

# SAN DIEGO DOWNTOWN NEWS

DOWNTOWN'S COMMUNITY NEWSPAPER

SAN DIEGO COMMUNITY NEWSPAPER GROUP

JUNE 2009

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## This holds water

### Film contest illustrates city's current conservation effort



By  
MARTIN JONES  
WESTLIN

By most accounts, the level 2 water conservation measures that kicked in on June 1 don't seem that bad. City government imposes restrictions at four levels, after all, the last of which includes a declaration that we have to save greater than 40 percent of our existing water to meet demand. For now, we the people still retain control, albeit to a limited extent. (For a list of level 2 restrictions, see [sandiego.gov/water](http://sandiego.gov/water).)

That means that the city's warnings are still fairly friendly in their scope and tone. The city's recent and very proactive water conservation film contest, called "Water Conservation, the Next Feature Presentation," is testament to that -- and in reality, it's not quite over. The winner, *Conserve Water*, created by a group of Point Loma High School students, was announced May 18 from among six finalists at Balboa Park's IMAX Theater and will show through June at the AMC theaters in Mission Valley and Fashion Valley before the feature presentation.

The contest, for which thousands of entrants submitted their best 30-second creations, was made possible by a grant from the Metropolitan Water District of Southern California.

*Conserve Water* touts a clever bit of irony -- its protagonist is seen operating a garden hose that abruptly quits working, as though the operator's been caught violating a guideline. The closing scene shows him locked in a battle with the hose, which spews a wad of dust in his face.

SEE **CONTEST**, Page 15

## Many happy returns



COURTESY PHOTOS

The folks who run Little Italy's *mercato* (that's farmers market to you) liked the event's first year so much that they decided to give another one a whirl. June marks the start of the market's second year, in which Date Street comes alive every Saturday from 9 a.m. to 1:30 p.m. with fresh and organic produce, various meats, flowers, home accessories, gifts and more. This market, regarded by many as San Diego's number one, models itself after several other successful city markets from all over the world. In the inset, a representative from Valley Center's Archi's Acres hawks his wares as the day begins. *Mangia bene!*

## Wheels in motion



About 250,000 San Diegans are said to bicycle at least occasionally for pleasure or exercise, like this very brave human being. If he wants the chance to persist safely in his pursuit, he might wish to attend the city of San Diego's bicycle plan update open house, set for Wednesday, June 10 from 6 to 8 p.m. at the Hall of Champions Sports Museum, 2131 Pan American Plaza in Balboa Park. The city seeks your input in compiling a renewed five-year plan for improvements to local bikeways. For further information, see [sdcbc.org](http://sdcbc.org).

## SDCNG names John Dowd sales, marketing chief

The San Diego Community Newspaper Group, publisher of *San Diego Downtown News* and several other coastal-area publications, has named John M. Dowd to the newly created position of director of sales and marketing. Dowd will oversee the San Diego Community Newspaper Group sales and marketing initiatives in its five regular publications, visitor guides and websites.

"The changes in the newspaper landscape are presenting an opportunity for our community newspapers. Readers and advertisers have a newfound appreciation for both editorial and advertising content

that is relevant to and has value for people who live and work in our neighborhoods," said Julie Hoisington, publisher of the San Diego Community Newspaper Group. "John has a tremendous amount of experience working with businesses in promoting their brands and helping them sell products and services by using advertising. We have created this position with the intent to aggressively grow our business base in some of the most affluent communities in the country."

SEE **DOWD**, Page 3

## Condo deposits returned amid buyer shortage

By SEBASTIAN RUIZ | DOWNTOWN NEWS

Developers of San Diego's tallest mixed-use condominium high-rise, at Tenth Avenue and A Street Downtown, have decided to cancel all escrows and return home deposits to some estimated 300 buyers because too few purchased homes to meet financing deadlines.

Developers had to have 70 percent of Vantage Pointe's condos

sold to prospective buyers to meet the new guidelines secondary mortgage giant Fannie Mae (known formally as the Federal National Mortgage Association, or FNMA) implemented March 1.

Buyers should have received their returned deposits by the first week of June.

Developers needed to meet sales deadlines by mid-May. Buyers will either take the refunded deposit or

have a chance to sign new purchase agreements, said Vantage Pointe sales manager Donna Lutz.

Fannie Mae guidelines require at least 70 percent of the units sold or under contract before the government-backed secondary mortgage company would purchase any of the home loans from primary lenders.

SEE **VANTAGE**, Page 4

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The bottom line is that this is not 2005! We would all like to think that our homes are still worth what they were a few years ago, but they are not. We can no longer believe that a home acquired for \$2 million that was fairly quickly worth \$2.75-\$3 million is still at these lofty numbers. Statistics and sales simply do not support this.

This reality might be painful, but denial could be financially catastrophic. A realistic view of your home's true value in the current market is important, whether it is for:

- Estate or family planning,
- Reporting of one's financial condition,
- Liquidity planning,
- Or budgeting.

Should you need or wish to sell, refinance to obtain equity, or want to understand today's numbers, it is important to realistically assess value.

- Waiting to sell for yesterday's high price point might only cause more loss and less liquidity.
- Overpriced properties will be ignored by brokers and buyers, appearing "shopworn" over time and will likely see lower and lower offers.
- Realistic pricing will speed the sale process and will likely obtain higher pricing in negotiations with buyers. There are ready, willing and capable buyers on the sidelines waiting for well-priced opportunities. We are beginning to see positive results, as we have sold some quality properties in the last 30 days.

Realizing your home's maximum potential is our stated goal. At Willis Allen Real Estate, we have the expertise, tools and networks to accomplish this.

I have been through many of these downturns in my 35 years of commitment to the real estate sales profession. We are gaining momentum and attitudes are positive. We are in this with you, and it is our intention to support you by providing honest counsel to help you satisfy your real estate needs.

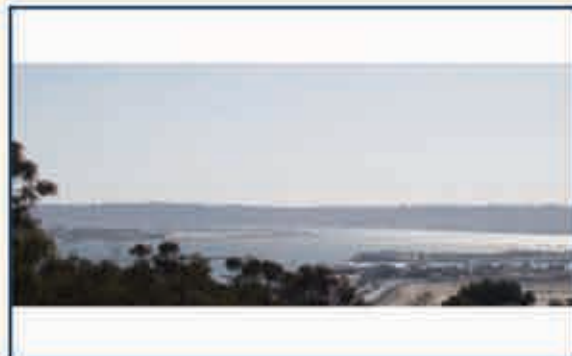
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# Hornblower blowing its horn in test of eco-friendly paints

By MICHELLE HACKNEY | DOWNTOWN NEWS

By participating in an Environmental Protection Agency (EPA) study of copper-free paints, Hornblower Cruises and Events is pioneering efforts to protect marine life and minimize the impact of boating in San Diego Bay.

Hornblower Cruises volunteered to test 10 eco-friendly paints on the hull of the San Diego-based M/V Newport Hornblower as part of an Environmental Protection Agency study to find an alternative to copper hull paints.

The donated paints were applied

in March at Knight and Carver Yacht Center in National City.

Researchers will spend the next two years (the normal life expectancy of copper-based paint) evaluating the relative effectiveness of these paints in the environment.

The Port of San Diego has partnered with Hornblower on the study, a response to a 1996 San Diego Regional Water Quality Control Board report identifying high levels of dissolved copper in Shelter Island Yacht Basin waters.

Boaters commonly use copper antifouling paints to prevent

marine organism growth on boat hulls.

Whereas testing also is taking place on smaller recreational boats, Hornblower's participation allows researchers to perform side-by-side comparisons of the alternative paints.

It also provides an educational opportunity for the public.

Hornblower is also promoting the project as part of its company-wide "Respect Our Planet" program.

Whale watching and bay cruise guests will learn about the study and related environmental initiatives through interactive exhibits aboard the M/V Adventure Hornblower.

Hornblower has 32 vessels and has been the leading charter yacht and public dining cruise company in California for nearly 30 years.

Through its "Respect Our Planet," the company is making efforts to "go green" and feels it is in the perfect position to reach out to the masses and explain what that really entails.

For more information, visit [www.hornblower.com](http://www.hornblower.com) or call (888) 467-6256.



COURTESY PHOTO  
The M/V Newport Hornblower's fresh coat of paint helps give San Diego Bay a new lease on life.

## DOWD

CONTINUED FROM Page 1

Dowd said, "I am delighted to join the San Diego Community Newspaper Group at a time when the pendulum of readership and advertisers are migrating back to local content. The Internet has made it easy to get news from around the world from multiple sources. What is difficult to find is news about your neighborhood. From a marketing standpoint, people want to know where the best places to eat are and how to find value when you spend your money. We want someone to pick up our papers and find great deals in our ads for things like dry cleaning, automotive services, tires, pharmacy products, groceries, furniture — things we all use and would love to save some money on."

"I firmly believe that advertising is content. Our job as an information resource is to provide a lot of advertising content so our readers get recent and relevant information where the best values are."

"We have some of the best mar-

kets in the country and the means for our advertisers to reach these very valuable resident consumers," he added.

Dowd received his bachelor's degree from Cornell University and started his career in advertising



John Dowd

and marketing as business manager of *The Cornell Daily Sun*. Most recently, from 2001 until 2008, Dowd was the director of marketing for Turtle Bay Resort on

the north shore of Oahu. Previously, while in San Diego, Dowd held sales marketing management positions with 24/7 Media as the Internet advertising director for KNSD and KNBC television stations. In 1997, Dowd worked for Microsoft managing the advertising sales and marketing efforts for Microsoft's sidewalk.com. He spent 11 years working for the then-Disney/ABC-owned publication *The PennySaver*, where he was a director of marketing for California, sales manager and account executive. While he was director, *The PennySaver* won the American Marketer of the Year award for its Business to Business Marketing Plan. Dowd also did ad sales for *The Staten Island Advance*, the first Newhouse newspaper.

Dowd is a former president and chairman of the board of the San Diego Ad Club and has served on the board of directors of the La Jolla YMCA and the San Diego Advertising Golf Association and served the San Diego Convention and Visitors Bureau.

-- staff report



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# Shindy.tv wants to brand your product the way the Hollywood moguls do

By MARTIN JONES WESTLIN | DOWNTOWN NEWS

If you're old enough to remember the last Ice Age (like me), you probably recall the first commercial television sets, the ones with the ugly little brown picture tubes and the uglier rabbit ears that never quite worked (and still don't). Fact is, the medium dates all the way to 1928 and featured a batch of primordial two-inch screens. TV would surface in earnest in 1948, and even then, the technology was pretty terrible.

Pretty terrible, that is, by today's standards. Sixty years' lessons apparently weren't lost on a fraternity of professionals who've routinely taken TV reproduction to modern levels—and one of them wants you to know that some Downtown attractions figure into the latest wave of digitized culture and the public's perception of it.

Ron Marcus is chief executive officer of Shindy Media, a Sorrento Valley production company that

seeks to "brand" a client's marketing potential the same way the high rollers do for movies and TV, with their hooks and angles and stories and such. New Year's eve at The W hotel; a premiere Anthology concert; the doings at East Village's Basic Kitchen & Bar: Downtown's key attractions are integral to the company's shindy.tv, founded in 2007 with a digital perspective to boot.

"A cold beer never looked so good" in a shindy.tv clip featuring Ron Lynch, president of the Tilted Kilt franchises (San Diego has one Downtown). Hard to tell if Lynch was talking about the real thing or the one on the screen.

"Our overarching mission," Marcus said, "is to show off all of San Diego eventually. But there's so much happening Downtown, and Downtown is growing so much, that [shindy.tv is] just a natural place to show all this growth. It just made sense to have a focus down there."



Ron Marcus

And theoretically, the recession gives Marcus a chance to bide his time and perfect his ideas.

"People will be looking for places to go out [when things turn around]," Marcus said, "and those brave souls opening places right now, those are the places that people don't know about yet. They'll want to go to a place like shindy.tv to find out about them."

The "shows" about the hot spots are one thing—but Marcus said that the support for these items lies in electronic advertising support. "I haven't been able to make that happen yet," he explained, "and I don't know what it'll take to make that happen. I'm employing other models as well to where Shindy becomes a portal to culture in San Diego. I'm still trying to figure out the [ideal] model for that."

Even so, Marcus said, "I try to encourage people to be ahead of the curve by putting Hollywood-style video on [their] website, which will get [them] ahead of everybody in [their] market. Make the entertainment be a product itself, and that will attract more people to your own product."

But this is now, and that is then—like in the next few years, when Internet users may face wholesale glitches as bandwidth, or the rate of data transfer, theoretically evaporates. Cyberspace capacity is finite, and experts say it could run

out sometime in 2010 amid demand that already increases 60 percent a year. The problem is compounded by the bandwidth requirements of giants like youtube and myspace.

Marcus doesn't seem fazed. "It's amazing that we have the bandwidth that we do," he continued, "and every 18 months, we double the capacity of everything. And I think it's going to be quite a long time before the entire world gets hooked up to broadband."

Meanwhile, a wonderful medium is taking root, and unlike in 1928, a global depression doesn't seem terribly likely to unearth it.

"The costs of production have come way down," Marcus said. "Anyone, including myself, can buy a decent professional camera, and you can call yourself a video producer. But what I'm trying to do is bring a different level of creative thinking to corporate application. I'm thinking more like an entertainer."

## VANTAGE

CONTINUED FROM Page 1

Fannie Mae changed the number of homes sold or under contract needed to purchase the loans from 51 percent to 70 percent on March 1.

Developers had 43 percent of the condos sold or under contract, according to Lutz.

Wells Fargo Home Mortgage financed a majority of the home loans, according to the project's parent company, Pointe of View, and its president and chief operations officer

Brian Stoddard.

Pointe of View's main offices are located in Alberta, Canada.

Stoddard confirmed the return of deposits amounting to 5 percent of the purchase price.

Selling prices for the mostly unfinished homes range from more than \$200,000 to about \$1.2 million.

Asked whether he's heard any complaints from any prospective buyers about the returned deposits, Stoddard said, "Those are all handled by the sales office in San Diego."

To satisfy requirements and move forward with financing, Fannie Mae and Pointe of View agreed to split sales requirements into three phases.

Instead of requiring the sale of 70 percent of all units, developers must have sold or entered into an agreement with buyers for at least 70 percent of the units in each building.

"Fannie Mae is committed to continuing to provide liquidity and market support in a manner that supports sustainable homeownership and helps stabilize communities and neighborhoods impacted by the housing

and economic downturn," responded Amy Bonitatibus, Fannie Mae spokesperson, in an e-mail.

"The conditional approval granted to Vantage Pointe shows our willingness to work with lenders and developers on projects that require additional consideration.

"In this case, we agreed to recognize each tower separately and approve financing for the individual towers if certain presale conditions are met."

Construction on the 679-unit complex started several years ago and has yet to be completed.

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## Divorcing Responsibly: It's About the Children

Unfortunately, divorce is often the only solution to end the conflict and turmoil between married couples. If divorcing couples have children together, it is paramount that they consider the impact their actions will have on their children. Because most parents feel their children are their most valuable assets, they will often launch a highly contested and very emotional legal battle for custody. A custody fight can become about winning and losing to the parents, and they often fail to consider the best interests of their children.

Custody goals are often developed by parents without regard to their child or the law. For example, one divorcing parent will often try to win more time than the other with his/her child. There is even a direct correlation between the amount of child support awarded and the time each parent spends with the children. However, most divorcing parents are unaware that the family courts in California are required to put the best interests of the children first and try to provide the children with as much time as possible with both parents.

California Family Code §3020(a) states: The Legisla-

ture finds and declares that it is the public policy of this state to assure that the health, safety, and welfare of children shall be the court's primary concern in determining the best interests of children when making any orders regarding the physical or legal custody or visitation of children. California Family

Code §3020(b) states: The Legislature finds and declares that it is the public policy of this state to assure that children have frequent and continuing contact with both parents after the parents have separated or dissolved their marriage, or ended their relationship, and to encourage parents to share the rights and responsibilities of child rearing in order to effect this policy.

Divorce is not easy for anyone. Many parents say they would give their lives for their child. Will those same parents give some of their time with their child, or some of their money, if it will cause the divorce proceeding to be less harmful to their child? We encourage divorcing parents to consider these thoughts during divorce proceedings. Parents should use the laws that govern divorce as an example, and make their children their primary concern.



# Streetsweeps

Notes from the  
heart of America's  
Finest City  
*edited by Martin Jones Westlin*

## School board rescues art and music programs

The San Diego Unified School District board of education voted 4-1 in a June 2 special meeting to protect current music and art programs from the chopping block as it prepares its 2009-10 schoolyear budget.

The vote also protected the district's athletic programs and six small schools. Other cultural education plans are also protected.

In other action, the board approved cuts in special education by \$2.6 million, reversing a planned reduction in 9th-grade class sizes to save \$3.9 million and raising the minimum number of riders per bus from eight to 15, saving \$4.2 million.

The board is required to pass a balanced budget by the end of June. It faces a 2009-10 deficit of nearly \$107 million.

The district serves more than 132,000 students.

## Water upgrade project begun on Harbor Drive

The city's Engineering and Capital Projects Department has commenced a project designed to improve part of the Downtown water infrastructure and minimize future water-related disruptions.

The two sections of the project run along North Harbor Drive from West Laurel Street South and from Seaport Village north to F Street; and on North Harbor Drive south

of San Diego International Airport to Lee Court. The project will replace approximately 18,000 feet of 16-inch cast-iron water mains with plastic pipe. The existing mains were installed in about 1950.

All work south of Ash Street is set to be completed by September.

The estimated project construction cost is nearly \$6 million and is included as part of the Public Utilities Department's ongoing capital improvement projects.

