Post office wins ‘historical’ designation

BY PAT SHERMAN

On the one-year anniversary of the day La Jollans learned that the United States Postal Service (USPS) plans to sell the Wall Street post office and relocate its services to a smaller, leased space in the Village (Jan. 11, 2012), members of the Save Our La Jolla Post Office Task Force received some welcome news: the post office building has finally been listed on the National Register of Historic Places.

An announcement about the designation was issued by the National Park Service on Jan. 14, and included other sites around the country recently added to the register, including a cemetery, fish hatchery, bridge, houses, farmsteads, halls and a Christian Science church (though no other post offices).

As part of its efforts to save the beloved 1935 Wall Street post office from possible demolition and keep its services in place, the task force worked throughout 2012 on several strategies to save it, including having the building placed on the national register.

Task Force Chair Leslie Davis called the designation a “very significant accomplishment.”

SEE POST OFFICE, A6

Got a cold?
The flu? Or whooping cough?

■ How to know the difference between the bugs hitting town

BY ASHLEY MACKIN

The flu season is here and many have already felt its debilitating effects in some form of a cold or flu. A third option, being seen in Los Angeles County, is pertussis, aka Whooping Cough. There were 145 reported cases in San Diego County in 2012.

“This disease starts like the common cold, with runny nose or congestion, sneezing, and maybe mild cough or fever. But after one to two weeks, severe coughing can begin,” said Dr. Anil Keswani, an internal medicine physician and Scripps Health corporate vice president of ambulatory care and population health management.

Unlike the common cold, pertussis can become a series of coughing fits that continues for weeks. Pertussis can cause violent and rapid coughing, over and over, until the air is gone from the lungs and you are forced to inhale with a loud ‘whooping’ sound. In infants, the cough can be minimal or not even there. They may instead have life-threatening pauses in breathing (called apnea).”

SEE FLU SEASON, A9

La Jolla’s new Information Center ready to serve

BY ASHLEY MACKIN

The La Jolla Village Merchants Association (LJVMA) opened the doors to the new La Jolla Village Information Center at 11 a.m. Jan. 9, though there is much still to come at the 1162 Prospect St. facility.

The walls are currently bare, but there is an information desk to serve visitors. The La Jolla Visitor Center booth, operated by the San Diego Convention & Visitors Center (ConVis) on Herschel Avenue, is now closed.

“Sheila Fortune, LJVMA executive director.

“There will also be computers for visitors to see,” said Fortune. “Right now, the volunteers and staff members who are housing the front are going to be here daily, and we’re providing the brochure services and the consulting concierge services to anyone who shows up,” said Sheila Fortune, LJVMA executive director.

Only the front desk is open to the public, as the rest of the space — the remaining front area, conference room, back offices and flooring — is still under construction. The front room will see the installation of flat-screen televisions in the next few weeks to help with advertising and mimic what was seen at the La Jolla Visitor Center. Fortune said the contracts of existing ConVis advertisers would be honored.

There will also be computers for visitors to see.

SEE INFORMATION CENTER, A15

Open for Business

The mellow yellow building at 1162 Prospect St. houses the new La Jolla Village Information Center operated by the La Jolla Village Merchants Association.

SUSAN DEMAGGIO

By Ashley Mackin

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SEE FLU SEASON, A9
FINDING BALANCE

According to the National Institute of Health, 40-50% of people over the age of 60 experience dizziness or balance problems at some point in their life. This can be due to a dysfunction of the vestibular system, a sensory system in the inner ear which provides input about movement and equilibrium. The most commonly reported symptoms of vestibular dysfunction include dizziness, unsteadiness, vertigo and nausea. These symptoms can often lead to falls and unfortunately falls are the leading cause of injuries in people 65 years of age and older.

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