

# HITTING THE SKIDS



Lifeguards and Air Operations personnel with the San Diego Fire-Rescue Department held specialized rescue-training exercises May 2 above Mission Bay. The exercises involved lifeguards jumping from skids of a fire-rescue helicopter traveling at a slow rate of speed. Called "skid deployment" training, the exercise involved 10 lifeguards and four personnel of the Air Operations Division, including two pilots, a crew chief and a medic. Fire officials said in the normal course of operation, the fire-rescue helicopters are staffed with trained lifeguard personnel during busy summer holidays like July 4th, Labor Day and also during large surf conditions. Skid deployments allow lifeguards to quickly get to emergency locations in the bay or ocean to perform rescues and searches. Additionally, the copter provides the capability to search from the air to locate victims and then quickly deploy two lifeguards simultaneously to a victim's location for rescue.

Jim Grant | Beach & Bay Press

## Mission Bay Yacht Club launches fireworks fundraising drive

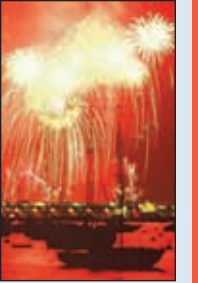
The Mission Bay Yacht Club (MBYC) is gearing up fundraising efforts to put on the group's 28th annual Fourth of July community fireworks display.

Yacht club members said the cost of putting on the show has risen substantially over the years, and a goal of \$24,000 has been set to offset the expense.

Organizers also said that because Paradise Point has cancelled its annual Fourth of July pyrotechnics, the only bay fireworks show will be that put on by SeaWorld San Diego if the MBYC is unable to raise the necessary funding.

Residents wishing to aid the fireworks fund may mail donations to the Mission Bay Yacht Club, 1215 El Carmel Place, San Diego, 92109-7499.

For more information, call (858) 488-0501, or visit [www.mbyc.org](http://www.mbyc.org)



## Postal workers, residents gear up to Stamp Out Hunger on May 14

Neighbors will have an opportunity on Saturday, May 14 to participate in the Stamp Out Hunger food drive, the nation's largest single-day food collection. Residents can give back by leaving nonperishable food items by their mailboxes that day and letter carriers will collect the items and distribute them to food banks and pantries like Feeding America San Diego. Organizers said the food drive raises tens of thousands of pounds of food for San Diego families in need.

For local shoppers, Chillers Showroom in Pacific Beach will accept nonperishable food donations between May 9 and May 14. San Diegans can also give back by shopping at Chillers Showroom on Saturday, May 14 from 10 a.m. to 6 p.m.

Chillers Showroom plans to donate 15 percent of all clothing sales from that day to Feeding America San Diego and will host light appetizers and beverages throughout the event. Chillers Showroom is located at 4667 Cass St.

For more information about the food drive, visit [www.helpstampouthunger.com](http://www.helpstampouthunger.com) or [www.twitter.com](http://www.twitter.com).

# Firehouse kindles warm relations with neighboring firefighters

By KAI OLIVER-KURTIN | BEACH & BAY PRESS

Maybe they're not asking to borrow a cup of sugar from each other, but the Firehouse American Eatery + Lounge and its next-door neighbor, Pacific Beach Fire Station 21, have a unique relationship.

Helping one another is the norm in their neighborhood, located in the 700 block of Grand Avenue in Pacific Beach. Occasionally, the station's firefighters have even been known to cut the locks on bicycles for their owners when restaurant employees and their customers have forgotten the combinations.

Sitting empty for several years after its predecessor Firehouse Beach Cafe closed its doors, the current Firehouse building was in disarray until owner Matthew Spencer transformed the eyesore into a two-level restaurant and bar that sports a rooftop patio and ocean view.

"I had visited the cafe during my teenage years," said Spencer. "Since it was known for its breakfast, we tried to pay homage to the locals by giving Firehouse a very American feel and putting an emphasis on our breakfast."

Capt. Mike Johnson of Fire Station 21 said he was excited to hear their neighboring building was going to be revitalized, helping to keep some of the local riffraff out of the area. Johnson and Spencer quickly became friends, and Johnson's two daughters have both been employed as hostesses at Firehouse. With Johnson's family constantly dining at the restaurant, it was a natural progression when "Captain Mike's Pasta" was added to one of the early menus.

"From the owner to the busboys at Firehouse," said Johnson, "they're all great people."

Firehouse offers a 25 percent discount to all local firefighters and lifeguards. The restaurant previously served beer from the now defunct Firehouse Brewing Company, founded by third-generation firefighters, and inspired by the events of Sept. 11, 2001. The brewery donated a portion of the proceeds to support local firefighter widow and orphan funds, and to local fire departments to help finance safety equipment.

Firehouse and the fire station have

SEE FIREHOUSE, Page 6



Firehouse American Eatery + Lounge owner Matt Spencer chats with Pacific Beach Fire Station 21 Capt. Mike Johnson in a special booth dedicated to members of the next-door fire station's three divisions.

Jim Grant | Beach & Bay Press

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# Window-etching vandals released from custody

By NEAL PUTNAM | THE BEACON

Two young men convicted of vandalizing storefront windows at businesses in Ocean Beach and Pacific Beach were released from custody last week after being sentenced to time served.

Both men will have a restitution hearing on May 11 and will likely be ordered to pay about \$60,000 in damages. Deputy District Attorney Derek Grilz told the judge he didn't oppose their release from jail, saying both men need to be working to pay the victims back for damages.

Jonathan Ford Gurr, 20, of Pacific Beach, was released April 28 after San Diego Superior Court Judge Eugenia Eyherabide gave him credit for serving almost two months in jail. James Alfred Dorman IV, 20, was given credit for serving five weeks in jail and was released April 30.

Both pleaded guilty March 30 to one count of felony vandalism. In return, 25 similar charges were dropped, mostly involving incidents in Ocean Beach. Store windows were vandalized with an etching tool and the men's nicknames or monikers were written on the windows.

"He's extremely remorseful. He did not try to have his family bail him out of jail. He was so ashamed."

DANIELA REALI

Defense attorney for convicted vandal Jonathan Ford Gurr

Most of the businesses were located on Newport Avenue in Ocean Beach, but a few stores were vandalized in the Sports Arena area and on Morena Boulevard. One store was in La Mesa.

"He's extremely remorseful," said Gurr's attorney, Daniela Realí. "He did not try to have his family bail him out of jail. He was so ashamed."

The county probation department recommended both men pay \$300 per month in restitution, but attorneys for both men said that was too high. The exact amount will be determined on May 11, but Eyherabide ordered payments begin at \$50 per month.

The judge placed Gurr and Dorman to five years and three years of probation, respectively. Gurr was arrested March 2 after his image was identified on store security cameras. Dorman was arrested March 23.



## ON THE RIGHT PATH

District 2 City Councilman Kevin Faulconer biked to Campland on Mission Bay for a news conference April 29 to announce the ground-breaking of a long-awaited bridge that will complete the 10-mile Rose Creek Bike Path around Mission Bay. The \$6.8 million project will be paid for with state grants and local transportation dollars and is expected to be complete in early 2012.

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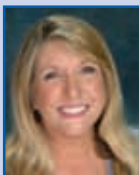
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## OMBAC's popular Coming Out Party enters 56th year

By JOHNNY McDONALD | BEACH & BAY PRESS

It all began 56 years ago when elated members of the Old Mission Beach Athletic Club (OMBAC) celebrated the return of Delmar Miller, who had been a prisoner of war during the Korean War.

The festive occasion continues as OMBAC prepares for another huge, fun-loving Coming Out Party at Mariner's Point across from the Bahia Hotel on Saturday, May 14. Miller will return this year as the honored guest.

"It all started after Miller, one of our founding members, had been released from the prisoner of war camp," said Brad Pagano, publicity chairman. "When he got back, it all escalated from a small gathering of friends into this big party, and it also became the official kick-off to the summer here."

The festive beach gathering runs from noon to 10 p.m. As an added attraction, a Miss Mission Beach contest will be held.

The featured bands will be Bad Seeds, Days of the New Dawn, Boomsnap, Splitfinger, Jetwest and RX Bandits — part of 13 musical groups on two stages.

"The major purpose of the party is to be a fundraiser for the many charities OMBAC supports," Pagano said.

Tickets are \$15 in advance and \$20 at the gate.

He said OMBAC supports wounded veterans, local youth charities, the American Cancer Society, the Armed Services YMCA, the San Diego Sports Association, police and firefighters.

"Of course, the Over the Line tournament (in July) is OMBAC's main event," Pagano added.

For more information, visit [www.ombac.org/homepage/index.html](http://www.ombac.org/homepage/index.html).

