A wild parrot gets a belly full of delicious flora. The parrot populations have returned to the beach communities.

Noisy, but beautifully exotic wild parrots call San Diego home

Br. ETHAN ORENSTEIN | THE BEACON

The flocks of large, green-and-red birds around San Diego may seem unusual, but they’re a part of the beach culture now. They’re wild parrots. Though the parrots are not native to San Diego, or California as a whole, they’ve been here for a while and are likely here to stay. According to The California Parrot Project, the birds survive on seeds, fruit and nectar from tropical trees and shrubs planted in urban and residential areas in such communities as Ocean Beach, Point Loma, Pacific Beach and La Jolla.

Karen Strauss, coordinator of the San Diego Bird Festival, hosted by the San Diego Audubon Society, said the birds do not migrate, but stay in San Diego year-round. They have established communal roosts around the county that they return to each night. During the day, the birds will fly out to a variety of food sources, depending on the

2012 Biz Awards nominees unveiled: cast your vote!

Discover Pacific Beach has revealed the nominees for the 2012 Business Awards and needs your help to cast the deciding votes for the winners.

The specific awards and nominees are:

- **Heart of PB Award:** This business represents staying power, growth, innovation and resilience. Nominees are: Barre Body, Deck Dive and Pappo Luna’s Empunadita
- **Design and Improvement Award:** This business aesthetically improves the community with unique architecture, attractive storefront and clean-curb appeal. Nominees are: Ciro’s Pizzeria & Beerhouse, Heidi’s Liquor and Deli, and Surf Monkey Bicycles
- **Newbie Award:** This business is a unique and welcomed addition to the community in 2012. Nominees are: Barre Body, Deck Dive and Pappo Luna’s Empunadita
- **Business of The Year:** This business represents staying power, growth, innovation and resilience. Nominees are: North Shore Bouillotte, Kids Tree House, and Coastal Cantina

Sand matters when it comes to art at the beach

**BOARDWALK BEAT**

Br. ETHAN ORENSTEIN | BEACH & BAY PRESS

It doesn’t have to be summer in Mission Beach to build sandcastles. That’s what JT Estrela believes.

While his kids are in school, Estrela spends the day building sand sculptures on the boardwalk for about seven months. But it has been a hobby of his for about 10 years. His website, www.sandiegosand.com, features some of his work.

He used to be a high school teacher, but when his contract wasn’t renewed, Estrela found himself without a job and decided to head to the beach.

“The response to it has been really super-cool. Everybody that comes by is like, ‘I love what you’re doing.’ And that feels good, I’m not going to lie,” Estrela said.

Over the summer, Estrela received attention from tourists and locals who requested to see his sand sculptures. He used the opportunity to promote his website and his business.

“The response to it has been really super-cool. Everybody that comes by is like, ‘I love what you’re doing,’ and that feels good. I’m not going to lie.” Estrela said.

JT Estrela puts finishing touches on a sand sculpture in Mission Beach.

SEE SCULPTURES, Page 5

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Young minds blossom with growth of school garden

By MARIKO LAMB | BEACH & BAY PRESS

A green movement at Pacific Beach Middle School (PBMS) has done more than just inspire an on-campus garden filled with fresh, organic vegetables that furnish the school’s cafeteria. It has also nourished the minds of its young students through multi-disciplinary learning opportunities campuswide.

Four years ago, the first seedlings in PBMS’s newly created garden began to sprout for the first time. The following year, under the leadership of librarian Sally Kaufman, a garden club was formed to tend to the nutritional greens in an area that was formerly home to a few less-fruitful bushes.

“It’s always a work in progress. We just added another planter, got a bunch of hay from the church that’s around the tree and we always try to add new things,” said Kaufman. “It’s pretty established, but it’s always evolving.”

She and the 20-something members of the garden club meet after school once a week to tend to the plants, taking part in every stage of the circle of life, from planting new seeds to maintaining a healthy growth environment to harvesting ripe vegetables and herbs. The students are also responsible for brainstorming innovative ways to encourage a vigorous, more prosperous environment, even having to fend off crows or other predators on occasion.

“Everything out there is a project,” Kaufman said. “Lately, we’ve been planting just a little bit each week, but we’ll be tending to it, weeding, raking up pine needles or making chicken-wire structures because the crows come out there digging for grubs and pulling at our plants.”

After three years of digging, planting and watering, students are witnessing the success of the program firsthand, which is evident in the bountiful produce generated in the garden.

“We just started harvesting plants for the cafeteria, which has been really cool,” said Kaufman. “We pick it, clean it with the salad spinner and bring it to [cafeteria supervisor] Jaba.”

More than just getting their hands dirty, the students are learning valuable lessons in agriculture, small business, science, engineering, math and a multitude of additional educational avenues available through the program.

“We do some cooking and we talk about eating fresh and organic and those kinds of things, but we really want to pull in more of the classrooms. A garden can be every subject so easily, and there is curriculum for it everywhere.”

One literature teacher made the garden her classroom by relating how the fictional motif of one of the class books, “Seedfolks,” applied to situations closer to home.

“We’re taking baby steps. We really want science in here. Science is endless, even with them just coming out and looking at the bugs and all the different experiments you can do starting seeds,” she said. “For math, students can figure out circumference and depth when we’re filling dirt. Figuring out how many cubic yards there are in a plot.”

From the garden to the salad bar to the classroom, Kaufman’s garden club introduces new flavors many students have never tried before, encourages multi-disciplinary learning and invites students to partake in a fun after-school environment to learn and explore.

“It’s a real movement of getting fresher produce into our school. And I think San Diego Unified is definitely taking the lead with it. They realize how valuable a garden can be for every subject and how much students can learn,” she said. “The experience in the garden is that they’re learning firsthand where their food is coming from and they’re starting to see the importance of eating organic food that doesn’t have pesticides and toxins.”

