



GOLD MEDALISTS:
PB Middle School band captures
gold at Forum Festival. **Page 14**



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Thursday, June 10, 2010

MBHS graduation

Valedictorian Marlee Glasgow reflects on her time as a Buc

By **ANTHONY GENTILE** | BEACH & BAY PRESS

On June 21, 302 seniors at Mission Bay High School (MBHS) will start a new chapter of their young lives and MBHS valedictorian Marlee Glasgow is closing the book on four years strongly tied to her local community.

"When you're a part of your community school, you're more likely to participate in events after school and outside of class," Glasgow said. "The sense of community is definitely higher."

Glasgow has lived in Pacific Beach since birth and attended Kate Sessions Elementary and Pacific Beach Middle schools before MBHS. While some of her friends and neighbors opted for schools in other areas after eighth grade, Glasgow stayed at home.

MBHS year-end event schedule

Prom – June 12
at Westin Hotel Horton Plaza

Grad Night – June 17
at Magic Mountain

Last day of school – June 21

Graduation – June 21, 5 to 7 p.m. at MBHS Stadium

While at Mission Bay, Glasgow played volleyball for all four years, varsity water polo for her first three years and even tried her hand at badminton this past year.

In the classroom, her favorite subject is English, noting "Brave New World" as a recent read.

"I enjoy going in-depth on books," Glasgow said, "seeing stuff that you wouldn't really see elsewhere or understand just reading it by yourself."

On campus, Glasgow served as president of the Interact Club, a community service organization that volunteered on community projects around Pacific Beach. That community service was part of the International Baccalaureate program curriculum, in which she was one of six seniors to receive a full diploma.

This fall, Glasgow will move away from Pacific Beach for the first time in her life when she attends the University of Colorado at Boulder. While the Colorado cold weather might be an issue, Glasgow, who created the Ski and Snowboard Club at Mission Bay High, won't have any problem with the Rocky Mountains.

"My family has always gone up to the mountains," Glasgow said. "My dad is into action sports, so we do that in the winter and wakeboard in the summer."



Marlee Glasgow is the valedictorian of Mission Bay High School's 2010 graduating class.
DON BALCH | BEACH & BAY PRESS

Though not ready to speculate on a future career, Glasgow said she plans to study communications at Colorado. She feels that with social networking and the Internet, her generational peers are slowly losing the ability to effectively communicate.

"It's becoming more and more difficult to talk to people in person and it's important to know how to do that," Glasgow said.

As Glasgow prepares to leave the sand for the slopes, she also plans to come back to Pacific Beach whenever she gets the chance. When she thinks of her hometown, she thinks of a drive down Garnet Avenue.

"It's a total beach town," she said. "It's a cool, chill place where people ride around on bikes with their shirts off in flip-flops and bare feet, and no matter what the weather is, you always see someone in shorts or flip-flops."

PBTC holds wine tasting to benefit community

By **ANTHONY GENTILE** | BEACH & BAY PRESS

Later this month, Pacific Beach locals can help their community simply by snacking and sampling wine. The Pacific Beach Town Council (PBTC) will hold its ninth annual Wine Tasting and Silent Auction on Sunday, June 27.

"It's a unique event," said PBTC President Rose Galliher. "It's great for the kids and I think it's great for the community as a whole."

The annual fundraising event will be held at 5 p.m. at Lotsa Pasta, 1762 Garnet Ave. It will feature heavy hors d'oeuvres from the host and wine from five different vineyards in California.

"The food is going to be over the top," Gal-

liher said. "It's going to be so good this year and we've added some new dishes to enhance our menu."

The event also features silent auctions and raffle items, including a Hornblower Cruise and Chargers tickets, stays at Pacific Terrace Hotel and restaurant gift certificates. PBTC will put the proceeds from the event back into the community, giving to whichever cause needs help.

"Usually, when we have an event like this, whoever is in need of the money writes us a request letter," Galliher said. "But it usually goes to the school or the library — wherever we can help at that moment."

Money raised from last year's wine tasting

event went to Mission Bay High for a mural, a scholarship for a local student, the holiday parade and the library. The June 27 event is PBTC's main fundraiser for the year.

"It's helping our schools and our community — to give them funds that they would not be able to get," Galliher said.

Wines from five different wineries will be available for tasting, including San Diego producers San Pasqual Winery on Santa Fe Street, Rock Canyon Vineyards in Alpine, and Eagles Nest Winery in Ramona.

Tickets to the event are \$30 and can be purchased at the PBTC office at 1706 Garnet Ave. For more information, visit www.pbtowncouncil.org.

Organization signals S.O.S.

SD Junior Lifeguard Foundation to kick off summer with dinner gala

By **ANTHONY GENTILE** | BEACH & BAY PRESS

The San Diego Junior Lifeguard Foundation (SDJLF) is doing its part to kick off the summer season on Mission Bay with its S.O.S. — Start of Summer Dinner Gala — on Saturday, June 12. The event is SDJLF's annual fundraiser dinner to sustain the Junior Lifeguards Program, which is supported by the nonprofit foundation.

"The foundation formed because of the financial difficulties with the city," said SDJLF volunteer Belinda Bencomo. "We want to make sure the program is able to stay intact and that we're able to offer the same programs."

The gala will set sail from the Bahia Hotel on the William D. Evans boat and the evening will feature dinner, drinks and a silent auction. Local band Agavero Revue will provide live music during the cruise.

"It's just going to be a beautiful evening on the bay," Bencomo said. "It's a great event and we support several programs."

Among the programs SDJLF supports are Bridge to the Beach, which allows central San Diego children to spend a day at the beach, and Learn to Swim for Free, in which the organization travels to local community pools and offers free swimming lessons. Both programs are conducted at no cost to the participating children.

"Living in San Diego with the ocean being one of our biggest assets, being able to offer kids the opportunity to learn about and appreciate the ocean and actually learn a lifelong skill like swimming is a great cause," Bencomo said. "It gives kids the opportunity to appreciate nature and learn a skill — there's nothing better than that."

Funded by the city until last year, the Junior Lifeguards Program was in danger of disappearing because of city budget constraints. It currently survives on donations and volunteer efforts, including the one-year-old SDJLF.

