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PB SURFER GIVES OF HIMSELF TO HELP WOUNDED WARRIORS

By Patricia Walsh | Beach & Bay Press

Chris Decker, left, and soldier Daniel Riley clown around while surfing during the Naval Medical Center San Diego Surf Clinic in Del Mar. Decker, of Pacific Beach, is a 20-year surfer who volunteers to help wounded warriors with rehabilitation by using surfing as therapy.

Clinic uses surfing as therapy in soldiers’ rehabilitation

By Patricia Walsh | Beach & Bay Press

It’s the kind of San Diego day that makes you sing “Surfin’ USA” out loud.

Under a sunny, clear, blue sky, the mica flecks sparkle like gold in the sand.

The white waves are big — eight to 10 feet, pounding in with attitude at high tide.

It’s only 9 a.m. and the thermometer registers 66 degrees. You have to check the calendar to confirm that it’s Feb. 9.

“You’d catch ‘em surfin’ at Del Mar. Inside, outside, USA,” as the Beach Boys song goes.

Bran Wilson could have written those lyrics about Dan Riley and Chris Decker.

They’re riding the waves just off 20th Street in Del Mar.

Their Cheshire Cat smiles shine like high beams on sun-kissed cheeks; it looks like they’re having the time of their lives.

They could be brothers, but they’re not — at least not by blood.

The 2012 San Diego Bird Festival prepares to take wing on Mission Bay, Page 6

SeaWorld hails judge’s rejection of ‘publicity stunt’ by PETA group

By Patricia Walsh | Beach & Bay Press

Orcas whales are not plaintiffs and will not have a day in court, according to a fresh legal ruling.

Last week, a federal judge dismissed a lawsuit by People for the Ethical Treatment of Animals (PETA) that claimed SeaWorld’s killer whales were being held in captivity as slaves, alleging a violation of the 13th Amendment to the U.S. Constitution, which outlaws slavery and involuntary servitude except as a punishment for the conviction of a crime.

“The speed in which the court issued its opinion provides reassurance of the sanctity of the 13th Amendment and the absurdity of PETA’s baseless lawsuit,” said SeaWorld San Diego, according to a fresh legal ruling.

A federal judge tossed a lawsuit by People for the Ethical Treatment of Animals last week that claimed SeaWorld’s killer whales are being enslaved, alleging a violation of the 13th Amendment to the U.S. Constitution.

Animals last week that claimed SeaWorld’s killer whales are being enslaved, alleging a violation of the 13th Amendment to the U.S. Constitution.

Animals last week that claimed SeaWorld’s killer whales are being enslaved, alleging a violation of the 13th Amendment to the U.S. Constitution.
GREAT PB INVESTMENT PROPERTY!

This 2 bedroom, 1.5 bath house with a kitchen tennis and pool. This 2 bedroom, 1.5 bath has some upgrades and is steps to the community tennis courts and pools. Enjoy all the hiking trails too!

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This 2 bedroom, 2 bath condo is on a Sundrenched top floor with views of Mt Soledad and nice hill sides. It has elevator access, inside washer and dryer, oversized bedrooms with ocean breezes and a great club house with a kitchen tennis and pool.

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This cozy 1 bedroom condo is a perfect rental investment! Stainless appliances, Travertine flooring, maple cabinets, granite counters, crown molding dual pane windows and patio door and so many more perks! Minutes to downtown and Mission Valley.

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This 3 bedroom, 2 bath home is in the Altamira IV and is a rare find! Enjoy ocean views and breezes from the large patio and most rooms in the house. Upgraded kitchen with stainless appliances, granite counters, tile and master bath is upgraded too!

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This elegant loft is in the Marina District. It is a top floor end unit and is very open and bright with granite counters and newer gleaming wood floors. Extra large storage under the stairs, community work out room and so many more perks!

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CUTE BEACH BUNGALOW!

This 2 bedroom 1 bath single family home has a detached 2 car garage, nice back yard great for entertaining, wood laminate and ceramic flooring, cozy fireplace, inside laundry room and so much more! Walk to everything too!

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Mount Soledad cross again at crux of court debate

Br Marko Lamb | BeaCh & Bay Press

The Mt. Soledad Veterans Memorial has undergone more than two decades of legal debate about whether or not the 29-foot cross atop the war memorial, which sits on federally owned land, is a government endorsement of religion, thus violating the Establishment Clause of the U.S. Constitution.

The Liberty Institute, a nonprofit organization dedicated to limiting government and promoting Judeo-Christian values, filed a writ of certiorari on Feb. 9 asking the U.S. Supreme Court to take up the long-standing case.

The Texas-based nonprofit filed the petition on behalf of the Mt. Soledad Memorial Association, which maintains the memorial, in the hopes of overturning the 9th U.S. Circuit Court of Appeals' decision last year that ruled the cross unconstitutional.

“We conclude that the memorial, presently configured and as a whole, primarily conveys a message of government endorsement of religion that violates the Establishment Clause,” wrote Judge Margaret McKeown in the court’s published opinion. “The result does not mean that the memorial could not be modified to pass constitutional muster nor does it mean that no cross can be part of this veterans memorial. We take no position on those issues.”

She further indicated in the opinion that simply because there is a religious symbol on public land does not mean the presence of religious expression is an unconstitutional violation; however, the cross — at 29 feet tall, 12 feet wide and perched atop a 14-foot base — was deemed as the “defining feature” on the war memorial and violates the First Amendment to the Constitution, establishing freedom of religion.

