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4/5 Stars - Yelp.com

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858.551.7575
www.wnldosp.com
JUNE 2012

- **San Diego County Fair opens**, June 8-July 4. The annual county fair, complete with fair food, garden show, livestock areas, carnival rides and concerts, www.sdfair.com/fair
- **Pacific Beach Surf Club 14th Annual Summer Longboard Classic** at Tourmaline Surf Park, June 9. Register via PBSC’s Facebook page or email pbsc92109@yahoo.com
- **La Jolla Festival of the Arts**, June 23-24. The 26th anniversary promises outstanding work of nearly 200 fine artists from the USA, Mexico and Israel, www.lajollaartfestival.org

JULY 2012

- **YMCA Bay2Bay 29th Annual Regatta**, July 7. The regatta includes a 20-mile race which begins at Santa Clara Point in Mission Bay and a 5-mile race which begins at Shelter Island. All races finish at Tidelands Park in Coronado, www.peninsula.ymca.org/special-events/bay-2-bay.html
- **PB Concerts on the Green**, 4-6:30 p.m., Sundays, July 22-Aug. 12, Kate Sessions Park. Bring your blankets and chairs and enjoy FREE afternoon concerts, http://www.pbconcerts.org
- **Fourth of July fireworks from SeaWorld on Mission Bay**, 9 p.m.
- **59th Annual Old Mission Beach Athletic Club Over-the-Line Tournament**, July 14-15 and 21-22, Fiesta Island. This San Diego original is boisterous, fast-paced beach softball played in two weekends. More than 60,000 spectators expected, www.ombac.org
- **La Jolla Concerts by the Sea**, every Sunday in summer, July 15 - Sept. 2, www.ljconcertsbythesea.org
Welcome to Pacific Beach!

Welcome to Pacific Beach, California! Or, as the locals like to say, PB! PB has it all: the beach, the sand, the surf — and the shops, restaurants and bars!

Some 1,400 area businesses call PB home and with our pedestrian-friendly, easy-going beachside vibe, it’s easy to see why so many visitors love coming here. Looking for a few suggestions for fun things to do during your visit? That’s easy! For starters, take a stroll on the boardwalk along the Pacific Ocean and stop into a local coffeehouse. Or why not rent a bike at a PB bike shop and cruise around beautiful Mission Bay.

Afterward, be sure to grab something tasty at any of our hundreds of diverse restaurants.

From sandwiches to sushi, seafood to steaks and everything in between, your quest for a great dining experience will be found right here in PB (sunset views included at no additional charge).

Be sure to leave your coat and tie at home, as just about anywhere welcomes “PB casual” attire. Flip flops are the norm around here.

With so many fun shops, you may need to extend your vacation just to take in all of the shopping options in PB. Eclectic boutiques, salons, surf shops and more make shopping in the paradise of PB a favorite local sport. Everyone from the serious collector to the novice window shopper and even the expert bargain hunter will find what they are looking for here in PB.

Be sure to check out www.pacificbeach.org for the PB business directory as well as information on upcoming events and activities.

Enjoy your stay in PB and we hope to see you again soon.

Pacific Beach...it's all right here!
Welcome to Mission Beach

Colorful, vibrant, lively. That’s Mission Beach, the ultimate laid-back Southern California beach community. Stretching from Pacific Beach Drive in the north to the south jetty, Mission Beach is a narrow peninsula bordered by Mission Bay, a giant aquatic park on one side and the Pacific Ocean on the other side.

Mission Beach is anchored by Belmont Park, with restaurants, a food court, amusement rides, an arcade and beach-clothing shops. Visitors can even try their surfing skill on an artificial curl at the Wavehouse. Belmont Park also features an athletic club and the Plunge, a historic, Olympic-size swimming pool. But the park is best known for its iconic wooden roller coaster, The Giant Dipper.

It won’t take long for guests to assume the California attitude as they lounge on the miles of sandy beaches, walk or ride bikes along the beach boardwalk or browse through the many shops lining Mission Boulevard.

Gaze at the surfers and paddle boarders or sail boats, but don’t be too shy to try them yourself. There is an abundance of rental stores and businesses offering lessons in all the beach-type sports. And in the evening, dine at one of the many eclectic restaurants Mission Beach has to offer, from seafood to steaks to food wonders from every corner of the world. You may even want to wander down to one of a handful of friendly neighborhood bars to mingle with the locals and soak up a little more Mission Beach flavor.

Naturally, there is a good selection of nearby hotels to choose from, including three fine resort hotels. When planning ahead, you might also consider renting a condo either on the beachside or the bayside for as many days as you like.

Whether visiting for an afternoon or a month, you’ll find that Mission Beach is a great choice for a relaxing beach experience.
AUGUST 2012

- Lifeguard relay competition — TBA
- Old Mission Beach Athletic Club OMSHoes Tournament — Aug. 5 at Mariner’s Point, www.ombac.org
- La Jolla Music Society’s SummerFest, July 31-Aug. A nationally-recognized chamber music festival. 24. www.ljms.org
- UCSD Cancer Center 19th Annual Luau & Longboard Invitational, Aug. 19. An annual fundraising event which celebrates the “aloha” spirit in the fight against cancer, www.longboardluau.org

SEPTEMBER 2012

- 82nd annual La Jolla Rough Water Swim, Sept. 9. The largest rough-water swimming competition in the U.S. takes place at the La Jolla Cove, www.ljrws.com
- 5th annual Brazilian Day, Sept.9. The largest Brazilian Cultural event on the West Coast complete with street fair and carnival parade! www.braziliandaysandiego.com
- Pacific Beach Restaurant Walk, Sept. 14, 5-9 p.m., Sample the delicious fare from local restaurants, (858) 273-3303, pacificbeach.org
- San Diego Triathlon Classic, Sept. 10, 2-7 p.m., Race consists of a 1,500 meter flat-water protected swim, a 40K hilly bike course, and a 10K flat run, www.sandiegotriathlonclassic.com
- Countywide Coastal Cleanup Day, Sep. 17, Be one of the 80,000 people to take part in the 27th anniversary cleanup, www.vccoastcleanup.org
Welcome to La Jolla

La Jolla, San Diego’s jewel by the sea, is a world-class destination with a wide selection of things to do and see. La Jolla has an appeal that is all its own, a special atmosphere. From the unique architecture to the high-quality boutiques to the sophisticated ambiance, La Jolla is one of a kind. Once you arrive, you’ll know that this is truly a special place to visit.

