

MARKETPLACE NEWS

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Is your body rusting away?

Oxidative Therapies may help!

So what are Oxidative Therapies? The word "oxidative" refers to the oxygen, an element which is necessary for all life.

There are a variety of Oxidative protocols that can be used to induce a healing effect in the human body.

Oxidative therapies such as ozone (a form of oxygen that is very reactive, but safe if administered by a trained practitioner) can be introduced into the body to reverse some of the effects of aging.

We often refer to the aging process as oxidative damage, similar to the rusting of iron, or the brown discoloration which appears on apple slices.

This human oxidative process accelerates aging and increases the deterioration of our bodies. Ozone and other oxidative treatments may reverse this damage, and can also be used to help people suffering from chronic inflammation, heart disease, arthritis, autoimmune problems (immune system attacking self) and chronic infections.

This treatment may be injected into joints to stimulate new cartilage formation, given intravenously, or added to another oxidative therapy, such as ultraviolet blood irradiation (UVI). UVI is commonly used for water purification and can have similar effects on the blood. Small amounts of blood exposed to ultraviolet light can increase the effect of the immune system's fight against recent and chronic infection, as well as against chronic inflammation.

High dose vitamin C (over 25 grams) can have similar effects of delivering oxygen to the body, boosting the immune system and reversing the effects of disease and aging. It can also be used to treat shingles, mononucleosis, and in the treatment of chronic infections like hepatitis B, C, and HIV.

At Quantum Functional Medicine custom treatment plans are designed based on individual needs. We offer a number of modalities to restore and maintain your health. Please check out our website at QFMed.com or contact our clinic at (760) 585-4616 for more information on the broad range of services we offer.

SummerHouse Carlsbad hosts grand opening

Exclusive coastal homes offer concierge service, direct beach access and more

Luxury at the beach is finally here. SummerHouse Carlsbad — Zephyr's new 35-unit luxury beach condo community, boasting direct beach access, sweeping views of the ocean, Buena Vista Lagoon and more — will host its grand opening Aug. 15, 10 a.m. to 5 p.m. Buyers who want to claim their spot in the sand can attend the event at the Sales Center, located at 2303 Ocean St. in Carlsbad. Light refreshments will be served.

Perfect for buyers looking for a full-time or second home, SummerHouse's ideal location and amenities cater to a variety of ages and desires.

"Baby boomers will love the relaxation that comes with living at the coast in a casual, yet elegant home," said Zephyr's Co-CEO Brad Termini. "And their children and grandkids will enjoy all the extras that SummerHouse provides — access to an exclusive shoreline at the northern-most tip of Carlsbad, direct beach access plus a private pool, fire pits and the Carlsbad Village, which is just steps



SummerHouse Carlsbad, Zephyr's 35-unit beach condo community, offers an ideal location with sweeping views of the ocean and Buena Vista Lagoon, and amenities catering to a variety of ages and desires.

away."

SummerHouse brings a hospitality model to residential living with a luxurious concierge service that will cut down on planning time and be onsite to perform a range of tasks, such as scheduling a surf lesson or walking the dog. The concierge will also be able to provide kayaks, beach chairs, bicycles and other equipment residents might need.

On-site amenities include a pool, fire pits and cabanas, and a fitness center.

A full range of recreational options are also nearby, including the ocean for fishing, paddle boarding and water skiing, and Calaveras Park for hiking and mountain biking. And residents can walk to Carls-

bad Village, which is full of restaurants, shops and a variety of services.

Each of the 35 floor plans, featuring California Coastal architecture, varies from building to building, with eight different styles. The spacious, single-story condominiums range from 1,787 to 2,702 square feet with two bedrooms, two bedrooms with a den, or three bedrooms.

Other fine touches include disappearing La Cantina doors on to the large lanais, spacious kitchen islands, top of the line appliances, designer selected cabinets and detailed interior finishes. Each will feature a water view from a large private balcony, and two gated, underground parking spaces are provided

for each home. Prices range from \$1.3 million to \$2.4 million.

The community is a half-mile from the Coaster Station and a short ride to downtown San Diego and the Zoo. It is also in close proximity to Palomar Airport.

Potential buyers can also visit the Sales Center on Saturdays and Sundays from 11 a.m. to 4 p.m., weather and construction permitting, or call (760) 207-8463 to schedule a private showing. Starting Aug. 16, the Sales Center will be open seven days a week, Monday noon to 5 p.m., and Tuesday through Sunday, 10 a.m. to 5 p.m. For more information and to join the interest list, visit: summerhouse-carlsbad.com.

COMMENTARY

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risk and the specter of sea level rise in our coastal regions, SANDAG should instead do all it can to curb regional contributions to climate change.

The California Supreme Court agreed to take up one narrow issue in the lawsuit over SANDAG's 2011 plan.

The court will decide whether regional planning agencies must analyze the consistency of their plans' long-term emissions with the state's ambitious goals for reducing greenhouse gas emissions; these goals are based on well-established climate science.

For years, SANDAG has been skirting the spirit, if not the letter, of state policies aimed at reducing greenhouse gas emissions.

Under SANDAG's 2011 plan, short-term emissions would initially drop but then ultimately spike by 2050. SANDAG does not dispute this disturbing emissions trajectory.