Kaufman said her students are marvelled by the fact that they grew the vegetables that nourish the rest of the school with their own hands.

“As I watch these students, they protect the garden. I see them out there during lunch sitting there looking at it, and you can tell they really just have a sense of ownership and pride in it, she said. “And they’re learning about everything firsthand. It encompasses everything. A garden is really a classroom.”

Mission Bay Alum leading hot, new Sockers dynasty

By KEITH ANTIGUOVINCI | BEACH & BAY PRESS

Mission Bay High School alum and San Diego Sockers team captain Aaron Susi has been an integral part of the three-time defending Premiere Arena Soccer League (PASL) champion Sockers franchise since its founding four years ago.

The Sockers defeated the Detroit Waza 8-6 on March 11 to win a fourth straight PASL title and notch a 14th overall title for the Sockers franchise.

Susi has been a part of three straight PASL titles.

In Susi’s 16 years of professional soccer, he has bounced around the professional ranks with stops in Arizona, St. Louis, Wichita, Philadelphia and Northern California. His career has come full circle after being drafted by the San Diego Sockers in 1997 just before the league folded.

The original San Diego Sockers indoor-soccer league franchise was established in 1978, winning 10 of 11 league championships between 1982 and 1992, folding in 1996. The Sockers were briefly revived in 2001 and lasted until 2004, then revived again in 2009 with the current franchise picking up where the original left off, adding three more championships, a 58-6 regular-season record and the longest winning streak in U.S. professional sports — 48-game-winning streak that was snapped on Jan. 27 in a 4-5 overtime loss to the Dallas Sidekicks. The streak had dated back to Dec. 29, 2010.

After spending its first three seasons at the Chevrolet Arena in Del Mar, the club moved to the Valley View Sports Arena on Midway Avenue, the home arena of the Sockers in its heyday.

Susi’s interest in soccer goes back to his youth, when he was influenced by watching his older brother and his brother’s friend play. He played at the youth level with the Mission Bay Soccer Club before playing four years for the MBHS soccer team, where he was named CIF and Western League Player of the Year in his senior year in 1992. Followed by four years with the San Diego State University soccer team. While at SDSU, Susi led the Aztecs in scoring for three consecutive seasons, was a three-time all-conference and two-time All-American. He currently ranks fifth in SDSU history with 78 points.

His success has carried over into the pros, as he recorded his 500th point on an assist to teammate Eric Wunderle.

In his first four years in the PASL, Susi has 116 points (65 goals, 61 assists) in 50 games.

Susi also works as the Sockers’ director of corporate sponsorships.

“You have to start planning for retirement,” said Susi. “I’m in the 99th percentile of stepping down after this year.

When asked why he is contemplating retirement despite still playing a high level, he replied, “All the years of running takes a toll. We’ll see as we get closer to that time.”
Bird Rock artists unite for Maker’s Fest

By MARIKO LAMB | Beach & Bay Press

A group of creatively inspired, community-minded local artists will converge at Bird Rock Arts Gallery on March 23 to display their work, give live art and design demonstrations and receive orders for custom commissioned works at Maker’s Fest, a one-day festival celebrating the innovative minds of local creators and their craft.

The festival will be brought to life thanks to the collaboration of Bird Rock Arts Gallery owner Maria Parenteau and local artist, gallery advisor and festival director Fernando Pinon.

“It’s a great chance to bring artists from across the spectrum into one place to showcase their work and educate the art-loving community of Bird Rock,” said Pinon. “Plus, it’s the only place in La Jolla where you have such direct and immediate access to a wide range of artists that can produce custom works of art and home décor from sandals to salt shakers.”

The family friendly art festival will feature live music by local musician SeaSalt Blondie, a kids community mural painting activity, craft beer and wine by Helms Brewing Company and SeaSalt Blondie, a kids community mural painting activity, craft beer and wine by Helms Brewing Company and

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$3.5M facelift in the works for Tom Ham’s Lighthouse

By MARIKO LAMB | BEACH & BAY PRESS

Tom Ham’s Lighthouse — a long-standing fixture on the westernmost point of Harbor Island — has literally been a beacon of bright light along the waterfront for mariners and divers alike for the last 40 years. When Tom Ham first purchased the property, the Coast Guard regulations mandated that a beacon illuminate that point on the manmade peninsula.

Through collaboration with the Coast Guard and with a little ingenuity from Ham’s architect, Beacon No. 9 was incorporated into the design of the restaurant itself, and an easement was granted to the Coast Guard for the maintenance and operation of the still-functioning lighthouse.

Now, more than four decades later, Tom Ham’s daughter, Susan Baumann, husband Larry and their three adult sons — Andy, Tommy and Grant — will modernize major features of the 1971 bayfront restaurant with a $1.5 million in renovations to its interior dining spaces, banquet rooms and exterior facades.

From the outside, Harbor Island passersby will see walls knocked down to accommodate expansive windows and a new outdoor dining patio above the water, drastic changes to the interior dining area that will include an 18-seat bar and adjacent cocktail lounge with panoramic views of the bay and cityscape, as well as the creation of a new wedding court in a semi-secluded corner of the property.

“We did a renovation about 10 years ago, but we were only closed for about a month. It was never seen in the public’s eye as a major renovation. There wasn’t enough change. It was more of an update than a remodel,” said youngest son Andy. “This is a major renovation, and it’s definitely about time. We’re getting close to our lease end with the port, so if you make capital improvements on the building, you get a lease extension.”

For a $3.5 million investment and about four months of construction, Tom Ham’s gets another 40 years on its lease.

And in the next 40 years, the family-run business will carry on the restaurant’s legacy with the myriad strengths of the entire family, including Susan and Larry’s sons who — until recently — were pursuing careers in fields like engineering, law and medicine.

