



EXPLORING HIDDEN BUSINESS TREASURES IN NORTH PB

Thousands descended on Cass Street on Aug. 3 for the second annual Advent Real Estate and Property Management's North PB Sip 'N' Stroll social event, designed to promote brick-and-mortar and from-home businesses. **See photo montage, Page 3.**

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THURSDAY, AUGUST 7, 2014

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MISSION BEACH CENTENNIAL

Building a world-class sandcastle: the pros will show you how

By DAVE SCHWAB

If you've ever wondered about the techniques and creativity behind mind-blowing sandcastles, Mission Beach's upcoming Sunday, Aug. 17 centennial celebration sandcastle event will actually teach you how to do it.

One of 10 dynamic events held throughout 2014 to commemorate Mission Beach's centennial, guests are invited to two sandcastle-building sessions to be held a 10 a.m. and 12:30 p.m. in front of Belmont Park at 3146 Mission Blvd.

Thus far, the centennial celebration has featured a monument and plaque

dedication, a classic car show and a viewing of the movie "Jaws."

Yet to come is a volleyball/horseshoes beachfest in early September. The yearlong celebration culminates Sept. 27 with a Centennial Festival at Belmont Park/Ventura Place.

Next up on Aug. 17 is "How to Build a Sandcastle," where San Diegans can learn from the pros: the Travel Channel's "Sand Masters."

Participants will take instruction

SEE SAND >> PG. 4



BRINGING SAND CREATIONS TO LIFE Professional sandcastle builder Rusty Croft, who is featured in the Travel Channel's "Sand Masters," will be on hand in Mission Beach Aug. 17 to teach folks how to build world-class creations for themselves. Courtesy photo

SeaWorld's summer fireworks displays come under fire by activists

By DAVE SCHWAB

Already defending itself against a protest over the alleged commercial exploitation of orcas, SeaWorld marine-mammal park in San Diego is now contending with a local petition drive seeking to end its nightly summer fireworks displays.

Activist Alicia Coons of Point Loma and others are petitioning the City Council to ask them to direct SeaWorld to only use fireworks alternatives for their nightly summer shows.

In the wording of an online peti-

tion drive protesting SeaWorld's pyrotechnics displays, Coons claims, "SeaWorld is damaging the quality of life of hundreds of thousands of San Diegans who live within a 20-mile radius on a nightly basis every day for three months straight ... The fireworks at SeaWorld constitute animal cruelty. Dogs, cats and other companion animals don't understand that the

SEE FIREWORKS >> PG. 2



POWERING AHEAD Mission Beach/Pacific Beach/South Mission Beach lifeguard Ean Miller sprints to the ocean with a paddleboard in a team-race competition during the 61st annual Ron Trenton Memorial Lifeguard Relays on July 29.

Photos by Don Balch

PB/MB abdicate crown in lifeguard relays

By KEVIN MCKAY

Lifeguards representing the beach areas from Pacific Beach to South Mission Beach in the city's Central District were finally dethroned during the 61st annual Ron Trenton Memorial Lifeguard Relays on July 29.

The event is designed as a tribute to a fallen San Diego lifeguard, a fundraiser for several local nonprofits and as a fun, physical competition between the various divisions of San Diego Lifeguard Services.

As the most central location for the lifeguards stretching up and down the coast, Central District has played home site to the friendly competition at Mission Beach, taking on colleagues

SEE RELAYS >> PG. 6



GO TEAM! Central District lifeguards gather to celebrate after a second-place finish to Ocean Beach and La Jolla during the annual lifeguard Relays on July 29. San Diego Junior Lifeguards competed three days later, **Page 7.**



ROOM FOR GROWTH Members of a grassroots group called PBdigs are eager to create several new community gardens in medians across Pacific Beach like the oldest one in PB, shown at the intersection of Roosevelt Avenue and Shasta Street. Photo by Dave Schwab

Seeds being planted for community garden spots across PB

By DAVE SCHWAB

With a little tender loving care, Pacific Beach Drive could soon be transformed into a so-called "Island Garden by the Sea."

That's the tagline for a new community website, www.PBdigs.org, which extols the virtues of, and plans for, expanding community gardening on Pacific Beach Drive and throughout the beach area.

"PBdigs is a grassroots group working to create a new urban garden along the 45-foot-wide median

SEE GARDENS >> PG. 4



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PB planners hit brakes on Decobike bikeshare

By DAVE SCHWAB

The Pacific Beach Planning Group (PBPG) in July unanimously endorsed sending a letter to public officials and Decobike, which has contracted with the city to provide a bike-share program, not to implement it in Pacific Beach until issues with some proposed locations are vetted and resolved.

The community advisory group, which makes recommendations to the city, also conceptually approved a mixed-use project proposed at the Guy Hill Cadillac site at 4275 Mission Bay Drive.

Additionally, the PBPG heard about an urban forestry plan, as well as news on the planned North Pacific Beach Lifeguard Station at Law Street.

A total of 19 bike stations are proposed for rollout in the initial phase of Decobike's bike-share program, which will provide 180 stations with 1,800 bikes citywide around the end of summer.

At the PBPG's July 23 meeting, Sara Berns of Discover PB, the community's Business Improvement District, said Decobike rejected suggestions from Pacific Beach for altering bike-share locations, noting, "They didn't take any of our advice."

Others agreed.

"We're working in the dark," said group chairman Brian Curry. "Decobike needs to do more com-

munity outreach to neighborhoods."

Planner Chris Olson suggested a dramatic motion be made to "halt installation of bikeshare until we can come to an agreement on the locations."

Planner Paul Falcone said some of Decobike's proposed bikeshare locations "are taking high-demand public parking away with no benefit to the community."

Planner Deborah Conca was equally vexed by some bikeshare locations.

"Some of the places where they're proposed have less than 8 feet of sidewalk," she said. "They're a liability and a litter trap."

Still others chimed in to voice opposition.

"Some of them would take up two parking spaces on a street a block from the beach," said planner Curtis Patterson.

Planner Henish Pulickal suggested Pacific Beach ought to require Decobike to have a backup plan in case the bike-share program doesn't work, as well as reassurances that the bike stations will be removed should the program fail.

"I'm really concerned about the process," said planner Scott Chipman, noting that Pacific Beach may be "vigilant" in overseeing the program while other commu-

nities just "roll over," acquiescing to Decobike's demands.

The 19 proposed bike stations in Pacific Beach are: Turquoise Street and La Jolla Mesa Drive; Turquoise Street and Cass Street; La Jolla Boulevard and Tourmaline Street; Loring Street and Cass Street; Cass Street and Chalcedony Street; Missouri Street and Mission Boulevard; Cass Street and Felspar Street; Garnet Avenue and Ocean Boulevard; Bayard Street and Garnet Avenue; Cass Street and Garnet Avenue; Fanuel Street and Garnet Avenue; Ingraham Street and Garnet Avenue; Garnet Avenue and Kendall Street; Morrell Street and Garnet Avenue; Grand Avenue and Bayard Street; Grand Avenue and Mission Boulevard; Reed Avenue and Oliver Court; Pacific Beach Drive and Mission Boulevard; and Pacific Beach Drive and Olney Street.

Meanwhile, C.A. Marengo of Marengo Morton Architects presented on the proposed Guy Cadillac development.

"It's a mixed-use project," said Marengo. "What we're doing is a little bit unique."

He pointed out the 4.83-acre site off Interstate 5 would be "redeveloped to raise the density" by adding 108 condominium units.

To read the entire story, visit us online at www.sdnews.com.

FIREWORKS »

CONT. FROM PG. 1

terrifying loud bangs are a celebration. ... Exposure to hazardous noise is one of the most common causes of irreversible hearing loss. ... We are asking the San Diego City Council to ban the fireworks at SeaWorld and ask them to switch to laser-light shows which provide all the awe of fireworks displays and are kinder to animals and the environment and show a courteous and decent neighborly behavior to the people of San Diego."

In reply to the online petition drive, SeaWorld spokesman Dave Koontz issued the following statement: "Nightly fireworks during the summer have been a tradition for SeaWorld and San Diego for nearly 30 years, and we continue to receive significant positive feedback from visitors and area residents. It is the culmination of our daily 'Summer Nights' program."

