approach.

"Arthur suggested I not bring in Alzheimer's to the book because publishers don't like to cross-market books and Alzheimer's is a

difficult subject to sell," she said. "People are uncomfortable with it."

The more she thought about it, however, the more Fox said she rejected the notion that Alzheimer's couldn't — or shouldn't — be talked about.

"The more our journey went on, the more I realized how isolated caregivers feel," she said. "At the time, Alzheimer's was very in the closet. People didn't talk about it. And I felt like I was in a position at that point to help contribute to the very beginnings of a conversation about Alzheimer's and help people who are caregivers realize they're not alone."

As it turns out, that is a common sentiment among those caring for family members with conditions like Alzheimer's — that they must shoulder the burden alone. So much so that 25 years ago, a nonprofit organization was started up to help caregivers in exactly that situation.

The Southern Caregiver Resource Center was founded with the goal of providing much-needed services, like respite, case management, counseling and support groups for caregivers who were stuck in the cycle of trying to do everything for their loved one themselves. Fox said she, too, was mired in this mindset.

"I chose not to give myself permission to have day off for eight years," Fox said of caring for Ed. "One of the difficulties of caring for someone with Alzheimer's is that it's a constant job. If you're vigilant and a worrier — and I'm both — you're always trying to anticipate what could go wrong and you're always on watch. It's a very difficult state to sustain."

Fox finally did allow help to come in, and though it was difficult to relinquish some control, she said, it was



Author and photographer Judith Fox.

Courtesy photo by Aaron Serafino

the best thing for her — and Ed — at that point.

"I'm not patting myself on the back for waiting eight years. I waited too long," she said. "I think that we, as caregivers, are very reluctant to admit we can't do it all ourselves."

One of the reasons it can be so difficult to give up control — and one of the reasons Alzheimer's is so difficult to live with — is the amount of uncertainty surrounding the disease. Fox said. With no clear introduction or indicators, Alzheimer's, she said, "rolls in like a fog."

"It's a very difficult disease, very slippery," she said. "When someone has cancer, for example, you can see it

SEE FOX, Page 6



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FOX

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on an X-ray. It's something you can put your hands on, it's tangible. But the nature of this disease is very mystifying.

"There are moments of extreme lucidity, even now for Ed," Fox continued. "You're always questioning yourself, thinking, 'I'm having this great conversation with this person. Is the diagnosis correct?' Anyone who's a caregiver is on constant roller coaster. We want to hope as human beings."

It's that hope that Fox is counting on to help bring Alzheimer's into the spotlight. The problem, she said, is only getting worse as the population ages and pretty soon, we may find ourselves in a tight spot.

"As global society, we're not even close to being prepared for the tsunami of Alzheimer's that's coming," she said. "As a society, we're not even dealing with current reality. We will be under water soon. One of my hopes is that as people understand how huge our needs are and what Alzheimer's really means to us all as individuals and families and communities, they will start to do something about it."

In that spirit, Fox will be the keynote speaker at the 25th anniversary celebration for SCRC on Feb. 11 at the San Diego Marriott Del Mar. Since her photo book depicting Ed's life with Alzheimer's, "I Still Do: Loving and Living with Alzheimer's," was published in 2009, Fox has spent a lot of time traveling around, advocating on behalf of Alzheimer's research and the needs of caregivers. In San Diego, she said, we're relatively lucky to have institutions doing research, like the Salk Institute and UCSD's Alzheimer's Disease Research Center — one of the first in the country — as well as organizations like SCRC to help caregivers lay the course for dealing with conditions like Alzheimer's and associated dementias.

Marianna Randolph, a licensed clinical social worker and family consultant at SCRC, said she sees the necessity in finding a support system when dealing with sick loved ones.

"Aging and caregiving are complex worlds and [SCRC] helps family caregivers navigate through their journey," she said. "It's hard. No one gives you clear-cut answers. Sure, there are books on caregiving, but each caregiving situation is unique and it helps to know that you can call a professional who is going to help you find options related to your specific situation."

