

## ALBION'S RUN OVER

Albion SC Pros lost 1-0 to Sonoma County Sol in the National Premier Soccer League West Region final at Mission Bay High School. But the team's first season in the league was a success.

SEE PAGE 10



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SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, JULY 28, 2016

BEACHANDBAYPRESS.COM

## DecoBike plans to add more coastal stations

By DAVE SCHWAB

The battle to remove two existing DecoBike stations on Pacific Beach's boardwalk continues despite city opposition and amid reports that the bike-sharing company may be further expanding its coastal network.

On July 20, community activists Alan Harris and Jennifer Tandy addressed Pacific Beach Town Council about an ongoing petition drive opposing PB boardwalk's commercialization.

Following that meeting, Harris noted a petition drive opposing boardwalk Deco-

'... no additional stations will be constructed on the boardwalk.'

**KATIE KEACH**  
CITY SPOKESPERSON

Bike stations had garnered about 3,000 signatures in just three of four weeks.

Harris said the objective is clear.

"We want to see the two stations on the boardwalk get relocated," he said pointing out beach residents have

SEE BIKE, Page 9

## Mission Bay grad to represent Pacific Beach at Rio Paralympics

By DAVE THOMAS

It can be easy for many individuals when the chips are down to fold their tents and go home. That said, many others will stand and fight.

Such is the case with one Mission Bay High grad, a young man who chose to make a stand when life presented him with a very serious challenge.

For Pacific Beach native Ryan Porteous, his introduction to the college world was not what any young man (or woman for that matter) would envision.

In 2011, after graduating from Mission Bay High (second in his class) and being named Male Athlete of the Year (he lettered three years on the football team), life



**Ryan Porteous**

would soon change.

Porteous was injured during a fall on a boat dock in his early days at the University of California Santa Barbara (still a student there), a spinal cord injury that led to partial paralysis. While his body changed, his mind made up of determination

SEE PORTEOUS, Page 10



## The mysterious jetty cats of Mission Beach

The feral cats on the jetty are usually friendly and often interact with fishermen.

PHOTOS BY THOMAS MELVILLE

## Colony of ferals live on the rocks

By LAINIE FRASER

Six years ago Audrey Stratton made 85 feline friends on a walk around Mission Bay. Today, she works to help maintain their health and safety.

The jetty at the end of Quivira Way in Mission Beach houses a colony of feral cats and has become a drop off spot for people who can no longer care for their feline friends.

According to Stratton, long before she found the cats, there was a colony of 25 living around the jetty. They were all neutered and tagged.

As time went on, people began dropping their cats off and the feral population grew. By the time Stratton came around, there were 85 cats with a large population of them born and raised feral. Over the course of three months, she documented the cats in a



binder with photographs and information on each one.

"They are attracted to the jetty because of the amazing weather, social structure amongst other feral cats, fresh fish from the fishermen and, most importantly, a dedicated group of feeders who come daily to provide fresh food and water," Stratton said.

"I fish here every so often," said James Harrodson, an Ocean Beach resident. "I see a couple of cats every time. They sit beside me because they are smart, you know, they know I am about to pull a fish out of the water or a potential lunch for them. They look rough but they are incredibly friendly."

SEE CATS, Page 12

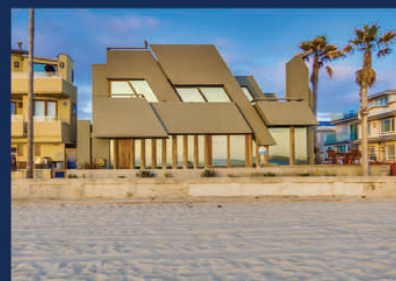
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## Get down and dirty on National Chicken Wing Day

By LAINIE FRASER

In 1964, in Buffalo, N.Y., Teresa Bellissimo threw together a cheap late-night snack for her son and his college buddies. The chicken wings, fried and smothered in sauce, were a massive hit. Bellissimo and her husband Frank decided to start selling the wings at their restaurant the Anchor Bar.

After acknowledging that the wings were such a success, other restaurants began making their own and in 1977 Stan Makowski, then mayor of Buffalo, declared July 29 National Chicken Wing Day.

For 50 years, restaurants around the country have been working to create the perfect buffalo wing and sauce. The owners of Dirty Birds in Pacific Beach, which has been voted Best Wings in San Diego four years in a row, believe they have found the secret.

"Our root owners and operators are all East Coasters," kitchen manager Marco Montes said. "They know a thing or two about chicken wings. Combine that with some Western and Southwestern kitchen know-how and step back because here comes the boom."

For eight years, Dirty Birds in Pacific Beach has been the go-to place for buffalo wings, cold beer and sporting events.

Every morning the chefs at Dirty Birds prepare to season, bake, fry and

### NATIONAL CHICKEN WING DAY

**Where:** Dirty Birds, 4656 Mission Blvd.

**When:** 3 to 6 p.m. July 29.

**What:** Half-priced wings.

sauce the wings. But the first step in readying the wings is to cover them in the restaurant's secret rub.

"The key ingredient for us and what I think sets us apart from others is the seasoning we bake all of our wings in first," said general manager Marlee Lucas.

From there, the wings are partially baked to lock in the flavors of the secret seasoning.

"There definitely has to be a frying element when it comes to cooking chicken wings, that's the typical method of cooking them," Lucas said. "We add baking or roasting to our process to lock in the juices and allow the flavors to really resonate throughout."

The wings then wait for an order to come in. When one does, they are fried and coated in the customer's choice of seasoning or sauce. The last minute frying keeps the flavors locked in, the texture crispy and the wings hot and ready to be tossed in sauce.

The secret to a good sauce, Montes said, is some flavor know-how, imagination, practice and a whole lot of love. The actual ingredients in the sauce though, Montes said, he is not

at liberty to share.

