Key triathlon nets positive feedback from residents, officials

The International Triathlon Union (ITU) received mostly positive feedback from the Pacific Beach and Mission Beach communities after the ITU held the U.S. Olympic team trials in San Diego for the first time. The ITU event required road closures throughout the beach area between May 10-12, and featured 2,100 participants and as many as 10,000 spectators.

Franziska Petermann and other representatives from the ITU San Diego office attended the monthly Pacific Beach/Mission Beach meetings last week to field comments or questions from the community.

Discover Pacific Beach Director Sara Berns said, “We would like to come back but we have to wait for the city to evaluate if the event returns,” Petermann said. For a photo gallery, visit us at www.sdnews.com.

PB teacher, students tackle art of ancient Egyptians' mummification

King Tut had nothing on this chicken.

Just ask one of the students in Amy Civin’s sixth-grade history class at San Diego Jewish Academy in Carmel Valley. King Khuch, the chicken-cum-royalty, was the focus of the class’ recent study of ancient Egypt and the mummification of pharaohs and kings.

Civin, a Pacific Beach resident, believes in hands-on learning. “I like to think outside of the box,” she said. “You give the students a little wiggle room and they run with it.”

Hence, the actual mummification of the 1.682.5-grain poultry. The project combined history, science and writing. For seven weeks, King Khuck’s Journey to the Afterlife.

Letting community feedback run its course

Elite Women spring into action at Mission Bay during the International Triathlon Union and U.S. Olympics qualifier event May 10-12. The triathlon, which closed main thoroughfares in Pacific Beach and Mission Beach, was largely praised by residents and community officials for its organization.

American Laura Bennett qualified for the U.S. Olympic team after finishing third in the triathlon.

Woman's fate in balance after setting self ablaze

Questions abound after a woman believed to be in her 30s inexplicably and intentionally set herself afire at Mariner’s Point on May 19. The woman, who authorities have described as a homeless woman — approached a barbecue grill and lit her arm on fire after grabbing a hot coal, police said.

The victim was taken to a hospital and the case remains under investigation, police said. Her condition has not been released.

Man missing after jumping from Mission Bay bridge

Crews scoured the water near Mariner’s Point and Ventura Cove after a man reportedly jumped from a vehicle onto the Ventura Street Bridge on Monday night and plunged into the water below.

On Tuesday, dive teams from San Diego Lifeguard Services — joined by a Coast Guard helicopter and police helicopter — searched for the man who reportedly told the driver of the vehicle to stop shortly before 8 p.m.

The jumper, who lifeguard officials said is a 24-year-old man from Chula Vista, apparently leapt from the car and jumped over the rail into the water.

Officials said tidal surges interfered with the dive search, forcing lifeguards to begin anew on Tuesday night.

For more election coverage and updates, visit us at www.sdnews.com

www.BeachandBayPress.com
| Thursday, May 24, 2012

Quick Hits

Ex-MBHS coach faces May 14 arraignment on drug counts

A former assistant coach at Mission Bay High School is awaiting a preliminary hearing on July 16 on charges of selling and transporting methamphetamine.

Danny Ray Pamaran, 46, pleaded not guilty to four counts of a May 14 arraignment and was allowed to remain free on $20,000 bond.

Pamaran was arrested May 7 by San Diego police in Pacific Beach. The eight charges allege he sold, furnished, transported and possessed methamphetamine for sale on May 1 and May 7.

Pamaran worked as an assistant baseball coach but he did not teach classes at Mission Bay High. He was reportedly discharged from his duties by school officials following his arrest.

The District Attorney’s Office filed four separate charges for each of the two incidents in which Pamaran allegedly possessed meth for sale. Further details were not available.

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This 3 bedroom, 2.5 bath is move-in ready and located on a nice quiet cul-de-sac with 2 car garage and a 1 car that can easily be converted back. Expanded master, bedroom, Bruce flooring through out and plenty of extra parking for your toys or RV.

