Spike in marine-mammal rescues said typical for this time of season

In recent weeks, beachgoers in coastal communities ranging from Sunset Cliffs to Black's Beach have reported a high number of sick sea lions and seals in need of rescue. The recent spike of distressed pinnipeds may concern local animal lovers, but animal-care specialists at SeaWorld San Diego said the upswing is actually nothing out of the ordinary.

"A lot of the younger animals are just getting weaned from their mom and they're not always prepared to catch fish on their own. Once they can't catch fish ... they get dehydrated," said SeaWorld spokeswoman Kelly Terry. "We're on track to have an average season, which is about 200 rescues a year."

Year after year, SeaWorld's animal-care specialists rescue hundreds of sea lions, seals and birds in Southern California, with the occasional whale or dolphin rescue added to the mix. California sea lions are the most commonly rescued marine mammals, followed by elephant seal pups and harbor seals, according to officials with SeaWorld's Animal Rescue and Rehabilitation Program.

Last year, SeaWorld experienced a light season with only 60 pinniped rescues in San Diego, said Terry. Busy years, like ones bringing El Niño weather conditions, can see rescues in the hundreds.

"This is our rescue season. This is the height of it," said SeaWorld spokeswoman Kelly Terry. "We're on track to have an average season, which is about 200 rescues a year."
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Electricity malfunction ignites fires at Mission Bay Yacht Club

Incident may support lifeguard pleas for needed rescue fireboat, more staff

By MARKED LAMB | BEACH & BAY PRESS

Fire erupted at the Mission Bay Yacht Club on March 19, quickly spreading and damaging a newly reconstructed boat dock and seven boats — four of which were completely destroyed — at the El Carmel location, said San Diego Fire-Rescue Department spokesperson Maurice Luque.

Investigators determined the fire to be accidental, likely sparked by an electrical malfunction on a below-deck refrigerator aboard the “Sea Passion,” a 36-foot cabin cruiser fishing boat.

Firefighters and lifeguards doused the flames in 45 minutes with the aid of a fire helicopter. No one was injured, but damage to the boats and dock are estimated at about $1.3 million. Both of the Life guards Service’s multi-purpose rescue vessels — or fireboats — were on-hand to extinguish the flames. However, one of the fireboats, Marine 2, is nearing the end of its operational lifespan at 21 years old, and it failed to function properly after the blaze was put out.

“Both [responding Lifeguard Services rescue vessels were] operating during the fire. However, at the end of the incident, one of the boats had an electrical problem and could no longer operate its pumps,” Luque said. “This did not affect operations as the fire was out and the incident had come to an end.”

Just one week prior to the incident, San Diego lifeguards issued a plea to a City Council subcommittee requesting help in maintaining two fully-functional fireboats and increasing staffing to improve public safety on Mission Bay. Funding to outfit a newly diesel engine on one of the fireboats, Marine 1, has been identified in this year’s budget. However, lifeguards are also seeking funding for a new fireboat — a nearly $1 million investment — to replace Marine 2 in the near future.

“As a result of city budget challenges during the past several years, estim ated vessel operational life spans have been increased,” stated a report issued by San Diego lifeguards to the Public Safety and Neighborhood Services Committee on March 14. “Annual repairs and refurbishment have enabled us to delay replacement. However, despite these efforts, we will need to address the need for a replacement boat soon,” continues the lifeguards’ report.

Vessel replacements in the past have been funded through one-time, individual budget solutions, like a Department of Boating and Waterways grant, a corporate sponsorship, or city bud get allocation, according to the report. The Public Safety and Neighborhood Services Committee created a working group to examine the lifeguards’ equipment and personnel needs, and the mayor’s office is also considering options to address the need for a future vessel replacement.

Any action on funding for lifeguard services is required to go to City Council for final approval.

Photo by Joe Sans | Beach & Bay Press

Fire damage to a newly reconstructed dock and seven boats moored at the Mission Bay Yacht Club was estimated at about $1.3 million.

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Photo by Joe Sans | Beach & Bay Press

Fire damage to a newly reconstructed dock and seven boats moored at the Mission Bay Yacht Club was estimated at about $1.3 million.
Priced at $795,000

4 view balconies and large ground level exclusive use patio.

1/2 bath off downstairs bedroom, vaulted barreled wood beam ceilings in the master suites, conveniences, 2 car side by side covered parking, dual master suites, subzero ref, stacked W/D, bedroom that opens up to a huge bay view roofdeck with outdoor fireplace. Live here and feel like you’re on vacation everyday! 4 blocks from the oceanfront 2 blocks to the bayfront!

You will love this bayfront 2nd and 3rd level townhome! 4 blocks from the oceanfront! 2 blocks to fabulous Birdrock dining and shopping, across the street from world famous surf spots & just steps to Birdrock Elementary!

In this technological and often impersonal world, a Crown Point letter carrier still treats all of his customers as if they were his friends and neighbors. And, until this March, when he moved from the neighborhood to Lakeside, the people on his route were his friendly neighbors.

This familiarity made Leonard Kemp into somewhat of a local hero when he helped two elderly homeowners out of serious situations.

According to resident John Albin, “Lenny” is a throwback to the old-school days of postal carriers. He takes the time to get to know the residents he serves and keeps his eyes open to the goings-on in our neighborhood,” said Albin.

Kemp said he keeps track of when customers are out of town, checking on their homes for them.

“This astute awareness of the residents has paid off,” said Sandy Albin. More than a decade ago, Kemp helped avert the later “Mr. Olsen,” a 94-year-old homeowner, when the letter carrier noticed the meticulous nonagenarian had not picked up his newspapers at the usual time.

Kemp called Olsen’s son, who entered the house with paramedics and found his dad on the floor. The elderly Olsen survived and lived to be 101, according to Kemp. Recently, Kemp made his second save. When octogenarian Fred Wilkens neglected to pick up his mail, Kemp knocked on the front door. After getting no answer for two days, Kemp alerted a neighbor, who was able to squeeze through a small window. They discovered Wilkens on the floor. Although Wilkens made it successfully to the hospital, he later succumbed to pneumonia in a convalescent home.

