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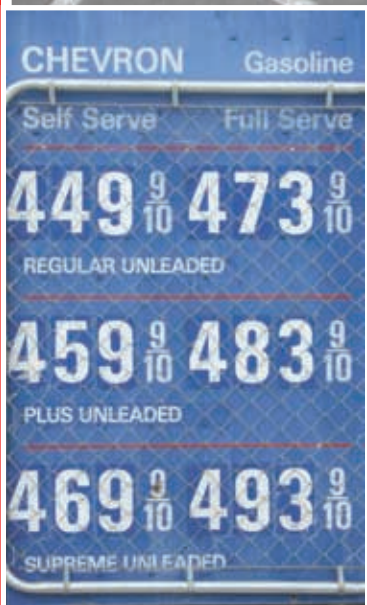
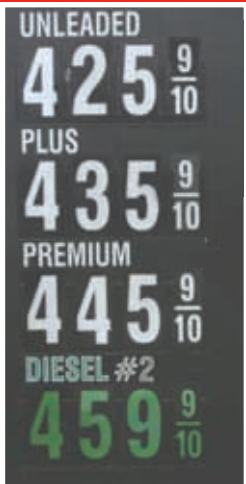
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BLEED DRY AT THE PUMP



State's soaring gas prices have motorists seeing red

Drivers in Pacific Beach are feeling the angst of escalating gas prices. According to a report by AAA and a study by the Lundberg Survey, San Diego prices are among the highest in the nation — if not the highest, according to Lundberg. By midweek, prices averaged \$4.32 a gallon for unleaded gas, up 23 cents from the previous week. A sampling of Pacific Beach gas stations Sunday showed the Vons station on Garnet Avenue, **top**, among the lowest (\$4.26). **Above**, the Arco station on Turquoise Street was slightly higher at \$4.27 a gallon. **Right**, the Union 76 at Mission Bay Drive and Balboa Avenue was \$4.35, while the Chevron station on Garnet Avenue appeared to be highest at \$4.49. To get the latest on prices, visit www.sandiegogasprices.com. Photos by Don Balch | Beach & Bay Press

Unforeseen city budget windfall a shot in arm for libraries, rec centers

Curtailed hours, services now set to be restored

By **MARIKO LAMB**
BEACH & BAY PRESS

Mayor Jerry Sanders announced good news on the budget front on Feb. 23, declaring that a combination of money-saving reforms and a modest recovery of tax revenue will allow the city to restore some community services — including public library and recreation center hours — that were slashed in recent years.

"After years of cut-backs, we see the light at the end of what has been a very long and dark tunnel," Sanders said. "I'm pleased to report the city's decades-long structural

budget deficit is history."

The projected surplus — \$16.5 million over the approved budget for the fiscal year ending June 30 — is due, in part, to higher-than-anticipated sales and transient-occupancy tax revenues and savings from city reforms like managed competition, across-the-board cuts to employee compensation and department consolidation, Sanders said. Property-tax revenues are expected to be higher this year as well, however, the collections have not yet been factored into the reported projections, he

SEE **FUNDING**, Page 7



COUNCILMAN KEVIN FAULCONER

PB woman wins Ms. Senior San Diego crown for 2012

By **MARIKO LAMB**
BEACH & BAY PRESS

Jeanne Lenhart, 66, is a woman blessed with a host of talents ranging from an eye for creative interior design, athleticism on the volleyball courts, graceful movement on the dance floor, and intellect and eloquence as a former educator.

Lenhart can now add one more personal achievement to her ever-expanding list — winning the title of Ms. Senior San Diego 2012.

Contestants at the three-hour Feb. 18 pageant were judged on four categories: personal interview, evening gown, philosophy of life and talent.

Lenhart, a third-generation San Diego and a Pacific Beach resident, wowed judges with her jazz dance performance to an Ella Fitzgerald tune, earning her first place in the talent portion of the competition and ultimately entitling her to the much-treasured crown of Ms. Senior San



Pacific Beach resident Jeanne Lenhart was crowned Ms. Senior San Diego 2012 in a pageant on Feb. 18. Courtesy photo

Diego.

"I was really surprised. I've never been in a pageant in my life," Lenhart said. "The most moving part for me was there were about 30 people in the audience that were my friends who were holding pompoms

SEE **CROWN**, Page 7

Undefeated Mission Bay High girls' soccer squad continues to roll in CIF

By **KEITH ANTIGIOVANNI** | BEACH & BAY PRESS

Christina Burkenroad's goal off an assist from teammate Hannah Cavanaugh late in the second half lifted the Mission Bay High School (MBHS) Buccaneers varsity girls' soccer team to a 1-0 victory over La Jolla High in the quarterfinal round of the Div. III CIF playoffs on Feb. 25.

The win propelled the No. 3-seeded team into the semifinal round of CIF postseason play on Wednesday, Feb. 29 against No. 2-seeded Del Norte.

The Buccaneers did not play in the first round of playoffs after earning a bye week following an undefeated regular season (18-0-4, 7-0-1) and clinching the Harbor



Christina Burkenroad, upper left, knocks in game-winning goal against La Jolla on Feb. 25 to advance Mission Bay High into the semifinal round on Wednesday, Feb. 29. Courtesy photo

SEE **SOCCER**, Page 7

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MB man goes the distance to cheat death in grueling challenge

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

Longtime Mission Beach resident Sean Burns is readying himself for one of the most difficult challenges of his life. Even months of physical and mental training — including miles of running, heavy weightlifting and an intensive 12-hour overnight workout once a month — may still not be enough to overcome the daunting task that lies ahead.

Regardless whether his muscle and brawn is enough to keep him in the race, his mind must be equally tough to get him through an unusual challenge that makes every attempt to break down its competitors — mind, body and soul.

After receiving his Masters of Business Administration from San Diego State University and maintaining a successful career, Burns set a new goal.

"I want to be one of the few people on the planet to complete the Spartan Death Race," he said. "The race — never the same from year to year — is meant to break the physical and mental limits of every competitor."

Organizers of the Spartan Death Race do nothing to sugarcoat the difficulty of the race. The domain name of its website — www.youmaydie.com — is a testament to that.

"The Death Race is designed to present you with the totally unexpected and the totally insane," the website warns. "90 percent of you will not complete this endurance race. Please only consider this adventure-style race if you have lived a full life to date."

The race will take place in Pittsfield, Vt. on June 15. Aside from the date and location, not much is known about this year's race — not even to its competitors.

"The actual start and end times are not known, along with the expected distance or any of the task details. It's truly a walk into the unknown with the exception of knowing that it is meant to break you," Burns said. "Only 300 people from around the world are allowed entry each year, and nearly everyone quits. I believe last year six people finished and another 10 or so were still going when the time ran out."

During the race, which can range between 24 to 48 hours, competitors are challenged to do any number of mind and body-breaking tasks; from chopping wood for two hours, carrying a 20-pound stump around for hours,

lifting 10 to 30 pounds for hours, cutting a bushel of onions, crawling through mud under barbed wire or — after 20 hours of racing — memorize the names of the first 10 U.S. presidents or a Bible verse, hike to the top of a mountain and recite them back in order.