"We get a lot of people to participate in the programs, but there is no funding for those at all," Bencomo said. "What we're trying to do is raise funds so that we can offer those programs."

Tickets for the dinner gala are \$50, which goes straight to the SDJLF. For tickets or more information, visit www.sdjlfoundation.org.

ELECTION

RESULTS

June 8 primary election

GOVERNOR

Republican

Meg Whitman 63.65%

Democratic

Edmund "Jerry" Brown 80.20%

NOTE: Whitman and Brown will vie for governor in November

SAN DIEGO UNIFIED SCHOOL DISTRICT

SUB-DISTRICT C

John de Beck (incumbent) 42.76%

Scott Barnett 41.20%

Michelle R. Crisci 16.04%

NOTE: de Beck and Barnett will have a runoff for the school district seat in November

CITY COUNCIL DISTRICT 2

Kevin Faulconer (incumbent) 61.01%

Patrick Finucane 24.49%

Jim Morrison 14.49%

PROPOSITION D – Strong Mayor

Yes 60.53%

No 39.47%

NOTE: A ninth council district will be created following the U.S. Census redistricting and that seat will be filled in 2012

Source: County of San Diego Registrar of Voters




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PBMS band captures gold at Forum Festival

By ANTHONY GENTILE | BEACH & BAY PRESS

Less than a year after becoming a full in-school program, the Pacific Beach Middle School (PBMS) band has struck gold. The band brought home a gold medal at the Forum Music Festival in Orange County on May 21.

“To get a gold was purely an effort and accomplishment on their part,” said band director John O’Donnell. “It was their decision to achieve that.”

Although medals were handed out for first-, second-, and third-place awards, the PBMS band was the only group out of 10 competing schools to receive a gold rating, making its performance the best of the festival. What makes the achievement more impressive is that the band members did it with only 23 members and without trombones.

“The way we got around that is that was one of the percussion players played the trombone part on the keyboard and we wrote that to the judges,” O’Donnell said. “One of our percussion players had to learn sheet music.”



Pacific Beach Middle School’s band – which became a full-fledged in-school program less than a year ago – captured a gold medal at the Forum Music Festival in Orange County recently. COURTESY PHOTO

PBMS gold-medal winning band members are: Colton Ambrose, Mark Armstrong, Eden Causey, Kevin Gomez, Conner Herron, Kiana Jones, Max Kappele, Max Le May-Zambrano, Michael Martinez, Justus McCabe, Jackson Menezes, Erik Mosely, Katrina Rivett, Nick Schoettle, Sara Serafimovski, Haruka Takahashi, Priscilla Tamborini, Colin Tandy, Hannah Tandy, Anna Thuleen, Josue Vazquez, Malcolm Weslin and Corey Zimmerman.

During their performance, the band performed two numbers – “Three Classic Miniatures,” which samples classical composers Haydn, Purcell and Teleman, and “White River Canyon

(Overture).” But O’Donnell said the PBMS group impressed the festival judges before even playing a note.

SEE PBMS, Page 4

Watchdogs release beach water-quality report card

By SEBASTIAN RUIZ | BEACH & BAY PRESS

Water-quality watchdog groups Heal the Bay and San Diego Coastkeeper handed down a mixed report card for local beaches last month. Mission, Pacific, and Ocean beaches received good overall grades during dry weather months, but each received poor grades during wet weather months when inland runoff mucks up the waterways. Vacation Isle of Mission Bay made the “beach bummer” list for

some of the poorest water-quality test results in dry months — a time when runoff typically is not an issue.

The nonprofit environmental groups urge more waterways testing for bacteria — a step that would also require more funding. Gov. Arnold Schwarzenegger in 2008 cut about \$1 million for water-quality monitoring.

“It’s challenging,” said Kirsten James, water quality director for Heal the Bay. San Diego and other counties “[have] seen a decrease in funding for water-quality

testing in recent years, so we’re looking for state and local [governments] to give us a sustainable funding source to continue water-quality testing.”

The statewide beach-monitoring program remains “essentially unfunded” starting in 2011, according to the environmental groups’ report.

Clay Clifton, San Diego Coastkeeper’s watershed monitoring program manager and former county environmental

SEE WATER, Page 14

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PB resident wins award for resiliency, spirit

By HILLARY SCHULER-JONES | BEACH & BAY PRESS

Jo Ann Antigiovanni, a 33-year Pacific Beach resident, was living a full life in 2004: traveling with her husband, tending to her son, volunteering in the community and working as an administrator and agent at a CPA firm.

Then, after a particularly hectic tax season, she took a trip to Lake Tahoe, where she struggled the entire time to breathe and, at times, walk. She assumed she was suffering from the effects of work-related stress, but upon returning home and undergoing a battery of tests, her doctors delivered a stunning blow: she was diagnosed with sarcoidosis, pulmonary hypertension and scleroderma, a trio of life-threatening diseases that attack the lungs.

The treatment involved a plethora of medications — including steroids — as well as 24-hour use of an oxygen tank. Not only could she barely breathe, but she was also permanently tied to the cumbersome machine that inhibited her mobility, her lifestyle and her self-esteem.

While many people in the same situation might respond by retreating from the public, Antigiovanni became even more determined to live life on her terms.

"When you go on oxygen, the first thing you want to do is stay at home and never be seen," Antigiovanni said. "You have to decide what you are going to do.



COURTESY PHOTO

Jo Ann Antigiovanni of Pacific Beach, who was struck by a trio of life-threatening diseases in 2004, was recognized June 4 for her personal resiliency at the Sharp HealthCare Foundation's 2010 Victories of Spirit awards gala.

My decision was, 'I've got to do something about this. I can't spend the rest of my life at home.'"

On June 4, Antigiovanni was recognized for her fighting spirit at the Sharp HealthCare Foundation's 2010 Victories of Spirit awards gala, which honors former patients who "embody the spirit of courage, strength and possibility," according to David Brown, Sharp's system director of rehabilitation services.

Antigiovanni began receiving treatment through the Sharp pulmonary rehabilitation program and steadily regained strength. As her health improved, her involvement increased, and she became the "Pulmonary Rehab Greeter" to help encourage her fellow rehab patients to become active again.

