

CROWN PT. CLOSING?

Budget shortfall has school district considering shutting down Crown Point Music Academy. 3

Weekend Surf Report

SATURDAY			
Hi: 7:31 a.m. 9:14 p.m.	Low: 1:20 a.m. 2:45 p.m.	Surf: 2-4 ft.	Wind: 12-14 mph
SUNDAY			
Hi: 8:02 a.m. 9:36 p.m.	Low: 1:52 a.m. 3:11 p.m.	Waves: 2-4 ft.	Wind: 12-16 mph

Thursday, Jan. 22 - Feb. 4, 2009

Mayor says budget woes will bring further cuts in city services

By LORALEE OLEJNIK | BEACH & BAY PRESS

With three speeches down and three more ahead, San Diego Mayor Jerry Sanders delivered his mid-tenure State of the City address Jan. 14 at the recently restored Balboa Theater downtown.

Less fervent than last year's impassioned election-year plea asking residents to join him in finishing the job of restoring stability to a city fraught with budget woes and crumbling infrastructure, Sanders' theme this year took the pragmatic stance that even more sacrifice will be necessary to get through tough times ahead. Sanders warned of further reductions to city services that will impact quality of life of San Diegans and the need for a change of the public mindset that expects the city to maintain the same level of service in today's economic reality.

"It's not enough to say we can't repeat the mistakes of the past," Sanders said. "But we can confront the culture that made those mistakes possible. They said it was OK not to care about the city about the whole but only to care about your little piece of it."

A strong theme of Sanders' speech was community involvement and volunteerism. He called on community members and

SEE MAYOR, Page 6



PAUL HANSEN | BEACH & BAY PRESS

Fun in the Winter Sun

While much of the Midwest and East Coast was blanketed with snow, spring-like temperatures brought crowds to the beach in swimsuits to sunbathe, bike-ride and throw around a Frisbee.

NEW CAFE GETS FRESH:

Menu at Ingraham Street's new PB Central Cafe focuses on healthfulness, quality and value. 12



www.beachandbaypress.com

PB Town Council names 2009 board, honors community volunteers

By SHANNON MULHALL | BEACH & BAY PRESS

Community leaders and city dignitaries gathered for the annual Pacific Beach Town Council (PBTC) installation dinner Friday, Jan. 16, at the Catamaran Resort Hotel, 3999 Mission Blvd. Both lighthearted and emotional, the event highlighted the town council's ongoing efforts to improve the community and also singled out exceptional volunteers.

"We live in one of the best places in the country," Councilman Kevin Faulconer said. "Times are a little tough right now, but I'm optimistic about Pacific Beach and the city of San Diego."

Citing the holiday parade and other events made possible by local volunteers, Faulconer called Pacific Beach "the heart of San Diego."

He also said that "dramatic changes" are on the horizon as a result of the passage of Proposition C, which will direct millions in additional revenue to Mission Bay Park.

"We're going to see so many positive changes," Faulconer said.

Noting that crime is again down for the year, the councilman praised the efforts of local law enforcement, including Police Chief William Lansdowne, Assistant Police Chief Boyd Long and current Northern Division Captain Shelley Zimmerman who were in attendance.

"I never thought we were going to fill [Long's] shoes till Shelley came along," Faulconer said.

"You are joining one of the greatest organizations in all the beach areas," he told incoming town council directors

SEE COUNCIL, Page 7

Hanohano Ocean Challenge big 'oar-deal' for paddlers

By ADRIANE TILLMAN | BEACH & BAY PRESS

On the last morning in January, wake up early to cheer on paddlers young and old, novice and Olympian, who will race all types of muscle-powered watercraft out of Bonita Cove and across the ocean waters.

Top athletes will race skinny, precarious ocean kayaks called surfskis that can blaze across the water reaching top speeds of 20 to 25 miles an hour if they catch a wave. Other athletes will push themselves along on stand-up paddleboards, and teams of two will stroke kayaks to the finish.

It's the 13th annual Hanohano Ocean Challenge that takes off from Bonita Cove, across from Belmont Park, on Saturday, Jan. 31. Paddlers will either push off from the cove at 9 a.m. to race the 4.75-mile course around the bay, or at 10:30 a.m. to race the 9-mile course out to Crystal Pier and back.

"A lot of people don't know about paddle-boarding," said organizer Dan Van

Dyck of the Hanohano Outrigger Canoe Club, who has paddled since 1986. "If I can give kids and handicapped athletes a chance to paddle, it's good for me."

Van Dyck said he loves paddling out on a peaceful ocean, away from the hubbub of life. It's also the best place to spot a migrating whale, playful dolphin or sea lion.

Nine-year-olds to 85-year-olds and athletes with disabilities will compete in the event that will bring 300 contestants from around Southern California to Mission Bay. Serious competitors with their eyes on the Olympics will also show up for the nine-mile ocean course.

"It's not just a little, local kayak race," Van Dyck said.

Seventeen-year olds Ryan Stock and Nick Hanoian are training to compete for a spot on the junior national kayaking team that will travel to the world championship regatta in Moscow. Hanoian is a student at La Jolla High School.

SEE HANOHANO, Page 7



BARRY SCHWARTZ | BEACH & BAY PRESS

Kayaks, paddleboards, surfskis and other human-powered watercraft will take to the water Saturday, Jan. 31, paddling 9 miles from Mission Bay to Crystal Pier and back, or 4.75 miles around the bay.





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# School district considers shuttering Crown Pt. Music Academy

By **SEBASTIAN RUIZ** | BEACH & BAY PRESS

San Diego Unified School District (SDUSD) may need to close or rearrange elementary schools with small enrollment in response to an estimated \$50 million school district budget shortfall this year, school officials said.

Elementary schools with the fewest students appear on a list of about six schools — down from a list of 17— now being considered by the district for closure, said Linda Zintz, spokesperson for the district.

Two beach-area magnet schools appear on the list released Monday, Jan. 19, while Bayview Terrace Elementary, 2445 Fogg St. in Pacific Beach, was removed from the list.

Whereas magnet schools such as Barnard Elementary in Point Loma and Crown Point Elementary might have “killer conditions” that preclude closure, other schools throughout the district, including Sequoia, Cadman, Carver and North Park elementaries, have fewer than 400 students and appear on the updated list, Zintz said.

Zintz said the committee recommended closing one school in each cluster area, which may be why Crown Point appears on the list instead of Bayview Terrace. The final decision, however, rests with the SDUSD board of directors.

“It’s just a recommendation,” Zintz said. “Just because the [schools] are on a list, it doesn’t mean that any schools would be



PAUL HANSEN | BEACH & BAY PRESS

**Due to a \$40 million budget shortfall, San Diego Unified School District was considering closing Bayview Terrace Elementary 2445 Fogg St., along with several other schools with low student population—but following a recent meeting by the Small Schools Committee, Crown Point Music Academy took its place on the list of possible closures. While the district threatened to close Crown Point Elementary a few years ago because of low enrollment, the school’s new music magnet program may save the campus.**

closed. There would definitely be more issues to look into if it goes to the board.”

The Small Schools Committee is supposed to present the final recommendations for saving money during workshops tentatively set for Monday, Jan. 26 and Tuesday, Jan. 27, at a time to be determined this week, Zintz said.

Meanwhile, the two magnet schools considered by the committee just started last year and have seen slight increases in enrollment since then, school officials said.

If the magnet programs close, however, the action could threaten federal funding for all of the dis-

trict’s magnet schools in 2011, according to a letter from the SDUSD Office of Magnet Programs. The government awards grants for magnet schools every three years.

“We make a commitment every three years. If we close the [magnet] program before it’s completed, the federal government doesn’t look positively on that,” said SDUSD spokesman Jack Brandais.

So would magnet status in and of itself prevent the district from shutting them down?

“Not necessarily,” said Small Schools Committee Chair Jim Varnadore.

The eight-member committee met with parents and community members at the Eugene Brucker Education Center, 4100 Normal St., on Monday, Jan. 19, producing the latest list.

The committee looks at attendance, overall cost per student and academic performance — among other things — to determine options for recommendation to the school board.

A decision is expected to be made and implemented by the fall.

Barnard Principal Edward Park said his school and the new Mandarin Chinese magnet program there should remain untouched.

The school, however, remained on the list this week.

“I don’t speak for the school district,” Park said. “[But] I feel strongly confident that our effort and energy will not be wasted away.”

Park came from the Los Angeles Unified School District last year to help administer the magnet program. Barnard had about 160 students then. Now it has about 190, he said.

Although it’s growing, it’s still one of the most expensive schools in the district to run, with a budget of about \$1.8 million, according to school officials. The school also received between \$300,000 and \$500,000 over the last two years to pay for the Mandarin Chinese magnet program.

The federal grant money pays for teachers, equipment and other magnet program costs, Park said. But if the program goes away, the money slated for next year could evaporate.

Crown Point Elementary in Pacific Beach, which also recently started the Suzuki violin magnet program, has also grown. School officials expected about 112 students this year but ended up with 259, according to school officials. Crown Point had a budget of about \$889,000 last year, according to school officials.

The magnet program was meant to attract more students from around the city and, according to

SEE **SCHOOL**, Page 5

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A group of seven people in medieval costumes posing on a stage. The costumes include a pink gown, a green tunic with a brown beard, a purple tunic, and a red tunic. The background is a dark curtain with a green vine and leaves hanging from the top.

Students from Bayview Terrace, Crown Point, Kate Sessions and Pacific Beach elementary schools joined students from Pacific Beach Middle School in the 3rd annual Mis-soula Children's Theatre production of Rumpelstiltskin, Saturday, Jan. 17. The production was sponsored by Friends of Pacific Beach Secondary Schools.

**SCHOOL***news*

**Mon., Feb. 2:** Morning Assembly  
**Every Tues:** Recorder Club  
**Every Wed:** Pizza Lunch & Band  
**Every Thurs:** Guitar  
**Every Fri:** Student Council,  
 noon-1 p.m.

**Fri., Jan. 30:** Movie Night, 7 p.m.  
**Thurs., Feb. 5:** Math/Science Night, 3 p.m.  
**Ongoing:** Escrip Sign Up & Contributions Drive  
**Every Tues. & Thurs:** After School Band  
**Every Wed:** After School Choir + ASB meeting  
**Every Thurs:** Builder's Club After School

**Pacific Beach Elementary**  
**Contact:** Laura Daly  
 Daly5@san.rr.com  
**Through Jan. 28:** Family Night  
 @ Pernicano's  
**Wed., Jan. 28:** Winter Concert  
**Tues., Feb. 3:** Counselor's Day  
**Wed., Feb. 4:** Variety Show  
 Auditions  
**Every Mon. & Thurs:** Math Club  
**Every Wed:** Pizza Lunch & Choir  
**Every Wed. & Fri:** Jogging Club

**Pacific Beach Middle School**  
**Contact:** Pam Deitz  
 mbhsaa@earthlink.net  
**Wed., Jan. 28:** PTO Meeting, MBHS  
 Library, 6 p.m.  
**Wed., Jan. 28:** Minimum Day –  
 School Dismissed at noon  
**Fri., Jan. 30:** End of Grading Period

**Mission Bay High School**  
**Contact:** Lori Glasgow  
 mbhbsfriends@yahoo.com  
**Ongoing:** Escrip Sign Up &  
 Contributions Drive  
**Sat., Jan. 24:** Varsity Basketball  
 vs. Kearny, 7:30 p.m.  
**Wed., Jan. 28:** PTO Meeting,  
 Library, 6 p.m.  
**Jan. 29 & 30th:** Minimum Day –  
 Finals  
**Fri., Jan. 30:** Semester Ends  
**Fri., Jan. 30:** Varsity Basketball  
 vs. Saints, 7:30 p.m.  
**Feb. 3-4:** CA High School Exit Exam  
 (Grade 12)

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# Man pleads insanity for roommate’s death

By NEAL PUTNAM | BEACH&BAY PRESS

After being ordered to stand trial for the grisly death of his roommate, a Pacific Beach man pleaded not guilty by reason of insanity on Jan. 13 in connection with a September murder in North Pacific Beach that ended with the defendant jumping into the path of an oncoming car.

Two psychiatrists were appointed to evaluate Ian Alex Suazo, 22, by San Diego Superior Court Judge Bernard Revak after he concluded the preliminary hearing. Revak told Suazo that if he was found to be insane at the time of the murder, he could be committed to a state mental hospital for life.

Ocie Raines, 39, was stabbed in the neck and chest around 2 a.m. on

Sept. 24. He was found on the floor in the apartment he shared with Suazo in the 800 block of Agate Street in Pacific Beach.