First of all, the variety of top-notch hotels is amazing, whether it be a seaside inn with an ocean view or a classic setting with elite service. When dining, select from a variety of fine establishments for exquisite cuisine or choose one of the more casual spots for tasty comfort food. You can’t go wrong. And, there’s no limit to who you might run into during your stay. From movie stars to world leaders, celebrities of all types have been known to frequent La Jolla.

La Jolla is also a shopper’s paradise, so take your time exploring the abundance of boutiques in the Village of La Jolla. View quality art creations at one of La Jolla’s many galleries, or visit the Athenaeum Music and Arts Library. Or, pay a visit to the Museum of Contemporary Art to see some of the progressive artworks on exhibit.

Swim in La Jolla Cove, relax along the beach, tour the Sunny Jim Cave, a natural entryway to the Pacific below. Just a bit to the north is the La Jolla Shores neighborhood. There, you will find a small village with its own vibe. Fine restaurants, boutiques and hotels are also available in this area, along with a quaint, clean stretch of beach. Looking for a little adventure? Try taking kayak, scuba or surf lessons from one of the many businesses that offer training here.

Further to the north are the Birch Aquarium at Scripps Institution of Oceanography, the Torrey Pines Gliderport and the world-renowned Torrey Pines Golf Course, a city-owned course with a breathtaking ocean view. At the very north is Torrey Pines State Reserve featuring fantastic seaside hiking trails and more spectacular vistas.

La Jolla is home to corporate research and development centers, the University of California, Scripps Institution of Oceanography and several top-ranking hospitals.

La Jolla is truly a global destination worthy of its first-class reputation. It’s a destination not to be missed.

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LA JOLLA HISTORICAL SOCIETY’S

Walking Tour of Historic La Jolla

Stroll Through Your Community’s Past!

During the 90-minute 1.5-mile tour, guests begin their tour at the La Jolla Historical Society’s Wisteria Cottage and then proceed to 15 additional stops in La Jolla’s historic downtown village with a knowledgeable volunteer.

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LIBRARY ............ Pacific Beach (858)-581-9934/ La Jolla (858) 552-1657
LIFEGUARD ....................... (619) 221-8899
WEATHER REPORT .................. (619)- 221-8824

EMERGENCY INFORMATION

EMERGENCY POLICE-FIRE .................. 911
SAN DIEGO POLICE NON-EMERGENCY LINE ........... (619) 531-2000
MERCY HOSPITAL, 4077 Fifth Ave. .............. (619) 294-8111
SCRIPPS MEMORIAL HOSPITAL, 9888 Genesee Ave. .... (858) 626-4123
SCRIPPS CLINIC, 10666 N., Torrey Pines Rd. .......... (858) 554-9100
SHARP MEMORIAL HOSPITAL, 7901 Frost St. ........... (858) 541-3400
UCSD MEDICAL CENTER, 200 West Arbor Dr. ........ (619) 543-6222
UCSD THORNTON HOSPITAL, 9300 Campus Point Dr. .... (858) 657-7000

AIRPORT/TRANSPORTATION

SAN DIEGO INTERNATIONAL AIRPORT ........... (619) 400-2404
AMTRAK .................. (800) USA-RAIL
COASTER COMMUTER TRAIN ................... (800) COASTER
REGIONAL TRANSIT ................. (619) 233-3004
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VISITOR INFORMATION

SAN DIEGO VISITOR & CONVENTION BUREAU .......... (858) 232-2101
DISCOVER PACIFIC BEACH 1503 Garnet Ave., ........ (858) 273-3303
LA JOLLA VISITOR CENTER,7966 Herschel Ave., .... (858) 456-1700

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2012–2013 Visitor’s Guide
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Tel (858) 270-3103 • Fax (858) 713-0095 • www.sdnews.com
10 Visitor’s Guide • 2012–2013
Pacific Beach Presbyterian Church
1675 Garnet Ave., Pacific Beach · 858-273-9312 · pbpres.org

Pacific Beach Presbyterian Church and Preschool is located at the corner of Garnet Ave. and Jewell St. We invite you to join us each Sunday at 10 a.m. for worship with traditional and contemporary music – child care is provided. Our young adult “Roots” service is at 7p.m. Please come join us – we hope to see you here!

Rev. Dr. Alan W. Deuel

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at 10:00am
Contemporary & Traditional Music
Childcare Provided
YOUNG ADULT “ROOTS”
at 7:00pm

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www.pbpres.org

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9:30am-10 am – Multi-faith Devotional Program
10:30am-12 pm – Introductory talk and discussion
6545 Alcala Knolls Drive, (off Linda Vista Rd.)
General Information - call (858) 274-0178
Or visit http://www.sandiegobahai.org

Visitor’s Guide • 2012–2013 11
1. Athenaeum Music and Arts Library features concerts and exhibitions, 1008 Wall St., La Jolla, (858) 454-5872, hours: Tues., Thurs.–Sat. 10 a.m.–5:30 p.m.; Wed., 10 a.m.–8:30 p.m.

