

### BODY ART THAT SPEAKS VOLUMES

Ronan Harvey, owner of the King's Head Tattoo on Garnet Avenue, is a practitioner of the ancient art form of tattooing dating back to at least 6000 B.C. in South America.

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## SeaWorld launches latest installment of popular 'Summer Nights' celebration

School is nearly out and San Diegans are gearing up for the 2014 installment of "Summer Nights at SeaWorld."

Guests can enjoy all their favorite park attractions by day and then hang out for a whole new park after dark.

The new DJ-hosted nighttime killer-whale show, "Shamu's Celebration: Light Up the Night," will have guests dancing and cheering through the night. Silly sea lions and mischievous otters will have visitors laughing with delight as the animals wreak havoc onstage at "Sea Lions Tonite."

Then, as the evening comes to a crescendo, SeaWorld's new fireworks display, "Celebrate the Wonder," will light up the night's sky. The marine park's summertime extravaganza is in high gear and continues June 7-8, June 14-Aug. 17, Aug. 23-24, and Aug. 30-Sept. 1.

Guests can purchase a SeaWorld one-year membership, which allows repeat admission for an entire year, plus free parking and discounts on food and merchandise. The membership cost is \$145 for all ages.

During "Summer Nights at SeaWorld," guests may also enjoy the park's new fireworks display, "Celebrate the Wonder," which caps off an evening full of nighttime animal shows, plus the park's 320-foot Skytower Flag of Lights, which is decked out in red, white and blue lights from dusk to midnight through Sept. 1.

Fireworks display times in the summer vary according to park hours.

For park hours, show schedules or to purchase tickets to skip the ticket line at the park, visit SeaWorld-SanDiego.com, or call (800) 257-4268.

SEE GRANT >> PG. 4

## Grant breathes life into PB/Clairemont transit station

By DAVE SCHWAB

The city has received a \$787,000 state grant to begin developing a specific-plan area (SPA) for the region surrounding the proposed Balboa Avenue Transit Station that would slice through Pacific Beach and Clairemont.

The grant for the new station, which would be located just east of Interstate 5 and south of Balboa Avenue, seeks to increase bicycle, pedestrian and transit access to the station.

Residents of Pacific Beach and Clairemont are being engaged to produce the plan and an implementation program that would address transportation demand, economic market analysis, urban design concepts and multimodal improvement projects.

The grant award was hailed by Pacific Beach Planning Group chair Brian Curry as a major step forward for local planning.

"This transportation-oriented district (TOD) is a critical piece of our long-term sustainable design plan for Pacific Beach," said Curry. "The combination of this \$787,000 grant and the city's contribution totals around \$900,000 for this planning process."

## Slow going, but testament to tortoises in love

By DAVE SCHWAB

Advertising through social networking couldn't have been more convenient for Judy Dryden of North Pacific Beach. Now, thanks to Nextdoor.com, Charlie and Ms. Malcolm have a "time out" pen.

Dryden, a longtime Pacific Beach resident, was in a pickle as to how to separate her two amorous tortoises.

"He (Charlie) wouldn't leave her alone, and she's tired," complained Dryden of her slow-motion pets who are "still inclined" despite being a century or more old.

Dryden's Nextdoor ad worked unbelievably well, she noted recently, gesturing toward a wire-mesh pen in her backyard — a respondent to her Nextdoor ad built the enclosure to separate the two.

Dryden inherited Charlie from her father and later found him



**SHELLING OUT SOME LOVE** Judy Dryden holds Ms. Malcolm with a mother's love, noting it's impossible to keep her male tortoise, Charlie, away from Ms. Malcolm. Photo by Dave Schwab

## Against all odds: a triumph of spirit

By DAVE SCHWAB



**WINNING SPIRIT** Kirk Kennedy, a former triathlete, suffered a major head trauma after being struck on his bicycle in 1986. He has striven to rebound and now serves as an inspiration to others for his spirit and resilience.

Photo by Dave Schwab

In 1986, former triathlete Kirk Kennedy was struck by a car while training on his bicycle and suffered a traumatic brain injury that left him in a coma for more than two months.

Twenty-eight years later, his mental toughness and personal resolve has led to his being selected as a recipient of Sharp HealthCare Foundation's 24th annual "Victories of Spirit" event that celebrates the power of physical rehabilitation and the strength of the human spirit.

Held May 30, the event, held at the Manchester Grand Hyatt San Diego, honors extraordinary individuals and commu-



**WALL OF HEALING** After 28 years of rehabilitation and finding inner strength, Kennedy has found the healing power of creating wall hangings and other outlets to triumph over tragedy. Photo by Dave Schwab

SEE TRIUMPH >> PG. 2

SEE TORTOISES >> PG. 5

## Planners continue fine-tuning vision for PB's future

By DAVE SCHWAB

Local visionaries tackled the latest strategies on how to make the beach community more livable, bikable, walkable and less congested during the Pacific Beach Planning Group's (PBPG) May 28 meeting.

The community advisory group, which makes land-use recommendations to the city, is in the throes of re-creating Pacific Beach by instituting a proposed eco-district concept.

An eco-district is a long-range plan that incorporates methods

aimed at making the area more environmentally sustainable and economically viable.

"We're working together on creating the framework for a declaration of cooperation, a document for all community organizations and stakeholders to sign their name to," said PBPG planner Chris Olson.

Olson said the declaration of cooperation would not be a legal

SEE VISION &gt;&gt; PG. 4

## TRIUMPH >> CONT. FROM PG. 1

nity organizations for their inspirational achievements and contributions to others.

"The honorees are former rehabilitation patients who have overcome personal tragedy with courage and strength," said David Brown of Sharp HealthCare.

Interviewed at his Pacific Beach condominium where he lives unassisted, Kennedy talked about his long road back to recovery, which began with rehabilitation, relearning how to walk and talk.

"It was a lot of rehab with a therapist," said Kennedy.

He said he was in intensive rehabilitation for several months after emerging from the coma.

"It was a relearning period," said the former bartender, who added his first big goal was simply to live unassisted.

"It was just baby steps to see what his function was and how he could live independently," said his mother, Phyllis Specht, of the initial phase of Kirk's long recuperation.

Kennedy said mastering simple tasks like learning how to handle a fork and knife was a real challenge at first. But he relearned.

Part of the process though, Kennedy admitted, was also learning to live with additional limitations.

**"It was just baby steps to see what his function was and how he could live independently."**

**PHYLLIS SPECHT**  
Mother of Kirk Kennedy

"I could walk," he said. "But I couldn't surf."

Kennedy credits "patience and a lot of determination" as the reasons behind his recovery and self-sufficiency.

These days, Kennedy's found a renewed purpose in life giving back to others. He accomplishes that through the homemade pillows and wall hangings he makes and donates to patients at Children's Hospital.

"I've given 40 of them to Children's Hospital," Kennedy said, adding some take a month or more to make. Pointing to a wall hanging in his home, Kirk said, "That took two months to make."

