



HEELS DANCE CLASS OFFERED IN PB

At Fitness West in Pacific Beach, a new Heels dance class is attracting women who can dance the night away in their high heels while burning calories.

PAGE 11



SMOKED BBQ AT IRON PIG ALEHOUSE

Iron Pig Alehouse in Pacific Beach is named for its smoker, the machine responsible for the authentic, slow-cooked smoked barbecue.

PAGE 7

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, JANUARY 29, 2015

BEACHANDBAYPRESS.COM



AND THEY'RE OFF TO THE RACES Participants start the 1-mile kids run as part of the Friends of Pacific Beach Schools School Yard Dash at DeAnza Cove, Mission Bay, on Sunday. The second annual charity event raises money for the six local schools in the Mission Bay Cluster. PHOTO BY RONAN GRAY

Small crimes raise larger concerns for PB residents

Recent spate of home and vehicle break-ins hits area

By DAVE SCHWAB

A crime spree of sorts in PB has residents wondering why and brainstorming as to what they can do about it.

Hardly a day has gone by recently when there hasn't been, among the daily reports of lost dogs or stray cats on Nextdoor.com, a recounting of some criminal activity in the area.

Such was the case with David Daum from River Sail Bay.

"I'm new to the area and amazed at all the crime here," said Daum. "In just one week, there has been reported numerous home invasions, car thefts, assaults and robberies.

"To top it off, my next-door neighbor got his car stolen and was notified that gangs of youths troll the neighborhood during late-night hours, breaking into cars and

SEE CRIME, Page 4

The day every person counts

By THOMAS MELVILLE

Cold, dark, and early. On Thomas Avenue, the lights are glowing at Pacific Beach United Methodist Church and nearly 40 people, bundled up in sweatshirts, hats and scarves, are huddled around Imelda McClendon in the community room.

McClendon, the senior project analyst with the Regional Task Force on the Homeless, gives out last minute instructions and maps to the volunteers. It's 3:30 a.m. and everyone is a little bleary eyed, but eager to get moving.

"Make sure to mark on the map where you see a person, but do not approach them," she says. "We're looking for unsheltered homeless this morning."

SEE COUNT, Page 2



Gangsta and his new buddy Taco go for a ride. Gangsta is street musician Sam Schildkraut's sidekick and will they celebrate their 1,001st performance together on Feb. 9.

COURTESY PHOTO

PB street musician to celebrate his 1,001st performance in style with sidekick Gangsta

By DAVE SCHWAB

Street musician Sam Schildkraut and his sidekick, Yorkie-Chihuahua (YoWaWa) mix Gangsta, will celebrate their 1,001st performance outside Skechers shoes at 4475 Mission Blvd. from 9 to 11 p.m. on Monday, Feb. 9.

"We'll both be dressed in our tuxes," said Schildkraut of the special occasion.

It's been a year since the unlikely pair was first featured in the Beach & Bay Press. Both remain active, vital and increasingly familiar in their adopted beach community.

Sam has gained notoriety for playing his sax while accompanied by Gangsta. And Gangsta is making friends, like his new buddy "Taco," whom he hangs out with now whenever Taco's owner Doug DePrima drops by.

DePrima said Taco and Gangsta are "homies."

"They go wild for each other," DePrima said, adding the two pet

'If people have ever appreciated my work, hopefully they'll come by and say hi.'

SAM SCHILDKRAUT
STREET MUSICIAN IN PB

owners and their charges met at McDonald's and have been friends ever since.

DePrima gives kudos to Schildkraut for spending time with and promoting his "sidekick."

"Sam takes Gangsta to L.A. to take pictures with movie stars; he's very busy with him," DePrima said.

DePrima hopes some of Gangsta's "street cred" will rub off on Taco. In fact, some of it already has.

"Taco does a dance on his hind legs that makes people laugh. That would make me rich if I were able to get him to do it on command," said

SEE GANGSTA, Page 8

Nominees set for Discover Pacific Beach's annual awards

Discover Pacific Beach recognizes businesses in the district that contribute to the community of Pacific Beach throughout the year.

The 2014 nominees may be voted on from Feb. 1 to March 26 at www.pacificbeach.org. Winners will be announced at the Discover Pacific Beach Annual Dinner and Awards Casino Night on March 26.

The nominees are:

Newbie Award (This business is a unique and welcome addition to the community): Iron Pig Alehouse, Mad Beet, PB Smiles Dentistry.

Design and Improvement Award (This business aesthetically improves the community with unique architecture, attractive storefront and clean curb appeal): The Point (Promiscuous Fork), Perky Beans, Spice Lounge.

Heart of PB Award (This business exhibits staying power, resilience and innovation and contributes to the community of Pacific Beach): Broken Yolk, Catamaran Resort Hotel, PB Shore Club.

COUNT >> CONT. FROM PG. 1

On Friday, Jan. 23, the Regional Task Force on the Homeless collaborated with local community groups throughout San Diego County to conduct the annual Point-in-Time Homeless Count, known as WeAllCount.

According to McClendon, the count enables the region to better understand the scope, impact and potential solutions to homelessness and empowers the community to qualify for funding that is essential to addressing the issue.

At 3:45 a.m., the volunteers pair up, take their maps, and head out to count the homeless. Marina Baroff, 60, who lives in La Jolla, and Courtney Hammett, 27, from Ocean Beach, receive the boardwalk route, which starts at Pacific Beach Drive, heads south to Belmont Park and then back north up the bay walk.

Baroff, who is a retired health care executive, and Hammett, who is a social worker, are concerned about the homelessness issue and volunteered to help try and make a difference.

"I was surprised to see so many homeless when I moved here from Chicago five years ago," Hammett said. "It's an issue I want to know more about and learn what can be done to help."

In the first 15 minutes down the



On Jan. 23, the Regional Task Force on the Homeless and volunteers throughout San Diego County conducted the annual Point-in-Time Homeless Count, known as WeAllCount. This makeshift shelter in Mission Beach was counted.

PHOTO BY THOMAS MELVILLE

boardwalk, the duo identify two homeless people on the beach and one riding a skateboard. In Mission Beach, a makeshift shelter is spotted near the Green Flash sculpture.

But on the walk north, the pair does not see any homeless. "I'm surprised we didn't see more, but maybe that's a good thing," Baroff said. "It's pretty cold, so hopefully they have found some shelter."