## People in the news



A "Beginning of Hope" fashion show is set to take place May 18 to benefit two foster-care programs. *Courtesy photo*

### 'Beginning of Hope' fashion show to benefit foster youth

A benefit fashion show is slated for Wednesday, May 18 to benefit two foster-care organizations: Voices for Children and Just in Time for Foster Youth.

The "Beginning of Hope" show, which will take place at the Soledad Club in Pacific Beach, will feature the fashions of Stacey Blanchet of Blanchet Designs, Jennifer Lynn of Linden of Los Angeles, Camille Wood of Dazzieme by Camille and Artemisa Knudtson of Artemisa's Creations.

The evening will be hosted by television personal-

ity Keely Lindquist.

Voices for Children is a nonprofit organization which tries to ensure that abused, neglected and abandoned children who have become dependents of the San Diego County Court have a safe and permanent home. Through its network of trained and educated volunteer Court Appointed Special Advocates (CASAs), Voices for Children works with key agencies, legal counsel and community resources to identify and protect the best interests of each child inside and outside of court.

Just in Time for Foster Youth provides transitioning foster youth with opportunities for self-sufficiency through emergency support, essential resources, and personal guidance at critical junctures on their path to independence.

The show begins at 7 p.m., although the doors open at 5:30. Tickets are \$65 for adults, \$30 for students and \$25 for ages 11 to 18. The cost includes dinner, drinks, a no-host bar with specialty drinks, and dessert.

The Soledad Club is located at 5050 Soledad Road. For tickets and details, visit [www.blanchetdesigns.com](http://www.blanchetdesigns.com)

### 'Zombies' train for 'Thriller' dance at county fair

Christopher Estrella of CStarproductionz is hosting free dance classes at Mission Bay and in Point Loma in advance of a "Thriller" dance event June 25 at the San Diego County Fair.



Girl Scouts follow the lead of choreographer Christopher Estrella, who is teaching the "Thriller" dance to be performed June 25 at the San Diego County Fair. *Courtesy photo*

Estrella is hosting all former "zombies" and "wannabe zombies," which includes participants from the Girl Scouts, Boy Scouts, the Marine Corps and sheriff's and police associations.

The classes are open to the public and located throughout the city.

Locally, classes are held at:

- Mission Bay on Sundays from 1 to 2 p.m. behind the Hilton Hotel, 1775 E. Mission Bay Drive
- in Point Loma on Mondays from 6 to 7 p.m. and Saturdays from noon to 1 p.m. at NTC Park in Liberty Station, 2750 Dewey Road

Estrella said he will also be posting "Thilller" dance lessons on his website so people can practice at home. An added bonus is each performer is given free entrance into the fair.

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

## Looking ahead

**The Old Mission Beach Athletic Club (OMBAC) hosts its 56th annual Coming Out Party on Saturday, May 14** from noon to 10 p.m. at Mariner's Point across from the Bahia Hotel. The event includes food, entertainment and a Miss Mission Beach contest. For more information, visit [www.ombac.org/homepage/index.html](http://www.ombac.org/homepage/index.html).

**The Pacific Beach Woman's Club Pacific Beach Woman's Club will host a wine-tasting fundraiser and auction on Saturday, May 14** to benefit Stand Up for Kids, a homeless shelter for teens in downtown San Diego. The event, which runs from 2 to 5 p.m., will include wine tasting, hors d'oeuvres, a raffle with a brand-new bicycle and restaurant certificates and other gifts and a silent auction with the top items being a

two-night stay at either The Crystal Pier Inn or The Pacific Terrace Inn. There will be many other auction items to bid on. For tickets or more information, call (858) 274-9106 or (619) 838-9299.

**Pacific Beach Elementary School's 2011 Mixer and Silent Auction takes place Saturday, May 14 at 6 p.m.** to support education and give guests a chance to enjoy a night of blues music and Italian cuisine. The adult-only benefit event for the school takes place at Andrew's Hall, 1050 Thomas Ave. Tickets reserved before May 6 are \$50 per couple and \$30 per single ticket. After that, tickets are \$60 per couple and \$35 per single ticket at the door. To purchase tickets, email [zoiesidell@gmail.com](mailto:zoiesidell@gmail.com), or visit the PB Elementary office at 1234 Tourmaline St.

**A new support group, "Widowed to Widowed Only Support Group," is forming in Pacific Beach and will have its first meeting May 12.** The group will meet Thursdays from 6:30 to 8:30 p.m. at Christ Lutheran Church, 4761 Cass St. For more information, call (602) 499-3127.



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**Question:** I am confused about the estate tax exemption amount because it has changed. What effect does it have on my parent's estate?

**Answer:** There is an unlimited federal estate exemption this year. No matter the size of your estate if you die in 2010, there will not be any estate tax on it. You must file an informational return by the due date of the individual tax return.

However, in 2011, the federal estate tax exemption amount changes to One Million Dollars. Any estate over that amount will be required to pay an estate tax. The tax rate starts at 41% and goes up to 55%. That means if your parent dies next year and has an estate of 2 million dollars, there will be an estate tax of \$410,000.00. That is a whole lot of money.

What can be done about this? There are a number of things that can be done to help save some taxes. The first is for married couples to have a Marital Trust or AB Trust. This must be done while both spouses are still alive and it will shelter Two Million Dollars from estate tax. I even advise couples to get married to save \$100,000 or more in taxes!

Another way to reduce the size of an estate is to gift. One person can give \$13,000 per year to anyone. You can set up irrevocable trust and fund it with some of your assets. You can give a gift of One Million dollars also. You will have to file a gift tax return, but no tax is due on it. Of course, gifts to charities can be made in any amount now and at your death and that amount will not be included in your estate for taxes. Let us sit down together and plan to save taxes.

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# SAN DIEGO'S NEW KNOCKOUT

Pacific Beach boxer, artist jumps into the ring as Olympic hopeful

By KENDRA HARTMANN | BEACH & BAY PRESS

Upon meeting Danyelle Wolf, the first thing one notices is her height — all six feet of it. The second is her demeanor. Poised, polite, feminine and fashion-conscious, it is not exactly what one expects from a female boxer with four wins and three knockouts under her belt.

Wolf, a self-described “lifelong athlete,” is an Olympic hopeful for the first-ever female Olympic boxing event. Three years ago, however, she had never even been inside a boxing ring.

“I had never seen a boxing glove before three years ago,” said the 27-year-old Pacific Beach resident who often works out at the Wavehouse. “But I’m up for any challenge when it comes to sports. I’ll try anything.”

Four years ago, Wolf came to California by way of a small town in Pennsylvania. She was constantly running, biking or swimming and her physique prompted more than one person to ask if she was a fighter. It surprised her because she had never considered boxing, but it also planted a seed. She decided it was a sport worth checking out.

After she began taking boxing classes and coaching herself at local gyms, more people started taking notice. One boxing promoter asked her to meet him at a gym to show him her skills.

“He asked me to throw a jab,” she said. “I didn’t even know what a jab was. But he showed me a few moves, and I just felt comfortable with them. It felt natural.”

One day, someone at a gym asked her if she would like to teach some of the classes she had been taking, and asked her how long she had been boxing.

“About three weeks,” she said.

Wolf continued to make progress and considered the possibility that she might have a future as a pro boxer, but it wasn’t until August 2009 that she actually had a tangible goal. It was then that the International Olympic Committee announced women’s boxing would be added to the roster of the 2012 Olympic Games in London. Previously, boxing had been the only summer sport in the Olympics without a female component.

“I always wanted to be in the Olympics, ever since I was a little girl,” Wolf said. “When I was in first grade, my teacher asked us what we wanted to do when we grew up. I said I wanted to be in the Olympics.”

Though some scoffed at the lofty ambitions of the girl who had first donned a boxing glove less than a year before, Wolf’s talent and drive finally

## A DAY IN THE LIFE: Danyelle Wolf’s typical routine

**6 a.m.:** wake up, relax in Zen garden with green tea before heading to the Wavehouse for two hours of sprint workouts and core, abdominal and back workouts.

**8 to 8:30 a.m.:** return home, meet with personal training clients for private sessions. After, mentally prepare for boxing training with some meditation in the form of art work.

**Afternoon:** train with coaches Chris and Manny Lerma for three to four hours. Shadow boxing, mitt and bag practice.

**Evening:** Work with another personal training client, go for light run or bike ride around Mission Bay, do some more art work to unwind.

Boxer, model and artist Danyelle Wolf of Pacific Beach hopes to make her mark on the boxing world by joining Team USA for the first-ever women’s Olympic boxing event in London in 2012. Wolf will raise money to fund her goal at an event at Colosseum Fine Arts in La Jolla on May 21. Her next scheduled fight is this weekend in Oxnard.