"The race challenges are never explained to you," Burns said. "Just before the race, maybe a month, we receive a gear list and are told where to report for registration. Aside from that, no details are given, as far as I know." Burns first heard about the Spartan Death Race after participating in the first-ever Super Spartan race last year in Temecula.

"I was in terrible shape after working full-time and completing my MBA in the evenings," he said. "The schedule forced me to eat out almost all the time, consume large amounts of coffee, work out very little, and spend my spare time at the bars catching up with friends. I was not healthy."

After taking 37th place at the Temecula race, he discovered what taking care of himself could do, and he became inspired to continue.

Although he never imagined he would compete in the Spartan Death Race, he dove into training with the Gut Check Fitness Group, led by two-time Spartan Death Race defending champion Joe Decker, who is also dubbed the "World's Fittest Man" after winning the Guinness World Records' 24-hour physical fitness challenge record in 2000.

"A couple of the other gentlemen that train with Gut Check attempted the Death Race, but only Joe has completed



Sean Burns does a set of 500 leg-elevated pushups in preparation for his Spartan Death Race adventure in June.

Photo by Don Balch | Beach & Bay Press

it, as far as I know," said Burns. "It's a testament to his workout regimen and the difficulty of the race, since many of these guys are ex-military and hard as nails. When I'm not training with them, I'm usually on my porch training, running around the bay or surfing."

A typical day of training involves mid- to high-speed running between three and six miles, broken up by weightlifting and general exercises like push-ups, sit-ups and pull-ups.

"Joe mixes each class up so that you're never doing the same thing, but

there are a lot of exercises similar to cross-fit," said Burns. "The goal of the average one-hour workout is to never stop moving, resting muscle groups, while working other areas of the body."

Once a month, Burns also competes in the local King of the Hill series, which is also hosted by Gut Check Fitness, where he summits local mountains with 50 to 60 pounds of gear on his back in a footrace to the top and back. The series includes four races, which increase in difficulty and length, culminating in a nearly marathon-length

race in the desert.

In addition to rigorous physical training, Burns' psychological traits — namely stubbornness, his ability to remain calm and his capacity to push through pain — will be significant attributes during the Spartan Death Race.

"They are traits that got me into and out of a lot of trouble in the past," he said. "For better or for worse, I always

SEE **RACE**, Page 6

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NEWS & EVENTS

A taste of tango, great rock 'n' roll and honky tonk

LIVEMUSIC

By **BART MENDOZA** | BEACH & BAY PRESS

Mixing a wonderful dining experience with one of the area's most eclectic booking policies, Café-Bar Europa continues to be a great spot to catch both the area's burgeoning talent pool and the occasional touring act. Such is the case with Virginia-based singer/songwriter Ginger Vertican, who appears on the venue's patio on Friday, March 2. With a sweet voice and a delicate picking style, Vertican is the perfect accompaniment to an early evening out. Meanwhile, closing the night beginning at 9 p.m. on the indoor stage is improvisation king Modern Ancients, which will give local music fans a pair of great entertainment options with no cover charge.

• **Ginger Vertican** performs at 5 p.m. on Friday, March 2 at **Café-Bar Europa**, 873 Turquoise St. 21 and up. No cover.
www.theturquoise.com/wordpress

Tango enthusiasts won't want to miss a rare appearance from Argentine singer Maria Volonte on Saturday, March 3 at Tango Del Ray. With a powerful, plaintive voice, Volonte mixes touches of folk and even blues into her music in a mission to bring tango sounds and rhythms into the mainstream. With eight albums to her credit since her 1996 recording debut, Volonte has a wealth of material at her disposal, making her performances diverse and capturing many moods. While participation is not necessary to enjoy the music of this Grammy-nominated artist, the venue is offering free tango lessons an hour before show time.

• **Maria Volonte** performs at 9 p.m. on Saturday, March 3 at **Tango Del Rey**, 3567 Del Rey St. \$12. All ages.
www.tangodelrey.com

Steeped in the sounds of Led Zepelin, Hendrix and King Crimson, Superunloader has been one of San Diego's favorite bands since its inception in 1995. Still featuring original members Jimmy Lewis (guitar), Chris McGreal (bass) and Chad Farran (drums), the group appears on March 9 at The Griffin. Superunloader has released four albums to date, but it's live where the band has



Argentine singer Maria Volonte will mix touches of folk and even blues into her music in a mission to bring tango sounds and rhythms into the mainstream when she performs at Tango Del Ray on Saturday, March 3.

Courtesy photo

really made its name. Topped by Lewis' soulful vocals, the three musicians' originals are in the classic-rock tradition, with both technical proficiency and excellent arrangements that allow the songs to breathe. Anyone looking for a night of great rock 'n' roll need look no further.

• **Superunloader** performs at 9 p.m. on Friday, March 9 at **The Griffin**, 1310 Morena Blvd. 21 and up. \$8.
www.thegriffinsd.com

On March 10, Brick by Brick will be the site of a fundraising event for Los Compadres de Escuela Longfellow, an organization dedicated to support the education of children at Henry W. Longfellow Spanish Language Immersion Magnet School. The night will be a celebration of the school, featuring music and dancing, as well as a silent auction – all in the hope of raising money and awareness. The event is open to the public, so anyone wanting to make a difference in local education or just help children with after-school and extracurricular activities

can join in the fun.

• Los Compadres de Escuela Longfellow
 takes place at 7 p.m. on Saturday,
 March 10, at **Brick by Brick**, 1130
 Buenos Ave. 21 and up. \$15.
www.brickbybrick.com

Country music is rarely booked in the beach area, but aficionados can turn to the Pacific Beach/Taylor Branch Library for a Western swing from a five-piece country western band, called the Honky Tonk Kings. Appearing at the PB Library on March 14, the group is fronted by guitarist George Gordon, with its influences ranging from Hank Williams to Steve Earle. Boasting a wide repertoire of originals and covers, the Honky Tonk Kings play with a real passion and it's contagious. Don't be surprised if a bit of dancing breaks out between the bookshelves.

• **Honky Tonk Kings** perform at 7 p.m. on Wednesday, March 14 at the **Pacific Beach/Taylor Branch Library**, 4275 Cass St. All ages. Free. www.pblibraryfriends.org

MUSTHEAR

When it comes to bang for your musical buck, there are few events in San Diego as action-packed as the Acoustic Alliance series at Brick by Brick on Sunday, March 11. Beginning at 6 p.m., guests will be treated to three sets by a mix of a dozen local and touring artists, along with pre-show and intermission entertainment. Opening the night will be the Yes Team, followed by round-robin sets in three groups. Topping the bill is Denver-based songwriter Whitton, whose recent album, "Rare Bird," shows a deft sense of melody and song hooks.

**WHITTON**

Other highlights include jazz folk singer Miss Erika Davies and Seaholm Macintosh, featuring acclaimed producer Sven Erik Seaholm. Also due are Jessica Hull, Tim Flack, Carl Durant, Lenny Morris, Ian Alexander, Oldest Boy and Girl, Rob Carona, Ryan Hiller, Stevie Harris of the Styletones, Groove Dux and Hargo. Acoustic Alliance offers music fans one of the best opportunities to enjoy a large cross-section of area talent in a single night.

• **Acoustic Alliance:** 6 p.m. on Sunday, March 11 at **Brick by Brick**, 1130 Buenos Ave. 21 and up. \$8 to \$10. www.brickby-brick.com.

