

Drunken hit-and-run claims life:
Family and friends gather to say goodbye to 24-year old woman who lived on Oliver Street and worked at Starbucks. 5

Weekend Surf Report			
SATURDAY			
Hi: 6:47 a.m. 8:29 p.m.	Low: 12:31 a.m. 2:02 p.m.	Surf: 4-10 ft	Wind: 4-10 mph
SUNDAY			
Hi: 7:36 a.m. 9:01	Low: 1:23 a.m. 2:39 p.m.	Waves: 2-3 ft	Wind: 6-14 mph

Thursday, February 19, 2009



San Diego Bird Festival takes you to the birds:
The Burrowing Owl is not hard to spot since it's active during daylight. Fly on... 11

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Beach communities paint the walls

BY ADRIANE TILLMAN | BEACH & BAY PRESS

Lisa Solberg paints murals that are raw, energetic and that require as little thought as possible. She describes her work as visual Beat writing. With a wide stroke, Solberg painted a black-and-white image of a Rastafari Captain Jack Sparrow with thick dreads on a wall on Garnet Avenue.

Solberg said she loves to produce large-scale murals that any passerby can enjoy.

"No one is judged for stopping and gazing at art on the street; it is totally free and open," Solberg said.

The Irvine-based skateboard company, Element, commissioned Solberg to paint the mural on the building façade. She was paid to create artwork on their property.

A few blocks away, a tattoo parlor opened its wall to friends who sprayed a woman's face in neon purples and blues: the sharp, flashy colors from the graffiti can. The friends were looking for a safe place to display their work, explained the tattoo parlor owner.

The lines blur, however, when graffiti artists aren't commissioned to splay their art over public walls, and the

SEE **GRAFFITI**, Page 4

PHOTO COURTESY OF LISA SOLBERG, LISASOLBERG.COMS

Board reverses decision, PB schools profit

BY SEBASTIAN RUIZ | BEACH & BAY PRESS

The San Diego Board of Education voted to return thousands in federal funds to Pacific Beach and Ocean Beach elementary schools that the board had previously voted to cut at its Jan. 27 meeting.

The board voted unanimously on Feb. 17 to restore the original plan to distribute next year's federal funds to elementary,

We're pushed up against a wall... we'll probably have to consider layoffs.

John de Beck
Board Member

middle and high schools with 40 percent or more students on the free and reduced-price lunch program.

Pacific Beach Elementary was poised to lose approximately \$31,000 because of the board's previous decision to allocate next year's federal funds to schools with 60 percent or more students that qualify for the subsidized lunches. Only 51 percent of students, or 163 students, qualify for subsidized lunches at Pacific Beach Elementary.

Other schools that would have lost thou-

SEE **TITLE I**, Page 3

District cuts marksmanship program in schools

BY SEBASTIAN RUIZ | BEACH & BAY PRESS

Students at Mission Bay High School will no longer learn air rifle marksmanship in the Junior Reserve Officers Training Corps (JROTC) since the Board of Education voted to cut the program from district schools at the Feb. 10 meeting.

College and high school student demonstrators waved signs both celebrating and decrying JRTOC rifle ranges on school campuses. Demonstrators lined the hallways and grassy area of the Eugene Brucker Education Center during the contentious San Diego Unified School District Board of Education meeting.

Board members voted 3-2 to remove air pellet guns from campus

in light of recent off-campus shootings involving high school students.

Board president Shelia Jackson and board member Katherine Nakamura voted to keep the JROTC marksmanship program open. Board members John de Beck, John Lee Evans and Richard Barrera voted to close the firing ranges, effectively ending the marksmanship portion of the JROTC program.

At the meeting, Rich Jahnkow, a coordinator for the Project on Youth and Non-Military Opportunities, said using air rifles on campus sends the wrong message to students.

"[Students and parents] felt it was inconsistent with the philosophy of the district to try to encourage students to think about not using vio-

lence to solve problems," Jahnkow said. "So they felt that these [ranges] did not belong."

Former Mission Bay High School student Zulema Torres, 33, protested against the marksmanship training, along with several students and parents from the Education Not Arms Coalition. The coalition represents Latino and education groups, including the Association of Raza Educators and local high school chapters of the Movimiento Estudiantil Chicano de Aztlan (MEChA), a student political group.

"Many parents send their children to school ... so they could get an education, not so they can learn to



Point Loma High School students, Sean Spratt (left) and Alex Dolphin, aim their air rifles during target practice as part of Junior ROTC marksmanship program. The district's Board of Education cut the marksmanship program on Feb. 10. The photo was taken on May 2, 2008.

SEE **ROTC**, Page 6

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State superintendent lunches at MB High cafeteria

BY JOSEPH GREENBERG | BEACH & BAY PRESS

Journalists scrambled to get a shot of State Superintendent of Education Jack O’Connell loading his tray full of cafeteria food at Mission Bay High School following a press conference he held on Wednesday, Feb. 11.

O’Connell appeared at the high school to discuss his plan to push for more money to meet the statewide 12 percent spike in demand for reduced-price or free school lunches in the ’07-’08 school year. Historically, demand for subsidized school lunches increases by 1 percent each year.

O’Connell said he chose Mission Bay High School because of the priority the school places on nutritious meals, and the high percentage of students who are eligible for subsidized lunches. Approximately 72 percent of the 1,700 students at the high school qualify for the subsidized lunches.

The superintendent is pushing for the

state assembly to pass emergency legislation AB 95, authored by Tom Torlakson (D-Antioch), to provide an additional \$19.5 million for the Food Services Department of California.

“It is my hope that the legislation gets passed in the next 60 days,” O’Connell said. “Some resistance will be met, but I am going to pitch this argument on the grounds that it is basic, fundamental and essential.”

San Diego Unified School District may run out of state funding for food services as soon as March, according to Gene Robinson, assistant director of food services.

“We anticipate money running out that soon due to the increased amount of participation of students – most likely from the economic downturn being experienced right now,” Robinson said.

If AB 95 doesn’t pass, Robinson expects Food Services will have to pull money from other reserves.

“In the situation that it doesn’t pass

right away, we will continue to feed the kids and provide those meals,” Robinson said. “We’ll just have to do it with funds coming out of reserves or allocated from other cuts.”

Mission Bay High School Principal Cheryl Seelos said the increased funding would only maintain the status quo. If the legislation doesn’t pass, the quality of food will suffer.

“We have a brand new salad bar which the kids love,” Seelos said. “There’s a wide selection of fresh fruit and really good-quality food. If the new funding is not received, the compromise will come in a lack of quality, a lot of canned food and lower-quality meat.”

A handful of students joined O’Connell for lunch in the cafeteria after the press conference. They exchanged light conversation with the superintendent amid the commotion of surrounding media coverage.

When asked about his thoughts on the food, O’Connell replied “It is pretty good!”



JOSEPH GREENBERG | BEACH & BAY PRESS

State Superintendent of Education, Jack O’Connell, grabs lunch at Mission Bay High while campaigning for more funds.

TITLE ONE

CONTINUED FROM Page 1

sands of dollars in federal funding if the 60 percent decision had held include Ocean Beach Elementary, Point Loma High School and University City High School. These schools will now receive a share of the Title-I funding.

Allocation of the federal funds, called Title-I, works on a tiered system. The more students from poorer families at the school, the more

money per student the school receives. Schools with 85 to 100 percent of students on subsidized lunches receive \$447 per student. Schools with 60 to 84 percent of students who qualify for the lunch program receive \$296 per student. Schools with 40 to 59 percent of students who qualify for the lunch program receive \$196 per student.

The Title-I funds are supposed to pay for the cost of extra tutoring and other school supplies. There are federal guidelines on how schools spend the Title-I funds but

school administrators often spend it at their discretion, according to board member John de Beck, who represents schools in Point Loma, Ocean Beach and Pacific Beach.

It’s unclear how much federal funding Title-I schools will receive next year because the number of students on the free and reduced-lunch program may change, according to school district spokesperson Jack Brandai. Potential Title-I funds from a federal stimulus package signed into law on Feb. 17 by President Barack

Obama have not been laid out in detail either, Brandais said.

Next year’s budget

At the meeting, the school board also identified approximately \$45 million in budget savings for next school year, staving off layoffs for now, according to de Beck. The board agreed to replace fewer retired teachers and other workers next year, plus change school bus operations and postpone the purchase of new buses, according to school district budget

reports. “We’re still \$30 million short,” de Beck said.

Potential savings from layoffs have yet to be addressed by the board.

“We’re pushed up against a wall...we’ll probably have to consider layoffs,” de Beck said.

