



SAN DIEGO'S CREW CLASSIC AGAIN POISED TO POWER ACROSS MISSION BAY, Pages 8,9



PACIFIC NISSAN

"Highway 5 on Mission Bay Drive"
www.PacificNissan.com
(858) 581-3200 • 4433 Mission Bay Drive, Pacific Beach



Spicing things in PB



Inexpensive grub, good times — all for a good cause

Neighbors turned out in droves March 15 for the eighth annual Taste of North Pacific Beach Restaurant Walk. The event, which featured reasonable prices to engage in a walking smorgasbord of food and drink samples from local restaurants, raised proceeds for cash-strapped Pacific Beach Middle School, Mission Bay High and PB Elementary. **Above**, grilled vegetables sizzle at Cafe-Bar Europa. **Right**, Leroy Razo of Leilani's Cafe serves up home-made chili on rice. **Left**, Table 926's Rob Marsh and Chris Coppedge serve up lamb ragu with creamy polenta. **Above left**, Rachel San Nicolas of Chocolate Haus hands out fudge to hungry youngsters.

Photos by Don Balch | Beach & Bay Press



QUICK HITS



Police investigators cordon off the area outside US Bank in Pacific Beach on March 16 after an armed robber made off with an undetermined amount of cash.

Photo by Mariko Lamb | Beach & Bay Press

Armed robber strikes US Bank on Grand

A man wielding a semi-automatic pistol robbed the Pacific Beach branch of US Bank on Grand Avenue just after 10 a.m. on March 16.

The suspect forced a bank security guard into the lobby of the bank, announced he was there to rob the facility and threatened to shoot bank employees if he did not receive money, according to police reports.

No one was injured and the suspect remains on the loose and is considered armed and dangerous.

Witnesses described the suspect as a black male in his late 20s to early 30s, about 6-feet-2-inches and 200 pounds.

The robber was wearing a dark beanie, large, oval sunglasses, a dark-blue jump suit and dark knit cap.

Anyone with information is asked to contact the FBI at (858) 565-1255 or Crime Stoppers at (888) 580-8477.

— Mariko Lamb

Spike in marine-mammal rescues said typical for this time of season

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

In recent weeks, beachgoers in coastal communities ranging from Sunset Cliffs to Black's Beach have reported a high number of sick sea lions and seals in need of rescue. The recent spike of distressed pinnipeds may concern local animal lovers, but animal-care specialists at SeaWorld San Diego said the upswing is actually nothing out of the ordinary.

"This is our rescue season. This is the height of it," said SeaWorld spokeswoman Kelly Terry. "We're on track to have an average season, which is about 200 rescues a year."

"A lot of the younger animals are just getting weaned from their mom and they're not always prepared to catch fish on their own. Once they can't catch fish ... they get dehydrated."

KELLY TERRY
SeaWorld San Diego

Year after year, SeaWorld's animal-care specialists rescue hundreds of sea lions, seals and birds in Southern California, with the occasional whale or dolphin rescue added to the mix. California sea lions are the most common-

ly rescued marine mammals, followed by elephant seal pups and harbor seals, according to officials with SeaWorld's Animal Rescue and Rehabilitation Program.

Last year, SeaWorld experienced a light season with only 60 pinniped rescues in San Diego, said Terry. Busy years, like ones bringing El Niño weather conditions, can

SEE **RESCUES**, Page 5



This sea lion pup was rescued by SeaWorld animal-care specialists after he was discovered dehydrated in South Mission Beach on March 13. Photo courtesy of Mike Aguilera, SeaWorld San Diego



World War II veterans will be the beneficiaries of a March 31 spring fundraising event by the Mission Beach Woman's Club to help fly old soldiers to Washington, D.C. to experience the American World War II Monument firsthand.

Courtesy photo

Woman's club event to benefit WWII veterans

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

SEE **BRIEFS**, Page 5

PACIFIC BEACH
TUESDAY FARMERS' MARKET

Visit the **NEW** Pacific Beach Tuesday Farmers' Market at Bayard St. & Garnet Ave., 2:00pm to 6:30pm every Tuesday!



FINE HOMES & ESTATES

(858) 273-2121 • 845 GARNET AVE.



FINE HOMES & ESTATES™



Bernie SOSna
"I'll Come To Your Rescue"



619.977.4334 Cell
858.490.6127 Direct
www.BernieSosna.com
Lic. 01104934



4076 & 4080 Morrell St. Pacific Beach
OPEN SAT & SUN

*Spring Ahead and secure your financial future!
Add a home to your portfolio.
One of these would be absolutely SANDTASTIC!*

Get Ready for Spring Time in Paradise
Whether you want a single family or condo, we can assist you. Take a look in Crown Point and find two charming single family houses with 3 BR & 3.5BA, Sun Room, Penthouse room and spectacular Rooftop Deck. These are energy efficient with solar electricity, and tankless water heaters. Complete with a detached garage- port these are delightful homes.


*Want a condo? We have those too!
Call to learn more!*



\$799,000 – \$839,000
SALE PENDING!



TORREY PINES STEAL!
This remodeled 2 bedroom, 2 bath condo is on a Sundrenched top floor with views of Mt Soledad and nice hill sides. It has elevator access, inside washer and dryer, oversized bedrooms with ocean breezes and a great clubhouse with a kitchen tennis and pool.
DON'T MISS OUT!
\$399,888
CENTURY211ST.COM
858/273-2121



BEAUTIFUL TIERRASANTA!
This 2 bedroom, 1.5 bath has some upgrades, washer/dryer, attached 2 car garage, big breakfast bar with sink, central heating, large dinning room, and is steps to the community tennis courts and pools. Enjoy all the hiking trails too!
\$329,000-\$349,000
CENTURY211ST.COM
858/273-2121



NORTH PARK STEAL!
This cozy 1 bedroom condo is a perfect rental investment! Stainless appliances, Travertine flooring, maple cabinets, granite counters, crown molding dual pane windows and patio door and so many more perks! Minutes to down town and Mission Valley.
GRAB IT QUICK!
\$125,000 - \$135,000
CENTURY211ST.COM
858/273-2121



OPPORTUNITY KNOCKS IN SD!
This stunning 3 bedroom, 2 bath has been lovingly designed with over \$100K in remodel. Nice quiet street perfect for a family that is gated with a nice grassy front yard. Garage is converted to a studio with a kitchen and bath. And 5 ceiling fans too!
YOU HAVE TO SEE!
\$257,600
CENTURY211ST.COM
858/273-2121



HUGE CLAIREMONT LOT!
Build up this old 2 bedroom house or get rid of it and build your dream home! Enjoy the large back yard with fruit trees! Walk to a large shopping center and just minutes to UTC, beach and bay!
MAKE YOUR OFFER NOW!
\$345,000
CENTURY211ST.COM
858/273-2121




SALE PENDING
YOU CAN HAVE IT ALL IN PB!
Grab this cozy and quiet 2 bedroom, 1-1/2 bath condo just steps to water, shopping and much more! It features in-unit laundry, newer carpet, paint, granite counters, shutters and more. Vaulted ceilings, private patio and no one above you!
MAKE YOUR OFFER NOW!
\$325,000
CENTURY211ST.COM
858/273-2121



GREAT LOCATION 1/2 BLOCK TO BEACH
This exquisite 3 bedroom, 3.5 bath townhome will take your breath away! Enjoy peaceful tropical setting and ocean breezes from one of 2 balconies. Also enjoy the modern kitchen with granite, travertine and stainless appliances. A spacious 3 car garage too!
A MUST SEE!
\$825,000-\$900,000
CENTURY211ST.COM
858/273-2121



SALE PENDING
BEST DEAL ON THE OCEANFRONT!
Sit almost anywhere inside or on the 11x4 balcony and daze at the ocean or watch the world go by on the boardwalk from this stunning 2 bedroom, 2 bath, 4th story condo with so many amazing amenities. Steps to shopping, restaurants and more.
\$749,000
CENTURY211ST.COM
858/273-2121



BRAND NEW COMMERCIAL CONDOS!
Open your dream business just steps to the ocean and walking distance to stores, restaurants and much more in beautiful Pacific Beach. There are 4 to choose from with residential condos above. 690 to 1,090 square feet
CHECK THEM OUT!
\$589,000 - \$650,000
CENTURY211ST.COM
858/273-2121



LIVE THE GASLAMP QUARTER LIFESTYLE!
This elegant loft is in the Marina District. It is a top floor end unit and is very open and bright with granite counters and newer gleaming wood floors. Extra large storage under the stairs, community work out room and so many more perks!
\$375,000
CENTURY211ST.COM
858/273-2121



BEAUTIFUL BAY PARK!
Sit on the back patio and take in the stunning views of Mission Bay, Ocean and the matured fruit trees, and the ocean breezes too! This 2 bedroom, 2 bath has tiled counters, newer appliances, ungraded bathrooms, cozy fireplace and separate laundry room.
MAKE IT INTO YOUR DREAM HOME!
CENTURY211ST.COM
858/273-2121



LOCATION! LOCATION! LOCATION!
GREAT LA JOLLA STUDIO!
• TOP FLOOR
• REMODELED
• 2 BLOCKS TO BEACH
• PEAK OCEAN VIEW
• LOWEST HOA'S IN LA JOLLA
GREAT OPPORTUNITY FOR ONLY \$225,000
JILL SELLERS
(619) 804-8304 (858) 490-6152
TOP 1% IN NATION



2 CHARMING CAPE COD STYLE HOMES
3 bedrooms, 3.5 baths, sunrooms and a huge roof-top deck to take in the sunshine and the stars at night. Travertine floors, stainless steel appliances, granite counters and a wrap around breakfast bar too! Garage and a 2 car carport for all your toys. 2 blocks to Crown Pt.
JUST REDUCED
\$799,000 - \$839,000
CENTURY211ST.COM
858/273-2121

Electrical malfunction ignites fires at Mission Bay Yacht Club

Incident may support lifeguard pleas for needed rescue fireboat, more staff

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

Fire erupted at the Mission Bay Yacht Club on March 19, quickly spreading and damaging a newly reconstructed boat dock and seven boats — four of which were completely destroyed — at the El Carmel location, said San Diego Fire-Rescue Department spokesperson Maurice Luque.

Investigators determined the fire to be accidental, likely sparked by an electrical malfunction on a below-deck refrigerator aboard the "Sea Passion," a 36-foot cabin cruiser fishing boat.

Firefighters and lifeguards doused the flames in 45 minutes with the aid of a fire helicopter. No one was injured, but damage to the boats and dock are estimated at \$1.3 million.

Both of the Lifeguard Service's

"Both [responding Lifeguard Services rescue vessels were] operating during the fire. However, at the end of the incident, one of the boats had an electrical problem and could no longer operate its pumps."

MAURICE LUQUE

San Diego Fire-Rescue Dept.

multi-purpose rescue vessels — or fireboats — were on-hand to extinguish the flames. However, one of the fireboats, Marine 2, is nearing the end of its operational life span at 21 years old, and it failed to function properly after the blaze was put out.

"Both [were] operating during the fire. However, at the end of the incident, one of the boats had an electrical problem and could no longer operate

its pumps," Luque said. "This did not affect operations as the fire was out and the incident had come to an end."

Just one week prior to the incident, San Diego lifeguards issued a plea to a City Council subcommittee requesting help in maintaining two fully functional fireboats and increasing staffing to improve public safety on Mission Bay.

Funding to outfit a new diesel engine on one of the fireboats, Marine 1, has been identified in this year's budget. However, lifeguards are also seeking funding for a new fireboat — a nearly \$1 million investment — to replace Marine 2 in the near future.

"As a result of city budget challenges during the past several years, estimated vessel operational life spans have been increased," stated a report issued by San Diego lifeguards to the Public Safety and Neighborhood Services Committee on March 14.

"Annual repairs and refurbishment have enabled us to delay replacement. However, despite these efforts, we will need to address the need for a replacement boat soon," continues the lifeguards' report.

Vessel replacements in the past have been funded through one-time, individual budget solutions, like a Department of Boating and Waterways grant, a corporate sponsorship, or city budget allocation, according to the report.

The Public Safety and Neighborhood Services Committee created a working group to examine the lifeguards' equipment and personnel needs, and the mayor's office is also considering options to address the need for a future vessel replacement.

Any action on funding for lifeguard services is required to go to City Council for final approval.



Fire investigators scour the melted, charred dock area at the Mission Bay Yacht Club after a March 19 fire that destroyed four boats and damaged three others. The cause was ruled as accidental.

Photo by Jim Grant | Beach & Bay Press



Fire damage to a newly reconstructed dock and seven boats moored at the Mission Bay Yacht Club was estimated at about \$1.3 million.

Photo by Jim Grant | Beach & Bay Press

Selling your home without an agent – a Sellers Guide

LA JOLLA, When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home's "first impression," and if you want to realize the most money you can for your home, it's imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing

too low. A recent study, which compiles 10 years of industry research, has resulted in a new special report entitled "Homesellers: How to Get the Price You Want (and Need)." This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell at the price you want.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

Courtesy of Dennis DeSouza Remax Lic. 01220680

COLDWELL BANKER

Californiamoves.com

Welcome to the
Pacific Beach Office!



Sylvia
Eschbacher
Sylvia.eschbacher@
coldwellbanker.com



Bronson White
Bronson.white@
coldwellbanker.com

Pacific Beach | \$875,000

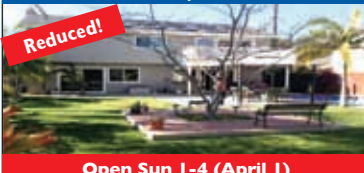


Oceanfront living! Mission Beach 2 br unit. Magnificent sunsets and white water views from your living room. Appointed with the finest amenities & personal touches. Ideal vacation or rental home. Sit back, relax & experience all of the family fun and memories this property has to offer. Don't miss this amazing opportunity!



MEL
BURGESS
619.857.8930
mel.burgess@
coldwellbanker.com
www.sdhomecrisis.com

Pacific Beach | \$895K-905K



Reduced!

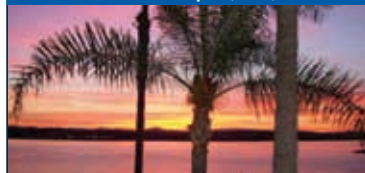
Open Sun 1-4 (April 1)

5315 Soledad Rancho Ct.
Beautiful, spacious, peaceful Soledad Mountain home. Cathedral ceilings, open floor plan, remodeled kitchen w/granite counters, wood cabinets, stainless appliances. Decks/balconies surrounding large Master bedroom & office/den. Lush green & floral landscaping, sparkling pool & 3-car attached garage.



KATHLEEN
MURPHY
858.449.7014
Kathleen.murphy@
camoves.com

Crown Point | \$1,850,000



LOVE TO WAKE UP TO THIS SUNRISE!
3 BR 4 BA home, 3,436 sf – Panoramic Bay Views! Dining, Living & Family Rooms form a "great room" wrapped in bay views & open to 50' covered balcony. 1200 sf roof top deck! Dbl Gar, Tropical Landscape! A MUST EXPERIENCE VIEW - Call for appointment!



Coastal Specialist
DARLENE
ALLEN
858.539.4412
darlene@
darleneallen.com

Bay Ho | \$559,000-\$564,200



Reduced 40K!

Open Most Sundays 1-4

4061 Cadden Way
Desirable Bay Ho! 5 br, 2 ba, remodeled 2 story house on corner lot! Vaulted ceilings, granite countertops, fireplace and upgrades throughout. Located in foothills near Mission Bay. Close to freeways.



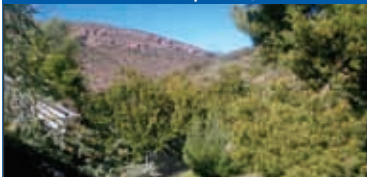
MARIE
TOLSTAD
28 years in Real Estate.
858.705.1444
mtolstad@aol.com
www.mtolstad.com

Golden Hill | \$199,000



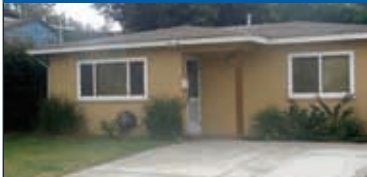
Gorgeous, move-in ready, 2 br, 2 ba condo
MLS#110063318

San Carlos | \$175,000



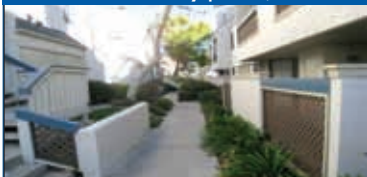
2 br, 1.5 ba w/ views of Mission Trails
MLS#120008558

Pacific Beach | \$422,000



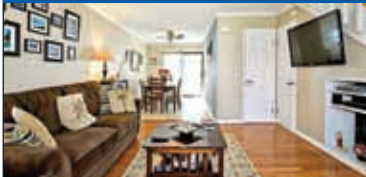
Remodeled 2 br detached house
MLS #120002714

Mission Valley | \$159,999



Cute 2 br Townhouse
MLS#120007802

Pacific Beach | \$299,000



Bright North PB 2 br, 1.5 ba Townhome
MLS #120004081

Point Loma | \$749,000



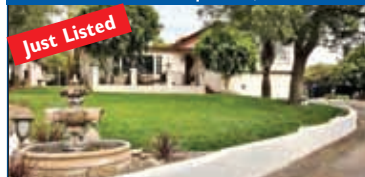
Bright & Spacious 3 br, 2.5 ba
MLS#120008775

Pacific Beach | \$799,000



Sail Bay 2 br, 2 ba Condo
MLS #120004395

Escondido | \$599,000



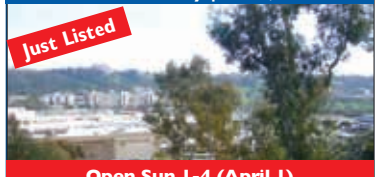
Spanish Style Custom 4 br, 3 ba Home
MLS #120015222

La Jolla | \$383,150



Spacious 2 br, 2.5 ba townhouse
MLS#110038809

Mission Valley | \$895,000



Open Sun 1-4 (April 1)

Unique 4 br, 6 ba Townhome
6907 Camino Degrazia MLS #120015754



Pacific Beach Office | 4090 Mission Blvd.
858.488.4090

COLDWELL
BANKER

RESIDENTIAL BROKERAGE

3,300 Offices | 97,000 Agents | 49 Countries | 105 Years Experience

Owned & Operated by NRT, Inc. Equal Housing Opportunity. Buyer to verify accuracy of all information pertaining to property.