Kemp, 54, has been at his job 24 years, starting his work for the post office on Feb. 29, 1988. He’s had his current route in Crown Point for 21 years and said he hopes to work until he’s 62.

The divorced father of an adult son certainly appears fit from walking four to five miles a day, five days a week. Recent knee surgery and a bad back haven’t slowed him down.

“Try to be smarter than the work, to lift right, organize and ask for help when you need it,” said Kemp. His eight-hour days begin at 7:30 a.m., when he sorts and organizes the mail at the Pacific Beach post office. Then, he parks his postal vehicle along his route, transfers letters, packages and bulk business mail (“We don’t call it junk mail: it keeps us going,” said Kemp) to a postal cart. He begins his trek to 280 houses at about 10 a.m.

His uniform this time of year includes shorts, a long-sleeve sweatshirt with the 92109 ZIP code across the front, a pith helmet and sturdy shoes. “Ihya, Lucky,” he called to a familiar black labrador. He said he treats the neighborhood dogs like family, but admitted he keeps his guard up.

“Ihya, Theresa,” he said to a patron sitting outside in a wheelchair and smiling at him. Kemp said that’s what makes his job special: “A whole day of smiles when I’m out with my people.”

He said he’s the only person some of his elderly customers see all day. “If they want to talk, I do,” said Kemp. “I just skip a break or lunch.”

Many of the homeowners on his route have lived in their homes for decades. In the last 5 years, the route has had only two fulltime letter carriers — including him, he said.

Because he knows his customers so well, Kemp said he mourns when the
NEWS

Wife of Invisible Children film maker keeps focus on child soldiers’ plight

By MARTIN JONES WESTER | Route & R environments

The wife of a local filmmaker discovered a child soldiers’ plights collapse in a residential area of Pacific Beach (related story below) has urged that all eyes remain on the Ugandan conflict in the filmmaker’s widely attention-getting work.

Dumka Russell, wife of filmmaker Jason Russell, asked in a statement issued on “Jason’s behalf” last week that viewers of the controversial Internet movie “Kony 2012” “keep your attention turned to the end of Africa’s longest civil war” and “setting a precedent for all future injustices.” With love and overflow of gratitude for your prayers, we thank you.” “Kony 2012.” Russell’s 10-minute documentary that went viral on the Internet, details the 20-year rise of the Lord’s Resistance Army, a Uganda-based rebel organization founded and led by Joseph Kony.

The film alleges that Kony is responsible for the abduction of 30,000 Ugandan youth who were then armed and forced to fight in the Lord’s Resistance Army throughout the area under the threat of death. Kony allegedly wants to turn the Uganda into a theocratic state run by a Christian-based memorial that was built to honor the pinnipeds.

Top priority is given to the experience the national WWII Monument. Andra Brown. “Most of the ones we’ve seen in the last week have been dehydrated, malnourished and underweight.” Terry said. “One of the first things that we do is give them a veterinary examination to see if there are any other issues or infections. Typically, it’s just getting them rehydrated and getting them fattened up. They stay in our care for six to eight weeks if they’re not showing any signs of infections.”

In most cases, dehydrated pups will need the help of their mothers and are back on their paws in no time. Occasionally, however, the pinnipeds are victims of circumstance. The UC San Diego Medical Center has seen a sea lion in Pacific Beach — will host its annual fundraiser on March 31, a private donor has said, “I think it’s a very sad story, but I think it’s a very important story.”

Students at UCSD Price Center — which includes a site in La Jolla — was one of the largest veterinary hospitals in the world. “It’s a very sad story, but I think it’s a very important story.”

For more information, visit www.medschool.ucsd.edu/ and Terry, explaining that sometimes the mammary is simply asleep or the mother has only left her pup for a short time. “It’s strongly advised not to touch the animal. It’s dangerous because they can bite or have an infection. It is also a violation of the Marine Mammal Protection Act. Leave it to the experts. Consult a lifeguard or call our seal hotline.”

If the animal is determined to be in distress, Terry urged beachgoers to call SeaWorld’s animal rescue hotline at (800) 541-SEAL (7325).

Student-run free clinic to host annual gala

The UC San Diego Student-Run Free Clinic Project — which includes a site in Pacific Beach — will host its annual fundraiser and awards ceremony on Saturday, March 31 at the UCSD Price Center Ballroom at the La Jolla campus.

Funds help provide free medical, dental, pharmacy, acupuncture, legal and social services to San Diego’s poor and homeless. More than 2,800 San Diegans rely on its comprehensive, integrative health services every year.

The Student-Run Free Clinic Project is run by 200 UC San Diego School of Medicine and Skaggs School of Pharmacy and Pharmaceutical Sciences students under the supervision of 100 licensed professionals including physicians, pharmacists, dentists, lawyers and social workers.

The event has four clinical sites, including airfare, meals and accommodations. Top priority is given to the veterans, including airfare, meals and accommodations. Top priority is given to the veterans, including airfare, meals and accommodations. The film alleges that Kony is responsible for the abduction of 30,000 Ugandan youth who were then armed and forced to fight in the Lord’s Resistance Army throughout the area under the threat of death. Kony allegedly wants to turn the Uganda into a theocratic state run by a Christian-based memorial that was built to honor the pinnipeds.

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The event has four clinical sites, including one at Pacific Beach United Methodist Church. For more information, call (888) 534- 1665, or visit www.medschool.ucsd.edu/-/froclink/benefits_clinics.php.
City's fire pits saved in time for spring; challenges far from over

By City Councilman Kevin Faulconer

We saved the fire pits! After years of generous private donations and support from San Diegans, I am proud to share with you that the city will be fully funding San Diego’s popular beach fire-pit program in the upcoming budget.

Gathering around a fire pit with friends and family is part of San Diego’s experience. From roasting marshmallows to just relaxing on the sand under the night sky, San Diegans long for a bigger gym is a major factor for instruction. Of course, 80 to 90 percent of the training.

Kevin Faulconer was achieved at City Hall and an improving economy. San Diego’s 1,866 concrete fire pits are not on this year’s chopping block. The lights will not be going out on San Diego beaches.