Suazo apparently cut his own left wrist and then jumped in front of a car in the 4600 block of Mission Boulevard hours after the stabbing. He was taken to a hospital, where he was arraigned Sept. 26 while recovering from his injuries.

Defense attorney Richard Gates said his client is experiencing the “onset of schizophrenia” and he is on anti-psychotic medications in jail.

“He has no memory of killing his roommate. The injury to the roommate was unusually severe,” said Gates to reporters after the hearing.

“Is he morally responsible if he

was unable to understand what he was doing was wrong?” Gates said. “It will be up to the jury to decide.”

Deputy District Attorney Ana de Santiago said Suazo “knew the difference between right and wrong” and his failed suicide attempt was “consciousness of guilt.”

She said Suazo committed first-degree murder.

Santiago said Suazo and Raines had arguments before the stabbing, and the defendant was stealing some medications from the victim days before the incident.

Revak set a trial date for March 4. Suazo has also entered a dual plea of not guilty to the charge. He remains in the downtown central jail on \$1 million bail.

## NEWSbriefs

### Park Committee approves bay’s bait barge lease

The Mission Bay Park Committee (MBPC) approved the proposed Everingham Bait Barge at its regularly scheduled monthly meeting Tuesday, Jan. 6, at the Santa Clara Recreation Center, 1008 Santa Clara Place.

The barge is located near the eastern entrance to the Dana Point harbor and south of the launch ramp.

Looking forward to other business, MBPC chairperson Rick Busell said after the meeting that he would like to see progress on Fiesta Island. A proposed redevelopment for the area, first presented to the public in August 2006, has met with strong resistance from dog owners, who say the island is one of the few places in San Diego where their pets can run and exercise.

Project planners have since created several revised proposals to accommodate dogs. Members of Fiesta Island Dog Owners (FIDO) feel that further changes are necessary to prevent potential conflicts between dogs and paddlers.

The MBPC is also waiting for the city attorney’s office to complete its review of Proposition C, which voters approved in November. Under

the 30-year charter amendment, starting in July, Mission Bay Park will receive an estimated \$5 million to \$12 million annually in lease revenues that formerly went to the city’s general fund.

An additional 25 percent of funds, or \$2 million to \$4 million, each year is also slated to go to regional parks.

Once the rules, regulations, policies and procedures have been determined, “we can start the ball rolling,” Bussell said. “The whole idea is that we have to see exactly what our role is.”

The MBPC will hold its next meeting at 6 p.m. Tuesday, Feb. 3, at the Santa Clara Recreation Center.

### Sewage spill fouls Tourmaline Surfing Park

A sewage pipe that broke about 11:42 a.m. Monday, Jan. 12, released more than 4,000 gallons of waste into the environment around Tourmaline Surfing Park. The sewage spill occurred near Van Nuys Canyon, a press release stated.

City crews arrived shortly after the spill was spotted, according to Brian Drummy, senior public information officer with the Metro Wastewater Department. Workers were able to vacuum a majority of the waste, he said.

“We have these large trucks that

are called vectors. They are able to vacuum it up,” Drummy said.

While workers cleaned 4,280 gallons, about 200 gallons flowed into the water, Drummy said.

“It went into a storm drain, which went into the ocean,” Drummy said.

County health officials posted signs warning the public to avoid waters around Tourmaline Surfing Park until tests by Department of Environmental Health officials show that bacteria levels in the water are below the danger level, a press release stated.

For more information on beach closures, visit [www.earth911.org/waterquality](http://www.earth911.org/waterquality).

### PBTC volunteers gather for annual Graffiti Paint-Out

Grab a brush and joining the PB Town Council for the second annual Spring Graffiti Paint-Out which returns Saturday, Feb. 7, from 9 a.m. to noon. Volunteers will meet at the Pacific Beach Presbyterian Church, 1675 Garnet Ave., to paint over graffiti. Last year’s event drew more than 300 volunteers, so organizers are asking interested participants to RSVP by emailing [CleanPB@gmail.com](mailto:CleanPB@gmail.com). Tools and paint will be provided. For information on the paint out, see [www.pbtowncouncil.org](http://www.pbtowncouncil.org) or call (858) 483-6666.

## SCHOOL

CONTINUED FROM Page 3

Crown Point Principal Barbara Boone, the program does exactly that. She said she’s confident the district would keep the Crown Point Suzuki violin program where it is.

“It’s my belief ... that because we’re a magnet school that there is or should be a protection, but I can’t speak for the district,” Boone said.

Parents, teachers and administrators from Bayview Terrace Elementary attended a committee meeting Monday, Jan. 12, at the Eugene Brucker Education Center, 4100 Normal St.

Bayview Terrace teacher David Weeks said moving Crown Point’s students and not Bayview’s would impact the least number of students and staff.

“[Administrators] will be placed, teachers will be placed somewhere

... but the 300 [Bayview] students, where are they going to go?” he said.

About 265 students currently attend Bayview Terrace Elementary. Discussions about the school’s closure included relocating 162 students to schools outside Pacific Beach.

Most students would have been moved to Kate Sessions Elementary School, 2150 Beryl St., and Pacific Beach Elementary, 1234 Tourmaline St., according to SDUSD documents.

Although Bayview Terrace isn’t large enough to support the growing Crown Point magnet program, a majority of Crown Point’s students could move to the nearby school, according to school officials. About 106 Crown Point students, however, would have to leave the beach-area school cluster, according to district documents.

With all the talk about “hard data” and enrollment numbers,

parents and some administrators recently reminded the Small Schools Committee about the many other functions the school sites serve.

Bayview’s Family Resource Center, an on-site family resource center, offers referral services for counseling and medical paperwork and financial literacy workshops. It also focuses on preventing domestic violence and promoting nutrition.

Samantha Hua, the center’s program manager, said it would also be very difficult for a lot of low-income families to cope with major changes.

“Shutting down our school means closing our family resource center, which strengthens families,” Hua said. “Our program’s goal is to provide children and families the support they need to thrive, so that children can go to school ready to learn. This closure would be detrimental to many of our families.”



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# What’s New(s)

Business | Growth | Innovation | News

*La Jolla*

## Margaret’s Cleaners Opens New San Diego Location

Margaret’s Cleaners has opened a new, freeway-convenient location in central San Diego County to better serve its customers. Situated just off Highway 52 at Convoy, Margaret’s has completed the first construction phase of its new state-of-the-art, eco-friendly plant in the Kearny Mesa area. The front office is now open for convenient pick-up and drop-off by customers from all of San Diego County. The company’s corporate offices as well as its primary processing plant will also take up residence in the new location making Margaret’s newest facility one of the nation’s largest and most technically advanced facilities dedicated to the cleaning & restoration of fine garments and textiles.

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# Cravens' attorney asks for new trial

## Defense lawyer says an error by the judge affected the jury's verdict

By NEAL PUTNAM | BEACH&BAY PRESS

Seth Cravens should get a new murder trial in the death of a slain La Jolla surfer because his attorney claims the judge committed an error by sending the jury back into deliberations after the foreman said the jury was deadlocked in an 11-1 vote.

Mary Ellen Attridge filed a 40-page motion for a new trial with San Diego Superior Court Judge John Einhorn, who set sentencing for Feb. 2. Cravens, 23, of La Jolla, was convicted Nov. 18 of second-degree murder in the death of Emery Kauanui, Jr., 24, who died on May 28, 2007, after being beaten outside his mother's home in La Jolla.

After five days of deliberations, the jury foreman told Einhorn the panel was deadlocked in an 11-1 vote on the charge involving Kauanui. When the judge asked each juror if further deliberations could help in reaching a verdict, three jurors said yes. With that information, Einhorn sent them back into more discussions, and they reached a verdict involving

Kauanui's death the next day.

Attridge wrote in her motion that she feared "the verdict was the result of acquiescence and not individual deliberations." She didn't cite any juror misconduct or comments from jurors, but said Einhorn committed a "prejudicial error" by ordered the jury to continue deliberations.

Jurors also convicted Cravens of three felony assaults, two counts of making a criminal threat, and misdemeanor battery in other incidents with other people in La Jolla.

Deputy District Attorney Sophia Roach won additional time to study the defense motion, noting Attridge filed the motion two days before sentencing. The motion also contained exhibits and trial transcripts that contained up to 100 pages. Einhorn delayed the Jan. 12 sentencing to Feb. 2. Roach couldn't be reached for comment on the motion.

The prosecutor also filed documents that showed she is seeking a prison term for Cravens of 26 years to life and two months. The murder sentence would be imposed as 15 years to life, and Roach wanted 11 years and two months tacked consecutively onto it for the other offenses Cravens was convicted of committing.

Attridge also alleged that Roach committed misconduct during her closing argument by misstating the law. She said Roach argued that it was "common knowledge" that blows to the head are dangerous, and there was insufficient evidence

to show that Cravens knew that a punch to the victim's head could have killed him. Kauanui's skull was cracked in multiple places after his head hit the street.

She said Cravens did not act with conscious disregard for life, an element jurors must find to convict someone of second-degree murder.

"Death was not a probable consequence of being struck once," wrote Attridge.

Attridge said there was no planning involved in the surfer's death and Cravens was under the influence of alcohol at the time. Cravens and three others were not arrested until days later, and no tests for blood/alcohol levels were taken.

Attridge also asked the judge to lower the verdict to a lesser offense such as voluntary or involuntary manslaughter. Three others, Eric House, 21, Orlando Osuna, 23, and Matthew Yanke, 22, pleaded guilty to involuntary manslaughter on June 27, and Henri "Hank" Hendricks, 22, pleaded guilty to acting as an accessory after the fact.

Of the other four, only Osuna remains in jail and is expected to be released on Feb. 22 after Einhorn sentenced him to 349 days in jail, according to court records. House and Yanke were sentenced to 210 days and Hendricks received a 90-day term. All were placed on three years probation, fined and ordered to abstain from alcohol for the next three years.

Cravens and Osuna now reside in the Vista Detention Facility, records say.

## MAYOR

CONTINUED FROM Page 1

groups to turn to each other rather than by default going to the city to solve their problems.

"We cannot be a city of strangers," said Sanders.

He cited the work done by the San Diego Police Department's Retired Senior Volunteer Patrol (RSVP) corps and efforts to expand their duties to include the monitoring of foreclosed and abandoned homes and enforcement of select code-compliance issues. Sanders said the city would be eliciting the "public's help in our pursuit of the public good."

Some of the highlights of Sanders' speech:

- Sanders said San Diego was able to conduct its first public bond offering in five years on Jan. 13, attracting \$157 million from Wall Street Investors — a significant

It's not enough to say we can't repeat the mistakes of the past.

MAYOR JERRY SANDERS

step forward for a city once dubbed "Enron by the Sea."

- Sanders said San Diego will continue to support efforts to make the area a leader in renewable energy by further supporting the CleanTECH San Diego campaign and the San Diego Clean Generation Program, an initiative to provide property owners affordable conversion to solar energy with financing spread over 20 years of property tax payments.
- Through its Business Process Reengineering (BPR) effort and

managed competition Sanders said the city is continuing to evaluate the core services that it provides and evaluate whether these are delivered as economically as private entities could.

- The proposed downtown library project, which was at risk of being scrapped because of inadequate funding, may have been given a second chance, Sanders said. The city is currently investigating a joint-use proposal with the San Diego Unified School District under which two floors of the building would be occupied by a downtown public high school.

"I liked (Sanders') focus on the need to make tough decisions and the need for everyone to pull together," said District 2 Councilmember Kevin Faulconer.

Faulconer also said he sees the beach communities as great potential leaders in the solar energy program.

## HANOHANO

CONTINUED FROM Page 1

"You're out there head to head," Van Dyck said. "You get to see how your training has paid off. It's a chance to see how hard you can go and how fast in nine miles."

Carrie Johnson, a UCSD student, is another star who grew up kayaking on Mission Bay. She joined the San Diego Canoe and Kayak Team when she was 12 and has since made it to the past two

Olympics to compete in flat-water kayaking.

Chris Barlow coached Johnson. He is also an Olympian paddler himself, and competed in the 1992 Barcelona Olympics in the flat water kayak regatta. Barlow launched the San Diego Canoe and Kayak Team in 1996, and he encourages paddlers of all levels to join. The club just purchased 16 new kayaks for junior paddlers, ages 8 to 14, after receiving \$26,000 in grant money from the

LA 84 Foundation that promotes youth sports.

Barlow said the surfski sport is not as well known in the states as it is elsewhere in the world, and that many top athletes come out of South Africa and Australia. But the sport is gaining popularity.

"Kayaking is such a great sport," Barlow said. "You don't need an engine and it's not affecting the environment."

For more information, visit [www.eteamz.com/hanohano](http://www.eteamz.com/hanohano).



