

## RENT LOCAL RIDE

A peaceful bike ride protest against DecoBike will start at 1 p.m. Saturday, Jan. 30 at Mission Beach Rentals near Belmont Park and head up to Grand Avenue in Pacific Beach.

SEE PAGE 2



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## 'Larry just had love for everyone in the surf industry. He was just a great person.'



More than 400 people came out to Tourmaline Surf Park for a paddle-out and celebration of Larry Gordon's life on Jan. 18. (Below) Bagpipes were played at the memorial on the beach, where photos and flowers were set up before the paddle-out.

PHOTO ABOVE BY DON BALCH; PHOTO BELOW BY DAVE SCHWAB

## Surfers celebrate life of Larry Gordon with memorial paddle-out

By DAVE SCHWAB

Humble. Loving. Spiritual. A friend to the countless lives he touched.

Those were just some of the accolades spoken about San Diego surf icon Larry Gordon at a paddle-out celebration of his life attended by about 400 people at Tourmaline Surf Park on Monday, Jan. 18.

Gordon, co-founder of Gordon & Smith surf and clothing company, died New Year's day of Parkinson's disease at age 76. He built the internationally renowned company into a custom surfboard, skateboard and clothing conglomerate known by surfers worldwide.

Gordon and his partner, surf buddy Floyd Smith, were



among the first people to make surfboards out of foam, designs that were first crafted in Floyd's garage when Gordon was a college chemistry student.

Many local surfers and board shapers, like Skip Frye, learned their craft at Gordon's side.

"To me, he was very special in so many ways," said Frye.

'He was a spiritual mentor to me.'

SKIP FRYE  
LOCAL SURFING LEGEND

"He was a mentor, who not only showed me the basic steps of shaping a surfboard but allowed me to hone my craft in his company surrounded by craftsmen, a lot of whom have their own successful businesses now."

But Frye said Gordon's personal friendship and love transcended the workplace.

"He was a spiritual mentor to me," he said. "I had some pretty dire times in my life, and I know his prayers got me

SEE GORDON, Page 13

## Mission Beach planners oppose condo project

City endorses huge development at former MB elementary school

By DAVE SCHWAB

Developers McKellar McGowan see converting the former Mission Beach Elementary School site into condominiums as a desirable and beneficial redevelopment project.

But to some members of the Mission Beach Precise Planning Board, who've turned their thumbs down on the project as currently construed, it's a potential community character-buster.

Recently, two days after the board unanimously opposed the dual project, which envisions a total of 20

'We're doing nothing but preserve the beach community the way it is.'

DENNIS LYNCH  
MISSION BEACH PLANNER

buildings housing 63 individual units in a mix of duplexes, triplexes, fourplexes and one single-family residence, the city's Planning Commission unanimously endorsed it.

That decision would seem to set the stage

SEE CONDO, Page 13

## Lifeguards, city agree on expanded health coverage

By DAVE SCHWAB

San Diego lifeguards, who recently approved a new contract proposal with the city dealing with "presumptive illness coverage," got some — but not all — of what they were looking for in the deal.

"But it's a big step in the right direction," said Ed Harris, former District 2 city council-

man and the lifeguards union spokesman.

Presumptive illness coverage protections features workers' compensation benefits implemented to protect employees who have high risk of injury and hazardous exposures on the job. The San Diego Police and Fire departments enjoy

SEE BENEFITS, Page 5

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# Peaceful bike ride protest in Mission Beach against DecoBike

By HANNA LAUKKANEN

DecoBike, which has many bike rental stations in Pacific Beach and Mission Beach, has residents and business owners upset over the placement and implementation of this citywide program. Local rental shops feel that DecoBike is affecting their bottom line.

For these reasons, the local bike-rental owners and their supporters have scheduled a peaceful Rent Local: Bike Ride demonstration for 1 p.m. Saturday, Jan. 30 starting at Mission Beach Rentals on the south side of Belmont Park next to Draft restaurant. They will be riding rental bikes as a large group of community supporters up to the DecoBike station located just north of Grand Avenue on the boardwalk.

Supporters of local bike rentals will wear custom-made T-shirts in protest of the situation and ride rental bikes up to the DecoBike station, located just north of Grand Avenue on the boardwalk. These T-shirts are available free for pick-up at Cheap Rentals and Mission Beach Rentals.

"At first, DecoBike claimed that they are here to give a green and positive alternative to the commuters of our city," said Matt Gardner, owner of two bike rental shops in the Mission Beach/Pacific Beach area. "It was promised that program



The DecoBike station on the boardwalk near Grand Avenue in Pacific Beach.

PHOTO BY HANNA LAUKKANEN

would not interfere with the existing bike rental businesses that rely on tourism.

"Years later, their rhetoric has changed, and the city officials of San Diego has given DecoBike a 10-year contract and allowed these bike rental stations to be placed almost wherever DecoBike wants to install them. Looking at the program's bike

station map, it is obvious that their main target is tourism," Gardner said.

Rental shop owners say that the city of San Diego has gone into direct competition with the small businesses that they should be supporting. While at the same time the city is collecting tax and permitting revenue from legitimate bike rental

businesses they are also cutting into their main source of income.

"All this to say that this is a prime example of the injustice of the big corporation stepping on the public to make more money," Gardner said. "We won't stand for it and that is why we are raising awareness through events like this Rent Local: Bike Ride on Saturday."

## Love Your Wetlands Day on Mission Bay set for Jan. 30

On Saturday, Jan. 30, from 10 a.m. to 4 p.m., nature lovers may celebrate one of San Diego's most unique and threatened landscapes: wetlands. San Diego Audubon, the UC Natural Reserve System, the U.S. Fish and Wildlife Service and Friends of Mission Bay Marshes will hold the 10th annual Love Your Wetlands Day at the Kendall-Frost Mission Bay Marsh Reserve in Pacific Beach, 2055 Pacific Beach Drive, Mission Bay's only remaining marsh.

Love Your Wetlands Day features six hours of interactive activities, guided tours, games, raffles and bird demonstrations to illustrate the importance of wetlands, what threatens them and the role we play in preserving and protecting them.

"Families and friends will have the chance to learn first-hand about the marsh and how we can protect and restore it for future generations," said Isabelle Kay, marsh reserve manager with the UC Natural Reserve System. "Educating our community about the importance of wetlands begins with hands-on education at events like this."

