Drunken hit-and-run claims life:

Family and friends gather to say goodbye to 24-year old woman who lived on Oliver Street and worked at Starbucks. 5

San Diego Bird Festival takes you to the birds:
The Burrowing Owl is not hard to spot since it’s active during daylight. Fly on... 11

Beach communities paint the walls

By Adriane Tillman | Beach & Bay Press

Lisa Solberg paints murals that are raw, energetic and that require little thought or planning, she describes her work as visual Beat writing. With a wide stroke, Solberg painted a black-and-white image of a Rastafari Captain Jack Sparrow with thick dreads on a wall on Garnet Avenue.

Solberg said she loves to produce large-scale murals that any passerby can enjoy. “No one is judged for stopping and gazing at art on the street,” it is totally free and open,” Solberg said.

The Irvine-based skateboard company, Element, commissioned Solberg to paint the mural on the building facade. She was paid to create artwork on their property. A few blocks away, a tattoo parlor opened its wall to friends who sprayed a woman’s face in bright purples and blues, the sharp, flashy colors from the graffiti scene. The friends were looking for a safe place to display their work, explained the tattoo parlor owner.

The lines blur, however, when graffiti artists aren’t commissioned to splay their art over public walls, said the

Duenues cuts marksmanship program in schools

By Sebastian Ruiz | Beach & Bay Press

Students at Mission Bay High School will no longer learn rifle marksmanship in the Junior Reserve Officers Training Corps (JROTC), since the Board of Education voted to cut the program from district schools at the Feb. 10 meeting.

College and high school student demonstrators waved signs both celebrating and decrying JROTC rifle ranges on school campuses. Demonstrators lined the hallways and grocery area of the Eugene Brucker Education Center during the contentious San Diego Unified School District Board of Education meeting.

Board members voted 3-2 to remove air pellet guns from campus in light of recent off-campus shootings involving high school students. Board president Shelia Jackson and board member Katherine Nakamura voted to keep the JROTC marksmanship program open. Board members John de Beck, John Lee Evans and Richard Barrera voted to close the firing ranges, effectively ending the marksmanship portion of the JROTC program.

At the meeting, Rich Jahnkow, a coordinator for the Project on Youth Education, not so they can learn to middle and high schools with 40 percent or more students on the free and reduced-price lunch program.

The San Diego Board of Education voted to return thousands federal funds to Pacific Beach and Ocean Beach elementary schools that the board had previously voted to cut at its Jan. 27 meeting.

The board voted unanimously on Feb. 17 to restore the original plan to distribute next year’s federal funds to elementary.

Board reverses decision, PB schools profit

By Sebastian Ruiz | Beach & Bay Press

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San Diego Bird Festival takes you to the birds:
The Burrowing Owl is not hard to spot since it’s active during daylight. Fly on... 11

Point Loma High School students, Sean Spratt (left) and Alex Dolphin, aim their air rifles during target practice as part of Junior ROTC marksmanship program. The district’s Board of Education cut the marksmanship program on Feb. 10. The photo was taken on May 2, 2008.
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State superintendent lunches at MB High cafeteria

BY JOSEPH GREENBERG | Beach&Bay Press

Journalists scrambled to get a shot of State Superintendent of Education Jack O’Connell loading his tray full of cafeteria food at Mission Bay High School following a press conference he held on Wednesday, Feb. 11.

O’Connell appeared at the high school to discuss his plan to push for more money to meet the statewide 12 percent spike in demand for reduced-price or free school lunches for the 2009-10 school year. Historically, demand for subsidized school lunches increases by 1 percent each year.

O’Connell said he chose Mission Bay High School because of the priority the school places on nutritious meals, and the high percentage of students who are eligible for subsidized lunches. Approximately 72 percent of the 1,700 students at the high school qualify for the subsidized lunches.

The superintendent is pushing for the state assembly to pass emergency legislation AB 95, authored by Tom Torlakson (D-Antioch), to provide an additional $19.5 million grant for the Food Services Department of California. “It’s my hope that the legislation gets passed in the next 60 days,” O’Connell said. “Some resistance will be met, but I am going to pitch this argument on the grounds that it is basic, fundamental and essential.”

San Diego Unified School District may run out of state funding for food services as soon as March, according to Gene Robinson, assistant director of food services. “We anticipate money running out that soon due to the increased amount of participation of students—most likely from the economic downturn being experienced right now,” Robinson said. If AB 95 doesn’t pass, Robinson expects Food Services will have to pull money from other resources. “In the situation that it doesn’t pass right away, we will continue to feed the kids and provide those meals,” Robinson said. “We’ll just have to do it with funds coming out of reserves or allocated from other cuts.”

Mission Bay High School Principal Cheryl Seelos said the increased funding would only maintain the status quo. “If the legislation doesn’t pass, the quality of food will suffer. “We have a brand new salad bar which the kids love,” Seelos said. “There’s a wide selection of fresh fruit and really good-quality food. If the new funding is not received, the compromise will come in a lack of quality; a lot of canned food and lower-quality meat.”

A handful of students joined O’Connell for lunch in the cafeteria after the press conference. They exchanged light conversation with the superintendent amid the commotion of surrounding media coverage. When asked about his thoughts on the food, O’Connell replied “It’s pretty good!”

sands of dollars in federal funding if the 60 percent decision had held include Ocean Beach Elementary, Point Loma High School and University City High School. Those schools will now receive a share of the Title-I funding.

Allocation of the federal funds, called Title-I, works on a tiered system. The more students from poor families at the school, the more money per student the school receives. Schools with 85 to 100 percent of students on subsidized lunches receive $447 per student. Schools with 60 to 84 percent of students who qualify for the lunch program receive $296 per student. Schools with 40 to 59 percent of students who qualify for the lunch program receive $196 per student.

The Title-I funds are supposed to pay for the cost of extra tutoring and other school supplies. There are federal guidelines on how school districts must spend the Title-I funds but school administrators often spend it at their discretion, according to board member John de Beck, who represents schools in Point Loma, Ocean Beach and Pacific Beach. It’s unclear how much federal funding Title-I schools will receive next year because the number of students on the free and reduced-lunch program may change, according to school district spokesperson Jack Brandai. Potential Title-I funds from a federal stimulus package signed into law on Feb. 17 by President Barack Obama have not been laid out in detail either, Brandai said.

