SeaWorld launches latest installment of popular ‘Summer Nights’ celebration

School is nearly out and San Diegans are gearing up for the 2014 installment of “Summer Nights at SeaWorld.”

Guests can enjoy all their favorite park attractions by day and then hang out for a whole new park after dark.

The new DJ-hosted nighttime killer-whale show, “Shamu’s Celebration: Light Up the Night,” will have guests dancing and cheering through the night. Silly sea lions and mischievous otters will have visitors laughing with delight as the animals wreak havoc onstage at “Sea Lions Tonite.”

Then, as the evening comes to a crescendo, SeaWorld’s new fireworks display, “Celebrate the Wonder,” will light up the night’s sky. The marine park’s summertime extravaganza is in high gear and continues June 7-8, June 14-Aug. 17, Aug. 23-24, and Aug. 30-Sept. 1.

Guests can purchase a SeaWorld one-year membership, which allows repeat admission for an entire year, plus free parking and discounts on food and merchandise. The membership cost is $145 for all ages.

During “Summer Nights at SeaWorld,” guests may also enjoy the park’s new fireworks display, “Celebrate the Wonder,” which caps off an evening full of nighttime animal shows, plus the park’s 320-foot Skytower Flag of Lights, which is decked out in red, white and blue lights from dusk to midnight through Sept. 1.

Fireworks display times in the summer vary according to park hours.

For park hours, show schedules or to purchase tickets to skip the ticket line at the park, visit SeaWorld-SanDiego.com, or call (800) 257-4268.
Planners continue fine-tuning vision for PB’s future

By DAVE SCHWAB

Local visionaries tackled the latest strategies on how to make the beach community more livable, bikeable, walkable and less congested during the Pacific Beach Planning Group’s (PBPG) May 28 meeting.

The community advisory group, which makes land-use recommendations to the city, is in the throes of re-creating Pacific Beach by instituting a proposed eco-district concept.

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

“We’re working together on creating the framework for a declaration of cooperation, a document for all community organizations and stakeholders to sign their name to,” said PBPG planner Chris Olson.

Olson said the declaration of cooperation would not be a legal

TRIUMPH >> CONT. FROM PG. 1

nity organizations for their inspirational achievements and contributions to others.

“The honorees are former rehabilitation patients who have overcome personal tragedy with courage and strength,” said David Brown of Sharp HealthCare.

Interviewed at his Pacific Beach condominium where he lives unassisted, Kennedy talked about his long road back to recovery, which began with rehabilitation, relearning how to walk and talk.

“It was a lot of rehab with a therapist,” said Kennedy.

He said he was in intensive rehabilitation for several months after emerging from the coma.

“It was a relearning period,” said the former bartender, who added his first big goal was simply to live unassisted.

“It was just baby steps to see what his function was and how he could live independently,” said his mother, Phyllis Specht, of the initial phase of Kirk’s long recuperation.

Kennedy said mastering simple tasks like learning how to handle a fork and knife was a real challenge at first. But he relearned.

Part of the process though, Kennedy admitted, was also learning to live with additional limitations.

“I could walk,” he said. “But I couldn’t surf.”

Kennedy credits “patience and a lot of determination” as the reasons behind his recovery and self-sufficiency.

These days, Kennedy’s found a renewed purpose in life giving back to others. He accomplishes that through the homemade pillows and wall hangings he makes and donates to patients at Children’s Hospital.

“I’ve given 40 of them to Children’s Hospital,” Kennedy said, adding some take a month or more to make. Pointing to a wall hanging in his home, Kirk said, “That took two months to make.”

Kirk’s mom, a retired clinical lab technician, said she’s proud of her son and his recuperative spirit and drive.

“Most people with serious head injuries who are hurt both mentally and physically — only about 20 percent of them survive,” she said.

Specht said her son’s tragic accident should serve as an example to others because he had full health insurance through his job, which helped immensely with finances during his recovery.

“You only get a limited amount of help from disability and Social Security,” she said, noting Kennedy’s hospital bill was $269,000, a catastrophic amount to someone unprepared.

“Thank God for insurance,” she said. “If not, he would not be in the position he’s in now.”

