



MBHS FOOTBALL:

*The Bucs are back
and looking to repeat
as CIF champions.*

Page 13

Beach & Bay PRESS



**Catch the
NFL action!**

DON BALCH | Beach & Bay Press

Pages 18-19

Thursday, September 2, 2010

www.beachandbaypress.com



Freshmen at Mission Bay High School participated in an orientation Aug. 26, getting acquainted with their new campus and re-establishing friendships after the long summer.

PAUL HANSEN | Beach & Bay Press

School bells welcome students with changes, opportunities

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

Area schools will welcome students back Sept. 7 for a new year of education, enrichment and friendships. Each school has its own unique programs in place for the coming year. Here are some of the noteworthy items at the local campuses.

Mission Bay High School (MBHS) will sport some new changes to staff and new educational offerings. Principal Fred Hilgers said he is eager to welcome back students.

"I get excited going into classrooms and watching the students and staff interact and learn," Hilgers said.

During the 2009 school year, 78 percent of students came from outside of Pacific Beach, Hilgers said.

The highest concentrations of students were from the San Diego High, Lincoln High and Crawford High regions of town.

Hilgers estimates 1,650 students will attend MBHS for the 2010-11 school year, which would represent an increase of about 50 to 60 students.

"We have a lot of things going on this year," Hilgers said. "It will be exciting."

The school offers the esteemed International Baccalaureate (IB) Diploma Program, which emphasizes comprehensive curriculum with a global focus. This is the first year the program will have a full-time coordinator.

Each year, the program expands, giving students more IB classes, allowing them to delve further into topics and apply what they learn on an international level.

As such, the school has learning relationships with the University of California, San Diego (UCSD) and San Diego

State University.

"Our goal is that students will be spending a lot of time researching," Hilgers said.

This year, a teacher will spend a week on a UCSD research boat. He will blog about his experience and video conference with students via Skype.

That teacher will run live experiments that the students will be able to participate in real time.

"He will be [the students'] arms on the boat," Hilgers said.

Also new this year is the position of dean of students. Aaron Farmer will fill the role, assisting with a variety of areas with attendance, monitoring programs and serve as a transportation liaison for parents. He will also be a resource for students and parents.

Pacific Beach Middle School (PBMS) expects about 700 students to enter the campus on the first day of school.

The school's sixth- through eighth-grade population will arrive to school on buses, bikes and skateboards. PBMS has a special skateboard lock-up for students who choose that form of transportation.

"We are really going to be continuing to build the things that we have already been working on," said PBMS Principal Dr. Julie Martel.

The school will continue to build on its International Baccalaureate program, optimizing the K-12 continuum, Martel said.

This year, the IB program at PBMS will be evaluated over the course of two days by a team of visiting teachers and administrators from across the country to monitor how the school is living up to the philosophies of the IB program, she said.

SCHOOL CONTACT INFO

• **Mission Bay High School**

Principal Fred Hilgers
2475 Grand Ave.
(858) 273-1313
www.sandi.net/missionbay1

• **Pacific Beach Middle School**

Principal Dr. Julie Martel
4676 Ingraham St.
(858) 273-9070
pbmiddle.sandi.net/

• **Kate Sessions
Elementary School**

Principal Susan DeVicariis
2150 Beryl St.
(858) 272-3111
new.sandi.net/schools/sessions

• **Crown Point Junior
Music Academy**

Principal Barbara Boone
4033 Ingraham St.
(858) 273-9830
new.sandi.net/schools/crownpoint

• **Pacific Beach Elementary**

Principal Sherry Turner
1234 Tourmaline St.
(858) 488-8316
old.sandi.net/pbe/

"They're kind of like a critical friend," Martel said.

Martel said she is proud of her school's IB program. IB classes can be in any subject and are added gradually over time.

"We want our kids to be prepared to go to Mission Bay [High]," Martel said.

In the IB program, each student is issued a planner used to keep track of classes and community service.

PBMS students volunteer in a variety of areas across the community, from adopting and maintaining a portion of the beach to reading to senior citizens.

"When kids graduate with IB courses or full IB from the high school, they are pretty much going to the college or university of their choice," Martel said.

SEE SCHOOL, Page 4

Celebrating Brazil in the heart of Pacific Beach

By **MARIKO LAMB** | BEACH & BAY PRESS

Pacific Beach will host San Diego's third annual Brazilian Day on Sunday, Sept. 12 on Garnet Avenue between Everts and Bayard streets.

The beach community's central street will come alive with colorful Brazilian costumes, traditional cuisine, music, art and children's activities, beginning at noon.

A parade will begin its one-hour march at 3 p.m., showcasing batucada — a type of rhythmic samba percussion band — and lively Brazilian dance performances, including bossa nova and capoeira.

"We're going to have two stages, one at each end of the event area," said event producer Paulo Batuta. "One stage is called Latin Explosion, and we're going to have a lot of music and band performances going on there."

Latin Explosion, the main music stage, will be located on Dawes Street and Garnet Avenue. Next to Latin Explosion, a children's area will ensure children have fun, too, with carnival rides, inflatable jumps, balloon artists, face



Colorful costumes, lively dances and music, food and children's activities will bring the streets of Pacific Beach alive on Sunday, Sept. 12 during San Diego's third annual Brazilian Day.

PHOTO BY PAUL HANSEN | Beach & Bay Press

painters and other entertainers.

Batuta said San Diego is only one of many communities celebrating the spirit of his home country in September.

"September is the month we celebrate Brazilian Independence Day, [specifically] on Sept. 7," Batuta said. "So not just here in San Diego, but all over

SEE BRAZIL, Page 4

Pancake breakfast to benefit Junior Lifeguard Foundation

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

The San Diego Junior Lifeguard Foundation will host its second annual Pancake Breakfast at the Santa Clara Recreation Center on Mission Bay on Saturday, Sept. 11, giving locals a chance to chow down to help fund the program.

The event takes place from 8 to 11 a.m. at 1008 Santa Clara Place.

"The Junior Lifeguard program teaches kids skills that are lifelong skills," said Belinda Bencomo, a foundation volunteer. "With our close proximity here to the ocean and other bodies of water — that is just such an important skill for kids to learn."

All of the proceeds from the breakfast will benefit the foundation, which supports the junior lifeguards. Bencomo said she hopes to see between 200 and 300 people at the event.

"The more, the better," Bencomo said. "It's going to be a great time and a beautiful morning out on the bay."

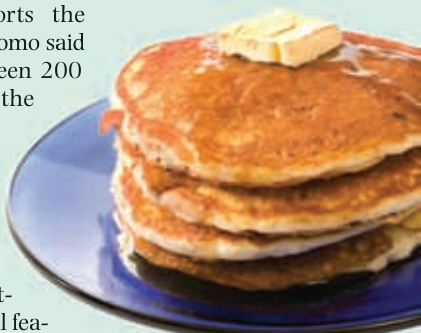
In addition to hotcakes, the breakfast will fea-

ture a raffle and outdoor games for kids. Last year's pancake breakfast was held around Halloween and featured face painting and costumes.

"They get things from the local surf shops and they've had lots of restaurant gift certificates and that type of thing," Bencomo said. "There are pretty good prizes."

Tickets for the breakfast are \$5 per person or five tickets for \$20. The foundation's programs include "Learn to Swim For Free" and "Bridge to the Beach," along with a Junior Lifeguard scholarship fund.

For more information, visit www.sdjgfoundation.org.





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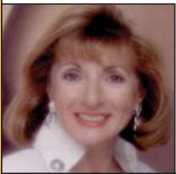
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Restaurant walk strolls through Pacific Beach

By DEBBIE HATCH | BEACH & BAY PRESS

Discover Pacific Beach is busily putting the final details in place for the Heart of Pacific Beach Restaurant Walk, set for Sept. 14 from 5 to 9 p.m. For \$20, walkers can peruse the eastern business district of Pacific Beach, tasting offerings from longtime favorites and newer establishments.

The walk is a biannual fundraising event for Discover Pacific Beach.

“We are excited. We are counting on this late summer weather to give folks a nice, fall stroll,” said Andy Hanshaw, director of Discover Pacific Beach.

Whether participants want to try new restaurants like Woodstock’s Pizza at 1221 Garnet Ave., or revisit favorites such as Café Athena at 1846 Garnet Ave., Discover Pacific Beach encourages all residents and visitors to get out and have fun.

The fall restaurant walk will include restaurants mainly on Garnet Avenue between Everts and Lamont streets.

However, restaurants are being added daily, so the event’s reach may sprawl outside the main corridor, Hanshaw said.

“There’s a good number of eclectic restaurants in that vicinity,” Hanshaw said.

Mr. Frosty and Brewley’s Pint are just two of the participants that will boast more than dinner and appetizers. Wines, beers and desserts will be available for curious walkers to taste along the stroll as well.

“We look forward to everybody having a good time,” said Declan Roche, general manager of Brewley’s Pint, 1261 Garnet Ave.

