

In the wake of a monster wave that quite literally took the legs out from under it, Windansea Beach's iconic, thatch-covered landmark is on track to a comeback, thanks to the efforts of volunteers.

SEE PAGE 6



SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, JANUARY 14, 2016

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## Goat kissing principal has the right gruff



Barnard Asian Pacific Language Academy principal Aida Hernandez agreed to kiss a sheep if students raised more than \$30,000 in the Baaarnyard Dash jogathon. After students raised more than \$32,000, Hernandez puckered up and kissed a goat (a sheep wasn't available).

PHOTO CONTRIBUTED

## What's in play for PB, MB in 2016?

Local leaders share goals and visions for this year

By DAVE SCHWAB

Among other things, San Diegans will be electing a new president and electing or re-electing a mayor in 2016.

On the local scene, the Beach & Bay Press asked civic-minded folks in Pacific and Mission beaches to gaze into their crystal balls to see what lies ahead.

Here's what they had to say.

### Lorie Zapf

City aide Conrad Wear said his boss, Councilwoman Lorie Zapf, expects another busy year representing the residents of District 2.

"Policy priorities include a variety of issues facing the district, including continued dialogue regarding short-term vacation rentals, advocating for the retention of waypoint LOWMA by the FAA and continued preparation and public outreach for El Niño, especially in neighborhoods prone to flooding," Wear said.

"On a proactive note, Coun-

SEE 2016, Page 4

## Community Garden uprooted from Pacific Beach

### Potential relocation site in De Anza Cove

By DAVE SCHWAB

The Pacific Beach Community Garden, which has existed for nearly 40 years at Roosevelt Avenue and Shasta

Street, is no more.

As of Jan. 1, the new owners of the small urban agriculture plot, Pathfinder Partners LLC of La Jolla, a value investor managing opportunity funds, has taken possession of the parcel.

So the beach community, which has been preparing for

this changeover for some time, is switching to Plan B — just as soon as a backup plan can be figured out.

"The drop-dead deadline (to vacate) was Dec. 31," said Paula Ferraco, PB garden spokesperson and coordinator. "There are still some small plants in there, and some fam-

ilies are still harvesting the last of their crops, but we know the area will be bulldozed at some point."

Ferraco and the rest of the gardening group met recently to develop a plan of action for replacing the Shas-



SEE GARDEN, Page 12

The remnants of the PB Community Garden.

PHOTO BY DAVE SCHWAB

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Mission Bay High School students Margaret Campbell and Matthew Warner release juvenile white sea bass into Mission Bay at Crown Point. PHOTO BY RONAN GREY

## Mission Bay High students learn science by raising and releasing sea bass for Hubbs

By RONAN GRAY

Mission Bay High School seniors Alina Snyder and Pearl Moore break the glasslike surface of Mission Bay and pick their way into the cold water. Each holds a towel around her waist with one hand and the rope handle of a large laundry bucket suspended between them with the other hand. The girls reach knee-deep water and turn to face a group of 20 or so people watching from the shore.

Among the onlookers is Steve Walters, their biology teacher, who stands with Mike Shane of Hubbs-SeaWorld Research Institute (HSWRI). The two men watch as the students slowly tip over their bucket. Watching beneath the surface with a small camera connected to her phone, student Ciara Gray sees more than a dozen small fish swim free of the bucket and settle on the muddy bottom.

The fish are juvenile white sea bass, the largest of the California croakers and an important fish in the Southern California marine ecosystem. Although they are only a few inches long now, these fish could grow to be as much as 90 pounds and 5 feet in length over the

**'This program gives the students a hands-on experience ...'**

**STEVE WALTERS**  
MISSION BAY BIOLOGY TEACHER

next few years. In the mid-'70s, surveys showed that habitat and wetlands destruction had reduced the population to about 10 percent of what it once was.

In 1983, the California Department of Fish and Game began working with HSWRI to breed the fish from larvae to fingerling stage at the Carlsbad lagoon facility. From there, the fish are moved on to grow-out facilities located along the coast until they are ready to be released into the wild to restock the natural population.

Shane is the project leader for Sea Bass in the Classroom 2010, in which Walters' biology classes at Mission Bay High have been participating since 2012. The program places some of the juvenile fish from the Hubbs restocking program with classes in high schools for periods ranging from weeks to months.

Mission Bay High was one of the first schools to participate in the

classroom program. Walters' students care for the fish in a large tank in one of his classrooms and install microchips in their cheeks, using a syringe, before releasing them into the wild.

"This program gives the students a hands-on experience with chemistry, biology and core science technology engineering and math (STEM) subjects with real-world application of science that they are learning in the classroom," says Walters.

The Fish and Game Department has set up several locations in San Diego where fishermen can drop off the heads of any white sea bass they catch ([hswri.org/media](http://hswri.org/media)). The fish heads are stored in freezers until they can be collected and scanned for microchips embedded in their cheeks. This way, Hubbs and Fish and Game Department can determine if the fish was one from the program and tell where and when the fish was released.

Mission Bay High will receive its next batch of fish early in the new year, and Walters expects that they will release them in spring. More information about the program can be found at [hswri.org/seabass-in-the-classroom/](http://hswri.org/seabass-in-the-classroom/).

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CONT. FROM PG. 1

cilmember Zapf looks to bring forth measures at her Smart Growth and Land Use Committee that would make housing more affordable for middle-class families and an update to the Mission Bay Park Master Plan.

“Finally, Councilwoman Zapf plans to support Mayor Faulconer with another fiscally responsible budget, including the repaving of over 1,000 miles of streets over the next several years. She will remain a strong supporter of Proposition B-Pension Reform, which is allowing the City to reinvest millions of tax dollars back into our neighborhoods.”

### Sara Berns

Sara Berns, executive director of Discover PB, the community’s business improvement district, agreed that 2016 “holds a lot of promise for Pacific Beach.”

“We continue to see more businesses and developers interested in our area as Pacific Beach continues to grow and mature,” Berns said. “This upcoming year, we anticipate a year of collaboration and planning as the future of Pacific Beach is molded.”

“With exciting opportunities such as the Mid-Coast Trolley and Climate Action Plan on the horizon, it is important that the community and the organizations that represent the neighborhood are at the forefront of planning and shaping the future of Pacific Beach.”

Berns added that Discover Pacific Beach “hopes to focus on the commercial corridor and advocating for a viable walking, biking and driving environment that will attract shoppers and customers for our businesses as they adjust to the future of

‘This upcoming year, we anticipate a year of collaboration and planning as the future of Pacific Beach is molded.’

**SARA BERNs**  
DISCOVER PB EXECUTIVE DIRECTOR

transportation, parking and development.”

### Marcella Teran

Marcella Teran, a board member with Pacific Beach Town Council, talked about her community concerns for 2016.

“One of the biggest issues which negatively affects our single-family neighborhoods are the short-term vacation rentals,” Teran said. “They continue to grow, even though they are illegal in single-family neighborhoods. Also, the Deco Bike placements throughout our beaches: They take away business, parking and the beautiful view of our ocean in some areas.”

### Heather Worms

On the school scene, Pacific Beach Elementary School parent Heather Worms said there are challenges to be met — and overcome — this year.