“[T]his war memorial — with its imposing cross — stands as an outlier among war memorials, even those incorporating crosses. Contrary to any popular notion, war memorials in the United States have not traditionally included nor centered on the cross, and, according to the parties’ evidence, there is no comparable memorial on public land in which the cross holds such a prototypical and imposing stature, dwarfing by every measure the secular plaques and other symbols commemorating veterans.” she said.

“The use of such a distinctively Christian symbol to honor all veterans sends a strong message of endorsement and exclusion. It suggests that the government is so connected to a particular religion that it treats that religion’s symbolism as its own, as universal.”

Representatives from the Mt. Soledad Memorial Association and Liberty Institute maintain the judges erred in their decision ruling the cross unconstitutional.

Which of these costly homeseller mistakes will you make when you sell your home?

SAN DIEGO. A new report has just been released which reveals 7 costly mistakes that most home sellers make when selling their home, and a 9-Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of the matter is that fully three quarters of home sellers don’t get what they want for their home and become disillusioned and even financially disadvantaged when they put their home on the market.

As this report uncovers, most homeowners make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled “The 9-Step System To Get Your Home Sold Fast and For Top Dollar.”

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-675-3 and enter 1000. You can call any time. 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

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La Jolla | $442,000
La Jolla | $199,000
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NEWS
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NEWS
BEECH & BAY PRESS | FEBRUARY 16, 2012 PAGE 3
Fall in love with fabulous! 

2 charming brand new 2,150 sq ft houses just 2 blocks from Sail Bay and 4 blocks from the Oceanfront. Enjoy bay views from the 3rd floor penthouse room and huge sky deck with fireplace!

While there are tribe bands letting just about every act out there, there are far acts whose music is as hard to recreate as that of Rush. The Canadian rockers have been known for their virtuosos performances since their 1968 debut, with drummer Neil Peart being the particular standout. While Rush has long since outgrown clubs, on Feb. 24, the 710 Beach Club hosts Rush’d, possibly the next best thing to the superior group. Whether you’re a fan of the band or just love technical proficiency in music – cumbia – this should be an impressive show.

- Rush’d performs at 9 p.m. on Friday, Feb. 24 at the 710 Beach Club, 710 Garnet Ave. Cover TBD. www.710beachclub.com

The Nards may be just about the perfect bar band. Performing on Feb. 25 at The Tiki House, the band is fronted by guitarist Rick Williams, best known for his work with such notable as Sara Leyva and the Outriders. The band has a slew of originals that mix elements of punk, country, rock and all the basics. But it’s their encyclopedic range of covers that makes them such crowd pleasers. Equally comfortable with Pink Floyd’s “Bringer of the Dawn” or the Steve Miller Band’s “Joker,” the band is clearly having fun on stage — and it’s contagious.

- The Nards perform at 9 p.m. on Saturday, Feb. 25 at The Tiki House, 1152 Garnet Ave. Cover TBD. 21 and up. www.myspace.com/thenunderground

Chris Leyva’s latest recording, “1957,” takes him back to the roots of rock ‘n’ roll. An all-covers project, songs include such evergreens as “Johnny B Goode,” “Twist & Shout” and “Money” with Leyva ably backed by a four-piece group. On Feb. 25, Leyva performs during a special CD-release show at The Griffin. While these tunes have been played a million times before, Leyva and his crew play them with a passion that shows why they have remained favorites through the decades.

- Chris Leyva performs at 9 p.m. on Saturday, Feb. 25 at The Griffin, 1130 Morena Blvd. 21 and up. $5. www.thegriffinsd.com

Music may not be the first thing that comes to mind when thinking of the PB Farmers Market, but the event hosts worthy performers each week. On Feb. 28, The Mission Bay High School-based student group The Preservationists will perform. As the name implies, the award-winning combo is devoted to the sounds of early jazz, under the guidance of MBHS musical director JP Balmat, with a penchant for Dixieland. With its mix of sunshine, food and music, The PB Farmers Market is a feast for the eyes, ears and taste buds.

- The Preservationists perform from 2 to 6:30 p.m. on Tuesday, Feb. 28 at the PB Farmers Market, 901 Garnet Ave. All ages. No cost. www.missionbaymusic.com

Sprung Monkey, Rush’d, PB Farmers Market selections

LIVE MUSIC

By BART MENDOZA | BEACH & BAY PRESS

Sprung Monkey, one of San Diego’s best rock bands, is heading out on a two-week tour beginning Feb. 29, but local fans can catch a rare warm-up show on Feb. 18 at Brick by Brick. Formed in 1991, the band has appeared in projects as diverse as TV’s “Buffy The Vampire Slayer” and the action sports film, “Grind.” Though the band hasn’t released new music in years, it retains a fervent fan base drawn by intense music performances and hits like “Get ‘Em Out Of Here!”

- Sprung Monkey performs at 8 p.m. on Saturday, Feb. 18, at Brick by Brick, 1100 Buenos Ave. 21 and up. $12. www.brickbybrick.com
Proving that it’s sometimes preferable to go au naturel, members of University City High School’s (UCHS) Roots and Shoots Club teamed up with Friends of Rose Canyon on Feb. 12 to give native plants a boost in the Rose Canyon Open Space Park — ultimately giving a boost to the creek that feeds Mission Bay.

Volunteers from the two organizations didn’t hesitate to jump into the dirt, clearing non-native plant species and making way for new native oak trees to grow. They also planted willow and mule fat in some of the more eroded areas in an effort to counter erosion.