Next year’s budget

At the meeting, the school board also identified approximately $45 million in budget savings for next school year, staving off layoffs for now, according to de Beck. The board agreed to replace fewer retired teachers and other workers next year, plus change school bus operations and postpone the purchase of new buses, according to school district budget reports.

“We’re still $10 million short,” de Beck said.

Potential savings from layoffs have yet to be addressed by the board. “We’re pushed up against a wall...we’ll probably have to consider layoffs,” de Beck said.

The board is scheduled to discuss budget issues at a special meeting, open to the public, on Sunday, Feb. 22 at 2 p.m. at the Eugene Brucker Education Center, 4100 Normal St.
issue soon lands in the lap of the police and community activists when art slides into destructive tagging.

“The problem is when people who are trying to become good [graffiti artists] are damaging other people’s properties,” said Community Relations Officer David Surwilo, who works in the Western Division.

Many graffiti taggers seem most concerned with making their presence known or marking their territory. Last December, unknown suspects spray painted the word “Vapor” and images of bong pipes on playground equipment and walls at Irl Rock Elementary School in La Jolla. It cost the school $500 in damage.

The police department’s Graffiti Strike Force studied pictures of the elementary school vandalism with hopes to link the work to similar graffiti elsewhere.

“Sometimes people get discouraged and wonder how [the police] are going to catch them,” said Police Officer Phil Franchina, who works for the Graffiti Strike Force in the Northern Division that covers La Jolla and Pacific Beach. “No one sees them doing it but eventually they get caught.”

Franchina estimated the Graffiti Strike Force arrests an average of 10 offenders out of the 80 to 100 cases the unit handles each month. Violators can get hit with a felony if their graffiti damage exceeds $400 to repair. Most offenders are charged with a misdemeanor, according to Franchina.

Police encourage residents to take photos of graffiti in their communities before removing it to help police apprehend culprits. Residents who catch graffiti perpetrators in action should call 911.

Along the coast, graffiti vandalism tends to pick up in the warmer summer months and slow down in the winter.

“We’re always in business,” Franchina said. “There is always someone who will take over for the taggers.”

In Point Loma and Ocean Beach, police realized that taggers tend to live in the community, as opposed to gangs showing up to flex their muscle. Offenders range from teenagers to 35-year olds. Police are often able to apprehend the repeat offenders. It’s more difficult to find the groups of teenagers – mostly boys - who get their hands on a box of spray cans and go on a graffiti spree for a few weeks.

“If we stop seeing a moniker, we then get content that it has stopped,” Surwilo said. “That’s crime prevention at its best. That doesn’t mean that we won’t go after them.”

The scribbles and monikers are a huge headache for community groups that strive to stay on the heels of taggers. In Ocean Beach, community activists carry around $20 graffiti removal kits they’ve purchased themselves to remove graffiti as soon as it appears. If the community waited for the city to clean the fresh graffiti, the problem would escalate, according to Bill Klees, Chair of the Point Loma Association.

“As soon as we see it, it’s gone,” Klees said. “We don’t call [the city]. To wait for it to go through the channels of the city, it stays up too long and then it appears more and more.”

In La Jolla, a Ramerio Drive resident has had to clean graffiti off a retaining wall at the bottom of an empty lot five times. The city does not own the property and so is not responsible for scrubbing the wall.

Residents who wish to report graffiti vandalism can call the graffiti hotline at (619) 525 8522.
Friends and family of 24-year-old Emily Cathleen Dowdy sat around a table at Starbucks on Mission Boulevard mourning her sudden death.

Emily was tragically struck and killed a block away by a drunk driver while crossing the intersection of Reed Street and Mission Boulevard on Saturday, Feb. 7 around 7:30 p.m.

Emily gave of herself completely, even after death, Dowdy said. Emily was a registered organ donor and doctors harvested her heart, lungs and other organs after she died. Her liver went to two people, Emily was rushed to Scripps Mercy and driving.

“Art, you just do it!” James is Ocean Beach icon Rich James, who passed away last year, once told me.

Emily wrote poetry. Her family handed out a flyer with one of her poems that begins and ends: “I write not so much of what I’ve discovered... But what I long to... Not so much of what I dream of... But what I dream for... Searching for a strong place for my hands... A steady place for my feet... A pocket for future secrets... (in searching)...”

Emily also loved to travel. “He (Mabrey) showed no concern for my daughter,” Dowdy said. “He left her lying in the gutter with her brain shattered.”

Emily was tragically struck and killed a block away by a drunk driver.

Friends and family gathered at the Starbucks’ window to find to convict someone of second-degree murder, he faces 15 years to life in prison, according to Deputy District Attorney Patty Herian. Mabrey might also get a consecutive sentence of five years for hit and run, which is considered a separate crime. Judge David Smamows-ki set bail at $2 million.

Emily was tragically struck and killed a block away by a drunk driver.

On the sides of stores and above tagging empty lots or playground equipment, but some graffiti vandalism is pure art. The coastal communities, however, tend to exhibit the more sanctioned variety.

In La Jolla, Belle Goldschlager Baranecu painted a mural for the La Jolla Post Office of homes scattered above the La Jolla Cove. She painted murals for the Roosevelt Junior and La Jolla Senior schools as part of a government program in the 1930s to keep artists employed, according to the San Diego Historical Society.

A challenge for muralists is ensuring their work remains intact. In the seventies, Baranescu’s murals were destroyed as the Roosevelt and La Jolla high schools were demolished for seismic safety concerns. La Jolla High School later erected a copy of her work in its auditorium.

Murals also bring art to people that would likely never see it otherwise. Most people will never stop to find the Mary, Star of the Sea Catholic Church in La Jolla, but everyone can appreciate the fresco of the Virgin Mother that Mexican artist Ramos Martinez painted above the portal in 1937.

Ocean Beach resident Janis Ambrosiani runs Walls With A View, Inc. that paints murals for Mission Electronics in Ocean Beach. Outside Hodad’s hamburger restaurant on Newport Avenue, Ambrosiani painted a picture of the Hodad logo, a fancy man, surfing stop a hamburger.

“A pocket for future secrets... (in searching)...”