As the councilmember who is proud to represent Mission Beach, Pacific Beach, Mis-

sion Bay and Ocean Beach, my priority is protecting and celebrating San Diego’s beaches and bayways for future generations. I talk with countless San Diegans every year who tell me how important the fire pits are to the beach lifestyle. I completely agree and have always believed we must keep this San Diego tradition alive.

Since 2009, I’ve led a partnership with the community, private donors, the San Diego Foundation, La Jolla Foundation and San Diego Convention and Visitor’s Bureau to raise money for the fire pits in the face of several budget deficits. Our partnership’s yearly success in keeping the fire pits fund-

ied yielded a listing result. Mayor Jerry Sanders will include the $120,500 needed to maintain the fire pits in his new annual budget, which begins July 1. This victory comes on the heels of the $1.65 million budget surplus announced by Mayor Sanders on February 12.

We must cut red tape to improve coordination and communication between city departments. We must increase efficiencies to get repairing projects awarded to contractors. We must direct more funds toward long-term repair. The City Council took a huge step forward by directing $8 million of the budget surplus to infrastructure repair.

That’s the equivalent of paving 16 additional miles of streets.

Citizens rightfully expect tax dollars to be spent wisely. As we take every moment to enjoy our fire pits victory, we must carry on with reforming city opera-

tions. Through leadership and fiscal reform, we will continue to deliver results for our beaches and bayways and prioritizes services that improve the quality of life for all San Diegans.

— District 2 City Councilman Kevin Faulconer represents Pacific Beach, Mission Beach, Mission Bay and Ocean Beach.

Discover PB showers community’s team players, volunteers with honors

Discover Pacific Beach (DPB) officials literally laid their cards on the table March 15 during their 14th annual Casino Night dinner and awards aboard the Robert D. Evans in an event catered by the Catama-

yan Hotel.

Discover Pacific Beach Executive Director Sara Berns called the event a success after the gala drew an estimated 130 guests. For the first time, Discover Pacific Beach combined its annual dinner and awards with the business awards as a matter of practicality.

“Traditionally, we have our annual dinner event in the fall before the event’s season, but we decided to change it this year to March because we have so many events already scheduled for this fall,” said Berns.

Among the guests were District 2 City Councilman Kevin Faulconer. Assistant Police Chief Shirley Zimmerman, Capt. Brian Alsheim of the police department’s Northern Division, officer Ben Douglas of Northern Division’s Beach Team, Deputy District Attorney Terri Winburn and park ranger Karolyn Strutin.

Douglas was honored with the Outstanding Community Partner Award and Hotelier earned the Outstanding Vol-

unteer Award.

This year’s business honorees went to: • Oscar’s Mexican Seaside (4565 Mission Blvd.) — Neivend Award, recognizing the new business; • Turquoise Cafe (873 Turquoise St.) — Design and Improvement Award, recognizing aesthetic improve-

ments in the community; and • SurfCard (701 Turquoise St.) — Heart of PB Award, recognizing the culture and spirit of Pacific Beach.

Other volunteer awards went to: • Lisa Wells (Outstanding Beachside Volunteer); • Billy Ramirez and Doug Sandomuck’s (Community Patron Award); and • Carol Bielenstorm (Mike Duran Award). There were also honorable mentions given out for the event’s silent auction.

• Superpower, for donating a diamond ring; and • Bill and Catalina Eckert for donating a Hawaiian conno. In addition to the above awards, a silent auction featured many items donated by Pacific Beach businesses and vendors.

The annual dinner and award for Discover PB is an opportunity for the organization to celebrate all of its accomplishments and to recognize the many vol-

unteers, partners, and — most importantly — the businesses that make the Pacific Beach Business Improvement District the amazing vibrant neighbor-

hood that it is,” Berns said.

Discover PB will host a Roque Ball Tournament on April 28 and is looking for sponsors for the annual Casino Night dinner in December.

For more information on Discover Pacific Beach events, visit www.pacificbeach.org.

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For more information on Discover Pacific Beach events, visit www.pacificbeach.org.
Some of the residents along Leonard Kemp’s route characterize him as a throwback to the old-school days of postal carriers.

“He is friendly and approachable,” said one resident. “His smile and enthusiasm brighten our day.”

Kemp said he enjoys the daily routine and the interaction with the people he meets on his route.

“I love my job,” he said. “It’s not just about delivering mail; it’s about building relationships with the community.”

Postal customer John Albini had nothing but praise for Kemp.

“While we are all busy rushing around and consumed with our daily rituals, it’s nice to know Lenny will be walking down the street with a broad smile and a caring conversation,” he said.

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Jeff has over thirty years of income tax service and accounting experience. He has a Business Management degree from Pepperdine University and a Law Degree granted by National University School of Law.

He is an Enrolled Agent, which means he is licensed to practice before the IRS and to appear in place of the taxpayer in all tax matters. Only enrolled agents, attorneys and CPAs can represent a taxpayer in this manner.

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**Easter Worship 2012**

**Saints, Sinners, & Surfers Welcome**

**Christ Lutheran Church**

4761 Casa Street, Pacific Beach

**Easter Celebrations April 8**

**6:30 a.m.:** Sunrise on the Beach

(Meet at the Foot of Law St.)

9:00 a.m. & 11:00 a.m. at church

Children’s Easter Egg Hunt - 10:00 a.m.

**Good Friday, April 6**

Stations of the Cross Procession - 12:00 noon

Worship - 7 p.m.

(858) 453-2120 www.christla.org

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**Holy Week Worship Maundy Thursday, April 5, 7:00 p.m. “with Communion”**

Rev. Dr. Alan W. Dueel

7:30 a.m. Good Friday Service at Coronado Point Park at the lighthouse

9:30 a.m. Easter Service at Sun Bowl Park

10 a.m. Easter Service at La Jolla Community Center

11:00 a.m. Egg Hunt @ Kate Sessions Park

7 p.m. “Roots” Young Adult

**Pacific Beach Presbyterian**

1875 Garnet Ave, San Diego, CA 92109

(858) 273-0312 www.pbepres.org

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**Join Us on Easter!**

**Sunday, April 8th**

7:30, 9:00, & 10:30 AM

“A VISION FULFILLED” WITH PASTOR STEVE MURRAY

Enjoy music by the UCC Worship Band, Choir and a Brass Quartet

4317 Eastgate Mall, San Diego, CA 92111

One Block East of Genesee Avenue

(858) 558-9020

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**Eyes on the prize for 39th annual San Diego Crew Classic**

By JOHNNY MCDONALD | Beach & Bay Press

Through a promotional campaign, San Diego’s Crew Classic has grown in such size that it now has a waiting list for entry.