COUNCIL

CONTINUED FROM Page 1

and officers. Before incoming leaders were installed, past volunteers were recognized.

Ronald Lacey from Mayor Jerry Sanders' office and Melanie Cohn, a representative of Assemblywoman Lori Saldaña, presented certificates to the previous year's officers and directors: Ruby Houck, president; Rose Galliher, vice president; Georgina Smith, secretary; Mike Smith, treasurer; Gregg Barnes; Marcie Beckett; Nici Boyle; Diane Faulds; Jerry Hall; Jim Menders; Jan O'Connor; Rick Oldham; John Westwood; Joe Wilding; Don Mullen and June Sandford. Bozier Demaree and Patrick Finucane, who were not in attendance, also were recognized.

"This is a wonderful evening of saying thank you and showing our appreciation to our community and its volunteers," Houck said.

PBTC member Karl Jaedtke recognized Mission Bay High School students Lee Houck, Jenny Richey, Holly Nery and Amy Ratliff for their outstanding volunteer efforts.

He also singled out town council director Menders for his willingness to "jump into the fray" and Beckett for her fundraising efforts.

Jaedtke closed his portion of the awards by issuing a call to service. "You don't have to be an officer or director," he said. "Just call the town council office and we'll get you going on something."

Houck continued the awards by recognizing the efforts of Todd Brown in building the Hospitality



MERCY ARCOLAS | BEACH & BAY PRESS

The Pacific Beach Town Council introduced the members of its 2009 board at its Jan. 16 installation dinner.

Task Force.

She also singled out Capt. Ron Baker for his work in creating the first annual Kids Classic Fishing Derby at Crystal Pier.

Town council members Faulds and Wilding also were honored for their exceptional volunteerism.

Past PBTC president and outgoing honorary mayor Don Mullen presented the Pug Sandford award to a visibly surprised Mary Cook.

"I've had a lot of fun doing whatever I did," the longtime Pacific Beach resident and volunteer said through tears.

Emotions remained high as Ruby Houck introduced the Mike Duran Award for Community Spirit, named for the beloved community leader who died unexpectedly in 2004, just before he was to become president of the PBTC.

"He was a friend to everyone, from [local community group] Save PB to the homeless guys," she said of Duran.

Discover Pacific Beach President

Mike McNeill agreed. "He was a friend to everyone, from the people on the sand to the people on the hill," he said before presenting returning town council vice president Galliher with the award for "her tireless energy and enthusiasm."

"You cannot know how much this means to me," she said. "This is just unreal."

McNeill also announced that Discover PB will be donating \$500 toward graffiti removal and cleanup. "I wish it was more, but times are tough and we're trying."

Presenting the Silver Seahorse Award, Houck said of the recipient, "His day job is his second job. Pacific Beach is his first job," before presenting Jaedtke with the award for his efforts on such projects as the holiday parade and BeachFest and his ongoing work with youth volunteers.

Jaedtke said he hopes to create a lasting legacy of volunteer service.

The Golden Seahorse Award was then presented to outgoing town

council secretary and longtime volunteer Georgina Smith for her 20 years of consistent service, including serving as chairperson of Concerts on the Green, founding the Lotsa Pasta fundraiser and numerous other projects.

"I can only say thank you. I do not do public speaking," a smiling Smith said.

Turning to the business of the evening, Long said, "There's something absolutely magic about this community. There's no other community that comes together like this group of people."

With the help of Zimmerman, he installed the 2009 PBTC officers and directors.

Officers include Oldham, president; Galliher, vice president; Faulds, secretary; Mike Smith, treasurer; and Houck, past president. Incoming directors are Nina Balistrieri, Barnes, Beckett, Boyle, Hall, Menders, Jason Nienberg, Glenn Olson, Wilding and Melvin Zeddies. June Sandford will return as parliamentarian.

Incoming president Oldham said, "I consider myself the bandleader. I'm going to wave the baton and you're going to make the music."

He concluded his brief message by saying he was open to all suggestions. "It's a wonderful community," Oldham said. "I hope we can work together and make it as good as we can make it."

Houck was then presented with a plaque, flowers and chocolate for her service to the community. "It's been an honor and privilege to serve the Pacific Beach Town Council," she said. "I'm not going anywhere!"

The evening closed with the announcement of the honorary mayor, elected by those who have previously held the position. Before announcing his successor, Mullen proclaimed Jan. 5 to 12 as Ruby Houck Week and also honored Capt. Ron Baker with his own designated week for his work on the fishing tournament.

Mullen then announced John Logan as Pacific Beach's 2009 honorary mayor.

"A lot of you may be wondering, 'Who the heck is this guy?'" Logan said. After serving as president of his homeowners association some years ago, Logan said he swore off being president of anything. He also swore to support those "who did step up to lead" and has since participated in the Pacific Beach Community Foundation, town council and Concerts on the Green. Logan closed by thanking the past honorary mayors, several of whom were in attendance, for "recognizing the contributions of anonymous... worker bees."

What's New(s)

Business | Growth | Innovation | News

Beach & Bay

Addict, Brazilian Clothing  
A "Must See" Experience

Addict is so much greater than a cutting edge clothing store, it is a total shopping experience. The original store in Rio de Janeiro housing 8-10 artists teaching art set the tone for this second shop in PB. The emphasis is on art, artists and artistic interpretation in clothing and design. Right from your first encounter, the logo (white "A" with a gold crown) over the display window instead of a sign banner lets you know your in for a sublime experience. Conscience use of sustainable materials makes Addict one of the most eco-friendly stores in PB. The interiors fashioned after the favela "shacks" in Rio with graffiti painted walls are ingenious creations morphing into the functional cash stand and dressing rooms. The wall art produced by local artists is for sale, see what you like, buy it now as the art collection is ever changing.



Clothing for both women and men is all handmade in Brazil, featuring shirts, dresses, pants, shorts, Brazilian rubber flip flops, bikinis and jewelry. Design intensive fabrics undulate with unique, hand dyed designs. MPB Brazilian music (Music Popular Brazilian) envelopes the shop and lulls away your daily stress, this shop is a mini vacation right here in PB. The last weekend of each month Addict owner Ricardo Macedo hosts a night of live music and art, sign up on-line for the "green-flyer" with event schedules at HYPER-LINK "mailto:ricardo@addict.com.br" doscarri@mac.com Addict, now in its 6th month is truly a "feel good" destination shop you'll frequent and bring your friends. Addict, 1453 Garnet, 858-483-8796

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[ GUEST COMMENTARY ]

# Increase in fires sparks call for smoke alarms

By LEE SWANSON

An increase in the number of fires over the holiday season has brought a call from the San Diego Fire-Rescue Department (SDFD) for all residents to have working smoke alarms.

“If you don’t have smoke alarms in your home, we strongly urge residents to get them,” said Monica Orton, SDFD’s fire marshal. “If you have them, give them a test today — they save lives,” Orton added, noting that a person increases his or her chance of surviving a house fire by 50 percent by having working smoke alarms.

Since Thanksgiving, San Diego Fire-Rescue Department crews have responded to 204 reports of structure fires in the city.

Last year, in that same time period, there were 187 fire calls. The holiday season typically brings with it an increase in structure fires — many of which are caused by heaters people use because of cooler temperatures.

The increase from year to year is troubling to fire officials because of the additional injuries, property damage and potential fatalities that can be caused.

It is estimated that 95 percent of the homes in the nation have smoke alarms. Yet, two-thirds of the residential fire deaths occur in homes that do not have a working smoke alarm.

“Some times the battery dies and no one notices because they haven’t tested the alarm,” Orton said. “Worse yet, some people take the battery out of their smoke alarm to use somewhere else or because it sounded accidentally or was making a chirping noise.”

It is recommended you have a smoke alarm on each level of a house and one over the doorway of every bedroom. Mount smoke alarms high on walls or ceilings.

Ceiling-mounted alarms should be installed at least four inches away from the nearest wall; wall-mounted alarms should be installed 4 to 12 inches away from the ceiling.

For more information on smoke alarm use and proper maintenance, check the San Diego Fire-Rescue Department website at <http://www.sandiego.gov/fireandems/safety/smoke.shtml>.

— Provided as a public service by the San Diego Fire-Rescue Department.

[ LETTERS TO THE EDITOR ]

## Detective glad to see cold case solved

I read with great interest the recent articles covering the now-solved 1971 homicide (“Cold Case team closes book on ’71 murder” and “After 37 long years, technology catches up to detective work,” Jan. 8 Beach & Bay Press).

My name is Norman Stephens. I have been an Ocean Beach resident for several decades and I am also one of the detectives (now retired) who originally worked on this case.

As you know, (defendant) Gerald Dean Metcalf is scheduled to appear in court this week and I thought that the Beach & Bay Press would be following the story.

I wanted to provide you with the other detectives’ names, all retired, three of whom still live in the San Diego area, so perhaps you could include them should a follow-up article be published. They are Det. Johnny Williams, Det. Art Beaudry, Det. Sgt. Jack Mulley of Oregon and

criminalist Parker Bell, now deceased.

Like the articles said, we are looking forward to this day in court.

**Norman Stephens**

Ocean Beach

Retired Detective

San Diego Police Department

## Unwanted papers litter the sidewalks

I like to read your newspaper weekly, but what really disturbs me is all those papers on the sidewalks, never read, not wanted and soaking wet or dirty!

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**Liesbeth Goodman**

Pacific Beach



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*Now & Then*  
**John Fry**

**GREETINGS AND SALUTATIONS — AND HAPPY 2009!** It’s been a while, hasn’t it? *The Beach & Bay Press* is now publishing every OTHER week and I apparently missed the deadline for December. I’ve been having a lot of trouble finding parking at the downtown library, which is where I go to read the old newspapers on microfilm. That having been said, my column might be having a different look in the “Then” section.

I finally got around to calling the city about the abandoned sofa in my alley. “How long has it been there?” asked the very friendly lady in Environmental Services. “Probably a month,” I replied. “I know it was out there for the rainstorms we had.” “It should be good and ripe, then,” she said. “We’ll be out as soon as we can.” Hope it doesn’t explode in the meantime.

**Artistic Licenses:** I thought “TOW MEE,” parked at the beach, was asking for it. Coincidentally, I got a kick out of a towing firm called TIC-TAC-TOW. I was behind “QTPA2T,” so I couldn’t really tell if she was a cutie — or a patootie. I was GLAD I was behind “ROGUISH,” whose license plate frame said “KEY WEST PAR-ROT HEAD” and who sported a “Slightly Stoopid” bumper sticker.

**75 Years Ago:** “Mayor John Forward is against a four-way boulevard stop at Balboa and Atlantic Street,” said the “City Hall Notes” column in the Evening Tribune of Jan. 30, 1934. The piece continued, “If there had been any doubt on the matter, the mayor removed it yesterday when no less than half a dozen times in the council meeting he enunciated his stand. He, however, approved stopping Balboa avenue traffic in favor of that along Atlantic, but would not stand for halting the traffic along the new city entrance. Councilman Dan Rossi and A. B. Gray, secretary of the Pacific Beach Chamber of Commerce, urged the four-way stop at different times yesterday, but the mayor stood like a rock and refused to be moved, holding that blinker warnings would be sufficient to protect Balboa avenue traffic.”

You might want to reflect upon that quaint exchange the next time you’re waiting to get through the intersection of Balboa and Mission Bay Drive — then known apparently as Atlantic. This is a tad confusing to me since it was called Rose Canyon Road a year earlier and would become Pacific Highway in 1936. I think they were still excited about having a road that ran along Mission Bay and became downtown’s Arctic Street — better known today as Kettner Boulevard.

*John Fry may be reached at 272-6655 or [mail@johnfry.com](mailto:mail@johnfry.com).*



# After 5 years, Nicholls says goodbye to Discover PB

By SEBASTIAN RUIZ | BEACH & BAY PRESS

For the past five years, Benjamin Nicholls, executive director of Discover Pacific Beach, made some of the most important decisions when it came to the economic health of Pacific Beach. He also worked tirelessly to organize and promote events to improve and promote Pacific Beach's image as destination for dining, shopping and recreation.

But now it's time for something new. Nicholls announced he was stepping down from the position in December to work as the executive director of the Hillcrest-business-association.

But during his tenure in Pacific Beach, Nicholls helped steer business, organized social events and brought about some innovative programs. He worked with the diverse community to help carve out a collective vision for Pacific Beach that's been forming since its inception more than 10 years ago.

"I think that everybody who thinks about Pacific Beach has an image in their mind about what they want it to be," he said. "The reality of

what Pacific Beach is is that it's a town full of very young residents that really are driving the neighborhood."

