The fifth annual Pacific Beach Hot Rod and Classic Car Show is set for Sunday, Aug. 18, from 10 a.m. to 3 p.m. on Garnet Avenue between Mission Boulevard and Dawes Street. More than 200 vehicles, including the real General Lee from "The Dukes of Hazzard" TV show will be exhibited. The event features live entertainment, a bikini contest and a special appearance by Catherine Bach, right, of "Dukes of Hazzard" fame.

Look for more details in the Aug. 15 Beach & Bay Press.

Budget cuts may put community court programs in crosshairs

By DAVE SCHWAB

The Neighborhood Prosecution Unit (NPU) that helps light quality-of-life crimes — including graffiti and gangs along the beachfront — could be doomed by proposed budget cuts.

Mayor Bob Filner’s budget proposal specifically targets the City Attorney’s Office for reductions. Unless reversed by the City Council, the cuts will force City Attorney Jan Goldsmith to eliminate functions that are not required by the city’s charter, including programs like the NPU.

The NPU partners with the San Diego Police Department, community organizations and leaders to aggressively and creatively combat crimes that impact quality of life. The unit’s goals are to improve quality of life in targeted neighborhoods, build partnerships to solve community crime problems, expand prosecutorial tools to more effectively address neighborhood crime priorities and hold offenders accountable in the criminal justice system and to the community.

“The NPU uses problem-solving courts to quickly prosecute lower-level crimes like graffiti and public urination without clogging up the regular court system, directing offenders to work off citations through community service,” said District 2 City Attorney’s Office for reductions.

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See cuts pg. 5

Sip ‘N’ Stroll event to shine light on merchants, unite neighbors

By DAVE SCHWAB

A new business marketing street fair showcasing north Pacific Beach is set for its inaugural run Sunday, Aug. 4 from 11:30 a.m. to 4:30 p.m. on Cass Street between Loring and Opal streets.

Called North PB Sip ‘N’ Stroll, presented by Turquoise Cellars and supported by Discover PB, the function is billed as a family friendly event.

“It’s all about uncovering North Pacific Beach’s brick-and-mortar home businesses,” said Michael Spangler.

He conceptualized and organized the event, raising $5,000 to get it launched.

Spangler stressed that Sip ‘N’ Stroll is not a block party, but a bona-fide business fair to promote merchants in the northern part of the community.

“The idea is to have a sip of fine wine and beer at Turquoise Cellars, then to go around on the street and meet your neighbors,” Spangler said.

Spangler said Sip ‘N’ Stroll is designed to appeal to all ages. A kids’ court in Tula Ru parking lot at the corner of Cass and Loring streets will feature a bounce house, as well as dance, tumbling and musical performances. Kids’ peanut butter and jelly sandwich- es, courtesy of PB Peanut Butter, will be served at Turquoise Coffee.

For adults, there will be live music, a bikini contest and a special appearance by Catherine Bach, right, of “Dukes of Hazzard” fame. Look for more details in the Aug. 15 Beach & Bay Press.

See sip pg. 6

Mamma Mia – a hidden gem in Pacific Beach

By DAVID ROTTENBERG

If you live in Pacific Beach, chances are you’ve driven by it a thousand times without noticing. And, if you don’t live in Pacific Beach, you have to add this restaurant to your “must visit” destination list.

Mamma Mia Italian Restaurant & Pizzeria is PB’s Italian gem, hidden but well worth the effort to find it. It is on the extension of Balboa Avenue as it forks off of Garnet Avenue, just before it merges into Grand Avenue. Tricky? Use a GPS or Mapquest. Parking is limited as well. But the effort will be rewarded by incredibly good cuisine.

The owner of the restaurant, Cinzia Mezzetti, is pure Italian. Her accent is thick and her favorite word is “bravo” when she agrees.

See Mamma Mia pg. 7

TASTE OF THE OLD WORLD Mamma Mia’s clam and shrimp pasta. Inset, the Bruschetta Dello Chef with sautéed shrimp, tomatoes and spinach. COURTESY PHOTOS

BALANCING ACT David Ward of Pacific Beach rides his unicycle on the seawall two or three times a day, every day. Earning a living in construction and remodeling, he doesn’t have to think about why he balances on the narrow wall of cement: “Because it’s there.” MARSHA KAY SEFF
Pat Shea, former Chargers guard and MBHS standout, dead at 72

By KEITH ANTIGIOVANNI

Mission Bay High School (MBHS) alum and former San Diego Charger Pat Shea, 72, passed away May 24 from a heart attack. Shea’s connections to the Pacific Beach area go back to his time at MBHS (1955-58), where he played for the fledgling Buccaneers football program under Harry Anderson.

MBHS classmate Bill Swank (class of 1956) remembers Shea as a “rough and tumble guy who was also very nice. He had a reputation and wasn’t the type to look for trouble, but he didn’t walk away from it either.”

Another MBHS classmate and teammate, David Bruce, remembers Shea as a beach-area legend.

“There were some famous people to come out of Mission Bay and La Jolla in 1958, including Frank Zappa, Raquel Welch, Gordon and Smith, but Pat and his brother, Bob, were legendary. Everyone in Mission Beach, Pacific Beach, La Jolla and Clairemont knew about them [the Shea brothers].”

