#### **MISSION BEACH CENTENNIAL**

Billed as the "Father's Day Cruise to Belmont Park," the next Mission Beach Centennial event is a free gala featuring up to 75 vintage, pre-1980 cars, trucks and motorcycles. Page 3



## **MBHS STANDOUTS**

Although the lacrosse team at Mission Bay High suffered a dismal inaugural season, two members of the girls' squad have been named to play in the CIF Lacrosse All-Star Game on Saturday, June 14.. **Page 7** 



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## SAN DIEGO COMMUNITY NEWSPAPER GROUP

**THURSDAY, MAY 29, 2014** 



DENIED The Over-the-Line National Championships, sponsored by the Old Mission Beach Athletic Club for 60 years, will now prohibit under-21 spectators and players because of a new city rule prohibiting underage drinkers from attending. Photo by Jim Grant

## City: no under-21 guests, players at OTL By JOHNNY MCDONALD

Because of a recent change in city rules, officials with the Old Mission Beach Athletic Club (OMBAC) who organize the annual Over-the-Line National Championship Tournament have announced that the two-weekend event will now be restricted to players and spectators 21 years of age and

"OMBAC regrettably has been forced by the city of San Diego to make this major change to our San Diego tradition, and we must inform you that this will now be a 21-and-over event," said OMBAC media representative Sonny Petersen. "The entire playing area will be transformed into a giant 'beer garden,' and those coming to the event

must present an ID as proof of age."

Since 1954, the Old Mission Beach Athletic Club has hosted its Over-the-Line Tournament in Mission Beach. The tournament took on a life of its own and outgrew its previous locations and moved to Fiesta Island in 1972.

Petersen said that for the last 60 years, OMBAC has enjoyed hosting its more than 30,000 guests over two weekends in July.

He said this allowed visitors to bring and enjoy an adult beverage while sitting in the sand and watching an incredibly unique sport.

"After 60 years of what has been considered a model of how to run a large special event, OMBAC is sad to

announce that we will no longer be able to host the public as a whole," Petersen said. "OMBAC deeply regrets to have to bring this change to our public. We have done everything possible to preserve this traditional event, and hope the public continues to support the club's many fundraising programs."

Meanwhile, players have been registered, and the top teams are being seeded for the event, which runs during the weekends of July 12-13 and 19-20.

About 1,300 men and women will swing away at softballs on 50 courts from 7:30 a.m. to sundown on those days to determine 10 class-winners.

"We'll still conduct the event one way or another," Petersen said.

## Del Mar Fair returns with 'Fab Four' theme, new food treats by LORALEE OLEJNI

Ladies and gentlemen, the Fair! The San Diego County Fair returns June 7 to July 6 with a "Fab Fair" theme, celebrating 50 years since the Beatles' British Invasion of America.

"Our exhibit is going to be extraordinary," said Linda Zweig, spokesperson for the County Fair. "Every year, we choose a new theme that is attractive to a lot of demographics ... There is something for everyone."

It was 1964 when Paul, Ringo, George and John hit U.S. shores, appearing on the "Ed Sullivan Show" in a pivotal pop culture moment in American history. In addition to tribute-band performances, a special Beatlesthemed exhibit will feature photo archives never before seen in California, including John and Yoko's 1969 "Bed-In" for peace.

The Beatles will have to share the stage at this event, however, with the Fair's other star, the

SEE FAIR >> PG. 7



ALL YOU NEED IS "FAB FOUR" FUN Visitors to this year's San Diego County Fair at Del Mar can look forward to plenty of rides, food treats, shows and a "Fab Fair" theme in tribute to the Beatles this year at the Del Mar Fairgrounds.

## MBHS graduates preparing for new horizons by DAVE SCHWAB

an exceptional year — and will celebrate their final day an exceptional graduating at MBHS graduating at class — at Mission Bay High Clairemont High School. School (MBHS).

in that work on the high the graduation we had been school's \$13 million athletic complex forced the class of 2014 to hold its graduation broker a deal with Claireceremony off campus because of unforseen circum- year's graduation ceremony stances on June 13.

It's been a story of triumph and tribulation.

Perhaps then, it's appropriate, given the circum- SEE **GRADUATION** >> PG. 7

By all accounts, 2014 was stances, that MBHS seniors

"The 365-day timeline This year was also unique (athletic complex) wiped out planning," said principal Fred Hilgers, who helped mont High to hold this

Hilger said no stone was



**ON TO BRIGHT FUTURES** Graduates of Mission Bay High will experience the pomp and circumstance of commencement ceremonies June 13.

## PRIMARY 2014

## Three hopefuls chasing City Council seat locally preview their platforms

**EDITOR'S NOTE:** After the ouster of former Mayor Bob Filner last year and two special elections to determine his successor, voters gave the nod to now-Mayor Kevin Faulconer. With Faulconer's ascension to mayor, his District 2 City Council seat is now up for grabs. A primary election is set for June 3 and will feature four candidates (alphabetically): Sara Boot, Jim Morrison, Mark Schwartz and Lorie Zapf. To better inform our readers about the political views of the candidates, the San Diego Community Newspaper Group

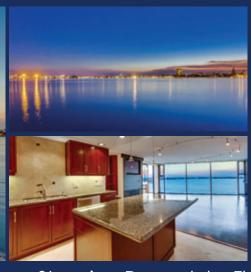


developed a five-pronged interview we posed to the political hopefuls. The following are their responses in their own words. Note: Morrison submitted no

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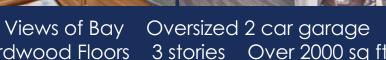
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Kelli Metcalf

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— Mo Khan owner 720 Pismo Court

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- Shawna R.

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Pacific



## Revving up for fun to celebrate 100 years of Mission Beach By DAVE SCHWAB

## 'Father's Day Cruise' proceeds to benefit centennial project

months-long Mission Beach centennial celebration will be a car show 3146 Mission Blvd.

Billed as the "Father's Day Cruise to Belmont Park," the free event will feature up to 75 vintage, pre-1980 cars, trucks and motorcycles.

"We're going to have a DJ and will be giving prizes to the winners," said Wendy Crain, centennial committee chairwoman. "We'll also be doing some raffling, giving away Belmont

The next installment of the Park passes and tickets to Sea- restroom on the beach. World."

The event pre-registration deadon Sunday, June 15 from 10 a.m. to line to enter a vehicle for a \$25 3 p.m. at Belmont Park, located at charge is Saturday, June 14. Participants will receive a limited-edition event T-shirt, lunch and a dash

> The centennial celebration kicked off in March with a proclamation from the mayor to go along with dedication of a monument, a big boulder with an oxidized bronze plaque placed between Belmont Park and the south lifeguard

Crain said the roots of the centennial celebration go back to May 2013 and the influence of local historian Phil Prather, who co-wrote "Images of America Mission Beach," along with Terry Curren. Prather suggested having an eventa-month format to mark the occa-

"We've tried to make it community oriented with horseshoe and



**REVVED UP** Classic cars will be on display to celebrate the next installment of Mission Beach's centennial celebration on June 15 when the fun kicks into high gear dur-SEE **CENTENNIAL** >> PG. 4 ing "Father's Day Cruise to Belmont Park."

## Resolving PB's parking woes still no easy task by DAVE SCHWAB

mittee – a group made up of various interests — that is looking into parking and traffic management issues continued with its needs assessment of the busy beach community at its May meeting.

explore ways to improve transportation moving people in and out of Pacific Beach more efficiently, while integrating walking, bikes, cars and improving the streetscape.

management tool, despite what flyers being distributed recently are suggesting, said committee chairman Elvin Lai, president/CEO of Ocean Park Inn, Inc. and president of Discover PB, the community's busi-The committee's goals are to ness improvement district.

"There's no agenda here. We're not trying to put forth any plan," said Lai. "We're looking for the traffic problems and doing a needs assessment. Our goal is for a solution Committee members said their for parking, for traffic management goal is not necessarily to endorse the and for safety at signal lights, pedes-

The Pacific Beach Parking Com- use of parking meters as a traffic- trian cross-walks, kids' safe routes to school, etc."

> Lai said the committee's objective is to find a solution for parking and traffic management in the congested beach community, which experiences a huge influx of visitors during the peak summer tourist season.

> "Parking meters don't have to be part of that solution," Lai said. "We're looking for a solution for the entire traffic management system."

> > SEE PARKING >> PG. 4



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## Man convicted in murder of architect By DAVE SCHWAB

After 14 hours of deliberation over three days, a jury on April 24 convicted an employee of architect Graham Downes of second-degree murder in the beating death of Downes outside his home in 2013.

The jury acquitted Higinio Salgado, 32, of first-degree murder.

Sentencing was set for June 6 by San Diego Superior Court Judge Joan Weber. Salgado is expected to receive a prison sentence of 15 years to life.

Downes, 56, was the architect for Tower 23 Hotel in Pacific Beach, Hotel La Jolla's guest rooms, The Thin Bar downtown and the Hard Rock Hotel San Diego, according to the Graham Downes Archicture website. Downes also was credited with the overhaul of Tom Ham's Lighthouse on Harbor Island and the Bali Hai on Shelter Island.