“PB schools is continuing its big push to bring local kids back to the schools here in PB,” Worms said. “Over the last handful of years, the enrollment at the schools has continued to rise ... in part due to a higher percentage of families now living in the Pacific Beach area ... [W]e are in the upswing of more families moving in and/or staying in the community.”

“You can see it with the increased registrations of local sports leagues

‘One of the biggest issues which negatively affects our single-family neighborhoods are the short-term vacation rentals.’

**MARCELLA TERAN**  
PB TOWN COUNCIL MEMBER

such as Pacific Youth Soccer League (from 700 to over 1,000 in three years) and Mission Bay Youth Baseball. We have many more participants from the 92109 zip code than we did five or six years ago.”

### Karin Zirk

Karin Zirk, a volunteer with Friends of Rose Creek, an environmental watchdog group dedicated to preserving, restoring and interpreting the creek’s importance, expects 2016 to be a big year for her group and the coastal environment.

“Our vision is for lower Rose Creek to be an open-space park providing recreational and learning opportunities and a clean, healthy, aesthetically pleasing environment for residents, visitors, businesses and native plants and animals while serving as an accessible link for bicyclists and pedestrians to move between Rose Canyon Park, Marian Bear Park, Mission Bay Park and surrounding communities,” Zirk said.

“The Friends of Rose Creek are excited to be part of all the amazing projects that are happening in and around Rose Creek in 2016 and beyond, including the De Anza Revitalization Plan, ReWild Mission Bay, the Rose Creek Bikeway, the Mid-Coast Trolley and the Balboa Avenue Station area specific plan.”

Zirk noted that Friends is “thrilled about the support from Mayor Faulconer’s office as we work towards creating Lower Rose Creek Park and look forward to making substantial progress this year. In 2016, we hope more of the Pacific Beach and Clairemont communities will spend time at the creek and enjoy bird watching, photography, nature painting, bike riding, walking and/or the Native Plant Garden behind the Rose Creek Cottage. We would love to see more police presence along the creek to encourage the public to enjoy this precious natural resource.”

Zirk also talked about what she’d not like to see happen with the creek in 2016.

‘PB schools is continuing its big push to bring local kids back to the schools here in PB. We are in the upswing.’

**HEATHER WORMS**  
PB ELEMENTARY SCHOOL PARENT

“We do not want to see negative impacts to Rose Creek mitigated in far-flung parts of the county instead of within the Rose Creek Watershed,” she said. “What happens in the watershed needs to stay in the watershed.”

“We also don’t want the rail corridor projects to block heavily utilized informal crossing points along the railroad tracks that currently allow bicyclists to cross near the trestle below Jutland Street and at the I-5/Highway 52 juncture as people bike to between the beaches and the communities of Clairemont and University City.”

It’s also important to remember, said Zirk, that “We don’t want more trash in Rose Creek, which then ends up in Mission Bay Park and our oceans. We want to see an end to the trash and dumping problems along the creek. Between the lack of trash cans, dog walkers who don’t pick up after their pets, the mess made by folks living along the creek and people dumping furniture into the creek, we are tired of having to do the heavy lifting of trash removal.”

### Tony Franco

PB commercial real estate broker Tony Franco, president of Franco Realty Group, said that in order to understand where we are going in 2016, we have to see what has been accomplished in 2015.

“For the apartment sector, there were only 15 apartment buildings that sold in 92109 in 2015 compared to 25 apartments in 2014 and 25 in 2013,” Franco said. “For the retail/office sector, there were an outstanding 20 retail properties that sold in 2015 and only seven properties in 2014 and five properties in 2013.”

Franco noted interest rates were around 4 percent for commercial properties in 2015 and are expected to significantly rise in 2016. “Thus, prices are going to soften for commercial real estate,” Franco said, adding, “CAP rates (also known as

‘Our vision is for lower Rose Creek to be an open-space park providing recreational and learning opportunities.’

**KAREN ZIRK**  
FRIENDS OF ROSE CREEK

return on investment) for apartments were around 4 percent in 2015 and will likely reach 4.5 percent to 5 percent in 2016. CAP rates for retail and office buildings were around 6 percent in 2015 and will likely reach 6.5 percent in 2016.”

### Brian Curry

Brian Curry, chair of Pacific Beach Planning Group, is enthused about the prospects for the beach community in 2016.

“There are some incredible things planned for PB,” Curry said, adding, “Most all of it is on paper right now, but the next few years will witness dramatic positive changes for our community.”

“We are currently in the public input stages for redevelopment of DeAnza Cove and the Balboa Transit Specific Plan between Interstate 5 and Rose Creek. We are also working with SANDAG on potential public transit options from the proposed Balboa Transit Station and the beach.”

Curry noted the YMCA is currently conducting a feasibility study for the proposed YMCA at the PB Middle School and that the planning group hopes to launch a fundraising campaign by yearend.

“A grant was funded to conduct a feasibility study for the PB Parks project west of Mission Boulevard between PB Drive and Grand Avenue,” Curry said. “We are continuing our efforts to have the Deco-Bikes stations relocated off of our boardwalk.”

“And a result of the initial recommendations of the Pacific Beach Planning Group, the San Diego City Council will be taking action to regulate and hopefully rein in the rapid expansion of short-term vacation rentals in our residential neighborhoods.”

“Finally,” said Curry, “the EcoDistrict principals adopted by all of our community groups will continue to provide guidelines for implementing a sustainable community design and lifestyle for Pacific Beach residents.”

## Ask The Trust & Estate Attorney

### Question: What is the Right to Die law?

### Answer:

In California, the End of Life Option Act says that an adult with a terminal disease may request to receive a prescription for an aid-in-dying drug from their primary attending physician. To receive a prescription, the adult with a terminal disease must: (1) submit two oral requests to their physician that are at least 15 days apart, (2) submit a signed form to their physician, and (3) receive determination from their physician that they have the capacity to make medical decisions. It is important to emphasize that the person requesting the aid-in-dying drug must have the ability to understand the consequence of the decision they are making and be able to administer the drug themselves. They must also be able to make and communicate an informed decision to their health care provider. The request for the aid-in-dying drug must be made solely by the adult diagnosed with the terminal disease. It may not be made through a power of attorney, an advance health care directive, a conservator, health care agent, surrogate, or any other legally recognized health care decision maker.

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## Property tax relief is available for flood damage

Ernie Dronenburg, county assessor/recorder/clerk, advises all property owners whose property was damaged or destroyed during the recent flooding that property tax relief is available.

“I would like to strongly encourage all property owners who suf-

fered flood damage to their property in excess of \$10,000 to contact my office for the necessary claim form at (619) 531-4993 or by visiting [www.sdarcc.com](http://www.sdarcc.com),” Dronenburg said. This program requires the reassessment of the property to reflect its damaged condition. The

reduced value will remain in effect until such time as the property is rebuilt or repaired.

More important, after the property is rebuilt or repaired, the owners can retain their previous taxable value if the property is rebuilt in a similar manner.



# Bike thefts are a major problem in the beach communities be proactive to prevent them

By NICOLE SOURS LARSON

If your bike's been stolen, you're not alone. More than 10,000 bikes were stolen in San Diego from January of 2012 through June of 2015. The beach communities led the pack, with an average 30 thefts a month, according to SDPD's Northern Division.