Programs benefiting from 2014 Victories of Spirit include:

• adaptive sports programs, including adaptive water sports, wheelchair tennis, quad rugby and wheelchair lacrosse;

• challenged women’s support initiative, which provides volunteer and employment opportunities, education and peer-support services to women living with physical disabilities in San Diego;

• traumatic brain-injury support programs, which include services like adapted-driving assessment and training, community integration, peer support and mentoring programs and neuropsychological services; and

• General Rehabilitation Fund, which allows Sharp Rehabilitation Services to fund programs and services as needs arise throughout the year.

For more information, visit www.sharp.com/rehab.
Ancient art form is alive in PB

By DAVE SCHWAB

Ronan Harvey is a printer who works on manuscripts large and small. Only the ink he uses is indelible and comes out of a machine “gun.” And the canvas on which he works is the human skin.

A tattoo artist, Harvey, an Irish native, owns The King’s Head Tattoo at 1837 Garnet Ave. #B, Black Rose Tattoo Lounge at 4603 Mission Blvd., Guru Tattoo at 1122 Garnet Ave., Above All Tattoo at 1026 Garnet Ave., and Avalon Tattoo Inc. at 1035 Garnet Ave., and Munns Custom Tattoo at 1837 Garnet Ave.

Harvey is a practitioner of an ancient art form performed for centuries in many cultures worldwide. The oldest discovered evidence of tattooing on preserved skin dates to 9000 B.C. on the remains of a South American mummy.

Harvey’s got a theory for the rationale behind the wide — and growing — popularity of tattooing. “It’s the missing tribal link,” he said, noting he’s tattooed people of all ages and those from all walks of life. “I’ve tattooed priests, lawyers, doctors and nuns,” he said. Harvey said he worked on an 86-year-old woman not long ago who came in with her great-granddaughter. “It wasn’t her first tattoo either, but her third; a little butterfly,” he said.

Harvey said a tattoo is “very unique art, something you’re going to have on your body.” He said that regardless of whether it’s a piece of flash (stock) art displayed on a wall or custom work designed especially for — and with — the recipient, a tattoo is as memorable as it indelible.

A tattoo, said Harvey, can be a rite of passage that someone gets when they pass a life milestone or a symbol of “coming of age,” or for any other reason you can imagine.

“It can be a guy in their 30s or 40s who’s getting a divorce or a student at a turning point, or their grandmother’s name or just to have something on their body that they can always have and see,” Harvey said.

Harvey recently took two first-place awards at the San Diego Tattoo Convention in Mission Valley. His artistry was attested to by one of his customers. “I’ve had the pleasure of being tattooed by Ronan Harvey for the past five years,” said Harvey’s client. “I love the art displayed on a wall or custom work designed especially for — and with — the recipient, a tattoo is as memorable as it indelible.”

AWARD WINNER Ronan Harvey of The King’s Head Tattoo recently snagged two first-place awards at the San Diego Tattoo Convention in Mission Valley.

Photo by Dave Schwab
GRANT » CONT. FROM PG. 1

Curry said local planners are "extremely happy to see that we will be able to incorporate the new SRA into the PB Community Plan that emphasizes sustainable elements for public transportation, bicycles and pedestrians, while also revisiting vehicular traffic patterns and efficiencies in and out of Pacific Beach."

The grant for the Balboa Transit Station improvements comes from the California Strategic Growth Council, which dispenses funding statewide for green and other environmentally sustainable projects.

The Balboa Avenue Transit Station is one of nine being planned for construction as part of Mid-Coast Corridor Transit Project. The project will extend trolley service from Santa Fe Depot in Downtown San Diego to University City, with stops along the way at Old Town and two at the UC San Diego campus, ending at Westfield UTC. In 2013, several members of the American Institute of Architect’s (AIA) Sustainable Design Assessment Team (SDAT) visited Pacifica and Mission beaches and Mission Bay Park to collaborate with local planners on developing some concepts for making their communities more green and environmentally sustainable through creation of an eco-district.

Several major areas are being focused on in eco-district formation, including community identity, urban design and sustainable infrastructure, economy and land use and transportation.

John Haggerty, project director for the San Diego Association of Governments’ (SANDAG) Mid-Coast Corridor Transit Project, said the designated Balboa Avenue trolley will be on a triangular, undeveloped city-owned parcel near the existing coaster track.

"Because of the property’s size, it could not be developed as a building," said Haggerty, noting grant funding will be used to construct a trolley/bus platform and create a park-and-ride area on the designated site.

