

Happy Holidays

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The Beach and Bay Press

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SANTA RETURNS TO PB:

Mr. Claus returns to Garnet Avenue to wish all of the spectators a Merry Christmas at the PB Holiday Parade. 3

Tuesday, Dec. 23, 2008 – Jan. 7, 2009

Beach & Bay PRESS

CALIFORNIA MEETS THE MEDITERRANEAN:

Cass Street's Fig Tree Cafe serves up a high quality, locally-source ingredients with generously-sized portions. 9



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After the city threatened to remove the 186 fire pits scattered throughout San Diego's beaches and Mission Bay, an anonymous donor pledged \$259,500 to fund the program that maintains the popular "hot" spots.

Donor saves fire pits from being snuffed

By SEBASTIAN RUIZ | BEACH & BAY PRESS

An anonymous donor has stepped forward to help save the city's beach fire pits, saving the San Diego tradition of sitting around a warm fire in the sand, but also leaving questions about how to pay for other city services on the chopping block.

City crews started removing the concrete fire pits Wednesday, Dec. 10, before an anonymous donor pledged about \$259,500 through the San Diego Foundation to pay for the maintenance of about 186 rings through the next year.

Despite the stormy weather, Mayor Jerry Sanders made the announcement about the donation at the life-guard station at the foot of Grand Avenue in Pacific Beach on Monday, Dec. 15.

If economic conditions improve, the funding could return, he said. The city has about a year to match the donation to keep the pits operating past 18 months, he said. The donation saves two city staff positions selected for elimination in the face of a \$43 million budget gap the city is working to close.

"It's still our city employees out there cleaning the [fire pits]. What this does is provide a funding source for that," Sanders said.

The two-man job requires the use of a front-loader and a dump truck and takes an average of 30 minutes per pit, according to a city statement. Each pit weighs nearly a ton and needs to be lifted before the ash and debris is scooped, cleaned and taken to Fiesta Island.

Park and Recreation Director Stacy LoMedico said the city has already

SEE FIRE, Page 7

EPA mulls waiver for secondary wastewater treatment plans

By SEBASTIAN RUIZ | BEACH & BAY PRESS

With local experts and politicians claiming the city imports too much water, treating and reusing sewer water for irrigation — or even drinking — takes on a new meaning.

Meanwhile, the Federal Environmental Protection Agency is verging on granting the city another five-year pass in upgrading its sewage treatment processes to the next level of cleanliness, called secondary treatment.

At least one local environmental group has met with the mayor and city staff in an effort to tackle the problem of rethinking the city's water and wastewater infrastructure.

"We're trying to reach an agreement [with the city] over the next month or so ... to really lay the groundwork for long-term planning for our sewage and water infrastructure in San Diego," San Diego Coastkeeper executive director Bruce Reznick said.

The city applies for a permit every five years, allowing the city to empty treated sewage about four miles off the Point Loma

coast. San Diego is one of the last big cities to keep applying for the waiver, Reznick said. This is the third waiver the city has applied for since 1995.

A public comment process for the waiver will continue over the next several months, requiring approvals from agencies such as the San Diego Regional Water Quality Control Board and the California Coastal Commission. The first public hearing takes place Wednesday, Jan. 21 at the San Diego Regional Water Quality Control Board offices, 9174 Sky Park Court, at 9 a.m.

Environmental groups such as Coastkeeper have traditionally opposed the city's application for the waiver.

They sued the city in 2000 because of it, Reznick said. The suit partly resulted in a water recycling report to the city, released in 2005.

Though another lawsuit is "not off the table," Reznick said, now is the time to work with the city "hand in hand" to plan for future water recycling. He added that he needs a more compre-

SEE WASTEWATER, Page 5



PAUL HANSEN | BEACH & BAY PRESS

MERRY OM-MAS

The always-merry men of OMBAC wave to the crowd from their award-winning vintage fire truck during the PB Holiday Parade Sunday, Dec. 14.

Trader Joe's says goodbye to founding manager

By LARRY HARMON | BEACH & BAY PRESS

Pacific Beach is losing one of its fixtures when longtime Trader Joe's manager Kim Guentert retires after more than 40 years

with the specialty grocery store.

According to Trader Joe's first mate David Larkin, Guentert opened the Pacific Beach location in September 1986, marking it the first Trader Joe's in San Diego.

After the store's successful launch, Guentert moved around the city to open other stores around the city until he returned to Pacific Beach six years ago, according to Larkin.

SEE TRADER JOE'S, Page 7

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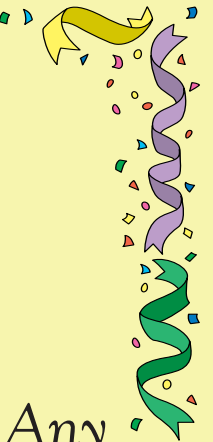
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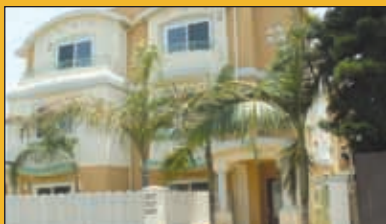


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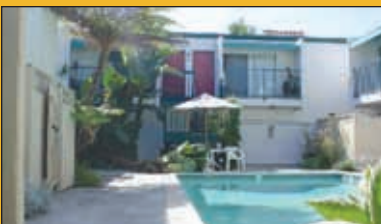


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HAPPY HOLIDAYS

Santa returned to Garnet Sunday, Dec. 14, to wish thousands of spectators a Merry Christmas at the conclusion of the PB Holiday Parade. Temperatures may have dropped that weekend, but weather cooperated enough for the Mission Bay Boat Parade of Lights, Christmas Concert on the Green and parade to go on as scheduled. (Clockwise from top middle) Doug shows off a Christmas “palm” at the Xmas Tree Country lot at 870 Garnet Ave. A group of Polynesian dancers perform for parade spectators. The Clairemont High School marching band kicks into a holiday song. A group of girls in reindeer antlers join in on the parade fun.



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Bonnie Adams, 65, Top performer at Coldwell Banker



Bonnie Adams

Born June 11, 1943, Bonnie Gail McGrew was the daughter of famous bandleader Bob McGrew and his wife Barrie. Bonnie was born in Kansas City, Mo. Bonnie and her sister Laurie grew up in various hotels where their dad was performing including the Broadmoor, the Biltmore, the Drake and the Royal Hawaiian to name a few. A love of music was instilled in Bonnie, which she passed on to her children.

Bonnie graduated Dean's List at the University of Colorado, Boulder and was president of Kappa Kappa Gamma Sorority. After college she worked for Pan Am, where she traveled the world, instilling in her a lifelong passion for travel. She moved to La Jolla in 1967, where she raised her two children, Ashley Kirn Gramins and Bradley Kirn. Her passion to help others was formed during these years where

she was active in the Junior League and KPBS. Very close to her heart was the La Jolla Presbyterian Church, where she was an elder, chairman of the Personnel Committee and served on numerous other committees. It was at the church's family camp, that Bonnie met her husband Dennis Adams.

In 1979, Bonnie started her real estate career at Willis Allen. In 1986 she joined Coldwell Banker where she formed Bonnie Adams and Associates with her husband Dennis and later joined by Anthony Miller and Melanie Pelan Aalbers. Bonnie's drive for excellence, organization and compassion for people made for a successful career of which she took great pride.

Among numerous accomplishments, she consistently earned a place in Coldwell Banker's Society of Excellence given to the top 1 percent performers nationally. She was awarded the prestigious McNaught-Davis/Knox Award in 2007 and is currently nominated for this year's Coldwell Banker Spirit award. She was also an active member of La Jolla Rotary and the La Jolla Real Estate Brokers Association.

Bonnie is survived by her husband of 26 years, Dennis Adams sister Laurie McGrew Parker, daughter Ashley Gramins and her husband John, daughter-in-law Kirstin Kirn and grandchildren Grace, Nathan and Teddy. She was preceded in death by her son, Bradley Clarkson Kirn.

Services for Bonnie will be held Saturday, Dec. 27, at 3 p.m. at the La Jolla Presbyterian Church. In lieu of flowers, gifts in remembrance of Bonnie can be made to

either San Diego Hospice or La Jolla Presbyterian Church.

Norma J. Stone, 65

Norma J. Stone, loving wife and mother was born (Feb. 3, 1943) and raised in Pacific Beach and attended La Jolla High School. She met the love of her life at Victory Lanes and married in July of 1959 before moving to Clairemont in December of 1960. She passed away on Tuesday, Nov. 18, 2008, with complications from heart failure that occurred at home on the morning of Nov. 6. She often mentioned how she missed the old places like the Roxy Theater, the soda fountain at Dunaways and Oscar's Drive-In.

She is preceded in death by her father Louis Peinetti, mother Lucille Peinetti, and sister Theresa Goldsmith. She is survived by her husband of 49 years Kenneth Stone and two sons Robin and Ryan, sister Betty McKinnon, brother Donald Peinetti of Fairhope, Ala., and sister Rose Rowland of Washington, N.C.