In the coastal communities there are no permanent homeless shelters, but during the winter churches and other non-profit organizations open temporary shelters.

"We don't have the numbers of homeless that they have downtown," said McClendon, who has run the WeAllCount in PB for four years. "The homeless know where to find places and makeshift shelter to be able to sleep through the night. But we do the best we can to count them."

At about 5 a.m., volunteers started arriving back at the church to give McClendon their maps and count totals. Over the weekend, the

'It makes me appreciate how things have gone for me and how thankful I am of everything I have in my life.'

COURTNEY HAMMETT
HOMELESS COUNT VOLUNTEER

Regional Task Force on the Homeless also conducted interviews with unsheltered homeless to find out more information on their various situations.

Those data will be compiled into a report and used to help secure federal funding for more services and programs to assist the homeless.

According to the Regional Task Force on the Homeless' 2014 San Diego Regional Homeless Profile Summary, at a single point in time in January 2014, about 8,500 men, women, and children were homeless in the County of San Diego. A

little less than half of them (47 percent) slept in a place not meant for human habitation on that night.

The report estimated that 85 percent (1,698 out of 2,007) of persons in homeless families were in a SD Regional Homeless Shelter program during last year's count, while only 37 percent (2,796 out of 6,472) of homeless adult individuals were sheltered on that night.

The 2014 report concluded that veterans made up 17 percent of all homeless adults (sheltered and unsheltered); and that approximately 26 percent of San Diego's homeless adults suffer from some form of severe mental illness, while 19 percent are considered chronic substance abusers.

After volunteering for her first homeless count, Hammett said she could empathize with people who have fallen on hard times and have found themselves out in the cold.

"It also makes me appreciate how things have gone for me and how thankful I am of everything I have in my life," she said.



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Man receives 38 years for robberies in PB, La Jolla

A robber whose ex-girlfriend turned him in for hold-ups and burglaries in La Jolla and Pacific Beach was sentenced Jan. 14 to 38 years in state prison.

Attorney Raymond Aragon, who represents David Allen Grub, 45, urged San Diego Superior Court Judge Melinda Lasater for a lesser sentence of 24 years, saying, "He's never been in state prison before."

Deputy District Attorney Dennis Panish said Grub will have to serve 85 percent of his sentence, or 32 years, before he can be paroled.

Lasater ordered Grub to pay \$445,000 to the victims, mostly for missing jewelry taken in daring daytime robberies in people's homes in La Jolla and Rancho Santa Fe. She gave him credit for 787 days in jail and fined him \$10,000.

Lasater ordered a 20-year sentence for use of a gun in an Aug. 1, 2012 robbery in which he discharged a rifle into asphalt, causing it to splinter and strike the throat of La Jolla homeowner Jay Hawley. Hawley said an ambulance took him to a hospital in which doctors "took out a piece

of street from my neck" and used eight or nine stitches to close a wound near an eye.

Grub was also convicted of robbing a real estate agent, Peggy Chodorow, who had just finished showing Hawley's \$7 million home to prospective buyers. Grub took furs, jewelry and other items just as Hawley and his wife returned home and Grub fired warning shots into the pavement.

"My client's very remorseful," said Aragon. "He got involved with the wrong people." Aragon added that Grub is not a career criminal and that Grub's ex-girlfriend only wrote an incriminating letter because "he took up with another woman." Grub did not testify.

"I just want to say I'm sorry," Grub told Lasater.

"I do understand how meth (use) can... cause very bad things," said the judge. "I do think his remorse is sincere."

The crimes were unsolved until Grub's ex-girlfriend left an anonymous note in the Alpine sheriff's station on Feb. 21, 2013 that listed the crimes, Grub's name, his address and his car tag number.

— Neal Putnam

NEWS *briefs*

Flooding next to MBHS

Even though rain is a welcome sight for a parched Southern California, residents in the Pacific Beach neighborhood near Mission Bay High School are not thrilled about any precipitation. Because of a clogged storm water drainage ditch near the high school, the area floods with even a slight rainfall.

When there is any significant rainfall, the school's parking lots are flooded. The water also threatens to flood the school's new athletic field, which is under construction.

Residents say they have asked city officials to clear the drainage ditch, but nothing has happened, and the problem persists. The drainage ditch was built to handle runoff from Mount Soledad.

Box cutter found at Bonita Park

A box cutter was found at Bonita Park on Sunday after more razor blades have been found in the grass at the same park in Mission Bay the previous Sunday.

No injuries were reported on Jan. 25 or on Jan. 18 when San Diego police found seven razor blades at the park on West Mission Bay Boulevard adjacent to Belmont Park in Mission Beach.

In the past 18 months police have



TRADER JOE'S TO JOIN NEW STRIP MALL Construction is well under way in the Staples-anchored strip mall at 1650 Garnet Ave. between Jewell and Ingraham streets, which was completely gutted. Project architects Carrier Johnson + Culture say mid-August is the present target date for completion of the project. Two businesses formerly in the mall — Staples and San Diego County Credit Union (SDCCU) — will be returning along with the addition of Trader Joe's relocating from 1211 Garnet Ave., a Walgreens pharmacy and PetSmart. Two businesses previously in the mall, Empire Beauty Supply and Salon and Daisy Cleaners, have moved across the street to the property that once housed Pacific Coast Bicycles at 1637 Garnet Ave.

PHOTO BY DAVE SCHWAB

Melton to run for State Assembly seat

Community advocate and local politician Kevin Melton announced his candidacy in the upcoming election for California's 78th District State Assembly seat in 2016. Melton was a member of the "Kevin Faulconer for Mayor" campaign finance committee.

CRIME >>

CONT. FROM PG. 1

homes," Daum said. "This is like a scene out of 'Clockwork Orange.' It is obvious to me that most of these criminals never get caught, otherwise they wouldn't keep doing it."

While noting citizens "can only

do so much on their own," Daum asked, "Are there any suggestions or ideas to slow this insanity down and lead to a little safer neighborhood we have all chosen to live in?"

Art Morris of PB North Shore Highlands offered a suggestion.

"The best way to fight back is to talk to your neighbors," he wrote on Nextdoor.com. "Let them know we

are being targeted."

Morris noted it's surprising how many people "just live their lives and have no idea about what's really going on — until they are victimized."

