As he skates by, people cheer, “Slomo!” and offer up high-fives. Classical music accompanies his graceful one-legged glides, and his blue “Slomo” shirt slowly fades out of sight as he continues his ride down the boardwalk. Locals and visitors know about Slomo, but most don’t know the man behind the character. San Francisco filmmaker Josh Izenberg decided to change that. After a 2 ½-year process, Izenberg’s documentary — simply titled “SLOMO” — has gained recognition and awards at film festivals throughout the country. The film won “Best Short Film” at the Big Sky Documentary Film Festival and “Best Short Documentary” at the South by Southwest Film Festival, which Slomo attended.

“People love Slomo,” Izenberg said. “You know, it’s amazing. People are moved by him. His story is good, and I think it’s really a resonate story. It’s a guy who used to be a very different guy. And, at some point, he committed himself to following this passion, which is sort of strange at first, skating in slow-motion style up and down the beach. I think there are a lot of people who want to do this deep down. And they see that in Slomo and it’s meaningful to them.”

The 16-minute documentary tells the story of John Kitchin [Slomo], a former neurologist who took his life in an entirely different direction.

“I sort of detoured,” said Kitchin. “I came from a conservative background. But I’ve always been interested in sports, and I realized I could have a career in sports if I wanted to. So I decided to take my life in a different direction.”

“I think there are a lot of people who want to do this deep down. And they see that in Slomo and it’s meaningful to them.”

World triathlon again to capture attention at Mission Bay

Olympic-caliber athletes will again converge at Mission Bay from April 18-20 for the Omegawave World Triathlon, one of eight International Triathlon Union (ITU) races around the world. The triathlon returns to San Diego for its second year of the sport’s birth with multiple days of events, including new events like the USA Triathlon Club National Championships, a sprint-distance high-school championship event and ITU paratriathlete race. Also new this year is the Fiesta Island World Record Contest, a “race within a race.”

San Diego researchers are on the forefront of Obama’s BRAIN Initiative

President Obama introduced the Brain Research through Advancing Innovative Neurotechnologies, or BRAIN, Initiative, on April 2, with the goal of increasing research and expanding understanding of the functions of the human brain in order to treat and prevent brain injury and disease. In attendance at the White House announcement was Salk Institute neuroscientist Terry Sejnowski. Salk and its researchers were recognized for their contributions to the field.
Another in a long string of bands that have relocated to San Diego to be part of the local music community, Fish Out of Water performs at Café Bar Europa on April 19. Originally from San Luis Obispo, Fish Out Of Water is the perfect band to kick off the weekend in Pacific Beach. Mixing reggae with funk and bits of acoustic rock, the band delivers a high-energy show that keeps crowds moving on the dance floor. Since 2008, the group has released four albums, but this is a group that needs to be experienced live.

**FISH OUT OF WATER:** Friday, April 19 at Café-Bar Europa, 873 Turquoise St., 9 p.m. 21 and up. www.theturquoise.com.wordpress

Call it roots music or Americana, country or folk rock with Southern leanings, but there is no doubt Sara Petite is the local queen of the sound. Appearing at The Griffin on April 19, Petite is poised on the verge of a national breakthrough.

**SARA PETITE:** Friday, April 19 at The Griffin, 1310 Morena Blvd. 9 p.m. 21 and up. $12. www.thegriffinsd.com

Another one of the biggest music stars of the 1970s, drummer Carl Palmer performs at Brick by Brick on April 13. A brilliantly flashy showman, as a member of Emerson, Lake and Palmer and Asia, Palmer has played the biggest venues in the world, so this intimate appearance should not be missed by fans. Palmer and his band will play music instrumental versions of ELP classics, but this is a case where many fans will be waiting for the drums solos that the band is known for. Palmer power, Nancarrow, Sara Petite and Fish Out of Water is the perfect band to kick off the weekend in Pacific Beach. Mixing reggae with funk and bits of acoustic rock, the band delivers a high-energy show that keeps crowds moving on the dance floor. Since 2008, the group has released four albums, but this is a group that needs to be experienced live.

**The Griffin,** 1310 Morena Blvd. 9 p.m. 21 and up. $12. www.thegriffinsd.com
HITTING THE COURTS

In the U.S. alone, there are over 170 bike polo clubs. Members of the San Diego Bike Polo Club said it’s a sport with an accommodating community atmosphere. Out-of-town players and people new to the sport are always welcome to play with local clubs.

Members of the San Diego Bike Polo Club said there is always room for more players, and they encourage participants to come by and try it out. Members usually have extra bikes and mallets.

For more information, visit www.facebook.com/SDBikePolo.

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The Pacific Beach anti-graffiti organization has plenty of graffiti to clean up, and lots of people who want to help.

The equipment? Now missing. Our annual graffiti cleanup is coming up April 27,” said Adam Meyer, vice president of the Pacific Beach Town Council. “However, when we started gathering our supplies for the event, we found out that most of it had been stolen.”

Someone broke the lock off the Pacific Beach Town Council’s storage room. Nobody knew what had been taken until preparations got under way for the graffiti cleanup.

“Every year, we put together kits for our volunteers,” Meyer said. “Safety goggles, scrub pads, gloves, paint, brushes, that kind of thing. Everything goes in a bucket, along with some spray-on products to help loosen paint and stickers.”