No services were planned. Friends and acquaintances may go online and sign the guest book at www.obituaries.uniontrib.com and share their memories of Norma.

NEWS*briefs*

City starts Christmas tree recycling program Dec. 26

The City of San Diego's Environmental Services Department will begin accepting Christmas trees beginning Friday, Dec. 26, at a number of drop-off locations around the city.

Residents can drop off trees through Jan. 23, at the following coastal locations:

- Kate Sessions Park, 5077 Soledad Road
- Mission Bay, SeaWorld Drive at Pacific Highway
- Ocean Beach, Robb Field, 2525 Bacon St.
- University City, Swanson Pool, 3585 Governor Drive

Tree stands, lights, ornaments and all decorations should be removed before dropping off. Trees sprayed with fake snow, known as flock trees, will also be accepted. The city is also reminding residents not to leave any other trash or items to be recycled at these locations because it will not be removed.

SEE **NEWSBRIEFS**, Page 6

Hang 1 Gallery Presents "Dusk at Diamond"



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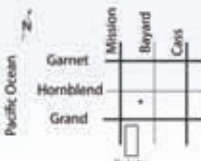
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The original oil painting "Dusk at Diamond" is a triptych (3 paintings that form one image) on canvas. Information on the artist, "Johnson" can be found at: www.hang1.com/art gallery.

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WASTEWATER

CONTINUED FROM Page 1

hensive study of the city's water infrastructure.

Environmental groups have advocated for an upgrade to cleaner treatment processes at the Point Loma wastewater treatment facility for environmental reasons. However, mayoral spokesman Bill Harris said upgrading to secondary treatment processes would cost too much and does too little for the environment.

"There are options that do not involve spending \$1.5 billion that have to be raised in fees to cram a facility into Point Loma in order to achieve very little additional benefit. It's excruciatingly costly, almost physically impossible to construct and provides very little additional benefit to what we're currently doing," Harris said.

Mayor Jerry Sanders is making good on his announcement to apply for the Point Loma wastewater secondary treatment waiver. He announced the decision last year after he gathered a team of UCSD scientists to study the environmental impacts of the treated

There are options that do not involve spending \$1.5 billion....

BILL HARRIS
MAYOR'S SPOKESMAN

wastewater on the ocean. While the report stated that more data are needed to fully understand the environmental impact, the Point Loma sewage outfall presents no significant impact to the ocean environment.

Reznick said the dearth of accurate assessments of environmental impacts is part of the problem.

"I don't think we have that data," Reznick said, "but there is a lot of information that is required for [determining] overall ocean health."

The public comment period for the waiver closes Jan. 28.

The Point Loma wastewater treatment plant treats about 175 million gallons a day of the city's sewage, according to the city's website.




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A wastewater waiver would allow the city to continue to use a primary treatment process that removes the solids and organic materials from San Diego's sewage, rather than undergo a more extensive, and expensive, secondary treatment process before the water is piped out to the Point Loma kelp beds.

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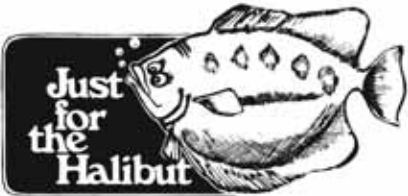


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BRIEFS

CONTINUED FROM Page 4

Residents with curbside yard waste collection can also leave their trees by the curb for pickup. The city began the tree recycling program 35 years ago to help reduce the amount of organic material being dumped in the Miramar Landfill. Now the trees, along with other yard waste such as grass clippings are either turned into compost, mulch or wood chip-pings used for a variety of pro-grams. For additional information call (858) 694-7000 or visit www.sandiego.gov/environmental-services.

Registration begins for Mission Bay Girls Softball

Mission Bay Girls Softball is now accepting players for its 2009 sea-son. There are five divisions — 6 and under, 8 and under, 10 and under, 12 and under and 14 and under — with the players division determined by the player’s age as of Jan. 1, 2009. Players may register online at www.ezteamz.com/mbgsl or in per-son on Saturdays throughout the month of January at Bob McEvoy Field, 2701 Grand Ave.

Registration is \$115 per player, but can receive a \$20 discount if the player signs up a sibling or new player. The registration fee includes a team uniform, socks, visor, team and player photos, trophy and insur-ance.

The season begins in February, with weekly games held on either Friday or Saturday. For information contact Evan Bloom at calcandids@aol.com.

Seaforth hosting boater education, training courses

Seaforth Boat Rentals has opened The Boater Education Resource Center and is offering boating and training courses for sail, power and trailer boats. The classes are designed to meet boating training rules required by the California Department of Boat-ing and Waterways. Courses are taught by U.S. Coast Guard licensed and insured captains. Seaforth Boat Rentals is located at 1641 Quivira Road in Mission Bay. For information call Daniell Williams at (619) 233-1681.

New PB campaign offers big shopping discounts

To promote its “Eat, Drink, Shop, Think PB!” campaign, Discover Pacific Beach is offering a one-page coupon offering a wide range of discounts to participating retail and dining establishments, along with a handful of coffee shops, tav-erns and salons. With the coupon, shoppers can save money by spending locally at approximately 44 retail spots, offering just about everything shoppers might be in the market for. A sample of the participants include: **Restaurants** • Olde City Grill 967 Garnet Ave.

- Lotsa Pasta 1762 Garnet Ave.
- Sandbar Sports Grill 718 Ventura Place
- Chocolate Haus 947 Turquoise St.
- Zanzibar 976 Garnet Ave.

- Pubs**
- Thruster’s Lounge 4633 Mission Blvd.
 - Tavern at the Beach 1200 Garnet Ave.
 - Society Billiard 1051 Garnet Ave.

- Coffee and organic foods**
- Synergy Raw Bakery 1419 Garnet Ave.
 - Pacific Bean Coffee Co. 712 ½ Garnet Ave.
 - Açai Brazilian Market 1570 Garnet Ave.

- Clothing**
- Raw Clothing 940 Garnet Ave.
 - PB Sun and Sea 4150 Mission Blvd.
 - The Buff 1341 Garnet Ave.,

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 - Rip Curl 4287 Mission Blvd.

- Music:**
- Access Music, 1537 Garnet Ave.

- Salons, nails and beauty:**
- Hair Galleria, 943 Turquoise St.



RONAN GRAY | BEACH & BAY PRESS

FOR THE BIRDS
Kids Korps Volunteers Sydney Fortune, Ciara Gray and Shelby Fortune lend a hand cleaning up Mariner’s Point, which is one of the last least tern nesting sites on Mission Bay, Saturday, Dec. 13.

- Mingle 955 Garnet Ave.
- Hollywood Tans 1321 Garnet Ave.
- Paper Doll Salon 1263 Garnet Ave.
- Qticles 1463 Garnet Ave.
- Robert Cromean Salon 969 Garnet Ave.

Other participants include Pan-gaea Outpost, Lily GraceOnline, Motu Hawaii, Belli Capelli, Cross-roads, Soul Grind, Beach Mailbox and Max Muscle. For a copy of the “Eat, Drink, Shop, Think PB!” coupon and a complete list of participating retail-ers, visit www.PacificBeach.org.

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LA JOLLA YIMCA IT'S FOR EVERYBODY



PAUL HANSEN | BEACH & BAY PRESS

WALK THE PLANK

Heavy rains Wednesday, Dec. 17, brought out the sandbags in front of Beachcomber, Mission Market and the Pennant when Mission Boulevard flooded in South Mission Beach.

TRADER JOE’S

CONTINUED FROM Page 1

“I’ve worked with Kim a little over two years. He’s been a great teacher with 40 years in the business. Another captain will come in, but it’s going to be hard to replace him,” he said.

Trader Joe’s crew members Eddie Velasquez and Devin Kiyoshi White said Guentert has brought a dry sense humor to a job that can be hectic at times.

Both said that anytime they have to use one of the store’s computers, Guentert reminds them, “That thing is not a toy,” as if they were school kids caught messing around with something they were forbidden to touch.

“But that goes for any mechanical object here,” White said.

But that doesn’t mean the employees don’t tease him back. Velasquez said the employees often assign the head manager to tasks they don’t want to do, such as stocking the nutritional bars.

“It’s one of those things that no one wants to do, it’s so tedious and

“That thing is not a toy.”

KIM GUENTERT
TRADER JOE’S CAPTAIN

takes up time, but for Kim, time-wasters like that is everything he needs after working here after how-ever many years,” he joked.

“It’s pretty funny. Every time he’s done with that, he stands up and says, ‘Done with bars, time to take a break,’ and he’ll head out and have a smoke.”

Larkin said Guentert’s smoke breaks have been the butt of several jokes among the Trader Joe’s crew.

“We had a full store meeting and played ‘pin the smoke on the cap-tain.’ He was notorious for taking a lot of smoke breaks. That went over really big. He was a real good sport about it and the crew got a lot of mileage out of that. We had one of our artists do a likeness of him. It was

awesome.