The board is scheduled to discuss budget issues at a special meeting, open to the public, on Sunday, Feb. 22 at 2 p.m. at the Eugene Brucker Education Center, 4100 Normal St.

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GRAFFITI

CONTINUED FROM Page 1

issue soon lands in the lap of the police and community activists when art slides into destructive tagging.

"The problem is when people who are trying to become good [graffiti artists] are damaging other people's properties," said Community Relations Officer David Surwilo, who works in the Western Division.

Many graffiti taggers seem most concerned with making their presence known or marking their territory.

Last December, unknown suspects spray painted the word "Vapor" and images of bong pipes on playground equipment and walls at Bird Rock Elementary School in La Jolla. It cost the school \$500 in damage.

The police department's Graffiti Strike Force studied pictures of the elementary school vandalism with hopes to link the work to similar graffiti elsewhere.

"Sometimes people get discouraged and wonder how [the police] are going to catch them," said Police Officer Phil Franchina, who works for the Graffiti Strike Force in the Northern Division that covers La Jolla and Pacific Beach. "No one sees them doing it but eventually they get caught."

Franchina estimated the Graffiti Strike Force arrests an average of 30 offenders out of the 80 to 100 cases the unit handles each month. Violators can get hit with a



JANIS AMBROSIANI | BEACH & BAY PRESS
Mural art is also advertisement like this picture of a Hodad surfing atop a burger outside Hodad's restaurant.

felony if their graffiti damage exceeds \$400 to repair. Most offenders are charged with a misdemeanor, according to Franchina.

Police encourage residents to take photos of graffiti in their communities before removing it to help police apprehend culprits. Residents who catch graffiti perpetrators in action should call 911.

Along the coast, graffiti vandalism tends to pick up in the warmer, summer months and slow down in the winter.

"We're always in business," Franchina said. "There is always someone who will take over for the taggers."

In Point Loma and Ocean Beach, police realized that taggers tend to

live in the community, as opposed to gangs showing up to flex their muscle. Offenders range from teenagers to 35-year olds. Police are often able to apprehend the repeat offenders. It's more difficult to find the group of teenagers – mostly boys - who get their hands on a box of spray cans and go on a graffiti spree for a few weeks.

"If we stop seeing a moniker, then we're content with that," Surwilo said. "That's crime prevention at its best. That doesn't mean that we won't go after them."

The scribbles and monikers are a huge headache for community groups that strive to stay on the heels of taggers. In Ocean Beach, community activists carry around \$20 graffiti removal kits they've purchased themselves to remove graffiti as soon as it appears. If the community waited for the city to clean the fresh graffiti, the problem would escalate, according to Bill Klees, Chair of the Point Loma Association.

"As soon as we see it, it's gone," Klees said. "We don't call [the city]. To wait for it to go through the channels of the city, it stays up too long and then it appears more and more."

In La Jolla, a Ramerio Drive resident has had to clean graffiti off a retaining wall at the bottom of an empty lot five times. The city does not own the property and so is not responsible for scrubbing the wall.

Residents who wish to report graffiti vandalism can call the graffiti hotline at (619) 525 8522

SEE GRAFFITI, Page 5



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Hit-and-run takes another life

BY SEBASTIAN RUIZ AND NEAL PUTNAM
BEACH & BAY PRESS

Friends and family of 24-year old Emily Cathleen Dowdy sat around a table at Starbucks on Mission Boulevard mourning her sudden death.

Emily was tragically struck and killed a block away by a drunk driver while crossing the intersection of Reed Street and Mission Boulevard on Saturday, Feb. 7 around 7:30 p.m.

Emily was rushed to Scripps Memorial Hospital in La Jolla where she died approximately 24 hours later. Flowers placed at the scene of the accident remained throughout the week as friends and family gathered at the Starbucks, where Emily worked as a shift supervisor.

Emily's mother and brother, Ellie and Josh, had flown in from Orlando. Ellie Dowdy wore her daughter's hat: a dark, beret-like cap prominently displaying a heart-shaped, organ donor pin. Emily wore the hat and pin the night she was hit.

"She was my inspiration," her mother said. "Whatever she wanted to do, she just did it."

Emily gave of herself completely, even after death, Dowdy said. Emily was a registered organ donor and doctors harvested her heart, lungs and other organs after she died. Her liver went to two people, including to a teenager who had

about seven days to live.

In the two years Emily lived on Oliver Street in Pacific Beach, she managed to build a network of friends and co-workers who loved her and scrawled messages on the poster hanging inside the Starbucks window where she worked.

"You would have loved her," Ellie said of her daughter. "You would have fallen in love with her."

Emily wrote poetry. Her family handed out a flyer with one of her poems that begins and ends: "I write not so much of what I've discovered./ But what I long to./ Not so much of what I dreamt of./ But what I dream for./...Searching for a strong place for my hands./ A steady place for my feet./ A pocket for future secrets./ (in searching)"/

Emily also loved to travel, and once planned a trip to see her favorite band, Radiohead, in concert in the UK. Before coming to Pacific Beach about two years ago, Emily worked in theater doing "whatever she could" behind the scenes.

Forty-five-year-old Alan Mabrey drove the 2004 Dodge Ram pickup that killed Emily. Mabrey was charged with second-degree murder, gross vehicular manslaughter, hit-and-run and drunk driving causing death. Mabrey's blood alcohol content was two and a half times the legal limit, according to Sergeant Jeff Fellows.

Mabrey allegedly left the scene onfoot after the accident but

returned later pretending to be a bystander, according to Fellows. Witnesses recognized and identified Mabrey as the driver, and police arrested him.

Mabrey pled not guilty. A preliminary hearing has been set for Feb. 26 to determine if there is enough evidence to warrant a murder trial.

If Mabrey is convicted of second-degree murder, he faces 15 years to life in prison, according to Deputy District Attorney Patty Herian. Mabrey might also get a consecutive sentence of five years for hit and run, which is considered a separate crime. Judge David Szumowski set bail at \$2 million.

About 40 family and friends of Emily's showed up in San Diego Superior Court on Feb. 11 for the arraignment of Mabrey.

"He (Mabrey) showed no concern for my daughter," Dowdy said. "He left her lying in the gutter with her brain shattered."

Mabrey arrived in San Diego from Texas only a few days before the traffic fatality, and he had no ties to the area. Mabrey has been convicted of drunk driving five times in Texas, according to Herian. The five prior drunk driving convictions were a factor in the DA's office filing a murder charge in a traffic fatality, according to Herian. One element a jury needs to find to convict someone of second-degree murder is "conscious disregard for life," something Herian said appears to be shown by the



PHOTO COURTESY OF ELLIE DOWDY | BEACH & BAY PRESS

Emily Cathleen Dowdy wrote poetry, traveled to another continent to see her favorite band and worked behind the scenes in the theater world. Her eyes never stopped sparkling, said her mother. Dowdy was tragically killed on Feb. 7 in a drunken hit-and-run accident.

defendant's history of drinking and driving.

At the arraignment, Dowdy showed pictures of her daughter to reporters.

"She was my only daughter, the love of my life," Dowdy said. "She was beautiful. Her eyes sparkled all the time. When I pried her eye open, there was no light."

The Starbucks' window provides a glimpse into Emily's life. Prayer-like words brightened photos of Emily smiling joyfully. They seemed to radiate the warmth many in the community felt for her. One message read:

"Emily: Forever woven into the heart of the world and [into] every one of ours."

GRAFFITI

CONTINUED FROM Page 4

Public Art

Solberg's artistic expression is far and above tagging empty lots or playground equipment, but some graffiti vandalism is pure art. The coastal communities, however, tend to exhibit the more sanctioned variety.

Not surprisingly, mural art is everywhere in an environment where people live perpetually outdoors. It serves as community art, advertisement and decoration.

Ocean Beach icon Rich James embodies the essence of coastal artwork. James' murals of under-sea life can be seen all over OB from octopuses to diving dolphins. Utility boxes portray his love for the underwater world.

"Art, you just do it!" James is quoted on a website dedicated to his memory, richjames.org. "The action has magic, grace and power."

James, who passed away last April, was famous for riding around OB in his baby blue, '65 Chevy convertible, dubbed the dolphinmobile, that he continuously painted and repainted and treated like a moving canvas.

James decided to involve the community in the mural making process. Every year at the OB street fair, individuals paint a square of the community mural that have appeared on the sides of stores and as a backdrop for parking lots.