"Try to get everyone you can to watch your back and let them know you will watch theirs," said Morris, adding, "Don't be shy about calling the cops."

Marcela Teran from PB Southwest suggested her neighbors attend the 6:30 p.m. Feb. 18 Pacific Beach Town Council meeting at Crown Point Elementary School, to tell new District 2 Councilwoman Lorie Zapf, who will be there, about growing beach crime problems.

Cynthia Rey of North Shore Highlands urged citizens concerned about crime to consider joining RSVP (Retired Senior Volunteer Patrol), whose members patrol La Jolla, PB and Mission Beach.

"We need all the help we can get to protect our community," said Rey. "It's very rewarding and interesting."

There are the usual, and the unusual, crime circumstances, like the one pointed out by Nicholas Califf of Crown Point North, who reported his security cameras recently "caught a young male smearing blood on our vehicle, parked in a well-lit driveway. Blood was found on the back of the vehicle, the hood and in the shed in the backyard."

The "Why here?" question was

'The best way to fight back is to talk to your neighbors. Try to get everyone you can to watch your back and let them know you will watch theirs.'

ART MORRIS
North Pacific Beach Highlands

addressed — and perhaps answered — by longtime PB resident Paula Ferraco. She believes the most recent crime element in PB may have been displaced from elsewhere.

"Other neighborhoods are 'tightening down' on undesirables, etc. and moving them out of other areas, forcing them into PB, where there are lots of places to hide/camp out: untrimmed bushes in the Rose Creek area; parking for campers."

Ferraco noted access and egress into and out of PB is "completely unrestricted."

"Coronado has a bridge," Ferraco said. "In PB, criminals can commit their crimes and easily exit."

Ferraco suggested that tough economic times produce more desperate people who, as always, are seeking easy "marks" while pursuing crimes of opportunity. Such crimes involve things like breaking into vehicles with valuable items exposed, or breaking into homes, which are left

unattended or unlocked.

"Alleys are routinely 'prowled' and blue recycling bins raided for cans and bottles (recycling)," Ferraco noted adding, "There is no enforcement for these petty crimes, no punishment."

Ferraco said she subscribes to the "broken window" theory of crime.

"If you leave a broken window unrepaired, then the next crime is (vandalism, arson, you fill in the blank)," she said. "Take care of the little crimes and the bigger ones will be avoided."

Det. John Smith of the San Diego Police Robbery Unit offered this tip on how residents can protect themselves from door-to-door solicitors, some of whom may be criminals casing the neighborhood.

"In San Diego, these solicitors are required to have a business tax certificate and a solicitor's identification card," Smith said, pointing out soliciting is not allowed between 8 p.m. and 9 a.m.

"It is also not permitted where 'No Soliciting' signs are present," noted Smith adding, "If a company is legitimate, they will gladly show you their paperwork. If you get the candy, magazine, solar, or alarm sales folks coming around, the worry is they may be casing a property with mal-intent."

Anyone suspecting someone of soliciting illegally, or casing a property or acting suspiciously, is urged to call the non-emergency police line, (619) 531-2000.

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Next, look at your bank and brokerage account statements. Does it have the Trust name on it? If so, you are good. If not, talk to your banker and your financial advisor about putting the accounts in the name of the trust.

After you have skimmed through the big document, did you notice if all those persons listed are still alive? Do you still want them to act? Do you know where all those people are located? If you have answered No to any of these, please call your attorney to make the changes.

What not to put in the name of the trust: all IRAs, pension plans, Roth IRAs, and any retirement accounts. Check your beneficiaries on these to make sure that the names are accurate. If your Advanced Health Care Directive is more than 10 years old, it is time to replace it.



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Activists raise awareness of climate change with 'high tide line' event in Mission Beach

Thick chalk lines drawn along the Mission Boulevard sidewalk in Mission Beach on Jan. 19 represented the high tide flood line projected to occur within the next 35 years by scientists at the Scripps Institution of Oceanography, UCSD and SDSU.

Members of the climate change activist group SanDiego350 drew the chalk lines, stenciled "High Tide Flood Line – 2050" along the route and handed out flood maps indicating the areas of Mission Beach that will be flooded with progressive increases in sea level rise as well as fact sheets about local effects of sea level rise.

According to scientific projections, by 2050 roughly half of Mission Beach will likely be flooded at high tide. Much of the rest would flood about once every five years, when higher sea levels, high tides and waves from big storms combine.

And Mission Beach is not the only San Diego community at risk. Other at-risk areas identified by Scripps Institution of Oceanography scientists include South Bay, Coronado and La Jolla Shores, which are also low-lying regions.

The 35-year timeframe for the predicted 12 to 18 inches of sea level rise in San Diego is about the length of a typical mortgage and within the lifetimes of most people under 50 years of age.

"We have a \$15 billion per year tourism industry that could get sucked out to sea," said Jeffrey Meyer, a SanDiego350 volunteer. "Flooding will cause an economic riptide. All the politicians should be standing on this chalk line and answering what they're going to do to mitigate climate change and flooding."

The chalk-art project by SanDiego350 was designed to raise awareness among residents and business owners in the coastal community about the very real impacts sea level rise will have on Mission Beach and what they can do to mit-



A volunteer with SanDiego350 draws a high tide chalk line during the climate change awareness event held in Mission Beach on Jan. 19. COURTESY PHOTO

igate climate change.

The project coordinator, Jeanne Peterson, said she organized this event for personal reasons.

"I have two kids, aged 11 and 13. If I didn't do everything I could to stop this climate catastrophe, I couldn't live with myself. It's not fair to leave them this mess," she added.

Sea level rise could cause property damage, beach loss, shrinkage of coastal wetlands and threats to infrastructure. But aside from raising awareness of the impacts of sea level rise, the volunteers also provided information on practical steps individuals can take in their daily lives to reduce the greenhouse gas emissions that are driving climate change and sea level rise.

"We don't want people to be discouraged, thinking there's nothing they can do about this," said participant Ashley Mazanec. "Aside from supporting green energy initiatives and driving less, eating less meat and dairy can also have a profound impact, because the livestock industry contributes one-fifth of greenhouse gases worldwide."

"If people minimize water use, that helps too, as transporting, purifying and heating water all require energy," she said.

The activists also collected signatures on a petition for a strong, enforceable City of San Diego Climate Action Plan, with plans to send those signatures to the San Diego City Council.