Kirk's mom, a retired clinical lab technician, said she's proud of her son and his recuperative spirit and drive.

"Most people with serious head injuries who are hurt both mentally and physically—only about 20 percent of them survive," she said.

Specht said her son's tragic accident should serve as an example to

others because he had full health insurance through his job, which helped immensely with finances during his recovery.

"You only get a limited amount of help from disability and Social Security," she said, noting Kennedy's hospital bill was \$269,000, a catastrophic amount to someone unprepared.

"Thank God for insurance," she said. "If not, he would not be in the position he's in now."

Programs benefiting from 2014 Victories of Spirit include:

- adaptive sports programs, including adaptive water sports, wheelchair tennis, quad rugby and wheelchair lacrosse;

- challenged women's support initiative, which provides volunteer and employment opportunities, education and peer-support services to women living with physical disabilities in San Diego;

- traumatic brain-injury support programs, which include services like adapted-driving assessment and training, community integration, peer support and mentoring programs and neuropsychological services; and

- General Rehabilitation Fund, which allows Sharp Rehabilitation Services to fund programs and services as needs arise throughout the year

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# Ancient art form is alive in PB

By DAVE SCHWAB

Ronan Harvey is a printer who works on manuscripts large and small.

Only the ink he uses is indelible and comes out of a machine “gun.” And the canvas on which he works is the human skin.

A tattoo artist, Harvey, an Irish native, owns The King’s Head Tattoo at 1572 Garnet Ave. between Haines and Ingraham streets.

King’s Head is one of a series of parlors lining PB’s commercial strip, which include: Chronic Tattoo at 1253 Garnet Ave. #B, Black Rose Tattoo Lounge at 4603 Mission Blvd., Guru Tattoo at 1122 Garnet Ave., Above All Tattoo at 1026 Garnet Ave., Funhouse Tattoo at 1453 Garnet Ave., Avalon Tattoo Inc. at 1035 Garnet Ave. and Mums Custom Tattoo at 1837 Garnet Ave.

Harvey is a practitioner of an ancient art form performed for centuries in many cultures worldwide. The oldest discovered evidence of tattooing on preserved skin dates to 6000 B.C. on the remains of a South American mummy.

Harvey’s got a theory for the rationale behind the wide — and growing — popularity of tattooing. “It’s the missing tribal link,” he said, noting he’s tattooed people of all ages and those from all walks of life.

“I’ve tattooed priests, lawyers,



**AWARD WINNER** Ronan Harvey of The King’s Head Tattoo recently snagged two first-place awards at the San Diego Tattoo Convention in Mission Valley.

Photo by Dave Schwab

doctors and nuns,” he said.

Harvey said he worked on an 86-year-old woman not long ago who came in with her great-granddaughter.

“It wasn’t her first tattoo either, but her third; a little butterfly,” he said.

Harvey said a tattoo is “very unique art, something you’re going to have on your body.”

He said that regardless of whether it’s a piece of flash (stock) art displayed on a wall or custom work designed especially for — and with — the recipient, a tattoo is as memorable as it indelible.

A tattoo, said Harvey, can be a rite of passage that someone gets when they pass a life milestone or a

symbol of their “coming of age,” or for any other reason you can imagine.

“It can be a guy in their 30s or 40s who’s getting a divorce or a student at a turning point, or their grandmother’s name or just to have something on their body that they can always have and see,” Harvey said.

Harvey recently took two first-place awards at the San Diego Tattoo Convention in Mission Valley. His artistry was attested to by one of his customers.

“I’ve had the pleasure of being tattooed by Ronan Harvey for the

SEE TATTOOS &gt;&gt; PG.11

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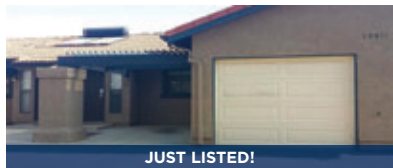
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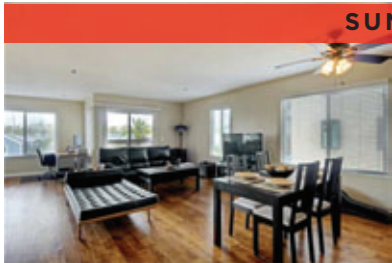
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**GRANT >>****CONT. FROM PG. 1**

Curry said local planners are “extremely happy to see that we will be able to incorporate the new SPA into the PB Community Plan that emphasizes sustainable elements for public transportation, bicycles and pedestrians, while also revisiting vehicular traffic patterns and efficiencies in and out of Pacific Beach.”

The grant for the Balboa Transit Station improvements comes from the California Strategic Growth Council, which dispenses funding statewide for green and other environmentally sustainable projects.

The Balboa Avenue Transit Station is one of nine being planned for construction as part of Mid-Coast Corridor Transit Project. The project will extend trolley service from Santa Fe Depot in Downtown San Diego to University City, with stops along the way at Old Town and two at the UC San Diego campus, ending at Westfield UTC.

In 2013, several members of the American Institute of Architect's (AIA) Sustainable Design Assessment Team (SDAT) visited Pacific and Mission beaches and Mission Bay Park to collaborate with local planners on developing some concepts for making their communities more green and environmentally sustainable through creation

of an eco-district.

Several major areas are being focused on in eco-district formation, including community identity, urban design and sustainable infrastructure, economy and land use and transportation.

John Haggerty, project director for the San Diego Association of Governments' (SANDAG) Mid-Coast Corridor Transit Project, said the designated Balboa Avenue trolley will be on a triangular, undeveloped city-owned parcel near the existing coaster track.

“Because of the property's size, it could not be developed as a building,” said Haggerty, noting grant funding will be used to construct a trolley/bus platform and create a park-and-ride area on the designated site.

“There will be two trolley platforms in both directions about 15 feet wide and 360 feet long,” said

Haggerty. “There will also be a bus facility with a series of bus bays right up against the station platform, as well as bike lockers.”

Haggerty said an environmental document for the Balboa Avenue Transit Station is out for review, with approval of an environmental document expected this fall. Construction is expected to follow on the Mid-Coast project in 2016, with completion of the 11.2-mile Mid-Coast trolley extension due in spring 2019.

Architect Danielle Buttacavoli, a member of beautifulPB who's been working with other stakeholders in laying the groundwork for the creation of a Pacific Beach eco-district, referred to the new Balboa Avenue trolley stop as “an opportunity to potentially alleviate traffic in PB, allowing for people outside the community to take the trolley to the station, then take some type of public

transportation, like a bus or shuttle, to the beach or the business district.”

She said the idea of introducing transit to the beach area is to increase the likelihood of “people using their cars less and public transportation more, while reducing vehicle congestion and greenhouse gas emissions.”

Buttacavoli said the new transit stop is expected to be a transportation hub that would improve pedestrian and bicycling access. She said it also affords the opportunity to create a “public transportation loop,” with people using a variety of transportation modes other than cars to get around.

A public forum on the Balboa Avenue TOD, originally set for July 12, has been tentatively rescheduled for Aug. 2 at a time and place yet to be determined.