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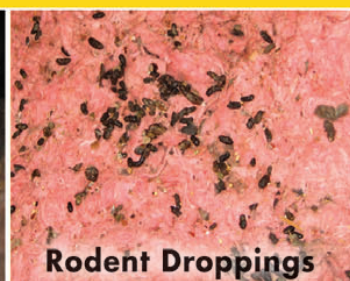
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### The long and short board of the record

The One Wave Challenge, first of its kind in San Diego, kicked off the Farmers Insurance Open golf tourney at La Jolla Shores on Saturday, Jan. 23 when nearly 200 surfers gathered for the chance to beat the current world record, set six years ago, in Cape Town, South Africa, when 110 surfers rode a single wave to shore. Unfortunately, the local surfers fell a bit short of the record, as only 97 surfers managed to ride one wave. The event, supported by the charitable Century Club, benefited Boys to Men, a San Diego nonprofit dedicated to guiding and supporting often fatherless boys on their journey to manhood.

PHOTO BY JIM GRANT

## Campers tidy up Kendall-Frost Marsh Reserve

Campland birds now have a cleaner environment

By HANNA LAUKKANEN

More than 20 campers picked up 25 bags of trash from the Kendall-Frost Mission Bay Marsh Reserve at Campland on the Bay campground Jan. 14, with camper Vikki Ingham fueling the idea of campers making the area more beautiful.

Other campers wanted to participate, and Campland recreation director Kenny Johnson is thrilled.

“They pay for camping here, and they still don’t want to complain about the trash, but to volunteer and do something for the environment,” Johnson said.

Volunteers at the 40-acre urban campground, founded in 1969, included those of different ages and origins, from as far apart as Oklahoma and Europe.

Meanwhile, Johnson noted that the trash usually comes to Campland from the Rose Creek area.

“We recycled the glass, plastic and tins we found,” Johnson said. “We also found a car tire and a plastic piece of a shopping cart, which was surprising.”

Johnson doesn’t want to point fingers at people, but he says everyone should think where their trashes go.

“If someone throws a tin from the Rose Creek Bridge,” Johnson noted, “it doesn’t stay there. It can go to



Volunteers help clean the trash from the wetlands on Mission Bay. PHOTO CONTRIBUTED

an area where birds nest. It’s a sad sight to see a beautiful bird next to trash.”

Reserve manager Isabelle Kay organizes a Campland clean-up once or twice every two months, adding that the campers themselves have planned going to Rose Creek for a clean-up. If they can affect the area where the trash comes from, Campland stays cleaner automatically.

Campers fascinated with the birds over the area have started a bird-

watchers group. New campers express curiosity about the Mexican parrots or black skimmer birds, wanting to know what they are.

Camper Lynn Ihlstrom launched the idea of a birdwatching group, and thus every Thursday at 3:30 p.m., a group tries to recognize the species. Those who wish to join are asked to bring their own binoculars.

The campground is located at 2211 Pacific Beach Drive. For more, call (800) 422-9386 or see [camp-land.com](http://camp-land.com).

## Coastkeeper, Surfrider clean up 9,825 pounds of trash in 2015

From tiny shards of plastic food wrappers to large discarded crates, volunteers collected a staggering variety of trash from San Diego County beaches during a series of clean-ups in 2015 by the Surfrider Foundation San Diego County chapter and San Diego Coastkeeper.

The groups train volunteers to track the type and number of items they pick up during clean-ups, asking them to note unique items and helping them weigh the contents.

In 2015, 7,360 volunteers removed 9,825 pounds of debris from coastal areas, capturing it before it could pollute the ocean.

For another consecutive year, cigarettes and cigarette butts were the most prevalent type of debris found (79,083 pieces), followed by plastic (17,342 pieces) and bits of plastic foam (13,970 pieces). Clean-up organizers say it is alarming that cigarette butts topped the list again and that their numbers increased from the previous year.

“Cigarette butts,” said Mandy Sackett, Surfrider’s county chapter manager, “easily travel from sidewalks into our stormwater systems, ending up in our beaches and oceans. Many people believe that cigarette butts are

biodegradable, but in fact that couldn’t be further from the truth. The filters are plastic, with harmful toxins that leach into the surrounding water.

“Our Hold Onto Your Butt campaign has sold over 10,000 pocket ashtrays and installed over 230 ashcans in San Diego County, which lower cigarette butt litter in the surrounding area by approximately 65 percent,” she said.

The percent of plastic found in the total items collected this year stayed roughly the same this year as last, totaling 43 percent of the items collected by volunteers. Plastics are particularly damaging to the marine environment, as they do not biodegrade and are easily ingested by wildlife. Many of the plastics collected were pieces less than one inch in diameter, and much of the debris was nonrecyclable expanded polystyrene foam, or Styrofoam.

“The litter we remove from beaches,” said San Diego Coastkeeper community engagement coordinator Kristin Kuhn, “isn’t only left behind by beachgoers. It comes from all over San Diego County. Wind and rain takes litter from inland communities into our stormwater system, where it enters our rivers, beaches and oceans. We’re all connected to the coast.”



# City appeals judge's ruling to stop South Mission Beach lifeguard tower project

By DAVE SCHWAB

It could very well be back to square one for a public lifeguard tower project in Mission Beach that has already been more than a decade in the making.

Superior Court Judge Katherine Bacal recently sided with Ken Giavara and a group of neighbors in Mission Beach known as Citizens For Beach Rights (CFBR), which has challenged a new, bigger lifeguard tower on south Mission Beach first proposed in 2002.

The group is contending that the new proposed lifeguard tower is the wrong size and in the wrong place and has been shepherded through the city's project-approval process without the proper permitting.

As currently proposed, a three-story, 3,800-square-foot tower with a first-aid station, vehicle bay, administrative offices and two observation decks would replace a 900-square-foot wooden structure built in the 1970s.

When originally proposed in 2002, the lifeguard tower project was budgeted to cost \$1.1 million. That price tag has mushroomed in 14 years to just under \$5 million due to delays and issues such as erosion control.

Following a Nov. 18 bench trial, Bacal sided with Citizens For Beach Rights, agreeing that a Site Development Permit (SDP) for the South Mission Beach Lifeguard Station "is void and, thus, no construction can occur under its SDP."

The city has argued that "the SDP has not expired and that, even if it had expired, that [the rights group's] action (a lawsuit) was barred by a statute of limitations."

The city on Jan. 22 filed an appeal

'The SDP issued in 2006 expired in 2009. You can build these things smaller now. When a permit expires, you have to go and get it renewed.'

**KEN GIAVARA**  
CITIZENS FOR BEACH RIGHTS

of Bacal's decision.

"The City's arguments will be made to the court," said Gerry Braun, director of communications for the City Attorney's Office.