City Council OKs permit fee among medical pot regs

San Diego City Council voted 8-1 Jan. 20 in favor of a package of amendments to medical marijuana regulations that, among other things, establishes a minimum fee of nearly \$1,100 for annual operating permits.

The amendments pertain to an ordinance that sets the terms under which dispensaries will conduct their business. The operating regulations differ from land-use restrictions, which determine the allowable locations for pot shops.

Council wants the annual permit fee to equal the cost of inspections and other expenses needed to regulate the dispensaries. The city's projected costs

include the use of police officers to make background checks, fire personnel, zoning investigators, planners and City Treasury employees.

Dan Normandin, of the city's Development Services Department, said the permit fee presented to the council was the smallest for a dispensary. Larger shops, with more employees and greater floor space, will face higher permit costs, he said.

Prospective owners of the medical marijuana facilities are currently going through a process to acquire another type of permit — a conditional use permit — that will allow them to open.

No legal dispensaries have opened

within city limits. The application for the closest facility was submitted by a San Diego State University professor who wants to set up an establishment in Otay Mesa, near the Brown Field airport. Approval of his permit has been appealed. The city's Planning Commission is scheduled to hold a hearing on the appeal Jan. 29. One legal dispensary operates on unincorporated county land near El Cajon. Numerous shops operating illegally have been shut down over the past year.

Once the legal dispensaries open, they'll be limited to four per City Council district for a total of 36 within San Diego city limits.

Women testify in 'revenge porn' trial

Eleven women have testified to the consequences of their nude photos having been posted online by a "revenge porn" website operator who sought money in exchange for the pictures' deletions.

Twenty more women were expected to testify after the extortion and identity theft trial opened Jan. 16 against Kevin Christopher Bollaert, 28, of Pacific Beach, accused of operating the now-closed website "You Got Posted."

Most of the women testified they suspected former boyfriends shared the photos, but some still do not know how their photos got on the site.

"I paid the blackmail fee of \$350," said one woman before the eight-woman, four-man jury.

Emily Rose-Weber, Bollaert's attorney, objected to the witness' use of the word "blackmail" and was overruled by San Diego Superior Court Judge David Gill. Rose-Weber wanted it stricken, but Gill replied, "That's her characterization, which the jury can consider."

The site was opened Dec. 2,

2012, and was taken down in September 2013 by the state's attorney general office.

In an opening statement, Rose-Weber talked about freedom of expression on the internet, saying: "This case is about whether this is illegal. Is it illegal to host a website where bad things happen? Is it illegal...if you're not taking the photos?"

Rose-Weber told jurors that Bollaert "didn't invent" the idea of taking down photographs for a fee, saying, "Many websites have take down service." She said he ran it "as a business" and urged jurors to find him not guilty of all 31 counts, which include conspiracy.

Deputy Attorney General Tawnya Austin said Bollaert posted the women's names, ages, work and home phone numbers, and hometowns and demanded money in exchange for the photos to be taken down.

"The victims clearly suffered," Austin said. "He tried to ridicule these people,"

— Neal Putnam

Home Owners Lose Thousands When Selling Their Home

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

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

Courtesy of Dennis DeSouza Remax Lic. 01220680

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

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Schoolyard Dash highlights All-Schools Fair

The Mission Bay Cluster held its All-Schools Fair and Schoolyard Dash 5K on Sunday, Jan. 25, at De Anza Cove at Mission Bay.

The Schoolyard Dash 5K Run kicked off the morning full of fun activities with information booths, student bands and presentations from the schools.

The second annual event drew more than 450 participants and raised funds for Friends of Pacific Beach Secondary Schools, which supports programs at Pacific Beach Middle School and Mission Bay High School.

"We began this event so that the entire community could join in, interact and have fun together," said Kim Schoettle. "We had been holding auctions for many years prior to this event and decided that we needed to begin something new and different to energize our volunteers and bring the community together."

"This year we added the Mission Bay Cluster schools to the event so it involved thousands of students and their families."

Schoolyard Dash 5K place-winners in all age groups include:

Elementary School boys: Harold Gildehaus, Jacob Adler, Henry Gildehaus.

Elementary School girls: Alexa Gibson, Lauren Pelot, Sydney Piquiloud.



Participants start the 1-mile kids run as part of the Friends of Pacific Beach Schools Schoolyard Dash at DeAnza Cove, Mission Bay on Sunday. PHOTO BY RONAN GRAY

Middle School boys: Nicholas David Arch, Miguel Ayala Ochoa, Ian Briski.

Middle School girls: Cecilia Almazon, Mariana Merlos, Songa Cayetano.

High School men's: Jason Watts, Chris Varela, Tosh Knight.

High School women's: Arianna Linley, Priscilla Tamborini, Katie

Baker.

Adult men: Andrew Bruck, Brian Wigley, Ernie Remillard.

Adult Women: Margaret Ditchburn, Michelle Mead, Alice Kim.

All results are available online at www.schoolyarddash.org.

The All-Schools Fair presented all of the public schools in the Mission Bay Cluster.



All six public schools in Pacific Beach presented the play "Aladdin" in association with the Missoula Children's Theatre on Jan. 17. COURTESY PHOTO

EDUCATION NOTEBOOK >>

Mission Bay Cluster

All six public schools in Pacific Beach presented the play "Aladdin" in association with the Missoula Children's Theatre on Jan. 17 with two showings. Students from Crown Point Junior Music Academy, Pacific Beach Elementary School, Sessions Elementary School, Barnard Asian Language Academy, Pacific Beach Middle School and Mission Bay High School auditioned for their parts with 65 students selected for the production.

The musical was a huge hit with the community, with a large turnout of support. Thank you to Laura Daly for spearheading the event, the host families Cadena and Burcham, and Friends of Pacific Beach Secondary Schools for sponsoring the wonderful performing arts experience. Congratulations to the entire cast and their supportive families.

Pacific Beach Middle

The PBMS surf team "PB Locals" competed in their first surf contest of the year on Saturday, Jan. 10, at La Jolla Shores. Coach Mark Feighan said, "The team performed well overall, with many competitors advancing to semifinal and final heats." Jesse Grigolite placed second and Bella Philipps placed fifth in the girls longboard division. Andrew Feighan placed third in the boys longboard division.