—Bart Mendoza

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Social Cycle plans to provide a new way to see PB

By KENDRA HARTMANN | BEACH & BAY PRESS

City residents and regulars are used to seeing pedicabs carting passengers around. They may be surprised to learn, however, that there's a new bike in town — and some of them will soon be cruising through Pacific Beach.

Launched in the fall in downtown San Diego, Social Cycle is the area's newest activity to satisfy the sightseeing, fun-loving (even drinking) cyclist in all of us.

The 16-passenger touring bicycle is powered by its pedaling riders and steered by a professional Social Cycle driver. Tours include East Village, the Gaslamp Quarter, Marina/Seaport Village and Little Italy, with plans to expand to Hillcrest, University Heights, North Park and South Park — and now Pacific Beach.

With spring break afoot and summer just around the corner, the minds behind Social Cycle are trying to get word out about their interesting new service.

Owner/operator Laura Rovick was inspired by Pedal Pub, started by two men in her hometown of Minneapolis, Minn., who brought the idea back from a trip to Amsterdam.

"I thought that if this can be a hugely successful company in Minnesota (when they only get a max of six months of weather when they can run the bikes) that it definitely needed to come to San Diego," Rovick said. "It's a fun, social, group activity to do. I am a very social person, love meeting new people and having new experiences, so I thought this would be a great way to mix business with pleasure and bring a whole new experience to San Diegans and tourists alike."

Rovick said Social Cycle caters to both residents and visitors, serving as a platform for socializing with friends, family



A new kind of cycling adventure awaits at Social Cycle, which intends to establish service in Pacific Beach soon. Courtesy photo

"I thought that if this can be a hugely successful company in Minnesota (when they only get a max of six months of weather when they can run the bikes) that it definitely needed to come to San Diego."

LAURA ROVICK
Owner/operator of Social Cycle

and colleagues while exploring local sights and light exercise. Tours, she said, can be tailored to cruising the city, bar-hopping, corporate events, team-building, bachelor and bachelorette parties, mixers, reunions, tailgating, picnics, progressive dinners and wine tastings — and stopping points along each tour can be customized.

"One great thing that people get out of the experience is that it's a fun way

for them to get some exercise and it's a great way to meet new people, have a cool experience for a few hours, etc.," she said. "Every time we take the bikes out, the passengers feel like celebrities, because people on the streets are taking pictures like paparazzi would."

The Social Cycle can be rented by the hour and requires a two-hour minimum. Regular price per hour for group tours is \$200 (or \$12.50 per person filling each of 16 seats), Fridays through Sundays and \$185 Mondays through Thursdays.

The price includes a captain who handles the steering, signals and brakes, while passengers pedal. Passengers must be at least 21 years old to ride.

To plan a tour or for more information, call (619) 846-9436, visit www.socialcyclesd.com, or email info@socialcyclesd.com.

REMEMBER WHEN?

By JOHN FRY | BEACH & BAY PRESS

IT'S BEEN WHICH WICH SANDWICH SHOP for a little while, but was Cafe Crema before that, and the telephone company for many years before that. You may not be able read the signs on this photo, circa 1950, but that's Chip's Liquor on the corner, Sampson's Men's Shop, Cass Launderette, Cass Cafe Luncheonette, a store I can't identify and Ethel's Yarn shop. Still can't figure



it out? It's the Cass Street side of the southwest corner of Garnet Avenue and Cass Street.

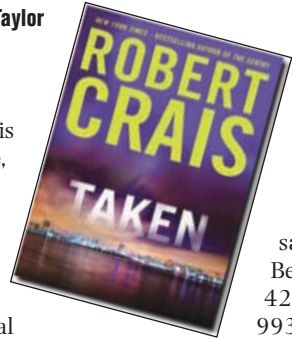
— John Fry may be reached at (858) 272-6655 or mail@johnfry.com

MUSTREAD

Book recommendation from the Pacific Beach/Taylor Branch Library

TITLE: Taken
AUTHOR: Robert Crais
SYNOPSIS: Elvis Cole,

Joe Pike, an abduction and human trafficking across the border. Cole is hired to find the daughter of a local



businesswoman who has received requests for small amounts of ransom. Cole enlists Joe Pike to work with him. Cole's plan backfires and he is taken hostage by the bandits. Joe Pike and Jon Stone work to find Cole and the others being held for ransom. Robert Crais at his best.

Reserve this book: www.sandiegolibrary.org; Pacific Beach/Taylor Branch Library, 4275 Cass St.; (858) 581-9934

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GUEST VIEW

City officials put future of SD water on public display

By MARSİ A. STEIRER

Last summer, the city opened its doors to a facility that is testing whether it can provide a new, local source of water for San Diego. Located in northern San Diego, the Advanced Water Purification (AWP) Facility is a small-scale, state-of-the-art facility that purifies one million gallons of recycled water every day to a level similar to distilled water quality.

The facility is one component of the city's water purification demonstration project examining the safety and cost of purifying recycled water. If the project is approved to go full-scale, the purified water would be blended with imported supplies at San Vicente Reservoir and become part of the city's drinking water supply. Throughout the test phase, purified water is not sent to San Vicente Reservoir or the city's drinking water system. Instead, it is added to the city's existing recycled-water system.

San Diego is examining water purification as a means to develop a locally controlled, supplemental water supply. San Diego's semi-arid region is at the end of pipelines that bring imported water from hundreds of miles away. The city needs to develop local, reliable water sources to lessen its dependence on expensive and limited imported water supplies.

All wastewater in San Diego undergoes treatment to remove harmful contaminants, making it safe enough to be discharged into the ocean. Some wastewater is diverted to the city's recycled-water facilities, where it is further treated and then used for irrigation and industrial purposes. A portion of the recycled water produced at the North City Water Reclamation Plant is sent to the AWP facility.

To become purified water, the recycled water undergoes a multi-barrier purification process, which includes membrane filtration, reverse osmosis and advanced oxidation with ultraviolet disinfection and high-strength hydrogen peroxide. The multi-barrier approach of consecutive treatment steps removes or destroys all unwanted materials in the water and produces one of the purest supplies of water available. The process also includes continuous water-quality monitoring. The

city thoroughly examines the safety of the water through laboratory tests and computer analysis to ensure that it meets drinking water-quality standards.

The results of the project's data collection will determine the safety and cost of a full-scale water purification and reservoir augmentation project. After the test phase is complete, the mayor and City Council will decide on implementing a full-scale project.

The same water purification process is already used around the world from Singapore to Belgium to Australia. Just north of San Diego, Orange County operates the world's largest water purification plant. The Orange County Groundwater Replenishment System produces up to 70 million gallons a day of ultra-clean water for nearly 600,000 residents and for many businesses and attractions, including Disneyland. The purified water is injected into the county's drinking water aquifer. This facility is being expanded to produce an additional 30 million gallons a day.

Visitors are encouraged to tour the facility. Guests gain a better understanding of the demonstration project and what role the AWP facility plays in the testing phase. Following an introductory presentation, tour participants walk through the facility to view the water purification technology equipment up close. At the end of the tour, guests view the purified water produced at the facility and have a chance to visually compare it to drinking water and recycled water samples.