Salgado is being held on \$3 million bail. Witnesses testified that almost everyone was drinking heavily at a party at Downes' home in Banker's Hill on April 19, 2013, including Salgado and Downes.

Witnesses said Salgado became upset when he learned a former employee of the architect might be returning to the firm and feared the former employee might be his boss if the other man returned to the firm.

Witnesses said the former worker had previously advised Downes to fire Salgado.

A neighbor testified he called 911 at 1:10 a.m. after seeing Salgado and Downes fighting on the sidewalk on West Juniper Street.

Deputy District Attorney Amy Maund cited the 17 to 21 injuries to the head and neck of Downes that were revealed in an

A medical examiner's official testified there were bruises consistent with strangulation, fracture of the jawbone, and blunt force trauma.

Defense attorney Jamahl Kersey argued the crime was not murder and said it was an employee "party environment" where "everybody is drinking." Kersey said there was no malice or disregard for human life.

Another defense attorney, Jose Badillo, argued Salgado was too intoxicated to commit murder.

A police officer found Salgado and Downes lying face down on the sidewalk at 1:30 a.m. with Salgado's arm over Downes, who was taken to a hospital.

He died three days later without regaining consciousness. His design firm was started in 1994 and closed several months after his death.

— Neal Putnam

So far, the needs and issues, among others, have been considered by the PB Parking Committee:

- getting people into PB's business corridor safely to and from the trollev stations;
- accessibility;
- safer sidewalks and walking con-
- · accommodating bicycles in the business community that are currently not safe for them;
  - traffic congestion and flow;
- making the community more walkable and bikable:
- addressing infrastructure needs, like bike and skateboard racks;
- code enforcement of signage and right-of-way issues.

Among ideas for addressing those traffic and circulation issues are building a parking structure, using reverse diagonals, traffic-calming and instituting one-way streets.

PB's Parking Committee is composed of community representatives from the Pacific Beach Planning Group, the PB Town Council, Discover PB and interested residents atlarge.

During discussion of Bikeshare short-term cycling rentals coming

to town this summer as a new transportation alternative with nearly 20 proposed stations in Pacific Beach, committee member Paul Falcone expressed concern about Bikeshare competing with existing bike-rental businesses.

"Are they going to be taking away (vehicle) parking spaces?" Falcone

Sara Berns, of Discover PB. replied, "On Cass Street, they are (proposing) taking away (some) parking spots."

PB planner Chris Olson suggested the committee also needs to take a look at the local housing mix, examining who lives and works in Pacific Beach. Studies have previously shown that the majority of people who live in PB do not work there.

Berns said it would be wise to focus on "slowing traffic down on Garnet Avenue," which she said has become more like Main Street along the business corridor.

Noting there's even been some discussion of "closing Garnet down to vehicles completely," Berns suggested there needs to be more discussion of "creating some more livable work space along Garnet and increasing that."

The Pacific Beach Parking Committee's next meeting will be Thursday, June 19 at 6 p.m. at the office of Discover PB, 1503 Garnet Ave.

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## CONT. FROM PG. 3

volleyball tournaments, as well as doing things with our oldest icons — the roller coaster and The Plunge swimming pool at Belmont Park," said Crain.

The next event in the centennial celebration, a planned movie viewing at The Plunge pool in July, is being revamped because the pool is closed for refurbishment. Crain said the event will likely go on but will be held at a substitute venue vet to be determined.

The centennial event schedule will continue in August with a sandcastle event and conclude with a volleyball/horseshoes beachfest in early September. The finish will

be a Sept. 27 Centennial Festival at Belmont Park/Ventura Blvd.

Having the June 15 event on

Father's Day in June is a wonderful add-on, said Crain. "It will be a fun thing to do for

dad and the whole family to bring them all down here and have a good time," she said.

Event proceeds will benefit the Mission Beach Centennial Project.

The origin of Mission Beach dates to June 14, 1914, when a syndicate headed by John D. Spreckels and managed by George S. Barney submitted a subdivision map surveyed by D.A. Loebenstein to the "Common Council" (now the City Council) of San Diego for approval and acceptance.

For more information, visit www.missionbeachcentennial.org.

## Happy 93rd Birthday Mom!



Mabel Tolstad lives in Mission Beach and enjoys walking her small grey poodle often around the beach.

From your loving daughter Marie Tolstad.

News

## **ELECTION** »

CONT. FROM PG. 12

### SARAH BOOT

(Federal prosecutor)

Q: What is the greatest challenge/challenges facing our beach communities of District 2 and how do you propose addressing this/them?

A: Our beach communities are

struggling with crumbling infrastructure, an increase in property crime, the largest homeless population outside of downtown



**SARAH BOOT** 

and the ever-present responsibility of protecting our beaches and bays. We need a fierce advocate for our neighborhoods who will put the community first, without bowing to the developers and downtown insiders that have run City Hall for too long. We must stop cutting sweetheart deals for special interests at the expense of our neighborhoods and get serious about putting a stop to wasteful spending at City Hall.

# Q: The homeless situation and the issues/problems associated with it are becoming more pervasive in many areas of District 2. How do you propose to address this issue?

A: Outside of downtown, our beach communities have the highest population of homeless individuals in San Diego, and the numbers continue to grow. It's clear that what we are doing is not working, and we need leadership to push for change. We should implement a pilot program of the "housing first" model for chronically homeless veterans — typically those with severe mental illness and/or drug addiction. This model has been successful in other cities like Salt Lake City and Phoenix. The city must also do a better job of advocating for our fair share of federal funding.

#### Q: Now that the City Council has adopted a clear policy regulating controversial medical-marijuana dispensaries, do you believe the new policy has gone too far or not far enough?

A: I support safe access to medical marijuana for compassionate use. However, the proliferation of pot shops along our main streets has pushed out local businesses and changed the character of our beach communities. For years, the city failed to enact regulations that balance the needs of patients and the larger community. The recent ordinance limiting the number of dispensaries to four per district is a good start. Passed months ago, the city has yet to enforce it. For the

safety of patients and for the good of the community, we need to make the regulation of medical marijuana a top priority.

# Q: Mayor Kevin Faulconer has introduced a proposed budget placing much greater emphasis on neighborhoods, infrastructure and quality-of-life issues. Do you support this plan? What components would be your priorities?

A: I support a budget focused on neighborhood priorities, and Mayor Faulconer's proposal is a good start. However, after decades of underinvestment, our neighborhoods have crisis-level problems that require long-term vision and planning. We have an estimated \$2 billion infrastructure backlog, half of our police force is set to retire in the next three years and we have insufficient rescue equipment for our firefighters and lifeguards and too few hours of operation at our libraries and recreation centers. These problems cannot be remedied by any single budget. We must stand up to the downtown insiders and special interests to put our neighborhoods

#### Q: The economy continues to be a key concern to many voters. What is your plan to reinvigorate San Diego's economic growth and tourism?

A: We need to expand our innovation economy to create highpaying, middle-class jobs. Doing so demands that we ready our workforce for industry needs by facilitating partnerships between local technology companies and colleges. We also need to make it easier for small businesses by streamlining permitting and eliminating needless regulation. Finally, our technology industry, tourism industry and small businesses will thrive when we take better care of the basic needs of our coastal communities — enhancing our public safety, repairing our roads and ensuring clean and healthy beach-

## **MARK SCHWARTZ**

(Organic fertilizer marketer/consultant)

Q: What is the greatest challenge/challenges facing our beach communities of District 2 and how do you propose addressing this/them?

A: Our greatest est challenge in District 2 is the cronyism and waste of government resources. We see the failing infrastructure while our tax



MARK SCHWARTZ

burden rises. We are triple-taxed for water. Our electric rates and our transient taxes are among the highest nationally. We solve this with fiscally conservative leaders who will fight corruption. I will establish a whistleblower hotline and serve the people as an independent leader. I do not work for unions or corporations. Let's take money out of politics. I will expand contract privatization to secure for taxpayers the best products for the lowest prices. Comprehensive pension reform must continue.

# Q: The homeless situation and the issues/problems associated with it are becoming more pervasive in many areas of District 2. How do you propose to address this issue?

A: Charity comes from the heart, not from bureaucrats. We live in paradise and the homeless will certainly accompany us. I do not wish to create a taxpayer-funded Nirvana for the homeless. Many are in need and want help. At the same time, many do not want help. It is not illegal to be homeless, and everyone deserves the right to pursue happiness. I give blankets and fresh vegetables from my garden to the homeless in my neighborhood. I will create programs to inspire community gardens and promote private employment programs for those who truly seek independence.

## Q: Now that the City Council has adopted a clear policy regulating controversial medical-marijuana dispensaries, do you believe the new policy has gone too far or not far enough?

A: Medical research shows that marijuana is less dangerous than alcohol and cigarettes, yet those products are taxed and available for legal sale at every corner market. Medical research has proven that cannabis extract can and does attack many kinds of cancerous tumors. Cannabis can prevent seizures and provides pain relief without narcotic prescriptions. Legal patients should have safe access to life-saving medicine. Let's tax cannabis and stop filling our prisons with non-violent criminals. Prohibition does not work; this policy is a start. The goal is to free law enforcement resources to fight real dangerous crimes like human trafficking.

