

## BIG BOOST FOR MBHS

Thanks to a \$75,000 grant by the Chargers Champions School Grant Program next month, the Mission Bay High School weight room will get a major overhaul. **Page 3**



## TAN WITHOUT THE WORRY

A San Diego entrepreneur is helping locals beat the ill effects of the sun in a community that worships it. And with cooler, grayer winter days upon us, now is as good a time as any to take advantage of the mobile service privately. **Page 7**



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## HOOFING IT TO ENSURE THERE'S A CURE

Men and women marched in unity through the streets of Pacific Beach on Nov. 16 during the Susan G. Komen 3-Day Walk — the annual 60-mile fundraising event designed to create more awareness of breast cancer and, ultimately, for a cure. Above, walkers pass by the Pacific Beach/Taylor Branch Library as they are cheered on by well-wishers. At right, walkers enjoy some ice-chilled drinks at a "Pink Shot Station," while (far right) a walk supporter expresses her own message. This year's walk raised \$6.5 million. Visit our photo gallery online at [www.sdnews.com](http://www.sdnews.com).

Photos by Don Balch | Beach & Bay Press



# Trio convicted in 2011 slaying of MB man, 18

By NEAL PUTNAM | BEACH & BAY PRESS

After nearly three days of deliberations, a jury convicted three young men on Nov. 15 of first-degree murder in the 2011 slaying of Garrett Berki, the Mission Beach man who was shot after he answered a Craigslist ad for a computer for sale.

Sentencing was set for Jan. 25 for the gunman, Rashon Jay Abernathy, 18, the driver, Shaquille Jordan, 19, and Sean-dell Jones, 19, who also held a gun during the May 11, 2011, robbery of Berki, 18.

Because the jury found that



**GARRETT BERKI**

Abernathy personally used the gun during a homicide, he faces 25 years on the gun count plus 25 years to life in prison for the

SEE **VERDICT**, Page 7



An empty chair awaits the arrival of Santa Claus, who will make a special trip south to the shores of Pacific Beach on Dec. 1 for the annual "Christmas on Crystal Pier" event.

Courtesy photo

## 'Christmas on Crystal Pier' set to kickstart the holidays

By MARIKO LAMB | BEACH & BAY PRESS

Santa Claus is making an early trip south this holiday season to give Pacific Beach children the opportunity to share their wish lists and celebrate Discover PB and the Crystal Pier Hotel's fourth annual "Christmas on Crystal Pier" event amid family, friends and neighbors on Saturday, Dec. 1.

"This is a great opportunity for Pacific Beach families — or all families — to take their holiday photo on the iconic Crystal Pier overlooking the Pacific Ocean," said Sara Berns, executive director of Discover Pacific Beach. "This event embraces the ultimate Southern California holiday season, the beach

SEE **PIER**, Page 7

## Campland on the Bay: much more than meets the eye

Marshall Wiseman stands at the entrance to Campland on the Bay, where he has served as general manager since 1980. Photo by Marsha Kay Seff | Beach & Bay Press



By MARSHA KAY SEFF  
BEACH & BAY PRESS

Campland on the Bay's lease with the city is due to expire in 2017 and the property is to be returned to marshland, according to the Mission Bay Park Master Plan. But Campland general manager Marshall Wiseman believes there's some wiggle room.

"We're working our tails off to be able to stay where we are," said Wiseman. "Camp-

land (which opened in 1969) is the perfect use for land in Mission Bay Park. [Whatever the outcome], we will be on Mission Bay somehow."

Tucked between the Kendall-Frost Mission Bay Reserve and Rose Creek, the 42-acre campground has been the purview of the general manager and "problem-solver" since 1980. Wiseman, who studied physics and laser optics and has a

SEE **CAMPLAND**, Page 6

## PB Window Decorating Contest

It's that time of the year! Time to brighten the street of PB with Window decorations. The theme for this year is 125 years of Pacific Beach: Holidays Past & Present. Choose your favorite decade and decorate your window in the holiday fashion from that decade.

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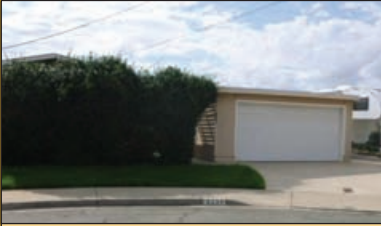


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# SeaWorld celebrates birth of its fifth dolphin locally

SeaWorld San Diego officials cooed with delight Nov. 5 at the birth of a new Atlantic bottlenose dolphin calf that was born in a behind-the-scenes pool at the marine park shortly before noon. The 30-pound baby dolphin, born to a 29-year-old dolphin named Cascade, was reported in good health as the pair swam together and bonded, according to SeaWorld officials.

"Mom and baby are doing great," said senior animal-care specialist Mike Hopkins. "The baby starting nursing right away and that's what we hoped for. We expect to see the baby start to gain weight quickly because of the rich milk from mom."

The event marked the fifth time a dolphin calf has been born at SeaWorld San Diego. Trainers monitor the mother and baby around the clock, documenting respirations and nursing frequency.

quency.

It was not immediately clear what gender the baby dolphin is, but that should become clear in the coming weeks, said SeaWorld officials.

Dolphins have a 12-month gestation period.

SeaWorld is world-renowned for its breeding program, with successful births of several species of dolphins, in addition to killer whales, sea lions, walrus and other marine animals. While this latest birth was the result of natural breeding, SeaWorld is an international leader in research and application of artificial insemination.

In 2001, the world's first marine mammal conceived as a result of artificial insemination was welcomed into SeaWorld's family. In 2005, SeaWorld took that expertise a step further, with the birth of the world's first sex-selected



A baby Atlantic bottlenose dolphin, born in a behind-the-scenes pool at SeaWorld San Diego on Nov. 5, bonds with its mother. Animal-care specialists have not yet determined the gender of the 30-pound calf. Courtesy photo by SeaWorld San Diego

zoological species, an Atlantic bottlenose dolphin.

— Staff and contribution

## MBHS weight room in for major revamp with \$75,000 Chargers grant

By KEITH ANTIGIOVANNI | BEACH & BAY PRESS

Mission Bay High School's (MBHS) athletic facilities are expected get a major overhaul in the coming year. An announcement will be made in December that MBHS will be among a select group of schools in San Diego County scheduled to receive a \$75,000 grant through the Chargers Champions School Grant Program, which will go toward remodeling the school's weight room.

"Receiving this award is a testament to the hard work and cooperation between the school and our parent organization, Friends of Pacific Beach Secondary Schools (FOPBSS)," said

MBHS principal Fred Hilgers. "Without the diligence of Betsy Knight, this 8-year dream of revitalizing the school's weight room would never have happened."

MBHS principal Fred Hilgers stressed the new weight room will be open to all students to promote physical fitness, rather than just for use by the football team or any of the other MBHS sports teams. The purpose of the Chargers grant program is to assist San Diego County schools with meeting the basic physical fitness, nutrition and athletic standards of their students. The program is open to any public or private school in San Diego County.

The selection process involves the

Chargers Champions program working with the county Office of Education to create a school selection team, which then reviews all grant submissions that have passed a first round of review. The first-round review involves making sure all applications are complete, submitted properly and making sure the grant proposal meets the stated guidelines of the program.

Following the first round, the selection team reviews applications based on their own merits and selects a group of finalists. The Chargers Champions School Grant Program dates back to 2000 and has selected about 100 San Diego County schools in that time span.