Who are the thieves? A mix of professional bike thieves equipped with bolt-cutters, tools and keys, drug addicts funding their habits and opportunistic homeless grabbing a casually stowed bike, explained SDPD officer Dan Neifer, who runs the bait bike program for Northern Division's Beach Team.

While bike thefts are common, most are preventable. More stolen bikes could be returned to owners with a few preventive measures, Neifer explained. While any lock, no matter how tough, can be defeated with the right tools, a stronger lock securing both frame and wheels to an immovable object slows thieves down.

If you have to leave your bike, leave it in a well-trafficked and lit area, such as at the new bike racks Discover PB installed near busy bars, where few bikes have disappeared. Never leave a bike overnight, Neifer said, because thieves "go shopping" after the bars close, picking up stolen bikes they've "cooled down" in nearby neighborhoods, locking them temporarily to signposts.

Most people don't know their bike's serial number, officers report. Without a recorded serial number, they have no way of returning a recovered bike.

Serial numbers are stamped into the bike's underside, where the ped-



If you see a bike chained for days or weeks to a sign post on a street, that bike may have been stolen in a crime of opportunity. Thieves in the beach communities often attach stolen bikes to posts for later retrieval and sometimes forget them.

PHOTO BY NICOLE SOURS LARSON

als connect to the frame. Most responsible bike shops include serial numbers on receipts when they sell them, explained Michelangelo—who prefers a single name—of Bicycle Discovery, located at 742 Felspar St., Pacific Beach. They can look up serial numbers in case of theft.

A good local bike shop can help you select the best lock for your needs.

While Cheap Rentals, located at 3689 Mission Blvd., mainly rents bikes equipped with cables and padlocks, it also sells a wide selection of bicycle locks.

David Jackson of Cheap Rentals recommends a heavy U-lock for greater security. U-locks, Jackson explained, come in different sizes, weights and sturdiness, with keys or combination locks. Some are harder to cut, but all can be smashed with a sledgehammer. Tougher still is an encased heavy-link steel chain lock.

Wherever you leave your bike,

even inside your garage, lock it up to prevent theft.

Jackson suggests investing in a Bluetooth tracker Tile, enabling owners to locate Tile-equipped objects via a smartphone app. The device, about 1.5 inches square and sold online, is concealable in a bike frame or seat.

Avid cyclist Mike Waters of Mission Beach took a different route. While he owns locks, he painted his bike to make it look unappealing. He also disables his bike by inserting a small metal rod (a trimmed nail) into the brake lever, which once prevented its theft.

Keep a photo of your bike along with its serial number. If it's stolen, notify police and look on Craigslist.

"If people find their bikes on Craigslist, we'll do an undercover buy for them," Neifer said.

The bait bike program is also proving a success, with a 10 percent reduction in bike thefts since its introduction.

## Public workshop for De Anza Revitalization Plan on Jan. 28

The next public workshop in planning for the De Anza Revitalization Plan will be Thursday, Jan. 28 at 6 p.m. at Mission Bay High School, 2475 Grand Ave.

A mini-workshop on a "reimagining" for the 120-acre project area, which includes a special study area in the Mission Bay Master Plan plus the surrounding area to the north and east, including ball fields, the Mission Bay Golf Course and portions of De Anza Cove, was held Dec. 9. Consultants then broke ad hoc committee members into two small groups to brainstorm ideas on recreation, the environment and land use and activity in the park.

Suggestions committee members came up with Dec. 9 included the need to balance park uses with available open space; consider creating an info/interpretive center; the need to do a hydrology (water) study; encourage ecologically oriented recreation; find ways to protect and enhance the natural environment; create more pedestrian and nonmotorized vehicle connectivity within the park; allow coastal marsh-

land to grow back naturally; and re-establish a connection between the park area and Rose Creek.

This first full workshop will provide information about the project such as background on the boundary and purpose of the project, an overview of the project process and timeline and end products.

The workshop will be conducted in an "open house" format, with opportunities for public input at "topic stations." Each topic station will have short presentations on focused topics, such as natural resources, transportation, existing uses, recreation and graphics to gather initial input on key issues and priorities.

The project's website, [deanzarevitalizationplan.com/](http://deanzarevitalizationplan.com/), will be updated as the planning process progresses.

The effort to redevelop the regional park was delayed by a decadelong court battle between the city and residents of the 500-unit De Anza Cove Resort mobile home park, a 75-acre park on prime real estate jutting into the water in Mission Bay Park west of I-5.

## 27 Easy tips to get thousands more for your home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough,

aggressive marketplace.

In this report you'll discover how to avoid financial disaster when selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home.

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## Community Briefs

### Pacific Beach Town Council Open House

Meet the people and groups working to help Pacific Beach realize its full potential at the Pacific Beach Town Council Community Open House 6:30 p.m. Wednesday, Jan. 20 at Crown Point Junior Music Academy Auditorium, 4033 Ingraham St.

These groups and more will be represented at the event: Wild Audubon, Friends of Mission Bay Marshes, Kiwanis, PB Women's Club, PB Town Council, Discover PB, beautifulPB, PB Planning Group, and local schools.

Pacific Beach is a community blessed with natural wonders and a destination for visitors from all over San Diego and the world. Connect with the people who share your

vision for Pacific Beach, and work together to make it happen.

The reason this Community Open House is so important is that it will give local residents a chance to know what the community has to offer. So many people live here and aren't aware of all these opportunities to make their lives better.

### Sewage spill closes Mission Bay beaches

Beaches at East Mission Bay and Tecolote Creek have been closed after a landslide triggered an estimated 108,000-gallon sewage spill discovered the morning of Jan. 10.

The County Department of Environmental Health has posted signs warning the public of sewage contamination at various points along

the beaches, which stretch from the Fiesta Island land bridge north to the visitors center at Clairemont Drive.

The sewage spill was discovered at 9 a.m. Jan. 10 in Tecolote Canyon adjacent to Mt. Ashmun Drive in San Diego, where a landslide caused a main sewer line to break. The spill entered Tecolote Creek and flowed through Tecolote Golf Course before entering east Mission Bay just north of the Fiesta Island land bridge. The spill was stopped at 6 p.m. Jan. 10.

Warning signs will remain in place until water samples confirm that contamination levels decrease.

For more information, visit the Beach Water Quality website or call the 24-hour hotline at (619) 338-2073.

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# Huge waves knock over iconic Windansea's Shack, but it will be rebuilt

By DAVE SCHWAB

The Shack will be back.

Only it likely won't be until spring and the departure of the winter storms.

In the wake of a Christmas eve monster wave that quite literally took the legs out from under it, Windansea Beach's iconic, thatch-covered landmark is on track to a comeback, thanks to the efforts of volunteers.

According to at least one account, "a mother of a wave" during an early-morning high tide Dec. 24, with 4- to 6-foot surf, crashed down on the historically designated beach icon, hobbling one of the four upright pillars supporting it.

Melinda Merryweather, spokesperson for Friends of Windansea, a local nonprofit group of volunteers who maintain the Shack, said the next big project ahead is "to get the shack back up at the beach. That looks to be the end of March or the beginning of April. We want to wait until after the (winter) storms."

"I was there, watched it go; three of the legs were broken," said Merryweather, adding that others who were there tied a rope to tether the landmark to an agave cactus so it wouldn't fall.