2. Belmont Park features amusement rides including the Giant Dipper wooden roller coaster, mini golf, arcade, ride the waves at the Wave House plus great shops and restaurants, free admission, opens 11 a.m. daily, 3146 Mission Blvd., (858) 488-1549, belmontpark.com

3. Birch Aquarium and Museum at Scripps, open 9 a.m.–5 p.m. daily, 2300 Expedition Way, La Jolla, (858) 534-FISH

4. Black’s Beach, descend to the beach via a stairway from the Glider Port (off Scenic Torrey Pines Road), (619) 221-8900
• **Pacific Islander Festival**, Sept. 24-25. A free event that showcases the cultures and customs of Melanesia, Micronesia and Polynesia. Enjoy food, music and crafts unique to each culture. Held at Mission Bay’s Ski Beach, www.pifasandiego.com

• **Cabrillo Festival**, Sept. 24-25, Cabrillo National Monument. The Cabrillo Festival is a fun event for the entire family with educational activities, cultural demonstrations and exciting folkloric performances, food and vendor booths, highlighted by the re-enactment of Cabrillo’s landing of the shores of San Diego Bay, www.cabrillofestival.org

• **MCAS Miramar Air Show**, Sept. 30-Oct. 2, An award-winning, world-class air show features the best military and civilian pilots in the world, including the U.S. Navy’s famous Blue Angels, www.mirammarairshow.com

**OCTOBER 2012**


• **Taste of La Jolla**, TBA

• **Pacific BeachFest**, Oct. 1, 8 a.m. to 8 p.m., One-day event is perfect for visitors looking to enjoy all that San Diego beaches have to offer. Free event includes music, food, rides for kids volleyball competition and fireworks! (858) 273-3303, pacificbeach.org

**NOVEMBER 2012**

• **Taste of the Triangle**, TBA

• **Holiday Open House in La Jolla**, TBA
5. **Dog Beach** is a dog-run area in Ocean Beach where dogs are permitted without a leash at all hours of the day. Dog owners are responsible for control and clean-up of their dogs. Standard dog laws apply on other portions of the beach and are strictly enforced.

6. **Children's Pool** is a small beach that showcases a colony of seals; guests can venture along the breakwater into the ocean, 850 Coast Boulevard across from Casa de Mañana.

7. **Crystal Pier** stretches into the ocean at end of Garnet Avenue, open to the public for fishing, 4500 Ocean Blvd., cottages available for rent, open 8 a.m.—sunset, (800) 748-5894, crystalpier.com

8. **Ellen Browning Scripps Memorial Pier** is one of the world’s biggest research piers, it is used for boat launching and a variety of experiments. The pier is not open to the public located north of the Village of La Jolla.

9. **Fiesta Island** is a large area of land centrally located in Mission Bay. There is a 5 mph zone on the east side of the island that is popular for recreational water sports. The Fiesta Island Youth Camp and the Aquatic Center are on the island. There are bonfire rings around the shore of the island and dogs are allowed off leash. Permitted water ski area in Hidden Cove and permits for water skiing are available.
BEACH AREA CALENDAR cont’d

• San Diego Jewish Book Fair, TBD www.sdcjc.lfjcc.org
• Bikes, Boards & Brews at Catamaran Resort Hotel & Spa, Nov. 6, (858) 273-3303, pacificbeach.org
• Veterans Day at Mt. Soledad Veterans Memorial, Nov. 10, www.soledadmemorial.com

DECEMBER 2012
• Pacific Beach Holiday Tree & Pier Lighting and Holiday Parade, TBA, (858) 273-3303, pacificbeach.org
• 53rd annual La Jolla Christmas Parade & Holiday Craft Fair, Dec. 2, www.ljparade.com
• Mission Bay Boat Parade of Lights, Dec. 16 www.missionbayparadeoflights.org

JANUARY 2013
• New Year’s Day Polar Bear Swim, Jan. 1, 10 a.m. at La Jolla Shores
• Farmers Insurance Open, Jan. 21-27, Torrey Pines Golf Course. (619) 281-4653 www.farmersinsuranceopen.com

FEBRUARY 2013
• 22nd annual San Diego Jewish Film Festival, TBA, Lawrence Family Jewish Community Center (858) 362-1348 www.sdcjc.org

MARCH 2013
• Village Garden Club “Meet the Masters, TBA, Sherwood Auditorium MCASD www.villagegardencluboflajolla.com

APRIL 2013
• 9th annual La Jolla Concours d’Elegance Classic Car Show, TBA, Free open viewing along Girard Ave, La Jolla (619) 233-5008 www.lajollaconcours.com

MAY 2013
• 14th Annual Secret Garden Tour of Old La Jolla, TBA, 10 a.m.- 4 p.m., Self-guided tour. (858) 459-5335 www/lajollahistory.org.
10. The La Jolla Community Center, 6811 La Jolla Blvd., (858) 459-0831

11. Kate Sessions Park offers grassy areas, ocean view, barbecue pits and play structures, Soledad Road and Lamont Street.

12. Kobey’s Swap Meet is located at 3500 Sports Arena Blvd. Open every Fri. - Sun., 7 am to 3 pm. Admission: $0.50 Fri. • $1 Sat. & Sun. • Children 11 and under - FREE! (619) 226-0650

13. La Jolla Cove not far from downtown La Jolla — an upscale hamlet of hotels, boutiques, and galleries — lies La Jolla Cove, a swimming and diving paradise. This tiny beach nook, part of the San Diego La Jolla Underwater Park Ecological Reserve, is sheltered by picturesque cliffs and offers stunning views of the Pacific Ocean. La Jolla Cove has some of the clearest water of all San Diego beaches, making it ideal for scuba diving and snorkeling. Just above La Jolla Cove is Scripps Park, a great place for romping and picnicking.