“We need to have that family feel in there. Everyone who comes to Bali Hai [also run by the Baumanns] knows Larry, my father. Everybody’s met Larry and that’s been a big part of the business is to see the same face when you walk in the door, so it’s time to have family over there,” said Andy. “Unfortunately, my grandfather died a year after he bought the place, so we haven’t really had family there, but now we kind of have an army.”

Despite the massive overhaul, the Baumanns intend to embrace the steadfast historic charm of the venerable California marine tradition Ham always envisioned.

“My grandfather was a California historian, and he really embraced the early California discovery and shipping tradition,” said Andy. “He collected artifacts, and his shipping artifacts are pretty impressive.”

Ham’s penchant for authentic collectibles is visible throughout both the Baumanns’ family-owned and operated restaurants. Walking through either is like walking through a cultural history museum, with authentic Polynesian tiki artifacts at Bali Hai and priceless nautical relics at Tom Ham’s Lighthouse adorning the walls and display cases.

“Butting together the artifacts ties in the whole theme. Those are the things that are important to us,” said Andy. “The architect can design the whole thing, but you have to have those little touches at the end that really tie it all in.”

Among Tom Ham’s Lighthouse’s many maritime artifacts are maps of San Diego Bay dating back to 1890, a genuine fog belt from a lighthouse in San Diego Bay, an original Fresnel lens and building renovation are in line with a certain ongoing trend throughout Point Loma, with many improvements at other businesses in the area also under way.

“The Coast Guard came out last time,” he said. “It’s fun to be out on the water right now.”

Tom Ham’s Lighthouse, located at 2150 Harbor Island Drive, is slated to reopen on May 1. For more information, visit www.tomhamslighthouse.com.
City launches carton recycling public-education campaign

San Diego City Council President Tony Young, in partnership with the Carton Council, has announced the launch of a comprehensive public-education campaign to promote the addition of carton recycling bins at area grocery stores, with nearly all household containers used by residents now being recyclable. Residents who receive city refuse-collection service should place all empty food and beverage cartons in their blue curbside recycling bin. Common carton containers include milk and juice cartons, as well as soup, broth and soy-milk cartons.

"San Diego is committed to increasing recycling as part of our efforts for a cleaner and greener city," said Young. "I am excited to partner with the Carton Council to expand our recycling program, and I encourage residents to recycle their cartons."

The initiative will enable the city to boost its recycling rates. The city currently has a waste diversion rate of 65 percent, and having residents recycle their cartons will help to increase that number, according to officials.

San Diego is part of a national movement of major cities that now offer curbside residential carton recycling, and is one of the largest cities in California to recycle cartons. This expansion of their recycling program is being supported through a public-private partnership between the Carton Council, the Carton Manufacturers Association and the Carton Council. Collaborative of carton manufacturers committed to expanding carton recycling in the United States.

Carton recycling is becoming increasingly popular across the nation. In 2008, only 18 percent of American households had access to carton-recycling programs. Today, thanks in part to the Carton Council, this number has grown to nearly 40 percent, with more than one in three households now having access. San Diego joins cities in over 40 states representing over 46 million households that now accept cartons as part of their residential curbside collection programs.

"Carton recycling is a win for San Diego's residents and the environment," said Debli Dodson, representing the Carton Council. "We are excited to be working in San Diego to expand its recycling program, and support education efforts to keep cartons out of landfills and in recycling bins."

To support the initiative, the city and the Carton Council will launch a public-education campaign to encourage residents to recycle their cartons and beverage cartons. Key supporters and partners in the campaign include Horizon Organic dairy brand, Silk: Plant-based natural and organic beverages, and International Delight flavored, liquid non-dairy creamers. Each of these food and beverage product companies utilizes carton packaging, and wants to ensure that consumers recycle these products.

The project's partners will spend the next few months getting the word out to residents to raise public awareness about carton recycling. The campaign will include direct mail, radio promotions, advertising in local community newspapers, outreach at local community events, along with online and social media efforts. Local grocery stores have also committed to distribute informational materials about carton recycling to their customers.

The recycled carton paper fibers are a valuable resource for making new products and consist of some of the highest quality fiber among recyclable products. Consequently, cartons have global demand and are shipped to paper mills, where the fiber is used to make new products such as paper towels, tissue and even building materials. For more information, visit www.recycyclenews.com.

— Staff and contribution

AWARDS
CONTINUED FROM PAGE 1

Printery, Great News! Cookware and Cooking School, and Crystal Pier Hotel Members of Discover Pacific Beach said they congratulated the nominees as being the businesses that stood out the most. "The winners will be announced around the何时 that I'll be excited to work in San Diego to expand its recycling program, and support education efforts to keep cartons out of landfills and in recycling bins."

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— Staff and contribution

The Point breaks ground on corner of Ingraham, La Playa

A contemporary new look will soon grace the old Union 76 gas station property at Ingraham Street and La Playa Avenue in Crown Point with the development of The Point, a one- to three-story project that broke ground on Feb. 7.

The mixed-use apartment and commercial space will house 21 apartments and more than 2,000 square feet of retail space on the ground floor on Feb. 7.

Murfey Construction bought the property from the family of Jolene Jolla LLC for $1.2 million with an aim to bring higher quality apartment buildings to the area.

The brothers expect the project to be completed by the end of the year.

For more details about the project, see the Beach & Bay Press article “High end, mixed-use project taking shape in Crown Point” at www.beachbaybeypress.com.

— Marko Lamh

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Which of These Costly Mistakes Will You Make When You Sell Your Pacific Beach Home?

PACIFIC BEACH - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become less and less effective in today’s market. The fact of the matter is three quarters of home sellers don’t get what they want for their home and become disillusioned and worse financially disadvantaged when they put their home on the market.