With more than 33 different sauce flavors, Dirty Birds provides customers with a variety of options in taste and spice. The heat ranges from mild up to a spice that, Montes said, has made grown men cry. The most popular sauce is Dirty Ranch. Other favorites are Spicy Garlic, Diablo, Ninja, Sweet Chili and Lemon Pepper.

"No one else makes wings like this place," said Eric Bell, a Pacific Beach resident and Dirty Birds regular. "I love the choices in sauce, the taste of the chicken and the atmosphere."

The restaurant orders roughly 10,000 pieces or 1,280 pounds of chicken wings at a time, and while that may sound like a lot, Montes says they go through about 3,400 pounds of chicken wings in an average week. On a regular season football Sunday, they go through nearly 640 pounds of chicken, but on Super Bowl Sunday they average about 960 pounds.

According to Lucas, chicken wings and sports are the ultimate combo that makes the restaurant busy during any kind of sporting event. Even without a major sporting event, Lucas says people seem to always want wings and always want to eat as many as they possibly can.

Mondays at Dirty Birds are all-you-can-eat wing nights, and people take it very seriously. The most wings Lucas has witnessed eaten in one sitting, is 58.

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# AROUND THE BLOCK

## From Fanuel down Garnet to Ingraham Street

Restaurants, retail shops, and Mr. Frostie pack this block that runs from Fanuel Street, down Garnet Avenue to Ingraham Street.

### New dental office

The Franco Realty Group has represented the landlord and has successfully leased an approximately 1,642-square-foot commercial space located at 1324 Garnet Ave. in Pacific Beach to Mission Bay Dental Group, Dr. Engella Mansour D.D.S. The new tenant plans on opening a newly remodeled dental office servicing Pacific Beach residents. According to missionbaydental-care.com, they offer the following services: general dentistry, veneers and laminates, crown and bridges, teeth whitening, dental implants and more. The new tenant signed a long-term, seven-year lease agreement and anticipates opening for business in their new location by September. For more information, call The Franco Realty Group at 858-717-1697.

### Iron Pig Alehouse

Iron Pig Alehouse is Pacific Beach's original Texas-style BBQ restaurant and craft beer destination featuring 36 rotating craft beers and executive chef Rick Daniels' scratch kitchen menu. Chef Rick smokes all meats low and slow daily using oak and hickory.

In just two years, the Iron Pig Alehouse has become an addictive destination for families, beachgoers, tourists and craft beer aficionados alike. Whether you're looking to dine in, drop by for happy hour (3 to 6 p.m., seven days a week) or have us cater an event – Iron Pig Alehouse is sure to become your favorite too!

**Iron Pig Alehouse**  
1520 Garnet Ave.  
858-412-4299  
ironpigalehouse.com

### Access Music

Access Music has been a haven for hip hop listeners since 2001.

Everything we sell at [www.accesshiphop.com](http://www.accesshiphop.com) and more is at our retail location. We cultivate a relaxed yet stimulating atmosphere, with friendly, knowledgeable and reliable customer service. There's music playing, a couch by the front window, posters and original art on the walls. We stock vinyl, CDs and cassette tapes (mostly hip hop) by independent and underground artists, plus classics and current favorites. Facebook: accesshiphop, Twitter: accesshiphop, Instagram: accesshiphop.

**Access Music**  
1537 Garnet Ave.  
858-270-3987  
[www.accesshiphop.com](http://www.accesshiphop.com)



Iron Pig Alehouse (top left), World Curry (top right), Aztec Graphics (above left), Pacific Beach Veterinary Clinic (above right) and a delicious treat from Mr. Frostie (right) are some of the businesses on this block.

### Buddy's Diner

Buddy's Diner has been opened for a month. Have you been missing out on 30 days of our soft opening? You should fix that and come on by for some '50s fun, a milkshake, and food that will make you want to "twist and shout." We take reservations, walk-ins welcome, good for groups, good for kids, take out, delivery, waiter service and outdoor seating.

**Buddy's Diner**  
1564 Garnet Ave  
858-263-7599

### PB Computer & Ink Shoppe

PB Computer & Ink Shoppe is now under new ownership. We are your one-stop shop for all electronics. Laptop, PC, Mac, smartphone, tablet, new hardware installations, printer repair, ink cartridge refills, you name it and we have you covered. We also buy new and used electronics.

**PB Computer & Ink Shoppe**  
1440 Garnet Ave.  
858-412-3270

### Underground Furniture

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**Underground Furniture**  
1345 Garnet Ave.  
858-581-0229  
[undergroundfurniture.com](http://undergroundfurniture.com)

### World Curry

Since 1995, World Curry has been a unique Pacific Beach-based restaurant passionately focused on providing customers with hand-made delicious curries from across the globe. Using the freshest ingredients, World Curry offers flavorful curries from Thailand, India, Japan, and other countries.

Pick a hearty deep red Mussaman curry from northern Thailand. Or, how about a creamy and rich Tikka Masala? A smooth traditional Japanese brown curry? No matter



Iron Pig Alehouse (top left), World Curry (top right), Aztec Graphics (above left), Pacific Beach Veterinary Clinic (above right) and a delicious treat from Mr. Frostie (right) are some of the businesses on this block.

what flavor your customers desire, World Curry has the right variety to satisfy your curry cravings.

**World Curry**  
1433 Garnet Ave.  
858-270-4455  
[worldcurry.com](http://worldcurry.com)

### Lefty's Barbershop

Lefty's Barbershop is a traditional men's barbershop, and has the reputation as the finest barbershop in the area. The shop features checkered floors, antique barber chairs, old school barber poles, black and white photos, and other vintage decor. You'll listen to classics like Frank Sinatra and Muddy Waters or watch sports on the flat screen TV all while receiving excellent service from our well-trained barbers, whose licenses read barber, not cosmetologist.