COURTESY PHOTO



brought her to the attention of some highly connected people in the boxing world. She eventually landed herself two respected coaches, Chris Lerma and his father, Manny Lerma. Training for about six hours every day, they have helped her develop the skill to accompany her natural strength.

Wolf’s motivation and commitment to reaching her goal were already in place. What she was missing was experience. Getting in the ring, however, proved to be harder than she had anticipated.

“I was lining up all these fights, and over the phone they would agree to fight me,” she said. “But when I would show up and they would see my arms and my build, they kept backing out.”

Wolf’s reputation as a six-foot powerhouse eventually started preceding her. The three fights she had fought and won (two by knockouts) only worked against her in her efforts to secure more matches. Her name started spreading in the San Diego boxing circuit, and coaches wouldn’t even entertain the idea of letting their boxers fight her.

Wolf and her coaches started calling gyms in Los Angeles, where her

name had not yet circulated. She finally scheduled a fight, and on May 5, won her fourth fight by flash knockout in the second round.

Part of Wolf’s strategy now is to appear as “girly” as possible. At her recent match, she introduced herself to her opponent in full makeup — with her arms covered. It’s not just a tactic, however. Wolf genuinely has a softer side, one that enjoys art and fashion. When she’s not training, she can usually be found creating art in some form, be it painting, sculpting, printmaking or lithography. It’s something that she says she considers a form of meditation.

“I can’t just be a jock all the time,” she said. “I need art to bring substance to my life. I definitely have two sides, and art balances me.”

Part of what makes it so difficult for women boxers to succeed, Wolf said, has to do with sheer numbers. Because there are fewer women boxers than men, women have to go to each other if they want experience fighting. For Wolf, that means paying the travel expenses for herself and her coaches — not an easy task for some-

SEE KNOCKOUT, Page 7

## What’s in the Air, Bud? By Kevin Di Cicco

# No, he’s not really the Gorton’s fisherman guy



If you find yourself walking your dog around the west end of the Bay Point apartments and you think you see the Gorton’s seafood fisherman walking his dog, not to worry. It’s local Pacific Beach resident Capt. Duane Taylor.

Taylor is the real McCoy when it comes to the sea. He’s like Robert Shaw, right out of the epic motion picture “Jaws.” He’s a seasoned, salty, grizzled veteran captain of the sea. And he’s got sea stories from around the world that captivate you, just as Shaw’s character did in the movie.

But unlike Shaw, Taylor is the real deal. He and the mighty seas of the world are no stranger to one another. In fact, they have quite a dubious relationship. You see, Taylor was conceived aboard a custom 40-foot schooner named the Jubilo, built by his maternal and paternal grandparents.

He was born in 1948 in Santa Monica. His father, Dr. Howard C. Taylor, was a world-class sailor, and Taylor fits right in.

For the next 59 years, Taylor has circled the globe so many times he stopped counting. He has been in and out of San Diego, more specifically, Quivera Basin. He has longtime maritime connections with San Diego going back to the 1960s.

For most of his life though, Lahaina, Hawaii, was his home port. But when Taylor’s beloved mother Patricia, a famous artist, fell ill, Taylor came back to permanent status here in Pacific Beach.

Taylor has been here since November, and has recently purchased a vintage CT 41-foot “pilot house catch” named the Sea Cloud. He will take delivery of this wonderful piece of craftsmanship next month, slip it in Quivera Basin and set sail for Belize, just another port of call for Capt. Duane Taylor, just one of the wonderful people who make up our beautiful seaside town — our Pacific Beach.

—Kevin Di Cicco is the owner of Buddy the dog, who is best known for his roles in the long string of “Air Bud” movies and his ball-playing skills showcased on popular television shows.



Capt. Duane Taylor seems a lot like Robert Shaw from the epic motion picture “Jaws.” PHOTO BY KEVIN DI CICCIO

## FIREHOUSE

CONTINUED FROM Page 1

collaborated on fundraisers, including a celebrity bartender evening with firefighters tending bar, and will soon hold a fundraiser where competing chefs from Firehouse and the fire station will be challenged in a head-to-head cooking competition. These events typically benefit firefighters who lost their homes during the Witch Creek-Guejito fires in 2007 (triggering the largest evacuation in county history).

A family-friendly business, Firehouse offers free souvenir toys to children, who many times finish their meals at the restaurant and peer inside the doors

of the fire station, excited to have their photo taken alongside firefighters.

Firehouse has used photos of the fire station in some of its advertisements, and has recently added a new art installation that lists the names of Fire Station 21’s three division members. Staying true to its name, the interior of Firehouse is authentically adorned with fire hoses and integrates a color palette of red, black, chrome and wood tones. The building’s tables and wall paneling were made using recycled wood from San Diego Urban Timber out of locally harvested material.

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



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Announcements, photos and story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

### OPINIONS

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# Hoopsters to match skills in 3-on-3 tourney

By LEE CORNELL | BEACH & BAY PRESS

For the 24th consecutive year, Crown Point Shores along Mission Bay will serve as the location for San Diego's biggest three-on-three basketball tournament.

"We'll have about 20 to 25 courts set up inside this massive parking lot and they're all running at the same time," said Bridgepoint Education Holiday Bowl event coordinator Marc Sawyer. "At any given time, there's about 20 games going on."

The Jack in the Box "Hoops at the Beach" 3-on-3 tournament is expected to draw around 600 players and 150 teams showcasing their basketball skills on May 21-22.

The tournament serves as a fundraiser for the Bridgepoint Education Holiday Bowl. The Holiday Bowl, which is set to kickoff on Dec. 28 at Qualcomm this year, raises tourism and the local economy in San Diego.

The "Hoops at the Beach" tournament is broken down into several categories. There are 12 boys' and men's divisions and one co-ed division. Divisions range from third to 12th grade for boys. For men, divisions are: Elite (best of the best), 6'0" and under, 6'3" and under, Men's Open, Masters (30 and up), Super Masters (40 and over), and Senior Masters (50 and over). There are also six divisions in which girls and women can compete.

Besides the intensity of team play, there will be the highly anticipated San Diego County Kia Retailers Slam Dunk Contest, which is sure to bring out all the high-flyers around town.

"That's when all the best dunkers in San Diego County come out and put on a show for all the spectators," Sawyer said. "It's right there on center court."

Sharpshooters in the area can test their skills in the Aruba Networks 3-Point Shootout, the Free Throw Challenge or a H-O-R-S-E contest.

If competition alone isn't enough to entice local hoopsters, then prizes and trophies will surely take care of that. Prizes range from plaques to Holiday Bowl tickets to cash and more. Each tournament division winner will walk away with reversible mesh basketball jerseys.

The local military will boast a strong presence at the tournament because



Hoop skills will be put to the test May 21 and 22 during the annual Jack in the Box "Hoops at the Beach" three-on-three tournament at Crown Point Shores. Courtesy photo

Wells Fargo has agreed to pay entry fees for the first 30 military teams participating. Military teams must have at least two active-duty military players on the team of four (one substitute) to be eligible.

"It's also open to children of military as well," Sawyer said.

Team entry fees range from \$75 to \$100 (depending on division) until 5 p.m. on March 13 and go up \$15 dollars after that. The final entry deadline

is May 20. All participants will receive a T-shirt and are guaranteed at least two games in the double-elimination format. For more information, call (619) 283-5808 or visit [www.holiday-bowl.com](http://www.holiday-bowl.com)

## KNOCKOUT

CONTINUED FROM Page 6

one who trains so much that she doesn't have time for a full-time job.

On May 21, Wolf will show her artwork at a fundraiser at Colosseum Fine Arts, 7946 Ivanhoe Ave. in La Jolla. A portion of all the proceeds from art sold at the event will go to help fund her journey to the four Olympic trial tournaments this year that will hopefully put her on Team USA.

The first Olympic trial is scheduled for June 19 in Colorado Springs, Colo.

"When I met Danyelle, I saw this girl who was attractive, talented and had big dreams," said Colosseum director Richard Sertucha. "She was doing it all on her own. When we opened this gallery, we wanted to impact people's lives and do good things for the community, and this is one of those opportunities to help someone reach their goals."

For Wolf, achieving her goals is a way to leave her mark on boxing.

"What I want to bring to the sport is that you don't have to be a brute to be a boxer," Wolf said. "You can be graceful and classy. I'm not fighting because I like to beat girls up, but because the sport intrigues me. I want to represent the U.S. the right way."

For more information on Wolf, visit [www.thehungryboxer.com](http://www.thehungryboxer.com).