Nicholls said the people walking into the stores and shops are very different from those sitting on community boards. Interests often collide. The beach attracts a lot people to local bars and restaurants. Visitors often leave behind a mess irking longtime residents.

But trying to help balance the interests of the businesses and residents is just one part of what Nicholls has been doing for the last five years.

Along with promoting area businesses, the organization also helps organize local events such as the Holiday Parade, BeachFest and others, including the now-gone PB Block Party.

Nicholls said getting rid of the block party was a move in the right direction for Pacific Beach. Pacific Beach residents and local leaders feared the alcohol-fueled party had grown of control, spilling over to house parties for blocks and blocks north and south of Garnet Avenue.

Though Nicholls is still going to be

involved in city affairs, local leaders bid him farewell for a job well done in Pacific Beach.

But what's it like helping to manage about 1,200 beach area businesses while maintaining a public persona on behalf of local business interests?

"Running a business association, especially the one in Pacific Beach, is a balancing act and juggling competition at the same time," Nicholls said. "It's like running a small business."

With a budget of about \$500,000 a year made from business license fees, Nicholls was able to help bring about programs like the Beach Area Community Court and a plan to manage parking, he said.

The Community Court worked to educate offenders about the impacts of their behavior on the community. For example, if someone was ticketed for littering or urinating in public, the offender had the option to do community service rather than paying a fine. The program also required participants to appear in front of local community court representatives and have an opportunity to talk to

community members.

The City Attorney's Office is going to attach a \$40 to \$50 fee per community court participant to cover costs, according to city documents. It costs an estimated \$150,000 a year to run the community court.

Nicholls also worked to manage parking issues in Pacific Beach, but the work done by the parking committee was stalled after the City Council put a hold on all parking committees throughout the city.

"If parking is still an issue — and it may not be, but if it is, the board has the tools to start to solve some of those problems," he said.

Although he helped usher in some successful programs, Nicholls and the Discover Pacific Beach board of directors were unable to persuade the beach community to adopt a Maintenance Assessment District (MAD).

Under the program, local property owners would be assessed a fee to help clean streets, pay for extra police officers on the weekends and power-wash sidewalks, among other services. Some community members didn't go for the idea because many

SEE DISCOVER PB, Page 10

## [ fun, funky & often useful facts ]

### Super Bowl Sunday, Chili Cook Off,

Stir up your special chili recipe in a crock-pot and bring it on down to win cash prizes! Love chili but not a cook...for just \$3.00 taste ALL the chili entries (there were 19 different chili's last year) then vote for your favorite chili at half time. Starts at 12pm, VFW post #5985, 853 Turquoise, 858-488-3631.

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### Such a Deal....Make an Offer,

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### P.B.Yoga, Open House,

Mark your calendars, PB Yoga & Healing Arts, Wed. Feb. 25th, 5:30 to 9:30 pm. Refreshments.Participants experience short presentations by Dr. Kathleen Brooks, Dr. Phil Selinsky and Dr. Brian Perks, yoga demo, short meditation, tour, ask questions how to achieve wellness goals for 2009. Kate Danta, PB Yoga and Healing Arts, 961 Turquoise, (858) 488-7774, www.pbyogaandhealingarts.com

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

## "Have You Been Told That You'll Just Have To... Live With That Back Or Neck Pain?"

### Dear friend,

For way too many Americans, neck pain (and back pain) seems to come with job stress, family stress, and other daily stresses.

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#### #1) Use Ice Instead Of Heat

In my many years of practice, I have rarely seen anyone get better by applying heating pads, or soaking in a hot tub. Many times applying heat only causes the area of pain to swell and become more inflamed. Applying ice to the area that is sore for 20 minutes on, and 20 minutes off (for 2 hours at a time) will usually help and inflammation and soreness. I tell my patients "When In Doubt...Use Ice!"

#### #2) Drink Plenty Of Water

Recent research shows that many headaches and several other health problems can be the result of mild dehydration. The majority of these health problems can be relieved (or even eliminated) by drinking one-half gallon to one-gallon of water daily. This means water. Not juice, beer, soda, tea, or coffee. Just water!

#### #3) You Can Use a Rolled Bath Towel

It's amazing how something as simple as a rolled-up bath towel placed under your neck can relieve pain and headaches. A rolled towel can also be used while driving to reduce back pain. So before you invest in an expensive support pillow or cushion, try this easy home remedy...It really works!

#### #4) Swing a Gallon Jug

A simple one-gallon milk jug (or water jug) works great for many arm and shoulder problems. All you have to do is fill your jug with a couple of inches of water, and swing the jog in a circle 10 times forwards, and 10 times backwards. Make sure you do this with both arms. It may be difficult at first, but the results are worth it!

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### \* UNSOLICITED TESTIMONIAL \*

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Signed,

Ligaya A. RN, San Diego, CA.



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**HITTING THE WAVES ON MLK DAY**  
Two surfers carry their boards out into the line-up at the bottom of Loring Street on Martin Luther King Jr. Day. The holiday was marked by warm weather, big surf and a Technicolored sunset as much of the country shivered in the cold.

**DISCOVER PB**  
CONTINUED FROM Page 9

saw it as, essentially, another tax, Nicholls said.

“There’s no crystal ball to figure out how to clean your sidewalks. It’s about money,” he said. “And it’s about property owners and business owners recognizing that it needs to happen. We can beg the city to do it all day long; they’re just not going to do it.”

But even as Nicholls became somewhat of a driving force in cleaning up Pacific Beach, he said it’s up to involved community members to keep that going. He said he praises local community business leaders who stepped up to help pay for the Pacific Beach Holiday Parade when it was in danger of losing funding in

December. The Pacific Beach business community was able to raise tens of thousands for the parade.

Though Nicholls praises local leaders he said he didn’t always agree with some community members.

“I don’t know that you could find a neighborhood with a more active and involved group...you got a great core of activists, especially in the business association, that are getting a lot of good things done,” he said.

Mike McNeil, president of Discover Pacific Beach, said the board will have to replace Nicholls with somebody who has experience in writing grant proposals and managing non-profit organizations.

“Ben has been the director for five years and has done a great job on numerous fronts,” McNeil said. “As much as we don’t want to see Ben go, in a position like this it’s good to have some change.”

McNeil said he wants to continue trying to establish a Maintenance Assessment District in 2009.

Todd Brown, a local business owner and Discover Pacific Beach vice president, said he’s happy to see Nicholls advance his career.

“It was a great run with Ben (Nicholls), and I’m stoked for him,” Brown said. “He’s had a great opportunity for him in Hillcrest. We’re happy for Ben.”

Although no one has been named as his replacement, McNeil said the board will be reviewing applications for the position and conducting interviews for the new position in early February.

For information call (858) 273-3303 or visit [www.pacificbeach.org](http://www.pacificbeach.org).

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# Thar she blows: Grays pass by SD during annual migration

By JOSEPH GREENBERG | BEACH & BAY PRESS

Majestic gray whales have already begun their annual 10, 000-mile round-trip journey, traveling from their feeding grounds in the Bering Sea to the tropical lagoons of Baja, Mexico, to play, rest, breed and give birth.

The natural phenomenon signals the start of the popular whale-watching season around San Diego's coastline.

These gentle giants, which can reach lengths of 45 feet, pass in close proximity to the coast of San Diego every year on the longest mammal migration in the world.

"We usually see them on their way down to Baja around mid- to late December," said Staci Shaut, the whale-watching lead at Scripps Institution of Oceanography's Birch Aquarium. "Then we see them passing on their way back north in mid- to late March."

"They are numbering around 20,000 animals and that is a safe estimate," said Wayne Perryman, a biologist at the National Oceanographic and Atmospheric Administration.

The primarily Arctic whales spend from June to October feeding in and around the Bering Sea in preparation for the trip.

"The whales are able to consume around 2,400 pounds of food a day in the nutrient-rich waters of the Arctic," Shaut said.

The huge caloric intake is converted into fat or blubber stores. Most whales are estimated to put

on 6 to 12 inches of blubber, which they rely on during their migratory journey, Shaut said.

Gray whales belong to the baleen family, yet their feeding habits are a little different. Their main feeding routine involves "digging through the mud with their massive jaws and straining out the clouds of arthropods with their baleen, a process called benthic feeding," Shaut said.

In October, the pregnant females are the first to embark on the trip, needing to reach the warm lagoon waters to have their young. The 60- to 70-degree lagoon water in Baja is beneficial to the animals because they do not have to rely on their depleted blubber stores to heat themselves.

"Upon their arrival in Baja, they are considerably skinnier as a result of making their journey," Perryman said.

Another reason the lagoon waters of Baja are sought out by the whales is its high saline content.

"This results in the water being very buoyant and helps to keep calves afloat while they learn to swim," Shaut said.

One area of contention among gray whale experts is whether all of the whales make the journey south or if some linger behind.

"Whales are counted going south past central California and we have to assume that everybody migrates," Perryman said.

If this is incorrect, it would obvi-

ously yield biased data, he added.

"We are starting to suspect that they don't all necessarily migrate every year," Perryman said.

Shaut confirms the latter suspicion, saying she believes that not all whales make the migration.

"Some whales stay up north. We will even see juveniles hanging out around San Diego, and when they encounter adults heading back north, they will turn around with them," Shaut said.

It was most likely a juvenile like this that became confused and stranded in the general area a decade ago. SeaWorld animal rescue officials were in a position to help out.

"In January of 1997, J.J. [the juvenile whale] was found on the beach near Marina Del Rey. The animal was dehydrated and malnourished, so we took her in," SeaWorld communications director Dave Koontz said.

The animal care staff at SeaWorld was able to create a baby whale milk formula from scratch to feed J.J.

"Nobody had done it before, but J.J. responded fairly quickly here at the park," Koontz said. "J.J. was tube-fed in the initial stages and shortly after she was actually nursing from a device we created. She was slowly weaned off formula and put onto solid food, and thereafter quickly demonstrated an ability to forage and find food as a normal grey whale would in the ocean."



PHOTO COURTESY OF S.I.O.

It's no fluke – or actually, that's exactly what it is, as a gray whale flips its tail during a dive. The whales are usually spotted off San Diego's coast by late December.

After 14 months of a successful rehabilitation — during which time J.J. grew from 14 feet to 30 feet in size — SeaWorld was able to reintroduce her to the wild.

"She was transferred to a Coast Guard vessel and taken off the coast a few miles and released," Koontz said.

Koontz said J.J.'s release was timed with the northward migration of gray whales in the hope she would be taken in.

"Her GPS tracking device unfortunately fell off after three days, but it is our hope that J.J. is still out there swimming today," Koontz said.

Gray whale populations are slowly growing. Because of worldwide protection efforts, their numbers rose so steadily that, in 1994,

they were taken off of the endangered species list. However, some natural threats still remain because orcas (killer whales) are their main predators.

"We see orca attacks more on the northbound migration and the mothers have to watch their calves," Shaut said. "Around Monterey Bay is where we hear a lot about attacks happening, where there are many more orcas."

Along with natural threats, impacts from human beings still exist.

"They [the whales] encounter a lot of pollution, noise and boat traffic, so there are definitely obstacles along the way," Shaut said.

Gray whales are protected by the Marine Mammal Protection Act

SEE GRAYS, Page 13

## BIRDROCK *Shopping Guide*



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Bird Rock is nestled between swanky La Jolla Village and the beach community of Pacific Beach. The charm of Bird Rock is alluring and seductive with the assortment of shops and eateries. Make a point to park and shop along the newly renovated La Jolla Boulevard and enjoy the vibrant trees and colorful plantings. Among the variety of shops you'll find clothing boutiques, including swim wear, bridal salon, infant clothing, formal attire and fashion accessories and shoe salon. Locals have enjoyed the health and fitness salons, postal services and other services available. There's even a piano store! Bird Rock hosts a large assortment of restaurants and eateries from casual to very elegant! If you haven't visited Bird Rock on the Boulevard, you're in for a very pleasant surprise!

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# PB Central Café brings healthful home cooking to Ingraham Street

**By NICOLE SOURS LARSON | BEACH & BAY PRESS**

If your taste runs to preservative-free, home-cooked fare and you enjoy a friendly, banter-filled neighborhood café atmosphere where the proprietor genuinely cares about the well-being of her customers, then make a beeline to PB Central Café, located at 4452 Ingraham St., near Hornblend.

Open for breakfast and lunch daily since June, managing partner Sandra Cugusi, who staffs the restaurant herself five days a week, is on a mission to bring a flavorful yet wholesome “back to basics” menu to her café in the heart of Pacific Beach.

The Rome-born Cugusi came to the United States 14 years ago not speaking the language yet now speaks idiomatic, unaccented English that any native speaker would envy. She realizes that “healthy” translates to “boring” or “bland” for many people when it relates to food.