SEE GRANT, Page 4

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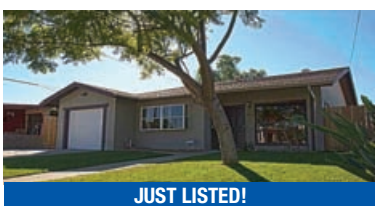
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# VAPA program: fusion of art, mind results in palpable successes

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

A decade ago, only a handful of schools in the San Diego Unified School District (SDUSD) had comprehensive dance, music, theater and visual-arts programs to speak of. Now, thanks to the dedicated efforts of the district's Visual and Performing Arts (VAPA) administrators, teachers and generous local donors, San Diego can boast complete music programs in every elementary school, more than 60 active community partnerships and also an ever-expanding wealth of integrated programs that serve 131,000 students districtwide.

Not only is it the largest program of its kind in the state, it is also thriving — despite across-the-board budget cuts that continue to wobble the school district.

“The more decision-makers cut, the more we don’t have money, but our programs are growing, our teachers are more educated and our curriculum and assessments are more standardized,” said VAPA director Karen Childress-Evans. “Nobody understands what we do here because it’s not done in any other district.”

In an auditorium-turned-office space is where the crux of VAPA's decision-making takes place. The largely condemned 1950s site at 825 Santa Barbara Place in Mission Beach, which just recently skirted an outright property sale by the SDUSD, houses the program's headquarters and serves as the think tank behind the thriving operation.

The building itself might be falling apart, but the ideas and programs developed from within its crumbling walls are strengthening the arts program's foundation with every surefire step taken by its administrators, which includes a director, a music director and four resource teachers for each of the arts disciplines.

Through adherence to a strategic multi-year plan, comprehensive analyses into arts-integrated education and the groundbreaking discovery that the arts serves as a foundation for multi-curricular learning, the VAPA program advances students' critical thinking, improves their vocabulary and cultural literacy and generates results in measurable outcomes like higher test scores.

**“We’ve come a long way. We’ve worked hard. The community has really rallied with us to make this happen and to educate the [school] board and the decisionmakers on how important arts and music are in the lives of these children. We’ve done a lot of work, and we just have to hold on at this point and not let that go.”**

**MARK NICHOLSON**  
VAPA intrstrumental music specialist

“What we want are arts embedded intelligently,” said Childress-Evans. “When we get arts block-grant money, my focus is that it has to leave a footprint.”

Through a \$1 million Department of Education D&D (Development and Dissemination) grant and a partnership with U.C. Irvine, Childress-Evans and her hard-working team have discovered through research that the arts — dance, theater, visual art and music — can serve as key tools for the development of a child's dynamic critical-thinking skills.

“We designed lessons K-2 in dance and theater to meet the needs of kids that are mostly English-language learners in accessing literacy at a young age,” she said. “There’s a lot of smart kids out there, but they don’t understand the words, so the doors close to them. What we’re trying to do is challenge the rigor and also improve their vocabulary.”

VAPA's research has resulted in quantifiable success in SDUSD's students.

“We have found with the Model D&D grant that English-language learners' CELDT (California English Language Development Test) scores have gone up significantly because of the program, so we're doing something right,” she said.

Another grant — the California Post-Secondary Education Commission's “Improving Teacher Quality” grant — also showed that test scores in science improved when visual art, dance and theater were incorporated as a base to supplement the science curriculum.

VAPA administrators' next focus is to work on supporting the Common Core Standards — educational state standards that describe what students should know and be able to do in each subject within each grade level.

“We look at the district benchmarks and say, ‘How are kids doing in grade-3 science? Where are they missing the concept? What’s tough for them?’ and we took that and wrote lessons for it,” Childress-Evans said. “We’re pretty much hand to mouth here.”

Despite difficult obstacles — and potentially more challenges to face ahead — VAPA is able to succeed thanks to the efforts of its dedicated team, the benefits of public-private partnerships and proven success of arts integration in the classroom.

“It is so important across the board that students have critical thinking and think creatively, innovatively and collaborate and communicate. That’s at the center of what we do here in the arts,” she said. “We’re preparing kids for careers that don’t even exist right now, so the arts are so critical to that.”

VAPA's active partnerships — more than 60 and counting — include everything from museum and theater visits to free musical or choral coaching to the donation of physical supplies or complimentary services by myriad businesses and organizations.

“It ranges from the mundane to the pretty exotic,” said Childress-Evans. “I do it all with people and relations. I’m not a fundraiser. I’m just not good at it. That said, we bring in millions of dollars every year in goods and services through people. As long as the district will give me people that are quality — people I can use — I can make it work.”

Childress-Evans said the strength of VAPA's programs is directly relational to the quality of teachers in her classrooms.

“If the program dies, it’s not because of the kids,” she said. “There is a certain amount of compassion and dedication one needs to build a program. Wherever our strong programs are, that’s where our best teachers are.”

VAPA's instrumental music specialist, Mark Nicholson — who acts as a principal of sorts for all 26 elementary music teachers in the district — has helped grow the music program so all 130 elementary schools have music offerings in the form of band, orchestra, choir or VAPA's “exploratory program,” where students can try their hand at a range of instruments from



Mission Bay High School's “Preservationists,” formerly the Dixie Jazz Band of MBHS, has been featured at venues throughout San Diego County and California. Shown here (above and below), the premiere youth jazz ensemble perform at the Old U.S. Mint at Preservation Hall in New Orleans, the birthplace of jazz.  
Courtesy photos by MBHS music director Jean-Paul Balmat



different families.

Again, the programs' success is attributed to the leadership of the teacher at its helm, he said.

“No. 1 is the teacher. That’s what makes or breaks it in the classroom,” he said. “There’s case after case where we can show you these beautiful programs that are because of these phenomenal teachers.”

Although Nicholson said it has been a tough road over the last decade to build programs and achieve music education in all schools, music continues to be alive and well in San Diego Unified.

“The last couple of years have been really challenging as we lost some teachers through layoffs, but we came back. We’re still afloat,” he said.

The palpable success of the VAPA programs and the battle to provide all students in the district with access to quality arts must wage on, despite the always-impending budgetary challenges ahead, he said.

“We’ve come a long way. We’ve worked hard. The community has really rallied with us to make this happen and to educate the board and the decision-makers on how important arts and music are in the lives of these children,” he said. “We’ve done a lot of work, and we just have to hold on at this point and not let that go.”

For more information about the Visual and Performing Arts program, visit [www.sandi.net/page/2200](http://www.sandi.net/page/2200).

## GRANT

CONTINUED FROM Page 3

High schools can receive up to \$75,000, middle schools up to \$40,000 and \$30,000 can be awarded to elementary schools.

In addition to the weight-room remodel funded by the upcoming grant, Mission Bay High will be getting a new football field, scheduled to be installed next summer along with the possibility of field lighting.

“The new field will be put in next August, so it is going to be difficult because it will be around the start of next football season. The situation with the lights is still tentative,” said MBHS athletic director Jorge Palacios.

MBHS had been applying for the Chargers grant the last eight years, but could never get past the first read until Betsy Knight's efforts made it possible this year, according to Hilgers.

“The MBHS community thanks the Chargers for their extreme generosity and to Betsy Knight for her tireless efforts to secure the grant,” Hilgers said.

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# MB woman turns beach trash into art; breathes new life into other discards

By **MARSHA KAY SEFF** | BEACH & BAY PRESS

Cathy Ives grew up at the beach in San Diego and said she hates to see beachgoers leaving their dirty imprints on the sand.

So for years, the Mission Beach resident has been spending two hours several mornings a week picking up trash and other discarded items for recycling. She uses many of her finds in wall hangings — and even decorated her fence with found sandals and baseball caps. She wears a pair of reclaimed flip-flops in like-new condition.

She recycles glass and cans and takes the things that still have life in them to thrift stores. She discards as little as possible, although she admits with a cringe that dirty diapers, condoms and razors are bound for the trash.

Ives said she's always amazed that people can spend a day enjoying the beach and then leave their trash behind to ruin the experience for others.