She also aligned herself with the American Lung Association (ALA), and in 2008 she completed the "5K Healthy Air Walk" with her oxygen tank in tow. Antigiovanni said she hopes her participation in that event, as well as her subsequent role as an ALA spokeswoman, will encourage other people on oxygen to start living their lives again.

"If I can get one person out of their house and into [Sharp's pulmonary rehabilitation] program and walking and feeling like they can do something for themselves, I feel like I've made a difference," Antigiovanni said.

"I would like them to see they can do this," she said. "They don't have to sit at home. A very difficult thing for me was going to the movies, because you're on oxygen and you hear these little poof, poofs, and you think, 'Am I bothering other people or something?' People on oxygen, they have to go to the movies. They have to do other things. They can't just stay home."

Antigiovanni's health has improved so much that she is now uses oxygen only on an as-needed basis. Her next challenge is a summer trip to Sedona, Ariz., which has an altitude of 4,500 feet — about 2,000 feet higher than the elevation at which she stops being able to breathe completely — where she said she is excited to test her new portable oxygen concentrator.

EVENTS CALENDAR

Looking ahead

THURSDAY, JUNE 10

VFW Post 5985 Meeting, 7 p.m., 853 Turquoise St., (858) 488-3631, <http://vfw5985.com>

MONDAY, JUNE 14

Alcohol license issues and policies in Pacific Beach, 6:30 p.m., special community meeting of the PB Planning Group to discuss current alcohol licenses, official policies and community impacts, PB Middle School auditorium, 4676 Ingraham St., www.savepb.org

TUESDAY, JUNE 15

Pacific Beach Community Advisory Committee, 6 p.m., Discover PB office, 1503 Garnet Ave., (858) 273-3303

"Under the Covers," book discussion group, 6:30 to 7:30 p.m., Taylor Library, 4275 Cass St., (858) 581-9934

Mission Beach Precise Planning Board meeting, 7 p.m., Belmont Park meeting room, Fitness Advantage at the Plunge, 3146 Mission Blvd., www.missionbeachtc.org/id23.html

WEDNESDAY, JUNE 16

PB Hospitality Task Force, 1 p.m., Discover PB offices, 1503 Garnet Ave., (858) 273-3303

PB Town Council General Membership meeting, 6:30 p.m., PB Women's Club, 1721 Hornblend St., (858) 483-6666.

THURSDAY, JUNE 17

Raw Food 101, 2 to 4 p.m., "uncooking" demonstration, Taylor Library, 4275 Cass St., (858) 581-9934

WEDNESDAY, JUNE 23

PB Planning Group meeting, 6:30 p.m., Taylor Library, 4275 Cass St., info@pbplanning.org.

THURSDAY, JUNE 24

Safe & Beautiful Committee meeting, 6:30 p.m., PB Presbyterian Church, Knox Chapel, 1675 Garnet Ave., (858) 483-6666.

PBMS

CONTINUED FROM Page 3

"We didn't ramble onto the stage. We walked in as a unit and the children stood until everyone had a chair and a stand and then they sat together," O'Donnell said. "These are things you do to get to the judges. We trained and practiced that."

A few years ago, it would have been hard to imagine such a sudden gilded future for the PBMS performers. After years without music programs at PBMS,

a group of parents went to school supporters Friends of Pacific Beach Secondary Schools asking for support for after-school choir and band programs before the 2007-08 school year.

Friends of PB Secondary Schools obliged and supported the band for two years (they still support the choir program) before it grew strong enough to become part of the school's curriculum and the regular school day. The district's Visual and Performing Arts Department currently funds the band.

The freshly crowned PBMS band will play its final concert Tuesday, June

15 in the school's theater. In addition to its own set, PBMS will perform a combined piece with the band from Muirlands Middle School in La Jolla during the free concert.

"It's going to be fun. We're rehearsing in our own groups but it's going to be impossible to rehearse them before the concert," O'Donnell said. "They will have never played together before, but I'm going to guarantee it's going to be good."

PB Middle School is located at 4676 Ingraham St. For more information, visit pbmiddle.sandi.net.

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NEWS *briefs***Friends of PB Secondary Schools raises \$8,000**

Local school supporters Friends of Pacific Beach Secondary Schools (FOPB-SS) raised more than \$8,000 for Pacific Beach schools at its Blues by the Bay fundraiser on May 23. The group's major annual fundraiser was held at the Mission Beach Woman's Club.

"The local business support in Pacific Beach was outstanding," said FOPBSS member Pat Hom. "Our community came out and we appreciate what everybody did."

The FOPBSS organizational committee of Hom, Pam Deitz, Laura Daley, Lori Glasgow, Cori Meara and Kim Schoettle crafted the event. Big Daddy Blues Band performed, Karl Strauss Brewery provided a keg of beer and local businesses provided \$22,000 worth of items for the silent auction.

"It was an amazing night," Hom said. "We had parents come from different areas to our auction and they loved it."

Hospitality industry helps clean business district

The Pacific Beach Hospitality Task Force, a committee of Discover PB, will host Hospitality Cares, a neighborhood clean up event in the business district.

Hundreds of area hospitality workers are expected to participate. I Love a Clean San Diego and Enviro Clean have partnered with the local hospitality industry to assist with the event. The groups will participate in graffiti removal, litter abatement and sidewalk washing throughout the business district.

Volunteers from PB Shore Club, Bar West, Olde City Grill and more will help clean on Monday, June 14 from 9:30 a.m. to 12:30 p.m. Cleaning will take

SEE BRIEFS, Page 12



This large crane was a familiar sight in the Mission Bay channel during jetty reconstruction which started in October 2009.
PAUL HANSEN | Beach & Bay Press

Needed fix completed for Mission Bay channel jetty

By ANTHONY GENTILE | BEACH & BAY PRESS

Last month, work was completed on a much-needed fix to the Mission Bay channel jetty. The area (south of Mission Beach/just north of Dog Beach) once hazardous to local boaters was restored in the first of two projects involving the waterway linking Mission Bay to the ocean.