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**DISTINCTIVE CONDO IN THE HEART OF LA JOLLA VILLAGE**

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27 Tips to Drive up the Sale Price of Your Home

San Diego. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is how to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know To Get Your Home Sold Fast and for Top Dollars.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive market.

Do you support or oppose the movement for pension reform in San Diego city government?

Do you think that the city needs to test its pension and financial systems and what would you do as mayor to address the pension and financial issues facing our city?

Do you think that the city needs to reduce the budget deficit and programs that have been cut in the last decade by the City? My plan calls for reducing our schools’ operating and administration expenses into the millions over the next five years. This will allow us to move money from overhead and administration into the classroom where it belongs.

For more tips, please visit the website of San Diego Click here to view the website.
**News**

**Ex-PB man to be feted in overcoming adversity**

After a stroke at age 28, victim helping to rehabilitate others by sharing own experiences

Sharp HealthCare Foundation will celebrate the community spirit of local heroes who have turned tragedy into triumph at the 22nd annual “Victories of Spirit” award ceremony on June 3. This year, four individuals and one local organization will be honored with the Eagle Spirit Award, an award symbolizing the Northwest sign of the most potent healing power.

“The Victories of Spirit event celebrates the power of rehabilitation and strength of the human spirit, honoring former rehabilitation patients who have overcome great adversity,” said David Brown, system director of Sharp HealthCare’s Rehabilitation Services.

One such hometown hero and Eagle Spirit Award winner is former Pacific Beach resident Russell Storm, who Sharp officials said embodies the altruistic, strong-willed spirit, making her deserving of the high honor.

Storm, who suffered a stroke at the age of 28, shares his own recovery experience with others who are undergoing similar rehabilitation at Sharp Memorial and Sharp Grossmont hospitals, encouraging rehabilitation patients to persevere through the tough obstacle ahead.

“I just try to cheer them up,” Storm said. “It helped me when people came back to talk to me and other people in the recovery program. That really helped to see how far they’ve come.”

Although Storm said it is impossible to tell someone exactly when or whether they will recover entirely, he shares his own story to provide a guide for other patients.

“It was really hard to get a sense of how long everything takes,” Storm said. “No one can really tell you because everyone is different. I try to be really encouraging and tell them that it is going to be hard, and no one can really tell you when things will be better. But the harder you work, the faster you get better.”

Storm — a real estate businessman and former collegiate football player — channeled his competitive spirit, strong work ethic and positive attitude after his stroke three years ago to successfully regain the use of the right side of his body.

Today, Storm is getting back into activities he once loved, starting with basketball and weightlifting.

“I’m just now getting back into playing sports,” he said. “My coordination hasn’t been that great, but it is getting better.”

Although Storm is 95 percent recovered, he said the experience is life-changing — a point he tries to get across to patients undergoing similar rehabilitation efforts.

“When they get back into their regu- lar lives and they’re not in therapy any longer, they’re not going to look or act the way they get really embarrassed because they walk funny or their speech is blurred,” Storm said. “A lot of things aren’t like they used to be.”

“Try to make it a point to say that you are going to be embarrassed, but you just have to work through it,” he said. “Stay- ing at home won’t help you get through it. You have to get out there.”

**Mummy**

CONTINUED FROM PAGE 1

life” brought to life the death ritual of the royal chickens. The students cleaned it and removed the organs, mixed natron to dry it, stuffed it and dried it again weekly, coating it with cinnamon and baking soda and then re-stuffing it once again. Through the process, they decided that the chicken smelled like “a wet dog” or “Dad’s gym socks.”

For the burial, the kids crafted a sar- copagus, which they filled with Marsh Gras necklaces and buttons and other little trinkets they found around their homes. They also included a jar filled with plastic “jewels.”

At the final weigh-in, the mummified chicken was down to a svelte 193.54 grams.

Finally, the class met outside to celebrate the passing. Students wrapped Kluck in gauze, then smoothed on ribbons printed with hieroglyphic messages honoring the deceased. Yes, Civin said, “I haven’t had chicken since we started the project,” one little girl said.