Velasquez said the crew has been ribbing him lately about finally learn-ing how to do certain manager duties, such as returns, when retire-ment is right around the corner.

“About a month ago he finally learned how to give an employee dis-count. All you do is turn a key one way and push a button. Whenever he walks up with his key, everyone stops — ‘Hey, Kim’s gonna use his key.”

Along with his sense of humor, White said Guentert also has an approachable management style, often inviting crew members to chat about their jobs and to make sure that the store and its employees are doing well, creating a great work atmosphere.

“Despite the fact that he’s a run-ning a store, he’s never too busy to go outside and talk to you about the state of the store, how things are going, anything pertinent about what you are doing,” White said.

For this surprise story, Trader Joe’s crew members said Guentert hasn’t announced his retirement plans, but they doubted his plans included playing with any toys.

FIRE

CONTINUED FROM Page 1

started replacing the fire pits that were hauled away last week.

The private donation raises the question of using private funds to pay for publicly owned city services, such as libraries and park mainte-nance, but whether it leads to more private dollars used for public ser-vices hasn’t been determined yet, Councilman Kevin Faulconer said.

“This is something we need to pur-sue from a city services [perspective], to explore avenues and possibilities,” Faulconer said. “Libraries are always one of the most used facilities.”

Faulconer said he’s willing to look to private donations as a way to aug-ment budgets needed to keep libraries and recreation centers open. The mayor proposed about seven libraries and nine recreation centers close their doors in Novem-ber. City council moved to keep the libraries, recreation centers and fire department services fully operating.

This leaves the city with an estimat-ed \$53 million budget gap to tackle early next year.

Sanders said private foundation dollars already help support public services, such as police and fire departments, where the money helps pay for costs like the Fire and Rescue Department helicopter, he said.

Jim Heaton, a La Jolla Shores Association board member, had con-cerns that removing the fire pits along the north end of La Jolla Shores would result in illegal dump-ing of coals on the sand.

Although he said members of the La Jolla Shores Association had been working to develop a program to help fund the fire pits, the identity of the anonymous benefactor remains a mystery.

The city had as many as 450 fire pits in the early 1990s but slowly reduced the number over the years because of complaints, city officials said.

By 2004, the city had eliminated about 66 percent of the concrete fire

pits, leaving about 150 at city beach-es and Mission Bay Park.

Since then the city has replaced some pits, leaving about 186 to maintain.

Beach fire pit locations and numbers:

- Belmont: 5
- Bonita Basin: 6
- Crown Point: 16
- Dana Landing: 2
- De Anza Cove: 8
- De Anza Boat Launch: 2
- Fiesta Island: 37
- Hilton – North side: 2
- Hilton – South side: 3
- La Jolla: 7
- Mariners Point: 8
- Mission Point: 1
- Ocean Beach: 9
- Playa Pacifica: 11
- Ski Beach: 12
- South Mission: 11
- South Shores Park: 2
- Sunset Park: 4
- Vacation Isle / North Cove: 19
- Vacation Isle / South Side: 11
- Ventura Cove: 10

What’s New(s)

Business | Growth | Innovation | News

Beach & Bay

Pacific Beach Bean Company– not your grandfathers coffee shop

Old School: A pleasant morning walk along the boardwalk in Pacific Beach; stand in that long line for a great/inexpensive break-fast/lunch at you-know-where on the corner next to the Crystal Pier.

New school: Same walk, different destination, two doors down: A tiny coffee shop that’s added gourmet food to the menu. The Pacific Bean (under new ownership of Chef Adrian Lizano and Thruster’s owner Nick Zanoni) has taken the concept of “coffee shop” to a whole other level.

Let’s see, a breakfast sandwich. . . .Eggs Benedict and Pancakes with fruit? Wow, things have changed!

Adrian Lizano and Nick Zanoni are long time friends who have come together to take the Pacific Bean in a new direction.

The coffee is organic fair-trade & roasted locally, the Bread is from Charlie’s and they use fresh organic produce from Tierra Miguel Farms in Escondido www.tierramiguelfarm.org . The interesting thing about the produce is that whatever they can’t use they donate the rest to local churches to help feed the homeless, bringing another dynamic to global thinking and global responsibility!

From slicing their own meat to bringing recipes from Adrian’s family in Costa Rica, there’s definitely a reason to go that extra 50 feet!

PACIFIC BEAN COFFEE CO.

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You’ll find lasting gift ideas at Gallery at Lands End



Excellent for last minute gifts the gallery is ready to serve or have them turn your cherished keepsake into a custom framed heirloom.

The Gallery was started in 1973 by Jay and Vicki Ford. After a brief stint in Ocean Beach the gallery found a home at 4984 Cass in Pacific Beach, the location has proven to be a perfect fit in the beach area. The gallery soon became the hot spot for limited edi-tion prints, lithographs, and original works. Because of the amount of artwork going out the door, a custom framing depart-ment was added and they have not looked back since. Over the years their knowledge of the fine craft of framing has grown along with their sterling reputation for personal customer service.

In April 2008, the business was happily sold to Thayne Yung-man, who had been with the gallery for 2 years (his name is on almost everything framed since 2006). Thayne, being both cus-tom framer and photographer, has pushed to create a warm gallery environment where the works of local artists can be pur-chased and enjoyed. Vicki and Jay continue to work at the gallery part time and are enjoying themselves in their "semi-retirement".

Now in its 35th year at the corner of Cass and Loring the gallery is passionate about and specializes in all your custom framing needs. You’ll find over 3000 different moldings and 500 mat choices from the USA and Europe in simple to elaborate styles. Known widely for Conservation / Museum grade framing, a mix of science and craftsmanship, to help preserve your most valuable works the gallery well serves the art community. The past and present owners are committed to those who create much of the art they frame, stop by and view the local artists whose works are currently on display at this corner gallery.

Visit Gallery at Lands End, 10am-5pm Tues. – Sat., 4984 Cass Street, 858-270-7820, galleryatlandsend.com

LETTER TO THE EDITOR

There is plenty for the city cut before before parks and libraries

There were two letters concerning the city budget crunch in the Dec. 11 edition of the *Beach & Bay Press*. One, from a gentleman named Chip Bonghi, claims the crisis was wholly preventable because it's the result of all the additional costs of enforcing the alcohol ban. Mr. Bonghi's "evidence" of this consists of the fact that he warned us not to do it, plus he claims he saw more cops and life-guards on the beach this year.

On a more serious note, Councilman Kevin Faulconer tells us we need to address both the short- and long-term issues of city spending that exceeds the city budget, on both a short- and long-term basis. He claims the short-term crisis, which would have resulted in some cuts in fire and police plus closing branch libraries and recreation centers, was averted by the council's action to raid city reserves.

Then he proposes, as part of a longer-term plan, one-week furloughs of city employees, rolling closures of fire facilities and more community dialogue. To his credit, he says City Hall must look internally for savings instead of continually cutting public services like police, fire, libraries and parks.

I say "amen" to that last idea, but I'm afraid Faulconer is whistling past the graveyard with the type of savings he describes. The stock market meltdown may well double the required city contribution to the pension plan next summer, at a time city receipts take a downward path for the first time in recent memory. We have a "structural" deficit, according to the council's own budget analyst (translation: the city always spends more than it takes in each year in recurring revenues like taxes and fees, so it makes up the difference with one-time actions like selling city property). Structural deficits suggest structural solutions. The city needs to restructure and simplify its internal operations, eliminating the "nice to have" areas.

What's really needed is for the voters to start doing some homework, study the city budget which is easily accessible on the city website and force the mayor and council to answer a few questions. For example, did you know that the city has a housing commission, staffed by more than 240 people, that manages 1,800 apartments? Why do we need three separate redevelopment organizations? How do you justify an arts commission, staffed not by volunteers but by paid city employees, whose primary function appears to be recommending to the mayor where to spend public funds on the arts?

I'm sure there are many more questions to be asked, but I'd like to mention two more, based on a comparison of San Diego's budget with that of Phoenix, also available on the web. Phoenix has a group of 14 administering its pension plan; San Diego requires 65. The Phoenix City Council is supported by a staff of 48; San Diego has 96 for the same number of council districts. There may be explanations; I think we're entitled to hear them before any more talk of cutting parks and libraries, don't you?

Bill Bradshaw
Mission Beach



GUEST COMMENTARY

Keep your pets safe from holiday season dangers

From the SAN DIEGO HUMANE SOCIETY

With the bustling holiday season hitting its peak today, the San Diego Humane Society (SDHS) and Society for the Prevention of Cruelty to Animals reminds pet owners to consider their pet's safety.

Holiday decorations, seasonal plants and festive treats can sometimes spell disaster for pets like cats and dogs and an emergency trip to the vet can quickly put a damper on any holiday celebration.