**Lefty's Barbershop**  
1339 Garnet Ave  
858-274-5913  
[leftysbarbershop.com](http://leftysbarbershop.com)

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FROM Page 4

**Pacific Beach Veterinary Clinic**

With 60-plus years of family-first veterinary service, Pacific Beach Veterinary Clinic will always strive to provide the best medical care for companion animals in San Diego. PB Vet Clinic will accomplish this by having an educated, friendly staff and by using the most up-to-date medical techniques and equipment. We will provide proactive animal health care solutions to the community. Our goal is to provide families a positive medical avenue to strengthen the human-animal bond.

**Pacific Beach Veterinary Clinic**  
1362 Garnet Ave.  
858-272-6255  
pbvetclinic.com

**Mr. Frostie**

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**Mr. Frostie**  
1470 Garnet Ave.  
858-274-9977  
mrfrostiespb.com



**Primp Beauty Boutique**

Primp is a boutique style salon and spa owned by licensed esthetician Christina Partridge, who has more than 15 years experience in the salon and spa industry. With its glamorous, yet beachy feel, Primp will welcome you in and make you want to spend the day. Featuring four salon stations and a tranquil

SEE BLOCK, Page 6

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selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home. You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money. To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

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**BLOCK »**  
CONT. FROM PG. 5

facial room, offering their guests cutting-edge beauty treatments. Luxury haircuts, customized facial therapies, airbrush tanning, and waxing services are just a small portion of what this extraordinary salon/spa has to offer. Adding to the appeal of the salon, you can also pick up charming retail offerings. Along with products from the featured lines used in treatments, guests can also purchase unique jewelry pieces made right here in California. With the combination of talent, passion, and a unique sense of friendliness found in the employees of Primp, it is abundantly evident that Primp Beauty Boutique will be a staple for Pacific Beach residents for many years to come.

**Primp Beauty Boutique**  
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Primpsandiego.com

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www.funkymonkeypb.com

**Caffe Bella Italia**

Considered by many the best Italian restaurant in town, Caffe Bella Italia is a family owned and operated restaurant serving authentic Italian cuisine with love and pas-



sion since 1999. Our chefs make everything from scratch, using high-quality Italian ingredients, local organic produce, wild seafood and hormone-free meat. We are specialized in seafood dishes and pizza made in authentic Neopolitan-style. Pasquale and Renato are looking forward for you to enjoy an authentic Italian experience.

**Caffe Bella Italia**  
1525 Garnet Ave.  
858-273-1224  
caffebellaitalia.com

**Fremont Dentistry**

Dr. Fremont grew up in the San Fernando Valley and followed his father's foot steps into the practice of dentistry. His degrees: University of California Santa Barbara, bachelor of arts/bachelor of science; University of California San Francisco, doctor of dental science. He likes to stay current with advances in dentistry by regularly attending seminars and study groups. Dr. Fremont also volunteers his time and skills for various outreach programs.

**Fremont Dentistry**  
4527 Fanuel St.  
858-272-2222.

**MABEL S. TOLSTAD**

Mabel Tolstad, long time resident in Mission Beach on Niantic Ct, walked with her grey poodle on Sail Bay's sidewalk for the past 15 years.



Born May 21, 1921 Putnam, Connecticut

Deceased January 16, 2016 Pacific Beach, San Diego

Passed away of natural causes at home in her bed.

Surviving relatives, daughter, Marie Tolstad and son, Truk Tolstad.

No services locally.

Thank you Mabel for your smiles and sunshine attitude. You are missed.

**ENJOY THE BEAUTY OF OLD TOWN****STAGECOACH DAYS: CELEBRATING THE WILD WEST IN SAN DIEGO**

--Free Events Every Saturday in July and August in Old Town --

SAN DIEGO, Calif. — Old Town San Diego State Historic Park is celebrating travel and transportation from the era of real horsepower during "Stagecoach Days," kicking off on July 9. Come join in old fashioned fun of the mid-1800s from noon to 4:00pm on eight Saturdays in July and August.

Sponsored by Fiesta de Reyes, County of San Diego, and the Boosters of Old Town, these free events feature a different theme each Saturday such as: Days of the Vaqueros, Women of the West, Soldiers and Citizens, TwainFest and Taste of the Past.

Attendees will enjoy afternoons filled with activities that reflect life in early San Diego and celebrate the West on the move. Through living history activities and demonstrations, stories and songs, visitors will gain an appreciation for early modes of transportation and daily life. All activities are

geared toward children and adults of all ages.

"This year's Stagecoach Days will be the best in our park's history," stated Event Coordinator Gregg Giacomuzzi. "We have added many more family friendly activities to the event this year so visitors will get a true taste of what Old Town was like in the 1800s."

The Stagecoach Days schedule is as follows:

July 30 — "Taste of the Past" — What we eat, how we acquire it, who prepares it, how it is prepared are part of our cultural make up. This day will explore what was part of the dining experiences for people in early San Diego. While you learn about the foods of the past you will be able to try modern tastes that evoke that time, provided by the food purveyors in the park.

August 6 — "Trades That Shaped Westward Expansion" — As towns developed in

the West so did the need for specialized trades and artisans. Old Town San Diego will present pivotal 19th century trades that helped shape the community of San Diego.

August 13 — "Days of the Vaquero" — Vaqueros were the first cowboys in California. They were highly skilled horsemen and cattle herders who were an integral part of the early cattle trade in California. The day will celebrate their horsemanship techniques and other aspects of Californio culture.