“Another said, “I’m a vegetarian, so it doesn’t matter.”

“I won’t be making cinnamon chick- en ever again,” said one of the mothers in attendance at the “funeral.”

Oliver, who watched the rites with a big smile, said she wasn’t sure yet where she would end up burying the King Kluck. But she said she thought it would be fun for her students to disinter it when they become seniors.

**Quick Hits**

CONTINUED FROM PAGE 1

Tuesday morning, Authorities said the man was believed to have been drinking.

Educator earns Middle School Coach of Year

Oceana Coolidge, a physical educator at Pacific Beach Middle School, has earned the California Coaches Associa- tion Middle School Coach of the Year honor.

“Dennis is not only recognized as one of the best physical educators in San Diego, but he is recognized at the state level and internationally,” said Julie Martels, principal at PB Middle.

“He runs the intra-murals for our dis- trict, pilots numerous electronic fitness programs and new equipment so our students are always on the cutting edge, and his physical education department just finished piloting a new guide for the International Baccalaureate Organiza- tion in Switzerland, as well as training three student teachers from the Univer- sity of Zurich, Switzerland and the Uni- versity Federation in Germany,” she said.

For more information, call (858) 273-7373, ext. 2357, or email jsims@- sandi.net.

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**连续第4个周末**


two's mischievous teen years and his bout with green-spotted chicken pox. A third wrote about how Khluc's move to the country of El Pollo Loco and explained that that's where the modern-day fascination started.

“We learned,” one girl joked, “that a mummified chicken smells. But it’s not that bad.”

Though the students were fascinated with the project, they admitted that their relationship with chickens had changed.

“I haven’t had chicken since we started the project,” one little girl said.

Another said, “I’m a vegetarian, so it doesn’t matter.”

“I won’t be making cinnamon chick- en ever again,” said one of the mothers in attendance at the “funeral.”

Oliver, who watched the rites with a big smile, said she wasn’t sure yet where she would end up burying the King Kluck. But she said she thought it would be fun for her students to disinter it when they become seniors.
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DeMAIO CONTINUED FROM Page 3
choice and control over where they send their children to school.

Do you support or oppose the movement for pension reform in San Diego city government? Why or why not?

DeMAIO: As I mentioned earlier, reforming San Diego’s broken pension system is my top priority. Out-of-control pension costs have taken vital resources away from important community services. Library and recreation center hours have been slashed, not to mention road repairs. I am proud to be the author of Proposition B, the pension reform ballot measure. What endorsements do you hold (individuals, organizations, unions) and why does this support matter for your campaign message?

DeMAIO: I am proud to have received the support from a diverse group of organizations that focus on protecting taxpayers and small businesses including the Howard Jarvis Taxpayers Association and the California Small Business Action Committee. Most importantly, I have received the endorsement from over 10,000 San Diegans who are ready for reform in San Diego.

Candidate’s statement (in their own words):

DeMAIO: San Diegans should make their decision based on a candidate’s record of results, not campaign slogans.

I stood with taxpayers in 2004 when I helped uncover the city’s fiscal crisis that the special interests wanted to keep quiet. I led the opposition to Prop D, the highest tax increase in the history of San Diego. I stood with taxpayers to author and qualify Proposition B, the pension reform ballot measure to the June ballot.

I am the only candidate with a record of standing with the taxpayers instead of the downtown insiders and government employee unions and getting results!

DUMANIS CONTINUED FROM Page 3
endorsement? Why or why not?

DUMANIS: I do support comprehensive pension reform. San Diego’s pensions have grown to the point where we simply can’t afford the system we have. Our long term financial stability as a city depends on tackling this difficult problem. I believe we can still offer pensions the taxpayers can afford and that provide the type of financial stability that is important to retirees. As mayor, if pension reform is approved by the voters, I will work to implement a 401(k)-type plan that has an annuity option, so that every employee has the option to have a secure retirement, especially those who risk their lives as firefighters. If it does not pass, I will still make pension reform a clear priority, including a freeze of San Diego City employees’ pensionable pay for five years.

