



LIVE MUSIC:
Punk, glam metal and a little shimmying come to local venues.
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Beach & Bay PRESS

ROWING SUCCESS:
Rowers bring home 10 medals at regional regatta.
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Thursday, August 5, 2010

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Car enthusiasts will have more than they bargained for on Aug. 15 when the second annual Wild Rides and Classic Car Show-down hits the streets of Pacific Beach. COURTESY PHOTO

Wild Rides to cruise into Pacific Beach

By DEBBIE HATCH | BEACH & BAY PRESS

“Charger Steve’s” second annual Wild Rides and Classic Car Showdown will be held Sunday, Aug. 15 in Pacific Beach on Garnet Avenue between Mission Boulevard and Cass Street.

Steve Lordigen, known to car enthusiasts as “Charger Steve,” organized the first Wild Rides Classic Car Showdown in Del Mar last year. This year, he wanted to hold it in Pacific Beach.

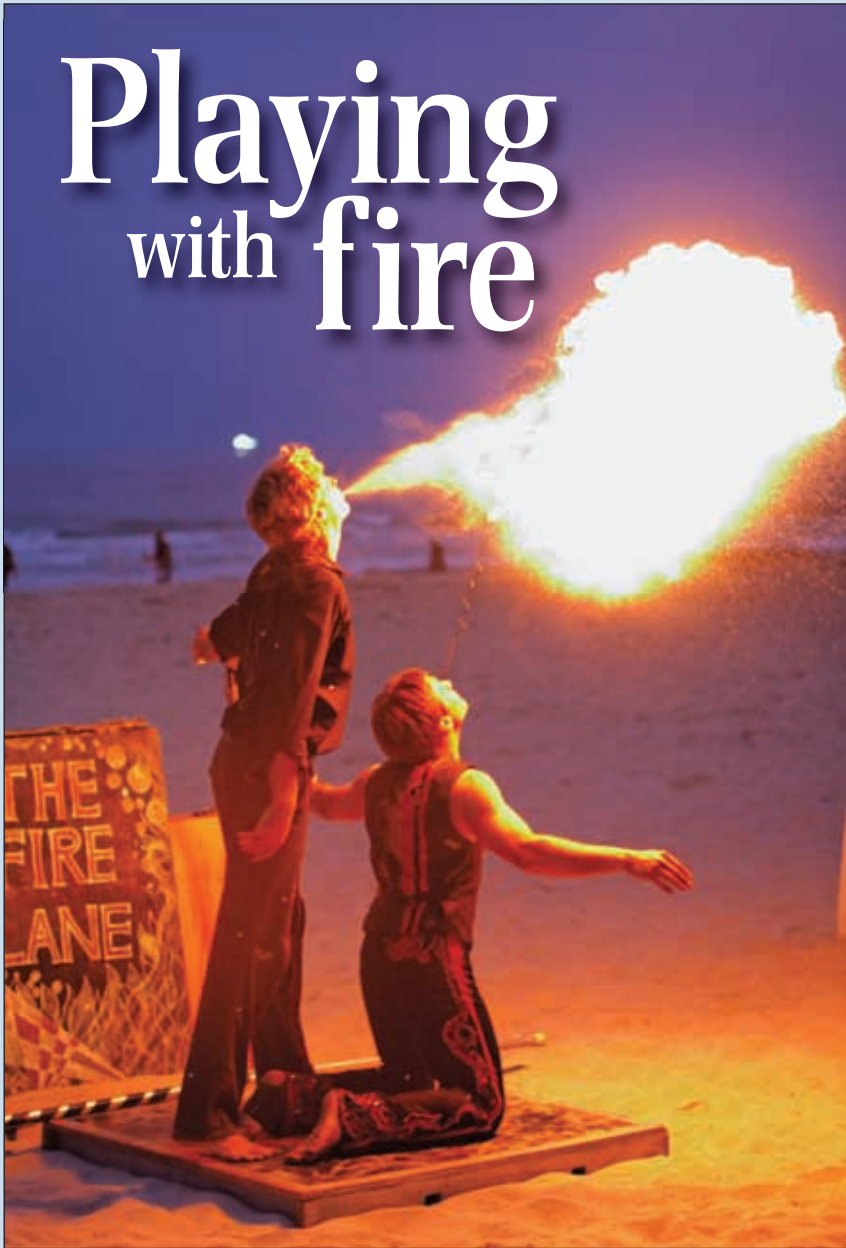
As the date draws near, Lordigen has been busy organizing the day’s events.

“Entertainers will be taking the stage throughout the afternoon starting at 11:30 a.m. until the award presentation at 2:30 p.m.,” Lordigen said.

Mark Christopher Lawrence will be making an appearance at the show. He has appeared in “The Pursuit of Happiness,” “K Pax” and “Planet of the Apes.”

Lawrence will perform a stand-up routine and be available to sign autographs and take pictures with the public. A bikini contest will take place in the afternoon. Sycuan Casino, sponsor of the event, will be raffling off prizes as well.

SEE WILD RIDES, Page 6



Jon Nowaczyk and Anton Reichel perform breathtaking feats with fire on weekends at the end of Pacific Beach Drive. They end their performance with a backflip while spraying flames in the air. PAUL HANSEN | Beach & Bay Press



Beach entertainers fascinate with flames

By LEE CORNELL | BEACH & BAY PRESS

Fire has the unique ability to make people run away with fear while simultaneously mesmerizing them and capturing their undivided attention.

For Jon Nowaczyk and Anton Reichel, playing with fire is something they choose to do on a regular basis. Entertaining locals and tourists in Pacific Beach as Von Jon and Anton, these two performers put on a show called the Fire Lane. Their act involves juggling flaming torches, acrobatics, comedy and more.

Nowaczyk is in his third season with the Fire Lane. Vacationers who come to Pacific Beach for the summer — and those who live here year-round — have watched his abilities and confidence steadily improve. He finds inspiration from the fans who keep coming back and encourage him to chase his passion.