Old Town San Diego State Historic Park, with the support of the Boosters of Old Town, County of San Diego, and donations from Fiesta de Reyes, is proud to offer these free activities for adults and children of all ages. The park is located on San Diego Avenue and Twigg Street in San Diego, and is conveniently located next to the Old Town Transit Center, with Coaster, Trolley, and MTS bus

service. Free parking is available at the CalTrans headquarters, just two blocks from the park at 4050 Taylor St.

August 20 — "TwainFest" — This wildly popular festival celebrates literacy and the literary works of Mark Twain and other 19th century authors. Excerpts from famous works will be presented by costumed San Diego actors at a variety of park venues throughout the day.

August 27 — "West on the Move" — The California Gold Rush brought thousands of people to San Diego. Some stayed, many more passed through seeking their fortunes further north. Today, California State Parks will present demonstrations and activities that were part of the lives of these people on the move. For more information, go to [www.parks.ca.gov/oldtownsandiego](http://www.parks.ca.gov/oldtownsandiego) or call 619-220-5422

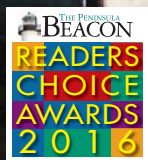


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## Name change has PB eatery in lease squabble

By DAVE SCHWAB

The owners of Tony Roma's in Pacific Beach recently ended their affiliation with the Tony Roma's chain becoming Beachtown BBQ and Grill.

Now pressure is being brought to bare on restaurateurs Peggy and Dan Mazella by their landlord to force them to change back – or else.

On July 19, the Mazellas received a letter from an attorney representing their landlord, Promenade Mall Development Corp. It read, “You are in violation of the lease in that you are not operating under the name Tony Roma's and instead are operating under the name Beachtown BBQ. ... Within 10 business days, you are required to cure the violation by removing the 'Beachtown BBQ' signage from the premises, restoring the 'Tony Roma's' signage and operating under that name ... or quitting the premises and delivering up possession of the premises.”

“I believe he (landlord) is reading our lease out of context,” said Mazella, noting, “He never signed our lease back in 1986.”

Mazella said the original developer drafted the lease and signed it with his father in law.

“We are simply trying to run a local restaurant servicing our neighbors in a most hospitable way,” said Mazella, adding, “If neighbors prefer we switch back to Tony Roma's – I would like to know that. Likewise, if neighbors prefer we continue as Beachtown BBQ and Grill – I would like to know that too.”

Speculation is growing that market forces along the beachfront, in effect for some time, are making the business environment so competitive for restaurants that many are converting or selling to more profitable beach bar-oriented establishments.

“I've been told I'm leaving lots of money on the table,” said Mazella of opting to remain a restaurant rather than a bar.

Discussing why he broke away from Tony Roma's, Mazella said, “We were just going in a different direction. I liked Tony Roma's. They're nice guys. But they have a business model that was not really keeping up, and they've been losing locations in California for several years. We had a harmonious relationship. It was just better for us to move on.”

SEE Page 9

## Fall in love with your jewelry again

Diamonds on the Rock is operated by Debra Levine and her Son David. “I grew up working in my family's Jewelry store in Upstate New York and always prided myself on giving personal attention and great customer service” said Debra. My favorite thing to do is help someone fall in love with their jewelry again. Many people have things in their collection that they do not wear because it may not fit their current taste. We can redesign, reset, trade or even buy your piece so that it will be worn again!

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**BIKE >>**  
**CONT. FROM PG. 1**

had multiple meetings with both DecoBike and the city.

Harris and other residents addressed the City Council recently about their opposition to boardwalk DecoBike stations. Told by the city that those stations were "lucrative," Harris said they also learned DecoBike wants to increase, to 20, the number of its coastal bike stations between Ocean Beach and La Jolla.

"Those stations were never planned, they were never shown to anybody in the community," noted Harris. "We've been fighting them for a little over a year since they were first installed on the boardwalk."

Brian Curry, Pacific Beach Planning Group chair, said the city advisory group remains "opposed to DecoBike on our boardwalk and in tourist-oriented locations which compete with our small-business owners. The city is committed to running the program without public subsidy. Unfortunately, the city position results in a subsidy being paid by our local bike shop rental business owners."

According to city spokeswoman Katie Keach, as additional sites are considered throughout the city for a functional bike sharing network, no additional stations will be constructed on the boardwalk. Because the existing boardwalk stations are key to the network, the city will not move them.

Florida-based DecoBike signed a 10-year contract with the city of San Diego and spent \$8 million setting up bike share infrastructure citywide. After more than a year of delays,

**FROM** Page 8

The alleged link between beach bars and alcohol-related crime in Pacific Beach has become a hot-button topic once again. Some PB residents, who've been pushing for years for more local control over alcohol licenses, their issuance and terms, claim PB is falling prey to the cannibalization and predatory practices of some property owners collecting liquor licenses and leveraging them out, selling to more profitable enterprises than are there currently.

"Everyone knows that a bar is a whole lot more profitable than a restaurant," said Mazella. "We are just one more chapter of a book being written."

An attorney as well as a restaurateur and board director on Discover PB, the community's Business Improvement District, Mazella and his landlord have been involved in an ongoing lawsuit involving alleged culpability over a leaky grease interceptor onsite.

The owner of Promenade Mall Development Corp. was out of town and could not be reached for comment by Beach & Bay Press before press time for this story.

DecoBike opened its first rental stations in January 2015.

During its first year of operations, DecoBike sold 102,641 rides and 697 memberships in San Diego, according to its annual report. Rides ranged from \$5 for 30 minutes to a \$125 annual membership.

By comparison, the bike share program Citi Bike in New York City sold almost 4 million rides and more than 85,000 memberships in the first three months after it opened in 2013.

Melinda Pederson, administrative manager for DecoBike San Diego, previously said the number of rides sold in San Diego is "lower than we would have liked" but added that is "not unusual for the first year of a bike-share program."