"The importance of that repair really can't be overstated," said Alex Roth, spokesman for San Diego mayor Jerry Sanders. "This was an enormous hazard to boats of all shapes and sizes coming in and out of the mouth of that jetty. It was extraordinarily dangerous."

Construction began last October to repair the last 250 feet of the jetty that was previously destroyed by storms. Before the restoration, the underwater portion of the jetty posed a problem for local boats.

"Rather than being a normal jetty, that final 250 feet was all submerged and it created a really nasty hazard for boats," Roth said.

The jetty restoration cost an estimated \$2.3 million, which Roth said was completely paid for by federal stimulus

money. In addition to the restoration, a new foghorn and light were installed at the end of the jetty.

"Getting in and out of that channel is infinitely safer," Roth said. "It was a life-endangering situation out there that has now been fixed."

The most emblematic element of the project was the large crane that sat in the middle of the channel during construction. Roth said the crane was necessary to move the large boulders that made up the jetty.

"The construction was logistically complicated," Roth said. "You had to deal with occasionally very rough seas, deal with these extraordinarily massive boulders."

The next project involves dredging Mission Bay channel — pumping out sand and silt from the floor to make it deeper. Roth said the channel's current depth allows waves to break inside it, which can make it too rough for boats.

"On a rough day, boats can capsize trying to get in and out of that channel," Roth said.

Dredging of the channel is slated to begin in September and last approximately 45 days.

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GUEST COMMENTARY



Now & Then

John Fry



The Fine Arts Theater, once next to Mr. G's.
COURTESY PHOTO

NEIL VOLK IS 40 YEARS OLD and a Pacific Beach native. He says he remembers me as a substitute teacher at Pacific Beach Junior High and apologizes “in advance” if he caused me any grief. Actually, it was probably Mission Bay High School — and the damage is done.

Actually, Neil wanted to weigh in on the Newberry's/PB Bowling Alley discussion. He didn't think there could have been more than 24 lanes, but he thinks the place had been remodeled and downsized by the time he started to hang out there. His memories of Newberry's go back to when his mom would allow him to pop a balloon for a discounted treat.

Neil wonders if others recall Al the Pizza Cook at Mr. G's who “sported a Speedo.” I assume Speedo was a haircut, not a bathing suit. Al's response to the grief he got from Neil and his gang was “The gods must be crazy.” Actually, I think that was the name of a movie I saw next door at the Fine Arts Theater.

OH, THAT TOMÁS — what a card! The proprietor of Pacific Tailors on Grand Avenue does outstanding work at a good price. Did I mention he was a comedian? He called to tell me my pants were ready and I asked how much it would be. He told me the amount, then added, “but the price doubles if you're not here in five minutes.” You're never quite sure when he's joking because of the dry wit — and the heavy accent.

MY PAL TOM LASHELL got his money's worth a couple of weeks back when he decided to purchase Padres mini-season tickets. He opted to go with a Wednesday evening-Sunday afternoon package. The first game he attended was against the Saint Louis Cardinals on Wednesday, May 26. The Padres won 2-1 when Jerry Hairston hit a walk-off home run IN THE 13TH INNING. Three days later, on a sun-splashed Sunday, the Padres beat the Washington Nationals 3-2 after Nick Hundley hit a single to score Lance Zawadski IN THE 11TH INNING! Wednesday, June 2 was a day game in which the Mets led 1-0 until David Eckstein tied it in the ninth. Adrian Gonzalez won it with a walk-off grand slam IN THE 11TH INNING! That's 35 innings for the price of 27 — AND ALL WINS!!

— John Fry may be contacted at 272-6655 or mail@johnfry.com.

LETTERS TO THE EDITOR

Over-reaction at Kate Sessions

Kate Sessions Park — a 20 acre public park paid for by taxpayer dollars — is lightly used most days but becomes very popular on sunny week-ends, especially Saturdays.

Before the beach alcohol ban there were rarely more than 75 people in the park any weekend day (other than on July 4 or for weddings, corporate parties or special events). Now there can be a couple hundred people there some sunny Saturdays and most of them are in their 20s and 30s. While this certainly is not over-crowding for a 20 acre park, it's more use than there historically has been.

I live less than 1/2 block away from the park and recognize that the intensified usage has upset some activist residents who prefer to see “their” park remain quiet and lightly used. And as with any large outdoor congregation where alcohol is served, a few may drink to excess. While the vast majority behave responsibly, there can be a few that break the law.

It is this rude [and unlawful] behavior that has spurred on the park pressure group to seek to ban alcohol 24 hours a day, seven days a week. The bad acts of a few are once again being used to justify a 24-hour ban prohibiting law-abiding residents from ever enjoying a beer or some wine while watching the sunset.

On May 20, the San Diego Park and Recreation board voted for the community to work out a mediated solution whereby both sides could come to a compromise such as banning kegs, Slip 'n' Slides or possible holiday alcohol bans in order to take into



account park users' and neighbor's concerns. To date, no mediation meetings have occurred.

Christian F. Winkle
Pacific Beach

Free online political ads?

I was very surprised to learn that the San Diego Community Newspaper Group (SDCNG), who publishes the *La Jolla Village News*, *Beach & Bay Press*, *The Peninsula Beacon* and *Downtown News*, among others, was providing a free online advertisement to the supporters of Prop D. This is

according to the most recent campaign disclosure documents for the period from 3/18/2010 through 5/22/2010. I also noticed that the online ad did not state that it was a political advertisement paid for by the SDCNG. It seems that your readers have a right to know.

Since SDCNG seems to be offering free online advertising space for political campaigns, please advise the public and me as to how this works and how others, with differing points of view, may obtain their free online advertisement.

Donna Frye
District 6 City Councilwoman

GUEST COMMENTARY

Program helps students understand diversity

Kids on the Block of San Diego (KOBSD) is an educational program that uses life-size puppets to represent children with a variety of physical and learning disabilities, medical conditions and social problems. The “Kids” are an exciting, visually-stimulating group of characters that teach children about the beautiful diversity of people in our world. The goal of KOBSD is to help children develop a healthy respect for all people and to learn to value themselves.