Kilkenny is a nitrogen-infused Irish cream ale, which will most likely be among the offerings at Brewley’s Pint. The beer is popular in Ireland and was



Lotsa Pasta, 1762 Garnet Ave., has been participating in the Heart of Pacific Beach Restaurant Walk from the beginning. This year, Lotsa Pasta will serve up tortellini with vodka sauce and its famous broccoli salad with raisins, nuts, penne pasta and a sweet, vinegary dressing.

PAUL HANSEN | Beach & Bay Press

only released into the western U.S. market this year, Roche said.

Carol Blomstrom and her son, Kirk, are the proprietors of Lotsa Pasta, 1762 Garnet Ave. Lotsa Pasta has been participating in the restaurant walk from the beginning, Carol said.

She said she most enjoys welcoming people into her restaurant who have never been inside.

Lotsa Pasta will be serving up tortellini with vodka sauce and the eatery’s famous broccoli salad with raisins, nuts, penne pasta and a sweet, vinegary dressing.

The restaurant walk creates a good marketing opportunity for small businesses, Hanshaw said.

A couple of the restaurants will offer

live music and there will also be wine tasting at Pacific Plaza.

The event is family friendly and for all ages, but a valid ID must be shown to taste the alcoholic beverages.

“The funds go back into the community to help fund future improvements here in PB,” Hanshaw said.

Discover Pacific Beach supports projects in the business district and promote services such as maintenance, cleaning and landscaping.

Tickets are available online at www.govavi.com/restaurantwalk.

For tickets on the night of the event, participants can visit the Discover Pacific Beach office at 1503 Garnet Ave. or Lotsa Pasta in the Pacific Plaza. For more information, visit www.pacificbeach.org.

Community to extend thanks to local emergency workers

By DEBBIE HATCH | BEACH & BAY PRESS

Police and Emergency Services Appreciation Night (PAESAN) is a unique community picnic and awards ceremony created to honor emergency service workers in Pacific Beach.

The first PAESAN was held 30 years ago after Pacific Beach Town Council (PBTC) members decided they wanted an opportunity to thank emergency workers in person for all they did.

“During a crisis or an emergency you don’t have time to thank the people who take care of us,” said Ruby Houck, PBTC vice president and the event’s organizer since 2003.

The event honors lifeguards, police officers, firefighters and park rangers — all of whom are ready to help in a time of need.

“It’s an evening where the entire Pacific Beach community is able to come out and personally thank its people not just for the terrific jobs they do, but for their dedication to our community all year long,” Houck said.

PAESAN tickets are \$5 and the event will be held from 5 to 7:30 p.m. on Wednesday, Sept. 8 at the North Crown Point Shores Rotary Pavilion.

The ticket price includes hot dogs, hamburgers, a beverage and entertainment provided by a live band.

“What this event does is it’s our opportunity to bring our community together for a very inexpensive, fun evening and celebrate just living in PB,” Houck said.

Despite the reasonable price, ticket sales are down, according to organizers. Houck stressed the importance

and tradition of the long-standing event, and encouraged the community to bring a picnic blanket and chairs to the PAESAN, even though the economy might make it difficult for some people to spend extra money right now.

The event is unique to Pacific Beach.

“People who come from far and wide think this is amazing,” Houck said.

Each year, police officers, lifeguards, firefighters and park rangers are asked to nominate outstanding coworkers to be recognized for their service. They vote for a recipient who has gone above and beyond the call of duty.

The winner from each service is kept secret until the night of the event. Captains have a hard time trying to orchestrate changes in shifts and schedules in order to allow for the winner to be off duty, Houck said.

District 2 City Councilman Kevin Faulconer, Ron Lacey from Mayor Jerry Sanders’ office and representatives from elected government offices will be on hand to distribute awards and thank emergency workers.

“This is a time when everybody there has something positive in common,” Houck said.

Many volunteer organizations come together to ensure the event runs smoothly.

The Mission Bay Rotary Club, the Kiwanis Club, the Pacific Beach Woman’s Club and student organizations will help orchestrate the evening. Discover Pacific Beach will

SEE THANKS, Page 5

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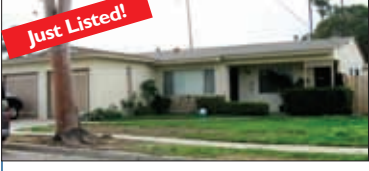
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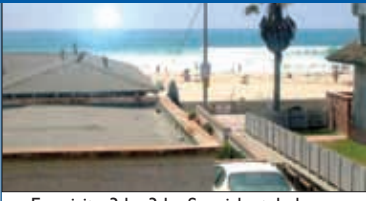


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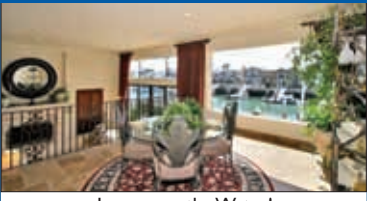
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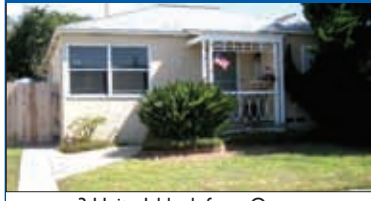
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EVENTS CALENDAR

Looking ahead

- THURSDAY, SEPT. 2**
Preschool Storytime, 10:30 to 11 a.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-4, (858) 581-9934, free
- Toddler Yoga**, 11:15 to noon, Pacific Beach/Taylor Library, 4275 Cass St., ages 18 months to 5 years, (858) 581-9934, free
- SATURDAY, SEPT. 4**
Wagging Tales, 10:30 to 11:30 a.m., Pacific Beach/Taylor Library, 4275 Cass St., (858) 581-9934, free
- Clean PB Day**, 9 a.m. to noon, Ocean Blvd at Grand Ave., www.cleanpb.com
- MONDAY, SEPT. 6**
Mission Bay Rotary Club, noon, Catamaran Hotel, 3999 Mission Blvd., lunch, www.rotaryclubmissionbay.org
- TUESDAY, SEPT. 7**
Pajama Storytime and Crafts, 6:30 to 7:30 p.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-6, (858) 581-9934, free
- Discover PB Board meeting**, 12 p.m., Discover PB office, 1503 Garnet Ave., (858) 273-3303
- Mission Bay Park Committee meeting**, 6 p.m., Santa Clara Recreation Center
- WEDNESDAY, SEPT. 8**
Art, 3 p.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 6-12, sign-up required, program is limited to 35 students, (858) 581-9934,



- Bayou Brothers**, 7 to 8 p.m., Pacific Beach/Taylor Library, 4275 Cass St., library music series, (858) 581-9934, free, donations accepted
- Discover PB Promotions Committee meeting**, 3 p.m., Discover PB office, 1503 Garnet Ave., (858) 273-3303
- Police and Emergency Services Appreciation Night**, 5 to 7:30 p.m., North Crown Point Shores Rotary Pavilion, for tickets stop by the Pacific Town Council Office, 1706 Garnet Ave., or tickets can be purchased at the event, \$5.
- Mission Beach Town Council meeting**, 7 p.m., Community Room, Belmont Park, www.missionbeachtc.org
- THURSDAY, SEPT. 9**
Preschool Storytime, 10:30 to 11 a.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-4, (858) 581-9934, free
- VFW Post 5985 Meeting**, 7 p.m., 853 Turquoise St., (858) 488-3631, www.vfw5985.com
- SATURDAY, SEPT. 11**
Pacific Beach Woman's Club first meeting of 2011-12 year, 11:30 a.m., new women welcome to the luau themed potluck, for more information call Jody Ross at (619) 838-9299

BRAZIL

CONTINUED FROM Page 1

the United States we have Brazilian festivals taking place.”

A large Brazilian community is concentrated in Pacific Beach, Ocean Beach, Point Loma, and Clairemont, which makes Pacific Beach a prime

location for the celebration of Brazil's favorite holiday.

The street fair and parade is expected to attract more than 50,000 people this year. Brazilians and non-Brazilians alike are welcome to join in the celebration by registering online for an authentic costume from Brazil and taking part in the parade march.

For more information, visit www.braziliandaysandiego.com.

Brazilian Day San Diego 2010

When: Sept. 12, noon to 6 p.m.; parade runs from 3 to 4 p.m. on Garnet Avenue between Bayard and Everts streets in Pacific Beach

Cost: Free

Info: Braziliandaysandiego.com

SCHOOL

CONTINUED FROM Page 1

Kate Sessions Elementary School (KSES) will hold a new student orientation Friday, Sept. 3 to help ease children into the routine for the school year.

“The first week of school the teachers help the kiddos know their way around, so everybody feels welcome,” said Principal Susan DeVicariis.

Nearly 50 percent of students at KSES come from the nearby military housing.

“The military has been very supportive of our school,” DeVicariis said.

KSE also participates in the International Baccalaureate (IB) program.

Many of the students who are from military families add to the richness of the program and are able to share with other children the international experiences they have had, DeVicariis said.