Asked about rumors that DecoBike might be asking the city for a "bailout," Pederson replied, "We have never asked for any such payment, nor do we intend to. Our agreement with the city is that we will privately fund the bike share program and they will allow us to install stations in the public right-of-way. They also allow us to install ad panels and sell ad

space to offset the cost of running the system."

Concerning the PB boardwalk stations, Pederson added, "They are very important to the bike share system. Those two stations consistently rank in our top five busiest stations, and there are no plans to move either of them."

Pederson said, prior to installing the two boardwalk stations, that DecoBike revised its station plan in response to community concerns.

"We reduced the number of stations to be installed on the boardwalk, and we reduced the station size," she said. "Unfortunately, I can't give you any specifics on upcoming installations just yet. We have been working very closely with the city to agree upon sites for the next phase of installation."

"The city has been meeting with local community groups to review locations and take their input into consideration as well. Once we have approval from the city on the new locations, we will make an announcement," Pederson said.

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

**Accused homeless killer makes court appearance**

By NEAL PUTNAM

Jon David Guerrero, 39, made his first court appearance Tuesday after being charged with killing three homeless men and injuring two others and the prosecutor announced the death penalty may be sought if he's convicted.

Guerrero's attorney Dan Tandon, asked the arraignment be delayed until Aug. 2, and San Diego Superior Court Judge Fred Maguire granted it. Guerrero remains in jail without bail.

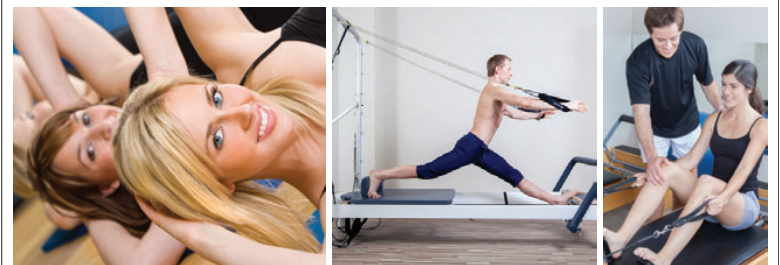
Guerrero was arrested July 15

by San Diego Police only an hour after the attack on a fifth homeless man occurred in Golden Hill by a man on a bicycle. Guerrero lived in downtown San Diego.

Deputy District Attorney Makenzie Harvey filed special circumstance charges that allege Guerrero committed multiple murders. She said the DA's office has not yet decided whether to seek the death penalty or a life term in prison without parole if he's convicted.

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## PORTEOUS »

CONT. FROM PG. 1

and accomplishing things in life did not.

Porteous persevered despite his injury, working hard enough to earn a spot this year on the U.S. Paralympics team that will compete in Rio de Janeiro, Brazil. The former Buccaneer will be representing his country in the SKUD 18 class sailboat two-person competition.

He and his sailing partner were recently victorious in the U.S. Sailing Paralympic Athlete Selection Series for the two-person keelboat competition.

Partnered with Massachusetts resident Maureen McKinnon (she won gold in the SKUD-18 at the 2008 Games in Beijing), Porteous is more than happy to represent the United States, noting that it was both a relief and an accomplishment to earn the right to be going to Rio 2016 this September.

Porteous, who has also represented Mission Bay Yacht Club in his sailing ventures over the years, is not one to quit.

As he mentioned online, "Though this injury has been a life-changing experience, I approach it with optimism. Being the athletic person I was before, I also knew I had to get back out there and renew my passion for sports. Sailing has been a perfect fit."

Better yet, Porteous can be an inspiration for others who have been placed in challenging situations for one reason or another.

"Much of what we see depends largely on what we look for. Look for the good stuff, accentuate the positive and press on," he adds. Porteous will be doing just that in Rio and for many years to come.

# Albion SC Pros fall to Sol in West Region final

By DAVE THOMAS

Although they came up a little short in last weekend's National Premier Soccer League West Region final at Mission Bay High School, the area's Albion SC Pros soccer team had quite a season to boot.

Albion SC Pros dropped a 1-0 decision to perennial power Sonoma County Sol in front of a raucous crowd in Pacific Beach on Saturday, July 23. The loss ended what was a fantastic season for the locals, as they entered the match unbeaten.

Knotted at 0-0 heading into the intermission break, things would change in the second half, with the visitors getting the only goal (from Diego Lopez) they would need to secure the title. The victory allowed Sonoma County Sol to move on to the National Semifinals, where it is slated to meet up with a powerful Chattanooga FC team.

Albion SC Pros, which captured its first conference title during its unbeaten regular season run, can look back on its season with nothing but pride and satisfaction. Ian Cook, head of marketing for Albion SC Pros, mentioned recently on the National Soccer Premiere League website what kind of season it has been for the expansion franchise. In his comments, Cook noted, "Going undefeated in the regular season



Albion midfielder Felipe Liborio is upended by a Sol defender in the first half of the West Region final at Mission Bay High School.

PHOTO BY THOMAS MELVILLE

and winning the conference championship is a massive accomplishment. It is a testament to all the great work by the Albion Pros coaching staff and players to put the hard work in day after day. This organization committed to a vision of winning a national championship back in December and to foster an undefeated, hard-working culture."

Making the ride to the West Region final all the more impressive was the total team effort that Albion Pros displayed. As Albion Pros head coach Ziggy Korytoski stated, it was an effort that included players, staff, volunteers and the San Diego community.

For this local soccer team, the sky is the limit moving forward.