## Hotel Indigo opening ahead of schedule

Downtown's only new hotel opening for 2009 is set about a month ahead of schedule. And you and your pet will be pretty happy about that.

Hotel Indigo, originally slated to open in August, will launch July 15, complete with a commitment to all things green. The venue supports EarthShare, a nationwide network of environmental and conservation organizations.

The company has stated its commitment to the environment through implementation of sustainable building practices and hotel operating procedures.

The 210-room hotel is also the city's first green-certifiable hotel as defined by the United States Green Building Council.

The hotel also allows service dogs and pets free of charge.

The Hotel Indigo chain operates 27 venues in the U.S. and Mexico.

The San Diego hotel is at 935 Island Ave.

Further information is available at (619) 727-4000.

## Taxpayers unit lauds good, chides the baddies

The San Diego County Taxpayers Association (SDCTA), a nonprofit organization that monitors government spending, held its 14th annual Golden Watchdog & Golden Fleece Awards Dinner Wednesday, May 13.

The event commemorates the best (watchdogs) and chastises the worst (fleeces) uses of local taxpayer dollars.

"This is the optimal time for 'right-sizing' government and implementing desperately needed reform," said Lani Lutar, president and CEO of SDCTA.

Golden Watchdog recipients included the city of San Diego for its efforts at pension reform and tough cuts to compensation.

Another Watchdog award went to the San Diego Association of Governments (SANDAG) for safeguarding several capital improvement projects.

Golden Fleeces were bestowed on the San Diego County Employees Retirement Association for costly hedge fund investments and the city of La Mesa for a taxpayer-funded mailer campaign to persuade voters to increase taxes.

In the traditional spirit of self-deprecating humor, this year's program featured film skits with Mayor Jerry Sanders selling off corporate city sponsorships (Spam Diego) and Police Chief William Lansdowne handing out water violation tickets to children and marine animals as he patrolled SeaWorld.



PHOTO BY KIRBY YAU | DOWNTOWN NEWS

Jason Ryan, of Phoenix, was so inspired by the Kenyans' rep for long-distance endurance that he paraded this slogan on his T-shirt at the San Diego Rock 'n' Roll Marathon on Sunday, May 31. The phrase makes a lot more sense if you read this month's guest editorial on page 6.

## Pilot flies friendly skies, loses license

The National Transportation Safety Board (NTSB) has ruled that a helicopter pilot who was videotaped receiving oral sex from a woman as he flew her around San Diego acted so recklessly that his license must be revoked.

The actions of David Martz were so dangerous, the NTSB concluded in a written ruling, that they put everyone on his craft and on the ground below him in danger.

The pilot was videotaped receiving oral sex from a Swedish pornography figure.

The agency's ruling upholds previous actions revoking Martz's pilot's license by the Federal Aviation Administration (FAA).

An FAA official said Martz can

appeal the NTSB decision in federal court or he can wait and apply to have his license reinstated in one year.

The incident occurred in 2005, but action wasn't taken until earlier this year after the video surfaced on the Internet.

In rejecting his appeal, the NTSB said both Martz and the woman unfastened their safety restraints during the flight and that her body blocked his access to controls vital to operating the aircraft in an emergency.

When questioned about the incident, Martz, 52, was reportedly quoted by a San Diego radio station as saying, "That's how we roll, and it's no big deal."

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## COMMENTARY

## The bigger picture

Your lack of information as a consumer might reflect your fate as a citizen

By **MARTIN JONES WESTLIN**  
EDITOR, DOWNTOWN NEWS

The voice on the other end churned, belched and churned anew, underscoring its owner's dubious position on somebody's food chain. A collections agent had come to call, triumphal in his having tracked me down and insistent that I was the central figure in some kind of fraud scheme—nobody in the history of the universe, after all, has mistakenly closed a checking account with an item floatin' around out there. I was Jack the Ripper, Bruno Hauptmann and Chuckie Manson all in one, and The Lone Ranger would now intercede in the spirit of truth, justice and what's left of The American Way.

Except for one thing: Tonto's homie got a little frisky after our first conversation, which featured his gruff reminder about the matter. Not long after I'd agreed with his contention, he proceeded to contact a third party and was prepared to question her about garnishment proceedings—all in violation of Sections 804 and 805 of the federal Fair Debt Collection Practices Act (note also that a quick Google search revealed he was calling from a "suspicious" number). Turns out he's only permitted to get hold of other persons in order to establish a debtor's whereabouts; anything else is a violation of civil rights and unfairly drags disinterested parties into the fray.

I was exceedingly polite to this guy's superior as I explained my side. And to his credit, he returned my kindness every step of the way. "I'll order [Tonto's homie] to cease and desist," he said sweetly, helping me map out payment arrangements and conveying his secondhand apologies to the third party. All was shiny and new in Collection Land as The Lone Ranger was unmasked for what he was.

Now that that touch of unpleasantness is consigned to history, there's time to reflect on the heart of the matter, namely how it materialized in the first place. Easy, you say. Westlin should've been on top of the whole thing from day one, because his name is on the bill. Right you are, pally. I offer no excuses for inadvertently behaving otherwise. But here's the point: This agent had blatantly run roughshod over both

me and the situation, as if his conduct routinely ran afoul of the law. Surely, he must have known something of the Practices Act, as did his supervisor; it dates all the way to 1978 and is the nation's central legal safeguard against abusive reporting procedures.

In fact, I'll give him the benefit of the doubt and assume he did know what he was doing is illegal. That leaves us—you and me—responsible for his actions amid our ignorance of the law. In this instance, "ignorance" means something far more portentous than lack of information. It goes to the choices we make about the insidious factors in our lives, the relatively small encounters that, if heeded, add up to big victories for the democracy we know and share. Ignore them, and you ignore everything in their paths, including the civil rights we've slowly relinquished over a generation and more.

Violation of due process; violation of equal protection; violation of state sovereignty; violation of natural human rights: Such transgressions are the order of the day in the early 20th century. States can't sue if the feds break their laws. Deregulation has co-opted bona fide legal clout onto bodies and agencies those laws were meant to govern. Everybody from Shakespeare to deTocqueville to Hunter Thompson has said it in one way or another: In a democracy, people pretty much get the government they deserve. If that's true (and I firmly believe it is), then we've led ourselves to the dark side of our democracy amid our indolence.

I truly wish Tonto's main man the best in his endeavors (once he rechannels them), and I'm grateful that his supe sought to intervene in my behalf. The latter's action showed me that at least one small corner of the nation adheres to the checks-and-balances concept through which we supposedly police ourselves.

But if this agent can nearly get away with something through a simple misguided attempt at it, what's to prevent a similar effort by somebody with far more lethal clout? We're all supposedly equal under the law, after all. One man's collections agent may one day become another's totalitarian legislator, and we'd never know the difference.



## GUEST EDITORIAL

## There's more to the marathon than running

By **SANDY LIPPE**

With the Rock 'n' Roll Marathon behind us, I'm reminded of the positive impact running has had on the lives of three ladies who have bonded for life through the sport. Our trio of veteran marathoners is celebrating a 30th anniversary of friendship, runners whose chosen sport was part "fairy godmother, sometimes a painful teacher, but always a faithful companion," as defined by Ellen Hart in *Colorado Sports Monthly*. Joanne has run nine marathons. Linn has finished four and I have run two and a half, the half being the first half of the 2000 Rock 'n' Roll on June 4, 2000 and the last race I entered. Although we've hung up our running shoes for tennis, golf and aerobic shoes, we reflect on running as a spiritual choice as well as a healthful choice, a friendship choice.

At one time, we three runners considered celebrating our silver anniversary of friendship five years ago by running the Rock 'n' Roll 2004, but in 2009 we may hoist a Gatorade with a little something stronger in it and reflect on where we've been, where we're going and what running has taught us. First of all, with due respect to the gay and lesbian population so visible in the news these days: Thirty years ago, before rainbow flags appeared as symbols of gay pride, we three became the Rainbow Runners and dressed accordingly: hats, shorts, shirts.

Joanne, the one with the nine marathons under her belt, including Boston and New York, was a runner-up in the Miss America Contest behind Maryann Mobley and ahead of Anita Bryant in the early '60s, but she knew there were no beauty queens at 20

miles. Linn once ran 20 miles of the San Diego Marathon with a stress fracture, her tenacity upended by a medical crew pulling her off course.

The three of us gathered one June morning in 1979 at Mission Bay to run together in preparation for the San Diego Marathon. Mutual friends encouraged us to get together for training since we loved running. At first we ran the 8.5-mile course around Mission Bay past SeaWorld and around Crown Point, through the campus of Mission Bay High, with a finish at the information center. We did this run once a week. On Sundays we would gather with a group training at Mission Bay and run various distances.

Friends would ask how we could run while talking so much. Conversation has never been a problem for us. In 1980 we headed north, me by plane and the other two with spouses in a VW bus, to the Avenue of the Giants Marathon, a beautiful out-and-back course through the redwoods. I'm the only one who dreams of one more marathon. I recall entering the 2000 Rock 'n' Roll. On the uphill leg of the run on Route 163, at mile 7 or 8, a guy on the sideline yelled, "The Kenyans have already finished!" I didn't know if I should laugh or cry.

At the half I quit, worked my way back to the start in Hillcrest where my car was and decided to take up golf.

The Rainbow Runners, celebrating 30 years of friendship through running, encourage marathoners to pace themselves. Runners and joggers develop more than good lungs from their sport. They bond with their running partners and realize what a gift running is.

Hopefully, the first-time Rock 'n' Rollers had some fun along the way last Sunday. With bands playing at every mile, the music should have washed over them as they pounded the pavement. Hopefully, they've been blessed with friends to run with.

A special blessing to the back of the pack even though "the Kenyans have already finished."

*Sandy Lippe is a retired University City High School English teacher.*

## POLL

Will the recession affect your plans for summer vacation? Answer us at [www.sdnews.com](http://www.sdnews.com).

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## PUBLISHER

Julie Mannis Hoisington  
(858) 270-3103 x106  
[jmannis@sdnews.com](mailto:jmannis@sdnews.com)

## DIRECTOR OF SALES &amp; MARKETING

John Dowd x136  
[john@sdnews.com](mailto:john@sdnews.com)

## EDITOR IN CHIEF

Anne Terhune x133  
[mail@sdnews.com](mailto:mail@sdnews.com)

## EDITOR

Martin Jones Westlin x134  
[downtown@sdnews.com](mailto:downtown@sdnews.com)

## ACCOUNTING

Heather Glynn x103  
Patty Angley x120  
Accounts Receivable

## AD CONSULTANTS

Tom Chambers x121  
Mike Fahey x117  
Jason Gregory x116  
Marjorie Kirby x122  
Michael Long x112  
Ashlee Manzo x123  
Heather Snyder x115  
Innesa Zavulunova x147

## CLASSIFIEDS MGR.

Heather Snyder x115  
[heather@sdnews.com](mailto:heather@sdnews.com)

## CLASSIFIEDS

Kim Donaldson x140  
[kim@sdnews.com](mailto:kim@sdnews.com)

## PRODUCTION MGR.

Casey Dean x107  
[casey@sdnews.com](mailto:casey@sdnews.com)

## PRODUCTION

Dee Kahler, David Ramsey,  
Nicola Rushford, Chris Baker

## PHOTOGRAPHERS

Mercy Arcolas, Don Balch,  
Paul Gallegos, Ron Gallegos,  
Ronan Gray, Paul Hansen,  
Kirby Yau

## CONTRIBUTORS

Charlene Baldrige, Diana Cavagnaro, Anthony Gentile,  
Joseph Greenberg, James Colt Harrison, Natasha Josefowitz, Dave Kensler,  
Nicole Larson, Linda Marrone, Johnny McDonald,  
Bart Mendoza, Loreale Olejnik, Neal Putnam, Alyssa Ramos, Sebastian Ruiz,  
Sandra Simmons, Laurie Smith

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# Gonzalez's major-league homer lead is more impressive than you think

A San Diego Padre leads the major leagues in home runs so far this year, with 22 as of June 3. First baseman Adrian Gonzalez is sort of the Ernie Banks of his generation, at least for the moment; Banks, the great Cubs slugger, couldn't buy a pennant in the 1950s amid his teammates' streaky hitting and defense (just like ours). The difference is that Gonzalez is on pace to hit 69 dingers this year. The best Banks could do was 47.

There is a lot to celebrate in 2009 so far, despite the Dads' current two-game losing streak (as of June 3) and its unsung .500 win-loss mark. The club had lost 19 of 23 after squandering a 9-3 start and was headed for baseball ignominy. A ten-game win skein (which would have been 12 but for a 6-5 defeat) and at least one brilliant marketing move (the acquisition of the very good center fielder Tony Gwynn Jr.) righted the ship. And if the NL West-leading Dodgers weren't pitching so well,

who knows what might have been in store as the Padres prepare to close out the first third of the season in the next few days.

But amid all those numbers, one



COURTESY PHOTO  
Padres first baseman Adrian Gonzalez watches another one sail away.

stat -- Gonzalez's home run percentage versus his fly-ball outs -- stands out far and away. No less than 35 percent of his fly balls make it to the stands within the field of play. When you consider the untold variables involved -- the velocity and trajectory of the ball; the ball's curved surface, which must be struck by *another* curved surface; the type and selection of pitch; the pitcher's disposition toward the left or right hand (Gonzalez is a left-handed batter) -- the odds of a ball reaching the stands 22 times a season, let alone its first two months, look that much less likely, on an exponential scale.

Should Gonzalez get his 69 home runs, he'll have achieved the nearly impossible, on a par with the perfect game. Only 15 pitchers, after all, have accomplished that amazing feat. Sixty or more home runs have been hit in just eight seasons, and those by only five players.

-- Martin Jones Westlin

## Rowing regatta: an epic journey from bay to bay

Paddlers will row themselves along a 20-mile course from Mission Bay to San Diego Bay on Saturday, June 6 in the 26th Bay to Bay Rowing and Paddling Regatta to benefit the Peninsula Family YMCA.

More than 250 competitors will take to the seas, and the regatta is made up of two separate races. The 20-mile race starts between 6:30 and 7 a.m. and is geared toward the advanced racer, while the five-mile beginners race begins between 9 and 10 a.m.

The 20-mile course takes competitors from Santa Clara Point inside Mission Bay into Coronado Bay, where the race finishes at Tidelands Park Beach Landing just before the Coronado Bay Bridge. The five-mile race starts at Shelter Island in Coronado Bay and also finishes at Tidelands Park.

Registration for the event is \$60. Forms are available at [peninsula.ymca.org](http://peninsula.ymca.org). For more information on the regatta, call the YMCA at (619) 226-8888.



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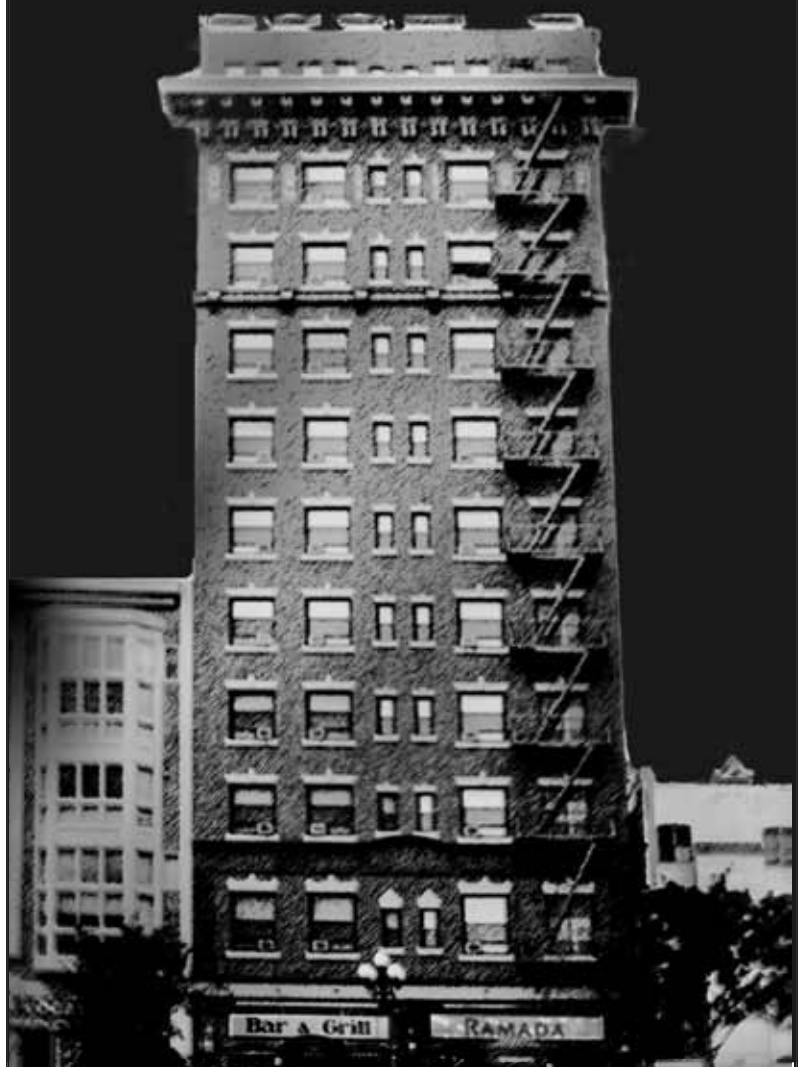
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## BBQ & Local Brews on the Bay

### AROUND THE KEG

By Tony Clarke | Special correspondent

The Cohn Restaurant Group is known in San Diego for their vast array of quality dining experiences. From the classic atmosphere of Bluepoint Coastal Cuisine and the Prado to the nostalgic and fun-filled vibe at the Corvette Diner, you are bound to find a dining experience worth repeating. C-Level is my personal choice as it provides a fantastic menu, excellent wines and beers, and a spectacular view of downtown San Diego and the bay.