On a recent morning, she collected 15 shoes, including pairs and singles. She has even found an American flag in the sand. Among her other finds are bottle caps, cans, cigarettes and lighters, toys, hats, dog leashes, make-up, balls, towels, balloons and clothing — including underpants and bras. Ives shakes her head when she says she finds some of the trash within steps of the trashcans.

She also picks up lots of broken boogie boards, which owners simply abandon. She hasn't decided how to recycle them yet, though one of her friends is using one to display jewelry.

Ives said Styrofoam and balloons in particular make her angry, because they can and do end up in fish and birds. That's why there's a ban against them at the beach, she said.

The problem, she said, is that people don't care.

"They toss out something because it's



Cathy Ives takes her morning walk at Mission Beach to collect garbage and discards. Below, Ives decorated the fence behind her house with some of her beach-trash finds.

Photo by Marsha Kay Seff | Beach & Bay Press

cheap, yet they can't pay their bills," said Ives. "Talk about a disposable life and society ..."

To encourage others to think about what they discard, Ives started her own blog, [www.GreenEcoServices.com](http://www.GreenEcoServices.com), in 2008. The site is filled with ideas for green products and recycling.

Cleaning up the beach is easy, she said.

"Every morning, there are hundreds of people walking for exercise and they walk right by the trash," she added. "If everyone had one bag for trash, we'd have a cleaner beach."

She points to a woman walking by with her dog and says every dog owner could make a difference if they took one bag for the poop and another for the rest of the garbage. Actually, there are so many plastic bags left on the beach people don't even need to take their own, Ives said.

Ives said she continues her quest to clean up the beach "because someone has to." And she hopes that seeing her at work will make other people more conscious about what they do with their litter.



## QUICKHITS

### Suspect hails cab, robs driver in PB

A man robbed a taxicab driver in the wee hours of Nov. 19 after hailing the cab in Pacific Beach and asking for a ride.

The suspect, described as a black man about 23 years old, hailed the cab in the 1600 Garnet Avenue shortly before 1 a.m. and was driven to Emerald and Morrell streets, where the suspect reportedly pointed a handgun at the driver and demanded cash.

According to investigators, the suspect fled with the victim's wallet, cell phone and cash. He was last seen running west-bound on Emerald Street.

Police said the suspect is described as about 5 feet 9 inches tall, with an athletic build. He was last seen wearing a brown coat and black T-shirt.

There were no injuries. The police department's robbery unit is investigating.

### DUI checkpoint nets 14 impaired motorists

San Diego police conducted a DUI checkpoint in Bay Park at the eastern fringe of Pacific Beach on Nov. 16, taking into custody 14 motorists suspected of driving under the influence.

The checkpoint took place in the 4200 block of Mission Bay Drive between 11 p.m. and 3 a.m.

Department officials said nearly 1,300 vehicles passed through the checkpoint and 29 motorists were detained for further evaluation of their sobriety. Police said 15 vehicles were impounded.

One motorist failed to stop and was pursued before being arrested for DUI, felony evasion of a peace officer and driving on a suspended license. The driver reportedly had a prior DUI conviction.

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GUEST VIEW



District 2 City Councilman Kevin Faulconer addresses the audience during an event to unveil details of the Waterfront Park Plan on the Embarcadero. Courtesy photo

More parks, green technology in the future for San Diegans

COUNCILMAN KEVIN L. FAULCONER

I'm honored to work every day with San Diegans to protect our beaches, bays, clean air and environment. We've achieved several victories recently that will preserve open space and bring new parks and transportation options to our city, all of which will have a real impact on our daily quality of life.

• Greater waterfront access becoming a reality

I'm proud to be at the forefront of bringing new life to San Diego Bay. As chairman of the North Embarcadero Visionary Plan Joint Powers Authority, I'm working on civic projects that replace unattractive concrete along the bayfront with trees, grass and public art. Two significant coastal park projects reached major milestones this fall.

Ruocco Park, located at the corner of Harbor Drive and Pacific Highway, brings 3.3 acres of additional recreational space to San Diego. The park is made possible thanks to generous grants from the Ruocco family and management by the United Port of San Diego.

One mile north of Ruocco Park, a parking lot adjacent to the iconic San Diego County administrative headquarters is on the verge of conversion to eight acres of parkland. The County Administration Center Waterfront Park will feature a children's play area, garden rooms and interactive fountain. I commend the county Board of Supervisors for adding to the momentum of waterfront redevelopment.

These two parks bookend the North Embarcadero revitalization project centered at North Harbor Drive and Broadway. When Phase I is completed in 2013, we will be able to enjoy a bayside linear park three times wider than today, a pedestrian and bicycle path, public art and groves of jacaranda trees. Combined, these parks will better link us to our most valuable asset — the bay — and provide public space for residents, visitors and future generations to celebrate our connection to the water.

• Council says 'no' to power plant on open-space land

Whether a neighborhood park or natural preserve, we San Diegans love open spaces. That's why I recently

joined San Diego Canyonlands and other environmental groups to reject a proposal to build on 22 acres of open space in the heart of San Diego County. The Quail Brush project would have constructed a 100-megawatt gas-fired power plant near Mission Trails Regional Park and north of State Route 52. The property is designated as open space by the community plan. My City Council colleagues agreed that we must protect San Diego's limited open space, and recommended the California Energy Commission — the final decision-making body — consider alternatives.

• Continuing San Diego's leadership in clean technology

From biotech to wireless communication to healthcare, our city is an epicenter of technological innovation. So it should be no surprise that San Diego has the highest penetration of electric vehicles per capita among California cities. In fact, the San Diego region is one of 16 metropolitan areas selected by the Department of Energy for a nationwide rollout of electric vehicle infrastructure.

In October, the City Council approved an agreement to bring 117 new electric vehicle charging stations to the region, resulting in a nearly 50-percent increase in locations to charge up these alternative energy vehicles. This venture expands upon a public-private partnership that comes at no cost to the city.

Over the coming months, look for electric vehicle charging stations to be installed in the following locations: Pacific Beach (Reed Avenue between Cass and Dawes streets), Mission Beach (Santa Clara Place at the Mission Bay Aquatic Center), Mission Bay Park (South De Anza Cove and Bonita Cove West), Ocean Beach (Robb Field), Point Loma (Liberty Station), Mission Hills (Goldfinch and West Washington streets), Balboa Park (east lot adjacent to Park Boulevard) and downtown (Sixth Avenue and K Street, Sixth Avenue and Market Street, and the Central Library).

— Kevin Faulconer serves as president pro tem of the City Council and represents District 2 of the council, which includes Pacific Beach, Mission Beach, Mission Bay, Point Loma and Ocean Beach.

NEWS & VIEWS

CAMPLAND

CONTINUED FROM Page 1

degree in business management, hosts more than 40,000 campers a year and as many as 3,000 on a summer weekend. And now, with the high price of gas, 80 percent of his visitors are regional, opting for "staycations" that include as many as four generations of some families, Wiseman said.

Some visitors have camped at the site off and on since it opened.

While many guests come for a day or two, others might stay up to the limit of 90 days at one time.

Hookups range from a low of \$50 a day in the off-season to a high of \$361 during summer. For just \$10 in the off-season, visitors in cars, on foot or on bicycles can enjoy a day of boating, bird-watching and swimming and receive a refund by showing a marina or café receipt.

Eager to share his vision for this "little city," the 63-year-old GM hops in his golf cart. With nearly 600 campsites, there's room for everything from tents to pop-ups, fifth wheels and million-dollar-plus motorhomes measuring up to 45 feet.

Wiseman said the so-called "glampers" really make themselves at home, toting dune buggies, outdoor carpets and even water fountains. For those who want to store their equipment on site, there is space for 315 boats and RVs.