The 39th annual rowing competition will have 421 boats on the water at Crown Point from March 30 through April 1 — an increase of 50 entries over last year.

“It pays to advertise, which we did more this year,” said executive director Martha Schumaker. “But, we can only accommodate 444 entries. We only have seven lanes. We have 60 boats on a waiting list.”

California Maritime Academy, Loyola Marymount, UC Irvine, Cal Berkeley lightweight and Boston College missed the cut in the second tier for the Cal Cup.

The Copley Cup headliner again will be the University of Southern Californian’s, seeking its fourth straight victory, 11th overall. In the women’s competition for the Jessop-Whittier Cup, USC’s rowers will go after a repeat win.

This year’s Crew Classic will feature some men’s rowing powerhouses, including teams from the University of Southern California, Naval Academy, Stanford, Gonzaga, UC San Diego, Harvard and Cornell.

The men’s heavyweight division will include the Naval Academy, two-time winner Stanford, Gonzaga, UC San Diego, British Columbia, Michigan and a pair of Ivy Leaguers — Harvard and Cornell.

Among the women’s teams competing in the Jessop-Whittier Cup will be USC, Stanford, Cal State Berkeley, Virginia, University of Washington, Washington State, Clemson, Texas, UCLA, Tennessee and Purdue.

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**St. Andrew’s by-the-Sea Episcopal Church**

**Holy Week Services and Events**

**April 5th Maundy Thursday, 7:30pm**

**April 6th Good Friday Children’s Stations of the Cross, 10:00pm**

**April 6th Good Friday Vigil, 7:00pm**

**April 7th Easter Eve Worship, 7:00pm**

**April 24th Easter Day Worship, 9:30am**

1851 Thomas Avenue, Pacific Beach

(858) 273-3922 www.standrewspsb.org
Nonprofit looks to spike childhood blindness with volleyball tourney

The nonprofit Vision Of Children (VOC) program launched its inaugural “Spike For Sight” beach volleyball tournament at the South Mission Beach volleyball courts near the jetty on March 24 to raise money and awareness for childhood blindness.

“We had a huge turnout for the tournament,” said Karen Readshaw, development director for VOC. “It filled up pretty fast, with a lot of teams signing up at the last minute.”

Johnson said he believes that year by year there are signs of getting a little closer to join UCLA, USC, Oregon, Stanford and Oregon State.

“Cal [Berkeley] and Washington are the cream of the crop and get a lot of kids from overseas,” said Johnson.

He said he has prepared his team well enough to compete in the last two Copley Cups of the San Diego Crew Classic, and that the team will be fighting for a berth in the classic’s finals on April 1 off Crown Point.

UCSD scored convincing victories in the city championships and the Opening Day Regatta at Newport Beach the last couple of weeks.

The varsity eight boat defeated second-place USD by a full nine seconds on Feb. 24 and outclassed UC Santa Barbara, UC Irvine, Long Beach State and San Diego State at Newport Beach on March 3.

Johnson said the team is recruiting throughout the country and has 20 freshmen. In addition, they have received transfers from Drexel and Loyola Marymount and a couple from junior colleges.

For more information, visit www.crewclassic.org.

UCSD ready to flex muscle ahead of bid to join Pac 12

Members of the San Diego Rowing Club’s (SDRC) men’s and women’s teams will delve into the excitement of the annual Crew Classic competition on Mission Bay with seven juniors boats and nine Masters boats beginning at 7:30 a.m. on March 31.

The SDRC has a number of senior women who will race for the last time as juniors in the two-day regatta. All three are celebrating a five-year career with the SDRC. Steven Goicoechea (Francis Parker School), Derek Manske (Point Loma High) and Julia Taylor-Brown (High Tech High).

The SDRC varsity women’s boat — set to race at 12:30 p.m. on March 31 may be the one to watch with an impressive crew of
**The French Gourmet**

The French Gourmet’s casual French restaurant is open for dinner Tuesday through Saturday and proudly features a $25 3-course Prix Fixe Menu and extensive Wine List. Open 7 days a week for Breakfast and Lunch, serving delicious crepes and outstanding Eggs Benedict, as well as traditional French and American dishes.

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 31 years, it’s always a delicious day at The French Gourmet!

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**Narraya Thai**

Suree or Nok as she is known to so many continues her tradition of serving delectable Thai cooking coupled with impeccable service with Narraya – the Palace of Thai Dining in Pacific Beach. Although, Nok has two other locations, Amarin in Hillcrest and Siam Nara in Mira Mesa, she strives to concieve, believe and achieve culinary excellence through both traditional dishes and delightful creations by embracing her customers’ feedback, exploring new ingredients and extending an invitation for everyone to enjoy the sugar, spice and everything nice that is Thai cooking.

Be captivated by their seductive Argentine Tango and sexy Cha Cha routines. After you dine on the authentic Italian cuisine, prepared by Chef Cinzia Zolfanelli a locally acclaimed Chef, restauranteur and teacher born & raised in Milan, Italy, get ready to join in on the dancing fun - Principal dancers Karina Ortiz, and Michael Saltus will create a lively and memorable dinner show! Make your reservation today!