"It was a high tide, a full moon and big surf all at once," said Merryweather.

Merryweather added that another group cut the fronds off the Shack's roof before trimming its legs and dropping it to the ground.

"Guys held the back of it, and the group moved it up the hill," Merryweather said, adding the Shack is now ready for repairs.

Merryweather said the Friends



Time and the elements have temporarily claimed Windansea Beach's central icon (shown here as a Christmas eve wave nearly washed it away), but a volunteer group is on the case. PHOTO BY JIM GRANT

group was started by her, Hans Newman and landscape architect Jim Neri.

"Seventeen years ago," she explained, "Friends asked the city permission to take care of and maintain the Shack." She noted the Shack was created in the 1940s by fishermen who put a hammock in there. "One of those guys is Don Okey," she said, "who is still alive."

Merryweather said new legs for the Shack are being fashioned from eucalyptus trees which "need to be cured. We're going to put them in a kiln to dry them out."

Merryweather said the Shack "is super-sturdy. But this time, unfortunately, water got in where the legs were." She added that that process has gradually undermined the structure's support over the years.

Windansea Beach was named after the 1909 oceanfront Strand Hotel, renamed Windansea Hotel in 1919 after owner Arthur Snell ran a

"naming contest." The distinguishing landmark at the beach is the palm-covered shack originally constructed in 1946 by Woody Ekstrom, Fred Kenyon and Okey. The Surf Shack at Windansea Beach was designated a historical landmark by the San Diego Historical Resources Board on May 27, 1998.

Windansea also enjoys a storied reputation as a surfbreak and has served as home break to many notable surfers. Steve Pezman, former publisher of Surfer magazine and current publisher of The

'It was built to create shade for women and children of the surfers at their request.'

MIKE OKEY  
DON OKEY'S SON

Surfer's Journal, called Windansea locals in the early 1960s "the heaviest surf crew ever."

The Windansea Surf Club, founded by Chuck Hasley in 1962, has included members such as "The Endless Summer" star Mike Hynson, Skip Frye, Joey Cabell, Del Cannon, Mike Purpus and Rusty Miller, Andy Tyler, Tom Ortner, Brew Briggs, Chris O'Rourke, Richard Kenvin, Miko Fleming, Debbie Beacham, Peter King, Saxon Boucher, Randy Lind, Ian Rotgans, "Big George" Felactu, Joe McLaughlin and Longboard Larry.

Mike Okey, Don Okey's son, elaborated on why the Shack was created.

"It was built to create shade for women and children of the surfers at their request," he said, "because they didn't want to sit out in the sun all day." He added that the Shack has come to symbolize not only the Windansea neighborhood but La Jolla itself as well as the surfing lifestyle.

"Surfing," he said, "has become more athletic and has led to a more creative lifestyle." Although surfing has changed over the years, he added, those who indulge in the sport largely haven't.

"Windansea and surfing have been a nursery to nurture a more creative spirit," Okey said.

Windansea is also literarily noteworthy. The title article in "The Pump House Gang," Tom Wolfe's book of essays, is about a group of surfers from Windansea Beach.

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## Everest International to consult on ReWild Mission Bay project for San Diego Audubon Society

San Diego Audubon Society, an organization dedicated to fostering the protection and appreciation of local birds, wildlife and their habitats, recently announced Everest International Consultants as its ReWild Mission Bay project consultant.

ReWild Mission Bay aims to restore the wetlands in the northeast corner of Mission Bay along Pacific Beach Drive at the mouth of Rose Creek.

"We selected Everest International for the ReWild project because they understand the importance of recreation, public access and community input in developing restoration plans for the area," says Rebecca Schwartz, project manager for

ReWild Mission Bay. "The Everest team will balance data analysis, alternative plan development and stakeholder outreach to protect and restore this part of Mission Bay."

The Everest International team, including Nordby Biological, AECOM and New West Land Co., has extensive experience in estuarine biology and ecology, coastal processes, habitat architecture and wetlands engineering, which it will use to ensure ReWild develops creative and sustainable restoration alternatives.

As the project leader, San Diego Audubon will now work with Everest International to spearhead the second half of a three-year plan-

ning process that includes collecting community input and generating plans to restore precious wetlands on this part of Mission Bay.

In 2016, Everest International will work with San Diego Audubon and partners, stakeholders and community members to document existing and historical conditions, identify opportunities and constraints and design restoration plans.

By May of 2017, this process plans to yield at least three versions of a community-informed wetlands restoration plan. From there, the City of San Diego will need to approve a plan. Next steps include permitting and, ultimately, restoration of the area's wetlands.



## Start the new year right with Essentrics – an essential exercise for holistic health

By DAVE SCHWAB

Adherents of Essentrics, a full-body exercise program being taught in Pacific Beach, say it's a healing process that works wonders.

Essentrics dynamically stretches and strengthens every muscle in the body, rebalancing the muscular structure in continuous rotational movements.

"People feel like you have to kill yourself to get in shape — and you don't," said Alesia Stanford, a certified instructor who teaches hour-long Essentrics classes three times weekly at Dancing Together Studio, 2180 Garnet Ave. "This is a program that not only helps you stay in shape, but it heals your body."

Stanford noted Essentrics was started by Miranda Esmonde-White, a former ballerina who developed the physical training regimen after sustaining an injury that curtailed her career. After her injury, Esmonde-White began experimenting with different fitness practices, which she eventually blended into her new hybrid training style.

"She started incorporating ballet principles, tai chi and physical therapy into it, which is why it's such a healing process," said Stanford, who first became acquainted with the program watching it on "Aging Backwards," a TV special shown on KPBS.



Participants workout at Essentrics classes at Dancing Together Studio, 2180 Garnet Ave.

PHOTO BY DAVE SCHWAB

Stanford said Essentrics is cutting edge because it "uses all the muscles in your body, not just a few."

"When you're stretching up like this (demonstrating), you use every muscle on that side of your body," Stanford said, adding, "What this does is it opens up your whole body to use all 600-plus muscles. You use

muscles you didn't even know existed. You work on whole muscle chains rather than isolating and working on particular muscles."

Many who've tried Essentrics swear by it.

"I can put my pants on without sitting down," said Pacific Beach resident Sarah Chipman, who along

with husband Scott has been participating in Essentrics workouts for about a year.

"I've had two shoulder surgeries, three back surgeries and, a year ago, double-hip replacements," said Scott Chipman. "This dynamic stretch helps me keep limber, regain flexibility and improve muscle tone. I've

'People feel like you have to kill yourself to get in shape — and you don't.'

**ALESIA STANFORD**  
ESSENTRICS INSTRUCTOR

found it very helpful after my initial physical therapy, and I continue to improve."

"I have been exercising with cardio and weights for more than 20 years, but I realized as I grew older that I needed stretching," said Paulina Gilbert during a recent class with Stanford. "That's more important for an older body than anything."

Gilbert added Essentrics is good because it stretches rather than shortens the muscles, enhancing flexibility.

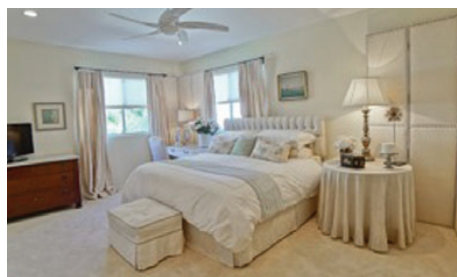
Teri Newlee of La Jolla, a former runner, said Essentrics is just about the only physical workout she's tried that she has enjoyed and can stick with.