Mission Bay High

MBHS IB Tour: Join in on a tour of MBHS 8 a.m. Thursday, Jan. 29. Meet in the front office and then attend a slide show in the library with classroom visits to follow. Find out the great things that are going on at Mission Bay High School and International Baccalaureate Program.

PB Elementary

Wednesday, Feb. 11, is Woodstock's Wednesday. From 12-7 p.m., eat at Woodstock's Pizza on Garnet Avenue and they will donate a portion of their proceeds to PBE.

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Iron Pig Alehouse brings authentic smoked barbecue to Pacific Beach

By DAVE SCHWAB

Iron Pig Alehouse in Pacific Beach is named for its “smoker,” the machine responsible for the authentic, slowed-cooked smoked barbecue, which is its sustenance.

“The smoker is the backbone and the center of our universe,” said Kenny Casciato, one of Iron Pig’s business partners.

“It’s a big, hunking thing with four legs,” concurred Casciato colleague Brigette O’Donovan. “It literally looks like a big iron pig sitting in the back (kitchen).”

“We’ve got a modern barbecue,” agreed Louise Kelly, one of Iron Pig’s partners who handles the PR. She let chef Rick Daniels, a Texas native, explain what makes Iron Pig’s smoked meat a cut above.

“We’re trying to bring a different kind of bbq here, one people don’t usually find,” said Daniels, adding Iron Pig can – and will – smoke everything from quail, pork chops and appetizers to vegetarian items like portobello mushrooms.

“It’s an everyday man’s meal,” said Daniels, of the end product, which he described as a Texas-style brisket cooked “low and slow” for 14 hours plus.

“It’s simple seasoning, nothing crazy,” said Daniels adding the slow-as-you-go cooking process produces a slab of meat that “looks like bark,



Chef Rick Daniels, partner Louise Kelly, partner Kenny Casciato, and Brigette O'Donovan at Iron Pig Alehouse.

PHOTO BY DAVE SCHWAB

a black meteorite, but the inside is just juicy flavorful goodness.”

What’s the specialty of the house? “Brisket,” answered Daniels.

Why?

“Because it’s good,” he answered.

Iron Pig, at 1520 Garnet Ave., is in the retail space formerly inhabited by Haiku Japanese restaurant and, before that, Ingrid’s Delicatessen.

Kelly said Iron Pig is proud to be

both a restaurant and a bar and to be cutting edge in both aspects.

“We’re very food forward here,” said Kelly, adding, “but we also have a big, amazing beer selection. PB has really embraced what we do here.”

“San Diego has an embarrassment of great craft breweries,” acknowledged Casciato, noting that makes his job of regularly stocking and rotating Iron Pig’s more than 36 beer taps and four wine taps easier.

Beers from Iceland, Belgium and Germany are frequently on tap as well as brews from Tijuana and South America.

“Kenny has a very strong relationship with a lot of the local breweries, even non-local brewers,” said O’Donovan, adding, “it’s great for us to leverage that against what Rick’s (Daniels) doing in the kitchen.”

O’Donovan said Casciato and Daniels work hand-in-hand to

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match food and drinks that work well together.

“We have dinner pairings, like a stout that goes well with a short rib or whatever,” she said, adding it’s “not just (about) what’s on the menu at Iron Pig” that’s so impressive.

“It’s also the mad scientists working together to make that happen,” O’Donovan said.

Daniels said everything at Iron Pig, right down to the ice creams, salad dressings and sauces, is made daily from scratch.

“You won’t find anything bottled or prepackaged,” he said. “It’s all coming in fresh. We’re making it with our own hands and giving it to the people.”

Open for lunch and dinner, items on both menus are similar. Lunch is more geared toward sandwiches whereas dinners are bigger plates for heartier appetites.

While noting the food and how it is prepared are special, the restaurant-bar’s owners point out “it’s the customers that make this place great and fun to come into.”

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PLNU selected as Special Olympics Host Town

Point Loma Nazarene University recently announced that the community has been officially selected to participate in the Special Olympics World Games Host Town program from July 21-24.

"PLNU has a strong and lasting relationship with Special Olympics Southern California - San Diego County," said Erik Weber, Special Olympics athlete and PLNU alum.

"The Annual Regional Track Meet has been hosted by the PLNU

community for 22 years, providing invaluable support to athletes like me and a venue for the broader San Diego community to experience the mission of PLNU," Weber said.

With 7,000 athletes and 3,000 coaches representing 177 countries, along with 30,000 volunteers and an anticipated 500,000 spectators, the 2015 Special Olympics World Games this summer will be the largest sports and humanitarian event anywhere in the world in

2015 and the single biggest event in Los Angeles since the 1984 Olympic Games.

But before the games begin on July 25 in L.A., the athletes representing countries from around the world will be welcomed to Southern California through the Host Town program. Up to 100 communities, including San Diego, will serve as official Host Towns.

PLNU will play host to a delegation of 100 athletes and sponsors.

GANGSTA »

CONT. FROM PG. 1

DePrima. "He's the kind of dog who walks down the boardwalk and people just crack a smile when they see him."

A transplant from New York, Schildkraut came to San Diego to pursue his dream of becoming an actor. He'd always wanted a dog. He found one in Gangsta, a "furry frankfurter" he encountered while in a San Bernardino hotel parking lot and ultimately adopted after finding out he was a stray.

Though strangers in a strange land, the man and his "son," as Schildkraut refers to Gangsta, have found their niche in PB performing

nightly outside the corner shoe store. It's an experience that's schooled Schildkraut on the human condition.

The saxophone player said he's witnessed the good, the bad and the ugly in people standing on the corner of Garnet Avenue and Mission Boulevard.

"People will tip you or chat with you even if they can't tip — that's all good," Schildkraut said. "But then I've had people, men and women, who've shoved me or wanted to throw their weight around or looked down at me."

Earning his living as a street musician has not dissuaded Schildkraut from his ultimate goals, which not only includes personal improvement and success but gaining noto-

riety for Gangsta as well.

Schildkraut wants to pen a book about Gangsta, in a format yet to be determined, with the title "Gangsta: A three-pound puppy lost in the 'hood."

With a Gangsta tome in the works, Schildkraut is forging ahead with his Gangsta "calendars," which feature the mutt mugging with more than 100 famous folks, including the likes of astronaut Buzz Aldrin as well as actors like Sylvester Stallone, Cheech Marin and Barbara Eden of "I Dream of Jeannie" fame.