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**Mamma Mia’s Restaurant presents: Positive Energy Dance Company!**

An International Bonanza! Spice up your Saturday night with Latin dancing and casual Italian dining. Mamma Mia’s Restaurant located in the heart of PB presents Positive Energy Dance Company! The last Saturday of every month professional dancers enchant and entertain the beat of Salsa, Bachata, Cumbia and the Merengue. Be captivated by their seductive Argentine Tango and sexy Cha Cha routines. After you dine on the authentic Italian cuisine, prepared by Chef Cinzia Zolfanelli a locally acclaimed Chef, restauranteur and teacher born & raised in Milan, Italy, get ready to join in on the dancing fun - Principal dancers Karina Ortiz, and Michael Saltus will create a lively and memorable dinner show! Make your reservation today!

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**Miller’s Field**

Let Miller’s Field provide a killer location for your next private event Looking for a location to host your next corporate event, meeting or private party? You’ve come to the right place. We have an upstairs location that will meet the needs of events with attendance of 100 or less, seating for up to 75 people – full service (15 seat) bar – ocean view indoor / outdoor heated patio – order off menu or buffet – free validated parking 13 flat screens on upper patio – presentation friendly! Contact us today to get more information! 619 838 1866

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**FINAL FOUR SATURDAY YOUR HOOPS HEADQUARTERS**

CHECK OUT OUR KILLER FOOD DEALS!

**TJ Tuesdays**

$5 Your Choice Mexican Entree
It’s like Taco Tuesdays on Steroids!

**Wednesday**

2 lbs of Wings for the price of a pound

**Miller’s Field**

Let Miller’s Field provide a killer location for your next private event. Looking for a location to host your next corporate event, meeting or private party? You’ve come to the right place. We have an upstairs location that will meet the needs of events with attendance of 100 or less, seating for up to 75 people – full service (15 seat) bar – ocean view indoor / outdoor heated patio – order off menu or buffet – free validated parking 13 flat screens on upper patio – presentation friendly! Contact us today to get more information! 619 838 1866

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**The French Gourmet**

The French Gourmet’s casual French restaurant is open for dinner Tuesday through Saturday and proudly features a $25 3-course Prix Fixe Menu and extensive Wine List. Open 7 days a week for Breakfast and Lunch, serving delicious crepes and outstanding Eggs Benedict, as well as traditional French and American dishes.

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 31 years, it’s always a delicious day at The French Gourmet!
SeaWorld San Diego opened on March 21, 1964 with 22 acres and 45 employees.

Over the years, the park has grown from a small display of marine animals into one of the largest and most respected marine zoological facilities in the world. The highest standards of animal husbandry, education and marine-life display have earned SeaWorld San Diego accreditation from the American Zoo and Aquarium Association.

It is now home to more than 10,000 animals, including 20 species of marine mammals, more than 4,000 species of fish and more than 75 species of birds. The world-famous killer whale Shamu has been thrilling guests from around the world since 1965.

SeaWorld is one of 10 parks owned and operated by SeaWorld Parks & Entertainment. SeaWorld remains involved in groundbreaking scientific research, wildlife preservation, marine-life education, environmental stewardship and rescue and rehabilitation programs.

For more information, visit www.seaworldparks.com.

— Staff and contribution

Happy Hour 4 to 7 Every Night in the Bar Areas!  Coming Soon DJ’s and Bands Thurs – Sat!

Happy Hour All Day

— Bart Mendoza

LIVE MUSIC

BY BART MENDOZA | BEACH & BAY PRESS

Mixing indie rock with reggae, Counterpoint Culture rises above the current wave of like-minded bands — but with more melody and rhythm. Appearing at RT’s Longboard on Thursday, March 29, Ironman Cam-Popas has a commanding, radio-friendly voice. But it’s guitarist Andrew Krause’s fretwork that truly spices up the group’s music. Songs like “Fire Day” go a step closer to Counterculture’s influences, but tunes like “Bee Strong” include a touch of classic ‘80s new wave for a sound that’s got depth and plenty of groove.

Counterpoint Culture performs at 9:30 p.m. on Thursday, March 29 at RT’s Longboard, 1466 Gamit Ave. and up. $5. www.counterpointculturemusic.com

SeaWorld celebrates 48th year as marine-life icon in San Diego

SeaWorld San Diego opened on March 21, 1964 with 22 acres and 45 employees. The concept grew into a small display of marine animals into one of the largest and most respected marine zoological facilities in the world. The highest standards of animal husbandry, education and marine-life display have earned SeaWorld San Diego accreditation from the American Zoo and Aquarium Association.

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— Staff and contribution

Paul Hornick, the quartet has an encyclopedic knowledge of vintage tunes. While anyone who enjoys up-tempo music or virtuoso fretwork will find much to their liking, fans of legendary guitarist Django Reinhardt in particular will love this performance.

The Bobby Sanchez Combo performs on Thursday, March 29 at the Griffin, 1310 Morena Blvd. at 8 p.m. www.pblibraryfriends.org/concert.htm — Bart Mendoza

SeaWorld celebrates 48th year as marine-life icon in San Diego

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Point Loma Arts Academy

2012-“Handsdpun Dreams”

Pt. Loma Arts Academy has been engaging children ages 5-13 in a unique hands-on smorgasbord of visual arts, including clay, printmaking, music, guest artists, stories, and delicious homemade snacks... for 2 years! Classes are small with creative teachers, teen assistants, and a welcoming atmosphere which keeps our children coming back year after year.

The afternoon theater program is designed for drama-loving kids ages 7 - 15 and will be performing Peter Pan, directed by the talented Billy Stevens. This program is limited to 30 children. Each program is $400. Space is limited to sell out quickly. So, register today!!!

Join Junior Theatre this summer to experience the wonderful world of Performing Arts

Campers will take classes in acting, dance, & singing. Traditional, Performance & Advanced camps are available in Balboa Park. Junior Theatre also provides K-3rd camps in La Jolla. Camps run June 1-5 & 8-12. For a list of camp dates, descriptions & pricing visit Junior Theatre.com. Register early as our camps fill quickly.

San Diego Junior Theatre
JuniorTheatre.com
619-239-1311

Vacation Bible School
Christ Lutheran Church in Pacific Beach.
4741 Cass Street, is hosting SonQuest Rainforest Vacation Bible School July 23-27, 9:00 a.m. to 12:00 noon for children age 4 to grade 4. The program will feature music, Bible stories, craft time, snack time and more fun! The week will end with a closing program at noon and a picnic for the whole family on Friday, July 27th at 5:00 p.m. For information and registration forms, please go to www.christph.org or call the office at 858-483-2100 and speak with Talfin.