"The SDP issued in 2006 expired in 2009," said Giavara, who pointed out, "This is 2016. The water level is way higher. Technology has changed. You can build these things smaller now. When a permit expires, you have to go and get it renewed."

Construction on the new South Mission Beach Lifeguard Station was temporarily halted after the summer construction moratorium ended on Labor Day in 2015, after the Superior Court issued a preliminary court injunction restricting the city from beginning construction.

San Diego Lifeguard chief Rick Wurts, speaking on the city's behalf, argued in court that the new planned lifeguard tower was designed to minimize the impact to public views, contending the project was reviewed and approved by the San Diego City Council, which followed proper public noticing standards.

Giavara countered that, in his view, that's simply not true.

"This project was never vetted; people weren't properly notified through the proper legal channels," he said. "We never even heard about this project until they started doing the construction."

Giavara said the beach rights group has "never been against a new lifeguard tower."

"We are for a nice, sleek, top-of-the-line tower," he said, "that is not going to be affected by flooding."

Giavara said the city has spent "thousands of dollars to construct a 12-foot-high, 300-yard-long berm to protect the unfinished south Mission Beach tower, which has already been flooded out by the most recent storm."

"You don't need a 4,000-foot command center in the middle of the beach that's going to be underwater," he said, adding that "they (lifeguards) have a 4,000-foot tower in Belmont, a 4,000-foot tower at the end of Garnet and a 4,000-foot tower (proposed) on Law Street (in PB). That's 16,000 square feet of lifeguard stations in a 2.5-mile stretch. Nowhere in the world is that done."

"Hopefully, the city will be successful on appeal," said Ed Harris, former District 2 councilmember, who has returned to his position as a San Diego Lifeguard sergeant.

Discussing why lifeguard towers have become more controversial of late in the public's view, Harris said, "We're seeing people being more protective of their view corridors," he said.

Of the delays that continue to plague the South Mission Beach lifeguard tower project, Harris said, "It's a shame. We hope it's not going to set a precedent that will allow us (city) to ignore public safety."

"The bad side of it," Harris said, "is things that are more serious and could kill you, like heart attack and cancer, we don't get. But we'll keep trying for it. This doesn't end the conversation or the effort."

Harris said this most recent contract vote "makes it very clear that members of the fire department are covered presumptively, though it's a choice on how that's interpreted."

Harris said San Diego is "the first lifeguard agency to get presumptive coverage in California."

This most recent ratification will be an addendum to the current contract between the City of San Diego and the Lifeguards.

Teamsters Local 911 has a membership of 9,000 members across Southern California and is an affiliate of the International Brotherhood of Teamsters.



The berm and the fence around the construction site just north of the current lifeguard tower in South Mission Beach.  
PHOTO CONTRIBUTED

## 11 Critical Home Inspections traps to be aware of before listing your home sale

SAN DIEGO. According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an older home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. To help home-

*Courtesy of Dennis DeSouza Remax Lic. 01220680*

sellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved. To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1003. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

## BENEFITS >>

CONT. FROM PG. 1

these benefits. Lifeguards have been denied the same coverage.

"It falls far short of what we were told by the mayor we were going to get in 2013," said Harris of the latest agreement, adding, "It is not consistent with police and fire. But it will provide better protection than we have had in the past."

Harris pointed out lifeguards "are going to be protected again for things like meningitis, tuberculosis, hernia and pneumonia. That's a very good thing."

Noting lifeguards "are part of the fire department," Harris added, "It is our continued position that we fall under state law and should be fully covered under the Labor Code."

After months of intensive negoti-

ations, Teamsters Local 911 and the Lifeguard union leadership received their most recent proposal from the City of San Diego on Presumptive Illness Coverage protections following City Council closed session.

The lifeguards union has been engaged in a public information campaign for the last six months. With the El Niño season fast approaching and the potential for severe health exposures to lifeguards skyrocketing, the local believed it was in membership's best interest to seriously consider the city's most recent offer.

That offer, now approved, will provide coverage for short-term illness and injury. But it does not address, in the lifeguards' view, the long-term health effects of exposure to contaminated water, sewage and chemicals. The offer also fails to provide coverage for other things.

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## Driver gets 17 years for vehicular manslaughter

By NEAL PUTNAM

A drunk driver who caused the death of a taxi driver near Old Town was sentenced Jan. 22 to 17 years and eight months in state prison. Amy St. John, 44, a Phoenix teacher who was vacationing and staying in the Midway District, was also ordered to pay \$9,019 for the funeral and burial expenses of Anteneh Minassie, 42, killed April 19, 2014.

St. John was driving the wrong way down a freeway exit to Interstate 5 when her car struck Minassie's taxi. St. John said in court that Minassie got out of his

vehicle and told her she was driving the wrong way.

Deputy District Attorney Lucille Yturralde told San Diego Superior Court Judge Louis Hanoian the taxi driver did survive the initial crash but that another car struck Minassie's vehicle and that he was run over by other cars. She said St. John drove away quickly.

Yturralde who said St. John's blood/alcohol level was .27, which is over three times the legal limit. She added that a bartender and others at a Midway Drive-area bar tried to call her a taxi but that she declined, saying she had a ride.

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## PB Town Council, local groups keeping residents safe

By HANNA LAUKKANEN

The Pacific Beach Town Council Open House, held Jan. 20, drew 20 organizations that presented their goals to community residents and the council. The goal of all groups is to make PB a better and more beautiful place to live.

Council president Cathie Jolley said the council almost ran out of tables for all the organizations.

The group Save San Diego Neighborhoods is focusing on limiting short-term vacation rentals in San Diego. The group has more than 1,000 members, such as Tom Coat, who bought a house in Pacific Beach decades ago. He didn't want to buy a house next to a hotel, but now the neighborhood is changing fast, and short-term rentals are next door to his place.

Coat thinks it's OK if the homeowner lives in the house and rents a couple of rooms, but neighbor opposition is frustrating and not good for the families wanting to rent the houses.

"One house owner," Coat said,

"rented the house for a family and then realized he doesn't get big money from the rent. He decided to make the house a short-term vacation rental, and the family was forced to leave. Now, the owner is making over \$20,600 per month."

Meanwhile, a Pacific Beach neighborhood watch group has 56 volunteers making the area safer. Anybody can join the watch group by contacting Marcella Teran, a town council board member.

If someone is going out of town, he can alert his neighbors to keep an eye on the house during the vacation. Also, seniors can feel safe when neighbors are looking after them. If the neighborhood watch notices something suspicious, the watchdogs can report it to the police.