"There will be two trolley platforms in both directions about 15 feet wide and 360 feet long," said Haggerty. "There will also be a bus platform with a series of bus bays right up against the station platform, as well as bike lockers." Haggerty said an environmental document for the Balboa Avenue Transit Station is out for review, with approval of an environmental document expected this fall. Construction is expected to follow on the Mid-Coast project in 2016, with completion of the 11.2-mile Mid-Coast trolley extension due in spring 2019.

Architect Danielle Buttacavoli, a member of beautifulPB who’s been working with other stakeholders in laying the groundwork for the creation of a Pacific Beach eco-district, referred to the new Balboa Avenue trolley stop as “an opportunity to potentially alleviate traffic in PB, allowing for people outside the community to take the trolley to the station, then take some type of public transportation, like a bus or shuttle, to the beach or the business district.”

She said the idea of introducing transit to the beach area is to increase the likelihood of “people using their cars less and public transportation more, while reducing vehicle congestion and greenhouse gas emissions.”

Buttacavoli said the new transit stop is expected to be a transportation hub that would improve pedestrian and bicycling access. She said it also affords the opportunity to create a “public transportation loop,” with people using a variety of transportation modes other than cars to get around.

A public forum on the Balboa Avenue 100, originally set for July 12, has been tentatively rescheduled for Aug. 2 at a time and place yet to be determined.

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VISION » CONT. FROM PG. 2

The eco-district principles have been used other communities and cities to create a framework for proactive community improvement.

“The declaration states there are goals that need to be met by multiple civic, community and non-profit organizations, identifying what each one of those organization’s roles and responsibilities are to achieve the overall objectives of all participants,” said Victor. She said the overriding goal will be to achieve the vision of the eco-district.

Once the declaration has been drafted, Olson said the goal would be to get “a vote of support for this.”

The eco-district principles include:

- collaboration among schools, community groups and organizations to work together for the ben-
Weldon Donaldson, 78, TV executive, philanthropist

Weldon D. Donaldson, a San Diego philanthropist and former television executive, has died. He passed on May 23 with his wife and family by his side. He was 78.

Donaldson served in a variety of professional and volunteer positions with local television stations, the San Diego Zoo, the San Diego Bowl Game Association and numerous civic organizations, but he always made time for his family and friends.

Donaldson took time to enjoy life, be it work or leisure activities. He was a very fun-loving person who loved his family and loved San Diego. He was quite a beachgoer and organized many beach parties. He and wife Barbara traveled the world. In particular, their annual trips to St. Martin and Anguilla were their favorites.

Donaldson was born on May 5, 1936 in Orange, N.J. He grew up in El Paso, Texas where he attended the University of Texas at El Paso. There he joined the Officer Training Corps and was commissioned as a second lieutenant in the Army. He served from 1964-66 at the Olathe missile site near Kansas City, Kansas. He and his family moved to San Diego and forged a 29-year career as a television executive, working as sales manager of KFMB-TV between 1970 and 1994 and then with KUSI-TV.

He later served as executive director for the National City Mile of Cars.

“His reputation in San Diego was unparalleled as far as straightforward honesty and integrity, as well as his love of life and his feeling for the people he dealt with,” said Harry Melkerson, who worked with Donaldson and counted him as mentor, best friend and brother.

Others shared the sentiment. “He had this infectious ability to engage people in a way that everybody around him was having a good time or was motivated,” said Bob Sexton.

Aside from his TV work, Donaldson contributed his time and skill to civic and sports organizations. He volunteered as a “Red Coat” with the San Diego Bowl Association, which has produced the Holiday Bowl and Poinsettia Bowl football games for more than 30 years. He served as president of the Holiday Bowl in 1998.

Donaldson also lent his experience to the San Diego Zoological Society’s board of directors; served as a trustee from 2003 to 2012 and collaborated specifically on the marketing and investment committees.

In addition, Donaldson was a member of the San Diego Ad Club and recipient of the group’s Lifetime Achievement Award. He was also a member of the San Diego Advertising Golf Association. He served on the boards of the Downtown YMCA and San Diego CrimeStoppers.

He enjoyed the game of golf and was a member of the San Diego Country Club.

He is survived by his loving wife of 57 years, Barbara; sister Marylee Skelly; sons Glen Donaldson and John Donaldson (Kim); daughter Val Lattin (David); three granddaughters, Jessica Donaldson, Shelby Donaldson and Grace Lattin; and several nieces and nephews.

Donaldson was very loving, generous, active and instrumental in all their lives and will be greatly missed.