“All of the positive energy I get in PB makes

SEE FIRE, Page 6



Popular bikini tops styles are twisted bandeaus at Gone Bananas. Photos by PAUL HANSEN

Cool fashions sell as stores wait for sun to burst through

By DEBBIE HATCH | BEACH & BAY PRESS

Locals know that beach fashion is usually flaunted all over the boardwalk this time of year. However, with the cooler than normal weather this season, fashion highlights are not necessarily what they were this time last year.

Jeff Kinney, owner of Surf Club Surf Shop, said he keeps ordering more lightweight sweatshirts. While they are stylish hoodies from surf apparel brands like Billabong, it does not change the fact that the store’s hottest items post-Fourth-of-July are sweatshirts.

Surf Club is also having success with O’Neill and Reef women’s sandals.

“When you’re in San Diego its kind of

a utility thing,” he said about flip-flops. These are items that sell year-round to locals and tourists alike.

For women’s fashions the store sells many sundresses from Billabong and O’Neill.

A hot item for men is Oakley flip-flops. The company, typically known for its sunglasses, offers an option in sandals as well. Kinney said Oakley has offered these for a couple years, but they only recently became popular.

Cobian and Reef are also big name brands this summer when it comes to footwear.

Another weather-related fashion-casualty is men’s board shorts. Kinney said men are cruising around in walk-

ing shorts instead of the typical beach-constant board shorts.

Gone Bananas has been in Mission Beach for 33 years. It sells bikinis to mostly young women. While the younger population in the beach community might be considered transient, few move away without having shopped at Gone Bananas.

The owner, Tom O’Hara, noted that what many customers appreciate is that the store offers the option to mix and match tops and bottoms.

“The hottest trend going is the new crunch bottom, ruched bottom,” O’Hara explained.



Men choose walking shorts and women select sundresses at Surf Club Surf Shop.

SEE FASHION, Page 6

FLOATOPIA:

City Council lets the air out of future floating booze parties

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OUTREACH:

Campland program helps homeless youth

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SALES-TAX:

City Council decides to place sales-tax hike on the ballot

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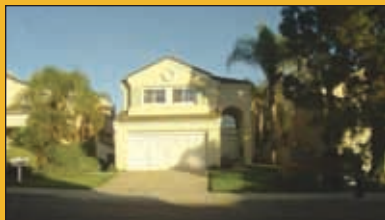
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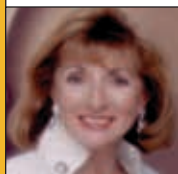
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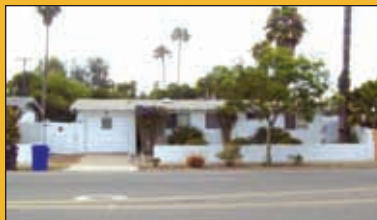


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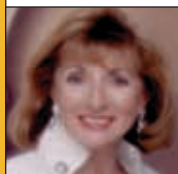
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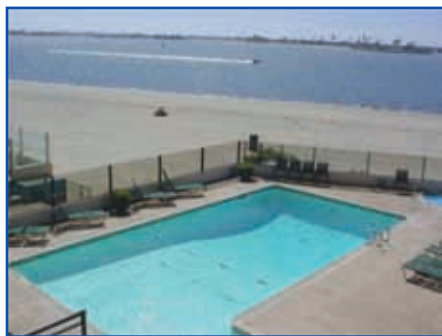


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Campland’s outreach helping homeless youth

By ANTHONY GENTILE | BEACH & BAY PRESS

Campland on the Bay has always provided refuge for tourists on the shore of Mission Bay. Now, the local resort is raising money to help local homeless youth.

“Campland is pretty community-minded and we have such a good relationship with our guests that we thought it would be a perfect match,” said Kim McAnally, Campland spokesperson. “A lot of our return guests are really loyal to us and we thought getting them involved with a project that benefits the interests of children and youth would work.”

Starting in late June, Campland began inviting guests to add \$1 to their bill to benefit the locally-based Homeless Youth Outreach Project. The donations are voluntary.

“We wanted to pick a small and local charity where our money could be spent locally,” McAnally said. “Our staff was really passionate and excited when they were discussing it.”

Partnered with national organization Hotels That Help, Campland heard presentations from five charities before choosing the 4-year-old outreach project that is part of the Children’s Advocacy Institute within the University of San Diego School of Law. All the money raised at Campland will go directly to the project that provides homeless 15- to 21-year-olds locally with the resources they need to work and find housing — filling in where public services are unable to help.

“Our job is to go out to the com-

munities where these kids are staying and living and provide them with the advocacy, the guidance and the tools — whatever it is they need to get off the streets,” said Kriste Draper, director of the outreach project.

Draper said the project helps 250 to 300 homeless children annually and is involved with 15 different juvenile and homeless agencies in San Diego. A small program with Draper as its only full-time staff member, she said Campland’s donations would have a significant impact.

“Campland has allowed us to basically double our operating budget,” Draper said. “This means when I have a homeless kid who’s ready to go to college, I’m now going to have a scholarship fund so that if the kid needs a book to study for class, I’m now going to be able to provide that.”

Draper said the money will also allow the outreach project to create an emergency fund. That fund will be used as a safety net for homeless kids trying to maintain stable lives, including paying for rent and medical bills.

“With these kids, they don’t have anyone to call,” Draper said. “What we’ll be able to do is to be that emergency cushion so we don’t see those kids ending up being homeless again.”

Campland on the Bay is located at 2211 Pacific Beach Drive on Mission Bay and online at www.campland.com. For more information about the Homeless Youth Outreach Program, visit www.caichildlaw.org.

City Council lets the air out of future Floatopias

By DEBBIE HATCH | BEACH & BAY PRESS

The San Diego City Council voted unanimously on July 26 to ban future Floatopias by adding the definition of “bathers” to San Diego Municipal Code 56.54. The code will now ban the consumption of alcohol by those floating in the water or on floatation devices within three nautical miles of the shore.