In La Jolla, Belle Goldschlager Baranceanu painted a mural for the La Jolla Post Office of homes scattered above the La Jolla Cove. She painted murals for the Roosevelt Junior and La Jolla Senior schools as part of a government program in the 1930s to keep artists employed, according to the San Diego Historical Society.

A challenge for muralists is ensuring their work remains intact. In the seventies, Baranceanu's murals were destroyed as the Roosevelt and La Jolla high schools were demolished for seismic safety concerns. La Jolla High School later erected a copy of her work in its auditorium.

Murals also bring art to people that would likely never see it otherwise. Most people will never set foot in the Mary, Star of the Sea Catholic Church in La Jolla, but everyone can appreciate the fresco of the Virgin Mother that Mexican artist Ramos Martinez painted above the portal in 1937.

Ocean Beach resident Janis Ambrosiani runs Walls With A View, Inc. that paints murals for businesses. Ambrosiani painted a 50-foot long history of electricity for Mission Electronics in Ocean Beach. Outside Hodad's hamburger restaurant on Newport Avenue, Ambrosiani painted a picture of the Hodad logo, a frumpy man, surfing atop a hamburger.

"Ocean Beach gave me a lift off when I first started my business," Ambrosiani said. "They opened all their walls to me and it was great."

Don't be left out of our next issue of the
Beach & Bay Press



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WHEN YOU'RE LOOKING FOR MORE THAN JUST AN AGENT

[fun, funky & often useful facts]

My HealthMart Pharmacy, Pharmacist and owner Mark DeWoskin is reporting a very mild flu season most likely due to the availability of flu vaccine this year and responsible adults receiving their shots in early fall. Keep the trend going, mark your calendars for flu shots beginning last week of Sept. 2009. My HealthMart continues to be the last independent pharmacy in P.B. They offer personal service, home delivery and easy parking the at the corner of Cass St. and 1015 Turquoise St. #1, P.B. 858-274-6762.

Preschool at Big Kahunas! March 11th , Hang out with your friends, eat great food and all for a good cause. Join the monthly fundraiser at Big Kahunas restaurant and help raise money for the P.B. Presbyterian preschool playground. Just take in the blue flyer or mention "P.B. Presbyterian Preschool" and you'll raise money for the playground. Mark your calendar for Wednesday, March 11th, anytime from 11am to 8pm at Big Kahunas, 3782 Ingraham St., P.B. 858-270-9200.

VFW Chili Cook Off Winner Congratulations to the winners of the Super Bowl Sunday chili cook off at the VFW hall. Actually everyone who attended the cookoff and tasted all the chili entries were winners!
1st Place \$40 winner John Myers
2nd Place \$25 winner Mark Seaman
3rd Place \$15 winner Ricky Rasmusson

The Scarlet Pimpernel, Welk Resort Theatre
A fun romp of a classic potboiler, with hilarious dialog, lush music and captivating voices. If you have not ventured to Escondido lately The Scarlet Pimpernel is the production to get you on the road north. Not to be missed the extraordinarily talented cast will entertain you with this delicious musical now through April 26th. Arrive early to view the variety of stores in the Welk Resort shopping mall and enjoy dinner onsite at the Canyon Grille. For reservations and information call the Box Office at 1-888-802-7469, Welk Resorts Theatre, 8860 Lawrence Welk Dr., Escondido, CA 92026, WelkTheatreSanDiego.com

Welcome Pacific Paradise
It's official, the new sign went up at the corner of Cass and Wilbur Streets transforming the former La Jolla Pools location into Pacific Paradise Pool & Spa Service & Repair. The store has been completely re-merchandised, the side yard formerly a dirt lot is now a tropical respite complete with koi pond, palapa, bamboo fencing and lush landscaping, much to the delight of the highrise neighbors across the street who continually thank Brian for his tropical vista additions.
Owner Brian Costelloe has been working on this transformation since August 2008, stop by and see for yourself, 4937 Cass St., P.B. 858-270-7800.

Last Call for American Pig Brands
APB the beach/street-wear business featuring mascot Barbie-Q is giving up their store front for online sales, apbclotthing@gmail.com. Hustle on down to rub Barbie's snout and wish Eitan & Lindsey well, APB, 1451 Cass St., P.B. 858-274-7100.

P.B.Yoga, Open House
Mark your calendars, P.B. Yoga & Healing Arts' open house, Wed. Feb. 25th, 5:30 to 9:30 pm. Refreshments will be served. Participants experience short presentations by Dr. Kathleen Brooks, Dr. Phil Selinsky and Dr. Brian Perks, yoga demo, short meditation, tour the facilities, ask questions to learn how to achieve health and wellness goals for 2009. This open house is geared towards residents who are interested in living a yoga lifestyle. For more information contact Kate Danta, P.B. Yoga and Healing Arts, 961 Turquoise St., P.B. 858-488-7774, www.pbyogaandhealingarts.com



RONAN GRAY | BEACH & BAY PRESS
Point Loma High School student Sean Spratt takes aim.

ROTC
CONTINUED FROM Page 1
shoot weapons," Torres said. Representatives of Education Not Arms Coalition said at the meeting that JROTC acts as a military recruiting tool in high schools. They said students were often encouraged to join the JROTC at schools throughout the district.

Mission Bay High principal Cheryl Seelos said students are not "tracked" into the Mission Bay program and that the school offers the course as an elective requiring parents' permission. California College Republicans representative Matthew Donnellan, 21, rallied for the JROTC program. He said that those who oppose the program are misinformed.

"The JROTC shapes students to be leaders. It's safe and supervised," Donnellan said. During the meeting, board members praised the students' peaceful demonstration that included about 100 Lincoln High School students, community organizers and parents. Lt. Col. Brian Josten, Mission Bay High's JROTC instructor, said his students were disappointed with the board's decision. "What did the demonstrators gain?" Josten asked. "I sure know what we've lost, but what was gained?" Josten pointed out that no accidents had been reported in the JROTC's 80-year history in San Diego schools. Marksmanship training shows an impeccable safety record, according to Josten. The Mission Bay High principal said a lot of hard work and requests from students brought the marksmanship program to Mission Bay High in the fall of

2007. "It's a collegiate sport and has nothing to do with killing people on the street," Seelos said. "We're going to fight this." Controversy has surrounded the program since its inception, as critics decry the potential conflicts with the district's "zero tolerance" policy regarding weapons on campus. The air rifles use .177 caliber pellets that are slightly bigger than the more common BB used in most air pistols, according to JROTC officials. Point Loma High School principal Barbara Samilson said her school was caught off guard by the board's vote on the marksmanship training. "We were definitely taken by surprise," Samilson wrote in an e-mail. "[JROTC marksmanship] teaches self-discipline, the value of hard work and practice and the value of working as team." Mission Bay set aside an

estimated \$65,000 to help pay for staffing for the entire JROTC program. The Marine Corps pays for the rest of the marksmanship program, including the cost of rifles and safety equipment, according to Seelos. Despite getting rid of the rifles and ranges, the rest of the program remains intact. At the Feb. 10 meeting, the Board of Education also voted to allow the JROTC program to fulfill physical education graduation requirements, along with the school's marching band program. About 81 students enrolled in the Mission Bay High School Marine Corps JROTC program last year. The entire district had an estimated 2,000 cadets last year. San Diego High School was the first school to offer the program in 1919. Mission Bay High had an Army JROTC before officials moved the program to Madison High in 1962.

“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.

In most cases, there is always something natural that you can do to get yourself better and to live a better life. Here are four easy home remedies that you can use to help yourself get better.

#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!

Why Dr. Wong is Offering a New Patient Special Offer!

Sometimes your very favorite home remedies don't work. Then it's time to call my office for help.

* UNSOLICITED TESTIMONIAL *

"I was having so much back pain, neck pain and terrible headaches that affected my job. I was misdiagnosed so many times but now, I live pain free since I've been seeing Dr. Wong. My husband and kids used to call me 'grumpy' but not anymore! Thank you Dr. Wong!"

Signed,

Ligaya A, RN, San Diego, CA.



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When you call my office today at (619) 222-8885, you will receive up to \$300 worth of my professional services for only...\$47 for a limited time. (This offer expires on 03-15-09)

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Basically, it's time for you to try chiropractic care at my office. Let's face it, paying only \$47 for a \$300 office visit like this is completely nuts. However, suffering from pain...when you have an 80% chance of getting relief...is also crazy. Listen, I can't promise you results. But, I can promise you great service...and a friendly staff!

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Oh, I almost forgot to mention that I now have an *Iron-Clad Guarantee!* I want you to instantly realize how much your life can be easily improved with care at his office. Therefore, your first office visit is...GUARANTEED.