A celebration of life is scheduled for June 26 at Qualcomm Stadium, Club Level Lounge, from 3 to 5:30 p.m. Guests can enter through security gate A on the Plaza Level.

In lieu of flowers, the family wishes for donations to be made to the San Diego Zoological Society or San Diego Hospice.

TRT-07-14

TORTOISES

CONT. FROM PG. 1

a buddy, Malcolm, a he (Dryden thought) who turned out to be a she.

It’s no small wonder they hit it off. “They had both been alone for 40 years,” Dryden pointed out. Apparently, both tortoises were deprived for so long that they’ve become depraved and now it’s a trial to keep them apart.

When she brought Ms. Malcolm over to Charlie, Dryden remarked that he as much as said, “Thanks, mom, for the girlfriend.”

How is the time-out pen working? Well, it’s not as dependable as Dryden would like.

“I put the fence up, and Charlie decided ‘I need to be out of here’ and climbed up and over it,” she said.

Though they may not be exactly star-crossed, the trysting tortoises remain best of friends. They sleep together feet apart every night in a doghouse, and they hibernated together next to one another every year between mid-October and mid-March.

During a recent visit with Charlie and Ms. Malcolm, Dryden served up a treat — strawberries and lots of kale, which her two charges proc- ceded to eat like it was their last meal. Charlie (naturally) stole some of Ms. Malcolm’s share, taking it right out of her mouth.

“He’s the dominant one,” said Dryden of Charlie, noting her pets also love watermelon, cantaloupe and bananas (which aren’t good
A history on the founding of Father’s Day

They go by many names: pops, papa, daddy, dad. No matter what you call them, they’re fathers, and they deserve some recognition.

Every year, on the third Sunday in June, we honor and celebrate the special men in our lives by bestowing upon them cards and gifts as a token of gratitude for all they’ve done; however, it wasn’t until 1972 that President Richard Nixon officially made Father’s Day a federal holiday.

The holiday’s origins date back to 1909 in Spokane, Washington, where a woman by the name of Sonora Smart Dodd tried to establish a Mother’s Day equivalent for Raised by a widower and one of six children, Dodd campaigned across the state at local churches, YMCAs, and other organizations for a day to be dedicated to male parents.

By that time, Mother’s Day, celebrated on the second Sunday in May, had already become a successful commercial holiday. Finally, on June 19, 1910, Washington celebrated the first statewide Father’s Day, and the other states quickly followed suit.

This Father’s Day, The Patio on Lamont Street is celebrating by offering a special entree and beer pairing all weekend long. For each male diner on Sunday, June 15, $1 will be donated to the Prostate Cancer Foundation.

For more information or to make a reservation, call (858) 412-4648 or visit www.thepatiosd.com.
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Amore’ Cont. From Pg. 5

for them). They also enjoy red hibiscus, a generous supply of which Dryden grows on her patio.

Dryden has gutters turned the “wrong” way to keep her pets out of her backyard flower beds, noting if she didn’t they would “dig them out.”

Meanwhile, Dryden is as inseparable from her pets as they are from one another.

Ms. Malcolm once disappeared for two weeks and was found by a neighbor, who asked Dryden to prove she was the owner by describing her.

“Someone had chained her previously, so there was a hole in (the end of) her shell,” Dryden said, pointing to another spot where “someone had shot her with a BB gun.” “That’s how I described her,” Dryden said.

Dryden feeds her tortoises once a day, soaking her patio with water from a hose (“they won’t drink from a bowl — they don’t know how”).

At her advanced age, Ms. Malcolm is no longer sexually viable, but she still develops eggs each year to have her eggs extracted.

Tortoises generally have the animal kingdom’s longest life spans, with some known to have lived longer than 150 years. Female tortoises dig nesting burrows in which they lay from one to 30 eggs, which they cover with sand, soil and organic material and take from 60 to 120 days to incubate. Fully formed hatchlings dig to the surface of the nest and begin a life of survival on their own.

In most tortoise species, the female tends to be larger than the male. Meanwhile, most land-based tortoises are herbivores, feeding on grasses, weeds, leafy greens, flowers and some fruits, although there are some omnivorous species.

Dryden said her pet tortoises are “very low maintenance.” “They sleep all night. They get up in the morning and sun themselves then go to bed for a nap until about 2 p.m., when I feed them,” said Dryden as she carried Ms. Malcolm, who weighs about 15 pounds (mostly shell).