Each volunteer gets a bucket with everything they need to wipe out or paint over graffiti. When it came time to start assembling the kits for this year’s event, Meyer said the materials were gone.

“When the gear was put into storage, we had enough stuff to make up about 35 kits, but most of it’s gone,” Meyer said. “We only have enough supplies for about five kits.”

The Town Council is accepting donations to buy supplies for the cleanup event.

To donate, neighbors can write a check to the PB Town Council Graffiti Cleanup Campaign. Drop it off or mail it to the PB Town Council office at 1706 Garnet Ave.

To make a donation online, visit www.pbtowncouncil.org, and click on the “Join & Give” button. Type in “graffiti” for the reason “donation box.” There’s a $1 minimum donation. To give more, enter how many donations you want to make in the “quantity” box.

The sixth annual graffiti cleanup is slated for April 27 from 9 a.m. until 1 p.m.

“We’ll meet at the PB Presbyterian Church, at 1675 Garnet Ave.,” Meyer said. “Water, bags and muffins will be provided. If you can just help for an hour or two, that’ll be fine. Be sure to wear closed-toed shoes and old clothes, because you’ll probably get paint on them.”

The sixth annual event is a joint effort between the Pacific Beach Town Council, local churches, businesses and many community partners.

For more details, visit www.pbtowncouncil.org/2013/01/-annual-graffiti-clean-up-day/.

— Staff and contribution

Donald Edward Anderson, seafaring gentleman
August 31, 1935 – March 6, 2013

Donald Edward Anderson died March 6 of end-stage heart disease caused by congestive heart failure. He was 77 years old. A long-time resident of Newport Beach, Don passed away in Foster City while visiting his sister and her family.

Don was born in San Diego on Aug. 31, 1935 to Donald Nelson and Phyllis Talbot Anderson. Don graduated from La Jolla High School in 1953. He earned his Bachelor of Science from the University of California at Berkeley in 1958 and his Doctor of Dental Science (DDS) from the University of California Medical Center in San Francisco. After graduation from dental school, Don served as a captain in the Army Dental Corps at Fort Leavenworth for three years, honorably discharged in 1966.

Don is survived by his wife, Catherine Striso Anderson; sons Ske Anderson of Newport Beach and Ketch Anderson of Newton, Mass.; daughter Jill Jackson from a former marriage; two granddaughters; and sister Diane Harvey (husband Dave and their two sons Will Harvey of Palo Alto and Ben Harvey of Sacramento). Don belonged to the extended Anderson family descended from the late state Sen, John Anderson and his wife, Elizabeth, Don’s grandparent.

Don’s enthusiasm for life was demonstrated by his many professional interests. He was a dentist; a commercial fisherman; a licensed boat captain; the owner/skipper of three sport-fishing boats; an award-winning contributor to publications devoted to wine, boating, or fishing; and an author of four books, including three novels that connected his vast knowledge and experience to his understanding of world-wide issues (“Deadly Calm,” “Seas the Day” and “Golden Results”).

Don was a member of Phi Kappa Tau fraternity, St. Andrews Presbyterian Church in Newport Beach, the Orange County Mensa Society, the Orange County Dental Association and many other organizations dedicated to dentistry, oceans, fishing or winemaking. Beyond his accomplishments, Don will be remembered for his gentleness, kindness, quiet sense of humor and his ability to observe and listen.

Services for Don will be held at St. Andrews Presbyterian Church in Newport Beach on Friday, April 5 at 1 p.m. A reception will follow. Don’s ashes then will be scattered at sea. Memorial donations may be made in Don’s name for Cal Men’s Crew (made to U.C. Regents, c/o Cal Athletics Department, 1950 Alumni Center, Berkeley, CA 94720, or online at www.calbears.com/donate/), or to the Don Anderson scholarship fund at Progressive Strength Recovery, Inc. of Irvine (115 Main Street, Ste. B, Irvine, 92614, or call (949) 851-1007).

The Power outage darkens East PB, Mission Bay
A brief power outage left thousands of La Jolla and Pacific Beach residents near the Garnet Avenue and Soledad Mountain Road intersection without power on April 6.

The outage struck at around 4:20 p.m., leaving more than 3,600 homes and businesses without power and traffic lights down. Power was mostly restored within an hour, and repairs were completed by midnight.

— Marko Lamb
BRAIN >> CONT. FROM PG. 1
for their work on the human brain, and were identified as some of the leaders of the BRAIN Initiative challenge that lies ahead.

“This initiative is a boost for the brain like the Human Genome Project was for the genes,” Sejnowski said in a statement. “This is the start of the million neuron march.”

With about $100 million dollars in funding supported by the National Institutes of Health, the Defense Advanced Research Projects Agency and the National Science Foundation, and participation from foundations and private institutions, the BRAIN Initiative marks the beginning of a new era in neurological research.

The BRAIN Initiative works in conjunction with Salk’s own Dynamic Brain Initiative, which is focused on gaining a better understanding of the brain, spinal cord and nervous system. As research and technologies advance, scientist can begin to find cures and improve treatments for brain disorders, including Alzheimer’s, schizophrenia, autism and blindness. The advances can also reduce the high costs of long-term treatment for brain disorders. The first step is going to be developing tools capable of mapping and visualizing the entire brain’s systems, circuits and functions.