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## ENJOY THE COLORS & BEAUTY OF OLD TOWN

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**Old Town Gift Co. is hosting a special literature-themed event on Saturday, June 4, from 4 to 6 p.m. featuring author don Jose Ruiz, who co-wrote the personal**

**growth bestseller The Fifth Agreement.**

The free event is being hosted on the stage in the open-air Fiesta de Reyes courtyard and will feature a book presentation as well as opportuni-

ties for questions and answers with Ruiz.

"We are honored to have don Jose Ruiz to speak in Old Town San Diego," stated Karen Abbott, owner of Old Town Gift Co. "His book and

teachings have changed millions of lives all around the world and we look forward to hearing his new insights relating to The Fifth Agreement."

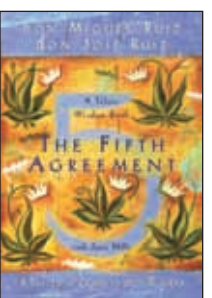
Jose Ruiz has been called "a vivacious and passionate speaker" by Nancy Colasurdo, life coach and FOX Business contributor, and his book was on the New York Times Bestseller List in 2010.

Ruiz was born and raised in Mexico and at the age of 21 came to the United States to live and study with his father Miguel Ruiz. Miguel authored the critically acclaimed bestseller The Four Agreements, which sold over five million copies in the U.S. market

alone, was translated into more than 30 languages, and was featured as one of "Oprah's Favorite Things" in 2000.

The Fifth Agreement is the sequel to The Four Agreements and was co-authored by the father and son team. The book outlines a simple foundation by using "agreements" to live a more fulfilled and happy life. It expands upon the original four agreements and adds an additional agreement, which is "Be skeptical, but learn to listen." This agreement teaches us to use the power of doubt in order to understand the real message behind words.

Old Town Gift Co. is located within Fiesta de Reyes in Old Town San Diego State Historic Park at Wallace and Calhoun streets, a one-block stroll from the Old Town Trolley Station. In addition to two dining establishments -- Casa de Reyes and Barra Barra Saloon -- Fiesta de Reyes boasts 18 specialty stores open daily from 10 a.m. to 9 p.m. Free parking is available at CalTrans headquarters, one-block from the event site. For more information, call (619) 297-3100 or visit [www.fiestadereyes.com](http://www.fiestadereyes.com)



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REMEMBERWHEN?

By JOHN FRY

It was a hardware store in the 1920s, a shoe repair shop in the 1930s and a plumbing business in the 1940s. When I took this interior shot on Oct. 10, 1989, it was known as Local Square Printers, a business that got its start printing square-dance programs. That's Carl Harpster preparing a job. What is it today? Zanzibar Cafe, at 876 Garnet Ave. Answer to last issue's quiz: Grand Avenue Nursery was razed to make way for the "new" Kentucky Fried Chicken. — John Fry may be reached at 272-6655 or mail@johnfry.com

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LIFESTYLE

What's the buzz? Coffee is a-happening

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By HOLLY LAUREN BEEDLE | BEACH & BAY PRESS

**Why should you want to know?**

This local Pacific Beach coffee barista branches out on a quest to deliver fresh coffee with style. Christie Lirson brought her casual coffee classiness to north PB by opening the newest San Diegan brew bar, Christie's Coffee, located on 873 Turquoise St.

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Christie's style is infectious. You're sure to leave Christie's Coffee happy and properly caffeinated. She supports local organic farmers by selling organic and vegan treats that keep customers well fed and feeling good. She inspires style, wearing cute accessories made from recycled materials and designed by local designer Emily Grace Goodrich. Her pink flower is one of Emily's hair goodies she sells at local farmers markets and online at [www.emilygracesuitcase.com](http://www.emilygracesuitcase.com).

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Get your coffee-lovin' self over to see Christie at Christie's Coffee, where you may want to try one of her creative coffee flavor combos like a nutty "Bed Head" or a minty "Jr. High



Dance," and check out what adorable accessory she's wearing next. She's always happy to tell you where she got it and how to get it.

— Holly Lauren Beedle is an established designer who has designed for luxury brands in New York City and California since her graduation from Moore College of Art & Design in Philadelphia. She can be contacted by e-mail at [yourlookbyholly@gmail.com](mailto:yourlookbyholly@gmail.com).

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## MUSTHEAR

There are a lot of cover bands in town, but few could boast a front person as commanding as vocalist Laura Jane Wilcock of The Tighthen Ups, who perform at the Tiki House on May 20. The band excels at classic horn-backed rock and soul, from Creedence Clearwater Revival and The Rolling Stones to Sam & Dave and Jr. Walker, with Wilcock's brassy vocals and bawdy humor mak-

ing the group a tough act to follow. The seven-piece band seems to be a tight squeeze for the intimate Tiki House, but if you're a fan of R&B or you're just looking for a great time, you won't want to miss this show.

**The Tighthen Ups perform at 9 p.m. on Friday, May 20** at The Tiki House, 1152 Garnet Ave. Cover TBD. 21 and up. [www.myspace.com/thetighthenups](http://www.myspace.com/thetighthenups) — *Bart Mendoza*

## MUSTREAD

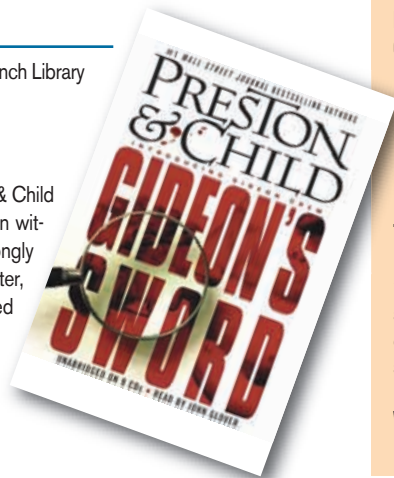
Book recommendation from the Pacific Beach/Taylor Branch Library

**TITLE:** Gideon's Sword

**AUTHORS:** Preston & Child

**SYNOPSIS:** In this exciting page-turning thriller, Preston & Child introduce us to Gideon Crew. At the age of 12, Gideon witnessed the brutal murder of his father, a scientist wrongly framed by the U.S. government. More than 20 years later, Gideon finally gets his revenge and fulfills the death-bed promise to his mother to clear their family name.

Reserve this book at: [www.sandiegolibrary.org](http://www.sandiegolibrary.org)  
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## Hospitality

### star of the week

**PAULA VRAKAS**

Bartender 710 Beach Club 710 Garnet Ave.



**Paula Vrakas started working at the 710 Beach Club in October and quickly rose through the ranks to her current bartender position.**

Originally hailing from Milwaukee, where she bartended for five years, Vrakas moved to Pacific Beach in the fall and quickly began establishing herself in the service industry. With a friendly midwestern personality (and accent to match) Vrakas' customers are left feeling happy and cared for.

**This makes her a natural fit behind the bar.**

"I'm pretty fortunate to have gotten a bartending gig in Pacific Beach so soon after moving here. I try to make sure that I'm friendly, upbeat and outgoing. I try to talk to people about anything – whether it be politics, sports or religion."

**Vrakas said she enjoys the vibe at 710.**

"I love the atmosphere, the live music, the beach scene and the fact we're so close to the water. I work mostly days, so I have a little bit more time to talk to people because it's a little bit less fast-paced."

**Vrakas said growing up in a restaurant her father owned has defined her service skills.**

"Being in the industry, I think it's a prerequisite to be able to talk comfortably with people. It's in my blood to be in the service industry. I was raised in it. I think laughter is No. 1 to be a bartender you have to be able to joke around with and have fun doing your job."

**Vrakas' drink specialty is a bloody Mary.**

"I like to think of myself as a bloody Mary connoisseur. I make them simple but delicious."

— Lee Cornell

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Mission Bay High School students will take their music futures into their own hands during the inaugural Jazz on the Green to bolster the coffers of the school's music program.

Courtesy photo

# Jazz on the Green has elixir for money-strapped school music program

By BART MENDOZA | BEACH & BAY PRESS

While music in city schools is on the endangered list at many campuses, it continues to thrive at some schools thanks to an organized effort by teachers, students, parents and the community. Nowhere is this better illustrated than at Mission Bay High School (MBHS) and its jazz-centered music program under the direction of Jean-Paul Balmat.

On May 21, the high school will be the site of the inaugural Jazz on the Green concert, featuring sets from the MBHS Concert Jazz Band, MBHS Jazz Ensemble and MBHS Dixie Jazz Band, with a closing performance from the Rey Vinole Swing Band. In addition to the bands, there will be food on offer from Leilani's Café, as well as a roving barbershop quartet and swing-dance lessons.