Declaring she can’t conceive of being without her tortoises, Dryden said, “They’re sweet.”

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Making Daddy’s Day A Day To Remember!

Father’s Day is June 15th
LIVE MUSIC >>
By BART MENDOZA

They’re often classified as blues, but in truth, the sound of the Bayou Brothers is a Cajun/zydeco blend, straight from the streets of Louisiana. It’s a festive sound, sure to get a listener itchin’ to get on the dance floor. Appearing on Monday, June 23 at Humphreys Backstage Live, there are recordings and videos of the band available, but this is a group you want to experience live. Its onstage party atmosphere is a contagious thing. It will be like experiencing a little bit of New Orleans without leaving the county line.

Does the world need more singer/songwriters? That depends. To be sure, there is a lot of mediocre music out there. It’s true they are everywhere these days, but good players and songwriters with a solid catalog are hard to come by. Writing one good song is tough enough. Coming up with dozens is a much trickier thing. There’s a reason why names like Tolan Shaw, Jeff Berkley, Jason Mraz and Gregory Page stand out. Trent Hancock, appearing at Beaumont’s on Wednesday, June 25, is one of the newer names that may be next to join that list of lofty names. The key is his passion, which permeates his music, whether it’s classic covers such as Neil Young’s “Heart of Gold” or heartfelt originals like “Falling Faster.”

Jazz fans won’t want to miss an appearance by Los Angeles-based tenor saxophonist Charles Owen at Dizzy’s on Friday, June 20. He’ll be backed by a stellar combo of bassist Marshall Hawkins, pianist Joshua White and drummer Brett Sanders for a show that basically has four headliners in one. Owens has performed with everyone from Miles Davis to Barbra Streisand in a career that has seen him mentor generations of players following in his footsteps. Interestingly, Hawkins also performed with Miles Davis, among many other legends, making this a particularly choice pairing. If classic jazz is your thing, this is easily the week’s best bet.

CHARLES OWEN: Friday, June 20 at DIZZY’S, 4275 Mission Bay Drive. 8 p.m. $15. www.dizzysjazz.com.

Anyone who ever wondered what if Sha-Na-Na had been Russian will want to check out the Red Elvises, Gimmicks and the visual and sound. Aficionados of such combos will want to check out the Red Elvises, Gimmicks and the visual and sound. Aficionados of such combos and bluesy rock ‘n’ roll, a fact not lost on this group. Numerous band members have come and gone, but the group is still led by Igor Yuzov with a show that dazzles the eyes and ears. The message in the Red Elvises music is “fun.”

THE RED ELVISES: Friday, June 20 at 710 LEOP’S, 5302 Napa St. 9 p.m. 21 and up. Cover TBD. www.tioleos.com.

Blending beats, reggae, funk and hip-hop rhythms, Timothy H may be just about be the ultimate beach-area musician. His are laid-back sounds that could soundtrack just about any evening spent somewhere near the ocean. Backed by an able band, song titles like the 2012 single “It’s a Good Day” give the general vibe of this sound. Alfoncados of such combos as General Public and latter day Untouchables dub remixes will find much to appreciate in Timothy H’s groove. Located just feet from the water, this gig is about the perfect match of venue and artist.

TIMOTHY H: Saturday, June 21 at the 710 BEACH CLUB, 710 Garnet Ave. 9 p.m. 21 and up. www.710bc.com.

THE BENDETTI TRIO

2014’s 50th anniversary tributes to the Beatles are in full swing across San Diego this month, from the San Diego County Fair’s theme to an indie-rock celebration of Lennon/McCartney in North Park. But one of the most interesting events takes place at Dizzy’s on Saturday, June 14. The night will feature acclaimed virtuoso guitarist Fred Benedetti, in a celebration of Paul McCartney’s birthday, which takes place June 18.

Benedetti will be joined by his vocalist daughters, Regina and Julia, with special guest multi-instrumentalist Jeff Pekarek. If you’re a Beatles fan, there is an embarrassment of riches available to you this summer. This solo guitar show from one of the area’s true masters of the craft promises to be among the most enjoyable listeners.