At the conclusion of your first visit, if you honestly think I've wasted your time, or you sincerely believe that you will not benefit from my care in any way...all you have to do is say no...and you will NOT be charged for your visit!

OK, now imagine how life will be a few weeks or months down the road...if you handle your aching body right now. Will you do better at work? Will you now be a fun person to be around? OK, you get the drift here...It's time to call my office today.

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It's easy to make an appointment at our friendly office. All you have to do is call (619) 222-8885 today and ask for the "\$47 New Patient Special."

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P.S. When accompanied by the first, we're also offering a second family member this same examination for only \$27 - What a great offer!

P.P.S. Don't forget, this offer ends on 03-15-09 so call right now!

NEWS**briefs**

Dead whale washes in

Lifeguards towed in the carcass of a 45-foot dead whale drifting a mile away from Boomer Beach in La Jolla on Saturday, Feb. 14.

Lifeguards towed the whale, believed to be either a fin or sei, to Fiesta Island where NOAA experts swiped blubber and skin samples for DNA tests to help determine the species. The thoroughly rotted whale carcass was then loaded onto a truck and towed to the Miramar Landfill on Sunday morning.

“It’s either one of those two species,” said Joe Cordaro, a wildlife biologist for NOAA. “They’re very similar in appearance but the animal had decomposed.”

The whale had been slashed but it’s unclear whether from a ship’s propeller or from another animal, like a shark or scavenging birds, according to Cordaro.

“We’ll probably never determine that,” Cordaro said. He estimated that the whale had been dead two weeks or more.

An average of seven, dead gray whales

are found floating along the California coast each year, not uncommon since the species migrates south each year. But only two or three of the other whale species are discovered dead along the state coast each year. In total, seven whale species populate the California coastal waters, including the blue whale, gray whale, humpback whale, fin whale, sei whale, sperm whale and the rare Bryde’s whale.

The online Los Angeles Times science page features a video of the dead mammal.

Big Boy Bandit arrested

An Ocean Beach man has denied he is the so-called “Big Boy Bandit,” a serial bank robber who has held up banks in La Jolla, Point Loma and Pacific Beach since 2006.

Stephen Francis Colburn, 54, was arrested by San Diego police on Jan. 26 outside his Ocean Beach home. According to jail records, Colburn is 6’2” and weighs 240 pounds.

He is charged with nine armed bank robberies and one attempted bank robbery, six of which occurred at various Citibank branches. He was arrested after an

attempted robbery at a Citibank in Mission Valley.

He is also charged with robbing the California Bank & Trust on Wall Street in La Jolla twice in 2008.

Colburn pleaded not guilty in San Diego Superior Court, and Judge David Szumowski set Colburn’s bail at \$1 million.

Colburn’s first alleged bank robbery occurred on July 12, 2006 in Pacific Beach. He was charged with holding up a Citibank branch in La Jolla on Oct. 5, 2006. He is also charged with robbing the Pacific West-ern Bank on Rosecrans Street in 2008.

The amounts taken in the robberies have not been disclosed.

Colburn remains in the George Bailey Detention Facility.

Driver hits bicyclist

The driver of a Ford Ranger a moment to retrieve something and struck a 28-year old bicyclist from behind, who was cycling along the bike lane on Sea World Drive on Feb. 16 at 8:24 a.m. The bicyclist suffered serious head injuries and was transported to UCSD Medical Center for treatment. The Traffic Division is investigating the accident.



RONAN GRAY | BEACH & BAY PRESS
Kristen Spees, 22, plays her saxophone on the boardwalk to help pay for law school. A law student from Oahu, she’s become a regular fixture on the boardwalk near the main lifeguard tower.

MTS loses money, again

Funding for public transportation in San Diego may get cut as much as \$14 million this year as the state moves to reduce or eliminate its transit assistance.

The Metropolitan Transit System (MTS)

SEE **BREIFS**, Page 9

What’s**New(s)**
Business | Growth | Innovation | News

Pacific Beach

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Mobile Bumper
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Don’t be annoyed or inconvenienced by dents, scratches and dings, Bumper Rescue comes to your home or office to make the repairs saving you precious time. Their highly trained technicians are qualified to repair any type of damage to your plastic bumpers, mirrors, spoilers, etc. This convenient service typically costs less than traditional body shops, most repairs are completed within two hours and repairs are guaranteed as long as you own your vehicle. You can also visit their reconditioning facility easily located at 2920 Damon Ave., right next to In & Out Burger in PB. Their repair experts can renew your bumpers, fenders, doors, hoods, spoilers, quarter panels, mouldings, body kits and more!

Check out their complete list of services at BumperRescue.com, also view the before and after photos of actual repairs, read the customer testimonials of Bumper Rescue’s timely, professionally completed repairs and the cost savings for you.

Request FREE estimates on-line, or call 619-237-3773 or drop by and say hello to Steven and the guys at Bumper Rescue, 2920 Damon Avenue, just off Mission Bay Drive (next to the In & Out Burger).

Help is available for
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With today’s economic uncertainties, many San Diegans are feeling a financial strain.

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SDUSD’s hope for budget ‘miracle’ unrealistic

] GUEST EDITORIAL [

John de Beck
SDUSD board member for beach community schools in Ocean Beach, Point Loma, Pacific Beach, Mission Bay, Bird Rock and La Jolla

Sixty million dollars is a lot of money. Since payroll is 80 percent of a school district's budget, the current 2010 shortfall for San Diego city schools amounts to \$48 million in lost jobs.

I have made a proposal that would preserve all of the jobs. But action is required now. So far, I am speaking to myself.

Picking away at the deficit remains the current board majority's attempt to balance a budget. The newly elected group is hanging their hat on bits and pieces of the immense total. If one ignores the \$48 million, as they seem to be doing, you are dealing with books and supplies, water, heat and electricity.

These overhead items are not easily cut, and tinkering around the margin may save a few million, but doing that is like sticking one's head in the sand to avoid danger.

The net effect of inaction is poorly considered massive cuts or a negative certification by the county superintendent.

The negative certification will increase the costs of Proposition S bonds, and can require appointment of a district czar to oversee the operations of the school system. Then the board will not have any decisions to make, because the new district czar will have the power to decide on his/her own.

To put this 2009-10 financial shortfall in perspective, the \$48 million amounts to the beginning salaries of 1,000 teachers. That represents about one-sixth of the teaching staff. Ignoring it is a total lack of fiscal competency.

The miracle expected by the board majority includes federal bailouts; stealing the required district 2 percent reserve of \$20 million (\$60 million minus \$20 million equals \$40 million — thus 80 percent = \$32 million in salaries); and the use of other funds with "flexibility!"

We are about to lose massive numbers of enriching programs, increase class sizes and risk financial ruin because of the new board majority's unwillingness to see the realities facing this district.

The furlough of workdays I proposed can save up to \$80 million over two years and would preserve valuable programs and eliminate layoffs.

Drastic as it seems, the plan, if implemented this year, along with the examination of other savings, would preserve the board's ability to guide the district through the current minefield and keep class sizes at the present level.

I have yet to have seen any proposal that can offer the advantages and savings that the furlough plan would provide.

Marksmanship is a collegiate sport

] GUEST EDITORIAL [

Pat Holm, Parent
President, Friends of Pacific Beach Secondary Schools

The SDUSD Board of Directors voted 3 to 2 to remove all marksman-ship programs from all SDUSD high schools. That affects nine high school programs within SDUSD.

Let's not forget, marksman-ship/rifle shooting is a sport. It is a NCAA-sanctioned collegiate sport in the USA. Marksman-ship with pump air rifles is taught in thousands of high schools throughout our nation. It is, after all, one more option for students to learn a sport. To date, it is NOT illegal to teach this sport in schools. In San Diego, it is apparently a matter of social acceptability. A few people don't accept it; therefore, it must not be tolerated.

Let's look at the instances of injury in air rifle marksman-ship. Zero instances in SDUSD. How many injuries have there been in

football, baseball, soccer, basketball, volleyball? If you look at the sport from the viewpoint of teaching aggressiveness, football should be banned. Will archery be next? How about baseball? A bat can be used as a weapon. Where does this "no tolerance" law stop?

JROTC is just another option for students to succeed. If they are interested in marksman-ship and wish to go on to the collegiate level, and then maybe the Olympics, who are we to say no? Are we afraid? What is the real reason for preventing students from learning air rifle safety? I would far prefer my stu-

dent learn under these circumstances than on the streets or from friends. We must allow our students to learn in safe environments and I believe you have done the students a great disservice by taking away this safe option. This costs SDUSD \$0!