“If I love the canyon because I come several times a week to walk and I can pretend I’m not in the city,” said Friends of Rose Canyon board member Gretchen Nell.

The roughly 400-acre Rose Canyon cuts a path through University City, meandering from the 805 freeway west toward I-5 before plunging south and ending at Highway 52. Friends of Rose Canyon has been hard at work preserving the space for nearly 10 years.

“It was initially founded to stop the Regents Road Bridge Project … but now we have more of a focus on saving and preserving the canyon,” said Deborah Knight, executive director of the organization.

The group has received grants from organizations like San Diego Gas & Electric and U.S. Fish and Wildlife Service to help continue engaging the roughly 4,000 students within walking distance of the canyon.

“We want to get kids to connect with nature,” Knight said. She emphasized the importance of the work being done in the area. “Rose Creek runs into Mission Bay, so what we do here helps protect the overall water quality in Mission Bay.”

Friends of Rose Canyon protects the canyon from threats to the open space — including the constant risks that increased population and traffic woes pose in the form of widening streets that threaten to encroach upon the park.

Aside from the proposal for the Regents Road Bridge, which was stopped in its tracks in 2010, the group has battled other proposals — like the one for a trolley route through the canyon.

“I always have to pay attention,” Knight said, explaining that the organization is constantly on the lookout for issues that may pose a problem to the canyon — and is constantly searching for alternative solutions.

The Roots and Shoots program, founded by Dr. Jane Goodall and 16 Tanzanian students in 1991, is a nationwide organization that aims to engage young people in projects focused on environmental and social justice.

“I saw Dr. Goodall lecture at UCSD and thought UCHS could benefit from Roots and Shoots,” said Tara Howell, Students put backs into Rose Canyon spruce-up

High school seniors Cassie Berta, Kaitly Carano and Sarah Orooke stand next to the pile of brush they have just cleared before bagging it.

Students put backs into Rose Canyon spruce-up

Creek, which feeds Mission Bay, target of multi-team effort

BY MORGAN CARMODY | BEACH & BAY PRESS

University City High School students Cassie Berta and Mckenzie Forgey work to free a Big Wheel bike from under a cement block.

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‘Dapper Don’ Redfern: PB’s own tax-preparation master

What’s in in the air, Bud?”

By Kevin D. Cicco | Beach & Bay Press

What I like most about writing this column is the characters who live right here in Pacific Beach. No one stands out more than longtime resident and consummate “Mr. Nice Guy,” Donald “Don” Redfern. I met Don, who owns Capital Business & Tax Service, located at 4780 Mission Blvd., back in January 1992. I was waiting tables at the B o所得house Restaurant, where Joe’s Crab Shack sits today. Don was highly recommended by a co-worker who had used Don’s income-tax preparation ser-
vices. It’s tax time again, and Don eagerly greets the season.

Don was born in Nebraska and grew up in Iowa. Cal Poly San Luis Obispo brought him out to California in the early 1960s to study accounting. By 1965, Pacific Beach was calling, so Don, who met soon-to-be-wife Judy at Knott’s Berry Farm, arrived here as a young couple. They started a family and Don settled in to begin taking advantage of his skills. He soon realized there were tremendous opportunities here.

He originally had a partnership in the late 1960s with an emphasis on real estate acquisitions and business and tax service. But Don branched out on his own and never looked back. Don is an individual who has accomplished everything within the scope of his many business ventures. Including his real estate holdings, he also has a host of degrees and certification planning his financial future. It’s been a joy to watch.

...,” Howell said. “They are very self motivated.”

That dedication was present at the recent Rose Canyon cleanup, as students worked to clean up debris and trash from the area.

In his spare time, Don enjoys travel and vintage cars and just being a big kid. He loves what he does and where he lives. Don is just another great example of the wonderful people who make our community a great place to live. Our representative to the California Coastal Commission’s office advised me that homeowners were required to trim all foliage on private property back to the legal property lines. The California Coastal Commission required that my plantings and fencing not be higher than three feet tall so I wouldn’t block my neighbor’s views.

I have an issue with a tree on my neighbor’s property that has been left untrimmed for the last six years that is daunting over my property. Although the fire department has deemed it a fire hazard, and the commissioner’s office has said it should be trimmed, nothing has been done to satisfy these concerns and laws.

I am well aware that new requirements are established for new constructions. Having completed construction on my home in December 2010, I had to adhere to specific building codes. Many of these were made to ensure I did not block my neighbors’ sun, view and enjoyment of their beach area. If that was a requirement for me, why shouldn’t it hold true for older homes that have trees or shrubbery blocking the view and sun of others at the beach.

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can citizens after he joined the Marine Corps, lost both legs above the knee and the fingers on his left hand while on patrol in Marja, Afghanistan. It was Dec. 16, 2010 when the blast from a homemade bomb tore into Riley’s body. Four months after, with his wounds healed just enough, he started surfing.

“It’s the one place that it doesn’t matter that I don’t have legs,” said Riley, who uses prosthetics, is able to drive and lives alone.

After an hour in the water, Riley rests on the shore as the roar of the waves grows louder.

“You wanna go bigger?” the surfer taunts.

“Go big or go home,” Riley replies with a sly smile.

Back in they go, surfing tandem. By the time they call it a day, they’ve spent nearly four hours in the ocean.

“I guess once you’ve been blown up, you kind of lose a little bit of fear,” Riley said. “If a bomb is not going to get me, what’s a wave going to do?”

The surf clinic started when Betty Michalewicz-Kragh, an exercise physiologist at NMCSD, asked a soldier who lost an arm and a leg in the war what activity he would do again if he could. He said surf. She took action.