14. La Jolla Cave is a unique and beautiful cave which has a manmade tunnel from the Cave Store which allows visitors to enter the unusual and breathtaking ‘Sunny Jim’ Cave by land. Even though from the sea you can enter any one of the other six ocean-carved and fascinating caves, this is the only known land access sea cave on the California coastline! Admission price: $4 adults and $3 for 16 years and under.
15. La Jolla Shores, a sandy beach approximately one mile long, adjacent to a residential area. In summer, waves at this beach are usually the most gentle of all San Diego beaches. La Jolla Shores lies adjacent to the San Diego La Jolla Underwater Ecological Reserve. Fishing and removal of objects from this area is prohibited.

16. Liberty Station, located on Rosecrans Street in Point Loma, is the former Naval Training Center which has been converted into a mixed-use community. This wonderful waterfront location is on a boat channel off of San Diego Bay. Liberty Station consists of retail shops, restaurants, a promenade, golf course and a park. The Naval Training Center site is listed on the National Register of Historic Places.

17. Mission Bay Aquatic Park is the West Coast’s largest aquatic park, covers over 4,600 acres and offers a wide range of recreational activities. The Park includes 27 miles of sparkling ocean beaches. Swimmers and sun lovers are drawn to the excellent surf conditions and soft sand. Mission Bay’s beaches offer. Mission Bay offers boat docks and launches, sailboat and motor rentals, bike/walk paths, basketball courts and playgrounds for children.

19. **Mt. Soledad Natural Park honors veterans**, displays a 40-foot cross and offers spectacular 360 degree views of the ocean and San Diego.

20. **Ocean Beach Municipal Pier** is located at the south end of the beach and is available to the public for walking and fishing. There is a restaurant and bait shop on the pier. Fishing from the pier does not require a fishing license, but catch regulations are enforced.

21. **Old Town**— Explore the many historic sites and shops. They all offer different types of unique and delicious items just waiting for you to discover! Enjoy the richness of history, art and culture that is truly the flavor of Old Town San Diego.

22. **Pottery Canyon**— an easy hiking area for anyone with small children whom you’d like to introduce to trails and basic natural environments. There is not much left of the old pottery factory remaining. Take La Jolla Parkway,
make a right turn on Torrey Pines Road. At the first major signal, make a quick and hard right turn on Pottery Canyon Driveway. Drive slowly onto the property. Follow the paved road until you arrive at the small dirt parking area on the left.

23. The Salk Institute is a research facility focused on molecular biology, genetics, the neurosciences and plant biology. Jonas Salk lead the development of the first polio vaccine and opened the Salk Institute in 1963. Seminars are offered every Thursday; free guided architectural tours are given Monday through Friday at noon. Reservations are required two days in advance. (858) 453-4100, ext 1287, 10010 N. Torrey Pines Road.

24. San Diego Visitor Center, 2688 East Mission Bay Drive, (619) 276-8200

25. Sripps Park is a grassy playing and picnic field above La Jolla Cove. North end of Coast Boulevard, La Jolla.

26. SeaWorld San Diego, 500 Sea World Drive, (619) 226-3901, seaworld.com

27. Valley View Casino Arena hosts a wide variety of major musical acts and sporting events. 3500 Sports Arena Blvd., (619) 224-4176, Valleyview-casinocenter.com
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28. Torrey Pines Glider Port is home to hang gliding, paragliding, scale models and sailplane flight. Enjoy lunch at the Cliff Hanger Cafe while enjoying the view of the ocean and gliders!

29. Torrey Pines State Natural Reserve is one of the wildest stretches of land on our Southern California coast! One can imagine what California must have looked like to the early settlers. There are 8 miles of trails, a visitor center and guided nature walks on weekends and holidays.

30. Tourmaline Beach is available mostly to surfers of all levels, foot of Tourmaline Street.
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Adventure & Amusement

Segway of Pacific Beach
4150 Mission Blvd., Pacific Beach • 858-270-2881

Segway of Pacific Beach rents and sells Segway Personal Transporters. When you rent a Segway, you will learn to ride the Segway in our showroom and have a fun time gliding around. Exploring Mission Bay Park on a Segway is a blast since it’s right on the water, the scenery is second to none. You can rent by the hour, day or week. We also carry a variety of other environmentally friendly means of transportation, including electric scooters and electric bicycles that are clean, quiet. If refilling that gas tank of yours has you down, then pay us a visit.

Surf Diva
2160 Avenida de La Playa La Jolla • 858-454-8273

Known as the Jewel of the West Coast, beautiful and sunny La Jolla is the birthplace of the world's original Surf Diva Surf School. Now also offering co-ed and kids programs, Surf Diva Surf School and Boutique are owned by celebrity La Jolla locals and twin sisters Izzy and Coco Tihanyi. Awarded Nickelodeon's Parents' Choice for surf schools, Surf Diva’s La Jolla Surf Camp & American Surf Academy provide the best kids co-ed surfing program in San Diego. Based 15 minutes north of downtown San Diego, with pristine white sand beaches and amazing weather, Surf Diva Surf School offers year-round surfing and paddleboarding lessons.

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(in The Promenade with Tony Roma’s)

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Beads of La Jolla
5645 La Jolla Blvd., Bird Rock 858-459-6134 beadsoflajolla.com

With 1,200 square feet of stones, glass, porcelain, shell, vintage German, Fire polish, drucks, seed beads and tools, Beads of La Jolla is the go-to place for anyone with an interest in beading. Expert-level customers will find every-thing they need to make their visions a reality, including a large selection of sterling, gold and base metal findings and chain, while beginners can learn more about the art through classes and parties held at the store. Beads of La Jolla also offers jewelry repair and custom design work. You’ll find new beads and findings each time you visit the store to keep your creative ideas flowing! Classes available.