The father of six, grandpa of eight and great-granddad times three points out the market, café and ice cream parlor and children's playground. "I built that."

He also swings by the arcade, complete with electronic games and old-fashioned pinball machines, and the basketball court and skate park. Still on his "to-do" list is the creation of a specialty bike park.

Campland boasts an eighth-of-a-mile-long beachfront and marina, with 124 slips open to the public and rental paddleboats, kayaks, jet skis and bicycles.

A fitness room, two heated pools and a pair of spas (Wiseman designed



General manager Marshall Wiseman shows off the playground equipment he built at Campland on the Bay. Photo by Marsha Kay Seff | Beach & Bay Press

a 400-square-foot crescent-shaped spa for 27 people) are popular, as are venues for live bands and karaoke. Wiseman said he "pre-plans" all the projects, then does "magic at the end," as with the off-leash dog park.

Wiseman, a rower and bicyclist who has hiked Half Dome and Mt. Whitney, oversees 150 full-time and seasonal employees and everything from a large maintenance-workshop to underground plumbing.

Among his favorite jobs is creating new venues to keep visitors returning. "The more we can do to involve ourselves in what the campers come here for, the better," he said. To those ends, "You have to be a good neighbor." But it's obvious that his passion for helping the surrounding community is more than business.

Campland is the center of operations for the annual San Diego Crew Classic. The park also hosts running events, car clubs and a music-lovers group. Campland supported the construction of the bridge over Rose

Creek, enabling bicyclists and walkers to go from the South Mission Beach Jetty through Pacific Beach to the Ocean Beach Pier. And Campland will be part of the Rose Creek awareness festival in February, building a 12-by-40-foot waterside mural for locals to color.

Wiseman and his maintenance crew removed the mangroves that threatened to overtake Kendall-Frost and the campground and its guests participate in Campland Cares, a project that has raised \$30,000 for the Homeless Youth Outreach Project.

"I walk into the park that's been here (for decades) and ask what I can do to make it better every day," he said.

He stops his golf cart at the wooden welcome sign at the entrance to the park and points out with a smirk, "I broke the 'W.' "

• CAMPLAND ON THE BAY, 2211 Pacific Beach Dr., (800) 4-BAY-FUN, www.campland.com

Registration opens as youth rugby prepares to hit Pacific Beach

One of the nation's fastest-growing youth sports is coming to the area with the La Jolla Youth Rugby club, serving Pacific Beach, La Jolla, University City, Sorrento and Clairemont.

Registration is open until Dec. 15 for youth ages 7 to 14. The cost for joining a team, including uniforms, equipment and an end-of-the-year banquet is \$50 to \$235, depending on the team. Older age groups also receive a ball, ball bag, jersey, shorts, socks and other equipment with registration.

La Jolla Youth Rugby founder Zack Jacobs said no previous experience is

required to play, and despite what some may think, youth rugby is both fun and safe.

"Youth rugby is not the crazy, sometimes violent sport you see on TV. It is much more controlled with rules for safety and a large emphasis is placed on fun, sportsmanship and community," he said.

For more information or to register, visit www.lajollarugby.com or call (619) 933-6701. Teams play in January and February and the season is typically completed before spring sports begin.



Registration will remain open through Dec. 15 for the La Jolla Youth Rugby Club, which also serves the Pacific Beach area. The club serves youths ages 7 to 14. Courtesy photo

YOUR VIEWS

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# Mobile spray-tan service brings sun to you – but safely

By **MARSHA KAY SEFF** | BEACH & BAY PRESS

A San Diego entrepreneur is helping locals beat the ill effects of the sun in a community that worships it. And with cooler, grayer winter days upon us, now is as good a time as ever to take advantage of it.

Cheat the Beach and its sister company, Bikinis-N-Martinis, offer mobile tanning services in the comfort of customers' homes. The companies specialize in one-on-one airbrush tans for competitors at bodybuilding and fitness events, as well as group tans at bachelorette — and bachelor — parties, weddings, showers, proms, holiday gatherings and photo shoots. Not only does the spray tan result in a natural-looking color, but it blends in blemishes and camouflages veins, cellulite and stretch marks, according to founder Laurie Hagstrom.

She supplies all the necessary equipment, including a tent for mess control and privacy, since most people prefer to be sprayed in the buff. Revelers can supply their own martinis or beverages of choice.

In an era when savvy tan-lovers eschew the sun and its damaging rays and might be wary about tanning beds, more people are turning to airbrush tanning, Hagstrom said. Though towel tans have become increasingly popular, too, she said she believes the spray offers more even and fuller coverage.

According to the American Academy of Dermatology, more than 2 million cases of skin cancer will be diagnosed this year — and that's just in the United States. "Most people get skin cancer from too much sun — or tanning beds," according to academy officials. "Research shows that indoor tanning (e.g. tanning beds, sun lamps) increases a person's risk of getting melanoma by 75 percent." With an art degree from San Diego State University, Hagstrom started her tanning business in 2007. She also offers a line of skincare products custom-made by her own chemist.

"I didn't like the color of the products on the market and how they dried," she said.

She completes a full-body tan in 10 to 15 minutes using a high-pressure, low-velocity sprayer with an odorless spray solution of DHA (dihydroxyacetone) and mineral salt bronzers.



Laurie Hagstrom spray tans Emily Reynolds, a World Bodybuilding & Fitness Federation bikini professional. Photo by Marsha Kay Seff

Hagstrom offers seven customized levels of color, depending on each client's skin tone and the desired level of tan.

Knowing the correct level of DHA to use is important because too much DHA can turn the skin orange, Hagstrom said.

"People think they can get super, super dark, but a fair-skinned person can only get so dark without turning orange," she said.

The trick is for the tan to end up looking natural, she said.

"You can't tell a good spray tan from the real thing," said Hagstrom.

Her tans last up to a week or more, depending on skin type and how well clients follow her tanning tips, she said. Regular moisturizing and tan-extension products can prolong the life of the tan.

Though she makes the process seem easy, it's not, she said. She works with both hands, spraying and blow-drying as she goes.

"A good spray tan is 90 percent person and 10 percent product," Hagstrom said.

Originally from Minnesota, Hagstrom said she loved to bake in the sun when she was younger.

"I used baby oil and tin foil," she admits.

But after she had some pre-cancerous spots removed, "I said I'm done with the sun."

The cost for a tan party for five or more is \$45 each, and the hostess or host tans free.

Hagstrom said she's busiest during the spring wedding season. But people call her year-round seeking spray tans "instead of baking in the sun." The fall season in San Diego is busy because it's still warm enough "for people to show skin," she said.

**• Bikinis-N-Martinis**  
(619) 540-2268  
BikinisNMartinis.com  
CheatTheBeach.com

# VERDICT

CONTINUED FROM **Page 1**

murder. Jones and Jordan face terms of 25 years to life.

"I'm happy that justice was done for my son," said Edward Berki after the verdict was returned. "That's about it. He was a great kid."

Jurors determined that all three defendants were not gang members and did not commit the crime to benefit a criminal street gang — an allegation that, if found to be true, would have meant higher sentences.

Berki, a 2010 graduate of La Jolla High School, and his girlfriend, Alejandra Foudoa, drove to an address on Casey Street in Paradise Hills in answer to an ad for a computer for \$600.

Shortly after meeting with the trio, both Berki and Foudoa were robbed of more than \$600 in cash and their cell-phones.

The trio drove away with the money, but Berki was able to follow them into a cul-de-sac. When the trio saw Berki had followed them, Abernathy pointed a gun out the backseat window and fired one shot toward Berki.

Jurors also found the trio guilty of robbing both Berki and Foudoa, auto theft and shooting into an occupied vehicle.