For the last four years, the surf clinic has been held in Del Mar. Michalewicz-Kragh also surfs with the wounded warriors. Their challenges are the price of freedom: neurological damage, post-traumatic stress disorder and the loss of limbs.

The benefits of surfing — physical, psychological and social — can’t be denied. The warriors’ bodies heal through increased core stability and improved strength. They sleep better and their pain is reduced, which helps them cut down on pharmaceuticals. And it lets them live in the moment.

“When you’re not worried about the past or the future, that’s it,” Riley said. “That wave, that time, that’s it.”

Surfing also helps military personnel connect with the diverse and supportive civilian community in San Diego.

Del Mar lifeguards were the first ones in the water when the clinic started. Help also comes from Challenged Athletes Foundation, Hill-abong, INT Softboards, the Injured Marine Semper Fi Fund and individuals like Decker and Allen Mitchell.

Every week, Mitchell brings a truckload of the lightweight American-made INT Softboards, which make the surfing easier and safer for amputees. He dons a wetsuit and gets in the water, too.

“They smile when they catch a perfect wave are priceless,” Mitchell said.

Decker, who typically surfs four to five times a week, looks forward to Thursdays.

“I absolutely have a blast,” he said. “I get to do what I love and teach real cool people how to surf. It’s good having people who will push you off a surfboard,” Riley said. “For me — and probably everybody out here — the last thing we want is to be felt sorry for.”

Decker gets that.

“You gotta treat these guys like another dude in the water,” he said. “They want to be part of the surf culture and its fun.”

When time allows, Decker and Riley get together on their own to bond in a brotherhood of surfing.

“To see Chris and Dan at the surf clinic is one thing,” Michalewicz-Kragh said. “But when they go surfing on their own, it’s like the birds fly off the nest, and I think, ‘Yes! Mission accomplished!’

For more information or to volunteer, call (619) 512-8156, or visit the San Diego Armed Services YMCA at www.militaryymca.com.

BETTY MICHALEWICZ-KRAGH, director of the Naval Medical Center San Diego Surf Clinic, reads a disabled veteran for a surfing session.

Chris Decker and Daniel Riley take a break from tackling the heavy surf conditions.

The lawsuit was filed in October by PETA, two former SeaWorld trainers and orca experts. Named as plaintiffs in the suit were three orcas at SeaWorld San Diego: Corky, Kasatka and Ulises; and two in Orlando: Tilikum and Kati-

“..."
CROSS
CONTINUED FROM Page 3

The Liberty Institute held a rally at the memorial site on Feb. 9, re-launching its “Don’t Tear Me Down” campaign, an effort to spread public awareness and gal- 
vocate support for the 55-year-old San Diego landmark and other memorials that bear religious imagery.

“Let’s put an end to these attacks on memorials that bring pain to veterans, and go back to celebrating and respecting what these soldiers have done for our country,” said Kelly Shackelford, pres- ident and CEO of Liberty Institute, calling the removal of the cross a “more that would anger many military veterans.”

Shackelford said removing the cross on Mt. Soledad would set precedent for other “battlefields” where religious sym- bols on veterans’ memorials are at stake.

“This isn’t the only attack like this going on right now,” he said. “If this cross comes down — this is a 29-foot cross in Arlington Memorial Ceme- tery; the Cross of Sacrifice; What do you do with the 24-foot cross in San Diego? — it brings pain to veterans to have to think about tearing something down, pulling things off,” he said. “Our veter- ans deserve more than that. Our coun- try deserves more than that, and I think it’s time to put an end to these attacks.”

William Kellogg, chairman and CEO of the Mt. Soledad Memorial Associa- tion, said the memorial site in its entire- ty must remain to honor veterans and share their stories.

“This veterans memorial is unique. It is a significant destination for local resi- dents as well as visitors from around the world. Thousands visit the memorial every month and they walk the walls, so to speak, to read the stories of honored veterans,” he said. “The original cross, together with the walls, the flagpole and the walkway, form an integrated monu- ment that means everything to so many families. It must remain as it is and where it is. To do otherwise would be an unforgivable insult to those who sacri- ficed everything to protect our way of life.”

The case is over, and the cross would come down.

“Don’t Tear Me Down” campaign, an effort to spread public awareness and gal- 
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The case is over, and the cross would come down.

“Don’t Tear Me Down” campaign, an effort to spread public awareness and gal- 
vocate support for the 55-year-old San Diego landmark and other memorials that bear religious imagery.

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Shackelford said removing the cross on Mt. Soledad would set precedent for other “battlefields” where religious sym- bols on veterans’ memorials are at stake.

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San Diego in the 1800s. The park also hosts free tours every Wednesday and Saturday from 10 a.m. to 4 p.m. These museums have ongoing living history activities available to the public.

Free Living History Activities in Old Town State Park All Year Long

February may be museum month in San Diego but Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums have ongoing living history activities every Wednesday and Saturday from 10 a.m. to 4 p.m. To celebrate the public about what life was like in San Diego in the 1800s. The park also hosts free tours daily at 11 a.m. and 2 p.m. that begin at the Robinson-Rose Visitor Center. There is no denying that Old Town San Diego State Historic Park has a lot of great things to offer visitors, stated Interpretation and Education Manager Karen Beery. "We encourage all San Diegans to set a date to experience the state park and explore the way San Diego was in the 19th century.”

