Redesign concepts for South PB oceanfront still inching forward

The proposed redesign of the South Pacific Beach oceanfront area between Grand Avenue and Pacific Beach Drive and west of Mission Boulevard was the subject of a followup session by community visionaries, including some members of the Pacific Beach Planning Board, on Jan. 23 at the Discover PB office.

The proposed changes include the area between Grand Avenue south of the lifeguard tower near the PB Store (4135 Ocean Blvd.), the north side of Pacific Beach Drive stretching to the south end of the Promenade shopping center (4110 Mission Blvd.) and the area between Mission Boulevard and the boardwalk (Ocean Boulevard).

The changes to the oceanfront are in still in the discussion and proposal stages, according to organizers.

“We haven’t gotten that deep into the project yet,” said Pacific Beach resident Kristen Victor, founder of Sustainability Matters.

San Diego is bright light in California’s solar energy

The Environment California Research & Policy Center, a statewide citizens-based advocacy organization, recently named San Diego top in the state for solar rooftop installations, announced Mayor Jerry Sanders at a press conference on Jan. 24.

According to the organization’s California Solar Cities 2012 report — which measured the number of grid-connected solar electric systems and the systems’ total electric generation capacity — San Diego is at the forefront of California’s thriving solar market with 4,500 solar installations on residential, commercial and government buildings with the capacity to generate 17 megawatts of electricity at peak output.

“San Diego didn’t become the state’s No. 1 solar city by happenstance. It was the result of local policies and programs...”

San Diego didn’t become the state’s No. 1 solar city by happenstance. It was the result of local policies and programs...
GREAT PB INVESTMENT PROPERTY!

This 2 bedroom, 1.5 bath home has numerous upgrades, new forced air, tankless hot water heater, cozy fireplace, new carpet, fresh paint, new window coverings, detached 2 car garage, nice and private grassy back yard and much more!

JUST REDUCED!

$369,888

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BEAUTIFUL UNIVERSITY CITY CONDO!

This 2 bedroom, 2.5 bath is located in the convenient Cambridge Terrace complex just South of UTC. Nice large bedrooms and baths, gracious living room with fireplace, one wall of all windows and a nice large patio perfect for BBQ’s.

DONT MISS OUT!

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GREAT CLAIREMONT STEAL!

This lovely 3 bedroom 1.5 bath home has numerous upgrades, new forced air, tankless hot water heater, cozy fireplace, new carpet, fresh paint, new window coverings, detached 2 car garage, nice and private grassy back yard and much more!

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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!

REDUCED

$675,000

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LOVE CARLSBAD!

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 counter tops and tile and master bath is upgraded too!

CLOSE TO EVERYTHING!

$459,900

CENTURY211ST.COM
858/273-2121

GREAT PB INVESTMENT PROPERTY!

These two units are both 2 bedroom, 1 bath with a granny flat which is detached and has its own private entrance. These units have many upgrades and are only 11 houses from the Tourmaline Surf Beach and minutes to everything.

JUST REDUCED AGAIN!

$859,000

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Two Brand New SFR, Bay Close w/ Roof Top Deck, 3 BR/3.5 BA, Sun Room & Penthouse Room. 1,966 sq ft of Elegance! Solar, A/C. Detached 2 Car side by side Garage-Port 4076 & 4080 Morrell in Pacific Beach. Open Sat. & Sun.
Parking ticket late fees drive ahead

PARKING VIOLATIONS, PROPOSED LATE FEES

The following are some of the most common parking offenses, the fine associated with it and the possible late fees after three weeks that will be considered by the City Council:

- Right wheel more than 18 inches from curb: $52.50 ($40 late fee)
- Restricted parking zone during street sweeping: $75.00 ($67)
- Unauthorized airport parking: $79.50 ($71.25)
- Expired meter: $42.50 ($35)
- Washing/polishing car in business district: $32.50 ($26.50)
- Selling/leasing car on street: $32.50 ($26.50)
- Parked on posted private property: $72.50 ($59)
- Alley parking: $32.50 ($26.50)
- Parking in commercial loading zone: $22.50 ($18)
- Parking in taxi zone: $32.50 ($26.50)
- Repairing/storing vehicle on street: $32.50 ($26.50)
- Violating residential permit: $53.50 ($41)
- Selling merchandise from parked vehicle: $52.50 ($40)
- Red-zone parking: $77.50 ($65)
- Bus lane: $52.50 ($40)
- Violating residential permit: $53.50 ($41)
- Unauthorized airport parking: $52.50 ($40)