Abernathy was also convicted of robbing a Pacific Beach man of \$600 in cash a week before when that man answered a similar Craigslist ad for a computer.

"I think it's a tragedy for everyone concerned," said Kathleen Coyne, Abernathy's lawyer afterward. "It's one of the best arguments for gun control that I have ever seen."

"My heart aches for the Berki family. My heart aches for the family of Rashon Abernathy," she said.

Jordan's attorney, Zaki Zehawi, said they were "disappointed in the verdict to a certain extent," and that they planned to appeal.

Coyne had asked for a guilty verdict for involuntary manslaughter, arguing that Abernathy accidentally shot the victim when the driver of the stolen car in which he was a back seat passenger suddenly hit the brakes.

"This is a tragedy, but it is not a pre-meditated act," she argued.

Attorneys for Jordan and Jones urged the jury to acquit the two men of murder and only convict them of two robberies.

**"I'm happy that justice was done for my son. That's about it. He was a great kid."**

**EDWARD BERKI**  
Father of Garrett Berki, an 18-year-old murder victim living in Mission Beach at the time

Under the felony-murder rule, conspirators in a felony — like a robbery — that results in a murder are guilty of first-degree murder, even if they didn't commit the murder themselves. Both attorneys said the robbery of Berki had concluded minutes earlier, and that the shooting happened after the initial felony.

Abernathy, who lived in Paradise Hills, just blocks away from the shooting, testified that the shooting was accidental. Abernathy said Berki was swerving back and forth with his car as he was following them.

"I didn't know what Garrett was trying to do," said Abernathy. "I was scared. That basically covered what I was thinking at the time."

Jordan was driving a stolen Honda that had a child safety feature that only allowed the rear passenger window to go up half way. Abernathy said he grabbed the gun "to scare him off" and "put it out the window," but couldn't hold it well.

"I pointed it, but didn't aim it specifically at Garrett's car, to scare him so he could see the gun and stop following us," said Abernathy.

"The car stopped, it jerked me and I shot the gun," said Abernathy, who said he was surprised the gun fired. "I didn't intentionally shoot Garrett. I was just trying to scare him."

The bullet went through the windshield, hitting the rear view mirror and struck Berki in the shoulder. It traveled to his lungs and he died when major arteries were severed.

The trio were all 17 years old at the time, but were ordered to stand trial as adults.

**"I think it's a tragedy for everyone concerned. It's one of the best arguments for gun control that I've ever seen. My heart aches for the Berki family. My heart aches for the family of [convicted shooter] Rashon Abernathy."**

**KATHLEEN COYNE**  
Attorney for Abernathy

# PIER

CONTINUED FROM **Page 1**

and the holidays."

From 2 to 5 p.m., children of all ages can enjoy free ornament decorating, games, hot chocolate from Kono's Café and live holiday music by local school bands. Santa will also be on hand to collect letters and wish lists in his North Pole mailbox and make himself available to families for professional holiday photos for \$10.

At 5 p.m., a beautifully decorated evergreen — donated by Doug Irwin of Christmas Tree Country — will be lit up next to the Crystal Pier Hotel while District 2 City Councilman Kevin Faulconer delivers a holiday message just as the sun sets over the

Pacific.

Local businesses can also help bring some vibrant holiday cheer to the pier throughout the month of December by purchasing an unadorned wreath from Discover PB for \$20 and bringing it to life with décor that highlights their specific business.

The funds raised from the wreath sales help pay for event supplies so organizers can continue to offer free activities to the children as a gift to the community.

"This event really is to show our appreciation for the kids of Pacific Beach," said Berns. "From our volunteers — from the PB Woman's Club, Mission Bay Rotary and Mission Bay High School to the businesses — we all get together to create a great family event."



This year's "Christmas on Crystal Pier" event will feature holiday songs from local middle school bands, left, to add to the holiday merriment. Above, Pacific Beach businesses will help bring some vibrant holiday cheer to Crystal Pier throughout December with colorful wreaths, lights and decor adorning its rails. Courtesy photos

Beach & Bay Press

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# Bub's Dive Bar: almost like an NFL stadium in PB

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

For the Steelers fans who have found themselves on California's sunny shoreline during the NFL season, the next best thing to catching the game at Heinz Field might just be inside that lively brick building on Garnet Avenue that is constantly spilling over with fans oozing black and yellow on game day.

When owner Todd Brown opened Bub's Dive Bar in Pacific Beach 15 years ago, he envisioned an energetic neighborhood bar with quality food, friendly service and cold beer. At a bare minimum, however, he required that his place be a home for Steelers fans like himself.

"When I first opened the place, I said, 'Look, if I don't make any money or crash and burn, at least I'll get to watch the Steelers with sound every week.' That was my goal," said Brown.

Although he admits the Steelers were less than perfect when he first opened Bub's in 1998, Brown and his Steelers Nation have enjoyed watching the Steelers in three Super Bowl play-offs since, making his team the one with the most number of Super Bowl championships under its belt.

"When there's a Super Bowl or the playoffs, Steelers fans line up at six in the morning," he said. "It's fun when you go to a team-affiliated bar like the Steelers. It's like you're at the stadium. It's like you're going to the football game."

Brown, a Pennsylvania native, comes from a long line of Steelers fans from the Pittsburgh area. What Brown calls a "bad gene pool" has resulted in a fun, neighborhood bar that embraces

the best amenities San Diego has to offer.

"I've been in San Diego for 22 years now. I love San Diego, and I've been doing business for over 15 years in Pacific Beach, but it's not even an option to change teams," he said. "In terms of football, it's Steelers all the way."

Steelers fans wanting a little taste of home can try Bub's' version of the infamous Primanti Brothers sandwich, a staple food item found in Pittsburgh, complete with shaved steak, coleslaw and French fries on thick slices of grilled sourdough bread.

"We make our own version of it, and it's good," said Brown. "It's a little different than what the Primanti Brothers do, but it's still the spirit of the sandwich."

To complement the hearty sub, Bub's also offers a build-your-own bloody Mary deal that is a popular crowd pleaser on game days.

"The biggest thing for us is the food. That's what really drives the business for us," he said. "The big thing is having good food because you're going to sit down for three hours and watch the game, so you're looking for food and service."

The camaraderie among fans is palpable from the moment you step through Bub's' doors.

"Bub's is all about being that neighborhood bar and just personable service," he said. "It's just a bunch of regulars, especially on game day. So many people know each other and that's part of the service standard — just being super friendly and having fun with the football."

With an upcoming Chargers-versus-

Steelers game in the lineup on Sunday, Dec. 9, try a place where quality, home-style food is king, and football — particularly the Steelers — reigns. Although Steelers are often spilling out of the place they like to call home, Chargers fans or otherwise are always welcome amid the sea of black and yellow.

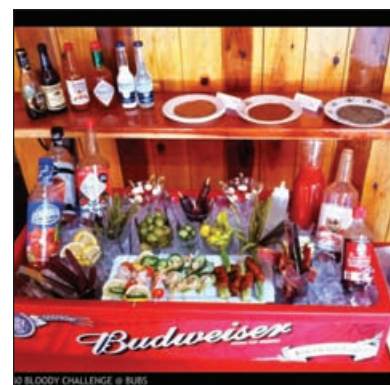
"We probably take our football a little too seriously, but it's always a place where Chargers fans can come. One thing we've always prided ourselves on is that we never allow anybody to harass anybody in any way other than something that's fun — and it goes both ways," he said. "Treat others

respectfully, and we make sure everybody has a good time."

For a the best of Steelers camaraderie in the warmth of San Diego's climate, Bub's is a place that fuses the best of both cities for a slice of the NFL stadium — with shorter bathroom lines.

"First and foremost, we're a San Diego bar and we're proud to be in Pacific Beach," he said. "The Steelers thing is just something you can't change, unfortunately."