Thousands of California high schools have air rifle classes. If not JROTC, then CMA, Civilian Marksman-ship. Even the private school Francis Parker offers an air rifle class — and they are proud of their program. We should follow suit by making a positive example of our air rifle ranges, not submit to fear and "political correctness." If we are to teach tolerance, then let's teach tolerance. Let's give our students the option to learn about air rifle safety in a classroom, not on the streets.



] LETTER TO THE EDITOR [

Stop the boomerang delivery

I do enjoy reading the Beach & Bay Press but I'm sick of having the plants in my front yard beheaded by the paper being hurled like a boomerang from the speeding white van of the delivery person.

If the newspapers were available in local businesses rather than delivered, it would keep lots of plastic bags

and elastic bands out of the trash. At the same time, it would save money and unread papers would not be left around to turn soggy, as only people who want them would take them, and it would encourage people to use the local businesses.

Thank You,
Diane Markham

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BEACH & BAY PRESS

Mannis Communications
4645 Cass St. Box 9550
San Diego, CA 92169
Fax: (858) 270-9325
Ad Fax: (858) 713-0095
bbp@sdnews.com
(858) 270-3103

sdnews.com

sdnews.com

PUBLISHER
Julie Mannis Hoisington
(858) 270-3103 x106
jmannis@sdnews.com

EDITOR IN CHIEF
Anne Terhune x133
mail@sdnews.com

EDITOR
Adriane Tillman x132
bbp@sdnews.com

REPORTER
Sebastian Ruiz x135
sebastian@sdnews.com

ACCOUNTING
Heather Glynn x103
Patty Angley x120
Accounts Receivable

AD CONSULTANTS
Tom Chambers x121
Mike Fahey x117
Jason Gregory x116
Marjorie Kirby x122
Michael Long x112
Ashlee Manzo x123
Heather Snyder x115
Innesa Zavulunova x147
Louis Viorato x136

CLASSIFIEDS MGR.
Heather Snyder x115
heather@sdnews.com

CLASSIFIEDS
Kim Donaldson x140
kim@sdnews.com

PRODUCTION MGR.
Casey Dean x107
casey@sdnews.com

PRODUCTION
Dee Kahler, David Ramsey,
Nicola Rushford, Chris Baker

PHOTOGRAPHERS
Mercy Arcolas, Don Balch,
Paul Gallegos, Ronan Gray,
Ron Gallegos, Paul Hansen,
Stan Liu, Paul Parks,
Barry Schwartz, Kirby Yau

CONTRIBUTORS
Eve Anderson, Charlene
Baldrige, Paul Douglas,
John Fry, Anthony Gentile,
Dave Kensler, Nicole Larson,
Bart Mendoza, Theresa
Miracle, Shannon Mulhall,
Loralee Olejnik, Neal Putnam,
Barry Schwartz, Dave
Thomas, Martin Jones
Westlin

OPINIONS Signed letters to the editor are encouraged. All letters must include a phone number for verification. The editor may edit letters for clarity and accuracy. Letters should be 350 words or less. Views expressed are not necessarily the views of this newspaper or staff.

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

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

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BRIEFS

CONTINUED FROM Page 7

must battle once more with reducing services and increasing fares to handle the lack of state funds.

The bus company is holding open houses throughout February to discuss proposals to restructure routes, eliminate routes and reduce frequency of service. The public is invited to submit comments for public hearing. For more information visit www.sdcommute.com.

Hearings will be held at various locations throughout the city, including:

Old Town Transit Center
Saturday February 21
11 a.m. to 4 p.m.
4009 Taylor Street San Diego

Fashion Valley Transit Center
Saturday Feb. 21
11 a.m. to 4 p.m.
1205 Fashion Valley Rd. San Diego
(Friars Road & Fashion Valley Road)

Iris Avenue Station
Sunday Feb. 22
11 a.m. to 4 p.m.
3120 Iris Ave. San Diego
(Iris Avenue & 30th Street)

OB brews a cold one

The Ocean Beach Brewing Co., a new venture based in OB, provided preview tastes of its new beer at Crave's Café on Newport Avenue on Feb. 5. Brew partners Kip Coleman, Michael Lukacs and Steven Lombardi invited friends and press members to the exclusive tasting. Coleman, an architect in Ocean Beach, said he hopes the local hospitality, bar and restaurant community will eventually serve his self-described Belgian-style India Pale Ale. Coleman has been brewing for about 10 years — longer than he's been in architecture, he said.

"I brew my own beer [and] I drink it because it makes me proud," Coleman said.

Lombardi, also an architect in Ocean Beach, said he helped design some of the bottle labels. One label features the Peace Rockers' Peace sign currently sitting atop the Ocean Beach International Hostel on Newport Avenue.

The Ocean Beach Brewing Co. doesn't have a license to sell or distribute the beer commercially so the owners are giving it away during quiet, brew party-style taste tests. The trio is tentatively calling

the seasonal ale OB Brew, or OBrew, Lukacs said.

Recycle electronics at SeaWorld

Residents looking to get rid of old TVs, cell phones, fax machines, telephones and other electronics can dump them at SeaWorld's sixth annual electronic recycling event on Saturday, Feb. 21 from 8 a.m. to noon.

SeaWorld's recycling program has collected nearly 225,000 pounds of waste and raised more than \$23,000 for conservation projects. Proceeds from this year's event will go towards the Chula Vista Nature Center.

Acceptable electronics to recycle include computers, TVs, VCRs, PDAs, cell phones, fax machines, copiers, MP3 players, monitors, stereo systems, calculators, speakers, telephones, laptops, plasma screens, LCD screens, keyboards, CRT screens and microwaves.

Unacceptable items include household and car batteries, items containing mercury, fluorescent light bulbs, washers and dryers, refrigerators and hazardous waste.

The electronics drop-off is free to all California residents who can show proof of their residency. Participants will receive a coupon for \$10 off general admission at SeaWorld for up to six people, valid through June 30, 2009.

For more information visit www.seaworldsandiego.com or call (800) 257 4268

State wants traffic help on Mission Bay Dr.

Traffic accidents and careless drivers has prompted state traffic engineers to propose the installation

of better traffic signals and a median on southbound West Mission Bay Drive as it crosses under Interstate 8 into Sports Arena Boulevard.

Traffic officials hope to start the \$1.2 million project in summer 2010.

Drivers exiting the I-8 westbound on Mission Bay Drive/Sports Arena Boulevard often dangerously cross over to the far side of the street to get back on the eastbound I-8. This puts pedestrians, cyclists and other drivers in danger, said Richard Estrada, a California Department of Transportation engineer.

"[Caltrans] staff have actually seen people cross lanes," he said. "[Drivers] will get into that free-flow lane and cut across, driving over the delineators (small plastic poles)."

City of San Diego staff, however, is concerned the change could back up traffic along West Mission Bay Drive as motorists try to leave Pacific Beach and the Mission Bay area. Traffic currently flows freely on the West Mission Bay Drive lane leading to the eastbound I-8.

City traffic engineer Julio Fuentes said Caltrans will meet in the coming months to consider the city's comments.

According to a preliminary Caltrans staff report, the area has been the scene of 105 collisions between April 2000, and March 2006.

Bingo Night at Lutheran school

St. Paul's Lutheran School will host Family Bingo Night on Friday, Feb. 20 starting at 5:30 p.m. at 1376 Felspar St. Prizes include restaurant certificates and movie passes. All ages are welcome. For more information, call St. Paul's school at (858) 272-6282.



Sixth graders dressed as Egyptians to explore the ancient culture for the Egyptian Festival at PB Middle School. PHOTO COURTESY OF PAM DEITZ



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Causes, Symptoms and Suggestions for Sundowner's Syndrome

Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night for a person in the early stages of Alzheimer's and other forms of dementia. Sundowner's Syndrome occurs in the late afternoon or early evening and can include increased confusion, anger, paranoia and rapid mood changes. Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night. A person who is sundowning will probably spend a great deal of time wandering because they are trying to come to terms with their surroundings.

The Alzheimer's Foundation has advice for dealing with Sundowner's Syndrome:

- Discourage day-time napping to regulate sleep cycle.
- Limit caffeine intake, particularly in the evening.
- Encourage exercise throughout the day to expend excess energy.
- Allow for light exposure in the early morning to help set internal clock.