To keep your pets safe and healthy during the holidays, the SDHS recommends keeping the following tips in mind:

FOOD:

- Feasting on wonderful treats is all part of the fun but sharing those goodies with your favorite animal companion could be dangerous. Too much fatty, rich or even just new types of foods can lead to digestive problems.
- Bones can tear up or obstruct your pet's insides, and onions destroy a dog's red blood cells, leading to anemia. Chocolate, especially baking chocolate, can actually kill your dog, so keep it all well out of reach.
- Instead, indulge your pets with a special pet food or treat or place a few table-spoons of peanut butter stuffed in a favorite "food carrier" toy. Be sure all

guests know the house rules about feeding table scraps to pets.

DECORATIONS:

- Twinkling lights around the house mean extra cords and plugs, which are very tempting "chew toys" for pets. Taping down or covering cords will help prevent shocks, burns or more serious injuries.
- Dangling tree ornaments seem like great toys to cats and dogs. Be sure dangerous ornaments such as glass and tinsel (which can be a choking hazard) are hung on high branches out of the reach of little paws and very well secured.

PLANTS:

- A number of holiday season plants are toxic or can cause digestive upset to pets if nibbled or eaten, including ivy, holly mistletoe, poinsettias and lilies. Be sure all of the plants are kept out of reach of pets.

VISITORS:

- Guests coming in and out of your home will be at a peak and this increases the potential for pets escaping through open doors. Keep your pets safely indoors and always make sure they're wearing current identification tags and that their microchip information is up to date, just in case.

- Our pets can get just as stressed with increased guests, noise and activity. Make sure your pet always has a quiet, secure place to escape the commotion.
- Pets thrive on routine and increased activity or visitors during the holiday season can upset that routine. Try to keep your pet on his regular schedule for feeding and exercise and be sure the pet gets plenty of love and attention from you.

Serving San Diego County since 1880, the SDHS and SPCA provide vital services to animals and people alike through sheltering and adopting animals, providing positive reinforcement behavior training for adoptable animals and for owned animals through public training classes, investigating animal cruelty and neglect, providing adult and youth education programs, sharing animals through pet-assisted therapy and rescuing animals in various emergency situations. A private nonprofit organization that receives no public or government funding, the SDHS and SPCA are supported solely by contributions, grants, bequests, investments, proceeds from the Humane Society's retail store, Muttique and some fees for service.

— Provided as a public service by the San Diego Humane Society and Society for the Prevention of Cruelty to Animals.



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SUBMISSIONS Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

DEADLINES All content must be received by 5 p.m. on the Thursday prior to publication.

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Fig Tree Café brings casual California-Mediterranean dining to PB

By NICOLE SOURS LARSON | BEACH & BAY PRESS

Fresh, healthy California-Mediterranean cuisine with an emphasis on organic produce, a casual atmosphere with both indoor and outdoor seating and friendly wait staff are the hallmarks of the Fig Tree Café, a newcomer to the Pacific Beach dining scene.

Located at 5119 Cass St. between Sapphire and Opal streets, the new eatery, which opened in October, currently serves breakfast and lunch six days a week, aiming to appeal to local residents who enjoy well-priced gourmet fare within easy walking distance of their nearby homes or offices.

“Our concept is healthy food — 80 percent of our produce is organic. The going trend is toward a healthier lifestyle. People are more conscious of eating organic,” explained first-time restaurant owner Johan Engman, 27, a native of Sweden who settled in San Diego 10 years ago with his California-born mother. His goal is to build a classy yet casual neighborhood restaurant where diners are comfortable enjoying everything from a croissant and coffee to an elegant dinner.

The café focuses on selecting high-quality, locally sourced ingredients and turns out generously-sized servings. Among its most popular dishes are the organic veggie-filled Windnsea Omelet made with locally laid free-range eggs, a Cobb salad featuring an interesting twist of dried cherries and a BLT served on a

croissant with the unexpected addition of turkey and avocado.

A noteworthy Fig Tree specialty is the smoked salmon-topped potato cake garnished with capers, red onions and crème fraîche, made with organic wild Alaskan salmon chosen for its intense flavor. And beware — another Fig Tree specialty, the Belgian chocolate-filled buttery croissant, is addictive and hazardous to the waistline.

With its name inspired by the towering ficus trees shading its spacious dining terrace, the Fig Tree Café now boasts its own recently planted fig trees. Fragrant rosemary bushes line the café’s white picket fence, providing an abundant supply of the herb which features prominently in the café’s signature rosemary potatoes and other dishes.

Engman oversaw remodeling the location previously occupied by Rafaela’s Italian Restaurant and built the new wooden canopy and a



NICOLE SOURS LARSON | BEACH & BAY PRESS
The Fig Tree Café's specialty – smoked salmon-topped potato cake – is garnished with capers, red onion and crème fraîche. Located at 5119 Cass St., the new cafe serves breakfast and lunch six days a week and focuses on high-quality, locally sourced ingredients.

stone wall fountain for the garden dining area himself. For the interior dining room he commissioned San Diego artist Gina Faulk to paint trompe l’oeil murals of Tuscan-inspired vineyard scenes.

Engman formulated his café’s concept based on his experience working in restaurants after his arrival in San Diego. He joined Fresh — now Whisknadle — in La Jolla before its opening and migrated to Trattoria Acqua, also in La Jolla, following a year’s travel through 35 countries in Asia and Europe.

His exposure to new cultures and cuisines only deepened his fascination with food and dining.

“I always had a passion for the restaurant industry,” he said, beginning with his exposure to fishing and hunting with his Swedish father and uncles in northern Sweden, where he grew up in Östersund. The freshness of this food fostered his appreciation for fine quality and local

ingredients, an experience enhanced by observing and working with the La Jolla chefs.

While readying his new restaurant, Engman consulted with a prestigious local chef in setting up his kitchen, training staff, devising menus and selecting purveyors.

“Before we opened we bought samples of food, both organic and non-organic, and tried them side by side. The foods that were organic seemed to have more flavor,” he said.

Engman plans to debut a new all-day breakfast and lunch menu in January with a renewed emphasis on good value, with everything

priced between \$5 and \$10. Among the anticipated offerings will be a \$5 pasta dish with house marinara sauce. Add-ons, such as Italian sausage or shrimp, will cost extra, but always a more economical option will be available.

“You need to adapt to what people want. Everyone is watching every dollar now,” he said.

Engman envisions opening again for dinner when warmer weather returns and expects to adjust the café’s winter operating hours.

Sensitive to the Pacific Beach community’s concerns about adding new liquor licenses, Engman hopes to work with local residents to build trust and support for an application for a beer and wine license.

Nearby resident John C. Wheeler, a regular at the café with his wife, is an enthusiastic patron who extols the “gourmet food at family restaurant prices,” and also advocates granting the Fig Tree Café the privilege of serving beer and wine.

“This is exactly the kind of establishment that should be given a beer and wine license. It’s a tragedy that good restaurants go out of business because they can’t get a liquor license while bars are perpetuated,” he said.

The Fig Tree Café is open 10 a.m. to 3 p.m. weekdays except Wednesdays, and from 9 a.m. to 3 p.m. weekends, with hours subject to change. For latest information call (858) 274-2233, or visit their website www.figtreecafe.pb.com.



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[fun, funky
& often
useful facts]

Codewear Clothing & Calendar, Your Zip, Your Hood, Your Style! Perfect gifts for everyone on your list! Postal zip-code clothing company inspired by local neighborhood pride has core commitment to our community and customer service. T-shirts, tanks, long sleeves, hoodies, ball caps for men & women; Also lounge-wear, yoga and sweat pants. Also for every 2009 Codewear Girl Calendar bought \$1.00 is donated to the Marines at MCRD. See codewearclothing.com for local beach retailers or order on line, 619-994-2534.

Aztec Graphics, 5000 Gifts under \$20 Also 20% off custom framing through Dec. 30th on selected styles. Fast & easy ready made frames & posters "pop together" quickly for last minute gifts at the only poster store in San Diego County. Aztec Graphics, 1439 Garnet, 858-272-7760, posteramerica.com

Maggie's Dog Designs Your dog needs a new outfit too! See all the new affordable and adorable designs, maggiesdogdesigns.com, 1-866-961-1722.

Gallery at Lands End Featuring Local Artists Thayne Yungman, owner, is committed to those who create much of the art they custom frame, stop and shop the local artists whose works are currently displayed and on sale at this corner gallery. Visit Gallery at Lands End, 10am-5pm Tues. – Sat., 4984 Cass Street, 858-270-7820, galleryatlandsend.com

Patina Gifts, 60% off Christmas starting Jan. 6th Shop the beautiful holiday assortments before Christmas, return on Jan 6th to get ready for next year at Patina's after holidays sale. Located right across from the French Gourmet, 957 Turquoise, Tues.-Sat 10am-5:30pm, 858-488-4488.

"Fridays at the Fringe " Franky Agostino, featured artist through December at the Lunatic Fringe Art Gallery. Now if you haven't heard of this guy, you will soon enough, he's brilliant !! There's also another 20 or so artists showing at the gallery with plenty of prints and things starting at \$5.00, perfect last minute holiday gifts, or treat yourself! Lunatic Fringe Art Gallery 4852 Cass Street. Wed- Fri. 4pm till 7pm and Saturday 2pm till 7pm.