So when my friend and manager at C-Level, Jon Boyle, mentioned to me that they were hav-

ing a beer dinner, pairing local craft beer with BBQ, I was obligated to partake. As if this weren't enough of a reason to go, Jon also mentioned that Executive Chef Deborah Scott would be attending, cooking, and dining with us. Done and done!

If you have never been to C-Level, it sits on stilts over San Diego Bay at the eastern end of Harbor Island. Paired with the steakhouse Island Prime, each restaurant has its own unique feel and dedicated space. C-Level is an outdoor patio with comfortable seating, retractable awnings allowing full view of the night sky, and a truly breathtaking view of San Diego Bay and the city skyline at night.

As we are seated for dinner, I notice Deborah Scott grilling up our first course right in front of us, with the background of sailboats and seagulls passing by. The sun is still out and you can feel the anticipation in the air as we wait for our first pairing.

The night starts with a trio of hors d'oeuvres. Oysters "Horseback", a bacon-wrapped oyster with house-made BBQ sauce, Deviled Quail Eggs, and BBQ Pulled Chicken Biscuits are paired with Coronado Brewing's Orange Ave. Pale Ale. Initially meant to be tray-passed, the hors d'oeuvres are served while seated which actually gives us a better chance to appreciate the pairing and chat with our new friends seated around us.

With most BBQ items, there is an inherent sweetness to the dishes. Either through caramelization on the grill, or the addition of sweet sauces, BBQ lends a smoky-sweet flavor to almost everything. The Orange Ave. also has sweetness that pairs well with our hors d'oeuvres. The flavors of orange zest and honey in the beer works well here.

As the sun begins to set, staff begins to roll back the overhead awnings revealing a calming night sky. Stars are not visible due to the cultural lighting of the city, however this has no impact on the calming effect of dining under an open sky.

Our next course consists of BBQ Shrimp with Creamy White Corn Grits and Fried Green Tomatoes. Beautifully presented in a deep-set bowl, the jumbo shrimp is clean tasting with a sense of just coming off the grill. The shrimp is garnished with a tangy BBQ sauce that reminds of a cocktail sauce. The green tomatoes are

soft and sweet with a faint presence of an acidic zip. The grits are smooth and creamy, coating the palate and enhancing the bolder flavors of the tomato and shrimp. With all of these flavors swirling around, you need a beer that can handle a variety of situations. Enter Alesmith's X, an Extra Pale Ale. X features loads of hops while remaining light on the palate. X is also bottle-conditioned, gaining its carbonation from the yeast present in each bottle. This lends a slight bread-like flavor as well.

Throughout the night, as we enjoyed our meal and our company, I noticed that the wait staff was truly doing an excellent job. Their attention to detail and courteous manner made the evening all the more enjoyable. Never were we wanting for anything and service was always available.

With most meals you tend to have a favorite part, and mine was definitely our next course. BBQ Fresh Bacon with Blue Cheese Cole Slaw and house-made BBQ Potato Chips served with Stone's Cali-Belgique IPA. This dish was perfectly prepared and defined the appeal of "sweet & savory" for me. The bacon was crisp on the outside and tender on the inside. A sweet, honey-like glaze coated the bacon and contrasted exquisitely with the saltiness of the meat. The cole slaw was refreshing in its apple juice based sauce, while the blue cheese provided a welcome savory punch. Cali-Belgique is a unique blend of a west coast IPA brewed with a Belgian yeast strain. Coupling the strong hops of an IPA and the wild aromatic qualities of many Belgian beers, Cali-Belgique pairs well with both sweet & savory.

As we round out our dinner, we are served a few more entrées. A 12-hour Roasted BBQ Beef Brisket with Warm Lobster Potato Salad served with Green Flash's Hop Head Red, and a fantastic S'mores pot with dark chocolate pudding served with Port Brewing's Old Viscosity. Both dishes were well done and served to finish the night properly.

Dinner lasted about three hours but you would never have guessed it. All of the dinner guests were thoroughly entertained by the parade of gourmet entrées and beer, remarkable views, top-notch service, and great company. I pulled Jon aside at the end of the meal to thank him for a great evening.

As we left C-Level I reflected on what a great city we live in. San Diego encompasses a vibrant restaurant scene, an award-winning craft beer industry, and a laid-back attitude and atmosphere encapsulated in our beautiful beaches and coastlines. I think all of these wonderful traits came together in one night at C-Level. Cheers!

Island Prime/C-Level is located at 880 N. Harbor Dr, San Diego, CA 92101 [cohnrestaurants.com/restaurants/islandprime/](http://cohnrestaurants.com/restaurants/islandprime/)



Tony Clarke and his wife Liz own Airdale Brewing Company, located in San Diego. [airdalebrewing.com](http://airdalebrewing.com)

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# A Manifesto of Taste Part 1



## THE CORK BOARD

By Ted Glennon | Special correspondent

Over the last year I've shared my time between the tasting room (ENO) and the fine-dining restaurant (1500 Ocean) at the resort (Hotel del Coronado), this duality of the casual and refined has allowed me to develop an irreverent, very humorous yet professional version of the sommelier. Let me explain irreverent. When we talk about the vineyards that have been tended by families and monks over hundreds to thousands of years, and the varied climates and soils of the world and representing these cultural traditions every time we pull a cork, I practice a very healthy reverence. However regarding the pretention, arrogance, and silly rituals connected to wine in our society, I have a very healthy irreverence. I feel that many people will miss out on great wines and great experiences unless something is done about the silly marketing campaigns and over branding/brainwashing. We need to get back to the joy of sharing wine with friends and family, drinking wine because its tastes good, not because someone you never met and may have nothing in common with gave it some arbitrary score. I Encourage people to think of wine as a food. I believe this is the most appropriate context for wine. If we think of wine within a context of food a few key things will come to light: If wine is a food... 1) Wine should be deli-

cious, everything else is secondary. You buy a bottle of wine, it has a pretty story, received a 99,000 point score, was very expensive, has a buzz about its winemaker, but when you open the bottle and taste it, if it sucks, none of that matters. As food it all comes down to is it or isn't it delicious? When we over-intellectualize wine, we are using the wrong muscle. 2) Wine is an agricultural product, which means it is grown somewhere by someone. Wine is from the earth, just like apples, grain and tomatoes, and it matters where you grow the grapes. The quest in exploring the world by planting vines is to find the ethereal combination of grape variety and vineyard site. This is known as Terroir; the expression of the grape varieties as influenced by the local growing conditions. Soil composition, wind, rainfall, heat, cold, these environmental concerns influence the ultimate juice. Think of Cabernet in Napa Valley, brilliant decision. Pinot Noir in Burgundy? Riesling in Germany? These are some of the great classic wines of the world. Remember it took hundreds to thousands of years to perfect what was planted where and how. 3) Drinking wine is a personal experience and it always has been. Drink what you like, like what you drink and forget the rest. If you hated tomatoes would that make you any less of a person? (Die hard tomato aficionados calm down this is an allegory.) So if you hate Chardonnay or can't stand Cabernet or Syrah, and all of your friends love it, so what? Every Tuesday ENO features a tast-

ing of 10 wines for \$10 from 5-8pm, each week I change the wines and each week every wine in the lineup is loved by some and disliked by others. We all have varied preferences and tastes and this individualism should be championed with our guests, resist this marketing idea that everyone will find the same apple delicious, that everyone will like the same song, car, team, or wine. 5) Why trust a brand name? When guests come into ENO, my staff asks what wine they enjoy, often the response is; "Silver Oak!" or "Cakebread!" or other well known, massive production, expensive brands. Instead of saying "I like a Cabernet based blend from Napa Valley, supple tannins, a fruit forward, oaky style wine," SILVER OAK is the answer, these wonderful wine drinkers are being branded to death. Do you only buy tomatoes from one farmer? Only one type of tomatoes? Do you refuse any other brand of tomatoes? TRUST YOUR PALATE!!!! I hope that this will help free you up to enjoying wine because it is delicious and past that any reading or research you do will be driven by the desire to have those delicious flavors in a glass in your hands again. Cheers and beware what anyone but your own tongue tells you. Tune in for Taste Manifesto Part 2 next month.

*Ted Glennon, is the Wine Director of oENology, a modern wine tasting room at the Hotel Del Coronado. [hoteldel.com](http://hoteldel.com) [enowinerooms.com](http://enowinerooms.com)*



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<div><p>380 K St (619) 237-1155</p></div>	<b>5 FOR 6 'TIL 7:</b> 5 cocktails, 5 wines by the glass and 5 appetizers. Each selection, \$6. Served nightly at the bar until 7 pm.*	<b>5 FOR 6 'TIL 7:</b> 5 cocktails, 5 wines by the glass and 5 appetizers. Each selection, \$6. Served nightly at the bar until 7 pm.*	<b>5 FOR 6 'TIL 7:</b> 5 cocktails, 5 wines by the glass and 5 appetizers. Each selection, \$6. Served nightly at the bar until 7 pm.*	<b>5 FOR 6 'TIL 7:</b> 5 cocktails, 5 wines by the glass and 5 appetizers. Each selection, \$6. Served nightly at the bar until 7 pm.*	<b>5 FOR 6 'TIL 7:</b> 5 cocktails, 5 wines by the glass and 5 appetizers. Each selection, \$6. Served nightly at the bar until 7 pm.*	<b>5 FOR 6 'TIL 7:</b> 5 cocktails, 5 wines by the glass and 5 appetizers. Each selection, \$6. Served nightly at the bar until 7 pm.*	<b>5 FOR 6 'TIL 7:</b> 5 cocktails, 5 wines by the glass and 5 appetizers. Each selection, \$6. Served nightly at the bar until 7 pm.*
EAST VILLAGE							
<div><p>930 Market St. (619) 677-2695 www.bowlvlt.com</p></div>	<b>Happy Hour:</b> 3-CLOSE & 1/2 price BOWLING Wells, House Wine, 16oz (Pint) Domestic Drafts all only \$3.00 Premium Drafts \$4.00 22oz drafts \$5.50 House Margaritas \$4.00	<b>Happy Hour: 3pm -7pm</b> Wells, House Wine, 16oz (Pint) Domestic Drafts all only \$3.00 Premium Drafts \$4.00 22oz drafts \$5.50 House Margaritas \$4.00	<b>Happy Hour: 3pm -7pm</b> Wells, House Wine, 16oz (Pint) Domestic Drafts all only \$3.00 Premium Drafts \$4.00 22oz drafts \$5.50 House Margaritas \$4.00	<b>Happy Hour: 3pm -7pm</b> Wells, House Wine, 16oz (Pint) Domestic Drafts all only \$3.00 Premium Drafts \$4.00 22oz drafts \$5.50 House Margaritas \$4.00	<b>Late Night Happy Hour:</b> Friday/Saturday 11pm to close. Reg. Happy Hour specials <i>PLUS</i> \$5 Red bull Blasters (Jager or Svedka Flavored Vodka) \$4 Svedka, Jack & Bacardi cocktails	<b>Late Night Happy Hour:</b> Friday/Saturday 11pm to close. Reg. Happy Hour specials <i>PLUS</i> \$5 Red bull Blasters (Jager or Svedka Flavored Vodka) \$4 Svedka, Jack & Bacardi cocktails	<b>Industry Night:</b> 8-close \$3 drinks well/callwine/draft \$4 select premiums
DAILY for LUNCH - 1 FREE game of bowling with \$10 spent							
<div><p>639 J Street (619) 702-7700 thefleetwood.com</p></div>	<b>Nightly Specials:</b> 5-6pm POWER HOUR \$4 you call its	<b>Nightly Specials:</b> 5-6pm POWER HOUR \$4 you call its Crab night All you can eat crab \$19.95 5-10pm	<b>Nightly Specials:</b> 5-6pm POWER HOUR Dog happy hour 5-7pm (you have all info)	<b>Nightly Specials:</b> 5-6pm POWER HOUR DJ GRoy and other guest DJ's	<b>Nightly Specials:</b> 5-6pm POWER HOUR DJ Rush	<b>Nightly Specials:</b> 5-6pm POWER HOUR DJ Ramsey	<b>Nightly Specials:</b> 5-6pm POWER HOUR Karaoke starting at 9pm
<div><p>310 10th Ave. (619) 255-0383 wingssandiego.com</p></div>	<b>Happy Hour 3pm - 7pm:</b> \$2 off beer & wine \$3 off pitchers \$3 wells All Day \$5 Patron / Jaeger shots. Lunch Special: 11am-2pm \$7.50 wraps, burgers, sandwiches.	<b>Happy Hour 3pm - 7pm:</b> \$2 off beer & wine \$3 off pitchers \$3 wells All Day \$5 Patron / Jaeger shots Lunch Special: 11am-2pm \$7.50 wraps, burgers, sandwiches Tuesdays: 8 – close: \$5 U-Call-It	<b>Happy Hour 3pm - 7pm:</b> \$2 off beer & wine \$3 off pitchers \$3 wells All Day \$5 Patron / Jaeger shots Lunch Special: 11am-2pm \$7.50 wraps, burgers, sandwiches Wed: 50¢ wings (dine-in only)	<b>Happy Hour 3pm - 7pm:</b> \$2 off beer & wine \$3 off pitchers \$3 wells All Day \$5 Patron / Jaeger shots Lunch Special: 11am-2pm \$7.50 wraps, burgers, sandwiches Thursdays: 8 – close: \$5 U-Call-It	<b>Happy Hour 3pm - 7pm:</b> \$2 off beer & wine \$3 off pitchers \$3 wells All Day \$5 Patron / Jaeger shots. Lunch Special: 11am-2pm \$7.50 wraps, burgers, sandwiches.	<b>Before any Padre Games:</b> \$10 bud /B-light pitchers \$3 select bottles <b>During/After any Padre Games:</b> \$5 U-Call-Its 2 for 1: bud light bottles 2 for 1: select appetizers	<b>Happy Hour 3pm - 7pm:</b> \$2 off beer & wine \$3 off pitchers \$3 wells All Day \$5 Patron / Jaeger shots. Lunch Special: 11am-2pm \$7.50 wraps, burgers, sandwiches.

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## Hot New Winebar: Wet Stone

Chef Christian Gomez has opened an exciting new contemporary wine bar in Bankers Hill! Located in a Historic 1896 Building at 1927 4th Avenue (between Grape and Fir), Chef Gomez is serving his POWER LUNCH daily from 11a-2p Tues-Fri and his SMALL BITES & BIG GLASSES menu from 5p-10p Weds-Sun. Try some of his favorites such as Macadamia-crusted Ahi with mango and habanero salsa, or his farmers market greens with fuyu persimmons, pomegranate seeds, Danish Bleu cheese, caramelized walnuts and a toasted coriander seed vinaigrette. Having trouble finding parking? Not at The Wet Stone. After 7pm there is AMPLE FREE parking directly across the street in the parking lot.

## Richard Walker's Pancake House

Richard Walker's Pancake House, an upscale fusion of traditional and gourmet breakfast favorites, is now open in the Marina District in downtown San Diego. Serving classic-style griddlecakes, crepes, omelets and other specialties, this pancake house is certain to become the "premier" breakfast destination for San Diego's residents, employees and the tourist community! Open 6:30 a.m. to 2:30 p.m. 7 days a week, and if you are unable to stay and enjoy the atmosphere, take Richard Walker's with you as we prepare orders to go.

## Salazar's Taco Shop

Salazar's Taco Shop Began as a dream in 1945 and turned into a reality in 1972. The owner and founder, Frank Salazar, began working at the age of 14 in the kitchen of the La Fonda Hotel in Santa Fe under the supervision of a German chef named Konrad. Today the "taste of home" quality of the food is enjoyed by many long-time customers and some of our new neighbors who are becoming our new regulars. Some comments include, "The food has such Mexican flavor" and "the menudo tastes just like my mom's." Some of our house specialties are Caldo de Pescado, which is enjoyed by local divers, Camarrones al Mojo de Ajo and more. The staff has been a part of Salazar's for more than 20 years and are a big part of the success we enjoy. The fine food at Salazar's can be enjoyed seven days a week, 6:30 am until 9 p.m. Breakfast, lunch and dinner as well as food to go are served all day. Bulk food orders with advance notice are available. The margaritas are real and the bottled beer is cold. The best thing I've ever been told by a customer is that "there's a genuine-ness about this place."

*We began advertising the the Downtown News in November 2007 and it has proven to be the most effective advertising we have ever tried. Jason, our representative at the paper, urged us to try it and we are glad we did. — Salazar's Taco Shop*

For more information on the Dining Guide, call Jason (858) 270-3103 x116

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ARZ 1:05	ARZ 7:05	LAD 7:10	LAD 7:10		LAA 7:05	LAA 6:05
LAA 12:35		SEA 7:05	SEA 7:05	SEA 12:35	OAK 7:05	OAK 7:05
OAK 1:05		SEA 7:10	SEA 7:10	SEA 1:40	TEX 5:05	TEX 5:05
TEX 5:05	HOU 7:05	HOU 7:05				

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# June gloom and its harmful side effects



By  
**SANDRA  
SIMMONS**

Sunsets lost in / Skies of hazy grays / June gloom sets in / Puts me in a daze / Nothing changes / All we do is wait.

— excerpt from “June Gloom”  
by The Like

I miss the early morning sun streaming through my window, warming my face and gently prodding me to open my eyes. Instead, I awaken to a sky colored white. Quickly, I duck beneath the covers, hoping when I peek out I’ll find the morning greeting me in a sunnier disposition. Alas, it’s still gloomy.

