



excitement returns to Fiesta Island this month when the Old Mission Beach Athletic Club swings into action with the 59th annual Over-The -Line (OTL) World Championship. Details, Page 8



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Local clusters breathe sigh of relief as SD Unified rescinds layoffs

By PATRICIA WALSH | BEACH & BAY PRESS

The San Diego Unified School District (SDUSD) has reached an agreement with the San Diego Education Association (SDEA) that puts the 2012-13 school year back on track by recalling pink slips for nearly 1,400 teachers, nurses and counselors—including 85 teachers and staff in the La Jolla and Mission Bay area

Teachers' union OKs concession deal to avert pink-slip bloodbath

"Everybody's happy that the teachers' union is talking to the district again — that's always a step in the right direction," said Sharon Jones, a parent involved in the La Jolla cluster of schools. "We're very happy that it's been resolved, but funding issues still remain. Califor-

nia's got to figure out a better way to fund education."

Educators voted from June 24 through June 26 on the tentative agreement that was forged between negotiators from the teachers' union and the SDUSD. The results of the vote were tallied and released June 27.

The terms of the agreement include: • Teachers will defer raises promised to

them in previous negotiations.

• Teachers will work five unpaid furlough days. An additional 14 furlough days are possible if a November tax-initiative ballot measure fails.

• A \$25,000 retirement incentive will

The school board will sell 2.23 acres of oceanfront property in South Mission Beach and other SDUSD properties to offset a \$120 million deficit. **Page 3**

be offered to the first 300 SDEA members who are older than 55 and have more than 25 years of experience.

SEE **TEACHERS**, Page 7



New lane-sharing symbols don't mean street takeover by PB bicyclists

By MARSHA KAY SEFF I BEACH & BAY PRESS

Wondering about the significance of the new bicycle silhouette symbols cropping up in the last few months in the right lanes of some Pacific Beach and Ocean Beach streets?

Well, they don't mean that harried motorists have to turn over more of the road to bicyclists. Neither do the silhouettes, known as "sharrows," indicate that bikes now have more of their own lanes on

busy streets.

Rather, the sharrows are reminders to drivers that they need to share the roads that don't have dedicated bike lanes with bicyclists. Similarly, sharrows remind bicyclists they belong in the street, heading down the same side of the road as motorists traveling in the same direction—at a safe distance from parked-car doors—and not on sidewalks alongside pedestrians.

Ocean Beach stree also use the lanes.

"We need to ad be respectful of one ris, spokesman for iton & Storm Wat installed the mark.

The San Diego Chas worked closely ans.

Sharrows emphasize that "Bikes May

Use the Full Lane," as new signs along Ocean Beach streets indicate. Cars can

"We need to adapt to one another and be respectful of one another," said Bill Harris, spokesman for the city's Transportation & Storm Water Department, which installed the markers.

The San Diego County Bicycle Coalition has worked closely with the city to initiate

SEE **SYMBOLS**, Page 7

Mayoral hopeful DeMaio outlines vision for city's future to PB Town Council

Homeless, RV parking and alcohol issues fielded

"The top complaint we

get from tourists who

visit PB are the home-

less, so we would like

CARL DeMAIO

to break that cycle."

By KEITH ANTIGIOVANNI

BEACH & BAY PRESS

Republican mayoral candidate and current District 5 City Councilman Carl DeMaio was the guest speaker at the Pacific Beach Town Council's (PBTC) monthly general meeting June 20, speaking briefly about his

overall vision for the city if he is elected mayor.

DeMaio, who will face off with Democratic U.S. Congressman Bob Filner in a runoff election in November, then spent the majority of his

allotted $45\,$ minutes addressing the concerns of the PBTC's membership.

The questions and topics were selected by the PBTC members previously. The main concerns of PBTC members were the homeless in Pacific Beach, oversize vehicles parked in residential neighborhoods, alcohol-related crime and possible acquisition of a conditional-use permit (CUP) to

control the number of alcohol licenses being issued locally by California's Alcoholic Beverage Control.

The first issue DeMaio addressed was the homeless situation in Pacific Beach, which he described as both a "human issue" and a "moral issue." His position on it would be to take a "tough-love" approach to balance

helping the people who want to be helped by existing city programs like PATH, but also to take a no-tolerance policy if members of the homeless population are caught breaking the law.

"The top complaint we get from tourists who visit PB are the homeless, so we would like to break that cycle," DeMaio said.

Overall, DeMaio said he advocates strong intervention, balanced with the strict no-nonsense enforcement.

He also spoke about parking con-

SEE **DeMAIO**, Page 7



Mayoral candidate and City Councilman Carl DeMaio makes a point as guest speaker during the Pacific Beach Town Council meeting June 20. Photo by Paul Hansen I Beach & Bay Press



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School trustees OK sale of South Mission property

Point Loma Mandarin Chinese program moves to Mission Bay Cluster

By PATRICIA WALSH | BEACH & BAY PRESS

To raise money to offset a projected \$120 million budget deficit, the San Diego Unified School District continued its path to sell Barnard Elementary School in Point Loma and separately agreed to move that campus' Mandarin Chinese language program into the Mission Bay cluster of schools.

School board members also approved the "intent to sell" 2.23 acres of oceanfront property in South Mission Beach, as well as five other district-owned properties. The move to sell the assets, valued at more than \$26 million, received the supermajority 4-1 vote it needed to pass.

Trustee Scott Barnett, whose District C is home to the largest and most valuable real estate elements on the table — the 9.37-acre Barnard site and the South Mission Beach property – opposed the sale as he has since the board began voting on the issue in November.

In a separate vote, trustees unanimously approved moving the Mandarin-language program out of Barnard and the Point Loma Cluster to Bayview Terrace Elementary School in the Mission Bay Cluster. To accommodate the move, Bayview Terrace Elementary School will be closed and those students will be absorbed into other elementary schools in Mission Bay. The change will take effect beginning in the 2013-14 school year.

During a rare Friday night school board meeting held June 22, Barnett decried the decision by colleagues as



San Diego Unified School District (SDUSD) trustees voted to sell this district property at 825 Santa Barbara Place as part of a move to liquidate an estimated \$26 million in real estate assets to offset the district's projected \$120 million deficit. Photo by Don Balch I Beach & Bay Press

short-sighted.

The Mission Beach Center is located in South Mission Beach at 818 and 825 Santa Barbara Place between the bay and ocean. The district is projecting a minimum bid of \$11 million for the land. The Barnard site is expected to raise a minimum of \$9 million.

"We're about to sell one of the best pieces of real estate this district has and it's like selling your grandma's jewelry to pay the rent," Barnett said.

SEE **PROPERTIES**, Page 5



A 1939 plaque is affixed outside the old Mission Beach School property on Santa Barbara Place. School board officials hope to sell off the 2.23-acre property for a minimum bid of Photo by Don Balch I Beach & Bay Press

Airport expands, relocates cell-phone waiting lot

Diego International Airport has relocated its cell-phone waiting lot to add 47 parking spaces.

The move brings the total number of spaces to nearly 100.

The expanded cell-phone lot has been relocated east of the Commuter Terminal on Harbor Drive, and is now accessible through a traffic light at Rent-a-Car Access Road. Airport officials said drivers can park for free in the cell-phone lot for up to 60 minutes while they wait for the call that their loved ones have landed in San Diego.

The cell-phone lot has been a popular benefit for drivers accessing the airport, and the additional spaces will allow more people to access the lot, especially at peak times.

The cell-phone lot is available for

In response to high demand, San use 24 hours a day, according to airport officials.

> As the cell-phone waiting lot is relocated, SAN Park Harbor Drive will also be relocating its spaces north of its current location to allow for remediation of the existing parking lot. The interim parking opened for airport customers June 14.

> The new parking lot will utilize the same entrance/exit at Harbor Drive and Rent-a-Car Access Road.

> Airport officials said travelers must adhere to the official walkways when walking to and from the interim parking lot to the terminals because the surrounding area is an active construction site.

Posted signs will offer easy pedestrian access to the terminals.