Every Saturday of the month, the park offers a different taste of historic trades and craft guilds for visitors. The first Saturday of every month, park visitors will learn about the historic mountain men and the Soap Makers Guild. Park visitors will learn about the famous military unit, the Mormon Battalion, and fiber arts techniques. Visitors will also learn about the Quilt Guild, Fiber Arts Guild and the Mormon Battalion. The Visitor Center and museums are open daily from 10 a.m. to 5 p.m. through September. To find out more about the guild schedules of activities, check the outside the Robinson-Rose Visitor Center.

On the fourth Saturday, the park hosts the Mountain Men and the Soup Makers Guild. Park visitors will learn about the historic mountain men and the Quilt Guild. Guest of the park will learn about the tradition of Quilt Guild, Fiber Arts Guild and the Mormon Battalion. The Visitor Center and museums are open daily from 10 a.m. to 5 p.m. through September. To find out more about the guild schedules of activities, check the outside the Robinson-Rose Visitor Center.

Enjoy the Colors & Beauty of Old Town

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PB woman’s selfless effort to collect discarded items meets with disappointment

By MARSHA KAY SEFF | Beach & Bay Press

Aluminum can pulltabs. They’re the stuff of urban legends. But, as with many myths, at least some of the information is true.

And that makes Pacific Beach surfer Katie Rodrigues happy. She has been collecting pulltabs for almost three years. In that time, she’s collected thousands of them under the misconception that each pound buys a child with cancer an hour of chemotherapy.

Rodrigues has ridden her bicycle all over the beach area, stopping to pick up the discarded tabs everywhere from alleys to friends’ barbecues parties.

Often, when she returns home, she finds a baggie or two of tabs on her doorstep left by anonymous donors who have heard about her quest.

When she amasses too many tabs for her tiny apartment, she turns them over to Ralph’s supermarket in Pacific Beach to be recycled.

Only recently, however, she’s learned that recycled tabs do not — and never did — pay for chemotherapy or kidney treatment as legend has it. That’s simply a rumor that has circumnavigated the country for decades. Some good-intentioned, but entrepreneurial people are even selling the pulltabs on eBay.

The only value of pulltabs is the value they bring from recycling or the value they have for crafts projects.

But determined that do-gooders have not been collecting in vain, Ronald McDonald House Charities of San Diego has been accepting pulltab donations. The center recycles the aluminum and uses its earnings toward operating expenses.

“They include the Boy and Girl Scouts and Kiwanis Club, and the tabs to us by the bucketful,” said a Ronald McDonald House staff member.

Organizations and businesses like Ralph’s, Al Bar Shriners and Rady Children’s Hospital also turn over their collections to Ronald McDonald House, located at 2929 Children’s Drive.

The charity is a “home away from home” for families with seriously-ill children being treated at local hospitals. Not only does it offer 47 bedrooms and 10 bathrooms to families, it includes a playroom for children, a kitchen for food preparation, a study area and a television lounge.

Rodrigues, whose big heart extends beyond the beach area, has launched a new program called Pennies with a Purpose.

“With recent changes in the value of recycled metal, it takes a lot of time and effort to collect enough pulltabs to pay for a family’s lodging for one night,” according to the charity’s website.

“Consider this: 1,500 pulltabs equal about 20 cents and 1,500 pennies equal $1.50.”

That’s also the cost of collecting unwanted pennies and other change instead of tabs.

Rodrigues, whose big heart extends to fostering rescue dogs, has already started saving her pennies. But she’s so used to collecting pulltabs that she’s not sure she can stop now.

“It’s a fun thing to do,” Rodrigues said. “And it’s for a good cause anyway. At least they are going toward the parents who are helping their kids. They’re keeping their babies close.”

There is, of course, the extra benefit of helping to clean up the beach area.

Katie Rodrigues holds a bag of aluminum can pulltabs. After uncounted tens collecting the unwanted pulltabs, she recently discovered the recycled tabs do not — and never did — pay for chemotherapy or kidney treatment for children, as many have come to believe for decades.

Photo by Marsha Kay Seff | Beach & Bay Press

Soda can pulltabs aid charity; but not as legend has it

“If you want to replicate the bake sale, that’s still there if you want to replicate the bake sale,” said Brown. It’s for a good cause anyway.

“The white man is described as about 40 years old, 6 feet tall and weighing about 250 pounds with a grey, scruffy beard. He was last seen wearing a white T-shirt, blue jeans, a navy-blue jacket and a white baseball cap.

The Federal Bureau of Investigation, San Diego police and the San Diego Sheriff’s Department are seeking the public’s assistance to identify the man believed to be responsible for three bank robberies dating back to Jan. 17 — including the most recent heist at Home Bank of California on Garnet Avenue on Feb. 6.

On that date, shortly after 9 a.m., the robber demanded cash and simulated a weapon by lifting his shirt. After receiving an undisclosed sum of money, the suspect fled. No injuries were reported.

The white man is described as about 40 years old, 6 feet tall and weighing about 180 pounds with a gray, scruffy beard. He was last seen wearing a white T-shirt, blue jeans, a nacy-blue jacket with a zipper and a baseball hat.

Assemblywoman fields concerns with PB locals

State Assemblywoman Toni Atkins met with Pacific Beach residents during a “Community Coffee” event on Feb. 4 to discuss legislative and state matters affecting the community.

The event was held at Belmont Park. Atkins shared details of California’s $9 billion budget deficit and Gov. Jerry Brown’s plan to allow state residents to decide if they want to vote for a tax increase in November to help make up the shortfall. Atkins said that unless the budget deficit can be resolved, there will probably be further cuts to the state’s education budget.