Finest City Registration- E-Z Renewals Right in the neighborhood, a one-stop alternative to the DMV waiting line. Provides full range car documentation services for car dealerships and general public including: Basic & Instant Renewals, Stickers, Duplicate Title, Substitute Plates, Transfer or Lost Out-of-State Titles, see finestcityreg.com for complete list and stop in to see Shandra & Rory Flanigan, 5010 Cass (upstairs, strip ctr. Cass+Loring), 858-270-1471.

Pacific Beach Woman's Club - Jan. Schedule Jan.7 PBWC monthly meeting, all invited. Jan. 13 Tues. 4:30pm- Stand Up for Kids, dinner supporting downtown homeless teen center, drop off hygiene items at this time. Jan. 14 Wed, 6:30pm, \$10-Cooking Greek with Chef Elizabeth, opera singing chef, fun evenings entertainment with lots of samples and recipes. Jan 25 Sun, 5pm Meeting at the China Inn for dinner then to clubhouse for monthly 7pm musical soiree and socializing, donations accepted. Host, Jef Olson (619) 920-2284. Jan. 28 Wed-7pm Bunko supporting Stand Up for Kids program, \$5 donation. Feb. 4 PBWC monthly meeting. Come and meet our fun group intent on helping the community. Clubhouse located at 1721 Hornblend, Jody Ross Pres., 619-838-9299, www.tjross@san.rr.com,

Please share your beach area fun, funky and interesting facts, email kirby@sdnews.com

PB rings in the new year with DJs, dancing & dining

By **BART MENDOZA** | BEACH & BAY PRESS

No doubt about it, it's been a rough year for just about everyone. Luckily, a new year is just around the corner, and with it comes both the hope of better days and the year's biggest party night.

As usual on New Year's Eve, the stretch of bars and clubs along Garnet will be crowded with revelers waiting for the clock to strike midnight, but there is no shortage of options throughout the area to take in the end of 2008. Here are a few of the night's possibilities.

The area's biggest event will likely be the Beach Party at The Catamaran (3999 Mission Blvd.), located right on the waters of Mission Bay. Partygoers will find five rooms of entertainment, mixing live music from R&B powerhouses Lady Dottie & The Diamonds with turntable favorites.

DJs Fresh One and Christopher Cutz of Sleeping Giants Music top the list of DJ's, which includes DJ BDP and the team of Illustrious Culture. The Beach Party offers two levels of tickets, main event (\$134) and VIP (\$174), both with hosted bars. The difference in price, which will go up by day of show, nets VIPS dinner versus appetizers and more top-shelf liquor options as well as special seating sections. (www.newyearsevesandiegoparty.com/beach/index.html)

Meanwhile, the best option in the area for Latin-jazz fans is going to be at Cane's (3105 Ocean Front Walk), which will feature sets from The B-



PAUL HANSEN | BEACH & BAY PRESS

PB's numerous nightclubs and venues give revelers a variety of options for New Year's Eve celebrations, including Tower23's annual party featuring two dinner selections and DJs Flesch and Carter. For information call (858) 270-2323.

Side Players.

The band's performances are rarely less than celebratory, but for their New Year's Eve sets they really let loose, with one terrific blast of dance music after another. Four bars and party favors are among the night's attractions, with the rooftop Sky Lounge, overlooking the Pacific Ocean, offering one of the nights most scenic spots to usher in the new year. Prices range from \$30 - \$40. (www.canesbarandgrill.com/events.html)

The 710 Beach Club (710 Garnet Ave.) will offer up one of the night's bargains, with a no-cover show and drink specials from 5 p.m. to 9 p.m. Offering a real alternative from

other local venues, The 710 Beach club will be perfect for fans of music with a little twang to it, with music provided by alternative country band Abe West and Johnny Cash tribute act, Cash'd Out. (www.710bc.com)

A Moulin Rouge themed celebration is on tap for The Turquoise Bar Europa (873 Turquoise St.). The evening includes a nine-course meal along with live entertainment, fireworks and dancing to Latin-jazz until dawn as part of the action. Prices range from \$45 to \$95.

A shuttle bus will be available between The Turquoise and its downtown sister location, La Gran Tapa, allowing eventgoers to take in two parties for the price of one.

(www.theturquoise.com)

Typhoon Saloon (1165 Garnet Ave.) is throwing "Pacific Beach's largest New Year's eve dance party," with four levels and two dance floors. Entertainment includes a drum and mash set by DJ Austintious and a secret celebrity guest drummer. Ticket prices have not been announced. (www.typhoonsaloon.com)

One block south of Garnet at Hornblend and Cass, Bar West (959 Hornblend St.) is celebrating the holiday with a hosted premium bar and tray-passed hors d'oeuvres from 8 to 10 p.m. and complimentary champagne at midnight. Entertainment will feature DJ Joey Jimenez. (www.barwestsd.com)

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Ready, set: Dive into 2009 and learn

By JUDITH LEA GARFIELD

It seems like not much is new anymore. Stories penned by intrepid travelers document the most remote places on Earth littered with plastic and other signs of human invasion. Undeniably, manmade refuse has permeated all corners of the ocean, but that does not translate to human knowledge of the ocean. Less than 5 percent of the ocean is known, meaning that with a bit of curiosity, patience and observation, anyone has a good chance of discovering a



novel species of marine life. You don't need to be a scientist working at Scripps Institution of Oceanography. Informal study by curious naturalists (like you, perhaps?) repeatedly visiting the shore or dipping into the water and surveying from a goggled vantage point directs one to learn deeply about that area, which improves one's prospects of noticing something different, odd or out of place. The San Diego-La Jolla Underwater Park is as good as anywhere to make a unique find. And, as proof, I discovered an epiphytic red alga embedded to its kelp host when it washed onto the sand at La Jolla Shores following a winter storm. Despite my local and

international efforts, it has yet to be identified.

Taking a longer view from my own nature studies, discovery includes not just what's new to the experts in a field but what's new to me. I am constantly wowed by the ocean's diverse life and the myriad ways species cope with their adverse world in hopes of coming out of the battle victorious. Over time, I fit together bits and pieces of my ongoing observations as a way to personalize for myself how sea lifeforms connect to each other, to their environment, to the terrestrial world and to me. It is a continuing process wherein insights often spring to mind long after I'm out of the water.

For example, I'm amazed how a garibaldi fish builds and grooms a nest; it is not altogether unlike the nest building of birds, demonstrating that on land or in the sea, nature has similarly addressed and adapted to the need of a species to signal a nest site to the appropriate partner. I marvel at the way an octopus matches color and texture to rock, sand or whatever it alights on, much as a chameleon mimics its background. The black-eyed goby fish, a loner virtually all the time, briefly pairs up with a mate for reproductive purposes, then each goes its own way. The solitary panda can relate. And a school of fish, like a herd or flock of animals on land, similarly bands together for individual protection and ease of finding a mate.



© 2008 JUDITH LEA GARFIELD

Otherwise solitary, black-eye gobies (*Rhinogobiops nicholsii*) pair up only to spawn, evidenced by the orange mass adhered within the hole behind them.



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The garibaldi (*Hypsypops rubicundus*, below) builds, then guards, a nest of yellow eggs within his territory. Like birds on land, the same nesting area is used each year.

Unfortunately, society in general still thinks the environment ends at the shoreline. We need a sea change in people's thinking, understanding and assumptions about our blue marble world. While interest and concern about the value of nature and the environment in general has become a partisan issue, no one need be ashamed of being curious and supportive of nature. I suggest that this is what we have brains for and that the greatest insult to nature — and to ourselves — is to be indifferent to or uncaring about the natural world. After all, on the most basic level, we all breathe the same air, drink the same water and, hopefully, want to leave a legacy to future generations of which we can be proud.

All life exists for reasons we don't yet know, which is reason enough to protect what we have. Humans, only one link in the mysterious web of life, have a moral obligation

to repair and preserve the ocean environment, not only for our survival but because it adds much intrinsic interest and beauty to our lives. The more we understand about the ocean, the deeper we will understand ourselves and our role on Earth. Become an emissary for the ocean in 2009 by investing a bit of time into exploring and learning about the inner workings of the ocean world, then share your knowledge and enthusiasm with others. Maybe you will discover a new species, but if not, you are guaranteed to be satisfied making discoveries that are new to you. Happy Blue Year!

— Judith Lea Garfield, biologist and underwater photographer, has authored two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. www.judith.garfield.org. Questions, comments or suggestions? Email jgarfield@ucsd.edu.

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COURTESY PHOTO

Pacific Beach architect Mark Mitchell captains his sailboat with of group a friends aboard. Mitchell and his partner took first place in the “double-handed” division of the 45th annual San Diego to Ensenada International sailboat race in Oct.