At the meeting council President Ben Hueso opened up the agenda item to public comment.

“Further, thousands of attendees that come to these events urinate in our waters, they throw their empty beer bottles and beer cans into the water, they destroy vegetation along the shoreline and they kill untold numbers of fish and birds in their habitats,” said Kelly Cramer, representing San Diego Coastkeeper.

Gordon Nall, a representative of Free PB, a nonprofit organization whose mission it is to “prevent the erosion and promote the expansion of individual rights,” commented in support of Floatopia.

He blames the passing of the beach alcohol ban for driving people to participate in events such as Floatopia.

“I want to make something clear — I am not, nor is Free PB — Floatopia’s creator, organizer, founder, anything like that,” Nall said.

His suggestion was to give the public a place to go and drink on the beach and charge money for the privilege.

“From my standpoint, some of the biggest concerns I have heard from my constituents is public safety,” said District 2 City Councilman Kevin Faulconer.

Capt. Chris Ball of the San Diego Police Department’s Northern Division, said attendees of Floatopias are not in the water to enjoy the sunny day, but



Floatopia participants live it up during a recent floating alcohol party. A City Council decision to add the definition of “bathers” to the city’s beach alcohol ban may have effectively killed future Floatopias.

PAUL HANSEN | Beach & Bay Press

rather to consume alcohol.

“We have seen kegs out on floats,” Ball said. “The kegs carry about 17 gallons of beer.”

Safety officials have to watch participants from the same level as the floaters, making it nearly impossible to see if someone has slipped between the rafts.

“What we end of up with first is a very real possibility of someone drowning,” Ball said.

City officials are also quite wary of the public safety hazards.

“This isn’t just the San Diego City Council saying ‘no,’ ‘no,’ ‘no’ to things. This is the San Diego City Council trying to keep people alive at our beaches,” said Councilwoman Marti Emerald, who chairs the Public Safety and Neighborhood Services Committee.

Councilman Tony Young said he supported the ordinance even though he did not support the initial

beach alcohol ban.

“I believe that people who act like adults should get adult privileges and so when you start taking these privileges away, these are the types of things that happen,” Young said. “You get Floatopia and who knows what’s going to be next?”

Young asked if the council should consider other loopholes that should be addressed in the ordinance prior to its passage.

Ball told councilmembers that police remain prepared.

“I would say this. If we get a dozen people as a result of this out in kayaks that are drinking a beer, we have the resources to handle that,” Ball said.

Since the ban passed, friends of the Facebook page “Floatopia SanDiego,” have been actively searching for a new loophole in San Diego Municipal Code 56.54.

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THE BIG CATCH
A beaming Kai Clark, 5, caught a mackerel – his first catch ever – to win third place in his age division at the Crystal Pier Kids Fishing Derby held July 31 in Pacific Beach.

PHOTOS BY PAUL HANSEN | Beach & Bay Press







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City Council puts sales-tax hike measure on ballot

By ANTHONY GENTILE | BEACH & BAY PRESS

With the deadline looming to place a half-cent sales-tax increase on the November ballot, the City Council voted 6-2 on Wednesday to put the measure before voters. The ordinance involves a five-year hike in local sales tax and is tied to various financial reform measures. "It's kind of a compromise and an agreement," said Darren Pudgil, a spokesman with Mayor Jerry Sanders' office. "We know that reforms alone will not enable us to protect and restore city services, so it's essentially reforms before revenue. It's a combination package."

The reforms tied to the potential sales-tax raise include changes to retirement plans for city officials, a second-tier pension plan for firefighters and kickstarting

the process to privatize the city's information technology services and the Miramar Landfill. Pudgil said the proposed ballot measure would require the city to meet those reforms before any money is collected from the sales tax increase.

"It's a very comprehensive reform package that must be put in place," Pudgil said.

The City Council has held three special hearings in a five-day span to discuss the increase. At the most recent meeting yesterday, the council voted to approve a revised version of the ordinance presented by the city attorney.

With the council approval, the proposed sales-tax hike will now be put before voters on Nov. 2. Pudgil said the five-year temporary tax

would raise an estimated \$103 million per year that the city would put toward city services, including fire, police and street resurfacing.

"It will be used to eliminate the rolling fire brownouts and it will be used to restore and protect essential city services," Pudgil said.

District 2 City Councilman Kevin Faulconer voted against placing the sales-tax increase on the ballot, along with District 5 Councilman Carl DeMaio. Faulconer said the measure as presented doesn't present significant or guaranteed savings to citizens.

"The reforms in this tax proposal are a wish list. We need an action list," Faulconer said in a statement. "San Diegans need to know how much money the city will save before we ask them for more."

NEWSbriefs

Stormwater issues presented at PBPG

At the Pacific Beach Planning Group's (PBPG) monthly meeting on July 28, Bill Harris, a representative of the San Diego Storm Water Maintenance Program, presented the planning board with information about the city's plan to clear vegetation along waterways in an effort to improve water quality and control flooding.

Rory Allen, a legal intern with San Diego Coastkeeper, presented information later in the meeting stating why the PBPG should not support the city's current plan.

Coastkeeper's main concern was that by clearing vegetation out of the water channels, the city would be removing the natural filters

that clean stormwater runoff before it enters the ocean.

The Coastkeeper and city officials have since met in an effort to reach a compromise. The PBPG will hold off on lending its support in either direction until it receives more information.

Blood drive set at the Wave House

The Old Mission Bay Athletic Club (OMBAC) will host a blood drive at the Wave House Recreation Center, 3115 Ocean Front Walk, on Saturday, Aug. 7, from 8:30 a.m. to 2:30 p.m.

The event will help support the supply of blood at the San Diego Blood Bank. OMBAC suggests eating a good meal and drinking plenty of fluids before donating. All donors must show proof of identification. A free lunch will be provided to donors, compliments of the OMBAC Road Kill Café.