WHEN CARING STILL MATTERS

Postman's heroics draw adoration from neighbors

By MARSHA KAY SEFF | BEACH & BAY PRESS

In this technological and often impersonal world, a Crown Point letter carrier still treats all of his customers as if they were his friends and neighbors. And, until this March, when he moved from the neighborhood to Lakeside, the people on his route were his friendly neighbors.

This familiarity made Leonard Kemp into somewhat of a local hero when he helped two elderly homeowners out of serious situations.

According to resident John Albini, "Lenny" is a throwback to the old-school days of postal carriers.

"He takes the time to get to know the residents he serves and keeps his eyes open to the goings-on in our neighborhood," said Albini.

Kemp said he keeps track of when customers are out of town, checking on their homes for them.

"His astute awareness of the residents has paid off," said Sandy Albini.

More than a decade ago, Kemp helped save the late "Mr. Olsen," a 94-year-old homeowner, when the letter carrier noticed the meticulous nonagenarian had not picked up his newspapers at the usual time.

Kemp called Olsen's son, who entered the house with paramedics and found his dad on the floor. The elder Olsen survived and lived to be 103, according to Kemp.

Recently, Kemp made his second save. When octogenarian Fred Wilkens neglected to pick up his mail, Kemp knocked on the front door. After getting no answer for two days, Kemp alerted a neighbor, who was able to squeeze through a small window. They discovered Wilkens on the floor. Although Wilkens made it successfully to the hospital, he later succumbed



Crown Point postal worker Leonard Kemp, who has helped save the lives of two of his patrons during his 24-year postal career, shares his down-to-earth style and congeniality with a young boy along the route. Residents said they adore his good-natured manner and his watchfulness over their homes in their absence.

Photo by Marsha Kay Seff | Beach & Bay Press

to pneumonia in a convalescent home.

Kemp, 54, has been at his job 24 years, starting his work for the post office on Feb. 29, 1988. He's had his current route in Crown Point for 21 years and said he hopes to work until he's 62.

The divorced father of an adult son certainly appears fit from walking four to five miles a day, five days a week. Recent knee surgery and a bad back haven't slowed him down.

"You try to be smarter than the work, to lift right, organize and ask for help when you need it," Kemp said.

His eight-hour days begin at 7:30 a.m., when he sorts and organizes the mail at the Pacific Beach post office. Then, he parks his postal vehicle along his route, transfers letters, packages and bulk business mail ("We don't call it junk mail; it keeps us going.") to a pushcart. He begins his trek to 280 houses at about 10 a.m.

His uniform this time of year includes shorts, a long-sleeve sweatshirt with the 92109 ZIP code across the front, a pith helmet and sturdy shoes.

"Hiya, Lucy," he called to a familiar black labrador. He said he treats the neighborhood dogs like family, but admitted he keeps his guard up.

"Hi, Theresa," he said to a patron sitting outside in a wheelchair and smiling at him. Kemp said that's what makes his job special: "A whole day of smiles when I'm out with my people."

He said he's the only person some of his elderly customers see all day.

"If they want to talk, I do," said Kemp. "I just skip a break or lunch."

Many of the homeowners on his route have lived in their homes for decades. In the last 55 years, the route has had only two fulltime letter carriers — including him, he said.

Because he knows his customers so well, Kemp said he mourns when the

SEE CARRIER, Page 7

Are you Injured or Ill?

Don't settle for the same old urgent care.

Come check out our modern facility equipped with the latest technology.

Dr. Kenneth Anderson



at 1945 Garnet Ave.

Hours of operation are 8 to 8 on weekdays and 8 to 4 on weekends

858.224.7977 • Andersonmedicalcenter.com



Brian Lewis
RE/MAX COASTAL
PROPERTIES

4444 Mission Blvd
San Diego, CA 92109
Phone: (619) 300-5032
DRE LIC #: 01440201
www.thinkbrian.com



803 Toulon Court, Mission Beach, 92109

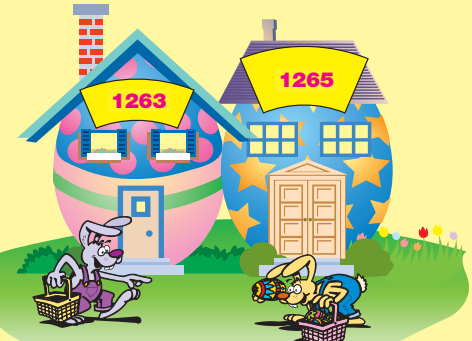
Incredible opportunity to own this luxurious masterpiece in the heart of Mission Beach. This one of a kind detached property boasts too many features to list. Highlights include kitchen facilities on each of the three floors, Costa Verde granite throughout, Thermador and Fischer appliances, large flat screens and surround sound systems on all three levels including outdoor patios. Property can be sold fully furnished. www.803Toulon.com



5357 La Jolla Blvd #29, 92037

Everything about this property screams new! New kitchen, new baths. Every window & every sliding door replaced. This spacious 3 bedroom condo has recently undergone an entire high-end renovation & so has the complex. Two extra long patios make it feel even bigger than it really is. Just blocks to fabulous Birdrock dining and shopping, across the street from world famous surf spots & just steps to Birdrock Elementary. www.5357LaJolla.com

Get EGG-cited!
Brand New Residences in
Pacific Beach



Can't decide between living closer to the ocean or closer to the bay? Well now you can have the best of both worlds... Two 2,150 sqft residences, in a coveted beach location, just a short stroll away from both! Entertain in your private penthouse room that opens up to a huge bay view roofdeck with outdoor fireplace. Live here and feel like you're on vacation everyday! 4 blocks from the oceanfront! 2 blocks to the bayfront!



Save \$\$ when you buy one of thee two Brand New 4BR homes in the Crown Point area. Features energy efficient solar panels. 2 blocks from the bay and its miles of sandy beaches and bike trail/walkway around the bay. Love where you live!

KATHY EVANS
92109's Top Producer
(858) 488-SELL
ISellBeach.com

3720 Bayside Walk

You will love this bayfront 2nd and 3rd level townhome, featuring wonderful bay views from the living room, kitchen & master. Great location near Santa Clara Aquatics Center and many conveniences, 2 car side by side covered parking, dual master suites, subzero ref, stacked W/D, 1/2 bath off downstairs bedroom, vaulted barreled wood beam ceilings in the master suites, 4 view balconies and large ground level exclusive use patio.

Priced at \$795,000



Steve Cairncross
858-735-1045
www.beachseller.com
stevecairnx@gmail.com
DRE #0859218



Wife of Invisible Children filmmaker keeps focus on child soldiers' plight

By **MARTIN JONES WESTLIN** | BEACH & BAY PRESS

The wife of a local filmmaker discovered naked and ranting during mental collapse in a residential area of Pacific Beach (**related story below**) has urged that all eyes remain on the Ugandan conflict chronicled in the filmmaker's wildly attention-getting work.

Danica Russell, wife of filmmaker Jason Russell, asked in a statement issued "on Jason's behalf" last week that viewers of the controversial Internet movie "Kony 2012" "keep your attention turned to the end of Africa's longest-running conflict and setting a precedent for all future injustice. With love and overflow of gratitude for your prayers, we thank you."

"Kony 2012," Russell's 30-minute documentary that went viral on the Internet, details the 20-year rise of the Lord's Resistance Army, a Uganda-based rebel organization founded and led by warlord Joseph Kony.

The film alleges that Kony is responsible for the abduction of 30,000 Ugandan youth who were then armed and forced to commit random crimes of violence throughout the area under the threat of death. Kony allegedly wants to install a government in Uganda based on the Bible's Ten Commandments.

The film has been viewed more than

80 million times on YouTube.

On March 24, the African Union deployed a 5,000-troop force in the hunt for Kony, who is thought to be hiding in the Central African Republic. He and his aides have been wanted by the International Criminal Court since 2005.

Russell, 33, was detained by San Diego police and taken to a local hospital March 15 after he allegedly vandalized cars, shouted incoherently and publicly touched himself in a residential area of Pacific Beach.

A Russell family statement said Russell had been diagnosed with "brief reactive psychosis, an acute state brought on by extreme exhaustion, stress and dehydration." Danica Russell has said that her husband's condition will keep him hospitalized for weeks.

Russell is a native of El Cajon, where his parents run the Christian Youth Theatre.

He married Danica in 2004 in La Jolla. The Russells have two children.

Russell co-founded the nonprofit Invisible Children, Inc., in 2006 to raise awareness of the child soldiers' plight. Invisible Children's offices are located at 1620 Fifth Ave. in downtown San Diego.

A phone inquiry to the company was unreturned.

BRIEFS

CONTINUED FROM **Page 1**

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.

Filmmaker hospitalized after naked rant in PB

The man best known for co-founding the nonprofit organization Invisible Children and for creating the documentary film "Kony 2012" that went viral online (**related story above**) is expected to be hospitalized for several months after being diagnosed as having a "brief reactive psychosis" that caused him to run naked and ranting through a Pacific Beach neighborhood on March 15.

Jason Russell, 33, was detained by police and sent to a local hospital for psychiatric treatment after displaying the bizarre behavior that included running naked in and out of traffic and pounding his fists on the sidewalk at the intersection of Ingraham Street and Riviera Road in Crown Point.

Due to the nature of statements he was making, officers questioned his ability to form criminal intent, and it was determined that medical evaluation and treatment — not arrest — was the appropriate course of action, according to San Diego police spokeswoman Lt. Andra Brown.

"Obviously, those are things that are not normal or rational behavior, so that's why the officers took the action that they did," she said.

Invisible Children CEO Ben Keesey released a statement on the nonprofit's website, saying Russell was hospitalized after suffering exhaustion, dehydration and malnutrition.

"He is now receiving medical care and is focused on getting better," read the statement. "The past two weeks have taken a severe emotional toll on all of us, Jason especially, and that toll manifested itself in an unfortunate incident."

Student-run free clinic to host annual gala

The UC San Diego Student-Run Free Clinic Project — which includes a site in Pacific Beach — will host its annual fundraiser and awards ceremony on Saturday, March 31 at the UCSD Price Center Ballroom at the La Jolla campus.

Funds help provide free medical, dental, pharmacy, acupuncture, legal and social services to San Diego's working poor and homeless. More than 2,000 San Diegans rely on its comprehensive integrative health services every year.

The Student-Run Free Clinic Project is run by 200 UC San Diego School of Medicine and Skaggs School of Pharmacy and Pharmaceutical Sciences students under the supervision of 100 licensed professionals including physicians, pharmacists, dentists, lawyers and social workers.

The project has four clinical sites, including one at Pacific Beach United Methodist Church.

For more information, call (858) 534-6160, or visit www.meded.ucsd.edu/-freeclinic/benefit_dinner.php.

RESCUES

CONTINUED FROM **Page 1**

send rescue numbers soaring to more than 400 rescues in a single year.

The seasonal spike is primarily the result of pups' lessons on tough love and growing up.

"A lot of the younger animals are just getting weaned from mom and they're not always prepared to catch fish on their own," said Terry. "Once they can't catch fish — that's how they get their hydration — they get dehydrated."

So far this year, SeaWorld has rescued 24 marine mammals, including 20 sea lions, two elephant seals and two harbor seals from areas all along San Diego's coastline.

"Most of the ones we've seen in the last week have been dehydrated, malnourished and underweight," Terry said. "One of the first things we do is give them a veterinary examination to see if there are any other issues or infections. Typically, it's just getting them rehydrated and getting them fattened up. They stay in our care from six to eight weeks if they're not showing any signs of infections."

In most cases, dehydrated pups learn their hard-knock life lessons and are back on their fins in no time. Occasionally, however, the pinnipeds are victims of circumstance.

On March 9, one sea lion was rescued after becoming entangled in fishing gear at the base of Devil's Slide near La Jolla Cove. Rescuers had to rappel down a cliff for the dramatic rescue, cut the fishing gear off — including removing a hook in the sea lion's mouth — and release the sea lion back into the open water.

In another instance in February, SeaWorld rescuers found an injured sea lion — which was named "Valentine" by SeaWorld staff — with an infected bullet wound to her left flipper. Although Valentine is still under the park staff's care, she is doing well and will be released in a couple weeks, said Terry.

Most recently, SeaWorld rescuers and San Diego lifeguards rescued a 12-month-old pup in South Mission Beach, an elephant seal in Sunset Cliffs and two fully-grown male sea lions at La Jolla Cove — including one that weighed 300 pounds. The pup and elephant seal suffered from dehydration, and examinations are still ongoing for the two grown male sea lions.

At the time of publication, the number of sea lions and seals in SeaWorld's care totaled 18.

For beachgoers who encounter a marine mammal that appears to be in distress, Terry recommends notifying a lifeguard on duty first to check whether or not the animal is, in fact, ill or in danger.

"If you observe an animal and you



"Valentine" was rescued by SeaWorld staff in February after she was found malnourished, dehydrated and injured by a bullet in her flipper. She is being nursed back to health and is expected to be released in a couple of weeks.

Photo courtesy of Mike Aguilera, SeaWorld San Diego

have doubts about the animal's well-being, contact a lifeguard or other authority," said Terry, explaining that sometimes the mammal is simply asleep or the mother has only left her

pup for a short time. "It's strongly advised not to touch the animal. It is dangerous because they can bite or have an infection. It is also a violation of the Marine Mammal Protection Act. Leave it to the experts. Contact a lifeguard or call our seal hotline."

If the animal is determined to be in distress, Terry urged beachgoers to call SeaWorld's animal rescue hotline at (800) 541-SEAL (7325).

**ENROLLING FOR
SCHOOL YEAR
2012 - 2013**

La petite école

ENGLISH • FRENCH • BILINGUAL • CANADIEN

Accredited by
Éducation nationale
Liberté • Égalité • Fraternité
REPUBLIQUE FRANÇAISE

• PreK thru 5th grade
• Small classes
• Art Music P.E.
• Strong Bilingual academic curriculum

3219 Clairemont Mesa Blvd. San Diego . CA 92117. (858) 274 2890. www.petite-ecole.com

URGENT CARE

Medicine in a soothing atmosphere.

Next time you are ill or injured, don't settle for the same old urgent care. Come check out our new, modern facility equipped with the latest techonology.

Anderson Medical Center
1945 Garnet Avenue

858-224-7977 Andersonmedicalcenter.com
Open 8-8 M-F, 8-4 Sat & Sun



Adding more volume is the number one requested service at our hair salon.

We specialize in 100% natural hair extensions as featured on America's Next Top Model. This gentle technique won't damage your own hair and there are no styling limitations.

Judy Judy Judy Hair Salon is located in downtown La Jolla
7734 Herschel Ave. Suite P, 858.456.2344 • www.beautybyjudy.info

\$200 OFF
your first full head of hair extensions

COUNCIL CORNER

City's fire pits saved in time for spring; challenges far from over

By City Councilman Kevin Faulconer

We saved the fire pits! After years of generous private donations and support from San Diegans, I am proud to share with you that the city will be fully funding San Diego's popular beach fire-pit program in the upcoming budget.

Gathering around a fire pit with friends and family is part of the San Diego experience. From roasting marshmallows to relaxing on the sand under the night sky, thousands of San Diegans and visitors make memories at our fire pits each year. Thanks to fiscal reforms we achieved at City



KEVIN FAULCONER

Hall and to an improving economy, San Diego's 186 concrete fire pits are not on this year's chopping block. The lights will not be going out on San Diego beaches.

As the councilmember who is proud to represent Mission Bay, Pacific Beach, Mission Beach and Ocean Beach, my priority is protecting and celebrating San Diego's beaches and bays for residents, tourists and future generations. I talk with countless San Diegans every year who tell me how important the fire pits are to the beach lifestyle. I completely agree and have always believed we must keep this San Diego tradition alive.

Since 2009, I've led a partnership with the community, private donors, the San Diego Foundation, La Jolla Foundation and San Diego Convention and Visitor's Bureau

to raise money for the fire pits in the face of several budget deficits. Our partnership's yearly success in keeping the fire pits funded yielded a lasting result. Mayor Jerry Sanders will include the \$120,500 needed to maintain the fire pits in his new annual budget, which begins July 1.

This victory comes on the heels of the \$16.5 million budget surplus announced by Mayor Sanders earlier this month. Having funds to restore library operating hours, hire more police officers and maintain beach fire pits is unquestionably a good thing for our neighborhoods. However, there remains much to do to guard tax dollars, cut red tape and restore more essential city services — especially street repair.

We must cut red tape to improve coordination and communication between city departments. We must increase efficiencies to get repaving projects awarded to contractors. We must direct more funds toward road repair. The City Council took a huge step forward by directing \$8 million of the budget surplus to infrastructure repair. That's the equivalent of paving 16 additional miles of streets.

Citizens rightfully expect tax dollars to be spent on services like these. As we take a moment to enjoy our fire pits victory, we must carry on with reforming city operations. Through leadership and fiscal reform, we will continue to deliver results for our beaches and bays and prioritize services that improve the quality of life for all San Diegans.

— District 2 City Councilman Kevin Faulconer represents Pacific Beach, Mission Beach, Mission Bay and Ocean Beach.

