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Rancho Santa Fe REVIEW

*National
Award-Winning
Newspaper*

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Volume 30 Number 52

Providing The Ranch with Three Decades of Quality Journalism

Sept. 15, 2011

New trustee joins RSF School board

BY KAREN BILLING
STAFF WRITER

A R. Roger Rowe School graduate has joined the Rancho Santa Fe School District Board of Trustees. Tyler Seltzer was appointed to the board after a public interview session at the Sept. 12 special meeting. Six candidates applied for the spot left vacant after member Jim Cimino moved out of the district: Karen Buss, Lori Cooper, Robert Jaffe, Lorraine Kent and Heather Slosar.



Tyler Seltzer

"I hope nobody walks away disappointed," board member Jim Depolo said before Seltzer's selection. "You're all involved in the school today and we're lucky to have you as parents and supporters in any position."

Seltzer was sworn in by district superintendent Lindy Delaney and immediately took his seat at the board table.

"Right to work, I like it that way," Seltzer said as he joined the board at the table.

Seltzer and his wife grew up in Rancho Santa Fe and moved their family of three children back to the area a year-and-a-half ago.

Seltzer's background includes working for his family business, Seltzer Companies, a manufacturer and distributor of food and beverage ingredients. He spent 10 years with the company before it was sold in 2006. Selling the business allowed him the "freedom and flexibility" to spend more time with his children and pursue interests such as the school board position, he said.

See TRUSTEE, page 24

Panelists ponder survival of Internet

BY LYNNE FRIEDMANN
CONTRIBUTOR

Last week, UCSD was the scene of a wide-ranging discussion on the future of the Internet. Before a rapt audience of academics, students and technology industry leaders, visionaries demonstrated novel applications and described myriad new ways to interact with the Net, while research scientists laid out the formidable technical challenges ahead to satisfying ever-increasing demand as users become more dependent on the Internet to manage their daily lives.

Amid heady predictions came this cautionary note: "We are more dependent on electricity than on anything else," said Vint Cerf, vice president and

chief Internet evangelist at Google.

A few hours later, a power outage left millions of people in San Diego County, Orange County, Arizona, and parts of Mexico without electricity.

"How Will the Internet Survive?" was the theme of the 2011 Marconi Society Symposium, held Sept. 8, at UCSD's Calit2 (California Institute for Telecommunications and Information Technology). In a point-counterpoint dialogue, experts evoked a future in which Internet access, via mobile devices, allows us not only to auto navigate while driving, read e-books, and manage finances, but one day might monitor a refrigerator's contents and suggest recipes for dinner,

See INTERNET, page 26



'A Night of Hope'

On the 10th anniversary of 9-11, Horizon Church welcomed the community to "A Night of Hope," a hometown tribute in the center of Rancho Santa Fe. The special outdoor candlelight service aimed to recognize "the heroic efforts of local fire and law enforcement and honor members of the FDNY."

Visit Horizon.org. Photos: Greg Simmons



'Rumble in the Ranch'

Poker celebrities and local sports, television and film luminaries came together Sept. 10 at The Inn at Rancho Santa Fe for an exciting evening of No Limit Texas Hold 'em to benefit the Rancho Santa Fe Senior Center. Celebrities competed with poker fans for prizes. (Above) Maria Delgado, Terrie Litwin, Lena Evans.

Photo: Nick Morris



Wine, Women & Shoes

Showcasing fabulous fashions and exquisite wines, the "Circle of Life 100 Celebration: Wine, Women & Shoes" event was held Sept. 8 at a private estate in Rancho Santa Fe. Proceeds go toward mammography technology at Scripps Memorial Hospital Encinitas.

Photo: Nick Morris

Concerns raised over proposal to extend fair run

BY JOE TASH
CONTRIBUTOR

Following a third consecutive year of record attendance in 2011, organizers of the San Diego County Fair are considering expanding the fair's 22-day run by two days next year, but the proposal has drawn criticism from the fairgrounds' neighbor to the south.

Del Mar Mayor Don Mosier spoke at the fair board's meeting Tuesday, Sept. 13, requesting that the 22nd District Agricultural Association, which owns and operates the fairgrounds, conduct a traffic study to demonstrate that adding additional fair days won't cause more congestion on the area's roads.

The Del Mar council discussed the issue at its meeting Monday and directed city staff to send a letter outlining its concerns to the fair board. Mosier delivered the letter Tuesday.

Mosier said the city is also concerned about the effectiveness of traffic control supervised by the fairgrounds, cleanup of dirt and debris on city streets during and after the fair, and whether expanding the fair's schedule requires review under California environmental regulations.

Jim Benedict, a Del Mar resident, also addressed the fair board about the expansion proposal by fairgrounds General Manager Tim Fennell. Rather than vote on the issue Tuesday, Benedict said, "I hope you vote no and do not do it and give it some more thought."

When he moved to Del Mar, Benedict said, the fair ran for 14 days. The fair has run for 22 days in June and July since 2004. "Really, where does the bleeding

See FAIR, page 26

Perfusionist uses the body's own cells to help people, animals heal

BY KELLEY CARLSON
Contributor

For nearly 15 years, Angela Nava had worked with humans as a certified clinical perfusionist, trained to monitor blood and oxygen levels during cardiac surgery.