-blocking/parking too close to fire hydrant: $71.50 ($59)
- Car not moved 1/30 mile in 24 hours: $32.50 ($26.50)
- Red-zone parking: $32.50 ($26.50)
- Selling merchandise from parked car: $32.50 ($26.50)
- Violating residential permit: $32.50 ($26.50)
- Double parking: $315.00 ($252)
- Less than 7% feet from railroad track: $71.50 ($59)
- Driveway parking into sidewalk: $32.50 ($26.50)

— Source: city of San Diego

How to Short Sale Your House Without an Agent

SAN DIEGO. If you’re tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start tearing off the hook. Unfortunately, most calls are from prospective buyers, but rather from every real estate agent in town who will start hounding you for your listing.

After all, with the proper information, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you’ll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.
MUSTHEAR

On Feb. 8, The Pacific Beach/Taylor Branch Library will host a special free concert by jazz guitarist Peter Sprague. One of the finest guitar players on the planet, as well as a lynchpin of the local music community, Sprague is a virtuoso on the instrument, a master at all the various styles from pop to Samba. He can be heard on dozens of recordings, both by his own groups as well as sideman with such noted performers as David Benoit and more recently Dianne Reeves. But it’s his solo performances, like this event, which dazzle the audience, this performance is one that should not be missed.

Peter Sprague: performs at 7 p.m. on Wednesday, Feb. 8 at the Pacific Beach/Taylor Branch Library, 4275 Cass St. All ages. Free. http://www.pblibraryfriends.org/concert.htm.

Johnny Cash tribute mainstay, feel-good festival and Open Mic LIVE MUSIC

One of the most popular country bands in the area, The Bastard Sons of Johnny Cash perform at the Café-Bar Europa on Feb. 3. Fronted by Mark Stuart, the band plays a mix of classic country tunes like “Texas Sun” — which wouldn’t sound out of place on a Merle Haggard or Buck Owens compilation disc — as well as covers of iconic songs like Waylon Jenning’s “Good Hearted Woman.” The band generally performs in larger clubs around the Southland, so this is an excellent chance to see them in truly intimate surroundings.

• Bastard Sons of Johnny Cash perform at 9 p.m. on Friday, Feb. 3 at Café-Bar Europa, 873 Turquoise St. 21 and up. No cover. www.theturquoise.com/-word-press

On Feb. 4, 8 p.m. „The Griffen will be the site of the “Feel Good Festival,” featur- ing reggae-tinged pop rockers the Chad Scott Band, singer songwriter Steve Gold and folk-inspired quartet the Zach Kingsley Band. While the three acts may be stretching the festi- val concept a bit, there’s no doubt about the first part of the event’s title. All proceeds from the night go to benefit the Feel Good Music Project, a nonprofit effort to bring music and positive youth with positive music and healthy lifestyle choices, giving concertgoers an opportunity to do a good deed while enjoying a fun night of music.

• “Feel Good Festival”: 8 p.m. on Saturday, Feb. 4 at The Griffen, 1110 Morena Blvd. 21 and up. $10. www.the Griffen.com

San Diego’s love for homegrown reggae continues unabated. Genre fans will want to check out Pali Roots, which performs at RT’s Longboard on Feb. 4. The five musicians have been playing the local reggae scene for more than a decade in bands like the San Diego Island Boys and Kyaurom. Now led by Pali, a multi-instrumentalists originally from Honolulu, the quintet plays a particularly sweet brand of island music with a bit of crown to the vocals and a soulful groove at its base. It’s a pretty good soundtrack to the night of partying at RT’s.

• Pali Roots performs at 10 p.m. on Sat- urday, Feb. 4 at RT’s Longboard, 1466 Garnet Ave. 21 and up. www.myspace.com/paliroot39s

You never know what you’ll get, but the Open Mic Night at the 710 Beach Club is rarely less than entertaining. Beginning at 10 p.m. each Wednes- day, a mix of up-and-coming talent — as well as local professionals eager to try out new material — take over the club. Both solo artists and small com- poses are welcome, with the venue pro- viding a backline for quick artist turnover. While there is no guarantee on the calibre of each performer’s talent, the three-song or 15-minute rule keeps things from bogging down. It’s a perfect night out for the adventurous music fan or anyone looking for some- thing new.