— Staff and contribution

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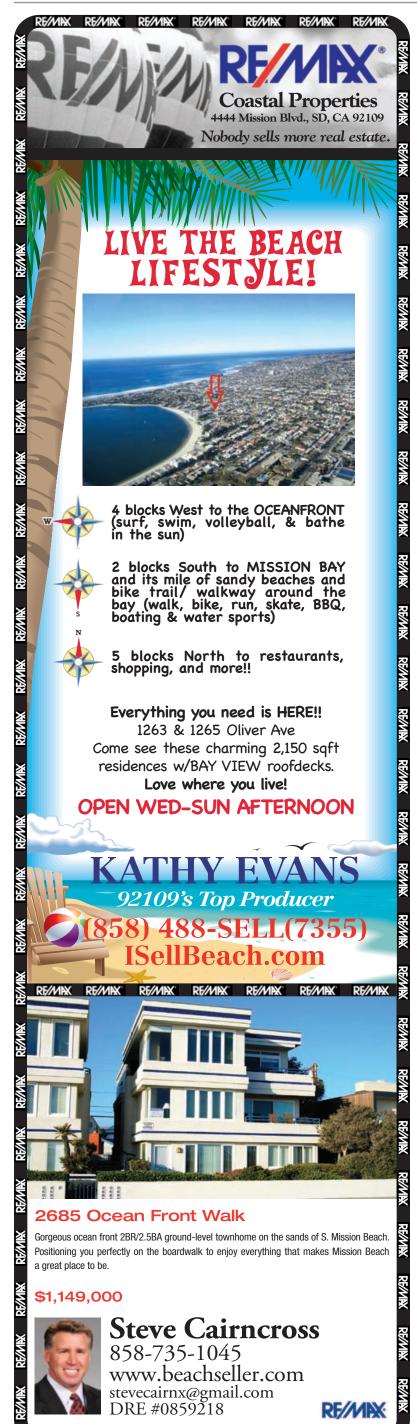


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A stormtrooper and Tusken raider demonstrate how the Hasbro Ultimate FX lightsaber is passed in the Course of the Force relay. Courtesy photo Character-clad, Olympic torch-style relay to pass through areas for a cause

By MARIKO LAMB | BEACH & BAY PRESS

Star Wars fans will march in full force to San Diego for the mothership of all comic book, sci-fi and pop culture conventions on July 11. The inaugural Course of the Force relay will take hundreds of lightsaber-wielding participants donned in their best Star Warsthemed costumes on an epic journey from Santa Monica to San Diego for the 43rd annual Comic-Con International — the largest comic book and pop culture event in the nation.

The Olympic torch-style relay run will begin at the Santa Monica Pier on July 7 and end at Balboa Theatre, just in time for Comic-Con's preview night on July 11. During the five-day relay, participants will run in brief quarter-mile segments, handing off the official Hasbro Ultimate FX Course of the Force lightsaber en route as each runner begins his or her leg of the journey along Southern California's coastline.

Star Wars-themed "Conival" parties will entertain participants and spectators at different points along the course with stage performances, autograph sessions, merchandise giveaways and Star Wars character appearances.

A 25-foot-long replica of Jabba the Hutt's sail barge from "Return of the Jedi" will even serve as the relay's lead vehicle, paving the way for runners on the course and serving as host Chris Hardwick's anchor desk from which to announce his commentary of the relay.

Not only does the race build momentum to participants' arrival at the mecca for sci-fi and comic book gurus, but Course of the Force organizers — including Lucasfilm Ltd., Nerdist Industries and Octagon — also aim to make a difference by raising funds for the local Make-A-Wish Foundation.

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"We knew that if we were going to do this event, we had to do it for the right reasons," said Octagon spokesperson Adam Harris. "That's where we got involved with Make-A-Wish Foundation of Southern California to come up with this concept — to bring awareness to them, raise some money for them, get the kids involved and make some wishes come true with this event."

The initial concept for Course of the Force quite literally conked Nerdist Industries' CEO Peter Levin in the head one day late last year.

"His son happened to be playing with a lightsaber. One thing led to another, and his son hit him in the head, which got him thinking about the idea," said Harris of the concept's humble beginnings. "It was just an idea from him playing around with his kid, but it somehow evolved into this really cool, really big event."

Once internationally renowned entertainment giant Lucasfilm Ltd. got involved, the event started to take shape.

"It just kind of snowballed. Before you knew it, it was the real deal," Harris said. "It came together to really serve as a natural lead up to San Diego Comic-Con, which has become such a huge attraction, but doesn't have any kind of

"We knew that if we were going to major event that serves as a lead up to

Spectators are invited to follow The Force along the course, which will pass through La Jolla and Pacific Beach on July 10, or gather at Crystal Pier to welcome runners for the evening.

"We will be a moving target. We're working closely with California Highway Patrol in all of the cities to ensure that everything goes on safely. We will have police escorts and we're going to be working with traffic so we minimize disruption," Harris said. "It's not quite like a marathon. We don't want to cause a logjam with people hanging out in the streets."

The Force is expected to arrive at Crystal Pier at about 5:30 p.m. on July 10 and will take off again at 9 a.m. on July 11. Spectators are invited to greet the runners as they arrive at the pier, dress in Star Wars garb, and take advantage of photo opportunities with celebrity runners and Jabba the Hutt's sail barge.

"If you happen to go out for a morning stroll at the pier, don't be alarmed if you see storm troopers and Darth Vaders," warned Harris.

For more information about the relay and related events, visit www.course-oftheforce.com.



Nerdist founder Chris Hardwick will serve as master of ceremonies for Course of the Force, coming through La Jolla and Pacific Beach on July 10 and 11.



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(MBX BE/MBX, B





La Jolla High students wade into Mission Bay to upend a cooler and free more than a dozen white sea bass. Photo by Marsha Kay Seff | Beach & Bay Press

Mission Bay hosts student-based fish-stocking program

By MARSHA KAY SEFF | BEACH & BAY PRESS

Just before summer vacation, a group of La Jolla High School science students freed Nemo, Nemo and more Nemos — 15 fish in all — into Mission

It was graduating senior Daniela De Kervor who dubbed the juvenile fish, which were part of a local stockenhancement program aimed at increasing the once-dwindling California white sea bass population.

In the first school project of its kind in San Diego, the students from Dave James' biology class, together with the school's Marine Science Club and the National Ocean Sciences Bowl, raised the fish until they were 260 days old and ready for release.

Not afraid of mixing movie metaphors, De Kervor said she felt like the lead in "Free Willy" when she helped upend the cooler of 10-inch cultured bass in Mission Bay and the students bid them farewell.

"They're ready now for the real world," said senior Moe Porter, who's off to Northeastern University in the fall to study architecture.

In partnership with the Hubbs-Sea-World Research Institute, the California Department of Fish and Game and Get Inspired, Seabass in the Classroom encompasses lab activities, field research, data collection and analysis.

Part of the Institute's Ocean Resources Enhancement and Hatchery

students understand where food comes from and the sustainability of a natural resource, according to Karen Terra, director of development.

The project began in December with 25 fish. Two went to the Department of Fish and Game for health inspections and one to SeaWorld. Seven "committed suicide," according to De Kervor, who's headed to Lewis & Clark College in the fall for pre-med.

The "jumpers" defied James' efforts to secure the 150-gallon aquarium, paid for by a grant from the MacCleod Educational Trust.

Even so, he plans to continue the program next vear.

The Hubbs-SeaWorld Research Institute's white sea bass program began in the early 1980s. From the 1950s to the 1980s, annual party-boat catches in California had dropped from more than 55,000 to less than 1,000, according to Hubbs-SeaWorld research scientist Mike Shane. The commercial fishery industry reflected a similar downward

Since 1986, when the institute released its first batch of white sea bass, it has released more than 1.8 million.

"We hope to go over 2 million this vear." Shane said.

Partly as a result of its enhancement program, party-boat catches of white sea bass during the last decade are back to where they were in the early 1960s — about 5,000 a year, Shane

Program, the classroom project helps said. The commercial fishery industry seems to be pulling in even more. Keepers must be at least 28 inches.