## Pacific Beach & Mission Beach Real Estate

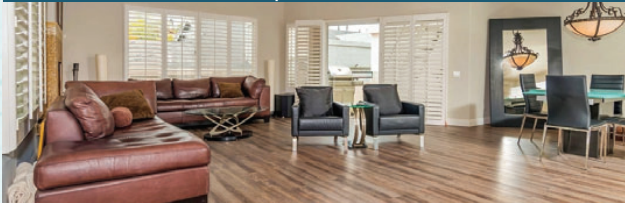
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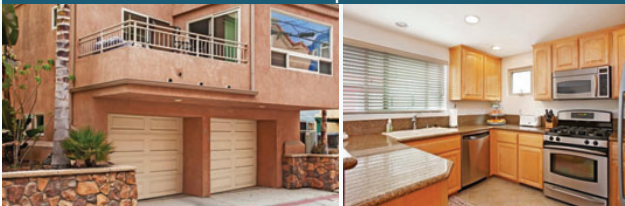
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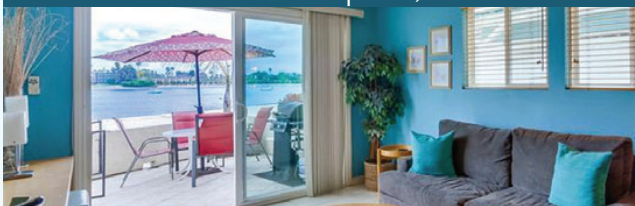
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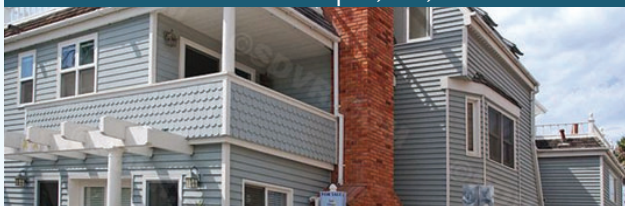


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# Experience and technology at Body Shop Express

By DAVE SCHWAB | BEACH & BAY PRESS

Body Shop Express in the Midway District is a family owned- and operated business certified to fix collision-damaged vehicles in half the usual time.

The key is experience – and tech-

nology, said Body Shop Express owner Patrick O'Neill.

"Our objective is to provide a full-service, collision-repair facility for the future," said O'Neill, a Point Loma resident. "We guarantee our work for as long as you own the vehicle. And the insurance companies we do business

with back up our guarantee with their own guarantee."

O'Neill has run the full-service collision repair shop at 3777 Gaines St. with his son Christopher for the past nine months.

Between them, the father-son duo have more than 55 years of ownership and management experience. Patrick runs and operates an import business of very advanced collision repair technology. Christopher runs the collision business incorporating the latest technology and repair procedures in the industry.

O'Neill said Body Shop Express is the type of shop everyone – customers, insurers, manufacturers – wants to deal with because they have a proven, more efficient operating system.

"Typically, the average, \$2,500 repair time across the United States for collision is roughly eight to nine days," O'Neill said noting high-tech robots he employs with his system in

painting and other aspects of repairs cuts the time involved about in half.

A walk-thru of Body Shop's shop is an eye opener. Several cars are being worked on, in various stages of repair, at the same time.

"We have a robot that we use to cure (painting) the product that's twice as fast," said O'Neill adding he's currently processing about 55 cars per week where, otherwise, he would only get about 25 done per week.

O'Neill started his collision repair business in 1998 in Arizona. He sold a total of eight collision repair shops in Tucson, Phoenix and Las Vegas in 2012.

Now the auto-repair pro is locked into doing business in San Diego. He said the key to business success in the auto-repair industry wherever you go remains unchanged.

"We're customer oriented and customer- and insurance-friendly," he said. "We built a \$24 million a year business in sales by taking care of customers."

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Employees hard at work at Body Shop Express  
PHOTO BY DAVE SCHWAB

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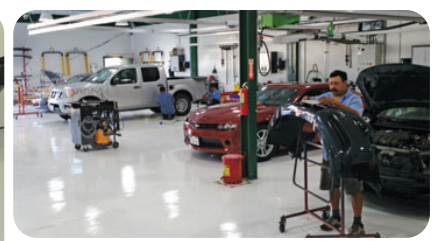
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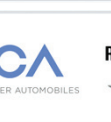


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## CATS »

CONT. FROM PG. 1

When she first interacted with the cats, Stratton noticed that no one was helping them. Many of the cats had serious medical issues, some were struggling to recover from repeatedly birthing large litters and most of them had battle wounds from years of fighting.

She learned that the City of San Diego was threatening to capture and euthanize the cats if no one presented an effective alternative. The alternative, Stratton determined, was a process used by many rescue organizations called TNR (trap-neuter-return).

"The only solution is to TNR and maintain the colony until there are eventually no more cats," Stratton said.

With the help of the East County Animal Rescue and the Feline Cat Coalition, an organization of which

Stratton is a board member, Stratton humanely traps, neuters and releases the animals, or completes TNR. The animals are tagged, given whatever medical attention they are in need of, and then released back to the jetty.

The work done with the jetty cats has been recognized by other feral cat advocacy groups as a perfect example of successfully managing a colony through TNR.

"We know our efforts are helping the situation because we have gone from 85 cats to 35 in just a few years," Stratton said.

Many of the feeders have bonded with the cats and feel responsible for their safety and well being.

"All of the caregivers come on dedicated days of the week," Stratton said. "I am there every Tuesday and occasionally stroll by on the weekends when I miss the kitties. There are four caregivers who come throughout the week."

While some people enjoy caring

for and feeding the cats, others are more concerned about the condition of the jetty and the safety of the other wildlife in the area.

Some of the usual complaints filed with Animal Services are concerned with the food that is left out for the cats. People are worried that the leftovers will attract rodents to the area, but the most common complaint has to do with the bird population.