San Diego’s Premier Surf School: Safe-Fun-Friendly-Professional-Educational

Discover why San Diego Families have chosen San Diego Surf School as the place to be year after year. Our popular week-long half-day surf camps are unique with small class sizes, specializing in personal surf instruction for campers of all levels. A 3:1 surfer to instructor ratio ensures safety and valuable educational opportunities, including knowledge of the ocean and surfing etiquette. Surf Camps start June 4th and include surfboards, wetsuits, snacks, t-shirt, pizza Friday. Summer Camp 2012 specials at www.sandiesurfschool.com (limited space available).

Phone: 858-205-7683 or e-mail us: sandiesurfschool@gmail.com.

Nike Golf Schools & Jr. Camps

Nike Golf Schools and Jr. Camps offer a variety of programs designed to meet the needs of each camper. Every facet of the game is covered during morning instruction and afternoon course play. Beginning, intermediate, high school and advanced players can immerse themselves in the sport for an entire week. Our camps are led by directors who are nationally recognized PGA/LPGA professionals and college coaches and are joined on staff by other teaching professionals, college assistant coaches, renowned high school coaches and former current college players.

Enroll in a Nike Jr. Golf Camp today and see why over 150,000 junior golfers have participated in what we believe are among the best junior programs in the country.

Summer Camps
Make the Most of Summer with Meneneh Surf! The Meneneh Surf School has been synonymous with safe, quality surf instruction for over 10 years. Founded by San Diego schoolteachers, our program takes learning to surf to a whole new level. Included in camp programs are discussions on ocean safety (our #1 priority!), surf history and culture, surf etiquette, and marine conservation. All instructors are CPR, First-Aid, and Lifeguard certified in addition to our ever-popular Surf Camp, we also offer an Ocean Adventure Camp, in which campers explore the La Jolla Ecological reserve through kayaking, snorkeling, tide-pooling, and, of course, surfing. Surf Camps are offered at three locations: La Jolla Shores, Del Mar, and Mission Beach. Basic and intermediate level camps available. Half- and Full-Day programs offered. Group discounts and special pricing available! Best of all…we hold a free surfboard giveaway every week of camp! Don’t miss out – register now at www.menehensurf.com or call 858-661-7299. See you at the beach!

Peninsula YMCA Camps The Peninsula Family YMCA offers day camps all summer long beginning June 11 through August 31. Day camps range from a variety of choices and for all ages. There are more than several camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will grow, discover and explore while making lasting friendships and memories. Camps fill up fast so please sign up as soon as possible. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need.

To register in either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8888 for more information.

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Anderson Medical Center focuses on ‘whole patient’ in healthcare realm

By Marsha Kay Seff | Beach & Bay Press

Dr. Ken Anderson, D.O., opened the Anderson Medical Center at 1945 Garnet Ave., just up the road from the Fanuel Street and Garnet Avenue urgent-care practice, where he’d worked for 22 years.

At 51, Anderson has never had his own practice and decided it was time to strike out on his own. He wanted more control over how he took care of his patients and he wanted the latest in medical technology — from electronic records to digital X-rays.

Although he built his practice on the urgent-care model with the ability to treat minor emergencies, he said, “We consider ourselves as primary-care physicians. We manage (patients’) healthcare.”

Anderson said a doctor of osteopathic medicine is very similar to an M.D., although he built his practice on the involvement in healthcare, he said. But, “I think it’s only going to be worse.”

Generally, though, he’d like to see less government and insurance-company involvement in healthcare, he said. But, he admitted, “I think it’s only going to be worse.”

As for competition from the urgent-care clinic where he used to practice, and the nearby pharmacy’s in-store clinic, “which is very limited in what he does,” he said he’s not concerned. “Dr. A,” as many of his patients call him, said he ends up treating some of the patients from the pharmacy’s clinic, as well as seeing many former patients who followed him to his new practice.

“This is a positive environment, not so stuffy, and Dr. Anderson just seems to care a lot, he’s genuine,” said receptionist Londa Monroe.

He’s been a tennis player for 25 years. And he’s not shy about telling people he had a cardiac arrest on the tennis court two years ago. That’s partly why cardiac healthcare is so important to him. In fact, the center has offered classes in use of the automated external defibrillator and cardiopulmonary resuscitation.

“I believe we offer a great quality of care and the latest in technology to provide that,” Anderson said. “We tried to make (the center) accessible and easy with extended hours — from 8 a.m. to 8 p.m. weekdays and 8 a.m. to 4 p.m. on weekends and holidays.”

Walk-ins are welcome.

Anderson Medical Center is located at 1945 Garnet Ave. For more information, call (858) 224-7977, or visit www.anderson-medicalcenter.com.

Belmont Park has opened its latest attraction, RUSH Laser Tag, for the amusement of children and adults alike. Story pane

Belmont Park opens new laser-tag attraction

Belmont Park, the seven-acre beach front amusement park and entertainment center in Mission Beach, has opened its newest attraction — RUSH Laser Tag — just in time for spring break and the summer season.

Belmont Park’s new laser-tag arena, with its post-apocalyptic theme, offers players 1,000 square feet of action-packed fun with the latest in laser-tag technology. Not only is RUSH Laser Tag the newest attraction at Belmont Park, but it is the only arena in San Diego that includes a full arcade and a “Mission Impossible”-style laser maze.

“RUSH Laser Tag arena has a 20-person capacity that is sure to have a surprise waiting around every corner,” said James Austin, attraction owner/operator.

The cost of the attraction is $7.95 a game or $15.95 for unlimited play. Belmont Park is located at the corner of Mission Boulevard and West Mission Bay Drive. For more information, call (858) 488-1549, or visit www.belmontpark.com.