James Gang
1931 Bacon St., Ocean Beach · 619-225-1283
JamesGangPrinting.com

Looking for a unique souvenir or gift for a special someone? How about a custom T-shirt? They can create a custom shirt with your photo or cute saying – while you wait. We also have a large selection of great local designs, including the U of O! They have been around since 1976 – right here in the heart of Ocean Beach. They are a full-service print shop with both screen printing and offset (paper) printing. No job too big or too small – they print them all, from business cards to ball caps!

Kobey’s Swap Meet/Sports Arena
3500 Sports Arena Blvd., San Diego · 619-226-0650 kobeyswap.com

Kobey’s is San Diego’s biggest open air market where you can find everything under the sun! Great savings on San Diego souvenirs as well as jewelry, clothing, shoes, collectibles and local imports. Plus, browse over 300 rummage sales every weekend! Open year-round Friday through Sunday from 7 a.m. to 3 p.m. on the Valley View Casino Center parking lot. Parking and kids 11 and under are free. Friday admission is 50¢, adults Sat. & Sun. is $1 and seniors are 75¢.

PB Fashions
4429 Cass St., Pacific Beach · 858-270-5644 · pbfashions.com

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The Shade Shack in La Jolla has the latest and greatest of designer eyewear - from Ray Ban and Maui Jim to Prada and Gucci – this chic boutique has it all. With an extensive selection of frames for all face shapes and sizes, Shade Shack offers today's hottest brands and styles at the best prices in town. Satisfaction guaranteed!

Art Galleries
Contemporary Fine Arts Gallery
7946 Ivanhoe Avenue La Jolla • 858-551-2010
CFASD@connectnet.com • contemporaryfineartsgallery.com

Featuring an outstanding selection of unique original paintings, sculpture, glass and ceramics by a diverse array of internationally acclaimed and emerging artists. Voted "Best Gallery in La Jolla" for 2009 and 2010. Open 7 days a week.

Grocery
OB People’s Organic Food Market
4765 Voltaire Street, Ocean Beach • 619-224-1387
obpeoplesfood.coop

With a focus on customer satisfaction, People’s strives to meet the needs of each customer that comes through our doors. Specializing in vegetarian foods, organic produce, grocery, and bulk items, they offer an extensive line of vitamins, herbs, cruelty-free body care and aromatherapy, as well as books and gifts. Additionally, People’s has an award winning Deli featuring made-from-scratch organic soups, salads, sandwiches and entrees. Stop by for live acoustic music on Friday nights and Sunday mornings. Open daily 8 a.m. to 9 p.m.
YES we rent & sell men's designer suits & sport coats

YES we have a complete line of accessories to make you fashionably correct for any occasion

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vchoms.com or NuageFaceLift.com Dr. Cortland S. Caldemeyer, DDS, FACOMS, Board Certified Oral and Maxillofacial Surgeon, Emory Trained Facial Cosmetic Surgeon

Specializing in the NuAge Facelift procedure, a minimal incision approach for facial rejuvenation of the lower face and neck. Compared to the traditional facelift the NuAge Facelift is less invasive and has a quicker recovery time. At our facility the Grossmont Oral & Facial Surgical Center, we take pride in the vast scope of services we offer our patients. With three main focuses of practice: Oral Surgery, Maxillofacial Surgery, and Facial Cosmetic Surgery, we are able to customize a treatment plan for each of our patients. As oral and maxillofacial surgeons,

Happy, Healthy, High, Horny Herbs

4958 Newport Ave., Ocean Beach · 619-677-2739 
www.happyhighherbs.com

This unique business idea started in Australia 10 years ago. The founder, Ray Thorpe, who now has a successful franchise business of 25 shops in Australia and a growing number in the U.S., was inspired to educate the public about the wonderful benefits of herbs for health, well being and recreation. The shops provide a variety of interesting products, such as herbal teas for well-being, energy herbs, natural libido-enhancers, fire-twirling and circus toys, and smoking and party alternatives, as well as hemp-oil cosmetics and essential oils. They are dedicated to serving the local community, and have monthly community nights; showing informative documentaries, tasting new herbal brews, and learning about herbs will be only some of the exciting action planned.

Pacific Beach Urgent Care

4490 Fanuel Street (at Garnet) Pacific Beach 
858-274-9116 · pburgentcare.com

Nathaniel G. Rose, M.D., A.P.C. founded Pacific Beach Urgent Care in 1982 to provide prompt, convenient, quality medical care to people of all ages with no appointment necessary, 365 days a year. We are here when you need us.

Dining & Entertainment

Amici's East Coast Pizzeria

811 Prospect St., La Jolla · 858-729-9988 · amicis.com

Enjoy a Taste of New York Right Here in California! Amici’s East Coast Pizzeria is about quality, convenience, and enjoying the Northeast’s distinctive Italian fare. We use a traditional Italian brick oven kept at 700 degree temperatures to cook our pies. The stone hearths produced thin crusts that are crisp, airy, and slightly chewy. When the pies ingredients were of the highest quality and freshness, those hot bricks melted together the flavors just right, for a taste that was nothing short of perfection. Visit us today and experience our authentic, high-quality, freshly made pizzas, pastas, and salads, served by our friendly staff dedicated only to customer satisfaction!