"I wanted to lengthen and look taller, and honestly, I think it's working," said Newlee. "And I enjoy it so much."

Newlee added she likes Essentrics workouts because "you don't do anything too long so you never get

SEE EXERCISE, Page 12

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Barnard Asian Pacific Language Academy principal Aida Hernandez and teachers agreed to kiss a sheep if students raised more than \$30,000 in the Baaaryard Dash jogathon. After students raised more than \$32,000, teachers puckered up.

PHOTO CONTRIBUTED

## EDUCATION NOTEBOOK >>

### Mission Bay High

■ College admissions workshops at Mission Bay High School: 6 to 7:30 p.m. Jan. 14 in the MBHS library. PSAT Return Night – a workshop for parents explaining PSAT results, SAT/ACT information, early college admission planning information materials and suggested activities.

### Pacific Beach Middle

■ Join friends and neighbors at the Pacific Beach Middle School auditorium to enjoy Pacific Beach students perform in a Missoula Children's Theatre adaptation of "Pinocchio." Showtimes are 3 and 5 p.m. Saturday, Jan. 16. Admission is free, and all ages are welcome.

### Kate Sessions

■ FOKS is seeking donations from the community and local businesses for its annual spring auction. This event is its largest fundraiser of the year; all proceeds directly support the art, music, library and Spanish programs. Contact Sessionsauction@gmail.com to donate or become a sponsor. Online auction to be held in March; live event is March 19.

### Mission Bay Cluster

■ The Schoolyard Dash 5K and Mission Bay Cluster Schools Fair is 8:30 a.m. to 12:30 p.m. Sunday, Jan. 31, at De Anza Cove. Register as an individual or sign up with a team to make sure you get the cool

T-shirt, the logo cinch sack filled with goodies and a light breakfast. Even if you don't want to register for the race, no problem. You can make a straight tax deductible donation at [schoolyarddash.org](http://schoolyarddash.org).

The Mission Bay Cluster Schools Fair immediately follows the race at 9:30 a.m. and will highlight all of the public schools in Pacific Beach. Visit school and community booths, including the YMCA's, with exciting games and giveaways, Chips Beach Eats Food Truck, and enjoy a morning of music entertainment.

### FOPBSS

■ Friends of Pacific Beach Secondary Schools meeting, 6 p.m. Wednesday, Jan. 27, PBMS library. FOPBSS invites any parent, teacher, administrator and community member to attend the monthly meetings. Come join us in our efforts to enhance the educational experience of the students from PBMS and MBHS. Find out first-hand what's happening and how you can get involved.

### St. Paul's Lutheran

■ Two students from St. Paul's Lutheran School in Pacific Beach are sponsoring a fundraiser 11 a.m. to 4 p.m. Saturday, Jan. 23 at the Mad Beet, 933 Garnet Ave., for Rovers Retreat, a dog adoption agency. Together with Mad Beet, they hope to raise money for this worthy cause.

■ St. Paul's Lutheran School is holding a kindergarten information night from 6:30 to 7:30 p.m. Tuesday, Jan. 19. Childcare will be available. For more information, call (858) 272-6282 or visit [stpaulspb.com](http://stpaulspb.com).

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### Bike Rodeo

More than 70 children recently attended a bike rodeo at Crown Point Junior Music Academy in Pacific Beach. Six children learned to ride, and the rest learned rules of the road, bike maintenance and safety, how to navigate through traffic and intersections, and how to access public transit. The event was funded by SANDAG's iCommute mini grant and put on by beautifulPB.

PHOTO CONTRIBUTED

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Blues singer Candye Kane returns to Tio Leo's on Jan. 23.

PHOTO CONTRIBUTED

## Catch suave trumpeter Jason Hanna at Tangier Lounge

By BART MENDOZA

The hottest act in town right now? Trumpeter Jason Hanna. His performances are highly entertaining, whether you catch his sets around town as a sideman, with his trio or with his band, The Bullfighters.

Area music fans will find Hanna and his trio each Friday in January at the Bahia Resort's Tangier Lounge, an intimate spot perfect for his music. Hanna's delivery and stage manner give off a hip Rat Pack vibe, suave and cool, with an arsenal of classic standards and jazz tunes in his repertoire.

**Jason Hanna Trio, Fridays Jan. 15, 22 and 29 at the Bahia Resort's Tangier Lounge. 8 p.m.**

For music lovers who brave the daytime hours, there aren't too many options, but the Kona Kai has recently begun a series of Saturday- and Sunday-morning brunch shows, running from 11 a.m. to 2:30 p.m.. On Jan. 16, Americana-tinged singer Sara Petite will appear. She hasn't released an album since 2013's "Circus Comes to Town," but she continues to be one of the most driven and gifted performers in town. Petite is a superb singer with a set full of folk, country, pop and singer-songwriter tunes, the perfect set to soundtrack your meal.

**Sara Petite, Saturday, Jan. 16 at the Kona Kai Resort. 11 a.m.**

Proof positive that San Diego's jazz community is flourishing, on Jan. 16, Humphrey's Backstage will be the site of the Martin Luther King Jazz Fest. Hosted by DJ John Phillips, live music will be provided by the



Jason Hanna Trio will play Fridays at Bahia Resort's Tangier Lounge.

PHOTO CONTRIBUTED

Johnson Project, Reggie Smith and Rick Parma plus Marcus Shaw & B.I.G. Notably, Parma has just released a new single, "Besame Caliente," but all the performers are virtuoso players adept at jazz and soul as well as R&B. Jazz fans who like the smoother modern jazz sound will want to take in all four artists sets.

**Martin Luther King Jazz Fest, Saturday, Jan. 16 at Humphrey's Backstage Live. 7 p.m.**

On Jan. 16, hard rockers will gather at Brick by Brick for a special concert raising funds in the fight against lupus. On hand will be Aghori, Godhammered and Contortion, with a special acoustic appearance by Gdogg. Aghori will be supporting their latest album "Transcending the Illusion," but all the performers will thrill any metal fan. Proceeds raised will go to help the Dahl family in their fight against the disease, an autoimmune disorder in which the body attacks

healthy cells. Anyone who enjoys hearing bands that are loud and manic, all while doing a good deed, will have a great night out.

**Metal Bands Against Lupus, Saturday, Jan. 16 at Brick by Brick. 8 p.m.**

It's been just over a year since iconic saxophone player Daniel Jackson's passing, but his influence has not diminished one bit. On Jan. 23 and 24, Dizzy's will host two shows celebrating Jackson's music, with famed bassist Marshall Hawkins, saxophonist Charles Owen and guitarist Bob Boss appearing both nights and the likes of pianists Mikan Zlatkovich and Joshua White, violinist Jamie Shadowlight and other major San Diego jazz names among guest performers taking part over the weekend. Jazz aficionados won't find a better show this weekend.