# Q: Mayor Kevin Faulconer has introduced a proposed budget placing much greater emphasis on neighborhoods, infrastructure and quality-of-life issues. Do you support this plan? What components would be your priorities?

A: The proposed budget is a great step forward for the city. Mayor Faulconer is a proponent of managed competition for city contracts, and I would support a strong expansion of this tax-saving program. San Diego could easily operate with less than 100 actual city employees. With privatization of all city services, we can save precious tax revenue and eliminate pension burden. Our city is a major vacation destination, and our infrastructure and park/beach attracture

tions would benefit greatly from expanded competition in the private sector. Implementing instantrun-off voting will also save several million tax dollars on each election.

#### Q: The economy continues to be a key concern to many voters. What is your plan to reinvigorate San Diego's economic growth and tourism?

A: I will fight fraud and waste in all aspects of government. Our economy thrives on tourism, and we must not tax ourselves out of the industry. I will stand up to progressive tax increases while working to increase external revenue streams. Our concert business is lackluster, major acts often skip our city. We need to focus more unconventional marketing to attract the film/music and port industries. For our economy to thrive, we must also deregulate permitting fees and tax burden on small business. Our proximity to Mexico emphasizes our need for free enterprise in business to stay competitive.

## **LORIE ZAPF**

(San Diego City Councilwoman)

Q: What is the greatest challenge/challenges facing our beach communities of District 2 and how do you propose addressing this/them?

A: There are many challenges facing our district, but the biggest is our crumbling infrastructure. For years the city failed to invest in our



**LORIE ZAPF** 

neighborhoods, and that money went elsewhere. Not to downtown, but to public employee pensions. That's why I've fought for vital government reforms like comprehensive pension reform, so we can invest back in our neighborhoods again. Last year, my office got more potholes filled than any other City Council office. I will also work tirelessly to maintain the 30-foot height limit on buildings along the coast. The height limit is essential to ensuring the character of our neighborhoods.

# Q: The homeless situation and the issues/problems associated with it are becoming more pervasive in many areas of District 2. How do you propose to address this issue?

A: There is a two-fold approach to dealing with homelessness. The first is to have a robust network of services to support the individuals who need help. My votes to support homeless shelters and services, like Connections Housing downtown, is why I am proud to count Father Joe Carroll as a supporter. The second step is to have an increased, proactive police presence to deter crime and keep us safe. I am the only candidate

who our San Diego Police Officers Association and the Deputy Sheriffs Association trust to improve safety in our neighborhoods.

#### Q: Now that the City Council has adopted a clear policy regulating controversial medical-marijuana dispensaries, do you believe the new policy has gone too far or not far enough?

A: I not only voted for the new policy, but I fought to put a cap on the maximum number of marijuana dispensaries, reducing the proposed number from nine to just four in the entire district. I believe in safe access to medicinal marijuana for legitimate patients, but that does not mean we should have a dispensary on every corner. During Bob Filner's brief tenure as mayor, he allowed dozens of illegal dispensaries to open across the city. With these new rules in place, the city has begun closing the illegal dispensaries that have taken over our neighborhood.

# Q: Mayor Kevin Faulconer has introduced a proposed budget placing much greater emphasis on neighborhoods, infrastructure and quality-of-life issues. Do you support this plan? What components would be your priorities?

A: During my first term, I worked alongside then-Councilman Faulconer to implement the government reforms that have given us the money for increased services in this budget. Our ability to work together to improve conditions for all of San Diego is why Mayor Faulconer has endorsed me to replace him in District 2. I absolutely support his proposed budget emphasizing increased neighborhood services and street repair. I look forward to voting this June to increase our infrastructure investment by 66 percent, to authorizing more personnel and resources for our understaffed police department and to increasing library hours in all our neighborhoods.

#### Q: The economy continues to be a key concern to many voters. What is your plan to reinvigorate San Diego's economic growth and tourism?

*A:* I've owned a business in San Diego. I understand how difficult it can be. When I first took office, I partnered with Council President Tony Young to implement a Small Business Policy Assistance Package to cut red tape and help our neighborhood businesses afford to hire at least one more employee. I am the only candidate to support expanding our convention center, which allows us to keep Comic-Con and grow our tourism economy. People come from across the world to visit our beach communities. We need them to be clean and safe and to balance the needs of our residents.

## QUICKHITS>>

#### **HOLIDAY WEEKEND KEEPS LOCAL LIFEGUARDS ON TOES**

Lifeguards with the San Diego Fire/Rescue Department's Lifeguard Services Department saw an estimated influx of nearly 451,000 ocean and bay lovers over the three-day Memorial Day weekend as temperatures rose to near-perfect levels.

Lifeguards, who cover Mission Bay and city beaches from Point Loma to Torrey Pines State Beach, reported about 80,500 visitors on Saturday, May 24, resulting in 29 medical aids and 10 rescues. On Sunday, May 25, lifeguards reported more than 167,000 visitors, 96 medical aids and 89 rescues. Memorial Day, on Monday, May 26, drew an estimated 203,000 visitors, causing lifeguards to respond to 144 medical aids and 88 rescues, according to San Diego Fire/Rescue Department spokesman Lee Swanson.

#### **MISSION BEACH MAN PLEADS** TO ROLE IN MASSIVE DRUG RING

Morgan Dimmitt, 27, the only

Mission Beach resident who was arrested in a sweeping undercover drug investigation in North County, has pleaded guilty to conspiracy to possess cocaine with intent to distribute.

Dimmitt, a construction worker who now lives with family members in Utah, is free on \$75,000 bond. He will be sentenced June 9 in U.S. District Court in San Diego.

Assistant U.S. Attorney Michael Wheat filed a court document indicating he will be seeking a 30month federal prison term for Dimmitt. His attorney is expected to argue for probation.

A year-long investigation by the Drug Enforcement Administration and the sheriff's department yielded 65 arrests, mostly in Ramona and Poway, on Sept. 10.

It was called "Operation Mountain Shadow," and authorities seized 93 pounds of methamphetamine, 56 pounds of cocaine and 14 pounds of heroin. In all, 73 people were rounded up in the sting.

— Neal Putnam



#### LONGBOARD CLASSIC SET AT TOURMALINE ON JUNE 7

The Pacific Beach Surf Club will hold its 16th annual Summer Longboard Classic on June 7. The all-ages contest is an open invitational to locals and beyond, and will be held at Tourmaline Beach, beginning at 7 a.m.

The event will feature food, prizes, entertainment and more. Proceeds will benefit the Mission Bay Surf Team.

To register, visit www.pacificbeachsurfclub.org. For more information or to become a sponsor, email 1surfcelia@gmail.com.

#### TRANSIENT ARRESTED **AFTER ATTACKING ANOTHER**

Police officers arrested a transient May 21 after he allegedly got into an altercation with another

transient man in the 1500 block of Thomas Avenue.

The incident unfolded around 4:15 p.m. when the two men got into a fight and one of them suffered a stab wound under his eye. Police did not specify the nature of the weapon.

The transient to blamed in the attack was arrested at the scene and the victim refused treatment for what police said was a minor injury.



#### **PB GRAFFITI CLEANUP DRAWS AT LEAST 100**

More than 100 people showed up to the seventh annual Graffiti Clean Up Day in Pacific Beach this month to demonstrate community dedication and pride. The event is a partnership by the Pacific Beach Town Council (PBTC) and the PB Presbyterian Church.

"We removed more than 800 graffiti tags this year," said Town Council vice president Adam Meyer. "Although that's not as much as previous years, it's good news because every year there's less graffiti to clean up."

San Diego Police Chief Shelley Zimmerman has been involved since the beginning. She said cleaning up Pacific Beach helps promote San Diego as a tourist destination.

"The cleanup not only makes the community look nice, but it makes it safe, too," Zimmerman said. "We're the ambassadors to the hundreds of thousands of people who come to San Diego every year."

Other organizers agreed.

"The people we train at this event tend to remove graffiti on their own throughout the year, and that cuts down graffiti overall, because taggers get discouraged when their tags are removed quickly," said Marcie Beckett, a PBTC member who has been involved in this event from its inception. "Events like this encourage everyone to have more pride in and respect for Pacific Beach."

## CONT. FROM PG. 12

food.

Known for such delicacies as deep-fried ice crème bars, deepfriend Oreos and roasted turkey legs, imagination and antacid dosages are the only limit to what can, and will be, consumed at the Fair this year.

New on the menu for 2014 are bacon-wrapped Churros, fried chicken skins, a four-patty hamburger on a Krispy Kreme Donut bun and gourmet grilled-cheese sandwiches.

Several hot musical performers will play as part of the Summer Concert Series on the Grandstand Stage. Acts, including Third Eye Blind, Smokey Robinson, Toni Braxton and Kenny "Babyface" Edmonds, REO Speedwagon and Matisyahu. Some acts may require purchase of an additional ticket. Several performers and events geared toward the Latino community are also part of the lineup.

A favorite of the kids, the Agri-

Fair exhibit will take place in the Wyland building. Visitors can learn about animals and visit the petting farm and Junior Livestock Auction, where young San Diegans sell the animals they've raised over the past year.