Bella Roma

5737 La Jolla Blvd., La Jolla · 858-459-0121 · bellaromalajolla

Bella Roma is a family owned restaurant. We have been in business for 6 years. Our specialties and home made dishes are pastas, lasagna, ravioli, calzones, pizzas and much more and our prices are unbeatable in La Jolla. Lunch and dinner are served in a casual and relaxed atmosphere where you can watch your favorite games on HDTV. We also offer free delivery up to 5 miles. Enjoy the great food and exceptional service.
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5580 La Jolla Blvd., Bird Rock • 858-459-4077 • theupsstore.com

Loved by the local community for ease and convenience and cheered by visitors. All types of packing and shipping with worldwide delivery. Professional, trusted services including, mailboxes, computer/Internet access, faxing, photocopies, notary, keys duplicated, passport photos and greeting cards all completed with a smile! Fast, easy pick-up from all beach-area hotels. www.theupsstore.com

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www.TheFrenchGourmet.com
Broken Yolk Cafe
1851 Garnet Ave., Pacific Beach · 858-270-YOLK
thebrokenyolkcafe.com

Many will tell you that the Broken Yolk is home of the best breakfast in town. This breakfast-and-lunch-only diner offers a relaxed, casual atmosphere, excellent food and top-notch service. We have expanded outdoor rooftop patio seating. Private meeting room. Online ordering is now available. www.thebrokenyolkcafe.com Open daily 6 a.m.-3 p.m.

Cafe Milano
711 Pearl St., La Jolla · 858-454-3806

Owner/chef Pasquale Cianni, brought Northern Italian cuisine to La Jolla 12 years ago & has been successfully pleasing both local residents and out of towners, even out-of-the-country guests, with his home made pappardelle pasta, veal ossobuco, lobster ravioli and other many authen-
tic Italian dishes. Cafe Milano offers your palate an exciting & incredible experience for the whole family at affordable prices.

Coldstone Ice Creamery
909 Prospect St., La Jolla · 858-454-2300
coldstonecreamery.com

Cold Stone Creamery has been around here for more than seven years, and takes pride in excellent customer service. Its ice creams and sorbets are handmade every day just for you — and the thing is that you get to choose whatever mix-in you want, as the proprietors prepare your confection on a frozen granite slab right in front of you. Cold Stone also offers frozen yogurt to its fare and already offers cakes, shakes and smoothies. Catering is also available.

Donovan's Steak House
La Jolla: 4340 La Jolla Village Dr. (University City) · 858-450-6666
Gaslamp: 570 K St. (6th & K downtown) · 619-237.9700
donovanssteakhouse.com

Donovan's sets the standard of fine dining excellence. A classic steak-
house. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan's as your own special place. A place where you can celebrate with friends, family and associates.

The Eggery
4130 Mission Blvd., Pacific Beach · 858-274-3122

Voted “Best Breakfast” by several critics, the Eggery, which is cele-
brating its 20th year in Pacific Beach, is open daily 7 a.m. to 2 p.m. Farm fresh meals in a charming setting. Fluffy pancakes, French toast beyond compare, or eggs benedict. Five minutes from SeaWorld. A great way to start your day. Casual dress, patio dining, children’s menu, champagne, Bloody Marys, espresso, major credit cards/reservations.
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Oceanside • Point Loma
COMING SOON - Carmel Mountain Ranch
Finch’s Bistro & Wine Bar
7644 Girard Ave., La Jolla · 858-456-4056

Passing the wrought-iron gates of Finch’s Bistro & Wine Bar is like taking a trip to Europe. This award-winning family owned bistro is a uniquely charming, romantic spot where guests can kick back, relax, drink great wine, enjoy live music on the patio, and savor fine gourmet cuisine at casual dining prices. Known for top notch service and excellent food, all dishes at Finch’s are made from scratch from sustainable organic ingredients where possible. Daily blackboard specials include soups, mussels, and a fresh local catch. The daily menu features beverages, fritattas, soups, salads, sandwiches, and entrees, a bloody Mary bar, and bottomless mimosas. Dinner specialties include meat & potatoes (filet mignon), shrimp portofino (jumbo butterflied shrimp), the famous Finchburger and fries, and lobster carbonara. Pair a favorite wine with your meal or indulge your adventurous side by sampling a wine tasting flight. A daily happy hour from 3-5pm features $5 house wines, beers, and small plates. Convenient on street parking available.

The French Gourmet
960 Turquoise Street, Pacific Beach · 858-488-1725
thefrenchgourmet.com

Over 30 years of creating events in the cuisine of your choice to celebrate the milestones of life. Zagat-rated California-French cuisine in a casual setting. Award-winning caterer and bakery. Exquisite wine boutique with competitive pricing.

Gallagher’s Irish Pub & Grill
5046 Newport Ave, Ocean Beach · 619-222-5300
www.gallagherspubob.com

If you’re looking for an authentic Irish pub, then look no further. There’s always plenty of good Irish cheer and music in the air. And that’s no blarney! You’ll find a full bar with friendly, talented bartenders. Guinness, a wide array of imported and domestic beers plus your favorite mixed drinks. Best happy hour in San Diego is open to 8 p.m. M-F and 11 a.m. to 3 p.m. weekends. Live bands from all over California. Enjoy the sunshine on our patio. Add some traditional Irish music and you’re in for a good time. Darts, shuffleboard and 10 52-inch HD plasma TVs add to the fun. Ocean Beach’s official UFC watch spot! Voted Best Bloody Mary by Fashion 5.0 Mag. For specials, go to: www.gallagherspubob.com.

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girardgourmet.com  funcookies.com

Tel.: 858. 454. 3325  Fax #: 858. 454. 2325
pies. Here at Girard Gourmet, parents will always find food they love to eat and kids can’t wait to dig into! Visitors from all over the world who come to La Jolla, always tell us how they “wished they discovered us sooner”! You must come and visit Girard Gourmet and experience traditional European cooking made with only the freshest ingredients of fruits and vegetables from our very own backyard.