“We’re not jumping in and mapping the entire active human brain,” Sejnowski said. “But we are at a point where we can develop the tools to map entire circuits, first in invertebrates and eventually in mammals.”

Some of the innovative tools necessary to map the brain are being developed by researchers at the Salk Institute. Salk neuroscientist Edward M. Callaway was able to use a modified rabies virus to examine brain connections involved with vision.

“Scientists have known since the time of Galileo that new tools can open up whole new lines of research,” Callaway said in a statement. “But for us, tools aren’t just mechanical instruments, they can be viruses, genes, chemical dyes or even photons.”

As the initiative gains speed, BRAIN is expected to have an economic impact similar to that of the Human Genome Project, which yielded $800 billion in economic returns form a $3.8 billion investment.

— Ethan Orenstein

**Oversize-vehicle ordinance pushes on, some councilmembers harbor concerns**

By TONY De GARATE

As momentum builds for an ordinance that would ban recreational vehicles, boats and trailers from parking on public streets from 2 to 6 a.m., District 2 City Councilman Kevin Faulconer said he would urge his colleagues to refrain from applying the ban citywide when the matter comes before the council in a month or so.

Faulconer, who for years has championed an oversize-vehicle ordinance, said he remains steadfast in his support of a two-year pilot boundary that would mostly apply to the Midway District-Sports Arena area, beaches and other areas west of Interstate 5.

Earlier this month, Faulconer, who has been actively making rounds at local community group meetings, said his fellow councilmembers remain concerned about homeless people in RV’s heading inland during the pilot period.

“My colleagues are concerned that if we do such a good job west of I-15, it’ll inundate their neighborhoods,” Faulconer said March 20 at the monthly meeting of the North Bay Community Planning Group. “I can see how people would think that. It’s like a balloon when you push on it. If there are crazy, unintended consequences in three or four months, we’ll revisit it. But let’s try to get out of the gate in a confined area that makes sense.”

San Diego is one of the few cities in the county without such an ordinance, Faulconer said.

“We hear the brunt because of that, particularly the beach areas. As the summer season approaches, we want to make sure we have that tool,” he said.

A push for an ordinance five years ago was tabled because of budgetary reasons, Faulconer said. Last week, the City Council’s Land Use and Housing Committee approved advancing the ordinance to the full City Council. A date has not been set.

Among the highlights of the proposal, still in draft form, known officially as the Neighborhood Parking Protection Ordinance:

- No parking between 2 and 6 a.m. on public streets; 24-hour ban within 50 feet of an intersection; Fine: $100
- Two-year pilot boundary: west of Interstate 5, north of West Laurel Street and San Diego Bay; plus a Morena-Bay Park-South Clairemont area east of I-5, south of Balboa Avenue and west of Tecolote Canyon
- Would apply to vehicles more than 7 feet high or 27 feet long

Exceptions made for vehicles with handicapped placards, school buses, commercial loading zones and delivering merchandise

Street parking permits in the block of the owner would be available for sale for a period up to 72 hours

In other planning group news

Victor Ravago, general manager of the Hampton Inn, has become the board’s newest member by appointment. Ravago replaces Mike Drogin, who stepped down after citing upcoming projects that require him to be out of town. Drogin is also one of four members who has recently run afoul of a San Diego City Council policy that requires the removal of a board member for excessive absences and does not recognize excused absences.

Grub has pleaded not guilty. A preliminary hearing has been set for May 8.

The first burglary occurred on May 24, 2012 on Loring Street in Pacific Beach at 10 a.m., when the resident returned home and saw a suspect carrying a drawer from his dresser. The suspect fled in a black car, and the victim discovered a large amount of jewelry was stolen. Grub remains in custody on $300,000 bail.

— Neal Putnam

**TRAFFIC**

Residents should visit sandiego-triathlon.org/event_information/tr for more information on event weekend traffic, road closures and parking. Mission Beach will be accessible for residents throughout the entire event period, but organizers suggest planning ahead for possible traffic delays.

**FINAL STRETCH**

Competitors put their legs into it during the cycling portion of the Omegawave World Triathlon in 2012.

**TAKING IT TO THE STREETS**

A city ordinance banning parking of recreational vehicles, boats and trailers on public streets during certain hours continues to move forward. But some City Council members are concerned the ban will push the problem inland to other communities.

North Bay planners have denounced the rule because the planning area has little residential area, and must therefore rely on business members who often need to travel.

**NEWSBRIEF**

**Robbery suspect implicated in letter**

A suspect in burglaries in La Jolla and a burglary in Pacific Beach has been implicated in the crimes after an anonymous letter naming him responsible turned up at the Alpine sheriff’s station.

At the time, David Allen Grub, 43, was living in Alpine, but no one seems to know who left the letter on Feb. 21. He was arrested Feb. 28 and a declaration by a sheriff’s detective said it was either written by Grub or someone familiar with the details of the crimes.

The letter contained details about the crimes which had not been made public.

Grub has pleaded not guilty. A preliminary hearing has been set for May 8.