While lingering, I notice the silence. No cars, no people, not even a breath of air. It’s as though I’ve entered into a “Twilight Zone” episode.

Moving through the morning, I’m in a daze, almost as though I’ve lost my best friend.

Just before noon, the wind stirs, and the light filters down ever so slightly upon the city. As the light grows brighter, the city seems to come alive.

Laughter emerges from the neighborhood coffee shop. Birds, each with their own special melody, begin to sing, and soccer players cheer as a teammate makes a goal.

Cars swish by, bells ring, sirens blare.

During these brief midday hours, the sun lures us into thinking all is right with the world.

As softly as a kitten walks, slowly, without thought, the dreaded vapor mass blankets us once more. Another pictorial sunset lost.

During our early summer months, the prevailing winds draw cold waters from the north. As the air rises from the colder water, it actually becomes warmer, causing the marine layer that engulfs our coastal community.

Does the May gray that gives way to June gloom dampen the sounds of the city? Or is it we who

move more quietly when the sun is hidden behind leaden skies?

I muse... Do the gray days put us in a daze?

Downtowners share their thoughts on the haze:

“When the sky is gray, I begin to notice the different dynamic layers of the city. The grit and grime becomes more apparent, but instead of having a ‘downer’ effect on my spirits, it’s as if I embrace and appreciate it,” according to Kyle Peterson (Metrome).

For Barbara Vezzetti (Park Row), it doesn’t matter if the sun shines or not. She actually has more energy when it’s cooler.

The overcast skies are great for morning runs but not so much for the remainder of the day. “After work, I want to enjoy the great San Diego weather, and the cover puts a damper on enjoying the evenings,” Tina Victory (Nexus) lamented.

“I moved away from Washington, D.C. for a reason. The gloomy weather makes for gloomy personalities!” Dominique Cano-Stocco (Current/El Cortez) exclaimed.

Having grown up on the Oregon coast, living under gloomy skies was the norm. I’ve often joked that it wasn’t until moving away to attend college that I realized the sky was actually blue.

The months of May and June remind me of home, and not in a good way! Fortunately for me, it only lasts two months.

*Viva-city, fostering a vibrant, welcoming community, where residents greet neighbors as friends! Visit [www.viva-city.info](http://www.viva-city.info).*



PHOTO BY SANDRA SIMMONS | DOWNTOWN NEWS

**Tina Victory says June gloom is of no consequence during her morning runs. It’s the rest of the day, she adds, that the overcast puts the damper on her spirit. Evenings in San Diego, after all, aren’t meant to be enjoyed indoors.**

## Less Is More

## FIT & FAB IN DOWNTOWN

By *Connie Cook* | Guest Columnist

Your mind is made up and you are motivated. You go to the gym with a grandiose plan of either slimming down or improving your fitness level. You hop on the treadmill and bust a move, you sprint through a cycle class and leave everyone in awe and you hit the elliptical trainer and move it move it move it! Then you do enough bench presses and barbell curls to make even Arnold shake his head in amazement! You are on a workout mission. But, are you really doing yourself any good or is it all in vain? Sounds like a case of unidentified over-training.

More may be better when it comes to money, time off, good luck or good looks, but regularly working out more than your body needs is counterproductive. Over-training happens when muscles are not given the necessary recovery time they need to “re-group” after an intense workout. You have to rest in order to progress. Adequate rest cycles after intense workouts will help your body fully recover glycogen storage in your muscles and liver, which is their main fuel source. Your body can’t continue to perform when it is depleted any more than you can drive your car without gas!

Think of it this way, if you cut your finger and each day the wound breaks open again, it will take a longer time to heal. It’s the same for your muscles. They have to have time to heal after a strenuous workout, otherwise regeneration cannot occur, performance plateaus and your risk for injury increases. In this case, if there is pain there may be no gain!

Of course you are going to be tired and somewhat sore after a great workout, but the extent of tiredness and soreness over a period of time can be a good indicator you are overtraining. If you consistently feel an overall lack of energy and your soreness doesn’t go away for a few days, you’ve definitely overdone it. You’ll need to back off and give your body a little “R and R” in order to recoup and recover.

Sometimes the desire to improve performance or lose weight is so strong

that you may push yourself too hard to hit your goal. If you’ve never been good at pacing yourself, now is the time to learn. It’s like the difference between one tequila shot and three! (Need I say more?) You have to work out smarter not harder. I understand the craving for that endorphin high you get with a really intense workout and it’s ok to go balls-to-the-wall on occasion, but not every day.

You can also over train you body doing the same workout over and over again. You put your body at risk for injury repeating the same exercises each time you workout. Expecting to achieve new results with the same exercises each time you workout is just crazy. Always doing the same exercises is boring, boring, boring and possibly dangerous as well. It’s like the hamster running on its wheel, always moving diligently but not getting anywhere. You’ll give the word dumbbell a whole new meaning with this approach to your workout!

Become your own fitness mix master and change it up each week by incorporating all kinds of exercises into your regimen. Keep it fresh and interesting by challenging your body with new movements, intensities or classes. Hire a personal trainer, rent a workout video for new ideas or pick up a fitness magazine and learn the newest trends in the industry to keep you out of the exercise rut of “the same old thing”.

Give your body the time it needs to recover and you’ll keep coming back stronger. Remember to take days off between intense workouts and avoid training the same muscle groups on consecutive days. Your body is your temple. Treat it with respect and listen to what it’s telling you and you will reap the rewards of your workouts.



**Connie Cook “C<sup>2</sup>”**  
*Fitness Director*  
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# Fabulous Barbie, 50, drives her own car at Vista Hill



By  
**DIANA  
CAVAGNARO**

Vista Hill treatment center presented the 18th annual Spring Fashion Show, Boutiques, Silent Auction and Luncheon on Wednesday, April 29 at the Manchester Grand Hyatt Downtown. The theme for the afternoon was "Barbie: 50 & Fabulous." The event began with a silent auction and boutique shopping, with an array of clothing, handbags, jewelry and children's clothing. The fashionistas were hopping back and forth from table to table, enjoying a fun-filled time.

The celebration began with the mistress of ceremonies Carol Le Beau, news anchor at KGTV, Channel 10. Each table was decorated with Barbie dolls, adding to the ambiance of the luncheon. Barbie Spinazzola was chair, and Barbara J. Brown was honorary chair.

The theatrical show delighted the audience with a Ken and Barbie segment, one scene with Barbie lookalikes and another segment with a model in a Barbie car. Gretchen Productions produced this show. Proceeds benefit various Vista Hill programs, including SAFIR (Supporting Adolescents and Family in Recovery), Don Allen Parent Care Family Recovery Center and Stein Education Center. The East County venue improves the lives of families by providing education, treatment, prevention

and early intervention. For more info, visit [vistahill.org](http://vistahill.org).

## Fashion's high note

Lyric Opera San Diego and Leonard Simpson presented "Fashion Hits a High Note" on Thursday, May 14 at the Birch North Park Theatre. The evening celebrated 30 years of Lyric Opera San Diego and the venue's 80th year. Guests arrived on a red carpet that led into this beautifully remodeled theater, originally a movie house. This elegant event began with a delightful social hour and a fabulous silent auction with must-have items.

Honorary Chair Sally B. Thorn-

ton got the festivities going, while Simpson, of Fashion Forward, produced the show. He is known for his high-tech runway shows and his drama. This show had one high note after another, combining fashion, singing and dancing.

The runway was not the typical catwalk. The models came out onto the stage and took turns walking down the left and right stairs into the aisles, showing off their stylish fashions. The highlight of the evening was a segment in which all the male models took off their shirts—the audience went wild. Lyric Opera San Diego brings in opera and musical theater productions with live orchestras and talented singers. Its mission is to



PHOTO BY DIANA CAVAGNARO | DOWNTOWN NEWS

Barbie doesn't look a day over 12, at least in this photo -- but she's actually 50 this year, and the Barbie police still let her drive.

create a vehicle in which young professionals can hone their craft alongside established artists. For more information, visit: [lyricoperasandiego.org](http://lyricoperasandiego.org).

## 'Fashion Exposed'

San Diego Mesa College presented the 28th annual Golden Scissors Fashion Show and Awards Gala on Friday, May 15 at the Town and Country Resort Hotel and Convention Center. The evening began with a VIP social hour and a silent auction. The theme for the night was "Fashion Exposed."

Andrea Marx, program director, and Prof. Susan Lazear greeted the crowd. KUSI Style Guy Leonard Simpson gave welcoming remarks.

Another crowd-pleaser was the millinery section, in which Mesa deans and college president Rita Cepeda modeled hats made by the students.

One of the audience's favorite segments was the "Retro Redo," wherein the students used all kinds of things other than fabric to create their outfits. The finale ended with the students showcasing their creative designs. The show wrapped up with Cepeda handing out awards to deserving students.

Students in the promotion class produced this show. Additional contributions were made by the multimedia students under Prof. Alfonso Saballett and a group of hip-hop dancers under instructor Melissa Adao. San Diego City College cosmetology students, under the direction of Sudabeh Phillips, styled the hair and makeup.

Mesa College has a two-year program in fashion design and fashion merchandising. For more information, contact Andrea Marx at (619) 388-2206.

## For your information...

- Saturday, June 13, Victorian tea and fashion show, San Diego Women's Club at 11 a.m., presented by Victorian Ladies Society. For information, call (619) 589-7433.
- Wednesday, June 17, Summer 2009 Swimwear Fashion Debut, launching Eco-Panda (the first recycled swimwear), at the Hard Rock Hotel. RSVP at [RSVP@OceanMagazine.com](http://RSVP@OceanMagazine.com).
- Sunday, July 19, Summer Bridal Bazaar, with three fashion shows at the San Diego Convention Center. For information, call (760) 334-5500.
- Tuesday, July 21, Celebrating Couture luncheon and fashion show, featuring Naeem Khan, presented by Neiman Marcus and the Globe Guilders. For information, call Jill Holmes, (619) 231-2508.

*Diana Cavagnaro is a nationally recognized hat designer and milliner. Diana has been operating a fashion business for 27 years, the last 17 years in Downtown San Diego's historic Gaslamp Quarter. She has been teaching in the fashion department at San Diego Mesa College for 17 years. Diana is an active member of the Gaslamp Quarter Association, the American Sewing Guild, the San Diego Costume Council and the Fashion Group International. [ahead-productions.com](http://ahead-productions.com).*



Oil on canvas by 2009 Featured Artist Jeff Yeomans

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COURTESY PHOTOS

Great art (like the famed Gaslamp Quarter architecture pictured above) and great food (inset) are an unbeatable match. That's why you should go to A Taste of Gaslamp June 13 and 14. See [gaslamp.org](http://gaslamp.org) for more.

## This inaugural event will put you in the spirit

As you're certainly aware, alcohol has a definitive place in American cultural lore—and on June 5 to 7, you get to learn a little about how it got that way. The first San Diego Spirits Festival is but moments hence, featuring tastings and networking parties for all levels of expertise in the cocktail experience. Beverage pros and consumers will get the chance to taste the hottest and newest brands while learning the art from some of the most acclaimed mixologists in the biz. The fun starts Friday with hosted cocktails, DJs and a live fashion show; it continues Saturday and Sunday with seminars on the art of the pour, a pool party and a bikini fashion show. The Se Hotel, at 1047 Fifth Ave., kindly encourages your presence Friday at 8 p.m. For information on the rest of the weekend, see [sesandiego.com](http://sesandiego.com) or call (619) 515-3000.

Lore has it that Cyrano de Bergerac's schnoz was so big that he wasn't allowed aboard watercraft of any kind, for fear his proboscis would catch the wind and alter the ship's course by mistake. That's probably just a joke. What's not so funny is that the heartsick Cyrano was a real guy, not just a title to the Edmond Rostand romance play, which on June 13 kicks off The Old Globe Theatre's Summer Shakespeare Festival. This is the first time the current festival is mounting a non-Bill show—for that, thank Globe artistic director Darko Tresnjak, helmer of this piece and still one of the most sought-after theater men in the country. The festival takes place at the Lowell Davies Festival Theatre, 1363 Old Globe Way in Balboa Park. "Cyrano de Bergerac" opens in previews at 8 p.m. Admission is \$29 to \$56. For more, see [oldglobe.org](http://oldglobe.org) or call (619) 23-GLOBE.

We (and, probably, you) remember Gladys Knight when she was the anchor Pip. Those days are gone—but Knight, it turns out, is as timeless as her music. She's the inaugural act in this year's San Diego Symphony Summer Pops series, beginning Saturday, June 27 and held again at the Embarcadero Marina Park South. This so-called Tux 'n' Tennies entry lets you dress how you want and sets the stage for the rest of the summer, with visits from Marvin Hamlisch, Davy Jones, Dionne Warwick, Jose Feliciano, Melissa Manchester and Burt Bacharach on tap. The park is at 111 West Harbor Drive. The Gladys Knight show begins at 7:30 p.m. Tickets are \$35 to \$65. For more about the show and the summer series, see [sandiegosymphony.org](http://sandiegosymphony.org) or call (619) 235-0804.

—by Martin Jones Westlin  
and from staff reports

## Where to look for stuff to do

As a service to the leisure community and its insatiable desire for center-city entertainment, *San Diego Downtown News* presents the single handiest directory in the history of the universe. By no means is it comprehensive—many venues present different types of fare at a given time (the Balboa Theatre, for example, is the home of the classical Mainly Mozart group, yet it's also a major site for ballet and the like). Other than that, knock yourself out. All area codes are 619 unless otherwise indicated.

### General information

City Park and Recreation Department, 202 C St., 525-8213, [sandiego.gov](http://sandiego.gov)  
Gaslamp Quarter Association, 614 Fifth Ave., 233-5227, [gaslamp.org](http://gaslamp.org)  
Greater San Diego Chamber of Commerce, 402 W. Broadway, Ste. 1000, 544-1300, [sdchamber.org](http://sdchamber.org)  
San Diego Convention and Visitors Bureau, 2215 India St., 232-3101, [sandiego.org](http://sandiego.org)

### Miscellany

Maritime Museum of San Diego, restoration/operation of historic vessels, 1492 North Harbor Drive, 234-9152, [sdmaritime.com](http://sdmaritime.com)  
San Diego Zoo, 4,000 animals, panda research station, 2920 Zoo Dr., 231-1515, [sandiegozoo.org](http://sandiegozoo.org)  
William Heath Davis House, oldest still-standing Downtown structure, 410 Island Ave., 233-5227, [gaslamp.org](http://gaslamp.org)

### Film

Gaslamp 15 Pacific Theatres, 701 Fifth Ave., 232-0400, [pacifictheatres.com](http://pacifictheatres.com)  
United Artists Horton Plaza 14, 475 Horton Plaza, 234-4661, [cinematrasures.org](http://cinematrasures.org)

### Music

Anthology, jazz, rock, 1337 India St., 595-0300, [anthologysd.com](http://anthologysd.com)  
The Casbah, rock, 2501 Kettner Blvd., 232-4355, [casbahmusic.com](http://casbahmusic.com)  
Copley Symphony Hall, classical, 750 B St., 235-0804, [sandiegosymphony.com](http://sandiegosymphony.com)  
Croce's Restaurant & Jazz Bar, 802 Fifth Ave., 232-4355, [croces.com](http://croces.com)  
Dizzy's, jazz, Second Ave. at J St., (858) 270-7467, [dizzyssandiego.com](http://dizzyssandiego.com)  
The Field, Irish, 544 Fifth Ave., 232-9840, [thefield.com](http://thefield.com)  
Hard Rock Café, rock, 801 Fourth Ave., 615-7625, [hardrock.com](http://hardrock.com)  
House of Blues, rock, blues, jazz, 1055 Fifth Ave., 299-2583, [hob.com](http://hob.com)

### Performing Arts

Balboa Park, home to several venues, including the Old Globe Theatre, between Park Boulevard and State Route 163 above Bankers Hill, 239-0512, [balboapark.org](http://balboapark.org)  
The Balboa Theatre, home of Mainly Mozart, 868 Fourth Ave., 570-1100, [sandiegotheatres.org](http://sandiegotheatres.org)  
The Civic Theatre, Broadway-style programming, 1100 Third Ave., 570-1100, [broadwaysd.com](http://broadwaysd.com)  
The Lyceum, San Diego Repertory Theatre and other troupes, 79 Horton Plaza, 544-1000, [sdrep.org](http://sdrep.org)

The Old Globe Theatre, live plays, 1363 Old Globe Way in Balboa Park, 23-GLOBE, [oldglobe.org](http://oldglobe.org)  
The Spreckels Theatre, home of City Ballet of San Diego, 121 E. Broadway, 235-9500, [spreckels.net](http://spreckels.net)  
Sushi, a Center for the Urban Arts, dance, plays, visual, 390 11th Ave., 235-8466, [sushiart.org](http://sushiart.org)  
The Tenth Avenue Theatre, plays, dance, 930 Tenth Ave., visit website of target performing group  
The Theatre, Inc., Greek and other classic plays, 899 C St., 216-3016, [thetheatreinc.com](http://thetheatreinc.com)

### Visual arts

Balboa Park, largest number of museums in the nation, between Park Blvd. and State Rte. 163 above Bankers Hill, 239-0512, [balboapark.org](http://balboapark.org)  
The Museum of Contemporary Art San Diego, 1100 and 1001 Kettner Blvd., (858) 454-3541, [mcasd.org/downtown](http://mcasd.org/downtown)  
The New Children's Museum, children's venue and playground, 200 W. Island Ave., 233-8792, [thinkplaycreate.org](http://thinkplaycreate.org)  
The San Diego Museum of Art, permanent and rotating exhibits, 1450 El Prado, Balboa Park, 232-7931, [sdmart.org](http://sdmart.org)

## CONTEST

CONTINUED FROM Page 1

"This is a pressing issue," said Point Loma High School senior Chloe Hawkins, who edited, filmed and directed the winning entry. "San Diego's in a drought right now, and film's a good visual medium to communicate the problem to people, just like in a [public service announcement]."