CAN'T STOP DANCING

Nicole Pullaro and Noah Friedman spin to the music at this summer's first performance of Concerts on the Green at Kate Sessions Park. The final concert in the series will feature Rockola, Sunday, Aug. 8 from 4 to 6:30 p.m. For more information, visit www.pbconcerts.org. PAUL HANSEN | Beach & Bay Press

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FASHION

CONTINUED FROM Page 1

The bikini bottom with a gathered look has been fueling many of his sales so far this summer. However, the weather is affecting his sales as well. If the sun comes out, business is better that day.

Fuchsia, purple, coral and shades of green have been popular colors so far this season. Popular bikini top styles are twist bandeaus. "It's a real strange year," O'Hara said, referring to the weather coupled with the economy. Many young women are being resourceful and instead of purchasing tops and bottoms together, they are purchasing one at

- Surf Club Surf Shop**
952 Garnet Ave.
(858) 483-4854
- Flip-N-Out Flops**
4603 Mission Blvd.
Suite 102
(858) 412-5988
- Gone Bananas!**
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time to mix and match with pieces they already have. O'Hara added that he has noticed these same young women buying better-quality single pieces, which cost a little more. Lauren Decker's business, called Flip-N-Out Flops, is footwear-centric. She said she sells a lot of gladiator-style sandals for women. She also noted a newer women's brand, Yellow Box, which many stores do not carry. The brand that leads in men's shoes is Simple. "It's kind of a cool brand," Decker said. They offer biodegradable shoes made with organic cotton and soles made from recycled tires. "Men just want something comfortable with arch support," Decker said. Weather affects her business as well; when it is sunny, the store is busier.

FIRE

CONTINUED FROM Page 1

me feel great to be here," he said. "The show makes people happy and it creates a really good vibe." Nowaczyk, 24, first got involved in circus when a friend noticed his talents in his native Indiana six years ago. Back then, he enjoyed jumping off objects (like houses) onto the hard ground. Impressed by his ability to leap and tumble unscathed, his friend invited him to learn more about circus. After meeting a variety of interesting and inspiring people along the way, Nowaczyk landed in Pacific Beach and joined the Fire Lane crew. "I freaked out one day back home and packed up all my stuff into a van and started driving out here," he said. "That was about two-and-half years ago and I've been a full-time per-

former ever since." Nowaczyk met Reichel after a Fire Lane show last year while having dinner at Ocean's Pizza and the two quickly formed a friendship. Before long, Reichel expressed a desire to learn more about circus and Nowaczyk obliged to teach him. Soon thereafter, the two formed a partnership and started performing the Fire Lane together. "I'm so glad and honored to be a part of it," Reichel said. "Not many people get to do this sort of thing. It's really nice to show people the talents we have and they seem to really enjoy it." The pair complements each other well. Nowaczyk is more intense, experienced and active in the show. Anton is laid-back and adds a calming and comedic element to the Fire Lane. Nowaczyk isn't overly concerned with how far his talents will take him.

He isn't opposed to "making it big" someday. But for now, he said he is happy to be earning a living doing what he loves. Although places like New York and Las Vegas have their appeal, as Nowaczyk (who has caught the surfing bug) puts it, "In Vegas they don't have any waves at all," he said. "I'd be happy to fly out to different cities for a few days and then come back to San Diego because I really like it here." The Fire Lane is located at the end of Pacific Beach Drive next to the boardwalk. The entertainment gets underway after sunset and lasts about 20 minutes. During the summer, the show goes on almost every night. Donations are welcomed, Nowaczyk said. The Fire Lane crew is available for private bookings as well. For more information, call (619) 804-7305, e-mail planetjemini@live.com or visit www.thefirelane.art.officelive.net.



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WILD RIDES

CONTINUED FROM Page 1

"We also have just added a very special appearance by Bill Pitts and his nostalgic nitro-burning dragster called Magicar," Lordigen said. This is an authentic dragster from the '60s that has been completely restored and will be on display during the event. Lordigen hopes to incorporate the best aspects of the other shows he coordinates, such as the Cajon Classic Cruise during summer and events for the East County Cruisers as well. Spectators can expect a pre-1980 selection of vehicles to line the street. Famous replica cars that will be on display include Herbie from "The Love Bug"

and the DeLorean from "Back to the Future." The highlight of the day will be when Big Monkey Motor Sports blows up an engine. "We take a V8 Chevy engine and we run it with no oil and no water," Lordigen said. Big Monkey Motor Sports manages the engine blow-up, which rarely results in flames. The engine is revved at 4,000 rpm, usually smoking until it blows. Until the engine is started, car-show spectators can guess how long it will take for the engine to blow up. Whoever guesses correctly wins a prize. The event will be free for spectators and takes place from 9 a.m. to 3 p.m. For more information, visit www.chargersteve.com.



Now & Then

John Fry

KEN "THE FLASH" HELLINGSON has gone to Hawaii. Terry Hatcher said the boardwalk performer was a contractor by day and took a better job in the islands. Sally Wellington knew Kenny well enough to ask him who painted his butt. He said he painted it himself. Diane McGoey LOVED Kenny and shares a photo (right). Betty Jo Strong has lived on Ocean Front Walk for decades and got to know him. Karyl Miller knew Ken AND has painted his image on the electrical box on the corner by Burger King on Mission Blvd. In fact she updated it a while back with, "Hawaii or Bust 2007." What everyone wonders, and no one knows, has he resumed his weekend performances in Hawaii. THINGS AREN'T ALWAYS what they seem. I was trying to park at Henry's, which is always a challenge, and had to squeeze past a tow truck. Then I spotted the driver talking to a woman who was bawling like a 3-year-old who had lost her cat. The woman was parked in a handicapped spot and didn't have a blue placard on display, so I assumed the worst and listened in. "I'm a paranoid war veteran," she shouted between sobs, "and I'm suicidal!" At this point I noticed the woman was leaning on a cane and actually had a handicapped license plate. I was really surprised at what came next. "I WANT you to tow my car!!!" she burred. The tow truck driver was incredibly patient and understanding. He quietly explained the car didn't start because the battery was low, that he had jump-started the battery and that the car was good to go. The woman was having none of it and