FRED BENDETTI’S PAUL McCARTNEY TRIBUTE: Saturday, June 14 at DIZZY’S, 4275 Mission Bay Drive. 8 p.m. $15, $10 students. www.dizzysjazz.com.
**Thank you for your support!**

The Beach Mission Women's Club would like to thank the following people and businesses for their kind donations and supporting the Mission Beach Women's Club Annual Fund Raising Event:

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**Individual Sides**

- French Fries
- Beer-battered Onion Rings
- Mac & Cheese Bite
- Onion-crusted Green Beans
- Chicken Wings
- Sweet-battered Corn Nuggets
- Corn Bread
- Bacon-wrapped Jalapeno Poppers
- Chicken Cordon Blue Bites
- Grilled Chicken Strips
- Battered Okra

**Sandwiches**

- Breaded Chicken served on a 4” toasted bun. Two patties with bacon, Swiss cheese, lettuce, & tomato

**Servings**

- Serving Beer & Wine
  - Big Sky Moose Drool “Brown” - $3.50
  - Shock Top - $3.50
  - Drakes Blonde - $3.50
  - Pint Golden Road Wolf Among Weeds IPA - $5.25

- Speak Easy Prohibition Ale “Amber” - $4.50
- Ball’s Two Hearted Ale IPA - $4.50
- Ballast Point Sculpin - $4.50
- Ballast Point Pale Ale - $4.50
- Corona, Coors Light - $3.25
- Bud & Bud Light - $3.25

- COopa California Sauvignon or Chardonnay $3.00

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- Monday Night
  - + pound Black Angus Beef Burger, Bottle of Beer, & Fries $7.95

- Friday & Saturday Dinner for Two
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No matter what their sport, La Jolla athletes can get in the zone at Orangetheory Fitness.

“Orangetheory Fitness really is for everybody,” said Billy Borja of the new fitness modality, whose local venue opened six months ago at 7734 Girard Ave., Suite C.

“Our training program workouts aren’t specifically designed for any one sport,” Borja said. “But it’s a great conditioning program for all of them.”

A cross-training method pioneered by a Florida fitness expert, Orangetheory Fitness offers 60-minute workout sessions split into intervals of cardiovascular and strength training, with heart-rate monitors to track intensity and maximize metabolic burn, increase energy and burn more calories, even after leaving the studio.

Orangetheory Fitness uses the Excess Post-Exercise Oxygen Consumption program, in which guests are taken through five gradually increasing “zones” of escalating heart rate activity via exercise with treadmills, rowing machines and freeweights.

“The goal,” Borja said, “is to get you into the fourth zone, the orange zone, where you’re working at 85 percent or higher of your maximum heart rate for 12 to 20 minutes. When you achieve this, it allows you to burn calories from fat up to 36 hours post-workout.”

Orangetheory can benefit athletes of every stripe from runners to skiers to triathletes to surfers, Borja said.

“A surfer himself, Borjia said wave riders can benefit from Orangetheory’s fitness method, which can help them build their cardiovascular capacity, as well as work on their ability to "pop up" quickly and efficiently on their boards.

"Orangetheory can strengthen their upper bodies, improve their techniques and paddling doing exercises that help with that range of motion," Borja said, adding that similar exercises and workout programs can be geared to improve the abilities of those in throwing positions in other sports like pitchers and quarterbacks.

The Village fitness studio on a recent afternoon found businessmen, moms, students and younger and older people were working out together, led by a personal trainer exhorting and encouraging them to apply themselves to get the most out of their workout.

A big board in the room tracks the pertinent levels — calories burned, time in the various zones — of everyone in the class throughout their workouts.

“We send them an email afterward automatically with the results of their workout,” Borja said.

John Johnson, a 54-year-old physician who trains in the Orangetheory method, is sold on it.

“It’s a small-group setting with some level of personalized training,” Johnson noted, adding he likes it because “you’re not just competing against yourself.”

Combined with the studio’s screens where “you can always monitor your heart rate,” Johnson likes the modality’s “50-50 blend of cardiovascular and weight training. It’s an hourlong challenging workout, which would be hard to do on your own.”

Johnson said the workouts have definitely improved his ability “to do sports like snow skiing and surfing.”

Borja said Orangefitness works for everyone no matter what their fitness level. He said a marathoner or Iron Man or Woman competitor can benefit just as much as someone utilizing the conditioning program on a doctor’s advice.

Best of all, Borja said, the program has proven results.

“We've got a member in here who's 72 years old and has got limitations, bad knees and a hip problem, and he lost 90 pounds in nine days,” said Borja.