Guava Beach Bar & Grill
3714 Mission Blvd., Pacific Beach · 858-488-6688
guava-beach.com

Voted Best Happy Hour at the beach. Family friendly. Free parking at Santa Clara Place lot! Daly food and drink specials. 12 huge TVs for all the sports action.

Kafe’Yen Thai-Centric Asian Fusion
4516 Mission Blvd. #E (at Garnet St.) · 858-373-3936
kafeyen.com

A very short walk from the beach and a few step away from the Crystal Pier, Kafe’ Yen is a cozy Asian retreat. Voted Best Thai in Pacific Beach by locals from 2007 thru 2010. Decorated harmoniously with Thai and modern art, with calming background music, the warm and relaxing ambiance makes the commotion of Garnet Avenue a distant memory. Offers colorful culinary mainstays of Southeast Asia and specializes in authentic Thai cuisine. Truly a family-run operation, Kafe’ Yen has been serving for 7 years. The motto boasts “Love you can taste,” an adage that holds true from the first sip of cucumber-mint-lemon infused ice water, to the final bite of the famed fried banana ice cream dessert. Come by this top level Thai-centric Asian fusion and take a delectable vacation overseas without leaving Pacific Beach. Parking is available in the Urban Outfitter lot.

Little Korea
8008 Girard Ave., La Jolla · 858-551-0282 · little-korea.com

Little Korea was voted and won Gold Medal for Best Korean Food in La Jolla. The restaurant is located in the scenic La Jolla Cove. They have a wide variety of Korean food selection from, BBQ, tofu soup, noodles, kimchi and more. Visit Little Korea today and enjoy the million dollar view of the Cove from the restaurant while dining on the BEST KOREAN FOOD in town.

Living Room
1010 Prospect St., La Jolla · 858-459-1187 · livingroomcafe.com

The Living Room has truly lived up to its name in La Jolla. The café has drawn young and old alike to sip tea, coffee and deluxe smoothies in a homey ambiance furnished with antique, ornate coaches and

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wooden tables. Patrons find the communal atmosphere inspiring and relaxing; you’ll find groups of friends smoking the hookah on the patio and others poring over books in the back. Scrumptious desserts are available, along with wine, beer and hookah tobacco. Draft beer now available! Enjoy the views from the second floor ocean view room and don’t miss happy hour from 3-6 p.m. offering $3 wine and beer!

**Lean & Green Cafe**

7825 Fay Ave., La Jolla · 459-5326 · leanandgreencafe.com

Health food used to get a bad rap from serious diners for lacking in culinary grace and imagination. Lean and Green Cafe, however, puts that old myth to rest once and for all with an impressive array of organic gourmet salads, wraps, bowls and other offerings all created as much to please the palate as to satisfy nutritionally. The menu includes dozens of gourmet organic ingredients to allow customization of your order. They are open for breakfast, lunch and dinner on-the-go (order by 4 p.m. and pick-up by 6 p.m.), and offer free delivery within La Jolla Village with any order.

**Nick’s at the Beach**

809 Thomas Ave., Pacific Beach · 858-270-1730 · nicksatthebeach.com

This two-story restaurant offers the best of both worlds. Downstairs you’ll find a light and airy, casual, California-style restaurant and sidewalk café. Choose from a total of 20 main course selections available. Mouthwatering fresh seafood is the house specialty. We always serve the best catch of the day, fresh from the market. Upstairs at Nick’s is where the party begins. Whether it’s sports you want or a friendly game of pool, you’ll find it here. We have 29 TVs, 16 beers on tap and a great ocean view from our outdoor deck (smoking permitted). Come see for yourself what makes Nick’s SD’s best neighborhood restaurant. ATM

**Ortega’s Place**

621 Pearl St, La Jolla · 858-454-8006

Ortega’s Place is a great little Mexican place with affordable, authentic Mexican food. Ortega’s dedication to staying authentic shows in its menu items like nopalitos (cactus) and milanesa. It also offers taco shop staples like carne asada fries, rolled tacos, enchiladas and chilaquiles. The shop’s California carnitas and chile relleno burritos are also a hit with customers. You’ll love the food, atmosphere and prices!

**Pacific Shores**

4927 Newport Ave., Ocean Beach · 619-223-7549

Voted as a Best Bar 4 years in a row. You’ll step back in time in this vintage underwater cocktail lounge, complete with sea life murals, etched mirrors and a giant seashell bar. Enjoy happy hour prices all day from 10 am -2 am while listening to jukebox tunes that span the decades. Great Drinks, Great People & Great Prices! Pool table, parking, smoking area and ATM available. Two blocks to world famous Ocean Beach Pier.

**PB Ale House**

721 Grand Ave., Pacific Beach · 858-581-2337

With our handcrafted beer, eclectic menu, friendly service, and a lodge-like ambiance, Pacific Beach Ale-House is anything but ordinary. Dining Out Magazine calls us “a world class micro brewery and restaurant,” and “a destination for beer aficionados, tourists, and locals. We offer a wide variety of savory handcrafted burgers, pizzas and fresh cut fries. Our diverse menu also includes BBQ grilled salmon with mango salsa, lobster mac & cheese, and blackened chicken pasta. We brew eight signature beers on location. and we also use our own brews in many of our dressings, sauces, batters... and desserts.
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Traditional Italian Food with a California twist! Here at Pizza Pronto, we make only the best pizza, with the freshest ingredients and the most exciting salads, pastas and sandwiches, you can find in La Jolla. We have dedicated, fast, friendly, staff, always ready to give you the best possible customer service, while delivering the best quality food you will always be happy about! Experience the true taste of quality food... Come and visit us today!