Even the safest home can be treacherous for someone in a confused state. For more information and help to deal with someone experiencing Sundowner's Syndrome, call Innovative Healthcare Consultants at (877) 731-1442 or go to our website at innovativehc.com. Our RN case managers are experienced in all stages of Alzheimer's and would be happy to advise you.

Dr. Sunstein moves his La Jolla office

During my 13 years of college I received my Bachelor of Science in Biology at SDSU, then I received my Doctor of Dental Surgery from UCLA, and Advanced Degree's in General and Esthetic dentistry. I did my residency in New York City at Columbia University for Orthodontics and Dentofacial Orthopedics. I came back to join my family and live my dream practicing Orthodontics in La Jolla after my residency.

I have been practicing Orthodontics and Dentofacial Orthopedics here in La Jolla in my second decade of making smiles. We just recently moved from our Herschel address to 7575 Eads Ave., where our new state of the art facility has been built in the Montrachet building one block north of Pearl. There is easy access and plenty of parking.

I love making beautiful smiles every day, I truly enjoy what I do! If you would like to come by and see for yourself or for a free consultation you can meet my wonderful staff and myself. Some of whom have been with me since I started here in the "Jewel by the Sea." We are one big happy family. We look forward to making many more beautiful smiles in the years to come!

People's February Chocolate Treats

People's Chocolate Macadamia Nut Cookies

- Makes 30 cookies, which is plenty for sharing.*
- ½ cup plus 1 Tbsp. maple syrup
 - ½ vegetable oil
 - 1 tsp. vanilla
 - 1¾ cups whole wheat pastry flour
 - ½ tsp. baking soda
 - ½ tsp. sea salt
 - ½ cup macadamia nuts, coarsely chopped (available in the Bulk Dept. at O.B. People's Organic Food Market, where you can purchase just enough for the recipe!)
 - ½ cup chocolate chips

Combine syrup, oil and vanilla. Put flour and soda into separate bowl. Add wet ingredients into the dry, stirring just enough to mix well. Fold in nuts and chips. Spoon by tablespoons onto oiled or no-stick cookie sheets. Bake at 350° for 10 minutes or until lightly browned and just firm.

People's Chocolate Mint Cookies

- Makes 2 dozen.*
- 2 cups whole wheat pastry flour
 - ½ tsp. baking soda
 - ½ cup chocolate chips
 - ½ cup maple syrup
 - ¼ vegetable oil
 - ¾ tsp. peppermint flavor
 - ¼ tsp. vanilla

Mix flour and soda in bowl. Melt chips, oil and syrup in saucepan. When mixture is smooth, set aside to cool, then add peppermint and vanilla. Add flour and soda, stirring until smooth. Spoon walnut sized scoops of dough onto oiled baking sheets. Bake at 350° for 10 minutes, being careful not to overcook. Cookies should be soft to the touch.


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Scavengers or thieves, probe Mission Beach councilmen

BY DAVE KENSLER AND ADRIANE TILLMAN
BEACH & BAY PRESS

The seemingly homeless that scavenge trashcans for a scrap of food or recyclable bottles may not be as innocent as they appear. Mission Beach Town Council member Bob Craig launched an anti-scavenging program in 2007 to warn people about the threat from scavengers. His passion for the issue was born out of first-hand experience.

“One time I saw someone looking through my neighbors’ trashcans and then I noticed he did not have any large bags in which to put the items,” Craig said. “Then it occurred to me that he was not looking for soda cans or bottles but rather for information which could be used in identity theft.”

On another occasion, Craig watched someone search through trashcans in downtown Pacific Beach while carrying two large

bags. As Craig got closer to the man, he realized the large bags contained bolt cutters and other tools used for burglary.

Rummaging through a beach trashcan for a recyclable bottle is not against the law. Searching through a black, municipal trashcan parked on a resident’s driveway is illegal, according to San Diego’s Municipal Code 66.0301

As Craig focuses his efforts on “scavengers,” the police department warns neighbors to stay alert to any suspicious activity in their communities. People should shred and never throw away identity information like Social Security numbers or bank statements.

“The whole function of the Neighborhood Watch is that if someone appears to be suspicious, call us and we’ll go out and check it out,” said Captain Shelley Zimmerman of the police department’s Northern Division. “Everyone

needs to be aware of what goes on in their neighborhood. That’s the whole premise of Neighborhood Watch.”

Fellow town council member Bob Ruane, who owns and manages a condominium complex in Mission Beach, shares sentiments similar to those of Craig. A few months ago, someone stole bicycles from Ruane’s complex.

SEE **SCAVENGER**, Page 12

Bird festival swoops down

BY ADRIANE TILLMAN | BEACH & BAY PRESS

The 13th annual San Diego Bird Festival will fly by from March 5-8 to celebrate the more than 500 bird species that live or make an appearance in San Diego County for the winter.

The festival expects to attract more than 400 bird watchers to the four-day affair of bird watching fieldtrips and workshops. Outings include trips to the Salton Sea and Imperial Valley to search for more than 100 species, including the Snow Geese, Sandhill Crane, White-faced Ibis and Burrowing Owl. Other daytrips will send bird enthusiasts to the Whelan Lake Bird Sanctuary, Anza-Borrego Desert and Camp Pendleton.

Three-day excursions will lead bird enthusiasts across the border

to spot birds in tidal mudflats, fresh and saltwater marshes, sage scrub and grasslands in Mexico.

Workshops will feature topics like bird topography, bird calling, spring wildflowers, digiscoping, bird blogging and “Why Woodpeckers Don’t Get Headaches.” The festival will be headquartered at Marina Village in Mission Bay.

San Diego is home to a wealth of bird species, especially during the winter months. The area’s diverse environment of ocean, desert, mountains and lakes provides a wealth of habitats for bird species. Of the 750 bird species in America, 500 reside in San Diego County that includes the highest number of rare or endangered species in the country.

The county is also a flyaway for migrating birds. In the winter, birds

from as far away as Alaska and Canada will journey through San Diego County on their way to the warmer climates of the Americas.

Bird author, illustrator and expert David Allen Sibley is the keynote speaker who will discuss the challenges of creating a field guide to birds. In an interview with the San Diego Audubon Society, Sibley said the fact that birds can fly entralls him.

“Since they move so effortlessly and quickly in and out of view, you never know what you’ll find when you go for a walk,” Sibley said. Sometimes you’ll be able to watch it for minutes, or sometimes just get a fleeting glimpse.”

Sibley named some of his top favorite birds: warblers for their bright colors and indicating the arrival of spring; owls for their



PHOTO COURTESY OF SAN DIEGO AUDUBON SOCIETY | BEACH & BAY PRESS

Brown Pelicans are a common but delightful sight along the coast. Workshops at the festival teach Digiscoping, how to use a camera with a spotted scope.

mystery; ravens for their character; and gulls for their endless identification challenges.

Prices range from \$25 for workshops to \$90 for daytrips to \$400 for three-day trips. Registration is limited. For more information visit www.sandiegoaudubon.org or call the Audubon Society at (619) 682-7200.



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SCAVENGER

CONTINUED FROM Page 11

“When reviewing the videotape of the area I noticed one of the people rummaging through the trash cans, who I thought appeared fairly innocent-looking, was the same person who returned a few hours later and stole one of the bikes,” Ruane said.

For both Craig and Ruane, the ability of a scavenger to appear harmless poses a challenge to deterring greater crimes.

Someone may appear to be rummaging for recyclables but, in fact, he or she is surveying the area for unlocked doors and windows or property that is not properly secured.

“Most people do not pay any attention to those who are scavenging,” Craig said. “So even the experienced thieves masquerade themselves as a homeless scavenger.”

Residents have grown accustomed to seeing people search through trashcans and they think nothing of it, explained Craig.

“Let us say there were no people scavenging at all,” Craig said. “Then if you saw someone who looked suspicious or was searching through trash cans they would draw immediate attention. Unfortunately that is often not the case right now.”

To help curb the crime, Craig and Ruane have pasted anti-scavenging stickers on trashcans, and plan to erect metal signs in various lan-

guages that state scavenging is illegal. Pacific Beach Town Council offers residents anti-scavenging stickers, and the Mission Beach Town Council will hand out trash-can locks.

Ruane believes that scavenging activities have decreased in the area since the city passed Prop. D to permanently ban alcohol on the beaches.

“With Proposition D, we have seen a significant reduction in behavior problems at the beach as homeless people can no longer sit around and drink beer, nor are there as many collectibles to return for money,” Ruane said. “Nobody is bringing a 30-pack of Coke to the beach.”

Zimmerman confirmed that overall crime has dropped along

the beach communities, in part due to the ban on alcohol at beaches.