"Pacific Beach," Teran said, "is an ever-changing area, with people moving in and leaving. The neighborhood watch helps Pacific Beach to have a core of residents that know the area and take care of the safety."

Meanwhile, Pacific Beach's

Friends of the Library wants to encourage people to use the library regularly and also raise money for it. Connie Mason said that it is important not only to have a place for information but also to have a venue for yoga, Zumba, concerts and toddler storytimes.

"This May," Evan Fickling said, "we have also an event, 'Creative Aging,' coming up. YMCA and different health organizations will introduce themselves." Meanwhile, everyone can get a library card for free. A lifetime Friends of the Library membership costs \$250, and funds go to support free services of the library.

Because of the numerous schools of the area, it's important to Pacific Beach to be a safe environment. St. Paul's Lutheran Church and School of Pacific Beach has 160 pupils and 15 teachers.

Principal Meredith Binnie says that the faith-based school has small class sizes, under 20 pupils in a class. Students are taught one-to-one iPad technology, which prepares to secondary education.

## Letter to the editor

### Mission Beach Town Council looks for support during membership drive

Editor:

The Mission Beach Town Council has a membership goal of 400 for 2016. We need your support to accomplish this goal. With an increased membership, our board resolutions will carry a stronger voice with our elected officials. So it is still not too late. Act now.

Check out our website page at [missionbeachtowncouncil.com](http://missionbeachtowncouncil.com) for an application form to mail in or just register online. This is an added feature for 2016 memberships; thus, give it your attention today. And don't forget to follow us on Facebook and/or Nextdoor Mission Beach for the most recent community updated information.

Pacific Real Estate Services Inc.

recently received the good news that the Belmont Park Plunge renovations were approved by the California Coastal Commission at its Jan. 14 meeting.

Another issue concerning our members is the seawall repairs. Work started just after Labor Day, and the section from Ventura Court to San Fernando is well under way, with the first concrete pours having recently taken place. The City informed the board last week in an email that it is on target to finish by Memorial Day.

On a not-so-positive issue, the new South Mission Beach Lifeguard Station won't be going forward, as Superior Court Judge Katherine Bacal ruled the City of San Diego

violated the city's own site development process. City Council has not yet discussed if it plans to appeal the ruling.

And we continue to work hard on a solution with the City for the trash and flies issue.

These are just a few of the many community issues the Town Council is monitoring to continue to improve our community. So, once again, get involved by being a member, and don't forget that the next scheduled general meeting will be held 6 p.m. Feb. 10 at the Belmont Park Community Room, North End. Hope to see you there.

Klaus Mendenhall  
MBTC 2016 Membership

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The Tower Paddle Boards team with Mark Cuban will be on 'Beyond the Tank' on Thursday, Jan. 28.

PHOTO CONTRIBUTED

## PB entrepreneur to be featured on 'Beyond the Tank'

Pacific Beach entrepreneur and University of San Diego Business School alumni Stephan Aarstol, and his company, Tower Paddle Boards, will be featured on ABC's "Beyond the Tank" airing at 8 p.m. on Thursday, Jan. 28 on Ch. 10.

Aarstol, who took a master of business administration degree from the University of San Diego in 1999, founded the stand-up paddle board-

ing brand in Pacific Beach in 2010. Since partnering with Mark Cuban and landing \$150,000 in funding on ABC's "Shark Tank" in 2012, Tower has done more than \$17 million in sales.

The San Diego Business Journal named Tower the No. 1 fastest-growing private company in San Diego in 2014. A year later, Tower ranked No. 239 on INC magazine's

"Inc 500" list of America's fastest-growing companies.

Using acumen he sharpened during his MBA training, Aarstol has grown Tower's annual revenues over 2500 percent in the last four years. With only \$100,000 in lifetime sales at the time of his investment, Cuban has been quoted in Forbes saying that Tower Paddle Boards is one of his best Shark Tank investments.

## Hammond's Gourmet Ice Cream opens shop in Pacific Beach

Sure, it's been cold and wet in San Diego recently, but people love ice cream all year round. Even in winter.

Pacific Beach is now the place to indulge that year-round craving for the cold stuff – rich, creamy "super-premium" ice cream and sorbet with 18 percent butterfat – with the opening of the second Hammond's Gourmet Ice Cream shop.

Owners Ryan and Trang Hammond and Daniel Szpak opened the flagship Hammond's in North Park during the summer of 2014, and the shop was an instant success, with mini-ice cream cone flights and unique flavors.

Hammond's is no run-of-the-mill ice cream joint. The shop offers more than 100 flavors of Tropical Dreams super-premium ice cream and sorbet, handmade in Hawaii, with a rich, creamy texture. You'll recognize some of the usual chocolate, vanilla and mint offerings at the counter, but Hammond's specialty is the variety of island-inspired flavors the Tropical Dreams brand has perfected, including

Chocolate Coconut Macadamia Nut, Kona Coffee with Caramel, Mango Cream, Poha Berry, Banana Storm and many others.

The Pacific Beach shop will also feature new flavors of ice cream and sorbet, including Vanilla Rose, Vietnamese Coffee and Chocolate Mint Sorbet.

"We're very excited to be bringing this delicious and unique ice cream to Pacific Beach," Trang Hammond said. "Our customers at the North Park shop love the product and the customer service, and I know our new customers in Pacific Beach will also. Our commitment is to serve only the most delicious ice cream and to create a welcoming, comfortable space that enhances our new neighborhood."

The new Hammond's is located at 1418 Garnet Ave. The shop is open Sundays through Thursdays from noon to 10 p.m. and Fridays and Saturdays from noon to 11 p.m.

For more information, call Trang Hammond, (714) 251-9884, or email Hammond at info@hammondsgourmet.com.



Hammond's Gourmet Ice Cream shop offers more than 100 flavors. PHOTO CONTRIBUTED



## ENJOY THE BEAUTY OF OLD TOWN

Mention Old Town San Diego and most folks will start talking about Mexican food whether it's the restaurant their family has been going to for generations or a new discovery they've made recently. And rightly so. If there is a capital of Mexican cuisine in San Diego, it's definitely Old Town.

Increasingly, though, people are discovering what locals have known for years. Old Town is also the place to go for shopping and Fiesta de Reyes is the place to hit up if you're in the market for a unique gift or specialty item you just can't find anywhere else.