New for the year will be a preschool program, which will be run on campus through Say San Diego, a local nonprofit group dedicated to supporting the development of youth.

“They are also going to be taking over our after-school program,” DeVicariis said.

Crown Point Junior Music Academy (CPJMA) is a K-5 elementary school that focuses on music education, in addition to core curriculum subjects such as math, science and social studies.

The school introduced the Suzuki Method of violin into its repertoire of offerings, which gives students a solid foundation in music comprehension.

CPJMA offers several student clubs from which children can learn the foundations of leadership.

Pacific Beach Elementary School (PBES) has music instruction for all grade levels, a garden science program in which students plant and tend to a garden, and many extracurricular activities such as Spanish, dance and a math club.

PBE has an active parent involvement network, which organizes events such as family math night, book fair and field day.

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Alcohol ban at Kate Sessions moves ahead

The city Park and Recreation Department's advisory board voted 8-1 on Aug. 19 to endorse a 24-hour ban on alcohol consumption at Kate O. Sessions Park in Pacific Beach.

The matter will now be sent to the Public Safety and Neighborhood Services Council for consideration, most likely in early fall, said Clay Bingham, deputy director of Community Parks Division 1.

Officials cite a connection between alcohol use at the park and a growing number of complaints to law enforcement in the wake of the nearly three-year-old beach alcohol ban. Advisory board members said in 2007, San Diego police received 96 calls for service at the park. In 2009, police received 281 total calls, and year-to-date numbers for 2010 are already at 171, according to documents.

Bingham said if the ban at Kate Sessions is adopted, he does not foresee the problems associated with drinking at that particular park moving to other area parks because few others possess the same grassy, hilltop attributes.

Michelle Youngers is a member of Friends of Kate Sessions Park, a committee of City Beautiful of San Diego Inc.

"Our goal as part of our organization is to preserve the park and accessibility to the park for all user groups and to keep it a safe environment for all user

groups," Youngers said.

She has lived near Kate Sessions for 20 years. She said she and her family do not use the park as much as they used to.

The possible amendment to the San Diego Municipal Code 56.54 — subject to City Council approval — would call for a 24-hour ban to augment the existing beach alcohol ban.

Rob Rynearson is treasurer of FreePB.org, a grassroots organization whose mission is to "prevent the erosion and promote the expansion of individual rights, privileges, and freedoms in San Diego with an emphasis on public parks and beaches."

Rynearson said FreePB.org believes there are alternatives to the 24-hour ban. He would like to see the Park and Recreation Department's advisory board address the fact that there is an unfulfilled need in the city to have an area where responsible adults can go to publicly gather with friends and family to drink.

Until that happens, however, police officials said they will continue to enforce existing ordinances.

"Whether we are talking about the beach, Garnet Avenue or Kate Sessions Park, unfortunately, alcohol has a part in that, and that certainly can create challenges," said Capt. Chris Ball of the police department's Northern Division.

— Debbie Hatch

Deal sets up return of Thunderboats

By JOHNNY McDONALD | BEACH & BAY PRESS

The Air National Guard (ANG) has come to the rescue, ensuring that the popular, rooster tail-spraying unlimited hydroplane boats return to the waters of Mission Bay.

The Bayfair racing event, scheduled for Sept. 17-19, will be known as the Air Guard Championship, presented by Degree Men.

Degree Men is a company with a line of antiperspirants.

In announcing the agreement, H1 Hydroplane chairman Sam Cole said, "This is a fantastic moment for our sport. To be able to announce that we are racing in San Diego with the Air National Guard as the race sponsor and Degree Men as the presenting sponsor is awesome."

The agreement marks a victory for hydroplane enthusiasts and spectators, said officials.

"We're thrilled to have H1 Unlimited returning to San Diego," said Jeff Thomas, chairman of San Diego Bayfair's board of directors. "We feel there is no better place than Mission Bay to admire the beauty and the speed of the hydroplanes. Racing fans are in for an action-packed, three-day event."

Scott Carson, former CEO and president of Boeing Commercial Airplanes, will throw financial support behind the event with his wife, Linda, in honor of American military personnel in Afghanistan.

The Carsons have a son-in-law currently serving in Afghanistan.

Degree Men will also be involved as title sponsor of one of the race teams at the event, which will be featured in an aggressive marketing and advertising campaign in Southern California.

A 12-boat field is expected to roar across Mission Bay for the three-day event, reaching speeds in excess of 200 mph.

Steve David, the defending series high-point champion and three-time winner in 2010 — driving the U-1 Oh Boy!

Oberto — will be looking to build on his 506-point lead over chief rival and 2010 Gold Cup Champion Dave Villwock, who will pilot the U-96 Spirit of Qatar. The two veterans will battle for the season high-point title.

The Bayfair races will be seen on the Versus Network on Oct. 16 and will be streamed live on the Internet by Tampa Digital Studios.

Bayfair is a traditional event that has flourished over 40 years, but which had been in jeopardy of cancellation at various locations. The precarious nature of is a sign of the times for the sanctioning body, although last-minute deals have pulled out H1 Hydroplanes at the Detroit Gold Cup and Seattle's Seafair.

The races were, however, canceled at Evansville, Ind., making San Diego the fifth stop in the series.

THANKS

CONTINUED FROM Page 3

donate tables, chairs and canopies to be delivered and picked up. The Old Mission Bay Athletic Club (OMBAC) will donate the use of its large barbecue grills, in addition to all of the food.

"OMBAC does many, many charitable works," Houck said.

OMBAC will also be offering rides on a 1940s fire engine in the parking lot.

There will be a children's area with face painting and free, homemade popcorn.

PAESAN is still need of more volunteers to help set up and break down the

event. Organizers also need more prize donations, small or large, which will be raffled off.

To purchase tickets, volunteer or for more information, call (858) 483-6666, or visit www.pbtowncouncil.org.

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Now & Then

John Fry

OK, when exactly did THAT happen?

WHAT?? A 24-HOUR DENTIST next door to Good Time Charlie's? How is it possible I never noticed THAT before? Probably because it's actually a 24-HOUR RENT LIST. Guess it's time to call John Gartner and see if it's time for a new prescription.

THERE BUT FOR FORTUNE, go you and I. It'll be awhile before authorities determine the cause of the helicopter crash in San Diego Bay last week, but who among us hasn't had a close call piloting a chopper off the aft end of our yacht?

I BOUGHT ME A COUPLE of containers of microwavable macaroni and cheese at CVS the other day and tried one out. Easy Mac is what it says on the cover. Ready in 3 1/2 minutes! TRIPLE CHEESE. It actually took about 5 minutes in my ancient microwave and what I ended up with was sort of a macaroni and cheese soup. Being a guy, I didn't exactly read the instructions carefully. Step #2 said "ADD WATER to fill-line in cup" not add water until the cup is filled. I think THAT step is the one that should have been printed in red, not "CAUTION: CUP AND CONTENTS WILL BE VERY HOT!! KEEP CUP UPRIGHT TO AVOID SPILLS." Even I got that one right on my own.

I DIDN'T CATCH HER NAME, partly because she asked if she'd reached the Pacific Beach Town Council. The next thing I knew, she was near tears and I was trying to calm her down and trying to get at the root of the problem. As near as I could reconstruct, she was a 1984 graduate of Mission Bay High School and had been a patron of Los Panchos on Garnet Avenue for as long as she could remember, largely because they had really good hot carrots. Apparently, she went over to enjoy the really good hot carrots and Los Panchos wasn't there anymore. It had been replaced by another restaurant called Las Casas and now what was she going to do? I told her that life was filled with these little speed bumps and that I, too, thought that Los Panchos had really good hot carrots and, from a personal point of view, excellent cheese enchiladas. I tried to leave her with an inspirational talk about life going on under the worst of situations.

"YOU APPLYING FOR A JOB?" I was studying the menu at Green Flash when food server Wesley interrupted my reverie. I looked at him strangely until the light bulb went on over my head. My Hawaiian shirt du jour was a very close match to the official Green Flash uniform. You may recall an earlier appearance in this column by Wesley on an occasion when management let me in the restaurant early. Over in the corner, Wesley had his Hawaiian shirt laid out on a table – and was ironing it with a carafe of piping hot water.

NO-O-O-O-O-O!!!! Hooter's is gone? When did THAT happen? I coasted to my usual Hollywood stop on Reed and Mission and actually hit the brakes when I noticed a remodel on the corner. Actually, I only made it down there twice. The second visit confirmed my opinion that the lovely young servers couldn't make up for the really bad food.

— John Fry may be reached at (858) 272-6655 or by e-mail at mail@johnfry.com.

When Notso Normal feels so good (and young)

By BART MENDOZA | BEACH & BAY PRESS

San Diego's music scene is thriving. With more music venues and festivals than ever, and a steady stream of new bands emerging on a national level, things certainly seem to be bucking the national downward trend.