Bruce also remembers the Shea brothers as a 1950s beach-area version of Wyatt Earp and Bat Masterson.

“Pacific Beach was like the Wild West back then, and those two guys kept order,” said Bruce. “They didn’t like strangers coming in here and making trouble. They were like men among boys and they protected us and made it safe for us.”

After graduating from MBHS in 1958, Shea was recruited by the University of Southern California, where he played three years under for the legendary John McKay from 1958 to 1961. According to Swank and Bill Rice’s book “Gold Leather Helmets and Black Hightop Shoes,” which highlights MBHS sports from the 1950s, Shea reminisced about a recruiting trip to the University of Oregon, when McKay was coaching the Ducks.

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“Shea always wore his 1963 AFL Championship ring. That was his masterpiece,” Bruce said.

Shea went undrafted in the NFL and AFL Draft in 1962, but was signed as a guard by his hometown team, the San Diego Chargers, where he played for Pro Football Hall of Fame coach Sid Gillman.

“I called Sid Gillman and asked for a tryout,” he was quoted as saying. “[Gillman] said, ‘OK. I didn’t even think to ask for train money. I hitchhiked down from L.A., had my tryout and signed a contract.’”

The 6-foot-1, 245-pound Shea started at guard for the Chargers in 1962, and then in 1963 as part of San Diego’s American Football League championship team that crushed the Boston Patriots 51-10 in the title game.

“Shea stayed with the Chargers until 1965, when injuries forced him into premature retirement. In his post football years, Shea and former Chargers teammate Walt Sweeney, who passed away in February, started their own sports bar in the 1970s in Solana Beach. Sweeney O’Shea’s. Friends and patrons remember that Shea always wore his 1963 AFL Championship ring.

“Shea was coaching the Ducks. ‘He always said that being part of that championship team was his masterpiece,’” Bruce said.

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Residents told officials with the San Diego Association of Governments (SANDAG) what they’d like to see — and not see — pan out with the design of proposed improvements along the Rose Creek bike path during a June 20 community workshop.

The Rose Creek segment, which is about a two-mile gap in the region’s bicycle trail network, runs from the north end of Santa Fe Street, connecting south to the existing bike path at Damon Street and Mission Bay Drive near the Mike Gotch Memorial Bridge above the Rose Creek inlet.

Rose Creek is part of the greater Coastal Rail Trail, a visionary, long-term project to create a 40-mile system of multi-use trails extending from Oceanside to downtown San Diego. The interlocking network would connect major activity centers, including University City, Mission Bay and Pacific Beach.

During the workshop, Charles Stoll of SANDAG, the region’s transportation planning agency, talked about how small bike segments like Rose Creek figured into talk about how small bike segments like Rose Creek figured into talk about the benefits of an active transportation program for the whole region.

CHARLES STOLL
SANDAG

What we’re here to do tonight is talk about the benefits of an active transportation program for the whole region,” said Stoll, who directed the 30-plus workshop visitors into three small working groups. Citizens, cyclists and merchants huddled with SANDAG planners, inspecting maps of the northern, central and southern portions of the undeveloped Rose Creek bike path and brainstorming ways to make it more user-friendly.

“The next step is to refine the ideas we collected here tonight as to what we’re actually going to be doing,” Stoll said, adding that once planning and design is complete, there will be preliminary engineering work and environmental clearance done before the project is put out to bid.

“Hopefully, we can have construction starting sometime during 2016,” Stoll said.

Chris Carterette, a transportation planner within SANDAG, said the goal of bikeway improvement more transportation choices.

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UP FOR THE CHALLENGE Loretta Smith, 70, of Pacific Beach (right), will make a 500-mile trek to help fight worldwide poverty for women and children. She is shown here with her race-walking coach, Sloan Sziros.

DELLIE MILLETT

“I will think of all the women who aspire to improve their lives and those of their children while I aspire to complete my walk to complete my walk to Santiago,” Smith said. “These will be my thoughts as I make my way to Compostela de Santiago.”

To donate or to learn more about Women’s Empowerment International, visit www.womensempowerment.org.

Senior volunteers sought to augment police services

The San Diego Police Department’s (SDPD) Retired Senior Volunteer Patrol (RSVP) in North- ern Division — which serves Pacific Beach, La Jolla and University City — is seeking more volunteers to serve the beach communities.

The RSVP’s help bridge community needs and help address citizens’ concerns.

Duties include patrolling local neighborhoods, while serving as additional eyes and ears for the police, assisting uniformed officers with accident and crime scenes and supporting disaster preparedness and Homeland Security efforts. In addition, RSVP volunteers visit elderly resi- dents to check on their welfare and safety as part of the YANA (You Are Not Alone) Program and do vacation house checks.

Flexible schedules are available and a minimum of three days per month are required of each vol- unteer, who must be at least 50 years of age and possess a valid California driver’s license.

The next RSVP Academy dates are Oct 21-25 and background packets must be completed by Aug. 10.

For more information or sched- ule a ride-along, call (858) 552- 1737, or email sdponnorthern@ pd.sandiego.gov.

Loretta Smith, a 70-year-old breast-cancer survivor, is no stranger to big challenges. On her 60th birthday, she hiked to the top of Half Dome in Yosemite Valley. She has completed a six-day hike in the High Sierra and another in New Zealand with a broken wrist.