• Open Mic Night: 10 p.m. on Wednesday, Feb. 8 and Feb. 15 at the 710 Beach Club, 710 Garnet Ave. 21 and up. No cover. www.710bc.com

Hard rock fans won’t want to miss Sabbath Judas Sabbath, performing at Brick by Brick. As might be surmised by the name, the group performs a mix of classic Black Sabbath and Judas Priest tracks, as well as venturing into some of the covers performed by the groups, including Fleetwood Mac’s “The Green Manalishi.” Making it the week’s ultimate night out for metal fans, opening the night will be Ultimate Sin, a tribute band dedicated to Ozzy Osbourne’s music. If you like your tunes played fast, hard and loud, you’ll enjoy every second of this gig.

• Sabbath Judas Sabbath performs at 8 p.m. on Friday, Feb. 10 at Brick by Brick, 1130 Buenos Ave. 21 and up. $10. www.brickbybrick.com/calendar.php

LIVE MUSIC

The Chad Scott Band will be among a trio of performing groups at the “Feel Good Fes- tival” at The Griffen on Saturday, Feb. 4.

PETER SPRAGUE

Steve Cairncross
(858) 735-1045
stevecairnx@gmail.com
www.beachseller.com
PB Middle School’s IB program chalks up stellar honors

Dr. Keith Antigiovanni | BEACH & BAY PRESS
Pacific Beach Middle School’s International Baccalaureate (IB) program — already a source of pride on campus and within the Mission Bay High Cluster Schools group — is celebrating the significant achievements of two honorees.

The school’s IB program produced honors for eighth-grader Hannah Bloom, who earned the Outstanding IB Student (K-12) of the Year title from the California Association of IB World Schools and English teacher Karen Lindsay-Dial, who was named as the state’s International Baccalaureate Educator of the Year by the same organization.

Both student and teacher will receive a $1,000 award at the state’s IB Conference in Irvine next month.

“I’m fairly certain that intelligence and overcoming barriers genes have skipped a generation,” said Bloom’s father, Evan. “Hannah is very excited but she still isn’t comfortable talking about herself and is still learning to take compliments.”

Evan Bloom also attended Pacific Beach Middle School and graduated from Mission Bay High School in 1981. Hannah’s portfolio includes a 4.0 grade-point average, along with more than 200 hours of community service hours and participation in softball programs. Her community service time includes volunteering at the Wesley Palms retirement facility, the local recreation center and helping to maintain local softball fields.

“Hannah will be attending Mission Bay High School in the fall and would like to go to Stanford one day and become an architect or engineer and she is also open to becoming a professional softball player,” said Evan Bloom. Lindsay-Dial has been a teacher at Pacific Beach Middle School since 1984, accepting the assignment as her first teaching job after college.

Lindsay-Dial, herself an alum of PB Middle School, said she believes her teaching style is more interactive, which she thinks helps students become more interested in the subject matter.

“I try to pull myself away from the textbooks as much as possible while staying within the state guidelines,” Lindsay-Dial said. “We want the kids to be aware of what is happening worldwide for children their age, such as child labor and child soldiers. The purpose is to help them understand what a good life they have and not take anything for granted.”

According to the mission statement for the PBMS International Baccalaureate Middle Years Programme, its purpose is to “find a sense of belonging in an ever-changing and increasingly interrelated world around them and foster a positive attitude about learning.”

The curriculum for the Middle Years Programme includes learning their native language, a second language, humanities, science, mathematics, arts, physical education and technology.

The IB program was founded in 1968 and has more than 3,000 schools in 141 countries. Pacific Beach Middle School became an IB program in August 2007. Lindsay-Dial is the second teacher from PBMS to win the Middle Years Programme award after Daniel Sloan was honored with similar accolades in 2008.

**NEWSBRIEFS**

Woman arrested in Pacific Beach stabbing

A woman was taken into custody on Jan. 27 after she allegedly stabbed a second woman during an argument on Bond Street in Pacific Beach.