For more information call (858) 551-8750, stop by 7734 Girard Ave., Suite C or visit orangetheoryfitness.com.
Ronan Harvey, owner of the King’s Head Tattoo on Garnet Avenue, is a practitioner of the ancient art form of tattooing dating back to at least 6000 B.C. in South America. Photo by Dave Schwab
ANNOUNCEMENTS 100

FUTURE LEADERS Mission Bay High School is recognizing excellence in academic achievement. Show Carrasco Dullant, valedictorian, and Female Scholar Athlete of the Year and winner of the Mary R. Holland Award (she will be attending Carleton College); Hunter Ketchum, Male Scholar Athlete of the Year (he will be attending University of California at Berkeley); Hannah Tandy, National Merit Finalist and winner of the Stuart L. Naderer Award (she will be attending Princeton University); and Jerrilyn Goldberg, salutatorian, and winner of the Rachel Scott Award (she will be attending Carleton College).

Courtesy photo

EDUCATION NOTEBOOK

PACIFIC BEACH MIDDLE SCHOOL

Thanks to all the Pacific Beach Elementary teachers, staff, principal, students and their families for making this school year a great one.

We wish the fifth-grade students a wonderful new educational career in middle school. We will see our returning students in September on Sept. 2 when school resumes.

June 13 — fifth-grade promotion.

Sept. 20 — new-student registration begins.

Sept. 29 — new-student orientation.

KATE SESSIONS ELEMENTARY

Kate Sessions Elementary has been fortunate to maintain a steady and stable staff for years. However, there comes a time when the travel, exercise and fun lures teachers into retirement. So is the case for two teachers at Sessions. First-grade teacher Walda Brooks and kindergarten teacher Brenda Solis are retiring at the end of this school year. Brooks has been a teacher for 28 years and has taught at Sessions for at least 18 years. Solis has been at teacher for more than 30 years and has been a teacher at Sessions for 25 years. The Mission Bay Cluster and Kate Sessions Elementary School will miss you.

Always a learner, Margaret Joseph, principal at Kate Sessions Elementary, graduated on May 18, from San Diego State University with her Doctorate in educational leadership. Joseph earned her B.A. in English at San Diego State University and earned her Master’s Degree in Educational Leadership at the University of San Diego. She has modeled that there is no age limit to academic challenges.

FRIENDS OF PACIFIC BEACH SECONDARY SCHOOLS

Students, get in shape with Futures Fitness programs. Take advantage of a great group workout opportunity for older students. Sign up from 8 a.m. to 6 p.m. from June 23 to Aug. 1 at De Anza Cove. The programs will be led by our own School Yard Dash organizers Petie Hess and Eric Marenburg, NCAA Track coaches. The sessions will be for seventh- through 12th-graders. These are group sessions, and you can come when you can. Sessions are $125, 10 sessions for $199 and an all summer pass is $299. Register at www.hpmovement.com.

EXHIBITING GREAT FORM Members of the Pacific Beach Middle School Surf Team (the PB Locals) pose near Law Street in Pacific Beach for a group photo. The team finished its season in first place in the San Diego Scholastic Surf Series Middle School Division 2 Contest on May 19, beating out six other teams from across the county in five contests held during the school year. From left (back row) are: Mark Feighan (coach), Thomas Grilliot, Nicolai Cambage, Ciara Gray, Riley Thompson, Jake Halv, Tyler Reed, Brad Palmer and Ronan Gray (coach). From left (second row): Matthew Ferris, Michael O’Leary, Andrew Feighan, Shelby Moore, Marley Hughes and Jesse Grilliot. From left (front row) are: Piatt bun, Ian Brisk, Evan San- dier, Liam Stransky, Jack Patterson, Brian Fitzsimmons and Dusty Schraeder. Trophies included first-place overall team trophies, first-place girls’ shortboard team, first-place girls’ longboard team, second-place bodyboard team, third-place boys’ shortboard, notable top-10 individual finishes were Ciara Gray (first-place overall in girls’ shortboard, sixth-place overall in girls’ longboard and third-place overall in girls’ shortboard); Shelby Moore (first-place overall in girls’ shortboard and sixth-place overall in girls’ longboard); Nicolai Cambage (second-place overall in bodyboard); Jack Patterson (overall in bodyboard); Andrew Feighan (sixth overall in boys’ longboard); Tyler Reed (seventh overall in boys’ shortboard) and Matthew Ferris (10th overall in boys’ shortboard).