Dave Koontz said the marine park "only uses small fireworks shells in our displays, which take place on 66 nights during the summer, as it has long been our policy not to use any shells for the sole purpose to make noise. All of our fireworks displays are conducted in accordance with city of San Diego policy, which is the ordinance that regulates fireworks demonstrations in San Diego, as well as our National Pollutant



SeaWorld courtesy photo

Discharge Elimination System (NPDES) permit."

Regarding the impact of noise from fireworks on animals, Koontz said, "Our firework displays do not impact the animals in our park. The U.S. Department of Agriculture Animal and Plant Health Inspection Service filed a report relating to our animals and fireworks that states that 'all animals were apparently healthy and there were no aberrant behavioral manifestations noted ... as result of firework activities in the evening during summer.'"

"More than 10 years of analysis consistently demonstrate that our fireworks are not having a detrimental impact on Mission Bay," Koontz said.

Koontz said unlike other community Fourth of July celebrations, "Our fireworks displays last only five minutes."

Alexis Coons said her group hopes to collect at least 10,000 signatures before taking it to the City Council for possible action.

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A DAY OUT ON THE TOWN

With the support of Discover Pacific Beach, the second annual Advent Real Estate and Property Management's North PB Sip 'N' Stroll lured thousands of residents to the Cass Street neighborhood on Aug. 3. The family-friendly event was designed to promote and uncover the Pacific Beach community brick-and-mortar and from-home businesses by offering kid-friendly activities at the Tula Ru Kid's Court, tastings at the West Coaster SD Wine and Beer Garden and local eats. Lower left, Farah Pierson shimmies in a Hula Hoop, while below, Julia Kelly, 7, paints a colorful scene at The Topsy Palette's kids painting class booth. Photos by Don Balch



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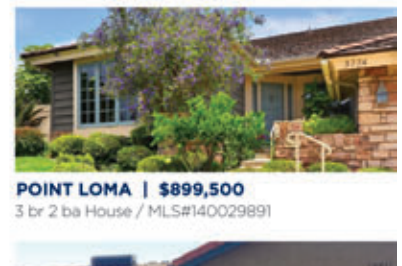


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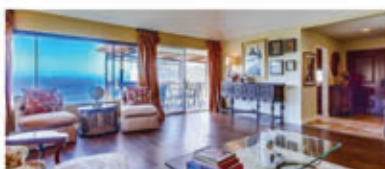


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PBopoly game still has a few spaces left

There's still time to buy in on Pacific Beach-Opoly, a community-based, Monopoly-inspired board game now being developed by Discover PB.

"We need to sell about half our spaces still to move forward on production," said Sara Berns, executive director of the Business Improvement District (BID) about the board game, which has been under development for several months.

The game is inspired by Monopoly, which was created by Parker Brothers in the 1930s.

Berns confirmed the new beach-centric game will feature: PB Hotel Row including Crystal Pier Hotel, Beach Cottages and Ocean Park Inn; classic businesses including 35-year-old Broken Yolk restaurant, 25-year-old Tony Roma's and Mr. Frosties; local favorites like Tavern and the Patio; and other PB staples including the PB Town

Council, *Beach and Bay Press* and Pacific Beachfest.

Landmarks showcased in the new boardgame will include Crystal Pier, the Boardwalk, Garnet Avenue Shopping District, Mission Bay park and Tourmaline Surf Park.

Berns said Discover PB is continuing to look for participation from real-estate agents, surf shops and other businesses that are a "part of PB history — or will be."

Businesses must be members of the Discover PB BID to qualify for participation.

Plans are to distribute 1,200 PBopoly games at local retailers for the holiday season. The first 22 businesses applying get a game card valued at \$300.

For more information call Discover PB at (858) 273-3303, visit www.pacificbeach.org or email sara@pacificbeach.org.

— Dave Schwab

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tough, aggressive marketplace.

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To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

Courtesy of Dennis DeSouza Remax Lic. 01220680

Big O Tires Hosts Blood Drive Thursday, August 14th



The San Diego Blood Bank will accept blood donations at Big O Tires, 1106 Garnet Ave., Pacific Beach, CA. 92109, on Thursday, August 14th from 12:30 to 6:00 p.m. The drive will be held in the Big O Tire parking lot and the public is welcome.

Dave Garmo, the owner of Big O Tires has been in business in Pacific Beach for 15 years. In 2005, when his 4 year old son, Isaac was diagnosed with Neuroblastoma, Dave began hosting blood drives. He has hosted a total of 55 blood drives and collected 1,517 pints. Today, Isaac is a healthy and active.

In November of 2013, the Garmo's daughter, Julia was also diagnosed with Neuroblastoma and the family began the journey again. Please join Dave in making sure there is blood for Julia and patients like her.

A good meal and plenty of fluids are recommended prior to giving blood. All donors must show picture identification.



Donors are encouraged to schedule an appointment when they donate. To schedule an appointment, please call 1-800-4MY-SDBB (469-7322) or visit www.sandiegobloodbank.org.

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GARDENS »

CONT. FROM PG. 1

along Pacific Beach Drive between Jewell and Kendall," states the website. "Our motivations include growing organic food locally, connecting with neighbors and beautifying our neighborhood."

PBdigs is in the early phases of lobbying the city for "support and approval for putting this vacant land to good use."

"The next step is to get approval from the city for using that land for a community garden," said PBdigs spokesman Andrew Martin, who added District 2 City Councilman Ed Harris and staff recently visited the median site.

"We'll be working with them to try and address any safety issues that may exist and then to get a new water meter installed and continue the review process for getting the garden started," Martin said.

The median at Pacific Beach Drive currently has a water main but no water meter.

"So getting a permit and funds for installing a water meter is another item on our list," Martin said, adding the renewed push to enhance community gardening is "in alignment with PB eco-district's goals."

SAND »

CONT. FROM PG. 1

from Rusty Croft, a professional sand sculptor who has worked with an international sand team.

Croft's professional sand sculpting career began in San Diego in 1997, where he worked with an international sand team creating a world record-setting sculpture, "The Lost City of Atlantis." He has since been invited to sculpt in more than 15 different countries.

"People don't want us to be finished," said Croft of his work and that of his colleagues. "It's an enchanting, fun medium."

Croft said the art form has natural appeal.

"People are instantly engaged in it," he said. "They can relate to it."

On Aug. 17 in Mission Beach, Croft said he'll be teaching would-be builders "everything they need to know to make a world-class sand sculpture."

He offered a couple construction tips.

"The key element is water. You really can't have too much," Croft said. "If you're ever having trouble with your sculpture or it's failing, stop and add more water."

Croft said the most basic way to start is to fill a bucket full of sand and water and just "take big handfuls and hand stack it, plop it down, over and over. You can make towers,



SEEDS OF HOPE Plans are being explored for a community garden in the median at Pacific Beach Drive like the existing one here at Roosevelt Avenue and Shasta Street.

Photo by Dave Schwab

Pacific Beach planners and other civic leaders took part in 2013 in the initial phases of the creation of a local eco-district, which involved analysis of the community's infrastructure by experts who offered advice on what residents can do to make the community more green and environmentally sustainable.

Community activist Paula Ferraco is in charge of the existing Pacific Beach Community Garden at Roosevelt Avenue and Shasta Street. She said there are lots of medians in Pacific Beach that need beautifying, like the entryway on Grand Avenue.

Ferraco pointed out the Pacific Beach Drive median is a prime candidate for a community garden because it is large and "large-

ly abandoned and in need of being revitalized."

There are as many as 15 prospective sites communitywide that could be candidates for transformations into gardens, Ferraco said.

She said those interested in the beautification effort can get involved by attending PBdigs meetings every other week.

"We'd like to partner with other organizations and get tax-free status, which would enable us to accept donations as well as actively seek grant money," Ferraco said.

Martin said there is a waiting list of more than 30 people who've expressed interest in becoming more involved in community gardening.

"PB is a high-density area and a lot of people live in condos and don't have access to gardens, which can bring neighbors closer together and be a gathering place for people, as well as a place to grow food locally," Martin said.