Emily was tragically struck and killed a block away by a drunk driver.
**Point Loma High School student Sean Spratt takes aim.**

**Mission Bay High principal Cheryl Seelos said students are “not tracked” into the Mission Bay program and that the school offers the course as an elective requiring parents’ permission.**

**California College Republicans representative Matthew Donnellan, 21, rallied for the JROTC program. He said that he and those who oppose the program are misinformation.”**

**“The JROTC shapes students to be leaders. It’s safe and supervised,” Donnellan said.**

**During the meeting, board members praised the student demonstration, and approved the budget cut to the JROTC program.**

**The air rifles use .177 caliber pellets that are slightly bigger than the more common BB used in most air pistols, according to JROTC officials.**

**“We were definitely taken by surprise,” Samilson wrote in an e-mail. “[JROTC marksmanship] requires a clear self-discipline, the value of hard work and practice and the value of working as a team.”**

**Mission Bay set aside an estimated $65,000 to help pay for staffing for the entire JROTC program, plus $15,000 to the Marine Corps Pays for the rest of the marksmanship program, including the cost of rifles and safety equipment, according to Seelos.**

**Despite getting rid of the rifles and ranges, the rest of the program remains intact. At the Feb. 10 meeting, the Board of Education also voted to allow the JROTC program to fulfill physical education requirements, along with the school’s marching band program.**

**About 81 students enrolled in the Mission Bay High School Marine Corps JROTC program last year. The entire district had an estimated 2,000 students last year.**

**San Diego High School was the first school to offer the JROTC program in 1919. Mission Bay High had an Army JROTC before officials moved the program to Madison High in 1962.**

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**Have You Been Told That You’ll Just Have To... In Live With That Back Or Neck Pain?**

**Dear Friend,**

For way too many Americans, neck pain (and back pain) seems to come with stress, family problems, and other daily stresses.

In most cases, there is always something natural that you can do to get yourself better and to live a better life. Here are four easy home remedies that you can use to help yourself get better.

**#1 Use Ice Instead Of Heat**

In my many years of practice, I have rarely seen anyone get better by applying heating pads. They might help for a moment. Many times applying heat only causes the area of pain to swell and become more inflamed. Applying ice to the area that is sore for 20 minutes on, and 20 minutes off (for 2 hours at a time) will usually help any inflammation and soreness. I tell my patients “When In Doubt...Use Ice!”

**#2 Drink Plenty Of Water**

Recent research shows that many headaches and several other health problems can be the result of mild dehydration. The majority of these health problems can be relieved or even eliminated, by drinking one-half gallon to one-gallon of water daily. This means water. Not juice, beer, soda, tea, or coffee. Just water!

**#3 You Can Use a Rolled Bath Towel**

It’s amazing how something as simple as a rolled-up bath towel placed under your neck can relieve pain and headaches. A rolled towel can also be used while driving to reduce back pain. So before you invest in an expensive support pillow or cushions, try this easy home remedy...It really works!

**#4 Swing a Gallon Jug**

A simple one-gallon jug (or water bottle) works great for many arm and shoulder problems. All you have to do is fill your jug with a couple of inches of water, and swing the jug in a circle 10 times forwards and 10 times backwards. Make sure you do this with both arms. It may be difficult at first, but the results are worth it!

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**My HealthMart Pharmacy, Pharmacist and owner Mark DeWoskin is reporting a very mild flu season most likely due to the availability of flu vaccine this year. He recommends all adult age groups receive their shots early. Keep the trend going, mark your calendars for flu shots beginning last week of September.**

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**[Useful Facts]**

**3rd Place $15 winner Ricky Rasmusson**

**1st Place $40 winner John Myers**

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**Additional Coverage**

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**Ronan Gray | Beach & Bay Press**

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[www.beachandbaypress.com](http://www.beachandbaypress.com)

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**Thursday, February 19, 2009**

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**www.healingarts.com**

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Yoga and Healing Arts, 961 Turquoise St., P.B. 858-274-7629.

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Healing Arts house is geared towards residents who wish to set goals for 2009. This open house is free to attend and will include a short meditation, tour the facilities, ask questions to learn how to achieve health and wellness goals for 2009. This open house will be Wed. Feb. 25th, 5:30 to 7:30. Everyone is welcome."
Dead whale washes in
Lifeguards towed in the carcass of a 45-foot dead whale drifting a mile away from Boomer Beach in La Jolla on Saturday, Feb. 14.

Lifeguards towed the whale, believed to be either a fin or sei, to Fiesta Island where NOAA experts swiped blubber and skin samples for DNA tests to help determine the species. The thoroughly rotted whale carcass was then loaded onto a truck and towed to the Miramar Landfill on Sunday morning.

“It’s either one of those two species,” said Joe Cordaro, a wildlife biologist for NOAA. “They’re very similar in appearance but the animal had decomposed.”

The whale had been slashed but it’s unclear whether from a ship’s propeller or from another animal, like a shark or scavenging birds, according to Cordaro.

“We’ll probably never determine that,” Cordaro said. He estimated that the whale had been dead two weeks or more.

An average of seven, dead gray whales are found floating along the California coast each year, not uncommon since the species migrates south each year. But only two or three of the other whale species are discovered dead along the state coast each year.

In total, seven whale species populate the California coastal waters, including the blue whale, gray whale, humpback whale, fin whale, sei whale, sperm whale and the rare Bryde’s whale.

The online Los Angeles Times science page features a video of the dead mammal.

Big Boy Bandit arrested
An Ocean Beach man has denied he is the so-called “Big Boy Bandit,” a serial bank robber who has held up banks in La Jolla, Point Loma and Pacific Beach since 2006.

Stephen Francis Colburn, 54, was arrested by San Diego police on Jan. 26 outside his Ocean Beach home. According to jail records, Colburn is 6’2” and weighs 240 pounds.

He is charged with nine armed bank robberies and one attempted bank robbery, six of which occurred at various Citibank branches. He was arrested after an attempted robbery at a Citibank in Mission Valley.

He is also charged with robbing the California Bank & Trust on Wall Street in La Jolla twice in 2008.

Colburn pleaded not guilty in San Diego Superior Court, and Judge David Sanowaski set Colburn’s bail at $1 million.