Activities for children include face painting and a bounce house.

Balmat, a former MBHS student who has been the school's music director for five years and is organizing the

event, cites the popular annual Concerts on the Green series at Kate Sessions Park as an inspiration.

"I'd see the concerts there, so I wanted to bring in our own little concert on the green," he said. "Since we're primarily a jazz program at the school, I wanted to make it a jazz festival that was family-based and community-based."

He said the campus is an ideal location for what he hopes will be the first of many such events.

"The weather in Pacific Beach has always been amazing and we have a great central location at MBHS in our little quad grassy area with some of the most beautiful trees on campus," he said.

Though the concert will focus on jazz, Balmat said that genre tag covers a wide musical spectrum.

"We have two groups that are swing bands — that's the music out of America's 1920s and 1930s," he said. "Meanwhile, our top ensemble is the Dixie jazz band — that's what the school is most well known for. They focus on the traditional jazz that came out of New Orleans around 1910. We tend to focus on that, but we play a lot of music that's inspired by funk, Latin jazz and rock. There's a lot of fusion elements that go in."

He said he encourages his students to bring the aspects of music that they enjoy outside of jazz into their playing.

"It's a very open environment," Balmat said. "We're constantly trying to evolve what we're doing. We understand the tradition, but we never want to stay in the same place. We want to keep the music growing."

While all of the ensembles performing are talented, the afternoon's highlight will clearly be the closing set from retired MBHS music director and trumpeter Vinole, who founded the school's jazz ensembles three decades ago. His performance will feature MBHS alumni; fellow trumpeter Brad Steinway and guitarist Joey Carano, best known for a stint with Karl Denson's Tiny Universe.

All the proceeds from Jazz on the Green will go to help build the music program at MBHS.

"It's really important that we have these funds so that we can support the musicians that are coming up through the elementary and middle schools," Balmat said. "Right now, we're running really low on instruments. About 95 percent of students are renting them from the school at no cost. So what happens when our program gets more popular and we have more kids? We need to be able to serve that population."

Balmat said he is happy that life has brought him full circle.

"I had Mr. Vinole as a teacher for two years before he retired," Balmat said. "He directly inspired me to become a music teacher."

He said he's also thrilled to be back where he first explored music.

"I'm a local guy. I grew up in Pacific Beach, so it feels like I'm coming home every day that I go to work," Balmat said. "I really became inspired in that band room, so for me to be able to come back every single day and train the next generation of musicians feels great. I tell my students I lucked out. I got everything that I wanted and so far it's been working out really well."

**Jazz on the Green: 2 to 5 p.m. on Saturday, May 21 at Mission Bay High School, 2475 Grand Ave. All ages. \$10 for adults, \$5 for students and children; [www.missionbaymusic.com](http://www.missionbaymusic.com).**

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# It's about the beer: Beach to Brewery on tap May 14

By LORALEE OLEJNIK | BEACH & BAY PRESS

Karl Strauss Brewing Company (KSBC) is brewing up 22 beers to mark its 22 years readying to showcase them at the eighth annual Beach to Brewery Beer and Music Festival on May 14.

The event benefits the nonprofit Surfrider Foundation.

Originally started as a way to highlight the Pacific Beach-based brewery and raise money and awareness for clean water issues, the event has evolved into a premier regional beer event.

"One of our company's core values is to care for our community and our environment," said Melody Daversa, the brewery's marketing, events and public relations manager. "The Surfrider Foundation is a nonprofit environmental organization dedicated to the protection and enjoyment of the world's oceans, waves and beaches for all people through conservation, activism, research and education, and as a brewing company in Pacific Beach, we feel very connected to their mission."

Since its inception, Beach to Brewery has raised more than \$80,000 for the San Diego Chapter of the Surfrider Foundation and its programs to promote clean water and conservation.

"Karl Strauss has been a big supporter of Surfrider over the years and we truly appreciate their financial donations and moral support," said Bill Hickman, chapter coordinator for the Surfrider Foundation-San Diego. "Beyond Beach to Brewery, Karl Strauss embraces Surfrider's mission and is a leader in the community. They encourage people to join our beach cleanups and other events along with recycling messaging on their products and website."

Hickman said funds raised at Beach

"Beyond Beach to Brewery, Karl Strauss embraces Surfrider's mission and is a leader in the community. They encourage people to join our beach cleanups and other events along with recycling messaging on their products and website."

BILL HICKMAN  
Surfrider Foundation-San Diego

to Brewery go toward programs like "Rise Above Plastics" (to reduce single-use plastics), "Know Your H2O" (freshwater issues that effect the coast), "No BS" (No Border Sewage, efforts to clean up the Tijuana River Valley), as well as Surfrider's beach cleanups and educational campaigns that take place regularly along San Diego's coastline.

Beach to Brewery is held at KSBC's main brewery in Pacific Beach and will feature a lineup of local musical talent throughout the day, including bands Little Deadman, Cuckoo Chaos, Blackout Party and Stranger.

The beer, however, is the main attraction, with 22 brews slated to be on tap for the event. These include a 22nd anniversary Vanilla Imperial Stout, Lavender Hefeweizen and Conquistador Doppelbock to be served along with KSBC staples like Red Trolley Ale, Amber Lager and Woodie Gold.

KSBC was founded in the mid-1980's by (then) new college graduates Chris Cramer and Matt Rattner in their apartment in Mission Beach. Enlisting the help of Cramer's cousin, master brewer Karl Strauss, the two opened their first brewery location downtown in 1989. An instant success, KSBC launched the San Diego craft beer rev-



Large crowds are expected to turn out again in Pacific Beach for this year's installment of Beach to Brewery on May 14.

Courtesy photo

olution, helping make San Diego a world-renowned beer destination.

KSBC has been growing ever since. In 2010 the company brewed about 34,000 barrels, distributed to more than 2,500 locations throughout Southern California and ran six brewery restaurants. It is also expanding its brewing facilities. With sales up 25 percent over last year, Karl Strauss is adding two new 240-barrel fermenters to keep up with demand and are aiming to reach record production this year.

"Great beer and music," said Hickman of the May 14 event. "Beyond that, it's a lovely location and you get a warm, fuzzy feeling knowing you are supporting a great local nonprofit."

Tickets for Beach to Brewery are \$25 in advance and are available online at [www.karlstrauss.com](http://www.karlstrauss.com). Tickets are \$30 at the door. The event typically sells out, so pre-sale tickets are advised. With online purchase, attendees will have the option to add on a one-year membership to the Surfrider Foundation at a

discounted rate of \$15.

The event will be held at the Karl Strauss Main Brewery, 5985 Santa Fe St., from 2 to 7 p.m. Free shuttles will be available throughout the day starting at 1:45 p.m. from the Pacific Beach/Taylor Branch Library and Dusty Rhodes Park. Vehicle parking is limited, so traveling via shuttle or bicycle is recommended. Bikes are not allowed on the shuttles.

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

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# Autos to take center stage at county fair

By JOHNNY McDONALD | BEACH & BAY PRESS

The San Diego County Fair will pay tribute to Southern California’s car culture — from the highways to raceways — during its 75th anniversary run this year. The fair’s theme, “Race to the Fair” — and it’s about cars.

The 22-day fair in Del Mar runs from June 10 to July 4.

“This is a fabulous theme where we feature race cars, exotics and luxury, movie and muscle cars, dune buggies and woodies,” said public relations director Linda Sweig.

“We’ve received good response from the car clubs so that we’ll have something different to display every day... hundreds and hundreds of cars. This exhibit is expected to be very popular with over 1.3 million expected to attend the fair.”

The theme exhibit will be located in a 90,000-square-foot building near

the off-track betting facility.

One segment will retell the story of auto racing at the fairgrounds, where sports cars zoomed throughout the grounds and parking lot. Also featured will be Champ/Indy cars that whizzed around the racing oval itself. In those days, “Race to the Fair” meant more than a slogan for thoroughbred horse racing.

It might be noted, too, that the Goodguys’ annual spring hot rod show is held at the fairgrounds. It is considered one of the nation’s largest events.

“Automobile racing took place here during three distinct eras,” said Roger Tertocha, who is in charge of the racing section. “Each era will be represented by cars that actually raced here. There is also going to be a car representing the vintage races that were here on several occasions.

“We plan to include trophies, still

images and video to tell the stories of the drivers who competed, as well as the evolution of automotive engineering,” he said. “The eras are: 1946-49 Champ/Indy cars on the dirt oval, 1958-1965 SCCA cars in the parking lot, 1987-1991 IMSA cars through the fairgrounds and vintage cars that performed in shows. Featured will be the 1987 Toyota Celica and 1990 Toyota MKIII, both Grand Prix winners.”