As this report uncovers, most homeowners make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar”.

To hear a brief recorded message about how to order your free copy of this report, call 1-800-467-9064 and enter ID # 2000. You can call any time, 24 hours a day, 7 days a week. Call NOW to find out how you can get the most money for your home.

CONTINUED FROM PAGE 1...
time of year.

“See them often out at Lakeside because there are trees in the Lindo Lake Park area that are a good food source for them,” Straus said. “At certain times of the year, they’ll be out at Lindo Lake, but they’re probably roosting back here in the beach communities.”

She said the parrots have already made an appearance flying overhead at this year’s bird festival, and they’ve caused some excitement at events in the past.

“At the bird festival three years ago, they landed in the trees,” Straus said. “All our guests were running out of the workshp and running down to see the parrots right here at the festival.”

While there is no single explanation as to how the birds got here, Straus said there are two main theories, both of which may be true.

One is that the parrots came to California as pets.

“People like to have birds, especially parrots as pets,” Straus said. “But sometimes, maybe there’s a behavior problem with the bird or maybe [the owners] are moving and they can’t take the bird with them, so the birds are simply released into the wild or the birds may escape into the wild.”

According to The California Parrot Project, hundreds of released and escaped parrots throughout the state over time have led to the wild, breeding escaped parrots throughout the state. The project has released parrots into the wild.

Parrots that have established themselves as a colorful addition to more than 500 species of birds found throughout San Diego County.

“San Diego has an amazing diversity of birds, and that’s because we are lucky enough to be located on a major migration flyway,” Straus said.

Straus said anyone interested in learning more about the variety of birds in San Diego should go on a San Diego Audubon Society guided walk.

Wild parrots take flight. They are being spotted again this year in Pacific Beach, Point Loma, Ocean Beach, La Jolla and other beach locations.

For more information about the walks, visit www.sandiegoaudubon.org.

### Ex-prosecutor to get community service

A former prosecutor who was convicted of three misdemeanors in a Pacific Beach ticket-fixing case was ordered March 8 to perform 200 hours of volunteer work under terms of three years probation.

Allison Worden, 37, may face suspension of her license to practice law, said San Diego Superior Court Judge Louis Hansan. He said the court is required to report the case to the state bar. She was fined $1,500.

Hansan noted he was not suspending her license, but he believed there would be an interim suspension of her license because the offense was one of moral turpitude. Worden resigned from the District Attorney’s office on Feb. 19, six days after a jury convicted her.

Her legal troubles began on May 28, 2011 in the 4600 block of Cass Street when a police officer pulled over a car driven by another prosecutor, Amy Maund. The officer noticed Worden, a passenger, wasn’t wearing a seat belt, and issued tickets to Worden and her boyfriend.

Worden called police Sgt. Kevin Friedman, a supervisor in the traffic department, who then destroyed the tickets and later pleaded no contest to destruction of a traffic citation.

Friedman, 49, was ordered to perform 40 hours of volunteer work and placed on two years’ probation and fined $500. He resigned, moved to Arizona and refused to testify in Worden’s trial.

Deputy Attorney General Michael Murphy asked for 30 days in jail, saying “she did violate the public trust.” Her attorney was Paul Pfingst, who hired her when he was District Attorney. He held the judge “has paid a substantial penalty.”

— Neal Putnam
Moonshine and Full Strength Funk Band

LIVEMUSIC

Dr. Bart Mendosa | Beach & Bay Press

Indie trio Modern Day Moonshine performs at the Duck Dive on March 15, part of a month-long residency. The band’s music is a mixed bag, with touches of rock, folk, reggae and blues running through its set. Songs like “Finding Home” have a sweet, soul edge that remind more than a little of peak-era Allman Brothers, but it also has tunes like funky rock workout “Expiration Date” and acoustic folk strummer “Running out of Time.” To keep the set list interesting, anyone looking for a good way to start off the weekend need look no further than Modern Day Moonshine’s Friday evening sets.

Modern Day Moonshine: Friday, March 15 at The Duck Dive, 4650 Mission Blvd. 6 p.m. All ages. www.theduckdive.com

It’s all right there in the name. The Full Strength Funk Band is a local nine-piece group specializing in 1970s-era R&B, soul and, of course, funk. Appearing at Tio Leo’s on March 21, the band specializes in music by the likes of Stevie Wonder, The Commodores and the Average White Band, with a tight horn section and both male and female vocals. The band does mix in a few new songs in its sets, but it’s the familiar classics circa 1968-1976 that keeps fans coming back. Dancing might not be mandatory at this show, but it’s probably inevitable.

Full Strength Funk Band: Saturday, March 21 at Tio Leo’s, 5302 Napa St. 9 p.m. 21 and up. www.tioleos.com

Not that there aren’t a lot of great musicians out there, but there may not currently be a finesse frontman in San Diego than Stevie Harris of Stevie and the Hi Staxx’s. Appearing at The Griffin on March 21, the band plays original music, a blend of funk, R&B and soul with Hammond-driven grooves and horn-accented beats that have a 1970s flair without sounding retro. As great as the band’s tunes like “Pomepeii” are, it’s Harris’ role as frontman that steals the deal. His terrific voice is almost a bonus on top of the great stage moves. Fans of modern soul and R&B should be sure to check this group out — few play the music better and Harris is hard to beat.

• Stevie and the Hi Staxx: Saturday, March 21 at The Griffin, 3110 Morena Blvd. 9 p.m. 21 and up. www.thegriffinnd.com

Classic rock cover band The Ween- er Pigs will perform at the annual Los Campesinos De Escuela Longfe- llows fundraiser, held at Brick by Brick on March 23. This year’s event has a Mardi Gras theme, with pro- ceeds from a silent auction and 100 percent of the night’s cover going to help local Longfellow Elementary School. Meanwhile, The Weener Pigs should be the perfect sound track to the night’s activities with a crowd-pleasing set list that ranges from The Beatles to The Who. This is a good opportunity to catch some fun music, and do a good deed at the same time.