Ken "The Flash" Hellingson, dressed as the Easter Bunny, stands next to Diane McGoey and two friends on the boardwalk. wanted her car taken to a mechanic. The driver hooked up the car with a smile and I guess everyone was happy. I-5 CLOSED BY ACCIDENT. That's what the yellow banner proclaimed on my SignOn San Diego home page about the gravel truck that overturned in Rose Canyon on July 19. Made it sound like Homer Simpson had pushed the wrong button. I was glad I was heading north an hour later because all southbound lanes were stopped dead. Looked to me like it had been closed ON PURPOSE. RAMON EDUARDO RUIZ died July 6 at his home in Rancho Santa Fe. Ramon was born in Pacific Beach on Sept. 9, 1921, when the bustling beach town was rural and bucolic. Dr. Ruiz, "a renowned historian of Mexico and Latin America," was Emeritus Professor of History at UCSD and the author of 15 books. I have reprinted his obituary and a portion of his autobiography in the September issue of the PBHS newsletter. Contact me if you'd like a copy. — John Fry may be reached at (858) 272-6655 or by e-mail at mail@johnfry.com.

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WordWide ILS is actually two schools: WordWide ESL Institute is a private, postsecondary school with national accreditation and is autho-



rized under Federal law to enroll nonimmigrant alien students. We teach anyone who wants to learn English, and have earned a 100% matriculation rate to area colleges. WordWide Language Tutoring Center teaches Arabic, French, German, Italian, Korean, Spanish and Swahili. The Spanish program has trained at least one student to pass the Advanced Placement test at UCSD in just 30 hours -- bypassing two years of college Spanish. "We have beat our competition academically, now we'll add style to our OB attitude and allow our OB staff to keep riding bikes to school," Anderson said.

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Punk, glam metal and a little shimmying

MUSICcalendar

By BART MENDOZA | BEACH & BAY PRESS

The Untouchables, kings of the Southern California mod/ska scene circa 1984, appear at Brick by Brick on Aug. 7. They came impressively close to cracking the mainstream. Appearing in movies such as “Repoman” and scoring a minor U.K. hit with the song “Free Yourself,” their mix of reggae, rock, soul and funk became a mainstay of the summer festival circuit for over a decade. These days, the sole original member is singer Jerry Miller, but fans will be happy to know the song remains much the same, with the new-model Untouchables bringing a new energy to the music.

The Untouchables: Saturday, Aug. 7 at 8 p.m. at Brick by Brick, 1130 Buenos Ave. 21 and up. \$13.
<http://www.myspace.com/theuntouchablesla>

The granddaddy of all local cover or tribute bands, Rockola is also the best. Appearing Aug. 8 as part of the annual Concerts on the Green music series at Kate Sessions Park, whether they’re

playing a Beatles album in its entirety or performing any of the dozens of classic rock hits in their repertoire, the band strives for an accuracy in their renditions that borders on the obsessive. Songs can range from Creedence Clearwater Revival to David Bowie, but they’re more than just a jukebox. The band, fronted by guitarist Bob Tedde puts on a terrific show, heavy on audience participation and fun. Between the scenic location and the selection of hit songs, this concert will be hard to beat.

Rockola: Sunday, Aug. 8 at 4 p.m. at Concerts on the Green, Kate Sessions Park. All ages. Free.
www.pbconcerts.org

It’s tough enough to be a part of one hard-working band, but somehow bassist Sol Turpin manages three. He’s the frontman with the group 40 oz. of Freedom, a tribute to Sublime and also a member of The Cured, which performs songs by ’80s hitmakers the Cure. However it’s with Safety Orange, which perform at RT’s Longboard on Aug. 12, that Turpin really lets loose. The difference is that in this case he’s playing his own music, a radio-friendly mix of new wave and pop punk. Fans

of either category approve, but if you like tunes that have equal parts adrenaline and melody, you’ll want to hear Safety Orange.

Safety Orange: Thursday, Aug. 12 at 10 p.m. at RT’s Longboard, 1466 Garnet Ave. 21 and up..
www.myspace.com/safetyorange

Anyone wanting to relive a bit of the ’80s glam metal or who wants to get a small taste of what it was like, might want to check out Metal Snake, which performs at the Wavehouse on Aug. 13. While it’s true that this is the least-respected genre going, it’s also true that many of the era’s tunes are now ingrained in the public psyche. From Poison’s “Every Rose Has It’s Thorn” to Ratt’s “Round and Round,” glam metal is littered with anthems, all guilty pleasures custom-made for singing along and now residing in Metal Snake’s repertoire. The band performs in costume for full effect, but what counts is that, at their core, they are a solid rock band which delivers an energetic set worth catching — with or without irony.