Register for a tour at www.purewatersd.org/tours.shtml. A virtual tour of the AWP Facility is also available at www.purewatersd.org. To request a presentation for an organization, email purewatersd@sandiego.gov, or call (619) 533-6638.

For more information about the project, visit www.purewatersd.org, email purewatersd@sandiego.gov, or call (619) 533-7572.

— Marsi A. Steirer is the water purification demonstration project director for the city's Public Utilities Department.

NEWS & VIEWS

NEWSBRIEF



World War II veterans will be the beneficiaries of a March 31 spring fundraising event by the Mission Beach Woman's Club, which is hoping to help fund the Honor Flight program recognizing veterans for their service and assisting in flying them to Washington, D.C. to experience the American World War II Monument firsthand. Courtesy photo

MBWC fundraiser to benefit WWII veterans

The Mission Beach Woman's Club (MBWC) is preparing for its eighth annual spring fundraiser event on Sat-

urday, March 31, with proceeds slated to support the aging and dwindling population of World War II veterans in San Diego.

Proceeds will benefit the Honor Flight San Diego program, which celebrates the service of World War II veterans and facilitates an all-expenses-paid trip to Washington, D.C., where veterans are given the opportunity to visit and experience the national WWII Monument and are given richly deserved recognition.

Honor Flight San Diego is a nonprofit organization founded with the goal of taking every qualified World War II veteran in San Diego to the Washington-based memorial that was built to honor their sacrifice and dedication.

The funds raised will cover all expenses, including airfare, meals and accommodations. Top priority is given to the senior veterans and those who may be terminally ill, according to the fundraiser's organizers.

MBWC members said time is short because many of the remaining World War II veterans in San Diego — by some estimates as few as perhaps 300 or so around the San Diego area — are in their late 80s and early 90s. MBWC members also said that in addition to money raised for the Honor Flight program during the March 31 event, a private donor has agreed to match every dollar raised.

The MBWC spring fundraiser takes place from 3 to 6 p.m. at the Mission Bay Yacht Club, located at 1215 El Carmel Place in Mission Beach.

Admission is free, and the fundraiser is open to the public (21 and over). The event will feature a silent auction, refreshments, games and prizes.

For more information, contact MBWC president Maruta Gardner at (858) 488-8956 or MBWC spring fundraiser co-chairs Cathy Fillmore at (858) 864-5797 or Jolene Orr at (619) 804-9499.

Mission Bay High auditorium refurbishment gets helping hand from alums

By KEITH ANTIGIOVANNI | BEACH & BAY PRESS

Michaela Shafter Porte and Betty Arnold King, two Mission Bay High School (MBHS) alumni from the class of 1977, recently gave their time and effort to help refurbish the MBHS auditorium — just in time for a schoolwide talent show on Thursday, March 1 and more school events on the way.

"I was talking to Betty at one of the Mission Bay alumni events and we talked about fixing the auditorium," Porte said. "Her husband and her brother-in-law had worked for a theater company, so they had experience with stage repair."

Porte and Arnold King teamed up with Arnold King's husband, Doug, his brother, Don, as well as a handful of volunteers, to help install a new backdrop and a new set of curtains.

"The backdrop was in terrible shape and the curtains were badly ripped," said

Betty Arnold King. "With the budget cuts to the public schools, there isn't enough money to replace those types of things."

So, as a result of some brainstorming, the effort was afoot. And the effort was not lost on those close to the program today.

"We are so happy to see our alumni giving back to the arts. We are working hard every year to improve our performance space at Mission Bay and these new curtains help immensely. We can have pride in our space knowing those tattered curtains are no more," said MBHS musical director Jean-Paul Balmat.

Much of Porte's inspiration came because of fond memories of her days at Mission Bay High and time spent in the school's drama department during the mid-1970s under retired teacher Dennis Drake.

"We had a great time," said Arnold

King. "Our drama department was very dynamic and we had a lot of talent. We used to perform three shows every year, which included a comedy and a musical, and our drama program also attracted students from outside the area because they would transfer to Mission Bay."

Drake retired more than a decade ago, but he is still remembered.

"Mr. Drake was a good teacher," said Arnold King. "He let us do our own thing and we were very inspired by him and by Mr. Ray Vinole (former MBHS musical director). Both Mr. Drake and Mr. Vinole were very dedicated to their work."

Vinole retired from Mission Bay High in 2000.

The school's tradition of drama and music continues today with Mike Baum in Drake's former role of the drama teacher and Balmat — one of Vinole's former students — as the current music teacher.

RACE

CONTINUED FROM Page 3

made it out on the other side, although not unscathed. My sincerest doubts are in my stability after 24-plus hours of nonstop physical and mental exertion."

Mistakes made during a race of this caliber can be detrimental, causing serious injuries that could immediately end competitors' chances to finish.

"My only other concern is the time constraint," he said. "None of the tasks individually could put me over the edge, but spending too much time on one task could put you out of the race. Aside from these two variables, I will never quit."

Burns said he decided to attempt

this once-in-a-lifetime feat for several reasons.

"'Life is too short' is a general phrase that encompasses them all," Burns said. "It is partly to show myself, my friends and my family that anything is possible."

Another factor that has served to inspire Burns and his involvement in the Spartan Death Race was the recent passing of his grandfather and the poor health of his living grandparents.

"I would like them to see me accomplish this," he said. "Also, I have looked up to accomplished generals, adventurers and explorers my whole life. The stories of many great, often conflicted individuals make me feel like there is so much more I have to accomplish."



Sean Burns of Mission Beach is gearing up for the grueling Spartan Death Race in Vermont in June. As part of his training, Burns does overhead lifts with a 50-pound sandbag as part of his nightly workout.

Photo by Don Balch | Beach & Bay Press

Ask The Lawyer

Question: What are Guardianships and Conservatorships?

Answer: A Conservatorship is for adults over 18 that can no longer take care of themselves or their finances. They can be established for older adults and for developmentally disabled adults. A doctor has to declare them incompetent, which means that they are unable make their own decisions or are unable to resist undue influence.

A Guardianship is established when the parents are unable to care for a minor child or in the event they inherit funds or have a personal injury settlement, for example.

Both are court procedures that require a lot of time and paperwork to name another to take care of that person's estate and health care decisions. You want to avoid these if possible because they are time consuming and expensive. A judge ultimately will make decisions for the family. There is a conservatorship clinic in the San Diego Courts which helps those who want to attempt to do the paperwork for themselves.

I can guarantee you that the process will be long and frustrating, however if you use an attorney, it will be easier for you. Give me a call for a free 15 minute consultation about you and your family's needs.

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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.

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SOCCER

CONTINUED FROM Page 1

League title.

MBHS girls' head soccer coach Jorge Palacios, who is now in his 10th season, believes teamwork and camaraderie are two of the keys to the Bucs' stellar season so far.

"We had a lot of things come together for us this year and a great group of seniors who were coming off a good season from last year," Palacios said. "We also had other players step it up for us and perform well under pressure. Overall, this year almost everything has gone right, but we still have to focus on the playoffs."

The Bucs have been dominant on offense and led by a pair of senior forwards — Christina Burkenroad and Danielle Jones. Burkenroad scored 29 goals and had 18 assists for a total of



The undefeated Mission Bay High girls' soccer team was headed for the semifinal round of CIF postseason action on Feb. 29.