The first burglary occurred on May 24, 2012 on Loring Street in Pacific Beach at 10 a.m., when the resident returned home and saw a suspect carrying a drawer from his dresser. The suspect fled in a black car, and the victim discovered a large amount of jewelry was stolen. Grub remains in custody on $300,000 bail.

— Neal Putnam

**TRIATHLON >> CONT. FROM PG. 1**

race” that will gauge triathletes’ fastest cycling times for the right to earn the title of Fiesta Island world record holders.

“Timing mats on Fiesta Island will record each age group competitor’s split on the loop around the island and awards will be given in a number of age categories,” said USA Triathlon spokesman John Martin. “The sport of triathlon was founded on Fiesta Island in 1974 and this contest is an exciting way for today’s age-group athletes to honor the roots of the sport.”

USA Triathlon, co-producer of the event with Hamburg-based UpSolut Sports AG and Lagardere Unlimited and title sponsor Omegawave, will kick off the race weekend with an expo, featuring the latest in triathlon gear, trends and apparel at Bonita Cove Park, followed by its annual Hall of Fame induction ceremony at the Bahia Resort Hotel at 5:30 p.m. on April 18.

The women’s elite race begins at 3:30 p.m. on April 19 from Bonita Cove, followed by a full day of age group-based Olympic distance, aquabike, sprint distance and para- triathlon events at Ventura Cove on April 20. The multi-day triathlon event will conclude with the men’s elite race at 4 p.m. from Bonita Cove.

“The Omegawave World Triathlon San Diego is the only event of its kind in the United States and offers the Mission Bay community the unique chance to watch some of the world’s top athletes compete in its backyard,” said Martin. “Also, the event will be broadcast around the globe on television, so the beautiful Mission Bay community will be showcased worldwide.”

Among the elite triathletes this year are more than 50 who competed at the 2012 Olympic games, including four medalists.

“The pro races are fast and extremely spectator friendly,” said Martin. “With multiple laps on the swim, bike and run, fans can watch the races unfold right before them.”

Volunteer and athlete registration is still open for the event. To sign up or to learn more about event details, visit sandiego-triathlon.org.
The University of Southern California (USC) and University of California, Berkeley (Cal Berkeley) rowed off with the biggest trophies in this year’s San Diego Crew Classic on Mission Bay.

USC’s women’s elite varsity-eight team captured the Jessop-Whittier Cup as the event’s top collegiate team, with a 2.4-second edge over Cal Berkeley No. 5.

Virginia is ranked No. 1, Cal Berkeley No. 2 and Washington No. 5.

The Trojans defeated the field with a 2.4-second edge over Cal Berkeley.

Seven of the eight members of the USC varsity were born in for-

ty ern Eastern Bloc nations.

The women’s varsity competition was highly anticipated, as the field included several of the nation’s top-ranked teams. Defending national champion Virginia is ranked No. 1, Cal Berkeley No. 2 and Washington No. 5.

The Trojans defeated the field with a 2.4-second edge over Cal Berkeley.

Seven of the eight members of the USC varsity were born in for-

ty ern Eastern Bloc nations.

On the men’s side, Berkeley’s Golden Bears took the Copley Cup for the fourth time in five years with a commanding 11.1-second margin over Stanford. Others in the grand final were the University of Pennsylvania, British Columbia, Oregon State and Gonzaga.

The Golden Bears also took home the Sharp Cabrillo Cup (second varsity eights) and the Derek Guerker Memorial Cup (for novice eights).

Teams from several local universities participated, including University of California San Diego, San Diego State University and University of San Diego. Each has success at various levels of competition and experience.

A total of 4,400 athletes competed in more than 100 races ranged in age from 14 to 84 years. More than 25,000 spectators lined the shores of Mission Bay.

Teams from several local universities participated, including University of California San Diego, San Diego State University and University of San Diego. Each has success at various levels of competition and experience.

A total of 4,400 athletes competed in more than 100 races ranged in age from 14 to 84 years. More than 25,000 spectators lined the shores of Mission Bay.

Races began at the SeaWorld tower, went under the Ingraham Street bridge and continued north to the finish line at Crown Point Shores.

Last and surely not least, Fiesta de Reyes also has a roving house Mariachi band. Los Rios performs every Monday, Thursdays and Fridays from 12:30 to 3:30 p.m., Saturdays at 5:30 p.m. and Saturdays and Sundays at 3:30 p.m. Los Rios sings traditional mariachi songs, Santana, Kool and the Gang and even Pink Floyd tunes.

Fiesta de Reyes is a lively experience with a permanent party ambiance. It is located at Juan and Calhoun streets, a one-block stroll from the Old Town Trolley Station. For more information call (619) 297-3100 or visit www.FiestaDeReyes.com.

**ENJOY THE BEAUTY OF OLD TOWN**

**FIESTA DE REYES SPRING ENTERTAINMENT SCHEDULE SET**

This spring, Fiesta de Reyes offers live, free entertainment every day of the week. The stage, located in the Fiesta de Reyes courtyard, will host a variety of authentic folk-culture performances for the pleasure of diners, shoppers and passers-by. All performances are free and open to the public.