Starting in September, Smith and Sloan Sziros, her friend and race- walking coach, will hike El Camino de Santiago in Northern Spain. Smith hopes to complete the near- ly 500-mile trek over the course of five weeks to not only challenge herself, but also to raise awareness and money to battle poverty for women and children around the world.

While Smith doesn’t know exactly where the journey will take her, she knows she wants to help raise money for Women’s Empowerment International (WE), known as the WE STAR Center for Women and the International Refugee Center of San Diego, programs which provide low-income, refugees with business training, technical support, loans and grants.

Smith became involved with WE in 2007. Shortly after joining, she became the organization’s database manager, and has since served on the board and various committees. Her plan to support WE through her walk will take shape as the jour- ney unfolds.

“My whole reason for going is not really formulated yet and I’m not trying to formulate it to allow myself to become in sync with the pathway. Spanish culture and my religious roots. I’m just going to let myself go,” Smith said.

Along the way, Smith said she will talk to fellow travelers about women’s empowerment and poverty issues around the world. She said she wants to get people to really think about poverty and what they can do to help.

“You become more vulnerable and open doing this type of activi-
ty,” Smith said. “It’s different than having a conversation over a cup of coffee. You don’t get that degree of intimacy.”

One of the hardest parts of her trip was the decision to put her responsibilities at home on hold. Smith cares for her 92-year-old mother who lives with her, and she takes care of her grandchild four days each week. During the walk, Smith said she will also have to skip her 40th anniversary with her hus-
band, as well as his birthday.

“This is something I have to do for myself, to allow myself to make the decision to take five weeks off from my life and to be away from the comforts of my home and daily routine,” she said.

As she makes her way across the foothills of Northern Spain, Smith said she will only carry a backpack full of essential supplies and small rocks to place at the base of an old, weathered cross about 300 miles into the trip. The rocks, which sig-
ificantly prayers for Smith’s loved ones and women in poverty, will be deposited among thousands of oth-
ers placed there by past travelers.

“I will think of all the women who aspire to improve their lives and those of their children while I aspire to complete my walk to complete my walk to Santiago,” Smith said. “These will be my thoughts as I make my way to Compostela de Santiago.”

To donate or to learn more about Women’s Empowerment Interna-
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Loretta Smith, 70, of Pacific Beach (right), will make a 500-mile trek to help fight worldwide poverty for women and children. She is shown here with her race-walking coach, Sloan Sziros.

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ment.org.
Councilman Kevin Faulconer. "Mayor Filner’s proposed budget prioritizes the preservation of government inefficiencies and bureaucracy over city programs that work directly in our communities. Cutting or eliminating the PB could cause real-world problems in our neighborhoods that will have a negative impact on fighting crime and San Diegans’ quality of life."

Angie Reddish-Day, deputy city attorney, said the NPU is composed of seven attorneys who collaborate with police, serving as community liaisons to solve neighborhood problems.

If NPU falls victim to the budget knife, the cuts could reverse progressive efforts to alleviate court overcrowding.

“We’ve come up with a number of alternatives to add to specific crime problems through creation of community courts which allow low-level offenses to be handled in a different way outside of the [usual] court system,” Reddish-Day said.

“It would be a big step backward in working toward creative solutions to actually solve problems rather than just prosecuting people in the run-of-the-mill criminal court system,” she said. “The criminal court system is so overwhelmed with cases ... the community courts offer a more meaningful resolution for the defendant and the community.”

One of the casualties of city budget cutting could be the Instant Justice Program run by the NPU, which allows offenders charged with minor infractions to skip court in return for community-service work.

QUICK HITS

How to Sell High: Avoid these Three Mistakes When Selling Your Pacific Beach or Mission Beach Home this Summer

Pacific Beach/Mission Beach - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they’re even given a chance of showing.

Your asking price is often your home’s “first impression”, and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeowner as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and on it’s own is not near-enough to help you make the best decision. A recent study, which compiled 10 years of industry research, has resulted in a new special report entitled “Home-sellers: How to Get the Price You Want (and Need)”. This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To order a FREE Special Report, visit www.sellhigh.info or to hear a brief recorded message about how to order your FREE copy of this report call toll-free (800) 474-3292 and enter 1116. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to price your home to your maximum financial advantage.

The day after the summer holiday on July 5, deputy city attorney Terri Winbush, who works with the police department’s Northern Division that covers the local beachfront, was out on Pacific Beach’s boardwalk administering the city’s Instant Justice Program. Winbush said the Instant Justice Program is a win-win situation for everybody.

“People that want to commit crimes, to our knowledge, have never been caught, and this is a win-win situation for everybody.”

The planning group, an advisory group sanctioned by the city, considers development projects, traffic and parking issues and other city or county projects and problems facing Pacific Beach. Candidates must gather petition signatures from 25 census tract residents to qualify.

The deadline is Aug. 14. The board will vote for a new member at its Aug. 28 meeting.

Interested candidates should contact Larry Emlaw at (858) 273-1788. FBI warns of rental, real-estate scams

The FBI and the Internet Crime Complaint Center (IC3) urge the public to be cautious when posting rental properties and real estate online. The FBI and IC3 have received complaints from individuals who have fallen victim to scams involving rentals of apartments and houses, as well as postings of real estate online.