What endorsements do you hold (individuals, organizations, unions) and why does this support matter for your campaign message?

DUMANIS: I have a broad cross-section of endorsements from every corner of San Diego, including former Congresswoman Deconnis. I make tough decisions every day in the District Attorney’s Office and I’ll do the same as mayor when all the people of San Diego and the perspective that comes from proven leadership skills in a large government organization, the ability to work with all the people of San Diego, and the position from more than 30 years of service to San Diego.

DUMANIS: My career as a clerk typist, judge and now district attorney has allowed me to work with hundreds of organizations and on behalf of thousands of Diegans. I make tough decisions every day in the City Hall and bringing greater transparency. We need a mayor whose resume includes bringing greater transparency. We need a mayor whose resume includes proven leadership skills in a large government organization, the ability to work with all the people of San Diego, and the perspective that comes from more than 30 years of service to San Diego.

ZUCCHET CONTINUED FROM Page 1
federal corruption charges by a jury and resigned from the City Council, but the trial judge overturned the convictions. The U.S. Attorney’s Office decided years later not to seek a second trial for Zucchet, who now represents the Municipal Enforcement organizations. I stated publicly that I would not seek the endorsement of any labor organization with employees at the city early in my campaign, since the mayor pays an important role in negotiating contracts with those organizations. When I ran for judge, district attorney and now mayor, I ran on a platform of putting party politics aside and working with all groups for the good of our community. I believe that’s what unites us is far greater than what divides us.

Candidate’s statement (in their own words):

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— Kurt C., real ClearChoice patient

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MISSION BAY BASEBALL
Mission Bay High lost its final regular-season game against Clairemont 5-4 on May 17 and will not be advancing in CIF playoff action this year. The Buccaneers dropped their final five games and ended the regular season on low note at 4-8, putting them in fifth place in the Western League and notching a 12-16 overall record.

Rick Frink completed his first regular season as Mission Bay’s head varsity coach after he replaced the Greg Farrar before the start of the season. “We lost some tough games this year,” said Frink. “Most of our games were by one or two runs.”

The Bucs won four games by one run, but ended up losing five one-run games, which included the final three contests against Madison (losing 3-4 and 1-2) and Clairemont (4-5).

Even still, Frink said he was satisfied with the performance of the pitching staff this year. “Our strength was the pitching staff, because seniors Leslie Caibling, Alejandro Zavala and Sam Elgoual stabilized the staff,” he said.

Caibling, who was named to the First Team All-Western League, posted a 1.47 earned-run average (ERA) and recorded 52 strikeouts in 57 innings pitched. Elgoual (2.28 ERA in 34 innings) and Zavala (1.86 ERA in 68 innings, opponents batted .240 against him) also had solid performances on the mound this year earning them Second Team All-Western League honors.

In addition to their pitching, the standout senior trio of Caibling, Elgoual and Zavala led the team on offense. Elgoual batted .419 with 34 hits and 18 runs batted in (RBI). Caibling was also dangerous at the plate, hitting .388 with 33 hits and 18 runs batted in and Zavala led the Buccaneers in batting with a .353 average while sophomore Mice’la Ross led the team with a .316 batting average.

Despite the sub-par season, Frink said he was encouraged by another trio of underclassmen: juniors Connor Vaughs (.268), Jesse Sullivan (.236) and Lulu Osuna (.316), and said he expects all three will be counted on to lead the Buccaneers next year.

SOFTBALL
Mission Bay softball ended its season on May 16 with a 5-0 loss to Del Norte in the first round of the CIF playoffs. Head Coach Jimmy Ross’ Bucs finished 2012 with a 3-9 league record and 8-15 overall.

The Bucs performed inconsistently during the year, and when they were good, they won impressively. When they were bad, they lost decisively.