Cugusi emphasizes quality, healthfulness and good value. She selects her vendors based on the quality of their products, choosing only ripe fruits and vegetables. Boar’s Head supplies her meats and cheeses, while Bread & Cie and the French Pastry Shop in Bird Rock, along with other local bakeries, provide her breads, muffins and bagels.

Her American coffee comes from Diedrich, for whom she ran coffee shops in Denver, and her Lavazza espresso is flown in from Rome along with special Italian desserts, cannoli, frolle (Italian cookies) and tiramisu.

She makes everything she possibly can herself and prides herself on her homemade pesto, hummus, black olive tapenade, tuna salad, marinades and vinaigrette. She uses these to assemble favorite recipes, which she’s developed during her career working in

American restaurants in Florida, Colorado and San Diego.

Good value is also important to her and she strives to keep prices reasonable and affordable.

“Everything is done like you’d do at home. If I don’t eat it, it’s not good enough for my customers. I made the menu so that there’s something for everyone and everything sounds good,” Cugusi said.

Among those offerings are breakfast sandwiches — served all day — along with Italian frittatas, fruit bowls, smoothies, frosties, salads and a wide array of sandwiches served on baguettes or focaccia or wrapped in spinach tortillas.

Don’t look for your usual sodas here, even though Cugusi knows she’s passing up a cash cow. She doesn’t believe in serving junk food or drinks but instead offers “fruit blasts” and smoothies, fresh juices, tropical iced tea, an assortment of hot teas and a full coffee bar.

Her customers love both her friendliness and the quality of her food. During a random sampling on a weekday afternoon, every customer who stopped by reported becoming a regular as soon as they had tasted her food.

While taking orders and whipping them out from the kitchen, Cugusi exchanges banter with some customers and inquires knowledgeably after others’ health, travels and families. Each one volunteered compliments about both Cugusi and her café.

James Thomas, a trainer at nearby City Boxing, explained that he comes in for a bagel with avocado and tomato at least twice a week.

“For some reason I’ve become addicted to it. It tastes better here. I’m glad she’s here. Otherwise we’d go to the fast food places and

eat junk,” he said.

Declining to give his last name, Kevin, who lives nearby, ribbed Cugusi while lauding her food and admitting he comes in almost every day.

“The food is the best I’ve ever had in my life. You get someone here who’s a master at blending foods, uses only fresh products. The price is reasonable for the quality you’ve received. I come here and get a delicious meal that’s healthy and filling and feel satisfied. The food is delicious,” he said. His favorite is the chicken wrap, which is made with marinated roasted chicken.

Cugusi also offers rotating specials, including “The Bomb,” a grilled breakfast sandwich made with eggs, sausage, ham, bacon and three cheeses.

“If someone comes in and wants something and I have the ingredients I’ll make it. It doesn’t matter if it’s not on the menu,” she said.

PB resident Liz Oshant noticed the new neighborhood café and gave it a try. Now she and her Noah’s Natural Pet Market partner Mary Jansky, a trained nutri-



NICOLE SOURS LARSON | BEACH & BAY PRESS  
**PB Central Café managing partner Sandra Cugusi pours a freshly made Fruit Blast.**

SEE CAFE, Page 13



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CAFE

CONTINUED FROM Page 12

tionist and self-described foodie, and their entire staff stop by for lunch at least weekly.

“(Cugusi) has a flair for cooking something a little different, with a touch of gourmet. The breakfast is so reasonable and they remember us. They also have a frequent buyer card,” Oshant said.

Customers can dine inside or out on the umbrella-shaded patio or place an order for take-out.

PB Central Café, located at 4452 Ingraham St., is open 7 a.m. to 5 p.m. weekdays and until 4 p.m. weekends during winter and an hour later in summer.

Call (858) 272-7222 for information and current hours.



NICOLE SOURS LARSON | BEACH & BAY PRESS

PB Central Café offers frolle – Italian cookies – and cannoli, as well as tiramisu, flown in from Rome, the native city of managing partner Sandra Cugusi.

GRAYS

CONTINUED FROM Page 11

(MMPA), and there are certain limits which define how close whale-watching boats can get to marine life. Not coming within 100 yards is a widely accepted distance not to breach.

“You cannot be within a certain distance of the whales. If they happen to swim up to the boat to get a look at us, that is OK,” Shaut said. “However, we cannot cut off their path or block their way at all.”

Shaut makes a special point of this when educating her team of naturalist whale-watching tour

guides.

Several whale-watching tours are offering their services to bring animal lovers up close and personal with the aquatic creatures. Just remember to keep respect and conservation in mind when coming to watch the journey of the gray whale.

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WIRELESS INTERNET



# Cards head to the Super Bowl after surprise upset over Eagles

By **BOB HURST** | BEACH & BAY PRESS

After years of losing, the Arizona Cardinals can finally be called winners. One of the NFL's lowliest franchises will be playing in the Super Bowl on Sunday, Feb. 1 after upsetting the Philadelphia Eagles 32-25 on Sunday in the NFC Conference Championship game. And that came after upset victories over Atlanta and Carolina in the playoffs.

Thanks to the dangerous combination of quarterback Kurt Warner and wide receiver Larry Fitzgerald, the Cardinals were able to stick it to the Eagles, who stuck it to them on Thanksgiving night in a 48-20 Philadelphia rout.

Warner found Fitzgerald nine times for 152 yards and three touchdowns, including a 62-yarder that started with a pitch to J.J. Arrington, who lateraled it back to Warner.

After blowing a 24-6 halftime lead, the Cardinals stayed poised enough to launch a 14-play, 72-yard drive for the game-winning touchdown late in the fourth quarter. Rookie running back Tim Hightower kept the drive alive on 4th-and-1 from the Eagles 49, scampering around right end for a gain of six yards.

Eight plays later, Warner hit Hightower with an eight-yard touchdown pass, and the two-point conversion pass made it 32-25 with 2 minutes and 53 seconds to play. Arizona held on, earning its first Super Bowl appearance, after playing in the franchise's first championship game since 1948.

With just two winning regular

seasons since 1985, it was hard to believe that the Cardinals would be playing for the NFL's most-prized trophy.

"I want to say thanks to all of you guys," Warner told the home crowd in Glendale, Ariz. "When nobody else believed in us, when nobody else believed in me, you guys did, and we're going to the Super Bowl."

**Steelers defense keys return to Super Bowl:** The Pittsburgh Steelers have won with defense all season, and it was a big defensive play at the end of Sunday's AFC Conference Championship game that will send the Steelers to their second Super Bowl in four years.

Leading 16-14, Steelers safety Troy Polamalu intercepted rookie Baltimore quarterback Joe Flacco, returning it 40 yards for a touchdown with 4:24 left to play, giving Pittsburgh a 9-point lead and what would turn out to be the final 23-14 score.

"They say defense wins championships. Well, we have the No. 1 defense. And they're the reason why we're really going to the Super Bowl," said Steelers receiver Hines Ward of the defense that held the Ravens to just 198 total offensive yards.

The Steelers had jumped out to a 13-0 lead after Ben Roethlisberger's 65-yard scoring pass to Santonio Holmes in the second quarter. Baltimore closed the gap to two points with 9:29 remaining in the game on Willis McGahee's second TD run.

Pittsburgh will now play in its seventh Super Bowl. The Steelers have won five Super Bowls, tying the San



PAUL HANSEN | BEACH & BAY PRESS

**Steelers fans cheer for their team at Bub's Dive Bar during the Jan. 11 playoff 35-24 win against the Chargers.**

Francisco 49ers and Dallas Cowboys for the most titles, and can become the first team to win six.

**StatsWatch:** Now that Arizona has reached the Super Bowl for the first time, how many other teams have yet to do so? Here they are:

- Cleveland Browns
- Houston Texans
- Jacksonville Jaguars
- Detroit Lions
- New Orleans Saints

**Quotable:** "You could see the look in guys' eyes. Nobody wanted to be the guy who let this team down. Everybody did their job when we needed them to do it."

— Cardinals receiver Larry Fitzgerald, on the game-winning drive late in the fourth quarter.

**Sidelines:** The Pittsburgh Steelers

started out as a 6½-point favorite to win the Super Bowl on Sunday night, according to Las Vegas Sports Consultants. Although Arizona upset Atlanta, Carolina and Philadelphia in the NFC playoffs, the Cardinals will stay the underdog. Arizona was a 45-1 longshot to win the Super Bowl when the season began...The New York Jets reached an agreement on Monday with Baltimore Ravens defensive coordinator Rex Ryan to be their new head coach. Ryan, 46, will replace Eric Mangini, who was fired at the end of the season. Ryan is the son of former NFL head coach Buddy Ryan and the twin brother of Cleveland Browns defensive coordinator Rob Ryan...Ravens running back Willis McGahee is expected to make a full

recovery from head and neck injuries, the team said on Monday. McGahee suffered a helmet-to-helmet hit by Pittsburgh safety Ryan Clark late in the AFC Conference Championship game on Sunday and was taken off the field on a stretcher. He was released from a Pittsburgh hospital the next day...Arizona is the first team with nine wins or fewer in the regular season to reach the Super Bowl in a non-strike season since the Los Angeles Rams in 1979.

## On Target with Robert Bullet

### Post-Season Picks

6 wins, 2 losses

### Super Bowl

Pittsburgh -6 1/2 over Arizona

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## Hooters

Offers great food, great service, and fun. There is a beautiful view of the ocean whether you are enjoying the friendly atmosphere in the dinning room or relaxing on our rooftop patio. Hooters is great place to watch all of your football action proving most college games on Saturday, and all NFL games on Sunday, in addition to great beer specials. We also provide an awesome happy hour 3-6 Monday - Friday with ½ price appetizers \$2.25 pints and \$9 of domestic pitches, and \$3 well drinks.

## Tony Romas

when you're in the mood for good times and great cuisine, be sure to checkout Tony Roma's. The restaurant is located in one of the area's most pleasant settings and is known for its delightful staff and superb cuisine. The menu at Tony Roma's features a wide array of great selections, made from only the freshest and highest quality ingredients, with something sure to please every member of your group. Tony Roma's has established itself as one of the area's favorite culinary destinations and is sure to offer you a pleasant and unique dining experience every time you visit. Please stop in soon!

## Saska's

Saska's Steak & Seafood offers a distinctive dining experience in a quaint, intimate atmosphere. Steaks have always been the main draw to our restaurant by the beach. The juicy, expertly cooked "Duke" is one of the most delicious in all of San Diego. Offering an engaging variety of fresh seafood entrées and a great selection of pastas. Saska's is a premier destination for a relaxing Weekend Brunch by the beach. A full bar, lunch, dinner and late night dining makes Saska's Steak & Seafood an essential stop for your dining out pleasure.

## The French Gourmet

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## The Broken Yolk Café

Offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelets to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches. Our generous portions will leave you full and satisfied.

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The logo for Dirty Birds, featuring the words "Dirty Birds" in a stylized font, with "Pacific Beach, CA" in smaller text below it, all enclosed in an oval border.

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\$5 Recess Special 4-10pm Homemade Meatloaf, Mashed Potatoes, Green Beans

Daily Specials:

\$5 Recess Special 4-10pm Homemade Pork Chops Mashed Potatoes, Green Beans

Daily Specials:

\$5 Recess Special 4-10pm Italian Night & Garlic Bread BYO Wine, No corkage fee

Daily Specials:

\$5 Recess Special 4-10pm Corned Beef Cabbage with Dill Potatoes

Daily Specials:

Everyday Beer Specials 50 cent Pool 7-days-a-week

Daily Specials:

Serving Breakfast 9am-1pm NFL Football, Mimosas Lunch & Dinner & Beer Specials Grill Open Until 10pm

Daily Specials:

Serving Breakfast 9am-1pm NFL Football, Mimosas Lunch+Dinner+Beer Specials Grill Open Until 10pm

Nightly Specials:

Happy Hour 4pm –Close

Nightly Specials:

\$2 Tacos and \$5 Tequila Happy Hour 4pm –7pm

Nightly Specials:

\$5 Whiskey Drinks Happy Hour 4pm –7pm

Nightly Specials:

\$5 Burger and a Beer Happy Hour 4pm –7pm

Nightly Specials:

25% off bottles of wine

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\$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm –7pm

Every Sunday

\$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm –7pm

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Thursday Special

\$3 U-Call-Its from 9pm – close.

Friday Special

\$3 U-Call-Its from 9pm – close.

Breakfast

(9am – 1pm) with Build Your Own Bloody Marys and Tropical Mimosas.

Breakfast

(9am – 1pm) with Build Your Own Bloody Marys and Tropical Mimosas.