Fiesta de Reyes is home to 19

unique specialty shops featuring authentic, historically themed, one-of-a-kind items that are perfect for gifts or for yourself. From hot sauces to silver jewelry, from olive oil to toys, from unique garden items to original artwork, books to wine to jerky all of the specialty shops of Fiesta de Reyes are locally owned and independently operated.

Of course, if you really want authentic Mexican food with your shopping, Fiesta de Reyes also features three fantastic restaurants that celebrate San Diego's rise from a Mexican village to a thriving culinary and commercial mecca. Add to that, the nightly entertainment

and Fiesta de Reyes is not just a shopping center, it's a vibrant shopping and dining experience.

For more on the shopping, dining and entertainment at Fiesta de

Reyes, go to [fiestadereyes.com](http://fiestadereyes.com) or just visit in the northeast corner of Old Town San Diego State Historic Park. 2754 Calhoun Street, San Diego, CA 92110.



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Pictured left to right is Lorenza Levy, Daniela Alonso-Levy, Jose Alonso and Kiwanis Club President, Joseph Utschig.

## DANIELA ALONSO-LEVY "Kiwanis Student of the Month"

Daniela Alonso-Levy, from Barnard Asian Pacific Language Academy is the Kiwanis Student of the Month. She represents outstanding leadership in her classroom. Daniela is responsible, helpful, hard working and exceeds the expectations in Chinese. She is liked and respected by all other students in her class. Daniela was honored by the Kiwanis Club of Pacific Beach and Brian McMullen of Allstate P.B. with breakfast at the Broken Yolk.

**CONGRATULATIONS!**



# Keep your resolutions and get fit with Zumba while taking in ocean views

By DAVE SCHWAB

Zumba enthusiasts are now doing their thing up on the roof at Belmont Park.

Julia de Luca, an instructor in the popular, trendy dance fitness program, thought it would be a perfect locale for a workout with its panoramic views.

The dance instructor, having previously worked at Belmont Park, noted that its Coaster Terrace was frequently unused on Monday nights and some weekends. "So I asked if I could use the room for Zumba, and they said OK. So we do it outside when weather allows," de Luca said.

The dance instructor noted Belmont is indeed the perfect, picturesque spot for aerobics up on the amusement park's second-story roof.

"To the east, you've got the roller coaster, and to the west its the beach, sand and ocean," she said.

Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto (Beto) Perez during the 1990s that involves dance and aerobic elements. Its choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.



Instructor Julia de Luca leads a Monday evening Zumba class on the Coaster Terrace at Belmont Park.

PHOTO CONTRIBUTED

Zumba Fitness, the owner of the Zumba program, does not charge licensing fees to gyms or fitness centers who use it. Approximately 15 million people take weekly Zumba classes in more than 200,000 locations across 180 countries.

"I've been dancing since the age of 4," said de Luca, adding she's done all the "usual" dance forms — ballet, tap, jazz, a little bit of gymnastics.

But when it comes to exercise, de Luca noted, "I don't like traditional workouts, running, jogging et cetera."

She said she became a convert to the Latin dance form incorporating fitness elements after taking a Zumba class from her boyfriend's mom. Though she found it strenuous, "I never sweated so much in my life," de Luca pointed out. "You don't

notice that you're actually working out because you're mostly having fun and listening to music and trying to keep up with the moves."

De Luca is now a certified Zumba instructor, having taken a required eight- to 10-hour course that teaches the basics in a manual.

De Luca's classes are typically small, with 8 to 15 people participating. The cost is \$10 a person per

## ZUMBA

**Where:** Coaster Terrace at Belmont Park.

**When:** 6 to 7 p.m. Mondays  
**Cost:** \$10 per session.

**Contact:** juliadeluca@gmail.com  
or juliadeluca7.zumba.com.

session.

The hourlong sessions start out with 10 minutes of warm-up dancing to songs then proceed into a "40-minute, intense workout" with different choreographed dances with a fitness element before concluding with a "cool-down and stretch song."

A Realtor, de Luca noted Zumba is great because "it's another way of connecting with people." She added she loves seeing people "come into the class a little tired or depressed" and enjoys "watching them leave with smiles."

She added that if you want exercise that's entertaining too, Zumba is for you. "It's just fast-paced, very upbeat music," she said, noting that, though it's not peaceful like a yoga session, it is something you can use to clear your mind.

"It's loud, but it's inspiring," de Luca said, encouraging people to come out to Belmont and try it out.

"Wear comfortable sneakers," she advised.

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## Bird Rock Coffee Roasters takes all the beans at national face-off

A very expensive Bird Rock-based cup of coffee — \$11, to be exact — has been declared among the best javas in the United States.

On Jan. 16, the pricey pick-me-up sold by Bird Rock Coffee roasters won the coffee category at the 2016 Good Food Awards in San Francisco, alongside 16 other topnotch coffees from around the country.

Bird Rock Coffee Roasters, with three locations in San Diego — 5627 La Jolla Blvd., 2295 Kettner Blvd. and 1270 Morena Blvd. — churns out the Geisha varietal coffee from the Panama Esmeralda Estate in Panama, which sells for \$100 a pound.

The company says the varietal is one of the most expensive coffees in the world to grow. Because it is an extremely rare varietal, it's also difficult to grow and low-yielding.

According to the company, the entry boasts "notes of jasmine, honey, dried raspberries, cream and lavender, with a velvety texture."

The Good Food Awards celebrate outstanding American food producers who responsibly create tasty food and drinks with a focus on craftsmanship, sustainability and fresh ingredients from the farming

and agriculture communities.

Bird Rock Coffee Roasters was the only winner from San Diego at the sixth annual awards. Winners were decided after a blind tasting featuring 203 judges. A total of 242 companies were honored among 1,927 entrants.

Chuck Patton, owner of Bird Rock Coffee Roasters, said it's an honor to bring home the accolade.

"This award captures everything we stand for," he said, "including quality, taste and social responsibility. We hope this award brings awareness to the fact that not only do we have incredible-tasting coffee but that the direct trade methods and compensation for coffee farmers that we engage in are a national model."

The coffee sells for \$50 per eight ounces at all Bird Rock Coffee Roasters locations. Patrons can also get it freshly brewed for \$11 a cup at the shops' pour-over coffee bars.

After selling small batches of hand-roasted coffee at local farmers markets, Patton opened his first location in Bird Rock in 2006, sourcing his coffee beans directly from farmers across the globe.



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# Orgy still rocks hard at Brick by Brick

By BART MENDOZA

Platinum-selling alt-rockers Orgy perform at Brick by Brick on Jan. 28. Now the hard-rock venue of choice in San Diego, Brick by Brick has been booking a topnotch list of headliners in recent months, topped recently by this bill, which also includes Death Valley High and Mursic.