Of course, it wouldn't be the County Fair without contests. Everything from photography to flowers to a Homebrew Competition is in the works as locals vie for coveted blue ribbons.

The Fair is the largest annual event in San Diego County, drawing more than 1.4 million visitors annually.

The Del Mar Fairgrounds are located at 2260 Jimmy Durante Blvd. in Del Mar. The Fair is closed Mondays and the first two Tuesdays after June 7.

Adult admission is \$14, \$8 for seniors (62+) and children 6-12. Children under six are admitted

free. Tickets can be purchased online or at the gate. The "Best Pass Ever" deal is \$24 for all 24 days of the fair. Kids under 12 can gain free admission by reading 10 books and having a teacher or librarian sign off a special reading certificate that is downloadable on the Del Mar Fair's website. Discount tickets are also available for purchase at Albertsons and Save-On pharmacies. Military discount tickets are available at San Diego military base ticket offices.

Parking is \$10 per vehicle or motorcycle and \$20 for RVs (cash only). Offsite free parking and shuttle service are available at the Del Mar Horsepark, MiraCosta College's San Elijo Campus and Torrey Pines High School. If looking for an alternative to fighting traffic, Fair Tripper Passes are \$15. These allow guests to ride the Coaster, Sprinter or Breeze round trip and



JUST HOW MUCH CAN YOU STOM-ACH? The Del Mar Fair, known for its unusual new gastromonic offerings each year, will have plenty for adventurers to try this year.

Photo by Don Balch

include admission.

For more information and a complete list of events, visit www.sdfair.com.

## Why Home Owners Leave Thousands Behind when Selling their homes

SAN DIEGO, A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home. And a 9 Step System that can help you sell your home fast and for the most amount of

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become dillusioned and worse – financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. I answer to this issue, industry insiders have prepared for a free special report entitled "The 9 step System to Get Your Home Sold Fast and For Top Dollar."

To order a FREE special report, call toll-free 1-800-276-0763 and enter 1000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.

Courtesy of Dennis DeSouza Remax Lic. 01220680

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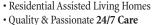
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**SOLIDARITY** The Mission Bay High School girls' lacrosse team shows solidarity during its inaugural season.

Courtesy photo

# MBHS lacrosse team fields two CIF all-stars despite squad's dismal inaugural year by KEITH ANTIGIOVANNI

Despite a rough inaugural season for the fledgling Mission Bay High School (MBHS) lacrosse program, two members of the girls' team, Kylie Kroeger and Ari Linley, earned a spot in the CIF Lacrosse All-Star Game on Saturday, June 14 at Westview High School.

Kroeger also received Second Team All-City-League honors. The freshman/sophomore game will be at 9:30 a.m., while the junior/senior game is slated for 11 a.m.

Kroeger, a freshman, led the Bucs in scoring this year with 16 goals. Linley, a junior, finished second on the team in scoring with 12 goals.

"This season was a character-building experience," said MBHS lacrosse booster

Missy Kroeger. "Most of the girls had never even picked up a stick before, so we are very thrilled to have two players in the All-Star Game."

Mission Bay's Lacrosse program is not an officially sanctioned CIF sport and depends on its booster program to raise funds for uniforms and equipment. The girls' team is coached by University of San Diego graduate student Kelly Fromm. There are currently two varsity teams for the boys and girls, but according to Missy Kroeger, there is a three-year plan to include junior varsity teams through a "feeder" program at Pacific Beach Middle School to introduce lacrosse to students before they enter high school.

## **GRADUATION** »

CONT FROM DG 1

left unturned by he and a committee with full parent and community participation to find a viable — and affordable — alternative graduation venue.

"We could have rented out Golden Hall and shared costs with other schools in the Community Concourse downtown," he said, but he added that was unacceptable to many.

"We split on that," said Hilgers. "We then began looking really outside the box at renting the bay and bringing in bleachers."

But Hilgers said costs for that were prohibitive, given the necessity of bringing in seating and a sound system.

Ultimately, Hilgers said students, their families and staff chose to seek a site closer to home in Pacific Beach.

"At first, parents were not happy about doing it (graduation) at Clairemont High," Hilgers said. "There really wasn't another viable, cost-effective choice."

"[The parents] finally came around on it," he said, adding it helped that he had a good rapport with Clairemont High's principal, Dr. Jennifer Roberson.

"She said, 'Let me know if I can help,'" said Hilgers.

"Dr. Roberson and her staff have been very accommodating, helping with logistics," Hilgers said, adding it's a big relief to everyone that using Clairemont High for graduation worked out.

"The kids are just happy to graduate," said Hilgers, adding half-jokingly,

"You could put them on the moon and they'd be happy to have a spot."

Jerrilyn Goldberg, MBHS 2014 senior class president said the final decision to graduate at Clairemont High finally came down to "being practical about our choice."

"Clairemont High School," she said, "is a perfectly acceptable location for us considering it's close enough to our school that we can easily transport decorations and students ... the stadium seats significantly more people than our old bleachers so we can allow students to purchase as many tickets as they need. ... This location will allow graduation to be a community celebration available to more who may want to attend."

With everything else, is it a coincidence then that the 2014 graduation ceremony is being held on Friday, June

That's a good — not a bad — omen, noted Hilgers, pointing out MBHS's Class of 2014 is one to overcome.

"Every year you say it's a great class, but what makes this class very unique is its collegiality and team approach," said Hilgers. "This is truly an ensemble group. They really support each other. I can't but help but be struck by the lack of egos. They're really committed to each other."

Hilgers is confident the Class of '14 will go far.

"I'm very proud of them," he said.
"Kids in this group are going to be making some significant differences on our lives."

## Meet The TOP PRODUCERS for 2013 from RE/VIEX® Coastal Properties



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Not pictured: Tom Mattix

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## LIVE MUSIC >>

By BART MENDOZA

Mission Bay High School has long been known as one of the area's premier music schools. On May 29, the program, under the direction of music director JP Balmat, will showcase its entire music department, including its star group, the Preservationists, its jazz ensemble, its concert and beginning bands, as well as its choir. Jazz and New Orleans sounds will be the order of the day, but there will be plenty of variety on the program, offering up something for just about any music fan. This show is a wonderful way for the students to give back to the community and for locals to check out what all the fuss is about. If you've caught one of these student groups before, you know how good they can be. If you haven't, be prepared to be impressed.

• THE MAY SHOW: Thursday, May 29 at MISSION BAY HIGH **SCHOOL,** 2475 Grand Ave. 7 p.m. All ages. \$5 www.missionbaymusic.com.

The Van Warped Tour started 30 years ago to give pop punk, metal core and like-minded bands exposure, with up to 100 acts across its multiple stages on the day. Three decades later, the event is still a major happening. This year's show takes place June 25 at Sleep Train Amphitheatre. But first, there will be a competition at the 710 Beach Club on May 31, during which one lucky band will secure an opening spot on the bill. Competition for this show will be fierce. Battling it out on the club stage will be Sunny Rude, Upfull Rising, Tunnel Vision, Elemental Roots and Dante's Boneyard. Head down and cheer on a favorite or check out some of the area's prime talent, with each band sure to give their best.

• WARPED BATTLE OF THE BANDS: Saturday, May 31 at the 710 BEACH CLUB, 710 Garnet Ave. 9 p.m. 21 and up. www.-



710bc.com.

If there is an instrument that gets little respect, next to the tuba, it has to be the trombone. Due to its low register, it's seldom thought of as a lead instrument. But on June 6, San Diego's premiere jazz venue, Dizzy's, hopes to change that perception with a special show featuring the music of eight

trombonists: Scott Kyle, Kevin Esposito, Matt Hall, Jordan Morita, Patrick Escalante, Roy Brown, Matt Waters and Roger Wright, backed by a trio of Matt Smith on drums, Harley Magsino on bass and a pianist to be announced. Kudos to club proprietor Chuck Perrin for his adventurous shows and inspired bookings. It all adds up to a show that will be a major treat for San Diego's jazz fans.

• BONEFEST 2: Friday, June 6 at **DIZZY'S,** 4275 Mission Bay Drive. 8 p.m., \$15. www.dizzysjazz.com.

Guitarist Roddy Radiation performs at the shakedown Bar on June 6. A founding member of UK ska legends The Specials, the guitarist is touring behind new music, but it's the impact and songs he made during the early 1980s that will have this night's crowd shaking on the dance floor. Radiation can be heard on dozens of classic tracks, including "Rat Race" and "Concrete Jungle," each one guaranteed to turn into a crowd sing-along. If you enjoy classic '80s sounds or have a soft spot in your heart for blistering ska tunes, this is an event you won't want to miss.

• RODDY RADIATION: Friday, June 6 at the SHAKEDOWN BAR, 3048 Midway Drive.10 p.m. \$10. 21 and up. www.theshakedownsd.com.

Blessed with a sultry voice and stage persona, Mercedes Moore is both one of the hottest blues vocalists in town and one of the busiest. One listen and it's easy to hear why. Appearing at Tio Leo's on June 12, Moore excels at gritty R&B, with a crack three-piece backing band honed to perfection through extensive road work, as well as an arsenal of great covers and equally worthy originals. A new EP is imminent, but Moore is someone you'll want to experience live, where her charming stage presence will win over even the most jaded music fan.