The puppets have real names and real issues. One of our puppets, 11-year-old Mark Riley, likes talking about what makes him special and different. He knows he is unique with his bright red hair, freckle-faced smile and his souped-up cruiser, the wheelchair he uses to get around. Children instantly feel comfortable around him and ask him all kinds of questions about what it is like to have cerebral palsy.

“Lots of kids see me in this wheelchair and do not understand. They may even be a little afraid or tease me at first,” Mark said. “But, I just explain to them about my disability. I tell them that it's not like having a cold or the flu or anything. I'm just a regular kid who likes to do regular kid things, I just may do them in a different way.”

Children labeled as “different” due to a variety of reasons are often targeted by peers who, instead of asking questions and understanding, often bully or socially isolate that child. Through Kids on the Block performances, puppets such as Mark Riley are teaching children to accept and celebrate individual differences. Kids on the Block is working to create a positive attitudinal and behavioral change for the present and future.

Due to the efforts of a Washington special-education teacher, Barbara Aiello, Kids on the Block was formed in 1977. The puppets' positive messages are now heard internationally and have been



Kids on the Block of San Diego utilizes puppets to help children understand such topics as epilepsy, bullying and school safety, autism, literacy, hemophilia, cerebral palsy and alcohol and tobacco abuse prevention. **PAUL HANSEN**

in San Diego since 1985. Kids on the Block of San Diego is backed by a very dedicated group of volunteers led by board Chairman Jan Thoresen.

Since 1985, the puppets, who travel throughout San Diego County performing at schools and special programs, have addressed a wide range of issues that affect today's children. This year, topics have included epilepsy, bullying and school safety, autism, literacy, hemophilia, cerebral palsy and alcohol and tobacco abuse prevention.

KOBSD collaborates with many organizations in San Diego such as the Hemophilia Association and the Epilepsy Foundation. KOBSD is a proud recipient of the 2010 Combined Health Agen-

cies Health Hero Award.

During the 2008/2009 school year, Kids on the Block of San Diego performed at 35 schools, reaching approximately 10,000 elementary school students. Since its inception 25 years ago, nearly 1 million children have had the opportunity to hear Kids on the Block's positive message. For information call (619) 770-8689 or log on to www.kobbsd.com.

Katherine Fountain
Program director
Kids on the Block
of San Diego

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

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

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S'mores is one of the most popular desserts enjoyed around the campfire and at cookouts. Now you can enjoy the flavor of this delectable dessert without the fuss of roasting marshmallows over an open flame.

S'mores history dates back to the early 20th century. While the actual recipe origin is unknown—considering most camping recipes were passed down from generation to generation—the first printed recipe for s'mores appeared in 1927 in the Girl Scout Handbook. S'mores were popular campside treats because of the portability of ingredients. It was easy to pack a bag of marshmallows, a box of graham crackers and a few bars of chocolate.

The combination of sticky marshmallow, smooth, rich chocolate and crunchy graham crackers provides a perfect melding of flavors. However, s'mores weren't the first pairing of these ingredients. Mallomar cookies and Moonpies also featured these ideal components.

To make a delicious dessert that builds upon the s'mores flavors and theme at your next summertime event, try this recipe for Frozen S'mores Cake.

Frozen S'mores Cake

- 1 quart vanilla ice cream
- 1 quart chocolate ice cream
- 10 or 12 graham cracker squares
- 1/4 cup melted butter
- 1/2 tablespoon sugar
- 1 jar of hot fudge
- 1 bag mini-marshmallows
- 2 tablespoons water
- Vegetable shortening

Crush graham crackers in a zipper-lock bag or pulse in a food processor until made into crumbs. Add sugar and melted butter to the crumbs, mix and press into the bottom of a spring-form pan. Bake at 350 F for 10 minutes, or



Instead of s'mores made over a campfire, try this dessert that captures their flavor.

until the crust browns a bit.

Soften ice cream by letting it sit out of the freezer for a few minutes. Use a spatula or spoon to spread the chocolate ice cream over the cooled graham cracker crust. Spread desired amount of fudge topping over the chocolate ice cream. Then spread the softened vanilla ice cream over the fudge layer.

Coat a microwave-safe bowl with a thin layer of shortening. Add most of the marshmallows, reserving a few for garnish, and the water to the bowl. Microwave for about a minute to a minute and a half until the marshmal-

lows are melted. Top the vanilla ice cream with the melted marshmallows.

Place the cake in the freezer overnight to harden.

When ready to serve, place the garnish marshmallows on top and drizzle with a little melted hot fudge. You can use a kitchen torch or a barbecue lighter to add a little browning to the garnish marshmallows to make them look like they were toasted over a fire.

Slice and enjoy quickly before it melts. This cake also makes a great alternative to a store-bought ice cream birthday cake.

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A sailing ship is the artistic theme of this stone-wash denim crew T-shirt from Chillers Clothing. COURTESY PHOTO

Chillers is hot on T-shirts

By **DEBBIE HATCH** | BEACH & BAY PRESS

The customer will be the creator at the soon-to-open interactive Chillers Clothing store at 4667 Cass St. in Pacific Beach.

Owner Eric Blumenthal hopes to captivate new customers with his unique approach to T-shirt design and sales.

Blumenthal started Chillers Clothing out of his La Jolla home four years ago. It was originally a wholesale T-shirt company.

Blumenthal's concept was to collect artwork from local and international artists and print them on T-shirts.

"I think the true art comes out when you let the artists just do what they do," said Blumenthal about his laid-back approach.

He said he would only produce 1,000 shirts of the same design.

Each T-shirt was numbered on the left sleeve and boasted the Chillers limited edition tag.

Blumenthal said this would ensure that each shirt was a unique piece of art.

The concept worked.

The shirts have been selling online and at trade shows since the inception of his company.

Blumenthal is now opening the first Chillers Clothing storefront and it will be in Pacific Beach. The shopper will choose the style and color of the T-shirt.

Next, the customer will pick from one of the select designs available and have it printed on the T-shirt as he or she watches.

"They are their own designer," Blumenthal said.

The available designs for T-shirts will only be displayed for a month or two at a time, making each design and T-shirt combination uncommon on local streets.

"Feeling comfortable is our No. 1 thing," Blumenthal said.