PB architect has designs for the high seas

By DAVE KENSLE | BEACH&BAY PRESS

When not designing a variety if residential, hospitality and commercial buildings of all shapes and sizes, Pacific Beach architect Mark Mitchell can be found on his sailboat, free of his personal and professional “connection” to the land. “When you get out on the water everything else goes away,” Mitchell said. “It is great for your mind and soul. There is something special about being propelled over

water by the wind.”

Some 20 years ago Mitchell was a member of a sailing club and was active more on a social and recreational level. Then with one experience his focus all changed.

“I’ve surfed since I was age 11 but I never really wanted to compete,” he said. “Sailing was like that until I was introduced to racing. A friend of mine was more into basketball and not sailboat racing. He asked me to take his

place on a race crew and I loved it.”

His discovery of enjoying the competitive side of racing continued to grow and resulted in Mitchell winning the 45th Annual San Diego to Ensenada International Race in early October. Sailors lined up outside San Diego Bay at the end of Zuniga Jetty Point and finished offshore in Ensenada, Mexico.

SEE HIGH SEAS, Page 13

Holiday Bowl pits Ducks and Cowboys Dec. 30

By DAVE THOMAS | BEACH&BAY PRESS

While the programs may not be rich in tradition, both Oklahoma State and Oregon will bring years of recent success with them to San Diego for the Dec. 30 Pacific Life Holiday Bowl.

The 13th-ranked Cowboys and 15th-ranked Ducks will meet for the first time ever on the gridiron next Tuesday night at 5 p.m. at Qualcomm Stadium in the 31st annual contest. The game will be broadcast on ESPN once again.

Oklahoma State (9-3) makes its second appearance in the game, being the highest-ranked available team in the Big 12 following the selection of No. 2 Oklahoma, No. 3 Texas and No. 8 Texas Tech for the BCS Championship, Fiesta and Cotton Bowls, respectively.

“We’re very excited about heading to San Diego for the Pacific Life Holiday Bowl,” OSU head coach Mike Gundy said. “It was a tremendous experience for me as a player (played in the 1988 contest for Oklahoma State) and I’m happy our team will get to enjoy San Diego and the festivities that surround a great bowl game. We look forward to playing an excellent Oregon team.”

There should be no shortage of offensive firepower on display, as

Oklahoma State scores 41.6 points per game, while Oregon, making its third Holiday Bowl appearance this decade, is at 41.9 ppg.

Oklahoma State, which fell to rival Oklahoma 61-41 in its regular season finale, looks to sophomore running back Kendall Hunter, who compiled a conference-best 1,518 yards on just 228 carries, while also scoring 14 TDs.

Oregon, which ended regular season play with a 65-38 win over arch-rival Oregon State, is led on offense by senior running back Jeremiah Johnson, who concluded the regular season with 1,082 rushing yards and 12 touchdowns. Close behind was junior LeGarrette Blount, who set a Ducks record with 16 rushing TDs and also ran for 928 yards.

“We are honored and excited to accept this invitation,” Oregon head coach Mike Bellotti said. “Oklahoma State is a great football team and this match-up is going to be exciting for our players and fans, and fans of college football.”

Tickets for the 2008 Pacific Life Holiday Bowl can be purchased by calling TicketMaster, (619) 220-TIXS (8497), or by visiting www.PacificLifeHolidayBowl.

Adventurous PB residents have been spotted heading due North in Pacific Beach and returning with a bounty of holiday items!

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CONTINUED FROM **Page 12**

Sailboat racing has different classes depending on the size of the vessel and how many people on each crew. For the race to Ensenada Mitchell was in a class called “double-handed,” in which it is two people per boat.

"We had to control three sails with two guys, so there is not much time to sit around," he said. "There were about six other boats in our class."

While “buoy racing” may be many people’s perception of sailboat racing in which boats sail toward buoys and then around them and on to the next buoy, the Ensenada event was very different.

"It took us 9 hours and 20 minutes from start to finish," Mitchell exclaimed. "Then from Ensenada you motor back. This race took a



COURTESY PHOTO

Mark Mitchell, who has been active with the Pacific Beach Planning Committee and Discover Pacific Beach, said he discovered competitive sailing after being asked to fill in for a friend on a race crew. "There is something special about being propelled over water by the wind," he said.

little longer because the winds at the beginning were so light. This was the first time I have done the race on my boat. Usually I have

always crewed on other boats."

Mitchell usually enters about two races a month and is part of a series which holds competitions in

Dana Point, Long Beach, Newport Beach, Marina del Rey and Santa Barbara in addition to San Diego.

He is also quick to encourage

people to explore the idea of sailing
whether racing is involved or not.

"Before I got into it (sailing), I kind of knew about it but always thought it was way beyond reality for an average guy like myself," Mitchell said. "It is not difficult to get into and it is a fun social activity in which you meet many nice people."

He suggested contacting any of the local yacht clubs, as many boat owners are always looking for crew members, so you don't have to be a boat owner to get involved. He points out that sailing can be easier on the wallet because boat captains rely on Mother Nature to power their vessels rather than fuel.

For more information about sailing and sailboat racing, contact Mitchell at mark@mmarchitect.com.

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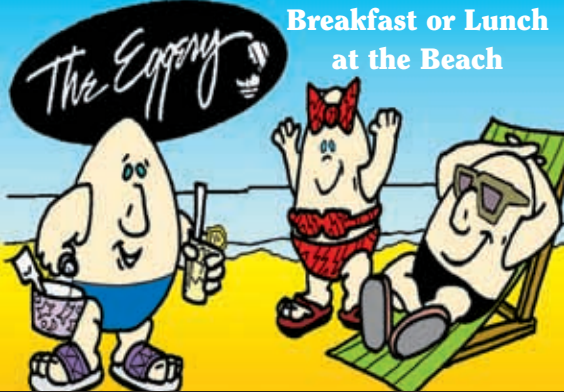
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Join Roppongi in La Jolla for a festive New Year's Eve party with a dazzling menu, live music, party favors and a celebratory midnight champagne toast! Dinner seatings begin at 5:00pm and J2 performs live from 5:30-12:30am. Make your reservations early at 858-551-5252.



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I am pleased to have the opportunity to introduce myself and my firm. My name is Andrew Ward, and I am a financial advisor in the Birdrock community of La Jolla. Edward Jones specializes in serving the investment needs of individual investors. We've built our business by treating clients with a genuine concern for their financial objectives. I'd like to invite you in for a free, no-obligation consultation. If you are just starting to think about investing and would like information, or if you are already investing and would like a retirement checkup, I can help. Happy Holidays!

- Andrew Ward, Financial Advisor

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Playoffs?

After a Week 13 loss to Atlanta, the postseason aspirations of the San Diego Chargers were all but over. But three straight wins later, along with a little help, have given the Bolts new life.

The Chargers (7-8) beat Tampa Bay 41-24 on Sunday while the Broncos (8-7) lost 30-23 to Buffalo to set up a one-game, winner-take-all game at Qualcomm Stadium on Sunday evening for the AFC West title. The game's kickoff has been moved from early afternoon to 5:15 p.m. due to NBC's flex scheduling.

San Diego lost 39-38 at Denver in Week 2, but the Chargers would hold the tiebreaker if they defeat the Broncos because they have a better divisional record.

Philip Rivers went 21 of 31 for 287 yards passing and four touchdowns, and Antoine Cason returned an interception 59 yards for a fourth-quarter touchdown that sealed the win. It was the Buccaneers' first loss at home this season.

"I think we are playing like a playoff team," said Chargers running back LaDainian Tomlinson, who ran for 90 yards and joined Barry Sanders and Curtis Martin as the only NFL players to run for 1,000 yards in each of his first eight seasons.

Jets playoff hopes dim: The Seattle Seahawks defeated the New

York Jets 13-3 at snowy Qwest Field on Sunday, dealing a significant blow to the Jets' playoff hopes. The Jets, who started the season 8-3, have lost three of their last four games and at 9-6 are no longer in control of their own destiny.

New York must beat Miami in the season finale and have either New England or Baltimore lose to reach the postseason.

Seahawks cornerback Josh Wilson intercepted Jets quarterback Brett Favre twice and added a sack. Favre completed 18 of 31 passes for 187 yards but began the contest by completing nine of his first 10 throws, including 4 of 5 on an opening drive that stalled at the Seahawks 2. The Jets settled for a field goal and their only points of the day.

Seahawks quarterback Seneca Wallace, who has been thrust into the starting role due to injuries to Matt Hasselbeck, completed 18 of 25 passes for 175 yards and one touchdown. No members of the offensive line that started the season for the Seahawks played in this game, and yet Wallace was well-protected all day. Maurice Morris ran 29 times for 116 yards.

"I cannot tell you how proud I am of that group," said Seahawks coach Mike Holmgren of his offensive line. "They did a marvelous job. Our defense stepped up when they had to. Anytime you play against Brett Favre, it's a load for your defense."