Colburn’s first alleged bank robbery occurred on July 12, 2006 in Pacific Beach. He was charged with holding up a Citibank branch in La Jolla on Oct. 5, 2006. He is also charged with robbing the Pacific Western Bank on Rosecrans Street in 2008.

The amounts taken in the robberies have not been disclosed.

Colburn remains in the George Bailey Detention Facility.

Driver hits bicyclist
The driver of a Ford Ranger a moment to retrieve something and struck a 28-year-old bicyclist from behind, who was cycling along the bike lane on Sea World Drive on Feb. 16 at 8:24 a.m. The bicyclist suffered serious head injuries and was transported to UCSD Medical Center for treatment. The Traffic Division is investigating the accident.

MTS loses money, again
Funding for public transportation in San Diego may get cut as much as $14 million this year as the state moves to reduce or eliminate its transit assistance.

The Metropolitan Transit System (MTS)
The SDUSD Board of Directors voted 3 to 2 to remove all marksmanship programs from all SDUSD high schools. That affects nine high school programs within SDUSD.

Let’s not forget, marksmanship/rifle shooting is a sport. It is a NCAA-sanctioned collegiate sport in the USA. Marksmanship with pump air rifles is taught in thousands of high schools throughout our nation. It is, after all, one more option for students to learn a sport. To date, it is NOT illegal to teach this sport in schools. In San Diego, it is apparently a matter of public acceptability. A few people don’t accept it; therefore, it must not be tolerated.

Let’s look at the instances of injury in air rifle marksmanship. Zero instances in SDUSD. How many injuries have there been in football, baseball, soccer, basketball, volleyball? If you look at the sport from the viewpoint of teaching aggressiveness, football should be banned. Will archery be next? How about baseball? A bat can be used as a weapon. Where does this “no tolerance” law stop? JROTC is just another option for students to succeed. If they are interested in marksmanship and wish to go on to the collegiate level, and then maybe the Olympics, who are we to say no? Are we afraid? What is the real reason for preventing students from learning air rifle safety? I would far prefer my student learn under these circumstances than on the streets or from friends. We must allow our students to learn in safe environments and I believe you have done the students a great disservice by taking away this safe option. This costs SDUSD $40 million.

Thousands of California high schools have air rifle classes. If not JROTC, then CMA, Civilian Marksmanship. Even the private school Francis Parker offers an air rifle program. We should follow suit by making a positive example of our air rifle ranges, not submit to fear and “political correctness.” If we are to teach tolerance, then let’s teach tolerance. Let’s give our students the option to learn about air rifle safety in a classroom, not on the streets.

Marksmanship is a collegiate sport

John de Beck
SDUSD board member for beach community schools in Ocean Beach, Point Loma, Pacific Beach, Mission Bay, Bird Rock and La Jolla

Sixty million dollars is a lot of money. Since payroll is 80% percent of a school district’s budget, the current 2010 shortfall for San Diego city schools amounts to $48 million in lost jobs.

I have made a proposal that would preserve all of the jobs. But action is required now. So far, I am speaking to myself.

Picking away at the deficit remains the current board majority’s attempt to balance a budget. The newly elected group is hanging their hat on bits and pieces of the immense total. If one ignores the $48 million, as they seem to do, you are dealing with books and supplies, water, heat and electricity.

These overhead items are not easily cut, and tinkering around the margin may save a few million, but doing that is like sticking one’s head in the sand to avoid danger.

The negative certification will increase the costs of Proposition S bonds, and can require appointment of a district czar to oversee the operations of the school system. Then the board will not have any decisions to make, because the new district czar will have the power to decide on his own.

To put this 2009-10 financial shortfall in perspective, the $48 million amounts to the beginning salaries of 1,000 teachers. That represents about one-sixth of the teaching staff. Ignoring it is a total lack of fiscal competency.

The miracle expected by the board majority includes federal bailouts; stealing the required district 2 percent reserve of $20 million ($60 million minus $20 million equals $40 million — thus 80 percent = $32 million in salaries); and the use of other funds with “flexibility!”

We are about to lose massive numbers of enriching programs, increase class sizes and risk financial ruin because of the new board majority’s unwillingness to see the realities facing this district.

The furlough of workdays I proposed can save up to $80 million over two years and would preserve valuable programs and eliminate layoffs.

Dragic as it seems, the plan, if implemented this year, along with the examination of other savings, would preserve the board’s ability to guide the district through the current minefield and keep class sizes at the present level.

I have yet to see any proposal that can offer the advantages and savings that the furlough plan would provide.
The trio is tentatively calling quiet, brew party-style taste the owners are giving it away during a celebration the beer commercially so the Ocean Beach International Hostel, said he hopes the local hosts, visitors, engineers to propose the installation of better traffic signals and a median on southbound West Mission Bay Drive as it crosses under Interstate 8 into Sports Arena Boulevard. Traffic officials hope to start the $1.2 million project in summer 2010.

Drivers exiting the I-8 westbound on Mission Bay Drive/Sports Arena Boulevard often dangerously cross over to the far side of the street to get back on the eastbound I-8. This puts pedestrians, cyclists and other drivers in danger, said Richard Estrada, a California Department of Transportation engineer. “[Caltrans] staff have actually seen people cross lanes,” he said. “[Drivers] will get into that free-flow lane and cut across, driving over the delineators (small plastic poles).”

City of San Diego staff, however, is concerned the change could back up traffic along West Mission Bay Drive as motorists try to leave Pacific Beach and the Mission Bay Area. Traffic currently flows freely on the West Mission Bay Drive lane leading to the eastbound I-8. City traffic engineer Julie Fuentes said Caltrans will meet in the coming months to consider the city’s comments.

According to a preliminary Caltrans staff report, the area has been the scene of 105 collisions between April 2000, and March 2006.

Bingo Night at Lutheran school
St. Paul’s Lutheran School will host Family Bingo Night on Friday, Feb. 20 starting at 5:30 p.m. at 1376 Palomar St. Proceeds include restaurant certificates and movie passes. All ages are welcome. For more information call, St. Paul’s school at (858) 272-6282.

Traffic accidents and careless drivers has prompted state traffic engineers to propose the installation of better traffic signals and a median on southbound West Mission Bay Drive as it crosses under Interstate 8 into Sports Arena Boulevard. Traffic officials hope to start the $1.2 million project in summer 2010.