In a notable reversal, SANDAG opted to analyze the consistency of its new, 2015 plan with state policy.

SANDAG's lawsuit is both troubling and puzzling. Scientists are unanimous about the global need to reduce greenhouse gas emissions if we hope to limit the worst effects of climate change.

The Superior Court judge who first heard the case in question, Cleve-

land National Forest Foundation v. San Diego Association of Governments, chided SANDAG for its "kick the can down the road" approach to curbing contributions to climate change.

Our local leaders imagine we have plenty of time to change our approach to planning despite ample evidence to the contrary. Instead of front-loading investments in public transit, as Los Angeles has done, they continue to pursue a car-centric model.

The Legislature and multiple governors have been clear about the urgency of this issue. Governor Jerry Brown recently brought California's greenhouse gas emissions reduction targets in line with those of other nations. California now has until 2030 to cut emissions to 40 percent below 1990 levels.

If these aggressive statewide targets are to be met, regional governments like SANDAG should take all feasible actions to reduce greenhouse gas emissions.

Let's hope the court joins the other two branches of government and sends an unambiguous message about climate change: We don't have any more time to waste.

Nathan Fletcher is a former member of the California State Assembly and current Professor of Practice in Political Science at the University of California San Diego.

LUX's 2015-16 lineup offers diverse cast of artists

By Aaron Burgin

ENCINITAS — The Lux Art Institute recently announced its 2015-16 artist in-residency lineup, and as usual, visitors will be treated to a broad spectrum of artistic work throughout the 12-month run.

Beginning Sept. 3 with the residency period of New York collage artist Max Greis, Lux's lineup includes five artists hailing from across the country — and one from across the Atlantic Ocean. Each artist will reside at the institute for a month, creating artwork that will be exhibited for two months. Each artist will also host a 90-minute "studio series" during their residency.

Here is the 2015-16 lineup:

Max Greis, Manhattan, NY

Opening reception: Sept. 11, 6 p.m. to 8 p.m.
In studio: Sept. 12- Oct. 3
Exhibition dates: Sept. 12 - Oct. 31
Studio series: Oct. 1, 5:30 p.m. to 7 p.m.
Lux's take: Max Greis' work is preoccupied with the ways in which our



Artist Max Greis from New York will start the Lux Art Institute's artist in-residency program Sept. 3. Courtesy photo

post-industrial world has altered our relationship with nature. He utilizes collage built from landscape scenes that construct apocalyptic panoramas evoking history, war and conquest.

Charles Moxon, London, UK

Opening reception: Nov. 13, 6 p.m. to 8 p.m.
In studio: Nov. 14- Dec. 5
Exhibition dates: Nov. 14 - Jan. 2, 2016
Studio Series: Dec. 3, 2015, 5:30 p.m. to 7 p.m.

Lux's take: With lighting and fluid brushstrokes Charles Moxon's portraits are reminiscent of the 17th century Dutch Old Masters. Often using actors and models as his subjects, Moxon has found a way to explore the theme of performance both on the stage and in everyday life.

Sophia Narrett, Brooklyn, NY

Opening reception: Jan. 15, 2016, 6 p.m. to 8 p.m.
In studio: Jan. 16- Feb. 13
Exhibition dates: Jan. 16 - March 12
Studio series: Feb. 4, 2016 5:30 p.m.
Lux's take: The embroidered paintings of Massachusetts native Sophia Narrett provide a setting for what she calls "honest fantasy." Influenced by Hieronymus Bosch, they envelop her own experience as well as societal fantasies about desire, identity and gender.

Margaret Griffith, Winston Salem, NC

Opening reception: March 25, 6 p.m. to 8 p.m.
In studio: March 26- April

16
Exhibition Dates: March 26- May 28
Studio series: April 14, 5:30 p.m. to 7 p.m.
Lux's take: Griffith reinterprets urban and residential landscape by re-imagining a ubiquitous structure - the residential gate - as a metaphor for urban boundaries. She questions the visual borders we construct and their use for protection, privacy, isolation and confinement.

Angela Kallus, Texas

Opening reception: June 10, 6 p.m. to 8 p.m.
In studio: June 11- July 9
Exhibition dates: June 11 - July 30
Studio series: June 23, 5:30 p.m. to 7 p.m.
Lux's take: Texas-based Kallus creates relief paintings using cake decorator's tools. The acrylic rosettes thus created cover her panels in blooms that at once embrace and upend traditional symbols of femininity and romance.

For more information about Lux Art Institute, visit luxartinstitute.org

CREDIT

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and agreeing to pay into their benefits.

Lowery said City Council needs to proceed with prudence and limit spending to city operations and

maintenance.

He added extra funds should not be spent unless there is unanimous City Council approval.

"Finances look pretty solid, but we still can't spend money," Lowery said. Councilman Jerry

Kern, who has served on City Council since 2004, likewise said the city needs to keep spending down in the coming years.

Kern added a big hurdle that lies ahead for Oceanside and other cities is looming pension

costs.

Kern gave credit to Interim City Manager Michelle Lawrence, and former city manager Steve Jepsen for overseeing city budgets that hold the line on unnecessary spending.