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**VISION >>****CONT. FROM PG. 2**

document but rather be a tool to make participating groups “feel accountable” for implementing an eco-district.

Kristen Victor, president of beautifulPB, a volunteer group of active Pacific Beach residents, business and property owners striving to improve the beach community's environment, said the

declaration of cooperation has been used other communities and cities to create a framework for proactive community improvement.

“The declaration states there are goals that need to be met by multiple civic, community and non-profit organizations, identifying what each one of those organization's roles and responsibilities are to achieve the overall objectives of all participants,” said Victor. She said the overriding goal will be to

achieve the vision of the eco-district.

Once the declaration has been drafted, Olson said the goal would be to get “a vote of support for this.”

The eco-district principles include:

- collaboration among schools, community groups and organizations to work together for the ben-

**SEE FUTURE >> PG. 14**

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## OBITUARY

## Weldon Donaldson, 78, TV executive, philanthropist

Weldon D. Donaldson, a San Diego philanthropist and former television executive, has died. He passed on May 23 with his wife and family by his side.

He was 78.

Donaldson served in a variety of professional and volunteer positions with local television stations, the San Diego Zoo, the San Diego Bowl Game Association and numerous civic organizations, but he always made time for his family and friends.

Donaldson took time to enjoy life, be it work or leisure activities. He was a very fun-loving person who loved his family and loved San Diego. He was quite a beachgoer and organized many beach parties. He and wife Barbara traveled the world. In particular, their annual trips to St. Martin and Anguilla were their favorites.

Donaldson was born on May 5,

1936 in Orange, N.J.

He grew up in El Paso, Texas where he attended the University of Texas at El Paso. There he joined the Officer Training Corps and was commissioned as a second lieutenant in the Army. He served from 1964-66 at the Olathe missile site near Kansas City, Kansas. He and his family moved to San Diego and forged a 29-year career as a television executive, working as sales manager of KFMB-TV between 1970 and 1994 and then with KUSI-TV.

He later served as executive director for the National City Mile of Cars.

"His reputation in San Diego was unparalleled as far as straightforward honesty and integrity, as well as his love of life and his feeling for the people he dealt with," said Harry Melkerson, who worked with Donaldson and counted him



WELDON DONALDSON

as mentor, best friend and brother.

Others shared the sentiment.

"He had this infectious ability to engage people in a way that everybody around him was having a good time or was motivated," said Bob Sexton.

Aside from his TV work, Donaldson contributed his time and

skill to civic and sports organizations. He volunteered as a "Red Coat" with the San Diego Bowl Association, which has produced the Holiday Bowl and Poinsettia Bowl football games for more than 30 years. He served as president of the Holiday Bowl in 1998.

Donaldson also lent his experience to the San Diego Zoological Society's board of directors; served as a trustee from 2003 to 2012 and collaborated specifically on the marketing and investment committees.

In addition, Donaldson was a member of the San Diego Ad Club and recipient of the group's Lifetime Achievement Award. He was also a member of the San Diego Advertising Golf Association. He served on the boards of the Downtown YMCA and San Diego Crimestoppers.

He enjoyed the game of golf

and was a member of the San Diego Country Club.

He is survived by his loving wife of 57 years, Barbara; sister Marylee Skelly; sons Glen Donaldson and John Donaldson (Kim); daughter Val Lattin (David); three granddaughters, Jessica Donaldson, Shelby Donaldson and Grace Lattin; and several nieces and nephews.

Donaldson was very loving, generous, active and instrumental in all their lives and will be greatly missed.

A celebration of life is scheduled for June 26 at Qualcomm Stadium, Club Level Lounge, from 3 to 5:30 p.m. Guests can enter through security gate A on the Plaza Level.

In lieu of flowers, the family wishes for donations to be made to the San Diego Zoological Society or San Diego Hospice.

## TORTOISES»

CONT. FROM PG. 1

a buddy, Malcolm, a he (Dryden thought) who turned out to be a she.

It's no small wonder they hit it off.

"They had both been alone for 40 years," Dryden pointed out. Apparently, both tortoises were deprived for so long that they've become depraved, and now it's a trial to keep them apart.

When she brought Ms. Malcolm over to Charlie, Dryden remarked that he as much as said, "Thanks, mom, for the girlfriend."

How is the time-out pen working? Well, it's not as dependable as Dryden would like.

"I put the fence up, and Charlie decided 'I need to be out of here' and climbed up and over it," she said.

Though they may not be exactly star-crossed, the trysting tortoises remain best of friends. They sleep together feet apart every night in a doghouse, and they hibernated next to one another every year between mid-October and mid-March.

During a recent visit with Charlie and Ms. Malcolm, Dryden served up a treat — strawberries and lots of kale, which her two charges proceeded to eat like it was their last meal. Charlie (naturally) stole some of Ms. Malcolm's share, taking it right out of her mouth.

"He's the dominant one," said Dryden of Charlie, noting her pets also love watermelon, cantaloupe and bananas (which aren't good

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**HONORING DAD** Father's Day founder Sonora Dodd figured what was good for the goose was good for the gander in terms of honoring fathers in America. Historical photo



## A history on the founding of Father's Day

They go by many names: pops, papa, daddy, dad.

No matter what you call them, they're fathers, and they deserve some recognition.

Every year, on the third Sunday in June, we honor and celebrate the special men in our lives by bestowing upon them cards and gifts as a token of gratitude for all they've done; however, it wasn't until 1972 that President Richard Nixon officially made Father's Day a federal holiday.

The holiday's origins date

back to 1909 in Spokane, Washington, where a woman by the name of Sonora Smart Dodd tried to establish a Mother's Day equivalent for

Raised by a widower and one of six children, Dodd campaigned across the state at local churches, YMCAs, and other organizations for a day to be dedicated to male parents.

By that time, Mother's Day, celebrated on the second Sunday in May, had already become a successful commercial holiday. Finally, on June

19, 1910, Washington celebrated the first statewide Father's Day, and the other states quickly followed suit.

This Father's Day, The Patio on Lamont Street is celebrating by offering a special entree and beer pairing all weekend long.

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## AMORE&gt;&gt;

CONT. FROM PG. 5

for them). They also enjoy red hibiscuses, a generous supply of which Dryden grows on her patio.

Dryden has gutters turned the “wrong” way to keep her pets out of her backyard flower beds, noting if she didn’t they would “dig them out.”

Meanwhile, Dryden is as inseparable from her pets as they are from one another.

Ms. Malcolm once disappeared for two weeks and was found by a neighbor, who asked Dryden to prove she was the owner by describing her.

“Someone had chained her previously, so there was a hole in (the end of) her shell,” Dryden said, pointing to another spot where “someone had shot her with a BB gun. “That’s how I described her,” Dryden said.

Dryden feeds her tortoises once a day, soaking her patio with water from a hose (“they won’t drink from a bowl — they don’t know how”).

At her advanced age, Ms. Malcolm is no longer sexually viable, but she still develops eggs each year, six on each side.