Boxing center offers the gamut ON THE Waterfront

By JOHNNY McDONALD | BEACH & BAY PRESS

When you think of an academy of martial arts, things like jabs, hooks, and bobs-and-weaves come to mind. Or maybe just the concept of dazzling 'em with footwork.

American Boxing, located at 1735 Garnet Ave., encourages a serious approach to teaching the true principles of ring combat for sport, fitness and self-defense.

Dave Nielsen is owner and trainer of this gym, which boasts as many women as men, who each work on Muay Thai kickboxing, jiu jitsu grappling and cross-fit training.

"I've had the school since 2003, and it's been just over a year in this location," he said. "We offer training experience for any student who wants to be better at fitness, self-defense, self-confidence or fight competition. Of course, 80 to 90 percent of the people come here for fitness and they may use those martial arts tools for fitness."

Nielsen said although there are other gyms around like his, American Boxing's bigger gym is a major factor for instruction.

"Instead of a class of 30 or 40 people, we can give them more attention in smaller groups," he said. "Never more than 12. So we can actually train people much better. One instructor alone can't teach them proper technique."

He said he received three degrees from Mesa College but decided not to go to UCLA. "My mother is still unhappy about that," he said.

"I got the money to open a gym, maybe not nearly enough, so to speak, for anyone in his right mind who wanted to start a business. But it worked out for me," he said.

• **BOXING CAREER** — Nielsen is a Muay Thai kickboxing and submission wrestling

champion whose ring engagements can be few and far between. Muay Thai is a style of kickboxing without the use of customary padding.

"Sometimes I'll have four or five (bouts) a year, then only one the next year," he said. His fighting weight is between 180 and 185 pounds.

For 11 years, he's been in major competitions in Las Vegas, Los Angeles, the Friday Night Fights in New York and a World Cup tournament in Bangkok, Thailand, which involved 180 nations.

He's originally from Seattle, but said his entire Muay Thai fight career has been in San Diego.

• **CLUB LOCATIONS** — Nielsen said he and his team compete in casinos where the size is ideal for good crowds. It's a contrast to the early years of professional fighting that generated special clubs in Southern California. One of the last was San Diego's Federal Athletic Club (Coliseum), located at 15th and E. It was closed in the mid-1970s.

• **WOMEN COMBATANTS** — "It's about a 50-50 split among men and women training for boxing," said Nielsen. "Interestingly, they are more in demand by promoters. We have some pretty good prospects."

• **GET OUT THE WATERWINGS** — The 86-year-old Mission Beach Plunge pool should fill back up with swimmers next month. But the question remains, for how long? The Plunge is owned by the city of San Diego and has been run by a company called Wave House.

Major issues with the building need to be resolved over the long haul. Tom Lochtefeld, who owns Wave House, has turned over the keys of Belmont Park and the Plunge to the city after a bitter lease dispute.

— Johnny McDonald is a longtime writer and columnist for the San Diego Community Newspaper Group. He can be reached at Johnny23@cox.net.

Discover PB showers community's team players, volunteers with honors

By KEITH ANTIGIOVANNI | BEACH & BAY PRESS

Discover Pacific Beach (DPB) officials literally laid their cards on the table March 15 during their 14th annual Casino Night dinner and awards aboard the Robert D. Evans in an event catered by the Catamaran Hotel.

Discover Pacific Beach Executive Director Sara Berns called the event a success after the gala drew an estimated 130 guests. For the first time, Discover Pacific Beach combined its annual dinner with the business awards as a matter of practicality.

"Traditionally, we have our annual dinner event in the fall before the holiday season, but we decided to change it this year to March because we have so many events already scheduled for this fall," said Berns.

Among the guests were District 2 City Councilman Kevin Faulconer, Assistant Police Chief Shelley Zimmerman, Capt. Brian Ahearn of the police department's Northern Division, officer Ben Douglas of Northern Division's Beach Team, Deputy District Attorney Terri Winbush and park ranger Karolynn Estrada.

Douglas was honored with the **Outstanding Community Partner Award** and Estrada earned the **Outstanding Volunteer Award**.

This year's business honorees went to:

- **Oscar's Mexican Seafood** (4658 Mission Blvd.) — **Newbie Award**, recognizing the best new business;
- **Turquoise Coffee** (873 Turquoise St.) — **Design and Improvement Award**, recognizing aesthetic improvements in the community; and
- **Surfindian** (703 Turquoise St.) — **Heart of PB Award**, reflecting the culture and spirit of Pacific Beach.

Other volunteer awards went to:

- **Lisa Wells (Outstanding Beachfest Volunteer);**
- **Billy Ramirez and Doug Sodomowicz (Community Patron Award);** and
- **Carol Blomstrom (Mike Duran Award).**

There were also honorable mentions given out for donations to the event's live auction: **Superpaw**, for donating a diamond ring; and **Bill and Catalina Eckert** for donating a Hawaiian condo. In addition to the live auction, a silent auction featured many other items donated by Pacific Beach businesses and vendors.

"The annual dinner and award for Discover PB is



Discover Pacific Beach honored many community players and volunteers during its 14th annual Casino night dinner and awards on March 15. Above are Eddie Okino of Turquoise Coffee (Design and Improvement Award); Sara Berns, executive director of Discover PB; and Eric Lingenfelder, Discover PB president.

Courtesy photo



Doug Sodomowicz, left, of the PB Shore Club/Fish Shop (Community Patron Award); Discover PB executive director Sara Berns; Billy Ramirez of the PB Shore Club/Fish Shop; and Discover PB president Eric Lingenfelder.

Courtesy photo

an opportunity for the organization to celebrate all of its accomplishments and to recognize the many volunteers, partners and — most importantly — the businesses that make the Pacific Beach Business Improvement District the amazing vibrant neighborhood that it is," Berns said.

Discover PB will host a Bocce Ball Tournament on April 28 and is looking for sponsors for the annual Holiday Parade in December.

For more information on Discover Pacific Beach events, visit www.pacificbeach.org.



REMEMBERWHEN?

IT'S BEEN GRAND WIRELESS for quite a while, but Baskin-Robbins 31 Flavors stood at the northwest corner of Grand Avenue and Lamont Street for decades before that. Butch Skinner took this photo nearly 50 years ago. For a while, there was a 31 Flavors on Grand and Lamont and another in Pacific Plaza II where Comerica Bank is today. Now there are none. A photo exists, circa 1910, of Lamont and Grand when Clarence Pratt's General Store stood on the corner.

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

MUSTREAD

Book recommendation from the Pacific Beach/Taylor Branch Library

TITLE: "Kill Shot"

AUTHOR: Vince Flynn

SYNOPSIS: Once again, Vince Flynn takes us back to the beginning of Mitch Rapp's career as a CIA assassin. Having lost many friends from Syracuse University during the terrorist attack on Pan Am Flight 103, Mitch vows to destroy the people responsible for the bombing. He is very successful until he is set up, gets shot and literally goes underground. At one point, the enemy and the CIA are out to get him. Flynn never disappoints. If you love a good thriller, you will love "Kill Shot."



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



LA JOLLA VILLAGE NEWS
BEACH & BAY PRESS
PENINSULA BEACON



PUBLISHER
MANAGING EDITOR
BEACH & BAY PRESS
PENINSULA BEACON
EDITOR
LA JOLLA VILLAGE NEWS
REPORTER
PRODUCTION
ADVERTISING SALES

LEGAL / CLASSIFIEDS
ACCOUNTING

JULIE HOISINGTON
KEVIN MCKAY (x131)
bbp@sdnews.com
beacon@sdnews.com
KENDRA HARTMANN (x133)
lvm@sdnews.com
MARIKO LAMB (x132)
reporter@sdnews.com
CHRIS BAKER
MIKE FAHEY (x117)
MICHAEL LONG (x112)
HEATHER ADAMS (x115)
ALICE TONG (x103)
ROSE CECE (x105)
RYAN BERG (x118)
KIM DONALDSON (x140)
HEATHER GLYNN
PATTY ANGLE (x120)

sdnews.com
SAN DIEGO COMMUNITY NEWSPAPER GROUP

1621 Grand Ave., 2nd Floor, Ste C
San Diego, CA 92109
(858) 270-3103 Fax: (858) 713-0095

PHOTOGRAPHERS

DON BALCH, JIM GRANT,
PAUL HANSEN, MIKE MCCARTHY

CONTRIBUTORS

BART MENDOZA, BIANCA KOCH,
CAROL OLTON, DIANA CAVAGNARO,
JOHN FRY, JOHNNY McDONALD,
JUDITH GARFIELD, KAI OLIVER-KURTIN,
LORALEE OLEJNIK, MEAGHAN CLARK,
NATASHA JOSEFOVITZ, NEAL PUTNAM,
NICOLE SOURS LARSON, ROB STONE,
RACHEL HUTMAN, SANDY LIPPE,
SCOTT HOPKINS, BLAKE BUNCH,
MARSHA KAY SEFF, WILL BOWEN,
KEITH ANTIGIOVANNI, MORGAN
CARMODY, MARTIN JONES WESTLIN,
PATRICIA WALSH, VINCENT ANDRUNAS,

SUBMISSIONS

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

The opinions expressed on the Opinion Page do not necessarily reflect those of this paper or the San Diego Community Newspaper Group. To submit a signed letter or guest column, please e-mail the respective publication's editor (at right) or send to 4645 Cass Street, San Diego, CA, 92109. We reserve the right to edit for clarity, accuracy, brevity and liability.

COPYRIGHT © 2012

All rights are reserved. This newspaper is printed in the United States of America with soy inks and recycled paper. Please recycle.

CARRIER

CONTINUED FROM Page 4

old-timers die. He attends their funerals when he can and has even delivered four eulogies.

Kemp said he also enjoys the children he's known "from babies to college to having their own kids."

"This street, known as Jewell, is a real jewel," Kemp said. "Everyone is so down to earth. They don't care if you're a doctor or a mailman."

Kemp greets Sierra, a parrot who hangs out in a cage in a customer's front yard. "Are you going to talk today?" Kemp asks.

The parrot doesn't answer.

"This is my fudge house," Kemp said, pointing to another home where the customer makes him fudge for his birthdays and holidays.

The job, of course, is not without its dangers. Kemp, who has a rescue dog of his own at home, carries the regulation pepper spray on his waistband. He said he's been bitten three times, "twice by the same dog with the owner present."

But on his current route, he's familiar with the dogs and knows where they are at all times. The dogs, he said, are just doing their jobs.

A recent incident in which an Escondido letter carrier was attacked by a pit bull, had a stroke and died is still fresh in Kemp's mind.

But he doesn't dwell on negatives. Kemp said his "people" are the best part of his job and he certainly doesn't mind working outside by the bay.

Postal customer John Albini had nothing but praise for Kemp.



Some of the residents along Leonard Kemp's route characterize him as a throwback to the old-school days of postal carriers.

Photo by Marsha Kay Seiff | Beach & Bay Press

"While we are all busy rushing around and consumed with our daily rituals, it's nice to know Lenny will be walking down the street with a broad smile and a caring conversation," he said.



SHOWING SUPPORT FOR TEACHERS

Students at Mission Bay High School took to the street in front of the campus in a mass show of support for their teachers on March 16. An estimated 200 to 300 students staged the two-hour walkout after lunch to protest the continuing practice by the San Diego Unified School District of annually distributing pinkslip layoff notices to teachers – most of which are typically rescinded before taking effect – putting faculty and student nerves on edge. Students carried a megaphone and marched to a drummer, chanting, "Save our teachers!" The Mission Bay High faculty staged a similar pinkslip protest last month.

Photo by Paul Hansen | Beach & Bay Press

HAVE YOU FILED YET?

Don't throw your money away. A Tax Pro can help you!

If you want to save money and get the maximum refund, put an income tax service professional to work for you!

It is estimated that over half of those who do their own tax returns will lose money because they do not understand complicated tax laws and fail to take tax deductions they are entitled to!

Jeff has over thirty years of income tax service and accounting experience. He has a Business Management degree from Pepperdine University and a Law Degree granted by National University School of Law.

He is an Enrolled Agent, which means he is licensed to practice before the IRS and to appear in place of the taxpayer in all tax matters. Only enrolled agents, attorneys and CPAs can represent a taxpayer in this manner.

Call Today! 858-488-1558

EACH TIDE BRINGS SOMETHING NEW TO THE MARINE ROOM.

TOUR DE CUISINE FRENCH RESTAURANT WEEK

March 24 through April 1

\$50 per person.

Celebrate the best French wine and gastronomy in honor of Francophonie Month. Savor a special three-course menu featuring Brioche Mustard Seed Crusted Arctic Char, Provencal Herb Roasted Filet Mignon, Plugra Butter Basted Lobster Tail, and much more.

EASTER BRUNCH BUFFET

Sunday, April 8, from 10 a.m. to 4 p.m.

\$58 per person.

Enjoy breathtaking ocean views during a special Easter Brunch Buffet featuring Carob Rosemary Roasted Midwestern Ribeye, Seafood Crêpes La Jolla, and much more.

EARTH DAY SPECIALS

Available Earth Day, April 20, through April 22.

This special menu highlights our everyday commitment to sustainable, local and organic ingredients with new Earth Day-inspired specials like Carlsbad Aqua Farm Oysters on a Half Shell and Sonrise Farm's Grass-Fed Filet Mignon.

SPRING COOKING CLASS

Wednesday, May 2, at 6 p.m.

\$75 per person with wine pairing.

Join Executive Chef Bernard Guillas and Chef de Cuisine Ron Oliver for an exciting cooking class followed by a three-course dinner with wine pairings featuring Leek and Parsley Crusted Alaskan Halibut.

MOTHER'S DAY

Sunday, May 13, from 11 a.m. to 7 p.m.

Celebrate Mom with an à la carte menu featuring Absinthe Butter Basted Maine Lobster Tail, Center Cut Black Angus Filet Mignon, Red Walnut Apricot Crusted Wild King Salmon, Root Beer Liqueur Crème Brûlée, and more.

MENU ITEMS SUBJECT TO CHANGE. PRICES DO NOT INCLUDE TAX AND GRATUITY.



The Marine Room

ELEGANT DINING ON THE SURF

MarineRoom.com | 888.364.5517



Follow us!

twitter.com/a_tax_pro



A Tax Pro Income Tax Service

Are you getting the Maximum Refund?

Conveniently Located
Over 25 Years in the same location
Call to set up your consultation today!



858-488-1558

5175 Foothill Blvd. San Diego 92109

www.ataxpro.us

jeff@ataxpro.us



MISSION BAY MADNESS

Eyes on the prize for 39th annual San Diego Crew Classic

By JOHNNY McDONALD | BEACH & BAY PRESS

Through a promotional campaign, San Diego's Crew Classic has grown in such size that it now has a waiting list for entry.

The 39th annual rowing competition will have 421 boats on the water at Crown Point from March 30 through April 1 — an increase of 50 entries over last year.

"It pays to advertise, which we did more this year," said executive director Martha Schumaker. "But, we can only accommodate 444 entries. We only have seven lanes. We have 60 boats on a waiting list."

California Maritime Academy, Loyola Marymount, UC Irvine, Cal Berkeley lightweight and Boston College missed the cut in the second tier for the Cal Cup.

The Copley Cup headliner again will be the University of Southern Califor-



This year's Crew Classic will feature some men's rowing powerhouses, including teams from the University of Southern California, Naval Academy, Stanford, Gonzaga, UC San Diego, Harvard and Cornell.

nia, seeking its fourth straight victory, 11th overall. In the women's competition for the Jessop-Whittier Cup, USC's rowers will go after a repeat win.

The men's heavyweight division will include the Naval Academy, two-time winner Stanford, Gonzaga, UC San Diego, British Columbia, Michigan and



Among the women's teams competing in the Jessop-Whittier Cup will be USC, Stanford, Cal State Berkeley, Virginia, University of Washington, Washington State, Clemson, Texas, UCLA, Tennessee and Purdue.

a pair of Ivy Leaguers — Harvard and Cornell.

The women's field is highly competitive, featuring Stanford, California, USC,

Virginia, Washington, Washington State, Clemson, Texas, UCLA, Tennessee

SEE CLASSIC, Page 13

La Jolla United Methodist Church Holy Week & Palm Sunday Concert



Palm Sunday: April 1, 10:00 a.m. Service Palm Procession
Children's Easter Egg Hunt during Sunday School

PALM SUNDAY CONCERT: APRIL 1 • 4:00 p.m.

Chancel Choir with soloists and strings presents classic choral works of Wolfgang Amadeus Mozart, including the *Mass in C Major (Sparrow Mass)* and *Regina Coeli*. Complimentary admission: a freewill offering will be accepted.

Maundy Thursday Communion Service: April 5, 6:30 p.m., in the Chapel

Good Friday: Chapel open for meditative communion, 11:30 a.m.—1:30 p.m.

Easter Sunday Worship Services: April 8, 8:30 a.m. & 10:00 a.m.

La Jolla United Methodist Church
6063 La Jolla Blvd. • 858-454-7108 • www.lajollalunitedmethodist.org

EASTER WORSHIP 2012

Saints, Sinners, & Surfers Welcome
Christ Lutheran Church
4761 Cass Street, Pacific Beach

Easter Celebrations
April 8

6:30 a.m.

Sonrise on the Beach
(Meet at the Foot of Law St.)

9:00 & 11:00 a.m. at church

Children's Easter Egg Hunt - 10:00 a.m.

Good Friday, April 6

Stations of the Cross Procession-12:00 noon

Worship - 7 p.m.

(858) 483-2300, www.christpb.org

He is Risen!