Police said the suspect got into an altercation with the victim around 5:30 p.m. and stabbed the second woman in the shoulder and back, as well as from her ear to her neck. The suspect fled the area on foot and was found a few blocks away by officers.

A witness identified the suspect in a curbside line-up, according to police. The suspect was arrested for assault with a deadly weapon and later booked into county jail.

The victim was transported to a local trauma unit for treatment.

Planners to accept nominations for election

The Mission Beach Precise Planning Board (MBPPB) will accept nominations to fill seats on its board during its meeting on Feb. 21 in preparation for elections in March. The Feb. 21 meeting is set for 7 p.m. in the Community Room at Belmont Park. No write-ins or nominations will be accepted from the floor during the March 20 election.

To be eligible, candidates must be at least 18 years old and must be a property owner, resident, or own or manage a local business with a business address in the area for which he/she is a candidate. Bylaws require eligible candidates to attend at least one meeting in the year before the elections in March. As a result, interested eligible candidates who have not attended a meeting in the last year must attend the Feb. 21 meeting to establish eligibility.

The primary purpose of the board is to advise the city in the review of building plans and other zoning and code issues in Mission Beach. Members must be willing to donate about three to six hours a month to attend board meetings and serve a three-year term, unless filling an incomplete vacated term.

Regular meetings are held on the third Tuesday of each month at 7 p.m. in the Community Room at Belmont Park, except in August and December.

For more information, call MBPPB Election Committee Chairwoman Debbie Watkins at (858) 344-1684.

**MUSTREAD**

Book recommendation from the Pacific Beach/Taylor Branch Library

**Title:** Sleepwalker

**Author:** Karen Robards

**Synopsis:** A fast-paced thriller that has all the ingredients necessary to keep the reader riveted to each page. Micayla Lange, a cop, is house-sitting for her Uncle Nicco. A break-in occurs and she’s taken hostage.

Everything in her life that she believes in unravels before her eyes. Author Karen Robards does it again.

Reserve this book: www.sandiegolibrary.org; Pacific Beach/Taylor Branch Library, 4275 Cass St.; (858) 740-3834

**SYNOPSIS:**

Karen Robards

AUTHOR: Karen Robards

TITLE: Sleepwalker

PAGE 5
sourcing Shamu, acrobatic dolphins and performing seals will soon be upstaged at SeaWorld by a thrill-ride roller coaster called “Mario.”

Yes, the venerable theme park is retrotug LGP is calling it a “roller coaster” for the first time. This milestone of entertainment has come with the arrival of the first of the four-person cars. The opening is set for May 20.

Testing on the coaster is still several weeks away for a few-minute ride that includes a 54-foot plunge. Unique features will include a launch station where huge images of manta rays will be visible on a giant, 270-degree screen view via a state-of-the-art projection system.

Once the coaster is completed, riders, seated two across on a 20-foot train shaped like a manta ray, will navigate more than a dozen twists and turns but never touch water.

The SeaWorld folks are always seeking new ways to entice visitors who apparently are tired of watching dolphins. Unique features that include a state-of-the-art projection system will be visible on a giant, 270-degree screen view via a state-of-the-art projection system.

The first train will pass through two sets of roller coasters, one for the customers. This milestone of entertainment has come with the arrival of the first of the four-person cars. The opening is set for May 20.

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**SOLAR**

CONTINUED FROM Page 1

that encourage investment in solar power,” said Sanders. “It’s good for our environment, it’s good for our reputation as a city that embraces innovation and it’s been great for our economy.”

One such program, the California Solar Initiative, is a solar rebate program that drives solar power into the residential market. According to the report, San Diego is home to the only solar rebate of its kind that is jointly administered by a nonprofit organization, California Center for Sustainable Energy, and the local utility company, San Diego Gas & Electric.

In addition to encouraging solar investment through local programs and policies, San Diego-based businesses are also driving the success of the local solar market through innovative designs in the photovoltaic structures themselves.

Desmond Wheatley, president and CEO of Envision Solar, emphasized the importance of making renewable energy appealing to a broader audience through sound design, as well as educating the local population about the benefits of solar.