Beats dealing with that pesky level 4, under which the city would cease all landscape irrigation, except for crops, nurseries and rare animals.

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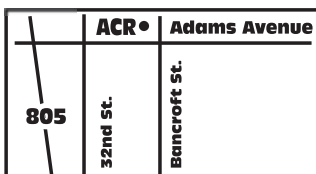
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Dr. Helen Eckmann, James L. Consulting

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Downtown • “Renaissance”

Boasting one of the best water views in the Marina District, this 20th-floor penthouse-level residence features over 2,000 square feet! Original owner recreated the interior by creating an open living space and a gourmet kitchen to die for! Four balconies and dual side-by-side parking, too! For full details in a recorded message,

call 1-800-709-1995, Ext. 5469



Downtown • “Meridian”

Nothing compares—approximately 40 staff members ensure the ultimate in luxury living in an urban environment! This unique residence in the premium southwest corner of the community features 180-degree water views, an open floor plan designed for entertaining and easy living, and top-quality finishes throughout! For full details in a recorded message,

call 1-800-709-1995, Ext. 5499



“Segal Live/Work Rowhome”

Truly one-of-a-kind, this award-winning masterpiece offers the ultimate in urban living! Ideally located in the Marina District, the residence includes approximately 2,300 square feet of “hip” architecture PLUS a separate, 700-square-foot work loft/ granny-flat, or entertainer’s mecca, with home-theater & wet-bar. A “must see”! For full details in a recorded message,

call 1-800-709-1995, Ext. 5479



Downtown • “Electra” Penthouse

It doesn't get much better than this and definitely doesn't get any higher in the stratosphere! Featuring the premium northwest corner of the top-floor of the highest residential building downtown, this amazing property has it all! Did we mention the view? For full details in a recorded message,

call 1-800-709-1995, Ext. 5429



Downtown • “Electra”

Featuring a prime location on the courtyard level overlooking the lush greenbelt, this end-unit residence features a corner location with lots of sunny windows, gleaming hardwood floors, an oversized terrace and dual parking spaces! For full details in a recorded message,

call 1-800-709-1995, Ext. 5520



Downtown • “The Grande”

Priced under all others in the community with this desirable, 1,944-square-foot floor plan, this elegant, 2-bedroom + den, 2-bath boasts stunning views from its southwest corner locale! You'll love the walnut flooring throughout, upgraded kitchen granite, dual balconies and parking spaces, and upgraded lighting! For full details in a recorded message,

call 1-800-709-1995, Ext. 5099



Hillcrest • “Coral Tree Plaza”

Boasting incredible, 180-degree views to the west, south and east, this elegant penthouse features a wrap-around balcony taking in the views, a remodeled interior, and a lifestyle like none other! Over 2,300 square feet of luxury! For full details in a recorded message,

call 1-800-709-1995, Ext. 5169



Downtown • “Breeza”

Brand new construction, choose from the ideal “starter” one-bedroom to the premier, southwest corner, 3-bedroom, 2-bath residence with stunning water and bayfront views! The heart of the community is its center courtyard, complete with a pool and spa, scenic patios and lush, tropical landscaping! For full details in a recorded message,

call 1-800-709-1995, Ext. 5069



Downtown • “Watermark”

Enjoy top-floor luxury living in this elegant, 1,800 square-foot beauty in landmark mid-rise community in the heart of the Marina District! Designed by the original architect, this sunny southwest corner residence has been upgraded to the max & enjoys a spacious terrace, lovely views, and dual side-by-side parking spaces! For full details in a recorded message,

call 1-800-709-1995, Ext. 5419



Downtown • “CityFront Terrace”

New on the market, this unique 2BR residence features a prime location overlooking the community's urban canyon + views to the north from the opposite side! It also enjoys an oversized terrace overlooking the city sights and a second terrace on the canyon side! Priced right! For full details in a recorded message,

call 1-800-709-1995, Ext. 5550



Downtown • “Watermark”

These brand new listings in one of the Marina District's landmark communities are priced to sell! Choose from one of two identical floor plans boasting crown molding, a private terrace and almost 1,500 square feet.

For full details in a recorded message,

call 1-800-709-1995, Ext. 5540



Downtown • “Harbor Club”

You'll love this perfect pied a terre in the Marina District's premier, resort-style, luxury high-rise community! The residence boasts panoramic southeast corner views to the Coronado Bridge, Bay, and Petco Park. An elegant granite kitchen & an oversized view terrace. Enjoy! For details in a recorded message,

call 800-709-1995, Ext. 5269



Downtown • “Pinnacle”

You'll love the exciting lifestyle at one of the Marina District's most sought-after, luxury high-rise communities! This beauty boasts a prime Northwest corner location, dual balconies, custom lighting and paint, luxurious marble flooring, granite and stainless kitchen with gleaming Snidero cabinetry, and dual parking! For full details in a recorded message,

call 1-800-709-1995, Ext. 5179



Downtown • “The Legend”

Ideally situated at the entrance to Petco Park, this fabulously-upgraded residence owned by a stone-mason overlooks the playing field as well as the Park at the Park! Offered fully-furnished so don't delay! For full details in a recorded message,

call 1-800-709-1995, Ext. 5079



Downtown • “Marina Park”

One of the Marina District's originals, this popular mid-rise community boasts dual pool, a staffed lobby, and lovely, mature landscaping. This expansive 2-bedroom, 2-bath residence in a quiet location includes granite kitchen and a real, working fireplace! Dual secured parking spaces and a multitude of guest parking! For full details in a recorded message,

call 1-800-709-1995, Ext. 5029



Downtown • “Marina Park”

This top-floor cutie has been upgraded with rich hardwood floors, custom paint-tones, and a pristinely-presented interior! Perched in a quiet location in a low-density, beautifully manicured community with HOA fees under \$500! For full details in a recorded message,

call 1-800-709-1995, Ext. 5299



Downtown • “La Vita”

This fabulous SHORT SALE opportunity boasts 3 bedrooms, 2 baths, 2 expansive terraces, an ambient fireplace, and 2 parking spaces! A terrific buy! For full details in a recorded message,

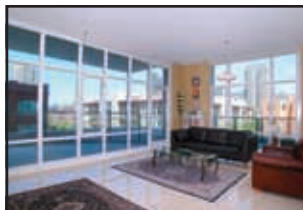
call 1-800-709-1995, Ext. 5510



Downtown • “Renaissance”

Boasting a premium north-facing location away from the usual train/trolley urban sounds, this expansive two-level town home is brand new on the market and truly priced to sell! You'll enjoy gleaming hardwood floors and dual side-by-side parking spaces! For full details in a recorded message,

call 1-800-709-1995, Ext. 5459



Downtown • “Pinnacle”

This great northwest corner residence boasts approximately 300 square feet of private terrace space, gleaming stone surfaces in the kitchen and bathrooms, and active city views! Pinnacle Museum Tower enjoys a privileged location in the heart of the Marina District! For full details in a recorded message,

call 1-800-709-1995, Ext. 5509



Downtown • “TREO”

This unique and pristine street-level town home is perfect for pet owners who don't want elevators and long hallways to access the street! Gleaming hardwood floors throughout, secured parking and storage, and a warming fireplace! For full details in a recorded message,

call 1-800-709-1995, Ext. 5319



Downtown • “Watermark”

This listing in one of the Marina District's—landmark, luxury communities presents an opportunity to live in a classy, newly-renovated building just steps from Pantoja Park and a short walk from Seaport Village! Freshly painted with new carpeting this residence boasts a private terrace, gleaming hardwood floors, and elegant crown molding! For full details in a recorded message,

call 1-800-709-1995, Ext. 5329



Downtown • “Pinnacle”

The lowest-price 2-bedroom in the development, this pristine residence overlooking the scenic pool features gleaming marble and granite surfaces, lustrous Snidero kitchen cabinetry, dual parking + storage, and an oversized private terrace! Enjoy the highest quality common amenities, which ensure a lifestyle to be envied! For full details in a recorded message,

call 1-800-709-1995, Ext. 5409



Downtown • “The Mark”

Welcome to one of Downtown's hottest new developments! Enjoy south-facing views over the lush courtyard and pool, hardwood floors, and gleaming granite and stainless steel kitchen! For full details in a recorded message,

call 1-800-709-1995, Ext. 5539



Bankers Hill • “Century Plaza Towers”

Enjoy almost 1,500 square feet of upgrades in the area's landmark luxury high-rise near Balboa Park! Featuring dual parking spaces and brand new Plantation shutters throughout, this pristine residence also includes a full-size laundry room, lovely views from its northeast corner location, and a private terrace! For full details in a recorded message,

call 1-800-709-1995, Ext. 5149



Downtown • “Gaslamp City Square”

This spacious studio loft on the terrace level features one of the few private patios in the development, a shiny granite kitchen, and a price below market as part of a lender SHORT SALE! Walk to everything downtown from this prime Gaslamp Quarter locale! For full details in a recorded message,

call 1-800-709-1995, Ext. 5379



Downtown • “Icon”

Enjoy life in this “hip” almost-new loft near Petco Park in one of the area's most desirable communities! Offered fully-furnished, it's ideal for the first-time buyer or second-home owner who is looking for a pristine, upgraded and “turnkey” residence! For full details in a recorded message,

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COURTESY PHOTO

The Brazilian jazz mini-craze of the 1960s wasn't lost on today's devotees, of whom Tokeli is among the most ardent. She and Samba de Toquali will perform a Jobim-intensive program at Anthology on Thursday, June 11.

# Scratching the niche

## Brazilian jazz is Samba de Toquali's stock in trade

By MARTIN JONES WESTLIN  
DOWNTOWN NEWS

A recent look into the Brazilian jazz genre, which this newspaper undertook at no small fiscal expense and to grave emotional detriment, reveals that Antonio Carlos Jobim's "One-Note Samba" isn't what it seems. At least not the vocal stuff. That "one note" is actually two. Those of us blessed with perfect pitch put 'em at two and a half generous steps apart on the musical scale. They serve as the song's melody and as the introduction to the refrains, in which each musician showcases his talent for about 30 seconds.

So within the strictest definition of reality, who the heck knows *how* many notes there are to this thing. That's what *I* say.

Tokeli's never exactly counted them, any more than you have. For this noted Coronado jazz vocalist, Brazilian stylings are tiny little states of mind, making up a vast musical language that transcends notes, key signatures and Jobim himself. If you're inclined,

she and her band Samba de Toquali (featuring a guest appearance by local guitar legend Peter Sprague) will delight in acquainting you with this compelling art on Thursday, June 11, at 7:30 p.m.

The only problem is that you have to go to Anthology to see her. That's an outstanding problem to have.

"It's the essence of fusion," Tokeli said of the genre. "I just want to fuse samba, bossa nova, jazz and something entirely hip. I don't know what the name for it is. Is it acoustic? Is it alternative? Is it hip-hop? There's something about bringing a backbeat to it and the way you approach it."

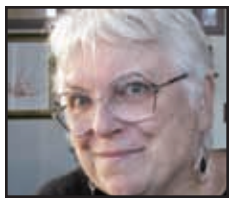
Cut through the theory, and all that makes sense. Far from occupying a niche all its own, Brazilian fare is grounded in several styles, all dependent on unorthodox rhythms and half-rhythms to achieve the trademark exotic effect. Acclaimed veteran local singer-actor Leonard Patton, on the vocal bill with Tokeli, said this musical lexicon is a "natural fit" with American jazz. Both forms are heavy on experimentation, from which several subgenres congealed.

"It starts with Jobim," Patton added. "It starts with that and kind of goes out from there."

And don't let the name scare you away. You know Jobim's work better than you think. He collaborated in the 1960s with American saxophonist Stan Getz and Brazilian vocalist Astrud Gilberto on two albums.

SEE TOKELI, Page B3

## Women of valor are kings at Lipinsky Jewish arts festival



By  
CHARLENE  
BALDRIDGE

One needn't be Jewish to find great rewards and entertainment value at the 16th annual Lipinsky Family San Diego Jewish Arts Festival, in full swing through June 22 at the Lyceum Theatre, 79 Horton Plaza, and at North Coast Repertory Theatre in Solana Beach through June 29. This year's festival holds both the new and the tried and true for theater and music lovers.

Of interest to theatergoers and fans of San Diego Repertory Theatre associate artistic director Todd Salovey is the world-premiere reading of "Women of Valor," a script developed by Salovey, his daughter Leah and young San Diego actor Ali Viterbi. Both young women were featured in the festival-sprung "The Blessing of a Broken Heart" (workshop reading 2007, workshop production 2008) based on Sherri Mandell's nonfiction book.

Featuring nine actors, "Women of Valor" expounds on the question "A woman of valor who shall find?" found in Proverbs 31:10.

"For more than 10 years, I've been thinking of exploring the phrase," Salovey said, "and doing a play that honors the many different ways that women bring strength

and courage to their lives and to the lives of others. I wanted to explore it through a story that reflects the different communities within the Jewish community, women from Israel, from Mexico and from Persia."

In partnership with his daughter, a student at Torah High School of San Diego, and Viterbi, a student at the Jewish Academy, Salovey organized lists and stories about women they know and most admire.

"These are women that faced tests in their lives and found the courage [to] not only survive and make the best of it but who also seemed to thrive and grow and inspire others through their example," Salovey said.

One of the women is Lt. Col. Beth Robbins, who weaned her 1-year-old daughter and left for Baghdad the following day to serve a year with the State Department. "She not only kept her family thriving while she was away," said Salovey, "she also led the Jewish Shabbat services in Baghdad for a year. There were women from Baghdad who had not attended services since Saddam Hussein had come to power. They risked their lives to come to her service."

Salovey talks of other Jewish women of valor from Mexico and Israel and elsewhere who are celebrated throughout the evening, each played by a different actor.

SEE JEWISH ARTS, Page B3



COURTESY PHOTO

Sushi Performance and Visual Art's Pay What You Can program is in jeopardy, so much so that the group has resurrected its signature Red Ball fundraiser, to be held at the venue on Saturday, June 13. The above picture pretty much illustrates what you're in for.

## Sushi: Less bang for your buck(s)

By LORALEE OLEJNIK | DOWNTOWN NEWS

There's no such thing as free Sushi.

Sushi Performance and Visual Art, East Village's maverick visual and live arts venue, is finding that its Pay What You Can program, wherein all tickets to performances in the 2009 season have been sold on a donation-only basis, is leaving its house full but its bank account empty.

Funded with a grant underwritten by the Irvine Foundation, the program was begun to expose a wider range of people to Sushi performances.

Though Sushi broadening both its audiences' minds and demographics, the donation arrangement has not provided the revenue anticipated.

"Art isn't just for those with money," said Steve Silverman, president of the Sushi board of directors. "But what's been happening is that there isn't enough money to cover all of the costs, and people are taking advantage of it."

As an example, Silverman said he saw one man contribute a roll of dimes at a recent show. A release about the program recommended that donations begin at \$15.

Silverman said that the average donation is approximately \$10 per ticket, not nearly enough to cover operating expenses and paying the performers, some of whom are recognized national acts.

Silverman acknowledged that Sushi made an error by not putting any restrictions on the plan. All the shows, with the exception of the group's three season pre-opening shows, have fallen under the program. The program has no restriction on seating positions.

"Our goal is to finish the [budget] year flat," said Indra Gardiner, Sushi board member. "If we could get to zero, that would be fantastic."

Sushi's annual budget is \$270,000.

SEE SUSHI, Page B3



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Jason Gregory & Kim Wagner



Corey Williams, Matt Debellis, Lauren Kazarian, Morgan Schaening, Catherine Ogden, Penny Pike, Emily Zanovich, Charles Kazarian, Jennifer Holm



Jeanette Graham & Jaimee Gordon



TOKELI

CONTINUED FROM Page B1

The first of these features the iconic “The Girl from Ipanema.” The works led to a Brazilian jazz mini-craze in the U.S., which somehow weathered Eydie Gorme’s “Blame It on the Bossa Nova.” Blessedly, Jobim was never subjected to that particular piece of dogflop past 1994, the year he died at age 67.

“But that whole Brazilian element in jazz has still been very popular,” Sprague said. “It seems more

accessible to a lot of [artists], even if they’ve come from more pop and rock.”

Tokeli and her guys are eminently capable of filling this tall order. There must be about a million years’ collective experience here, which speaks to the dedication within a singularly talented group.

For more, see [anthologysd.com](http://anthologysd.com) or call (619) 595-0300.

SUSHI

CONTINUED FROM Page B1

This year is the inaugural season in Sushi’s new home, a 3,000-square-foot restored warehouse at 390 11th Avenue in East Village. The space is also available for rent for events, which helps defray operating costs.

Sushi was established in 1980 to provide a place for alternative voices in the contemporary arts through music, theater, film, spoken word and visual art. It’s hoping to finish the season on a high note with the return of the Red Ball, its signature vaudeville-cirque bash, Saturday, June 13 from 7 p.m. to midnight.

Historically one of Sushi’s premiere annual events, the Red Ball has not been held since 2006. The evening will include an entry by Zirk Ubu, a circus performer collective including stilt walkers, fire dancers, clowns, performance artists and sword swallowers.

Tickets are \$75 per person and \$125 per couple. A limited number of \$35 student tickets will be available at the door. The event is for those ages 21 and older. For more information or to purchase tickets, visit [sushiart.org](http://sushiart.org) or call (619) 235-8466.