**Daniel Jackson Week Concerts, Friday and Saturday, Jan. 22 and 23 at Dizzy's. 8 p.m.**

Blues singer Candye Kane returns to Tio Leo's on Jan. 23. The beloved singer has been in poor health in recent years, but that hasn't stopped her from touring the world and living life to fullest. Currently on a West Coast jaunt, she remains the best in town, with a crack band and her voice still a commanding presence, whether belting out a classic standard or one of her own great tunes, all perfect for dancing. If you are a fan of blues or great singing, you'll enjoy every second of Kane's performance.

**Candye Kane, Saturday, Jan. 23 at Tio Leo's. 9 p.m.**

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## Annual Blessing of the Animals set at Old Town on Jan. 17

Old Town San Diego State Historic Park will host the seventh annual Blessing of the Animals on Sunday, Jan. 17, from 1 to 3 p.m. Rev. Richard Perozich of the Immaculate Conception Church will be blessing the pets. Admission is free.

The event has taken place in Old

Town for more than 300 years. In San Diego's past, the annual Benediction of the Beasts celebrated St. Anthony of the Desert, the Patron Saint of Animals.

The event will include adoption opportunities from various rescue groups and educational information

on rescuing, rehabilitation and supporting the animals. A pet costume contest will take place at 2:30 p.m. featuring prizes for several categories, including best dressed and best pet-owner look-alike.

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# San Diego winter boat show returns to Sunroad Marina Jan. 21-24

By NICOLE SOURS LARSON

Despite this year's El Niño rains, with the imminent debut of the San Diego Sunroad Boat Show on Harbor Island, it's time for boaters to start thinking and dreaming about the upcoming spring and summer boating season.

The 26-year-old winter boat show, with larger-than-ever in-the-water displays and now in its seventh year at Sunroad, kicks off on Thursday, Jan. 21 and runs through Sunday, Jan. 25 at Sunroad Resort Marina, located at 955 Harbor Island Drive, at Harbor Island's east end. Show hours are noon to 6 p.m. Thursday and Friday and 10 a.m. to 6 p.m. Saturday and Sunday.

The show offers guests the chance to experience more than 150 sail and powerboats in every price range, style and size, from trailerable boats and inflatables to yachts over 90 feet, explained show director Jim Behun, who doubles as the marina's general manager. The show is about equally split between sail and power models, with "first looks" available for many newly introduced boats. Self-propelled vessels, such as kayaks and SUPs, will also be exhibited.

"Because it's the first boat show of the new year, dealers are eager to introduce their latest models at the show," Behun explained.

Among the dealers showing new



The 26-year-old winter boat show, with larger-than-ever in-the-water displays and now in its seventh year at Sunroad, kicks off on Thursday, Jan. 21 and runs through Sunday, Jan. 25 at Sunroad Resort Marina.

PHOTO BY NICOLE SOURS LARSON

powerboat models are South Coast Yachts, showing the Bénéteau Gran Turismo 40; Sun Country Marine, introducing Searay's high-speed L650 Fly and 400 Fly; and Art Brooks Sea Company, exhibiting the Johnson 65. West Coast Multihulls is introducing the Fountaine Pajot

Helia 44 sailing catamaran.

Another trend Behun has noticed is that financing is now readily available. Many people are buying new boats, he said, another indication that the Great Recession is mostly behind us.

Boating education will again play

a significant role. On Saturday and Sunday, the pavilion will host seminars on subjects, including high-speed Internet for boats, green boating and nonskid surfaces.

Representatives from 12 Mexican marinas and boatyards will be on hand explaining their available facil-

ities and amenities and will present seminars on Mexican boating, as will Capt. Pat Rains, author of "Mexico Boating Guide."

Along the docks, Seaforth Boat Rentals will provide sailboat and electric boat rides for the entire family.

Unlike many boat shows, the Sunroad show offers new and brokerage boats in the water. The show's exhibits under a festive tent include more than 100 vendors offering wide-ranging marine services, electronics, products, supplies and accessories.

Show tickets are \$12, with children 12 and under admitted free. Active-duty military, police, EMTs and fire personnel with ID are admitted free Thursday and Friday.

Because of crowded docks, show staff ask guests to leave pets and strollers at home, with service animals always welcome.

Paid parking is available next to the Sheraton Hotel, with shuttle service provided. Sunroad's Island Deli and food trucks will offer varied menus, all to the accompaniment of steel drums. The adjacent Island Prime/C Level Lounge and Coastera Restaurant will provide alternate dining options.

For latest details on seminars and exhibitors, visit [bigbayboatshow.com](http://bigbayboatshow.com) or call (619) 497-5254.

## I just arrived in the nicest city in the U.S.

By HANNA LAUKKANEN

Last May, I decided that I want to see and experience something other than my home country of Finland and my home office at a local newspaper. I decided that I want to travel someplace warm, and I was eager to improve my English, so I decided to travel to San Diego from my hometown of Nurmes, about 310 miles east of Helsinki – a Finnish friend said it is the nicest city in the U.S. so why not give it a try.

With help from the German-American Chamber of Commerce, I started to plan my trip and my internship – and after six months and an 11-hour flight on Jan. 6, here I am, at San Diego Community Newspaper Group, starting my four-month internship. I'm excited, and I hope I can learn a lot about journalism and the United States.

I graduated from the University of Tampere (second biggest university in Finland) last March and wanted to improve my knowledge of what journalism is like abroad. The U.S. is a great place for comparison, because freedom of speech here is quite equal to that in Finland.

I've been a working and student journalist for 10 years, and I truly



think I have found a career that I really enjoy. The best part of the job is meeting people with different backgrounds and trying to understand why they see world as they do. I also love writing and want to develop my style so that in the future people would also like to read my novel(s).

Journalism in Finland is in the same kind of adolescent phase as in the U.S. and all over the world. If I knew how to get people under 30 to read news and pay for it, I would have millions of dollars. Somehow, we journalists have to burst the bubble of not-so-modern and inflexible journalism and make something so amazing and super-fun that people simply can't live without it. I personally love news that includes

video, because videos give so much more information about the subject.

You, dear reader, can help us. Tell us: What do you want to read about in your community newspaper? What excites you and makes your blood flow faster? Whose interview would you like to read? Tweet, post an Instagram photo, email or send us a card or call. We want to know.

I will continue having a nice time in San Diego and hope to meet you all in my four-month adventure! Tavataan pian ("see you soon" in Finnish)!

(Editor's note: Hanna Laukkanen is a winter-spring intern at San Diego Community Newspaper Group. Her email address is [toimittajalaukkanen@gmail.com](mailto:toimittajalaukkanen@gmail.com).)

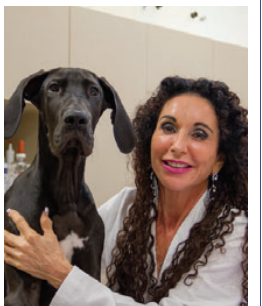
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## Christmas tree recycling program is effective through Jan. 23

The City of San Diego’s Environmental Services Department is hosting its 42nd annual Christmas tree recycling program, which will run through Jan. 23. This year’s program offers 16 tree drop-off locations, available to city residents only, as well as curbside pickup for customers with curbside yard waste collection.

“Christmas tree recycling is a great way for San Diegans to do their part to help the environment by extending the life of the Miramar landfill,” said Mario Sierra, director of the Environmental Services Department. “Organic materials like yard clippings and Christmas trees make up more than 20 percent of the material buried in the landfill. By recycling trees, residents help reduce the amount of material in the landfill and give holiday trees a new purpose as compost, mulch or wood chips.