The Jets failed to score a touch-

down for the first time in their last 20 games. Head coach Eric Mangini called for a field goal with a fourth down and a half-yard to go on Seattle's 2 in the first quarter, and in the fourth, Favre underthrew Laveranues Coles near the Seahawks 30.

"I really felt like it could come down to three points, so I wanted to get the points on the board at that point, figuring that we had a long time to go," Mangini said of the decision to go for the early field goal.

The game pitted Favre against Holmgren, the player and coach who won a Super Bowl together at Green Bay. This was Holmgren's last home game as the coach of the Seahawks. He is taking a minimum of a one-year sabbatical at the urging of his wife Kathy following this season.

"I would not be here without him, and I truly mean that," said Favre of his former coach. "I think he is one of the best coaches, not only coaching today but in the history of the game. He deserves to do what ever he wants to do and I wish him well."

It was an emotional game for Holmgren and his family. Kathy Holmgren raised the “Twelfth Man” flag prior to the game with the couple’s children watching, and following the game, Holmgren circled the stadium in a symbolic goodbye to the fans.

“My team was warming up, and I was looking around, and I remember the first time I came into the



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Fans will have the chance to cheer on the Chargers at the Q Sunday, Dec. 28, when the Bolts meet the Broncos in a winner-take-all for the playoffs.

new stadium," Holmgren said. "The first time that I stepped in it, how remarkable I thought it was, and how beautiful it was. Then, I thought that I'm not going to be here anymore in my current mode."

The win topped off his day.

"Pretty special. I'll never forget this day," Holmgren said.

Playoff picture:

AFC – Tennessee (13-2), Pittsburgh (11-4) and Indianapolis (11-4) are in; Miami (10-5), Denver (8-7), Baltimore (10-5), New England (10-5), New York Jets (9-6) and San Diego (7-8) are still in contention.

NFC – New York Giants (12-3), Carolina (11-4), Arizona (8-7) and Atlanta (10-5) are in; Minnesota (9-6), Dallas (9-6), Tampa Bay (9-6), Philadelphia (8-6-1) and Chicago (8-6)* are still in contention.

* Does not include Monday

night's game.

Sidelines: The Detroit Lions set an NFL record by being outscored by a combined 176 points while going 0-8 at home...After finishing 4-12 last season, the Atlanta Falcons sealed a playoff berth with a 24-17 win at Minnesota...Tennessee clinched home-field advantage for the AFC playoffs in its 31-14 victory over Pittsburgh...The New York Giants clinched home field for the NFC playoffs with a 34-28 victory over Carolina... Arizona, 47-7 losers to New England, is 2-6 against teams with winning records...The Jets are 0-4 on the West Coast this season, 9-2 elsewhere...Miami is the first team to win 10 games after winning just one the previous season.

Ted Olafson contributed to this report from Seattle.

A couple in formal attire (a man in a suit and tie, a woman in a gold sequined dress) are kissing and holding champagne glasses. In the background, a man in a tuxedo is standing and looking up. The background is a solid gold color.

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PETITION FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, HALL OF JUSTICE 330 W. BROADWAY SAN DIEGO , CA. 92101 CASE NO: 37-2008-00096922-CU-PT-CTL

PETITIONER OR ATTORNEY, JESSICA WADE 1863 THOMAS AVE. SAN DIEGO, CA. 92109 858-232-5998 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM JESSICA GRACE WADE TO JESSE WADE ROBINSON THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON JAN 08, 2008 AT 8:30 AM, DEPARTMENT D-25 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATES: DEC 04, 11, 18 and 23, 2008

PETITION FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, HALL OF JUSTICE 330 W. BROADWAY SAN DIEGO , CA. 92101 CASE NO: 37-2008-00097059-CU-PT-CTL

PETITIONER OR ATTORNEY, CAMERON BARLOW 8595 VIA MALLORCA UNIT B SAN DIEGO, CA. 92037 858-342-0683 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM CAMERON BARLOW TO CAMERON BAHARLOO THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON JAN 13, 2008 AT 8:30 AM, DEPARTMENT D-25 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATES: DEC 11, 18, 23 AND 30, 2009

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-034734 THE NAME(S) OF BUSINESS: CANVAS A HAIR STUDIO located at: 2280 GARNET AVE. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): SHELBY WICKERSHEIM This business is being conducted by : A N INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: NOV 04, 2008 Issue Dates: DEC 04, 11, 18 AND 23, 2008

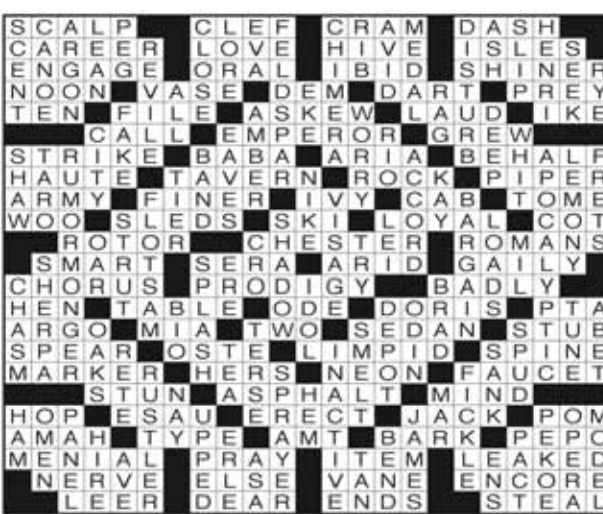
LEGAL ADS 700

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-034947 THE NAME(S) OF BUSINESS: UNDERGROUND ELEPHANT, FIRE ROCK MEDIA located at: 2667 CAMINO DEL RIO S. #202 SAN DIEGO, CA. 92108 is hereby registered by the following owner(s): STEELHEAD INC. This business is being conducted by : A CORPORATION STEELHEAD INC. 2667 CAMINO DEL RIO SOUTH #202 SAN DIEGO, CA. 92108 CALIFORNIA The transaction of business began on: 08/15/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: NOV 05, 2008 Issue Dates: DEC 04, 11, 18 AND 23, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-037066 THE NAME(S) OF BUSINESS: BROWN BAG DELI located at: 1912 ROSECRANS ST. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): MARIA BRANCO WYNN, TERRENCE LEE WYNN This business is being conducted by: HUSBAND AND WIFE The transaction of business began on: 05/01/93 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 04, 2008 Issue Dates: DEC 04, 11, 18 AND 23, 2008

SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) JOHNNY J. CONTRERAS, an individual; and DOES 1 through 10 inclusive

YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE) VERANO CONDOMINIUM HOMEOWNERS ASSOCIATION a California Nonprofit, Mutual Benefit Corporation You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the california courts online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center



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LEGAL ADS 700

(www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association

Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. puede encontrar estos formularios de la corte y más información en el Centro de Ayunda de las Cortes de California (www.courtinfo.ca.gov/ selfhelp/ espanol/), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presntación pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.Hay otros requisitos legales Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a aabogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/), o poniéndose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y dirección de la corte es): SAN DIEGO SUPERIOR COURT OF THE STATE OF CALIFORNIA COUNTY OF SAN DIEGO, CENTRAL DISTRICT 330. W BROADWAY SAN DIEGO, CA.92101 CASE NO: 37-2008-00090368-CL-OR-CTL The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): Wasserman Kornheiser LLP; Deborah M. Kornheiser-CSB No. 125397; Craig L. Combs-CSB No. 229438 7955 Raytheon Road San Diego, Ca. 92111 DATE: AUG 25, 2008 clerk, by B Morgan, Deputy ISSUE DATES: DEC 18, 23, 30 AND JAN 08, 2009

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-034550
THE NAME(S) OF BUSINESS:
GASLAMP SEARCH ENGINE SPECIALIST
located at: 2172 ROSECRANS ST. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): JACOB SUTLEY This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 08/03/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: NOV 03, 2008 Issue Dates: NOV 27 DEC 04, 11 AND 18, 2008

PETITION FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF SAN DIEGO, HALL OF JUSTICE
330 W. BROADWAY SAN DIEGO , CA. 92101
CASE NO: 37-2008-00097937-CU-PT-CTL

PETITIONER OR ATTORNEY, JACK LAVELL 6523 LANSTON ST. SAN DIEGO, CA. 92111 858-361-4229 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM JACK THOMAS LAVELL TO JACK LAVEZZOLI THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON JAN 27, 2008 AT 8:30 AM, DEPARTMENT D-25 220 WEST BROADWAY SAN DIEGO, CA. 92101
ISSUE DATES: DEC 18, 23, 30 AND JAN 08 2009

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-038069
THE NAME(S) OF BUSINESS:
SPEAR DEALS, SPEARDEALS.COM, J AND J SPEARFISHING, JAMES AND JOSEPH SPEARFISHING SUPPLIES
located at: 2040 HARBOR ISLAND DR.#100 SAN DIEGO, CA. 92101 is hereby registered by the following owner(s): JAMES & JOSEPH SHIPS CHANDLERY LLC. This business is being conducted by: A LIMITED LIABILITY COMPANY JAMES & JOSEPH SHIPS CHANDLERY LLC. 2020 CAMINO DE LA REINA 3111 SAN DIEGO, CA. 92108 CALIFORNIA The transaction of business began on: 05/01/07 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 11, 2008 Issue Dates: DEC 23, 30 JAN 08 AND 15, 2008