COURTESY PHOTO

This may look like a bunch of cans in the shape of a locomotive, and that’s because it is. But there’s more to it, see. The cans are full of food, and that can only mean the sixth annual Canstruction is around the corner. The event, to be held July 17-19 at Horton Plaza, is an ideal way to help those in need. For more information, please see [canstructionsd.org](http://canstructionsd.org).

JEWISH ARTS

CONTINUED FROM Page B1

Each story celebrates a woman of valor and to some extent suggests how one can live a life of valor. Eshet Chayil—“Eshet,” woman, “Chayil,” valor—is actually recited at the Shabbat table every week in celebration of the amazing qualities a woman brings to the home.

“I love the phrase,” said Salovey, “because it’s a discussion point about the many different roles that women can play.”

Those interested in Shabbat, the family ceremony held each week in observant Jewish households, may wish to attend “Glorious Groove of Shabbat,” a concert featuring Has-

sidic star Benny Friedman at 7:30 p.m. Monday, June 15 at the Lyceum Stage (lecture at 6:30). Friedman shares the “beautiful and groovin’ melodies” of Shabbat and tells stories.

Not to be missed is the ninth annual Klezmer Summit: Klezmer and Knaidlach (matzo ball soup, served at the interval) at 7:30 p.m. Sunday, June 22 at the Lyceum Stage. The concert (you’ll laugh, clap and dance, believe me) features the amazing Russian clarinet virtuoso Alexander Gourevitch and his daughter, violinist Natasha, who have dazzled festival audiences in past years. They are joined by Gustavo Bulgach and Klezmer Juice, who perform Latin-

American klezmer influenced by the tango.

Closing the festival at North Coast Repertory Theatre (987-D Lomas Santa Fe Drive in Solana Beach) at 7:30 p.m. Monday and Tuesday, June 28 and 29, is Aaron Posner’s “My Name Is Asher Lev,” adapted from the Chaim Potok novel, featuring David Ellenstein and directed by Steve Lipinsky. It tells the story of a young Hassidic artist torn between his community and his need to create.

Tickets for shows at the Lyceum are available at [sdrep.org](http://sdrep.org) or (619) 544-1000. Tickets for “My Name Is Asher Lev” are available at [northcoastrep.org](http://northcoastrep.org) or (858) 481-1055.



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# In dollars and sentiments, Father's Day is not to be outdone

By **MARTIN JONES WESTLIN**

DOWNTOWN NEWS

It may seem a little anticlimactic to its counterpart, which trumps it on the calendar by a little more than a month every year—but in terms of its fiscal clout, Father's Day more than holds its own. The National Retail Federation, which says Americans spend more than \$10 billion on Mom every second Sunday in May, reported that Father's Day was nearly neck-and-neck in 2008, with a \$9.6 billion expenditure.

The group reported that things probably won't change all that much on this year's big day, Sunday, June 21. And to boot, Father's Day is the nation's fifth largest generator of greeting cards, with about 105 million expected to change hands in 2009.

Amid all the hoopla—and as a testament to the country's quest for gender equality—two things render Father's Day strikingly similar to its opposite number, by most accounts: It was initially conceived only a year after the first Mother's Day fete, and it was

spearheaded by a woman.

William Jackson Smart, a Confederacy veteran of the Civil War, found himself in a world of hurt just before the dawn of the 20th century. His wife would die in childbirth with Marshall, the couple's sixth child, leaving daughter Sonora, 16, to help raise the family. Smart's only daughter, a Jenny Lind, Ark. native, was an exemplar to moms everywhere as she sat at a 1909 Mother's Day service in Spokane, Wash., where the family had relocated after the war—not ironically, the sermon centered on family life and the motherly sacrifices that kept it intact.

Sonora held her dad in especially high esteem, so much so that she felt a complementary day of recognition was in order. Accordingly, William got what he deserved on June 19, 1910, with



**Sonora Smart Dodd**

Spokane the site of the first Father's Day celebration. Inspired, Sonora took things further, requesting that June 5 (her father's birthday) be the yearly benchmark for this new day of honor. A group of Spokane clergymen compromised, deciding on the third Sunday in June. From there, a national campaign for the day was favorably received at the popular level.

"Too much emphasis," former presidential candidate William Jennings Bryan wrote to Sonora (now Mrs. John Dodd), "cannot be placed upon the relation between parent and child." While Bryan's words carried a certain weight, Congress balked at the call for an official Father's Day proclamation amid the potential for unfortunate appearances. Good ol' boy networks come and go, but this holiday was quickly gaining acceptance, and the all-male Legislature chose discretion as the better part of its valor.

President Coolidge declared to the nation's governors in 1924 that "[T]he widespread observance of [Father's Day] is calculated to establish more intimate

relations between fathers and their children. ..." And Congress recognized Father's Day through a joint resolution in 1956. Still, no national observance was forthcoming, prompting Maine's Sen. Margaret Chase Smith to assail a sluggish Legislature. "[T]o single out just one of our two parents and omit the other," she wrote in 1957, "is the most

as central figures in their own rights. Widowers Steve Douglas on *My Three Sons* and Tom Corbett in *The Courtship of Eddie's Father*; Charles Ingalls, *Little House on the Prairie's* pile-driving farmer and steadfast family man; curmudgeon Archie Bunker from the iconic *All in the Family*: These guys came into their own on either side of Nixon's seminal

"[T]o single out just one of our two parents and omit the other is the most grievous insult imaginable."

**THE LATE MARGARET CHASE SMITH**  
FORMER MAINE SENATOR

grievous insult imaginable."

In 1972, President Nixon instituted a national Father's Day observance, ending decades of indecision—and the cool thing is that Dodd lived to see it. She died six years later at age 96, easily old enough to have experienced television's treatment of fathers

proclamation, and it's probably no coincidence they did. Fathers are integral to the family unit, their colossal obligations met with equally monumental rewards. Indeed, Sonora Dodd spoke for the masses, even as her affections rested in only one dad's heart.

San Diego

## Real Estate

### ASK THE MAGIC "8" BALL

SPECIAL TO DOWNTOWN NEWS | RAYE SCOTT  
Scott Finn & Associates, Prudential CA Realty

On a daily basis, I am asked questions about the state of the market. I read every available article to look for answers that are honest and factual. I am constantly analyzing my own business and activity level as a measure of the strength or weakness of the market. But every now and then, I get so tired that I just want to put my trust in the Magic "8" Ball and hope for the best.

There have been some very good indications that the downtown market has hit or will hit the bottom very soon. And there are some very good arguments in favor of this city being one of the first to feel the effects of a recovery. Downtown condos are more affordable now (prices in some areas of downtown are back to 2002 levels) and buyers seem to be waking up to that reality and getting into the game again. We still have the best year-round climate in the country, which attracts more and more people from other cities and states for a second home or future retirement. It's been easier to get the word out with the help of the cruise ship industry, the incredibly successful convention center and Petco Park. We are not just the zoo and SeaWorld anymore. We hit a speed bump on our way to finishing the downtown development, not a roadblock.

Recently we have been seeing multiple offers and overbidding on properties in the lower range of the market. And these are not necessarily short sales or foreclosures (which, by the way, are not always the "deals" that buyers think they are). I think the noticeable increase in activity on the lower end of the market is being fueled in part by the tax credits and lower interest rates and because the pent-up demand has become like a dam waiting to overflow. Eventually, people get fed up reading negative news, and many are starting to take action. This could be a "trickle up" recovery starting at the affordable entry level with the support and encouragement of the government and could eventually affect the confidence of the mid-and high-level buyer. Prices will not zoom back to 2005 or 2006 levels and there won't be 25% appreciation a year. Let's hope not. That type of growth was unsustainable, and we have been painfully dealing with the results of that artificial growth for over 2 years now.

There are still some obstacles on the road to recovery. The financial institutions are not loosening up the lines of credit fast enough to allow homes to be purchased and businesses to grow and create more jobs. The requirements for qualifying for a loan have gone from the sublime to the ridiculous. For a while there, if you could fog up a mirror, you got a loan. Today, it is a much more difficult process.

Still, I am more encouraged today than I have been in 2 years that we will see some light at the end of the tunnel and that the pace of the recovery will accelerate. I just consulted my Magic "8" Ball, and it said, "You can rely on it."

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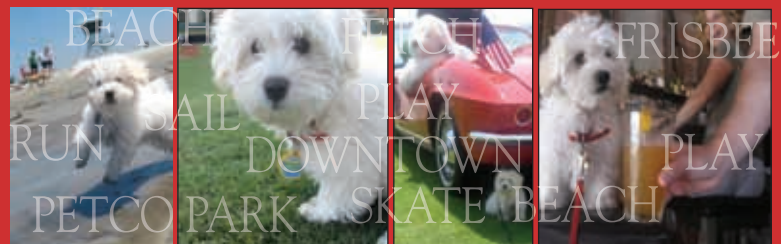


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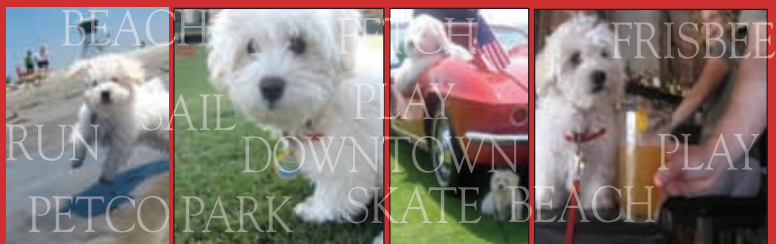
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# PETS and the CITY



Zoe, a Jack Russell terrier, took home the first-place award in August 2008 at the Loews Coronado Bay Resort & Spa Surf Dog Championship. Owner Scott Chandler won the judges over with his ability to surf with his daughter, Tyler, on his shoulders and Zoe on the front of the board.

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11:45 a.m. to 12:30 p.m. — Category Two: Large Surf Dogs (41 pounds and over)  
12:30 p.m. to 1:30 p.m. — Category Three: Tandem Surfing for Surf Dogs & Humans  
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## Le Tour du Monde 2009

JUNE 22-JULY 31 • AGES 3-5 & 6-12 • 9AM-4PM

Through a variety of fun-filled activities, children will enjoy the excitement of new languages — French, Chinese and Spanish. Learn about other cultures in theme-based activities, such as "Le tour de France," "Nature et découverte/" Nature and Discovery: choice of pottery, dance, circus, theater; "Fly to China," "Uno dos tres vamonos," and "Les Olympiades," (sports and Lego activities) \$285 per week



**Hurry! REGISTER by June 12!**

Extended day care available:  
8:30-9 a.m. & 4-5 p.m.



858-456-2807  
6550 Soledad Mountain Rd.,  
La Jolla

[www.sdfrenchschool.org](http://www.sdfrenchschool.org)  
[summercamp@sdfrenchschool.org](mailto:summercamp@sdfrenchschool.org)



**mission bay sportcenter**

**Summer youth camps 2009**

catamaraning  
wakeboarding  
waterskiing  
windsurfing  
kayaking  
sailing  
surfing

**Camps Run:**  
June 8 - Aug. 28  
\$185 - \$250/week  
1/2 day & full day  
Ages 4-16

1010 Santa Clara Place  
San Diego, CA. 92109  
**858-488-1004**  
[www.missionbaysportcenter.com](http://www.missionbaysportcenter.com)  
rental - lessons - birthday parties - group events

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[www.reclaimdesign.com](http://www.reclaimdesign.com)



**Alpha Omega Summer Camps**  
Come Hang Out With Us This Summer!

Hip Hop Dance ★ Yoga  
Magic ★ Martial Arts  
Break Dance ★ Cooking  
Science ★ Musical Theater  
Arts & Crafts

The Alpha Omega Dance Company is non-profit 501(c)3 organization committed to providing quality dance and arts instruction while inspiring the community through the arts. We are a direct link to the community by teaching and performing as well as volunteering and mentoring.

**Register Online:**

**Register Now**  
Space is limited

[www.alphaomegasummercamp.com](http://www.alphaomegasummercamp.com)  
**858.635.1211**



## Make a Splash at Birch Aquarium at Scripps' Summer Learning Adventure Camps!

Accredited by the American Camp Association, these marine science programs for youth ages 4 to 15 inspire understanding and stewardship of the ocean and its inhabitants through exciting field adventures, interactive experiences, and classroom learning. Discover ocean habitats, learn about marine biology, meet live animals, and learn to surf or snorkel with fun day- and week-

long camps. With so many choices in summer experiences, choosing a Birch Aquarium Summer Learning Adventure Camp is an affordable and sound investment in your child's learning. Camps run from June 29 to September 4, 2009.

**For more information, visit [aquarium.ucsd.edu](http://aquarium.ucsd.edu) or call 858-534-7336.**

ART ~ DANCE  
SUMMER CAMPS!  
2009  
[www.TAPFEVER.COM](http://www.TAPFEVER.COM)  
5628 La Jolla Blvd.  
La Jolla, CA 92037  
~ Bird Rock ~

**858-456-7301**

Session #1: June 22-26 ~ ages 4-7  
Session #2: June 29-July 3 ~ ages 8-12  
Session #3: July 6-10 ~ ages 4-7  
Session #4: July 13-17 ~ ages 8-12  
Session #5: July 20-24 ~ ages 4-7  
Session #6: July 27-31 ~ ages 8-12  
Session #7: August 3-7 ~ ages 4-7  
Session #8: August 10-14 ~ ages 8-12

**TAP FEVER**  
& Studios  
**the GALLERIE**

summer camps



**Integral Elementary School**

**Tropical Adventures**  
June 29 - July 24  
**Back in Time**  
July 27 - Aug 21

[www.IntegralElementary.com](http://www.IntegralElementary.com)   **858-450-4321**



**PACIFIC BEACH SURF SHOP**

**WE PROVIDE EVERYTHING!**

- Week-Long Camps (June 1-Aug. 28)
- 1/2 Day Camps 9am-12pm, 1pm-4pm
- Full Day Camps 9am-3:30pm (lunch included)

Call & book TODAY to register!  
[pacificbeachsurlschool.com](http://pacificbeachsurlschool.com) • **858-373-1138**  
4150 Mission Blvd. San Diego, CA 92109



**SUMMER CAMP**

COME FACE-TO-FACE WITH WILDLIFE

To make a reservation, call 800-407-9534.  
Provide Promotion Code 218251 at time of booking.

\$10 OFF

\$10 OFF any one Summer Camp 2009 program at the San Diego Zoo. Coupon must be redeemed between April 1 - August 14, 2009. Prices and hours subject to change without notice. For camp schedules or to purchase online, visit [www.sandiegozoo.org](http://www.sandiegozoo.org) and click on "Calendar". For additional information and reservations, call (800) 407-9534 or (619) 738-3000, Monday-Friday, 8:30 a.m. - 5:00 p.m. Provide Promotion Code 218251 at time of booking.

## Summer School Camps with Exciting Themes and Activities for K to 5th Grades

Exploration and discovery prevail at Integral Elementary School's two summer theme camps: Tropical Adventures (June 29 to July 24, 2009), and Back in Time (July 27 to August 21, 2009). Activities include: science fun, history and cultural exploration, arts and crafts, music and dance, yoga for children, academia review, fun field trips and meeting new friends! Integral Elementary School is child-centered, innovative and maintains low student/ teacher ratios.

Please call 858-450-4321 or see [IntegralElementary.com](http://IntegralElementary.com) for more information and registration forms.





**TECH CAMPS**

internalDrive.com   1-888-709-TECH (8324)

America's #1 Tech Camp for ages 7-18 held at:

UC San Diego • Pepperdine • Cal Lutheran  
Stanford University • Columbia University  
UC Irvine • UCLA • NYU • MIT & more!







→ Game Design

→ 3D Modeling

→ Web Design

→ Filmmaking

→ Programming

→ Robotics & more!

REGISTER TODAY! Save with Code CA73

## The Children's School of La Jolla

Winner of Nickelodeon's 2008 Parents' Pick Award for Best Summer Day Camp in San Diego, offers unique, fun and educational camps for kindergartners through eighth graders. Campers experience adventure and fun through a variety of half and full day camps ranging from academics (Edible Math Creations, Magic of Science, Literature Fun, Creative Writing & Poetry, Chess, Engineering Fundamentals, Future Architects, Spanish, Ancient Treasures & Mysteries) and the arts (Dance, Ceramics, Cartooning, Sewing, Painting, Musical Theater, Rock-n-Roll Boot Camp, Claymation) to sports (Olympic & Theatrical Fencing, Golf, Cheerleading, Basketball, Football, Soccer, Yoga, Tumbling) and much more (Top Chefs, Digital Photography, Webkinz World, Robotics, Project Runway, Space Quest, Technology, Movie Making, Video Game Design, NASA Space Camp, CIT Leadership Academy, Jr. Detective, Behind the Scenes of Disney & Pixar, etc.)