One of the best indicators to a music community's health is the number of young players entering the fray. The area is also fortunate to have an amazing amount of teen talent, ranging from jazz pianist Chase Morrin to Adolescent's guitarist Joe Harrison.

One of the newest groups, alternative indie quintet Notso Normal, has only been playing for about three months, but is already starting to draw attention. The band is made up of bassist Connor Heron, 13; keyboardist/guitarist Hannah Tandy, 14; drummer Colin Tandy, 13; lead guitarist Dayna Stout, 14; and lead vocalist, Lauren Stout, 17. Despite its brief time as a unit,

Notso Normal's members are already veterans of the local music scene, with shows in previous combos at events such as BeachFest and venues like the Lyceum theatre and the San Diego County Fair.

"We all grew up singing in the school choir and some of us played in the elementary school band," said Lauren Stout. "Hannah and Dayna sang in the PB Middle School choir and Conner, Colin and Hannah all played in the PB Middle School Band."

She said all of Notso Normal's members come from musical families.

"Colin and Hannah's mom has a music studio and their dad plays in a band called Big Daddy Blues. Connor's dad sings and his mom plays the banjo," said Stout. "All of our parents introduced us to music at a young age and we are glad they did."

Stout said having two sets of siblings in the band is a plus.

"We are able to connect with each other on another level when playing music," she said. "It's also easier to give feedback and be honest with how we are doing and how the music sounds. We are becoming a family ourselves as a band."

Stout said she has been making music most of her life, taking voice lessons since the fifth grade.

"Originally, my mom told me I had a voice and so I started singing more frequently around my friends and family," said Stout. "When I got positive feedback, I decided to pursue learning more about voice and performing. I like the feeling I get when singing. It is a feeling that is exhilarating and moving."



Youthful members of Notso Normal include bass guitarist Connor Herron, 13; on keys and guitar Hannah Tandy, 14; drummer Colin Tandy, 13; lead guitarist Dayna Stout, 14; and lead vocal, Lauren Stout, 17.

She cites two local artists, the band Switchfoot and Jason Mraz, as big influences on her singing.

"As a kid, and up until now, my dad would always take me to concerts to see them," Stout said. "The energy they brought to the crowd with their lyrics and movements and rhythm always amazed me, and I knew that I wanted to give others that same feeling."

According to Stout, the band's five members enjoy different types of music, including alternative rock, punk, pop, hip-hop and classical music.

"This is a great benefit because we can then bring all the different genres and flavors of music into one band," Stout said.

Notso Normal's songs are primarily penned by the Stout sisters Lauren and Dayna, with Herron also contributing.

"We like to write about what goes on in a typical teenage life," Lauren Stout said. "It's a mix of girl dilemmas and makeups and breakups, and a lot about just growing up and finding your way in the world."

She credits Tandy for the group's unusual name.

"We thought it fit well because we are, as the name implies, not so normal," Stout said. "It also lets the listeners know they're in for a surprise and we are unique."

Though Lauren Stout will be heading off

to college next year, she plans to attend a local school so the band can continue.

"As a band, our goal is to perform, perform, perform," Stout said. "We would like to have more gigs set up throughout the San Diego area and looking further into the future, a possible record deal and some songs on iTunes. Hey, why not dream big and say, 'Notso Normal will be nominated for a Grammy?'"

Stout said the hardest part of being in a "teenage band" is staying focused.

"We tend to goof around a lot and go off playing our own crazy solos during practice," Stout said. "The guys also tend to have contests of who can play the loudest."

With all Notso Normal's members still in school, even rehearsing can be difficult. "(Everyone) plays sports and has extracurricular activities we participate in, so finding an opening is challenging. But we always find time for our music," she said.

For Stout, the opportunity to perform with the band is worth the minor inconveniences.

"The benefits of being in a band and playing music is being able to express ourselves, and we have fun doing it," Stout said. "We put in the time learning the skills of playing an instrument or singing and now we get to play."

Up & out

By DEBBIE HATCH



Staples, 1650 Garnet Ave., now carries cell phones! The store, redesigned in June, dons a sleeker look and offers a more extensive supply of electronics including, laptops, digital cameras and televisions. It is spacious and has eager, friendly staffers.

The well-known little red farmhouse on the 900 block of Emerald Street received a facelift and some major upgrades. A red staple in Pacific Beach for many years, it is

now tan with upgraded landscaping and a new fence. San Diego Property Management is excited to give the tenants a more desirable to live.

The quarterback for the Green Bay Packers, Aaron Rodgers, is an investor in The BeachWood, the new restaurant and bar located at 4190 Mission Blvd. Insiders say he had a personal connection with the establishment's owner Aaron Phillips. The

BeachWood had its grand opening celebration on Aug. 27.

Becky Miller, a Realtor with Coldwell Banker Residential Brokerage's Pacific Beach office, earned her Graduate Realtor Institute symbol. It is the mark of a real estate professional who has made the commitment to provide a high level of professional services with an educational foundation.

Correction

In the article "A New Field of Dreams?: Mission Bay High could see new stadium by 2014" in the Aug. 19 issue of Beach and Bay Press, it was reported that the San Diego Unified School District (SDUSD) board of education voted to approve a measure that moved stadium improvements at Mission Bay High School to the beginning of 2014. After publication, SDUSD said that measure was proposed but not yet passed.



BEACH & BAY PRESS



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



sdnews.com

PUBLISHER

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

EXECUTIVE EDITOR

John Gregory x130
bbp@sdnews.com

NEWS EDITOR

Kevin McKay x131
beacon@sdnews.com

SPORTS EDITOR

Anthony Gentile x135
anthony@sdnews.com

REPORTERS

Anthony Gentile x135
anthony@sdnews.com

Hillary Schuler-Jones x133
Hillary@sdnews.com

Debbie Hatch x142
hatch@sdnews.com

ACCOUNTING

Heather Glynn x103
Patty Angley x120
Accounts Receivable

AD CONSULTANTS

Mike Fahey x117
Marjorie Kirby x122

Michael Long x112
Ashlee Manzo x123
Heather Snyder x115
Deborah Vazquez x118
Markey Daniels x111
Maricris Angeles x147
Phil Doyle x121

CLASSIFIEDS MGR.

Heather Snyder x115
heather@sdnews.com

CLASSIFIEDS

Kim Donaldson x140
kim@sdnews.com

Sonya Godette x136
sonya@sdnews.com

PRODUCTION MGR.

Casey Dean x107
casey@sdnews.com

PRODUCTION

Chris Baker,
Anna Magulac

PHOTOGRAPHERS

Don Balch, Paul Hansen

CONTRIBUTORS

John Fry, Anthony Gentile,
Bart Mendoza, Neal Putnam,
Sebastian Ruiz, Meaghan
Clark, Amber Dressler, Lee
Cornell, Mariko Lamb

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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.

DISTRIBUTION Beach & Bay Press is available free every other Thursday.

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Tula Ru offers wonderment for children and adults

By DEBBIE HATCH | BEACH & BAY PRESS

A three-foot-tall child walking into Tula Ru will most likely find the pink and white striped floor under the colorful vintage chandeliers — and the visions of toys and tutus — exciting.

However, even a 6-foot adult might react with jubilation.

Casey and Damon Brossard purchased Tula Ru on July 1 and have been busy putting their own spin on the already-established children's resale business.

"We've always known about the store," Damon said.

He has watched the children's resale shop change ownership over the past 20 years, but the offerings never seemed to change.

Now, the couple hopes to add to the vivid assortment of goods and, eventually, add children's enrichment classes to the repertoire.

The previous owner of the shop remodeled the interior and Damon credits her with giving the store a vintage boutique ambiance.

"This is sort of like a hidden gem in PB," Damon said.

Damon is a Pacific Beach native and a graduate of Mission Bay High School. He sees classmates with whom he has not spoken in years come in with their children, and notes how life goes full circle.

"This is a store with a lot of history," Damon said.

The store came with an established loyal customer base.

"We were blessed," Damon said about the purchase timing and painlessness of the transition.

While Damon has watched the community change over the years, he said he is still quite proud to call Pacific Beach his home.

"A place like this [Tula Ru] reminds me of my childhood," Damon said.

Men will enter the store with their girlfriend and leave with visions of a talk about the couple's future plans on the walk home, Damon said, chuckling. That time comes for every couple, he said.

"We like this because it serves the community and serves all of the families as well," Damon said.

Because it is a resale shop, this enables the store to serve many different



Casey and Damon Brossard, shown here with daughter Avery, 2, purchased Tula Ru on July 1 and have been putting their own spin on the children's resale business at 5005 Cass St. PAUL HANSEN | Beach & Bay Press

price points.

The name Tula Ru, while brainstormed by the couple, is really credited to Casey. Her father used to sing to her the Irish lullaby "Turaluralura."

The couple decided that name, however, was too long to use. They then thought about Damon's father's middle name, Lereux.

They opted for a blending of the two phrases and came up with Tula Ru. On the shop's sign, the words Tula Ru are followed by three heart-shaped ellipsis.