FBI officials said individuals need to be aware of posting rental properties and real estate online.

Rental scams occur when the victim has rental property advertised and is contacted by an interested party. Once the rental price is agreed upon, the scammer forwards a check for the deposit on the rental property to the victim, said authorities. The check is to cover the deposit and fees and is typically either written in excess of the amount required, with the scammer asking for the remainder to be remitted back, or the check is written for the correct amount, but the scammer backs out of the rental agreement and asks for a refund.

Another type of scam involves real estate that is posted via classified advertisement websites. The scammer duplicates postings from legitimate real-estate websites and reposts these ads after altering them. Often, the scammers use the broker’s real name to create a fake email, which gives the fraud more legitimacy.

If you suspect you have been a victim of Internet crime, file a complaint at www.ic3.gov.

Candidates sought for seat with PB planners

The PB Planning Group has a vacancy in its north-central census tract. Board hopefuls must be a resident or owner of residential property in that area, bounded by Chelcedony, Fanuel, Noyes and the northern boundary of Pacific Beach.

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The deadline is Aug. 14. The board will vote for a new member at its Aug. 28 meeting.

Interested candidates should contact Larry Emlaw at (858) 273-1788. Cuts

Interest in the budget cuts could fuel a backlash among residents or owners of residential rental properties and real estate online. The FBI and IC3 encourage people to be aware of posting rental properties and real estate online.

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 Candidates sought for seat with PB planners

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In spear-phishing attacks, cyber criminals target victims because of their involvement in an industry or organization the criminals wish to compromise, said FBI officials. Often, the emails contain accurate information about victims obtained via a previous intrusion or from data ware (malware) harvests details through which malicious software or credentials to steal money from the accounts of victims.

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music, a beer and wine garden with tastings for $10 and educational workshops by Green Gardens Nursery.

There will also be more than 30 booths showcasing North Pacific Beach businesses and organizations, including the Pacific Beach Town Council.

“It’s a great idea,” said Patsy Eppler of Green Gardens, a family owned nursery in business 35 years in North PB. “It’s family friendly and something for the neighborhood that’s not bars and football, which is fine, but there’s so much than that on Garnet and Grand [avenues]. We really wanted something here with a family orientation.”

Eppler said the nursery will give out gifts to lure stroll guests into their establishment.

PB Peanut Butter owner Matthew Mulvihill said he’s excited at the chance to participate in the stroll.

“We love doing local stuff. We are very local first,” he said. “It’s a really a great way to showcase your product and get more local people to visit your place. Everything we’ve ever done locally has always had a good outcome. So we jump at the chance.”

Eppler said the stroll is to get merchants to work together as a team.

PB businesses working with other PB businesses. It’s all about collaboration and promotion,” he said.

For more information, visit www.spanglereventproductions.com.

“TAKING IT TO THE STREET” An ordinance governing parking of oversize vehicles has cleared the City Council once and will return for a second reading and final adoption in a matter of weeks.

FILE PHOTO

NEWS

After first deadlocking 4-4 on a new oversize-vehicle ordinance pilot program targeting just coastal areas, the City Council voted 6-2 this month to implement a more costly citywide plan.

Councilmembers Sherri Lightner of District 1 and David Alvarez of District 8 opposed the final measure. Councilwoman Marti Emerald of District 9 was absent.

Some councilmembers said they were concerned that a citywide oversize-vehicle pilot program might be too costly and unwieldy to manage. But council president Todd Gloria, speaking for the majority, expressed fear that implementing a coastal-only pilot program would be unfair and push the problem of illegally parked oversize vehicles elsewhere.

News of the new oversize-vehicle ordinance’s passage was well received on the beachfront.

“The Pacific Beach Planning Group has been a very strong advocate of the oversize-vehicle ordinance for a long time — too long,” said PBPG chairman Brian J. Curry. “Although we would have been delighted to see a more comprehensive and strict ordinance, we are very happy to see that the City Council approved it and is appreciative of the efforts of [District 2 City] Councilmember Faulconer to see it through.”

Noting the new ordinance pilot is citywide, rather than beaches only. Curry added, “Either way, we finally have an oversize-vehicle ordinance and are delighted.”

Several RV owners argued at the July 8 City Council hearing that a punitive ordinance would be excessive, warning it could force low-income people, with no other alternative but to live in their vehicles, into homelessness.

As originally proposed, the oversize-vehicle ordinance pilot program would only have been introduced in the coastal areas of Lightner in District 1 and that of Faulconer.

Faulconer’s staff estimated that a coastal oversize-vehicle pilot program would cost $14,000 for signage, personnel and other up-front costs, versus $44,000 for a citywide program. Staff estimated another $20,000 would be spent for public outreach on the new pilot program.

GROUP CONT. FROM PG. 1

Being an RV owner, I’m a little torn on this issue. How do we take care of the problem without punishing those of us who live by the rules?