— Staff and contribution
Students get behind-the-scenes look at PB post office operations

There is no better way to conclude a less-than-to actually experience the learning “Sea real.” That was the lesson taught recently when kindergarten teacher Sonye Riess of the San Diego French-American School (SDFA) arranged to have her class tour the Pacific Beach post office on Cass Street. The behind-the-scenes tour capped a year-long project as her kindergarten students experience a creative new means to help them learn to write in cursive, print and decipher the letters anew.

The “card-exchange experience” started with the creation of a yellow mailbox, the kind typically found on the streets of France. Then, before each school break and as the children’s aprons were tied to each other.

Duffer explained what happens when people change their address and how big parcels are managed. The tour included a quick visit of the basement to check out the USPS’s vats. Finally, the children purchased stamps, date-stamped their personal envelopes and then posted them.

In a few days, the letters were expect- ed to arrive at the school, addressed to their English teacher.

Staff and contribution

LIFESTYLE

SUNDAY, April 1

The San Diego Epilepsy Foundation will host the 12th annual “Sharon’s Ride/Honk/Vault for better awareness and support for Anza” at Mission Bay. The event will include a 5k walk/run and 15-mile bike ride. Registration begins at 7:30 a.m. at Lake Murray High School. The walk/run begins at 9 a.m. The bike ride begins at 9:45 a.m. Participants can enjoy a day at the bay, along with food from various food trucks and vendors.

SUNDAY, April 15

The La Jolla Piano Institute will host a Gala and Auction at the La Jolla Historical Society. The event features performances by world-renowned pianists and proceeds support a variety of educational programs. Tickets are $75, $125, or $225, and include dinner, open bar, and entertainment. For more information, contact 858-456-2016.
MISSION BAY HIGH

The Mission Bay High School Jazz Ensemble, the “Preservationists” will travel to New Orleans April 19-22. The MBHS performance group will play at its legendary namesake venue Preservation Hall. This special four-day visit is an incredible opportunity for the talented musicians at MBHS to experience the birthplace of jazz. To support the group’s efforts or learn more about Mission Bay High School Music, visit www.missionbaymusic.com.

A monthly vaccine clinic is offered the second Tuesday of every month at Mission Bay High School by the county Health Department. The clinic is held in the auditorium of the school from 8 to 11 a.m. Vaccines are available for students who are accompanied by an adult, as well as parents, staff and residents. Bring your vaccination card if you possess one. For more information, call school nurse Diane Bladel at (858) 273-1313, ext. 121.

MISSION BAY HIGH

MISSION BAY HIGH

MISSION BAY HIGH

Mission Bay High School students place their robot into the arena for the FIRST Robotics competition at Valley View Casino Arena (formerly the San Diego Sports Arena). For Inspiration and Recognition of Science and Technology (FIRST) hosts an annual event that lets high school teams from around the world compete against each other in a game with robots that they build specifically to tackle the challenges posed to them by the organizer.

PACIFIC BEACH MIDDLE

PB Middle School will host a group of Malaysian education officials on March 29. The Malaysians are on a tour of successful international baccalaureate schools in Southern California and Pacific Beach International Baccalaureate World School made the list of “schools to see.” For more information, email jsims@sandi.net.

Earth Week events:
April 12 – Trash Tarp Toss. International baccalaureate students in the PB Middle Eco Club will collect and sort the trash generated at PB Middle in one day at lunch. How much trash do we generate in one lunch? How can we tackle our trash problem? These questions and more will be answered during this Earth Day Exploration.
April 13 – Waves of Green PB Middle Student Garden Harvest Day. Students are invited to sample organic salad harvested by the IB Garden Club students in the PB Middle Waves of Green organic and ocean-friendly student garden. For more information, email Skaufman@sandi.net.
April 18 – PB Student Beach Cleanup, 1 to 3 p.m. on Law Street. Inspired by IB units that teach students to take action, groups include the Sessions Elementary Walk to the Park ecology club, PB Middle Kwanzaa Builders Club, Nicholas Campagna, Trader Joe’s, etc. are planning a large-scale beach cleanup for students of all ages. For more information, email walktotheparkclub@att.net or lchadwick@sandi.net.

CROWN POINT JMA

Crown Point Junior Music Academy students enjoyed international visitors during the PTA’s celebration of Dr. Seuss’ birthday.

Mission Bay High School’s Academic League flexes its brainpower

The varsity Mission Bay High School (MBHS) Academic League team finished the regular season March 22 tied for first place in the Central League with a 6-2 record. At press time, it was not yet clear if the Buccaneer team would advance to the playoffs.

“The purpose of the Academic League is to highlight academic excellence through competition,” said Mission Bay High School Academic League coach Barry Dancher. “Almost every school in the county has a team now.”

The Academic League is a 5-on-5 competition for public, private and charter schools. Questions are based on current events and high school subjects like math, science, English and history. Competition questions are presented the same way as they are on the television game show “Jeopardy” phrased in the form of an answer. Students do not, however, have to respond the same way as would in the “Jeopardy” show format.

The MBHS Academic League has three levels, including varsity (juniors and seniors), junior varsity (sophomores and juniors) and novices (freshmen and sophomores). Under Dancher, the MBHS Academic League has grown from seven members four years ago to 25 students today. Since Mission Bay High became an international baccalaureate (IB) school in 2007, Mission Bay High’s Academic League flexes its brainpower.
The English Language Advisory Committee (ELAC) hosted library time with Read Across America and the World Day. Students were treated to stories in Tagalog, Punjabi, Spanish, Portuguese, Chinese, German, Indonesian, Farsi and Indian.

- CPMA thanks the PB Town Council for graciously donating $500 to the school.
- There funds go toward educational and enrichment programs for the students. CPMA thanks the PBTC for the financial support and kindness they extend during our visits.
- April 13 – Coffee with Principal Liz Quarri at 8 a.m. All are encouraged to attend.
- April 21 – CPMA annual 5th Grade Newfoundland Café, 8 a.m. to 2 p.m. Public welcome to sell. Call the school office at (858) 273-9830 to reserve a spot on the playground in which to sell your personal goods. Keep the profits you make!