Mission Bay scored 10 runs or more in five of their eight wins but gave up 10 runs or more in nine of their 15 defeats, which included a 21-1 drubbing at the hands of Madison in the regular-season finale. They were able to shut out their opponents in three of their eight wins but were also shut out by their opponents in seven of their 15 defeats.

Senior Whitney Winchester led the Buccaneers in batting with a .353 average while sophomore Mie La Ross led the squad in RBIs with 14. Ross also led the team with a 2.25 ERA, which is impressive considering Mission Bay was outscored 172-94 on the season.

The Mission Bay High Buccaneers baseball team will not be moving on to CIF postseason action after dropping its final five regular-season games and ending Western League play with a 4-8 record (12-16 overall).

For a full listing of schedules and leagues, visit www.govavi.com or call (858) 273-3485.
Elvis tribute, all-star jazz and moody, atmospheric piano

LIVE MUSIC
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Elvis Presley may have left the building in 1976, but with so many performers onstage around the world re-creating his look and music, Elvis has never really been out of the public eye. James Kruk, one of the better impersonators, performs at Brick by Brick on May 25 as part of an improbable bill that also includes a Jimi Hendrix tribute band. Kruk takes on the persona of mid-1970s Las Vegas-era Elvis and does a great job. Anyone can wear the costumes, but Kruk’s voice is a good match for Presley’s. While he has the mannerisms down so pat, it almost doesn’t seem like an act. If you’re a fan at all of the king of rock ’n’ roll, you’ll love every second of this set.

• "Elite Elvis Presley Tribute," featuring James Kruk: 8 p.m. Friday, May 25 at Brick by Brick, 1130 Buenos Ave. 21 and up. $10. www.brickbybrick.com

The month’s hottest jazz event takes place May 27 at Tango Del Rey, when acclaimed trumpeter Gilbert Castel- lanos presents an all-star tribute of "San Diego Jazz Legends." On hand will be saxophonists Daniel Jackson and Gary LeFebvre, bassist Marshall Hawkins, guitarist Mundell Lowe and drummer Carlos Vasquez, with Graham Dechter on guitar. The term "leg- end" is overloaded these days, but it truly applies to this event, with some of the greatest players to ever call San Diego home taking the stage. If you are even remotely interested in jazz, the concert has to be one of the month’s pri-

• "San Diego Jazz Legends:" 8 p.m. Sunday, May 27 at Tango Del Rey, 3567 Del Rey St. 21 and up. All ages. www.tangodelrey.com

Reggae rockers 3 TonE host a CD-release show at the 710 Beach Club on June 2. The Spring Valley-based trio captures the sound of the beach perfectly in tunes like "Bikini Girl" and "Blackout." There seems to be an endless crop of such groups hitting the waterfront each month. But this trio is a cut above, featuring fluid lead guitar work and songs with a humorous story line. Fans of groups like Sublime will find much to appreciate in this Toned.

• 3 TonE: performs at 9 p.m. on Saturday, June 2, at the 710 Beach Club, 710 Garnet Ave. 21 and up. www.710bc.com

Seattle-based indie band Barcelona appears at The Griffin on May 29. The trio performs moody, atmospheric piano-based songs, largely in ballad mode, a la Coldplay. As unlikely as it sounds, the band was recently signed to Universal’s Motown label, but Barcelona’s music is the perfect sound-track fodder for films. Indeed, the group’s song “Please Don’t Go” was used in a trailer for the film “Water for Elephants.” Through much of the music is down tempo, barely raising its energy level past “mild,” anyone who enjoys songs with an intense, emotional focus will enjoy Barcelona.

• Barcelona performs at 8:30 p.m. on Tuesday, May 29 at The Griffin, 1310 Morena Blvd. 21 and up. $12. www.thegriffinsd.com

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Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic.

The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on weekends and holidays. The Anderson Medical Center is equipped to handle minor emergen-
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The Mission Bay Cluster will host its final meeting of the school year on Thursday, June 7, at 6 p.m. in the Mission Bay High School library. There will be updates on San Diego Unified School District information and the numerous projects at the cluster schools. Also on the agenda will be students from MBHS, who will be presenting and fielding questions. The group will reflect on this rollercoaster year and positively acknowledge all we have learned and accomplished.