SCOTT SHERMAN
CITY COUNCILMAN, DISTRICT 7

Can’t make it to the BBQ? Contact us at 858-575-0007 or visit www.newbreak.org

07.26.13
MILITARY
DONATIONS DROP-OFF
3:00-7:00pm at Crown Point Shores
Crown Point Drive (East of Ingraham St.)
Partner with Newbreak Church in supporting our deployed military troops. Bring items for care packages between 3-7pm on July 26th at Crown Point Shores and then join us for a free BBQ. There will be lots of kids activities and live music. We hope to see you there. Here’s a list of suggested items:

- Trail mix
- Beef jerky
- Tums/cough drops
- Chap Stick
- Calling Cards
- Disposable cameras
- Hard candy
- Instant coffee
- Powdered drink mix
- Contact solution
- Baby wipes
- Shower poofs

Can’t make it to the BBQ? Contact us at 858-575-0007 or visit www.newbreak.org

SEE PARKING >> PG. 13
with something you say. When in Italy, she was on the nation’s skydiving team, a sport she gave up when she had children. But it demonstrates she is a woman of courage, driven to achieve excellence. Now, she devotes all of her considerable energy to making her restaurant a success.

The restaurant may look small from the outside, but it actually seats 140 guests. The contents of two historic buildings joined in back with a small courtyard between them. An enclosed patio in the front has transparent screens that can be removed to allow cool ocean breezes to flow through, as the location is only blocks from the beach.

The ambiance is rustic and it feels like a neighborhood place, where locals come often to relax. People come and go in a steady stream, arriving hungry and leaving smiling and full.

The menu lists many popular Italian selections, but the primary style is of northern Italy near the French border. The difference between Mamma Mia and other eateries? Mezzetti makes everything in house and from scratch — including the pastas, doughy and tasty desserts. Ingredients are always fresh, and Mezzetti does her own shopping.

Wine goes so well with Italian food — Italian wines best of all, of course. The wines listed are all Italian, at reasonable markup. I enjoyed Aglianico, a full-bodied red with strong fruit accents and high acidity, which pairs especially well with meals. There’s also a special offer on Tuesday in which guests can bring their own wine with no corkage fee.

Bruschetti are an excellent way to begin the meal. There are a number of delightful toppings to the home-made bread. We’ve sampled the traditional recipe. The bread is crusty on the outside, springy on the inside, with a subtle flavor that goes well with anything placed on top. The Bruschette Della Casa is topped with tomato, basil and olive oil. Another favorite is the Bruschette Dello Chef, topped with shrimp, tomato and spinach.

Or, go with fritto or the focaccine, mouthwatering little mouthfuls of lightly fried pizza dough stuffed with good things like ham and mozzarella. Foccacina Asinara combines focacia with prosciutto, melted brie and artichoke. The flavors will really set you on your taste buds.

One could make a meal of the delicious Zuppa Lipari, a tasty red wine broth cooked with clams and red onions. But why pass on the outstanding. The pasta layers were tender and soft, easy to slice with a fork. The meat was savory and the besciamelle sauce, which is difficult to make, was outstanding. The sauce’s origins are in the French-Italian regions, reflecting Mezzetti’s style.

Mezzetti even offers cooking classes, sharing her secrets with her appreciative students. COURTESY PHOTO

Meal dishes include Tagliata Lbony, sliced steak sauteed with garlic and wine and topped with Parmesan. Lamb devotees will enjoy the Agnello alla Pizziola, lamb steak sauteed in marinara and olives and topped with mozzarella.

Mezzetti prides herself on the many unusual dishes listed on her menu and on the quality of her production.

“My gnocchi are the best,” she said, “because of the special quality of the potatoes I use. Many of my dishes are unique to my restaurant.”

She is an energetic mother who divides her time between working in the restaurant and caring for her two daughters. She is passionate about her dishes, her guests and her children.

Mezzetti does it all and does it by herself. She does not have expensive chefs or staff. She keeps her overhead low. As a result, she keeps her prices exceptionally low, given the quality she produces. Even so, she offers many specials. Happy Hour is featured every afternoon. Wednesdays feature pizza specials, Thursdays and Sundays offer wine tasting combined with a free Italian buffet. Bottom line, Mamma Mia can be both a dining gem and a bargain.

Want to know how Mezzetti does it? She offers cooking classes, sharing her secrets with her appreciative students. She also has a DVD with 10 of her delicious, easy-to-do recipes. Her cuisine was wonderful. I can hardly wait to return for more.

Mamma Mia Italian Restaurant & Pizzeria is located at 1932 Balboa Ave. It is open Tuesdays through Sundays for lunch, dinner and late night. Call (619) 275-0447 — and you can decide if it’s worth the money to have it repaired properly. A well cared-for board rides better and the resale value is higher if you keep it clean. If you decide to patch your board. Follow the proper steps required to prep the board and seal it properly.

In my opinion, most often it’s best to run a repair by master repairman Joe Roper and have either him or one of his highly qualified staff take a look at the damaged areas. They will give you an estimate — give them a call at (619) 275-0447 — and you can decide if it’s worth the money to have it repaired properly. A well cared-for board rides better and the resale value is higher if you keep it clean. If you decide to patch your board. Follow the proper steps required to prep the board and seal it properly.

E ven though dogs are considered man’s best friend, for me it’s my surfboard. Just like anything, there are dos and don’ts for taking care of your own board.

We can’t begin to remember surfboards are fragile! Built out of a light foam material, in most cases they are sealed using fiberglass and resin. The best are made by hand but all can be damaged or broken, so handle with care.