Bub's Dive Bar is located at 1030 Garnet Ave. For more information, visit [www.bubsdive.com](http://www.bubsdive.com) or call (858) 270-7269.



Bub's Dive Bar offers a build-your-own bloody Mary deal that is a popular crowd pleaser on game days. Courtesy photo

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A horde of Pittsburgh Steelers fans crowd Bub's Dive Bar at 1030 Garnet Ave., which is the diehard Steelers fans' home away from home. Courtesy photo

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# The Amandas, 321 Stereo and blues galore

## LIVEMUSIC

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

There are a lot of great bands in San Diego, but you'd be hard pressed to find one that's more fun than the Amandas. Appearing at Beaumont's on Nov. 24, this is a cover band with a difference, a total flashback in sound and vision to the mid-1960s, transforming evergreen songs like "Sunshine of Your Love" into R&B-inflected dance tunes. With a lineup that includes such hometown heroes as bassist Thomas Ward, keyboardist David Fleminger and drummer David Klowden, alongside singer Amanda Suter, this is a top-notch band that will appeal to anyone who watches TV's "Mad Men" or who digs cool retro sounds played with fire and passion.

- **The Amandas** perform at 8 p.m. on Saturday, Nov. 24 at **Beaumont's**, 5662 La Jolla Blvd. 21 and up. [www.beaumontseattery.com](http://www.beaumontseattery.com)

On Nov. 30, jazz pianist Joshua White debuts a brand-new band at Dizzy's. White began formal training at the tender age of seven, and by the age of 10, he was organist with the Encanto Southern Baptist Church. It was only the opening salvo in a career that's seen him work with the likes of composer Anthony Davis and fellow pianist Mike Wofford. Already one of the most respected musicians in San Diego, he is also seen as a rising star on a national level, with one solo album to his credit, as well as appearances on discs by such local luminaries as bassist Danny Weller. Anyone who thinks San Diego's jazz scene isn't world class only needs to take a brief listen to White to be proven wrong.



Already one of the most respected musicians in San Diego, Joshua White is also seen as a rising star on a national level, with one solo album to his credit, as well as appearances on discs by such local luminaries as bassist Danny Weller.

- **Joshua White** performs at 8 p.m. on Friday, Nov. 30 at **Dizzy's**, 4275 Mission Bay Drive. \$15. [www.dizzysjazz.com](http://www.dizzysjazz.com)

321 Stereo may have a new lineup, but for danceable pop rock, they're still hard to beat. Appearing at the 710 Beach Club on Nov. 30, the band is adept at turning out songs that sound like long-lost hits from the mid-1980s. Its recordings to date haven't yet matched its live performances, but it's just a matter of time. With a slew of radio friendly songs like "Take Me Up" and "Have Fun Tonight" in its arsenal, fans of deep song hooks and synth-heavy beats should rush to see and hear this band.

- **321 Stereo** performs at 9 p.m. on Friday, Nov. 30 at the **710 Beach Club**, 710 Garnet Ave. 21 and up. [www.710-bc.com](http://www.710-bc.com)

If you're a local blues fan, it's likely you've come across Chet Cannon. Appearing at Tio Leo's on Nov. 30, Cannon is a gifted harmonica player and vocalist and a terrific songwriter with a slew of blues tunes to his credit that slot

in well next to the tunes of his musical heroes. One of the hardest-working musicians in town, Cannon plays in many formats, but for a show like this, you can expect a mix of uptempo blues and standards, keeping both swing dancers and toe-tappers happy.

- **Chet Cannon** performs at 9 p.m. on Friday, Nov. 30 at **Tio Leo's**, 5302 Napa St. 21 and up. Cover TBD. [www.tio-leos.com](http://www.tio-leos.com)

Minimalist guitar and drum duo The Mattson 2 performs at The Griffin on Dec. 1. With just guitar and drums, one might expect the sound to be a little thin, but in fact the pair's interplay is nothing short of stunning, taking in elements of jazz, surf, rock, soundtracks and more, mashing them up into an invigorating sound. The duo is never less than great live, but make sure you save a bit of applause for the moment Jared Mattson unveils his double-neck guitar. It's something that's hard to beat both sonically and visually.

- **The Mattson 2** performs at 9 p.m. on Saturday, Dec. 1 at **The Griffin**, 1310 Morena Blvd. 21 and up. [www.thegriffinsd.com](http://www.thegriffinsd.com)

## MUSTHEAR

Gilbert Castellanos is one of the most talented musicians to ever call San Diego home. But even his incredible musicianship goes up a notch when paired with a music legend like saxophonist Daniel Jackson. The two will be appearing at Dizzy's on Nov. 24. Add in ace bassist Rob Thorsen and drummer Brett Sanders and you have a true all-star set. Castellanos deserves a medal for all the hard work he has done to promote and propagate jazz in San Diego, this show being just the tip of the iceberg when it comes to music in this town. If you're a jazz aficionado of any



GILBERT CASTELLANOS

sort, a chance to catch Castellanos or Jackson, especially when they team up, shouldn't be passed up.

- **Gilbert Castellanos and Daniel Jackson** perform at 8 p.m. on Saturday, Nov. 24 at **Dizzy's**, 4275 Mission Bay Drive. \$15. [www.dizzysjazz.com](http://www.dizzysjazz.com)

—Bart Mendoza



## REMEMBER WHEN?

I CAN'T BELIEVE I didn't put a date on this photo of the grand opening of Pier 1 Imports, but I'll guess it's around 1984. Most Pacific Beach residents have

only known American Apparel on the site. Older folks recall it as Stadler's Drug Store. Really old folks remember it as John's Drugs, which opened just after the end of World War II.

— John Fry may be reached at (858) 272-6655, or by email at [mail@johnfry.com](mailto:mail@johnfry.com).

## MUSTREAD

**Book recommendation from the Pacific Beach/Taylor Branch Library**  
**TITLE:** "A Wanted Man"  
**AUTHOR:** Lee Child  
**SYNOPSIS:** Jack Reacher is on the road trying to hitch a ride out of Nebraska, hopefully to end up in Virginia. Finally, a car stops to pick him up — two men in front and a



woman in the back. This ride goes terribly wrong and Reacher ends up involved with covert agencies and dangerous terrorists. Lee Child at his best.

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

# ENJOY THE BEAUTY OF OLD TOWN

## Calendar of Events in Old Town San Diego State Historic Park

**November**  
**Shop N' Dine**  
**DATE:** Kicks off Nov. 23 until Jan. 6, 2013 - 'Tis the season to Shop N' Dine at Fiesta de Reyes and the Cosmopolitan Restaurant! For every \$20 you spend at one of the 19 boutique shops in Fiesta de Reyes, you'll receive \$5 dollars off at Barra Barra Saloon, Casa de Reyes, or The Cosmopolitan in Old Town. Guests may use one \$5 coupon for every \$20 worth of food and beverage purchased. Not valid with other offers. One card per person. Visit [fiesatdereyes.com](http://fiesatdereyes.com) for more info.

**December**  
**Holiday in the Park**  
**DATE:** Saturday, December 15 - All of the museums, stores and restaurants in Old Town San Diego State Historic Park will be open and richly decorated. Enjoy special holiday treats, activities and

extended shopping hours, along with strolling carolers on this evening and do some holiday shopping at the same time. Guests will also be able to view gingerbread houses in the merchant shops and enjoy s'mores by the bonfire.

**62nd Anniversary Las Posadas**  
**DATE:** Sunday, December 16 - This centuries-old tradition is being celebrated in Old Town San Diego State Historic Park for the 62nd consecutive year. Please join the Park Merchants Association as they reenact the biblical journey of Mary and Joseph through the town of Bethlehem. The event begins at 2 p.m. with a musical pre-show in the state park, with the live theatrical procession starting promptly at 5 p.m. A piñata party and bonfire follows at 6 p.m. Make this a new holiday tradition for your family. It is sure to be a night you will remember.