“But she can’t deliver them,” said Dryden, who has to take the tortoise to the vet every year to have her eggs extracted.

Tortoises generally have the animal kingdom’s longest life spans, with some known to have lived



**SLOW BUT GOING STEADY** Charlie the tortoise shares a treat with Ms. Malcolm. Photo by Dave Schwab

longer than 150 years. Female tortoises dig nesting burrows in which they lay from one to 30 eggs, which they cover with sand, soil and organic material and take from 60 to 120 days to incubate. Fully formed hatchlings dig to the surface of the nest and begin a life of survival on their own.

In most tortoise species, the female tends to be larger than the male. Meanwhile, most land-based tortoises are herbivores, feeding on grasses, weeds, leafy greens, flowers and some fruits, although there are some omnivorous species.

Dryden said her pet tortoises are “very low maintenance.

“They sleep all night. They get up in the morning and sun themselves then go to bed for a nap until about 2 p.m., when I feed them,” said Dryden as she carried Ms. Malcolm, who weighs about 15 pounds (mostly shell).

Declaring she can’t conceive of being without her tortoises, Dryden said, “They’re sweet.”



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Father's Day is June 15<sup>th</sup>

Photo by garnett at lyonscreations.com

## LIVE MUSIC &gt;&gt;

By BART MENDOZA

They're often classified as blues, but in truth, the sound of the Bayou Brothers is a Cajun/zydeco blend, straight from the streets of Louisiana. It's a festive sound, sure to get a listener itchin' to get on the dance floor. Appearing on Monday, June 23 at Humphreys Backstage Live, there are recordings and videos of the band available, but this is a group you want to experience live. Its onstage party atmosphere is a contagious thing. It will be like experiencing a little bit of New Orleans without leaving the county line.

• **THE BAYOU BROTHERS:** Monday, June 23 at **HUMPHREYS BACKSTAGE LIVE**, 2241 Shelter Island Drive. 9 p.m. [www.humphreys-backstagelive.com](http://www.humphreys-backstagelive.com).

Does the world need more singer/songwriters? That depends. To be sure, there is a lot of mediocre music out there. It's true they are everywhere these days, but good players and songwriters with a solid catalog are hard to come by. Writing one good song is tough enough. Coming up with dozens is a much trickier thing. There's a reason why names like Tolan Shaw, Jeff Berkley, Jason Mraz and Gregory Page stand out. Trent Hancock, appearing at Beaumont's on Wednesday,



June 25, is one of the newer names that may be next to join that list of lofty names. The key is his passion, which permeates his

music, whether it's classic covers such as Neil Young's "Heart of Gold" or heartfelt originals like "Falling Faster."

• **TRENT HANCOCK:** Wednesday, June 25 at **BEAUMONT'S**, 5662 La Jolla Blvd. 8 p.m. 21 and up. [www.beaumontseatory.com](http://www.beaumontseatory.com).

Jazz fans won't want to miss an appearance by Los Angeles-based tenor saxophonist Charles Owen at Dizzy's on Friday, June 20. He'll be backed by a stellar combo of bassist Marshall Hawkins, pianist Joshua White and drummer Brett Sanders for a show that basically has four headliners in one. Owens has performed with everyone from Miles Davis to Barbra Streisand in a career that has seen him mentor generations of players following in his footsteps. Interestingly, Hawkins also performed with Miles Davis, among many other legends, making this a particularly choice pairing. If classic jazz is your thing, this is easily the week's best bet.

• **CHARLES OWEN:** Friday, June 20 at **DIZZY'S**, 4275 Mission Bay Drive. 8 p.m. \$15. [www.dizzysjazz.com](http://www.dizzysjazz.com).

Anyone who ever wondered what if Sha-Na-Na had been Russian will want to check out the Red Elvises. Gimmicks and the visual have always been a big part of rock 'n' roll, a fact not lost on this group. The Russian-American trio goes so far as to use a large red bal-

alaika-shaped bass for emphasis in its 1950s-inspired, rockabilly-driven music. Formed in 1995, the Red Elvises have proven to have amazing staying power, appearing on TV shows ranging from "Melrose Place" to Penn & Teller specials and are still a big festival draw as it prepares its third decade as a group. Numerous band members have come and gone, but the group is still led by Igor Yuzov with a show that dazzles the eyes and ears. The message in the Red Elvises music is "fun."

• **THE RED ELVISES:** Friday, June 20 at **TIO LEO'S**, 5302 Napa St. 9 p.m. 21 and up. Cover TBD. [www.tioleos.com](http://www.tioleos.com).

Blending beats, reggae, funk and hip-hop rhythms, Timothy H may be just about be the ultimate beach-area musician. His are laid-back sounds that could soundtrack just about any evening spent somewhere near the ocean. Backed by an able band, song titles like the 2012 single "It's a Good Day" give the general vibe of this sound. Aficionados of such combos as General Public and latter day Untouchables dub remixes will find much to appreciate in Timothy H's groove. Located just feet from the water, this gig is about the perfect match of venue and artist.

• **TIMOTHY H:** Saturday, June 21 at the **710 BEACH CLUB**, 710 Garnet Ave. 9 p.m. 21 and up. [www.710bc.com](http://www.710bc.com).

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THE BENEDETTI TRIO

Courtesy photo by Cece Candon

## MUST HEAR &gt;&gt;

2014's 50th anniversary tributes to the Beatles are in full swing across San Diego this month, from the San Diego County Fair's theme to an indie-rock celebration of Lennon/McCartney in North Park. But one of the most interesting events takes place at Dizzy's on Saturday, June 14. The night will feature acclaimed virtuoso guitarist Fred Benedetti, in a celebration of Paul McCartney's birthday, which takes place June 16.

Benedetti will be joined by his vocalist daughters, Regina and Julia, with special guest multi-instrumentalist Jeff Pekarek. If you're a Beatles fan, there is an embarrassment of riches available to you this summer. This solo guitar show from one of the area's true masters of the craft promises to be among the most enjoyable listens.

• **FRED BENEDETTI'S PAUL MCCARTNEY TRIBUTE:** Saturday, June 14 at **DIZZY'S**, 4275 Mission Bay Drive. 8 p.m. \$15, \$10 students. [www.dizzysjazz.com](http://www.dizzysjazz.com).

— Bart Mendoza



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# Orangetheory offers a heart fitness modality for everyone By DAVE SCHWAB

No matter what their sport, La Jolla athletes can get in the zone at Orangetheory Fitness.

"Orangetheory Fitness really is for everybody," said Billy Borja of the new fitness modality, whose local venue opened six months ago at 7734 Girard Ave., Suite C.

"Our training program workouts aren't specifically designed for any one sport," Borja said. "But it's a great conditioning program for all of them."

A cross-training method pioneered by a Florida fitness expert, Orangetheory Fitness offers 60-minute workout sessions split into intervals of cardiovascular and strength training, with heart-rate monitors to track intensity and maximize metabolic burn, increase energy and burn more calories, even after leaving the studio.