The MKIII won 21 of 27 national — including an IMSA record 14 straight — to earn dual Camel GT titles for driver Juan Fangio II and manufacturer Toyota in 1992 and 1993. It is a record that ensures the MKIII a place as one of the most dominant cars in racing history.

Among others on display will be a 1911 Fiat from the Lindley Bothwell collection, a 1960 Formula Junior Dolphin and a 1948 Kurtis that raced in the 1949 Triple A race at Del Mar.



MetroCreative

NOTES: GM’s doing real well. *Auto-motive News* reports that General Motors posted a net income of \$3.2 billion for the first quarter, its fifth straight quarterly profit since emerging from bankruptcy.

It stripped out one-time charges and gains, including \$1.6 billion in income from the March sale of GM’s ownership in Delphi Automotive. Revenue grew 15 percent to \$36.2 billion.



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## EDUCATION NOTEBOOK

A roundup of news and notes from schools around the Pacific Beach and Mission Bay area:

Music is in the air! There are many opportunities in the month of May to see the young musicians of the Mission Bay Cluster Schools show off their talents.

**On Wednesday, May 18 at 6:30 p.m., the Pacific Beach Middle School music department will present its Spring Concert in the middle school auditorium.** The sixth-grade strings, sixth-grade band, intermediate orchestra, beginning band and the advanced band ensembles will be performing works by a variety of classical and contemporary composers. This community musical event will be the culmination of dedication and months of practice by these talented young musicians.

**Thursday, May 19 at 6:30 p.m. will be the first Mission Bay Cluster Schools Community Music Concert at Mission Bay High School.** This event will feature music ensembles from the Mission Bay Cluster Schools, including the Mission Bay High School Dixie Jazz Band, the Pacific Beach Middle School Advanced Band, the Crown Point Music Academy and Bayview Terrace string and band ensembles. The event is designed to show the community the dynamic music programs that are in place for schoolchildren and to encourage students to continue

participating in music.

**On Saturday, May 21 from 2 to 5 p.m., the inaugural Jazz on the Green Festival takes place at Mission Bay High School.** This outdoor event is open to the public and features the school's outstanding jazz ensembles including the concert jazz band, the jazz ensemble and the award-winning Dixie Jazz Band. There will be special appearances by the Rey Vinole Swing Band from San Diego City College, featuring alumni Brad Steinwehe (trumpet) and Joey Carano (guitar). Leilani's Cafe will be offering Hawaiian fare and there will be swing-dance lessons and activities for children of all ages. Families are encouraged to bring their own seating or blankets. All proceeds go to support the music program at Mission Bay High School. Tickets are \$10 for adults and \$5 for children/students. For more info contact missionbaymusic.com.

**International Baccalaureate Parent Night for the Class of 2013 (incoming juniors) will be Wednesday, May 18 at 6 p.m. in the library at Mission Bay High School.** Learn about the IB diploma program, the coursework required and the benefits of becoming an IB student.

**Friends of Pacific Beach Secondary Schools' Silent Auction "Blues By the Bay" will be held Sunday, May 22 at the Mission Beach Women's Club from 5 to 9 p.m.** Join FOPB-



More than 270 volunteers from Mission Bay High School and the "Helping Hands" community worked all day April 30 to weed, mulch, paint and scrub the campus of Mission Bay High School. The joint cleanup project was part of the "day of service" by the local Mormon Church. *Courtesy photo*

SS for an evening of food, live music and a silent auction. FOPBSS is a nonprofit organization supporting Pacific Beach Middle School and Mission Bay High School. "Blues by the Bay" is the largest fundraiser of the year and funds many programs which enhance the educational experience of students at PBMS and MBHS, from floating marine science labs to after-school choir programs. "Big Daddy Blues" will be performing. Tick-

ets are \$10 at the door. Come out and enjoy food, soulful blues music and support local schools. Contact mbhs-friends@yahoo.com for more information.

**Wednesday, May 25 at 6 p.m. will be the final FOPBSS meeting of the school year.** It will be held at Pacific Beach Middle School in the library/media center.

— Jennifer Tandy



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## Women with hair loss can have thick and healthy hair!

According to the Women's Institute for Fine and Thinning Hair, there are 30 million women who are currently experiencing hair loss. It can begin as early as puberty; although it usually occurs between 35 and 55 years of age. In the past several years effective treatments have become available for fine, thinning hair. Professional hair loss products are most effective when, used at the first signs of thinning or hair loss.

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## Common Care Giving Misconceptions

Caring for a parent or spouse is an emotional subject which is likely the reason so many myths surround it. This article is designed to dispel some of these myths. It's a must-read for anyone currently involved in care giving including those who are considering hiring or perhaps even becoming a caregiver.

### Adult Children No Longer Provide Care for Aging Parents at Home

While stories of adult children abandoning their aging parents make for interesting reading, this is just not true. What

is true is that families live further apart from one another than ever before and that situation sometimes presents caregiving challenges. Advances in communication make it easy for adult children and aging parents to stay in regular contact. Many children also care for their parents but the stress may be great.

### Most People Have a Plan in Place Before the Need Arises

Not true. If you don't yet have a caregiving plan, you're definitely not alone. Most adult children do not tackle this issue until they are forced, meaning it doesn't usually happen until a parent becomes ill, starts showing signs of the onset of age-related conditions such as dementia or Alzheimer's disease, or until one aging parent dies and the other has trouble resuming life after the death of their spouse.

### Caregiver Resources are Insufficient

This is not true. Caregiver resources are fragmented and sometimes difficult to comprehend or access. But they're out there. New legislation regarding caregiving and care receiving is constantly being introduced and approved.

Contact Innovative Healthcare Consultants, a geriatric care management and care giving company for assistance and answers to your question.

**Call 877-731-1442 or see our website**

## Spring offers seasonal fresh fruits and veggies

Spring is here and it sure is grand! With all this warm weather comes the craving for all the fresh fruits and vegetables that the season brings. As the days heat up, we feel the need to lighten our fare. Whether you're planning a picnic on the beach, a Sunday drive to Julian, or fresh veggies on the grill, Ocean Beach

People's Organic Food Market has everything your light heart desires.

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Open daily from 8 a.m. – 9 p.m., you'll find Ocean Beach People's Organic Food Market at 4765 Voltaire Street, where Everyone Can Shop and Anyone can Join! **Visit online at [www.obpeoplesfood.coop](http://www.obpeoplesfood.coop) or call us at (619) 224-1387. at [innovativehc.com](http://innovativehc.com).**

## World Pilates Conference Comes to San Diego

Pilates professionals and enthusiasts converge in San Diego on May 27th for the Seventh Polestar Pilates World Conference. The conference, themed "Building for Life 2011", will be hosted at the Hilton San Diego Bayfront Hotel and includes three key presentations, twelve workshops and over fifty movement classes taught by some of the most acclaimed Pilates teachers in the world. A special Pre-Conference Event with guided meditations is also open to the general public under the direction of The Chopra Center's Lead Educator, David Greenspan.

Polestar Pilates Education is an international leader in Pilates education focusing on the scientific principles of rehabilitation and movement science. Polestar can be found in over 50 countries and 10 languages. Our teaching method is interactive and unique, helping to assess the whole person - physically, psychologically, emotionally and spiritually.

**For more information: [polestarpilates.com/conf2011](http://polestarpilates.com/conf2011) or 1-800-387-3651.**



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# Slip sliding away

With all the rain that we have been received lately along the coast you might be worried just how much more your slope can take. Often erosion and slope stabilization is something that many homeowners only consider after its to late. Well with proper planning you can save yourself the worry and cost of having to redo your failed slope by utilizing native plants, which have evolved to help reduce the likelihood of erosion in our area.

Here are a few of my favorite native plants that are superb at slope stabilization.

Not only will these help prevent erosion, but they also benefit the local wildlife, are drought tolerant, beautiful and create a sense of place here in our San Diego coastal communities.

**Artemisia californica:** At about 4 feet tall is one of the cornerstones of the coastal scrub ecosystem and is perfect at controlling erosion on difficult slopes.

**Eriogonum var:** Commonly referred to as Buckwheat comes in a variety of colors and sizes it's another great slope stabilizer, which is adored by both butterflies and

humans alike.

**Rhus integrifolia (Lemonade Berry):** This can be a robust shrub well suited to the role of erosion control and is a magnet for birds.

**Rhamnus californica (Coffeeberry):** At 8 feet tall is perfect for areas where you would like a nice green backdrop to help set off more colorful slope controlling plants.