"We try to just make it a fun, positive place for parents and kids," Casey said.

She and Damon have a two-year-old daughter, Avery.

Damon and Casey said they are thrilled they can contribute something to the community and to the local economy while having their own business and working for themselves.

Kids are always growing and can be wearing a new size in a matter of weeks.

The store is ideal for a simple candy-stop or to purchase resale clothing items or brand-new toys for gifts.

While most apparel items are resale, they do sell environmentally-friendly baby shoes from Rileyroos.

Lauren Brewster and her daughter, Abigail, are from Point Loma and heard about the store through word of mouth.



Children look in wonderment once inside Tula Ru, the brightly-colored children's resale store. DEBBIE HATCH | Beach & Bay Press

She said it was easy to shop at Tula Ru because the store is contained, which beats going to the mall to try and shop with a young child.

The true mom-and-pop shop is located at 5005 Cass St., and is open Mondays through Saturdays from 10 a.m. until 5 p.m. For more information, call (858) 272-5622.

Local business looks to make splash in paddleboard sales

By ANTHONY GENTILE | BEACH & BAY PRESS

Seven years after finding success with poker chips, local business owner Stephan Aarstol is going all-in in a different arena. His new company, Tower Paddleboards, began selling paddleboards online earlier this month and recently opened a retail location in Pacific Beach.

"It really hasn't taken off in San Diego," Aarstol said of the paddleboard market. "They're starting to pop up a lit-



Stephan Aarstol opened Tower Paddleboards in Pacific Beach this month. He hopes to make a splash in the paddleboard industry both locally and on the Internet, using his knowledge in search engine marketing. ANTHONY GENTILE | Beach & Bay Press

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Summer Energy Tips from SDG&E

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Save on air conditioning costs by getting regular air conditioning inspections from SDG&E or a licensed contractor and setting your thermostat to 78° or higher during the day. Use a programmable thermostat to automatically regulate temperature settings.



Remember to stay safe around energy inside and out. Take care when doing any tree trimming or digging to avoid overhead lines and powerlines that might be buried underground. Call Dig Alert at 811 to have buried lines marked for free.



Save more on home cooling by installing a whole house fan to cool your home. Or use a portable fan for about 3¢ per hour, instead of your central A/C, which can cost up to \$1.60 per hour.




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Cohn Restaurant Group celebrates Restaurant Week

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Located in stylish Little Italy, Indigo Grill is a local favorite. With Executive Chef Deborah Scott at the helm, it's a combination of intriguing ambiance, creative cuisine, delightful flavors, and friendly service. Be sure to give it a try during "Restaurant Week 2010" where Chef Deborah will "wow" you with a three-course menu featuring options such as her famous Roasted Butternut Squash Soup to start and delicious entrée selections such as Hickory and Apple Smoked Pork Ribs, Alderwood Plank Salmon or Good Things Growing, and to finish Rainforest Sorbets all for just \$30.



Executive Chef Deborah Scott

Indigo Grill is excited to announce they will be adding WEEKEND BRUNCH. Weekend Brunch starts on Saturday and Sunday September 11th and 12th from 9:30am to 1:30 pm. Try the "Pineapple Upside Down" French Toast with dark rum syrup, cardamom ice cream and Jimmy's chicken sausage or the Cast Iron Skillet House Hash with Chorizo, scrambled eggs, leeks and charred tomato to name a couple of the mouth-watering culinary creations. Call Indigo Grill at 619-234-6802 for reservations.



The Prado at Balboa Park

The Prado, located in the heart of Balboa Park will offer you nothing less than a first class dining experience. Visit the Prado during "Restaurant Week 2010" where you'll taste Executive Chef Jonathans Hale's creations including The Prado's famous Jumbo Lump Crab Cakes to start and entrée selections such as Pan Roasted Striped Bass, Braised Short Ribs or Grilled Pork Flat Iron, and to finish Tahitian Vanilla Bean Cream Cheese Flan for just \$30 for an unforgettable three-course meal.



Executive Chef Jonathan Hale

If your looking for an unforgettable culinary adventure take part in The Prado and Balboa Park's Food & Wine School located on the second floor of the House of Hospitality just above the restaurant. September means a change in season and Chef Nadia Frigeri is "All About Fall Entertaining" at her Wednesday, September 22nd class or join Pastry Extraordinaire Katherine Humpus on Saturday, September 18th for "Don't Hold the Butter in this Croissant Class". For reservations and information call The Prado at 619-557-9441 or visit pradobalboa.com.





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Restaurant Week opens door to a savory experience

By LORALEE OLEJNIK | BEACH & BAY PRESS

Six nights, 180 restaurants and infinite culinary possibilities await local diners as San Diego Restaurant Week (SDRW) returns Sept. 19-24.

Running Sunday through Friday nights, diners have the opportunity to select from three-course, prix-fixed menus at restaurants throughout San Diego County at the set price of \$20, \$30 or \$40, depending on restaurant.

"It's a great community event, and it's supporting local restaurants," said Jenna Thompson, a spokeswoman for SDRW.

The bi-annual event has proved to be a boon for the local dining industry during lean times, bringing in more than 100,000 diners to participating restaurants the last time it was held in January.

According to Thompson, not only do locals participate, but some out-of-town guests plan their visits to San Diego around SDRW to take advantage of the deals offered during this time — and dine out multiple times during the week.

Now in its seventh year, SDRW is sponsored by the California Restaurant Association San Diego Chapter, an organization created to promote restaurants across the state.

No special tickets or passes are necessary to participate in SDRW, though diners are strongly encouraged to make reservations with their desired restaurants in advance, as tables fill up quickly. Walk-ins are welcome, however there is no guarantee they can be accommodated.

During SDRW, a special menu is prepared by each restaurant where diners select their desired appetizer, main course and dessert. In most cases, the arrangement gives the opportunity to try a new restaurant at a greatly-reduced price.

From the event website, www.sandiegorestaurantweek.com, diners can search by location, cuisine, price, or specific restaurant. Links to participating restaurants are available from the site, as are features such as conducting a search for places with vegetarian options.

Some participating beach-area restaurants include JRDN Restaurant, The French Gourmet and the Atoll at the Catamaran.

Restaurant week gift cards are available for purchase. For a complete restaurant listings and menus visit www.sandiegorestaurantweek.com, or call (619) 233-5008 for more information.

Stages set for blues, Bad Manners and Common Sense

By BART MENDOZA | BEACH & BAY PRESS

Combining doses of dub reggae and electronica with splashes of rock, Denver-based trio Tatanka comes across like a meeting of The Police and King Crimson. Despite limited membership, the group sounds huge, with lots of ambient reverb and the electronica elements appearing as part of the song, rather than gimmicky add-ons. Reggae fans in particular will like Tatanka, but anyone who enjoys music that's heavy on the rhythm will appreciate their sound.

Tatanka: 9 p.m., Saturday, Sept. 4 at the 710 Beach Club, 710 Garnet Ave. 21 and up. Cover TBD.

www.myspace.com/tatankalive

A musical jack of all trades, Peter Hall is an impressive performer with a set list that's as long as your willingness to listen. His three albums to date cover a lot of ground — from bluegrass to rock 'n' roll — but perhaps where he really hits his stride is with his solo blues material. Hall, who performs at Café-Bar Europa on Sept. 4, has a pleasing, world-weary tone to his voice which adds to the songs, as well as an engaging performing style that's made him a local favorite in area nightspots for the last two decades.

Peter Hall: 6 p.m., Saturday, Sept. 4 at Café-Bar Europa, 873 Turquoise St. All ages.

www.theturquoise.com/wordpress

Formed in 1987 and still one of the leading exponents of the reggae-rock sound, the instant success of Common Sense 23 years ago seems, at least in part, a catalyst for the explosion of like-minded bands in the area today. The band performs at 8:30 p.m., Friday, Sept. 10 at Brick by Brick.

There are plenty of reggae and ska acts around, but few likely match the longevity or boundless energy of legendary British group Bad Manners. Formed in 1976, the band hit its stride during the eighties with hits such as



COURTESY PHOTO

TOWER

CONTINUED FROM Page 7

tle bit, but really it's the ideal market, having 4,000 square feet of water park and the coast."

Tower Paddleboards is currently open five days a week and by appointment at 4645 Cass St, Suite 104. The shop currently carries Coreban boards and Quickblade carbon fiber paddles and will carry the company's own line within a couple months.

"I don't know a ton about surfing or the paddleboard industry. That's something that I'm going to have to educate myself on," Aarstol said. "It's not like there's some grand scheme to go out there and put a novel twist on it."

While admittedly not much of a surfer, Aarstol said he enjoys paddleboarding. He said he got the idea for Tower Paddleboarding while trying the activity out with a friend.

"Paddleboarding was a lot easier," Aarstol said. "I caught five waves in the first hour and a half that I was out there, but then I got stung by a stingray."