**Bonfire Nights**  
**DATE:** The week between Christmas and New Year's Eve, Dec. 26 through 30 - Winter evenings are a reason to celebrate in Old Town San Diego State Historic Park. Join carolers and other performers Fridays and Saturday in December from dusk to 9 p.m. Free s'mores round the bonfire are the highlight of the evening.

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# Brewing up neighborhood coffee and staying mellow

By MARSHA KAY SEFF | BEACH & BAY PRESS

Neighbors said a coffee shop in South Mission Beach wouldn't make it, but Nick Cantalupo decided to try it anyway. Now, four years after he opened Mission Beach Coffee Break, the place is going strong. So much so that Cantalupo plans to expand his menu.

"It's hard to believe," he said. "Time flies."

A South Mission Beach surfer, Cantalupo said he started the business simply because the building became available "and I felt the neighborhood had a need ... We're kind of isolated down here," he said, pointing out that there's not a Starbucks in sight.

Located just across Mission Boulevard from the popular Pennant Bar, there's room for a coffee house and a bar, Cantalupo said.

Mission Beach Coffee Break — "about 70 paces to the beach" — is one in a long line of businesses that have occupied the 600-square-foot space through the years. Cantalupo has been told that the average life for businesses in this spot has been two years.

"I've doubled that," he said.

The storefront has housed a custom bathing-suit store, a postal annex and a surfboard shop, according to Cantalupo. Someone even told him that, way back when, it had been a five-and-dime store.

But he's far more interested in its most recent incarnation, a business built around six inside stools, a surfboard bench, an easy chair and two outside tables and chairs.

On a busy day, Cantalupo said he serves between 400 and 500 customers. On an average day, he figures he serves about 350. Customers include locals, winter students and summer family vacationers. Regulars include several Old Mission Beach Athletic Club old-timers, Cantalupo said.

"They've lived here so many years," he said. "It's cool getting to know the history of the neighborhood from



Counterclockwise, from top, Nancy Markins, Diane Markins and Bonnie Hinman enjoy some conversation outside Mission Beach Coffee Break.  
Photo by Marsha Kay Seff | Beach & Bay Press

them."

Customer Nancy Markins of Arizona said four generations of her family have been vacationing for years in South Mission Beach.

"We're all for small business 'cause we own one in Phoenix," she said.

According to Cantalupo, the neighborhood has changed in some ways — and in other ways it hasn't.

"There is more money and new construction," he said. "But the vibe stays the same. You know everybody's name and they all look out for you."

There are five full- and part-time employees serving up specialty coffees for between \$2 and \$4. Pastries cost between \$2.75 and \$4. Breakfast sandwiches are \$5.25; a choice of bagels with cream cheese is \$2.40, and acai smoothies are \$4.75. Cantalupo said he plans to add a lunch menu, featuring panini sandwiches, by fall.

On a recent morning, the shop was

out of pastries by 9 a.m.

"It usually lasts 'til 11 or noon," Cantalupo said, adding that baked goods are delivered every morning.

The best part about running the shop, which is open from 6 a.m. to 9:30 p.m. seven days a week, "is not having a boss," said Cantalupo, who formerly worked in financial sales. "The worst part about it is the time commitment. But it's all worth it."

He has been known to slip away to ride a few waves.

Customers are encouraged to bring their computers since there's free Wi-Fi "and I don't care how long they hang out." Patrons are also encouraged to bring books to exchange.

About every six weeks, on a Thursday from 6 to 9:30 p.m., he offers shows featuring largely unknown local artists.

"I wouldn't have imagined there would be so many beach-area artists," he said.

## Union Bank unveils innovative checking account program

Union Bank, N.A., which operates a branch on Garnet Avenue in Pacific Beach and others on Cable Street in Ocean Beach and Rosecrans Street in Point Loma, has unveiled a new customized, "unbundled" checking account program called Banking By DesignSM.

Union Bank officials say the innovative new way of banking allows customers to design a checking account that fits their needs. Banking By Design "unbundles" the traditional checking account and offers a wide range of optional features, each with associated costs clearly visible and with many at no cost.

New and existing Union Bank customers can design their own checking account by choosing only the services they want. The base cost of \$3 per month can be waived if the customer makes one direct deposit of \$250 or more each statement period.

Consumers can design their account and, after customizing it, they can call or visit a Union Bank branch to open the account.

Accounts can also be designed in a Union Bank branch with the support of a personal banker, and the ability for consumers to open their Banking By Design account online after customizing will go live in January 2013, giving

them yet another convenient option.

Banking By Design's initial offering is only the beginning as additional feature enhancements are already planned for 2013.

In support of the launch, Union Bank is debuting a new advertising campaign, and will also be adding an interactive viral component that allows users to create a Banking By Design commercial with an opportunity for their commercial to air on television in 2013.

To learn more about Union Bank's Banking By Design or to design a checking account, visit [www.bankingbydesign.com](http://www.bankingbydesign.com).

— Staff and contribution



Owner Nick Cantalupo opened Mission Beach Coffee Break four years ago because he saw a need in the South Mission Beach neighborhood. Today, the coffee house is going strong and on the verge of a menu expansion.  
Photo by Marsha Kay Seff | Beach & Bay Press

The paintings, which will hang on the walls until the next show, are priced at between \$50 and \$100.

"It's priced to sell," he said.

The coffee house announces dates for the soirees on Facebook.

On Fridays from noon to 2 p.m., Mission Beach Coffee Break features two acoustic guitar players. They offer

"beach music, on the mellower side of things."

Though his hours are long, you can't beat the cross-section of customers and the laid-back atmosphere of the beach, he said.

• **Mission Beach Coffee Break**, 2888 Mission Blvd., (858) 488-8482

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# French-American school introduces Mandarin into curriculum

Students at the San Diego French-American School (SDFAS) on Soledad Mountain Road are learning the Mandarin Chinese language in pre-kindergarten and kindergarten classes, according to Christian Jarlov, head of school.

The move comes just prior to the closure of the Barnard Mandarin Chinese Academy in Point Loma next school year. The program will be moved to Bayview Terrace Elementary in the Mission Bay Cluster of Schools.

While the majority of the children at the SDFAS are still concentrating on French immersion, children who are fluent in both the French and English languages are being introduced to Mandarin, a language spoken by one in every six people around the world.

The purpose, Jarlov said, is to introduce the children to yet another language and one that is quite different from the three Western languages — French, English and Spanish — that are already a part of the curriculum.

“Our students at the French-American school are already benefiting from a bilingual education that will enable them

to read and write in both French and English by the end of first grade,” Jarlov said. “The introduction of Mandarin will enable our students to benefit from the exposure to sounds that are very different from Western languages, and it will open their ear to different tones, and help develop their memory through the study of Chinese characters.”

Many studies have proven that children are capable of learning languages very easily at an early age and that the learning process makes them not only excellent communicators in their own language, Jarlov said, but also better problem solvers in math and science.

The new program includes two periods of 30 minutes per week. For those not participating in the Mandarin section, another option proposes the reinforcement of French through math, science or music, therefore offering additional support to those who are new to the French language.

Students in first grade and up at SDFAS have the option of studying Mandarin as an after-school activity. The SDFAS Saturday Language School also



San Diego French-American School students on Soledad Mountain Road are introduced to the Mandarin Chinese language. Courtesy photo

offers several language options for students who are not currently enrolled at SDFAS, including Italian. For more information, contact admissions@sdfrenchschool.org. — Staff and contribution

## MIND, BODY & SOUL

### The Anderson Medical Center

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic.