Temperature is a major cause of surfboard damage and breakdown. Heat of any kind can cause various bad things to happen to a board. At the very least, it will cause a premature discoloration of the board, along with a breakdown in the fiberglass, foam and resin used in the construction.

A board left in a hot car or strapped to the roof can cause delamination to occur. The actual fiberglass covering on a surfboard can and will separate from the foam core of the board, which will severely decrease its strength and performance. A large soft spot will eventually develop, and sooner or later, water will get inside to increase the weight of the board, while weakening its overall construction.

Just waxing your board by laying it on the sand can cause damage from grinding it into shells and rocks while you push down on the deck. Transport and storage/handling dings are more apt to happen than those that occur in the water. A decent board bag is a wise investment for sure.

Letting others use your equipment is also an almost sure way of inflicting damage on your board, as well.

Inevitably, some repair work will need to be done — whether or not you choose to do it yourself is up to you. For small temporary repairs, a decent-quality sticker, duct tape or even good old duct tape can keep you in the water for a while. Don’t expect this procedure to keep all the water out, but it will help a bit to protect your body parts from being cut by raw fiberglass.

Never cram wax into an opening, as this does absolutely nothing, other than to make repairing the area much more difficult. All that nasty wax will need to be cut out and the overall damaged area will be enlarged considerably. Grabbing a tube of Solarez and gobbing it into a hole is not repairing your surfboard. Follow the proper steps required to prep the board and seal it properly.

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Keep it clean and keep it real! — Bird
Cafe Athena still a favorite after 23 years
For 23 years Cafe Athena has thrived on loyalty, most of its customers are repeaters who come to dine again and again. They come to enjoy a cuisine that is shaped by simplicity and spawned by ingenuity. For those who have been to Greece, we hope your dining experience at Cafe Athena is something of a nostalgic reminiscence...or a toothsome delight awaiting those who plan to visit Hellas. We look forward to seeing you again, dear friend.

FOOD: 50% off all Burgers, Chicken Sandwiches and Quesadillas. DRINKS: $5 off All 60 ounce pitchers, 22 ounce draft for the 16 ounce price, $4 Fallbrook wines, $3.50 Wells All of these specials are available 7 days a week from 4 pm - 7 pm. However, happy hour pricing on food items only goes all night on Monday night.
Voodoo, Royal Heart and some sweet flugelhorn

By BART MENDOZA

Formed in 1988, ska-punk heroes Voodoo Glow Skulls return to San Diego on July 19 for a show at Brick by Brick. Just back from a short European tour, the band is still fronted by the Casillas brothers, Eddie, Frank and Jorge, and still deliver a manic set sure to inspire mass skanking. Though they've never quite scored a hit, the band draws a crowd with enough up-tempo mayhem to inspire anyone wanting to end a summer's day heating up and Royal Heart offers a good soundtrack for it.

Voodoo Glow Skulls: Friday, July 19, at Café-Bar Europa, 873 Turquoise St. 9 p.m. and up. www.the-turquoise.com/wordpress

Bay-Area flugelhornist Dmitri Matheny stops in at Dizzy's on July 26. To date, the flugelhorn is best remembered from the 1977 Chuck Mangione hit “Feels So Good,” but that just may change with a bit more exposure to Matheny’s masterful playing. A protégé of Art Farmer, Matheny has released nine albums since 1995, most recent­ly “Grant & Matheny” in 2010, each disc showcasing his sublime playing and unique arrangements. For this performance, Matheny will perform recast versions of classic TV and movie music, accompanied by pianist Nick Manson, bassist Ruth Davies and drummer Duncan Moore. Whether singing a torch song, belting out the blues or vocalizing something jazz, there’s no one quite like Whitney Shay. A mesmerizing performer, she will appear at the Kona Kai on July 28. Shay’s music, a mix of standards and original songs, is danceable, intriguing and a lot of fun. Shay performs in many different configurations, but here, she’ll be joined by a band that includes keyboardist Ed Kornhauser. If you’re a novice to her sound, this free performance, part of the Kona Kai’s summer beach concert series right on the water, is the perfect introduction.

Wild Nights: Sunday, July 28 at 2 p.m. at the Kona Kai Resort, 1551 Shelter Island Drive. www.resortkonakai.com

Wild Nights: the Kona Kai’s summer beach concert series.

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Whitney Shay: Sunday, July 28 at 2 p.m. at the Kona Kai Resort, 1551 Shelter Island Drive. www.resortkonakai.com

Dmitri Matheny: Friday, July 26 at Dizzy’s, 4275 Mission Bay Drive. 8 p.m. $15. www.dizzysjazz.com

Royal Heart: Friday, July 19, at Café-Bar Europa, 873 Turquoise St. 9 p.m. and up. www.the-turquoise.com/wordpress

Fans of classic rock or anyone wanting to end a weekend on an up-note will want to check out the nine-piece Wild Nights, performing at the annual Concerts on the Green series at Kate Sessions Park on July 28. Yes, they play the Van Morrison classic they’re named after, also mixing up hits from rock, soul and funk. Bottom line, music fans will be able to sing along and dance, all while taking in one of the most breathtaking views in Southern California. For free, family-friendly fun, this concert can’t be beat.