Nightly Specials:

Beer Pong 9Pm to Close .25 Wings and Industry gets 50% off bill

Nightly Specials:

1/2 off Appetizers 6pm to close

Nightly Specials:

Goldfish Racing 9pm to close

Nightly Specials:

\$3 U Call it 8pm to close DJ Tony A NO Cover

Nightly Specials:

\$3 Drafts, \$3 Tacos NO Cover

Nightly Specials:

Badgers Football DJ Tony A \$3 Drafts, \$3 Tacos NO Cover

Nightly Specials:

Karaoke with DJ Franqueray Reverse Happy Hour 10pm to Close – \$3 U Cal it

Friday Happy Hour 4-6

\$2 off Bud Light or Hefeweisen Pitchers \$3 off 14 oz Bud Light or Hefeweisen \$3 off well drinks or well wines \$3 off all appetizers \$6.99 basket of 12 wings \$6.99 basket of 4 ribs

Fridays Join us for Live Music

Daily Special:

Happy Hour 11-4

Daily Special:

Happy Hour 11-4



# ‘Dirtbag’ has a new meaning in Pacific Beach

By **SEBASTIAN RUIZ** | BEACH & BAY PRESS

Dirtbag Clothing has officially taken center stage. Just a few months ago, the Dirtbag Clothing shop on Garnet Avenue looked like it was closing down because of the national recession.

Robert “Sarge” Pratt and John Alves had pulled down the clothing racks and started moving the merchandise out of the way. But the guys weren’t closing.

On the contrary. The Dirtbags were getting ready for a soft grand reopening. And if what they did to the store catches on, they might have practically reinvented the way people associate music and clothes.

Their stage-setting strategy seems to stem from their particular brand slogan:

“Dirtbag is everything onstage, offstage and backstage,” said Mark Evans.

Evans is one of the corporate masterminds behind the T-shirt/lifestyle brand’s evolution to become synonymous with rock music. Country music too, if everything goes their way.

The 13-year trip from a single T-shirt to national recognition has thus far culminated in a distinct strain of local culture. The hybrid of entertainment and fashion in one location has attracted music and Dirtbag lovers alike to Pacific Beach over the last four years.

A \$100,000 metamorphic renovation in December changed the interior of the Dirtbag store completely.

Black and red Dirtbag-embazoned thongs and hoodies were replaced with rows of guitars, the

most illustrious of which is an \$18,299 double-neck BC Rich.

Hats, metal skull belt buckles and other accessories are displayed in customized, heavy-duty music equipment cases that can be wheeled aside, transforming the sales floor into a small concert venue at night.

A walk inside, and the eyes are instinctively drawn to the corner of the shop. There, artists rock out under green, blue and purple strobes that seem to radiate rock stardom upon whomever graces the black- and silver-studded platform stage. It’s all part of a fully operational studio complete with 7-piece drum set and electric bass plugged into amplifiers and speakers.

The stage itself rises slightly above the rest of the smooth concrete floor, elevating potential rock stars about six or seven inches up over everyone else.

Their journey to Pacific Beach started 13 years ago in San Francisco with a single Dirtbag T-shirt. Co-founders Doug Canning and Alves were just a couple of buddies with an idea for a shirt company. A few font changes and many parties later, and the enterprise has expanded to include a web-based store in San Francisco, branded merchandise in 654 stores nationwide in 2007 and a “world headquarters” in Pacific Beach.

Now it seems Canning and Alves, along with Douglas “D.W.” Whitsitt, Pratt, Evans and many other Dirtbags, have created their own Frankenstein of an outlet. The store itself, according to Alves, represents an industry “game-changer.”



PAUL HANSEN | BEACH & BAY PRESS

**Dirtbag Clothing’s John Alves and his partners recently remodeled their store, located at 1135 Garnet Ave., to open up the space and retooled their display racks so the space could be used to host a variety of events. The remodel was part of the plan to rebrand the clothing line into “everything onstage, offstage and backstage.”**

The tight network of business buds try to make their brand popular by literally attaching it to the some of the biggest names in rock and country music.

“That’s what Dirtbag [has] always been about, sort of a music hangout. We just took [it] out of the garage and took it on tour,” Alves said.

But Alves said they still want to stay grounded, connected to the swell of upcoming artists. Dirtbag endorses more than 100 unsigned bands that coalesce through their website, [www.dirtbag.com](http://www.dirtbag.com). Even while trying to make it big, the group seems to stay rooted in the original Dirtbag atmosphere of music and friends.

Through a growing online community of unsigned bands, famous friends and connections to local radio stations, the Dirtbag posse has

been able to practically corner the backstage market while redefining what it means to be a Dirtbag in Pacific Beach.

### Upcoming Events at Dirtbag

- **Sun., Feb. 1. Grand reopening party / Super Bowl celebration / music blowout with special guests.**
- **Mon., Feb. 2 – Pre-party for the Motley Crue / Hinder concert. Special guests TBA.**
- **Sun., March 29 – Music and and entertainment for the Navy SEALs “SUPER FROG” triathlon.**
- **Every Wednesday – Local Band night for networking and promotion of the local music scene.**
- **Every Thursday – Swimsuit Illustrated model casting from 6 to 9 p.m.**
- **Monthly Events – Instrument demos, clinics and instructional events from your favorite bands and industry professionals. Call the store at (858) 273-3332 for schedules and information.**

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## Meet the Waferatto

A treat you should invite to your next tea party

(Syndicated News) The history of the Landrin brand is as rich as Landrin’s chocolate. Established in 1848, they were once the official sweets hookup for the Russian Imperial Court and a favorite of Emperor Alexander III. As the world changed, so did Landrin, who now source their ingredients from top-shelf Western European suppliers. But that’s beside the point. This is a chocolate review, so let’s eat and discuss.

Landrin calls their delicious dessert “Waferattos.” As of now,

there are two Waferatto varieties, Classic and Gold, and each brings something new to the world of coffee-table treats. (More flavors will be rolled out soon.) The delicate Classic is comprised of a thin, near-spherical wafer filled with just-sweet-enough cream. It’s coated in coconut flakes, which gives the Waferatto its character. A California almond core weighs the whole thing down. The best way to eat the Classic, I’ve found, is to bite it in half and tongue at its gooey center. Next, carefully nib-

ble the wafer in order to appreciate its subtle sweetness without the overpowering cream. Then finish off the almond, and unwrap another one.



The Gold Waferatto will be more familiar to Americans, as it plays with the time-tested chocolate-nut combo. The bold treat is coated in crushed hazelnuts and filled with a generous glob of chocolate-y, nutty cream. (Yes, “chocolate-y” is an

official food critics’ term.) It’s a shame I sampled these at noon, as I imagine the Gold would pair wonderfully with Scotch or bourbon. Feel free to dip it in your tumbler when no one’s looking. I had to settle for milk, which did the trick.

Before you enjoy a Waferatto, you’ll likely be struck by its fashion-conscious packaging. The boxes feature a vibrant flower pattern, which is nice, but not the cool part. Rather, it’s the box’s physical design: once you take off

the lid, the sides spread apart, and the box becomes a large bowl. It has wings, of sorts, that give hands easy access to the delicious nuggets within. Each box retails for about \$5 — a pretty good deal considering the taste and the fact that these treats come equipped to serve themselves. Because Landrin sent me a dozen sample boxes for this review, my living room will be cluttered with these stylish bowls for weeks. And I couldn’t be happier about it.



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**FICTITIOUS BUSINESS NAME STATEMENT**  
**FILE NO. 2009-000532**  
**THE NAME(S) OF BUSINESS:**  
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LEGAL ADS 700

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NAME STATEMENT  
FILE NO. 2009-000875  
THE NAME(S) OF BUSINESS:  
SMITH-VOLKER, INC.

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FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. 2009-000877  
THE NAME(S) OF BUSINESS:

WARREN-WALKER SCHOOL, INC.  
located at: 4605 POINT LOMA AVE. SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): WARREN-WALKER SCHOOL, INC. This business is being conducted by: A CORPORATION WARREN-WALKER SCHOOL, INC. 4605 POINT LOMA AVE. SAN DIEGO, CA. 92107 CALIFORNIA The transaction of business began on: 01/17/55 The statement was filed with David L. Butler, County Clerk of San Diego County on: JAN 09, 2009 Issue Dates: JAN 15, 22, 29 AND FEB 05, 2009

FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. 2009-000877  
THE NAME(S) OF BUSINESS:

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FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. 2008-039085  
THE NAME(S) OF BUSINESS:

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located at: 22351 PEARTREE MISSION VIEJO, CA. 92692 is hereby registered by the following owner(s): GARRETT BALL, SAMUEL LINGER This business is being conducted by: A GENERAL PARTNERSHIP 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 24, 2008 Issue Dates: JAN 22, 29 FEB 05 AND 12, 2009

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DEPARTMENT OF  
ALCOHOLIC BEVERAGE CONTROL  
1350 Front St., Room 5056  
San Diego, CA. 92101  
(619) 525-4064

Filing Date: JAN 14 , 2008  
The name of the applicant is:  
BAHOURA BAHER GEORGE  
BAHOURA TAGHRID KACHI  
The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverage at:  
2044 MARKET ST. SAN DIEGO, CA. 92102-2835  
Type of license applied for: 21-OFF-SALE GENERAL  
ISSUE DATE(S): JAN 22, 29 AND FEB 05, 2008

LEGAL ADS 700

FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. 2008-038550  
THE NAME(S) OF BUSINESS:  
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located at: 314 28TH ST. SAN DIEGO, CA. 92102 is hereby registered by the following owner(s): MARGARITA RODRIGUEZ 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 17, 2008 Issue Dates: JAN 15, 22, 29 AND FEB 05, 2009

FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. 2009-001281  
THE NAME(S) OF BUSINESS:

DJR COMPANIES  
located at: 1456 1/2 MISSOURI ST SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): DREW LAMBERT 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: JAN 14, 2009 Issue Dates: JAN 22, 29 FEB 05 AND 12, 2009

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 LAVELL 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 MAR04, 2009 AT 8:30 AM, DEPARTMENT D-25  
220 WEST BROADWAY SAN DIEGO, CA. 92101  
ISSUE DATES: JAN 22, 29 FEB 05 AND 12 2009

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“Parents who commit time and resources to their child’s education will prepare their child for success in life,” explained Club Z! Spokesperson Cari Diaz. Club Z! Tutoring Services is the world’s largest one-on-one tutoring program. Their tutors have helped over 200,000 students develop productive study skills, improve grades, raise test scores, build academic self-confidence, and reach their full potential.

Choosing the right tutor for your child is an important step in making the most of his or her educational opportunities. Consider the following tips as you make your decision:

Evaluate the needs of your child.

Is your child organized or disorganized, shy or outgoing? Can he keep his concentration when attending a group tutoring class or will he be distracted? Understanding the personality traits of your child will help you as you identify the right tutoring situation. You may determine your child needs a more individualized tutoring approach in a place free from distractions such as his home. “There are solutions available to help your child build confidence and make better grades in school,” said Cari Diaz.

Find the right tutor.

The right tutor makes all the difference. Your goal is to find a professional tutor who is an expert in the subject area and whose personality and teaching style are a good match with your child’s personality and learning style. Conduct some research on a potential tutor to make sure they have the appropriate experience and credentials. Your chosen tutor must be prepared and qualified to teach your child the core subjects she needs.

Stay in touch and stay involved.

Follow up with the tutor. Once you are utilizing the tutor, stay in touch and inquire regularly about the behavior and progress the tutor is witnessing in your child. “In every learning process, a parent’s involvement is very important, as children need to know they care and need to receive encouragement throughout the process,” said Cari Diaz.

Is traditional or online tutoring best?

Online tutoring is becoming more and more popular, but this method of teaching does not suit each and every child. While the computer can be a helpful learning tool, it can also be a source of major distractions. It may be difficult to know if your child is engaged in learning or playing online games and chatting with friends. Determine which tutoring method is best for your child, depending on his level of responsibility and tendency to become distracted.

What is most convenient for your schedule?

Determine which option better matches your family’s schedule and activities. “In some cases when parents and kids have a very busy schedule, in-home tutoring is a great option to save time and money, and parents are freed from the hassle of driving to and from educational centers,” said Cari Diaz.

Find a tutoring service that works with your budget.

While it is worth it to pay for a quality tutor, it doesn’t have to break the bank. Shop around to find the best tutor for the money before you make your choice. Club Z! Tutoring Services offers a wide variety of tutors, so that you can find one who best meets your child’s personality, learning style and educational needs.