Calvary Chapel Point Loma
4425 Valetta Street, San Diego, CA 92107
prayer@calvarypointloma.com
www.calvarypointloma.com
(619) 226-6125

Good Friday Service
April 6th at 12:00 pm

Easter Sunday Service
April 8th at 9:30 am
*followed by
complimentary brunch

"He is not here; for He is risen, as He said. Come, see the place where the Lord lay." Matthew 28:6

Holy Week Worship

Maundy Thursday, April 5, 7:00 pm
"with Communion"



Easter Services

April 8th

Rev. Dr. Alan W. Deuel

7:30am Bayside Service at Crown Point Park
at the knoll. Bring chairs and blankets

10am Easter Worship Service

11:30am Egg Hunt @ Kate Sessions Park

7pm "Roots" Young Adult

Pacific Beach Presbyterian

1675 Garnet Ave, San Diego, CA 92109
858.273.9312 www.pbpres.org



ST. ANDREW'S BY-THE-SEA
EPISCOPAL CHURCH

Holy Week Services and Events



APRIL 5TH MAUNDY THURSDAY, 7:30PM

APRIL 6TH GOOD FRIDAY CHILDREN'S STATIONS OF CROSS, 6:00PM

APRIL 6TH GOOD FRIDAY WORSHIP, 7:30PM

APRIL 7TH EASTER EVE WORSHIP, 7:30PM

APRIL 24TH EASTER DAY WORSHIP, 9:30AM

1050 Thomas Avenue, Pacific Beach
(across from PB Library)
858.273.3022 www.standrewspb.org



You're invited to Easter at Newbreak Church!
Kids will enjoy a special Easter craft and activities in their class, and adults will kick off a new teaching series. Newbreak has Easter covered.

PACIFIC BEACH CAMPUS
Sunday, April 8 @ 9:00a & 10:45a

MEETS AT CROWN POINT ELEMENTARY
4033 Ingraham St.
San Diego, CA 92109

GOOD FRIDAY SERVICE - Friday, April 6 @ 7:00p

OCEAN BEACH CAMPUS
OPENING AUGUST 25, 2012

2069 Ebers St.
San Diego, CA 92107



www.newbreak.org/Easter
or call 858.576.0007

Join Us on Easter!

Sunday, April 8th

7:30, 9:00, & 10:30 AM

"A VISION FULFILLED"

WITH PASTOR STEVE MURRAY

Enjoy music by the LJCC Worship Band,
Choir and a Brass Quartet



la jolla
Community Church

4377 Eastgate Mall, San Diego, CA 92121
One Block East of Genesee Avenue
LJCommunityChurch.org • (858) 558-9020



The first "Spike for Sight" volleyball tournament took to the sands of South Mission Beach on March 24 to raise money for the nonprofit Vision of Children program, which focuses on blindness and vision disorders of children and their family members. *Courtesy photo by Drew Woods*

Nonprofit looks to spike childhood blindness with volleyball tourney

By KEITH ANTIGIOVANNI | BEACH & BAY PRESS

The nonprofit Vision Of Children (VOC) program launched its inaugural "Spike For Sight" beach volleyball tournament at the South Mission Beach volleyball courts near the jetty on March 24 to raise money and awareness for childhood blindness.

"We had a huge turnout for the tournament," said Karen Readshaw, development director for VOC. "It filled up pretty fast, with a lot of teams signing up at the last minute."

The VOC organization is dedicated to eradicating hereditary childhood blindness and other vision disorders and to improve the lives of visually impaired people and their families.

The tournament involved 24 teams

of two coed players organized into four five-team pools and one four-team pool. The top three teams in the five-team pools and the top two teams in the four-team pools advanced to a single-elimination playoff round.

Prizes were given to the top four teams overall.

"We weren't sure what to expect because this was our first time trying to put on this event," Readshaw said. "But now that we know how it turned out, we would like to host another volleyball tournament probably later this year and hope to have between one or two each year now."

The VOC San Diego County office is located at 11975 El Camino Real, Suite 104. For more information or to donate, visit www.visionofchildren.org.

UCSD ready to flex muscle ahead of bid to join Pac 12

By JOHNNY McDONALD | BEACH & BAY PRESS

Progressively, rowing coach Zach Johnson believes his UC San Diego crew is about ready to venture into the collegiate Pac 12 stronghold that includes California State Berkeley and University of Washington, winners of eight of the last 10 national championships.

"Honestly, we're not quite at that level," said the Tritons coach, who is now entering his sixth year at UCSD. "But last year, we were ranked nationally in the top 18. That's something you don't do overnight."

Johnson said he believes that year by year there are signs of getting a little closer to join UCLA, USC, Oregon, Stanford and Oregon State.

"Cal [Berkeley] and Washington are the cream of the crop and get a lot of kids from overseas," said Johnson.

He said he has prepared his team well enough to compete in the last two Copley Cups of the San Diego Crew Classic, and that the team will be fighting for a berth in the classic's finals on April 1 off Crown Point.

UCSD scored convincing victories in the city championships and the Opening Day Regatta at Newport Beach the last couple of weeks.

The varsity eight boat defeated second-place USD by a full nine seconds on Feb. 24 and outclassed UC Santa Barbara, UC Irvine, Long Beach State and San Diego State at Newport Beach on March 3.

Johnson said the team is recruiting throughout the country and has 20 freshmen. In addition, they have received transfers from Drexel and Loyola Marymount and a couple from junior colleges.

For more information, visit www.crewclassic.org.

SD Rowing Club readies for the weekend's competition

Members of the San Diego Rowing Club's (SDRC) men's and women's teams will delve into the excitement of the annual Crew Classic competition on Mission Bay with seven Juniors boats and nine Masters boats beginning at 7:30 a.m. on March 31.

The SDRC has a number of seniors who will race for the last time as juniors in the two-day regatta. All three are celebrating a five-year career with the SDRC: Steven Goicoechea (Francis Parker School), Derek Manske (Point Loma High) and Julia Taylor-Brown (High Tech High).

The SDRC varsity women's boat — set to race at 12:30 p.m. on March 31 may be the one to watch with an impressive crew of

senior women recruited to top Division 1 Collegiate Crew programs.

Coxswain Liza Gurtin, a senior at Francis Parker High School and a La Jolla resident, signed with Stanford University.

Hannah Saddler, a senior at Scripps Ranch High School will be rowing for Notre Dame and Kate Hamilton, a senior at La Jolla Country Day and a resident of Pacific Beach, was recruited to row at Dartmouth College.

Other rowers in the varsity boat also plan to row in college at the University of Southern California, University of San Diego and other prestigious programs.

For more information, visit www.sandiegrowing.org.

— Staff and contribution

the Joint
SUSHI • TAPAS
ocean beach, ca

Happy Hour Daily 2-6 p.m.

4902 Newport Ave. San Diego, CA 92107

P: 619-222-TAPA

www.thejointob.com



2+2=\$25

**Choose Any 2 Entrees
& Any 2 Beverages for \$25**

*Including Taxes • Gratuity Not Included
Valid M-F*

***BEVERAGES INCLUDED:**

Smoothies, Coffee Drinks, Lattes,
Mochas, Beer, Wine, Bloody Marys,
Screwdrivers, Juices, Sodas, Milk & Teas

***BEVERAGES NOT INCLUDED:**

Bottles of Champagne or Wine,
Splits of Champagne & Doubles on any Drinks

FIREHOUSE

AMERICAN EATERY + LOUNGE

2 levels, rooftop patio with ocean view | complimentary valet | ((WIRELESS INTERNET))

722 Grand Ave. San Diego, Ca 92109 | www.firehousepb.com | 858.274.3100

**CUT THIS OUT for a COMPLIMENTARY
dinner entrée** with purchase of dinner entrée of equal or
greater value & 2 beverages **Monday-Friday 5pm-10pm**



California-French Cuisine in a Casual Setting
Breakfast & Lunch Everyday 8am - 3pm
Dinner Tues-Sat 4pm - 9pm (closed for dinner Sun & Mon)



Catering • Restaurant • Bakery • Wine Boutique

960 TURQUOISE ST. • SAN DIEGO, CA 92109
Call for reservations: 858.488.1725
www.thefrenchgourmet.com



Enjoy our \$25 3-Course
Prix Fixe Dinner Menu!

Available Tuesday - Saturday!

The French Gourmet

The French Gourmet's casual French restaurant is open for dinner Tuesday through Saturday and proudly features a \$25 3-course Prix Fixe Menu and extensive Wine List. Open 7 days a week for Breakfast and Lunch, serving delicious crepes and outstanding Eggs Benedict, as well as traditional French and American dishes.

The Bakery offers the makings for an impromptu get together, such as baguette and artisan bread sandwiches and paninis, desserts, coffee and espresso drinks, freshly baked breads and breakfast pastries. A local favorite for almost 33 years, it's always a delicious day at The French Gourmet!



\$10
A GIFT FOR YOU
EXPIRES APRIL 30th, 2012
Certificate is for one-time use only and cannot be exchanged for cash. Limit one certificate per table. For dine-in customers only, cannot be combined with other discounts or offers.

"Wine Spectator Award
Of Excellence 2011"

"Beach & Bay Press Readers'
Choice Award 2011 for
"BEST THAI"

Naraya
THAI CUISINE
By Suree

4475 Mission Boulevard . 92109
858.490.2245 www.naraya.com
2 hrs. of free parking on Diamond Parking lot on Hornblend Street.

Naraya Thai

Suree or Nok as she is known to so many continues her tradition of serving delectable Thai cooking coupled with impeccable service with Naraya – the Palace of Thai Dining in Pacific Beach. Although, Nok has two Other locations, Amarin in Hillcrest and Siam Nara in Mira Mesa, she strives to conceive, believe and achieve culinary excellence through both traditional dishes and delightful creations by embracing her customers' feedback, exploring new ingredients and extending an invitation for everyone to enjoy the sugar, spice and everything nice that is Thai cooking. welcome t Naraya – the Palace of Thai Dining – where the food, the wines, the traditional and contemporary seating make for an unforgettable experience!



MAMMA MIA COMBINES AUTHENTIC ITALIAN CUISINE
AND A FRIENDLY, FUN ENVIROMENT.



1932 Balboa Ave. San Diego (PB) • 858.272.2702

facebook www.mammamiaitalianrestaurant.com

Mamma Mia's Restaurant presents:
Positive Energy Dance Company!

An International Bonanza! Spice up your Saturday night with Latin dancing and casual Italian dining. Mamma Mia's Restaurant located in the heart of PB presents Positive Energy Dance Company! The last Saturday of every month professional dancers enchant and entertain to the beat of Salsa, Bachata, Cumbia and the Meringue. Be captivated by their seductive Argentine Tango and sexy Cha Cha routines. After you dine on the authentic Italian cuisine, prepared by Chef Cinzia Zolfanelli a locally acclaimed Chef, restaurateur and teacher born & raised in Milan, Italy, get ready to join in on the dancing fun - Principal dancers Karina Ortiz, and Michael Saltus will create a lively and memorable dinner show! Make your reservation today! Mamma Mia's – 1932 Balboa Ave, San Diego, CA 92109 858-272-2702



FINAL FOUR SATURDAY
YOUR HOOPS HEADQUARTERS

CHECK OUT OUR KILLER FOOD DEALS!

TJ TUESDAYS

\$5 Your Choice Mexican Entree
It's like Taco Tuesdays on Steroids!

WEDNESDAY

2 lbs of Wings for
the price of a pound

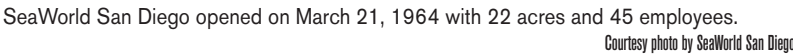


4465 MISSION BLVD.
858.483.4143

Miller's Field

Let Millers Field provide a killer location for your next private event Looking for a location to host your next corporate event, meeting or private party? You've come to the right place. We have an upstairs location that will meet the needs of events with attendance of 100 or less. seating for up to 75 people ~ full service (15 seat) bar ~ ocean view indoor / outdoor heated patio ~ order off menu or buffet ~ free validated parking 13 flat screens on upper patio ~ presentation friendly! Contact us today to get more information! 619 838 1866





SeaWorld San Diego came two steps closer to celebrating five decades of local and international entertainment prowess on March 21.

SeaWorld opened its doors on the same date in 1964 with 22 acres, 45 employees, two aquariums and a few dolphins and sea lions. The first year drew more than 400,000 visitors. In the years since, SeaWorld has become San Diego's No. 1 tourist attraction and the largest employer of youth in the county. Now sprawled over 189 acres on Mission Bay Park, SeaWorld features more than three dozen animal shows, interactive attractions, aquariums, rides and dining facilities.

Over the years, the park has grown from a small display of marine animals into one of the largest and most respected marine zoological facilities in the world. The highest standards of animal husbandry, education and marine-life display have earned SeaWorld San Diego accreditation from the American Zoo and Aquarium Association.

It is now home to more than 10,000 animals, including 20 species of marine mammals, more than 430 species of fishes and more than 75 species of birds. The world-famous killer whale Shamu has been thrilling guests from around the world since 1965.

SeaWorld is one of 10 parks owned

number of visitors to more than 145 million since the park opened 48 years ago. SeaWorld San Diego was founded in 1964 by four fraternity brothers from the University of California Los Angeles. SeaWorld remains involved in groundbreaking scientific research, wildlife preservation, marine-life education, environmental stewardship and rescue and rehabilitation programs.

— *Staff and contribution*

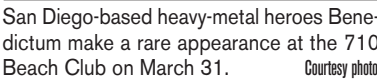
It is now home to more than 10,000 animals, including 20 species of marine mammals, more than 430 species of fishes and more than 75 species of birds. The world-famous killer whale Shamu has been thrilling guests from around the world since 1965.

SeaWorld remains involved in groundbreaking scientific research, wildlife preservation, marine-life education, environmental stewardship and rescue and rehabilitation programs.

— *Staff and contribution*By **BART MENDOZA** | BEACH & BAY PRESS

Mixing indie rock with reggae, Counterpoint Culture rises above the current wave of like-minded bands – but with more melody and rhythm. Appearing at RT's Longboard on Thursday, March 29, frontman Cam Pappas has a commanding, radio-friendly voice. But it's guitarist Andrew Krause's fretwork that truly spices up the group's music. Song titles like "Irie Day" give a clue to Counterpoint Culture's influences, but tunes like "Be Strong" include a touch of classic 1980s new wave for a sound that's got depth and plenty of groove.

Fans of 1950s-styled music won't want to miss The Bobby Sanchez Combo, performing at Tio Leo's on March 31. Billed as "premium rockabilly," Sanchez's quartet lives up to the tag with an authentic sound that also takes in R&B, country and early rock 'n' roll. The group's impressive set list includes classics from the likes of Jerry Lee Lewis and Lloyd Price, as well as more modern bands like The Texas Tornados, adding up to a night out that's perfect for swing dancers or music history buffs alike.



San Diego-based heavy-metal heroes Benedictum make a rare appearance at the 710 Beach Club on March 31. Led by singer Veronica Freeman, with music influenced by artists like Dio and Rush, Benedictum has found much greater fame in Europe than at home. Though it has a fervent fan base here, they are a festival attraction across the pond with all three of their albums being European releases. A chance to see Benedictum in an intimate venue like this would make many a Euro metal fan green with envy.

Paul Hornick, the quartet has an encyclopedic knowledge of vintage tunes. While anyone who enjoys up-tempo music or virtuosic fretwork will find much to their liking, fans of legendary gypsy guitarist Django Reinhardt in particular will love this performance.

– Bart Mendoza

Acoustic guitar-wielding songstress Leanna May and her band, the Matadors, have a Wednesday-night residency at The Griffith through the month of April. Former members of such local combos as Noise Ratchet and Supernothing, May and her trio perform original tunes rooted in Americana – notably folk, blues and country. With an abundance of well-written, catchy songs like the melancholy “Pick Up The Pieces,” fans of a range of artists from the Violent Femmes to Bob Dylan will find May and her musical cohorts’ music well worth investigating.

• **Leanna May and the Matadors** perform at 9 p.m. on Wednesday, April 4 and Wednesday, April 11 at **The Griffin**, 1310 Morena Blvd. 21 and up. No cover. www.thegriffinsd.com

Guitarist Brett Ellis celebrates the release of his latest album, "Monkey Brains," with a concert at Brick by Brick on April 6. Backed by bassist Rick Nash and drummer Calvin Lakin, Ellis plays blues and hard rock in the tradition of Eddie Van Halen and other heavy riffs. Anyone who enjoys an extended guitar solo or two will find much to their liking, but classic rock enthusiasts will appreciate the hooks Ellis writes into his songs.

• **Brett Ellis Band** performs at 8 p.m. on Friday, April 6 at **Brick by Brick**, 1130 Buenos Ave. 21 and up. \$7. www.brickbybrick.com

Even in a crowded jazz field in San Diego, the Zyzmzy Quartet stands out. Appearing at the Pacific Beach/Taylor Branch Library on April 11, the combo plays unamplified instrumental music from roughly 1920 to World War II and a few like-styled originals. Based around the guitar playing of Beston Barnett and superb accompaniment from guitarist Pete Miesner, clarinetist Matt Gill and bassist



Dining, Happy Hour & Entertainment GUIDE

MISSION BEACH		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
 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	
	 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 ½ 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		
 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				
	 809 Thomas 858-270-1730	Nightly Specials: Happy Hour Food 4 to Close & Drinks 4 to 7		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.		
Happy Hour 4 to 7 Every Night in the Bar Areas! Coming Soon DJ's and Bands Thurs – Sat!																
 4465 Missino Blvd. 858-483-4143	Happy Monday: Happy Hr. open til Close Mason Jars for the price of pints Double Wells \$3 Skyy drinks		Tijuana Tuesdays 5PM-Close \$5 Chicken Enchilada Plate, Baja Fish Tacos, Chicken Mole, Carne Asada Tacos \$5 Footlong, \$3 Dos XX, \$3 House Margs		Wing Wednesday: 2lbs. of wings for the price of 1		College Night 7pm-close: Large Pizza for the price of a small \$3 Wells and Skyy Drinks \$3 Domestic Bottles		\$4 Fridays 7pm-close: \$4 Selected Drinks		March Madness 3rd round Saturday & Sunday					
	March Madness 2nd round Thursday & Friday															

Spring & Summer Camps

Point Loma Arts Academy 2012-“Handspun Dreams”

Pt. Loma Arts Academy has been engaging children ages 5-13 in a unique hands-on smorgasbord of visual arts, including clay, printmaking, music, guest artists, stories, and delicious homemade snacks...for 32 years! Classes are small with creative teachers, teen assistants, and a welcoming atmosphere which keeps our children coming back year after year.