The local company has been at the forefront of San Diego’s solar growth since its founding by environmental architect Robert Noble in 2006. The company’s key product, the Solar Tree, is a patented photovoltaic shade structure designed to meet a variety of applications—from shading vehicles from the sun, producing energy and advancing the infrastructure for electric vehicles—all in aesthetically appealing iconic designs.

The Solar Tree arrays, or Solar Groves, have been planted throughout the city at locations like UCSD’s Gilman and Hopkins parking structures, Kyocera’s employee parking lot, and, most recently, SDG&E’s Energy Innovation Center in Clairemont, which utilizes Envision Solar’s latest Envision-Trak model, which silently tracks the sun throughout the day to capture even more of the sun’s energy.

“We like to think we are reforesting San Diego,” Wheatley said. Although San Diego is a city that enjoys a nice climate, Wheatley said San Diego’s top ranking can be attributed to more than the weather.

“The greatest impediment to solar is education. The simple fact of the matter is that a lot of people don’t fully understand the benefits of solar installation,” he said. “In general, the population in San Diego is pretty well concerned about the environment. The mayor cares about it, the City Council cares about it and the local population cares about it. Some people care about these things, it makes more likely that we’re going to get these things deployed.”

OCEANFRONT

CONTINUED FROM Page 1

ter. “The focus for the oceanfront is on health and wellness within our community.”

“There are so many issues with the current oceanfront, which include safety issues for the pedestrians, the run-down building issues, the businesses in the Promenade from a local and aesthetic perspective.”

Some of the ideas discussed at the meeting were to create a drop-off area on the north and south ends of the oceanfront at the foot of Grand Avenue and Pacific Beach Drive that would be closed to parking and only designated for service vehicles.

Other ideas that surfaced were an amphitheater at the foot of Thomas Street and a proposal to turn the foot of Oliver Street into an open-air retail area.

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Celebrate love all month with a special three-course menu featuring Pomegranate XO Glazed Organic Pork Loin, Pot-au-Feu Butter Basted Leg of Lamb and Cointreau Black Angus Filet Mignon entre option.

**COOKING CLASS & DINNER**

Wednesday, February 8, at 6 p.m.

Join Executive Chef Bernard Gallais and Chef de Cuisine Ron Oliver for an exciting cooking class followed by a three-course dinner with wine pairings featuring Grilled Veal Tenderloin and Lamb Chop Dijon.

**VALENTINE’S DAY**

Tuesday, February 14.

Enjoy an extravagant dinner, a bottle of bubbly delivered to your room, an extraordinary dinner for two at The Marine Room, and more. Visit j1j1fc.com/ SpecialOffers for more information.

**VALENTINE’S DAY PACKET**

Tuesday, February 14.

Enjoy an extravagant accommodation, a bottle of bubbly delivered to your room, an extraordinary dinner for two at The Marine Room, and more. Visit j1j1fc.com/ SpecialOffers for more information.

**VALENTINE’S DAY**

Tuesday, February 14.

**HIGH TIDE BREAKFAST**

Sunday, February 19, from 7 to 11 a.m.

$22 per person.

The view only gets better during high tide. Enjoy preserved Peach and Blueberry Cheese Blintz, Black Forest Ham and Egg Benedict—all while the tide brings the ocean right up to your dinner window.

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**PAGE 7**

**B E A C H & B A Y P R E S S | F E B R U A R Y 2 , 2 0 1 2**

**CONTINUED FROM Page 1**

weekends. We leave PB to go out to dinner because, on the weekend, Garnet turns into a drunkfest, generating crime and DUIs.”

“We understand what they (marchers) are saying and we believe in responsible service. You can come out, have a few drinks, dance, while at the same time being responsible.”

At least one representative of the Pacific Beach restaurant and bar community took the Jan. 27 movement in stride.

“We believe that there is a fine balance that needs to be achieved and want to do everything we can to achieve that,” said Frank Pisano, a manager for Tavern at the Beach on Garnet Avenue.

“We understand what they (marchers) are saying and we believe in responsible service. You can come out, have a few drinks, dance, while at the same time being responsible.”

“I’m here tonight because I want my business district back. I don’t feel safe to bring my family to Garnet [Avenue] on the weekends. We leave PB to go out to dinner because on the weekend, Garnet turns into a drunkfest, generating crime and DUIs.”