> The average lifespan of a white sea bass is 10 to 15 years, with a weight of about 60 pounds, according to Shane. The biggest on record lived 24 years and weighed 93.5 pounds.

> One of the students' favorite parts of the experience was tagging the fish behind the eyes.

> "We got to knock them out," Porter said enthusiastically.

The institute has asked fishermen to cut off the heads of their white sea bass catches and return them for analysis. Shane said some of the bass have been caught after as many as 13 years after release, and as far away as Mon-

White sea bass are local to California waters, and many menus list them simply as "sea bass." Other types of bass often are incorrectly named on menus as well. For instance, black sea bass is really giant sea bass, according to Shane. And Chilean sea bass is not from Chile, but rather the Antarctic; and it's not really bass, but Patagonian

Shane said the next couple of months are the best chance to get white sea bass in local stores and restaurants.

Even so, De Kervor said, "I want (our fish) to live long and productive lives ... I hope one doesn't end up on my

Affordable housing continues to elude lowest wage makers

By MANNY LOPEZ | BEACH & BAY PRESS

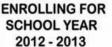
For many San Diego residents, the words affordable and housing are contradictory terms. With very low vacancy rates, high unemployment, stagnant wages and rising costs for food, power and gas as major impediments, the prospects for many low- and moderate-income families look bleak.

On May 15, the City Council voted unanimously, with Councilwoman Laurie Zapf not present, to proclaim a continued state of emergency because of the severe lack of affordable housing in the city. Based on information provided by the City Clerk's Office, the council has extended the state-of-emergency declaration 228 times since Aug.

The original resolution states that the state of emergency shall be docketed for renewal every 30 days until the rental vacancy rate in the city averages five percent for more than two succeeding quarters. Since that hasn't happened, the state of emergency has been continually renewed ever since.

But some, like Susan Tinsky, executive director of the San Diego Housing Federation (SDHF) — a trade group for financial institutions, developers and others who provide services that complement the creation of affordable housing — believe that the actions of various City Councils over the years have weakened organizations like

SEE HOUSING, Page 6







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PROPERTIES

CONTINUED FROM Page 1

Pointing to a map of the land in Mission Beach, Barnett said, "This piece of real estate — that's the Pacific Ocean. that's the bay. It's one the best pieces of real estate in the world and we are going to sell it in the worst real estate market since the Great Depression for one-time revenues. Once we sell it, it's gone.

"It's absolutely absurd and probably this will go down as one of the most boneheaded things this school board has ever done."

Other district real estate to be sold are Camp Elliot in Tierrasanta for \$2.7 million; Bay Terrace 11, a parcel of land in south San Diego worth \$3 million; and three residential lots in Linda Vista with a total price tag of \$900,000. The total net sale price of all properties represents about 18 percent of the district's projected \$120 million deficit.

A line of questioning from Trustee Kevin Beiser revealed uncertainty among San Diego Unified staff about a district subcommittee's report that did not advocate sales of all properties.

Staff also said they did not engage communities in discussion about the sales at the cluster level or with local



A view of the old Mission Beach School from Mission Boulevard. The school district is placing the property up for sale, along with five other district real-estate assets.

Photo by Don Balch I Beach & Bay Press

planning groups. Phil Stover, deputy director of business development, said it was up to neighborhood planning groups to work with buyers once sales were finalized. Beiser suggested leasing properties to generate long-term revenue before anything is sold. Each property sale/lease will still need another vote by the board.

In public comment, Cynthia Conger, a Point Loma Realtor, told the board that the selling price of the Barnard and Mission Beach real estate is "peanuts for any developer."

"You need to look at a very careful evaluation from more experienced people in this field that are not connected to developers," she said.

Ask The Lawyer

Question:

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Answer:

There are two types of powers of attorney, one for healthcare and one for asset management. They can both be durable which means that if the

person who gave the power becomes incapable of handling their own affairs, then the agent can act for the benefit of and on behalf of that person. An attorney drafts a Power of Attorney that includes safeguards for the principal and restrictions on



Estate Attorney

The agent under a Healthcare Power of Attorney, also known as a living will, can be authorized to instruct doctors to terminate life prolonging pro-

cedures, to hire and fire doctors, and to hire per sonal attendants for home care. The agent will also be able to arrange for bur-

An agent under an Asset Power of Attorney can manage the principal's financial affairs during incapacity. The powers granted are usually quite broad so selecting a trustworthy person to act for you is important. A Power of Attorney can be written so that the power becomes effective only when the principal becomes incapable, as certified by two (2) doctors. Accordingly, the power can be written now for future use.

The Power of Attorney is an important document, which should be discussed with your attorney prior to signing it. Its value in avoiding expensive, court-supervised conservatorships is substantial.

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Canine confidence builders help anxious young readers in PB Library program



George Eger reads to Luna, as Luna's owner, Karen Arleo, watches

Photo by Marsha Kay Seff I Beach & Bay Press

By MARSHA KAY SEFF | BEACH & BAY PRESS

George was reading. Milo was lick-

Both were participating in the Wagging Tales reading program at the Pacific Beach/Taylor Branch Library. The dog-meets-kid hour is offered on the first Saturday of every month from 10:30 to 11:30 a.m.

Though 12-year-old George Eger was fascinated by the book he was reading on the Titanic, Luna, a 41/2-vear-old vellow lab, and Milo, a mixed breed, just enjoyed the company.

George has participated in Wagging Tales since it started about seven years ago, the brainchild of Pacific Beach preteen Rachel Sherman, who is now in

college. The program, which matches certified therapy dogs with young readers, is designed to boost the children's confidence in reading.

The pet is a calming influence on anxious readers, according to Helene Sherman, Rachel's mom, who jokes about having to take over 11½-year-old Cody's leash when her daughter headed for college. But Sherman lauds the program, which she said allows children to read without anyone correcting them.

"The program encourages children to read out loud in a relaxing environment," said Michelle Clark, youth services librarian. She realizes, though,

SEE **READING**, Page 13



Four-yearold Ava Grot (in hat) and her sister. 2-year-old Ryah, read to Luna and Milo as Karen Arleo, Luna's owner, watches Photo by Marsha Kay Seff I Beach & Bay **Press**

Crystal Pier-fishing tips at your fingertips

OnTheWaterfront

By JOHNNY McDONALD | BEACH & BAY PRESS

It's not much bigger than a walk-in closet, but from 8 a.m. to sundown James Barrick turns his bait-and-tackle shack into a fisherman's treasure box.

The likable proprietor of hooks, reels, poles and a grand assortment of fish morsels (like sand crabs and mussels) said it's not a job, but a lifestyle — something he joyously does seven days a week. And these summer months will be the busiest for the 42-year old.

"The shack is about 10-by-12," Barrick said. "When I bring some of the stuff outside, I have more room to work and talk to my customers, sometimes giving them my spiel."

For some, the spiel is a 10-minute condensed lesson on the skills of fishing from Pacific Beach's Crystal Pier when barred and walleye surf perch, yellowfin croaker, guitarfish and halibut begin biting.

"Some perch weigh up to two pounds, croaker up to six pounds and maybe 20 inches long," he said. "There's also bat rays and leopard sharks, but we ask [anglers] to throw those back."

Fishing licenses are not required to fish from the pier, but California Department of Fish and Game regulations are neat it would be to own a bait-and-tackenforced, particularly when it comes to

The 872-foot-long pier is unique with its accompanying hotel. Most of its pilings are old and covered with fishattracting mussels and heavy growths of kelp, which wraps around the outer end. Johnny 23@cox.net.

The pier has neither rocks nor reefs to attract fish but it is one of the best to fish for sandy-shore species.

"Experienced anglers drop lines closer to the shore when crashing waves stir up the sand crab. That's lunch time for the fish," Barrick said. "I always wondered what it would be like to own a bait-andtackle shop and the opportunity four years ago came as a surprise. I walked into the hotel office and asked Jim Bostian if anyone was using the shack. He replied, 'Yeah, do you want to do it?' The rest is history.'

Once privately owned, the pier is now operated by the city of San Diego.