Touring in advance of a new EP, "Entropy," the band still features frontman Jay Gordon, now backed by a new crew. Longtime fans need not worry; the band still rocks hard, with a dense, intense sound not for the faint of heart.

**Orgy, Thursday, Jan. 28 at Brick by Brick. 9 p.m. [brickbybrick.com](http://brickbybrick.com).**

There are plenty of great piano players in San Diego, but no one comes close to capturing the magic of Sue Palmer when she's on the 88s. Appearing at Tio Leo's on Feb. 4, Palmer is dubbed the "Queen of Boogie Woogie," excelling at everything from blues to torch songs, with a particular passion for the sort of tunes that inspire a trip to the dance floor and much merry-making.

The gig is in anticipation of a show at the Saville Theatre downtown with The Euphoria Brass Band on Feb. 9, but any show you catch from Palmer and her select crew is always a good time.

**Sue Palmer Quintet, Thursday, Feb. 4 at Tio Leo's. 7:30 p.m.**

Classic rock fans will want to head to the 710 Beach Club on Feb. 5 for a set from Jetpack Mojo. The Pacific Beach-based quartet excels at high-octane covers of Creedence Clearwater Revival, The Cult and other FM radio mainstays, perfect for hitting the dance floor or just enjoying over a beer.

Best of all, Jetpack Mojo injects its own feel to the standards, giving them a bit of life missing from many cover bands' versions of these great tunes. Kudos to the 710 Beach Club for helping keep rock 'n' roll alive in



Jazz and flute icon Tim Weisberg returns to Dizzy's on Feb. 6. Weisberg is promoting his first album of new music since 1997's "Undercover," and it's a fantastic listen, well worth the wait.

PHOTO CONTRIBUTED

the area.

**Jetpack Mojo, Friday, Feb. 5 at the 710 Beach Club. 9 p.m. [710bc.com](http://710bc.com).**

Anyone looking for a great soundtrack to a dining experience will want to check out Marcela Mendez, performing at Tio Leo's on Feb. 6.

For this show, the lead singer of cover band Honey Rock will be playing in acoustic duo format, but she loses none of her charm or fire in the translation, with terrific covers of everyone from Train to Nancy Sinatra. Mendez has a great voice, but what really sells her talent is the fun she has when performing. A great date night option.

**Marcela Mendez, Saturday, Feb. 6 at the Kona Kai Resort. 6 p.m. [resortkonakai.com](http://resortkonakai.com).**

Jazz and flute icon Tim Weisberg returns to Dizzy's on Feb. 6. Weisberg is promoting his first album of new music since 1997's "Undercover," and it's a fantastic listen, well worth the wait.

Recorded live, it features a cool mix of standards, such as Gersh-

win's "Summertime" and Herbie Hancock's "Watermelon Man," alongside newer gems such as Gerald Wilson's "Via Tirado" and Dan Fogelberg's "Twin's Theme." Expect the majority of the album to be included in the set this evening, mixed in with some of his classics, all with the same ace band he used in the recording of the new disc.

**Tim Weisberg, Saturday, Feb. 6 at Dizzy's. 8 p.m. [dizzysjazz.com](http://dizzysjazz.com).**

Anyone looking for the next big thing, or at least some fresh new talent, may want to check out the open mic night at Bird Rock Coffee Roasters on Feb. 7.

Reserved for singer-songwriters, the music starts at 3 p.m. (sign-ups at 2:30), with performers playing 15-minute sets, giving music aficionados a wonderful opportunity to hear a lot of artists in a short time frame. While the quality of the musicians can vary, the event is never less than a fun, entertaining – and free – way to spend a Sunday afternoon.

**Open Mic, Sunday, Feb. 7 at Bird Rock Coffee Roasters. 3 p.m. [birdrockcoffee.com](http://birdrockcoffee.com).**





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# Local fans reach fever pitch for WNT

U.S. women dominate Ireland in San Diego friendly match

By SCOTT HOPKINS

An army of aroused soccer fans came by the thousands to cheer the U.S. women's national team in a rare San Diego appearance against Ireland's finest in a Jan. 23 friendly match at Qualcomm Stadium, and a dominating 5-0 U.S. victory sent them home even happier.

Myriad clothing and headwear in the stands included those with U.S. flags draped over shoulders or wearing garments containing red, white and blue and was broken only by those adorned in pricey replica jerseys with the names of favorite players.

Many of these names achieved household status last July 5, when the U.S. electrified soccer enthusiasts around the world with a stunning display of power in a memorable 5-2 defeat of Japan for the World Cup.

And here they were, competing on the local pitch in their all white kits, led by all-world star midfielder Carli Lloyd, goalkeeper Hope Solo, forward Alex Morgan and defenders Meghan Klingenberg and Ali Krieger.

Lines at merchandise stands outside stadium gates were long as fans awaited their opportunity to buy items ranging from T-shirts to six-foot-long scarves with the motto "One Nation, One Team" printed on them.

And those who were late getting to their seats missed the first U.S. goal, as Morgan sent a 6th minute cross to an unmarked Lloyd, who had an open net from about five yards away.

Then, in the 22nd minute, Lloyd again found herself in perfect position as a pass



Alex Morgan (13) slides to block an Ireland clearing attempt. (Right) Carli Lloyd scores her second goal of the match off a header.

PHOTOS BY THOMAS MELVILLE

in the goal mouth was headed into the air. She leaped to send the ball into the net milliseconds before an Irish defender's head collided with her chin, sending both women to the turf for treatment.

Returning to the match in the 25th minute, Lloyd completed her sixth career hat trick in the 29th minute when the Irish goalkeeper misplayed a ball, leaving her with a look at a wide-open net from 20 yards, her 82nd international goal.

At that point, the score was effectively Lloyd 3, Ireland 0, and the crowd's passionate cheering increased with every offensive possibility or defensive rejection.

Lloyd sat out the second half as USWNT coach Jill Ellis sent six substitutes into the game, with one making history. Forward Mallory Pugh made her debut with the national team in the 58th minute at the age of 17 years, 9 months. And Pugh made the most of her first appearance.

In the 84th minute, she scored the final U.S. goal, becoming only the 19th player to score in a debut. Current teammates Stephanie McCaffrey and Christen Press,



who assisted on the goal, also achieved this feat.

Another notable moment came in the final minute of the first half when Morgan, playing in her 100th career match with the team, scored her 57th career goal on an assist by Lloyd.