Orangetheory Fitness uses the Excess Post-Exercise Oxygen Consumption program, in which guests are taken through five gradually increasing "zones" of escalating heart rate activity via exercise with treadmills, rowing machines and freeweights.

"The goal," Borja said, "is to get you into the fourth zone, the orange zone, where you're working at 85 percent or higher of your maximum heart rate for 12 to 20 minutes. When you achieve this, it allows you to burn calories

from fat up to 36 hours post-workout."

Orangetheory can benefit athletes of every stripe from runners to skiers to triathletes to surfers, Borja said.

A surfer himself, Borja said wave riders can benefit from Orangetheory's fitness method, which can help them build their cardiovascular capacity, as well as work on their ability to "pop up" quickly and efficiently on their boards.

"Orangetheory can strengthen their upper bodies, improve their techniques and paddling doing exercises that help with that range of motion," Borja said, adding that similar exercises and workout programs can be geared to improve the abilities of those in throwing positions in other sports like pitchers and quarterbacks.

Borja said Orangetheory can be made applicable to any sport because it works on "the abdominals and core structure," something he said improves your physical capability no matter what you do.

"The body core is really key," he said, "affecting your overall performance, your balance, the type of maneuvering you do, like surfers on the waves."

Another benefit of the Orangetheory method, Borja said, is that clients are "guided by a coach every



**ALL FOR ONE, AND ONE FOR ALL** A recent visit to Orangetheory found that one exercise fits all.

PHOTO BY DAVE SCHWAB

step of the way."

The Village fitness studio on a recent afternoon found businessmen, moms, students and younger and older people were working out together, led by a personal trainer exhorting and encouraging them to apply themselves to get the most out of their workout.

A big board in the room tracks the pertinent levels — calories burned, time in the various zones — of everyone in the class throughout their workouts.

"We send them an email afterward automatically with the results of their workout," Borja said.

John Johnson, a 54-year-old physi-

cian who trains in the Orangetheory method, is sold on it.

"It's a small-group setting with some level of personalized training," Johnson noted, adding he likes it because "you're not just competing against yourself."

Combined with the studio's screens where "you can always monitor your heart rate," Johnson likes the modality's "50-50 blend of cardiovascular and weight training. It's an hourlong challenging workout, which would be hard to do on your own."

Johnson said the workouts have definitely improved his ability "to do sports like snow skiing and surfing."

Borja said Orangetheory works for everyone no matter what their fitness level. He said a marathoner or Iron Man or Woman competitor can benefit just as much as someone utilizing the conditioning program on a doctor's advice.

Best of all, Borja said, the program has proven results.

"We've got a member in here who's 72 years old and has got limitations, bad knees and a hip problem, and he lost 90 pounds in nine days," said Borja.

For more information call (858) 551-8750, stop by 7734 Girard Ave., Suite C or visit [orangetheoryfitness.com](http://orangetheoryfitness.com).

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**TATTOOS >>**  
**CONT. FROM PG. 3**

last seven years," said Todd Brown. "The custom touch that he puts on every idea I have for him is brilliant. The King's Head is very fitting for Ronan with its layout and old-school fashion."

Noting King's Head has "cool skylights," Brown said clients can get "tanned and tattooed" at the same time while enjoying the company of a true professional in Harvey, whom Brown referred to as "a great guy I'm glad to call my friend."

Typically, how one breaks into the tattoo trade is by apprenticing under a practitioner before mastering the craft and developing one's own unique style before moving off onto one's own, as Harvey did.

Tattooing can be a lucrative profession. The going rate is \$150 an hour. Ask around.

It's worked well for Harvey, who's supported a wife and three children for several years while plying his craft.

Like other art forms, tattoos are subject to tastes, which can change over time.

For example, tailbone tats once popular with ladies at the beach and den-

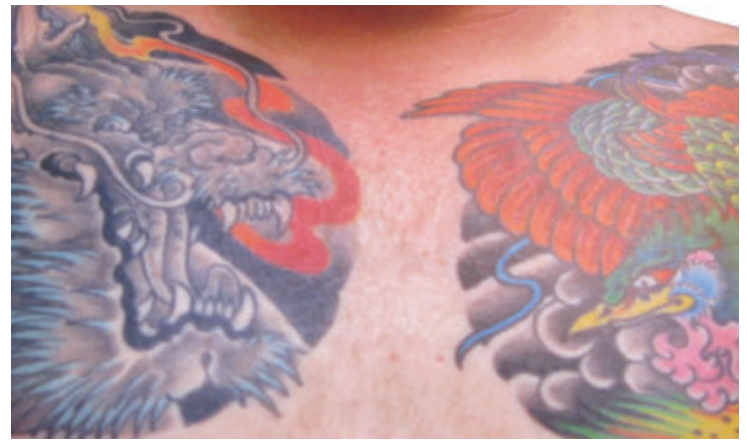
igrated by some as "tramp stamps" have faded from view. They've been replaced in popularity more recently by other symbols like "silhouettes of birds flying."

Harvey's clients tend to be more serious, desiring weightier themes requiring more skill to carry off.

"My style is a little bit more bold and heavy," he said, noting his imagery tends toward the darker side of dragons and such.

Harvey said he's always available for appointments and accepts walk-ins, as well.

For information, call (858) 352-6133 or visit [thekingsheadtattoo.com](http://thekingsheadtattoo.com).



**BODY ART THAT SPEAKS VOLUMES** Ronan Harvey, owner of the King's Head Tattoo on Garnet Avenue, is a practitioner of the ancient art form of tattooing dating back to at least 6000 B.C. in South America.

Photo by Dave Schwab

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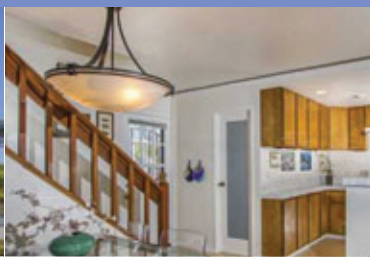
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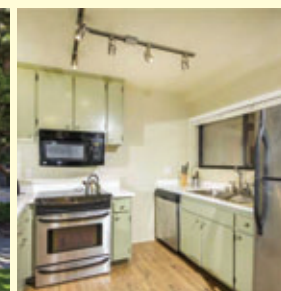
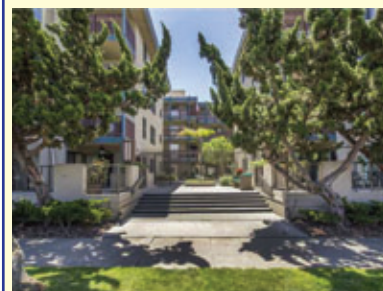
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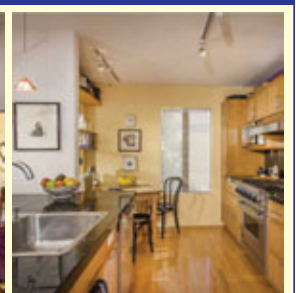
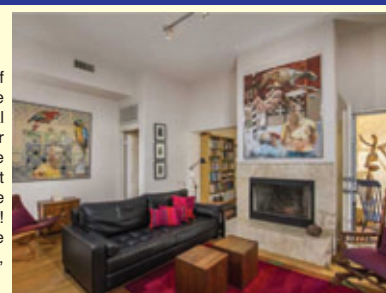
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**FUTURE LEADERS** Mission Bay High School is recognizing excellence in academic achievement. Shown are Carly Dunn, valedictorian, Female Scholar Athlete of the Year and winner of the Mary R. Maull Honor Award (she will be attending Carleton College); Hunter Ketchum, Male Scholar Athlete of the Year (he will be attending University of California at Berkeley); Hannah Tandy, National Merit Finalist and winner of the Stuart L. Noderer Award (she will be attending Princeton University); and Jerrilyn Goldberg, salutatorian and winner of the Rachel Scott Award (she will be attending Carleton College).