If he's needed for assistance by customers, he said: "I shut the door real quick to help, maybe assist them in underhand casting."

There are no signs restricting overhead casting.

As for the spiel, "It's a 10-minute lesson I have down to a science, maybe for a kid who has never fished before. They have to learn, too, that not every day is going to be a good day for fishing."

The biggest event, by the way, takes place June 21 with the annual kid's derby, crowded with lines on the pier and lines in the water.

"When I was in my 20s I thought how le shop," he said. "Who would have thought that's where I'd end up? It's been a blessing."

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

Quick*Hits*

Police: inattentive pedestrian struck by SUV

Traffic investigators said a 49-yearold woman walking southbound across the 1800 block of Garnet Avenue on June 29 was injured after being struck by a vehicle.

Police said the woman walked directly into the path of a Toyota SUV around 9:30 p.m. The victim reportedly suffered a fractured skull, a broken leg and brain bleed.

Ex-MBHS coach pleads guilty to drug charges

Danny Ray Pamaran, a former assistant coach at Mission Bay High School, pleaded guilty to two felony counts of selling methamphetamine and was ordered June 25 to perform 20 days of public service work.

Pamaran, 46, of Clairemont and his attorney asked for immediate sentencing from San Diego Superior Court Judge Theodore Weathers, who granted it. Pamaran was placed on three years' probation and fined nearly \$2,100.

He was given credit for serving four days in jail following his May 7 arrest in Pacific Beach where police had set up a sting operation. Weathers suspended a 180-day jail term that Pamaran won't have to serve unless he violates terms of probation. Repeated probation violations could earn Pamaran five years in

Weathers dismissed six other charges that included transportation and possession of methamphetamine for sale.

Pamaran worked as an assistant baseball and football coach for about seven years, but did not teach classes at Mission Bay High School. He was terminated by school officials after his arrest.

- Neal Putnam

Ex-MB fitness center worker held in ID thefts

Police detectives arrested a former Wave House Athletic Club employee they believe stole the identities of at least 20 members and used the personal information to make at least \$40,000 worth of online purchases.

Christopher Polley, 26, has not worked for the Mission Beach fitness center since January, but investigators said he used his former position while he was there to obtain personal information from applications and contracts. Most of the victims, according to investigators, live or have lived in Pacific Beach.

Police allege Polley used the information to set up "bill me later" credit accounts online and used these to purchase items on Overstock.com, Jet Blue and eBay.

Investigators served a search warrant on his Monmouth Drive address in Pacific Beach on June 26 and discovered what they said was evidence linking Polley to the identificationtheft cases.

Polley began working for the fitness center in May 2010, and investigators

said there may be more victims who have not yet come forward.

On June 26, 2012, detectives from the San Diego Police Department Economic Crimes Unit initiated a search warrant at 1632 Monmouth Drive, in the Pacific Beach area. During the execution of the search warrant, numerous items and membership applications from the Wave House Athletic Club were discovered linking Polley to the crimes.

He was arrested on suspicion of possessing personal profiles, stolen property, grand theft and a drug-possession count. Polley is being held on \$400,000 bail.

Possible DUI case ends with driver hitting wall

Two people were injured June 29 when the Ford F-150 truck they were riding in slammed into a wall on northbound Ingraham Street near Crown Point Drive shortly before

The 63-year-old male driver, who police suspect had been drinking, suffered pelvic and wrist injuries. His passenger, identified as a 41-year-old woman, suffered a head injury and serious leg injuries, according to investigators. Both were transported to the hospital for treatment.

Police said the vehicle had been traveling at a high rate of speed when the accident happened. The crash scene closed down the area between Buena Vista Street and West Mission Bay Drive for about five hours, according to officials.

HOUSING

CONTINUED FROM Page 5

Tinsky pointed to a decision by the current sitting council to lower housing-impact fees assessed on commercial and non-residential land uses within what are called "enterprise zones." Known as linkage fees, Tinsky said these are the primary revenue source for the rise zones were developed within cer tain geographic areas to create incentives for commercial endeavors and economic development.

Tinsky also said San Diego's economy is very dependent on low-paying service sector and hospitality jobs. She added that a person working full-time and earning minimum wage would have to maintain at least four jobs just to afford the average rent before tax deduction.

"About 40 percent of our population is low income, and those are the folks that affordable housing serves," Tinsky said. "A large contributor to the fact that we have a pretty large low-income population has to do with the type of economic sectors we support."

A news story on May 13 reported that the average rent in San Diego currently stands at \$1,361 per month, based on information provided by MarketPointe, a

real estate data company. The U.S. Department of Housing and Urban Development (HUD) defines "affordable" as housing that costs no more than 30 percent of a household's monthly income, including utilities.

"There is a major mismatch between the wages that many of our sectors pay and the cost of living," Tinsky said. "What ends up happening when that occurs is that people must make very difhousing trust fund, which is intended to ficult choices, which include commutproduce more affordable housing. Entering longer distances for work and sacrificing basic necessities.'

Todd Henderson, assistant director of the county Department of Housing and Community Development said it's a very complex issue as to why housing isn't very affordable in San Diego. He said one contributing factor has to do with the demand outpacing the available inventory.

"There isn't a lot of available land to build new properties in San Diego," Henderson said. "Therefore, any new homes being built — for the most part — are going to be costly and probably not within reach to your everyday citizen."

Henderson said that with the disbanding of redevelopment agencies in California, financing for new projects has been greatly diminished. He said the future of affordable housing within San Diego is expected to get worse unless the legislature in Sacramento can figure some-

Strategies that exist to address the city's lack of affordable housing include a focus on projects within the city's urban neighborhoods, where land to build already exists and an inclusionary housing ordinance, which requires developers of new projects to set aside 10 percent of a devel-

opment of new units for low- and moderate-income residents.

Developers choosing to not set aside units can pay an "in-lieu" fee, which is transferred to the San Diego Housing Commission to help build affordable housing units.

Assistance programs for renters, first-time homebuyers and homeown-

ers are offered through federal, state, local and nonprofit organizations.

Supplemental rental payments, publicly-owned housing, down-payment assistance programs and low-cost loans for developers are among several of the approaches used to provide those who are most in need of affordable housing.



LA JOLLA VILLAGE NEWS **BEACH & BAY PRESS** PENINSULA BEACON







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OPINIONS

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Two bicyclists leave the sidewalk and take to the street near one of the new "sharrows" symbols on Mission Boulevard. The new symbols serve as reminders to both motorists and bicyclists to share the roads that don't have dedicated bike lanes.

SYMBOLS

CONTINUED FROM Page 1

the process in the beach area, according to coalition executive director Andy Hanshaw. The organization's mission is "to advocate for, and protect the rights of, all people who ride bicycles."

"We promote bicycling as a mainstream, safe and enjoyable form of transportation and recreation," Hanshaw said.

He said sharrows, located on streets that include Mission Boulevard and Grand Avenue in Pacific Beach and Voltaire Street and Chatsworth Boulevard in Ocean Beach, are "effective communication and educational tools to let bicyclists know where it's best to ride to be safest, including avoiding the 'door zone' where cars are parked and car doors can open at any moment and be very dangerous."

The sharrows do not change or add to existing vehicle regulations but, rather, emphasize them, according to Hanshaw.

"Legally, bicycle riders have the same rights and responsibilities as motorists," Hanshaw said. "We're not creating any new laws here ... We encourage bicyclists and motorists to be more aware and less distracted when driving or bicycling."

He said the California vehicle code states that people bicycling slower than other traffic are supposed to ride as far to the right-hand side of the lane as practicable, but are not required to do so under many situations, such as when a lane is of substandard width, or too narrow to share side by side with motor vehicles.

In addition to using their bikes for recreation, an increasing number of bicyclists are riding to work today, Harris said.

He added that the desire to be more

"green" is one reason; another is increasing gas prices.

Adding to the frustrations of both motorists and cyclists, according to Harris, "San Diego was not designed to be a bicycle-friendly city. It's going to take us years and years to catch up. Sharrows are just one step." He said San Diego is trying to create contiguous bike routes from east to west and has installed sharrows in several neighborhoods, including downtown, Hillcrest and North Park.