Noting PBdigs thus far has a core group of about eight people, Martin said there are many more who've said they would be "willing to tend the Pacific Beach Drive garden when it's created."

Martin said preliminary plans for the Pacific Beach Drive median garden are to divide it up into 32 separate plots.



A WORK OF ART Sandcastle master builder Rusty Croft puts some creative touches on one of his creations. He will be in Mission Beach Aug. 17 to show sandcastle lovers how to make their own masterpieces. Courtesy photo

arches and walls."

With sand sculpturing, Croft said the best way to carve is to "start at the top and work your way to the bottom."

Tools used can be as simple as stainless steel kitchenware. You can even use a straw to "blow out the crumbs," he said.

"The most important thing is just to have fun and take your time," Croft said.

Croft noted that putting in light-dark contrasts using details like stairs and structures like towers, adds definition, interest and intrigue to the sculpture.

"The deeper and darker you make it, the better it gets," Croft said.

Croft is now the co-owner of Sand Guys, based in Carmel. He works for the "Silicon Valley elite" creating sand sculptures for the likes

of Yahoo, Google and Facebook. He has been on "Good Morning America" and featured in national publications like *Sunset*, *Phoenix Home and Garden*, and *American Lifestyles Magazine*. Croft is currently the host of the Travel Channel's new hit show, "Sand Masters."

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 known as the City Council) of San Diego for approval. On Dec. 14, 1914, the first official map of Mission Beach was signed and adopted.

For more information about the centennial celebration and individual events, visit www.missionbeach-centennial.org.

QUICKHITS >>

PB MAN, 70, PLEADS GUILTY IN SEX-FOR-HIRE CASE

A 70-year-old Pacific Beach man who was arrested in University City in 2013 pleaded guilty July 31 to three counts of interstate travel in aid of a racketeering practice that involved sex with a 13-year-old girl.

Michael Lustig entered a rare “conditional guilty plea,” in which his appeal of a judge’s ruling that allowed search of his cell phones remains active. If Lustig wins the appeal, he can withdraw his guilty pleas and face a trial without the cell phone evidence.

However, Lustig faces up to 15 years in federal prison when he is sentenced on Nov. 3 by U.S. District Court Judge Roger Benitez. The sentencing will go forward even if the appeal isn’t resolved by then.

Lustig is the owner of Real Estate License Services in Ocean Beach, but he has been in the Metropolitan Correctional Center since Oct. 1, 2013 following a traffic stop on Governor Drive in La Jolla.

His first arrest took place at an Encinitas motel on June 8, 2012, and his cell phones were seized and then searched by sheriff’s deputies. The U.S. Attorney’s office said the evidence showed he was texting coded messages to two girls, aged 11 and 13, to arrange for paid sexual activities.

Court records say Lustig used the words “library” and “books” as code words for sex. One text read: “Hey, is the bookstore open? I’m in desperate need of books rite [sic] now.”

Benitez ruled that the text messages and other information found on Lustig’s cell phones could be admitted into evidence in a trial that would have begun on Aug. 5. His appeal to a higher court on the cell phone issue remains alive, but he will have to serve his sentence if his appeal is denied.

— Neal Putnam

MAN WHOSE BODY WASHED UP IN PB STILL UNIDENTIFIED

The San Diego County Medical Examiner’s Office has still not released the identity of a man whose body was discovered washed up on shore near Loring Street in Pacific Beach on July 31.

The man’s clothed body was found by a retired firefighter shortly before 5:30 a.m.

Coroner’s officials said the man appeared to have been between the ages of 55 and 75 years old.

Police were called to the scene and investigators continue to look into the cause of the man’s death.

PACIFIC BEACH PLANNING GROUP PREPS TO FILL VACANCY

The Pacific Beach Planning Group (PBPB) is currently seeking candidates to fill a newly vacated seat on its board.

The vacant seat represents census tract 78.00; however, it can be filled by persons residing in other census tracts.

For more information on the PBPB or to obtain a candidate packet, visit www.pbplanning.org or call Imelda McClendon at (469) 576-3870.

Applications are due by Aug. 26 in order for the board to appoint the successful candidate to the seat during the PBPB’s Wednesday, Aug. 27 meeting.



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BLOOD BANK SLATED AT BIG O TIRES

The San Diego Blood Bank will host a blood drive on Thursday, Aug. 14 at the Big O Tires store, located at 1106 Garnet Ave.

The drive will run from 12:30 to 6:30 p.m. in the store’s parking lot.

Anyone 17 and older, who weighs at least 114 pounds and is in good health, may qualify to donate blood. A good meal and plenty of fluids are recommended prior to donating. Picture identification is required.

To schedule an appointment, call (800) 469-7322, or visit www.sandiegobloodbank.org.

CABRILLO MONUMENT TO LAUNCH WALK/BIKE EVENT

Officials at Cabrillo National Monument in Point Loma will host the inaugural Move to Improve Challenge on Saturday, Aug. 9 to encourage residents to walk or bike to the park and gain free admission.

The event, which runs from 9 a.m. to 4 p.m., will coincide with the reopening of the park’s visitor center, which has undergoing a multi-month seismic retrofit.

Among the activities planned during the day:

- Ranger- and naturalist-guided hikes and walks;
- An exhibitor fair featuring local businesses to promote health and “getting you going”;

• Increase your stewardship by learning sustainable practices like composting and energy savings;

• Meet the park’s newest artist-in-residence;

• Food and snow cones will be available for purchase;

• Lighthouse Chores Obstacle Course — get your exercise and a true taste of what life was like at the lighthouse in the late 1800s. How fast can you carry water, wash laundry and whitewash a fence 1880s-style?

Cabrillo National Monument, located on Point Loma at the south end of Catalina Boulevard, is open daily from 9 a.m. until 5 p.m. For more information, call (619) 557-5450, or visit www.nps.gov/cabr/.

EX-JACK’S LA JOLLA WORKER GUILTY OF EMBEZZLEMENT

After 3½ days of deliberations, a jury convicted a Point Loma woman Aug. 4 of embezzling millions from the former owner of the now closed Jack’s La Jolla Restaurant, where she served as the firm’s bookkeeper.

Tara Virginia Moore, 42, had been free on \$400,000 bond, but was remanded to jail immediately after the jury convicted her of six felony counts, including three counts of grand theft and fraudulent appropriation by a bookkeeper.

Moore did not testify in the seven-week trial before the eight-woman, four-man jury.

Moore’s attorney, Paul Pfingst, argued Moore should remain free on bond, but the judge ordered her jailed immediately. Pfingst, a former district attorney, argued Moore had loaned Jack’s La Jolla money and was paying herself back for the loans.

Sentencing is set for Sept. 2. Moore faces a sentence ranging from 10 to 20 years, said Deputy District Attorney William Mitchell. He said he was relieved by the verdict because he has been working on the case since Moore’s arrest in September 2011.

Mitchell praised the jury, saying the panel was “a very intelligent jury that was able to understand complex evidence and exhibits and come to the right decision.

“She will be ordered to pay restitution. But good luck on that,” said Mitchell, adding that Moore had declared bankruptcy but that that is not final, either.

Moore was also found guilty of theft from Dragica Markovich, Moore’s former mother-in-law, in 2005 in what Pfingst described as a loan. Markovich testified via a videotaped deposition made in 2012. The loss was listed as \$1.3 million.

Moore was also convicted of theft from the U.S. Department of Veteran’s Affairs involving \$65,000 in benefits she collected from a deceased former husband after she remarried.

— Neal Putnam

In Remembrance of

David Alfred Saska Restaurateur 1946-2014

David was the first child born to Joseph and Pauline Saska. Born in San Diego, he was a lifelong resident. His early life was spent growing up in Santee with his ten siblings Joe, Jean, Jerry, Kathryn, Mike, John, Jim, Mary, Tom, and Georgeann. After the passing of his father, Dave became the family patriarch to his younger brothers and sisters.

He led by example, and was successful in his high school football career while playing for El Capitan High. In 1963 he made the All CIF Football First Team, while leading the Vaqueiros to the CIF Championship Game. After attending Grossmont College for a year, he was awarded a football scholarship to the University of Oregon. When a knee injury ended his playing career, Dave returned home and completed his studies at San Diego State University.