The next Friends of Pacific Beach Secondary Schools (FOPBSS) meeting will be Wednesday, May 30 at 6 p.m. at the Deitz residence. Come join us for the year-end wrapup at this festive, casual meeting. Contact mbhsfriends@yahoo.com for more information.

MISSION BAY HIGH
- The MBHS Junior Achievement Program will compete on May 24 with its ART4ARC service project and business plan. These exemplary MBHS students developed a junior achievement program to allow the residents of the Crown Point Arc home to express themselves while building a friendship between the Arc community, Pacific Beach Community Garden, and local volunteers, strengthening the Pacific Beach community as a whole.
- The graduating class of 2012 will celebrate Grad Night (a non-school sponsored event) at Disneyland on Wednesday, May 30. The seniors have worked hard for four years of high school and are taking the day and “Going to Disneyland!” Congratulations, class of 2012 for your commitment to your education.
- There will be an IB Parent Night for junior class parents in the MBHS library on Thursday, May 31 (6 to 7:30 p.m.). Make sure to come to this informational meeting and get important dates, deadlines and requirements.
- On June 2, the senior class will host its Prom at Paradise Point from 7 to 11 p.m.
- On June 6, the MBHS Senior Class Awards take place in the auditorium from 6 to 7 p.m. These seniors will continue their educations in colleges around the country, including Harvard, Columbia, Georgetown, Tulane, Northwestern, UCLA, UC Berkeley, UC Santa Barbara, UCSD, CalPoly and many other fine institutions. Congratulations to the outstanding seniors of MBHS!

PB MIDDLE
- Congratulations to the Pacific Beach Middle School Mathletes who earned awards in seven of the 10 events entered at the 2012 San Diego County Math Field Day held May 12 at Francis Parker Middle School. Thirty-three middle schools participated in Math Field Day and once again PBMS students had an extraordinary showing, winning ribbons or medals in seven competitions.
- Seventh-grade students from Pacific Beach Middle School will take an oceanography trip to Catalina Island from May 30 to June 3. The PBMS students will study sea life and environments while enjoying the beautiful natural habitat of the island.
- The PBMS Music Department will present its Spring Concert on Tuesday, June 5 at 6:30 p.m. in the school auditorium. The sixth-grade strings and band, the cadet band, the concert band, orchestra, jazz band and the Sound Wave Choir will present a beautiful variety of music and showcase the amazing musical talent of students in Pacific Beach Middle School. This concert should not be missed!
- On June 1 from 6 to 8 p.m., the CPMA Strings Concert will be held in the school auditorium and on June 7, the Strings Concert will be performed for the students at 9 a.m.

CROWN POINT JMA
- There will be a CPMA Music Club Band Performance in the auditorium Wednesday, May 30 at 8:15 a.m. Come join us for the end-of-year concert performed by the talented musicians at CPMA.
- On May 31, Kate Sessions students will show off their many gifts at the Sessions Talent Showcase. The show will begin at 6 p.m.
- Kate Sessions fifth-graders will wow audiences with the traditional fifth-grade musical on June 2 at 6 p.m. in the school auditorium. This year, they will perform “Go West,” a crowd-pleasing tribute to those hearty pioneers!

PB ELEMENTARY
- The Pacific Beach Variety Show will be on Friday, May 25 from 6:10 to 9 p.m. in the school auditorium. Come see these talented students sing, dance, act and play instruments. Bring the whole family and enjoy the unique, polished performances of these great elementary students.
- The second annual PBE Book Sale will be June 2 at 8 a.m. on the front lawn of the school. Come find some literary treasures while supporting your local school!
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The Bakery offers the makings for an impromptu get together, such as baguette and artisan bread sandwiches and paninis, desserts, coffee and espresso drinks, freshly baked breads and breakfast pastries. A local favorite for almost 33 years, it’s always a delicious day at The French Gourmet!

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