• Los Campesinos De Escuela Longfellows Fundraiser: Saturday, March 23 at Brick by Brick, 1110 Buenos Ave. 7 p.m. 21 and up. $15. www.brickbybrick.com

Indie rock fans will want to check out the Roman Watchdogs, appear- ing at The Griffin on March 24. Bare- ly a year old, the band has built a solid following through constant gig- ing, releasing its debut album, “Last Saturday,” earlier this month. Featuring singer /guitarist Derek Scott, lead guitarist Jimmy Fleck, bassist Josh Vasquez and drummer Richard Mestaz, the band excels at anthemic tunes, including the album’s title track, as well as ska-influenced rockers, like “Soul Stealers.” Although relatively new to the local music community on the strength of progress so far, the Roman Watch- dogs could be contenders.

• The Roman Watchdogs: Saturday, March 24, at the 710 Beach Club, 710 Garnet Ave. 9 p.m. 21 and up. www.710bc.com

Co-led by singer and guitarist Santia- go Orozco, a native of Colombia and vocalist Gortexiggy of Jamaica, Todo Mundo is set to appear at the 710 beach Club on March 16. The band won a San Diego Music Award in 2011 for “Best World Album.” Although the group is considered a “world music” group, taking its inspiration from a mix of reggae, Latin sounds and even touch- es of rumba, that description doesn’t do them justice, implying that fans of pop, rock or jazz might not enjoy their songs. However, anyone who enjoys rhythm will find much to admire about Todo Mundo. From the way the words are sung to the walking bass line, this is a group that wants to put your body in motion.

Todo Mundo performs at 9 p.m. on Saturday, March 16 at the 710 Beach Club, 710 Garnet Ave. 21 and up. www.710bc.com

— Bart Mendosa

Moonshine and Full Strength Funk Band perform at the Duck Dive on March 15, part of a month-long residency. www.bartmendoza.com

Remember When?

Remember When? There were three office supply stores on Garnet Avenue alone! They were also known as stationers. Vic’s Office Supply was at 1753 Garnet, San Diego Office Supply at 1345 Garnet and Fox Office Supply at 1459 Garnet. I think I took this photo around 1985 when it had upgraded to Fox Business Systems. That’s Sleepy Hollow waterbeds on the right. Hob-oken Pizza occupies the old Fox Office Supply site today.

— John Fry may be reached at (858) 272-6655 or by email at johnf@sdnews.com

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BEACH & BAY PRESS | MARCH 14, 2013 PAGE 7
FOOD & DRINK

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Clubs, Bars & Music Scene

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MONDAY
HAPPY MONDAYS:
Happy Hour 4pm to Close
1/2 off Beers and call shots
25% off appetizers

TACO TUESDAYS:
Tacos starting @ $2
$3.99 Dos Equis Pints
$4 Tequila Shots

Game Night:
$3 Drafts 7pm-Close
Any sandwich/wrap w/draft $10
Free Pool, Jumbo Beaver Blocks, Boards Games & Beer Pong!
You be the VJ 8pm-close!

WEDNESDAY
Thirsty Thursdays:
$2 U Call Its from 9pm-Close

$5 House Margs!

Tijuana Tuesdays 5PM-Close
$6 Chicken Enchilada Plato, Baja Fish Tacos, Chicken Mole, Carne Asada Tacos
$6 Fallbrook $13m XX,$3 House Margaritas

FOOD: 50% off all Burgers, Chicken Sandwiches and Quesadillas.
DRINKS: $5 off All 60 ounce pitchers, 22 ounce draft for the 16 ounce price, $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.

TUESDAY
Happy Hour 4pm to Close
Mousse Jars for the price of pint
Double Wells $3 Sky drinks

Tuesday Seniors:
Big $1 Get1 FREE House Coffee & Jumpstarts 20%

Wednesday Hump Day:
All Panini 20% off; Soup, Sandwich, Salad Combo $9.95

Wing Wednesday:
2lbs. of wings for the price of 1

Thursday - Family Day:
Grilled Boy G, get 3rd FREE;
Kids’ Menu 50% off

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Friday Pre-Game:
Hammerheads & Vietnamese Iced Coffees Buy 1 Get 1 50%

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Saturday
Progressive Drink Night!
0 Call Its $2 from 9-9pm
$3 from 9-10pm
$4 from 11pm-12am
$5 from 12am-until close
$10 bottles of champagne w/Guave or OJ ALL DAY!

Go Big or Go Home!
$5 House Margs
$16 Marg Pitchers
$5 “El Fuego” Bloody Mary’s
$5 Mimosa $8 Domestic Pitchers
$12 Bionic Beavers

Monday: Detox
Acai & Smoothies 20% off Day 1 Get 100% off Honey-Sawdust Poppers – Feed 16+, $34 or 20+, $90

Tuesday Seniors:
Big $1 Get1 FREE House Coffee & Jumpstarts 20%

Wednesday Hump Day:
All Panini 20% off; Soup, Sandwich, Salad Combo $9.95

Thursday - Family Day:
Grilled Boy G, get 3rd FREE;
Kids’ Menu 50% off

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Clubs, Bars & Music Scene

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Watch the NBA & NFL Playoffs Here!
Also catch MLB Here!
The Patio serving up outdoor dining magic daily

By DAVID RUTTENBERG

There is magic to outdoor dining. Warm sunny days and blue skies can enhance lunch. Cool, scent-filled moonlit evenings can make dinner flavors sparkle. That’s why so many San Diego restaurants offer outdoor dining or “dining al fresco.” That’s Italian for “in the cool air.” What could be better than to dine at the eponymous The Patio, where its patio is one of its main features.