• MERCEDES MOORE: Thursday June 12. **TIO LEO'S,** 5302 Napa St. 9 p.m. 21 and up. Cover TBD. www.tioleos.com.

## **GIVE US YOUR INPUT!**

Do you have a good idea for a unique band, general entertainment or dining story, profile piece or feature idea you think is intriguing? If so, we'd like to hear from you! Send those ideas to us at bbp@sdnews.com!



## REMEMBER WHEN? >>

**REMEMBER WHEN** the Memorial Day Parade came down Cass Street? Me neither. This photo was taken on May 30, 1956. It looks like the Marine Corps Band is coming into view, with St Brigid Church in the background. I'm fascinated by the R&R Restaurant's claim to fame: "Home of the Walking Shrimp."

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



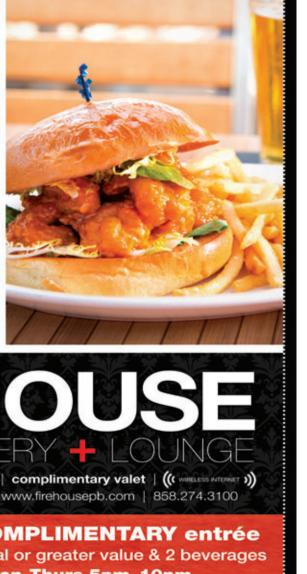






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## **MUST***HEAR* >>

From 1992 through 2002, local fans of roots rock thrilled to the music of The Sleepwalkers, a quartet that mixed up influences from rockabilly to Mexican ballads. The muchmissed quartet recently reformed and will appear at Tio Leo's on Saturday, June 7. The band still features the frontline of Action Andy Rassmussen (bass), Johnny Valenzuela (vocals) and Alan Fuentes (guitar), with new drummer Bob Osuna, but more importantly still lives up to their reputation for a wild show, with plenty of twang and strum, as well as the occasional "grito." Perfect for swing dancing or just a rowdy good time, The Sleepwalkers are a crowd-pleasing group, custom-made to fill ballroom dance floors and provide a great Saturday night out.

• THE SLEEPWALKERS: Saturday, June 7 at TIO LEO'S, 5302 Napa St., 9 p.m. 21 and up. Cover TBD. www.tioleos.com.

— Bart Mendoza

## PB's The Patio expands roots into Mission Hills

The gentrification of great neighborhoods and the establishment of new restaurant concepts within them has spawned the expansion of The Patio on Lamont Street in Pacific Beach.

The second location, The Patio on Goldfinch, will offer the same highly acclaimed dining experience and personal service when it opens in the historic community of Mission Hills in mid-June.

"While I was searching more than a dozen great neighborhoods within our city to develop and open our second Patio restaurant, I soon realized I had everything I ever wanted in a great location right here in my own backyard," said Gina Champion-Cain, owner and proprietor of The Patio brand of restaurants.

"I have lived in Mission Hills with my husband, Steve, for more than 25 years and realized the most wonderful place for our newest location, quite obviously, is within walking distance from my residence," she said. "How could I ever find a more charming, historic and beautiful environment than my own residential community of Mission Hills?

"We are certainly pleased to have attracted the experience and successful track record of our new general manager, Chris Simmons, to manage our trusted brand," said Champion-Cain.

Simmons, who most recently



**THE PATIO EXPANDS** The popular The Patio in Pacific Beach will soon expand with a new, roughly 4,000-square-foot venue in Mission Hills. Courtesy photo

managed the newly remodeled Rancho Valencia Resort and Spa's The Pony Room, joins The Patio on Goldfinch effective immediately. Simmons brings years of creating successful culinary programs at Burlap, Cucina Urbana, and Hotel L'auberge.

Like the Pacific Beach location, The Patio on Goldfinch's interiors will highlight the use of repurposed woods and will have abundant light throughout with windows and skylights, a massive bar area providing over 20 seats, three high definition TVs and a dogfriendly patio area.

The Patio on Goldfinch, which is just less than 4,000 square feet, will feature a large exhibition kitchen, complete with state-of-the-art ovens and ranges, all custom designed for The Patio.

The Patio on Goldfinch will

serve grab-and-go breakfast items, lunch, happy-hour bites, dinner nightly and weekend brunch, incorporating some of the popular small and shared plate items already featured at The Patio on Lamont Street.

According to Champion-Cain, The Patio on Goldfinch bar will debut 12 new craft beers, wine on draft, a variety of house-made flavored soft drinks and one of the most innovative cappuccino and espresso machines available anywhere.

It will feature on-staff experts in wine, tequila and beer to assist customers with selections as well as arrange for private tastings or special events.

Valet parking will be provided for a nominal fee.

For more information, visit thepatioonlamont.com.

## New hours, breakfast at The Patio

The Patio on Lamont Street, known for its shared plates and neighborhood feel, will be offering a select number of breakfast items, beginning Monday, June 2. Coinciding with the addition of the new plates, the restaurant will now be open at 9 a.m. daily to accommodate the needs of the local early-risers.

Some of the new breakfast items will include a seasonal vegetable frittata, house-made muffins, and a house-

smoked salmon flatbread. Guests will still be able to enjoy the Greek yogurt and granola parfait, Patio breakfast flatbread, bacon breakfast potato skin and vegetarian potato skin dishes, which were added to the menu earlier this year.

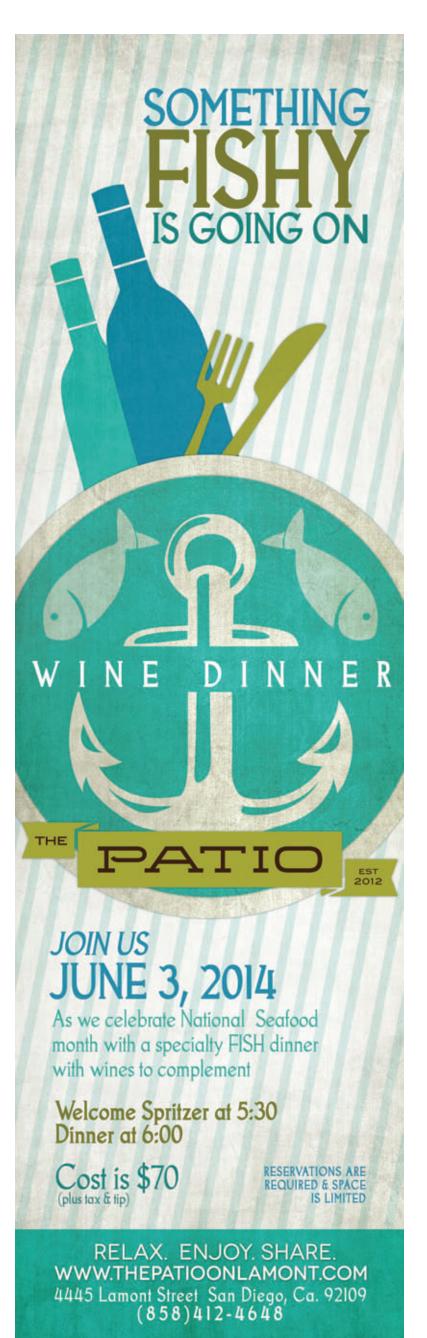
With a continued focus on local vendors, The Patio on Lamont Street also now proudly serves Swell Cafe coffee, whose flagship shop is located in Mission Beach. Swell Cafe was recently named "Best Coffee" in San Diego by San Diego Magazine.

Whether you're dining in or taking out, start your day with The Patio!









## Summer Camps

## **Nike Tennis Camps at UCSD**

Come join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Directors Bill and Shelly Scott, and USD Head Women's Tennis Coach, Sherri Stephens, along with their experienced staff, have another amazing summer lined up with fun both on and off the court! With five weeks of junior overnight and day camps for boys & girls ages 9-18 of all ability levels, and a special High School program during the last week, there is a camp option for everyone! Highlights include: 5-6 hours of daily on-court instruction, a Nike Tennis Camp t-shirt, Dartfish video anlaysis for all campers, and fun evening activities for overnight campers. Camps run throughout June and July,

registration is currently open. See you on the courts this summer!

Nike Tennis Camps at University of San Diego1-800-645-3226 or go on-line at www.USSportsCamps.com/tennis

## **Wilderness Escape Vacation Bible School Program**

Christ Lutheran Church in Pacific Beach, 4761 Cass Street, is hosting Wilderness Escape Vacation Bible School July 21-25, 9:00 a.m. to 12:00 noon for children age 3 to grade 4. The program will feature music, Bible stories, craft time, snack time and more fun! The week will end with a closing program at noon and a BBQ for the whole family on Friday, July 27th. For information and registration forms,

please go to www.christpb.org or call the church office at 858-483-2300.