Even though he might be a newcomer to the sport that has seen a recent surge in popularity, Aarstol is familiar with search engine marketing — his

area of expertise. That's what makes him confident that his success in the high-end market of poker chips can carry over to the high-end market of paddleboards, where boards cost between \$800 and \$1,600 and paddles range from \$200 to \$400.

"I saw what kind of traffic there was out there and it turns out there's really good search traffic," Aarstol said. "It takes the guesswork out of 'Will I be able to sell it?'"

At the height of the poker boom in 2004, Aarstol said his business, Sidepot Gaming Company, sold 450,000 chips in its first six months, when he estimates the demand for poker chips was 10 times what it is today. Despite a drop-off in popularity, Sidepot's website still draws approximately 25,000 unique visitors per month via search engines such as Google.

"A lot of the competitors have gone away, but it was really competitive for a while," Aarstol said.

Aarstol said Sidepot Gaming Company controls between 25 and 30 percent of the worldwide market in high-end poker chips. Sidepot sells its own lines of clay and ceramic poker chips that range from \$500 to \$1,500 per set. Customers include poker nuts, celebrities and companies.

"It's not all just Internet marketing and trying to sell things at the lowest price," Aarstol said. "There is solid business behind the scenes."

For more information about Tower Paddleboards, visit www.towerpaddleboards.com. Sidepot Gaming Company is online at www.buypokerchips.com.

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Local Eatery opens with a fresh concept

By **LEE CORNELL** | BEACH & BAY PRESS

Slackrz Slider Bar & Take Out, a new restaurant with a unique menu, has opened in its recently-renovated location at 4150 Mission Blvd., just steps from the beach.

“It’s good-quality food with a slacker attitude when you come in the door that makes you feel like a slacker right here at the beach,” said Seth Hanson, co-owner of the restaurant.

Locals looking for something to eat besides the staple dishes of pizza, Mexican food and burgers can now look forward to something different at Slackrz.

The menu revolves around signature sliders, which are miniature burgers generally served in trios with a side and a drink to form an affordable combo at \$6.99. Single sliders can be purchased as well. There are six types of sliders on the combo menu, including Seth’s Classic, turkey mushroom, organic buffalo (made with real buffalo meat) and the spicy black bean for vegetarians. Hungry customers looking for non-slider items can enjoy an array of side dishes, from French fries to Slackrz chili to many tasty salads.

Slackrz may be the first restaurant in PB to feature sliders, but Hanson is hoping the laid-back atmosphere will also play a role in local interest.



Seth Hanson, co-owner of Slackrz Slider Bar & Take Out, said the new restaurant’s menu revolves around signature sliders, generally served in trios with a side and a drink to form an affordable combo.
PAUL HANSEN | Beach & Bay Press

“With the vibe we get in and around PB and the vibe we’re going to have in our shop, it’s going to co-mingle perfectly,” he said.

The owners have undertaken a major facelift with renovations and designs that stand out on their own. To keep customers energized, they have created a funky interior complete with a long walk-up bar, a large graffiti mural, skating and surfing videos playing on the TV’s and loud music piped over the stereos. The setup alone should attract many

curious passersby, but management is hoping the quality of the food will keep people coming back for more.

“Once you try the food you will be addicted,” Hanson said. “Once you’ve tasted it, you’re going to want it just about every other day.”

Slackrz Slider Bar & Take Out is located at 4150 Mission Blvd. Suite 113 in the Promenade directly north of PB Drive, next to Tony Roma’s. For more information and a full menu visit slackrz.com.

MUSIC

CONTINUED FROM Page 10

“That’ll Do Nicely” and “Lip Up Fatty,” but has never stopped recording. In addition to nine albums of its own, Bad Manners songs can be heard across another four dozen releases. With manic frontman Buster Bloodvessel still helming the band, this show promises to have the crowd up and dancing from the first song.

Bad Manners: 8 p.m., Monday, Sept. 6 at the Wavehouse, 3125 Oceanfront Walk. \$23. 21 and up.

www.myspace.com/badmannersska

Although based in Orange County, reggae-rock band Common Sense is no stranger to San Diego. The band’s debut album was recorded “Live at the Belly Up Tavern” with four releases since. Formed in 1987 and still one of the leading exponents of the reggae-rock sound, the band’s instant success 23 years ago seems, at least in part, a catalyst for the

explosion of like-minded bands in the area today.

Common Sense: 8:30 p.m., Friday, Sept. 10 at Brick by Brick, 1130 Buenos Ave. 21 and up. \$15.

www.myspace.com/commonsenseband

With so many cover bands to choose from around town each week, the decision on which one to see comes down to what’s in their set list. For fans of classic rock, it probably doesn’t get much better than US Archetype, which performs at the Tiki House on Sept. 15. Notably, the band includes Peter Kenvin, formerly of MCA Records artists The Voices, but the key to this band is its mix of choice sixties tracks from the Stones and Beatles, with tunes like David Bowie’s “Suf-fragette City” and Elvis Costello’s “Watching The Detectives” for a set that’s impressively eclectic.

US Archetypes: 9 p.m., Wednesday, Sept. 15 at The Tiki House, 1152 Garnet Ave. Cover TBD. 21 and up.
www.usarchetype.com

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Book recommendation from the Pacific Beach-Taylor Library

TITLE: “61 Hours”
AUTHOR: Lee Child
SYNOPSIS: Jack Reacher is back and the countdown has begun. Lee Child’s latest thriller is a ticking time bomb of suspense that builds electric tension on every page. A tour bus has crashed near the town of Bolton, South Dakota, and Jack



Reacher gets caught in the middle of a deadly confrontation. “61 Hours” is a showdown thriller with an explosive ending that readers will talk about for a long time to come.

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Pacific Beach Community Development Corporation and Pacific Beach Business Improvement District of The City Of San Diego NOTICE OF ELECTION AND GENERAL MEETING

The Pacific Beach Business Improvement District (PBBID) includes business and rental properties with six or more units, in the area which can be approximately described as the area circumscribed by Interstate 5, the Mission Beach Boardwalk, Crown Point Drive and Turquoise Street. The purpose of the PBBID and The Pacific Beach Community Development Corporation (PBCDC) is to provide an organizational framework and funding for the improvement of the area. Pacific Beach area business license holders, owners of rental property with six or more units, and other people with business and property interests in the PBBID are invited to run for election as a member of the PBCDC Board of Directors. Nominations are currently being solicited for four (4) seats on the fifteen (15) member Board. The Board has appointed a nominating committee to whom nominations may be made by submitting a petition or letter. The nomination petition or letter must be submitted to the nominating committee by September 13 at 5:00 p.m. Additional nominations may be made from the floor at the September 7 meeting. The Board of Directors will also review the list of business and rental property license holders to confirm their

representative’s eligibility to be voting delegates for the election. The business delegate will be the person named in that business license or an authorized employee of that licensee as indicated in writing to the PBCDC Board of Directors. The Board of Directors must receive the written notice of the business delegate change at or before their September 7, 2010 meeting. All delegates’ terms will end with the election. The list of known business and property license holders eligible to vote will be available for review after the September 7, 2010 meeting by contacting Andy Hanshaw at 858-273-3303. The Board will then consider reports and other matters to be placed on the agenda for the annual election meeting. The annual meeting of the Board of Directors is scheduled for October 26, 2010 at 5:30 p.m. at Discover Pacific Beach office, 1503 Garnet Avenue. Newly elected members of the Board of Directors will be inducted and the Board will consider any other items placed on the agenda by the Board of Directors. A majority of the current Board of Directors shall constitute a quorum for a meeting of the Board of Directors and meeting of the delegates for the October 26, 2010 annual election meeting.



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VAVi mixes social mingling with sporting fun

By DEBBIE HATCH | BEACH & BAY PRESS

Fun is the name of the game when VAVi is involved — and its 36,000 members would likely agree.

Tyler Jensen founded the social sports club eight years ago in the garage of his Pacific Beach residence.

Jensen now acts as a consultant for the company that expects to boast a membership of 50,000 people by the end of the year. As it stands, VAVi attracts 300 new members a week.

VAVi draws recreation enthusiasts between the ages of 21 and 40. It is geared toward young, active professionals, said Keith Cunningham, director of marketing for VAVi.

The first sport launched was beach volleyball. Each week, 30 players would gather in Mission Beach to play in the sand. Popularity took hold and it is now one of the most highly-sought VAVi leagues.

VAVi facilitates all aspects of both its sports leagues and participation in one of the many group activities.

From T-shirts to coordinating roster signups, VAVi officials manage it all.

Leagues and activities take place on various fields and locations throughout San Diego.

"VAVi is a household name at this point," Cunningham said.

The name VAVi doesn't refer to anyone's last name, nor is it an acronym. Most of VAVi's members say they don't even know its origin.

The answer is simple. Jensen simply wanted a word that sounded fun, Cunningham said.

Whether it's the fun-sounding name or



Flag football is among the plethora of events hosted by VAVi social sports club. COURTESY PHOTO

the games VAVi offers, word of mouth has been a key ingredient for the company's success.