Among the more interesting groups in the crowd was a large contingent in field level section 19, where a group of young men somehow got through stadium security with three massive bass drums, which they managed to pound on with unending energy until the final whistle.

READ MORE ONLINE AT [sdnews.com](http://sdnews.com)

## Mission Bay High teams warming up during winter

By DAVE THOMAS

The season's cooler weather has not stopped a number of Mission Bay High winter sports teams from getting hot.

### Wrestling

On the wrestling mats, head coach Don Samuels notes that the team has been led to date by the likes of juniors Charley Burciaga and Francisca Diaz.

"They both have helped our young wrestling team stay motivated and competitive," Samuels commented.

According to Samuels, Diaz has won two gold medals and a silver this season, putting her on track to do well in the CIF wrestling tournament.

"Our boys team should finish strong, led by our juniors, sophomores and up-and-coming freshmen," Samuels added. "We are still looking to outwork them all."

### Water polo

The future continues to look bright for the girls water polo team, with the boys squad having had a strong fall season.

According to head coach John Knight, "Numbers are up for both boys and girls, with 30 players on each team. Word is getting around about how much fun water polo is. The majority of each team is composed of sophomores and freshmen, so the program will be

building over the next few years."

One of the stars on the girls team is senior goalie Niki Moore. So far this season, she has amassed more than 120 saves.

Other outstanding performances have been turned in by seniors Alina Snyder and Cassidy Kepner.

Under the guidance of a new coaching staff, the boys made it to the CIF quarterfinals game for the first time in recent years.

Two players, Doug Cromar and Sid Bauer, were selected to the City All-League Second Team.

### Soccer

On the girls soccer front, head coach Jorge Palacios reports that the Lady Bucs are 6-5-2 (2-1 in league play).

According to Palacios, key players to date include Katie Baker and Citlaly Garcia, defenders and outstanding senior leaders; Brittany Barnes, one of the leading scorers who brings explosiveness and competitiveness; and Diana Suarez, one of the playmakers, who has excellent ball skills.

"We aim to get better with each game and hope to get into the playoffs and beyond," Palacios added.

(Editor's note: All varsity winter sports coaches were asked to provide information to Dave Thomas for this article at [hoopsthomas@yahoo.com](mailto:hoopsthomas@yahoo.com).)

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## EDUCATION NOTEBOOK >>

### Mission Bay Cluster Schools Fair, Schoolyard Dash 5K set for Jan. 31

The third annual Mission Bay Cluster Schools Fair and Schoolyard Dash Fundraiser will be held Sunday, Jan. 31, from 8:30 a.m. to noon at beautiful De Anza Cove. Showcasing the six public schools in Pacific Beach and raising money for the secondary schools, events begin at 8:30 with the Kids Mile Fun Run, followed by the Schoolyard Dash 5K.

Immediately following the run, the Mission Bay Cluster of Pacific Beach Schools will host the annual schools fair, which includes a Vendor Village, live musical entertainment, food, fun and games. Chip's Beach Eats food truck will be on site for breakfast and early lunch. The YMCA will be partnering with the Mission Beach cluster and provide fun family activities as well as information about the proposed PB Middle School/YMCA project.

The six public schools in Pacific Beach – PB Elementary, Kate Sessions Elementary, Crown Point Junior Music Academy, Barnard Asian Pacific Language Academy, Pacific Beach Middle School and Mission Bay High School – will have

booths with information about the unique programming and numerous opportunities for children in their schools. Principals, teachers and coordinators will be on hand to answer questions about the curriculum, enrichment and environment of all six schools. To find out more about the event, go to [schoolyard-dash.org](http://schoolyard-dash.org).

### Mission Bay High

■ Mission Bay High School Aquatics Program is looking for sponsors and contributions to support the boys and girls water polo and swim teams. To help or for more information, contact [kathymillergray@gmail.com](mailto:kathymillergray@gmail.com).

■ Thursday Night Hoops for Future Bucs is set for Thursday, Feb. 11 at 5:30 p.m. in the MBHS gymnasium. Come see what it's like to play for Mission Bay High School's varsity basketball team. Featured game is MBHS vs. Cathedral High School. Admission is free for kids wearing PBMS, Future Bucs or Rec jerseys. Admission for parents is \$5. For more information, contact [pamelabranigan@yahoo.com](mailto:pamelabranigan@yahoo.com).

### Pacific Beach Middle

■ Did you know we are drinking the same water that dinosaurs drank? Working in collaboration with beautiful PB, Scripps Institution of Oceanography and UCSD, PB Middle has been awarded a grant to install rainwater-capturing barrels, and student leaders will learn to

maintain and spread the word about the importance of sustainability of our resources, especially water.

Under the guidance of Amir Yechieli, an international rain harvesting specialist, PB Middle will be installing and painting three rainwater-collection barrels to water its gardens Jan. 28 and 29 from 8 a.m. to 2 p.m. This event includes a student assembly, teacher training, curriculum and a research study on student knowledge, beliefs and behaviors around sustainability.

PB Middle was one of three sites countywide selected to receive this generous grant. The installation of giant rain-collection barrels, with filtration systems, will be part of a three-school sustainability study with the UCSD Rady School of Business and UCSD-US Israel Center for Innovation and Economic Sustainability. Yechieli, inventor of the filtering rain barrels, is being flown in from Israel to lead the events.

### PB Elementary

■ Encourage reading and support the PBE Library by donating a book or two online through the Amazon Wish List: Search Wish Lists for PBE Library Wish List. Contact PBE librarian Jenni Busboom with any questions at (858) 488-8316.

■ PBE is happy to announce that a new science program has begun for all grade levels. Come find out more about this exciting program and others offered at PBE during one



### Math, Science & Design Night

PB Middle hosted more than 200 attendees at the annual Math, Science and Design Night. A big thanks to organizations who came out with interactive games and displays from Rohr and the National Marine Mammal Foundation. Mission Bay High's Robotics Team came out in force. Rerip.com had a student coordinator, Nick O., who spread the word about keeping surfboards out of the landfill.

PHOTO CONTRIBUTED

of the upcoming school tours. Choice applications for PBE are due Feb. 15. Call PBE for more info at (858) 488-8316.

### FOPBE

■ Friends of Pacific Beach Elementary will hold its most recent meeting Wednesday, Feb. 10 from 6 to 7:30 p.m. in the PBE library.