Both violent and property crimes dropped in 2008 in the beach areas in the Northern Division. Violent crime, including murder, rape and aggravated assault, fell approximately 13 percent, while property crimes and theft decreased by approximately 12 percent. Car prowls fell by 6.4 percent.

The Northern Division covers the beach communities from La Jolla to Mission Beach.

Zimmerman noted that many factors contribute to the decrease in crime, including Neighborhood Watch activities and police programs.

For instance, the police department trained more than 300 bartenders from beach-area bars

about preventing sexual assault as part of the No Bystanders program.

To help assert a police presence in the area, the Northern Division has also begun occasionally saturating an area, like Garnet Avenue, with policemen on-foot and in cars, who wear highly visible, reflective coats. Officers from other divisions assist the effort to create a strong police presence, if just for one weekend night.

“People can see that we’re in the area and it’s a huge deterrent [to crime],” Zimmerman said.

Zimmerman noted that thieves are more likely to break into a car to steal an iPod, phone or purse that is left visible on the car seat.

“People can make their own luck,” Zimmerman said.

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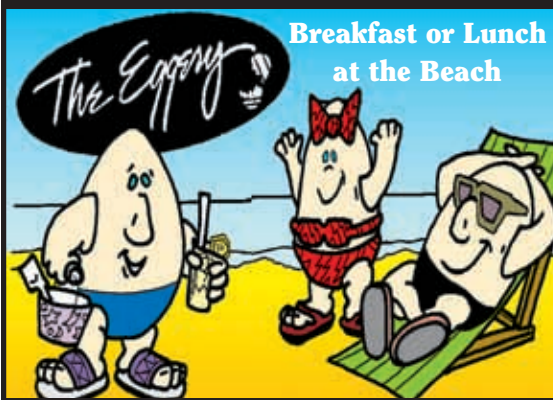
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Broken Yolk cracks 30 years

BY SEBASTIAN RUIZ | BEACH & BAY PRESS

The Broken Yolk Café on Garnet Avenue has been part of San Diego restaurant lore for 30 years this month.

Owner John Gelastopoulos greets his customers with a warm, ingratiating smile, a big handshake and a no-nonsense attitude. For the last 17 years, he and his wife, Chris, have run the café at its current location at 1851 Garnet Ave. The restaurant moved to Pacific Beach in 1984 from its former spot on Sports Arena Boulevard.

Nearly every day from 6 a.m. to late at night, Gelastopoulos works alongside his employees to make the café into a familiar neighborhood breakfast joint that serves everything from breakfast omelets and waffles to Angus burgers and Reuben sandwiches. “South of the Border” dishes add a touch of Mexican to the menu.

Their formula seems to be working. Now, with Broken Yolk Cafés in Eastlake, La Costa and one planned for the Gaslamp Quarter, Gelastopoulos and partners continue to ingrain the restaurant into local folklore with one secret: “You know what it is? Common sense,” Gelastopoulos said of his secret to success as a restaurateur. “And never think about the money. You’ve got to stay connect-

ed to the customer. Hands-on.” Gelastopoulos first brought his hands-on style to the restaurant business after emigrating from Greece in the ’70s. Working in San Diego restaurants and making a living in real estate taught him all he needed to know to settle in the restaurant business with the Broken Yolk Café.

When Gelastopoulos first arrived in Pacific Beach, there were about four major restaurants in the mostly residential Pacific Beach community.

Since then, he’s been schmoozing with customers, working with long time employees and offering thousands of visitors a year a chance to immortalize themselves into the Broken Yolk lore.

Two challenges let anyone become part of the Broken Yolk family.

The first is to create a breakfast dish so amazing that it’s named after you and is offered on the menu.

For example, the Tony G, an open-faced, egg-white and veggie omelet. Tony G, a regular customer who orders the dish, popularized it so they added it to the menu, Gelastopoulos said.

Another, more difficult way to become part of local tradition uses the brute force of appetite. Putting down a dozen-egg omelet, home fries and two biscuits in

under an hour earns the grand egg-gobbler a special place on the 12-egg Omelet Hall of Fame.

Rows of golden plaques look like trophies dedicated to awesome omelet legends who’ve eaten the humongous egg creation the size of a half a pizza. It’s an open challenge with open slots on the wall that invite the excruciatingly daring.

If you wonder how it’s done: “It’s the technique,” Gelastopoulos said. “You got to eat slowly, chew slowly, but people think I’m telling them that on purpose so they’ll [fail].”

Maybe one out of every 10 people can eat a dozen-egg omelet. Those that can finish the monstrous omelet eat for free and get a T-shirt and their name on the wall.

But if you don’t finish, the yolk’s on you. The dish cost \$24.99.

“You don’t eat. No shirt. No name. No free,” Gelastopoulos said.

But as a thank-you to loyal customers and first-time challengers, the Broken Yolk Café will offer customers a reduced-price menu for some of its more traditional dishes this Tuesday, Feb. 24, and Wednesday, Feb. 25.

Dishes like “The Mom,” a veggie omelet with avocado and alfalfa sprouts, are only \$3. The dish gets



SEBASTIAN RUIZ | BEACH & BAY PRESS

Broken Yolk Café celebrates 30 years of business and the 12-egg Omelet Hall of Fame.

its name because it’s made of all the veggies mom always said were good for you, Gelastopoulos said.

Other dishes include Eggs Benedict, Blueberry Pancakes and the No Name, which has bacon, avocado, tomato and mushrooms topped with sour cream.

Although the 12-egg omelet challenge remains at the regular price for these few days of celebration, look on the sunny side; it’s free if you finish. Plus, 30 years from now, your name might still be firmly scrambled into Broken Yolk legacy.



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MUSICcalendar
By BART MENDOZA | BEACH & BAY PRESS

Pop festival catches on at O'Connell's

San Diego is fortunate to have a nearly year-round festival season, with events taking place almost every weekend from March to November. The number of genre-specific festivals that take place annually also sets San Diego apart. Aficionados can find multi-day events devoted to folk, blues, Dixieland, bluegrass and more. The opening of the International Pop Overthrow Festival (IPO), a celebration of pop music from Feb. 20 to 22 at O'Connell's, adds a new entry to the list.

Founded in 1998 by Los Angeles teacher and journalist David Bash, the festival has championed pop music in all its forms.

"I was inspired to start IPO because, having been a music writer for a few years, I had gotten to know bands from all over the world whose CDs I was reviewing," Bash said.

He soon realized that many of those bands would jump at the chance to play in Los Angeles. For the first edition of IPO he invited more than 100 bands. The festival now takes place in 15 cities around the world, including San Francisco, Vancouver, Canada and Liverpool, England. Despite the increase in activities, IPO remains a two-person operation with Rina Bardfield co-helming the events.

IPO has changed since its 1998 Los Angeles debut.

"As the years went on and we started doing events in a lot of different cities, each one became more regional, meaning that most of the bands playing in that city were actually from there," Bash noted.

San Diego's line-up includes 23 artists over three nights, each playing a 30-minute set. Highlights include Four Eyes, The Shake Ups and Sven Erik Seaholm on Feb. 20; The Loons and Cindy Lee Berryhill on Feb. 21 and The Modlins and The Anna Troy Band on Feb. 22.

Though Bash has long considered San Diego to have a vibrant music scene, he chalks up the 11 year wait for an IPO in San Diego to its proximity to Los Angeles.

"I think it's the old chestnut where if something is right under your nose, you miss it," he said. "San Diego is so close in proximity to my home base of Los Angeles and I was always concentrating on cities which are much farther away, so I completely missed it."

He hopes to make up for lost time by expanding the event next year.

The IPO line-up shows how many guises "pop" can take – from the quirky folk rock of Berryhill to the stomping garage music of The Shamey Jays – but there is common ground.

"I am looking for bands who emphasize melody over anything else," Bash remarked. "Whether it's power pop, folk, indie, garage, mod, modern rock, et cetera, if the band

has a good pop sensibility and good melodies, I am interested."

According to Loons frontman Mike Stax, the 30-minute sets are just long enough for a band to make its point.

"We like playing short sets, as they're easier to pace and you can keep the intensity level higher," he said. "We'll whittle it down to the stuff that's sounding the best to us right now, which means a lot of new songs."