"It's the best way for local people to break up their work week," Cunningham said.

VAVi's organizers said they strive to maintain good relationships with team captains, which helps keep leagues running smoothly.

The relationship also strives to keep members engaged by staying relevant. VAVi's Facebook page has a loyal base of 4,700 users who stay informed by viewing updates, participating in contests and viewing team photos posted by VAVi officials.

With only seven full-time employees working for the growing company, VAVi has a lot riding on the field.

"You pay a little bit more, but you get a significant amount more," Cunningham said.

VAVi officials acknowledge the competition in San Diego from other sports leagues, but believe they offer a premium product that includes officiated games, customizable T-shirts, member benefits, happy-hour specials and more.

"Soccer is massive right now, especially with the World Cup [going on]," Cunningham said.

ham said.

While VAVi focuses on its core sports like flag football, soccer, kickball and beach volleyball, it offers a variety of alternative activities.

VAVi organizes volunteer efforts, offers instructional dance and workout classes, and coordinates activities like group hiking.

VAVi is often thought of as a single's club in the community, but it is not, Cunningham insisted. VAVi boasts memberships of single and married participants alike.

Cunningham said he also knows members who met at a VAVi activity, fell in love and who are now married.

As summer heats up and numerous leagues hit full swing, VAVi officials are deciding if they will split some sports into competitive and social divisions.

"Over the next eight years, we plan on growing in San Diego," Cunningham said. "We plan on continuing to improve our product, work with more and more corporate companies for team-building tournaments and events, and grow VAVi into more of a marketing agency that activates major brands."

For more information, visit www.govavi.com.

Philadelphia transplant getting a kick out of VAVi

By DEBBIE HATCH | BEACH & BAY PRESS

One can only faintly hear Bill Marchesano's Philadelphia accent, but his charming smile and friendly attitude are undeniable.

He moved from Philadelphia to San Diego in 2003, settling in Pacific Beach in February 2004.

Marchesano, 30, contemplated leaving San Diego soon after because he wasn't meeting many people. Then, a young woman he worked with invited him to play on a newly formed VAVi kickball team.

While the idea sounded bizarre, Marchesano was intrigued by the sport and joined the team.

"Our first season we made it to the finals and lost," Marchesano said.

The team decided to come back for one more season to see if it could win the league's championship game.

The team not only won the championship that season, but went on to win more than 10 consecutive championship titles in VAVi kickball.

"That is always the goal. Play until you win the championship," Marchesano said.

Marchesano was voted team captain by the third season.

"We are competitive in nature,

but no one has hard feelings," he added.

Team members became the best of friends, hanging out more than just on game nights.

"We played every season until last spring," Marchesano said.

In addition to co-ed kickball, Marchesano has played co-ed dodgeball, co-ed flag football, inner-tube water polo (similar to water polo, but each player sits in a large inner-tube paddling around the pool trying to score goals), and even joined a short-lived skeeball team through VAVi.

"It's a great way to keep active and meet new people," Marchesano said.

The original members of his kickball team remain best friends today, including two members who met a week before the first game and are now married to each other.

VAVi gives T-shirts to the majority of its participants.

"I could field at least three teams on my own with as many shirts as I have," Marchesano said.

He doesn't always take a T-shirt anymore because he owns several of each color, but said he always has fun.

"I'll keep playing as long as I live in the area," Marchesano added of VAVi sports.

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Bucs football poised for back-to-back titles

By AMBERLY DRESSLER | BEACH & BAY PRESS

Dillon Baxter may have left the building, but Mission Bay High School's football team is working hard to show it can repeat last year's title success without the reigning National Player of the Year and rising USC star.

The Bucs' banner 2009 season — which included an undefeated CIF championship run — leaves the team with only its own cleats to fill. The first regular-season test comes at home on Friday, Sept. 3 against Valhalla.

"The vibe has been very good," said coach Willie Matson. "The kids are very positive. They are excited. They enjoyed last year, but they are excited to prove themselves this year."

With summer's two-a-days to judge from, including Saturday practices, Matson likes his team's odds.

"As good as our defense was last year — we led the county in takeaways — we think our defense is going to be improved this year," Matson said. "Some of our best players are only juniors, so it promises to be a really, really good year with those guys."

On offense, Matson said he appreciates the continuity of his big guys up front.

"We've got four of our five starting offensive lineman back," Matson said. "We are real excited about those kids. Meekhiel Williams, Jaret Bowden and Michael Chance, they are three of the lineman."

Williams, Bowden, Chance and company will be protecting either incumbent quarterback Ryan Daniels or newcomer Nate Long when the season starts.

"We are really excited about a transfer quarterback we got in," Matson said. "[Long] transferred in from Rancho Bernardo, but he basically grew up in Texas."

"There's a competition [between] him and Ryan Daniels, who's been with us a couple years. It's a good, healthy competition. They are both looking pretty good at this point. Nate's quite an athlete."

Daniels or Long will be looking for several highlighted players down the stretch or in the backfield.

"We've got some good receivers in Jesse Klein and Marcus Jasper," Matson said of the seniors. "We also have a really good all-around athlete who is going to play running back and receiver, Chris Byrd. He's going to be a really good player."

MBHS's boys of fall will need productivity from all their weapons on both sides of the ball.

"It's going to be a very competitive league," Matson said. "We always have great games against Point Loma, Serra and La Jolla. And Madison is coming into our league. They have a



Receiver Jesse Klein is one of the returning offensive standouts for Mission Bay High this season. The Buccaneers begin the defense of their Division IV title at home Sept. 3 against Valhalla.

ANTHONY GENTILE | Beach and Bay Press

good team this year also. It's going to be a competitive league." Matson promises a show.

"You are going to see a group of guys that work extremely hard, have great attitudes and are going to play with a lot of grit," he said. "It's a good bunch. It's a really good bunch."

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GUIDE

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 Key-stone 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 MONDAYS: Happy Hour 4pm to Close 1/2 off Beers and call shots 25% off appetizers	TACO TUESDAY'S: Tacos starting @ \$2 \$3.50 Dos Equis Pints \$1 off Grande Margaritas	\$3 U Call It Night: \$3 u-call-its 9:30pm to close Happy Hour from 4-7pm 25% off appetizers	BURGERS MADNESS: \$5.99 1/2lb Burger & Fries \$1.00 off Draft Beer !	\$4 FRIDAYS: \$4 shots of Jager, Tuaca, Fernet \$4 Vodka Rockstars \$8 Miller Lite or Bud Lite Pitchers all day	Weekend Brunch 9pm – 1pm \$4 u-call-its 9:30pm to close \$8 Miller Lite or Bud Lite Pitchers \$3 Krazis - \$5 Mimosas \$12 Bionic Beaver	Weekend Brunch 9pm – 1pm \$5 Shawn's "El Fuego" Bloody Mary's \$8 Miller Lite or Bud Lite Pitchers \$5 Mimosas \$12 Bionic Beaver
 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	Burger Bliss \$5.00 Burger – 6-10pm	All-You-Can-Eat Crab Night \$24.95 – 6-10pm	Uncorked & Unplugged 1/2 off all bottles of Wine & Premium Corked Beers 6-10pm Live Music – 9pm to Close	Thursday Special \$3 22 oz Mugs of House Beer \$3 U Call Its DJ Music – 10pm to Close	Good Times Friday \$3 Sushi Rolls, \$3 Good Times Gold 3pm to Close DJ Music – 10pm to Close.		Pacific Sunset Sunday \$3 fish tacos, \$3 IPA – 5pm-9pm Industry Night: 1/2 off bar tabs, DJ Music – 10pm to Close
 4343 Ocean Blvd. 858-272-SURF	Nightly Specials: Beer Pong@9pm-close/ Restaurant and bar Industry 50% off cocktails and beers/\$3.50 pacifico, bud , and negra modello drafts all day	Nightly Specials: 1/2 apps 6pm to kitchen close/ \$3.50 Pacifico, Bud, and Negra Modello drafts ALL DAY/ DJ MCLOVIN 8pm-12	Nightly Specials: \$3 SVEDKA vodka 9pm-cl / GOLDFISH RACES@10pm/ DJ mike Czech/\$3.50 Pacifico, bud , and negra modello drafts all day	Nightly Specials: 2-4-1 burgers and chicken sandwiches 5pm-to kitchen close/ \$3-u-call-its 8pm-close with DJ DEV0Y /\$3.50 pacifico, bud, and negra modello drafts all day	Nightly Specials: Live DJ 8pm-12/ \$3.50 pacifico, bud, and negra modello drafts ALL DAY/ 2-4-1 fish and chips or shrimp and chips 5pm-close	Nightly Specials: college football tv packages / navy football / live dj 8pm-12/ \$3.50 pacifico, bud , and negra modello drafts all day	Nightly Specials: NFL ticket/ \$3.50 pacifico, bud , and negra modello drafts all day / karaoke with DJ franqueray@9pm
 RIBS SEAFOOD STEAKS 4110 Mission Blvd. 858-272-7427	Happy Hour: Monday – Friday 4 – 6pm \$2 off Bud Light or Hefeweisen Pitchers \$3 off well drinks or well wines				Daily Special: Happy Hour 11-4		Daily Special: Happy Hour 11-4
	\$3 off all appetizers \$6.99 basket of 12 wings \$6.99 basket of 4 ribs						
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Ask The Lawyer

Question: How often should my attorney review my trust?