Residents can recycle their Christmas trees seven days a week at no charge. Only “clean trees” are accepted – residents must remove all tree stands, lights, ornaments, tinsel and nonrecyclable materials and must not dump any other items at the locations. Trees from commercial tree lots or fundraising projects are not accepted at the drop-off locations. Instead, these trees can be dropped off anytime during regular business hours at the Miramar

Greenery for a nominal fee.

In addition to clean trees, flocked trees (those with fake snow) are also accepted. If you are transporting your Christmas tree in a plastic bag for drop-off, please be sure to remove the tree and take the bag with you. All trees will be recycled into high-quality mulch and compost. City residents can self-load mulch and up to two cubic yards of compost for free at the Miramar Greenery throughout the year.

Curbside yard waste recycling customers can also recycle trees through the curbside collection program by placing trees at the curb with their regular yard waste recycling bin. Customers with automated greenery containers must cut up their clean trees into roughly three-foot pieces to fit easily inside their greenery container. Customers unable to cut their trees for manual collection or who cannot fit the trees into the green automated container should drop off their trees at any drop-off location. Curbside recycling program customers should remove all nonrecyclable materials before placing trees inside the automated bin or at the curb next to yard waste collection containers.

The Miramar Greenery is located inside the Miramar Landfill, at 5180 Convoy St., just north of Highway 52. Hours of operation are Mondays through Fridays, 7 a.m. to

4:30 p.m., and Saturdays, Sundays and most holidays from 7:30 a.m. to 4:30 p.m.

Additional information about the locations is available by calling Environmental Services Department Customer Service at (858) 694-7000. For information on mulch and compost produced at the Miramar Greenery, call the Miramar Landfill at (858) 492-6100.

**The drop-off location list includes:**

**Encanto:** Cielo Drive at Woodman Street;

**Golden Hill:** Golden Hill recreation Center, 2600 Golf Course Drive;

**La Jolla:** Kate Sessions Memorial Park, Soledad Road and Loring Street;

**Logan Heights:** Memorial Recreation Center, 2902 Marcy Avenue;

**Miramar:** Miramar Landfill at Greenery, Convoy Street north of Highway 52;

**Mission Bay:** SeaWorld Drive at Pacific Highway;

**Oak Park:** Chollas Lake, 6350 College Grove Drive, in Gloria's Mesa parking lot;

**Ocean Beach:** Robb Field Recreation Center, 2525 Bacon St.;

**Otay Mesa/Nestor:** Montgomery Waller Community Park (lower-west parking lot on Palm Avenue);

**Rancho Bernardo:** Rancho Bernardo Recreation Center, 18448 W. Bernardo Dr.;

**Rancho Peñasquitos:** Canyonside Recreation Center, 12350 Black Mountain Road;

**San Diego State University:** Parking Lot D off Alvarado Road.

### GARDEN » CONT. FROM PG. 1

ta/Roosevelt space.

“We’re going to make some determination, going forward, as to what our short- and long-term goals are,” Ferraco said, adding the group is eyeing a potential gardening site in De Anza Cove. The Cove is part of the De Anza Revitalization Plan area, 120 acres that include a special study area in the Mission Bay Master Plan plus the surrounding area to the north and east, including ball fields, Mission Bay Golf Course and portions of De Anza Cove.

“There’s a little corner, called Area 10, that’s in the very back of the northwest corner of De Anza near the Mike Gotch Bridge that’s just a dirt storage lot,” Ferraco said. “It already has water and fencing. We’d like to be able to have that space for us right now.”

But acquiring that space might be easier said than done, noted Ferraco.

“I’m sure the Park and Recreation Department people would say no,” she said, adding, “But it’s politically positive, and all we’re talking about is moving some dirt over there. We could do a lot of good with that local space, which is super-accessible [by the disabled] and already has plumbing and a fence around it.”

Ferraco characterized the importance of urban gardening as “huge.”

“There are many health-conscious people who want to grow their own food but don’t have the available space,” she said, noting there was a long waiting list for gardeners wanting in on the old PB Community Garden. “There are just so many apartments and condos that just don’t have arable land.”

The land for the community garden was owned by The Arc of San Diego, which provides services to children and adults with disabilities and owns a group-living home in the neighborhood. Arc had previously allowed its land to be used as a community garden, but changing financial circumstances forced Arc to take

its property back and sell it.

The Community Garden, with 55 cultivated plots, has bloomed largely under the radar at Shasta and Roosevelt in Crown Point, with prospective gardeners waiting two years or longer for a chance to till the soil there. The garden’s vegetables, which have included tomatoes, squash, zucchini, beans, peppers and chard, have been its biggest crops. Flowers have also shared many of the 15-by-20-foot and half-size plots.

Garden enthusiasts have been banding together for months, even before the bad news about losing the garden, under the auspices of PBDIGS, with a website of the same name.

Urban Agriculture is the gardening component of beautifulPB, a public nonprofit charity formed by a group of PB residents, businesses and property owners collaborating with the local community to create a sustainably beautiful Pacific Beach. Group volunteers are working to implement a number of community projects and programs with the goal of realizing a Pacific Beach EcoDistrict.

An eco-district is a long-range plan that incorporates methods aimed at making the area more environmentally sustainable and economically viable.

Community gardens are also great educational opportunities, even projects for families to do together, added Ferraco.

“I’ve seen little boys and girls eating and planting, playing with caterpillars and watching them turn into butterflies,” she said. “I’m going to miss that. You don’t realize what you have — until you pave it over.”

Ferraco said it’s hard to assess what the true value of creating a “pop-up” garden in Area 10 of De Anza would be.

“It could be a really good thing for the city of San Diego and for the community of PB to have this beautiful little green space that people could walk through,” she concluded.

There is a workshop meeting on future planning for De Anza Cove on 6 p.m. Thursday, Jan. 28 at Mission Bay High School.

### EXERCISE » CONT. FROM PG. 7

bored, and it’s always changing.”

Olivia Gonzalez, 69, who has suffered from a heart ailment since she was young, said Essentrics has helped her to “feel more energy.

“I feel healthier. I feel more flexible. I use all my muscles in this class,” Gonzalez said.

Stanford’s small-group classes are composed mostly of women but are open to — and have just as much benefit for — men.

“This could be why the Montreal Canadiens NHL team use it as part of their mandatory training for their players,” Stanford said.

Stanford teaches Essentrics classes three times a week at 9 a.m. at the Awareness Center in Pacific Beach and in the Dancing Together studio. She also teaches at 11:30 a.m. on Thursdays at the La Jolla Community Center.

For more information, call (323) 828-9337, email essentric-ssd@gmail.com or visit essentric-ssandiego.com.