Puesto Mexican Street Food
1026 Wall Street, La Jolla · 858-454-1260 · eatpuesto.com

We are an upscale Mexico City taco stand like you have never dreamed of in the heart of La Jolla! We make our tortillas from stone ground maize. We cut, blend, and flavor our fresh salsas daily. We use only all-natural meats, sustainable seafood, fresh vegetables, all prepared in-house, daily. Once you take a bite of our food, you will experience an explosion of the best flavors of Mexico in your mouth! Here at Puesto, we don’t make any sacrifices... We use only quality ingredients to give you the best possible meal with the authentic Mexican flavors you want! Yes! We make our tortillas from stone ground maize and we cut, blend and flavor our salsas daily. Our meats are all-natural, our seafood is sustainable, and it is all prepared in-house. Most importantly we offer the best flavors of Mexico in all of our foods, and source each item with the best ingredients. We don’t sacrifice at Puesto, you taste the best!

Roy’s
8670 Genesee Ave., University City · 858-455-1616

In Hawaii, there are two things of equal importance — food and the aloha spirit. The blending of these two dynamic principles is how Roy’s Hawaiian Fusion® Cuisine was born. European techniques and Asian cuisine meet Hawaiian hospitality to create a fine dining experience unlike any other. Where the aloha-style of service comes straight from the heart, and where any occasion becomes an unforgettable evening. In 1988, James Beard Award-winner Roy Yamaguchi opened the first Roy’s in Honolulu, Hawaii. Today there are 31 Roy’s locations around the world. The restaurant was designed around a unique experience through spacious dining rooms, an expansive lounge and Roy’s signature exhibition kitchen in full view.

Shades Oceanfront Bistro
5083 Santa Monica Ave., Ocean Beach · 619-222-0501

Voted best breakfast & lunch and a Readers Choice for 5 years in a row for best patio dining and ocean view. Shades specializes in great food, unique cocktails, generous portions, and friendly service. Seafood, salads, steak, burgers or pizza, Shades offers casual view dining at family friendly prices.
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Readers' Choice Awards 2012

Mexican Street Food

Voted Best Mexican Food

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Station Sushi
5752 La Jolla Blvd., La Jolla · 858-551-0410
stationsushi-birdrock.com

Located in the heart of La Jolla, Station Sushi is one of the best sushi bars in San Diego County. Whether you are set to party with your group of friends or you are with your family to enjoy some quality time together, you know that Station is the place to be. We can proudly say that we have the best sushi in town. Our awesome crew is always ready to serve and our atmosphere is totally friendly and inviting. So come on down! Join us for Happy Hour Sunday -Thursday 5 - 7: PM-or enjoy your favorite cocktail at our full Bar. Open for lunch on noon on Saturday & Sunday.

Tony Roma’s
4110 Mission Blvd., Pacific Beach · 858-272-7427

Since its beginning nearly 40 years ago, Tony Roma’s has been focused on serving its signature baby back ribs. The company has won numerous awards across the country for the “Best Ribs” and also has won nationally acclaimed industry recognition as “The Best Ribs in America”. Tony Roma’s is not just a place for ribs anymore. We have expanded our menu to focus on variety for all guests; not just rib eaters. We have an extensive selection of Steaks and Seafood entrees along with the most unique appetizers and mini desserts in our segment today. We have redesigned our buildings and our service to meet the ever-changing mindset of our guest.

Wahoo’s Fish Taco
439 Pearl Street, La Jolla · 858-459-0027 · Midway Towne Ctr., 3944 Sports Arena/West Point Loma Blvd. · 619-222-0020

Come visit Wahoo’s Fish Taco, voted the best fish taco in San Diego. Endless surf, skate, snow videos playing as you enjoy the most amazing food around. An eclectic mix of Mexican, Brazilian and Chinese influences make this place insane! Dine-in or take-out.

Whisknladle/Prepkitchen

Whisknladle Bistro, 1044 Wall Street · 858-551-7575
Prepkitchen La Jolla, 7556 Fay Ave. · 858-875-7737
Prepkitchen Del Mar, 1201 Camino Del Mar · 858-792-7737
Prepkitchen Little Italy, 1660 India St., 2nd floor · 619-398-8383
Good Food · Good Wine · Great People · wnlhops.com

“Now the crew behind internationally acclaimed and award-winning restaurant Whisknladle have two great dining options in La Jolla. Prepkitchen is perfect for a laid-back meal of simple, seasonal and affordable every day comfort food and has already received acclaim on both the local and national stage. And don’t forget Whisknladle, cherished for its commitment to all things local, seasonal and artisanal, providing seriously great food in a fun bistro environment.

WOW (Walk On Water)
On the OB Pier, End of Niagara · 619-226-3474

Your San Diego experience is not complete without a visit to the WOW (Walk on Water) Café on the world-famous Ocean Beach Pier. Enjoy a great meal while taking in the best view in town (Voted Best People Watching), including surfers and sea life. You can even rent a pole (no license required). The family-friendly restaurant is open daily for breakfast, lunch, dinner and features a menu with something for everyone. Some of the local favorites include the mango pancakes, world famous clam chowder, award winning fish & chips, the “as seen on TV” ultimate nachos and daily specials. Whatever you try, you won’t be disappointed.
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Lunch Fridays: 11:30-2:30pm

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**Intrigue and martinis. At Roy’s Aloha Hour.**

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Enjoy exceptional Sushi in a fun and relaxed atmosphere!

**Join us for Happy Hour**

Sunday – Thursday 5:00 – 7:00PM

Open for lunch at noon
SATURDAY and SUNDAY
SUN– THURS 4:30PM – 9:30PM
FRI – SAT 4:30PM – 10:30PM

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