Pacific Beach residents voiced their concerns about the near-closure of local elementary schools this last fall, which Atkins said was due to decisions made by the San Diego Unified School District.

Atkins also brought up the next round of possible military base closures with the military’s upcoming budget cuts and vowed to do what she could to make sure all military facilities in San Diego County remain intact. Along with the possible base closures will be personnel cutbacks, she said. Atkins said she would like to focus on helping veterans transition to the civilian work force.

— Keith Antignano

SeaWorld releases sea lions back into wild

Four California sea lions that were rescued and brought into SeaWorld San Diego’s care manifestedmalnourishment and dehydration over the past couple of months, were nursed to health and returned to the ocean on Feb. 6.

Experts believe the male pups returned to the sea was rescued in Del Mar on Dec. 11; a second was rescued in Encin tas on Dec. 30; while the third was rescued off La Jolla Cove on Jan. 15.

Each of the pups returned to the sea weighed between 45 and 55 pounds. The sub-adult 160-pound female sea lion was rescued along the shores of San Diego Bay on Jan. 30.

REMEMBER WHEN?

LOCAL BEANER SCOTT BROWN shares a photo of his grandson’s bowling team taken on the steps at Victory Lanes Bowling Alley on April 29, 1951. That’s his grandmother, Pat, at the lower left. He hasn’t been in Fred’s Mexican Cantina in a while, but I assume the steps are still there if you want to replicate the photo with your drinking buddies.

— John Fry may be reached at (858) 272-6655 or by email at mail@johnfry.com.
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Nearby native plant garden boasts refuge

By MARSHA KAY SELF | BEACH & BAY PRESS

Welcome to San Diego’s “secret garden.”

The Point Loma Native Plant Garden is a 2-acre refuge at Menlo Uno and Greene streets in Ocean Beach. The garden is home to more than 100 rare and endangered plant species that were prevalent in San Diego County a century ago. That was well before palm trees and grass lawns became the norm, said Richard Dhu, program manager for the San Diego River Park Foundation. The foundation oversees the garden, which is part of the city’s Collier Park West.

Some species in the collection are not found naturally anywhere else in the world, Dhu said, as he walked along the serene, ½-mile meandering path that overlooks the bustling of Nimitz Boulevard.

The garden, on a parcel of land left to the children of San Diego by early developer D.C. Collier, is open to the public 24-7. Volunteers meet for work parties the first Saturday and third Sunday of each month from 9 a.m. to noon. Visitors also can buy plants. The proceeds go toward upkeep of the garden.

Volunteers, who do the planting, mulching, watering and weeding, logged more than 1,000 hours last year. Boy Scout Troop 500 built and outfitted the nursery, which volunteers maintain.

Point Loma resident Joel Kalmonson has headed the volunteer team for the last six years. He got involved in the project, he said, when he ran out of front-yard real estate for his cactus and succulents.

“They gave me a key to the shed and I was in,” Kalmonson said.

The property wasn’t always so tranquil, according to Dhu. In the middle of the hippie movement in 1971, he said, locals held a protest against the city’s plan to allow development on the parcel. The demonstration started at the beach in protest against the Vietnam War and ended up at what eventually became the garden. Although police answered with riot gear, locals prevailed, Dhu said.

The garden project began in 1982 with native plants representing Central and Southern California, the Channel Islands and Northern Baja. The foundation took over the project about seven years ago.

At first glance, the place looks like any other wild hillside in San Diego. Look a little closer, though, and you start to distinguish exotic specimens.

“These are plants you won’t find amid the iceplants lining the freeways or in many garden centers,” Dhu said.

“The thing about San Diego is that we have more biodiversity than any county in the United States,” said Dhu. “It’s one of the best times to visit the reserve. Dhu said, because many of the flowers bloom in the rainy months. On a walk through the garden, Dhu pointed to a torrey pine, “the rarest pine in the country.” There’s also the rare and endangered Tecate cypress.

The path wanders by memorial trees and foliage dedicated to locals. There’s a Tule cypress that began as a one-gallon plant and now, five years later, tops six feet.

There’s also a coast live oak, recently planted in memory of an organ donor by another San Diegan who received the donor’s heart.

All told, there are about a dozen memorials. “They’re not grouped in one area because we don’t want it to look like a cemetery,” Dhu said.

The variety of native specimens includes Shaw’s agave, which is rare in Southern California but more abundant in coastal Northern Baja; island tree mallow that, Dhu said, doesn’t need watering; bladderpod, the favorite habitat of the Harlequin beetle that can spend its entire life on the plant; and lemonade berry, which Native Americans used to make tea. They also used flat-top backbeak for tea and porridge.

Dhu said, adding that the Hermes copper butterfly, which is endangered, dines primarily on this plant. Willow also was a favorite with Native Americans, who used it not only to make hunting tools and shelters, but for pain and fever control.

Though the refuge remains largely a secret to San Diegans west of Interstate 5, Dhu said, residents who call Ocean Beach and Point Loma home are discovering that it’s a good place to walk, picnic or hold a casual corporate event.

To volunteer or learn more about the Point Loma Native Plant Garden, go to sandiegovolunteer.org/plnpg.php or call (619) 297-7380.

