

Laser treatments in RSF offer opportunity to give back to community

John D. Smoot, M.D., F.A.C.S., chief of plastic surgery at Scripps Memorial Hospital, has acquired a Lumenis LightSheer diode laser hair removal system, utilizing state-of-the-art technology to provide laser hair removal treatments available for the first time in Rancho Santa Fe at Casa Blanca Salon and Spa located in Del Rayo Village. These treatments offer a long-lasting solution to unwanted hair on the face, back, legs, bikini line and most other body areas, with the added benefit of a percentage of proceeds from each application performed being donated to charity.

"Summer is the perfect time to begin laser treatments for unwanted hair, particularly with long days spent poolside or at the beach," says Smoot. "The beauty of this breakthrough technology is that we can effectively treat unwanted hair on most skin types, including dark-skinned or sun-tanned individuals. At the same time, these treatments take on more meaning for the client, knowing that a portion of the proceeds will benefit a worthy cause."

Smoot explains that the LightSheer laser gently cools the surface of the skin while pulses of light are selectively absorbed by the pigment in the hair follicles. The absorbed light heats the hair structures, which damages the existing hair and destroys the regrowth potential of the follicle — all without damaging the surrounding normal tissue. Most



Look great at the beach with Lumenis LightSheer diode laser hair removal treatments available for the first time in Rancho Santa Fe at Casa Blanca Salon and Spa located in Del Rayo Village.

patients achieve significant hair reduction, and clinical studies show that if some hairs do return, they are typically lighter and less dense than prior to laser treatment. Unlike other hair removal methods, laser hair removal is tolerated well and can be performed in minutes in the comfort of a spa setting.

The LightSheer laser machine is the gold standard in laser hair removal. Smoot enrolled staff member Renée Fox-Baxley, R.N., in the Lumenis training certification program to offer clients the highest level of expertise for this specialized application to maximize results. Fox-Baxley, who has been conducting laser hair reduction for many years, will be performing the treatments on site at Casa Blanca.

In addition to a portion of the proceeds being donated to charity, a 20 percent discount is offered on the first procedure for all new clients. For additional information or to reserve a reservation, please call Casa Blanca Salon and Spa at 858-759-8998. Dr. Smoot is board certified by the American Board of Plastic Surgery and has been performing face, breast and body rejuvenation surgical procedures for 20 years. Further details can be obtained at www.smootchaffoomd.com, or by calling the practice office 858-587-9850. Private plastic surgery consultations can be scheduled through Casa Blanca, or by contacting the practice office.

The Birds, The Bees and Blended Families

Different names for grandma

Dear Dr. Weiss-Wisdom,

I've been married for a year and a half. It's my first marriage and I don't have any children of my own. My husband has four children: a 14-year-old girl, and three boys who are 11, 9, and 7 years old. The children live with us full time. Their mother is serving time in a correctional facility for some trouble that she got herself into after the divorce. Things are going great with the boys but there is tension between my stepdaughter and me. The other day we were all having dinner and she said out of no where, "I wonder what my children are going to call Mary Ann? I don't want them to have too many 'grandmas.' I mean, what if my husband has divorced and remarried parents too. Four grandmas would be ridiculous." No body said anything but it really hurt my feelings. My husband and I talked about it later and he agreed that it seemed mean spirited. We don't know if one of us should talk to her about it or just let it go. I'm feeling hurt and alienated but don't want to make things any more difficult for my stepdaughter.



Diana Weiss-Wisdom, Ph.D.

—A novice stepmother

Dear Novice Stepmother,

First of all, the ages and gender of children can influence their adjustment to divorce and remarriage. Kids who are 10 and under tend to be more open and adaptable where as adolescents can find it more challenging. When you think about it, teenagers want to be with parents less and are more interested in their peers and doing their own thing. The last thing that most teenagers are looking for is an additional parental figure with whom they are expected to develop a close bond.