Register online at [www.tcslj.org](http://www.tcslj.org)  
2225 Torrey Pines Lane,  
La Jolla, 92037, 858-454-0184

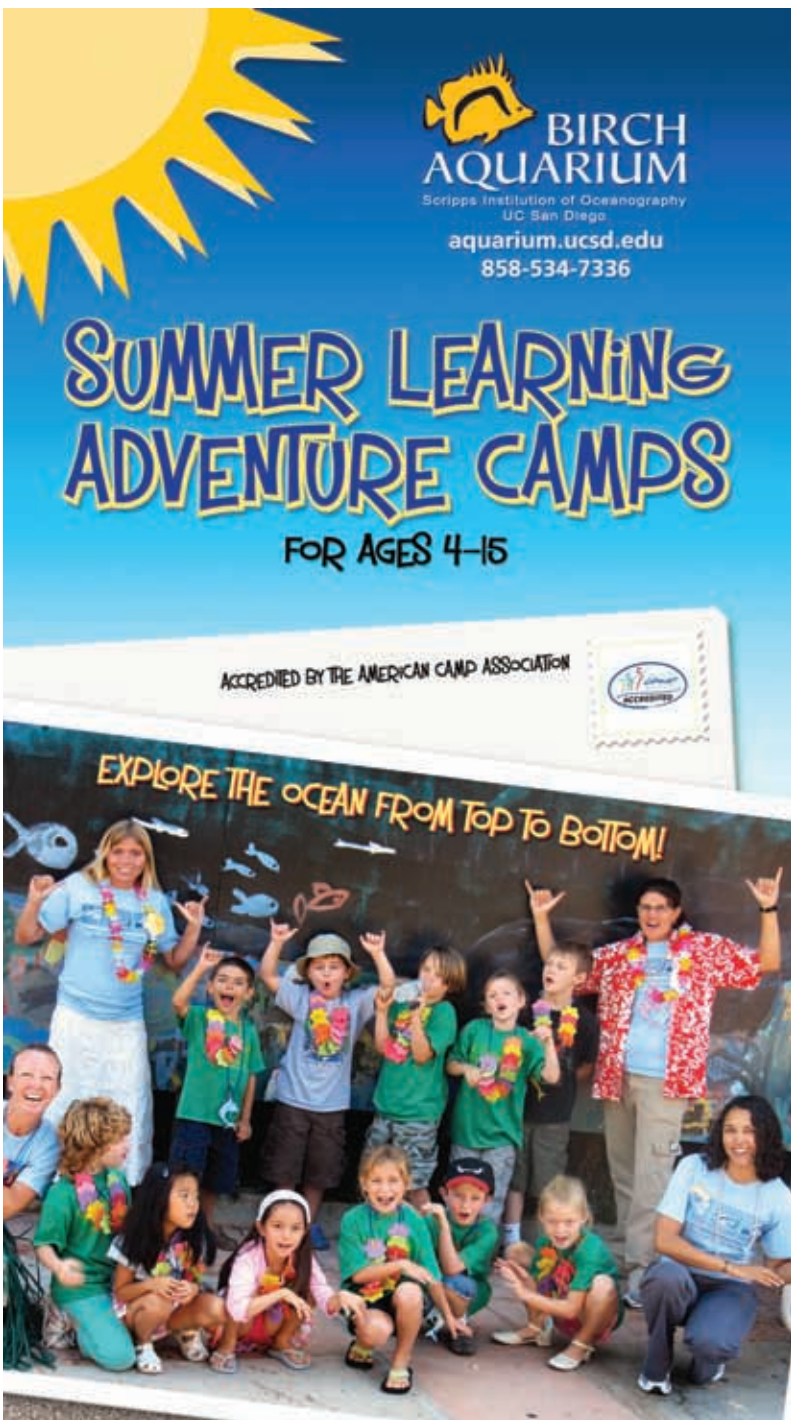


## The ZLAC Rowing Club Camp

Introduces girls to the fun involved in the sport of rowing, whether their interest is in increasing basic fitness or progressing to competitive rowing as a member of the ZLAC Juniors crew team. No rowing experience or equipment is required. The girls develop a passion for rowing; enjoy the camaraderie of the sport, and love being able to train on the beautiful waters of Mission Bay.

ZLAC has produced three Olympic champions, as well as U.S. national team participants; and top universities in the U.S have recruited ZLAC Juniors crew team members. ZLAC boasts a newly built boathouse containing a wide variety of boats and state-of-the-art training equipment and ergometers, as well as a beach-front clubhouse. ZLAC is an acronym for the names of the women who founded the club in San Diego in 1892, making it the oldest women's rowing club in the world.

**For more info contact Coach Andrew Kong 858-274-7826 [juniors@zlac.org](mailto:juniors@zlac.org), [zlac.org](http://zlac.org)**



ZLAC Summer  
Learn to Row Camp

**GIRLS** ages 13 to 18 enjoy fitness and fun with rowing, the ultimate team sport!



- Row on the gorgeous waters of Mission Bay
- Terrific college scholarship sport for girls
- Develop amazing team friendships

**Camp 1: July 13-24, Mon -Fri**  
4-6 P.M. \$275

**Camp 2: Aug. 3-14, Mon -Fri**  
4-6 P.M. \$275



contact  
**Coach Andrew Kong**  
(858) 274-7826  
email  
[juniors@zlac.org](mailto:juniors@zlac.org)  
visit the ZLAC website  
[www.zlac.org](http://www.zlac.org)



## The Bishop's School Summer Session

The Bishop's School's Summer Session, June 22 to July 22, 2009 for students in grades 5 to adult. Summer session offers morning and afternoon classes for credit, enrichment, preparation, and review. Fun special programs include SUPERCAMP, Science

Camp for girls only, and Chess Camp. Openings still available in these fine courses that include English, math, art, dance and theater, Spanish, and economics. Information for registration and fees are accessible on The Bishop's School web site [bishops.com](http://bishops.com),

or by contacting Julie Zedalis, Director of Summer Session, at [zedalisj@bishops.com](mailto:zedalisj@bishops.com) or (858) 459-4021, Ext. 773. Come celebrate summer and learning on Bishop's beautiful campus in La Jolla.

## Finding a Balanced Camp: Technology and the Outdoors

One concern of parents sending children to computer-based camps is how active the experience will be. Will the whole day be spent in front of the computer? How can I balance my child's interest in technology with my desire for them to have a physically active camp experience? One option is to sign up separately for computer-based camps and for sports camps. The costs, however, can add up quickly. An alternative is to consider programs that balance the two areas with very unique experiences. Students looking to combine an interest in filmmaking with an interest in

skateboarding can participate in a weeklong camp called Skateboarding and Filmmaking with the Digital Media Academy (DMA). Teens visit three skate parks and receive instruction from experts while also capturing the action on film. In a state of the art classroom studio, students learn to edit and integrate special effects to create a skateboarding video. This camp will be offered at

UCSD. DMA also offers a Surfing and Filmmaking camp at UCSD. Students improve surfing skills and create a video.

*For more information on these camps, including dates, and on other DMA camps for kids and teens, please visit [digitalmediaacademy.org](http://digitalmediaacademy.org) or call 866-656-3342.*

## Advantage Basketball Camps

Advantage Basketball Camps are nationally recognized as one of the Top ball handling camps in the world. Advantage was named by sports illustrated as one of the top two camps in the country. Come meet one of the top coaching staffs in the world. Learn from the pros. Our students will build on their ball-handling skills by learning lighting-quick, one-handed moves off the dribble. Our methods and our reputation clearly sets Advantage Basketball Camps at the top of the list. Advantage Basketball Camps are consistently rated as one of the top basketball ball-handling camps in the world.

## Tennis Camp

The tennis camp at UC San Diego will help players understand the fundamentals of stroke production, strategy, tactics and conditioning. The camps will be run by UC San Diego Men's Tennis Coach, Eric Steidlmayer and his assistant, Timmer Willing. The coaching staff consists of both men and women from the college teams who have extensive collegiate as well as regional/national junior experience. It is a great chance to be exposed to tennis in a great college setting.

## Please come join us at the La Jolla YMCA's Summer Camp Program

From June 16th-September 4th. We will serve your children with compassion, patience, skill and respect. Our goal is to introduce children to as many new experiences as possible and help each child feel confident and secure in a fun camping environment. We are dedicated to shaping the lives of our youth and to create friendships and memories that last a lifetime.

Our Day Camp offers Traditional Camps, Sports Camps, Gymnastics Camps, Specialty Camps (i.e., Indiana Jones, Fencing, Legoland, Equestrian, Wilderness Survival and much more) and Preschool Enrichment programs, on a weekly basis.

*Please contact Grace Ihn for more information at 858-453-3483 Ext. 120 or [gihn@ymca.org](mailto:gihn@ymca.org)*

## Summer Session at The Bishop's School

Grades 5 - Adult

100 YEARS AND BEYOND  
The Bishop's School



Courses for credit and enrichment

Special Programs:

**SUPERCAMP,**  
**Science Camp for Girls,**  
**and USA Chess Camp**

Call for a brochure (858) 459-4021, Ext. 773  
or visit [www.bishops.com](http://www.bishops.com)



## LA JOLLA YMCA SUMMER DAY CAMP

JUNE 16TH - SEPTEMBER 4TH, 2009

RESERVE YOUR CAMPS TODAY



GOOD FUN IN GOOD HANDS!

8355 Cliffridge Ave. La Jolla CA 92037 858.453.3483 [lajolla.ymca.org](http://lajolla.ymca.org)

## BASKETBALL SKILLS NEED AN OVERHAUL?

Join our Summer **BASKETBALL, BALLHANDLING & SHOOTING CAMP**

Advantage Basketball Camps were recently selected by sports illustrated kids as one of the top camps in the country.



FOR: Boys and Girls ages 6-18  
WHEN: July 13th -17th 9:00 a.m. to 5:00 p.m.  
WHERE: Steele Canyon High School 12440 Campo Rd. Spring Valley, Ca 91978

[www.advantagebasketball.com](http://www.advantagebasketball.com)  
[info@advantagebasketball.com](mailto:info@advantagebasketball.com) (310) 903-6473



## YMCA Summer Camps

Overnight Camps for Children Ages 7-17



Camp Marston  
Mountain Adventures



Raintree Ranch  
Western Horseback Ranch



Camp Surf  
Fun on the Pacific Ocean

All of our camps are also available year-round for Group Retreats and Family Camps.

For Camp Surf contact Zayanne at [zgardner@ymca.org](mailto:zgardner@ymca.org) or 619.423.5850.  
For Marston & Raintree Ranch, contact Simon at [mtngroups@ymca.org](mailto:mtngroups@ymca.org) or 760.765.0642.



Accredited by the American Camp Association

**IT'S FOR EVERYBODY**  
YMCA OF SAN DIEGO COUNTY  
We build strong kids, strong families, strong communities.

For more information about our Summer Camps, contact us at:  
Tel: 760-765-0642 • Email: [camp@ymca.org](mailto:camp@ymca.org) • Web: <http://camp.ymca.org>

## DIGITAL ART & TECHNOLOGY CAMPS

SUMMER 2009

SEPARATE PROGRAMS FOR KIDS, TEENS, & ADULTS



Our many locations include...

UNIVERSITY OF CALIFORNIA, SAN DIEGO  
STANFORD • UCLA • HARVARD • JOHNS HOPKINS + more!

DIGITAL MEDIA Academy - DigitalMediaAcademy.org  
866-656-3342 (toll free)

SAVE ONLINE Code: DMASD1



WHAT WILL YOU LEARN THIS SUMMER?

## SESSION DATES

KINDERGARTEN - EIGHTH GRADE CAMPS

Session 1: June 22 - July 3  
Session 2: July 6 - 17  
Session 3: July 20 - 31  
Session 4: August 3 - 14  
Session 5: August 17 - 21



BEST DAY CAMP IN SAN DIEGO



BROWSE CAMP DESCRIPTIONS AND REGISTER ONLINE AT [WWW.TCSLJ.ORG](http://WWW.TCSLJ.ORG)

Toddler - Eighth Grade • CAIS and WASC Accredited • Member NAIS  
2225 Torrey Pines Lane • La Jolla, CA 92037 • 858-454-0184 • [www.tcsjl.org](http://www.tcsjl.org)

## UCSanDiego Tennis Camps

2009

Boys & Girls Individual Camps

July 19 - August 14

Girls Team Camp

August 4 - 8

FOR MORE INFORMATION VISIT  
[WWW.UCSanDiegoTennisCamps.com](http://WWW.UCSanDiegoTennisCamps.com)



## Invest in a Sure Thing this Summer

Ten days at SuperCamp is a great investment in your children's future. High school and middle school students come away with powerful new academic skills and life skills that empower them to pursue their goals and better grades with more confidence and motivation than ever before.

SuperCamp offers 10-day summer enrichment programs for students entering grades 9-12 and grades 6-8 in the fall. The residential camps are held at seven U.S. college campuses including Cal State San Marcos and Stanford in California.

Kids and teens love SuperCamp. It's a positive, stimulating and uplifting experience. The dynamic and engaging staff leads campers through ten action-packed days, including an outdoor adventure day. The environment is full of life, color, sounds and music — all designed to maximize the students' learning and retention.

Camps are filling up fast. Check out some videos at [www.SuperCamp.com/happycampers/](http://www.SuperCamp.com/happycampers/) and call 800-285-3276 to register your son or daughter today.

## Summer Starts June 8th at Mission Bay Youth Water Sports Camp!

Make sure that this summer your children are staying active and having fun at Mission Bay Youth Water Sports Camp. At this weeklong day camp your camper will learn to wakeboard, surf, sail, kayak, or windsurf in the mornings, and get to tryout all of the rest of the sports in

the afternoons. You don't even have to travel to experience vacation fun. This camp offers fun and challenging learning experience right here in San Diego, adding excitement and new experiences to your child's summer plans. Full and half-day camps are available. Financial aid is

also available for families in need. Call (858) 539-2003 for more information or to enroll today, or see their website at [watersportscamp.com](http://watersportscamp.com).

## San Diego Surf School

Located in North Pacific Beach and far away from the crowded beach havoc is San Diego Surf School. Operating since 2000, San Diego Surf School provides surf lessons for all levels and ages 4 and up. The personable and family oriented atmosphere assures a won-

derful surfing experience every time. San Diego Surf School offers affordable fun in a safe, friendly, and professional environment. With flexible scheduling and an assortment lesson options, San Diego Surf School guarantees customer satisfaction. Choose from Summer Camps, Pri-

vate Lessons, Adult Weekend Clinics, Corporate Events, Birthday Parties, Groms Competitive team, After School Program or Mom's sessions.

**San Diego's Premier Surf School**  
858-205-7683  
[sandiegosurfschool.com](http://sandiegosurfschool.com)

## Art & Dance Summer Camps in Bird Rock

"Tap Fever Studios" & "The Gallerie" are joining forces to offer you incredible summer camps! Kids ages 4-12 will be able to learn a variety of painting techniques, as well as different dance styles. The focus of the camps will change from week to week...so it is beneficial to sign up for more than one.

Tap Fever is known for their multitude of great tap classes, but they also offer hip-hop, belly dance, singing, and much more! The Gallerie is located right next door to Tap Fever, and is the place to find beautiful artwork, and very uniquely painted 6-foot palm vases!

To register for summer camps, please visit Tap Fever at 5628 La Jolla Blvd. in Bird Rock, or call 858-456-7301. Information can also be found on Tap Fever's website: [www.TapFever.com](http://www.TapFever.com). Space is limited, so don't hesitate. Broaden the horizons of your kids with art and dance!

### Join us for Happy Hour at La Valencia!

**Monday through Friday | 4pm to 7pm**  
Draft beer \$3.00. House wines \$4.00  
Well drinks and specialty martinis only \$5.00!  
Rotating tapas specials!

**Quarter Tuesday | 5pm to 10pm**  
Dinner menu items 25% off!

**Wednesday | 5pm to close**  
All wines by the bottle are 1/2 off!  
Special Tasting Menu for \$55 in the Sky Room

**Thursday | 7pm to close**  
Special Tasting Menu for \$55 in the Sky Room

**Sunday | 5pm to close**  
No corkage. Please feel free to bring the best of the best from your private cellar.



1132 Prospect St.  
La Jolla CA, 92037  
858.454.0771  
[info@lavalencia.com](mailto:info@lavalencia.com)



**SAN DIEGO'S  
PREMIER SURF SCHOOL**

**2009 SPECIAL: SUMMER SURF CAMPS  
BUY 1 & GET 2ND HALF OFF!**

Valid for: Summer Surf Camps, Private Lessons, and Adult Clinics.  
Ages: 4 & up (Safe & Fun: Lowest teacher to participant ratio 3:1).  
Includes: Equipment, snacks, water, t-shirts, pictures, & pizza Friday.  
Address: 4850 Cass St, San Diego, Ca, 92109  
Expires: 06/30/09 (Promo Code: beach06)  
**858-205-7683** [sandiegosurfschool.com](http://sandiegosurfschool.com)

**MISSION BAY YOUTH  
WATER SPORTS CAMP**

Wakeboarding-Surfing-Sailing-Kayaking-Marine Science-Windsurfing

**Summer Camp Starts  
June 8!**

**AGES  
6-17**

**(858)539-2003** [www.watersportscamp.com](http://www.watersportscamp.com) **IT'S FOR EVERYBODY**  
We build strong kids, strong families, strong communities.  
**PENINSULA FAMILY YMCA**

*Escape to Estancia*

Nestled between the quaint villages of La Jolla and Del Mar is an enclave of rancho-inspired sensory delight. A sanctuary quenched by the gentle coastal breeze and relaxed surroundings.

Get away to Estancia and let us pamper you with San Diego Resident Rates that start at **\$179\***

**ESTANCIA  
LA JOLLA  
HOTEL & SPA**

Call 866.558.3063 and ask for the SD Resident Rate or visit us at [estancialajolla.com](http://estancialajolla.com) to book your reservation now.

A distinctive experience provided by Destination Hotels & Resorts.

\*Offer is only available on Friday, Saturday, and Sunday nights and is not available to groups. Rate is subject to availability and some blackout dates. Offer expires 12/31/2009. Current driver's license with SD address will be requested at check-in to verify eligibility. Rate includes parking.

**Life Prep**

Communication skills, stronger relationships with friends and family, more self-confidence...oh yes, and better grades. Parents have enrolled their sons and daughters in SuperCamp for the past 27 years because SuperCamp makes a positive difference with students at school, at home and in life. Invest in your child's future this summer with 10 days at SuperCamp.