—SHANE JELLEY

Pacific Beach resident

**RALLY**

CONTINUED FROM Page 1

The organizers of the walk and rally say they wanted to make clear they are not anti-drinking or anti-business, but say they believe there must be more local control of alcohol licenses to make Pacific Beach safer for residents, visitors and tourists.

**Ask The Lawyer**

**Question:** My parent (neighbor) is starting to become unable to handle their financial (or health) affairs. What can be done to assist and protect them?

**Answer:** The first thing that you should do is to look for any estate planning documents that they may have. Do they have a living trust or power of attorney for financial affairs or healthcare? If so, they have named persons to assist them.

If there are no documents, the person should see an attorney and draft them right away. If the person has the capacity to understand what they own and who will take care of them, then all is good. It is so easy to have a power of attorney for financial affairs and one for healthcare.

If they do not understand what is going on, then the court will need to be involved. A conservatorship must be done for developmentally disabled adults and other adults (over 18) who cannot take care of themselves, then all is good. It is so easy to have a power of attorney for financial affairs and one for healthcare.

If they do not understand what is going on, then the court will need to be involved. A conservatorship must be done for developmentally disabled adults and other adults (over 18) who can no longer take care of themselves. There is a lengthy paper work to name another to take care of the person’s estate and health care decisions. This is the last place where you want to have to bring your parent. The disadvantages to this are: They will have an attorney appointed for them, the court investigator will go to their home and it will cost a substantial amount of money. The filing fee alone is $395.00.

Contact me today to make sure the court will not be involved.

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If you’ve already forgotten your New Year’s resolutions, you’re not alone. “Most people don’t put enough intention behind their resolutions,” said chiropractor Hilari Hamilton of Mission Beach Chiropractic. “To help folks better define goals for 2012 and begin to work toward them, Hamilton is planning a “vision board” workshop on Feb. 4 from 2 to 5 p.m. in the Community Room of the Wave House.

This is the third year she has offered the class, which she said is “a really good way to start the New Year and project that you would like your year to look like.”

Bringing neighbors together to discuss aspirations, as well as health and wellness issues, also creates a sense of community, which is important to general health, Hamilton said.

Participants will scan magazines to find words and photographs that help crystallize their vision of what they want in life. Then, they will make collages on poster board to help them visualize these goals so they can begin to put them into practice to create change, Hamilton explains.

“The board gives you the chance to be inspired,” she said.

“Too often, according to Hamilton, people don’t get what they want because they don’t know what they want. “Niney percent of what we think on a daily basis, we carry to the next day and the next,” Hamilton said. “Our thoughts really do influence how we live our lives... so we might as well put some thought into it.”

If you put your dreams out there and repeat those affirmations, one has a good chance of creating what they want in life, Hamilton said.

“To enjoy good health,” it’s not enough to treat only the body. We need that mental clarity and positive outlook,” said Hamilton, who teaches both yoga and motivational movies this year and also plans to host monthly inspirational and motivational movies this year and invites neighbors to join her monthly or for clean walks on the beach.

To illustrate, Hamilton showed off the board she made at last year’s workshop. There was a photo of a woman in a bikini, a picture of a diamond ring and one of George Washington on the $1 bill. She pointed to her new diamond engagement ring. She was married while her husband was still in school and didn’t get a ring. That is, until she pasted one on her board.

Also on her board are words like “hopes,” “wonder” and “solutions.” She says, unabashedly, “I want to change the world.”

She said many people don’t realize they are in their own lives. She believes the vision boards can give people the insight into changing, rather than remaining victims of their current circumstances.

“You need to take responsibility for your life and your happiness and your health; be the designers in your own life, proactive in your healthcare,” Hamilton said.

Paradoxically, she says, “Our deepest fear is that we’re strong beyond measure.” She said the secret to good health and well-being, as well as personal success, is to be able to answer this question: “If I were brave, what would my life look like?”

The Wave House is located at 3125 Ocean Front Walk in Mission Beach. To reserve a space for the workshop or for more information, call (858) 539-7227. The suggested donation for supplies is $5.
When he announced his intent to play football for the University of Southern California (USC) in 2009, prolific Mission Bay High School (MBHS) quarterback-running back Dillon Baxter was compared to former Trojan and Heisman Trophy winner Reggie Bush by incoming USC head coach Lane Kiffin.