Metal Snake: Friday, Aug. 13 at 8 p.m. at the Wavehouse, 3125 Oceanfront Walk. Cover TBD. 21 and up.
www.myspace.com/metalsnake69

Danyavaad and the Shimmy Sisters, who perform at Tango Del Rey on Aug. 13, are a feast for the eyes and ears. A pairing of Danyavaad, a trio which performs original Middle Eastern-flavored music and the Shimmy Sisters, a belly dance troupe, the combo delivers a show that’s exciting and ever-changing. The Shimmy Sisters are siblings



Danyavaad and the Shimmy Sisters, who perform at Tango Del Rey on Aug. 13, are a feast for the eyes and ears.
COURTESY PHOTO

and adept at everything from stilt walking to hoop dancing, with both band and dancers in exotic and colorful costumes. Mix in the virtuoso electric sitar playing of group leader Greg Vaughan, and it all adds up to one of the most

entertaining groups in San Diego today.
Danyavaad and the Shimmy Sisters: Friday, Aug. 13 at 7:30 p.m. at Tango Del Rey, 3567 Del Rey St. Free. All ages.
www.danyavaad.com

Dirty Birds celebrates anniversary with fundraiser

Business partners Leigh Gibson and Jon Ollis, also Pacific Beach residents, opened Dirty Birds two years ago. The duo had the concept in mind for a while, but finally found the right space at 4656 Mission Blvd. The name comes from the fact that the bar and restaurant is known for its chicken wings, which are available in 22 different flavors. In the two years since it opened, Dirty Birds has sold more than 350,000 chicken wings. The bar will celebrate its anniversary Aug. 11 at 9 p.m. with a fundraiser to support the local breast cancer charity I Heart Boobies. The event will offer \$3 you-call-its, guest bartenders and raffle prizes. Dirty Birds has been busy taking down all of the “good luck” dollar bills stapled to the walls by patrons. The dollar bills will be donated to I Heart Boobies. For more information, visit www.dirtybirdspb.com. — **Debbie Hatch**

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MISSION BEACH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4656 Mission Blvd. P.B. 858-274-2473	Nightly Specials: 6pm -close All you can eat wings \$13.99 – Bucket of Keystone Light \$10.00	Happy Hour Happy Hour All Day 1/2 price domestic pitchers 1/2 price wings	Nightly Specials: 6pm –close Turkey Burger and Domestic Beer \$8.99	Nightly Specials: 8pm –close \$2.00 Keystone Light can	Nightly Specials: 8pm –close \$3.00 16oz PBR draft	Nightly Specials: \$4 Bloody Mary's and \$2 Mimosas \$10 bottle of champagne \$15 bucket of Coors or Miller	Nightly Specials: \$4 Bloody Mary's and \$2 Mimosas \$10 bottle of champagne \$15 bucket of Coors or Miller
 3714 Mission Blvd 858-488-668	HAPPY DAY: Happy Hour 11:30am - close, wii bowling tourney: sign up @ 9pm, starts @ 9:30 ½ price btls, drafts & cocktails. 25% off apps	TACO TUESDAY'S: Taco's starting @ \$1.50 \$3.00 Dos Equis pints and \$5 Corralejho Margaritas Happy Hour from 3pm-7pm	\$2 U Call It Night: \$2 and \$3 U-CALL-IT'S" from 9:00PM-close All Guava Sliders \$2.50 each , \$12 Bionic Beavers Happy Hour from 3pm-7pm	BURGERS MADNESS: \$5.99 Burger and Fries \$2.00 off all pitchers Friends Chili with Free pool, board games, 6 wii play games	FISH & CHIPS FRIDAYS: \$9.99 all you can eat fish & chips \$8 Dom. Pitchers, \$4 Jack and Cokes, \$4 Vodka Rockstar, \$3.50 Jager, Fernet & Tuaca Shots	SATURDAY SLIDIDERDAYS Party Night \$3.00 U call its 9:30 to close \$8 Dom. Pitchers. \$5 Bloody Mary's, \$4 Mimosas. \$12 Bionic Beavers, \$2.50 Kazis NFL, NCAA & NBA packages.	SUNDAY FUNDAY \$8 Dom. Pitchers \$2.50 Kazis, \$5 Bloody Mary's, \$4 Mimosas. NHL and NBA packages available
 5046 Newport Ave. 619-222-5300	All day, every day: \$3 Newcastle Ale & \$3 Landshark pints Nightly Specials: Open Mic w/ Jody Wood \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Wii & full Rockband competitions \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Hip hop night Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Reggae night with live bands & DJ Carlos culture, \$3 Redstripes Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Jason Otts accoustic showcase 6-9pm, Hip Hop, Bands + DJs. Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Live Music, DJ Chelu \$3 Mimosas, Bloody Marys & Beers	Nightly Specials: \$10 Corona Buckets \$5 Jager Bombs \$2 Buds
 721 Grand Ave. 858-581-BEER	Open Wii play	All-You-Can-Eat Crab With hushuppies and salad + crab races at 10pm.	Uncorked 1/2 price bottles of wine 5-10pm + \$5 Martini Madness at 10pm.	Thursday Special \$3 U-Call-Its from 9pm – close.	Friday Special \$3 U-Call-Its from 9pm – close.	Breakfast (9am – 1pm) with Build Your Own Bloody Marys and Tropical Mimosas.	Breakfast (9am – 1pm) with Build Your Own Bloody Marys and Tropical Mimosas.
 4343 Ocean Blvd. 858-272-SURF	Nightly Specials: Beer Pong 9pm to Close .25 Wings and Industry gets 50% off bill	Nightly Specials: 1/2 off Appetizers 6pm to close	Nightly Specials: Goldfish Racing 9pm to close	Nightly Specials: \$3 U Call it 8pm to close DJ Tony A NO Cover	Nightly Specials: \$3 Drafts, \$3 Tacos NO Cover	Nightly Specials: Badgers Football DJ Tony A \$3 Drafts, \$3 Tacos NO Cover	Nightly Specials: Karaoke with DJ Franquaray Reverse Happy Hour 10pm to Close – \$3 U Cal it
TONY ROMA'S RIBS SEAFOOD STEAKS 4110 Mission Blvd. 858-272-7427	Happy Hour: Monday – Friday 4 – 6pm \$2 off Bud Light or Hefeweisen Pitchers \$3 off 14 oz Bud Light or Hefeweisen \$3 off well drinks or well wines \$3 off all appetizers \$6.99 basket of 12 wings \$6.99 basket of 4 ribs Fridays Join us for Live Music					Daily Special: Happy Hour 11-4	Daily Special: Happy Hour 11-4

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Road biking within reach of the beach for beginners

By DEBBIE HATCH | BEACH & BAY PRESS

The 97th Tour de France caught the attention of fans in July, and may have inspired many to become cyclists, but there are a few things to keep in mind before pedaling into the sport.