Schildkraut is also looking forward to celebrating his 1,001st night as a street saxophone player.

"If people have ever appreciated my work, hopefully they'll come by and say hi," he said.



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San Diego muralist Rik Erickson painted five murals for the new Active Care facility.
COURTESY PHOTO

Murals sooth the soul at Active Care facility

By DAVE SCHWAB

PB retirement communities are finding that visually stimulating murals are an aid to patients with limited cognitive abilities.

Enter San Diego muralist Rik Erickson, who has just completed five murals for Active Care, a newly completed memory care facility building at 2440 Grand Ave. in the Mission Bay area.

"I'm a full-time muralist," said Erickson. "My dad was an artist in Stalag 17 during World War II."

Erickson's five murals took one month to complete, and he worked

second shift to avoid conflicts with construction crews who were on the job site during the day shift.

Erickson's PB murals were commissioned to help trigger pleasant memories for the residents, to distinguish and beautify the walls and to provide local visual landmarks on walls that would help direct the residents to their areas.

The idea is that murals speak instantly and without words to patients with limited perceptive abilities, providing comfort and easily remembered areas within an otherwise confusing environment.

Erickson was more than happy to lend his expertise to a project that will help seniors get along day to day. He met with retirement center staff to ensure they were on the same page with his recent mural project.

"I met with the head guy in charge of each particular residential area of the building for each different mural, which are all beach-themed," he said. "A lot of these old-timers grew up in and around the beaches, and these murals serve as mementos to help them find their way within the building."

"More baby boomers are reaching that (retirement) age," added Erickson.

Discussing his artistry, Erickson begins by researching the agreed-upon subject before gathering real-life photos of it. From there, he projects a photographic image of the subject to be painted onto a wall. Then he gets to work using acrylic paint, the modern medium for rendering murals.

How long does it take to paint a mural?

"It depends on how complicated it

'A lot of these old-timers grew up in and around the beaches, and these murals serve as mementos to help them find their way within the building.'

RIK ERICKSON
SAN DIEGO MURALIST

is," Erickson answered while adding, "I'm pretty quick."

The mural images were first designed in Photoshop, and then Erickson printed them on transparencies. An opaque projector was then used to project the images onto the walls at night.

"I do some sketches from the photos and work with Photoshop," he said of his technique, which also involves arranging the composition of the mural to match the shape of the walls. Then Erickson adds his own personal touches.

"With the Belmont Park roller coaster mural, I added some classic cars that people will recognize and get a big kick out of too," he said.

Most muralists are paid by the square foot for their work, varying from about \$35 to \$75 a square foot depending on the quality of the work and the difficulty of the job.

"I included the (work) materials in with the cost of the bid," Erickson said.

The muralist said he has — and will — paint murals on most any kind of building.

For more information, call (619) 296-9898 or visit www.muralsfantastic.com.

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Niara Eustace is the dance instructor and choreographer for the high heel workout classes at Fitness West in Pacific Beach.

COURTESY PHOTO

New dance class brings high heel workout to PB

By KAI OLIVER-KURTIN

Burning off those extra holiday calories doesn't have to be dreaded. At Fitness West in Pacific Beach, a new Heels dance class is attracting women who can dance the night away in their high heels while burning calories and building confidence.

An urban fusion class for all levels, Heels has roots in street jazz, burlesque and hip-hop club dance styles, at times resembling a Beyonce music video. Dancers are responsible for bringing their own high heels to class and can select whatever height or style is most comfortable for them.

"It's a great emotional release that you won't get with solo exercise," said Niara Eustace, dance instructor and choreographer. "Aside from a great workout for toning your thighs, calves and waist; it's a huge confidence builder."

Eustace, a Pacific Beach resident and mother of three, has been teaching dance for nearly 15 years. Originally from Brussels, Belgium, Eustace moved to San Diego two years ago from Boulder, Colo., where she owned and operated her own dance studio.

While in Boulder, Eustace was also a member of the Denver Nuggets hip-hop team and had the opportunity to work with the founder of the Jabbawockeez dance crew, Gary Kendall, while touring throughout the country and abroad.

HIGH HEEL WORKOUTS

Classes at Fitness West, 2440 Grand Ave., are Thursday nights and do not require a gym membership. Hip-Hop Fusion is from 6:45 to 7:45 p.m. and Heels is held from 7:45 to 8:45 p.m. For information, call (619) 296-9898 or visit www.muralsfantastic.com.

Classically trained at the Royal Conservatory of Brussels and the Chicago City Ballet, Eustace moved to New York after college, where she began training in hip-hop and was introduced to Heels. She now focuses her energy on developing adult dance programs that specialize in urban and contemporary movement.

"There are so many young women in PB that I really think there's a demographic here for it," said Eustace. "There are lots of young families and health-oriented, fit, active, adventurous people here. I feel like my classes could fill a void for a type of fitness that's not here."

One of only a few Heels instructors in San Diego, Eustace introduced the class at Fitness West last October, but has taught hip-hop classes there for about a year.

She also teaches contemporary jazz at the Del Mar Ballet and Academy of Performing Arts in La Mesa as well as jazz fusion at the San Diego Circus Center in Miramar. Currently

SEE DANCE, Page 15

Cosco Sisters Bring Studio Barre to Bird Rock!



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Having spent most of their lives doing everything together, going into business seemed like the next best idea for the Cosco sisters. Before Studio Barre, Lindsay found her fitness in the water surfing and practicing yoga. Jennifer, an endurance athlete, competes in Ironman triathlons and ultra-marathons annually. However, when Studio Barre became a shared passion of theirs they decided to bring Studio Barre to Bird Rock! Studio Barre offers a specialized barre class that focuses on building core strength, improving posture, and creating a dancer-like body. "Coming from opposite sides of the fitness spectrum, we felt if we could both fall in love with this type of fitness routine, we could relate to a lot of people." Located at 5705 La Jolla Blvd in Bird Rock, class schedule is online at studiobarre.com/birdrock/. Come check out the grand opening promos and fabulous boutique! First class is free! See you at the barre!



BUSINESS BRIEFS >>

Spaces still open for Pacific Beach-Opoly

Based on the popular board game, Discover Pacific Beach is creating Pacific Beach-Opoly, the Pacific Beach community-based board game that will be developed using PB businesses, landmarks and icons.