Folklórico dancing will be performed on the Fiesta de Reyes stage Mondays and Tuesdays from 5:30 to 7:45 p.m. and Saturdays and Sundays from noon to 3 p.m. The term folklórico means “folk dance” in Spanish and is a collective term for traditional Latin American dances that celebrate local folk culture. Dancers wear brightly colored costumes reflecting traditional Spanish influence and dance to music featuring horns and guitars. The dancing groups at Fiesta de Reyes consist of professional dancers, students and young children.

On Wednesdays, Mariachi Divinas, the only all-female mariachi group in San Diego, will occupy the Fiesta de Reyes stage from 5:30 to 7:45 p.m.

On Fridays, the Fiesta de Reyes stage will welcome Luis Max & Blue Moon from 5:30 to 8:30 p.m. The band features music straight from the heart and was influenced by growing up in Mexico. Its sounds are a fusion of Latin, rock and pop music. Rich in Latin percussion with a hint of jazz, it will satisfy even the most sophisticated of musical tastes.

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**SCOTT HOPKINS**

**AN INTERNATIONAL AFFAIR**

The UCSD women’s rowing team, foreground, battled against an opponent at the San Diego Crew Classic last Saturday. More than 1,200 teams from the U.S., Canada and Mexico competed in the 40th annual event on Mission Bay.

**HEAVE HO**

The eight-man shell from University of California, Berkeley glides past a group of cheering supporters April 6 enroute to the Copley Cup championship in the men’s collegiate division of the annual San Diego Crew Classic. The win was the Golden Bears’ 12th in the 40-year history of the event.
Local studio breaks trends with affordable, quality yoga

When Steve Hubbard, Dave Smith and Brad Hylton decided to open a yoga studio, they wanted to find a way to bring high-quality yoga to as many people as possible. Their solution — donation-based classes — completely breaks from traditional business models.

“There’s so much yoga out there, and we were so different being donation-based,” Smith said. “We just wanted to bring amazing yoga to everyone.”

After they got the idea, they visited other donation-based studios in California to get a feel for how they wanted to model their studio. Hylton said they settled on a boutique-style that would offer a high-end product at donation-based prices.

Then, in August, Spirit Yoga, located at 1559 Garnet Ave., got off to a slow start. The partners spent the entire summer tearing apart and remodeling the building, which was previously a boxing gym with low ceilings and fluorescent lighting.

Remodeling was a lot of work. They lifted the ceiling, redirecting the heating system into the studio and uncovering a skylight that had been barred up for decades. They were able to reuse wood and building materials to construct a new wall and build a locker room, which is decorated with chalk-art created by the community.

“It’s kind of like anti-corporate yoga, but very clean,” Hylton said. “That’s why we have the big, open windows and the hardwood floor, and we keep redoing the paint in here all the time.”

Opening across the street from Corepower Yoga, a corporation-type studio, they knew there were going to be some challenges ahead.

“There were a lot of sleepless nights thinking: ‘Did we do the right thing? Why did we do this?’” Hylton said. “But you just have to follow your gut. It was our gut that told us this is what we needed to do.”

Hubbard said only one person showed up to the first class, but as word got around, Spirit Yoga regained a satisfied client base that gives the studio a real sense of community.

“People at first, and still you find it, are kind of confused,” Hubbard said. “You know, donation-based, what do you mean? Because they’re used to getting charged like 20 bucks a class and donation-based means there’s a suggested donation, but you basically pay what you can, just come in and practice. Yoga is something that everyone benefits from, so why not make it accessible to everybody?”

Donations are not always monetary.

“We’ve got everything from people cleaning the floors to helping us paint the boards to doing our taxes for us,” said Hylton. “You know, all sorts of cool stuff that we didn’t really expect. But it works out great.”

Smith said people are now starting to notice the incredible instructors and friendly atmosphere.

The studio employs about 20 instructors and offers a wide range of classes, including charkra flow, which focuses on the mind and body, and acro-yoga, a partner class that involves high-flying acrobatic moves.

As classes end, clients stay to talk with one another and the instructors.

“We’ve got a really great set of students,” Hylton said. “People want to stay in here, hang out, talk with each other. They talk with the teacher and ask how their day is. And as a teacher, it’s nice to walk into a class of people who I would essentially go sit down and have a beer with and just talk to.”

Their goal is to not only grow the studio, but to give back to both clients and the community. Portions of each donation are divided between the teacher, studio expenses and growth, the owners and local community charities and shelters.

Sportsbrief 

Play It Again Sports keeps Earth Day principles yearlong

April 22 is the 43rd anniversary of Earth Day — a global event that raises awareness about the importance of conserving, respecting and protecting the Earth’s natural resources. Play It Again Sports, which celebrates its 30th anniversary this year, is proud of its ongoing contribution to the principles of Earth Day — principles that are the driving force behind the sporting goods retailer’s business.

In 2012, Play It Again Sports stores, including Play It Again Sports in Pacific Beach, purchased more than 1.35 million items of used sports gear and bicycles, clothing and equipment — items that didn’t go into local landfills and didn’t contribute to hazardous waste problems or the continued use of valuable raw materials related to the manufacturing of new items.

Included in the items purchased were sports gear like surfboards, wetsuits, bodyboards, baseball and lacrosse equipment; exercise equipment like PROY, yoga, stretching, kettle bells and free weights and outdoor activity gear like golf clubs, bicycles, snow sports equipment, beach gear and yard games.