Courtesy photo

## EDUCATION NOTEBOOK &gt;&gt;

## PACIFIC BEACH MIDDLE SCHOOL

Thanks to all the Pacific Beach Elementary teachers, staff, principal, students and their families for making this school year a great one.

We wish the fifth-grade students a wonderful new educational career in middle school. We will see our returning students in September on Sept. 2 when school resumes.

- June 13 — fifth-grade promotion.
- Aug. 20 — new-student registration begins.
- Aug. 29 — new-student orientation.

## KATE SESSIONS ELEMENTARY

Kate Sessions Elementary School has been fortunate to maintain a steady and stable staff for years. However, there comes a time when the travel, exercise and fun lures teachers into retirement. So is the case for two teachers at Sessions. First-grade teacher Walda Brooks and kindergarten teacher Brenda Solis are retiring at the end of this school year. Brooks has been a teacher for 28 years and has taught at Sessions for the last 18 years. Solis has been at teacher for more than 30 years and has been a teacher at Sessions for 25 years. The Mission Bay Cluster and Kate Sessions Elementary School will miss you.

Always a learner, Margaret Joseph, principal at Kate Sessions Elementary School, graduated on May 18, from San Diego State University with her Doctorate in educational leadership. Joseph earned her B.A. in English at San Diego State University and earned her Master's Degree in Educational Leadership at the University of San Diego. She has modeled that there is no age limit to academic challenges.

• A big thanks to Sand Box Pizza, on the corner of Cass Street and Grand Avenue, for hosting Sessions' May Dine-Out. It generously supported our school dine-out, with 25 percent of sales coming back to Sessions.

## FRIENDS OF PACIFIC BEACH SECONDARY SCHOOLS

Students, get in shape with Futures Fitness programs. Take advantage of a great group workout opportunity for older students this summer from 8 to 10 a.m. from June 23 to Aug. 1 at De Anza Cove. The programs will be led by our own School Yard Dash organizers Pete Hess and Eric Marenburg, NCAA Track coaches. The sessions will be for seventh- through 12th-graders. These are group sessions, and you can come when you can. Sessions are \$125, 10 sessions for \$199 and an all-summer pass is \$299. Register at www.hpmovement.com.



**EXHIBITING GREAT FORM** Members of the Pacific Beach Middle School Surf Team (the PB Locals) pose near Law Street in Pacific Beach for a group photo. The team finished its season in first place in the San Diego Scholastic Surf Series Middle School Division 2 Contest on May 19, beating out six other teams from across the county in five contests held during the school year. From left (back row) are: Mark Feighan (coach), Thomas Grigolite, Nicolas Campagna, Ciara Gray, Riley Thompson, Jake Halvin, Tyler Reed, Brad Palmer and Ronan Gray (coach). From left (second row): Matthew Ferries, Michael O'Leary, Andrew Feighan, Shelby Moore, Marley Hughes and Jesse Grigolite. From left (front row) are: Piatt Pund, Ian Briski, Evan Sandler, Liam Stransky, Jack Patterson, Brian Fitzsimmons and Dusty Schraeder. Trophies included first-place overall team trophy, first-place girls' shortboard team, first-place girls' longboard team, second-place bodyboard team, third-place boys' shortboard. Notable top-10 individual finishes were Ciara Gray (first-place overall in girls' shortboard, sixth-place overall in girls' longboard and third-place overall in girls' shortboard); Shelby Moore (first-place overall in girls' shortboard and sixth-place overall in girls' longboard); Nicolas Campagna (second-place overall in bodyboard); Jack Patterson (ninth overall in bodyboard); Andrew Feighan (sixth overall in boys' longboard); Tyler Reed (seventh overall in boys' shortboard); and Matthew Ferris (10th overall in boys' shortboard).

Courtesy photo

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## FUTURE &gt;&gt;

CONT. FROM PG. 4

and neighborhood investment, while seeking funding sources;

- creating "economic opportunity districts" and transit-oriented development to encourage economic revitalization and efficient use of existing resources;

- being stewards of resource conservation (energy, water, materials) through the advancement of renewable energy and energy-efficient policies; and branding the community and establishing its identity moving forward.

The Pacific Beach eco-district's vision is to become a model to be replicated elsewhere in the

city in terms of how to make communities more sustainable.

Governance of the new Pacific Beach eco-district is to be shared by numerous community groups, including beautifulPB, Discover PB and the Pacific Beach Planning Group, in cooperation with city government.

In 2013, several members of the American Institute of Architects (AIA) Sustainable Design Assessment Team (SDAT) worked with Pacific Beach, Mission Beach and Mission Bay Park. Experts collaborated with local residents and community leaders to help them plot a strategy and develop conceptual tools for making the beach communities greener and more economically and environmentally sustainable.

**kww** Nicole Rawson  
**LA JOLLA**  
KELLERWILLIAMS TEAM NICOLE  
www.LaJollaRealEstate.biz Ashley | Marsha | Brandy

*It's a great time to sell and plenty of good reasons to buy. Let's talk strategy to help you understand why.* - Nicole | 858.8291049  
CA BRE 01895180

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**NEW LISTING**

**832 Capistrano Place | Mission Beach | Asking \$1,300,000**

Great investment or owner-occupancy property! Two-story, 4 BR/ 3 bath in a great location. Extra large front patio area with 45 foot frontage, most have 30' on this street. Some view of bay from patio. Bedroom and bath on the ground floor. Usable deck off 2nd story bedroom. Fireplace in the living room and separate dining room. Full-size laundry area off kitchen. Great short-term rental!

**Patty Charman • 858-488-1015**  
Charman Real Estate 3436 Bayside Walk • San Diego, CA 92109 • PattyCharman@gmail.com • CA BRE#00521709





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**ONE BLOCK TO BEACH!**

**727 SAPPHERE ST. #206 PACIFIC BEACH CONDO**

Fantastic location across the street from Tourmaline Beach! This spacious, 765 SF, 1 bedroom, 1 bath condo has 2 balconies to enjoy with some peak ocean views to the West. Floor to ceiling sliding glass doors allowing lots of natural sunlight. Secured building, low HOA, this is a great investment!