But it was a matter close to her own heart that encouraged Nava to perform work on animals, as well.

In 2006, Nava's Rhodesian Ridgeback dog, Zoentje (which means "kiss" in Dutch), had a mast cell tumor removed from the back of her leg. However, the incision became infected and the sutures split open.



Angela Nava performs her work on a horse.

be reimplanted back into the patient, eliminating the need for multiple office visits.

Angela Nava credits her interest in perfusion to Olivia, a nurse who worked with patients in the critical care unit who had undergone open heart surgery. Angela Nava obtained a bachelor's degree in kinesiology from the University of Washington, and went on to receive a degree in extracorporeal technology from the State University of New York Health Science Center in Syracuse.

When treating humans and animals — primarily horses, dogs and cats — Nava produces several types of therapies. Applications of PRP and platelet gel — platelet rich plasma combined with medications to transform the liquid into a gel — are used for surgical and nonsurgical wounds, fractures and tendon injuries.

In humans, Perfusion Concepts' stem cell treatments can be applied in spinal fusions, nonhealing fractures, large bone grafting procedures and bone fractures.

In horses and dogs, bone marrow-derived stem cells may be used to treat orthopedic injuries involving cartilage, bones, ligaments and tendons. According to the Perfusion Concepts Web site, these types of treatments are relatively new in canines. Horses may also receive the applications for the treatment of bone and nonhealing fractures, along with the suspensory ligament, the superficial digital flexor tendon and subchondral bone cyst lesions.

One clinic Nava occasionally works with is Equine Surgical Services at the Helen Woodward Animal Center in Rancho Santa Fe. Among her success stories is the treatment of Ravel, a local dressage horse who had sustained a tendon tear in one of his forelimbs not long before the 2008



Angela Nava prepares to concentrate stem cells and platelets.

Beijing Olympics. Nava partnered with board-certified veterinary surgeon Rodrigo Vazquez de Mercado at Helen Woodward to treat Ravel, who responded to stem cell and PRP applications. He went on to qualify for the Olympics, finishing fourth, and is now the most decorated dressage horse in U.S. history, according to DressageDaily.com.

The perfusionist also donates her services in times of need. During the 2007 Witch Creek fire, the Department of Animal Services contacted Nava about a homeless dog from Ramona who had horrible burns. Nicknamed "Burnie," the canine had 40 percent to 50 percent burns to his body. Nava said she assisted Burnie through skin grating and PRP treatment on wounds that could've been "life threatening," and eventually he found a good home.

Rebecca Stevens, owner of Four Paws Flying Pet Resort in El Cajon, has called on Nava for help a couple of times over the last several years, including with her beloved coonhound, Haley.

When Haley was 11, Stevens noticed that her dog — normally active and athletic — was unable to jump

and that she seemed uncomfortable on walks to the beach. It was discovered that Haley had an injury to her shoulder muscle and an old break in a toe.

A procedure on Haley was done in the company of veterinarian Nancy Hampel of Animal Medical Center in El Cajon, while Nava produced the stem cell application; no incisions were made, Stevens said. The coonhound went home that day.

"If (Haley) hadn't had the treatment, she wouldn't be here now," Stevens said. "The pain had progressed so significantly. The treatment went smoothly, rehab was super easy, and the pain almost immediately went away."

She said the toughest part was keeping Haley quiet for one-and-a-half months afterward; the canine was slowly reintroduced to exercise.

Haley, who will be 13 years old in February, is now "100 percent," Stevens said.

"Angela is nothing but professional, incredibly knowledgeable and reassuring," she added. "I was very excited she could help."

"I'm forever grateful for what Angela did for Haley. It's been a blessing."

Nava noted that the best part about her job is "being able to help patients — whether humans or animals — heal and seeing them return to a normal quality of life."

However, she finds it difficult waiting to use applications that are in research or clinical study phases.

"The anticipation of what is coming down the pipeline is very exciting," she said.



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"It was a difficult wound to treat," Nava said.

As a perfusionist, the local resident had plenty of experience with blood work, and had successfully produced platelet rich plasma — concentrated levels of platelets, growth factors and white blood cells — to accelerate the healing process in humans. She decided to try a plasma treatment with Zoentje.

Within five days, Zoentje's wound retracted significantly; within 30 days, it was completely closed.

Today, Nava divides her time nearly evenly between humans and animals. She serves as president of Perfusion Concepts Inc., which she runs with her older sister, Olivia Nava, and five other staff members. The company offers regenerative therapies involving concentrated stem cell and platelet rich plasma — or PRP — products. Perfusion Concepts, which opened in 2002, is based in Tierrasanta, but the staff travels throughout San Diego, Orange and Riverside counties, creating products on site. Platelets and/or stem cells are collected from a patient at the time of the surgical or medical procedure, which are then processed into concentrates. About an hour later, the cells are ready to

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Fast facts

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