In 1972, he took the reins at Saska’s Restaurant in Mission Beach, and revived the family business. Using that experience, David ventured out on his own opening several restaurants. Among those were Saska’s East in Brawley 1974, Saska’s New Place in Pt Loma 1977, Aloha Louie’s in La Jolla 1984, and Boomers Bar-B-Que in Pacific Beach 1998.

In 1973 he married the love of his life, Sandy Winship Perry. Together they purchased a home in San Diego’s Bay View Area where they resided for the last 39 years. They together created an endearing relationship full of love.

During his leisure time David’s hobbies included tinkering with his various classic vehicles. In recent years, he and his best friend, Fred Kuhner restored a 1938 Ford Coupe which they powered using propane. The ‘38 Coupe has won various awards at car shows.

**A Celebration of David’s life will be held on Friday, September 5, 2014
at the Soledad Club, 5050 Soledad Road, Pacific Beach from 1pm - 5pm**

The Saska Family requests any flowers be sent to the Soledad Club on that day.

For more information call 858-775-7311



SD Gymnastics in Liberty Station

Kids do not spend as much time playing outside anymore and fewer teens are consistently playing multiple sports. They are spending too much time on the couch or in front of a computer, or one sport requires too much of a time commitment to be involved in much else. Throwing a baseball, swinging a racquet, or continually jumping or running for hours a day, week after week is difficult on the muscles, tendons and bones. This is creating an environment for repetitive stress injuries.

Repetitive stress injuries (RSIs) are injuries that happen when too much stress is placed on a part of the body, resulting in inflammation, muscle strain, or tissue damage. This stress generally occurs from repeating the same movements over and over again.

In teens, overuse injuries most often occur at growth plates (ends of bones where bone cells multiply rapidly, making bones longer as someone grows). Areas most affected by RSIs are elbows, shoulders, knees, and heels.

If you child is complaining of pain, tingling, weakness or popping sounds when doing a certain activity, it may be time to take a closer look. Putting limits on repetitive actions, encouraging multiple sports and varying daily activities can greatly reduce RSIs.

Participating in a structured gymnastics program is a great way to help ensure well rounded strength, flexibility and conditioning. Dividing your time between multiple events throughout the week, with an emphasis on safety and technique, can create a healthy and happy body.

Christina Grady, San Diego Gymnastics

MUST DO >>

This year's Pacific Beach Hot Rod and Classic Car Show, presented by Sycuan Casino and hosted by "Charger" Steve Lordigyan, will get fired up Sunday, Aug. 24 in the heart of Pacific Beach.

Headlining this year's event will be the Michael Keaton Batmobile from the original "Batman" movie. Also on display will be the real Christine car from the 1983 horror movie of the same name.

A Michael Jackson impersonator is among the highlights.

"The Michael Jackson impersonator is amazing," said Lordigyan, adding the carfest will also showcase Wild Thang, the nitro-burning dragster that shoots flames 30 feet in the air.

One of Pacific Beach's signa-



ture events, the sixth annual car show features hot rods and classic cars, auto-related merchandise, food and music. The event runs from 10 a.m. to 3 p.m. on Garnet Avenue between Mission Boulevard and Dawes Street, on Bayard Street between Garnet Avenue and the alley, and Cass Street between Garnet Avenue and the alley.

Entertainment will also include a dance performance and a magician.

Turnout is expected to surpass

3,000 participants during the event, which is to include a bikini contest by Hollywood Tans, Hooters girls, and showcase hundreds of hot rods, classic cars and awesome antique motorcycles.

A celebrity appearance by Catherine Bach, "Daisy Duke" of the "Dukes of Hazard" TV show (1979-1985), was the highlight of 2013's car show, which Lordigyan said gets bigger and better every year.

—Dave Schwab

RELAYS >>
CONT. FROM PG. 1

from Northern District (La Jolla area beaches), Southern District (Ocean Beach and Point Loma), and the Boating Safety Unit/Mission Bay.

Pacific Beach/Mission Beach lifeguards have seized on the "home-field advantage" in past years, claiming the relays crown annually since 1998. That streak was finally broken this year by lifeguards from the Southern District, who had not claimed the title since 1997.

La Jolla lifeguards grabbed second in the competition, followed by Central District in third and the Boating Safety Unit in fourth.

The 12-leg relays test speed, strength, agility and teamwork among members and puts rescue techniques on on public display.

The relays raised about \$10,5000 for various causes. This year, City Councilmembers co-captained and partnered with the respective divisions toward the following end:

- Councilwoman Marti Emerald and Councilman Mark Kersey co-captained the Southern District, working with lifeguards to raise \$2,500 to support the Ocean Beach Community Development Corporation's Veterans' Plaza Memorial Project;

- Councilman David Alvarez and Councilwoman Myrtle Cole co-captained the Central Division, working with lifeguards to raise \$2,500 for the



Jackie Robinson YMCA;

- City Council President Todd Gloria and Council President Pro Tem Sherri Lightner co-captained the Northern Division, working with lifeguards to raise \$3,000 for the Marine Corps Law Enforcement Foundation;

- Councilwoman Lorie Zapf and Councilman Scott Sherman co-captained the Boating Safety Unit/Mission Bay, working with lifeguards to raise \$2,500 for Rady Children's Hospital.

District 2 City Councilman Ed Harris — a longtime veteran lifeguard and resident of Point Loma whose district encompasses all of San Diego's beach communities, was front and center for the event.

He praised the efforts of supporters.

"I appreciate my council colleagues participating in this year's relays and fundraising for local charities, and for Capt. Scott Adams for firing the starting gun. It was a rigorous competition for the lifeguards and a fun event for those who came out to watch," said Harris.

The lifeguard relays are named for veteran lifeguard and longtime Northern District team captain Ronald Trenton, who was lost at sea while piloting his private plane from Catalina Island to San Diego in 1997.

REMEMBER WHEN? >>

THE PACIFIC BEACH DANCE PAVILION makes its way from the beach to a spot near Hornblend and Morrell streets in January 1897. Workers are using the "Capstan method" to winch the structure to its final destination. The dance hall would serve as a lemon-packing house and, ironically, a Methodist church.

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



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Belmont Park makes way for Draft South Mission and Cannonball

By FRANK SABATINI JR.

One of the most ambitious enterprises to land on the Belmont Park boardwalk in years is Draft South Mission, a 12,000-square-foot beer-centric gastropub rigged with 60 taps, as well as a 31-foot-high LED wall used for projecting educational brewing videos and major sports games.

Draft was scheduled to open June 13 in the structure that formerly housed Canes Bar & Grill. In July, the roof was to be fully utilized for Cannonball, where sushi, sake and cocktails take center stage.

The double venture is being launched by Eat.Drink.Sleep. (EDS), which has a portfolio of properties throughout California and Arizona. Locally, they include Tower 23 and JRDN in Pacific Beach and the Lakehouse Hotel and Resort in San Marcos.

"We wanted to tap into San Diego's budding craft-beer culture," said Justin Lopez, director of operations for Belmont Park Entertainment, an entity of EDS. "And since we're known also for beautiful weather, our slogan at Draft is 'brews and views.'"

With a laid-back aesthetic that flows onto two boardwalk patios, Draft showcases dozens

of tap selections, along with 50 bottle choices. About 70 percent of the inventory hails from San Diego and other California breweries while also embracing out-of-state labels and a list dedicated to Belgian beers.

"We'll also have a strong brown-spirits program," said Lopez, referring to an array of premium whiskeys slated for both classic and contemporary cocktails.

The food menu points to everything from pork-belly corn dogs and pistachio-crusted salmon sandwiches to bison burgers and ribeyes finished with bone marrow butter. For weekend brunch, which started in late June, the menu will usher in dishes such as lemon meringue pancakes and French toast BLTs.