Though they resemble stencils, sharrows are really thermal plastic permanent markers affixed to the asphalt, Harris said.

There are 70 sharrows in the beach area and 65 more pending at a cost of \$200 each, Harris said. He said that

from the 2000 to 2006 fiscal years, the budget included only \$47 million for road maintenance. From 2007 to 2012, he said, that figure increased to \$170 million. And the 2013 fiscal budget alone includes \$50 million for road maintenance.

Lest residents think the new sharrows are enough to satisfy vocal bicyclists, Hanshaw is quick to add: "While they are a tool for education and awareness, people who ride bikes throughout the county would like to have more places to ride where they feel safer and more connected to where they are pedaling. Ideally, this means more bike paths and bike lanes that serve their destinations."

For more information, visit sdcbc.org/index.html.

TEACHERS

CONTINUED FROM Page

Teachers are now expected to be recalled as early as the end of June.

The SDEA elections committee reported that more than 4,500 members cast votes, of which 67 percent voted "yes" on the agreement and 33 percent voted "no."

In the Mission Bay Cluster, 32 teachers and staff at six schools received layoff notices this year. In the La Jolla Cluster, 53 teachers and staff member at five schools received layoff notices. For La Jolla Elementary School, the layoffs would have slashed 13 in a staff of 25 teachers.

In March, the SDEA released a list of layoff notices issued, based on information it received from SDUSD. Here's a breakdown of layoff notices issued in the Mission Bay and La Jolla Clusters:

MISSION BAY CLUSTER

- Mission Bay High School
- 2 English, reading, language-arts

teachers

- 2 foreign-language teachers
 - 1 general-subjects teacher
- 1 industrial-technology teacher
- 2 math teachers
- 2 main teachers
- $1 \ \mathrm{music} \ \mathrm{teacher}$
- 3 school counselors 1 special-education teacher
- Pacific Beach Middle School
- 3 English, reading, language teachers
- 1 foreign language teacher
- 1 general-subjects teacher
- 1 science teacher 1 music teacher
- 1 music teacher 1 school counselor
- Pacific Beach Elementary School
- 1 general-subjects teacher
- Kate Sessions Elementary School
- 1 general-subjects teacher/ESL sheltered teacher
 - 2 general-subjects teachers
 - 1 school psychologist
 - Crown Point Elementary School
 - 2 general-subjects teachers
 - 1 home economics teacher
 - 1 school librarian
 - Bayview Elementary School
 - $2\ child\ development\ center\ teachers$

DeMAIO

 ${\tt CONTINUED\,FROM\,Page\,\,1}$

cerns involving oversize vehicles like motorhomes, large trucks and vans that take up space in residential neighborhoods on an indefinite basis.

"If I win this November, I will make sure we have an oversize-vehicle ordinance within six weeks of taking office," he said. "This is a propertyrights issue. When people buy a home, they buy it based on the neighborhood and don't expect a [mobile] house to show up overnight."

His plan is to charge oversize-vehicle owners for a 72-hour permit that can be purchased online and to strictly enforce the policy.

The final topics of the evening were

the alcohol-related crime and CUP issues. DeMaio said he is against issuing a CUP for the Pacific Beach area.

"We shouldn't punish the businesses that are doing it right, but we should create a hot list of the bad operators for the police to keep track of," he said. "If the bars on the hot list can clean up their act, then they can eventually get off that list."

DeMaio said the city's current financial woes are key to cracking down on alcohol-related crime.

"By fixing our financial situation, it

will allow us to increase hiring and expand the police force" to respond to the needs of residents, he said.

Filner will be the guest speaker at the next PBTC monthly general meeting on July $18\,$ and is expected to address the same topics.











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OTL returns with all its off-color fun and flair for 59th year

By JOHNNY McDONALD | BEACH & BAY PRESS

It's a simple game but it carries a lot of clout.

Just hit a "served-up" softball 55 feet, beyond the reach of opposing fielders for three or four innings, and your team advances into a doubleelimination, two-weekend tournament them for the endurance run. known as the Over-the-Line (OTL) World Championships.

It's the Old Mission Beach Athletic Club's (OMBAC) entertaining, 59th annual offering that publicist Brad Pagano explains will attract more than 60.000 frolicking sunbathers to the sands of Fiesta Island on July 14-15 and again on July 21-22.

It's the "happening thing" during the San Diego summer, with entertainment, food, fun — and often a few unexpected twists.

will be a young lady selected to be the traditional Miss Emerson.

Since it's modest beginnings in the 1950s at South Mission Beach, today, 1.300 men and women swing away on 50 courts from 7:30 a.m. to sundown initially to determine 10 class winners.

The three-person teams, ranging from 18 to 70 in age, will come from as far away as Japan, Germany and Ice-

No base-running is needed and nary an umpire is in sight. The primary objective is to hit the ball "over the line" without it being caught by the opposing team. A third hit in an inning scores one run and each subsequent hit scores another. A ball hit past all of the opposing fielders is a home run.

Teams pitch to their own members, typically from a crouched position next

By tradition, team names are creative and good-natured, but can some-

times be quite colorful — even obscene and often play off current events. The names are usually not publishable.

Pagano agrees that during actual play, some finesse is important. But he said practice and participation in traveling tournaments have honed the game for many players and prepared

They have even formed a players association

"They play all year, maybe at Crown Point, Mariners' Point or Fiesta Island," Pagano aid. "In the OTL Tournament, teams might play five to seven games the first weekend and eight more the second week to reach the championships.'

For the long haul, teammates will rotate as pitcher, batter and retriever. Substitutions are permitted.

"The better teams will have mem-Reigning over the festivities again bers who have played many years ... of baseball, softball, maybe golf," he said. "Everyone self-referees their own games. Pretty much like it's always

> OMBAC will provide complimentary bus transportation to and from Fiesta Island during the first three days of

> Shuttles will run between Fiesta Island and the west end of the Bonita Cove parking lot across from the Bahia Hotel, and between Fiesta Island and the Linda Vista trolley station's Friars Road parking lot.

> In addition, a shuttle will circle the island starting at 10 a.m., with parking nearby, across Sea World Drive. Roadside parking fills the island early, and vehicular traffic is usually closed off by 10 a.m.

> OMBAC, a nonprofit organization, focuses on youth athletics and local charities. Last year, the club's fundraising and donations included UCSD Can-



Above, a batter digs deep during a previous Over-the-Line World Championship round at Photo by Casey Dean I Beach & Bay Press Fiesta Island.

Right, men and women will take part in the Over-the-Line action set to take place over two weekends this year on July 14-15 and Photo by Don Balch I Beach & Ray Press July 21-22.

cer Research, Junior OTL Scholarships, Wounded Warrior Foundation, Huntington's disease groups, Bikes for Tykes, Cancer Walk, Marine Family Christmas Fund, Pacific Beach Youth Group, San Diego St. Patrick's Day Parade, San Diego Blood Bank, OMBAC rugby, OMBAC water polo, and other youth athletic activities.

For more information, visit www.ombac.org/homepage/index.html.





ENJOY THE COLORS & BEAUTY OF OLD TOWN

STAGECOACH DAYS: CELEBRATING THE WEST ON THE MOVE

--All Aboard for Old Town; Next Stop Stagecoach Days at Old Town San Diego State Historic Park--

Old Town San Diego State Historic Park is celebrating travel and transportation in the era of real horsepower at Stagecoach Days from noon to 4 p.m. on Saturdays in July and August.

The free event features a different theme each Saturday including Californio Day, Women of the West, Soldiers and Citizens, TwainFest and

Attendees will enjoy afternoons

filled with activities that reflect life in early San Diego and celebrate the West on the move. Through vignettes, demonstrations, living history activities, stories and songs, visitors will gain an appreciation for early modes of transportation and daily life.

It's been more than a century since the last stage line operated in San Diego. Beginning in 1857, stage lines passed through rural San Diego moving passengers, freight and mail. These new services helped bring the outside world closer to the emerging frontier community that we

know today as San Diego.