According to a study done by the Smithsonian and the Fish and Wildlife Service, feral cats are responsible for the death of thousands of birds each year.

According to the San Diego Audubon Society, San Diego is home to a large variety of birds, many of which are already endangered. The fear many have is that these cats are contributing to the dwindling populations of many of these birds. According to Stratton, that does not seem plausible.

"The jetty cats are fat and happy," Stratton said. "I spend hours there

every week and have never once seen a single cat kill a bird. Out of all the stretches of shores in the world, why can't the cats have a few yards of it?"

For those interested in feeding and or visiting the jetty cats, the caretakers have a few pieces of advice.

The first is to never approach a cat too quickly or aggressively, this will scare the already skittish cats away and potentially instill a fear of humans.

The second is to not approach them with the intent on picking them up or petting them. A fair and safe distance should be kept between the cat and the human. Allow the cat's behavior to determine how the interaction will go.

Finally, bring cat food and your patience. The best times to visit are in the early morning and just before sunset. According to Stratton, when a caretaker arrives or a fisherman selects a spot, the cats will come out.

"If you spot a fisherman and sit



The cats live and hide in the rocks of the jetty. PHOTO BY THOMAS MELVILLE

near them for a little bit you are bound to see a cat appear," Harroldson said.

For up to date information on the cats, to get involved, or to report an injured cat, visit the Facebook page Jetty Cats – San Diego. For more information about the Feral Cat Coalition or to donate, visit [www.feralcat.com](http://www.feralcat.com).

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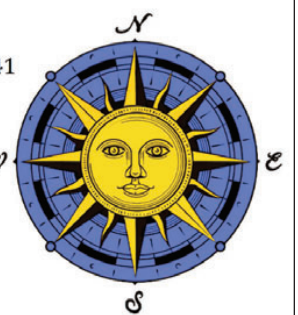
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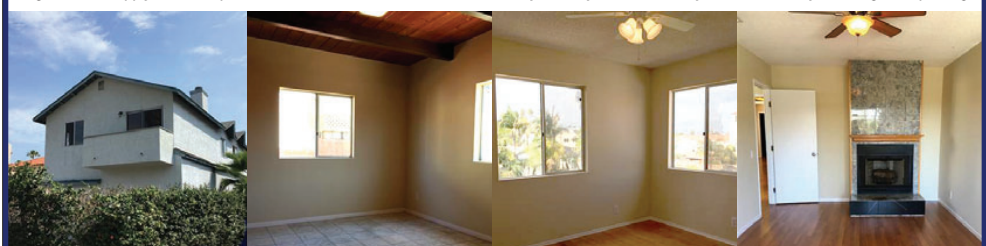
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Sat 12-3pm	1805 Oliver	3BR/1BA	\$689,000	Kara Watkins Norgart	619-708-8276
Sun 1pm-4pm	1671 Los Altos Rd	4BR/2.5BA	\$1,499,123	Rachael Kaiser	619-302-2363
Sun 1-4pm	5067 Windsor Dr	4BR/3BA	\$2,000,000	Sara Wells	619-990-3514
Sun 1-4pm	1222 Opal Street	4BR/4.5BA	\$1,749,000	Kathy Evans & Scott Booth	858-775-0280
Sun 1-4pm	1228 Opal Street	3BR/2BA	\$1,749,000	Kathy Evans & Scott Booth	858-775-0280
Sat & Sun 12-3pm	356 Playa Del Norte 6	2BR/2BA	\$729,000	Debra Schrakamp	925-963-5151
Sat & Sun 11am-2pm	1512 Thomas Ave	2BR/1BA	\$700,000	Karen & Mike Dodge	619-379-1194

#### Future Open Houses:

Sat Aug 6 <sup>th</sup> 11am-2pm	1175 Missouri Street	3BR 2BA	\$1,250,000	Karen & Mike Dodge	619-379-1194
Sun Aug 7 <sup>th</sup> 11am-2pm	1175 Missouri Street	3BR 2BA	\$1,250,000	Karen & Mike Dodge	619-379-1194

### OCEAN BEACH / POINT LOMA

Sat 11am-4pm	1033 Bangor St	3BR/3BA	\$1,450,000	Robert Realty	619-852-8827
Sun 11am-4pm	3640 Pio Pico St	5BR/6BA	\$2,375,000	Robert Realty	619-852-8827
Sat & Sun 11am-4pm	662 Rosecrans St	3BR/3BA	\$1,495,000	Robert Realty	619-852-8827
Sat & Sun 11am-4pm	3705 Warner St	4BR/4BA	\$1,995,000	Robert Realty	619-852-8827
Sat & Sun 11am-4pm	1165 Bangor St	4BR/4.5BA	\$1,695,000	Robert Realty	619-852-8827
Sat & Sun 11am-4pm	416 Rosecrans St	2BR/2BA	\$895,000	Robert Realty	619-852-8827
Sat & Sun 11am-4pm	1033 Bangor St	3BR/3BA	\$1,450,000	Robert Realty	619-852-8827