Draft's architectural team included renowned San Diego-based designer, Mauricio Couturier, whose local projects include Bang Bang and Super El Camino. For the giant LED wall incorporated into the blueprint, EDS produced videos of the brewing processes at Coronado Brewing Company and Saint Archer Brewery that will be

SEE **DRAFT** >> PG. 9



WHAT'S NOW ON TAP IN PB This rendering shows the inside of the Draft South Mission gastropub. Courtesy photo

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LIFEGUARDS IN TRAINING More than 500 San Diego Junior Lifeguards from across the county competed in the South Mission Junior Lifeguard Competition on Aug. 1. The competition included rescue relays, swim relays, paddleboard races and beach flags. Courtesy photos by Ronan Gray

La Jolla shines bright as residents jump on the solar bandwagon

San Diego was named the second strongest solar city in the nation by a recent Environment America report, and La Jolla helped San Diego earn this recognition. In terms of installed solar, the 92037 ZIP code is second only to 92154 in the city of San Diego, according to California Solar Initiative data. "La Jolla property owners get it - they understand the benefits of clean energy, both economically and environmentally," said Daniel Sullivan, founder and president of Sullivan Solar Power. "We believe that 92037 has the opportunity to transition to the strongest solar community in the nation."

The amount of solar is continuing to increase exponentially for residential and commercial properties throughout La Jolla. The National Oceanic and Atmospheric Administration (NOAA) Southwest Fisheries Science Center installed a scenic 117,680-watt solar photovoltaic system on the rooftop of their new facility, and UCSD is the largest solar producing institution in the region. Sullivan Solar Power is currently in the process of energizing seven on-campus solar power installations at UCSD totaling 763,858-watts. The newest UCSD solar installations will save the campus more than \$2 million over 20 years.

To further expand solar power in La Jolla, local firm Sullivan Solar Power has created and is administering the La Jolla Solar Program, a cash-back program for La Jolla resi-

dents that concludes with a workshop on Saturday, Aug. 9, from 11 a.m. to 12 p.m. at the La Jolla Library, 7555 Draper Ave. "The La Jolla Solar Program provides property owners an incentive on top of the state and federal incentives, exclusively through our

company. Our goal is to transition the way this region generates its power."

For more information about solar power, call 1-800-SULLIVAN or visit www.LaJollaSolarProgram.org.



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WHEN: Saturday, August 9th | 11am-12pm

WHERE: La Jolla Library
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The building where *Guava Beach* currently is was built in the late 1930's and is the 2nd oldest commercial building in MB. It has been the home to almost a dozen different restaurants, including: The Bath House, Beef and Burgundy, Blue Pacific, Debauchery, The Spot on Mission, Newport Annies and Guava Beach!

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DRAFT »
CONT. FROM PG. 7

shown regularly for public consumption.

"We'll also capture big football and soccer games, but we won't be using the wall to run ESPN and other sports channels when there are no major games occurring," said Lopez. "We don't want the moniker of a sports bar."

In the meantime, rooftop construction for the indoor-outdoor Cannonball is in its final phase. Once open, a glass elevator will begin delivering guests to a 6,000-square-foot space that

NOW ON TAP

Draft South Mission and Cannonball are located at 3105 Oceanfront Walk. The websites are: www.draftsandiego.com and www.cannonballsd.com. For more information, call Belmont Park Entertainment at (858) 228-9283.

was previously underutilized by Canes.

"We've expanded and retrofitted the roof all the way from the south side of the building to the north side, overlooking WaveHouse," said Lopez.

The layout will feature a glass-enclosed sushi bar, coined "the sushi cube," along with a separate bar and kitchen and ocean-facing views.

In addition to sake, the drink list will focus heavily on white spirits — vodka, rum and gin — used in cocktails constructed with fresh fruits, herbs and house-made syrups.

Chef Brad Wise, director of culinary operations for EDS, is overseeing the menus at both venues, although well-known sushi caterer Chef Hugo Arreguin will take the reigns at Cannonball.

Arreguin also worked at Sushi on a Roll and JRDN.

Veggie lovers unite!**'Meatless Monday' rolls out at The Patio on Lamont Street**

Calling all vegetarians, vegans, and just plain veggie fans. The Patio on Lamont Street recently started offering a 'Meatless Monday' menu on Mondays starting at 6 p.m., in addition to the regular dinner menu.

While The Patio on Lamont Street has always prided itself on sustainable, farm-to-table cooking, 'Meatless Monday' aims to provide a few more options for those with dietary restrictions.

Chef de Cuisine Andre Fuentes plans on changing the menu every couple of weeks to reflect seasonal ingredients. Currently, three delicious dishes are being served up. They include: heirloom tomato with pine nut-raisin relish, shaved asiago, and crispy basil; white bean and baby kale with rosemary fried almonds, grilled red onion, kalamata olive puree and lemon vinaigrette; and seared risotto cake with wilted spinach, caramelized onion, roasted pepper coulis, shaved pecorino, and orange balsamic gastrique.

In addition, The Patio will be hosting a "Vegepalooza" wine dinner on Tuesday, October 7, in honor of Vegetarian Awareness Month. This themed dinner will pair delicious meatless courses with wines handpicked by Patio wine expert Sheila Tracy.

To stay up-to-date with all the latest events happening at The Patio, email events@thepatiosd.com and ask to join our mailing list.

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2013 Rosé of Cinsault, Scholium Project, "Rhododactylus,"
Bechtold Ranch, Lodi A round & fragrant wine.
Absolutely lusciously delicious. A yachting wine, Lovey.

CUBA**Ropa Vieja**

Braised shredded flank steak + sofrito sauce +
spanish olives + white rice
2012 St. Magdalener, Südtirol, Erste+Neue, "Gröbner Hof," Italy
A lean-ness interlaced with a rich quality usually
reserved for a thicker wine.
Pizza to short ribs on this one.

JAMAICA**Jerk Shrimp Skewers**

Braised black beans
2013 Riesling, Teutonic, Crow Valley Vineyard,
Willamette Valley, Oregon
Classic Alsace. For Riesling drinkers
with no fear & a true understanding
of what's in the glass.

HISPANIOLA**Haitian Griots**

Crispy pork + sour oranges +
caramelized onions
2009 Dornfelder, Siegrist, Troken,
Pfalz, Germany
Deep & dusty on the nose, this initially
light-bodied wine quickly
opens to lush black cherry notes.

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LIVE
MUSIC >>

By BART MENDOZA

The Room Downstairs sounds like it might be the title to a 1970s horror movie. But actually, it's the name of a reggae/rock-jam band performing at the Typhoon Saloon on Aug. 8. The band can definitely lay down the dub-friendly rhythms, but it also has touches of electronica and a melodic sensibility that sets it apart from like-minded combos. The Room Downstairs also features Latin grooves on songs like "Lay Next to Me" that sees its sound veer into soul territory. If you are looking for dance-friendly tunes to start the weekend, this is a good option.

• **THE ROOM DOWNSTAIRS:** Friday, Aug. 8 at the **TYPHOON SALOON**, 1165 Garnet Ave. 9 p.m. 21 and up. No cover. www.typhoonsaloon.com.

Once upon a time, the Catamaran Hotel was one of San Diego's key concert locations, with a great jazz

lineup and bands like The Knack taking the stage. These days, music there is a much more low-key affair, with Hawaiian tunes during luau season and acoustic music to add to the dining options. However, there is still real talent to be found there, like singer-songwriter Casey Turner, who performs on Aug. 9. A Pacific Beach resident, Turner has been receiving significant radio play on the West Coast, with an impressive tour circuit that sees him reach from Hawaii to Northern California on a regular basis. Turner's set here will feature classic covers — a nice way to kick off a Saturday night.

• **CASEY TURNER:** Saturday, Aug. 9 at **THE**

CATAMARAN HOTEL, 3999 Mission Boulevard. 9 p.m. 21 and up. www.catamaranresort.com.

A little bit of Louisiana comes to Pacific Beach on Aug. 10 when Theo and the Zydeco Patrol perform at the free Pacific Beach Concerts on the Green Series. Mixing bits of blues, R&B, Cajun sounds and plenty of irresistible rhythm, the Zydeco Patrol is an instant dance party — the perfect band to listen to with your feet in the grass and a sunny San Diego sky overhead. The band has a solid album available, "Wine, Wine Wine." But why settle for listening to music at home when you can experience the fun in person at this

terrific community event?