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-036395
THE NAME(S) OF BUSINESS:
ERA COMMUNICATIONS
located at: 5915 CAMINITO CHIAPAS SAN DIEGO, CA. 92138 is hereby registered by the following owner(s): ADRIANA HERRERA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/18/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: NOV 21, 2008 Issue Dates: DEC 18, 23, 30 AND JAN 08, 2008

LEGAL ADS 700

NOTICE OF PETITION TO ADMINISTER ESTATE OF:
ELIZABETH A. FARGEL
CASE NUMBER:
37-2008-00152643-PR-PW-CTL
1. To all heir's, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of (specify all names by which the decedent was known): ELIZABETH A. FARGEL
2. A Petition for Probate has been filed by: James Michael Dunphy in the Superior Court of California, County of : SAN DIEGO
3. The Petition for Probate requests that : James Michael Dunphy be appointed as personal representative to administer the estate of the decedent.
4. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
5. The petition requests authority to administer the estate under the Independent Administration of Estate Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
6. A hearing on the petition will be held in this court as follows:
a. Date: JAN 22, 2009 Time:9:00 Dept: PC-1
b. Address of court
SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO
1409 Fourth Ave. 3rd floor
San Diego, CA. 92101
Central Division
7. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
8. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.
9. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
10. Attorney for Petitioner: Timothy J. Mc Elfish, Esq. 2603 Main St. 9th Floor Irvine, Ca. 92614 949-794-4000
ISSUE DATE(S): DEC 23, 30 AND JAN 08, 2009

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-037122
THE NAME(S) OF BUSINESS:
CLEATOR LANDSCAPE DESIGN
located at: 3043 NICHOL ST. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): JEFFERY T. CLEATOR This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/01/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 02, 2008 Issue Dates: DEC 23, 30 JAN 08 AND 15, 2008

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-037574
THE NAME(S) OF BUSINESS:
92109 RENTALS
located at: 4404 INGRAHAM ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): DAVID D. RIVERA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 05, 2008 Issue Dates: DEC 23, 30 JAN 08 AND 15, 2008

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-038069
THE NAME(S) OF BUSINESS:
SPEAR DEALS, SPEARDEALS.COM, J AND J SPEARFISHING, JAMES AND JOSEPH SPEARFISHING SUPPLIES
located at: 2040 HARBOR ISLAND DR.#100 SAN DIEGO, CA. 92101 is hereby registered by the following owner(s): JAMES & JOSEPH SHIPS CHANDLERY LLC. This business is being conducted by: A LIMITED LIABILITY COMPANY JAMES & JOSEPH SHIPS CHANDLERY LLC. 2020 CAMINO DE LA REINA 3111 SAN DIEGO, CA. 92108 CALIFORNIA The transaction of business began on: 05/01/07 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: DEC 11, 2008 Issue Dates: DEC 23, 30 JAN 08 AND 15, 2008

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-036395
THE NAME(S) OF BUSINESS:
ERA COMMUNICATIONS
located at: 5915 CAMINITO CHIAPAS SAN DIEGO, CA. 92138 is hereby registered by the following owner(s): ADRIANA HERRERA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/18/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: NOV 21, 2008 Issue Dates: DEC 18, 23, 30 AND JAN 08, 2008

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2008-036395
THE NAME(S) OF BUSINESS:
ERA COMMUNICATIONS
located at: 5915 CAMINITO CHIAPAS SAN DIEGO, CA. 92138 is hereby registered by the following owner(s): ADRIANA HERRERA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/18/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: NOV 21, 2008 Issue Dates: DEC 18, 23, 30 AND JAN 08, 2008

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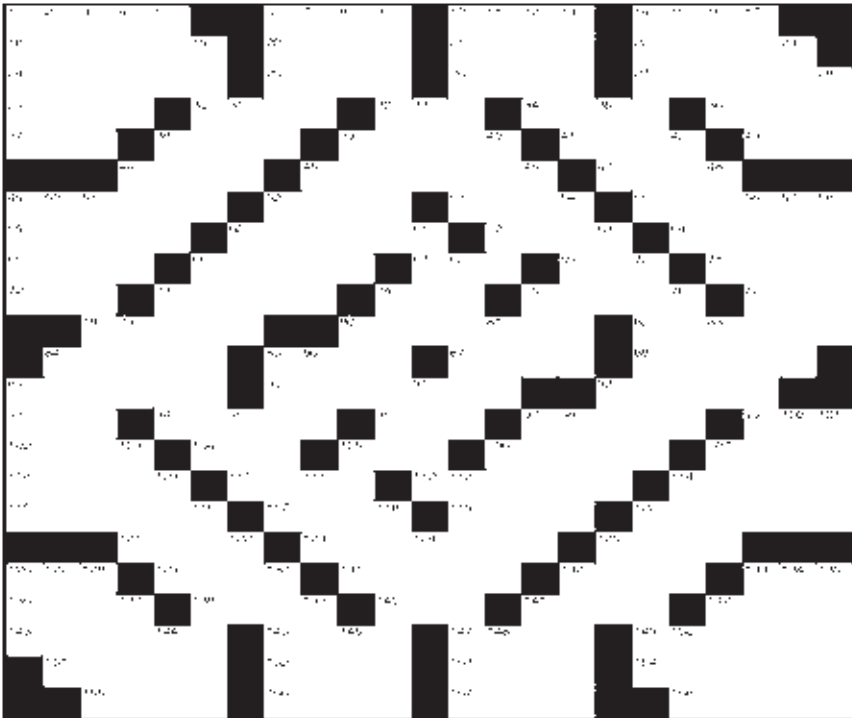
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MAKING SENSE OF INVESTING

Bird Rock Surf Shop finds a bigger perch

By **ALYSSA RAMOS** | BEACH & BAY PRESS

Despite a weak economic climate, two local boys may prove a success by using a classic business model: building on what you know, finding a niche and catering to neighbors in a friendly way.

Brothers Matt and Ben Murphy are doing just that. The duo grew up in Escondido and then moved to San Luis Obispo until graduating from Cal Poly with business degrees. Like most born-and-bred San Diego boys, the Murphys surfed.

Surfers know where the waves break. Where the breaks are, surfers will flock. And therein lie opportunities for the businessman who knows the waveriders' needs.

"We recognized a need for a surf shop," Matt Murphy said. "There's such a surf community but no shop around."

So the brothers opened a small shop more than one year ago in Bird Rock at 5544 La Jolla Blvd.

San Diego is home to many great surfing legends and current surfing stars. The Murphys said the closest shops to Bird Rock's surfers are located in Pacific Beach to the south and on Pearl Street in La Jolla to the north. So they searched for a year until they found the small Bird Rock location.

The Murphys' business sense paid off. The boutique-style, friendly shop melded well with the surrounding Bird Rock neighborhood and the surfing community. The brothers were so successful they said they needed more space.

"We outgrew the other shop," Ben Murphy said.

So about one month ago, they moved to a larger location one block up, at 5605 La Jolla Blvd.

"Now we have parking in back," Ben Murphy said.

In Bird Rock, parking is a commodity. Ben Murphy said cars would drive by their previous location without stopping because they had fewer parking spaces.

The Murphys have taken their surf shop, neighborhood-style atmosphere, creating an epicenter of Bird Rock's youth scene.

"Everything is for sale here," Ben Murphy said.

The walls are covered with art and photography from local artists. On entering Bird Rock Surf, customers can either watch the Murphys' golden retriever or peer through a window while Matt shapes custom boards.

The Murphys sell and "set up" almost anything involving water at Bird Rock Surf Shop, from kayaks to rash guards and surf lessons, they said.

The new store also carries many clothing lines. Ben said they are deepening their clothing inventory and adding more youth lines. The larger store continues to carry a variety of surfboards, used boards



RONAN GRAY | BEACH & BAY PRESS

Bird Rock Surf Shop co-owner Matt Murphy puts finishing touches on a blank board in the store's shaping bay, where buyers can watch Matt or his brother Ben create custom boards.

and custom boards as well, Matt said.

"We have reasonable prices," Ben said. "Our customs start at \$415. Also with the custom, we have a shaping bay so someone

can watch their board being shaped."

Bird Rock Surf Shop repairs surfboards as well.

"We just want a good, inviting feeling here," he said, going as far

as inviting friends and customers to holiday party at the shop Dec. 19.

For more information, call (858) 459-9200, or email birdrock-surf@hotmail.com.

BUSINESSbrief

Coldwell Banker names No. 1 agent for November

Coldwell Banker Residential Brokerage recently announced Pacific Beach sales associate Dan Ryan as the No. 1 agent among the company's 1,700 associates for the month of November.



Dan Ryan

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