**Christine Wright 858-245-5800 Christine.Wright@sothebysrealty.com BRE # 01497234 Pacific Sotheby's International Realty**





**Luxurious Waterfront**  
www.3091NE41Street.com

Elegant 4BR/5BA Estate in Coral Ridge Country Club. Direct ocean access and no fixed bridges, 95' protected side dockage. French doors, intricate crown molding, marble/travertine and wood floors, and arched passages throughout. Epicurean gourmet kitchen with granite countertops, custom wood cabinetry, SS appliances. Lavish master suite. Double sided wood burning fireplace, full wet bar, sauna, office, and a media room or 5th bedroom. Waterside heated pool, built-in BBQ, and a custom 4-hole putting and chipping green. Lush tropical landscaping provides privacy, and is completely fenced with a mechanical entry front gate system. Complete residence has high impact windows and doors and a whole home generator.

**Ft. Lauderdale, FL Offered at \$3,795,000**



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## SHORE POINT REAL ESTATE

## Hot Property of the Week



**OPEN HOUSE**  
Sunday 1-4pm

## 2231 Felspar St.

2 bedrooms, 2 1/2 bathroom Condo

**\$525,000**

- Rooftop deck w/views of Mission Bay
- Minutes to the beach
- Hardwood Floors Great for entertaining
- 1,152 sqft.
- Walking distance to Restaurants & Shops
- 1 car garage



## WindanSea Condo

- 720 sqft
  - 2 blocks to WindanSea
  - 3rd Floor Unit
  - Granite Counters
  - New Carpets, Paint & Moldings
- 6455 La Jolla Blvd #351**  
**Offered at \$349K**



## Pacific Beach Commercial

- Private bath
  - 813 Sq. Ft. and 577 Sq. Ft.
  - Kitchenette
  - 1 1/2 blocks to the beach
  - Business District-PB
  - Recently built, 2013
- 928 Hornblend St. CU 1 & 7**  
**Offered at \$600K**



## Hillcrest Condo

- Centrally located
  - Walk to shops, restaurants, theaters and Balboa Park
  - 2 BD/ 2 BA • 963 Sq. Ft.
  - Stainless steel appliances
  - Granite Counters • In-unit laundry
  - Travertine and carpet flooring
- 3688 1st Ave. #14**  
**Offered at \$399K**



## Condo in Crown Point

- 3 Br 2 Ba • 1300 Sq. Ft.
  - Close to Bay
  - Quiet residential street
  - Garage
  - Granite counters
  - Custom cabinetry
  - Two balconies
- 4011 Promontory Street**  
**Offered at \$595K**

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## IN OTHER ACTION

• Pacific Beach resident Marcie Beckett distributed handouts documenting that three palm trees were cut down — and the resulting holes that were filled with concrete — at 809 Thomas St. (the old Nick's at the Beach building that new owners are redeveloping). Beckett said felled trees ought to be replaced and that trees are an important part of the community's streetscape. She said any reduction in the numbers is an aesthetics loss to the community.

• The group's next meeting will be Wednesday, June 25 from 6:30 to 8:30 p.m. at Pacific Beach/Taylor Branch Library, located at 4275 Cass St.




**3355 Ocean Front Walk #F, Mission Beach - \$999,000**

This is the best ocean front deal in Mission Beach. A rare find investment opportunity for those looking to have a viable vacation generator. This is also perfect for those snow birds and sun devils escaping their miserable weather and to come enjoy all that San Diego has to offer. Take in the ocean's cool breeze on your balcony while watching dolphins frolic in the waves. Don't miss this opportunity!

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**Philip Carrillo and Rachael Kaiser**  
**858-243-5884**  
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CA BRE Broker's # 01312924 Karen Dodge  
CA BRE Broker's # 01312925 Mike Dodge

**TIME FOR SOME NEW LISTINGS!**

**1138 Missouri St.** - 3 bedroom, 2 bathroom, single level house Built in 2004. 2033 sf. Great location on the "Flats" of PB. **\$1,100,000**

**1321 Cary Way** - 5 bedroom, 4 bathroom house with Sweeping Bay and Ocean views from most rooms. 2838 sf. Just completed an extensive remodel. **\$1,649,000**

**4118 Haines** - 2 master bedroom, 3.5 bathroom, Town-home with attached 2 car garage. Big private patio. Fire-place. Full size washer/dryer. Close to the Bay. **\$664,000**

**1050 #626 Island** - Downtown condo close to the ballpark. 1 bedroom, 1 bath loft in the M21 building. Washer/Dryer in unit. Designated parking space. **Just listed at \$419,000.**

**Coming Soon 1138 Beryl** - New construction estimated completion Oct 2014

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## OPEN HOUSES

## LA JOLLA

Sat & Sun 1-4pm	7501 Cabrillo Ave.	3BR/2BA	\$1,800,000	Deborah Greenspan • 619-972-5060
Sat & Sun 1-4pm	821 Havenhurst	5BR/5BA	\$4,199,000	Brenda Wyatt • 858-775-7333
Sat 11-3pm	7757 Eads Ave #A4	2BR/2BA	\$699,000	Irene Chandler • 858-775-6782
Sat 12-3pm	7324 Remely	4BR/3BA	\$1,650,000-\$1,950,000	David Schroedl • 858-459-0202
Sat 1-4pm	5366 Chelsea St.	3BR/2BA	\$1,700,000-\$1,900,000	David Schroedl • 858-459-0202
Sun 1-4pm	3251 Via Marin	4BR/3BA	\$651,000	Maira Tapia • 858-337-7269
Sun 1-4pm	7977 Caminito Del Cid #46	3BR/3BA	\$849,000	Sandra Cohen • 858-454-0555
Sun 1-4pm	358 Graviola St.	2BR/2BA	\$1,175,000	Phil Carrillo • 858-243-5884
Sun 1-4pm	1492 Wilbur St.	4BR/4BA	\$1,595,000	Phil Carrillo • 858-243-5884
Sun 1-4pm	7356 Rue Michael	3BR/2.5BA	\$1,895,000	Deborah Greenspan • 619-972-5060