The Point Loma Native Plant Garden

\[\text{Photo by James Steinberg | Beach & Bay Press}\]

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ACCEPTING FROM said Parcel E the following: All living units as shown on the Condominium Plan for Lot 4 of San Vicente Country Villas IV, as recorded in Official Record of San Diego County, San Diego County, California, at file/page No. 162681, as recorded in the Office of the County Recorder of San Diego County, State of California, at file/page No. 162682, all of Official Records of said county, as amended by an instrument recorded July 13, 1971, file/page Nos. 162683 and 162684, Official Records of said county. A non-exclusive right and easement to use and occupy one of the living units containing 2 and 3 of San Vicente Country Villas IV, filed in the office of the County Recorder of said county on April 13, 1977 at file/page No. 162681, all of Official Records. A non-exclusive right and easement to use and occupy one of the living units containing 2 and 3 of San Vicente Country Villas IV, filed in the office of the County Recorder of said county on April 13, 1977 at file/page No. 162682, all of Official Records. A non-exclusive right and easement to use and occupy one of the living units containing 2 and 3 of San Vicente Country Villas IV, filed in the office of the County Recorder of said county on April 13, 1977 at file/page No. 162683, all of Official Records. A non-exclusive right and easement to use and occupy one of the living units containing 2 and 3 of San Vicente Country Villas IV, filed in the office of the County Recorder of said county on April 13, 1977 at file/page No. 162684, all of Official Records. A non-exclusive right and easement to use and occupy one of the living units containing 2 and 3 of San Vicente Country Villas IV, filed in the office of the County Recorder of said county on April 13, 1977 at file/page No. 162685, all of Official Records.
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**PACIFIC BEACH / MISSION BEACH / CROWN POINT**

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**POINT LOMA / OCEAN BEACH**

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<td>Tami Fuller</td>
<td>858-226-6204</td>
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<tr>
<td></td>
<td>1077 Santa Barbara St.</td>
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<td>$799,000</td>
<td>Tami Fuller</td>
<td>858-226-6204</td>
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<td>4270 Loma Wayers Ln</td>
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<td>$325,000</td>
<td>Tami Fuller</td>
<td>858-226-6204</td>
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**CAROFF**

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<tr>
<th>Location</th>
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<th>Size</th>
<th>Price</th>
<th>Contact Person</th>
<th>Phone</th>
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<tbody>
<tr>
<td></td>
<td>3506 Cambridge Ave.</td>
<td>2BR/2BA</td>
<td>$798,000</td>
<td>Godde Spenael</td>
<td>619-342-0035</td>
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<tr>
<td></td>
<td>4036 Montalba Terrace</td>
<td>2BR/2BA</td>
<td>$920,000</td>
<td>David Schroedl</td>
<td>858-459-0202</td>
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**CARMEL VALLEY**

<table>
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<tr>
<th>Location</th>
<th>Address</th>
<th>Size</th>
<th>Price</th>
<th>Contact Person</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4036 Montalba Terrace</td>
<td>2BR/2BA</td>
<td>$520,000</td>
<td>David Schroedl</td>
<td>858-459-0202</td>
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**SOUTH PARK**

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<th>Contact Person</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1733 31st Street</td>
<td>3BR/2BA</td>
<td>$487,000</td>
<td>Roben Barross</td>
<td>619-568-9073</td>
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**OPEN HOUSES**

<table>
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<tr>
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<th>Size</th>
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<th>Phone</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>7518 31st Street</td>
<td>3BR/2BA</td>
<td>$487,000</td>
<td>Roben Barross</td>
<td>619-568-9073</td>
</tr>
</tbody>
</table>

**RE/MAX**

- **Pacific Beach**
  - 4931 Cass St. North Pacific Beach
  - E-mail: Karen-Mike@San.com
  - Web: www.karen-mike.com
  - 4931 Cass St. North Pacific Beach

- **SOUTH PARK**
  - 1-4pm
  - 101 East #205
  - 314 31st Street
  - 3BR/2BA
  - $490,000
  - Natasha Alexander

- **CARMEL VALLEY**
  - 1-4pm
  - 7822 31st Street
  - 3BR/2BA
  - $500,000
  - Natasha Alexander

- **CARDIFF**
  - 1-4pm
  - 951 Mayfield
  - 3BR/2BA
  - $549,000
  - Natasha Alexander

- **LA Jolla**
  - 1-4pm
  - 7500 East Ave. #401
  - 2BR/2BA
  - $585,000
  - Natasha Alexander

- **MISSION BEACH**
  - 1-4pm
  - 9515 2nd Ave.
  - 3BR/2BA
  - $1,495,000
  - Natasha Alexander

- **PACIFIC BEACH**
  - 1-4pm
  - 7344 Breakside Way
  - 2BR/2BA
  - $1,199,000
  - Natasha Alexander

- **MISSION BEACH**
  - 1-4pm
  - 9515 2nd Ave.
  - 3BR/2BA
  - $1,495,000
  - Natasha Alexander

- **PACIFIC BEACH**
  - 1-4pm
  - 7344 Breakside Way
  - 2BR/2BA
  - $1,199,000
  - Natasha Alexander

- **MISSION BEACH**
  - 1-4pm
  - 9515 2nd Ave.
  - 3BR/2BA
  - $1,495,000
  - Natasha Alexander

- **PACIFIC BEACH**
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  - 7344 Breakside Way
  - 2BR/2BA
  - $1,199,000
  - Natasha Alexander

- **MISSION BEACH**
  - 1-4pm
  - 9515 2nd Ave.
  - 3BR/2BA
  - $1,495,000
  - Natasha Alexander
COMMUNITY NEWS

The Taste of North PB Art and Restaurant Walk will be held on Wednesday, March 14 from 4 to 8 p.m. The event includes delicious samples of food from 17 restaurants, plus an incredible display of artwork from Mission Bay High School, Pacific Beach Middle School and Pacific Beach Elementary School students. MBHSS Preservationists, the PBMS Jazz With Band and the Pacific Beach Elementary Pan Band will all be performing. Gather your friends and family to purchase tickets and have a fun and delicious evening of food and entertainment! Tickets are available now in the school offices at a cost of $15 for anyone over 10 years old. Kids tickets are $5 cost. $1.10 percent of the profits go right to the schools.