• **THEO AND THE ZYDECO PATROL:** Sunday, Aug. 10 at **CONCERTS ON THE GREEN**, Kate Sessions Park. 4 p.m. All ages. Free. www.pbconcerts.org.

It's been six years since Tori Roze and her band, The Hot Mess, made its debut. It has made an impact. Multiple San Diego Music Award nominees, the band's soulful mix of R&B and rock sounds have made it a standout on the local music scene. Appearing at the Kona Kai's Vessel's Lounge on Aug. 16, Roze will make a rare appearance in duo mode, with Hot Mess guitarists accompanying her. Roze has a wonderful voice, full of bluesy passion. This

intimate performance at the Kona Kai's oceanside venue is a great place to experience her music.

• **TORI ROZE AND JOHNNY ALEXANDER:** Saturday, Aug. 16, 6 p.m. at the **KONA KAI RESORT**, 1551 Shelter Island Drive. www.resortkonakai.com.

Melodic hard rockers Arson Academy perform at the 710 Beach Club on Aug. 16. The quintet isn't forging new ground, but its songs have all the right elements, plenty of hooks and plenty of energy, as heard on tracks such as "Dizzy Spell." It has made several recordings, with a collection of holiday favorites particularly recommended, but this live show should be an excellent showcase for the band. The bill also includes opening bands Playfight and Moonshine. Major kudos to the 710 Beach Club for being one of the only places near the beach to spotlight original music.

• **ARSON ACADEMY:** Saturday, Aug. 16 at the **710 BEACH CLUB**, 710 Garnet Ave. 9 p.m. 21 and up. www.710bc.com.



MUST HEAR >>

Jazz fans will want to investigate the music of flugelhornist Dmitri Matheny, who performs at Dizzy's on Aug. 15. The occasion is a special concert to celebrate the release of his tenth album, "Sagebrush Rebellion," a project recorded live at Dizzy's on his 2013 tour. Matheny will be backed by the same great band featured on the album: pianist Nick Manson, bassist Justin Grinell and drummer Duncan Moore. This show takes in a wonderful mix of classic material from the likes of Duke Ellington and Charlie Haden and originals from Matheny and Grinell. The flugelhorn is rarely seen as a lead instrument, but in Matheny's capable hands, that perception is definitely changing.

• **DMITRI MATHENY:** Friday, Aug. 15 at **DIZZY'S**, 4275 Mission Bay Drive. 8 p.m. \$15. www.dizzysjazz.com.

— Bart Mendoza

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This exhibition has been organized by the Meadows Museum, SMU, The San Diego Museum of Art and Fundación MAPFRE. The contributions of The Hispanic Society of America have been crucial to the success of this exhibition. A generous gift from The Meadows Foundation has made this project possible. Presenting Sponsor: Conrad Prebys and Debbie Turner. Joaquín Sorolla y Bastida. *Running Along the Beach* (detail), 1908. Oil on canvas. Museo de Bellas Artes de Asturias, Colección Masaveu.

Bird's surf scoop



Photo by Goulding/jagmediaproductions.com

Bird Huffman

Quite often, I get requests to appraise a surfboard, either from a historical standpoint or a monetary one. Although just about all surfboards are different in a wide variety of ways, the same basic point needs to be touched on. Below is my response to the latest inquiry. I hope you find it of some interest.

Howzit Bill?

There are generally three types of people who like old boards. One is the investor/collector. These types of folks generally seek

Assessing value, demand for your board

out boards in the 8-10 scale of condition. Some are very knowledgeable, but most are not. These people will spend serious dollars on the right board.

Another group of buyers is the decor/buyer. They generally know little if anything about boards, using them as props or more of a decorative item. They can spend dollars, but it's hard to get it out of them.

The last group of people is the I want: the "to ride it" group. Condition is of little

importance since it's all about the ride and not the glitz or glamour. As you would expect, this crew operates on a strict budget.

Your board falls into a very limited appeal group, and this is reflected in its value. Finding a badly weathered board and bringing it back to a respectable level is not a hard thing to do. To completely cover an entire board with a hot-coat pigment rather than polishing it to a high luster is a bit time consuming and is generally not a recommended

way to go. Yes, you can hide ALL previous damage and sun-burned areas. BUT the board loses 90 percent of its soul.

No wooden stringer to view or possible markings on that stringer. Money buyers realize this instantly and shy away from it. A decor buyer might step up. Preserving a board by leaving all of its damaged areas exposed is the preferred way to go. The board's overall condition tells a story and captivates all who look at it as they think

about where the board has been and all of the waves that it's been ridden on. A nice seal job with a lightly sanded finish is very cost-effective, thus making the board more affordable and interesting than one that has been covered up. In this scenario less is best.

Five to six years ago, your board could have sold in the \$1,200 range if presented to the right group of buyers. These days, you'd be looking at a price range of between \$600 to \$800 — again, if

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-018154 Fictitious Business Names(s): EFFECTIVE AUTO MARKETING located at: 4870 NARRAGANSETT AVE. SAN DIEGO, CA 92107 is registered by the following: JOHN ANDERSON, CHRISTOPHER BRAGG This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: MARCELO BELLATO Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY 03, 2014 ISSUE DATES: JULY 17, 24, 31 AND AUG 07, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-018022 Fictitious Business Names(s): HELPING HANDS HOUSEKEEPING, A HELPING HAND CLEANING SERVICE located at: 6227 EAL-COMA DR. SCOTTSDALE, AZ 85254 is registered by the following: BRENDA SMITH This business is conducted by: AN INDIVIDUAL The first day of business was: 07/01/2013 Registrant Name: BRENDA SMITH Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY 02, 2014 ISSUE DATES: JULY 17, 24, 31 AND AUG 07, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-015187 Fictitious Business Names(s): RENDINA HEALTHCARE REAL ESTATE Located at: 505 LOMAS SANTA FE DR. #190 SAN DIEGO, CA 92075 is registered by the following: RENDINA DEVELOPMENT COMPANY OF AMERICA WEST, LLC This business is conducted by: A LIMITED LIABILITY COMPANY RENDINA DEVELOPMENT COMPANY OF AMERICA WEST, LLC 661 UNIVERSITY BLVD. SUITE 200 JUPITER, FLORIDA 33458 FLORIDA The first day of business was: NOT APPLICABLE Registrant Name: MICHAEL D. RENDINA Title: CHIEF OPERATING OFFICER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUN 26, 2014 ISSUE DATES: JULY 17, 24, 31 & AUG 07, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-017967 Fictitious Business Names(s): SEALIGHTS ART AND CRAFTS located at: 2490 ETIWANDA ST. APT C SAN DIEGO, CA 92107 is registered by the following: MAE CRAUDER-DAVIS This business is conducted by: AN INDIVIDUAL The first day of business was: 06/01/1996 Registrant Name: MAE CRAUDER-DAVIS Title: OWNERT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUL 02, 2014 ISSUE DATES: JULY 17, 24, 31 AND AUG 07, 2014

SUPERIOR COURT OF CALIFORNIA NORTH COUNTY 325 SOUTH MELROSE DR VISTA, CA. 92081 CASE NO: 37-2014-00022874-CU-PT-NC PETITIONER OR ATTORNEY, CATHERINE ELIZABETH GREELY AND JOSHUA SHANE KENDALL HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM HENRY JAMES GREELY LIGHTFOOT TO HENRY JAMES KENDALL A MINOR ON BEHALF OF HIS PARENTS CATHERINE ELIZABETH GREELY AND JOSHUA SHANE KENDALL THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON SEPT 02, 2014 TIME: 8:30 AM DEPT 26 SAME AS NOTED ABOVE ISSUE DATE(S): JULY 17, 24, 31 AND AUG 07, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-018778 Fictitious Business Names(s): J AND M PAYPHONES located at: 2490 ETIWANDA ST. APT C SAN DIEGO, CA 92111 is registered by the following: ANTHONY JAMES FRANCIS This business is conducted by: AN INDIVIDUAL The first day of business was: 07/11/2014 Registrant Name: ANTHONY JAMES FRANCIS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUL 11, 2014 ISSUE DATES: JULY 17, 24, 31 & AUG 07, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-018856 Fictitious Business Names(s): AMERICAN PLUMBING GROUP located at: 3654 BEN ST. SAN DIEGO, CA 92111 is registered by the following: RYAN WILLIAM ROTHERMEL This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: RYAN WILLIAM ROTHERMEL Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUL 14, 2014 ISSUE DATES: JULY 17, 24, 31 & AUG 07, 2014