For Fox, Ed's situation resembled a slow slide, and her photos depict the ordinary struggles of the everyday. Ed shaves at the mirror, smiles coyly at his wife behind the lens, sits alone in a courtyard, soaks up the sun on a rock. In some pictures he seems distraught, in others carefree. The photos show the mundane details of life — Alzheimer's or not.

"It's important to realize that people with Alzheimer's still have lives," she said. "Though their lives become increasingly narrow."

As Fox photographed Ed, she said, their bond grew deeper. The lens, rather than creating a barrier between

photographer and subject, served to unite them in their shared experience.

"It was an additional way of partnering with Ed," she said. "We did this together, for as long as he could understand it. It was actually a lot of fun. More than a catharsis, it was another way of loving him, respecting him and acknowledging him. Ultimately, it will be more important as time goes on. It's a way for me to keep my memories, as well."

A couple of years ago, Fox moved Ed into a fulltime care facility close to their home. She visits him regularly, and while the lucid moments are becoming fewer and farther between, the love between them, she said, is still there.

"We're still able to communicate and have an exchange, but it has gotten and is getting increasingly limited," she said. "I do a lot of interpreting. We can always hold hands and talk in simple terms."

The decline, she said, was impossibly difficult for Ed, whom she describes as a "brilliant man" — he was a doctor, pilot, academic and former president of Virginia Commonwealth University — when he wasn't able to do the things he did before, like discussing politics with friends. She was

mindful of how photographing him at his most vulnerable would make him feel, but when he gave her the go-ahead, she realized her book could be more than something nice to look at. It could provide, she saw, a narrative for those who can't be inside the head of someone with Alzheimer's.

"Because Ed is articulate, I'm able to understand it better than I would otherwise," she said. "It's very painful. If you can imagine what it's like to not be comfortable in your own skin, where your surroundings never seem safe or familiar. People with Alzheimer's don't feel grounded. Those of us who don't suffer from it take that feeling for granted. Even if we're having a terrible day, we understand why. We can trust the world around us, even if it doesn't feel friendly."

"That's part of why I did my book — it's important to talk about and get comfortable with it," she said. "I've talked to people around the globe dealing with Alzheimer's, and the issues are always the same. I know I'm fortunate that I have options, but I think very often about the millions of people who don't have options and how incredibly difficult their lives must be."

Former First Lady Rosalynn Carter will be the honorary chair at SCRC's 25th anniversary benefit, for which Fox will present the key address. The event will feature live music from Emmy Award-winning and Grammy-nominated artist Allan Phillips, a performance by professional salsa dancers, food and spirits from Arterra Restaurant and Lounge and a live auction. Tickets are \$225 and can be reserved at www.caregivercenter.org or by calling Roberto Velasquez at (858) 268-4432 x114, or via email at rvelasquez@caregivercenter.org.

For more information on Fox's current photographic work, including her project, "Sea of Dreams," for which she has photographed images from the same undisclosed La Jolla location for almost a decade, visit www.judithfox.com.

NEWSbriefs

YMCA sets fundraising campaign in motion

The La Jolla YMCA announced it is in need of funds to help people in the community who can't afford to participate in its programs. The club launched its annual campaign to raise the \$435,000 to support its members.

"When most people think of La Jolla they think of affluent families, but we have over 600 single-parent families who participate in our preschool as well as our before-and-after school programs," said associate executive director Jason Milosh. "So we need additional funds to continue to provide quality care to those families. The money we raise also goes toward funding our camps, youth sports programs, gymnastics, aquatics and family-strengthening programs."

The donations will also help develop new youth, teen, family and senior activities that meet the needs of the community. Ninety-two cents of every dollar from donations will be put directly to work in programs and donations are tax deductible.

The La Jolla Y serves more than 18,000 people annually throughout the communities of La Jolla, University City, North Clairemont, Sorrento Valley, Carmel Valley and North Pacific Beach. For more information or to make a donation, visit www.lajolla-ymca.org/giving. Donations can also be made by mail or in person at 8355 Cliffridge Ave.; La Jolla, 92037.

LJCPA puts out a call for annual elections

The La Jolla Community Planning Association will hold its annual trustee election on March 1 to fill six seats of a three-year term that expire

in March 2015 plus one vacant seat with a term that expires in March 2013.