Friends of Pacific Beach Secondary Schools (FOPBSS) will meet Wednesday, Feb. 29 at 6 p.m. in the Mission Bay High School Library. FOPBSS is the parent/teacher nonprofit organization that supports both PB Middle and Mission Bay High. We invite you to be a part of our team of dedicated parents, principals and teachers, enjoying the exciting opportunity to make a significant difference for the students of PBMS and MBHS. All are welcome.

MISSION BAY HIGH

“Get Your Act Together!” Mission Bay High School’s inaugural Talent Show/Impro- Band Competition, will be held on Thursday, March 1 at 6:30 to 8 p.m. in the MBHS auditorium. Joe Wilding, president of Pacific Beach Town Council; Brad White, Channel 5 weatherman; Monte Gurdner, president of Mission Bay Women’s Club; and Lorena Gonzales, CEO of the San Diego Labor Council will serve as judges. See the talented students of Mission Bay High School while supporting the class of 2014. Tickets are $5 each and can be purchased in advance in the school office or the night of the event.

PACIFIC BEACH MIDDLE

• As part of the International Bac- calaureate (IB) program’s mission to make the world a better place through service, Pacific Beach Middle students have adopted a local beach. Part of the IB focus is for students to solve real problems and take action locally and globally. Look for the Pacific Beach Middle IB World School Adopt-A-Beach sign the next time you visit Tour- maline Beach.

• Pacific Beach Middle School holds its mid-year IB Excellence Awards Ceremony on Feb. 23, beginning at 7:30 a.m., to recognize students who are excelling in academics and citizenship.

• Pacific Beach Elementary is proud to announce that Jill Lee has been named Teacher of the Year. Mrs. Lee teaches a third-grade/fourth-grade com- bination class at PBE. She is an inspira- tion to her students and was recog- nized for her commitment, enthusiasm and love of teaching.

• PBE’s GLEE Club will perform at The Kearney Mesa Convalescent Home on Feb. 24 at 3 p.m. This is a community service performance orchestrated by Pacific Beach Elementary’s music teacher, Deanna Hastings.

CROWN POINT ELEMENTARY

• Crown Point Junior Music Academy students will have the opportunity to ward off bullying in the live action assembly called “The Bully Game” on March 2 in the school auditorium. This energetic, interactive assembly helps children learn to repel peer pressure and learn valuable lessons about pre- venting bullying.

• PBE’s GLEE Club will perform at The Kearney Mesa Convalescent Home on Feb. 24 at 3 p.m. This is a community service performance orchestrated by Pacific Beach Elementary’s music teacher, Deanna Hastings.

For more information, contact Vicki Dutch-Jones at (619) 723-7010 or Vicki@VickiDutchJones.com. www.VickiDutchJones.com

FOREVER VIEWS

Relax On Your Private Upper Deck & Enjoy Panoramic View of San Diego Bay, North Island, South Coronado Island, Pt. Loma, Mission Bay and Mt. Soledad with magnificent sunsets and Sea World fireworks. This home also overlooks a canyon with No Powerlines, Power Polls To Overlook. This is the True Meaning Behind this Home’s Value. Well Appointed Kitchen. Cherry Wood Flooring! Spacious Master Suite w/Walk In Closet. This Home Offers Surrounding! San Diego’s Longest DNA molecule hundreds of yards long. A must see, a must have, a must own, a must buy, a must live in. Visit www.sdsciencefest- of-3d.com, the longest DNA molecule hundreds of yards long.

REduced TO $849,000 from $879,000!!

Riviera Beach Way

You’ll Love This Wonderful Family Home!

This Home is a Hidden Jewel in Very Desirable Bay Ho! Exceptional Corner Lot has ample space for the entire family! Tastefully Updated Throughout! Attached Studio/Granny Flat or Office! Open Spacious Floor Plan! Newer Windows! French Doors! Upgraded Kitchen w/SS Jenn-Air Ap- pliances! Upper Level Suite Perfect For Guests/College Student/In-

Spectacular Views!

Panoramic Views of Ciy, Bay & Ocean!

Ocean, Bay & Mt. Soledad Views Encourage Year Round Indoor and Outdoor Living. Remodeled! Gorgeous Kitchen w/SS Jenn-Air Ap- pliances! Upgraded Windows! Newer Carpeting! This Home Has It All. This is the True Meaning Behind this Home’s Value! Relax On Your Private Upper Deck & Enjoy Panoramic View of San Diego Bay, North Island, South Coronado Island, Pt. Loma, Mission Bay and Mt. Soledad with magnificent sunsets and Sea World fireworks. This Home also overlooks a canyon with No Powerlines, Power Polls To Overlook. This is the True Meaning Behind this Home’s Value. Well Appointed Kitchen. Cherry Wood Flooring! Spacious Master Suite w/Walk In Closet. This Home Offers Surrounding! San Diego’s Longest DNA molecule hundreds of yards long. A must see, a must have, a must own, a must buy, a must live in. Visit www.sdsciencefest- of-3d.com, the longest DNA molecule hundreds of yards long.

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