SUMMONS (Family Law) NOTICE TO RESPONDENT: Fortunato Sagun Pettitioner's name is: Felicidad Vitug CASE NUMBER: D543374 You have 30 calendar days after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the legal services Web site (www.lawhelpcalifornia.org), or by contacting your local county bar association. NOTICE: The restraining orders on page 2 are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. NOTE: If a judgment or support order is entered, the court may order you to pay all or part of the fees and costs that the court waived for yourself or for the other party. If this happens, the party ordered to pay fees shall be given notice and an opportunity to request a hearing to set aside the order to pay waived court fees. 1. The name and address of the court are Superior Court of California San Diego, Family Law Division 1555 Sixth Avenue San Diego, CA 92101 2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are: FELICIDAD VITUG 11472 VILLAGE RIDGE ROAD SAN DIEGO, CA. 92131 Date: JUN 13, 2013 Clerk, by O. CORONADO, Deputy ISSUE DATES: JULY 31 AUG 07, 14, AND 21, 2014

ing orders on page 2 are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. NOTE: If a judgment or support order is entered, the court may order you to pay all or part of the fees and costs that the court waived for yourself or for the other party. If this happens, the party ordered to pay fees shall be given notice and an opportunity to request a hearing to set aside the order to pay waived court fees. 1. The name and address of the court are Superior Court of California San Diego, Family Law Division 1555 Sixth Avenue San Diego, CA 92101 2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are: FELICIDAD VITUG 11472 VILLAGE RIDGE ROAD SAN DIEGO, CA. 92131 Date: JUN 13, 2013 Clerk, by O. CORONADO, Deputy ISSUE DATES: JULY 31 AUG 07, 14, AND 21, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-018967 Fictitious Business Names(s): LOLA'S SWEETS AND GOODIES Located at: 5063 CLAIREMONT MESA BLVD. APT 29E SAN DIEGO, CA 92117 is registered by the following: ROSEMARIE B. GENEROSO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ROSEMARIE B. GENEROSO Title: OWNER / PROPRIETOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUL 15, 2014 ISSUE DATES: JULY 24, 31 AUG 07 AND 14, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-016771 Fictitious Business Names(s): DEL CERRO MANOR located at: 6667 WANDERMERE CT. SAN DIEGO, CA 92120 is registered by the following: NONA ENTERPRISES, INC. This business is conducted by: A CORPORATION NONA ENTERPRISES, INC. 6667 WANDERMERE CT. SAN DIEGO, CA. 92120 CALIFORNIA The first day of business was: 06/25/2004 Registrant Name: BENJAMIN BARTH Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUN18, 2014 ISSUE DATES: JULY 17, 24, 31 AND AUG 07, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-016262 Fictitious Business Names(s): B & B PAINTING AND WALLCOVERING located at: 3834 ESTRELLA AVE. SAN DIEGO, CA 92105 is registered by the following: WILLIAM A. HELD, ROBERT R. AMAT This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: 06/12/2014 Registrant Name: WILLIAM A. HELD Title: GENERAL PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUN13, 2014 ISSUE DATES: JUN 19, 26 JULY 03 AND 10, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-019334 Fictitious Business Names(s): SAN DIEGO PROPERTY RENTALS Located at: 5241 BELARDO DR. SAN DIEGO, CA 92124 is registered by the following: RICHARD C. NORWOOD, RYAN J. RUTHERFORD This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: RYAN J. RUTHERFORD Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY17, 2014 ISSUE DATES: JULY 24, 31 AUG 07 AND 14, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-019300 Fictitious Business Names(s): FLORENZIA PIZZA Located at: 2410 FLETCHER PKWY EL CAJON, CA 92020 is registered by the following: MATI LORJA This business is conducted by: AN INDIVIDUAL The first day of business was: 05/11/1995 Registrant Name: MATI LORJA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY17, 2014 ISSUE DATES: JULY 24, 31 AUG 07 AND 14, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-019686 Fictitious Business Names(s): GRANDER HOME FINANCING Located at: 677 7TH AVE. UNIT 412 SAN DIEGO, CA 92101 is registered by the following: NATHAN DANIEL WELLS This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: NATHAN DANIEL WELLS Title: PRESIDENT / CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY 22, 2014 ISSUE DATES: JULY 24, 31 AUG 07 AND 14, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-016262 Fictitious Business Names(s): B & B PAINTING AND WALLCOVERING located at: 3834 ESTRELLA AVE. SAN DIEGO, CA 92105 is registered by the following: WILLIAM A. HELD, ROBERT R. AMAT This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: 06/12/2014 Registrant Name: WILLIAM A. HELD Title: GENERAL PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUN 13, 2014 ISSUE DATES: JUNE 19, 26 JULY 03 AND 10, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-019793 Fictitious Business Names(s): THE VEGGIE REPUBLIC located at: 730 LAW STREET SAN DIEGO, CA 92109 is registered by the following: KLIK ENTERPRISES, LLC This business is conducted by: A LIMITED LIABILITY COMPANY KLIK ENTERPRISES, LLC. 730 LAW ST. SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: KARIN KOMAN Title: MANAGING MEMBER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY23, 2014 ISSUE DATES: JULY 31 AUG 07, 14 AND 21, 2014

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE NO. 2014-018071 (1) FICTITIOUS

BUSINESS NAME(S) OF PARTNERSHIP: a. ASIANAS (2) LOCATED AT: 4885 NEWPORT AVE. SAN DIEGO, CA 92107 (3) THE FICTITIOUS BUSINESS NAME REFERRED TO ABOVE WAS FILED IN SAN DIEGO COUNTY ON: 06/29/ 2014, and assigned File No. 2014-002597 (4) THE FOLLOWING GENERAL PARTNER HAS WITHDRAWN: LOIDA JUMARITO-PALMER 5026 WEST POINT LOMA BLVD. SAN DIEGO, CA. 92107(5) The statement was filed by Ernest J. Dronenburg, Jr. San Diego County Clerk / Recorder on: JUL 03, 2014 ISSUE DATE(S): JULY 31 AUG 07, 14 AND 21, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-019987 Fictitious Business Names(s): MAS REALTY located at: 8969 LIBRA DR. SAN DIEGO, CA 92126 is registered by the following: MARK SCICCHITANO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MARK SCICCHITANO Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY24, 2014 ISSUE DATES: JULY 31 AUG 07, 14 & 21, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-018530 Fictitious Business Names(s): AMALFI BY RANGONI, RANGONI FRENZE SHOES, AMALFI located at: 3199 CORNERSTONE COURT E #106 SAN DIEGO, CA 92121 is registered by the following: RANGONI AMERICA CORP. This business is conducted by: A CORPORATION RANGONI AMERICA CORP. 6199 CORNERSTONE CT E #106 SAN DIEGO, CA. 92121 ALABAMA The first day of business was: 06/02/2008 Registrant Name: RANDY PADDOCK Title: VICE PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY09, 2014 ISSUE DATES: JULY 31 AUG 07, 14 AND 21, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-020840 Fictitious Business Names(s): SAVE THE WORLD located at: 6344 LA PINTURA DR. LA JOLLA, CA 92037 is registered by the following: OK PRICE LLC This business is conducted by: A LIMITED LIABILITY COMPANY OK PRICE LLC 6344 LA PINTURA DR. LA JOLLA, CA. 92037 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: KEMBERLY TABOADA Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: AUG 04, 2014 ISSUE DATES: AUG 07, 14, 21 AND 28, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-020808 Fictitious Business Names(s): LANCOURT PROPERTIES located at: 3775 BOYD AVE. UNIT 86 SAN DIEGO, CA 92111 is registered by the following: RONALD EUGENE SIDERS This business is conducted by: AN INDIVIDUAL The first day of business was: 07/29/2014 Registrant Name: RONALD E. SIDERS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: AUG 04, 2014 ISSUE DATES: AUG 07, 14, 21 AND 28, 2014