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Bingo Night at Lutheran school
St. Paul’s Lutheran School will host Family Bingo Night on Friday, Feb. 20 starting at 5:30 p.m. at 1376 Palomar St. Proceeds include restaurant certificates and movie passes. All ages are welcome. For more information call, St. Paul’s school at (858) 272-6282.

Traffic accidents and careless drivers has prompted state traffic engineers to propose the installation of better traffic signals and a median on southbound West Mission Bay Drive as it crosses under Interstate 8 into Sports Arena Boulevard. Traffic officials hope to start the $1.2 million project in summer 2010.

Drivers exiting the I-8 westbound on Mission Bay Drive/Sports Arena Boulevard often dangerously cross over to the far side of the street to get back on the eastbound I-8. This puts pedestrians, cyclists and other drivers in danger, said Richard Estrada, a California Department of Transportation engineer. “[Caltrans] staff have actually seen people cross lanes,” he said. “[Drivers] will get into that free-flow lane and cut across, driving over the delineators (small plastic poles).”

City of San Diego staff, however, is concerned the change could back up traffic along West Mission Bay Drive as motorists try to leave Pacific Beach and the Mission Bay Area. Traffic currently flows freely on the West Mission Bay Drive lane leading to the eastbound I-8. City traffic engineer Julie Fuentes said Caltrans will meet in the coming months to consider the city’s comments.

According to a preliminary Caltrans staff report, the area has been the scene of 105 collisions between April 2000, and March 2006.

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Reverse the Patterns of Postural Change ©

Walk Tall: A Comprehensive Osteoporosis Management & Postural Correction Program

Sara Marks, PT, MS, GCS

Every Tuesday
Every Thursday
11:00 a.m. - 12:00 p.m.
La Jolla YMCA, 8355 Claireidge Ave.
St. Bridgid Parish Hall, 4735 Cass St.

Presented by:
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For information on this class, the Walk Tall Program, or a FREE consultation at Tassinari Physical Therapy Call (858) 581-6900 or website: www.tasspt.com

Causes, Symptoms and Suggestions for Sundowner’s Syndrome

Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night for a person in the early stages of Alzheimer’s and other forms of dementia. Sundowner’s Syndrome occurs in the late afternoon or early evening and can include increased confusion, anger, paranoia and rapid mood changes. Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night. A person who is sundowning will probably spend a great deal of time wandering because they are trying to come to terms with their surroundings.

The Alzheimer’s Foundation has advice for dealing with Sundowner’s Syndrome:

- Discourage day-time napping to regulate sleep cycle.
- Limit caffeine intake, particularly in the evening.
- Encourage exercise throughout the day to expend excess energy.
- Allow for light exposure in the early morning to help set internal clock.
- Even the safest home can be treacherous for someone in a confused state. For more information and help to deal with someone experiencing Sundowner’s Syndrome, call Innovative Healthcare Consultants at (877) 731-1442 or go to our website at innovativehc.com. Our RN case managers are experienced in all stages of Alzheimer’s and would be happy to advise you.

Dr. Sunstein moves his La Jolla office

During my 13 years of college I received my Bachelor of Science in Biology at SDSU, then I received my Dental Surgery from UCLA, and Advanced Degree in General and Esthetic Dentistry. I did my residency in New York City at Columbia University for Orthodontics and Dentofacial Orthopedics. I came back to join my family and live my dream practicing Orthodontics in La Jolla after my residency. I have been practicing Orthodontics and Dentofacial Orthopedics here in La Jolla in my second decade of making smiles. We just recently moved from our Herschel address to 7575 Eads Ave., where our new state of the art facility has been built in the Montrachet building one block north of Pearl. There is easy access and plenty of parking.

I love making beautiful smiles every day, I truly enjoy what I do! If you would like to come by and see for yourself or for a free consultation you can meet my wonderful staff and myself. Some of whom have been with me since I started here in the “Jewel by the Sea.” We are one big happy family. We look forward to making many more beautiful smiles in the years to come!

People’s February Chocolate Treats

People’s Chocolate Macadamia Nut Cookies
Makes 20 cookies, which is plenty for sharing
½ cup plus 1 Tbsp. maple syrup
½ vegetable oil
1 tsp. vanilla
1 cup whole wheat pastry flour
½ tsp. baking soda
½ tsp. sea salt
½ cup macadamia nuts, coarsely chopped (available in the Bulk Dept. at O.B. People’s Organic Food Market, where you can purchase just enough for the recipe!)
½ cup chocolate chips
Combine syrup, oil and vanilla. Put flour and soda into separate bowl. Add wet ingredients into the dry, stirring just enough to mix well. Fold in nuts and chips. Spoon by tablespoons onto oiled or no-stick cookie sheets. Bake at 350° for 10 minutes or until lightly browned and just firm.

People’s Chocolate Mint Cookies
Makes 2 dozen
2 cups whole wheat pastry flour
½ tsp. baking soda
¼ tsp. salt
¼ cup chocolate chips
⅛ cup maple syrup
¼ vegetable oil
⅛ tsp. peppermint flavor
¼ tsp. vanilla
Mix flour and soda in bowl. Melt chips, oil and syrup in saucerepan. When mixture is smooth, set aside to cool, then add peppermint and vanilla. Add flour and soda, stirring until smooth. Spoon walnut sized scoops of dough onto oiled baking sheets. Bake at 350° for 10 minutes, being careful not to overcook. Cookies should be soft to the touch.
Bird festival swoops down

BY ADRIANE TILLMAN | Beach&Bay Press

The 13th annual San Diego Bird Festival will fly by from March 5-8 to celebrate the more than 500 bird species that live or make an appearance in San Diego County for the winter.

The festival expects to attract more than 400 bird watchers to San Diego County on their way to the warmer climates of the Americas. Bird author, illustrator and expert David Allen Sibley is the keynote speaker who will discuss the challenges of creating a field guide to birds. In an interview with the San Diego Audubon Society, Sibley said the fact that birds can fly enthralls him.

“Since they move so effortlessly and quickly in and out of view, you never know what you’ll find when you go for a walk,” Sibley said. Sometimes you’ll be able to watch it for minutes, or sometimes just get a fleeting glimpse.”

Sibley named some of his top favorite birds: warblers for their bright colors and indicating the arrival of spring; owls for their mystery; ravens for their character; and gulls for their endless identification challenges.