The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on weekends and holidays.

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patients of all ages as their primary care physicians. Physical therapy will also be available on a scheduled basis.

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As oral and maxillofacial surgeons, Dr.'s Varboncoeur & Caldemeyer are recognized specialists who are surgically trained in a hospital based residency program for a minimum of four years.

There they rotate alongside medical residents in internal medicine, general surgery and anesthesiology, and also spend time in otolaryngology, plastic surgery, emergency medicine and other specialty areas. Their training focuses, though, on the hard (ie, bone) and soft (ie, skin, muscle) tissue of the face, mouth, and jaws. Dr.'s Varboncoeur & Caldemeyer's knowledge and surgical expertise

uniquely qualify them to diagnose and treat the functional and esthetic conditions in the maxillofacial anatomical area.

For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center. Call 619-463-4486 or go to our website to learn more about this revolutionary procedure at [vchoms.com](http://vchoms.com).



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## PB Girl Scouts launch toy drive for needy families

Pacific Beach Girl Scouts Amanda Majernik and Ciara Gray have launched a project to collect new toys for the "Hope in the City" program to help the hard-working families of City Heights purchase holiday presents for their children.

The goal of the girls is to collect enough toys to help 100 families. The girls have set up a "wish list" on Amazon.com, (search "Hope in the City" under "wish lists"), and have established several drop-off locations in Pacific Beach and La Jolla.

New, unwrapped toys can be dropped off until Dec. 12 at the following locations:

- Dr. Kathy Miller's chiropractic office, 4410 Lamont St.
- Pacific Beach Middle School, 4676 Ingraham St.
- Nightingale Music, 5631 La Jolla Blvd.
- K&M Systems, 2168 Balboa Ave., Suite 2
- Stella Maris Academy, 7654 Herschel Ave.
- Amazon.com, search "Hope in the City" under "Wish Lists"

For more information, contact Kathy



Pacific Beach Girl Scouts Amanda Majernik, left, and Ciara Gray are organizing a toy drive for help disadvantaged families in City Heights.

Courtesy photo

Miller (858) 414-0384, or visit www.hope-city.org.



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# Holiday Food Safety Tips for your Pets

Nothing can ruin Thanksgiving weekend faster than a cat or dog that gets a hold of turkey day leftovers. To make this holiday easier on you, your pet and your purse, here is a list of Thanksgiving foods to keep away from your pets.

• **Foods Not Already in Your Pet's Diet:** Like most humans who taste foreign foods on vacations and end up with stomachaches, pets who eat foods they are unaccustomed to may develop digestive issues. Make every effort to ensure that your pet doesn't get a hold of any Thanksgiving scraps, and ask your guests not to feed your dog or cat any leftovers.

• **Garbage Ready Items:** Would you eat the raw, removed gizzard of your Thanksgiving Turkey? No? Well neither should your pet. If you wouldn't serve it to company, then don't give it to your dog. You'll prevent bouts of diarrhea and vomiting from ruining your weekend.

• **Desserts:** Besides the already known toxins for dogs and cats, xylitol and chocolate, desserts that are heavy in fats can be disastrous for your pet's digestive track. Avoid giving your pet any human desserts, but do consider giving her one of these special holiday treats instead.

• **Onion-y Things:** Onion does make things taste good, but it

is toxic to dogs and cats. In addition to the vomiting and diarrhea that will occur if your pet gets a hold of your onion-infused stuffing, a larger medical emergency may occur as onions (garlic, leeks, and chives too) are poisonous to the red blood cells of cats and dogs.

• **Bony Things:** This applies to humans, too! To avoid a choking incident, do not give your pets any food that is hard, sharp, and big enough to get stuck in your cat or dog's throat. To appease your pet's need to chew, try a Bingo Natural Chew or Nylabone product.

Finally, friends and family have the tendency to sneak your pet some scraps on Thanksgiving, even if you've made it clear to them you'd prefer they didn't. To prevent the under-the-table hand off, consider keeping your pets sequestered in another room as you enjoy your holiday dinner.





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### UNIVERSITY CITY

Sat & Sun 1-4pm .4115 Porte De Merano #132 2BR/2BA . . . \$300,000-\$375,000. . . . .David Schroedl • 858-459-0202

### UNIVERSITY HEIGHTS

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**\$1,499,000 - 3bd/2.5ba, 2,649 SF**

Highly desirable corner home in Emerald Cove with spectacular unobstructed views! This beautifully upgraded twinhome features high ceilings, a 3 car garage, granite counter tops throughout the kitchen and baths, stainless steel appliances, limestone flooring, lots of natural light and ocean, bay and evening lights views from almost every room.



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## Great Deal in North PB




Newer built 3BR end unit condo in desirable North Pacific Beach with some blue water & city views. Just blocks to Tourmaline Surf Park, this place had been upgraded with travertine flooring, granite counters, plantation shutters, air-conditioning, tankless water heater, and a water softener system. Over 1,700 square feet with 2 decks! **\$689,000**



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\*Data obtained from SANDICOR MLS  
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## GOBBLE UP THESE HOT PB PROPERTIES!

Imagine Thanksgiving dinner with family and friends on THIS roofdeck!! Charming 2021 sqft 4BR/4BA NEW Single Family House located on a quiet tree lined street 1.5 blocks from the bayfront at Crown Point Shores. Lushly landscaped front yard, private back patio, and a penthouse room that opens out to a bayview roofdeck. Security System and Closed Circuit TV. **Call for new holiday price. Completion date December 5. Move in for the Holidays!**



You'll **BE THANKFUL** you meandered 3 blocks off the bayfront to this one of a kind 3BR/3BA 1,817 sqft Twinhome. Looks like a mini-castle with dazzling brick, stone, stucco exterior. Lots of attention to detail... this home exudes character!! Vaulted ceilings, skylights, arched doorways, wood shutters, 2 sided fireplace, stamped concrete back patio with outdoor spa, 2 balconies + a 225 sqft roofdeck, and more!  
**GOBBLE, GOBBLE!**





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#### Luxurious Masterpiece in Mission Beach

Incredible opportunity to own this luxurious masterpiece in the heart of Mission Beach! This one of a kind, detached property includes kitchen facilities on each of the three floors, Costa Verde Granite throughout, Thermadore and Fischer appliances, large flat screens, and surround sound systems on all three levels (including outdoor patios). The property is being sold fully furnished and would make a magnificent second home or high-end vacation rental. Major Reduction.





## Coming Soon

**Crown Point Charmer** 1600 sq ft, 3/2 well appointed remodel 1 block from the bay. Home has been completely remodelled and features a gourmet kitchen, wood floors throughout, custom tiled bathrooms and showers, new roof, large yard and patio and much more. Call for a private showing. Gobble this up before it hits the MLS.

**Look for the GIANT TURKEY walking around North PB this weekend and ask him for a Special Thanksgiving Gift Certificate.**

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#### Have a Happy Thanksgiving!

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Owner occupied 4br 3ba bayfront townhome with stunning views of the Beach and Bay. Top floor features a high arched beam architectural ceiling. Spacious width of the living/dining area & master bedroom suite is a design plus.



#### Unit comes with 3 parking spaces and storage galore. Wake up every morning feeling like you're on vacation!

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## Wishing You a HAPPY THANKSGIVING



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## Belmont Park

You will love this So. Mission townhome on the edge of Belmont Park with panoramic ocean and bay views! This lovely home features 3BR/2.5BA, 1,336 sq. ft. open floor plan, 2 car side by side garage, large sunny front patio, skylights, warm fireplace and much more! Just steps to the ocean and warm sunsets!

**\$975,000**



### Steve Cairncross

858-735-1045  
www.beachseller.com  
stevecairnrx@gmail.com  
DRE #0859218