Now, less than two years later, Baxter’s dream of stardom as a Trojan is over and he has quietly enrolled for the spring semester at San Diego State University (SDSU), hoping to resurrect his career as an Aztec instead.

Baxter and USC wide receiver teammate Brice Butler joined Oregon State quarterback Ryan Katz to form a trio of players from Pac-12 universities transferring to SDSU. But Baxter won’t be playing with the others this season.

Under NCAA rules, Baxter must sit out the 2012 season but will then have two years of eligibility left with the Aztecs beginning in 2013. Butler and Katz, on the other hand, will be eligible to play in 2012 but both will have graduated by fall and have only one year of eligibility remaining.

The trio can, however, participate in all team activities in the interim, including off-season workouts, currently under way: Spring football at SDSU begins Feb. 21. "Four other players joined the Aztecs at the semester break, and the national letter-of-intent signing day for incoming freshmen was Feb. 1."

In a local news media report, SDSU head coach Rocky Long refused to discuss Baxter until he is eligible to play, saying only "Dillon and I understand each other."

After leading the Buccaneers to an undefeated 13-0 record and the 2009 CIF Div. IV title in his senior season at Mission Bay High, Baxter was one of the most highly recruited members of the class of 2010 in the country. News of his signing with USC was covered by ESPN and other national news media, and when Baxter graduated early from Mission Bay High and enrolled in the spring on the Trojan campus, he was seen as a future superstar.

But Baxter’s dream never materialized.

After a sensational run during an early Trojan scrimmage in which he used brilliant moves to make numerous would-be tacklers miss, Baxter appeared on his way to stardom. Video of his run was carried on nationwide sports shows and also received 1.8 million hits on YouTube.

But before his first game for USC, Baxter found himself suspended from the team.

Ex-MBHS star running back exits USC for local stage

Highly touted Dillon Baxter looks to make impact at SDSU
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Super Bowl XLVI (46 for those of you not fluent in Roman numerals) is Sunday, Feb. 5. If you’re one of those people who prefers to actually watch the game instead of distractedly circling the snack table looking for a fresh, unmolested-by-double-dippers bowl of salsa, I suggest you hit Starkey’s BBQ early Sunday afternoon to fill your food tank. If nachos and cold cocktail weenies won’t hold you over during the game of the year, or if a three-hour-long wait for pizza delivery doesn’t sound like fun and you need a solid lining for your gut before you empty the contents of the beer fridge into it, have a plate of Starkey’s ribs. Better yet, have two! Their homemade baked beans are excellent and the onion rings are just the kind of beer-battered delight that makes you question why you don’t fry everything.

Starkey’s BBQ is located at 3231 Mission Blvd. in Mission Beach. It is owned by partners Ryan Paton and Becca Starkey. “We always wanted to have our own barbecue restaurant where we could combine our two family’s barbecue secrets,” said Paton.

So, when the opportunity to purchase the old Mission Beach Burger came up, the young couple raised the capital and began the new journey of...
bringing homemade barbecue to the beach. “We slow-cook our ribs and pulled pork for six hours and combine it with our family barbecue sauce to make some of the most tender, delectable, comforting ribs you will ever taste,” said Paton. I have to concur. I had the tri-tip sandwich on my most recent trip to Starkey’s and my fiancée had the pulled pork. One bite and I could tell she wasn’t willing to share. The best part of Starkey’s (besides the delicious food) is the fact that you don’t need to make an NFL quarterback’s salary to pay the bill! There is another little gem you should know about Starkey’s; they have an incredible customer service. If you are a Pacific Beach local, you are always given happy-hour prices. That’s right! Let’s say you want ribs at 3 p.m. on a Sunday. If you just mention that you read this article, it would prove that you are a local and thus, you get Starkey’s happy-hour prices. In addition, Starkey’s has just been approved to accept Campus Cash thus the University of San Diego campus. So, if you are a USD student and living on the University of San Diego campus. Approved to accept Campus Cash thru happy-hour prices. a local and thus, you get Starkey’s happy-hour prices.