Bill Magee Blues Band: 4 p.m. on Sunday, July 21 at Concerts on the Green, Kate Sessions Park. All ages. Free. www.pbconcerts.org — Bart Mendoza

BEACH & BAY PRESS
Councilman, assistant police chief prep for 620-mile cycling fundraiser

District 2 City Councilman Kevin Faulconer and San Diego Police Department Assistant Police Chief Shelley Zimmerman are gearing up for an arduous seven-day, 620-mile bicycle ride in October that event organizers hope will raise $1 million for the Challenged Athletes Foundation (CAF).

The Dodge Million Dollar Challenge, slated to take place from Oct. 12-18, will cover a route from San Francisco to San Diego. The proceeds from the bicycle ride and fundraising effort will help the San Diego-based nonprofit purchase sports equipment for challenged athletes.

“This week-long bicycle journey will directly support veterans who have lost limbs in combat, first responders who have suffered traumatic injuries and all others who need help to overcome a permanent physical injury,” said Faulconer.

“I am not a professional athlete or professional bicyclist,” he said. “I am a San Diegan who believes that—together—we can make a difference through the power of San Diego’s vibrant bicycling community.”

Zimmerman was similarly enthusiastic.

“I am honored to have this opportunity to participate in helping bring awareness and raise the needed funds to assist our challenged athletes off the sidelines and back in the game,” said Zimmerman. “And, I do realize riding in the 620-mile Dodge Million Dollar Challenge will not be easy, but my challenge will pale in comparison to the challenges these athletes have overcome.”

The CAF’s bicycle ride will raise money for challenged athletes, including veterans, police officers and children. Faulconer and Zimmerman have committed to raise $12,500 each. About 100 people will join them on the journey, cycling side-by-side with challenged athletes.

It is the mission of the Challenged Athletes Foundation to provide opportunities and support for people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics. The Challenged Athletes Foundation believes that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life.

San Diegans can follow Faulconer’s and Zimmerman’s training progress and get information on how to donate by visiting facebook.com/KevinFaulconer and tinyurl.com/shelleyz.

— Staff and contribution
Old Town San Diego State Historic Park is celebrating travel and transportation in the era of real horsepower at “Stagecoach Days” from noon to 5 p.m. on eight Saturdays in July and August, kicking off on July 6.

Sponsored by Fiesta de Reyes, the free event features a different theme each Saturday such as: Californio Day, Women of the West, Soldiers and Citizens, Twain Fest and Taste of the Past.

Attendees will enjoy afternoons filled with activities that reflect life in early San Diego and celebrate the West on the move. Through vignettes, demonstrations, living history activities, stories and songs, visitors will gain an appreciation for early modes of transportation and daily life.

“This Stagecoach Days will be the best one yet,” stated Greg Giacopuzzi. “There is a plethora of added activities for all ages to the event this year so visitors will get a true taste of what Old Town was like in the 1800s.”

A special aspect that has been added this year is a passport program featuring collectable bookmarks for each of the Stagecoach Days. Anyone attending the event can go in to the Robinson-Rose Visitor’s Center with their passport and collect a bookmark to commemorate the day. Special prizes will be awarded to those who can collect them all. The free passport cards can be picked up at any of the state park and Fiesta de Reyes merchants or at the Robinson-Rose Visitor’s Center.

The 2013 Stagecoach Days schedule is as follows:

July 6 – “Games and Amusements” – In the 1800s, games and amusements were commonly associated with either large celebrations or after-school play days incorporating most of the local townspeople. This day will pay tribute to traditional amusements of the time such as egg races, tug of war and circus performers.

July 13 – “Californio Day” – Between 1821 through 1848, the people who lived in Southern California were called “Californios” rather than Mexicans. Those unique “California” cultural elements will be presented this Saturday such as gambling, paper flower making and horseback demonstrations.

July 20 – “Women of the West” – Women played an important part in the development of the West. Some of the daily activities of these women will be demonstrated on this Saturday. Aspects of this day include a quilt walk, a fashion show and carriage rides.

Old Town San Diego State Historic Park is proud to offer these free activities for adults and children of all ages. The park is located on San Diego Avenue and Twiggs Street in San Diego, and is conveniently located next to the Old Town Transit Center, with Coaster, Trolley, and MTS bus service. Free parking is available at the CalTrans headquarters, just two blocks from the park at 4050 Taylor St.

For more information, go to www.parks.ca.gov/oldtown-san-diego.
SeaWorld & Entertainment will launch a multi-park celebration to commemorate the opening of the original SeaWorld park on Mission Bay in March 1964.

SeaWorld’s 50th Celebration will feature a Sea of Surprises™ starting March 21 and take place at SeaWorld’s parks in San Diego, Orlando and San Antonio for an 18-month celebration.

During SeaWorld’s 50th Celebration, visitors can take part through new interactive experiences, shows and pathway experiences, even more up-close animal encounters throughout the park and the SeaWorld “Surprise Squads” treating guests with prizes every day.

HIGHLIGHTS
CONT. FROM PG. 6

“Rarely does everything work right the first time. And with a city as large as this, costs will be larger and it will be more complicated implementing a citywide pilot,” said Faulconer, who had proposed restricting the pilot program to the coast, and whose staff has labored for years toward working out the particulars of a workable oversize-vehicle ordinance.