Courtesy photo

76 offensive points, while Jones put up 12 goals and 11 assists for a total of 35 points.

"She [Burkenroad] has had a great year and rebounded after a tough year for her last season," Palacios said. Senior midfielders Kelsey Boulger and Lauren Boulger also have contributed to the scoring. Lauren Boulger had eight goals and five assists for 21 points, while Kelsey Boulger has logged

five goals and four assists for 14 points. Junior midfielder Hannah Cavanaugh also contributed with three goals and six assists for 12 points.

Mission Bay High was just as dominant on defense, with senior goalkeeper Maile Saili stopping 66 shots and has allowed only 11 goals during 1,610 minutes played.

"Our defense has stepped it up," said Palacios. "We were playing a brand-new defense this year and it was good to have Saili's senior leadership from the goalkeeper position."

Overall, the Buccaneers scored 66 total goals and allowed only 11 goals through 22 regular-season games. Saili posted her 15th shutout of the season against La Jolla on Feb. 25, played 80 minutes and made four saves.

The No. 3-seeded Buccaneers were expected to be on the road Wednesday, Feb. 29 against No. 2 seed Del Norte in the Div. III CIF semiinals round.

FUNDING

CONTINUED FROM Page 1

said.

Five million dollars of the new revenue will be used to increase operating hours at all of the city's 35 branch libraries by four hours per week, increase operating hours at all of the city's 55 recreation centers by five hours per week, add 15 more cadets to the upcoming police academy, and fund a new fire station alert system that connects the city's 47 fire stations with the dispatch center to replace an outdated 20-year-old system.

More than \$8 million of the surplus will be saved and carried over into the next fiscal year beginning on July 1, "just in case we have holes open up in the 2012 budget," said Sanders. Some of the surplus will also be set aside in a reserve

for emergency infrastructure projects.

District 2 City Councilman Kevin Faulconer, a longtime advocate for neighborhood services, has successfully helped rally support to skirt closure and severely reduced operating hours of the Ocean Beach Library and Cabrillo Recreation Center in the past, despite facing ever-deepening budget cuts.

"Mayor Sanders' announcement is great news for our neighborhoods, libraries, recreation centers, police and fire departments," said Faulconer.

"There is more to do to guard tax dollars and reform City Hall, but this positive budget news is a step in the right direction," he said.

Pacific Beach Recreation Center and Library officials were contacted for comment but said they were not authorized to speak on the recent updates.



Sign-wielding residents joined District 2 City Councilman Kevin Faulconer in May 2011 to protest planned cutbacks in the city library system's operating hours, launching a petition drive outside the Ocean Beach Branch Library. Photo by Jim Grant | The Beacon



The Ms. Senior San Diego 2012 royal court, from left: second runner-up Marcia Herrera of Buena Park; first runner-up Lea London of Marina Del Rey; 2012 Ms. Senior San Diego Jeanne Lenhart; third runner-up Gail Stebbins of Oceanside; and fourth runner-up Gwenn Jensen of Escondido.

Courtesy photo

CROWN

CONTINUED FROM Page 1

and posters. Not being a pageant girl, it's hard to smile all the time. But looking out, I couldn't help but beam when I saw my friends out there in the audience."

Lenhart first heard about the pageant when a friend, Kim Cook, urged her to enter last year.

"I went to the show last year. I just wanted to see it once before entering," Lenhart said. "I was so impressed with the organizers and the people in the crowd, and by the enthusiasm for people like myself over 60 just celebrating."

She said her experience left her in awe. "What amazes me was that we had some past California winners, and they make sure that everything runs smoothly," Lenhart said. "There was a lot of talent and those women that run the pageant are very dedicated to it."

Lenhart will compete next alongside first-runner-up Lea London in the upcoming Ms. Senior California pageant in August, a preliminary event to Ms. Senior America.

Lenhart, a self-proclaimed "physical fitness nut" and San Diego "beach

girl," said she is constantly on the go around the community doing the things she loves — whether that be working with her La Jolla and Del Mar clients from her home-based interior design company Mission Design, working with fellow volunteers at the Mission Beach Woman's Club, or volunteering her time teaching dance class to adults or volleyball to children and teens.

When she is not working or volunteering, Lenhart can often be found at the beach volleyball courts playing a little two-on-two co-ed volleyball.

She also recently joined the Cameo Club, a group of former Senior America pageant participants who perform dance routines at nursing homes, hospitals and other community and charitable organizations around the country.

She hopes her win will encourage her students and friends to stay fit.

"Stay active in any way you can," Lenhart said. For older generations, "Start walking. Or if you like music, sign up for a beginner dance group in your age group."

Her win and overall enjoyment of the life she leads is testament that some things really do get better with age.

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Taste of North PB Restaurant Walk to dish up savory food, camaraderie

By MARSHA KAY SEFF | BEACH & BAY PRESS

It's not often you get to enjoy an evening of good food and community camaraderie while helping local schools pay for everything from promotion ceremonies to cows' eyes for the science lab. But that's just what the annual Taste of North PB Art and Restaurant Walk will offer.

The eighth annual event is set for March 14 from 5 to 8 p.m. As in the past, Friends of Pacific Beach Secondary Schools is sponsoring the evening, planning to divide the proceeds among Pacific Beach Middle School, Mission Bay High and Pacific Beach Elementary.

With school budgets tight, teachers count on revenue from the fundraiser to help pay for such things as science supplies, books, calculators and school beautification, according to Pacific Beach Middle School principal Julie Martel. The event also helps fund athletics and theater.

During the self-guided culinary walk, North Pacific Beach restaurants and a few other businesses open their doors to the community to sample food and drinks, as well as to enjoy student art exhibits and live music by student groups.

This year's event features 17 eateries along Turquoise Street, from La Jolla Boulevard to Cass Street, and along Cass to Beryl Street.

The cost is \$15 for adults and \$7 for children from 5 to 10 years old, the same prices as at the original event, according to volunteer chairman Laura Daly. She said the parent-teacher group purposely keeps prices low so entire families can enjoy the activity. Advance tickets are available at the three Pacific Beach schools, as well as at Java Earth Café, Turquoise Coffee, Pernicano's Pizza House and Leilani's Cafe.

Tickets also will be available during the event in front of the Turquoise Animal Hospital, which will host musicians from the Mission Bay High School Preservationists, Pacific Beach Middle School Jazz Wave



Chef-owner Matt Richman, who opened the new Table 926 in Pacific Beach in December, will join this year's Taste of North PB Art and Restaurant Walk. Photo by James Steinberg | Beach & Bay Press

and the Pacific Beach Elementary Pan Band.

Daly said there will be a sign-up sheet this year for potential art buyers, and the parents' group will follow up after the show.

New this year to the event is the new chef-owner at Alex's Brown Bag/Latitude 32°. On his tasting menu are chili and hoagies. Also, joining the festivities this year is Matt Richman, chef-owner of the new Table 926, which moved into the former Chateau Orleans space in December.

"Taste of North PB is for a good cause and we want to be supportive of our community and introduce ourselves, let people know we're here," Richman said. "We're excited."

The chef, who specializes in new-California cuisine, will offer samples of his braised lamb shoulder ragu with creamy polenta.