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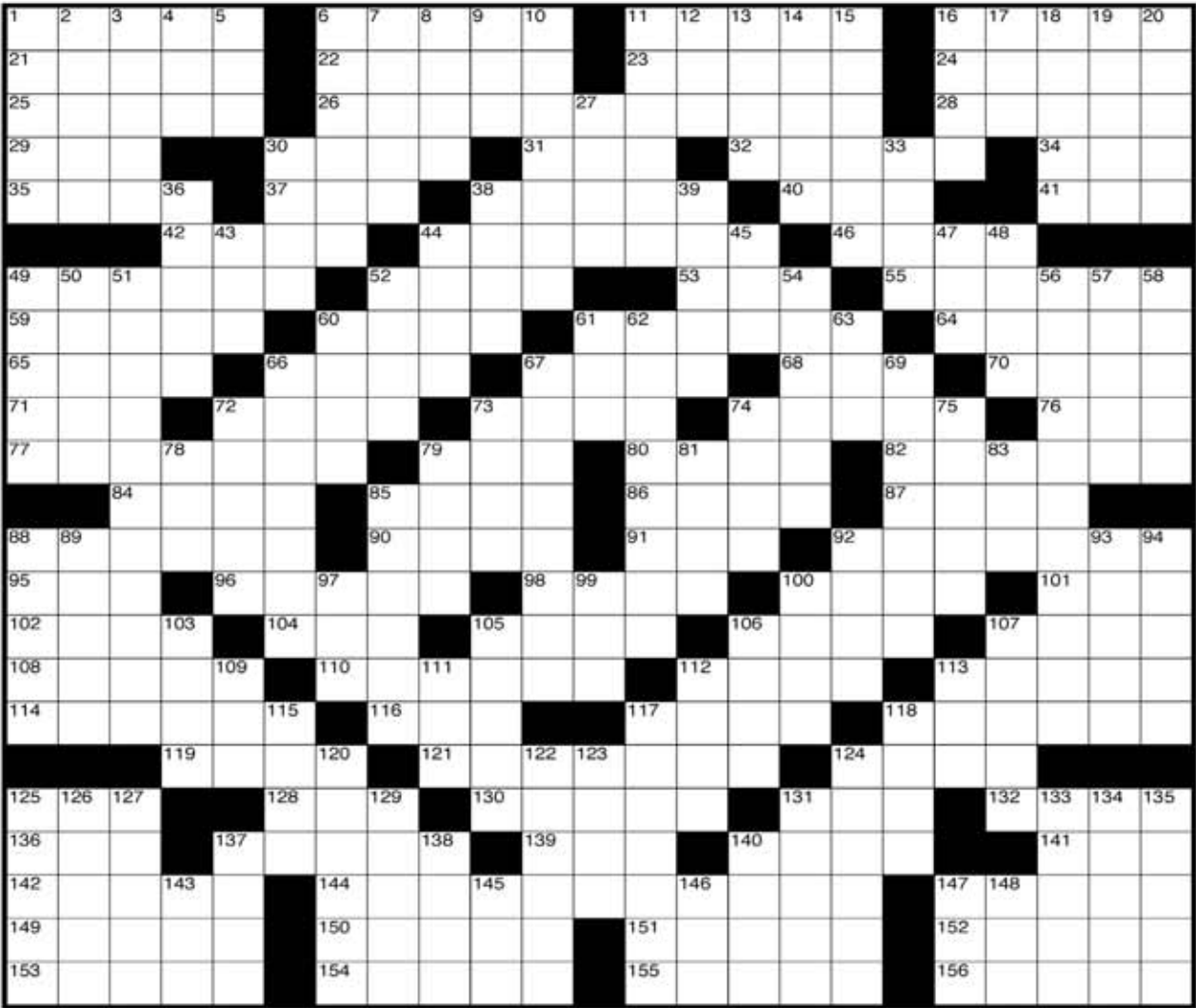
CROSSWORDS

ACROSS

- 1 Personnel
- 6 — toast
- 11 Maxim
- 16 Glasgow residents
- 21 Something unusual
- 22 Bay window
- 23 Female fox
- 24 Behind the — ball
- 25 Rage
- 26 Machine part to reduce friction (2 wds.)
- 28 More uncommon
- 29 Zodiac sign
- 30 Fine spray
- 31 Extension
- 32 Rigid
- 34 Bird of Australia
- 35 Punta del —
- 37 Pub order
- 38 Knight's protection
- 40 Marquee notice
- 41 Congeal
- 42 Solitary
- 44 Chanted
- 46 Extinct bird
- 49 Make downhearted
- 52 Musical passage
- 53 Cover
- 55 Peril
- 59 Daisylike flower
- 60 Tax on imports
- 61 Stage whispers
- 64 Duplicit
- 65 Raise
- 66 Olympian goddess
- 67 Mil. gp. on campus
- 68 Swamp
- 70 Cut
- 71 Work unit
- 72 Yacht
- 73 Expressive dance
- 74 Start of a palindrome
- 76 Had a bite
- 77 Go off the — —
- 79 Showy actor
- 80 Country in Asia
- 82 Hampton or Barrymore
- 84 Tiny speck
- 85 Surrealist Spanish painter
- 86 Broad
- 87 Touch down
- 88 Doubting —
- 90 School in England
- 91 Summer drink
- 92 Second game
- 95 Squealer
- 96 Hidden supply
- 98 Measure of farmland
- 100 Mata —
- 101 Mine's output
- 102 Pale
- 104 High-pitched bark
- 105 Let it stand!
- 106 Wacky
- 107 — White
- 108 Kind of engine
- 110 Very bad
- 112 Yearn
- 113 Potato state
- 114 Greek messenger god
- 116 Rocky hill
- 117 Discovery
- 118 Chopped finely
- 119 Dross
- 121 Pertaining to touch
- 124 Price
- 125 Sheep's cry
- 128 Liquor
- 130 Hypocritical one
- 131 Triumphed
- 132 Name in Genesis
- 136 Assn.
- 137 Courage
- 139 Wrath
- 140 Kind of bean
- 141 Neighbor of Mex.
- 142 Verona's river
- 144 Developing gradually
- 147 With full force
- 149 Shoe parts
- 150 Bar, in law
- 151 Frugal one
- 152 Porch
- 153 Stoke-on- —
- 154 Acts
- 155 Put forth effort
- 156 Hippodrome

DOWN

- 1 Weighing device
- 2 Adjusts, in a way
- 3 Lingo
- 4 Disapproving cry
- 5 Pro
- 6 Suspended sculpture
- 7 Rub out
- 8 Speak rhythmically
- 9 — canto
- 10 Province in Canada
- 11 Island in Arthurian legend
- 12 Manager (abbr.)
- 13 Line of rotation
- 14 Fellows
- 15 Encircle
- 16 One in servitude
- 17 Govt. agcy.
- 18 Monsters
- 19 Motif
- 20 Walk proudly
- 27 Sailors' saint
- 30 Numerous
- 33 Victorials
- 36 Rice or Gantry
- 38 Friend of Amos
- 39 Object from antiquity
- 43 Paddle
- 44 Jot
- 45 Performed
- 47 Mr. Hammarskjold
- 48 Burden
- 49 Was brave enough
- 50 River in France
- 51 Child actor's parent (2 wds.)
- 52 Short
- 54 Lower in value
- 56 Mixed drink (3 wds.)
- 57 The cream
- 58 Repulse
- 60 Numb
- 61 Internet giant
- 62 Steadfast
- 63 Turf
- 66 — is the best policy
- 67 Think at length
- 69 Art exhibition location
- 72 Greek letters
- 73 Nimbus
- 74 Fashion
- 75 City in Florida
- 78 Small dog, for short
- 79 "Thirty days — September..."
- 81 Assistant
- 83 Go out — — limb
- 85 Tyrant
- 88 Garbage
- 89 Speed
- 92 Sounded a bell
- 93 Hag
- 94 Cut down with an axe
- 97 Melody
- 99 100 years (abbr.)
- 100 Cards dealt
- 103 Sweet potatoes
- 105 Sandal part
- 106 Region
- 107 — Clara
- 109 Brooks or Torme
- 111 Little one
- 112 Showy flower
- 113 Badly (prefix)
- 115 Poet — Teasdale
- 117 Adroit maneuvering
- 118 — Lisa
- 120 Swallowed
- 122 Bird sounds
- 123 Ripped
- 124 Hidden
- 125 Brag
- 126 Warmth of feeling
- 127 Like a gymnast
- 129 Code name
- 131 Fluctuate
- 133 Allman or Eddy
- 134 Chinese or Japanese, e.g.
- 135 Craze
- 137 Sleeveless garment
- 138 Memory alone
- 140 Playing card
- 143 Mil. rank
- 145 Deity
- 146 Woodwind instrument
- 147 Wing
- 148 Impair



HOROSCOPE

ARIES - Mar 21/Apr 20

Aries, it's not in your best interest to lash out right now. So calm any feelings of aggression and take on a laid-back demeanor. Things will work out for the best.

TAURUS - Apr 21/May 21

Taurus, this week you'll be saying "no" for all the right reasons. This is thanks in large part to a long-needed change in perspective that works out for the best.

GEMINI - May 22/Jun 21

Gemini, sometimes you can learn more by simply watching than taking part. Whether you're with a group of friends or at work, hold your tongue and observe the action.

CANCER - Jun 22/Jul 22

This week is far from mundane and you may find your head reeling from all of the excitement, Cancer. Put off laborious tasks like paperwork until another time.

LEO - Jul 23/Aug 23

Leo, it's alright if you need to zone out and focus on your problems this week. When you get everything in order, then you can get back to normal once again.

VIRGO - Aug 24/Sept 22

No matter what you have going on this week, Virgo, jump in with both feet. You may be surprised at how much you enjoy the activity, and others will find it hard to resist.

LIBRA - Sept 23/Oct 23

Libra, this week you're in the right frame of mind for doing a little shopping. As long as you have your ducks in a row, go out and indulge a little bit.

SCORPIO - Oct 24/Nov 22

Scorpio, the thing about you is that even on your off days you're able to deliver the goods. That's what makes you a good person to have around, whether at work or as a friend.

SAGITTARIUS - Nov 23/Dec 21

Things are going well, Sagittarius, but this week you need to just shut out the world for some time and make sense of it all. Find a quiet place, slip on some headphones and reflect.

CAPRICORN - Dec 22/Jan 20

You're facing a big decision, Capricorn. Although you still have plenty of time, you want to be sure you've made the right choice. Leo offers sage advice.

AQUARIUS - Jan 21/Feb 18

Aquarius, you need a place you can call your own for some privacy, and this week you're having trouble finding it. Carve out your little nook no matter what.

PISCES - Feb 19/Mar 20

You reach an epiphany this week, Pisces. Although it may not be the most comfortable of feelings, at least you know what to do.



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Bay views from all 3 levels of this like-new Mission Beach bayside court home. \$1,149,000  
Wrap up this Colossal 2, 1 left, 1100 blk of Oliver, Open every day Sun 1-4. From \$999,000.  
Enjoy a memorable Christmas dinner on this ocean view skydeck. 2100 sf home. ~~\$1,250,000~~ **SOLD** Holiday Price \$999,000!  
1200 blk 2BR, 2BA, a steal at ~~\$1,099,000~~ **SOLD**  
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Located in San Diego Community Newspaper Group building.  
Corner location across from Pacific Beach Post Office.  
Beautiful second floor location, open floor plan in large front area plus two private offices. Plenty of windows. Signage and parking. Short or long term lease.  
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This 4 bedroom, 2 bath house is 1,460 sf and sits on a 6,200 sf lot. Close to SDSU. Great Rental. Bank has approved any **cash offers of \$270,000**. Financing might be challenging due to a possible foundation issue. Call for details.