The Patio is built on the site of the former Lamont Street Grill, a landmark that pleased diners for more than 20 years. But, after all that time, the owners had enough. The former restaurant has been rebuilt and enhanced to give it a fresh, contemporary look and feel. Located in the heart of Pacific Beach, it is close enough to the ocean to feel the breezes, yet sufficiently close to private residences to give it a neighborhood restaurant feel.

A new wood slat shrub-lined walkway leads from the parking area to the hostess desk. The interior of the restaurant has been rebuilt and enhanced to give it a fresh, contemporary look and feel. The interior of the restaurant has been rebuilt and enhanced to give it a fresh, contemporary look and feel.

Gina Champion-Cain is the dynamo behind the former Lamont Street Grill, a landmark that pleased diners for more than 20 years. As the moving spirit behind the restaurant, she focuses all her training and skill on making it succeed.

The affable executive chef, John Medall, concentrates on flavor, combining tastes to please the palate by using the best and freshest of ingredients. He knows the local scene and tastes well, having worked at Galileo, Red Circle and Sheraton Suites among other local venues. He also brings his great experience from Las Vegas, where tastes are greatly varied. His menus change seasonally and intermittently between times. His new menu for spring will launch mid-March.

The menu itself is divided into sections of small plates, ideal for sharing, medium plates for lighter appetites and large plates, full entrees.

An assortment of small plates could make an interesting dinner. Brussels sprouts dipped into asagio and blue cheese cream could combine with lamb osso buco and Israeli couscous, helped by tomato and pesto bruschetta with aged mozzarella. Or, how about fire-roasted artichoke (a great conversation starter) with filet medallion?

The wine list contained many unusual, both excellent choices, some of which may be familiar in taste but not so in name. For example, I enjoyed an excellent Spatburgunder from Germany, which is probably more familiar under the name pinot noir.

Exploring the drink menu is an excellent way to begin both the meal and the conversations. The restaurant is owned by a dynamo of a woman, Gina Champion-Cain. She’s achieved great business success in real estate and hospitality industries and has been honored both academically, as well as for business achievement. She was the recipient of the San Diego Business Journal’s 2001 Women Who Mean Business Award, San Diego Metropolitan’s 2001 40 Under Forty Award, San Diego Magazine’s 50 People to Watch for 2002, and many more. She sits currently on the University of San Diego’s Real Estate Institute’s Commercial Real Estate Advisory Committee, the University of San Diego’s Policy Advisory Board, and has served as an officer on the executive committee for the Downtown San Diego Partnership for more than 10 years. As the moving spirit behind the restaurant, she focuses all her training and skill on making it succeed.

For dessert, don’t pass on the warm signature dessert the “twisted Elvis” with fresh made banana bread, peanut butter, carmel sauce and fresh vanilla bean ice cream. Made fresh daily, they are terrific sweet finishes to a delightful meal.

Special mention must be given to the service — it was attentive yet not obtrusive, and very helpful in making selections.

Bottom line — The Patio really is magical, outdoors and even indoors. The ambiance is coy, the food terrific and prices are very moderate. It is even “dog friendly” so feel free to bring canine friends.

The Patio is open daily for lunch and dinner and for brunch on weekends. A weekday happy hour offers drink discounts. Live music is featured on Sunday. Valet parking is available for only $1.

The Patio is located at 4445 Lamont St. in Pacific Beach between Garnet and Grand avenues. Reservations are recommended. Call (858) 412-4648 for information and directions.
Las Olas offers up more tasty Mexican fare with 3rd venue

Since 1981, Las Olas has been serving great Mexican Food by the beaches of North County. In January, the commute ended for residents of Point Loma and surrounding residents craving a meal from San Diego’s fish taco pioneers with the opening of a new restaurant at 3924 W. Point Loma Blvd., at the corner with Sports Arena Boulevard.

Owners Dave Murphy and Pete Johnson, both originally from the area, said they are excited about the new venue, which offers plenty of parking.

According to the owners, the menu offers many options, like “build your own tacos” with seafood, chicken, pork, along with carne asada taco platters and favorites like flame-roasted chile rellenos stuffed with fall-off-the-bone-tender carnitas or seasonal grilled vegetable enchiladas. The owners boast honest food, prepared fresh daily from scratch with wholesome ingredients.

A full bar also features margaritas and other fine drinks, along with a 10-tap draft selection of Mexican brews and San Diego’s home-grown craft beers. Sign up at www.lasolasmex.com to become a Compadres Club member to receive monthly promotions and other great deals sent directly to you.

For more information, call (619) 222-6600.

— Staff and contribution
Go Green 4 Education continues to be a hit in Pacific Beach

A donation from Go Green for Education (GG4E) allowed Friends of Pacific Beach Elementary School to fund an upper-grade reading specialist. The addition to the staff at PBE gives them the extra one-on-one pull for students who are struggling and assists. The donation was made possible through the GG4E program, which helps fund upper-grade reading specialists in schools across the country. In addition, a Go Green for Education donation to Kate Sessions Elementary School helped fund supplies for their school library.

Sign up to be a member of GG4E today at www.gogreen4education.org. Signing up is free and 100 percent of the profits are donated to the Pacific Beach elementary schools. GG4E will launch its Community Cash program April 1. GG4E members receive community cash in their crates on a weekly basis (amount based on donated recyclables in crate). Redeem cash at participating Pacific Beach businesses for actual cash value.

To sign up to redeem community cash at your business, received a GG4E sponsor window decal and a web listing on the gogreen4education.org website and digital newsletter as a participating business. As of April, there are over 1,000 local businesses participating in the GG4E program.