## PACIFIC BEACH / MISSION BEACH / CROWN POINT

Sat & Sun 11-4pm	1422 & 1424 Thomas	2 Homes		Kathy Evans • 858-488-7355
Sat 10-1pm	3355 Ocean Front Walk #F	3BR/2BA	\$999,000	Phil Carrillo • 858-243-5884
Sat 1-4pm	5339 Pendelton	4BR/3BA	\$1,150,000	Scott Booth • 858-775-0280
Sat 1-4pm	4011 Fanuel St.	3BR/3BA	\$1,300,000-\$1,500,000	Elizabeth Potter • 858-922-6929
Thu 4-7pm	881 Thomas Ave 15	2BR/2BA	\$555,000	Mel Burgess 619-857-8930
Thu 6/12 4-7pm	3040 Gresham #451	2BR/2BA	\$1,195,000	Trevor Pike • 619-823-7503
Thu 6/12 4-7pm	3802 Riviera Dr 4	3BR/3BA	\$1,795,000	Chris Love-Clapperton • 619-922-4062
Thu 6/12 4-7pm	1221 Parker Pl #9	2BR/2BA	\$839,000	Marie Tolstad • 858-705-1444
Sat & Sun 1-4pm	819 San Gabriel Pl.	3BR/2.5BA	\$899,000	Brian Keiner • 630-418-5880
Sat 1-4pm	720 Windemere	2BR/1.5BA	\$925,000-\$975,000	Cathrine Viani • 619-823-2787
Sun 1-4pm	5046 Brighton	1BR/1BA	\$341,000	Cathrine Viani • 619-823-2787
Sun 1-4pm	2231 Felspar St.	2 BR/2.5 BA	\$525,000	Alex Rojas • 858-863-4141

## POINT LOMA / OCEAN BEACH

Sat & Sun 1-4pm	854 Bangor St.	4BR/2BA	\$1,395,000	Cindy Wing • 619-223-9464
Sun 1-4pm	2913 Marquette St.	5BR/3BA	\$799,000-\$889,000	Mariane Abbott • 619-301-2452

## UNIVERSITY CITY

Sun 1-4pm	3966 Caminito Cassis	4BR/3BA	\$899,000	Russ Craig • 858-361-7877
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## MISSION VALLEY

Sun 1-4:30PM	2993 W Canyon	3BR/2.5BA	\$578,000	Felipe Lana • 858-243-3860
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## SPRING VALLEY

Sat & Sun 1-3pm	360 La Presa Ave.	3BR/3BA, fpic, garage, views	\$419,900	Alexandra Mouzas • 619-518-2755
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## RENTALS

240 Coast Blvd. Unit A2	2BR/2BA	\$7,000 per mo.	Mary Mc Gonigle • 858-361-2556
240 Coast Blvd. Unit A2	Studio	\$1,700 per mo	Mary Mc Gonigle • 858-361-2556

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OPEN SAT & SUN

#### 2 Brand NEW HOMES ready for Summer Fun! 1422 & 1424 Thomas

Newly constructed single family homes built to entertain family & friends. Over 2300sf of luxury, versatile floorplan offers an outstanding beach life in this Sail Bay & ocean close area. Penthouse rm w/wetbar! Enjoy bay & ocean views from your 300sf roof top deck.



OPEN SAT 1-4

#### Dazzling, Modern & Sleek! 5339 Pendleton St.

Open & airy 4br/3ba single family home on a huge 10,500sf lot. A gorgeous remodel features espresso engineered hardwood flooring, custom gourmet kitchen w/Italian veneer cabinetry, dual master suites, crystal blue pool & spa, zen front courtyard, large grass area in the back yard.



#### Imagine Summer on this rooftop deck

A great North PB location with ocean, shoreline, bay & downtown views. This delightful 4br/2.5ba single family home features great style & attention to details! Live, entertain or relax in penthouse rm w/wet bar, rooftop deck w/fireplace.



PENDING

#### SUNSHINE HERE! Bright End Unit

1009 Tourmaline #4

Beautiful 3Br/3Ba 1300sf townhome with Southern exposure features lots of natural light, upgraded flooring & an attached 2-Car garage plus 1 assigned parking space! Enjoy the short walk to shops and restaurants. Only 3 blocks to the beach!



COMING SOON

#### Coming Soon!

Ocean close PB fixer 3BR/1BA 984sf Single Family Home on delightful single family block. 2 car side by side garage PLUS workshop area on 6273sf lot. Buy and add on, move in or flip, or buy as starter home or investment. 1100 block!

If you are looking to buy or sell a home,  
who better to trust than 92109's Top Team.  
**Call the I Sell Beach Team today!**



**Kathy Evans**  
(858) 775-1575  
isellbeach.com  
CA BRE # 00872108



**Scott Booth**  
(858) 775-0280  
scottboothsd@gmail.com  
CA BRE # 01397371



#### 3716 Riviera on Sail Bay in Pacific Beach

Miles of white sandy beaches & warm sunsets welcomes you into this spectacular bay front home. From the moment you enter this impressive masterpiece you will revel in the exquisite detail. Truly an entertainer's delight featuring 5 BR/6 BA, 3 car garage. The beach level living area features a spacious living room, gourmet kitchen & formal dining room with custom burl wood inlay & dramatic walls of glass that capture the stunning views. The grandeur continues as you move to the 2nd level which encompasses the sumptuous master suite with opulent amenities & breathtaking bay views. The 3rd floor has 4 BR, all with en suite baths with impressive detail that is carried throughout the home. Don't miss another sunset & let this one of a kind slip away forever!

**Luxurious Custom Bay Front Home**  
**\$5,890,000**

**Steve Cairncross**  
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#### "Pacifica Gem" in Pacific Beach

VIEWS City, nightlight & Sea World fireworks perched high above street level. Freshly painted Open single-level floor plan. Large sunny south-facing picture windows, open-beam vaulted ceilings remodeled kitchen and baths granite kit counters, custom cherry cabinets, Jenn-Air, Electrolux, Thermador, Maytag appliances. Bonus addition room with own separate entry adjoins MBR too! (Permitted but not in sf.)  
**Just Reduced • \$850,000**



**Don Hawthorne**  
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#### 240 Coast Blvd. #1C - \$1,349,000

2 BR/2 BA oceanfront building, completely remodeled, walk to La Jolla village.

2133 Harbour Heights Road - \$1,295,000

4 BR/3.5 BA 2350 sf with great views  
www.2133HarbourHeightsRoad.com

Call Dane for details and to  
schedule a showing



**Dane Scharetz**  
858-504-3263  
CA BRE #01345168



OPEN HOUSE  
Sat June 14th 12-3pm

#### 1725 Alta Vista Way, North Pacific Beach

3 BR plus den and 2 BA, 1846 sqft. Close to the ocean/bay yet away from busy central Pacific Beach. Deep salt water pool/spa (solar heat) surrounded by mature tropical landscaping.

**\$999,000-\$1,149,000**



**Kara Watkins Norgart**  
858-504-3263  
CA BRE #01345168



#### 1221 Parker Place #16

Steps to the sand on Sail Bay! Fantastic Bay Views from the comfort of your own Living Room, dining area & balcony. This 2 BR, 2 BA features a remodeled Kitchen w/granite counter tops, stainless steel appliances, wood burning fireplace and Maplewood laminate floors. Complex provides pool, spa, secured entry & underground parking.

**Offered at \$769,000**



**Greg Flaherty** Broker/Owner 858-692-0185 CA BRE #00935682



#### 853 Thomas Ave #1

Outstanding value for a 1br/ 1ba condo just one short block to the beach. This centrally-located condo has been upgraded with granite counter tops, laminate wood flooring, in-unit washer/dryer, air conditioning and ceiling fans. Included is a private side yard.

**Offered at \$330,000**