Seaholm concurs. "I call these 'handshake sets,'" he laughed. "It's a way for an artist to come onstage and say 'Nice to meet you, here's

SEE MUSIC, Page 16



PHOTO COURTESY OF SANDRA CASTILLO
Leader singer Mike Stax belts it out for The Loons, a band that will play at the International Pop Overthrow Festival at O'Connell's, Feb. 21-22

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What's New(s)

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—Beach & Bay—

Retailer Gets a Week at the Pipe Masters Courtesy of Billabong

Jeff Kinney from The Surf Club in Pacific Beach, San Diego, was the winner of Billabong's Surf Shop Showdown, winning a weeklong trip for two to be Billabong's guests at the 2009 Pipeline Masters in Hawaii.

"It was totally random," said an elated Jeff Kinney. "I am so stoked!" To help support the retailers at ASR, Billabong's Retail Marketing Manager Mike Wallace came up with the idea of doing a drawing much along the lines of the college basketball championships where a field of 64 is narrow to the top 16 and then the final four. Retailers flocked to the contest, filling all 64 slots early on the first day.

"When I got there my Billabong rep, Gary, told me to be sure and put in my business card so I was entered to win," said Kinney. "The next day I left the show early to work at the shop. When I got the call that I was in the final four I called my manager and said 'come take over!' I shot down there and arrived just minutes before they picked the winner."

Billabong sees Kinney as typical of the solid surf shop owners who are the backbone of the sport and industry.

"He does it for the passion he has for the sport, not for financial gain," said Royce Cansler, Director of Retail Relations, who helped coordinate the event. "He's a guy who looks at life with his cup half full." Kinney has been the sole owner of the Surf Club for 29 years, through thick and thin, always providing the beach customer with the best service possible. "Kinney's always very positive," notes National Sales Manager Jeff Booth.

"He runs his business with integrity. Jeff is very deserving of this win."

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Padres dump Matt Bush

BY ANTHONY GENTILE | BEACH & BAY PRESS

The fairy tale envisioned in 2004 when Mission Bay High's Matt Bush was selected number one overall by the San Diego Padres has turned out to be nothing more than a nightmare. The Padres designated Bush for assignment Feb. 5 following his most recent off-field incident and sent him to the Toronto Blue Jays on Feb. 10.

Bush is currently under investigation for alleged assault and public intoxication that involved the boys lacrosse team at Granite Hills High School in El Cajon. The incident took place around 3:30 p.m. on Wednesday, Feb. 4.

The injuries sustained by the victims were minor, according to Lt.

Steve Shakowski, information officer for the El Cajon Police Department. The police report claimed that Bush was drunk during the incident, according to victims and witnesses.

As Bush awaits his fate with El Cajon police, his fate with the Padres has been sealed. Five days after designating Bush for assignment, the Padres sent Bush to the Blue Jays for a player to be named later or cash considerations.

Last week's incident was the third altercation that Bush has been involved in since being taken No. 1 in the 2004 MLB Draft. Two weeks after the draft, Bush was accused of felony assault and misdemeanor trespassing that stemmed from a nightclub altercation near the

Padres spring training facility in Peoria, Ariz. Last summer, Bush was involved in another fight near Peoria.

As for his on-field activity, Bush never made an appearance for the Padres. He appeared in 206 minor league games with Padres affiliates in Fort Wayne, Eugene and Lake Elsinore from 2004 to 2007 and hit .219 as a shortstop.

Bush was converted to pitcher partway into 2007 and appeared in seven games for Lake Elsinore, recording 16 strikeouts in 7.2 innings. His season was cut short, however, when he sustained an elbow injury that required Tommy John surgery in the offseason. Bush is currently completing rehab for the injury.

MUSIC

CONTINUED FROM Page 15

what we do,' and then do it."

For Patrick O'Connor of The Shake Ups, IPO is a chance to showcase what he considers to be an occasionally maligned genre.

"To me, it's all about great songs and catchy melodies, but it seems some people are turned off by the

description 'pop,' he said. "Too bad — just think of all the great tunes popular culture is missing out on. A festival like IPO gives us all the chance to right those misconceptions."

Seaholm considers the festival a gauge on the condition of the local music community, and he likes what he sees. "It's always an honor to be invited to participate in any event where so many artists you

respect and admire are performing," he enthused. "But it's really great to be able to show just how deep the talent pool is in our city's music scene."

International Pop Overthrow takes place at O'Connell's, 1310 Morena Blvd., on Friday, Feb. 20 and Saturday, Feb. 21 at 7:30 p.m. and Sunday, Feb. 22 at 4 p.m. Tickets are \$8. For more information visit www.internationalpopoverthrow.com



Glitz, glamor and grace on ice

The "Smucker's Stars on Ice tour" dazzled spectators with a host of some of the most well-known and impressive performers in the world at the San Diego Sports Arena on Feb. 7. Left, two-time Olympic bronze medalists Xue Shen and Hongbo Zhao, of China, skate in tandem. Top right, U.S. Olympic silver medalist Sasha Cohen portrays and angel as she skates for the audience. Bottom right, special guest Jeffrey Buttle, a U.S. Olympic bronze medalist and former world champion, shows off his stuff in front of an enthusiastic audience.

PAUL GALLEGOS | BEACH & BAY PRESS

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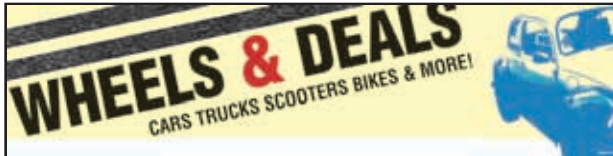
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5



PB Foreign & Domestic Car Repair

Serving PB since 1981. All work guaranteed, 6 months or 6,000 miles, all makes and models. Check our coupon at pbforeign.com, visit George & Arron at **1727 Garnet Ave., 858.270.1142.**

6

710 Beach Club

710bc.com

AWESOME FOOD - FULL BAR - SPORTS
All packages including UFC
LIVE ENTERTAINMENT•PRIVATE PARTIES•PUB CRAW•FOOD & BEER TO-GO

710 Garnet Ave., Pacific Beach • 858.483.7844



7

PB Ale House

PB Ale House is a great new restaurant and bar in Pacific Beach. Located at the end of Grand Avenue, close to the boardwalk. The restaurant is stylish and comfortable and includes a rooftop deck with ocean views.

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.
Student Massage \$45. Licensed Professional Massage \$60.

1414 Garnet Ave., 858.490.1154



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

1888 Garnet Ave. (Pacific Plaza II), 858.362.3607



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

FREE FAX
Fax 1 Page
Get 1 FREE

50% OFF
Any Style
Cardboard Box

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

CROSSFIT ELITE

-Forging Elite Fitness

PB's ONLY CrossFit Training Center!
Located inside American Boxing MMA & Fitness @ 2710 Garnet Ave.
inside PB Gateway Center across from Weinerschnitzel near the I-5 Freeway

www.crossfitpacificbeach.com 858-581-2694



15

Happy Hour

Home of the infamous "Border Bastard" Join us for Happy Hour from 4-7 7 days a week. All New England Patriots, & Boston Red Sox Games NFL Sunday Ticket & Free pool all day sunday. Brand new food menu served from open to close!

2263 Garnet Ave., 858.273.9181



16

Plum Crazy Saloon

68 Beers on Tap! · Pool · Foosball · Sports TV
Come join us for a slice of Pacific Beach.

1060 Garnet Ave., 858.270.1212



17

Wells Fargo

Wells Fargo provides banking, insurance, investments, mortgage, and consumer finance with over 100 branches in San Diego

1302 Garnet Ave., 858.272.8824



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

1717 Quivira Rd., off of West Mission Bay, at Seaforth Sport fishing. (619) 222-3317



20

La Jolla Auto Body

"Since 1968" Scotty - Paulette - Kenny - Jose
Specials: \$25.00 Off your next auto "Detail",
10% Discount on your total "labor" costs on any estimate.

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

1675 Garnet Ave. San Diego CA 92109 1.800.379.5757



23

S.D. Storage

Convenient, secure storage right here in PB!
Open 6am-6pm Mon-Sun. Variety of sizes to suit your needs.
See our website for specials and information.

sdstorage.com- 4595 Mission Bay Drive, 858-273-1717



24

Bumper Rescue

Auto bumper repair experts!!! Free estimates to your home or office or at our reconditioning shop. Our quality is GUARANTEED. We also do autobody and more. All work Guaranteed as long as you own your vehicle.

2920 Damon(behind In&Out burger), 619-286-7377, www.bumperrescue.com



25

Clear Away Chip Away Auto Glass

Your first choice for auto glass needs, expert installation, windshields, power window motors, service & integrity is first with us, you're in great hands, all repairs with lifetime warranties.

Call us for an estimate, 619-508-2433 • 2920 Damon



SHOP LOCALLY!