PACIFIC BEACH ELEMENTARY
- Friends of Pacific Beach Elementary

Ramona Lopez Pizarro is shown with her son, Sasan, and classmate Lauren Upton during a Read Across America and the World Day at Crown Point Junior Music Academy. In addition to reading to the children in Farsi, the parent volunteer also shared about Iranian culture. (Courtesy photo)

Ramona Lopez Pizarro is shown with her son, Sasan, and classmate Lauren Upton during a Read Across America and the World Day at Crown Point Junior Music Academy. In addition to reading to the children in Farsi, the parent volunteer also shared about Iranian culture. (Courtesy photo)

Daniel Fennell of Serra Mesa is in his first year with the MBHS Academic League and competes for the Buccaneers’ varsity and junior varsity teams.

"Before the school year started, I walked into Mr. Dancher’s classroom and signed up for the Academic League," Fennell said.

The Academic League holds its practices during lunchtime three times a week. Players prepare for what subject matter to expect in their upcoming match.

"The Academic League is fun and not a huge time commitment," Fennell said. The junior varsity team wrapped up its regular season with a 37-28 victory over Mount Everest and finished with an undefeated record of 8-0.

The Bucs’ novice team defeated Mount Everest 23-19 in an exhibition match after Mission Bay was awarded victory by forfeit because the Mount Everest novice team did not have enough participants.

Whether or not Mission Bay High’s varsity team makes the playoffs, Dancher said he felt it was a good year for the program. But he said he was little disappointed the team didn’t win the final regular season match.

The good news for Dancher and the team is that many of the varsity players will be back next year.
Is Spring the best time to sell my Pacific Beach-Mission Beach Home? Absolutely!

Pacific Beach, CA
Spring is here which means the best time to put your home on the market is right now. The holidays are behind us. Buyers are getting their things in order. Days are lengthening and savings is here so buyers are preparing properly later each evening.

In 2011 over 33,000 Houses and Condominiums sold in San Diego County. So you ask yourself "How do I get it?"

There is a free report available that teaches you marketing secrets only 1 in 100 Home Sellers know. It takes 15 minutes to read cover to cover. You'll learn:

- How To Sell Your House For Top Dollar – Fast!
- Why buyers love model homes and how to make your house show like one.
- How to avoid the five most expensive mistakes people make when they sell a home.
- Why some homes sit on the market not selling.
- Three things you need to do to get your house on a buyer's "must see" list.
- Why most Realtors advertise will never sell your house and what to do about it.

The name of this free report is How To Sell Your House For Top Dollar – Fast!

Only 1 in 100 Home Sellers know this secret. It is free to home sellers and you can order it 24 hours a day 7 days a week from a toll free number.

To get a copy of this free report, call 888-615-2015, ext 654. Listen to the recorded message and place your order. You don't even pay for shipping.

Free reports are provided by Jeffrey Maddix, 619-709-1251

Customer Service: 888-615-2015, ext 654

San Diego Baha'i Faith
Informal gatherings every evening of the week.
Call for more information:
(858) 454-5203 • (858) 274-0178

Mission Bay Real Estate Association
Real Estate Trade Association for 92109

"Where professionals meet to serve you"

www.mbreia.net

San Diego Baha'i Center
6545 Alcala Knolls Dr. (Off Linda Vista Rd)
9:30 am – 10:00 am • 10:30 am – 12:30 pm
Multi-Faith Introductory Talk Devotional Program & Discussion

Please call 858-268-3999 for more information and visit our websites:

www.sandiegobahai.org • www.bahai.org

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Free Living History Activities in Old Town State Park

Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums have ongoing living history activities every Wednesday and Saturday from 10 a.m. to 4 p.m. To educate the public about what life was like in San Diego in the 1800s, the park also hosts free tours daily at 11 a.m. and 2 p.m. that begin at the Robinson-Rose Visitor Center.

Every Saturday of the month, the park hosts the Mountain Men and the Soap Makers Guild. Park visitors will learn about the traditional methods of soap making.

In conjunction with the different events every Saturday, the park also showcases the Blacksmith Guild’s presentation every Wednesday and Saturday morning and the Quilt Guild every Wednesday afternoon. For more information about the guild schedules of the day and their location in the park, visit the board outside the Robinson-Rose Visitor Center.

The Visitor Center and museums are open daily from 10 a.m. to 4 p.m. October through April and 10 a.m. to 5 p.m. May through September. To confirm museum hours of operation or for more information call 619-220-5422 or visit http://www.parks.ca.gov.

Barra Barra Unveils New Menu For 2012

Old Town’s Barra Barra Saloon is unveiling a new menu inspired by border town barbecue and Mexican comfort food. “This new menu adds more high quality selections of meats and fish such as Ahi tuna and flat iron steak,” said Chef Jose Pulido. “While we have kept many of our customer’s favorites and added a new twist on existing dishes, we wanted to use the excuse of the new year to launch items featuring a new style and flavor not commonly seen on this side of the border.”

Barra Barra is also adding a special kids-eat-free menu for those under 10. It’s available everyday during lunch and dinner with each paying adult.

Among the new menu options are two new salads—a Mexican Caesar with flat iron steak and a spiced, seared Ahi tuna with white balsamic dressing. These special dishes are not typically offered in Mexican restaurants on this side of the border.

The entrees anticipated to be the biggest hits on the menu include grilled Achiote salmon, sautéed fresh sea bass, prawns sautéed in a light butter garlic sauce and Barra Barra’s seafood paella. The chefs are also adding a “meat lover’s” fajita plate, which will include carne asada, chorizo, chicken and beef all in one serving. Black mussels a la diabla served in a thick spicy tomato diabla sauce, promises to bring a little heat to the taste buds.

The restaurant is also including a hickory smokehouse carne section to the menu, which will offer a variety of slow-cooked meats with hickory wood. Some of the entrees will be hickory-smoked chicken, guajillo barbecue brisket and flat iron steak.

Barra Barra Saloon is a part of the Casa de Reyes plaza, which is located in the northeast corner of Old Town San Diego State Historic Park, at the intersection of Wallace and Callahan streets. In addition to Barra Barra Saloon, the plaza boasts the Casa de Reyes restaurant and 18 specialty stores. For information call (619) 297-3100 or visit www.FiestaDeReyes.com.

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