### LA JOLLA

Fri 12-4pm, Sat 1-4pm & Sun 9am-4pm	7914 Costebelle Way			Pete Middleton	858-764-4808
Sat 1-4pm	5451 Coral Reef Ave	4BR/2BA	\$1,095,000	Nellie High	858-886-9223
Sat 1-4 pm	4627 Ocean Blvd #208		\$799,995	Pete Middleton	858-764-4808
Sat 1-4 pm	4279 Lamont St		\$709,000-\$719,000	Pete Middleton	858-764-4808
Sun 1-4pm	1642 Valdes Dr	5BR/5BA	\$4,950,000-\$5,379,000	Thomas Moran	858-405-7609
Sun 1-4pm	6106 Camino De La Costa	4BR/3.5BA	\$14,950,000	Bianca Diaz	858-232-7507
Sun 1-4pm	1781 Calle Delicada	5BR/4BA	\$1,975,000	Nelson Brothers	858-527-9949
Sun 1-4pm	5702 La Jolla Blvd	1-2BR/1-2BA	\$652,990-\$799,990	Melissa Duncan	858-242-2468
Sun 1-4pm	5787 Bellevue Ave	4BR/4.5BA	\$2,795,000	Mina Kazerouni	858-337-3511
Sun 1-4pm	6036 Waverly Ave	5.5BR/5.5BA	\$3,750,000	Gina Hixson & Elaine Robbs	602-432-1112
Sun 1-4pm	909 Coast Blvd #4	2BR/2BA	\$1,179,000	Moiria Tapia	858-337-7269
Sun 1-4pm	7315 Remley Place	5BR/5.5BA	\$5,300,000	Vonnie Mellon	858-395-0153
Sun 1-4pm	855 La Jolla Corona Ct	3BR/3.5BA	\$2,695,000	Steve Cairncross	858-859-3370
Sun 1-4pm	648 Genter St	3BR/2.5BA	\$1,795,000	Carly Suniga	619-920-2307
Sun 10am-1pm	1230 Nautilus St	4BR/3.5BA	\$2,695,000	Steve Cairncross	858-859-3370
Sat 1-4 & Sun 2-5pm	5431 Candlelight Dr		\$2,999,995-\$3,299,995	Pete Middleton	858-764-4808
Sat 1-4 & Sun 11-2pm	6030 La Jolla Hermosa Ave	4BR/3BA	\$1,639,000	Melissa Goldstein Tucci	619-787-6852
Sat & Sun 1-4pm	6767 Neptune Pl #301	3BR/3BA	\$2,985,000	Steve Cairncross	858-859-3370

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92109's Top Team - Kathy Evans & Scott Booth



**1243 Beryl St. | North Pacific Beach 3 BR | 2 BA | 2,032 sq. ft.**

Open and spacious home that features a backyard deck with an outdoor fireplace, bay views from the second floor and a two car garage off of the alley. Home is located in a fun and friendly neighborhood that hosts an annual 4th of July Parade and Block Party.



**1222 Opal St. | North Pacific Beach 4 BR | 4.5 BA | 3,167 sq. ft.**

This newly rebuilt home features high end stainless steel appliances, luxury finishes, and 751 total sq. ft. of decks to soak up the sun and gaze at amazing views from downtown to the ocean! Located on one of PB's most desirable streets! Call for more details.



**1228 Opal St. | North Pacific Beach 4 BR | 5 BA | 3,148 sq. ft.**

Enjoy a newly rebuilt home with an open and bright great room, gourmet kitchen with luxury appliances/ finishes, 10 ft ceilings, and a 346 sq. ft. rooftop deck with panoramic views of the ocean, bay and downtown! Only 5 short blocks to the beach! Call for more details.



**1671 Los Altos Rd. | North Pacific Beach 4 BR | 2.5 BA | 3,497 sq. ft.**

This charming house is situated on a massive 12,700 sq. ft. lot and is surrounded by lush trees that create tons of privacy. The park-like backyard is the perfect place to entertain guests or for children to play. Walk to Kate Sessions Park to take in some of the best views of San Diego, or make a short drive down the hill to enjoy restaurants, shopping, and the beach. Excellent new price of \$1,495,000!



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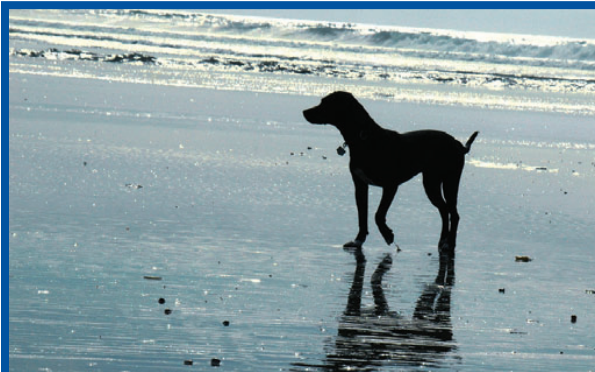


**1535 Loring \$5,475,000**

A meticulous collaboration between a visionary owner & renowned architectural firm, CDGI, resulted in an entertainer's dream that masterfully frames floor-to-ceiling, 270 degree views from Downtown San Diego (east) to La Jolla (north) encompassing bay, ocean, & city panorama. No expense spared. Estate features 4 beds + office, 5 full & 2 half baths, movie theater, gym, wet bar/lounge, infinity pool & spa, Olympic torches, 360 degree roof deck, 3 car garage (fits limo), & Lutron HomeWorks tech throughout. Check out video and more at 1535Loring.com

Steve Cairncross TeamCairncross.com 858-859-3370 CA BRE #00859218

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**1805 Oliver \$689,000**

Cape Cod Corner Lot 3/1 936 sqft.



**1937 Loring Street \$1,275,000**

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**2774 Bayside Walk #1 \$1,559,000**

Gorgeous Bay Front South Mission Beach. Single level 3BR/2BA condo. Enjoy the Beach and Bay Lifestyle from this ground floor Condo with it's own private and expansive wrap around Patio that fronts Mission Bay. The views of the water and evening lights are breath taking. Built in 2007, the Kitchen and Bathrooms feature granite counters and travertine flooring. Master Bedroom has direct sliding glass door access to Bay front patio and large walk-in closet. Includes Air Conditioning & Ceiling Fans in every room. This property has a solid history as a Vacation Rental, or make this your Dream Water Front Home! Sold fully furnished and turn key.



**Greg Flaherty**

Broker/Owner

858-692-0185

CABRE #00935682