### NOTICE OF TRUSTEE’S SALE

**YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED FEBRUARY 13, 2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.**

On February 4, 2016, at 10:00 am, Tullius Law Group, a Professional Corporation, as the duly appointed Successor Trustee under and pursuant to that certain Deed of Trust ("Deed of Trust") recorded February 27, 2004, as Document No. 2004-0156298 of official records in the Office of the Recorder of San Diego, California, executed by: DAVID R. GONG, TRUSTEE OF THE RAY TRUST #1 DATED AUGUST 1, 1997, as Trustor, to BANK OF AMERICA, N.A., a national banking association, as original Beneficiary (the current beneficiary is 1905 GRAND SAN DIEGO, LLC, a California limited liability company, pursuant to that certain Assignment of Debt and Lien recorded on June 27, 2014, as Document No. 2014-0268271 of official records in the Office of the Recorder of San Diego County, California),

WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT (Payable at time of sale in lawful money of the United States). **AT: THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY THE STATUE, 250 E. MAIN STREET, EL CAJON, CA**, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California, and as more fully described in the above referenced Deed of Trust.

The property heretofore described is being sold "AS IS". The street address and other common designation, if any, of the real property described above is purported to be: 1905 Grand Avenue, San Diego, CA, APN: 424-181-25-00.

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Promissory Note(s) and/or Loan Agreement(s) secured by said Deed of Trust, with interest thereon, as provided in said Promissory Note(s) and/or Loan Agreement(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: **\$239,478.31** (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale.

If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the monies paid. The Purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, or the Beneficiary's attorney.

Beneficiary hereby elects to conduct a unified foreclosure sale pursuant to the provisions of California Commercial Code section 9604, et seq., and to include in the non-judicial foreclosure of the real property interest described in the Deed of Trust, as it may have been amended from time to time, and pursuant to any other instruments between the Trustor and Beneficiary referencing a security interest in personal property (collectively, the "Personal Property"). Beneficiary reserves its right to revoke its election as to some or all of said Personal Property, or to add additional Personal Property to the election herein expressed, at Beneficiary's sole election, from time to time and at any time until the consummation of the Trustee's Sale to be conducted pursuant to the Deed of Trust and this Notice of Trustee's Sale. The Personal Property which was given as security for Trustor's obligation is described in the Deed of Trust and related loan documents.

No warranty is made that any or all of the Personal Property still exists or is available for the successful bidder and no covenant or warranty, express or implied, is made as to the condition, title, possession, quiet enjoyment, encumbrances, or the like, of any of the Personal Property, which shall be sold "as is" "where is".

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. The said Notice of Default and Election to Sell was recorded in the county where the real property is located and more than ninety (90) days have elapsed since such recordation.

**NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

**NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 888-506-8210 or visit this Internet Web site: <http://www.innovativefieldservices.com>, using the file number assigned to this case: 33081. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

DATE: January 13, 2016

TULLIUS LAW GROUP, a Professional Corporation  
as Successor Trustee  
Attn: Jennifer R. Tullius, Trustee Officer  
515 S. Flower Street, 36th Floor  
Los Angeles, California 90071  
(213) 787-5958

We are assisting the Beneficiary to collect a debt and any information we obtain will be used for that purpose whether received orally or in writing. If available, the expected opening bid and/or postponement information may be obtained by calling the following telephone number on the day before the sale: (213) 787-5958.



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# SeaWorld's Dolphin Stadium to be renovated; will reopen in April

On Jan. 11, a three-month major rehabilitation project will begin at San Diego SeaWorld's Dolphin Stadium in Mission Bay. In the interim, special dolphin presentations will be offered at the park's interaction pools at Dolphin Point.

Dolphin Stadium, which seats more than 3,500 guests, was originally built in 1975. Over the last four

decades, the stadium has been home to the park's killer whales and eventually, dolphins and pilot whales. It has been the venue for many shows, most recently Dolphin Days.

The rehabilitation project is a significant infrastructure maintenance investment and will include draining all the pools and re-coating them. The Dolphin Days show can

be seen through Sunday (Jan. 10) and will resume when the stadium re-opens in April. The dolphins and pilot whales that currently call Dolphin Stadium home will live in other pools at the park during the project.

For park hours and more information, visit [www.SeaWorldSanDiego.com](http://www.SeaWorldSanDiego.com) or call (800) 257-4268.



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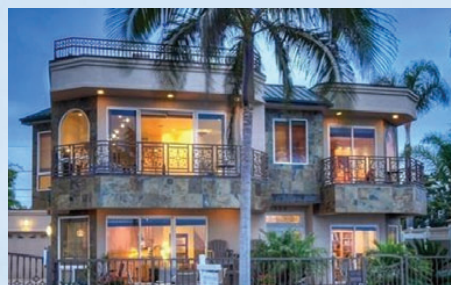
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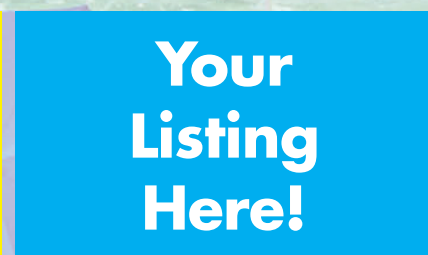
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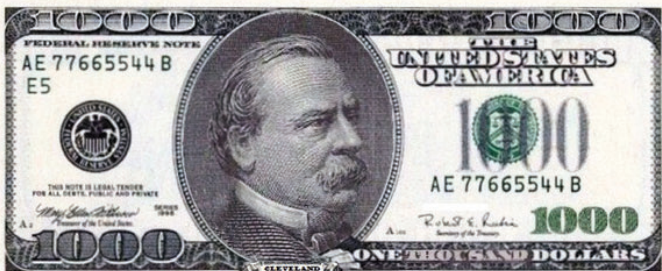
\*Source: MMR Strategy Group study of unaided awareness among buyers, sellers, and those planning to buy or sell; asked, when they think of real estate brands, which ones come to mind?"

# HAPPY NEW YEAR!

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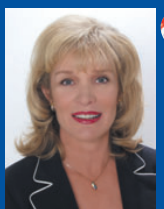
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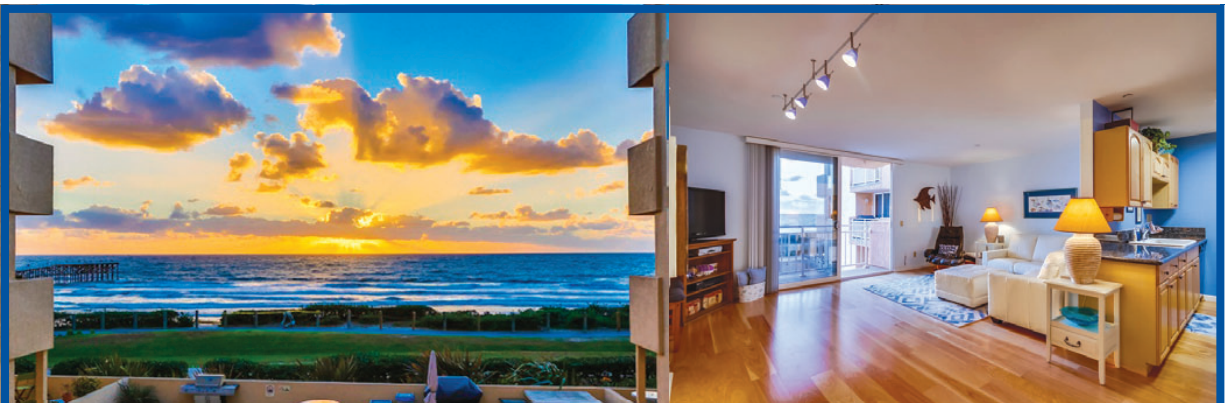
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