Participants may start at any venue and

hit as many as they like for the ticket cost, picking up plates, cups and bowls of "more food than anyone can eat," Daly said.

Restaurants will mark tickets before participants move on to their next stop.

The evening is a win-win-win celebration, according to Daly. The restaurants showcase their dishes and the community enjoys sampling some of their favorite eateries and some they've never tried. Three schools reap the financial rewards.

"It's nice to see local people out on the street, taking advantage of the event and trying all these places, mostly mom-and-pop places with a homey feel," said Chris Swiec, chef-owner of Chronic Smoothies Blazin Grill, which has participated in the event for several years.

"We need this event. We have the car traffic, but not so much foot traffic," he said, adding that he plans to cook up penne pesto pasta for the evening gala.

Despite rain, the 2011 installment

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4978 Cass St.

(858) 274-0028

• Pacific Beach Middle School

4647 Ingraham St.

(858) 273-9070

• Turquoise Coffee

5026 Cass St.

(858) 488-4778

• Pernicano's Pizza House

711 Turquoise St.

(858) 488-2900

• Pacific Beach Elementary School

1234 Tourmaline

(858) 488-8316

• Leilani's Café

5109 Cass St.

(858) 361-1280

FOOD, ART AND MUSIC VENUES AT EVENT

• Pernicano's Pizza House

711 Turquoise St.

(858) 488-2900

• Albertson's Service Deli

730 Turquoise St.

(858) 488-0600

• Silk Café/Axel's Cicina

841 Turquoise St.

(858) 412-3252

• Chronic Smoothies Blazin Grill

865 Turquoise St.

(858) 488-2529

• The Turquoise Cafe Bar Europa

873 Turquoise St.

(858) 488-4200

• Table 926

926 Turquoise St.

(858) 539-0926

• Chocolate Haus

947 Turquoise St.

(858) 488-4857

• Turquoise Animal Hospital (music)

950 Turquoise Street

(858) 488-0658

• The French Gourmet

960 Turquoise St.

(858) 488-1725

• Woodstock's Pizza

1010 Turquoise St.

(858) 642-6900

• Fig Tree Café

5119 Cass St.

(858) 274-2233

• Leilani's Café

5109 Cass St.

(858) 361-1280

• Alex's Brown Bag/Latitude 32° Pub

5019 Cass St.

(858) 273-0502

• The Fishery

5040 Cass St.

(858) 272-9985

• Turquoise Coffee (student art)

5026 Cass St.

(858) 488-4778

• Gallery at Land's End (student art)

4984 Cass St.

(858) 270-7820

• Java Earth Cafe (student art)

4978 Cass St.

(858) 274-0028

• 7-Eleven

4983 Cass St.

(858) 483-1394

• Anoteca Adriano

4864 Cass St.

(858) 490-0085

— Compiled by staff

brought out 450 people for a profit of nearly \$6,500. That compares with almost \$7,600 in 2010 and \$8,800 in 2008 — the event's best fundraising year so far.

Friends of Pacific Beach Secondary Schools is shooting for 700 participants and a goal of \$9,000 in proceeds.

For more information, call (858) 270-4947.



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Free Living History Activities in Old Town State Park All Year Long

February may be museum month in San Diego but Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums have ongoing living history activities every Wednesday and Saturday from 10 a.m. to 4 p.m. to educate the public about what life was like in San Diego in the 1800s. The park also hosts free tours daily at 11 a.m. and 2 p.m. that begin at the Robinson-Rose Visitor Center.

"There is no denying that Old Town San Diego State Historic Park has a lot of great things to offer visitors," stated Interpretation and Education Manager Karen Beery. "We encourage all San Diegans to set a date to experience the state park and explore the way San Diego was in the 19th century."

Every Saturday of the month, the park offers a different taste of historic trades and craft guilds for visitors. The first Saturday of every month, the park

hosts the Print Guild and Tintype Guild. Visitors can have a first-hand experience of how printed word and photography was executed in the early days of California.

On the second Saturday of each month, the park hosts Californio Day. Between 1821 and 1848, people who lived in Southern California were called Californios. The unique cultural heritage and activities of the Californios will be shared and celebrated with visitors.

The third Saturday boasts presentations from the Quilt Guild, Fiber Arts Guild and the Mormon Battalion. Guest of the park will learn about the traditional methods of quilting, spinning, weaving and other fiber arts techniques. Visitors will also learn about the famous military unit, the Mormon Battalion, and how the impact of their service changed the history of San Diego and California.

On the fourth Saturday, the park hosts the Mountain Men and the Soap Makers Guild. Park visitors will learn about the historic mountain men and the discoveries they found as well as learn the art of soap making.

In conjunction with the different events every Saturday, the park also showcases the Blacksmith Guild's presentation every Wednesday and Saturday morning and the Quilt Guild every Wednesday afternoon. For more information about the guild schedules of the day and their location in the park, visit the board outside the Robinson-Rose Visitor Center.

The Visitor Center and museums are open daily from 10 a.m. to 4 p.m. October through April and 10 a.m. to 5 p.m. May through September. To confirm hours of operation or for more information call 619-220-5422 or visit <http://www.parks.ca.gov/oldtownsandiego>.

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LIFESTYLE

MBHS slates fundraiser for N’awlins experience

By BART MENDOZA | BEACH & BAY PRESS

The arts seem to be a low priority in public education funding these days. But despite the odds, Mission Bay High School’s music program continues to be one of the area’s jewels, as exemplified by the MBHS Preservationists group. Helmed by music director JP Balmat, the combination of enthusiastic instructor, eager-to-learn students and supportive parents means the school’s program has now turned out several generations of excellent jazz musicians and award-winning combos.

While Mission Bay High School provides a great education in the notes and chords of jazz, according to Balmat, there’s nothing like experiencing the sights and sounds of the music’s birthplace — New Orleans. So with that in mind, he’s organized a special four-day visit for 11 of the program’s top students from April 19-22, highlighted by a spot opening for the Preservation Hall Jazz Band at its legendary namesake venue.

To help make that dream come true, a special fundraiser will be held March 10 at Tango Del Rey, with performances from the school’s students as well as a special set from boogie-woogie piano queen Sue Palmer.

“At the school, we’ve been working on preserving the earliest form of jazz that came out of New Orleans over the last 30 years,” Balmat said. “So for me, it was just a natural progression to want to take the students to actually see the birthplace of jazz and learn from the musicians and learn from the landscape of New Orleans.

“The music scene there is so amazing and there are so many different types of culture and different types of



The Mission Bay High Preservationists will engage the audience with musical prowess when the group hosts a fundraiser at Tango Del Rey on March 10 to earn money for a trip to the birthplace of jazz – New Orleans.

Courtesy photo

music going on,” he said.

Balmat speaks from experience. “I know that when I went, it was a huge source of inspiration,” he said. “I just fell in love with the city and everything it had to offer.”

To help with costs, which Balmat estimates will exceed \$12,000, the music program has also launched a “Kickstarter” campaign, giving anyone a chance to contribute financially to the trip while also getting access to different perks at different levels of giving.

Bonuses for donations range from the latest CD by the school’s Jazz Preservationists Band at the \$25 level to a private concert at \$500, with lots of other options in all price ranges.