**Ribes viburnifolium (Ever-**

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#### ▼ calendar / events

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#### ▼ lost & found

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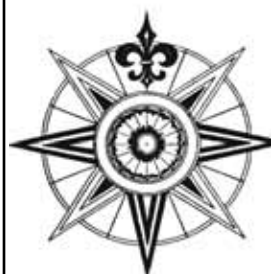
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Sat & Sun 1-4pm	.5468 Avenida Fiesta	.4BR/2BA	.....\$1,299,000	Mary Russo Andrews • 858-232-8433
Sat & Sun 12:30-3:30	.7344 Brodiaea Way	.2BR/2.5BA	.....\$1,795,000	Matt Glynn • 858-869-7661
Sat 12-3pm	.6634 Michaeljohn Dr.	.3BR/2BA	.....\$1,285,000-\$1,385,000	Ron Rooney • 619-952-1777
Sat 1-4pm	.553 Bonair Place	.2BR/2BA	.....\$1,345,000	Alex De Rosa • 858-752-3803
Sat 1-4pm	.2302 Avenida de la Playa	.3BR/2BA	.....\$1,450,000	Eric Eaton • 858-349-7566
Sat 1-3:30pm	.6343 Camino de la Costa	.4BR/6BA	.....\$10,900,000	Arlene Sacks • 858--922-3900
Sun 1-4pm	.1805 Caminito Amergon	.3BR/2BA	.....\$725,000	Sally Fuller • 858-449-8575
Sun 1-4pm	.1332 Caminito Balada	.4BR/3.5BA	.....\$1,000,000-\$1,150,876	David Schroedl • 858-459-0202
Sun 1-4pm	.6435 Avenida Wilfredo	.4BR/2.5BA	.....\$1,199,000	The Reed Team • 858-395-4033
Sun 1-4pm	.5542 Candlelight Dr.	.3BR/2.5BA	.....\$1,200,000-\$1,400,876	David Schroedl • 858-459-0202
Sun 1-4pm	.100 Coast #402	.2BR/2BA	.....\$1,295,000	Claudette Bervin • 858-361-7448
Sun 1-4pm	.304 Playa Del Norte	.3BR/2BA	.....\$1,299-\$1,375,000	Jackie Helm • 858-354-6333
Sun 1-4pm	.615 Bonair Place	.3BR/2.5BA	.....\$1,345,000	Boni Buscemi • 858-382-4101
Sun 1-4pm	.800 Prospect 4-F	.2BR/2BA	.....\$1,375,000	Lynn Walton • 858-405-3931
Sun 1-4pm	.800 Prospect 4-D	.2BR/2BA	.....\$1,495,000	Lynn Walton • 858-405-3931
Sun 1-4pm	.309 Colima Ct.	.3BR/2.5BA	.....\$1,795,000	The Daniels Group • 858-344-2230
Sun 1-4pm	.1450 La Jolla Rancho Rd.	.6BR/4BA	.....\$2,290,000	The Daniels Group • 858-344-2230
Sun 1-4pm	.1364 Virginia Way	.4BR/5.5BA	.....\$2,595,000	Gina Frager Hixson • 858-405-9100
Sun 1-4pm	.7159 Country Club Dr.	.4BR/4.5BA	.....\$2,800,000-\$3,200,876	Paul Palumbo • 619-208-5537
Sun 1-4pm	.821 Havenhurst Point	.5BR/5BA	.....\$3,000,000-\$3,400,876	David Schroedl • 858-459-0202
Sun 1-4pm	.7055 Vista Del Mar	.6BR/5.5BA	.....\$3,750,000	Sue Nystrom Walsh • 858-864-4116
Sun 1-4pm	.7445 Caminito Rialto	.3BR/3BA	.....\$1,149,000	Tom Zokaei • 858-842-7814

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Sat & Sun 1-4pm	.2014-2024 Hornblend St.	.2-3BR/3BA	.....\$469,000	.....Kathy Evans • 858-488-7355
Sat 12-4 Sun 1-4pm	.1921-1929 Felspar St.	.3BR/3BA	.....\$489,000	.....Kathy Evans • 858-488-7355
Sat & Sun 11-4pm	.920 Rosecrans St.	.2BR/2BA	.....\$600,000	Robert Realty • 619-852-8827
Sat & Sun 9-12pm	.819 Nantasket Ct.	.2BR/2.5BA	.....\$775,000	Shawn Grant • 858-717-7720
Sat 1-4 Sun 10-4pm	.1064 Diamond St.	.4BR/4BA	.....\$959,000	.....Kathy Evans 858-488-7355
Sat & Sun 2181 Harbour Heights		.5BR/4BA	.....\$1,895,000	Eric Eaton • 858-349-7566
Sun 11-2pm	.4007 Everts St. #2D	.2BR/2BA	.....\$549,000	Marie Tolstad • 858-705-1444
Sun 1-4pm	.1235 Chalcedony St.	.3BR/1.5BA	.....\$776,000	The Daniels Group • 858-344-2230
Sun 1-5pm	.2176 Diamond St.	.6BR/3.5BA	.....\$1,199,000	.....Kathy Evans • 858-488-7355*

POINT LOMA / OCEAN BEACH

Sat 2-4pm	.3428 Keats	.2BR/1BA	.....\$659,000	.....Cindy Wing • 619-223-9464
Sun 1-4pm	.3420 Fenelon St.	.4BR/2BA	.....\$1,145,000	.....Cindy Wing • 619-223-9464
Sun 1-4pm	.951 Armada Terrace	.3BR/2BA	.....\$1,295,000	.....Cindy Wing • 619-223-9464

DEL MAR

Sun 1-4pm	.3437 Caminito Santa Fe	.5BR/4.5BA	.....\$900,000-\$999,000	.....Laleh & Niloo
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# Rubicon Deli: Taking PB by storm – one sandwich at a time

## I'm 30 and living in PB!

By RACHEL HUTMAN

Have you ever had a sandwich that changed everything? One that you bit into and knew in that moment this was how a sandwich was supposed to taste? Did you leave and begin to plan your next trip back?

Delis like this don't come along every day. When you find a deli like that, you need to hold on to it and visit often. You should tell your friends, because that is the right thing to do, but you don't have to. Word will get around quickly when a deli is that good.

The Rubicon Deli is one of these. Located in the heart of Mission Beach at 3819 Mission Blvd., you've probably driven past it numerous times without even noticing it — or realizing it was a deli.

The bread is made fresh every morning at Rubicon, and when it's gone, it's gone. So get there early for the best selection. With bread choices like white, wheat, pesto, jalapeño jack, garlic, garlic cheese and bleu cheese, there is something for every taste bud.

Those on a low-carb diet should not step foot into Rubicon. The bread is too good to resist. There are some healthy options for the calorie conscious. Have your sandwich served naked without the top layer of bread or scooped with the inside dug out.

You can build your own decadent sandwich or choose from their wide selection of offerings. Spicy tuna is my personal favorite and a must for any tuna lover. The "Whales Veg" is for the



Columnist Rachel Hutman makes a yummy find in her hunt for a great deli sandwich at The Rubicon Deli. Photo by Rachel Hutman | Beach & Bay Press

vegetarian in us all: Monterey jack, avocado, tomato, onion, pickle, pepperoncini, hummus. The carnivore will have too many decisions with "The Stallion," "Achin' 4 Bacon" and "Moe Meatballs," there is sure to be something you'll love. Each sandwich is served with a pickle and a warm, fresh-baked cookie.

Rubicon has a classic San Diego beach vibe coupled with a warm, welcoming feel. Guests seem to linger and chat long after they've finished eating. One wall is decorated in a black-and-white vintage beach photograph reminiscent of the years gone by. Parchment paper and masking tape is available for you to wrap up your leftovers, which you are sure to have, since its sandwiches are massive.

I like to think of myself as a fine sandwich connoisseur, and when I'm looking for a great, satisfying fill-me-up-so-I'm-not-hungry-for-days kinda sandwich, Rubicon is first on my list. After one visit, it likely will be on yours, too.

The Rubicon Deli:  
3819 Mission Blvd.  
[www.rubicondeli.com/aboutUs.html](http://www.rubicondeli.com/aboutUs.html)

## Young Women's Leadership Program (YWLP)

Ranked #3 worldwide in the 2010 Financial Times Survey of Executive Education, the Center for Creative Leadership (CCL) is pleased to offer YWLP this summer, July 18-22, 2011. CCL seeks bright, motivated young women from across San Diego County who want to develop and refine their leadership skills. Designed for a diverse group of girls in their junior and senior year of high school, the program offers leadership training through five days of classroom learning around core values, personality differences, communication, project-planning, and career choices. Participants will have the opportunity to apply the skills they've learned by working in teams on community projects in partnership with area nonprofits. The program culminates with a graduation ceremony on August 24, 2011. Space is limited; apply by May 27th. Visit [www.ccl.org/young-womenlead](http://www.ccl.org/young-womenlead) or contact us at [youngwomenlead@ccl.org](mailto:youngwomenlead@ccl.org) or 858.638.8015.