The afternoon theater program is designed for drama-loving kids ages 7-15 and will be performing **Peter Pan**, directed by the talented Billy Stevens. This program is limited to 30 children. Each program is 3 weeks long running from **July 9-27** and includes all supplies, daily snacks, and an original tee shirt. The fee for each program is \$400. Space is limited. Pre-registration is required. For more info call **691-804-6648** or visit our website: **PLARTS.ORG**, and register today!!!

Surf Diva's La Jolla Surf Camp & Academy

Awarded Nickelodeon's Parents' Choice for surf schools, Surf Diva's La Jolla Surf Camp & American Surf Academy provide the best kids co-ed surfing program in San Diego. Girls and boys aged 5 to 10 and 11 to 17 learn to surf and participate in awesome activities emphasizing ocean & beach awareness. The surf camp takes place at La Jolla Shores, a sandy bottom beach. This prime San Diego location is the perfect place to learn how to surf.

The surf camps include: surfing, beach games, beach culture and are supervised by: Surf Diva certified/ First Aid/ CPR and Lifesaving trained and qualified surf instructors. Whether your child is a beginner or has some surfing experience, the small groups allow our surf instructors to provide your child with the proper coaching.

Morning and Afternoon sessions: \$297 (plus a 10% City beach permit fee). Full

day session: \$500 (plus 10% City beach fee). Register now by calling 858.454.8273 or by logging on to www.surfdiva.com.

Sign up for La Jolla YMCA Summer Camp

The La Jolla YMCA offers day camps all summer long, beginning June 13th - August 31st. 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, April 2-6. To register for either spring or summer camps, please visit lajolla.ymca.org or call (858) 453-3483 for more information.

Join Junior Theatre this summer to experience the wonderful world of Performing Arts

Campers will take classes in acting, dance, & singing. Traditional, Performance & Advanced camps are available in Balboa Park. Junior Theatre also provides K-3rd camps in La Jolla. Camps run June 13-Aug

31. For a list of camp dates, descriptions & pricing visit JuniorTheatre.com. Register early as our camps fill quickly. San Diego Junior Theatre JuniorTheatre.com 619-239-1311

Vacation Bible School

Christ Lutheran Church in Pacific Beach, 4761 Cass Street, is hosting Son-Quest Rainforest Vacation Bible School July 23-27, 9:00 a.m. to 12:00 noon for children age 3 to grade 4. The program will feature music, Bible stories, craft time, snack time and more fun! The week will

end with a closing program at noon and a picnic for the whole family on Friday, July 27th at 5:00 p.m. For information and registration forms, please go to www.christpb.org or call the office at 858-483-2300 and speak with Taffin.

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

Discover why San Diego Families have chosen San Diego Surf School as the place to be year after year. Our popular week-long, half day surf camps are unique with small class sizes, specializing in personal surf instruction for campers of all levels. A 3:1, surfer to instructor ratio ensures safety and valuable educational opportunities, including knowledge of the ocean and surfing etiquette. Surf Camps start June 4th and include surfboards, wetsuits, snacks, t-shirt, pizza Friday. Summer Camp 2012 Specials at www.sandiegosurfschool.com (limited space available).

Phone: 858-205-7683 or e-mail us: sandiegosurfschool@gmail.com.

Nike Golf Schools & Jr. Camps

Nike Golf Schools and Jr. Camps offer a variety of programs designed to meet the needs of each camper. Every facet of the game is covered during morning instruction and afternoon course play. Beginning, intermediate, high school and advanced players can immerse themselves in the sport for an entire week. Our camps are led by directors who are nationally recognized PGA/LPGA professionals and college coaches and are joined on staff by other teaching professionals, college assistant coaches, renowned high school coaches and former/current college players.

Enroll in a Nike Jr. Golf Camp today and see why over 150,000 junior golfers have participated in what we believe are among the best junior programs in the country.

Calling All Kids!
July 23-27 9 to noon

Christ Lutheran Church
4761 Cass St.
in Pacific Beach

858-483-2300
www.christpb.org



SAFE, QUALITY SURF INSTRUCTION FOR OVER 10 YEARS!

3 LOCATIONS:
La Jolla Shores, Del Mar, and Mission Beach
Half-Day and Full-Day camps offered June-August
Group Discounts available!
FREE SURFBOARD GIVEAWAY EVERY WEEK!
Call or register online
MENEHUNE SURF SCHOOL
2216 AVENIDA DE LA PLAYA LA JOLLA, CA 92037
(858) 663-7299 **WWW.MENEHUNESURF.COM**



AMERICAN SURF ACADEMY

SURF CAMP
by Surf Diva Surf School
@ La Jolla Shores

#1 Surf Camp
(1st, 2nd, 3rd)

Free wetsuit rental for camp when you mention this ad!!

I learned at teen camp!

I love Surf Camps!!

SPRING BREAK, SUMMER, & AFTER SCHOOL
Co-ed. Ages 5 & Up
858.454.8273
2160 Avenida de la Playa La Jolla, CA 92037 surfdiva.com




Le TOUR du MONDE 2012

Children will enjoy the excitement of new languages – French, Chinese & Spanish. Learn about other cultures in theme-based activities

SUMMER CAMP!

\$15 EARLY BIRD DISCOUNT
by April 30, applies to full time camp only

June 25 to July 27
Camp starts at \$300 per week
9am-4pm for ages 3-5 and 6-13

Sewing • Art • Surfing • Archery
Skateboarding • Sciences and more!

SAN DIEGO FRENCH AMERICAN SCHOOL

858.456.2807 x307 • 6550 Soledad Mountain Road, La Jolla
www.sdfrenchschool.org




NIKE GOLF
SCHOOLS + JUNIOR CAMPS

TAKE YOUR GAME TO THE NEXT LEVEL

OVERNIGHT LOCATIONS
University of San Diego, San Diego
USC Trojan Camp, Temecula
Monterey Peninsula, Pebble Beach

DAY CAMP LOCATIONS
Riverwalk Golf Club, San Diego
Salt Creek Golf Club, Chula Vista

- Instruction from distinguished college coaches and PGA professionals
- Practice and course play at phenomenal golf courses
- Nike Amenity Package
- Fun, safe, and positive learning environment

OVER 90 LOCATIONS NATIONWIDE!

USSPORTSCAMPS.COM **1-800-NIKE CAMP**



www.sandiegosurfschool.com
Serving San Diego Families since 2000!

Surf Camp 2012
Sign Up Now

Early Bird Special

Summer Camp 2012 Specials ONLINE!

San Diego Surf School

Reserve your spot today!
858.205.7683




the Y YMCA

SUMMER DAY CAMPS
Make new friends
Learn new skills
A safe and fun environment
Create lasting memories
Wide variety of specialty camps

La Jolla YMCA
858.453.3483
www.lajolla.ymca.org

Peninsula YMCA
619.226.8888
www.peninsula.ymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



POINT LOMA ARTS ACADEMY
A not-for-profit community arts organization since 1980

Hands-on Art for Ages 5-13
July 9-27th (M-F)

*Celebrating 32 Years!

Located at:
1475 Catalina Blvd.

HANDSPUN DREAMS
Hands-on Art
9 to Noon

PETER PAN
Theater
Noon to 3

Questions?
619-804-6648

Visit our Website **plants.org** to register





Make the Most of summer with Menehune Surf!

The Menehune Surf School has been synonymous with safe, quality surf instruction for over 10 years. Founded by San Diego schoolteachers, our program takes learning to surf to a whole new level. Included in camp programs are discussions on ocean safety (our #1 priority!), surf history and culture, surf etiquette, and marine conservation. All instructors are CPR, First-Aid, and lifeguard certified. In addition to our ever-popular Surf Camp, we also offer an Ocean Adventure Camp, in which campers explore the La Jolla Ecological reserve through kayaking, snorkeling, tide-pooling, and of course, surfing.

Surf Camps are offered at three locations: La Jolla Shores, Del Mar, and Mission Beach. Basic and intermediate level camps available. Half- and Full-Day programs offered.

Group discounts and special pricing

available! Best of all...we hold a free surf-board giveaway every week of camp!! Don't miss out – register now at www.menehunesurf.com or call 858-663-7299. See you at the beach!

Peninsula YMCA Camps

The Peninsula Family YMCA offers day camps all summer long beginning June 13 through August 31. Day camps range from a variety of choices and for all ages. There are more than several camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will grow, discover and explore while 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.

To register to either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8888 for more information.



Hands Up! New Programs

Now Enrolling for:
Summer Camps
Transitional Kindergarten

Ages: 2-5 years old
Hours: 7:30am to 5:30pm M-F

- Weekly Theme Camps
- Fun, Energetic Staff
- Secure Facility
- Qualified Teacher for Transitional Kindergarten

St. Andrew's by-the-Sea Episcopal Preschool
1050 Thomas St. San Diego, CA 92109 LIC#372000550
call us for a tour (858) 273-3023 standrewspreschoolpb.org



San Diego Junior Theatre

BALBOA PARK & LA JOLLA



Spend the Summer with San Diego Junior Theatre!

* One and two week sessions grades K-12 * Creative Play camp for ages 3-5
* Play Performance and Dance camps* Advanced Acting and Musical Theatre camps for grades 9-12* Camps run June 11 through August 31
Students 8 & up enrolled in 2 weeks of camp may audition for:



Call: (619) 239-1311 for information www.juniorthatre.com



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER UNPLUGGED

YMCA OVERNIGHT CAMPS
MARSTON | SURF | RAIN TREE
FOR CHILDREN AGES 7-17



760.765.0642
camp.ymca.org



Members of the “Baby Boot Camp” class exercises while the babies occupy themselves at Mission Bay. Photo by James Steinberg | Beach & Bay Press

‘Baby Boot Camp’ program at Mission Bay helps post-birth mommies recapture their figures

By MARSHA KAY SEFF | BEACH & BAY PRESS

A group of young moms has discovered a pleasant way to reclaim their girlish figures while enjoying their babies at Mission Bay.

They meet for “Baby Boot Camp,” which is a bit of a misnomer, as the babies don’t do much more than babble, crawl and enjoy a ride in their strollers.

The women assemble next to the playground at Mission Bay Park’s Ski Beach (across Ingraham Street from Paradise Point) three mornings a week to work out. The group leader is personal trainer Jenny Nichols, a 38-year-old, first-time mother with a degree in nutrition.

She bought the “Baby Boot Camp” franchise in November because she wanted to get back in shape after her own baby was born and couldn’t find a gym that offered daycare for infants.

Most of Nichols’ group engages in jogging, pushing their strollers and stopping along the bayside path for cardio drills and resistance training.

The babies come along for the ride and fresh air.

“We’re not putting them to work,” Nichols said.

But at the tail end of the hour-long workouts, the mothers roll out their mats to work on their abdominals, while the babies are free to crawl around. While doing crunches, some moms even balance the little ones on their legs or stomachs.

The nationwide post-pregnancy program is the brainchild of Kristen Horler, who started “Baby Boot Camp” soon after her first child was born in the summer of 2001.

Horler drew from her experience as a group fitness instructor, personal trainer, triathlete and mother. The goal is to balance the fitness needs of new moms with their desire to spend time with their baby.

She believes the program helps mothers regain or enhance pre-pregnancy fitness levels in a supportive environment. She said it’s important for them to get strong enough to meet the physical challenges of parenting.

“Moms (in the program) don’t have to worry about finding daycare and paying for it or foregoing their workouts entirely,” Nichols added. “Even new moms have to put themselves first sometimes.”

The class also provides the chance for babies to interact, Nichols said.

“After class, the older children can run around together,” she said.

During most of the class, however, Nichols encourages the women to leave their babies in their strollers “unless the kids are super fussy.”

The boot camp also begins teaching the youngsters good fitness habits, she said, adding, “My son is already mimicking me.”

According to Nichols, she opted to buy a franchise instead of starting a business from scratch because the franchise includes instructor training, an annual conference, class formats, videos and a national marketing campaign. Name recognition also is a big perk, she said.

Nichols’ franchise is the only one in San Diego County.



“Baby Boot Camp” gives mothers and their babies plenty of time to bond. Photo by James Steinberg | Beach & Bay Press

Currently, the group has about nine moms and their babies, who range from two months to two years old. Older children are invited as long as they can sit still in a stroller. The Mission Bay group meets at 9:30 a.m. Mondays and Wednesdays and at 9 a.m. Saturdays.

Costs range from \$40 for one day a week to \$60 a month for a year’s membership. Members can also pay \$65 a month for six months or \$75 month-to-month. Moms have to be at least six weeks postpartum before they can join.

To teach a group at Ski Beach, Nichols had to get a city permit, which runs about \$93 per quarter, she said.

A soccer player who has always been an active athlete and used to work out with personal trainers, Nichols had to become a certified personal trainer herself before she could start a franchise. The training took about four months, said Nichols, who is also a full-time executive recruiter. She brings her baby, 17-month-old Connor, to class on Saturday; otherwise, he’s in daycare while she works.

“I really enjoy Baby Boot Camp,” Nichols says. “It’s a nice change of pace for me. The money is an unexpected perk.”

The mothers have formed friendships and end up chatting during class. But, Nichols said, “It’s certainly more than a social event. My moms go home sore.”

On a recent chilly day, Nichols joked with the women in the group: “We’ve got a regular zoo here.”

To illustrate her point, she surveys the babies in the group, who are bundled up and sporting bear, owl and dinosaur caps.

“I wanted to get back into shape,” said student Jami Yaeger, whose son, Liam, is nine months old. “It makes me feel like a better mother when I look good and feel good.”

In addition, Yaeger said, her husband is coming back from his military deployment and she wants to look good for him. Aubri Forero, who’s in class with her 11-week-old son, Kaden, said, “I got my pre-baby figure back — almost.”

For more information, visit www.babybootcamp.com/CA-SanDiego.aspx and www.babybootcamp.com/about.aspx, or call (202) 344-5253,

CLASSIC

CONTINUED FROM Page 8

and Purdue.

The Copley Cup heats begin at 8:30 a.m. and the Jessop Whittier heats at 8:50 a.m. on March 31. The Jessop-Whittier Cup final is set for 9 a.m. and the Copley Cup final at 9:15 a.m. on April 1. Practice will be conducted throughout the day on March 30.

The races begin near SeaWorld and the Ingraham Street bridge, heading north along Mission Bay for 2,000 meters, finishing at Crown Point Shores.

There will be 4,000 athletes from universities, clubs and high school programs across the country, ranging in age from 14 to 84, competing in more than 100 races.

“Cornell was a key to getting Harvard here,” said Schumaker. “They’ll race within a race, side by side, for a special cup.”

Harvard comes in with strong credentials, finishing last year’s “heavyweight eight” season undefeated, winning the Eastern Sprints and finishing third behind Cal State Berkeley and Washington in the national championship.

Interestingly, this will be the final season for Navy coach Rick Clothier, whose crews have won numerous titles, including the International Rowing Association’s national crown in 1980.

The Crew Classic is more than just a competition on the water, offering a festival atmosphere with music, a trade show and alumni tents.

Tickets are \$10 in advance and \$12 on the day of the event. Admission is free for active military with ID

and children under 12.

Parking is \$15 per car at Crown Point Shores. Parking is free at Ski Beach (off Ingraham Street and across from the entrance to Paradise Point Resort), with free shuttle service to the regatta.

In addition, the Sun Run lot will offer free shuttle as an overflow lot from Ski Beach.

Three full-time staff people and 20 members of the board of directors have done the event planning and there will be about 350 volunteers on duty during the weekend.

“Mission Bay Yacht Club members are an important part of that,” said Schumaker. “We don’t close the bay but we have to control it on the course.”

For more information on this year’s competition, visit www.-crew-classic.org.

Anderson Medical Center focuses on ‘whole patient’ in healthcare realm

By MARSHA KAY SEFF | BEACH & BAY PRESS

With the uncertainty of the new, national healthcare plan and its ripple effect looming, a Pacific Beach doctor took a giant leap of faith in early October. Dr. Ken Anderson, D.O., opened the Anderson Medical Center at 1945 Garnet Ave., just up the road from the Fanuel Street and Garnet Avenue urgent-care practice, where he'd worked for 22 years.

At 53, Anderson has never had his own practice and decided it was time to strike out on his own. He wanted more control over how he took care of his patients and he wanted the latest in medical technology — from electronic records to digital X-rays.

Although he built his practice on the urgent-care model with the ability to treat minor emergencies, he said, “We consider ourselves as primary-care physicians. We manage (patients’) healthcare.”

Anderson said a doctor of osteopathic medicine is very similar to an M.D., with the same training and responsibilities. The difference, he said, is that osteopathic physicians can manipulate patients’ bodies.

“We place more emphasis on treating the whole patient,” Anderson said. His philosophy for the center, which involved himself, two part-time doctors,

a nurse practitioner and a physical therapist by appointment, “is to treat all patients as we would want our family members to be treated.”

His practice includes sports medicine and he’s the doctor on call at local professional tennis competitions. He was the team doctor for the San Diego Gulls hockey team and he continues on as the team doctor for University of San Diego and Mission Beach High School and as medical director for SeaWorld San Diego.

Anderson, a father of two, said he’s not overly worried about the unknowns of impending changes to U.S. healthcare.