## Nike Golf Schools & Camps

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

and see why over 150,000 junior golfers have participated in what we believe are among the best junior programs in the

## Kids experience performing arts at Junior theatre Camp

Join Junior Theater this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, & singing. Traditional, Performance and Advanced camps available in Balboa Park. Junior Theatre also provides K-3 camps in La Jolla. Camps run June 9-August 29. To register or for a list of camp dates, descriptions & pricing visit juniortheatre.com. Register early as our camps fill quickly. (619) 239-1311

## **Pro Select Soccer Training**

Pro Select soccer camps provide the competitive youth soccer player with a proven curriculum delivered by professional qualified coaches to help each player advance their game. Our curriculum has been developed over the past 14 years through numerous International trips to Brazil alongside our own playing and coaching experience. The camps will focus on improving technique and skill while developing soccer IQ through the teaching of game principles. With former professional and international players in attendance coaching, each day will have a specific game topic to focus on. This will allow detailed instruction in a small group environment so players get maximum results from their time at the camp.

#### A Time to Discover

The LA JOLLA YMCA is offering Summer Day Camp to give kids and teens in La Jolla, Pacific Beach, and University City an adventurous, active and healthy summer. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime.

"YMCA summer camp supports the social-emotional, cognitive development and physical well-being of kids," says Brian Sense, Associate Executive Director of Youth Programs, La Jolla YMCA. "In our Day Camp, kids are in a welcoming environment where they can belong, build relationships, develop character and achieve - discovering

Camps cont'd on page 11





June 16-20, June 23-27, July 7-11, July 28-August 1, August 11-15 9am-12pm daily at Cleator Park, Nimitz Blvd. at Famosa Blvd. San Diego, CA 92107 (877) 695-8353

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## Casa Del Prado, Balboa Park

- 1 and 2-week sessions for grades K 12
- Creative Play Camp, PreK K, June 9-13
- Play Performance and Dance camps
- Advanced Acting and Musical Theatre camps for high-school students
- Early Drop-off and After Care available
- Camps run June 12 August 29

## La Jolla YMCA Firehouse

- 1 -week sessions for grades K 3
- Camps run July 28 August 15

#### NEW! La Jolla Country Day School

- 2-week sessions for grades 1-4
- · Camp hours: 8am 12pm
- Camps run June 16 July 25







## 採和推和推

## Summer Camps

## Christ Lutheran Church Vacation Bible School



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## Day Camps

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## YMCA partners with community for summer camp fun

Summer is the ideal time for children to get up, get out and explore. But, for some kids summer means no access to recreational and educational activities to help them learn, grow and thrive during the outof-school months. As a result, some children can experience learning loss and can gain weight twice as fast than during the school year. For parents and caregivers looking to keep kids' minds and bodies active, the La Jolla YMCA is partnering with the San Diego Unified School District and Pacific Beach Elementary School to offer summer camp to give youth an adventurous, active and healthy summer.

YMCA camp programs provide a fun and unique experience that gives children and teens the opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a life-

"YMCA summer camp supports the social-emotional, cognitive development and physical well-being of kids," said Brian Sense, associate executive director of youth programs at La Jolla YMCA. "In our day camp, kids are in a welcoming environment where they can belong, build relationships, develop character and achieve — discovering their potential. We really encourage parents to give their kids the gift of camp so that every child can benefit from the experience."

Sense said there are five reasons why children and teens should attend summer camp:

• ADVENTURE: Summer camp is all about a wide variety of fun adventures and new experiences, and especially exploring the outdoors. YMCA camps have a new adventure for every child and teen.

Visit www.pacificb.ymca.org for details.

- **HEALTHY FUN:** Day and resident camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their healthy eating habits.
- PERSONAL GROWTH: While being away from the routine back home, youth have a chance to learn new skills, and develop confidence and independence by taking on new responsibilities and challenges. Camps offer cognitive learning and social-emotional development opportunities for achievement.
- **NEW FRIENDSHIPS:** Amid the fun of camp games, songs, swimming, canoeing and talent shows, campers meet new friends and strengthen existing friendships. The relationships formed at camp are important and lasting for many youth.
- **MEMORIES:** Summer camp is an unforgettable experience that will give each camper memories (and camp traditions) that will last a lifetime. Youth return to school with plenty of camp stories to share!

A leading nonprofit committed to nurturing the potential of youth, the YMCA has been a leader in providing summer camp for nearly 130 years. The La Jolla YMCA continues to give youth an enriching, safe experience with caring staff and volunteers who model positive values that help build their kids' character.

For more information, visit www.pacificbeach.ymca.org or contact Sense at (858) 453-3483, or email bsense@ymca.org.

## 27th 'Hoops at the Beach' another success story

The 27th annual Jack in the Box "Hoops at the Beach" was a success in its new location at Bonita Cove Park during the weekend of May 17-18.

Participants and fans enjoyed a chamber-of-commerce-type day on Mission Bay as courts were packed with players of all ages and talent levels. Twenty divisions hosted elite-level competition, masters and co-ed, all the way down to third- and fourth-grade boys and girls. In the top division (elite), Hellfish was a firsttime champion on center court and earned the title of San Diego County champions.

The San Diego County Kia Retailers Slam Dunk Contest brought fans to their feet as the winner, Armando Diaz, threw down several spectacular dunks. San Diego Chargers wide receiver Malcom Floyd served on the judging panel and supported Diaz's efforts.

There was plenty of action on the contest courts as well. James Pauley was a double winner, capturing the adult divisions of the San Diego Chargers 3-Point Shootout and the H-O-R-S-E contests. Manny Lopez edged him out in the Free Throw Challenge.

For the juniors, Ryan Luo won both the Chargers 3-Point Shootout and the H-O-R-S-E contest. Chance Thomas was the winner in the Free Throw Challenge.

There was a healthy military presence, as Wells Fargo underwrote 30 active-duty military teams.

This event serves as a fundraiser for the nonprofit National University Holiday Bowl organization, whose mission is to generate tourism, exposure, economic benefit and civic pride for San Diego and its citizens by producing the nation's most exciting college football bowl game and festival of events.



THE THRILL OF COMPETITION Players keep their eyes on the ball (above and below) during the 27th annual Jack in the Box "Hoops at the Beach" competition at Bonita Cove Park during the weekend of May 17-18.



Camps cont'd from page 10

their potential."

To ensure that all youth have the chance to experience camp, the LA JOLLA YMCA offers financial assistance to those in need. Contact our website at www.lajolla.ymca.org for more information about our Summer Camp Programs.

## **Sports Conditioning Camp**

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limited time, receive \$20 off the full summer package when using code: SDNEWS. Hurry, expires May 15th! Date: Mon. -Fri., June 23 – Aug. 1 **Time:** 8 AM – 10 AM daily Location: De Anza Cove, Mission Bay Ages: Entering 7th - 12th grade **Register at:** hpmovement.com **Contact:** 

## Pete Hess, pete@hpmovement.com SD Humane Society/ SPCA

Animal loving kids will enjoy the dog days of summer spending quality, hands-on time learning about and communicating with lovable furry friends at the San Diego Humane Society's 2014

Animal Adventure Camp. Kids ages 5 to 13 will interact with dogs, exercise bunnies and guinea pigs, socialize kittens, enjoy animal related games and crafts, get behind the scenes tours, and much more! Each year, hundreds of kids join us for Animal Adventure Camp experiencing how rewarding the human-animal bond can be. Throughout the week long program, children will be introduced to the proper care and understanding of the animals around us, which helps them to develop respect and a positive attitude toward all living beings. Week-long sessions are available June through August in San Diego and Oceanside. Space is limited, and preregistration is required. To register or receive more information, call (619) 279-5939 or sdhumane.org.





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## Demystifying The Myths Of Solar

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The abundance of solar radiation in San Diego makes the community an ideal location to produce solar energy. The City of San Diego was recently ranked second for solar capital of the nation. Sullivan Solar Power, the top installer in the SDG&E utility territory, is hosting an educational seminar to provide property owners the facts about solar. The local company is hosting an educational seminar for residents to learn how they can declare energy independence.

The free information luncheon will cover rebates, incentives, financial savings, technological advancements, owning vs leasing a system and how to evaluate credible solar companies.

Residents are invited to attend the educational workshop on June 14 at the Marina Village Center from 11am – 12pm. Lunch and refreshments will be provided. To RSVP for this event, please call (858) 740-6669 or email brittney.larsen@sullivansolarpo

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Coastal Sage Gardening is all about Garden Design. Wether you are a homeowner that does it all or have it done for you. The owner, John Noble,

has over thirty years of experience, and shares his insights through classes and individual consultations. "Introduction to Garden Design" is a class being offered on June 21. Learn to create a conceptual garden plan. Hardscape materials, plant selection, proper grading, drainage and water conversation will all be covered.

If you want a consultation, John will meet you at your home. He helps clients with small garden changes to whole new landscapes. He likes to open as many doors of creative ideas and possibilities for you to work with in creating your vision of the garden.

If you do need help physical help, Coastal Sage Gardening is a licensed landscape contractor and can help you with hardscapes, irrigation systems, lighting and planting.

Coastal Sage Gardening also host the Second Sunday Garden Exchange where you can share and trade garden harvest wth others.

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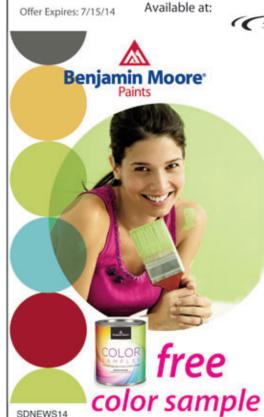
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## PAWS-ITIVELY DELICIOUS

## Taking puppy love to a new level: healthy doggy muffins for Fido By DAVE SCHWAB

Kathie Missett has taken puppy love to a whole new dimension, creating an Internet business promoting natural nutrition for pooches.