Prices range from $2.5 for workshops to $90 for daytrips to $400 for three-day trips. Registration is limited. For more information visit www.sandiegoaudubon.org or call the Audubon Society at (619) 682-7200.

Brown Pelicans are a common but delightful sight along the coast. Workshops to the festival teach Digiscoping, how to use a camera with a spotted scope.

Three-course Friday only $20.00 Starter (Choice of One)
Cup of Soup—Blackened Salmon Caesar Salad—Mini Nachos—Shrimp Tostada Entrees (Choice of One)
Sushi & Tuna Flat Iron Steak & Jumbo Shrimp Skewer Potato Crusted Halibut Over Sautéed Red Onions, Mushrooms and Spinach Jambalaya Pasta Nick’s Classic Desserts (Choice of One)
Ice Cream—Bread Pudding—Crème Brulee

Three Day Excursions will lead bird enthusiasts across the border to spot birds in tidal mudflats, fresh and saltwater marshes, sage scrub and grasslands in Mexico.

Workshops will feature topics like bird topography, bird calling, spring wildflowers, digiscoping, bird blogging and “Why Woodpeckers Don’t Get Headaches.” The festival will be headquartered at Marina Village in Mission Bay.

San Diego is home to a wealth of bird species, especially during the winter months. The area’s diverse environment of ocean, desert, mountains and lakes provides a wealth of habitats for bird species.

Of the 750 bird species in America, 500 reside in San Diego County that includes the highest number of rare or endangered species in the country. The county is also a flyway for migrating birds. In the winter, birds from as far away as Alaska and Canada will journey through San Diego County on their way to the warmer climates of the Americas. Bird author, illustrator and expert David Allen Sibley is the keynote speaker who will discuss the challenges of creating a field guide to birds. In an interview with the San Diego Audubon Society, Sibley said the fact that birds can fly enthralls him.

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“Most people do not pay any attention to those who are scavenging,” Craig said. “So even the experienced thieves masquerade themselves as a homeless scavenger.”

Ruane has pasted anti-scavenging tackles from beach-area bars.

“Residents have grown accustomed to seeing people search through trash cans and they think nothing of it, explained Craig. “Let us say there were no people scavenging at all,” Craig said. “Then if you saw someone who looked suspicious or was searching through trash cans they would draw immediate attention. Unfortunately is that not the case right now.”

To help curb the crime, Craig and Ruane have pasted anti-scavenging stickers on trashcans, and plan to erect metal signs in various lan-

“People can see that we’re in the area and it’s a huge deterrent [to crime],” Zimmerman said. “We don’t have to do anything about it, simply the fact that we’re here is enough.”
Ivory Thai Cuisine

A new experience in delicious, healthy, authentic Thai cuisine. The extensive menu items are always fresh with all natural ingredients (no MSG added.)

Savor all of your favorite appetizers, soups, salads, entrees, fried rice, curry, ice cream & desserts. Fast & FREE delivery in PB, MB, La Jolla, Clairemont.

Order online at ivorythaihamburgers.com

Dirty Birds

With a relaxing atmosphere serving only excellent quality food, where locals will want to hang-out. Customers claim the burgers are the best in San Diego. Selections include the more exotic ostrich and stuffed burgers and fresh daily tuna selections and don’t forget our great wings with incredible Dirty Bird’s caesar Happy hour Mon. through Fri. 3 to 6 p.m., featuring half price pitchers $1 of bottles, mugs and wine, also open for breakfast 6 a.m. – 11 a.m., and catch all football games with NFL Sunday Ticket, ESPN Game Plan and The Big 10 Network on large HDTV definition TVs.

Shore Club

Steps from the beach, at the intersection of Grand Avenue and the Strand, Pacific Beach Shore Club is your next classical styled beach bar. By combining the delicious tastes of the sea, prepared with classic Mexican flair, our casual ambiance of a beachfront party will be your destination to take in the California surf culture. Enjoying the biggest, cold-enthusiast full of fun that the beach can offer or enjoy the best view of the Pacific Ocean or the entire beach. The Pacific Beach Shore Club will provide you with the perfect setting for the ultimate beach dining and drinking experience. Bringing back the days when sitting was your job and the beach was your home.

Hooters

Offers great food, great service, and fun. There is a beautiful view of the ocean whether you are enjoying the friendly atmosphere in the dining room or relaxing on our rooftop patio. Hooters is great place to watch all of your football action proving most college games on Saturday, and all NFL games on Sunday, in addition to great bar specials. We also provide an awesome happy hour 3-6 Monday - Friday with ½ price appetizers $2.25 pints and $9 of domestic pitches, and $3 well drinks.

Tony Roma’s

When you’re in the mood for good times and great cuisine, be sure to checkout Tony Roma’s. The restaurant is located in one of the area’s most pleasant settings and is known for its delightful staff and superb cuisine. The menu at Tony Roma’s features a wide array of great selections, made from only the freshest and highest quality ingredients, with something sure to please every member of your group. Tony Roma’s has established itself as one of the area’s favorite culinary destinations and is sure to offer you a pleasant and unique dining experience every time you visit. Please stop in soon!

Saska’s

Saska’s Steak & Seafood offers a distinctive dining experience in a quaint, intimate atmosphere. Steak lovers have always been the main draw to our restaurant by the beach. The juicy, expertly cooked “Duke” is one of the most delicious in all of San Diego.

The Broken Yolk Café

Offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different sandwiches to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast.

The Eggery

The Eggery is hard to beat with it’s quaint country-style setting, a wide range of Breakfast and Lunch choices, generous portions, reasonable prices and a location just steps from the ocean. Choose from fluffy Homemade Pancakes, Belgium-Style Fresh Fruit Waffles, or five varieties of Eggs Benedict. Enjoy Patio dining, where casual dress is the norm. Champagne, Mimosa, Bloody Marys and Screwdrivers (fresh juice of course) will be your destination to take in the California surf culture. Have a relaxing evening dining alfresco around the fire or people watch from their covered/heated patio.

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The Broken Yolk Café on Garnet Avenue has been part of San Diego restaurant lore for 30 years this month.