The T-shirts are 100 percent soft cotton.

"We use water-based eco-friendly prints," Blumenthal said.

It's not a chemical, he emphasized. Drying the fabric draws the water out and allows the ink to be absorbed into the fabric. The fabric lasts through thousands of washes, Blumenthal said.

Construction on the new shop is almost complete. It will be a modern store with a lounge area in which shoppers can relax while their shirts are being printed, Blumenthal added.

He plans to open the store in mid-June once construction is complete.

In addition to the rare T-shirts, Chillers Clothing will sell bikinis, sandals and purses.

For more information, call (858) 274-3112, or visit www.chillersclothing.com

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AUTHOR: David Baldacci

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Bradlee & Jennifer are also long time massage therapists, who now study Acupuncture & Chinese Medicine at

the Pacific College of Oriental Medicine. Jennifer also leads the pre/post-natal yoga program at the Sharp Mary Birch Hospital for Women.

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On June 20, we will all celebrate our fathers, uncles, grandfathers and brothers by giving gifts and showing our love and appreciation for all they do. Why not honor them by celebrating men's health all month long? Whether you're looking for herbs to enhance mental clarity, natural hair loss treatments, saw palmetto for a healthy prostate, hawthorn for a healthy heart or simply knowledgeable staff to help you along the path to optimum wellness, People's Organic Food Market has it all. Join us on Saturday, June 19, between 12 and 2 p.m. and make a Father's Day card for free!

Ocean Beach People's Organic Foods Market—a California cooperative, is located at 4765 Voltaire Street, where everyone can shop and anyone can join is open daily from 8 a.m. - 9 p.m. (619) 224-1387. www.obpeoplesfood.coop

Keep Mosquitoes From Ruining Your Barbecue!

Few things exude the spirit of summer more than a backyard barbecue. Casual attire is expected, and the a good time is had by all.

One thing that can ruin even the best barbecue, however, is the uninvited guest with a big appetite. And it's not Uncle Frank. Mosquitoes might not ask for a third or fourth hamburger, but they do tend to feast whenever they get the chance. At best, mosquitoes are annoying and pesky. At worst, mosquitoes pose a serious health risk to adults and pets, as mosquitoes can carry viruses that result in illness.

But mosquitoes don't have to ruin your outdoor plans this summer. Instead, taking a proactive approach before the summer season starts can help reduce the risk of mosquitoes dropping by your next barbecue. The following methods can make your yard less attractive to hungry mosquitoes, ensuring Uncle Frank will be the only one filling up at the next barbecue.

- Destroy or dispose of tin cans, old tires, buckets and similar water-holding containers.
- Drill holes in the bottom of recycling containers that are left outside and cover trash containers to keep out rainwater.
- Clean clogged roof gutters on an annual basis.
- Change water every week in bird-baths and wading pools.
- Aerate ornamental pools or stock them with fish.
- Clean and chlorinate swimming pools that are not being used.
- Check for trapped water in plastic or canvas tarps and arrange them so they drain properly.
- Clean animal troughs weekly.
- Irrigate lawns and gardens carefully to prevent water from standing for several days.

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Who is Dena Riso, Au.D.?

Dena is a native of San Diego who recently opened Peninsula Hearing Center in Point Loma. She earned a Bachelor's Degree in Communicative Disorders from San Diego State University and her Doctorate in Audiology from AT Still University in Mesa, Arizona. She is a licensed (dispensing) Audiologist in the state of California, as well as a Fellow with the American Academy of Audiology and California Academy of Audiology.

Having devoted the last 10 years to helping those with hearing and balance disorders, she has experience with both pediatric and adult patients and believes in educating her patients about the effects of hearing loss. Through testing and counseling she works with her patients to help them develop a successful and healthy hearing plan to improve their quality of life.

She is happy to talk to you or a loved one about any issues you are having with your hearing or hearing aids.



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From fiasco to feast: Wave House's Johnny Leal 'saves the day' at Memorial Day event

By HILLARY SCHULER-JONES | BEACH & BAY PRESS

For the last several years, members of the Mission Beach Woman's Club (MBWC), the Mission Beach Town Council, Discover PB and Horizon Coast Chapel have joined together to thank police, firefighters, lifeguards and other emergency personnel working at the

beach during the three major summer holidays with a free lunch near Belmont Park. At past events, the group has ordered pizzas to be delivered fresh throughout the day, in addition to side dishes provided by community members. But this Memorial Day, their usual pizza place dropped the ball on their order, and the

volunteers and emergency workers were left in the lurch. "At 11:30 it was starting, and the first round of pizzas was supposed to be delivered, and there we were with all those officers and no pizza," said Judith Parmelee of the MBWC, who helped organize the event. Parmelee called the pizza company,

which had been reliable for past events, but it had no record of her order. More than a dozen workers were now waiting for food. Then Parmelee remembered a conversation she had had that morning with Johnny Leal, vice president of operations for the Wave House in Belmont Park. Leal had helped organizers set up for the event earlier that

morning and had mentioned that the Wave House might be able to provide food at a future event, Parmelee said. That request came sooner than he expected. "Instantly [we] were on the phone talking to him. We said, 'here's the situation' and he called back and said, 'Here's what we are going to do,'" Parmelee said.

Leal immediately had his kitchen staff start making hamburgers, a quick solution for the dozen emergency personnel already in line, and he instructed his chef to continue to make pizzas throughout the day.

"He brought their chef over and said 'This is our chef, you tell him whatever you need and you got it,'" Parmelee said. "And that guy personally was cooking and delivering all day, and then he would even call me and say, 'How's your supply? How are you doing? Do you need more?' They were just really on top of it. And then he refused to take any money for it! He said, 'No, we want to do our share, and we're glad we could help.' He really saved the day."

Leal was humble about the experience.

"It was just about being a good neighbor and doing the right thing and supporting the community," he said. "It was a no-brainer to me."



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BY ANNIE WEISMAN DIRECTED BY LISA PETERSON

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BRIEFS

CONTINUED FROM Page 5

place in the business district along Garnet Avenue, Mission Boulevard, Felspar Street and Hornblend Street. The public is welcome to participate. For more information call Sara Berns at (858) 273-3303.