Missett started her business, Puppy Love Muffins & Specialty Dog Food, after adopting her rescue dog, Bailey. Bailey had some health issues, and Missett wanted to ensure her pet was getting the best possible diet to help build his immune system naturally.

But she became disenchanted with dog-food options after exploring alternatives and discovering that even high-quality dog food brands used substandard ingredients, byproducts, artificial preservatives and supplements.

Missett, an Ocean Beach resident, developed what she said is a better, more healthful, dog-food alternative: muffins.

"I had some heart-shaped tins from Valentine's Day and I came up with the idea for Puppy Love Muffins, little meat muffins with all sorts of nutritional food," she said.

Now, she's turned into "a baking fool," pointing out she once baked 600 muffins at one time for a pet parade.

It would represent the birth of

Missett's virtual bakery, puppylove-muffins.com.

"I started this business just about a year ago and it's really started selling," said Missett. She said all her doggie muffins are freshly baked, adding it takes three days to process an online order.

Missett's customers speak highly of Puppy Love's product line.

"I would definitely recommend her to anyone looking for a healthy alternative dog food," said Gwendolyn Fuentes, whose dog, Domingo, is an Italian greyhound-chihuahua mix. "[Fuentes] is incredibly knowledgeable, and I have learned quite a bit about how bad conventional dog food can be for our pet. What I really like about her is her passion and how she can present all her research and findings without ego," said Fuentes. "She knows her stuff, but she isn't going to make you feel like a bad pet owner if you choose another path."

Fuentes describe Missett's muffins as "amazing."

"My dog will go on strike if I don't offer him a muffin," she said. Fellow customer Lily Jeovanna Matteotti concurs with Fuentes.

"I recently adopted a puppy (Tucker, a King Charles cavalier) with a known heart condition," Matteotti said. "I began reading up on dog food shortly after picking up my puppy, but I wasn't too impressed and, in fact, a little shocked at what type of 'filler stuff' type food (wheat, corn) is on the market. Puppy Love Muffins was exactly what I needed, dog food that provided all the nutrients and minerals for my dog and all the convenience of not having to make it myself."

Matteotti said she appreciates that Puppy Love Muffins "has done their research."

"I would recommend them to any dog owner that is looking for the same things I was looking for: healthy

local ingredients, convenient for me and made locally in the USA," she said. "The plus side is I'm supporting a small business. Tucker loves them, and I feel good knowing I've done the best I

"My goal is to be able to expand and grow," Missett said.

An all-natural holistic dog-food company, Puppy Love Muffins & Specialty Dog Food uses no wheat, corn, soy or artificial ingredients.

Its products are filled with highquality animal protein like tuna,



DIGGIN' IT Jack can hardly wait to dig into a Puppy Love Muffin creation - specialty dog food developed and sold locally by a nearby entrepreneur. Courtesy photo

beef and chicken and all-natural ingredients like blueberries, cranberries and sweet potatoes that are formulated to meet a dog's nutritional needs.

For more information, visit www.puppylovemuffins.com.







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## Vacations can be more than breaks in routine; a new 'safari' can also change lives and touch hearts By JULIE MAIN

This is Julie Main's account of her volunteer work during a December trip to Nairobi. Main is the publisher at San Diego Community Newspaper Group, whose papers include The Peninsula Beacon, Beach & Bay Press and La Jolla Village News.

All of us experience changes in our lifetimes. Our kids grow up. We move, we divorce, we change career directions. Change comes with age and circumstance. Now that I find myself without a (domestic) partner, I have the opportunity to view my life direction in an entirely different way. I feel a new sense of freedom and independence.

I decided to take a trip to Africa. Consulting my proverbial bucket list, I concluded that Africa. This trip was an effort to rediscover myself, to remember who I am and what excites me. To that end, I explored the possibilities for turning it into a volunteer working vacation.

After much due diligence, I made arrangements through International Volunteer HQ, a New Zealand firm that provides volunteer programs in developing countries worldwide. I selected a three-week program that would fit my holiday schedule, opting for volunteer work at an orphanage

I chose the Kenya Masai Mara program because it fulfilled many things on that bucket list.

#### Jane Goodall was in the wings

At a very early age, I had dreamed of working alongside famed British anthropologist Louis Leaky after learning of the 1974 discovery of "Lucy" by Leakey's team in Kenya's Great Rift Valley trench. I got to see Lucy, whose skeleton is said to be 3.2 million years old, in Nairobi's National Museum. Jane Goodall, who got her start with Leakey. She was just a young college student who happened to be at the right place at the right time; given the task of studying the Bonobo monkeys in the Congo, and — well, you know the rest.

Additionally, I have always wanted to go on safari. After an eight-hour venture into the Great Rift valley, I and other volunteers got to see the animals loosely termed the Big Five – the lion, the African elephant, the Cape buffalo, the leopard and the



From left, McKenna and Vicki, daughters of the hosts, and author Julie PHOTO BY JULIE MAIN

rhinoceros – up close and personal. I enjoyed my one hot shower on the entire trip in my safari tent!

And what about the tall, beautiful Masai people? The contrast of the Masai draped in colorful red and orange cloaks and beads against the greening pastures, blue skies and acacia trees kept our cameras busy.

#### Nairobi, San Diego are similar

As my favorite movie of all time is "Out of Africa," I was thrilled to stand on the front porch of writer Karen Blixen's home and imagine what it was like to live as she did during a patriarchal period of modern African history (Blixen, who died in 1962, penned her account of her life in Kenya under the name of Isak Dinesen). I enjoyed a sloppy kiss from a Rothschild giraffe and laughed as the baby elephants playfully enjoyed their lunch at the Sheldrick Elephant Orphanage, located near Nairobi National Park.

Nairobi in general is very similar to San Diego. The climate and vegetation seemed familiar, and I found Kenyans to be very friendly, quite beautiful and of the Christian faith. English and Kiswahili are the official

languages, and most Kenyans have their own tribal language as well.

I was not chosen to be sent to a rural community for my volunteer work, but found myself staying in the second largest slum in Nairobi. My homestay was in a (fairly) westernstyle home. I bunked and volunteered together with a lovely young gal from Canada (half my age) and shared the (cold) shower and bathroom with several young volunteer adults from various parts of the world.

#### A mountain of potatoes

I had the privilege of sharing the home of Pastor Regina and her husband Pastor George (who ran the orphanage at which I volunteered), and their two younger children, McKenna and Vicki. I became good friends with Jane, the housekeeper. Most things we needed were available in the slum, including bottled



Masai tribesman Sam smiles broadly from above bright vestments.

water, an electrical current converter, flip-flops, toilet paper and fresh fruit and veggies. Each morning, we enjoyed Chai tea, which consists of milk cooked the night before, mixed with brown sugar and tea and made



A orphaned elephant enjoys hid mid-day meal.

PHOTO BY JULIE MAIN

Grace Academy Lighthouse orphanage was a 20-minute walk through the slum. Our work included wrapping protective plastic around new textbooks, teaching classes and art projects, such as stringing beads for necklaces and bracelets (a favorite among the kids), peeling a mountain of potatoes and playing an invigorating game of basketball. Most of the children are HIV orphans, blessed by the good work of orphanage founders.

The orphanage has a rainwater system that provides water, warm quarters to sleep (often two to a bunk), a solid meal a day and a full curriculum. All the money to run the facility comes from local donations and church members. Many orphanages do not fare as well - no running water, little food, poor accommodations and greedy overseers, resulting in sickly, unattended children. Meanwhile, we purchased supplies such as writing paper, scissors, pencils, knives (for peeling potatoes), tape and tape dispensers, books and whatever we felt was needed from the local mall.

#### The boys need to visit Africa

The children were gracious and well mannered. People go out of their way to open their homes to you. The Kenyans' strong Christian beliefs sustain them during difficult times and provide hope for the future.

I traveled to Africa to give of my time, with the hope of making someone's life a tiny bit better. What I brought back was so much more than I could have imagined (my first desire upon returning home was to send my two boys to Africa for a dose of humbling).

We are a gluttonous society, so caught up in our material world, working harder so we can have more, while too many people have too little or nothing at all. The Masai have survived on the milk and blood of their cattle, and the millions of slum dwellers live day to day hoping for a meal. I saw orphans who feel blessed to have a warm bed at night and count on a meal the next day. They feel lucky to be given the chance for an education. I met people who appreciate the kindness of others and are not concerned about the type of car you drive or what designer purse you purchased.

I may have put a smile on a child's face or provided some temporary supplies for one small orphanage, but what I brought home made an impression on me that will last a life-

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## **EDUCATION NOTEBOOK** >>

#### **MISSION BAY HIGH SCHOOL**

• This year's spring concert will be held on May 29 at 7 p.m. to showcase all the bands in the program and the music unique to each. There will be baked goods and refreshments for sale in the foyer to support the program. From classics to popular music, we'll have you tapping your feet to the multifaceted beat.