**Learning and Life Skills  
Summer Enrichment**

**At Stanford and  
Cal State San Marcos**

Programs for students in grades 6-8, 9-12 and college

**[www.supercamp.com](http://www.supercamp.com)  
800-285-3276**

**supercamp** realize potential



## Day Jams

Live your Rock Star dreams this summer at Day Jams the original Rock Music Day Camp for kids 8 to 15. Our creative environment guides campers through songwriting, instrument lessons, band promotion, and a live concert performance. Whether you're an absolute beginner or an advanced player, you can learn guitar, bass, drums, keyboards or vocals from professional musicians and teachers in a friendly and creative environment.

"The concerts were amazing. I can't figure out how they get it all together in such a short amount of time. Bravo!" — DayJams Parent

**French American School, 6550 Soledad Mountain Road, La Jolla 92037  
July 13-17, 20-24**

[www.dayjams.com](http://www.dayjams.com), 800-295-5956, [info@dayjams.com](mailto:info@dayjams.com)

## Come be a Star at Integral Elementary School's Summer Theater Camp!

Imagine the fun at Integral Elementary School's Summer Theater Camp for kids 5 to 11! Classes, taught by Wendy Cotton of Curtain Call Kidz, are designed to foster self-esteem and boost self-confidence while teaching the basic skills of theater arts. Through playful theater games and activities, children are encouraged to develop their acting abilities, sing, dance, perform on stage, and have fun meeting new friends. All students will be cast in a mini-musical, culminating in a full performance on the last day of class. Discount for enrolling in both sessions.

Please call (858) 450-4321 or see [www.IntegralElementary.com](http://www.IntegralElementary.com) for more information and registration forms.

July 6 to July 24 – Princesses, Knights & Dragons..Oh My!

July 27 to August 14 – Imagine That! (Improv Skills & More)

9 a.m. to 2 p.m., Mon. through Fri.  
Before/After care is available from 8 a.m. to 5 p.m., at \$5/hr extra.  
\$495 for each 3-week session

Integral Elementary School  
8660 Gilman Drive  
La Jolla, CA 92037  
858-450-4321  
[www.IntegralElementary.com](http://www.IntegralElementary.com)  
[info@integralelementary.com](mailto:info@integralelementary.com)



**Integral Elementary School**  
presents:  
**theater camp**  
July 6 - 24 & July 27 - Aug 14

**Come be a STAR!**

Mini show productions  
Directed by  
**Wendy Cotton**  
of **Curtain Call Kidz**  
M-F 9am - 2pm ages 5-11  
**858-450-4321**  
[www.IntegralElementary.com](http://www.IntegralElementary.com)

**DAYJAMS**  
America's Original  
**ROCK MUSIC DAY CAMP**  
**French-American School**  
La Jolla  
July 13-17, 20-24

**GUITAR  
BASS  
DRUMS  
KEYBOARD  
VOCALS**

Ages 8-15  
All levels welcome!  
Mon-Fri 9-5  
**800-295-5956**  
[www.dayjams.com](http://www.dayjams.com)

## Ocean Experience Surf Camp

Ocean Experience offers boys and girls age 6 to 16 the most comprehensive surf camp available. Since our first session in 1990, we have maintained the highest standards of instructional integrity, safety and supervision. Ocean Experience develops skills and confidence while empowering students to surf for life.

Campers spend the week in small groups with professional coaches, teachers and surfers receiving individual attention and instruction. Our staff/student ratio of 1-to-4 ensures safety and security allowing students to progress at their own rate and comfort level. Through surfing, our students learn oceanography, and

water safety while gaining respect for the coastal environment. Friday afternoon BBQ and awards provide a unique closure to a week of exciting events and accomplishments. Our goal is for each camper to have a meaningful and memorable

**Ocean Experience**  
(619) 225-0674

## The Peninsula YMCA — for a Camp Program on which You can Depend

With the Peninsula Family YMCA, you receive a camping program you can count on, not just for good supervision and safety, but for the personal growth of your child. We work hard to select leaders who will be

positive adult role models for your child and who have demonstrated responsibility, maturity, and reliability. The Peninsula Family YMCA has low enrollment numbers that help ensure that your child receives the

highest quality of care at camp. Come be a part of our amazing camp, we know your child will have a wonderful summer.

Call 619-226-8888 for more info.

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**SURF CAMP**  
Surfing • Kayaking • Snorkeling • Ocean Awareness  
**SAN DIEGO'S FINEST SURF SCHOOL**

**\$75 OFF**  
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Register by JUNE 21st

• Weekly Sessions June-Sept • Variety of Activities  
• Small Groups • Professional Staff  
• Safe & Fun Atmosphere  
• Early Bird & Family Discounts

**619-225-0674**  
[www.oceanexperience.net](http://www.oceanexperience.net)  
4881 Newport Ave., San Diego, CA 92107

**Ocean Beach Surf Shop**

**"Lose Weight? You Bet I Did!!"**

**WEIGHT LOSS CAMP**

- Warm, Caring Environment
- Extensive Horsemanship
- Exciting Activities
- For Boys & Girls 7-17
- Featured on MTV

**CAMP SHANE ARIZONA**  
914-271-4141  
[www.campshane-arizona.com](http://www.campshane-arizona.com)

**SCRIPPS PERFORMING ARTS ACADEMY**  
Official School of the Scripps Performing Arts Company

**Summer FUN FUN FUN!!**

Musical Theatre Camps Including  
*Hannah Montana: The Movie*,  
*High School Musical III*, *An American Girl Summer Camp*,  
and Animation LIVE, inspired by  
*Toy Story*, *The Incredibles* and  
*Happy Feet!*

**Summer Ballet Workshop for Intermediate Dancers 8-13 years old**

**Pre-Professional Summer Intensive for Dancers 12-19 years old with Guest Faculty from Washington Ballet School and Pacific Northwest Ballet School!**

Carmel Valley 858.509.2624 Scripps Ranch 858.586.7834  
[www.SuperKidsLive.com](http://www.SuperKidsLive.com) [info@SuperKidsLive.com](mailto:info@SuperKidsLive.com)

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## ANNOUNCEMENTS 100

**JUNE 18, 2009 WORKSHOPS** Planning Strategies to Help Reduce Income Taxes for 2009 Noon – 1pm and 6pm-7pm. Financial Designs, Ltd. 5075 Shoreham Place, Suite 200. San Diego 92122. FREE. Reservations required (858) 597-1980 or at [www.MoneyTalkRadio.com](http://www.MoneyTalkRadio.com) Advisory services through Financial Designs, Ltd. a CA Registered Investment Advisor. Securities through Independent Financial Group, LLC Member FINRA, SIPC. FDL and IFG are not affiliate

## Calendar/Events

**SATURDAY, JUNE 20, 2009** Saturday, June 20, 2009 Planning Strategies to Help Reduce Income Taxes for 2009 Noon - 1pm. Financial Designs, Ltd. 5075 Shoreham Place, Suite 200. San Diego 92122. FREE. Reservations required (858) 597-1980 or at [www.MoneyTalkRadio.com](http://www.MoneyTalkRadio.com) Advisory services through Financial Designs, Ltd. a CA Registered Investment Advisor. Securities through Independent Financial Group, LLC Member FINRA, SIPC. FDL and IFG are not affiliated.

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# OPEN HOUSE directory

**LA JOLLA**

Fri 1pm-5pm	6015 Camino de la Costa	5BR/6BA	\$4,600,000	Eric Eaton • 858-349-7566
Sat 12pm-4pm	329 Bonair #2	1BR/1BA	\$699,000	Darlene Allen • 858-539-4412
Sat 11am-4pm	7536-7544 Draper	3BR/3BA	\$749,000-\$829,000	Terry Mobley • 858-273-2121
Sat 1pm-4pm	292 Bonair St.	3BR/2.5BA	\$1,200,000-\$1,350,876	Jim Mc Inerney • 858-551-7233
Sat 1pm-4pm	603 Bonair Place	3BR/2.5BA	\$1,200,000-\$1,350,876	David Schroedl • 858-459-0202
Sat 1pm-4pm	7451 & 7453 Girard Ave.	2BR/2BA & 1BR/2BA	\$1.350M & \$1.150M	Ben Kashefi • 858-353-2636
Sat 1pm-4pm	7916 Paseo del Ocaso	3BR/3BA	\$2,250,000	Maxine & Marti Gellens • 858-551-6630
Sat 1pm-4pm	7337 Olivetas Ave.	4BR/3BA	\$2,695,000	Maxine & Marti Gellens • 858-551-6630
Sat 1pm-4pm	331 Playa del Norte	5BR/5BA	\$2,950,000	Maxine & Marti Gellens • 858-551-6630
Sat 1pm-4pm	1919 Spindrift	3BR/2.5BA	\$3,995,000	Brant Westfall • 858-922-8610
Sat 1pm-5pm	7666 Hillside	4BR/5BA	\$4,490,000	Chandler & Shultz • 858-354-0000
Sat 1pm-5pm	6015 Camino de la Costa	5BR/6BA	\$4,600,000	Eric Eaton • 858-349-7566
Sat 1pm-5pm	2610 Inyaha	6BR/8BA	\$5,350,000	Chandler & Shultz • 858-354-0000
Sat 1pm-4pm	6505 Muirlands Dr.	5BR/5.5BA	\$5,495,000	Greg Noonan • 858-551-3302
Sat 1pm-5pm	1620 Torrey Pines		\$7,500,000	Meg Lebastchi • 858-336-0936
Sat 1pm-5pm	1590 Coast Walk	5BR/6BA	\$8,500,000	Meg Lebastchi • 858-336-0936
Sun 11:30-4pm	7536-7544 Draper	3BR/3BA	\$749,000-\$829,000	Howard Bear • 858-273-2121
Sun 1pm-4pm	7969 Caminito Del Cid	3BR/3BA	\$775,000-\$875,876	Erica Derby • 858-361-4903
Sun 1pm-4pm	329 Bonair #5	3BR/2.5BA	\$899,000	Ozstar De Jourday • 619-248-7827
Sun 1pm-4pm	961 Skylark Dr.	3BR/2BA	\$1,198,000-\$1,288,000	Ozstar De Jourday • 619-248-7827
Sun 1pm-4pm	2139 Avenida de la Playa	2BR/3BA	\$1,200,000	Mary Ann Holladay • 858-454-0555
Sun 1pm-4pm	292 Bonair St.	3BR/2.5BA	\$1,200,000-\$1,350,876	Jim Mc Inerney • 858-551-7233
Sun 1pm-4pm	603 Bonair Place	3BR/2.5BA	\$1,200,000-\$1,350,876	David Schroedl • 858-459-0202
Sun 1pm-4pm	7451 & 7453 Girard Ave.	2BR/2BA & 1BR/2BA	\$1.350M & \$1.150M	Ben Kashefi • 858-353-2636
Sun 1pm-4pm	5667 Linda Rosa	3BR/2BA	\$1,268,000	Ozstar De Jourday • 619-248-7827
Sun 1pm-4pm	2505 Ridgegate Row	5BR/3.5BA	\$1,695,000	Susana Corrigan • 858-229-8120
Sun 1pm-4pm	1790 Nautilus	5BR/5BA	\$1,695,000	Karen Ekroos • 858-735-9299
Sun 1pm-4pm	5511 La Jolla Mesa Dr.	4BR/5BA	\$1,795,000	Maxine & Marti Gellens • 858-551-6630
Sun 1pm-4pm	2521 Via Viesta	4BR/3.5BA	\$1,975,000	Jennie Williams • 619-261-7636
Sun 1pm-4pm	1353 West Muirlands	3BR/2.5BA	\$2,100,000-\$2,450,876	David Schroedl • 858-459-0202
Sun 1pm-4pm	7916 Paseo del Ocaso	3BR/3BA	\$2,250,000	Maxine & Marti Gellens • 858-551-6630
Sun 1pm-4pm	375 Coast Blvd. #C	2BR/2BA	\$2,300,000	Dan Moore • 858-922-8456
Sun 1pm-4pm	6794 Avenida Andorra		\$2,349,000	Jeff Baker • 858-952-4029
Sun 1pm-4pm	6003 Vista De La Mesa		\$2,350,000	Mary Vusich • 858-449-6106
Sun 2pm-4pm	6929 Fairway Rd.	3BR-2BA	\$2,650,000	Ed Mracek • 858-382-6006
Sun 1pm-4pm	7337 Olivetas Ave.	4BR/3BA	\$2,695,000	Maxine & Marti Gellens • 858-551-6630
Sun 1pm-4pm	331 Playa del Norte	5BR/5BA	\$2,950,000	Maxine & Marti Gellens • 858-551-6630
Sun 1pm-4pm	6580 Avenida Mirola	5BR/3.5BA	\$2,950,000-\$3,290,000	Laleh & Niloo • 858-864-6464
Sun 12pm-3pm	7964 Calle de la Plata	5BR/4BA	\$2,995,000	Michelle Serafini • 858-829-6210
Sun 1pm-4pm	2143 Via Don Benito	5BR/3.5BA	\$3,390,000	Drew Nelson • 858-442-8549
Sun 1pm-4pm	7934 Prospect Place	3BR/3.5BA	\$3,795,000	David Schroedl • 858-459-0202

**LA JOLLA, CONT.**

Sun 1pm-4pm	7248 Encelia	4BR/4.5BA	\$3,800,000	Dana Horne • 858-945-3004
Sun 1pm-4pm	7271 Carrizo Dr.	5BR/5.5BA	\$3,950,000	Arlene Sacks • 858-922-3900
Sun 1pm-4pm	1919 Spindrift	3BR/2.5BA	\$3,995,000	Brant Westfall • 858-922-8610
Sun 1pm-4pm	1310 Inspiration Dr.	5BR/6BA	\$3,995,000-\$4,195,000	Allen Allerton • 619-223-1234
Sun 1pm-5pm	7666 Hillside	4BR/5BA	\$4,490,000	Chandler & Shultz • 858-354-0000
Sun 1pm-5pm	6015 Camino de la Costa	5BR/6BA	\$4,600,000	Eric Eaton • 858-349-7566
Sun 1pm-5pm	2610 Inyaha	6BR/8BA	\$5,350,000	Chandler & Shultz • 858-354-0000
Sun 1pm-4pm	6505 Muirlands Dr.	5BR/5.5BA	\$5,495,000	Greg Noonan • 858-551-3302
Sun 1pm-5pm	1620 Torrey Pines		\$7,500,000	Meg Lebastchi • 858-336-0936
Sun 1pm-5pm	1590 Coast Walk	5BR/6BA	\$8,500,000	Meg Lebastchi • 858-336-0936

**PACIFIC BEACH / MISSION BEACH**

Sat & Sun 1pm-4pm	924 Hornblend		\$489,000-\$595,000	Alex Rojas • 858-427-3664
Sat & Sun 1pm-4pm	1020/1022 Felspar	3BR/2.5BA	\$649,000-\$669,000	Brian Lewis • 619-300-5032
Sun 1pm-4pm	4040 Riviera Dr.	3BR/3BA	\$699,000	Monica Green • 858-273-2121
Sun 1pm-4pm	3955 Gresham	3BR/3BA	\$709,000	Saeed Daneshvari • 858-273-2121
Sun 1pm-4pm	715-717	Verona Ct.	House & Studio	\$1,090,000

Lawrence Tollenare • 858-740-1011

**POINT LOMA / OCEAN BEACH**

Sat 11am-4pm	639 Silvergate Ave.	4BR/2BA	\$1,195,000	Robert Realty • 619-852-8827
Sat 11am-4pm	3311 Harbor View Dr.	4BR/4BA	\$1,999,950	Robert Realty • 619-852-8827
Sat 11am-4pm	821 Armada Terrace	4BR/3BA	\$2,475,000	Robert Realty • 619-852-8827
Sun 1pm-3pm	4444W. Pt. Loma Blvd. #114	1BR/1BA	\$159,000	Tami Fuller • 619-226-8264
Sun 1pm-4pm	3953 Wildwood	3BR/2BA	\$795,000	Dawn Leahy • 619-992-4413
Sun 3pm-5pm	2960 Poinsettia Dr.	4BR/2BA	\$845,000-\$895,000	Alexandra Mouzas • 619-518-2755
Sun 1pm-4pm	4459 Cape May Ave	3BR/2BA	\$995,000-\$1,050,876	Bruce Mc Fadden • 619-318-2170
Sun 11am-4pm	639 Silvergate Ave.	4BR/2BA	\$1,195,000	Robert Realty • 619-852-8827
Sun 11am-4pm	3311 Harbor View Dr.	4BR/4BA	\$1,999,950	Robert Realty • 619-852-8827
Sun 11am-4pm	821 Armada Terrace	4BR/3BA	\$2,475,000	Robert Realty • 619-852-8827

**CORONADO**

Sun 1pm-4pm	34 The Point	5BR/6BA	\$3,700,000	Cheryl Bauman • 858-384-3345
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**NORMAL HEIGHTS**

Sat 1pm-4pm	4765 East Mountain View	2BR/1BA	\$449,000-\$499,000	Tami Fuller • 619-226-8264
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**HILLCREST**

Sun 1pm-4pm	155 W. Maple #6	3BR/3.5BA	\$825,000	Sue Nystrom Walsh • 858-864-4116
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**JAMUL**

Sun 1pm-4pm	14608 Hidden Wood Rd.	4BR/3BA (4 acres)	\$995,000	Alisa Edwards • 619-309-9644
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DEADLINE FOR THE OPEN HOUSE DIRECTORY IS NOON ON TUESDAYS.





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