Under the pilot program, parking RVs and oversized vehicles like motor homes, vans and trucks would be prohibited from downtown San Diego district did- not feel safe walking where over- size vehicles are parked. Gloria also said that the city’s Real Estate Assets Division looks into where RV parking could move to should they end up being displaced by the new over- size-vehicle ordinance. Other councilmembers also warned about issues in the pilot program.

“I’d ask that staff report a year after this ordinance is in place to see how we have done on the enforcement, and how happy the public is with the result,” said Lightner.

Councilman David Alvarez also stressed the need for citywide cohesion.

“We need to do this for the entire city, not just for one section of the city,” said Alvarez. If these are the rules we’re going to live by in the city, then let’s keep the rules the same for everybody."

District 7 Councilman Scott Sherman also supported the program.

“Being an RV owner, I’m kind of torn on this issue,” he said. “How do we take care of the problem without punishing those of us who live by the rules?”

The new citywide pilot program for oversized vehicles will come back to the City Council in a couple of weeks for a second read before it takes effect.

SeaWorld will celebrate 50 years with a new interactive entrance plaza, transforming the front gate area with sculptural and design elements.

Magellanic penguins, a lemur or even a parade of flamingos could surprise guests at any moment at all three SeaWorld locations.

The SeaWorld “Surprise Squad” will roam the SeaWorld parks giving away prizes and special gifts. Guests could receive exclusive access to rides or behind-the-scenes experiences, celebration T-shirts or Shamu-themed merchandise, reserved show seating and more.

• A series of giant sea-life sculptures will be displayed throughout the parks. SeaWorld commissioned environmental artist group Washed Ashore for the large-scale art created from found trash.

These works serve as a reminder that our animal friends need healthy environments.

• SeaWorld’s 50th Celebration will include new ways for fans to connect to the parks and each other through digital devices. The parks will be launching a variety of enhancements, from interactive apps that provide fun new ways to experience the park to new games and video content.

For more information and news about SeaWorld’s 50th Celebration, visit www.seaworld.com/celebra-

— Staff and contribution

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— Staff and contribution
Another Garnet Avenue commercial property sold

The property located at 1968-1972 Garnet Avenue in Pacific Beach recently sold for $890,000. The commercial property was leased to The Pretty Kitty, Princess Nails and two apartment units.

Income Property Investors, Inc., led by Tony Franco, represented the seller in the transaction. The property was on the market for three months before a 1031 exchange buyer purchased the property with an all-cash down payment and quick close of escrow, another indicator that the market is strengthening.

The seller was Seth Reynolds, a local tattoo artist who owns Funhouse Tattoo located at 1453 Garnet Avenue. Reynolds specializes in Polynesian-style tattoos and has been in business for more than 10 years. The buyers were the Kollas Family and Konstantarakis family from Orange County.

This is the third real-estate transaction to happen on Garnet Avenue in the last six months.

The capitalization rate reported for this transaction was 6.9 percent. The price per square foot for the building was $280 per square foot, while the land went for $192 per square foot.

— Tony Franco specializes in coastal commercial real estate and can be reached at (858) 717-1697.
Pacific Beach

Elevated high above the street, this 18 room 4,800+sf home is a true gem. Original dramatic oak hardwood floors, staircase, banisters, window & door moldings. Multiple outdoor entertaining areas including a large patio off the parlor room and a wonderful south facing semi-enclosed front porch. Bay views from the upper levels, 3 car garage.

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JUST SOLD!

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Another Happy Seller. This sold quickly with multiple offers.

Remodeled North PB 3/2 with granny flat and Bay/Ocean views.

Scott Booth
Realtor
ReMax Coastal Properties
(858)775-0280
scottboothsd@gmail.com
CA BRE lic #01397371

READY MID JULY

2779 Ocean Front Walk
Perfect location and immaculate interior! Right on the ocean, this beautiful 3BR/2.5BA 1,730 sq. ft. townhome has plenty of space to enjoy the stunning views of the beach & ocean. 3 spacious balconies, 2 on the top floor and 1 on the main level, perfect for al fresco dining and enjoying the sunsets. Beautiful & clean interior, luxurious granite features, and lots of windows to take in the sun. Large 2 car side-by-side garage, & the ability to bike or walk to almost anywhere makes this spot top notch!

$2,265,000

Steve Cairncross
858-735-1045
www.beachseller.com
stevecairnx@gmail.com
BRE #0859218

NEW LISTING

1413 Thomas Avenue
Listed for $659,000

4930 Emelene Street in Pacific Beach
Sold for $795,000

Dane Scharetg
RE/MAX Coastal Properties
858-504-3263
BRE #01345168

NEW LISTING

714-716 Whiting Ct, Mission Beach
6 Beds, 4 Baths, 4 Car Garage, Ocean View, Own 2 Beach Homes combined together to make one of the largest Vacation/Resort Rentals available. $1,900,000 to $2,095,000.

CALL
Don Hawthorne
858-692-8161
BRE# 0035682
Dr Greg Fisherty
858-692-8185
BRE# 01901736

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Beau Trickey
Mobile: 858.334.3019
Office: 858.272.9696
beau@beautrickey.com
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