## Le Tour du Monde Summer Camp 2011

San Diego French-American School (SDFAS) provides a head start in the immersion experience by introducing children to a new language. SDFAS offers a program that promotes and maintains language acquisition during the summer to children ages three to 13. With different themes every week (Pre-school: Fairy Tale, "Graine d'Artiste", Weebot World, Ia Ora Na! Summer Vacation in Tahiti/ Playball ...K-8th: Mad Sciences, Engineering Fundamentals, French Camps, Circus. Get a Grip Dance, Sewing, Craft around the worlds, Sports, Arts, Fencing, Surf, Chinese Camp...), children are involved in a large variety of fun-filled activities that are conducted in either French/English, Spanish or Chinese, depending on the activity. Minimum day (9-12) or full day camp (9-4pm) available. Extended day care available 8:30 am until 5 pm. June 27th to July 29th, no camp on July 4th. Starting price \$300 for full time week camp. Early bird discount (until April 30) on full time week only \$15 off. For info call 858-456-2807 or go to [www.sdfrenchschool.org](http://www.sdfrenchschool.org) or email [summercamp@sdfrenchschool.org](mailto:summercamp@sdfrenchschool.org).

# Summer Camps


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## Sign up for La Jolla YMCA Summer Camp

The La Jolla YMCA offers day camps all summer long beginning June 14 through September 2. Day camps range from a variety of choices and for all ages. There are more than 100 camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will learn, grow and thrive making lasting friendships and memories. Camps fill up fast so please sign up as soon as possible. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need. Also, it's not too late to sign up for our spring camps beginning April 4 through April 8. To register to either spring or summer camps, please visit [lajolla.ymca.org](http://lajolla.ymca.org) or call (858) 453-3483 for more information.

## Ocean Experience Surf & Skate Camp

Ocean Experience offers boys and girls age 6 to 16 the most comprehensive surf and skate camps available. Since our first session in 1990, we have maintained the highest standards of instructional integrity, safety and supervision. Ocean Experience develops skills and confidence while empowering students to surf and skateboard for life.

Campers spend the week in small groups with professional coaches, teachers and athletes receiving individual attention and instruction. Our staff/student ratio of 1:4 ensures safety and security allowing students to progress at their own rate and comfort level. Students will learn all fundamental skills, history, safety and etiquette while gaining respect for the coastal environment. Friday afternoon BBQ and awards provide a unique closure to a week of exciting events and accomplishments. Our goal is for each camper to have a meaningful and memorable Ocean Experience. 619-225-0674

## San Diego Surf School (North Pacific Beach at Law Street)

San Diego's Premier Surf School: Safe-Fun-Friendly-Professional-Educational.

Discover the excitement and adventure of the ocean as you learn to surf with San Diego Surf School. Offered as half day and full day week long camps, surfers will learn the fundamentals of surfing, ocean currents, and water safety.

We guarantee safety and personalized instruction with small class sizes, and 3:1 surfer to instructor ratios. The results will be amazing, as you cheer on your surfer riding the waves of San Diego.

Starting June 6th, classes include surfboards, wet suits, snacks, pictures, t-shirts, certificate, Pizza Friday and awards! Call for a free brochure and ask about our 2011 Summer Specials plus many other programs. Hurry, space is limited! For more information call us at 858-205-7683 or go to our website at: [www.SanDiegoSurfingSchool.com](http://www.SanDiegoSurfingSchool.com) You can also email us for more information at: [sandiegosurfschool@gmail.com](mailto:sandiegosurfschool@gmail.com)

## Junior Theatre

Join Junior Theatre this summer and experience the wonderful world of the Performing Arts, where campers will take classes in acting, dance, & singing. Traditional, Performance & Advanced camps available in Balboa Park. Junior Theatre also provides K-3 camps in La Jolla. Camps run June 13- Sep 2. For a list of camp dates, descriptions & pricing visit [JuniorTheatre.com](http://JuniorTheatre.com). Register early, as our camps fill quickly.

San Diego Junior Theatre

[JuniorTheatre.com](http://JuniorTheatre.com) • 619-239-1311

## Peninsula Family YMCA

With the Peninsula Family YMCA, you are participating in a camping program you can count on, not just for good supervision and safety, but for the personal growth of your child. We work hard to select leaders who will be positive adult role models for your child and who have demonstrated responsibility, maturity, and reliability. A variety of camps are offered each week for children ages 5 and up. We look forward to providing a quality camp experience for your family. Visit our website at [peninsula.ymca.org](http://peninsula.ymca.org) for more information.

## Summer Golf Camp at Colina Park Golf Course

Pro Kids invites you to join us for Summer Golf Camp, where kids ages 7-17 at the beginner or intermediate level can learn golf in a fun environment while making new friends. A \$179 fee includes 12 hours of instruction from PGA apprentices, snacks, lunch, daily

prizes, merchandise, and a Video Swing Analysis using two high speed cameras with the student's swings compared to PGA and LGPA Tour Professionals. Camps will be offered from 9am - 1pm, Tuesday - Friday, June 21-24, June 28-July 1 (girls only), July 19-22, July 26-29, August 2-5, August 9-12, and August 16-19. For more information please visit [www.prokidsonline.org](http://www.prokidsonline.org) or call us at 619-582-7884.

## Fun at Mission Valley YMCA!

With over 100 camps at two convenient locations, we have anything and everything

you're looking for this summer! Choose from Mountaineering, Video Game Design, Surf, Sports, and much more. Our camps feature outstanding staff, Before and After Care (included with most camps), and ACA accreditation. Sign-up for Summer Day Camp at one of Mission Valley YMCA's convenient locations: Friars Rd facility (5505 Friars Rd) in Mission Valley or Toby Wells YMCA (5105 Overland Ave) in Kearny Mesa. For more information, visit our website: [www.missionvalley.ymca.org](http://www.missionvalley.ymca.org) or call 619-298-3576 for more information.

## Summer Golf Camp

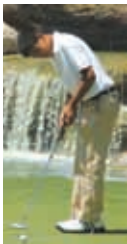
Learn how to play golf in a fun environment while making new friends!

Ages 7-17  
at the beginner or intermediate level

\$179 includes instruction, snacks, lunch, daily prizes, & merchandise. Weekly sessions offered June thru August, 9am - 1pm, Tues - Friday. Space is limited so register early!

[prokidsonline.org](http://prokidsonline.org)  
619-582-7884

Colina Park Golf Course,  
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# Summer Camps!

- Make New Friends
- Learn new skills
- A safe and fun environment for all ages
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La Jolla YMCA: 858.453.3483 or [www.lajolla.ymca.org](http://www.lajolla.ymca.org)

Peninsula YMCA: 619.226.8888 or [www.peninsula.ymca.org](http://www.peninsula.ymca.org)

Mission Valley YMCA / Toby Wells YMCA

# Summer Camp



June 14 - September 2, 2011. Sign Up Now. Don't Miss Out!

For info, call (619) 298-3576 or visit: [www.missionvalley.ymca.org](http://www.missionvalley.ymca.org)

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Interest rates are at record lows this week, and Pacific Beach and Mission Beach have some great values for sale. Contact us today at 858.581.5683 or email [ChrisLove@CLcoastalproperties.com](mailto:ChrisLove@CLcoastalproperties.com)



## BEAUTIFUL BAY FRONT PENTHOUSE



PARKER PLACE • \$995,000

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BAYSIDE WALK • \$1,549,000

■ Brand new custom 4BR/4.5BA, 3,320 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!

## JUST SOLD • REPRESENTED BUYER



GRESHAM/LA PALMA • \$475,000

■ Just Closed Escrow! Chris Love Coastal Properties represented the buyer! Cozy 2 Br 2 Ba 1231 esf condo with peak bay views, updated kitchen, S/S applcs, custom granite counter tops, recessed lighting, 2 car garage and all located in a beautiful pool/spa complex steps to Sail Bay. A great purchase for the new owners.

## OCEAN VIEWS & RENTALS



OCEAN FRONT WALK • \$1,150,000

■ 3 Br 2 Ba 958 esf ocean front walk unit with ocean views from K, LR, 3rd Br and great vacation rental income, newer kitchen upgrades, low maintenance tile flooring, storage, 1 car garage, common area patio and all located in a central North Mission Beach location.

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RIVIERA DR • \$1,295,000

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LA PALMA • \$850,000

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