Generally, though, he’d like to see less government and insurance-company involvement in healthcare, he said. But, he admitted, “I think it’s only going to be worse.”

As for competition from the urgent-care clinic where he used to practice, and the nearby pharmacy’s in-store clinic, “which is very limited in what he does,” he said he’s not concerned. “Dr. A,” as many of his patients call him, said he ends up treating some of the patients from the pharmacy clinic, as well as seeing many former patients who followed him to his new practice.

“This is a positive environment, not so stuffy, and Dr. Anderson just seems to care a lot; he’s genuine,” said reception-

ist Londa Monroe.

The center takes most insurance and hopes to participate soon in local HMOs, Anderson said.

“Insurance companies tend to be our biggest challenge,” he said.

For patients without insurance, the practice offers a cash discount. The initial visit is \$125 and, after that, \$75.

Additional tests are extra. If the Garnet Avenue address sounds familiar, it’s because it once housed San Diego National Bank. In fact, the bank vault is now home to digital X-ray equipment, which allows for fewer X-rays, Anderson said.

The remodeled building and its décor resemble a beachside spa, complete with surfboards as art and a focal wall of waves.

No, he’s not a surfer.

“But everyone else in Pacific Beach is,” said Anderson.

He’s been a tennis player for 25 years. And he’s not shy about telling people he had a cardiac arrest on the tennis court two years ago. That’s partly why cardiac healthcare is so important to him. In fact, the center has offered classes in use of the automated external defibrillator and cardiopulmonary resuscitation.

“I believe we offer a great quality of care and the latest in technology to provide that,” Anderson said. “We tried to



Dr. Ken Anderson offers urgent-care, treatment for minor injuries and full-scale osteopathic services at Anderson Medical Center in Pacific Beach.
Photo by Marsha Kay Seff | Beach & Bay Press

make (the center) accessible and easy with extended hours — from 8 a.m. to 8 p.m. weekdays and 8 a.m. to 4 p.m. on weekends and holidays.”

Walk-ins are welcome.

Anderson Medical Center is located at 1945 Garnet Ave.

For more information, call (858) 224-7977, or visit www.anderson-medicalcenter.com.

Congratulations to the 2012 Combined Health Agencies HEALTH HEROES

The 18th annual Health Hero Awards honored individuals and companies selected by each of the members of Combined Health Agencies. The heroes have given freely of their time, talent and resources to improve the health and well-being of our community.

Dr. Ramón Valle • Alzheimer’s Association
Profil Institute for Clinical Research, Inc. • American Diabetes Association
Dr. Rohit Loomba • American Liver Foundation
Paul Manasjan • American Lung Association in California
Valerie Guild • American Melanoma Foundation
Dr. William Mobley • Amyotrophic Lateral Sclerosis Association
Camp Marston, YMCA of San Diego County • Arthritis Foundation
Dr. Parvathi Pokala • Autism Society of San Diego
San Diego County Firefighters Pipes & Drums • Burn Institute
Dr. Paul A. Negulescu • Cystic Fibrosis Foundation
Dr. Howard Taras • Epilepsy Foundation
Dr. Salvator Pacella • Fresh Start Surgical Gifts
Cebix, Inc. • Juvenile Diabetes Research Foundation
Celgene Corporation • The Leukemia & Lymphoma Society
In Motion, Inc. • Lupus Foundation of Southern California
The Xceptional Music Company • Mental Health America
Diane Carlson • Muscular Dystrophy Association
Kaiser Permanente • National Multiple Sclerosis Society
Dr. David Barba • Parkinson’s Association of San Diego
Ruth Westreich • San Diego Hospice and The Institute for Palliative Medicine
Brian M. Culley • Sickle Cell Disease Association
Willis Allen Jr. • Stepping Stone of San Diego



Sponsored in part by:



More information at combinedhealth.org



Belmont Park has opened its latest attraction, RUSH Laser Tag, for the amusement of children and adults alike. Courtesy photo

Belmont Park opens new laser-tag attraction

Belmont Park, the seven-acre beach front amusement park and entertainment center in Mission Beach, has opened its newest attraction — RUSH Laser Tag — just in time for spring break and the summer season.

Belmont Park’s new laser-tag arena, with its post-apocalyptic theme, offers players 3,000 square feet of action-packed fun with the latest in laser-tag technology.

Not only is RUSH Laser Tag the newest attraction at Belmont Park, but it is the only arena in San Diego that includes a full arcade and a “Mission Impossible”-style laser maze.

“RUSH Laser Tag arena has a 20-person capacity that is sure to have a surprise waiting around every corner,” said James Austin, attraction owner/operator.

The cost of the attraction is \$7.95 a game or \$15.95 for unlimited play.

Belmont Park is located at the corner of Mission Boulevard and West Mission Bay Drive. For more information, call (858) 488-1549, or visit www.belmontpark.com.

— Staff and contribution

ALARMS

**One Stop
Theatres & Security**
Wireless Home Alarm Systems
From \$699

Flat Screens • Installation
Alarms • Security Cameras

Open Mon-Sat 10-6
Locally Owned & Operated
1257 Rosecrans St
619-223-3500
619-204-STOP(7867)

CLEANING

San Diego's Premier House Cleaning
and Carpet Cleaning Service

Competitive Pricing.
Weekend and same day service.



**A Perfect Shine
Cleaning Service**

APerfectShine.com
619.269.1745

**Cleaning Service
by Cecilia Sanchez**
Family owned & operated
15 years experience.

Office, residential &
vacancy cleanings

#1 vacation
rental experts

Free estimates
& excellent
references

(619)
248-5238

**Maribel's
Cleaning Services**

- Commercial / Residential
- Foreclosures
- Vacation Rental Expert
- Move In / Outs
- Same-Day Service

Once - Weekly - Bi-Weekly - Monthly

- Cleaning Supplies Provided
- Best Prices
- Great References

- Free Estimate •

(619) 715-2888
maribel.cleaningservice@gmail.com
License # 068798 Insured

CONSTRUCTION

**Re-Stucco
Specialists**
Interior Plaster/Drywall Repairs

*All Work
Guaranteed*

30+ Years Experience
Lic. # 694956

Repairs • Lath & Plaster
Re-Stucco • Custom Work

Clean • Reliable • Reasonable

D'arlex
619-846-2734 Cell
619-265-9294
Email: darlex0907@hotmail.com

CONSTRUCTION

**Trinity Pacific
Construction**

Summer is almost over!
10% Discount!*
Call today to get
your home ready
for the winter!

RESIDENTIAL & COMMERCIAL
*New customers • Labor only
See our work at:
www.trinitypacific.net
Call #619.674.8967
Ca. G.C.Lic#: 945528

CLEANING

Maid Service
Top to Bottom
detailed cleaning
Weekly • Monthly • Special Occasions
MOVE OUT SPECIALS
FREE ESTIMATES!
Call Valentina
(858) 229-0016

GARDENING-LANDSCAPING

**WATER WISE
LANDSCAPE**

- Sustainable Landscape,
- Organic Maintenance,
- Water Management,
- Green Design,
- Rockgardens,
- Xeriscape,
- Lighting

CA Lic #633203
800 329-9887
aristocratlandscape.com

FREE ESTIMATES
REFERENCES

**R&V
Ruperto
Vazques**

Tree Trimming • Hauling
Sod Lawn • Clean Up Trash
Concrete • Gardening
Fertilized • Landscaping • Drain Water
Sprinkler Installation • Wood Fencing

Ph: (858) 573-6950
Cell: (858) 518-0981

P.O. Box 710398
San Diego, CA 92171

**Jose's
Gardening Clean-up**

Hedges hauling • Reasonable Rates
Free Estimates • References

619-847-1535

**COASTAL
LANDSCAPING**

- COMPLETE WEEKLY MAINTENANCE
- FENCES
- TREE TRIMMING
- SPRINKLER SYSTEMS & REPAIRS
- DESIGN & CONSTRUCTION
- CLEANUP & HAULING
- LOWEST PRICES GUARANTEED

LET US KNOW WHAT WE CAN DO FOR YOU.
858-692-6160

**Flores Landscape
Construction**

Specializing in
Interlocking Pavers

Concrete • Driveways • Block Walls
Patios • Fences • Natural Stones
Lighting • Synthetic Turf Lawns
Hauling • Complete Yard Care
Tree Service

Sprinkler Repair • Installation
Free Estimates • Reasonable Prices
(858) 952-4915

**POINT LOMA
LANDSCAPE**
— No Job Too Small! —

Complete Landscapes & Design

Sprinkler Installation & Repair

Yard Maintenance

www.pointlomalandscape.com

(619) 523-4900

VISA CA License #783646
Bonded and Insured

HARDWOOD FLOORING

**Traditional
Hardwood
Flooring**

- REFINISHING
- REPAIR
- INSTALLATION

SPECIALIZING IN
HARDWOOD FLOORS
Over 20 years experience in San Diego

JOHN WEIGHTMAN
(619) 218-8828

HANDYMAN

asap
SAN DIEGO HANDYMAN

PAINTING ELECTRICAL
CARPENTRY PLUMBING
DRYWALL

858-876-9455
Serving all
San Diego County
www.asapsandiego.com

RENT-A-HUSBAND
Handyman with 30 years experience
All Trades • Hourly or Bid
Prompt, Affordable, Professional
Insured

Non-licensed

Ask for Bob
858-454-5922

Fredz Handyman Service

Serving the Beaches for over 25 years.
Painting, Furniture Assembly, and
Home Maintenance.
Small job specialist. Non-contractor.
(619) 223-9236 FredzHandymanService.com

HAULING

A VETERAN HAULING
Insured • Reliable

Best Prices & Free Estimates
10% Discount - Senior & Veteran

Call A Veteran
619-225-8362

**I LUV JUNK
HAULING**
You Call-We Haul!
No Job Too Small!

Evictions, cleanouts,
construction debris,
tree trimming, etc.

619-933-4346
www.iluvjunk.com
10% Senior
Discount

HOME IMPROVEMENT

**ORTIZ
HOME IMPROVEMENT**

Concrete Work
Wood Decks
Interior Remodeling
Patio Cover
Painting - Interior/Exterior
Landscaping
Hardscaping
Custom Showers

858.349.9698

PAINTING

**Chuckie's
Painting Company**

(619) 795-9429
www.chuckiespainting.com
chuckgjr@cox.net
CA Lic. #925325

PAINTING

**TP BROWNE
Painting**

Interior Apartments Residential
Exterior Condos Commercial



38 Years Experience
CA Lic # 568222 Bonded
619-742-9091

Painting & Handyman Services

- Power Washing • Lighting •
- Electrical • Plumbing •
- Carpentry • Dry Wall •

Call Don 858-273-4239

POOL CARE

SWIMCARE



The Pool Service & Repair
people you keep.

30 yrs in the neighborhood
(858) 232-7898

TOM RIVES Cont. Lic# 445392

PLUMBING

**RMI
Plumbing and Heating
Contractor**

Self-employed with 25 Years
Experience. Residential &
Commercial Work.

Water Heaters
Garbage Disposals
Wall Heaters
Faucets, Etc.

Serving OB & Point Loma
(619) 840-9191
Lic #948453

BILL HARPER PLUMBING .COM

Phone Estimates

Complete Home Plumbing / Rooter
Re-Pipes, Gas, Sewer & Water Heaters
Self Employed w/ 25 years Experience
Lic #504044

CALL BILL 619-224-0586

SENIOR SERVICES

**Loving Angels
Home Care**
compassionate caregiver
HELPING MAINTAIN YOUR
INDEPENDENCE & SAFETY AT HOME

Activities of Daily Living
24 Hour Care
Hygiene
Shower Service
Medication Reminders
Doctors Appointments
ALZHEIMER'S CARE

25 Years of Experience Licensed
619-288-5675 619-573-5367

ROOFING

SMITH ROOFING CO.
224-ROOF, INC.
Lic. # 624267

Scott Smith, has been serving the
beach communities since 1979.
858-272-ROOF (7663)
619-224-ROOF (7663)

SURFBOARD REPAIR

**COCONUT PEETS
SURFBOARD REPAIR**

REPAIRS • RESTORATIONS • SALES
OPEN 10AM - 6PM • 12PM - 6PM TUES.
619.224.2010
PLA - OBMA - A+ RATING

TILE

D.K. TILE

Repairs, re-grouts & installations
of all ceramic tile & stone.
All work done by owner.

Free Estimates Lic # 428658
858.566.7454 858.382.2472

TREE SERVICES

**CROWN POINT
CLIPPERS, INC.**
TREE SERVICE
FREE ESTIMATES!

- FINE PRUNING & THINNING
- ARTISTIC TREE LACING
- TREE & STUMP REMOVAL

www.CROWNPOINTCLIPPERS.COM

(858) 270-1742

Fully licensed and insured. Lic# 723867

WINDOW CLEANING

**JB's Window
Cleaning & Service**

- Mini Blinds
- Screens
- Mirrors

Pressure Washing

Experienced



Call
**(619)
248-2778**

**Instant Quotes
Online 24/7**



\$15 off for
new customers

BLUEOCEANWINDOWCLEANING.COM

619.450.6553

**Your Ad
Here!**



**As low as
\$45/week!**

**Call Kim
858.270.3103 x140**

**GUARANTEED SAFE, NON-TOXIC
ORGANIC CARPET CLEANING**

10% OFF 1st Service



**Green
Cleaning of:**
• Carpet
• Tile & Grout
• Upholstery

Do you suffer from
allergies, asthma?
Own pets? "We
provide a Safe & Soap
Free Green Cleaning
process for your home
or office."
See our website below.

619.264.7676 BLAKECARPETCLEANING.COM

Religious Directory

**Come home ...
and bring the Kids!**

Christian Church
(DISCIPLES OF CHRIST)

Sunday Worship Services • 9 & 10:30am

Rev. Dr. Michael J. Spitters, Lead Pastor

8320 La Jolla Scenic Drive North • La Jolla • CA
858.453.3550 www.torreypineschurch.org

NON-DENOMINATIONAL

SAN DIEGO BAHAI COMMUNITY

6545 Alcala Knolls Dr. (off Linda Vista Rd.)

SUNDAY 9:00 - 10:00 Interfaith Devotions; 10:30 - 12:30 Introductory Talk & Discussion
Please Call 858-274-0178 for Directions or for more information
General Baha'i Info - www.bahai.org www.sandiegobahai.org

VIDEO to DVD

Film 8mm & 16mm to DVD | Slides & Photos to DVD



**10%
OFF**
Clip This Ad

Video Tapes Deteriorate Don't Lose Your Memories
Record to DVD • Play on Computer or TV

NEW ADDRESS! 5390 Napa St. • 619.220.8500 • videotoodvd.com



Postal worker Debby Daffer of the Pacific Beach post office gives students from the San Diego French-American School a behind-the-scenes tour. Courtesy photo

Students get behind-the-scenes look at PB post office operations

There is no better way to conclude a lesson than to actually experience the learning “for real.” That was the lesson taught recently when kindergarten teacher Sophie Ricouard of the San Diego French-American School (SDFAS) arranged to have her class tour the Pacific Beach post office on Cass Street. The behind-the-scenes tour capped a year-long project as her kindergarten students experience a creative new means to help them learn to write in cursive, print and decipher the letters and sounds.

The “card-exchange experience” started with the creation of a yellow mailbox, the kind typically found on the streets of France. Then, before each school break, Ricouard paired up two students and asked them to write a card to each other.

The experience was repeated after each school break and as the children’s writing skills progressed, the students

are now writing small sentences on their postcards, rather than just drawing and signing their names as they initially did.

To bring home the experience and bring it full circle, the students paid a visit to the Pacific Beach post office, where postal representative Debby Daffer gave the students a tour and explained how incoming letters are sorted and organized before the 70 mail workers go on their daily mail runs.

Daffer explained what happens when people change their address and how big parcels are managed. The tour included a quick visit of the basement to check out the USPS vans. Finally, the children purchased stamps, date-stamped their personal envelopes and then posted them.

In a few days, the letters were expected to arrive at the school, addressed to their English teacher.

— Staff and contribution

Looking ahead

Beach and bay events, March 30-April 15

MARCH 30-APRIL 1

The 39th annual **San Diego Crew Classic rowing competition** will put 421 boats on the water at Crown Point from March 30 through April 1. The competition features men’s and women’s classes from such universities as the Naval Academy, two-time winner Stanford, Gonzaga, UC San Diego, British Columbia, Michigan and a pair of Ivy Leaguers – Harvard and Cornell. The women’s field is highly competitive, featuring Stanford, California, USC, Virginia, Washington, Washington State, Clemson, Texas, UCLA, Tennessee and Purdue. The event includes a festival atmosphere with music, a trade show and alumni tents. Tickets are \$10 in advance and \$12 on the day of the event. Admission is free for active military with ID and children under 12. For more information, visit www.crewclassic.org.

SUNDAY, April 1

The **Pacific Beach Presbyterian Church and St. Luke’s Lutheran choirs** present “**The Rose of Cavalry**” by Joseph M. Martin at 11 a.m. on Palm Sunday. A continental fellowship breakfast precedes the performance at 10 a.m. at PB Presbyterian Church, 1675 Garnet Ave. For more information, call (858) 273-9312, or visit www.pbpres.org.

TUESDAY, April 12

The **county Health Department** holds a **vaccine clinic the second Tuesday of each month at Mission Bay High School**. The clinic is held in the auditorium of the school from 8 to 11a.m. Vaccines are available for students

who are accompanied by an adult, as well as parents, staff and residents. For information, call school nurse Diane Bladel at (858) 273-1313, extension 121.