Chris Kraly has been cycling since the mid-1970s.

"They [observers] looked at us like we were from Mars," Kraly said of his experience cycling on the East Coast nearly four decades ago.

In those days, it was not uncommon for cyclists to have bottles thrown at them or to be shot with pellet guns, Kraly said, acknowledging how far public acceptance of the sport has come.

Back then, cycling shorts were made from merino wool, not spandex; cycling shoes did not clip onto the pedals, but rather were caged onto pedals.

Kraly, who now works for Bicycle Warehouse in Pacific Beach, said the trend of merino wool is making a comeback and laughs that it is now referred to as retro.

In the early '80s, Kraly, a self-described career Marine, found himself stationed in San Diego.

"I felt like I was reborn and went to bicycle heaven," Kraly said.

People were cycling here, leaving him no longer feeling like an oddity.

Cycling on the road is often referred to as road biking, as opposed to mountain biking or beach cruising. Road bicycles are often lighter and more aerodynamic than other types of bicycles.

Those new to the sport need to remember that purchasing a new bicycle is like purchasing a new car, Kraly said. It depreciates once purchased and taken off the lot.



Road biking differs from other forms of bicycling, and features lighter and more aerodynamic bikes. PAUL HANSEN | BEACH & BAY PRESS

"One nice thing about an entry-level bike is that it is upgradeable," said Kraly. Enthusiasts can upgrade parts as their skill level improves.

It should take a good hour to be properly fit onto a new road bicycle. This is the most important consideration when making the purchase, Kraly said.

"The bike needs to be properly fit so it isn't working against you, but with you," Kraly said.

He said cyclists need to use arm signals and common sense. The number one rule, he said, is that cyclists wear a helmet 100 percent of the time. Riding etiquette can be learned from other cyclists. Kraly advises new riders to consider joining a cycling group.

Kraly suggests newcomers spend time riding around Mission Bay Park in order to adjust and become comfortable with riding a road bike.

Rowers take home 10 medals at regional regatta

By AMBERLY DRESSLER | BEACH & BAY PRESS

San Diego Rowing Club's Dave Frost was one of 16 local rowers to compete at U.S. Rowing's Southwest Regional Regatta in Oakland on July 11. Frost, who competed in five events and medaled in four, contributed to SDRC's 10 overall awards (one gold, four silver and five bronze) in as many 1,000-meter races.

Mission Bay's own masters rowers competed against other club racers from Arizona, California, Colorado, Utah and Nevada.

"This regional event, feeds the U.S. national event, which is often held in Camden, N.J., but we decided we wanted to go to the world event, which is in Ontario on Labor Day," Frost said. "You don't win Lance Armstrong kind of money. You just get the satisfaction of participating in a pretty grueling sport, having fun, meeting nice people and those kinds of things," Frost said.

While masters rowing is an extra-curricular activity for most, the sport itself is quite organized.

"For any of these official regattas, we have to belong to U.S. Rowing for safety and insurance, so it's not like a pickup game on the asphalt," Frost said. "It's officially sanctioned."

Masters rowing consists of men and women rowers college age and older. Rowers are grouped in five-year brackets,



San Diego Rowing Club's mixed "eight with coxswain" boat was one of 10 boats to medal at the U.S. Rowing Southwest Regional Regatta on July 11. The eight-person boat took home a silver medal at the event held on Lake Merritt in Oakland. COURTESY PHOTO

ets, which avoids a 25-year-old racing against someone 60 years their senior.

"For instance, I'm 57, so I'll row against people between the ages of 55 and 59, which kind of levels the playing field," Frost said.

At any age, competing at masters level requires commitment in both time and finances. Traveling to regattas is on the rowers' dime and preparations are made on their own time as well.

"Well, like most sports, if you want to do it well, you have to invest the time to get that little bit extra," Frost said. "The time between first place and third place is often less than 1 percent."

The training schedule adapts to the

rower.

"Because it's a pretty intense sport we take a day off, so most masters practice a minimum of five, the most six days a week, either on the water or land training," Frost said.

"It's kind of a gnarly culture, rowing, as you have to learn how to row in the dark. So, it's when you can fit it in. Some people do two-a-days. Some days I do two-a-day workouts. It just depends when you can do it with your day job, your life and your family and those kinds of things."

For more information, call (858) 488-1893, e-mail sandiegorc@sbcglobal.net, or visit www.sdrc-row.org.

Rowing facilities helping women thrive on Mission Bay

By AMBERLY DRESSLER | BEACH & BAY PRESS

Title IX often takes the credit for introducing many young women to rowing, but Mission Bay's longstanding rowing scene is doing its part as well. Three clubs share the bay — the San Diego Rowing Club, Mission Bay Aquatic Center and ZLAC Rowing Club. They also share in shaping San Diego's rowing future.

"We are seeing more prevalence of young rowers, both men and women," Dave Frost of SDRC said. "In our juniors program, we do have a fair number who go on to college and row competitively, which is exciting."

The influx of younger rowers is a change from the past few decades.

"I think most of the women who are masters did not have the opportunity to

row in college because the Title IX phenomena didn't happen until about, what 25 years ago? So a lot of the women did not row in college. I think that will change in time," said Frost. "Most of the men that are in our club did row in college because it was a male-dominated sport until scholarships were more equitable," he said. "Of the men, most started rowing in their 20s. The women, most of them started rowing in their 30s or 40s."

ZLAC, America's oldest women's rowing club, plays its role in introducing women to the sport. The all-women organization competes at all levels from juniors to masters.

Mission Bay Aquatic Center also introduces people to the sport and offers a more recreational experience. The San

Diego Rowing Club tends to be known more as a racing club in both juniors and masters.