Those interested in running must have attended at least three meetings in the last year, and should indicate their interest in becoming a trustee by the Feb. 2 meeting by sending an email to or advising a current trustee, or by announcing it at the meeting. Emails expressing interest can be sent to info@lajollacpa.org. A candidate forum will be held on that day.

To be a candidate, members must be in good standing and must have attended at least three LJCPA meetings during the 12 months prior to the March 1 elections. Attendance can be verified at www.lajollacpa.org/members.html.

At the LJCPA's January meeting, trustee Joe LaCava reminded potential trustees and members of the asso-

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LETTERS TO THE EDITOR

Marine Life Protection Act not a boon for everyone

Re: "Underwater Parks Day a lure for landlubbers and ocean lovers" (Jan. 12, Page 9):

I always enjoy the underwater photographs of contributor Judith Lea Garfield, but her attempts at political commentary should be left to others. Specifically, her comments on the Marine Life Protection Act (MLPA) are both inaccurate and naive.

Contrary to her claim, California voters never "said 'yes' to the MLPA." This was not an initiative placed on the ballot, but a legislative bill. And it wasn't "bipartisan." Votes in various Senate and Assembly committees were essentially along party lines. Republican Gov. Pete Wilson vetoed the first rendition of this act in 1998; Democrat Gov. Gray Davis signed its successor the following year.

The primary thrust of the MLPA is the establishment of coastal no-take reserves where all "take" (e.g., fishing) is banned. Falsely advertised as "science-based," they are in reality founded on the utopian concept that, left alone, problem areas of our coastline will be healed by Mother Nature. Prohibited within these reserves are most proven marine management techniques.

For instance, periodic population explosions of kelp-destroying sea urchins can no longer be managed within these reserves. Also, federal law now permits communities to control nuisance seals and sea lions. But within no-take reserves, our

growing hordes of pinnipeds (eating up to 8 percent of their weight each day) must be allowed to multiply and consume local sea life without any restrictions whatsoever. Permitting uncontrolled predation by urchins, marine mammals or anything else is clearly a perverted concept of "marine life protection."

It is increasingly common to be told by activists that "the oceans are in crisis." That may be true in some parts of the planet, but certainly not in California. Our coastal waters are strictly controlled, especially when it comes to commercial and sport fishing. If a species of fish appears to be below desired levels, it is common for the state Fish and Game Department to adjust the take of that fish by regulating the size, season, daily catch limit and/or fishing equipment. The range of restrictions, depending on the health of the fish species, can range from no limitations whatsoever to a total ban. The proven successes of this management technique cannot be rationally disputed.

But the MLPA approach now implemented along our coast will, based on a fictitious crisis, take large swaths of coastline where our children will be banned from catching a surfperch, digging a sand crab or grabbing a grunion. The motivations for the MLPA's excesses are troublesome. Environmental utopianism is just one. Probably more powerful is the rapidly growing animal-rights movement; once focused on hunting, it is now targeting fishing.

And, as is often the case, money is

a factor. Despite the lure of lucrative study grants, numerous marine biologists have decried the dubious science of the MLPA. Unfortunately, too many researchers have succumbed to this conflict of interest and have openly supported this harmful legislation. They must be aware that their studies and experiments will have little scientific validity because most will not be reproducible due to the variability of ocean conditions.

Nevertheless, funding by both private foundations and taxpayers will ensure unending funds for study grants. The final conclusions of such studies are predictable: Either they will determine that the coastal closures "work" (however that is defined), which indicates that more reserves should be created — or that they don't work because they are too small and therefore should be made larger. The MLPA fishing bans imposed upon our community will never go away.

Carl B. Lind
La Jolla

Has LJVN entered the ranks of Playboy?

Oh, wow, are you saving me money or what! Pages 12 and 13 of the Jan. 19 issue can easily replace the centerfold pictures found in *Playboy* magazine. If this is a "family oriented" newspaper, many of the pictures on these pages should've been relegated to the trash bin. You should be more discreet in what you print!

Lou Cumming
La Jolla



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