Owner John Gelastopoulos greets his customers with a warm, ingratiating smile, a big handshake and a no-nonsense attitude. For the last 17 years, he and his wife, Chris, have run the café at its current location at 1853 Garnet Ave. The restaurant moved to Pacific Beach in 1984 from its former spot on Sports Arena Boulevard.

Nearly every day from 6 a.m. to late at night, Gelastopoulos works alongside his employees to make the café into a familiar neighborhood breakfast joint that serves everything from breakfast omelets and waffles to Angus burgers and Mexican to the menu.

"You know what it is? Common tradition," Gelastopoulos said. "It’s the technique." But as a thank-you to loyal customers and first-time challengers, the Broken Yolk Café will offer customers a reduced-price menu for some of its more traditional dishes this Tuesday, Feb. 24, and Wednesday, Feb. 25. Dishes like "The Mom," a veggie omelet with avocado and alfalfa sprouts, are only $5. The dish gets under an hour earns the grand egg-gobbler a special place on the 12-egg Omelet Hall of Fame.

Rows of golden plaques look like trophies dedicated to awesome omelet legends who’ve eaten the humongous egg creation the size of a half a pizza. It’s an open challenge with open slots on the wall that invite the excruciatingly daring.

"If you wonder how it’s done: It’s the technique," Gelastopoulos said. "You got to eat slowly, chew slowly, but people think I’m telling them that on purpose so they’ll [fail]."

"You don’t eat, No shirt. No name. No free," Gelastopoulos said. But as a thank-you to loyal customers and first-time challengers, the Broken Yolk Café will offer customers a reduced-price menu for some of its more traditional dishes this Tuesday, Feb. 24, and Wednesday, Feb. 25. Dishes like "The Mom," a veggie omelet with avocado and alfalfa sprouts, are only $5. The dish gets under an hour earns the grand egg-gobbler a special place on the 12-egg Omelet Hall of Fame.

Although the 12-egg omelet challenge remains at the regular price for these few days of celebration, look on the sunny side: it’s free if you finish. Plus, 30 years from now, your name might still be firmly scrambled into Broken Yolk legacy.

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**What’s New(s)**

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Sharpe Fitness is owned by Brandie Sharp. She is a Certified Personal Trainer with 21 years of experience in the Fitness Industry. Brandie’s personal goal in life is to make a Positive change in every persons life that she is involved in. The studio now has the same goal. Sharpe Fitness is here to positively improve the lives of people through education and training in the Health & Fitness industry. No matter what your goal is, our elite group of trainers will help you achieve it. The trainers here all have a minimum of 5 years experience and a college degree. Let us help you get in the best Shape of your LIFE today!

We are an elite group of Personal Trainers with years of experience and hours of education to help you achieve your health and fitness goals. Our Personal Training is just that; personal. Your trainer will develop a program specifically for you and your goals. Our classes are open to everyone and will also be modified to your abilities. Open gym membership is limited access to use the gym on your own.
IPO has changed since its 1998 Los Angeles debut. “As the years went on and we started doing events in a lot of different cities, each one became more regional, meaning that most of the bands playing in that city were actually from there,” Bash noted. San Diego’s line-up includes 23 artists over three nights, each playing a 30-minute set. Highlights include Four Eyes, The Shake Ups and Sven Erik Seacholm on Feb. 20; The Loons and Cindy Lee Berryhill on Feb. 21 and The Modlins and The Anna Troy Band on Feb. 22. Though Bash has long considered San Diego to have a vibrant music scene, he chalks up the 11-year wait for an IPO in San Diego to its proximity to Los Angeles. “I think it’s the old chestnut where if something is right under your nose, you miss it,” he said. “San Diego is so close in proximity to my home base of Los Angeles and I was always concentrating on cities which are much farther away, so I completely missed it.” He hopes to make up for lost time by expanding the event next year.

The IPO line-up shows how many guises “pop” can take – from the quirky folk rock of Berryhill to the stomping garage music of The Shamey Jays – but there is common ground. “I am looking for bands who emphasize melody over anything else,” Bash remarked. “Whether it’s power pop, folk, indie, garage, mod, modern rock, et cetera, if the band has a good pop sensibility and good melodies, I am interested.” According to Loons frontman Mike Stax, the 30-minute sets are just long enough for a band to make its point. “We like playing short sets, as they’re easier to pace and you can keep the intensity level higher,” he said. “We’ll whittle it down to the stuff that’s sounding the best to us right now, which means a lot of new songs.”

Seaholm concurs. “I call these ‘handshake sets,’” he laughed. “It’s a way for an artist to come onstage and say ‘Nice to meet you, here’s your nose, you miss it,” he said.

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Photo courtesy of Sandra Castillo
Leader singer Mike Stax belts it out for The Loons, a band that will play at the International Pop Overthrow Festival at O’Connell’s, Feb. 21-22
PADRES DUMP MATT BUSH

By Anthony Gentile

The fairy tale envisioned in 2004 when Mission Bay High’s Matt Bush was selected number one overall by the San Diego Padres has turned out to be nothing more than a nightmare. The Padres designated Bush for assignment Feb. 5 following his most recent off-field incident and sent him to the Toronto Blue Jays on Feb. 10.

Bush is currently under investigation for alleged assault and public intoxication that involved the boys lacrosse team at Granite Hills High School in El Cajon. The incident took place around 3:30 p.m. on Wednesday, Feb. 4.

The injuries sustained by the victims were minor, according to Lt. Steve Shakowski, information officer for the El Cajon Police Department. The police report claimed that Bush was drunk during the incident, according to victims and witnesses.

As Bush awaits his fate with El Cajon police, his fate with the Padres has been sealed. Five days after designating Bush for assignment, the Padres sent Bush to the Blue Jays for a player to be named later or cash considerations.

Last week’s incident was the third altercation that Bush has been involved in since being taken No. 1 in the 2004 MLB Draft. Two weeks after the draft, Bush was accused of felony assault and misdemeanor trespassing that stemmed from a nightclub altercation near the Padres’ spring training facility in Peoria, Ariz.

As for his on-field activity, Bush never made an appearance for the Padres. He appeared in 206 minor league games with Padres affiliates in Fort Wayne, Eugene and Lake Elsinore from 2004 to 2007 and hit .219 as a shortstop.