The 2012 Stagecoach Days schedule is as follows:

July 7 – West on the Move - After the Mexican War, more and more settlers came to San Diego as a place to live or as a resting point prior to heading to the gold fields of Northern California. Today, California State Parks will present demonstrations and activities that promote 19th century transportation.

July 14 -- Californio Day – From 1821 through 1848, the people who lived in Southern California were called "Californios" rather than Mex-

icans. Those unique "Californio" cultural such as gambling and paper flower making will be presented.

July 21 -- Women of the West --Women played an important part in the development of the West. Some of the daily activities of these women will be demonstrated on this Satur-

July 28 -- Games and Amusements -- In the 1800s, games and amusements were commonly associated with large celebrations that incorporated most of the local townspeople. This day will pay tribute to traditional games of the time.

August 4—Trades That Shaped Westward Expansion -- As towns developed in the West so did the need for specialized trades and artisans. Old Town San Diego will present pivotal 19th century trades that shaped the community of

August 11 - Vaquero Drive -- Cattle was the single most important economic resource for Southern California for more than 50 years. This day will give the opportunity to learn about the hide and tallow trade, chuck wagon cooking, roping, branding, saddle making and more.

August 18 -- TwainFest -- The festival marks 102 years of Mark Twain's passing and celebrates the American author as well as some of his peers. Excerpts from famous works will be read aloud by costumed San Diego actors at a variety of park venues throughout the day.

August 25 - Soldiers and Citizens -- In the mid-1840s, California went to war with Mexico. United States troops were stationed in San Diego County and fought here in an effort to support the war. This day will feature military practices that changed San Diego forever.

Old Town San Diego State Historic Park, with the support of the Boosters of Old Town and Fiesta de Reyes, is proud to offer these free activities for adults and children of all ages. The park is located on San Diego Avenue and Twiggs Street, conveniently located next to the Old Town Transit Center with Coaster, trolley and MTS bus service.

For more information, go www.parks.ca.gov/oldtownsandiego.





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Irradio, Stranger pump up the local circuit

LIVEMUSIC

By BART MENDOZA | BEACH & BAY PRESS

Irradio is considered by most to be a punk band, but one listen to its San Diego Music Awards-winning album "I Am The Horn" shows the sonic palette to be much wider than that, incorporating free jazz, soul, blues and ambient sounds in its music. Appearing at The Griffin on July 6, Irradio has had a seemingly ever-shifting lineup, but remains helmed by guitarist and singer Dan Dasher. Anyone who appreciates their music manic and enjoys an in-your-face blast of attitude will consider Irradio to be one of the best bands to emerge from the San Diego club scene in quite awhile. • Irradio performs at 9 p.m. on Friday, July 6 at The Griffin, 1310 Morena Blvd. 21 and up. www.thegriffinsd.com

One of San Diego's most popular reggae groups, Stranger appears at the 710 Beach Club on July 7. The seven-piece band was formed in 2000, building a following through relentless touring that has seen the band move to headline status across the West Coast. Stranger has an EP and two albums to its credit, but it's the live work that earned the band a win at the 2009 San Diego Music Awards in the world music category and another nomination this year.

July 7 at the **710 Beach Club**, 710 Garnet than two-dozen albums to its credit, Ave. 21 and up. www.710bc.com

On the surface, the Cantina Renegades appear to be like any other rockabilly trio, complete with stand-up bass, playing classics like "Sleepwalk" and Leo's on July 14, the band also includes www.brickbybrick.com



One of San Diego's most popular reggae groups, Stranger appears at the 710 Beach Club on July 7 at 9 p.m.

surf tunes like "Walk Don't Run," as well as unlikely covers of material like Hall and Oates' "Maneater" or Radioheads' "Creep." Purists might not like it, but the eclectic set list makes for a fun listen.

• The Cantina Renegades perform at 9 p.m. on Saturday, July 14 at **Tio Leo's,** Bela Vida Brasileira, a Brazilian duo 5302 Napa St. 21 and up. Cover TBD. www.tioleos.com

Psychobilly legends The Meteors perform at Brick by Brick on July 18. Formed in 1980, the trio fuses punk rock with rockabilly for a sound that's • Stranger performs at 9 p.m. on Saturday, basic, raw and in-your-face. With more there will be no shortage of tunes for the Meteors' diehard fans. But anyone who enjoys either parent genre of the band's sound will appreciate its music.

• The Meteors perform at 8 p.m. on Wednesday, July 18 at Brick by Brick, "Nervous Breakdown." Appearing at Tio 1130 Buenos Ave. 21 and up. \$15. up. No cover. www.theturquoise.com/-

Taking advantage of the excellent weather, Café-Bar Europa offers a weekly schedule of great music on its patio, with acoustic performers ranging from jazz to world music. Each Thursday at 5 p.m., diners will enjoy music from based in San Diego, consisting of Federico Benitez and Melissa Mejia. The pair uses a wide variety of instruments from guitars to flugelhorn to accent its mix of bossa nova, samba and pop tunes, both classics and impressive recasts of modern cover songs that include tunes by The Beatles and Eric Clapton. With the shifting instrumentations and Mejia's plaintive voice, the pair's music is the perfect Burt Bacharach-like soundtrack to a summer evening in Pacific Beach.

• Bela Vida Brasileira performs at 5 p.m. on Thursday, July 5 and July 12 at Café-Bar Europa, 873 Turqouise St. 21 and

Tuesday Farmers Market marks first anniversary in Pacific Beach

Organizers of the Pacific Beach Tuesboth residents and visitors. day Farmers Market, who launched the successful community event on July 5, 2011, are celebrating their first full year this month — and inviting residents to join the anniversary party.

The celebration takes place Tuesday, July 10 on Bayard Street from Garnet Avenue to Hornblend Street from 2 to 7 p.m. Shoppers will enjoy live music, a silent auction and can register for prizes like market gift cards, farm CSA boxes, dinners and merchandise.

The family-friendly weekly event has continued to grow in popularity with

Local businesses have provided support by sponsoring colorful banners now flying along Garnet Avenue and soon to expand to Mission Boulevard.

New expanded hours accommodate after-work shoppers and, as always, a percentage of the day's sales will be donated to Pacific Beach schools. The market features 25 certified farm booths plus more than 35 booths offering artisan foods, beverages and craft items.

For more information, call (619) 233-3901, or visit www.pacificbeachmarket.com.

MUST*HEA*

It's a far cry from his usual stadiumfilling gigs, but on July 15, Foo Fighters' guitarist Chris Schiflett brings his alt-country side project, "The Dead Peasants," to Brick by Brick.

The group has a self-titled debut album due out July 13. And while not anywhere near as hard-hitting as his main band, listeners will still find plenty of excellent songs, like the midtempo rocker "Get Along."

Having traded aural bombast for a

bit of twang and jangle, these tunes will appeal to any fan of Americana,

country or jangly rock 'n' roll, as well all Foo Fighter aficionados.