Property spaces will be Pacific Beach businesses and landmarks; game pieces are symbols reflective of our community – surfboard, bike and sailboat – and each penalty or reward card reflects a PB business, location or event.

Property spaces, game cards and play money sponsorships are available for purchase for Discover Pacific Beach members (businesses within the Pacific Beach Business Improvement District) and there are 30 spaces left.

The games will be sold at Pacific Beachfest 2015 and will also be available wholesale to members of Discover Pacific Beach. Contact Sara at sara@pacificbeach.org or call (858) 273-3303 for information.

Local judge honored

The Southern California Chapter of the American Academy of Matrimonial Lawyers recently awarded longtime fellow Ned Huntington, of South Mission Beach, with its first Lifetime Achievement Award at a dinner ceremony in Carlsbad.

Huntington lives at the beach with his wife Terri, a real estate accountant. He has two children, Jessica, a UCLA and USD graduate, and Adam, a USC graduate and seasonal lifeguard in San Diego.

Huntington helped form the South Mission Beach Judges Association and is a member and legal advisor to OMBAC. He is an alumnus of Point Loma High School, San Diego State College and Hastings Law School. He was appointed to the bench in 1995 by his friend, former Gov. Pete Wilson.

Lawyers earn honors

Five partners from Kirby Noonan Lance & Hoge, LLP have been honored by San Diego "Super Lawyers": Michael L. Kirby, David J. Noonan, James R. Lance, Charles T. Hoge and Micaela P. Banach.

Noonan, a Point Loma resident, was also selected to the 2015 "Top 50: San Diego Super Lawyers."

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Woods, Mickelson at the fore in annual Farmers Open next week

Whether or not you're a golf fan, there are many reasons to go to the annual Farmers Insurance Open, running Thursday through Sunday, Feb. 5 through 8, at iconic Torrey Pines Golf Course in La Jolla.

This year, the PGA Farmers tournament will include two of the sport's biggest luminaries: San Diegan Phil Mickelson, a three-time tournament winner; and Tiger Woods, who has won the tournament six times, including four years in a row (2005-08).

The cost to access the tournament ranges from \$30 to \$200.

"Our most powerful impact on San Diego is 20 1/2 hours of live coverage and 31 million U.S. viewers," said Peter Ripa, CEO of The Century Club, the 501(c)3 nonprofit that stages the annual event and associated festivities.

The Open is one of the events circled on the calendar of the La Jolla Village Merchants Association, the Business Improvement District responsible for promoting all things La Jolla.

"We have hung the banners for the Farmers Insurance Open up around the Village as our support to the tournament," said association executive director Sheila Fortune. "We promote the tournament through our social media pages and website calendar.

"We will promote our... businesses and their 'specials' during the tournament and encourage people attending the tournament to come in to the Village and shop and dine for the evening after play," continued

Fortune. "The local hotels and restaurants are usually booked during this week, and they reach out to those that visit them annually."

Some attractions not to miss for those who go to the Farmers Tourney:

- The popular Fringe, an open-air, high-energy sports bar setting located on the 15th green. Perfect to entertain clients, meet up with friends and family and enjoy some conversation, a beverage and up-close views.

- The Fan Village, behind the 15th green, adjacent to the 17th fairway and a few hundred feet from the 18th tee, the epicenter of action at the Farmers Insurance Open.

- Fan Village Expo, a fan-friendly exposition where guests can try the latest golf equipment, learn more about vacation packages and more.

- The Grove, a popular outdoor space where fans can relax and enjoy upgraded and expanded concessions, like the Grey Goose Lounge, Beringer Wine Bar and the Michelob Ultra Build-A-Bar, or catch some golf action in the bleachers on the par-3 8th hole.

The tournament originally was noted for having singer-actor Andy Williams as a celebrity host from 1968 to 1988. It started as the San Diego Open in 1952 and went by that name through 1985. Title sponsors were added in 1981, with Farmers coming aboard in 2010. The event is organized by the The Century Club of San Diego.

For more information, visit FarmersInsuranceOpen.com.



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UNDERSTANDING YOUR SHOULDER AND ROTATOR CUFF

What is the rotator cuff and why is it important? The shoulder joint allows us to use our arms in a wide variety of motions.

While this is great when everything is working properly, it can also be a common injury. Learn more from Sharp Physical Therapists about the anatomy of this complex joint and ways to prevent injury. Presented by Shannon Henwood, PT, Sara Rohman, PT from Sharp Memorial Rehabilitation Department on Tuesday, February 10 from 1 to 2 p.m. at the Peninsula Family YMCA, 4390 Valeta St. San Diego. Registration required. Call 1-800-827-4277 or register online at www.sharp.com.

HOW TO TALK TO YOUR DOCTOR

Discover the tools to be successful when talking with your doctor or other health care provider at this free presentation provided by Andrea Holmberg, Program Coordinator for the Sharp Senior Resource Centers. Learn strategies for choosing a provider, good communication skills during office visits and the importance of pre-planning. Free Vials of Life, Advance Directives and more will be available. Thursday, February 19 from 10 to 11 a.m. at All Souls Episcopal Church, 1475 Catalina Blvd, San Diego. Registration required. Call 1-800-827-4277 or register online at www.sharp.com.

PROTECT YOUR HEALTH AND YOUR WEALTH

Learn how to create a proactive plan to protect your health and your wealth. Become informed about estate planning, tax benefits, charitable giving and more. This free, informative seminar, presented by Norm Timmins, J.D., Gift & Estate Planning Director for the Sharp HealthCare Foundation, is sponsored by the Sharp Healthcare Foundation. A free consultation is available. Monday, February 23 from 10 to 11:30 a.m. at the Sharp Health Plan office, 8520 Tech Way, San Diego. Registration required. Call 1-800-827-4277 or register online at www.sharp.com.

GOOD START WORKSHOP FOR PARKINSON'S

Kathryn Krug, MS, MFTT from the Parkinson's Association of San Diego presents this free workshop for those newly diagnosed with Parkinson's and their caregivers. Topics include: symptoms, potential causes, medication management, exercise, nutrition and fall prevention. Wednesday, February 25 from 12 noon to 2 p.m. at Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd, San Diego. Registration required. Call 1-800-827-4277 or register online at www.sharp.com.