Band leader and trumpeter Nik Snyder said he is thrilled with the opportunities a trip like this offers.

“It’s the only city in the world that the primary music is jazz,” he said. “It will be a phenomenal experience to be where it was created.”

He notes the difficulty in funding a trip like this.

“Most of the people who are in the band come from low-income families, so we really need the support from

the community,” Snyder said. “The band plays a lot of gigs, but we still need help to get down there.”

The musicians will only be in New Orleans for a brief time, but it’s a seriously action-packed stay. Besides the concert, there will be a radio session to promote the show as well as workshops with local musicians at Preservation Hall and Tipitina’s, with trips to the French Quarter and Congo Square also planned. They will also be touring the Musician’s Village, a community set up to help the area’s musicians in the wake of Hurricane Katrina.

“We’re going to hit everything we can in those four days,” Balmat said.

Balmat said he’s excited by the caliber of performers heading to New Orleans.

“I definitely have one of the best groups to ever come out of Mission Bay,” he said. “Really, top-notch musicians. We’re going to be recording a CD in March.”

Mission Bay High School’s musicians have played many prestigious venues, but it’s clear that Balmat considers the Preservation Hall Jazz Band show to be something truly special for his students.

“To be able to go there and play with these guys, who are the best traditional jazz band in the world, and to play in a place that’s so important, it just seemed like it would be the best educational trip for any jazz musician,” he said.

• **The New Orleans fundraiser** takes place at 7 p.m. on Saturday, March 10, at **Tango Del Rey**, 3567 Del Rey St. \$10. All ages. For more information, visit www.missionbaymusic.com or www.kickstarter.com/projects/missionbaymusic/send-us-home.



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Pork Schnitzel \$16.25
Pork loin cutlet, breaded and sauteed in butter

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Mission Bay girls' softball season under way

By KEITH ANTIGIOVANNI | BEACH & BAY PRESS

With the San Diego Padres' spring training and Mission Bay Boys' Little League beginning this month, the Mission Bay Girls' Softball League (MBGSL) got an early jump when it opened the 2012 season at McEvoy Field east of Mission Bay High School on Feb. 18.

The opening slate consisted of three games: the 6-and-under (6U) Pink Lightenings' faced the 6U from Clairemont in the early game; then the Bumblebees squared off against the Peninsula girls; and finally the 14-and-under (14U) matched up with the Peninsula's 14U team.

Mission Bay High School alum and professional actor John Polhamus — a Pacific Beach native — belted out the National Anthem before the Bumblebees/Peninsula game.

"We don't have as many players as we would like because there aren't as many kids in Pacific Beach as before," said Tom Paull, manager of the Bumble-

bees. "Little League is not as popular as it was when I was growing up, with all the other sports kids can play and with the economy right now, but we're hoping to build it back up and create a farm team for the Mission Bay High Buccaneers."

Paull, who is also a Pacific Beach native, pitched for the Buccaneers in 1980 when the Bucs advanced to their first CIF finals appearance under head coach Dennis Pugh.

The 1980 team lost to USDHS in 13



Actor John Polhamus, a Pacific Beach native, opened the 2012 season of the Mission Bay Girls' Softball League on Feb. 18 with the National Anthem.

Photo by Keith Antigiovanni | Beach & Bay Press

innings. Paull was also a member of the Mission Bay Pony League All Stars' in 1976 and batted 2-for-3 against future New York Yankee and San Diego Padre David Wells when Wells grew up in Point Loma and played for the Peninsula Pony League All Stars. Paull said many of the players on the 1976 All-Star Team faced each other in the 1980 CIF Championship game between Mission Bay and USDHS.

Paull now coaches his daughter, Sydney, as a member of the Bumblebees.

"It's great to be back on that field," Paull said.

McEvoy Field has been given a facelift with the addition of a new scoreboard, which debuted on Opening Day.

The MBGSL has four age divisions: T-Ball (6U), Rookie (8U), Junior (10U) and Senior (12U/14U). The league plays from February until early May and faces teams from Clairemont, La Jolla, Mira Mesa, Point Loma and University City.

The Mission Bay Girls' Softball League is still taking registrations and



Pitcher Sierra Trout of the Bumblebees 8-and-12Under team (8U) prepares for action on Opening Day of the 2012 Mission Bay Girls' Softball League on Feb. 18.

Photo by Keith Antigiovanni | Beach & Bay Press

looking for volunteer coaches and managers.

For more information, visit www.mbgsl.org.

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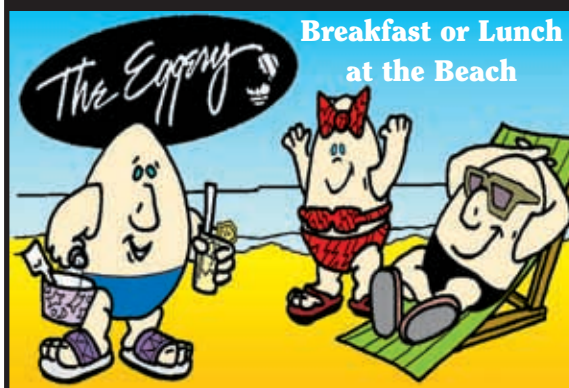
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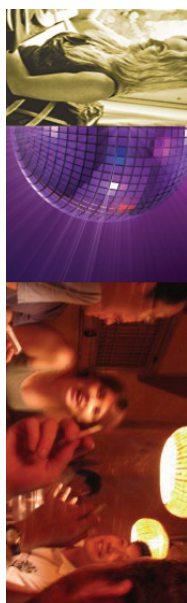
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Dining, Happy Hour & Entertainment