SATURDAY, April 14

The **Pacific Beach Woman’s Club** will host a **Wine Tasting and Silent Auction** at Hornblend Hall from 2 to 5 p.m. to support homeless teenagers, assist with the relocation of woman and child domestic-abuse victims through Becky’s House, along with other projects and upkeep of the club’s 100-year-old building. Silent auction items will include hotel stays, SeaWorld tickets and food from area restaurants. Heavy appetizers will be served throughout the event. Tickets are \$10 in advance, and guests will bring along two bottles of their favorite red or white wine, as designated on their purchased ticket. One bottle will be for tasting and the other bottle will be put up for auction. Hornblend Hall is located at 1721 Hornblend St. For more information and tickets, contact Georgina Smith at (858) 274-9106.

SUNDAY, April 15

The **San Diego Epilepsy Foundation** will host the **13th annual “Sharon’s Ride/Run/Walk for Epilepsy” event** at De Anza Park on Mission Bay. The event includes a 5K walk/run and 15-mile bike ride. Registration begins 7:30 a.m., with the bike ride at 8:45 a.m. The 5K walk/run begins at 9:30 a.m. Participants can enjoy a day at the bay, along with food from Phil’s BBQ, live music and activities for children. The cost, which supports epilepsy awareness and support, is \$25 for adults, \$10 for children. Kids 6 and under participate free. Entrants are given a free T-shirt. For more information, call (619) 296-0161, visit sharonsride2012.kintera.org, or email info@epilepsysandiego.org.

LIFESTYLE

classified

marketplace

SAN DIEGO COASTAL

The #1 Local Place to go for Autos, Homes, Services and More!

www.sdnews.com • Call 858-270-3103

ACCOUNTING CAREER SCHOOL

One program trains you for multiple job opportunities!

Be job-ready in 6 months for many job positions: accounting and AR, AP clerks; bookkeepers; Quick-Books specialists...or, start your own bookkeeping business!

ACCOUNTING ACADEMY

Call for brochure: 858-836-1420

Next classes begin May 12th

www.theaccountingacademy.com

HELP WANTED 250

general help wanted

2012 POSTAL POSITIONS \$14.80-\$36.00+/hr., Federal hire/full benefits No Experience, call Today 1-800-593-2664 Ext. 203

AIRLINES ARE HIRING Train for hands on Aviation Career. FAA approved program. Financial aid if qualified- Job placement assistance. Call Aviation Institute of Maintenance 888-242-3214 toll free.

AMATEUR FEMALE MODELS Amateur Female Models Wanted: \$700 and more per day. All expenses paid. Easy money. (619) 702-7911

BARBER/STYLIST WANTED PARADISE BARBER SALON is now hiring licensed barber/ stylist.commission/ boothrent available... if you are interres please contact Saida@ (619)756-7778 or (619) 929-7310

HAIRSTYLIST WANTED for a friendly well established hair salon in Pacific Beach. Booth Rental or Commissioned. Call for details 858-270-2735

OCEAN CORP Houston, TX. Train for NEW Career. *Underwater Welder. Commercial Diver. *NDT/ Weld Inspector. Job placement and financial aid for those who qualify. 800-321-0298.

OWNER OPERATORS: Excellent Pay. Paid FSC. Home Every Day! Great Fuel & Tire Discounts. Lease Purchase Program available. CDL-A with 1 year tractor-trailer experience. Call Comtrak at 800-846-0024, or apply online at www.comtrak.com

PERSONAL & ADMIN ASSISTANCE + Shopping, post office.+ File purging, organizing, and archiving services+ Contractors - research, wait for, and supervise+ Appointments - organize, set up and confirm + Travel – arrange and confirm + Office & Computer – file organizing, speed up and securitize, type, label, collate and edit + prescriptions, reminders and shopping + buy, pick up and/or return items

FOR MORE INFORMATION SEND YOUR RESUME TO:- powellalora@yahoo.com

ITEMS FOR SALE 300

garage/yard sales

PT. LOMA /OB YARD SALE

Saturday May 12th. Sign up for the largest community garage sale in 2012. You have until Friday May11th @7pm to sign up for this event. See our website BIGPLSALE.COM email information to bigplsale@gmail.com

Garage Sale!

Sunday, April 1, 7-11 a.m.

5735 Dolphine Place,

La Jolla

Vintage Pyrex including pink and copper colors! Fire King dishes in green and white, assorted Milk Glass- all excellent condition! Tons of misc. household items! Come early for best selection.

misc. for sale

FAST FOOD DISCOUNT CARDS Fast Food Discount Cards that never expires. 24 Restaurants including Arbys, Wendys, Pizza Hut, Krispy Kreme and more. Cost \$20. R. T. 3115 WhiteHorse Road PMB 177, Greenville, SC 29611. (864) 295-5551

MANGOSTEEN THE QUEEN OF FRUITS Feel better now and try risk free today: [www. MyMangosteen.net](http://www.MyMangosteen.net)

MAKAYLA-ANNDESIGNS.COM Handmade & handcrafted jewelry. Unique and at low prices! www. Makayla-AnnDesigns.com

OUTLET CENTER DOORS WINDOWS We have warehouse full of Doors, Windows, Flooring reduced Prices (858) 268-0679

RECENT UCLA GRADUATE helps students of all ages with studies! ~\$15/ hr. tutorLindsey@gmail.com

RESALE & NEW women’s clothes, accessories, shoes, jewelry, \$5 - 35, Designer BARGAINS, Tierrasanta. (619) 985-6700

misc. for trade

ATT READERS! FREE BOOKS! Trade your books for free at [www. PaperBackSwap.com](http://www.PaperBackSwap.com)!

ITEMS WANTED 325

GOT OLD COMIC BOOKS? Local collector seeks vintage comic books and paperbacks from 1950s and older. Let’s make a deal! Contact me at sandiegocomics@yahoo.com.

PETS & PET SERVICES 400

pet adoption/sale

FOCAS

FRIENDS OF COUNTY ANIMAL SHELTERS

CALL US TODAY FOR PET OF THE WEEK! GIVE UNWANTED PETS A HOME & LOVE!

www.focas-sandiego.org or call 858.205.9974

CAT ADOPTION SERVICE An all volunteer non profit corporation. Lucky was rescued off the streets of SE San Diego abandoned by a roadside. Lucky and many other Rescued Cats and Kittens are looking for loving permanent homes. Come visit them at the La Jolla Petsmart located in La Jolla Village Square. For more information please visit www.catadoptionsservice.org

pet services

WWW.CUTTINGEDGEK9.COM CUTTING EDGE K9 REHAB Has Been Featured On Local & National News, Radio, A Number Of Local Papers & Magazine Articles. Swimming is one of our strongest recommendations for most K9’s. It is an ideal form of exercise for a many reasons. Our rehab services offer assisted swimming in a warm water environment. The benefits are: • Non-weight-bearing (reducing stress on joints) • Facilitates full use of the front and hind legs vs. partial use as seen with underwater treadmills • Dogs are often able to actively swim although unable to move their legs on land (due to stroke/ spinal injury) • Allows manual techniques by therapist/ manual resistance to an affected limb • Swimming in a controlled environment is the safest way for clients to exercise. • Speeds recovery following injury/ surgery • Improves function & quality of life • Works reciprocal muscle groups (helps correct muscle imbalances) • Reduces pain & inflammation • Reduces canine obesity thus decreasing the risk of other health-related problems • Increases strength, range of motion & cardiovascular conditioning • Prevents overheating through proper water temperature • Increases tolerance for extended cardiovascular training • Decreases recovery time • Reduces post-exercise soreness • Provides good cross training for the competitive, athletic dog (619) 227-7802

LJ ARCHITECTURAL DESIGNS Construction permits, blueprints, Residential Designs. LOW RATES!!! SE HABLA ESPANOL

MISC. SERVICES. OFFERED

LIC.#069268 (619) 817-7787

REMODEL & ADDITION SPECIALISTS FREE ESTIMATES. No job too small. Call to see our portfolio or Email us at RichardNile-Construction@yahoo.com (619) 684-0336

BUSY HOUSEWIFE OR CAREER WOMAN I can help you with:

**Grocery shopping
**Running errands
**Household management
\$20 per hour + mileage

BUSINESS OPTS. 550

CHARITY GOLF SPONSORS WANTED! Annual Golfing For Scholars Charity tournament seeks sponsors. Great PR! 858-722-3610. www.unicosandiego.org

PLAY GOLF FOR CHARITY! Play golf and support a great cause! May 3rd, Annual Golfing For Scholars Charity tournament,

income opportunities

BEAUTIFUL EAST TEXAS LUCRATIVE ATV and RV Park Business offered by owner. Property includes 80+ acres, with store, RV spaces. Additional 2800 leased acres with riding trails and river frontage. Going business. \$1.8 mil Call 409-489-6494 www.sabineatvpark.com

WANT TO Purchase minerals and other oil/ gas interests. Send details to: P. O. Box 13557, Denver, CO 80201

WWW. SPORTSGIRLJEWELRY.COM

REAL ESTATE 800

ENJOY THE SUNSETS from your living room! 3br,1ba, home w/ 1 car gar, Stunning Ocean views, newer kit & bath, new roof, heaters, dual pained windows. Wash/dryer, hardwood floors \$2300 619-518-2755

investment properties

SERVING S.D. SINCE 1967

INVESTMENT PROPERTY SPECIALISTS, SALES & EXCHANGES

APARTMENTS • OFFICE BUILDINGS

COMMERCIAL • LEASING • FEE COUNSELING

• RESORT PROPERTIES ANYWHERE

• REAL ESTATE PROBLEM SOLVING

GEORGE JONILONIS

“The Estate Builder”

858-278-4040

3536 Ashford St., San Diego, CA 92111

in Clairemont.

gjonilonis@att.net

Fax 760-431-4744

PRACTICE MADE PERFECT!

At La Jolla Piano Institute, we don’t teach, we motivate.

The art of practicing the piano has been perfected at La Jolla Piano Institute. Our students learn the pieces they love, ensuring they’ll want to play. Practicing becomes something they look forward to; they never have to be forced.



ENROLL TODAY!

Call (858) 456-1980

Call Monday-Friday, 10am-10pm • 858-456-1980

LA JOLLA

PIANO INSTITUTE

Suzuki Music Education

7848 Ivanhoe Ave. La Jolla

Plenty of Parking!

www.lajollapianoinstitute.com

WHEELS & D

CARS TRUCKS SCOOTER

Wait Free DMV

Instant CA DMV Renewals

Instant CA DMV Transfers

Out of State Transfers

Replacement Stickers & Plates

PACIFIC BEACH

858.270.1471

5010 Cass St., Suite G

San Diego, CA 92109

Monday to Friday 9-6 Saturday 10-2

FINEST CITY REGISTRATION

www.finestcityreg.com

CARZ

www.SanDiegoCarz.com

Cars starting at \$2,990

MARK or JASON

3196 MIDWAY DR.

(619)224-0500

EDUCATION NOTEBOOK

MISSION BAY HIGH

• The Mission Bay High School Jazz Ensemble, the "Preservationists" will travel to New Orleans April 19-22. The MBHS performance group will play at its legendary namesake venue Preservation Hall. This special four-day visit is an incredible opportunity for the talented musicians at MBHS to experience sights and sounds of the birthplace of jazz. To support the groups efforts or learn more about Mission Bay High School Music, visit www.missionbaymusic.com

• A monthly vaccine clinic is offered the second Tuesday of every month at Mission Bay High School by the county Health Department. The clinic is held in the auditorium of the school from 8 to 11 a.m. Vaccines are available for students who are accompanied by an adult, as well as parents, staff and residents. Bring your vaccination card if you possess one. For more information, call school nurse Diane Bladel at (858) 273-1313, ext. 121.

MB HIGH CLUSTER

April 2-6, spring break vacation for all schools

PACIFIC BEACH MIDDLE

• PB Middle School will host a group of Malaysian education officials on March 29. The Malaysians are on a tour of successful international baccalaureate schools in Southern California and Pacific Beach International Baccalaureate World School made the list of "schools to see." For more information, email jsims@sandi.net.



Mission Bay High School students place their robot into the arena for the FIRST Robotics competition at Valley View Casino Arena (formerly the San Diego Sports Arena). For Inspiration and Recognition of Science and Technology (FIRST) hosts an annual event that lets high school teams from around the world compete against each other in a game with robots that they build specifically to tackle the challenges posed to them by the organizer. *Courtesy photo*

• Earth Week events:

April 12 – Trash Tarp Toss. International baccalaureate students in the PB Middle Eco Club will collect and sort the trash generated at PB Middle in one day at lunch. How much trash do we generate in one lunch? How can we tackle our trash problem? These questions and more will be answered during this Earth Day Exploration.

April 13 – Waves of Green PB Middle Student Garden Harvest Day. Students are invited to sample organic salad harvested by the IB Garden Club students in the PB Middle Waves of Green organic and ocean-friendly student garden. For more information, email Skaufman@sandi.net.

April 18 – PB Student Beach Cleanup, 1 to 3 p.m. on Law Street. Inspired by IB units that teach students to take action, groups include the Sessions Elementary Walk to the Park ecology club, PB Middle Kiwanis Builders Clubber Nicholas Campagna, Trader Joe's, etc. are planning a large-scale beach cleanup for students of all ages. For more information, email walktotheparkclub@att.net or lchadwick@sandi.net.

CROWN POINT JMA

• Crown Point Junior Music Academy students enjoyed international visitors during the PTA's celebration of Dr. Seuss' birthday.

SEE NOTEBOOK, Page 18

Mission Bay High's Academic League flexes its brainpower

By KEITH ANTIGIOVANNI | BEACH & BAY PRESS

The varsity Mission Bay High School (MBHS) Academic League team finished the regular season March 22 tied for first place in the Central League with a 6-2 record. At press time, it was not yet clear if the Buccaneer team would advance to the playoffs.

"The purpose of the Academic League is to highlight academic excellence through competition," said Mission Bay High School Academic League coach Barry Dancher. "Almost every school in the county has a team now."

The Academic League is a 5-on-5 competition for public, private and charter schools. Questions are based on current events and high school subjects like

math, science, English and history.

Competition questions are presented the same way as they are on the television game show "Jeopardy," phrased in the form of an answer. Students do not, however, have to respond the same way as would in the "Jeopardy" show format.

The MBHS Academic League has three levels, including varsity (juniors and seniors), junior varsity (sophomores and juniors) and novices (freshmen and sophomores).

Under Dancher, the MBHS Academic League has grown from seven members four years ago to 25 students today. Since Mission Bay High became an international baccalaureate (IB) school in 2007,

SEE ACADEMIC, Page 18

IRRIGATION TUNE-UP \$100

CHECK AND ADJUST VALVES, CONTROLLER, SPRAYHEAD AND
DRIP SYSTEMS. MINOR REPAIRS INCLUDED



Garden Design and Maintenance

Lawn Transformation

Low water Landscapes

30 years of experience

3685 Voltaire St.

619 223 5229 coastalsage.com

ON THE MENU: NEW DELIGHTS
WITH AN OCEAN ON THE SIDE.

SIP & SAVOR: MOTHER EARTH

Available nightly in April from 5 to 10 p.m.
\$30 per person, \$45 with wine pairings.

Celebrate local, sustainable and organic ingredients with the three-course Mother Earth menu featuring Housemade Linguine alla Carbonara, Beer Battered Local Fish & Chips and Meyer Ranch Angus Beef Flat Iron Steak entrée options—all alongside perfectly paired wines.

EASTER BRUNCH BUFFET

Sunday, April 8, from 10 a.m. to 2:30 p.m.

\$46 per person, \$23 children 12 to 6 years,
\$4 per year children 5 and under.

Savor a delicious brunch with relaxing ocean views this Easter Sunday. This buffet includes Passion Fruit Marinated Mahi Mahi Ceviche, Oven Roasted Prime Top Sirloin, Lavender Honey Glazed Bone-In Iowa Ham, a Children's Station, plus decadent desserts like Chef Amy's Chocolate Peanut Butter Truffles.

6 FOR \$6 HAPPY HOUR

Monday to Friday from 4 to 6 p.m.

Take advantage of the time change, and wind down your day with our Six for \$6 Happy Hour! Choose from six appetizers and six drink specials—each only \$6. Menu highlights include Steamed Black Mussels, Baja Fish Tacos and a Zesty Blood Orange Martini.

THE SHORES

DINE ON THE BEACH

Located next to Kellogg Park at La Jolla Shores Hotel
877.822.6043 | TheShoresRestaurant.com

TAX AND GRATUITY NOT INCLUDED. MENU ITEMS SUBJECT TO CHANGE.

PROFESSIONAL OFFICE & RETAIL

SPACE
FOR LEASE

PACIFIC BEACH

Corner of Cass St. & Emerald

- Desirable ground floor, approx 824 SF
- Great Visability
- High Traffic location
- Signage
- Across from PB Post Office
- Flexible lease terms
- Competitive lease rates

Call David Mannis
(619) 961-1951
david@sdenn.com

ACADEMIC

CONTINUED FROM Page 17

it has been able to draw different types of students from all over the city.

Junior Daniel Fennell of Serra Mesa is in his first year with the MBHS Academic League and competes for the Buccaneers' varsity and junior varsity teams.

"Before the school year started, I walked into Mr. Dancher's classroom and signed up for the Academic League," Fennell said.

The Academic League holds its practices during lunchtime three times a week. Players prepare for what subject matter to expect in their upcoming match.

"The Academic League is fun and not a huge time commitment," Fennell said.

The junior varsity team wrapped up its regular season with a 37-28 victory over Mount Everest and finished with an undefeated record of 8-0.

The Bucs' novice team defeated



The varsity Mission Bay High Academic League team tied for first in the Central League last week with a 6-2 record. Courtesy photo

Mount Everest 23-19 in an exhibition match after Mission Bay was awarded victory by forfeit because the Mount Everest novice team did not have enough participants.

Whether or not Mission Bay High's varsity team makes the playoffs, Danch-

er said he felt it was a good year for the program. But he said he was little disappointed the team didn't win the final regular season match.