Bush was converted to pitcher partway into 2007 and appeared in seven games for Lake Elsinore, recording 16 strikeouts in 7.2 innings. His season was cut short, however, when he sustained an elbow injury that required Tommy John surgery in the offseason.

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Your fabulous, 2- and 3-bedroom ECM construction condos in the heart of Pacific Beach! All units are move-in ready with private garages, outdoor living and many upgrades! A Must See! 

Enjoy a memorable Christmas dinner on this ocean view home in San Diego. 

Make a resolution to enjoy every day… celebrate 2009!

Call for free Review in Your Home 

Priced at $1,450,000 

area, walking distance to Tourist attractions 

and washer/dryers, 6 assigned parking spaces, 6 bath spacious units with fireplaces 

Located just a few blocks from the beach and easily rented at high market rates. Two (2) bathroom suites units with fireplaces and washer/dryer, & assigned parking spaces. This is a great investment property, in a great area, walking distance to Tamaralone Surf Park and more! 

Prior to $1,450,000 motivated Seller. Call Harve and Mike for details.

The House Doctor Rx 
All Trades. All Problems. Fixed. 

#1 in customer Service, Very Reasonable 

858.245.1381 
contractor’s lic # 507762

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PB & J

213 Garnet Ave., 858.272.6241
Cafe Athena

Great Clips

1414 Garnet Ave., 858.270.1212
Wells Fargo

68 Beers on Tap! · Pool · Foosball · Sports TV

La Jolla Auto Body

“Damn good” burgers are always a hit. Open daily @ 5 am

Filippi’s Pizza Grotto

Dine in a rustic, yet comfortable atmosphere, with over 100 branches in San Diego

SAN DIEGO'S best kept breakfast secret

IPSB College/Massage Therapy Center

Quality Italian food in Pacific Beach

Free FAX

Wells Fargo provides banking, insurance, investments, mortgage, and consumer finance with over 100 branches in San Diego

United Cerebral Palsy Thift Store

Great Clips

10% Discount on your total “labor” costs on any estimate.

Get 1 FREE

The best cigar and cigarette prices in PB. Our “walk-in humidors” preserve all our premium tobaccos. Buy one get one FREE pipe or bubbler!

Wells Fargo

Wells Fargo provides banking, insurance, investments, mortgage, and consumer finance with over 100 branches in San Diego

Dirty Birds

Where locals want to hang out! Join us for happy hour from 4-7 7 days a week. All New England Patriots, & Boston Red Sox games at Seaforth Sport fishing. (619) 222-3317

Pizza & Beer To-Go

1414 Garnet Ave., 858.490.1154

1060 Garnet Ave., 858.270.1212

The Landing

“San Diego’s best kept breakfast secret”

The UPS Store

Offering a safety to choose from to please all tastes, including the famous Asparagus special (black-eyed peas, bacon and sausage), the overstuffed breakfast burrito, fish and chips, and “know-how” burgers: always a hit. Open daily 8 am – 1717 Quivira Rd., off of West Mission Bay, at Seafort Sport fishing. (621) 222-3317

Cafe Athena

Open for lunch and dinner. Quality Italian food in Pacific Beach for over 40 years!

3920 Garnet Ave., (corner of Cass & Garnet), 858.483.6222

Smoke Zone

The best cigar and cigarette prices in PB. Our “walk-in humidors” preserve all our premium tobaccos. Buy one get one FREE pipe or bubbler!

Serving PB since 1981. All work guaranteed, 6 months or 6,000 miles, all makes and models. Check our coupon at pbforeign.com, visit George & Arron at 1727 Garnet Ave., 858.270.1142.

10% OFF accessories with purchase of a bike or 20% OFF a tune up!

1717 Quivira Rd., off of West Mission Bay,

721 Grand Ave., 858.581.BEER (2337)

www.pbalehouse.com

 horrified of the infamous “Bandit Bastard”. Join us for Happy Hour from 4-7 7 days a week. All New England Patriots, & Boston Red Sox games NFL Sunday Ticket & Free pool all day Sunday. Brand new food menu dinner from open to close!

2263 Garnet Ave., 858.273.9181

Plum Crazy Saloon

6/10 items on Tap! · Pool · Football · Sports TV

Come join us for a slice of Pacific Beach.

Filippi’s Pizza Grotto

Quality Italian food in Pacific Beach

The best cigar and cigarette prices in PB. Our “walk-in humidors” preserve all our premium tobaccos. Buy one get one FREE pipe or bubbler!

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1717 Quivira Rd., off of West Mission Bay,

721 Grand Ave., 858.581.BEER (2337)

www.pbalehouse.com

1141 Garnet Ave., 858.490.1154

Bike Shop Chris

1019 Ocean View Blvd. · 858.483.8744 · www.pbalehouse.com

PB Ale House

PB Ale House is a great new restaurant and bar in Pacific Beach. Located at the end of Grand Avenue close to the boardwalk. The restaurant is stylish and comfortable and includes a rooftop deck with ocean views.

721 Grand Ave., 858.581.BEER (2337)

www.pbalehouse.com

Located in the heart of Pacific Beach! We personalize each session. A safe, relaxing, and welcoming environment. Student Massage $45. Licensed Professional Massage $60.

1414 Garnet Ave., 858.490.1154

Bike Shop Chris

10% OFF accessories with purchase of a bike or 20% OFF a tune up!

Large selection to choose from.

1448 Garnet Ave., 858.270.0082, www.BikeShopChris.com

Great Clips

Preserve this map to receive  2% off your haircut!

No Apointments Necessary! Hours: M-F 9-9; Sat 9-6; Sun 10-5

1888 Garnet Ave. (Pacific Plaza II), 858.362.3607

Eye Glasses Galore

Come to EyeGlasses Galore for Eyeglass repairs, sunglass replacements, contact lenses and unique sunglass accessories! We have prescription and designer sunglasses for all ages!

1772 Garnet Ave., 858.459.2020

The UPS Store

FREE FAX

Get 1 FREE

Any Style

Cardboard Box

1804 Garnet Ave., 858.273.6661

The Landing

“San Diego’s best kept breakfast secret”

Wells Fargo

Wells Fargo provides banking, insurance, investments, mortgage, and consumer finance with over 100 branches in San Diego

1302 Garnet Ave., 858.272.8824

Dirty Birds

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