• Chris Schiflett & the **Dead Peasants** perform at 8 p.m. on Sunday, July 15 at Brick by Brick, 1130 Buenos

Ave. 21 and up. \$12. www.brickbvbrick.com

CHRIS SHIFLETT

— Bart Mendoza

MUSTREAD

Book recommendation from the Pacific Beach/Taylor Branch Library

TITLE: "Calico Joe" **AUTHOR:** John Grisham

SYNOPSIS: A surprising and moving novel of fathers and sons, forgiveness and redemption, set in the world of major league baseball. In John Grisham's new novel, the baseball is thrilling. But it's what happens off the field that makes "Calico Joe"

a classic

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



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WEDNESDAY **MONDAY** TUESDAY Monday - Friday 11am - 3pm: \$5.99 Lunch Menu **Nightly Specials:**

Nightly Specials: Happy Hour Happy Hour All Day 6pm -close All you can eat wings \$13.99 1/2 price domestic pitchers 1/2 price wings

TACO TUESDAY'S: HAPPY MONDAYS: Tacos starting @ \$2 Happy Hour 4pm to Close 1/2 off Beers and call shots \$3.50 Dos Equis Pints 25% off appetizers \$4 Teguila Shots

\$5 House Margs! All-You-Can-Eat Crab Night

\$24.95 - 6-10pm Nightly Specials:

1/2 price appetizers starting at 5pm

Premium Corked Beers 6-10pm Live Music - 9pm to Close **Nightly Specials:** Goldfish Races start at 10pm

Rib dinner for \$10 - includes a

rack of BabyBack Ribs, fries, and

Any sandwich/wrap w/draft \$10

Blocks, Boards Games & Beer

Pong! You be the VJ 8pm-close! **Uncorked & Unplugged**

1/2 off all bottles of Wine &

\$3 Draft & Well Drinks

Free Pool, Jumbo Beaver

Game Night:

\$3 Drafts 7pm-Close

Nightly Specials: 2-for-1 Burgers starts at 5pm \$3 U-Call-It's starts at 9pm

Thursday Special

\$3 U Call Its

\$3 22 oz Mugs of House Beer

DJ Music - 10pm to Close

THURSDAY

\$4 Seagram's sweet tea, corralejo silver tequila, fernet branca

Nightly Specials:

8pm -close \$8 Pitchers,

Thirsty Thursdays:

DJ Music - 10pm to Close

Gold 3pm to Close

Good Times Friday

\$3 Sushi Rolls, \$3 Good Times

FRIDAY

Nightly Specials:

\$3.00 16oz PBR draft

\$4 Fridays:

Chef Shelly V.

\$2 U Call Its from 9nm-Close \$4 U Call Its from 9nm-Close

\$5.99 ½ lb Guava Burger & Fries Weekend Dinner Specials by

Nightly Specials: 2-for-1 Fish 'N' Chips starts at 5pm **Breakfast Special:** 2-for-1 breakfast from 8am - 1pm

SATURDAY

\$4 Bloody Mary's and \$2 Mimosas

Nightly Specials:

\$10 bottle of champagne

\$15 bucket of Domestics

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rom 12am-until close

\$10 bottles of champagne w/ Guave or OJ ALL DAY!

\$3 from 10-11pm \$4 from 11pm-12am

Breakfast Special: 2-for-1 breakfast from 8am - 1pm

SUNDAY

\$4 Bloody Mary's and \$2 Mimosas

Nightly Specials:

\$10 bottle of champagne

\$15 bucket of Domestics

\$5 "El Fuego" Bloody Mary's

\$5 Mimosa \$8 Domestic Pitchers

Pacific Sunset Sunday

\$3 fish tacos, \$3 IPA - 5pm-9pm

Industry Night: 1/2 off bar

tabs, DJ Music - 10pm to Close

Go Big or Go Home! \$5 House Margs \$16 Marg Pitchers

Nightly Specials: Happy Hour Food 4 to Close &

Burger Bliss

\$5.00 Burger - 6-10pm

Industry Wing Night: 40cent wings starting at 4pm 1/2 price drinks for Hospitality

Industry employees \$4 Stoli Vodka and Flavors \$3.50 Bud Light Schooners

Nightly Specials: \$2.00 Tacos and \$5.00 Select Tequilas

Nightly Specials: \$3.00 Wing Basket &

a salad \$3 Svedka Vodka

Nightly Specials: Burger, Fries & 16 Ounce Domestic Draft \$7.00

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Drinks 4 to 7

\$5.00 Selected Whiskeys

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Nightly Specials: FREE Trivia Night at 8!

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Two-time gold medalist launches customized Mission Bay bootcamps

By MARIKO LAMB | BEACH & BAY PRESS

Take one look at San Diego's golden girl, Monique Henderson, and you will understand why people cling to her every word when she gives advice about meeting their fitness goals. With a model physique and abounding energy, Henderson is the embodiment of what her fitness clients want to - and can achieve.

Henderson, a two-time Olympic gold medalist, began her path toward becoming a world-class sprinter at a young age. While still a junior at Morse High School in 2000, she qualified for the U.S. Olympic Team and has since competed in the 2004 Olympic Games in Athens and the 2008 Olympic Games in Beijing — both times helping her 4x400 relay team earn highly-coveted Olympic

Although she is now retired from her professional career in track and field, Henderson found a passion for motivating others to become better, faster, stronger and sleeker versions of themselves through her customized bootcamp workouts in convenient outdoor locations throughout the county.

"It brings me so much joy to be able to motivate and help people," Henderson said. "I know how inspiring it is to have someone that really cares.'

The newest location for her one-hour class is at Fanuel Park at Mission Bay — a stunning bayside retreat that has everything Henderson needs to help people achieve the utmost potential in their workouts.



Monique Henderson, a two-time Olympic gold medalist, has launched a customized boot-

"It's right by the beach, so in the grass area and concrete. They even have changes up the routine. I know people

morning it's beautiful," she said. "It has the playground there so we do things everything I need — there's sand, a like pull-ups on the monkey bars. It "I work with some individuals that are brand-new to exercise, and I work with some athletes that want to get faster and stronger in their sport. No one should feel intimidated."

MONIQUE HENDERSON Two-time Olympic gold medalist and fitness trainer

like the gym, but it's San Diego. It's beautiful outside."

Henderson employs basic workouts that utilize a person's own strength and resistance. Her boot camp classes typically start with a warm-up jog and some sort of stretching exercise, followed by what she calls "cardio blast circuits."

"It's not just running," Henderson said of switching up the routine. "They can be step-ups onto a bench, box jumps, jumps over cones, short runs [or] backward running. It's a full-body workout, so there will be an abdominal workout, core and some upper body strength work."

As a three-time Olympian, Henderson knows how to ready a body's fitness level for the main event, whether it be to prepare for the biggest international sports competition in the world or to fit into that great new swimsuit or wed-

"The workouts that I came up with for my classes are based on my workout routines during my off-season. They're fun ways to keep endurance up and stay toned," Henderson said. "If your goal is just to get ready for the summer, the time to start is definitely now.'

Henderson's boot camp classes are designed to fit any individual's age or athletic ability, focusing on a spectrum of exercise variations to suit any fitness level. She also talks with each of her

clients about individual goals and weaknesses that may have led to poor results in the past to determine a fitness routine that works best for the individual.

"I work with some individuals that are brand-new to exercise, and I work with some athletes that want to get faster and stronger in their sport. No one should feel intimidated," she said. "I talk to them individually about what their goals are. Whether it's to lose five pounds or 25 pounds, I can help them get there."

Although the typical boot camp would elicit imagery of a military-style drill sergeant shouting for 10 more push-ups as you sink deeper into the mud, Henderson assures that is not case at her daily workout sessions.

"Once they get out there, I just want them to have a lot of fun," she said. "I'm not the one that's going to be yelling in your face. I'm out there with you cracking jokes. I'm right there with them. I'm there for encouragement. Instead of just telling them how to do an exercise, I get down there with them to show them."

A consistent workout routine — with some motivation by Henderson — does much more than get her clients in shape. Exercise has the all-encompassing capacity to boost metabolism and energy levels, change eating habits, and promote healthier decision-making throughout the rest of the day, said Henderson.

All you have to do is start.

Group classes take place at Fanuel Park each Tuesday and Thursday at 6 a.m. Henderson urges newcomers to stop by and observe the class or try out a free initial trial class.

For additional times and locations, visit www.moniquesbootcamp.com or email monique@moniquesbootcamp.-







Tourmaline surfing park lot finally gets long-needed renovation

was half the battle in the surf experience as they grappled with potholes and cracks at every step in the park's parking lot. After two decades of disrepair, condition and disrepair for many years,"

For surfers at Tourmaline Canyon the surfing park has finally been Surfing Park, the walk to catch waves smoothed over with a fresh coat of asphalt in a resurfacing project paid for by the city's general fund.