Skateboarder injured in hit and run

At approximately 2:57 a.m. on the morning of May 30, a 22-year-old male was skateboarding on Olney Street through the Grand Avenue intersection when he was hit by a car that then fled in an unknown direction, according to San Diego Police reports. The male suffered a laceration to his head and a broken fibula. SDPD Traffic Division is investigating.

Bay 2 Bay Regatta sets sail from Mission Bay

All variety of manually-powered watercraft will take to local waters on Saturday, June 12 for the Peninsula YMCA's 27th annual Bay 2 Bay Rowing and Paddling Regatta. Proceeds from the event benefit the YMCA's youth swim programs. Bay 2 Bay features a 20-mile and a 5-mile course. The 20-mile race starts at Santa Clara Point in Mission Bay between 6:30 and 7 a.m., and the 5-mile race starts at Shelter Island. Both finish at Tidelands Park in Coronado. The entry fee is \$60, which includes a T-shirt and lunch. For more information about the event, visit tinyurl.com/bay2bay.

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The American Legion Auxiliary comes to Pacific Beach

By NANCY PERSON
SPECIAL TO BEACH & BAY PRESS

American Legion Auxiliary Pacific Beach Unit 552 will be installed as an official unit of District 22 during a ceremony June 14 at 6 p.m., at the Turquoise Street VFW Post, 853 Turquoise St.

Unit 552 was informally established in March, has seen a steady increase in membership since then and its members are excited to announce its support of several important programs and its first special event.

The initial focus of the auxiliary is to help Veterans Village of San Diego (VVSD) make its 2010 Stand Down successful. A three-day event, Stand Down provides hundreds of veterans and their families with a wide range of necessities

including food, clothing, haircuts, showers, toiletries, official IDs, medical/dental care, counseling and other needed services.

Stand Down is scheduled for July 16 to 18 on the grounds of San Diego High School. The Pacific Beach Auxiliary is currently collecting new socks for men, women and children to donate to Stand Down. Donations of new socks can be made at the VFW Post. Auxiliary members will also be volunteering on site at Stand Down. If you'd like to donate used items, VVSD is having a clothing drive by at 4141 Pacific Highway from 6 a.m. to 3 p.m. on June 18.

The auxiliary is also supporting the Spinoza Bear program. This ongoing program, which works with Ronald McDonald House, collects money to pur-

chase special talking bears that are donated to terminally-ill children of veterans. Parents can record their voices on the bears so that children always have their loved ones' voices nearby during hospital stays or long-term treatments. Unit 552 purchases a new bear each time enough money is raised. Donations are accepted at the post.

The auxiliary will also honor fathers during a special breakfast from 9 a.m. to noon on Father's Day, June 20 at the Turquoise Street post. Open to the public, admission is \$6 per person and free for those veterans who are also fathers.

For more information about the auxiliary, or to find out ways to help American Legion Auxiliary Pacific Beach Unit 552 make a difference in the lives of local veterans and their families, call

the Post at (858) 488-3631 or Unit 552 President Ketra Slayton at (619) 888-9843.

The American Legion Auxiliary (www.legion-aux.org) was formed in 1919 to support the American Legion. With almost a million female members from all walks of life, the auxiliary administers hundreds of volunteer programs, gives tens of thousands of hours to its communities and to veterans, and raises millions of dollars to support its own programs as well as other worthwhile charities familiar to most Americans. The mission of the American Legion Auxiliary is to serve veterans, their families and their communities. It is the world's largest women's patriotic service organization with nearly 10,500 units.



Members of the new American Legion Auxiliary Pacific Beach Unit 552 prepare for their official unit installation at the Pacific Beach VFW Post 5985. COURTESY PHOTO

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Blues, funk, hip-hop and a little cattiness

MUSICcalendar

By BART MENDOZA | BEACH & BAY PRESS

One of the hottest blues-influenced alternative rock bands currently touring the West Coast, SO3, which performs at the Tiki House tonight, June 10, may only be three-men strong, but they make every note count.

The group is helmed by ace guitarist Mike Artamonov in a team effort with bassist Serge Belongie and drummer Alan Clark, giving the band a hard-edged, three-pronged attack. The result is a joint effort that can dazzle with an improv blues (a la early Santana) or get the adrenaline pumping with a tight, melodic hard rocker like their own "M.I.A."

SO3: Thursday, June 10 at 9 p.m. at the Tiki House, 1152 Garnet Ave. Tickets are \$3. 21 and up. www.myspace.com/SO3music

Formed in 1999, Los Angeles powerpop quintet Rooney, which appears at Wavehouse on Sunday, June 13, has gone from major label to indie status, but that hasn't slowed them down. While their business side has changed, the music remains much the same, with their latest album "Eureka" full of melody-infused pop rockers like the lead single "I Can't Get Enough." Ironically, after three albums, most people will have heard Rooney via their theme song to "Iron Man: Armored Adventures" on the Nick Toons Net-



Blues-influenced alternative rock band SO3 performs tonight at the Tiki House, 1152 Garnet Ave. COURTESY PHOTO

work, but if you're a fan of the three-minute pop song — in the grand tradition of The Cars or Weezer — you won't want to miss this show.

Rooney: Saturday June 13 at 9 p.m. at the Wavehouse, 3125 Oceanfront Walk. Tickets are \$13. 21 and up. www.myspace.com/rooney

Clearly, drummer Slim Jim Phantom has a thing for cats. He owns the Cat Club in Los Angeles and has spent time in combos such as the 13 Cats, The Head Cat and The Swing Cats. However, it's '80s rockabilly hit-makers The Stray Cats that drum-

mer Slim Jim Phantom is most remembered for. Currently on tour with his own trio — featuring former Kingbee's guitarist Jamie James — Slim Jim Phantom stops in at Brick by Brick on Friday, June 18. His set list is comprised of genre classics, notably a revved-up recasting of Elvis evergreen "Burnin' Love." While there will be few musical surprises at this concert, anyone who enjoys vintage rock 'n' roll sounds will love every second.