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Sharp Senior Resource Center's Registered Nurse offers free blood pressure checks. No appointments necessary. Public is welcome. Peninsula Family YMCA, 4390 Valeta, San Diego, Tuesday, Feb. 3; 9:30 to 11 a.m. War Memorial Building, 3325 Zoo Dr., San Diego, Monday, Feb. 9; 11:30 a.m. to 1 p.m. Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego, Tuesday, February 17 from 9 to 10:30 a.m.



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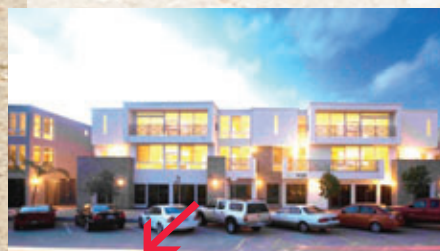


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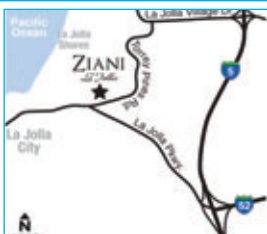
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MUSTHEAR >>

Daniel Jackson
Tribute at Dizzy's

The community recently lost legendary saxophonist and pianist Daniel Jackson, but his music will live on thanks to friends and fans. On Saturday, Jan. 31, at 8 p.m. Dizzy's, 4275 Mission Bay Drive, will be the site of a special concert in honor of Daniel Jackson Week, with an all-star tribute that will make getting a seat at this show the envy of jazz fans the world over.

On hand will be bassist Marshall Hawkins as well as Chuck McPherson, Charles Owens, Evan Christo-



Daniel Jackson

pher, Mikan Zlatkovich, Toby Williams, Jamie Shadowlight, Bob Boss and Dorothy Annette, with even more special guests likely.

-Bart Mendoza

DANCE >>

CONT. FROM PG. 11

in the process of building a dance division at the Circus Center, she works with circus performers to choreograph their acts.

Eustace's classes at Fitness West are held on Thursday nights and do not require a gym membership. For those who plan to attend classes regularly, punch cards can be purchased for \$10 per class, or drop-ins can pay \$12 per class. Hip Hop Fusion is from 6:45 to 7:45 p.m. and Heels is held from 7:45 to 8:45 p.m.

Hip-Hop Fusion is set to a high-energy mix of heavy bass music with choreography influenced by different styles, including dancehall, street jazz, breaking, popping and locking. Rou-

tines capture the raw feel of hip hop movement and can be personalized to dancers' individual styles.

"I'm gearing classes here for all levels," said Eustace. "You're going to get a great workout and you don't have to have any dance experience. I like to give people the framework and let them build it how they want."

Eustace is open to the idea of running her own dance studio again one day and has firsthand knowledge of what is needed to be successful. For now, she's considering adding a beginner-level contemporary jazz class in Pacific Beach.

"I love introducing new movement to people," said Eustace.

Fitness West is located in the Pacific Plaza II shopping center at 1880 Garnet Ave. For more information, visit www.niaradance.com

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SCORE BIG with One of These Spectacular Homes!

1042 Wilbur: Amazing 5 year new home with 4bd, 3.5ba, 2248 sq ft, 2 car garage, rooftop deck with views, gourmet kitchen with Bertazzoni stove and alder wood cabinets. Dual master suites, 2 fireplaces and only 2.5 blocks from the beach!



4750 Noyes #123: Great 1/1, 620 sq ft starter condo or rental nestled in a well-maintained building. Unit faces west and features newer carpet and bathroom cabinets. Has a large bedroom and living space with a balcony off of the dining room.

1150 Emerald: Totally remodeled 2400 est sq ft home with 4bd, 3ba, 2 car garage, accessory unit, huge rooftop deck with sweeping views, new flooring, heating, plumbing, electrical and a short 4 block walk to the beach.



2131 Grand: 10 year new 3/3.5 townhome with 1650 sq ft. Kitchen features granite counters, maple cabinets and s/s appliances. Spacious living room, fireplace, tons of outdoor space, and a sunny rooftop deck with a fire pit.



956 Chalcedony - Offered at \$525,000

Great detached townhome walking distance to the beach, restaurants and many conveniences. Nicely updated kitchen with granite counters and stainless steel appliances. Private patio, large balcony off master bedroom, lots of closets, no HOA dues, one outside parking. Don't miss this perfect beach hideaway! Property is located BEHIND 954 Chalcedony.



Steve Cairncross SteveSellsCoastal.com 858-735-1045 CA BRE #0859218



2840 Nye Street

Great Single Family Home Near University of San Diego. 3 BR 1 BA, 1,250 SQ FT. Clean and Ready to Go!
\$425,000

Excellent Opportunity for Owner Occupant or Investor
www.sdcoastalhomesales.com



Dane Scharetz
858-504-3263
CA BRE #01345168



Looking for a duplex in Pacific Beach?

Great opportunity not yet on the market. Duplex with two separate buildings, 2/1 cottage and a two-story 2/2 plus den, each with private outdoor space, onsite laundry and only 2 blocks to the Bay.



Kara Watkins Norgart
www.KaraWatkins.com
619-708-8276
CA BRE #01389633



Brand New on the Market

Close to Ocean and Bay 2-Story town home, 3 BR 3 walk-in closets and 3 en suite bathrooms w/ tubs. Twelve-foot ceiling, skylight, and FP in LR/DR/KIT large balcony. Enormous finished attic with skylight, window, fluorescent lights. Tandem garage. All Whirlpool appliances convey.
\$599,000



Don Hawthorne
858-692-8161
CA BRE #00523473



3649 1/2 Ocean Front Walk - New Low Price! - \$945,000

Mission Beach Ocean Front! White water Ocean views from Living and Dining Room. Remodeled and upgraded Kitchen. Only active Two Bedroom on the Ocean Front in Mission Beach for under 1 million. Currently rented thru May 31, 2015. Long history as a summer weekly Vacation Rental. Located in the heart of Mission Beach and walking distance to shops, restaurants, surf school, etc. Enjoy Sunset at the downstairs common patio while BBQ'ing dinner and looking for dolphins in the Surf!



GREG FLAHERTY BROKER/OWNER 858-692-0185 CA BRE #00935682



CALL US
We will handle all your
Real Estate needs

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