The good news for Dancher and the team is that many of the varsity players will be back next year.

NOTEBOOK

CONTINUED FROM Page 17

The English Language Advisory Committee (ELAC) hosted library time with Read Across America and the World Day. Students were treated to stories in Tagalog, Punjab, Spanish, Portuguese, Chinese, German, Indonesian, Farsi and Indian.

• CPJMA thanks the PB Town Council for graciously donating \$500 to the school. These funds go toward educational and enrichment programs for the students. CPJMA thanks the PBTC for the financial support and kindness they extend during our visits.

• April 13 - Coffee with Principal Liz Duvall at 8 a.m.. All are encouraged to attend.

• April 21 - CPJMA annual 5th Grade Rummage Sale, 8 a.m. to 2 p.m. Public welcome to sell. Call the school office at (858) 273-9830 to reserve a spot on the playground in which to sell your personal goods. Keep the profits you make!

PACIFIC BEACH ELEMENTARY
• Friends of Pacific Beach Elementary



Ramona Lopez Pizarro is shown with her son, Sasan, and classmate Lauren Upton during a Read Across America and the World Day at Crown Point Junior Music Academy. In addition to reading to the children in Farsi, the parent volunteer also shared about Iranian culture. Courtesy photo

(FOPBE) will hold its monthly meeting on April 11 at 6 p.m. in Room 9. All welcome. Childcare will be provided.

• The Pacific Beach Elementary Spring Dance will be April 13 from 6 to 8 p.m. in the school auditorium. The students and parents will enjoy kid friendly music and snacks at this PBE community school event.

— Jennifer Tandy

Cruiser King

3830 Mission Blvd., Mission Beach
(858) 488-6341

BEACH CRUISER RENTAL

\$10 | \$40
A DAY | A WEEK

BEACH CRUISER SPECIAL

\$149.95

Not valid w. other offers. Must present coupon at time of purchase. Exp. 05/15/12

Undies for Travel

"17 countries. 6 weeks. One pair of underwear. Okay... maybe two."

BUY 2 GET 1 FREE WITH THIS COUPON

ExOfficio Give-N-Go® underwear is incredibly quick-drying and treated with Aegis Microbe Shield™ to control bacteria and resist odors.

Come In and EXPLORE our store for travel goods galore.

Books...Maps...Luggage...Packs...Travel-wear and thousands of accessories!

TRAVELER'S DEPOT

1655 Garnet Ave.
San Diego, CA 92109
858.483.1421
www.TravelersDepot.com
Open 7 days a week
Lots of FREE & EASY Parking

BBP

PB FOREIGN&DOMESTIC CAR REPAIR

1727 Garnet Avenue - P.B.
Across from Vons in Plaza Center

858-270-1142

Pacific Beach's ONLY Foreign Car Specialists

\$10 OFF

ANY OIL CHANGE includes **30 POINT INSPECTION**

- Change up to 4 qts. • Install new oil filter
- Lubricated chassis • Top off vital fluids
- Complete safety inspection • Most vehicles +\$3 EPA charge

not valid with any other offers or specials. Express 4/30/12

\$40 OFF

ANY SERVICE OVER \$150

not valid with any other offers or specials. Express 4/30/12

Easy as 1-2-3

Open an account online today

HomebankofCalifornia.com

875 Garnet Avenue
San Diego, CA 92109
(858) 270-5881

Come Join Us!

Pacific Beach Town Council invites you to become a member

Membership Benefits:

- A place for your voice to be heard
- Vote on community issues
- Meet your elected officials
- Interact with city services such as Police, Fire, Lifeguards and more
- Get all your questions answered
- Engage with active community members
- Participate in community events

pbtowncouncil.org
1706 Garnet Ave., San Diego CA 92109
858.483.6666 • membership@pbtowncouncil.org
Non profit 501 (c) (3) corporation

CA DRE Broker's # 01312924 Karen Dodge
CA DRE Broker's # 01312925 Mike Dodge

Pacific paradise REALTY

South Mission Beach 4-Plex



4,082 sf lot! 4 garages + 2 parking spaces. 1 building off the bay. Nice yard & upstairs deck. New roof. On-site laundry room with coin-op w/d. Newer windows in all of the units. Upgraded power panel. Vacation rentals have been done in the past. Land bank this and build 3 new townhomes with views when the market picks up. Owner/Agents. \$1,499,000



Karen: 619-379-1194 • Mike: 619-384-8538
E-mail: Karen-Mike@San.rr.com
Web: www.karen-mike.com
4931 Cass St. North Pacific Beach

OPEN HOUSES

LA JOLLA			
Fri 1-4pm	7651 Country Club Dr.	3BR/4BA	\$1,500,000-\$1,700,876 Jasmine Wilson • 858-204-6885
Fri, Sat, Sun 1-4pm	7033 Via Estrada	6BR/4.5BA	\$3,500,000 Joe Graham • 858-735-4141
Sat & Sun 1-4pm	2770 Palomino Cir	4BR/3BA	\$999,000 Charlotte Weber • 858-967-0805
Sat 1-4 Sun 2-5pm	553 Bonair Place	3BR/2.5BA	\$1,195,000 Natasha Alexander • 858-336-9051
Sat & Sun 1-4pm	8031 La Jolla Scenic Dr. No.	6BR/7BA	\$1,895,000 Jeff Middaugh • 619-709-1251
Sat & Sun 1-4pm	359 Belvedere	4BR/4.5BA	\$3,200,000 Maxine & Marti Gellens • 858-551-6630
Sat & Sun 12-3pm	1542 El Paseo Real	4BR/4.5BA	\$3,700,000 Laleh Hedayat • 858-774-2018
Sat 1-3 Sun 2-4pm	6933 Neptune	4BR/3BA	\$4,995,000 Tammy Krug • 619-384-3490
Sat & Sun 1-4pm	5380 Calumet Ave.	3BR/2BA	\$5,400,000 Maxine & Marti Gellens • 858-551-6630
Sat 1-4pm	333 Coast Blvd. #16	2BR/2BA	\$1,050,000 Patrick Ahern • 858-220-9001
Sat 1-4pm	8036 El Paseo Grande	3BR/3.5BA	\$1,495,000 Elizabeth Potter • 858-922-6929
Sun 1-4pm	7826 Ivanhoe Ave.	2BR/2.5BA	Yvonne Mellon • 858-395-0153
Sun 1-4pm	6455 La Jolla Blvd. #236	2BR/2BA	\$339,000 Al Johnston • 619-944-1116
Sun 1-4pm	9773 Keeneland Row	2BR/2.5BA	\$849,000 Jordan Clarke • 858-242-0536
Sun 1-4pm	7575 Eads Ave. #307	3BR/3BA	\$975,000 Dina Lander • 619-992-4532
Sun 1-4pm	333 Coast Blvd. #16	2BR/2BA	\$1,050,000 Charles Schewker • 858-449-8250
Sun 1-4pm	5383 Chelsea St.	2BR/2BA	\$1,250,000 Mc Kusick & Associates • 858-454-8846
Sun 1-4pm	6617 Avenida De Las Pescas	3BR/3BA	\$1,250,000 Barbara Leinenweber • 619-981-0002
Sun 11-2pm	8036 El Paseo Grande	3BR/3.5BA	\$1,495,000 Jim Holland • 858-405-6442
Sun 1-4pm	7020 Via Estrada	5BR/4BA	\$1,800,000-\$2,200,876 David Schroedl • 858-459-0202
Sun 1-4pm	4767 Ocean Blvd.	3BR/3BA	\$1,895,000 Irene Chandler / Jim Shultz • 858-518-0000
Sun 1-4pm	1126 Muirlands Vista Way	4BR/4.5BA	\$2,795,000 Susan Corrigan & Patty Cohen • 858-229-8120
Sun 1-4pm	5410 Calumet Ave.	4BR/5.5BA	\$6,975,000 Maxine & Marti Gellens • 858-551-6630

PACIFIC BEACH/MISSION BEACH			
Sat 1:3-4:30 Sun 1-4pm	4076 / 4080 Morrell St.	4BR/3.5BA	\$799,000-\$839,000 each Kathy Evans • 858-488-7355
Sat & Sun 11-4pm	1263 & 1265 Oliver Ave.	4BR/4BA	\$949,000-\$959,000 each Kathy Evans • 858-488-7355
Sat 1-4pm	4011 Fanuel St.	3BR/3BA	Vincent Crudo • 858-518-1236
Sat 1-4pm	5163 Foothill Blvd.	3BR/2BA	Vincent Crudo • 858-518-1236
Sat 11-4pm	1265 Oliver Ave.	4BR/4BA	\$494,000 Terry Mobley • 619-933-9751
Sun 11-4pm	1263 Oliver Ave.	4BR/4BA	\$459,000 Terry Mobley • 619-933-9751
Sun 1-4pm	3622 Bayonne Dr.	4BR/3.5BA	\$1,695,000 Drew Nelson • 858-215-3739

OCEAN BEACH/POINT LOMA			
Sat & Sun 1-4pm	3511 Sterne St.	3BR/2BA	\$609,000 Cindy Wing • 619-223-9464
Sat & Sun 1-4pm	4569 Coronado Ave.	4BR/2.5BA	\$800,000-950,876 David Schroedl • 858-459-0202
Sat & Sun 11-4pm	885 Armada Terrace	2BR/2BA	\$995,000 Robert Realty • 619-852-8827
Sat & Sun 11-4pm	3751 Wilcox St.	4BR/4BA	\$1,395,000 Robert Realty • 619-852-8827
Sat & Sun 11-4pm	876 Armada Terrace	4BR/4BA	\$2,275,000 Robert Realty • 619-852-8827
Sat & Sun 11-4pm	867 Harbor View Pl.	4BR/4BA	\$2,500,000 Robert Realty • 619-852-8827
Sun 1-4pm	3052 Rue D'Orleans #121	2BR/2BA	\$315,000 Tami Fuller • 619-226-8264
Sun 1-4pm	3129 Dumas St.	2+BR/1BA	\$549,000 Marie Huff • 619-838-9400
Sun 1-4pm	1077 Santa Barbara	3BR/2BA + guest house	\$799,000 Tami Fuller • 619-226-8264
Sun 1-4pm	4358 Monaco	3BR/2BA	\$799,000 Tami Fuller • 619-226-8264
Sun 1-4pm	3510 Garrison	3BR/3BA	\$1,395,000 Tami Fuller • 619-226-8264
Sun 1-4pm	895 Sunset Cliffs Blvd.	5BR/5BA	\$3,395,000 J Michael Fimbres • 619-796-5631

CARMEL VALLEY			
Sun 1-4pm	4026 Moratella Terrace	2BR/2BA	\$509,000 David Schroedl • 858-459-0202
NORTH PARK			
Sun 1-4pm	3408 Bancroft St.	3BR/1BA	\$579,000-\$599,000 Melissa Mate • 858-405-7702

PLACE YOUR LISTING AT: sdnews.com by Monday 5 p.m.

HOT REAL ESTATE PROPERTIES



Simply to DYE For!
Brand New Construction
in a coveted beach location!
1263 & 1265 Oliver Avenue
OPEN EVERY SAT & SUN!!



DRE #00872108
Kathy Evans 858.488.SELL



**March Right Over and Take a Look
at These New Homes!**
Call Today for Information!



BERNIE SOSNA
"I'LL COME TO YOUR RESCUE"
DIRECT: 858.490.6127
CELL: 619.977.4334
WWW.BERNIESOSNA.COM
LICENSE: 01104934

A Clear Day You Can See Forever

Enjoy the panoramic ocean views from this Muirlands home with 4-bedroom/3.5 bath, private courtyard and lap pool, gourmet kitchen, 3-separate living areas with fireplaces, marble and wood flooring, huge master suite, exercise room or office, plus a separate guest or maid's quarters.



David R. Hill
ReMax Coastal Properties
619-889-4455
DRE # 00631219

Asking \$2,795,000



Real Estate Directory

Advertise for as low as \$75 per week.
Call Kim for details.
858 270 3103 x140





Mission Bay Real Estate Association

Real Estate Trade Association for 92109

"Where professionals meet to serve you"
www.mbrea.net



San Diego Bahá'í Faith

Informal gatherings
every evening of the week.

Call for more information:
(858) 454-5203 • (858) 274-0178

Or join us on Sunday at the

San Diego Baha'i Center

6545 Alcalá Knolls Dr. (Off Linda Vista Rd)

9:30 am – 10:00 am | 10:30 am – 12:00 pm
Multi-Faith | Introductory Talk
Devotional Program | & Discussion

Please call 858-268-3999 for more information
and visit our websites:
www.sandiegobahai.org • www.bahai.org

Is Spring the best time to sell my Pacific Beach-Mission Beach Home? Absolutley!

Pacific Beach, CA
Spring is here which means the best time to put your home on the market is right now. The holidays are behind us. Buyers are getting their ducks in a row. Daylight savings is here so buyers are previewing property later each evening.

In 2011 over 33,000 Houses and Condominiums sold in San Diego County. So you ask yourself "Now what do I do?"

There's a **free report** available that teaches you marketing secrets only 1 in 100 Home Sellers know. It takes 15 minutes to read cover to cover. You'll learn;

- How To Sell Your House For Top Dollar – Fast.
- Why buyers love model homes and how to make your house show like one.
- How to avoid the five most expensive mistakes people make when they sell a home
- Why some homes sit on the market not selling.
- Three things you can do to get your house on a buyer's "must see" list.
- Why most Real Estate advertising will never sell your house and what to do about it.

What is the name of this report and where do I get it?

The name of this free report is **How to Sell Your House for Top Dollar – Fast!** The best part of it all is that it is free to home sellers and you can order it 24 hours a day 7 days a week through a toll free number.

To get a copy of this free report, **How to Sell Your House for Top Dollar – Fast!** Just call 888-611-8015, ext. 654, listen to the recorded message and place your order. You don't even pay for shipping.

Free reports are provided by;
Jeffrey Middaugh, (619) 709-1251
Coldwell Banker, dre #01214036

THE CROWN JEWEL *of* CROWN POINT



Open House Sunday, April 1st, 1-4pm 3622 Bayonne Dr. 4BR/3.5BA 2,815 SF

The quality craftsmanship and thoughtful material choices of a Tuscan country home converge perfectly with the casual yet elegant California lifestyle in this truly rare offering in Crown Point, one of San Diego's most desirable beach communities. Sited on one of the highest points on Crown Point's peninsula, and therefore commanding panoramic bay, ocean, city, SeaWorld firework and evening lights views from its rooftop deck, this home, completed in 2006, is a masterpiece featuring upstairs and downstairs master suites, a media/entertainment room, an open kitchen with breakfast bar, as well as high ceilings, great indoor/outdoor living spaces, and covered parking for 2 cars. The property is defined by its great curb appeal, timeless design and an overall delightful feeling.

\$1,695,000

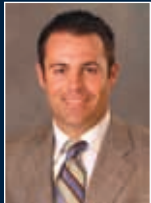
Text H26539 to 85377 for more information. 3622Bayonne.GreatCustomHome.com

WILLIS ALLEN
REAL ESTATE
REAL INTEGRITY. SINCE 1914
Serving San Diego County's Real Estate needs since 1914. SDP-62-7656

LUXURY
PORTFOLIO
INTERNATIONAL

Your Competitive Advantage

Drew Nelson
858 215 3739
dnelson@willisallen.com
www.sdhometrader.com
DRE # 01376023



ENJOY THE COLORS & BEAUTY OF OLD TOWN

Free Living History Activities in Old Town State Park

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.

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/>

Barra Barra Unveils New Menu For 2012

Kids Now Eat Free Everyday

Old Town's Barra Barra Saloon is unveiling a new menu inspired by border town barbecue and Mexican comfort food. "This new menu adds more high quality selections of meats and fish such as Ahi tuna and flat iron steak," said Chef Jose Pulido. "While we have kept many of our customer's favorites and added a new twist on existing dishes, we wanted to use the excuse of the new year to launch items featuring a new style and flavor not commonly seen on this side of the border."

Barra Barra is also adding a special kids-eat-free menu for those under 10. It's available everyday during lunch and dinner with each paying adult.

Among the new menu options are two new salads -- a Mexican Caesar with flat iron steak and a spiced, seared Ahi tuna with white balsamic dressing. These special dishes are not typically offered in Mexican restaurants on this side of the border.

The entrees anticipated to be the biggest hits on the menu include grilled Achiote salmon, sautéed fresh sea bass, prawns sautéed in a light butter garlic sauce and Barra Barra's seafood paella. The chefs are also adding a "meat lover's" fajita plate, which will include carnitas, chorizo, chicken and beef all in one serving. Black mussels a la diablo served in a thick spicy tomato diablo sauce, promises to bring a little heat to the taste buds.

The restaurant is also including a hickory smokehouse carne section to the menu, which will offer a variety of slow-roasted meats with hickory wood. Some of the entrees will be hickory-

smoked chicken, guajillo barbecue brisket and flat iron steak.

Barra Barra Saloon is a part of the Fiesta de Reyes plaza, which is located in the northeast corner of Old Town San Diego State Historic Park, at the intersection of Wallace and Calhoun streets. In addition to Barra Barra Saloon, the plaza boasts the Casa de Reyes restaurant and 18 specialty stores. For information call (619) 297-3100 or visit www.FiestaDeReyes.com.



www.FiestaDeReyes.com 619-297-3100

Folklorico Dancing!
Strolling Mariachis!
Great Mexican Food!
Outdoor Dining!
19 Unique Shops!

Corner of Juan and Wallace streets
in Old Town San Diego
State Historic Park



Old Town
New Business
CALL US TODAY

WE CAN FIND A PLAN

THAT FITS ANY BUDGET

Call Heather (858) 270-3103 x115

Heather@sdnews.com

or Mike Long (858) 270-3103 x112

MikeL@sdnews.com

to reserve your ad space today!