"The parking lot has been in poor



The Pacific Beach Surf Club spearheaded several beautification projects at Tourmaline Canyon Surfing Park over the past several months, including repaving and re-striping of the parking lot, restoration of the surf park mural, a fresh coat of paint on the restrooms, and replacement of a chain-link face on the north side of the park.

said longtime Pacific Beach Surf Club member Greg Miller. "There were huge cracks and deep potholes — some up to six inches deep — throughout the parking lot. Chunks of asphalt and gravel were scattered around, making a barefoot walk to the beach quite painful. It was not uncommon for beach users to stumble in the potholes while walking across the parking lot."

The repaving and re-striping of the parking lot is just one of the local surf club's many successful beautification projects to transform the area. Other recent upgrades to the surfing park include replacement of the north side's chain-link fence, restoration of the surfing park mural and fresh paint on the exterior and interior restroom walls.

"The feedback received on all the upgrades, the surfers' mural, bathroom repainting, parking lot resurfacing and re-striping, and the chain-link fence has been overwhelming," said Miller. "Everyone is very pleased and thoroughly enjoying all the enhancements at the park."

— Mariko Lamb



REMEMBER

I WAS RECENTLY approached by someone who wanted to know about the historic "colored" section of Pacific Beach near Kate Sessions Park. I suspect she meant Color Park, a property mail@johnfry.com.

that Kate planted in red, white and blue flowers. I don't think this is it, but maybe. The photo was taken around 1950 on Soledad Road, across from today's Kate Sessions Park. You can view Remember When? photos enlarged, and in color, on the Pacific Beach Historical Society web page.

– John Fry may be reached at (858) 272-6655 or by email at

BEGINNING JULY 14

The 59th Annual World Championship Over-The-Line (OTL) Tournament, sponsored by the Old Mission Beach Athletic Club (OMBAC), will take place once again on the sand of Fiesta Island at Mission Bay. The tournament begins July 14 and 15 and concludes July 21 and 22 (both weekends 7:30 a.m. to dusk). The event offers food, fun, sports, entertainment and more. For

more information, visit www.ombac.org/over_the_line, or email otl@ombac.org.

TUESDAYS

Low- and no-cost vaccinations are being offered every second Tuesday of the month from 8 to 11 a.m. at Mission Bay High School, 2475 Grand Ave. The clinic will be located either in the auditorium or the nurse's office. No appointment is necessary. Bring vaccination cards/records. All minors must be accompanied by a parent or legal guardian. For more information, contact the San Diego County Health and Human Services Agency at (858) 573-7300.

SATURDAY, Aug. 4

Calling all Buccaneers from the class of 1972 Mission Bay High School for the class's 40-year reunion at Mission Beach Women's Club by the bay from 6 to 10 p.m. The reunion includes a Friday, Aug. 3 mixer for happy hour at the Catamaran Hotel's Morays bar at 6 p.m., then on to the Bahia Bell at 7:30 p.m. On Sunday, Aug. 5, a picnic will be held at Kate Sessions Park starting at noon. For more information, fees and registration, call Randy at (714) 906-1513, email mbhsalumni1972@-yahoo.com, or check out www.missionbayhighalumni.com/.

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READING

CONTINUED FROM Page 6

that some of the youngsters come simply to play with the dogs — and that's

"Whatever reason they come, it's good to get them to the library," she said.

Anywhere from three to 25 children, ranging in age from 2 to 12, and up to five dogs certified by Therapy Dogs Inc. attend the monthly program.

George said the family cat "won't sit still for me to read."

Ron Eger, the pre-teen's dad, jokes, "We kept the program alive since George was 5 ... George has a short attention span. Reading to the dogs helps him relax while he reads. It lessens his anxiety. George is totally like a different person [when he's reading to the animals].'

In addition to this program, the June 27, 3 p.m.

Pacific Beach Library has a variety of other children's activities.

On the schedule are:

- Pajama Storytime and Crafts, ages 2-6; Tuesdays from 6:30 to 7:30 p.m.
- Preschool Storytime, ages 2-4; first, second and fifth Thursdays from 10:30 to 11 a.m.
- Music Together, babies to age 5; third Thursdays, from 10:30 to 11 a.m.
- Sign-A-Story Circle Time (sign language), babies to age 4; fourth Thursdays from 10:30 to 11 a.m.
- Toddler Yoga, ages 18 months to 5 years; first Thursdays from 11:15 a.m. to noon.

Special June and July programs include:

- Mad Science, an interactive program for ages 4-12; June 13, 3 p.m.
- Magic & Comedy, all ages; June 20,
- Literature Comes to Life, an interactive theater production, children of all ages;

- Animal Adventures, featuring six aniages 3-11, prizes for reading 10 books; mals from around the world, ages 4-12; July 5, 10 a.m.
- Craft Class, ages 6-18; July 11, 3 p.m.; signup required
- Magic and Comedy with Craig Stone, all ages; July 18, 3 p.m.
- · Puppet and Marionette Performance, ages 4-12; July 25, 3 p.m.
- Dream Big, Read, June 13-Aug. 15,

sign up at sandiegolibrary.org or at the library.

For more listings on summer activities and programs, call (858) 581-9934, or visit pblibraryfriends.org.

The Pacific Beach/Taylor Branch Library is located at 4275 Cass St.



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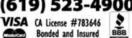
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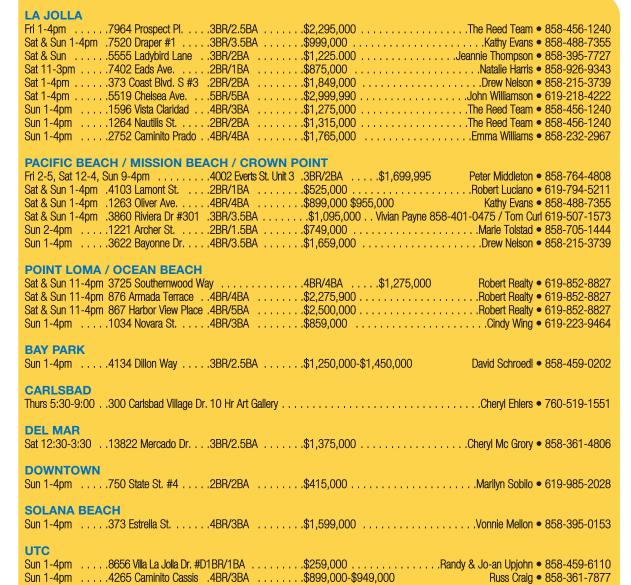


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- 50% of the ballot must be complete to be counted in the drawing.
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Dining	New Restaurant	Dry Cleaner
American	Overall Service	Eyewear
Appetizer	Patio Dining	Financial Planner
Bagel Shop	Pet-Friendly Restaurant	Flooring
Bakery	Pizza	Florist
Bar	Place for a B-day Party	Furniture Store
Bay View	Sandwich	Grocery Store
BBQ	Seafood	Hair Salon
Beer Selection	Sliders	Hotel
Breakfast	Sports Bar	Insurance Agent
Buffet	Steak	Jewelry
Burger	Sunday Brunch	Nail Salon
Burrito	Sushi	Nursery
Cafe/Coffee Shop	Thai	Optometrist/Ophthalmologist
Carne Asada	Vietnamese	Paint Store
Catering	Wine Selection	Personal Trainer (Name & Co.)
Chicken Wings	Shopping & Services	Pet Hospital/Vet
Chinese Restaurant	Accountant	Pet Resort
Desserts	Air Conditioning/Heating	Pet Store
Dinner	Architect	Pharmacy
Family Restaurant	Art Gallery	Pilates
Fish Taco	Attorney	Place with Unusual Gifts
French	Auto Detail	Place with Exotic Gifts
Frozen Yogurt	Auto Repair	Plumber
Greek	Bank	Printer
Happy Hour	Bicycle Shop	Resale Shop
Hot Dog	Carpet Cleaner	Roofing
Ice Cream/Gelato	- Car Wash	Shipping/Packaging
Irish	Child Care	Shoe Store
Italian	Chiropractor	Smog Check
Lunch	Computer Repair	Skate Shop
Margarita	Contractor	Sporting Goods
Martini	Day Spa	Swimsuits
Mexican Restaurant	Dentist	Surf Shop
Most Romantic	Doctor	Workout Spot
Nachos	Pet Sitter	Yoga Facility