### CPJMA

■ The NAMM John Lennon Education Bus arrives at Crown Point Junior Music Academy on Monday and Tuesday, Feb. 1 and 2, wherein students will write, record and make

a professional video. The academy is one of several hundred schools recognized by the NAMM Foundation Support Merit Award program and won this two-day residency program after submitting a one-minute video about "what makes music education great in my school."

### Barnard Academy

■ Barnard Asian Pacific Language Academy will be celebrating the Year of the Monkey with a community event on Saturday, Feb. 6 from 11 a.m. to 3 p.m. Everyone is welcome at the Barnard Campus, 2445 Fogg St.



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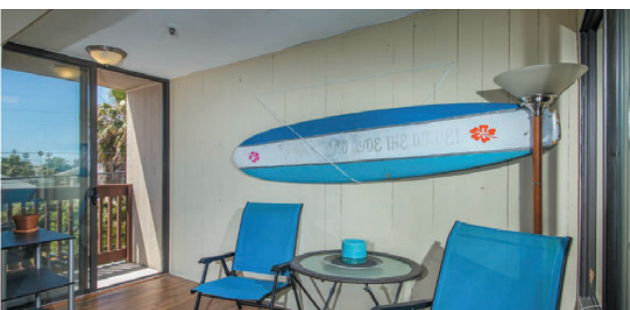
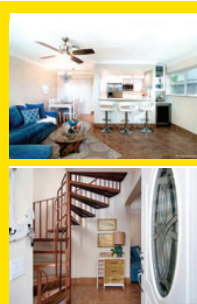
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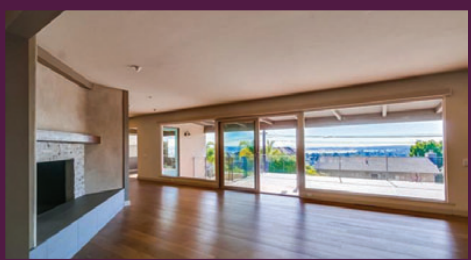
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Sat & Sun 1-4pm 7357 Fay Ave.	3+BR/2.5BA	\$1,295,000-\$1,425,000	Deborah Greenspan • 619-972-5060
Sat & Sun 1-4pm 5875 La Jolla Corona Dr.	4BR/4.5BA	\$1,995,000-\$2,195,000	Greg Noonan • 858-551-3302
Sat & Sun 1-4pm 1511 Copa De Oro	4BR/3.5BA	\$2,375,000	Lysianne Jones 858-922-6228 Ross Clark 858-442-2643
Sat & Sun 1-4pm 6106 Camino De La Costa	3BR/3.5BA	\$15,600,000	George Douglas • 708-250-6366 Bianca Diaz 858-232-7507
Sat & Sun 1-4pm 7765 Via Capri	5BR/4.5BA	\$2,650,000	The Reed Team • 858-395-4033
Fri Sat Sun 1-4pm 6767 Neptune Place	3BR/3BA	\$2,850,000	Team Carincross • 858-859-3370
Sat 1-4pm 7126 La Jolla Blvd.	2BR/2BA	\$895,000	Kevin Bennett • 619-929-6858
Sat 1-4pm .245 Coast #B1	2BR/2BA	\$1,350,000	Eric Eaton • 858-349-7566
Sat 12-3pm 5727 La Jolla Hermosa	5BR/3.5BA	\$1,750,000-\$1,850,000	Cassandra Altmann • 858-449-6966
Sun 1-4pm .909 Coast Blvd. #4	2BR/2BA	\$1,250,000	Moira Tapia • 858-337-7269

**RANCHO SANTA FE**

Sun 1:30-4pm 5835 Saratoga Corte	3BR/3.5BA	\$1,995,000-\$2,150,000	Arlene Sacks • 858-922-3900
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- Cash buyer looking for a top floor unit in The Plaza or Barrier Reef building



**4087 Sequoia:** Check it out...this adorable 3BR/ 2BA condo in the Crown Point area was just listed! This unit is on the second floor, all one level, and located in a well-maintained, 3-unit complex. Other great features are an open kitchen, breakfast bar, and corner fireplace in the living room. Also enjoy the perk of a 2-car tandem garage, a necessity in the beach area! Call us NOW for more details or to schedule a showing.



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### 1327 La Palma St. 5A - \$1,675,000

Incredible bayfront 3BR, 2.5BA condo sitting directly on the sandy beaches of Sail Bay with sunrise & sunset views! Boasting over 1,907 sqft, this home features an expansive living room w/ generous bay-view balcony, private bayfront patio off the master, 2 fireplaces, full-sized washer & dryer, tons of storage, & 2 parking spaces. Enjoy exclusive amenities in a coveted development including a private tennis court, pool & spa! Perfect for primary or second home!



**STEVE CAIRCROSS** TeamCairncross.com 858-859-3370 CA BRE #0859218



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- #3 Hard wood floors #4 Granite counter tops
- #5 Huge Windows #6 New lighting #7 Fitness center
- #8 Low HOA fees #9 In the Heart of the Gaslamp
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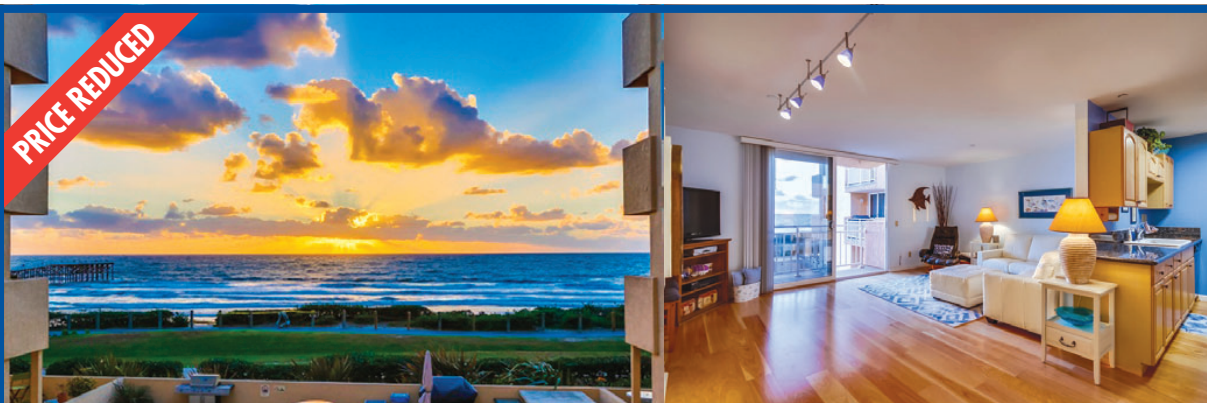
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