Secondly, your stepdaughter is the first born and the only girl. She may feel that her position in the family is threatened by you. She also may feel the need to be loyal to her mom who is currently in a compromised position in the family. I have some suggestions for you but first, I think that her comments create an opportunity for her father to have a chat with her. I recommend that your husband bring up her comments about grandmas and ask her where it came from. What was she thinking at the time? Some other questions that he might consider discussing are:

- How is she feeling about the divorce?
- How is she feeling about your marriage?
- How is she feeling about her mother's absence and incarceration?
- How is she feeling about her stepmother?
- Does she realize that it might have been hurtful to you to say what she did? Is she angry?
- Is there anything that she needs to help her to cope with these situations in her life?

This could be an ideal opportunity for your stepdaughter to get some things off her chest. Most likely, her comments are not personally directed at you as much as an expression of her anger about the divorce and having to adjust to a new family situation that she may not have wanted. She may even like you but feel concerned about preserving the "grandma" title for her mother as a way of anchoring her mother's place in the new extended family structure. The reality is that by the time your stepdaughter has children, most likely you will be in their lives from their birth. You will naturally be in a grandmother position in the family. Many grandparents chose other names anyway, like "Nana," "Bube," "Mema," "Nonna," "Oma," and "Tutu." Sometimes, names evolve from the grandchild, for instance "Grandma Elaine" becomes "Lana" because the child cannot pronounce the whole name and creates a nickname on their own.

It's easy to feel alienated as a stepparent. Instead of going in that direction, try adopting a different perspective. Most likely, this situation is not so much about you as a stepparent; all kids have problems. Everyone is challenged with difficult moments and situations from time to time. Try focusing instead on your commitment to being a loving, stable presence in your new family. Try to use the challenges that you encounter to help you hone your resiliency skills which will help you bounce back after stressful setbacks. Work on becoming the bamboo reed in the wind that never breaks but bends. Overtime, you will earn your stepdaughters respect and love.

Diana Weiss-Wisdom, Ph.D. is a clinical and consulting psychologist (psy#12476) with offices in Del Mar and Rancho Santa Fe. Contact #: 858-259-0146 or www.dr.dianaweiss-wisdom.com

One-woman art show opens at Wells Fargo in RSF July 14

Nancy McTigue's one-woman show opens July 14 at the Wells Fargo Bank in Rancho Santa Fe and continues through Sept. 6.

McTigue will host a reception from 5 p.m. – 7 p.m. on July 17. The show can be viewed during regular banking hours at Wells Fargo Bank 6008 Paseo Delicias Rancho Santa Fe, CA 92067. Visit McTigue's Web site at www.mctiguestudio.com. The show is sponsored by Morgan Stanley Real Estate in Rancho Santa Fe and the Rancho Santa Fe Art Guild. The Rancho Santa Fe Gallery's reception for their new show "Summer In The Ranch" is also on the 17th and located across the street at 6004 Paseo Delicias, RSF, CA 92067 Website: www.ranchosantafeartguild.org Gallery hours are Monday 11 a.m.–2 p.m., Tuesday–Saturday, 11 a.m.–4:30 p.m. Phone: 858-759-3545.



Get Connected!
Network with the San Diego Coastal Chamber of Commerce
July Networking Sundowner
Thursday, July 10
5:30 to 7:30 pm



Hosted by Ruth's Chris Del Mar/San Diego
 11582 El Camino Real, San Diego

The San Diego Coastal Chamber of Commerce invites members and non-members in the local business community for an evening of networking, celebration and delicious food. Ruth's Chris will be serving an unforgettable array of appetizers in addition to a no-host bar with one of the best selections of wine in San Diego.

The event is open to the public and admission is \$10 for members and \$15 for non-members if purchased before July 5, \$20 for all attendees if purchased after July 5.

TO REGISTER, CALL THE CHAMBER AT (858)755-4844

info@delmarchamber.org

TO JOIN THE SAN DIEGO COASTAL CHAMBER OF COMMERCE
 VISIT: WWW.DELMARCHAMBER.ORG

Formerly the Del Mar Regional Chamber of Commerce