In addition, a Go Green for Education donation to our school library helps the school while shopping. It’s a very inexpensive way to draw the community to your business while helping community schools.

Karla Martinez were honored by the California Association of IB World Schools. Martinez was awarded 2012-13 Exemplary Educator of the Year for IB Middle Years Programme and Remillard won the 2012-13 Teacher Training Award. Congratulations!

• Congratulations to the PB Locals surf team. It has been having great success up and down the coast as it competes against schools from Coronado to Oceanside. Jakob Oslund hit the trifecta at the Scholastic Surf Series event in Oceanside on Feb. 23, placing second in body boarding, fourth in the longboard competition and fifth in the shortboard competition. Keiran Wills placed fourth in body boarding. The club practices every Wednesday at 3:30 p.m. at Tower 27. To learn more, contact Elkie Wills at ewills2008@hotmail.com.

CROWN POINT JMA

Join Crown Point Jr. Music Academy’s 6th anniversary celebration. Admission is free and open to the public. There will be a carnival, fun activities for guests, food, music and a welcoming of returning alumnae, which include a display of memorabilia pertaining to school history, along with a special appearance from District 2 City Councilman Kevin Faulconer and a silent auction to raise funds for school music programs. Local media will be invited to cover some of the day’s events and showcase the school for the larger community. Come join the fun from 3:30 to 7 p.m. For more information, visit Facebook: “Friends of Crown Point Jr. Music Academy.”

• Students at Crown Point Jr. Music Academy traveled around the world visiting the homeland of many famous composers. From Mozart in Germany to “Sakura Sakura” Cherry Blossom in Japan. They visited almost every continent while enjoying the beautiful music from a string quartet.

An hour of geography and culture for students, you could hear a pin drop.

PB ELEMENTARY

• March is Merchant Appreciation month for the ongoing eScrip fundraiser. PBE would like to thank the local Von’s (1702 Garnet Ave.) for its commitment to the school. During this simple, efficient fundraiser families help the school while shopping for their families. The funds come back to the school and help fund the school’s budgets.

St. Patrick’s Day Celebration

Come Early Stay Late

Friday March 15
4 p.m.
St. Patrick’s Day Celebration

Happy Hour Corned Beef and Cabbage Buffet
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IN THE SCHOOLS
Summer Camps

Kids experience performing arts at Junior Theatre Camp

Join Junior Theatre this summer and experience the wonderful world of performing arts where campers will take classes in acting, dance, and singing.

Traditional, performance, specialty and advanced camps available in Balboa Park. Junior Theatre also provides K-3 camps in La Jolla. Camps run June 10 - Aug 30. To register or for a list of camp dates, descriptions and pricing visit juniortheatre.com. Register early as our camps fill quickly.

Nike Golf Schools & Junior Camps 2013

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 play. Beginning, intermediate, high school and advanced players can immerse themselves in the sport for an entire week.

Camps fill up fast, so please sign up early. 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 either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8888 for more information.

Pacific Beach United Methodist Church Extends a Warm Welcome

Chartered in 1947 and still celebrating the grace of God, the Pacific Beach United Methodist Church (PB UMC) is a faith community which people of many ages, stages, and backgrounds call home. Some have claimed PB UMC as “their” church since the 1950’s others have just arrived. There are more than 100 camps to choose from a variety of choices and for youth ages 5-16. There are many new camps to choose from and some returning favorites 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.

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Families 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 to either spring or summer camps, please visit lajolla.ymca.org or call (858) 453-3483 for more information.
ARTICLES

The Most High God

God Almighty created man’s Soul and Spirit together as one. The importance of the Soul and Spirit has been viewed as the most important element in the life of the individual. The Nature of Man, when a man and a woman come together life is created both in the spirit and the flesh. The Soulless nature of both individuals is joined together to create the soulless nature of the child as the child develops, the blood is created in the human body, and so the spirit develops the soul & spirit of the child. As the child forms the nature of the life of the humanity that child has infinite possibilities. Pray for the human nature and the genetics of the child be not born. Pray that Jesus Christ will cut the genetic diseases that will affect the child later in life. On many occasion I have been asked to pray on genetic diseases and curses in peoples lives.

After the birth of the child you see the prominent features of both parents. The most noticeable are the mannerisms and genetics that have been carried out for generations, such as heart disease. People can do many things to destroy the flesh of the child. It’s not within the power of man to destroy the Soul and Spirit. If the child is destroyed, the Angels of the Lord will come and carry the Soul and Spirit into Heaven. Upon reaching Heaven the Soul and Spirit will mature.

The Lord spoke to me and said to pray together as family for the expectancy of the child. The power of Prayer will have profound affects when done with faith in the name of Jesus Christ. Do not pass thru this life without reading the King James Version of the Bible and thinking of forgiveness and salvation. If you would like to give a love gift, so I can continue to spread the word, please know that all gifts are tax deductible.

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LA JOLLA RUNWAY SALE Tony Penn Children’s Clothing Store: 68 N. Loma Dr. Fri-March 15th 10am-5pm Sat March 17th 9-1:00

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IN THE SCHOOLS

DOGS

KATE SESSIONS ELEMENTARY

The 2013 spring/summer auction is almost here. The auction is the biggest fundraiser of the year and school officials hope to raise enough money to continue the art, music, Spanish and library programs. This year’s theme is “Passport to the Islands,” and the event will be held on April 13 from 6 to 9 p.m. at the Mission Bay Yacht Club. The auction committee has collected prizes and sponsorship for the auction. Organizers are looking for services, gift certificates, merchandise, creative baskets, vacation packages, and more. Anything and everything will be appreciated. Call Karin LeSonne at 858-836-1420 for more information.