As a result, Play It Again Sports stores also put more than $30 million into the pockets of local families and individuals who brought in their quality used sports gear to sell or trade. Many of these families then spent those dollars to buy value-priced new equipment or gently used sporting goods brought in to the store by other local families.

TJ Western, owner of Play It Again Sports of San Diego says, “This is recycling at its best. Usable items are returned to the community, rather than being discarded. Families can keep their children involved in sports without breaking the budget. And individuals who want to turn quality used sports equipment or bicycles into cash can do that, too. In the end, the environment, the community and the children all benefit from what we do — and that’s a very satisfying business to be in.”

For more information about Play It Again Sports in Pacific Beach, located at 1401 Garnet Ave., call (858) 490-0222, email info@playitagainsportsSD.com, or visit www.PlayItAgainSportsSD.com.

– Staff and contribution

IN THE SPIRIT Steve Hubbard, Dave Smith and Brad Hylton, owners of Spirit Yoga, are taking a wildly different approach to their business plan at their business, located at 1559 Garnet Ave.

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**TACO TUESDAYS:** Tacos starting @ $2  
$2.50 Dos Equis Pints  
$4 Tequila Shots  
$5 House Margaritas

**WEDNESDAY**  
**Game Night:**  
$3 Drafts 7pm-Close  
Any sandwich/wrap w/ drink $10  
Free Pool, Jumbo Beaver Blocks,  
Board Games & Beer Pong!  
You be the VJ 8pm-close!

**THURSDAY**  
**College Night:**  
$2 Drinks

**FRIDAY**  
**$4 Fridays:**  
$4 U Call Its from 9pm-Close  
$5.99 ½ lb Guava Burger  
& Fries

**SATURDAY**  
** progresses Drink Nite!**  
$2 from 9-10pm  
$3 from 10-11pm  
$4 from 11pm-12am  
$3 from 12am-until close  
$10 bottles of champagne w/  
Guava or OJ ALL DAY!

**SUNDAY**

**Monday:** Detox  
Acai & Smoothies 25% off Buy 1 Get  
1 50% off  
Milkshakes  
$13.95

**Tuesday:** Senior:  
Buy 1 Get 1  
FREE House Coffee & Jumpstarts  
20% off  

**Wednesday:**  
**Happy Hour:**  
Open 11am-9pm  
$13.95

**Thursday:**  
**Family Day:**  
Gelato Buy 2, get 3rd FREE;  
Kids Menu 50% off

**Friday:**  
**Pre-Game:**  
Hammerheads & Vietnamese  
Iced Coffees Buy 1 Get 1

**Food**

50% off all Burgers, Chicken Sandwiches and Quesadillas.  
**DRINKS:** $5 off All 60 ounce pitchers, 22 ounce draft for the 16 ounce price, $4 Fallbrook wines, $3.50 Wells  
All of these specials are available 7 days a week from 4 pm-7 pm. However, happy hour pricing on food items only goes all night on Monday night.
Owners Dave Murphey and Pete Johnson, both originally from the area, said they are excited about the new venue, which offers plenty of parking. According to the owners, the menu offers many options, like “build your own tacos” with seafood, chicken, pork, along with carne asada taco platters and favorites like flame-roasted chili rellenos stuffed with fall-off-the-bone-tender carnitas or seasonal grilled vegetable enchiladas. The owners boast honest food, prepared fresh daily from scratch with wholesome ingredients.

A full bar also features margaritas and other fine drinks, along with a 10-tap draft selection of Mexican brews and San Diego’s home-grown craft beers. Sign up at www.lasolasmex.com to become a Compadres Club member to receive monthly promotions and other great deals sent directly to you. For more information call Las Olas at (619) 222-6600.

Las Olas offers up tasty Mexican fare on Point Loma Café Mono has an atmosphere of close community, good vibes and good coffee. Barista Nicole Vance helps make that happen. Whether she’s pouring a tall glass of iced coffee or making milk swirls in a cappuccino, Vance’s skill and wonderful attitude has been working at Café Mono since August 2012, and she said she loves being near the beach and serving the friendly customers who stop by for coffee.

“It’s a really good vibe around here. I really love it,” Vance said. “I really like our coffee. I love how we make it and how we’re all knowledgeable about it and how we just want to make a good cup of coffee for all these good people that come in. We want to make them happy. We want to wake them up.”

In her free time, Vance said she likes to run, compete in marathons and care for her dog. Vance is training for the Rock ‘n’ Roll Marathon in June, which will be her first full marathon. “I’ve done a few half-marathons, and I’ve done the Spartan Race and the Tough Mudder, but I’ve never done a full marathon before, so it’s a little intimidating,” Vance said.

After work and before playing with her dog, Vance runs for a few hours to prepare for the race. She totals about 30 miles each week, but said she should be doing more since it’s just a few months away.

Between working and training, Vance said she doesn’t have much free time, but really enjoys what she does. “People come in the morning and need their cup of coffee. It’s a really good feeling to know that I made a little bit of a difference in someone’s life, at least just a little bit,” Vance said. — Ethan Orenstein
Playhouse’s ‘Accomplice’ brings out theatergoers’ seedy side

By KENDRA HARTMANN

It began with a cryptic phone call. The voice on the other end gave vague directions: meet at the corner of State and Fir at the “eye-ball” at exactly 4:30 p.m., no later, no earlier.