  
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RENTALS 750

**2 BEDROOM POINT LOMA** \$1175 Upstairs unit, big kitchen + view. Nr. school, library, market. No dogs. Sr. owner Mr. Crane 619-222-2849

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**Real Estate Directory**  
**Call 858-270-3103**

# OPEN HOUSE DIRECTORY

1590 Coast Walk	Under Construction	<b>DAILY - 12pm-4pm</b> \$16,500,000-\$17,950,000	Ozstar De Jourday • 619-248-7827
2417 Sagebrush Ct.	3BR/2BA	<b>THURS-SAT - 1pm-4pm</b> \$1,495,000	Penny Shipley • 619-852-8139
5935 Waverly	4BR/3BA	<b>SATURDAY JAN 24 - LA JOLLA - 10am-2pm</b> \$1,650,000	Michelle Serafini • 858-829-6210
5511 La Jolla Mesa Dr. 5859 Box Canyon Rd. 1411 Oliver Ave. 639 Silvergate Ave. 7536-7544 Draper 7536-7544 Draper 7748 Eads Ave. 8697 Dunaway Dr. 1502 Monmouth 7130 Olivetas 605-607 Arenas St. 7959 Paseo del Ocaso 100 Coast Blvd.#402 101 Coast Blvd. #1F	4BR/4BA 4BR/4BA 3BR/2BA+3Units 4BR/2BA 3BR/3.5BA 3BR/3.5BA 3BR/2.5BA 5BR/4.5BA 3BR/2BA 2BR/2BA 2BR/1BA 4BR/3BA 2BR/2BA 2BR/2.5BA	\$1,995,000 \$3,295,000 \$1,125,000 \$1,275,000 \$799,000 \$2,295,000 \$1,494,000 \$1,250,000 \$849,000 \$1,550,000 \$795,000-\$825,000 \$1,900,000-\$2,130,000 \$1,650,000 \$1,275,000	Staci Malloy 10am-1pm & Howard Bear 1pm-4pm • 858-273-2121 Saeed Daneshvari • 858-273-2121 Patricia Denning • 858-449-5899 Jeff Baker • 858-952-4029 Jan Magot • 619-972-9970 Linda Marrone • 858-456-3224 Bob Andrews • 619-517-4404 Ross Clark • 858-442-2643 Tim Nelson • 858-527-9949 Vonnice Mellon • 858-395-0153
8348 Via Sonoma	1BR/1BA	<b>SUNDAY JAN 25 - LA JOLLA - 1pm-3pm</b> \$270,000-\$295,000	Jose Payne-King • 619-572-1022
345 Ricardo Pl. 7575 Eads Ave #207 2610 Inyaha Ln. 1127 Virginia Way 5183 Chelsea St. 1353 West Muirlands Dr. 1215 Virginia Way 8881 Nottingham 6623 Avenida Manana 1338 Muirlands Vista Way 7129 Fay Ave. 8328 Caminito Helecho 639 Silvergate Ave. 1411 Oliver Ave. 7337 Olivetas Ave 5859 Box Canyon Rd. 5511 La Jolla Mesa Dr. 230 Prospect #13 5449 La Jolla Hermosa 2202 Camino Del Collado 7560 Eads Ave. #3 7967 Paseo del Ocaso	3BR/2BA 3BR/3BA 6BR/7.5BA 3BR/3BA 3BR/2BA 3BR/2.5BA 5BR/3.5BA 4BR/3.5BA 3BR/2BA 4BR/3.5BA 3BR/3.5BA 2BR+Office/3BA 4BR/2BA 3BR/2BA 4BR/3BA 4BR/4BA 1BA 2BR/2BA 3BR/2.5BA 3BR/2BA 4BR/3BA	\$1,490,000 \$1,099,000-\$1,150,000 \$6,250,000-\$6,900,000 \$1,900,000-\$2,200,000 \$1,495,000 \$2,600,000-\$2,950,876 \$2,295,000 \$1,740,000 \$1,395,000 \$2,995,000 \$1,895,000 \$1,550,000 \$1,275,000 \$1,125,000 \$3,000,000 \$3,295,000 \$1,995,000 \$389,000 \$1,150,000 \$2,600,000 \$779,000 \$1,880,000	Marta Schrimpf • 858-361-5562 Claudette Berwin • 858-361-7448 Ozstar De Jourday • 619-248-7827 Lauren Lombardi • 619-757-4339 Susana Corrigan • 858-299-8120 David Schroedl • 858-459-0202 Claire Melbo • 858-551-3349 Carol Hernstad • 858-775-4473 Kim La Cava • 858-967-0822 Anthony Halstead • 619-813-8626 Peggy Weinbrecht • 858-243-2304 Randy Savarese • 858-452-5553 Robert Realty • 619-852-8827 Susan Ronis • 858-274-9548 Maxine & Marti Gellens • 858-551-6630 Maxine & Marti Gellens • 858-551-6630 Maxine & Marti Gellens • 858-551-6630 Pam Reed • 858-395-4033 Allison Revier • 619-895-1144 Lindsey Emmerson • 858-699-8986 Maryl Weightman • 858-354-2913 Virginia Luscomb • 619-981-2323
2617 & 2619 Ocean Front Walk	4BR/6BA	<b>PACIFIC BEACH / MISSION BEACH - 12pm-3pm</b> \$1,800,000-\$4,800,000	Kristina Uteg • 619-347-0033
4011 Lamont St. #2A	2BR/2BA	<b>1pm-4pm</b> \$349,000	Sarah Pollard
8264 Poe St.	3BR/3BA	<b>POINT LOMA / OCEAN BEACH - 12pm-4pm</b> \$749,000-\$799,000	Team Fuller • 619-226-8264
3032 Hugo Street	2BR/2BA	<b>12pm-3pm</b> \$639,000-\$675,000	CindyWing.Com • 619-223-9464
2076 McDonough Lane 4304 Hill Street 1271 Willow Street	4BR/2.5BA 3BR/2BA 2BR/1BA	<b>1pm-4pm</b> \$1,075,000 \$1,069,000 \$750,000-\$999,000	CindyWing.Com • 619-223-9464 CindyWing.Com • 619-223-9464 CindyWing.Com • 619-223-9464
11393 Carmel Creek Road	2BR/3BA	<b>CARMEL VALLEY - 1pm-4pm</b> \$670,000	Craig Henderson • 858-922-0367
1919 Spindrift 245 Prospect #3	3BR/2.5BA 2BR/2BA	<b>SATURDAY &amp; SUNDAY JAN 24 &amp; 25 - LA JOLLA - 1pm-4pm</b> \$3,995,000 \$1,700,000	Brant Westfall • 858-922-8610 Leslie Rosenquist • 858-692-3880

Open House Directory listings are due on Tuesdays at noon.





1

**HOME BANK OF CALIFORNIA**  
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3

**Filippi's Pizza Grotto**  
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4

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5

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6

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7

**PB Ale House**  
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**721 Grand Ave., 858.581.BEER (2337) www.pbalehouse.com**

8

**IPSB College/Massage Therapy Center**  
Located in the heart of Pacific Beach! We personalize each session. A safe, relaxing, and welcoming environment.  
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9

**Bike Shop Chris**  
10% OFF accessories with purchase of a bike or 20% OFF a tune up!  
Large selection to choose from.  
**1484 Garnet Ave., 858. 270.0082,  
www.BikeShopChris.com**

10

**Great Clips**  
Present this map to receive \$2 off your haircut!  
No Appointments Necessary! Hours: M–F 9–9; Sat 9–6; Sun 10–5  
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11

**Eye Glasses Galore**  
Come to Eyeglasses Galore for Eyeglass repairs, sunglass replacements, contact lenses and unique sunglass accessories! We have prescription and designer sunglasses for all ages!  
**1772 Garnet Ave., 858.459.2020**

12

**The UPS Store**  
Have your items organized and expertly packed at your nearest The UPS Store location. Packaging supplies, moving supplies, notary services, passport ID photos, and money transfers. We have all of your shipping needs! Hours: M-F 8am-7pm, Sat 9am-5pm, Sun 11am-4pm  
**1804 Garnet Ave., 858.273.6661**



13

**United Cerebral Palsy Thift Store**  
Clear out your old items you no longer need!  
Bring them down to the United Cerebral Palsy Thrift Store in Pacific Beach!  
**1454 Garnet Ave., 858.490.6400**

14

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15

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16

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17

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18

**Dirty Birds**  
Where locals will want to hang out! Join us for happy hour Mon. - Fri. 3 PM - 6 PM featuring half price pitchers \$1 off bottles, mugs and wine. We are also open for breakfast every day until 3 and catch all football games with NFL Sunday Ticket, ESPN Game Plan and The Big 10 Network on large Hi definition TV's  
**4656 Mission Blvd, San Diego, CA, 92109, (858) 274-2473**

19

**The Landing** "San Diego's best kept breakfast secret"  
Offering a variety to choose from to please all tastes, including the famous Jigstrike special (hotcakes, eggs, bacon and sausage), the overstuffed breakfast burrito, fish and chips, and "damn good" burgers are always a hit. Open daily @ 5am  
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20

**La Jolla Auto Body**  
"Since 1968" Scotty - Paulette - Kenny – Jose  
Specials: \$25.00 Off your next auto "Detail",  
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**4620 Mission Bay Dr., 858.270-6821**

21

**The Freak Factory**  
In old North Mission Beach (San Diego). Mugs, masks, tikis, idols, Hawaiian shirts, fancy pipes, cigars, funny t-shirts and really nice people behind the counter. There even have OnaTiki lamps hanging from the ceiling.  
**3742 Mission Blvd, San Diego, CA, 92109, (858) 488-4924**

22

**Weight Watchers**  
45 Minutes A Week Can Change Your Life!  
Pacific Beach Weight Watchers is now open.  
Join now and to receive FREE REGISTRATION. Meetings Friday 9 am  
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23

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# Chris Love Coastal Properties



OPEN THIS WEEKEND



3526 BAYSIDE WALK UNIT 1-3 • \$1.5M-\$2M

■ Custom bay front condos with plasmas, closed circuit TV/security, built-in BBQ cook stations, custom Jacuzzi tubs and custom décor! Sand-side 3BR/2BA with exclusive bayside walk entertaining patio. 4BR/3BA second floor unit with enormous great room + water view balcony. 4BR penthouse has bay views which are 2nd to none on Mission Bay, and exclusive roof top deck.

NEW LISTING



2636 & 2638 OCEAN FRONT WALK • \$1.9M-\$2.2M

■ Gorgeous new construction in South Mission! Endless possibilities from these two immaculately designed & appointed properties. Show like models! 2BR/3BA, 1,200 esf ground floor unit with spacious sand-side entertaining patio. 2BR+/3BA, 1,434 esf penthouse unit with panoramic water views for miles! Use as 2 condos, Duplex or large Single Family!

OPEN THIS WEEKEND



3528 BAYSIDE WALK UNIT 1-3 • \$1.5M-\$2.1M

■ Custom designed bay front condo triplex with pano water views! Sand-side 3BR/2BA with exclusive bayside walk entertaining patio. 4BR/3BA second floor unit with enormous great room + water view balcony. 4BR penthouse has bay views which are 2nd to none on Mission Bay, and exclusive roof top deck.

OPEN SATURDAY 1-4PM



802 CORONADO COURT • \$875,000

■ Luxury 2BR/2.5BA townhomes steps to beach, bay and boardwalk. Top-of-the-line amenities: KitchenAid applcs, travertine, granite counters, energy efficient windows, tankless water heaters and installed solar panels. One boasts exclusive sunny courtyard & the other gives way to a spacious roof deck with water views.

OPEN SUNDAY 12-3PM



2617 & 2619 OCEAN FRONT WALK • \$1.5M-\$4.85M

■ Exquisitely designed high end beach units with panoramic water views. Ground floor 1BR unit boasts a private enclosed patio that opens to your own sandy beach with exterior Spanish marble gas fire pit and solid Burmese teak floors. 3BR/4BA penthouse has 3 decks, bi-folding Pullman doors opening to a grand terrace, Columbian travertine gold floors, 50" pop up plasma, 400 gallon reef tank and gargage with up to 4-car capacity.

OPEN SATURDAY 12-3PM



730 BRIGHTON COURT • \$975,000

■ One unit is sold, but available ground floor town home best value in South Mission! Solar Ready Townhome! Cool ocean waters and white sand beaches at the end of the most coveted S. Mission Cts. 2BR/2.5BA, 1320 esf + exclusive landscaped courtyard plumbed for a cook station.



TOULON COURT • \$2,395,000

■ Breathtaking 4BR/3.5BA home in North Mission. This new construction home has water views from every room in the house, and one of the most spectacular roof top decks in Mission Beach. This property has been maximized to the fullest with 2 master bedrooms, light bright interiors, custom multi-media wiring, elevator on every floor and side-by-side 2-car garage.



LA PALMA • \$1,249,000

■ Wow! One of the best prices on the bay! Exclusive bay front townhome in PB with gorgeous unobstructed views of Sail Bay, Seaworld fireworks & city lights! 3BR/2BA, two-level home perfect for a primary residence or 2nd home. Complex offers tennis/pool & spa + onsite property mgr. 100% owner occupied. Extremely quiet and private.



OCEAN FRONT WALK • \$6,495,000

■ Brand new contemporary home on the sands of Mission Beach! 4BR/5BA, 3,000 esf of custom living with sand-side patio, roof top deck, wine cellar, chef's kitchen, elevator access/2-car garage and panoramic white water views up and down the coastline. The new gem of Mission Beach! Coming this Summer!

The **BEST** *in* **BEACHFRONT** *Living*

Your Coastal Property Specialists, helping you with all of your real estate needs in San Diego.



CHRIS LOVE  
COASTAL PROPERTIES

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