SUPERIOR COURT OF CALIFORNIA CENTRAL DIVISION 220 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2014-00025643-CU-PT-CTL PETITIONER OR ATTORNEY, JORDAN STEVEN GUTIERREZ TODD 8840 VIA LAJOLLA DRIVE, #108 LA JOLLA, CA 92037 559-210-2570 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS FROM JORDAN STEVEN GUTIERREZ TODD TO JORDAN STEVEN TODD THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON SEPT 19, 2014 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): AUG 07, 14, 21 AND 28, 2014

SUPERIOR COURT OF CALIFORNIA CENTRAL DIVISION 220 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2014-00025838-CU-PT-

CTLPETITIONER OR ATTORNEY, JANINE J. HUMMEL 2149 HISTORIC DECATUR RD. SAN DIEGO, CA. 92106 619-222-3645 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS FROM BRANDON ALEXANDER HALES TO BRANDON ALEXANDER HUMMEL A MINOR ON BEHALF OF JANINE J. HUMMEL HIS MOTHER THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON SEPT 19, 2014 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): AUG 07, 14, 21 AND 28, 2014

STATE OF VERMONT SUPERIOR COURT CHITTENDEN UNIT CIVIL DIVISION Docket No. 349-3-14 Cnty SYLVIA SCOTT, Plaintiff v. CASSIE TREGLIA Defendant SUMMONS AND ORDER OF PUBLICATION THIS SUMMONS IS DIRECTED TO: CASSIE TREGLIA. 1. YOU ARE BEING SUED. The plaintiff has started a lawsuit against you. A copy of the Plaintiff's Complaint against you is on file and may be obtained at the office of the clerk of this court, Vermont Superior Ct., Chittenden Unit, Civil Division, 175 Main Street, Burlington, VT, 05401. Do not throw this paper away. It is an official paper that affects your rights. 2. PLAINTIFF'S CLAIM. Plaintiff's claim is for personal injuries and damages resulting from a snowboarder to skier collision occurring at Mt. Snow ski resort on March 29, 2013. 3. YOU MUST REPLY WITHIN 41 DAYS TO PROTECT YOUR RIGHTS. You must give or mail the Plaintiff a written response called an answer within 41 days after the date on which this Summons was first published, which is August 7, 2014. You must send a copy of your answer to the Plaintiff's attorney, at the following address: Law office of Todd D. Schlossberg, P.O. Box 984, Burlington, VT, 05402. You must also give or mail your answer to

the Court located at: Vermont Superior Ct., Chittenden Unit, Civil Division, 175 Main Street, Burlington, VT, 05401. 4. YOU MUST RESPOND TO EACH CLAIM. The Answer is your written response to the Plaintiff's Complaint. In your Answer you must state whether you agree or disagree with each paragraph of the Complaint. If you believe the Plaintiff should not be given everything asked for in the Complaint, you must say so in your Answer. 5. YOU WILL LOSE YOUR CASE IF YOU DO NOT GIVE YOUR WRITTEN ANSWER TO THE COURT. If you do not send the Plaintiff your answer within 41 days after the date on which this Summons was first published and file it with the Court, you will lose this case. You will not get to tell your side of the story, and the Court may decide against you and award the Plaintiff everything asked for in the Complaint. 6. YOU MUST MAKE ANY CLAIMS AGAINST THE PLAINTIFF IN YOUR REPLY. Your Answer must state any related legal claims you have against the Plaintiff. Your claims against the Plaintiff are called Counterclaims. If you do not make your Counterclaims in writing in your Answer, you may not be able to bring them up at all. Even if you have insurance and the insurance company will defend you, you must still file any Counterclaims you may have. 7. LEGAL ASSISTANCE. You may wish to get legal help from a lawyer. If you cannot afford a lawyer, you should ask the court clerk for information about places where you can get free legal help. Even if you cannot get legal help, you must still give the court a written Answer to protect your rights or you may lose the case. ISSUE DATE(S): AUG 07 AND 14, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-020954 Fictitious Business Names(s): BEE, JUST BEE, BEE KING, BEEKING located at: 625 SECOND STREET CORONADO, CA 92118 is registered by the following: ISLAND POCKET MAP This business is conducted by: A CORPORATION ISLAND POCKET MAP 625 SECOND STREET CORONADO, CA. 92118 CALIFORNIA The first day of business was: 05/10/2005 Registrant Name: KAREN DUGGER Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: AUG 05, 2014 ISSUE DATES: AUG 07, 14, 21 AND 28, 2014

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Harbor seal pup on verge of death rescued, rehabbed, released to ocean by SeaWorld

Animal-care experts at SeaWorld completed their delicate mission recently of rescuing, rehabilitating and releasing a harbor-seal pup that experts said would surely have died if not for SeaWorld's intervention.

The pup, less than a year old, was found at the Children's Pool in La Jolla on July 26 with monofilament wrapped around its neck. SeaWorld officials said the line was already cutting into the animal's neck and he would have died without help.

Once the line was removed with surgical tools, the wound was cleaned and the animal was provided antibiotics to prevent infection, spending less than a week of medical rehabilitation and recovery at the park's Animal Rescue Center.

The pup was returned to his ocean home July 31 at the Children's Pool.

This year, SeaWorld San Diego's Animal Care Team has rescued more than 185 ill, injured and stranded marine mammals, including sea lions, seals, whales and



FREE AGAIN Animal-care experts from SeaWorld release a harbor-seal pup that was rescued from Children's Pool in La Jolla, found suffering from life-threatening injuries July 31. Rescuers rehabilitated the little guy and released him to his home just five days later.

SeaWorld courtesy photo by Kortney Sanders

dolphins. SeaWorld officials said nearly 70 percent of the marine mammals rescued by

the park are returned to the wild.

—Staff and contribution

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BIRD >> CONT. FROM PG. 11

presented to the right group of folks.

At the present time, I have a professionally sealed and polished early 1960s Hobie that has a great logo and no less than six stringers. It is priced at \$595 and has been here for two months. The

board market may recover in time, but I wouldn't hold my breath waiting.

For another gauge of its value and a possible sale, list it on eBay and see who bites and what type of offers are coming in. As is often the case, your local shop or group of beach buddies will tell you I'm nuts and the board is worth big bucks. Every one has an opinion, and they are usually giving it to you for free. Getting the money that people say it's worth is

a whole other ball game.

In closing, I'll leave you with this. Skip [Frye] does fine work and is a credit to the profession. The board you have is unique in its own way, complete with the stories you have about it. I'd say enjoy all that it has to offer and be proud of what you have helped bring back to life.

With respect,
Bird

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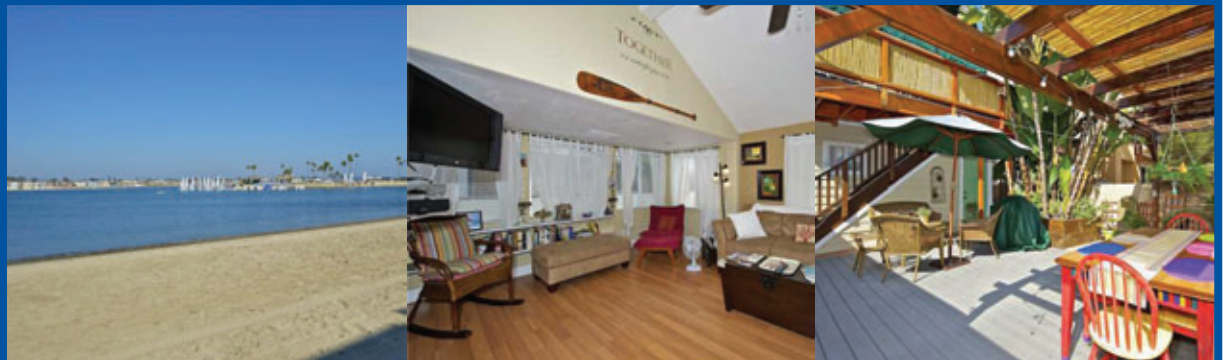
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