Courtesy photo

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ATTENTION PARENTS OF P.B. MICHAEL J. KERTHAUER?

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and neighborhood investment, while seeking funding sources; • creating “economic opportunity districts” and transit-oriented development to encourage economic revitalization and efficient use of existing resources; • being stewards of resource conservation (energy, water, materials) through the advancement of renewable energy and energy-efficient policies; and branding the community and establishing its identity moving forward.

The Pacific Beach eco-district’s vision is to become a model to be replicated elsewhere in the city in terms of how to make communities more sustainable.

Governance of the new Pacific Beach eco-district is to be shared by numerous community groups, including beautifulPB, Discover PB and the Pacific Beach Planning Group, in cooperation with city government.

In 2013, several members of the American Institute of Architects (AIA) Sustainable Design Assessment Team (SDAT) worked with Pacific Beach, Mission Beach and Mission Bay Park. Experts collaborated with local residents and community leaders to help them plot a strategy and develop conceptual tools for making the beach communities greener and more economically and environmentally sustainable.
IN OTHER ACTION

- Pacific Beach resident Marcie Beckett distributed handouts documenting that three palm trees were cut down — and the resulting holes that were filled with concrete — at 809 Thomas St. (the old Nick’s at the Beach building that new owners are redeveloping). Beckett said felled trees ought to be replaced and that trees are an important part of the community’s streetscape. She said any reduction in the numbers is an aesthetics loss to the community.

- The group’s next meeting will be Wednesday, June 25 from 6:30 to 8:30 p.m. at Pacific Beach/Taylor Branch Library, located at 4275 Cass St.
2 Brand NEW HOMES ready for Summer Fun!

1422 81424 Thomas

Newly constructed single family homes built to entertain family & friends. Over 2300sf of luxury, versatile floorplan offers an outstanding beach life in this Sail Bay & ocean close area. Penthouse rm w/webbar! Enjoy bay & ocean views from your 300sf roof top deck.

Dazzling, Modern & Sleek!

5339 Pendleton St.

Open & airy 4br/3ba single family home on a huge 10,500sf lot. A gorgeous remodeled features espresso engineered hardwood flooring, custom gourmet kitchen w/Italian venier cabinetry, dual master suites, crystal blue pool & spa, zen front courtyard, large grass area in the back yard.

Imagine Summer on this rooftop deck

A great North PB location with ocean, shoreline, bay & downtown views. This delightful 4br/2.5ba single family home features great style & attention to detail! Live, entertain or relax in penthouse rm w/webbar, rooftop deck w/fireplace.

SUNSHINE HER! Bright End Unit

1009 Toulinaire #4

Beautiful 3br/3ba 1300sf townhome with Southern exposure features lots of natural light, upgraded flooring & an attached 2-car garage plus 1 assigned parking space! Enjoy the short walk to shops and restaurants. Only 3 blocks to the beach!

Coming Soon!

Ocean close PB fixer 3BR/1BA 984sf

Single Family Home on delightful single family block. 2 car side by side garage PLUS workshop area on 6273sf lot. Buy and add on, move in or flip, or buy as starter home or investment. 1100 block!

3716 Riviera on Sail Bay in Pacific Beach

Miles of white sandy beaches & warm sunsets welcomes you into this spectacular bay front home. From the moment you enter this impressive masterpiece you will revel in the exquisite detail. Truly an entertainer’s delight featuring 5 BR/6 BA, 3 car garage. The beach level living area features a spacious living room, gourmet kitchen & formal dining room with custom built wood inlay & dramatic walls of glass that capture the stunning views. The grandeur continues as you move to the 2nd level which encompasses the sumptuous master suite with opulent amenities & breathtaking bay views. The 3rd floor has 4 BR, all with en suite baths with impressive detail that is carried throughout the home. Don’t miss another sunset & let this one of a kind slip away forever!

Luxurious Custom Bay Front Home

$5,890,000

249 Coast Blvd. #1C • $1,349,000

2 BR/2 BA oceanfront building, completely remodeled, walk to La Jolla village.

3 BR plus den and 2 BA, 1846 sqft. Close to the ocean/bay yet away from busy central Pacific Beach. Deep salt water pool/spa (solar heat) surrounded by mature tropical landscaping. $999,000-$1,149,000

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2133 Harbour Heights Road • $1,295,000

4 BR/3.5 BA 2350 sf with great views

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Offered at $769,000

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