Slim Jim Phantom and Jamie James: Friday, June 18 at 8 p.m. at Brick by Brick, 1130

Buenos Ave. 21 and up. Tickets are \$15. www.myspace.com/slimjimphantom

Not just a blues band, Bad Habit, which performs at Tio Leo's on Friday, June 18, includes a healthy dose of funk rhythms in their music for a sound that's custom-made for dancing. The quartet notably uses frontman Troy Netters' saxophone as a second lead instrument instead of the more obvious harmonica. The four musicians are all excellent, but the band's focal point is Netters, whose soulful vocals take the band into Stax or Otis Redding territory.

Bad Habit: Friday, June 18 at 9 p.m. at Tio Leo's, 5302 Napa St. 21 and up. Cover TBD. www.myspace.com/realbadhabit

Anyone wanting to investigate the local hip-hop scene and beyond should check in with local music retailer Access Hip Hop. The shop regularly stages free, all ages, in-store performances from both area and nationwide performers. In many cases, these in-stores are the only way for those under 21 to see some artists live. On Saturday, June 19, Hawaiian rapper Creed Chameleon stops in to showcase tracks from his new EP "Ultimatum." Chameleon has a smooth vocal style that's effective on both groove-oriented material like "Paradise Life Relax-in'" and more aggressive songs like "White Flag." However, it's his positive-message tunes like "Morning Blessing" that resonate most with his audience.

Creed Chameleon: Saturday, June 19 at 3 p.m. at Access Hip Hop, 1537 Garnet Ave. All ages. Free. www.accesshiphop.com/events

WATER

CONTINUED FROM Page 3

health specialist, said that while report cards like these give beachgoers safety information regarding yearly water quality, he recommends checking the county's website and Heal the Bay's weekly

reports for safety warnings.

While Coastkeeper supports the report card analysis, testing may not accurately reflect bacteria levels, Clifton said.

If the county tests on the third day of a three-day general advisory after rain or runoff, then it does not record information about bacteria levels on day one or day two, which

may be different, Clifton said.

More data helps inform residents about health risks, he said.

The four southernmost beaches of San Diego were closed for a total of 115 days between April 2009 and March 2010, mainly because of raw sewage from the Tijuana River, according to Heal the Bay's report.

Another sewage spill closed Dog Beach in Point Loma for two days when about 15,000 gallons of sewage found its way into the waterway.

"We think it's important when you have millions of people — locals and tourists generating millions [of dollars] — that makes our beaches important enough to have a local funding source

[for bacteria testing] and we should not have a state funding source that is uncertain and unreliable," Clifton said.

San Diego Coastkeeper continues to urge the San Diego County Board of Supervisors for more funding, he said.

The complete report card on beach water quality can be found by visiting www.healthebay.org.



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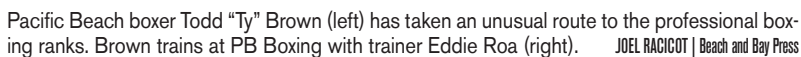
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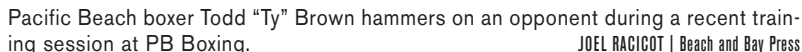
"I started going to the community centers (at 8 years old) in St. Louis," Brown said. "In the inner city, the gyms are free. My mom didn't want me boxing so I played a lot of baseball to (cover up).



"We're going to make it to the top ranks at the heavyweight division," Brown said. "I'm looking for a world championship. I see us winning a state title soon, and getting in the top 20 (heavyweights) in the next year or two."

Roa, a native of Mexicali and a staple

"We have a lot of potential, man," Brown said. "I've saved myself a lot of blows to the head getting in professionally later (in life). The commitment is ultimate right now — morning runs, strength training and boxing sessions six days a week, and five hours a day."



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Members of the OMBAC rugby team celebrate their first-ever Division III national title in Colorado on June 5. COURTESY PHOTO

SPORTS**briefs**

OMBAC rugby team takes national title

For the first time in club history, OMBAC will have a Division III rugby national title in their trophy case. The Mission Beach team beat the St. Louis Royals 28-14 on June 5 in the USA Rugby Men's Club National Championship at Infinity Park in Glendale, Colo.

MBHS baseball falls in third round of CIF playoffs

The Mission Bay High baseball team saw its season come to an end in an 11-10 extra-inning loss to University City on May 29 at Grossmont High in the third round of the CIF Division III playoffs.

The Buccaneers' (15-16) other loss in the double-elimination tournament came at top-seeded El Capitan on May 26.

— Anthony Gentile

Catching up with the Bucs

Q&A with pair of Mission Bay High spring sports coaches

By AMBERLY DRESSLER | BEACH & BAY PRESS

As graduation nears, Mission Bay High School students are closing the books in the classroom and have wrapped things up on the field. *Beach & Bay Press* checked in with boys' golf coach Joe Panian and new softball coach Lynsey Littlefield to get the scoop on the just-concluded season.

Boys' golf

Q: What impressed you most about your team this season?

Panian: What impressed me the most was how the team embraced the sport, only picking the sport up this year or last year (all of the players except one).

Q: What were some of the highlights of the season?

Panian: The highlight of the season was when Brandon Grisham and Brett Daly made it to City's and Brandon making it to the second round.



The Mission Bay High School boys golf team, pictured above, does not graduate any players from this year's squad. COURTESY PHOTO

Q: Who are your graduating seniors?

Panian: We do not have any graduating seniors. We are an extremely young team, consisting mostly of freshmen and sophomores.

Q: Any parting words?

Panian: The boys are a fun group to work with and I am looking forward to seeing them continue to improve over the next year.

Girls' softball

Q: What were some of the highlights of the season?

Littlefield: Brooke Wickersheim made some amazing plays at third base, as did Tiffany Henderson behind the plate. Michaela Saili hit a few home runs.

Q: Who are your graduating seniors?

Littlefield: Vivian Garcia, Erin Plannert and Alyssa Singleton.

Q: What impressed you most about your team this season?

Littlefield: The girls had great attitudes and played with a lot of heart to finish the season.

Q: Any parting words?

Littlefield: The future of the program looks promising. We are bringing in a new staff next year and are looking forward to some talented eighth-graders and supportive and involved parents coming to MB from the PB area. Can't wait to revamp the program and develop a successful program.

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