FOPES

Friends of Pacific Beach Secondary Schools will meet Wednesday, March 27 at 6 p.m. in the PB Middle School library. Listen to Catherine Jol-

From Friends of Pacific Beach Secondary Schools Auction Fundraiser, the largest annual event of the year. The event happens Sunday, May 5 at the Mission Beach Women’s Club from 5 to 9 p.m. If you have a donation for the auction, they are always welcomed. Email mbhsfriends@yahoo.com.

FOPES is a 501(c)3 organization and all donations are tax deductible. Proceeds benefit Pacific Beach Middle and Mission Bay High school enrichment, music, international baccalaureate programs, sports and other activities.

SCHOOLS

CONTINUED FROM PAGE 11

art and science garden programs. For more information, visit http://www.escrip.com.

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Friends of Pacific Beach Secondary
OPEN HOUSES

**PACIFIC BEACH / MISSION BEACH / CROWN POINT**

Sun 1-4pm.................6355 Via Colinas..........3BR/2BA........$1,095,000.............................................Carolyn Hargett  858-559-3515
Sat 11-4pm.................6412 Shorter St..............4BR/3BA...........$1,385,000.............................................Larisa & Alain Giarrantoni  619-440-2463
Sun 1-3pm.................2847 Currin St.................2BR/2BA...........$995,000.............................................Tammy & Rich Hoke 858-829-6728
Sun 1-4pm.................4815 Imperial Beach Blvd.......4BR/2.5BA......$1,595,000.............................................Joel Kupstas 858-482-1925
Sun 1-3pm.................2111 S. Waterfront Dr......4BR/3BA...........$1,195,000.............................................Tina & Jake Hornby 858-357-3011
Sat 11-3pm................3460 Le Roy Drive............4BR/3BA...........$1,199,000.............................................Natalie & Pat McFarland 858-699-9920
Sat 10-1pm................3624 Via Amalfi.................2BR/2BA...........$1,095,000.............................................Mary & Paul Miller 858-699-3858
Sat 10-1pm................5270 Paseo Del Mar...........4BR/3.5BA........$1,595,000.............................................Darren & Carrie Yeager 858-300-1414
Sat 12-3pm................5882 Loma Norte..............4BR/3BA...........$1,199,000.............................................Dave & Martha Boldt 858-699-9920
Sun 1-3pm.................5407 Coast Blvd.................2BR/2BA...........$995,000.............................................Mark & Kristen Schaller 858-979-9344
Sat 11-4pm................3322 Avenida De La Playa.....3BR/3BA...........$1,525,000.............................................Karen & Michael Dodge 858-723-2511

**LA JOLLA**

Sat & Sun 11-4pm........6627 Via Colinas..........3BR/2BA........$1,295,000.............................................Kelly & Mark Brown 858-696-1739
Sat & Sun 11-4pm........4210 La Jolla Shores Dr.......3BR/3BA...........$1,185,000.............................................Pam & John Elstrom 858-941-2631
Sat & Sun 11-4pm........3769 La Jolla Blvd............2BR/1BA...........$625,000.............................................Steve & Terri L. Yee 858-696-8639

**CARMEL VALLEY**

Sun 12-3pm................5325 Ladera Pt.................3BR/2.5BA........$1,295,000.............................................Karen & Michael Dodge 858-723-2511

**UNIVERSITY CITY**

Sun 12-3pm................5712 Skylark Pl.................4BR/2.5BA........$1,895,000.............................................Pam & John Elstrom 858-941-2631

**POINT LOMA / OCEAN BEACH**

Sat & Sun 11-4pm...........2917 Noorda St..............3BR/2BA...........$695,000.............................................Lovy & Steve Lofthouse 858-723-4862
Sat & Sun 11-4pm...........8627 Harbor View Place.....4BR/4BA...........$2,495,000.............................................Robert Realty  619-852-8827

**LA Jolla Shores**

Sat 12-3pm................3260 Via de la Barra...........3BR/3BA...........$1,299,000.............................................Marvel & John Manning 858-722-4890

**CAYUCOS**

Sat & Sun 1-3pm.................1357 1st Ave.................1BR/1BA...........$149,000.............................................Kathleen & Steve Wiese 858-943-2585

**LA JOLLA / MISSION BEACH**

Sat 12-3pm................3222 Via del Prado...........2BR/2BA...........$595,000.............................................Kathleen & Steve Wiese 858-943-2585

**CARDIFF-BY-THE-SEA**

Sat & Sun 11-3pm............6016 Via De La PG...........3BR/2BA...........$595,000.............................................Kathleen & Steve Wiese 858-943-2585

**LA JOLLA CAYUCOS**

Sat & Sun 10-2pm.............3172 Via de la PG...........2BR/2BA...........$495,000.............................................Kathleen & Steve Wiese 858-943-2585

**VISTA**

Sat 11-3pm..................1494 Vista Hermitage........2BR/2.5BA.....$299,000.............................................Kathleen & Steve Wiese 858-943-2585

**LA JOLLA SHORES**

Sat 11-3pm..................3214 Via de la Barra...........3BR/3BA...........$299,000.............................................Kathleen & Steve Wiese 858-943-2585

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- 440 Sea Lane, La Jolla
  $2,475,000
- 5750 La Jolla Coronado Dr, La Jolla
  $2,400,000
- 4012 Nobel Dr #102, University Towne Centre
  $238,000
- 1305 Anchor Street, Pacific Beach
  $757,500
- 3404 Zola Street, Pt Loma
  $1,337,500

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You will love this So. Mission townhome on the edge of Belmont Park with panoramic ocean and bay views! This lovely home features 3BR/2.5BA, 1,336 sq ft, open floor plan, 2 car side by side garage, large sunny front patio for al fresco dining, skylights, warm fireplace and much more. Just steps to the ocean, don’t miss another sunset!

$975,000
Steve Cairncross
858-735-1045
www.beachseller.com
stevecairnx@gmail.com
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