Upon meeting the rest of the group, all looking sufficiently confused, at said eyeball — the first of several things we would discover about San Diego’s Little Italy we had never known (who knew there is a rather large eyeball sculpture on State Street? Not this writer) — we were approached by a dark-clad character who implored us, fidgety and tense and constantly looking over his shoulder, to follow him down the street, into a hotel and up into a room where he promptly shut all the window shades and let us in on his plot involving several “colleagues” he had “spent some time with. Upstate.”

We were given a few more ambiguous instructions and some seemingly unintelligible clues. And then, rather suddenly and without ceremony, we were left to encounter was suspicious.

To divulge what ensued following our group’s clandestine run-in with our felons friend would be injudicious. Not only would it put me and my fellow aiders and abettors at risk of retaliation from some very unsavory characters, it would ruin the readers’ fun, should they decide to become co-conspirators — that is, audience members. Be warned, however: this show is designed with a certain type of person in mind — namely, those whose moral compass doesn’t always point true north. After all, this is one play where no one is innocent, and everyone is an accomplice.

The initial run of “Accomplice: San Diego” was extended through April 21. Audiences are limited to 10 participants per show, with several shows per day (no show on Mondays). For show times, tickets and more information, visit lajollaplayhouse.org.

IF YOU GO:

• Wear comfortable clothing and shoes. “Accomplice” requires a fair amount of walking.
• Plan on being out for about two hours.
• Only those 21 and up allowed. The show includes some small bites and cocktails.

Artist Ellen Salk (daughter-in-law of the late Jonas Salk), composer Christopher Adler and art critic Sally Yard will hold a panel discussion about multidisciplinary approaches to art making and the intersection of sound and image at the Oceanside Museum of Art on Saturday, April 13 from 2 to 3:30 p.m. The talk is free with museum admission and complimentary for OMA members.

This program is in conjunction with the exhibition, “Synesthesia: Manifestations of Energy” — Paintings by Ellen Salk and Sound by Christopher Adler” on view through May 5. In collaboration with Adler, an experimental sound artist, Salk has designed an immersive installation that explores the vibrational quality of her images. Designed in response to Salk’s work, Adler’s music heightens the viewer’s senses eliciting a meditative and spiritual experience.

Artist Ellen Salk’s “Desire,” 5’ by 6’.

Ellen Salk’s “Desire,” 5’ by 6’.
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Junior Theatre also provides K-3 camps in La Jolla. Camps run June 10–Aug. 30.

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Nike Golf Schools and Jr. Camps offer a variety of programs designed to meet the needs of each camper. Every facet of the game is covered during morning instruction and afternoon course play. Beginning, intermediate, high school and advanced players can immerse themselves in the sport for an entire week.

Our camps are led by directors who are nationally recognized PGA/LPGA professionals and college coaches and are joined on staff by other teaching professionals, college assistant coaches, renowned high school coaches and former/current college players.

Enroll in a Nike Jr. Golf Camp today and see why over 150,000 junior golfers have participated in what we believe are among the best junior programs in the country.

The Peninsula YMCA

The Peninsula Family YMCA offers day camps all summer long beginning June 20th through August 30th. Day camps range from a variety of choices and for ages five to seventeen years old. There are more than 100 camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will learn, grow and thrive making lasting friendships and memories. Camps fill up fast so please sign up as soon as possible. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need. Also, it’s not too late to sign up for our spring camps beginning April 1 through April 5. To register to either spring or summer camps, please visit www.sandiegosurfschool.com or call (888) 453-3483 for more information.

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SCHOOLS >>
CONT. FROM PG. 13

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legeappacademy.org or (619) 516-2229.

PB MIDDLE SCHOOL
A PB MIDDLE SCHOOL TOUR is set for Thursday, April 11 at 8 p.m. in the
classroom. Learn about the acclaimed inter-
 office.  

PB ELEMENTARY
THE FRIENDS OF PACIFIC BEACH ELEMENTARY’S Parents
Derby Date Night and Auction is set for
Friday, April 26 at the Soledad Club
from 5 to 10 p.m. Come bet on your
favorite horses in a racing event with
six real historical horse races. The event
will feature food, drinks and silent auc-
tion with 100 percent of auction pro-
cceeds going to the school. Tickets are
$25.

KATE SESSIONS
THE KATE SESSIONS ANNUAL
Auction event is set for Saturday,
April 13 at 6 p.m. at the Mission Bay
Yacht Club. “Passport to the Islands”
is the school's biggest fundraiser of the
year and proceeds go to continue the
school's art, music, Spanish and Library
programs. Sponsorship opportunities
are available and all donations are wel-
come. Email Susan Levin at sbl30@-
 examined. Email Susan Levin at sbl30@-
 bni from as far back as 1948 joined the
member Scott Barnett and many alum-

MISSION BAY CLUSTER
MISSION BAY CLUSTER MEET-
ING, Thursday, April 11, 6 p.m. in the
PB Middle library. Shawn Loecker
from SDUSD will share the CECTE vision
for MBHS which will include a new bio-
engineering program and marine sci-
cences lab. Mitzi Merino will review the
Strategic Process and guide us through
the next steps. There will also be
updates on the MBHS stadium track
and field as well as updates on the
YKGA process at PRMS and the Gate-
way Project for the PB/MB area. Join
us to learn more about the Mission Bay
Cluster and help us to continue strengthening our schools.