So, if you find yourself not wanting to go to that overcrowded Super Bowl party but still want to have fun and have great food, remember your friends at Starkey’s will have the grill waiting for you. And thank you to all our featured bars featured in the Beach & Bay Press during this NFL season.

— Walter Rankin is a member of the San Diego Community Newspaper Group’s “Ugly News Team.” Be sure to catch his videos and in-depth interviews with community movers and shakers by visiting us at www.sدنews.com.
BAXTER
CONTINUED FROM PAGE 9

team “for violating team rules” and did not travel to the opener in Hawaii. USC’s Department of Public Safety filed a report about an unnamed student “violating team curfew” and “being under the influence of a controlled substance” at the players’ training camp dormitory. The Los Angeles Times said a source identified Baxter as the unnamed student and that officers allegedly smelled marijuana in the dorm. Kiffin said the suspension was for an accumulation of things that occurred since Baxter arrived at USC in January 2010.

Baxter later told the news media he learned a valuable lesson. “Saying he needed to “stop acting like a knucklehead,” Baxter went on to say, “I’ve got to be smart with the things I do and realize that I’m under a microscope.”

Later that season, Baxter accepted a golf-cart ride offer from another student who was, oddly, a listed National Football League (NFL) agent. Baxter was suspend- ed again for this NCAA rule violation. Baxter played a limited role with the Trojans in the early part of his sophomore season last year after being described in USC’s preseason notes as a “back with limited starts to his name.” Baxter did not travel with the Trojans to South Bend, Ind., where USC defeated Notre Dame on Oct. 22.

After 12 total offensive touches in the first four Trojan games last season, Baxter’s name disappeared from the stat sheets and, on Oct. 25, Kiffin announced Baxter would not be part of the football program so that Baxter could focus on academic issues. The next day, The Los Angeles Times reported Baxter “is no longer part of USC’s team, likely ending the Trojan’s career of an elite recruit after less than two seasons.” Kiffin refused to answer questions, calling the situation a “dis- traction” to his team and its 6-1 record at the time.

Baxter was released from his USC scholarship and planned to complete his semester there before transferring to SDSU.

Government Gives Thumbs Up to Organic

In a report, titled “Reducing Environmental Cancer Risk: What We Can Do Now,” the U.S. President’s Cancer Panel says that exposure to environmental chemicals that increase consumer’s risk of cancer is minimal when choosing USDA certified organ- ic foods. The report concluded that, “Many known or suspected carcinogens first identified through studies of industrial and agricultural occupational exposures have since found their way into soil, air, water and numerous consumer products... Some of these chemicals have been found in maternal blood, placental tissue, and breast milk samples from pregnant women and mothers who recently gave birth. Thus, chemi- cal contaminants are being passed on to the next generation, both prenatally and dur- ing breastfeeding.”

Now that the government has given the thumbs up to organic, if you haven’t already it’s the perfect time to explore O.B. People’s Organic Food Market. Established in 1972, O.B. People’s is a cooperatively-owned grocery specializing in organic produce and grocery items. And at People’s, you don’t need to be owner to shop at the market, everyone is welcome! Stop by on Valentines Day to enter our Valentine’s Gift Basket Raffle. We’ll be giving great gifts away all day long!

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Government Goes Thumbs Up to Organic

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Ten educators from Houston, Texas came to learn from Pacific Beach Middle School’s award-winning International Baccalaureate Middle Years Programme leaders recently. “They were highly impressed with our project-based service learning,” student seeing strategies, units that push higher-order thinking skills and strong emphasis on globally relevant themes. They realized that results scores in their Houston school will improve only when students are engaged and taking action to solve real-world problems inside and outside their classrooms,” said PB Middle School principal Julie Martel. Pacific Beach Middle continues to be a national example of international baccalaureate teaching excellence for grades 6-8.

KATE SESSIONS ELEMENTARY
Kate Sessions Elementary will have a “book drive and sale. Deep of your used books through Feb. 12, and then come back between Feb. 12-16 to shop.” All books will be sold for $1. This is a great way to update your collection. For more information, email KateSessionsElementary@gmail.com. All proceeds benefit the students of Kate Sessions Elementary.

Kate Sessions Elementary’s second annual schoolwide Valentine’s Dance will be held on Feb. 10 from 5:30 to 8:30 p.m.