• This year, there are 28 candidates going for the full IB diploma at Mission Bay High. These extraordinary Mission Bay High School seniors have not only reached the demanding requirements of the internationally challenging coursework but have also completed a 4,000-word analysis paper (extended essay) and performed more than 150 hours of action and service. A full diploma candidate is the student who has decided to "run the marathon" or "get their black belt." These MBHS students have been rewarded with entrance into some of the finest universities in the nation, including Princeton, NYU (New York University), Dartmouth, Johns Hopkins, Carleton College, Tufts University, UCLA, UC Berkeley, UCSD, UC Davis, USD and many others. Congratulations to all the Mission Bay High School seniors and to the International Baccalaureate full IB diploma candidates. Their hard work has set them on an exciting path for success beyond high school.

#### PACIFIC BEACH MIDDLE SCHOOL

• Congratulations to the PBMS Mathletes Math Team for placing fifth overall at the San Diego County Math Field Day on May 10 at Westview High School. Mathletes coordinator Laura Daly said that "after diligently practicing for several months, the sixth-, seventh-, and eighth-graders brought home many ribbons, and all had a great time."

Congratulations to the PBMS Music

Department for another impressive year. On May 17, the PBMS concert band and orchestra competed at the Music in the Parks Festival. Both groups received straight "excellent" ratings. Director John O'Donnell said "both groups performed brilliantly."

• The PBMS IB Music Department has several concerts coming up in June. The strings concert is June 4 at 6 p.m. The band concert is June 5 at 6 p.m. Both concerts will be in the PBMS auditorium and will showcase their accomplishments during the 2013-14 school

#### PACIFIC BEACH ELEMENTARY

• Congratulations goes out to Dave Sandler's class that had two groups of his fourthand fifth-grade students place first and second in this year's Stock Market Game Program put on by the Securities Industry and Financial Markets Association (SIFMA). First-place winners were Reid Cain, Luke Scherrer and Zachary Welch; secondplace winners were Maya Jessee and Martina Antoninetti. The students went to an awards ceremony on May 19 at San Diego City College put on by SIFMA.

 Another round of kudos goes to The Dr. Jekyll & Mr. Frosty Band that won third place in a talent competition on May 17, put on by The Old Mission Rotary to raise money for The Thousand Smiles Foundation. Band members include fifth-graders Noah Kapchinske and Kory Watson, and sixthgraders at PBMS, Evan Sandler, Drew Tolley and Piatt Pund. Thanks to band manager Dave Sandler and band roadie Jason Kapchinske and band filmmaker Andy Tol-

#### FRIENDS OF PB SECONDARY SCHOOLS

• Parents' Night Out! will celebrate another school year coming to an end with yummy food and drink at Turquoise Cellars (5026 Cass St.) on Saturday, June 7 from 5 to 10



SETTING THEIR MINDS TO IT Mission Bay High School had an impressive year of growth with the International Baccalaureate Programme. More than 200 MBHS juniors and seniors took one or more IB classes and registered to take a total of 472 IB exams. IB courses are weighted on a 5.0 scale, and colleges give many of those classes credit toward degrees.

p.m. A portion of the night's proceeds will benefit Mission Bay High School and Pacific Beach Middle School. For more information, contact ewills@-sdhumane.org.

• Thanks to everyone who helped make our local schools even better. Listed below are some of our major endeavors and funded enhancements: supplies for art, science, technology, English, drama, library, sports, office supplies, teacher-appreciation treats, Missoula Children's Theatre, assemblies for antibullying and healthy lifestyles, open-house dinners, memberships to National Honor Society and National Scholastic Association, awards programs and video equipment. Our major fundraising events were the School Yard Dash 5K, Contributions Drive, Family Night Fundraisers, Taste of North PB and the Beachfest Duckie Race. Finally, we provided \$10,000 in matching funds for the MBHS weight-room renovation funded by the Chargers Foundation.

• Students, get in shape with Futures Fitness Programs. Take advantage of a great group workout opportunity for older students Cluster schools. this summer from 8 to 10 a.m. from June 23

to Aug. 1 at De Anza Cove, led by our own School Yard Dash organizers Pete Hess and Eric Marenburg, who are also NCAA track coaches. The sessions will be for sevenththrough twelfth-graders, group sessions. Come when you can, five sessions for \$125, 10 sessions for \$199 and an all-summer pass for \$299. Register at hpmovement.com.

#### **MISSION BAY CLUSTER OF SCHOOLS**

The last Mission Bay Cluster meeting of the 2013-14 school year will be Thursday, June 5 from 6 to 7:30 p.m. at Mission Bay High School in the library. The agenda will include a panel discussion with a group of MBHS seniors sharing their experiences at Mission Bay High School. The discussion will be moderated by a graduate of MBHS and will include time for Q&A. Take the opportunity to hear about the success, struggles and rewards of high school straight from the students themselves. The MB Cluster will also hold elections for new officers and discuss the LCAP and how it affects funding at the MB

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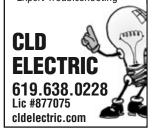
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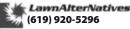
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## Hooking up renters with TV access consumer tips

When it comes to TV access today, consumers have numerous options in addition to their local the FCC. cable company. Viewers can watch their favorite TV shows on network websites through streaming ser-

One of those options — satellite service from companies like Dish Network and DIRECTV — involves installing equipment outside your home. So what does opting for satellite TV mean for apartment and condominium residents or single-family-home renters?

vices like Netflix or Hulu Plus, and

through satellite service providers.

Renters who want satellite service are supported in their choice by Federal Communications Commission rules. The FCC says anyone renting his or her home has the right to install a satellite dish or a receiving antenna. The federal agency's guidelines also state that a landlord is prohibited from imposing restrictions that prevent or delay installation, maintenance or use of an antenna or satellite dish. In most cases, requirements to get approval before an installation are prohibited, according to

However, the property owner does have the right to impose



some restrictions on the installations, like for safety reasons or the preservation of historic areas. Details may be explained in your lease or rental agreement.

Generally, the rental guidelines for having a satellite dish are straightforward. The dish must be one meter or less in diameter and it must be installed only in an area leased by the tenant. That means the dish must be in the satellite subscriber's residence or on his or her balcony, patio or terrace. For single-family homes, permissible areas include the house, patio, yard or similar areas.

A satellite dish cannot be placed in an apartment or condominium complex's common areas, like on the roof or exterior walls.

The installation must be performed by a professional and take

into consideration safety, interference and potential alterations of the property. For example, the dish must be secured safely to a heavy object or tripod, and the dish installation can't interfere with the complex's own telecommunications and electrical systems. And, if the signal transmission from the dish requires a cable, the line must run flat under a doorjamb or windowsill or via other industry-stan-

door or window. Finally, when a renter moves, the satellite equipment must be taken out. The resident would be responsible for the cost of repairing any damage that occurs in the removal process.

dard methods so that it does not

alter the residence or the use of the

As with any modifications to your rental home — whether it's an apartment in a large complex or a single-family home — checking with your landlord first is advised.

Alan Pentico is executive director of the San Diego County Apartment Association.

## Coldwell Banker awards Gentry sales performance designation

Coldwell Banker Residential Brokerage has awarded independent sales associate Karin Gentry its President's Circle designation. The award marks Gentry's ranking and performance in the top 6 percent among the company's 85,000 sales associates worldwide.

"Karin's work ethic, professionalism and experience make her one of our top independent sales associates," said Jeff Culbertson, Coldwell Banker's southwest region executive vice president. "She has continued to be a top award winner since her first year in real estate, which dates back to the 1970s," added Marty Conrad, region vice president.

Gentry works at the Rancho Bernardo branch and represents buyers and sellers throughout San Diego County.

For more information, visit californiamoves.com/karin.gentry.



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We successfully take on serious personal injury cases, including, wrongful death, and traumatic brain and spinal cord injuries, against multi billion dollar insurance companies. Alex has a vast wealth of experience and knowledge, through years of hard work. We work with nationally known experts to demonstrate liability or show the serious physical and emotional damage to our clients.

Alex has been a resident of Bay Park for almost 10 years and is pleased to bring his office close to home.

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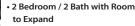


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PACIFIC BEACH - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become less and less effective in today's market. The fact of the matter is three quarters of homesellers don't get what they want for their home and become disillusioned and worse-financially disadvantaged when they put their home on the market.

As this report uncovers, most homesellers make 7

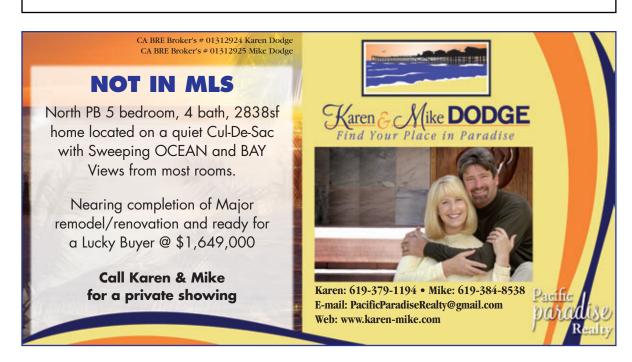
deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely pre-ventable.

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