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MISSION BEACH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dusty Bards 4656 Mission Blvd. P.B. 858-274-2473	Monday - Friday 11am - 3pm: \$5.99 Lunch Menu Nightly Specials: 6pm -close All you can eat wings \$13.99	Happy Hour Happy Hour All Day 1/2 price domestic pitchers 1/2 price wings	Nightly Specials: 8pm -close \$3 Draft & Well Drinks	Nightly Specials: 8pm -close \$8 Pitchers, \$4 Seagram's sweet tea, corralejo silver tequila, fernet branca	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 Domestic	Nightly Specials: \$4 Bloody Mary's and \$2 Mimosas \$10 bottle of champagne \$15 bucket of Domestic
GUAVA BEACH 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 \$4 Tequila Shots \$5 House Margs!	Game Night: \$3 Drafts 7pm-Close Any sandwich/wrap w/draft \$10 Free Pool, Jumbo Beaver Blocks, Boards Games & Beer Pong! You be the VJ 8pm-close!	Thirsty Thursdays: \$2 U Call Its from 9pm-Close \$5.99 1/2 lb Guava Burger & Fries	\$4 Fridays: \$4 U Call Its from 9pm-Close Weekend Dinner Specials by Chef Shelly V.	Progressive Drink Nite! U Call Its \$2 from 9-10pm \$3 from 10-11pm \$4 from 11pm-12am \$3 from 12am-until close \$10 bottles of champagne w/ Guave or OJ ALL DAY!	Go Big or Go Home! \$5 House Margs \$16 Marg Pitchers \$5 "El Fuego" Bloody Mary's \$5 Mimosa \$8 Domestic Pitchers \$12 Bionic Beavers
PACIFIC BEACH ALEHOUSE 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	
SHORE CLUB 4343 Ocean Blvd. 858-272-SURF	Industry Wing Night: 40cent wings starting at 4pm 1/2 price drinks for Hospitality Industry employees \$4 Stol Vodka and Flavors \$3.50 Bud Light Schooners	Nightly Specials: 1/2 price appetizers starting at 5pm	Nightly Specials: Goldfish Races start at 10pm Rib dinner for \$10 - includes a rack of BabyBack Ribs, fries, and a salad \$3 Svedka Vodka	Nightly Specials: 2-for-1 Burgers starts at 5pm \$3 U-Call-It's starts at 9pm	Nightly Specials: 2-for-1 Fish 'N' Chips starts at 5pm	Breakfast Special: 2-for-1 breakfast from 8am - 1pm	Breakfast Special: 2-for-1 breakfast from 8am - 1pm
Nick's 809 Thomas 858-270-1730	Nightly Specials: Happy Hour Food 4 to Close & Drinks 4 to 7 Happy Hour 4 to 7 Every Night in the Bar Areas! Coming Soon DJ's and Bands Thurs - Sat!	Nightly Specials: \$2.00 Tacos and \$5.00 Select Tequilas	Nightly Specials: \$3.00 Wing Basket & \$5.00 Selected Whiskeys	Nightly Specials: Burger, Fries & 16 Ounce Domestic Draft \$7.00	Nightly Specials: Happy Hour 4 to 7	Every Saturday \$2.50 Mimosas	Every Sunday \$2.50 Mimosas, \$9.00 Bud Light Pitchers, And All The NFL Games! Chance to win a flat screen TV.
WOODSTOCK PIZZA 1221 Garnet Ave. 858-642-6900	Lunch Deals (Mon - Fri) start @ \$4.99 Nightly Specials: Free Pizza with purchase! Happy Hour Beer prices during	Nightly Specials: Free Pizza with purchase! Happy Hour Beer prices	Nightly Specials: \$1 Pint Night (\$5 buy-in)	Nightly Specials: FREE Trivia Night at 8!	Nightly Specials: PB & LJ Locals Night FREE PIZZA with purchase!	Lunch Deals Start @ \$4.99 Late Night Deal 10-Close 2 Slices/ Soda \$4.99 Beers Start @ \$2.50 2-6pm & 9-11:30pm	Happy Hour During All NFL Games Beers as low as 2.50 + Our New Playoff deal (delivery too) Buy Any XL Pizza with 1 or More Top- pings & Get A FREE Medium 1-Topping Pizza-OR- Large CinnaBread™ Valid During NFL Games. Not Good with other offers.

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EDUCATION NOTEBOOK

Pictured is the Mission Bay High School robotics team's competition robot "Sparky." The team will compete March 2-4 at the FIRST (For Inspiration and Recognition of Science and Technology) Regional Robotics Competition in the Valley View Casino Arena (formerly the San Diego Sports Arena). With support from school community and corporate sponsorships, MBHS engineers successfully created the automated basketball-shooting robot.

Courtesy photo



MISSION BAY HIGH

- The Mission Bay High School Talent Show takes place Thursday, March 1 from 6:30 to 8 p.m. in the school auditorium. Come and see the talented students of Mission Bay High School as they show off their skills. Bands, singers, dancers and other performances. The cost is \$5 at the door.
- Mission Bay High School's Open House will be Thursday, March 8 from 6 to 8 p.m. Come meet the staff of MBHS, tour your child's classrooms and find out what's new this semester at Mission Bay High.
- March 14 is the Annual Taste of North PB Art and Restaurant Walk! Taste of North PB will be held on Wednesday, March 14 from 5 to 8 p.m. The event includes delicious samples of food from 17 restaurants, plus an incredible display of artwork from MBHS, PBMS and PBE students. MBHS Preservationists, the

SEE NOTEBOOK, Page 13



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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

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- Shampoo – treatment shampoo for your hair type
- Condition – for dry or

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gender issue. A good rule of thumb, is to go one shade lighter than the natural color so it does not look harsh and goes with the skin tone. Low-lighting colors gray hair and leaves some natural hair showing, which makes gray hair less apparent. All white hair can make some women look washed out. Warm, tan, or golden tones can add color to the hair and skin tones.

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NOTEBOOK

CONTINUED FROM Page 12

PBMS Jazz Wave Band and the Pacific Beach Elementary Pan Band will all be performing. Gather your friends and family to purchase tickets and have a fun and delicious evening of food and entertainment! Tickets are available now at the school offices and cost \$15 for anyone over 10. Kids' tickets (ages 5-10) cost \$7. All of the profits go right to the schools.

PACIFIC BEACH MIDDLE

• **Pacific Beach Middle School's award-winning athletic department hosts many different leagues and sports activities through out the week.** The championship PBMS girls' volleyball teams have been enjoying scrimmages every Wednesday vs. Deportola Middle School. PB Middle is hosting the SDUSD boys' middle school soccer league every Saturday for five weeks. On March 17 and March 24, PBMS will host the girls' and boys' SDUSD middle school basketball carnival. Event sponsorships are available for business and organizations. Contact Pacific Beach Middle School for more information at (858) 273-9070.

• The PB Middle's music department will host the **"St Patty's Day Pancake Breakfast"** on Saturday, March 17 from 9 to 11 a.m. at the middle school campus. Come and enjoy green pancakes, sausage, coffee, juice and muffins and support the award-winning PB Middle School musicians as they work toward their competition in the spring. Tickets for the all-you-can-eat pancake breakfast

are \$5 (\$6 the day of) and can be purchased in the school office.

CROWN POINT JMA

• Come enjoy **coffee with the principal** on Friday, March 9 at 8 a.m. Everyone is welcome.

• The kindergarten through second-grade students at **Crown Point Junior Music Academy** were visited by the **San Diego Symphony last week.** Tom Morgan (viola) and Glen Campell (cello) entertained the children of CPJMA with their wonderful stringed instrument performance. They then discussed the instruments and showed the students how each instrument is played.

KATE SESSIONS ELEMENTARY

Kate Sessions Elementary School will host its **annual Jog-A-Thon on March 7.** Students from preschool through fifth grade participate in the Jog-A-Thon, jogging together for 45 minutes. Last year, students collectively jogged over 7,400 laps. Students gather sponsors (one-time or per-lap donations) and funds raised support art, music and library programs at the school. Contact kate-sessionselem-entary@gmail.com for more information and for sponsorship opportunities.

PACIFIC BEACH ELEMENTARY

The **Friends of Pacific Beach Elementary School (FOPBE) monthly meeting** will be **Wednesday, March 7** at 6 p.m. in room 9. All are welcome, childcare will be provided.

— Jennifer Tandy

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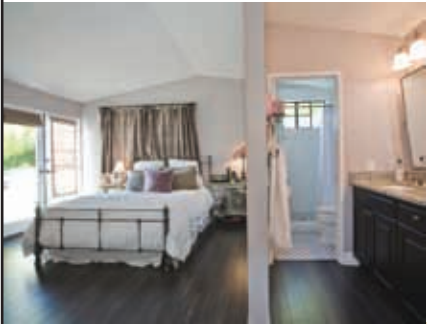
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