"It's a growing sport," Frost said. "Title IX made it much larger on the youth level because of scholarships for women in that sport. But over time, that has grown into more rowing for after-college graduates, as well as people realizing it's a great all-over body sport, you burn a lot of calories and you don't have a lot of impact on your knees as you get older."

For more information on ZLAC, visit www.zlac.org. To learn more about Mission Bay Aquatic Center, visit www.mbaquaticcenter.com. For information on San Diego Rowing Club, visit www.sdrc-row.org.

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Women's Open Division

First – Juice Plus-Naturally Good (Stefanie Olow, Marisa Tirri, Martha Farmer) • **Second – Skybox** (Lisa McGowan, Kelsey McGowan, Tess Franklin) • **Third – Ryno Lady's Athletic Club** (Kim Romano, Amy Bowers, Taryn Casillas)

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THE PACIFIC BEACH BUSINESS Group meets each Tuesday morning, 7:00am, at the Broken Yoke. This is a business group who's aim is to generate business among it's members by referrals. Contact Karen and Mike Dodge for more details at (619) 384-8538.

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Born from a small neighborhood buying club that originally met on picnic benches at the foot of Saratoga Street, Ocean Beach People's Organic Food Market has become known as a truly people-oriented store, a home away from home. From a small group of dedicated volunteers, People's has grown to be Ocean Beach's largest employer, with a vision of helping people live in ways that are environmentally sustainable and that promote personal health and well-being. A California food co-operative, People's is collectively owned by more than 14,000 individuals and families who share common values of democracy, equality, and of course great food! Members of People's—San Diego's only community-owned

grocer—are able to voice their opinions on issues that are relevant to the Co-op. And, since the market is community-owned, profits stay local.

Stop by People's this month and celebrate our birthday on August 28, from noon until 5 p.m. We'll be grilling outside where you can snack on organic veggie burgers, corn and watermelon, enjoy live music, and get your photo taken at the Co-op's birthday fruit and vegetable display!

O.B. People's Organic Food Market is located at 4765 Voltaire Street, where everyone can shop and anyone can join! We're open daily from 8 a.m. to 9 p.m. (619) 224-1387
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JUST REDUCED



3940 GRESHAM #315 • \$799,000

■ Beautiful 3Br 2 Ba condo at Bay Scene. This home has new tile floors, remodeled kitchen, bathrooms with granite counters, walk-in closet in Master bedroom, huge laundry room inside unit plus 2 private balconys. Interior features floor to ceiling windows facing gorgeous lush landscaping and a great open floor plan. Complex features a fabulous full-size pool with spa, recreation room for parties, a workout room with cardio equipment and weights. 2 Secured below-ground parking spaces.

OPEN THIS WEEKEND



2711 OCEANFRONT WALK • \$5,950,000

■ Brand new custom 4BR/4BA, 3,000 esf home built by Custom Development and designed by Frontis & Young. This masterpiece has an ideal floor plan with entertaining beach front room with full bar, panoramic master bedroom views with Jacuzzi tub, 3rd floor kitchen with GE Monogram applcs, granite counters, cherry cabinetry. A spacious roof top deck awaits up top, elevator services all 3 floors and has a large 2-car garage. The best of Mission Beach!

NEWER CONSTRUCTION



BAYSIDE WALK • \$1,299,000

■ Gorgeous new construction 3 Br 2 Ba with panoramic bay views, highly upgraded, natural stone, closed circuit security/stereo, exclusive right patio on bay front and 2 car tandem garage. Gorgeous bayfront views from your kitchen & living room, located in the ideal Mission Beach location walking distance to Pacific Beach, MB Yacht Club, restaurants and great boardwalks. Great 2nd home or currently used as income producing vacation rental property.

PRICE REDUCTION



LA PALMA, #2B • \$850,000

■ Property for sale. 3BR/2BA, 1,900+ esf properties for sale in this building and both with great potential and stunning water views of Sail Bay. Quiet 100% owner occupied in this building with pool, tennis and easy access to Sail Bay.

PENDING IN ESCROW!



PACIFIC BEACH DRIVE • \$465,000

■ 2 Br 1 Ba cottage in Crown Point. First time on the market in over 50 years! Charming and cozy home in the coveted neighborhood of Crown Point. Perfect for a first-time home buyer or can be a great alternative to condo living for college students. Interior features lovely wood beam ceilings and is extremely well maintained. Pristinely manicured front lawn and great back yard and patio.

BAY VIEWS



BAYSIDE WALK • \$995,000

■ Beautiful corner-2 Br 2 Ba 1010 esf Penthouse condo with panoramic views of Mission Bay! Completely remodeled from floor to ceiling including new plumbing and electrical, new sliders, granite counters in both the kitchen and bathrooms, slate floors throughout kitchen, living/dining and balcony with all stainless steel appliances. A great location in MB!

BUILD YOUR DREAM HOME



BAYSIDE WALK • \$1,649,000

■ Rare corner lot on Bayside Walk overlooking gorgeous Sail Bay. 59 ft of frontage sits this 2 Br 1 Ba beach cottage ideal for building that gorgeous 3 Br 3 Ba 1700 esf dream home on this 1630 esf corner lot. Potential abounds from this great North Mission Beach location. Architectural sketches available upon request..

RIVIERA DRIVE • \$899,000



■ 3 bR 2 Ba 1191 esf on Sail Bay. Spectacular bay, sunset and evening lights from this ground floor condo. There are no other units on this level, no common walls to anyone else's place. The common area patio is very spacious and includes a pool and spa. Extensive windows across the front of the condo and lots of mirrors bring the water views inside for your enjoyment.

OCEAN FRONT WALK • \$2,950,000



■ Panoramic Penthouse overlooking crashing white water surf. 2005 built, 4 Br 3.5 Ba 1767 sq ft, elevator, floor-to-ceiling glass/sliders, multiple decks, natural stone flooring, 2 car side-by-side garage, Subzero/Miele applcs, mounted flatscreens/electronics and much more.

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