FRIENDS OF PB SECONDARY
SCHOOLS’ AUCI ON fundraiser is set for
Sunday, May 5 at the Mission Beach
Women’s Club from 5 to 9 p.m. To
donate to the auction, email mbhs-
friends@yahoo.com. FOPBSS is a 501(c)
organization and all donations are tax
deductible. Proceeds benefit the Pacif-
ic Beach Middle School and Mission Bay
School enrichment, music, inter-
national baccalaureate programmes, and
other activities.

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Sat 12-3 Sun 1-4pm 5632 Rutgers Road  ________ ARB/4BA  ________ $1,719,000  ________ David More 619-984-2438 / Charlie Hahn 619-305-2310
Sat & Sun 1-4pm 7039 Via Cebolla  ________ ARB/4BA  ________ $2,995,000  ________ Joe Graham 619-785-4141
Sat & Sun 1-4pm $553 Renal Place  ________ ARB/4BA  ________ $1,095,000  ________ Ed Calo & Gretchen Mohnk 619-694-2111
Sun 1-4pm 5962 La Jolla Village Dr.  ________ ARB/4BA  ________ $495,000  ________ Matt van Nguyen 619-777-1752
Sun 1-4pm 6646 Graper Ave.  ________ ARB/3BA  ________ $1,075,000  ________ Jim Holland 619-406-6442
Sun 1-4pm 1214 Huntzler St.  ________ ARB/4BA  ________ $1,199,000  ________ The Deal Team 619-456-1200
Sun 1-4pm 6571 Avenida de Valle  ________ ARB/4BA  ________ $1,550,000-$3,500,000  ________ David Schroder 619-492-0099
Sun 1-4pm 5646 Ruggeros Rd.  ________ ARB/3BA  ________ $1,390,000  ________ Barbara Lehneber 619-987-0002
Sun 1-4pm 5678 Taff Ave.  ________ ARB/3BA  ________ $1,675,000  ________ Greg Noran 619-551-3302
Sun 1-4pm 8206 Reumount Ave.  ________ ARB/4BA  ________ $2,395,000  ________ Carol Herndad 619-775-4473
Sun 1-4pm 1235 Ollet St.  ________ ARB/3BA  ________ $2,895,000  ________ Ray Shuman 619-7010
Sun 1-4pm 7010 Faraday Rd.  ________ ARB/3BA  ________ $1,295,000  ________ The Daniels Group 619-361-5561
PACIFIC BEACH / MISSION BEACH / CROWN POINT
Sat & Sun 1-4pm 5542 Seaport Way  ________ ARB/4BA  ________ $1,799,000  ________ Kathy Evans 619-488-7351
Sat & Sun 1-4pm 430 San Antonio Ave #1  ________ ARB/3BA  ________ $635,000  ________ Jodi Sabate 619-456-4095
PONTI OMA / OCEAN BEACH
Sat & Sun 11-4pm 1332 Yenge St.  ________ ARB/3BA  ________ $650,000  ________ Robert Reilly 619-452-9477
Sat & Sun 11-4pm 830 Mauna Dr  ________ ARB/3BA  ________ $1,995,000  ________ Robert Reilly 619-452-9477
Sun & Sun 11-4pm 3725 Soberanowroom Way  ________ ARB/3BA  ________ $1,995,000  ________ Robert Reilly 619-452-9477
Sat & Sun 11-4pm 1393 Plum St.  ________ ARB/3BA  ________ $1,950,000  ________ Robert Reilly 619-452-9477
Sun & Sun 11-4pm 1661 Harbor View Pk  ________ ARB/3BA  ________ $2,650,000  ________ Robert Reilly 619-452-9477
UNIVERSITY CITY
Sun 1-4pm 8014 Montrose Way  ________ ARB/2BA  ________ $895,999  ________ Russ Craig 619-361-8777
ESCONDIDO
Sat 12-3pm 28545 Lawrence Web C2  ________ ARB/3BA  ________ $950,000  ________ Brandon Blevins 619-518-7555
SOUTH PARK
Sun 1-4pm 2259-2271 Camarillo Ave.  ________ ARB/3BA  ________ $549,000  ________ Drew Auster 619-618-5716

In the Schools

Philanthropic online marketplace
DonorNation has teamed up with
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inaugural School Volunteer of the Year
Award, recognizing the top three school
volunteers of the year with cash and
other prizes.

The grand-prize winner will receive a
$5,000 donation to his or her school and
one year’s worth of free groceries from
Sprouts. The first-runner up will receive a
$2,500 donation and six months’ worth of free groceries. The second runner-
up will receive a $1,500 donation and three months’ worth of groceries.

The nomination phase will be open
until April 19. Principals and directors of
any San Diego County school may nom-
inate a volunteer who has made an out-
standing contribution to their school and
deserves to be recognized.

Nominations will be divided into ele-
mentary- and secondary-school cate-
gories. Forward submissions www.scho-
olvoluteeraward.org.

— Mariko Lamb
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