Answer: The most important time to make estate planning changes are when major life events happen, which includes: births of children or grandchildren, deaths of someone named in your documents, marriages, change of names, receiving an inheritance and the addition of more assets.



Even sophisticated clients forget to change their wills when they remarry. This would result in everyone being unhappy because a judge would have to be involved. Some clients inherit money or property and forget to add it to their trust, resulting in a probate. The other day I added 2 new children that were born to some clients several years before. If you want to leave money to new grandchildren, nieces or nephews, you must include them in the list unless you have given a gift to "all the grandchildren alive at the time of your death."

The most common person that changes in your will is the guardian of minor children. This is the person that will be responsible for raising your child. The person you named as a God parent 10 years ago may not be the right person now.

Please review your documents at least every 2 years yourself. I know you do not like to read them, but you can look at the people you have named very easily to determine if those need to be changed. Happy reading!

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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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Chargers receiver Legedu Naanee (#11) could be a breakout star on offense this season. The fourth-year pro from Boise State caught a 28-yard touchdown pass in the preseason opener against the Bears on Aug. 14.

DON BALCH | Beach & Bay Press

Bolts aim for fifth straight AFC West title

By ANTHONY GENTILE | BEACH & BAY PRESS

After a 2009 season that ended with a disappointing loss in the divisional playoffs, the Chargers again have their sites set high in 2010. The Bolts begin the season at Kansas City on Sept. 13, aiming for a fifth straight AFC West crown.

On offense, quarterback Philip Rivers, who threw a career-high 4,254 yards and 28 touchdowns last season, will lead San Diego. Surrounding Rivers this season will be some different faces.

In the backfield, rookie rusher Ryan Mathews has been tabbed as the replacement to franchise rushing leader LaDainian Tomlinson, who went to the New York Jets during the summer. The Chargers took Mathews with the 12th overall pick in the draft and expect a big season from the rookie, who rushed for 1,808 yards and 19 touchdowns as a junior last year at Fresno State.

When Rivers looks to throw, he will have his favorite target and one of the best tight ends in the NFL — Antonio Gates — at his disposal. But the Chargers' receiver corps has been shaken up since January, with receiver Vincent Jackson currently sitting out in a contract dispute.

Although he is still on the team, the Bolts appear ready to part with Jackson, with 6-foot-5-inch Malcom Floyd (45 receptions, 776 yards) slated to take Jackson's place as the team's number one receiver. The wideout spot opposite Floyd is up for grabs between Legedu Naanee, Buster Davis and Josh Reed, with Naanee ahead of the pack through training camp.

CHARGERS GAME PREVIEW

Week 1
Chargers at Kansas City
Monday, Sept. 13, 7:15 p.m.
Arrowhead Stadium
TV: ESPN
All-time series: Kansas City leads 50-49-1
Last meeting: Chargers won 43-14 at Kansas City Nov. 25, 2009
Key matchup: Chargers receivers against Chiefs secondary — Both units are inexperienced and the Bolts could have a field day if Philip Rivers can get on the same page early with his receivers.
Players to watch: High-profile rookies — Chargers RB Ryan Mathews has big shoes to fill in the backfield and has impressed so far in preseason and Chiefs rookie SS Eric Berry, the fifth pick in the draft, is a playmaker and will be thrown into the mix right away.
Fun fact: The Chargers also opened the 2009 season on the second half of the Monday Night Football doubleheader, winning 24-20 at Oakland.
Prediction: Chargers 34, Kansas City 17



Malcom Floyd will start the season as the Chargers' No. 1 receiver, with Vincent Jackson holding out for a bigger contract. Last season, the 6-foot-5-inch Floyd had career highs in receptions (45) and receiving yards (776).

DON BALCH | Beach & Bay Press

The biggest challenge on defense will be replacing defensive tackle Jamal Williams, who was released in the off-season. Williams was a disruptive force, stuffing the run in the trenches for the past five seasons and a key part of the Chargers' 3-4 scheme.

The Chargers first six opponents had a combined winning percentage of .333 (32-64) last season, which should allow the Bolts to get off to a hot start in 2010. An early lead will be helpful in a division that features three teams in transition.

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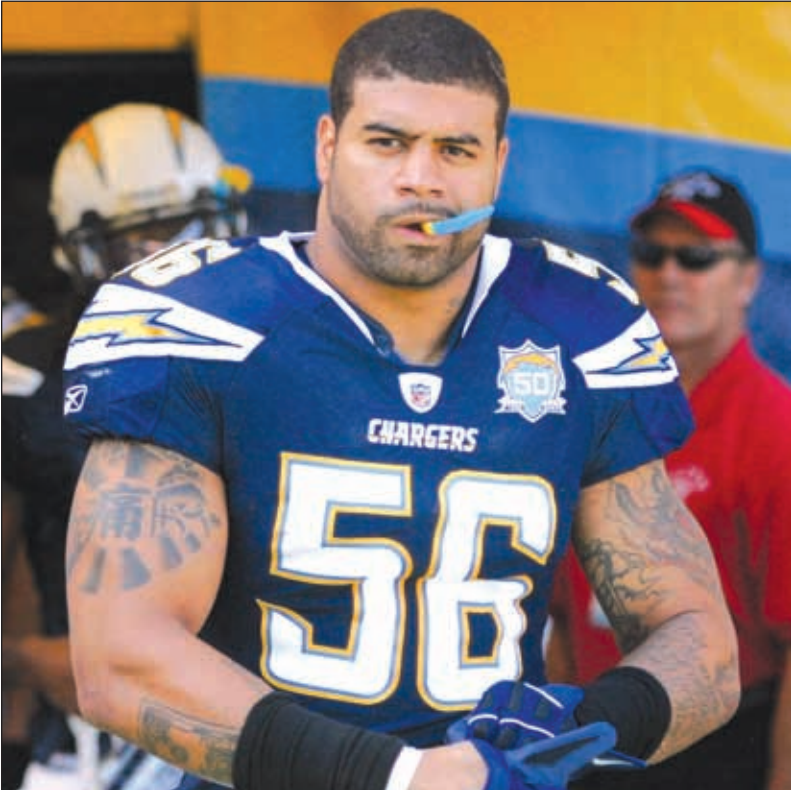
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GAME FACE
Shawne Merriman and the Chargers' linebackers will be the strength of the team's defense this season. Merriman finished 2009 with 46 total tackles, coming back from an injury-plagued 2008 season.
DON BALCH | Beach & Bay Press

NFL GAME OF THE WEEK
Week 1
Baltimore at New York Jets
Monday, Sept. 13, 4 p.m.
New Meadowlands Stadium
TV: ESPN

The Monday Night Football season opener features two AFC playoff teams from last season who both play a defense-first physical style of football. This should yield a hard-hitting and entertaining contest.

While both the Ravens and Jets are lead by their defenses, Baltimore strengthened its offense over the summer by signing receiver Anquan Boldin, giving quarterback Joe Flacco a dangerous target to throw to. New York brought in free agents on both sides of the ball, including running back LaDainian Tomlinson, defensive end Jason Taylor, cornerback Antonio Cromartie and receiver Santonio Holmes, feeling they have the young talent in place to make a Super Bowl run.

Jets cornerback Darelle Revis was regarded as the best shutdown corner in the league last year, but he might not play in the opener. Revis has been holding out all preseason aiming to be the highest-paid player in his position.

Prediction: Ravens 17, Jets 14

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JUST REDUCED ON OFW



2711 OCEANFRONT WALK • \$5,495,000

■ 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!

SELLER MOTIVATED



BAYSIDE WALK • \$1,299,999

■ 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.

NEW LISTING



SAN GABRIEL PLACE • \$599K & \$799K

■ Great value down in South Mission steps to the sand, boardwalk and water. 2 separate condos for sale or buy the Duplex for \$1,399,000. 2 Br 1 Ba 960 esf ground floor unit with exclusive patio, fireplace, arched walls, 2 car side-x-side garage. 3 Br 2.5 Ba 1696 esf upstairs unit with peak water views, multiple view decks, large open floor plan and 2 car parking. Great Vacation Rental Income!

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!

NEW LISTING



BERYL St • \$699,000

■ Great price for North PB. 3 Br 2 Ba 1430 esf home with hardwood floors, peak water views from patio, brick fireplace, wood beam ceilings, upgraded kitchen and 2 car garage & 2 car addtl parking. Gorgeous private backyard with Lanai patio, cookstation, spa hookups and mature fruit trees. Great for investor or 1st time buyer.

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.

The BEST in BEACHFRONT Living

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