Mission Bay schools right to preserve status quo

By PATRICIA WALSH | BEACH & BAY PRESS

With San Diego Unified School District (SDUSD) trustees canceling most of a special committee’s campus closure proposals, the raucous chant that reverberated across the city for nearly two months to “save our schools” was rendered nearly inaudible.

Not in the Mission Bay High Cluster, however, where neighborhood parents are still raising their voices to keep Pacific Beach Middle School open and Mission Bay High School viable.

Cluster parents presented a plan last week to stop a recommendation by the SUSD that would close Pacific Beach Middle School and consolidate the middle school and high school campuses into a 6-12 international baccalaureate academy.

The two biggest issues facing the Mission Bay Cluster are low enrollment of students within its boundaries and the murky future of district-funded transportation for students brought in from outside the cluster.

The parents’ plan to keep the cluster schools open is to increase student achievement with a specific focus on Mission Bay High School (MBHS) and Bayview Terrace Elementary School, and to promote local campus choices to boost enrollment of students within its boundaries and the murky future of district-funded transportation for students brought in from outside the cluster.

SUSAN NORMAN, 71, wins world championship Ironman in age group

By JOHNNY MCDONALD | BEACH & BAY PRESS

Susan Norman, a longtime Mission Bay resident and grandmother of four, is 71. She is also one of only two women over the age of 70 to hold both half- and full-Ironman world championship titles within the same year.

Norman took the top prizes in the 70-74 age group in September at the Las Vegas half-Ironman and again in October at the Kona, Hawaii full-Ironman World Championships.

She bikes, swims and runs six days a week in and around Mission Beach to keep her body in optimum shape for triathlons.

At age 38, Norman’s friends introduced her to running, as a sport.

She attended a marathon clinic to get started with proper exercises and to begin entering 10K races, which she always seemed to win.

The physically demanding trend ran in her family. Her husband won the full-Ironman event for his division at age 50 and her sons and daughters-in-law have completed triathlons, so Norman figured she was just as capable.

While training for what would have been her first half-Ironman competition in St. George, Utah, Norman suffered her first and only training injury in January. While biking on Kearny Villa Road, she hit a pothole and tumbled to the pavement, breaking her arm and pelvis in two places.

Norman underwent months of physical, rehabilitative, sports and water therapy at Wave House Athletic Club in Mission Beach, where she likes to get all her exercises in under one roof — taking spin classes, swimming in the pool and relaxing for a massage once a week.

Forced to miss the St. George race at the beginning of the year, Norman set her sights on the half-Ironman competition in Oceanside in April. Crediting her strong muscles for a swift recovery, Norman was the oldest female competitor in the race and placed first in her age division.

Along with the trophy came a qualification to participate in the full-Ironman World Championships in Kona, Hawaii in September.

On Dec. 9, 7 p.m. Mission Bay High School’s Music Department will present a special Winter Concert in the Mission Bay Auditorium. The program will include all of the school’s performance groups under the direction of JP Balmat, including the Jazz Ensemble and the Mission Bay Preservationists, with a total of 80 musicians taking part in the event. The show will feature a mixture of seasonal classics, swing standards and New Orleans jazz, with the Preservationists also debuting some of their new original material.

Anyone looking for holiday-themed family entertainment needs to look no further than this heartwarming performance from some of the area’s most promising new talent. • MBHS Music Department Winter Concert: 7 p.m. on Friday, Dec. 9 at Mission Bay High School, 2475 Grand Ave. All ages. $5. Students and children free. www.missionbaymusic.com. — Beetle Mendiza

Mission Bay resident Susan Norman, 71, claimed first-place in her age division during the full-Ironman World Championships in Kona, Hawaii in September, becoming only the sixth woman over the age of 70 to complete the 2.4-mile swim, 112-mile bike ride and 26.2-mile marathon run.

The physically demanding trend ran in her family. Her husband won the full-Ironman event for his division at age 50 and her sons and daughters-in-law have completed triathlons, so Norman figured she was just as capable.

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The “Red Devil” train at Prospect Street sometime between 1908 and 1917. PHOTO COURTESY LA JOLLA HISTORICAL SOCIETY
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This Spanish Style, 2,226 sqft, 3 bedroom + an optional room, 3 bath, 3 story home has 4 balconies, 2 sliding glass doors opening to grassy front and back yards, ocean views and cool breezes, gorgeous floors, counters, appliances and much more!

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This extra challenge motivated Norman to acquire a triathlon coach to help her on her daily training — typically biking 40, 80 or 100 miles up the coast and frequently practicing the transition from biking to running.

“It’s one-third mind, one-third nutrition and one-third training,” said Norman. “Our coach has been with us since the day she started. He has since had the pleasure of helping her through every step of her training.”

Norman paid off her mortgage in Las Vegas, where she took first-place honors in her age division.

CONTINUED FROM PAGE 1

Norman crosses the finish line at the full-Ironman competition in Hawaii just three minutes before the clock was set to expire and all of her efforts would have been in vain.

“You just have to think you can do it and never give up,” said Norman, who also won the San Diego Rock ‘n’ Roll Marathon for her age group six years ago. For more information about the competition, visit www.ironman.com.

Fanning slot to the Ironman world championship in Kona, which calls for a 2.6-mile swim, 112-mile bike ride and 26.2-mile marathon run which participants must complete in 17 hours, with a firm cutoff time of midnight. Norman finished in 16 hours, 57 minutes and 29 seconds — with less than three minutes remaining before the clock would have stopped and all her efforts would have been discounted.

“Crossing the finish line was the most fabulous feeling,” said Norman. “Spectators were gathered there yelling and cheering, really making you feel special.”

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Home Buyers: Discover How to Avoid These 6 Costly Mistakes Before You Buy

SAN DIEGO. A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make before buying a home.

Mortgage regulations have changed significantly over the last few years, making your options wider than ever. Subtle changes in the way you approach mortgage shopping, and even small differences in the way you structure your mortgage, can cost you literally thousands of dollars and years of expense.

Whether you are about to buy your first home, or are planning to make a move to your next home, it is critical that you inform yourself about the factors involved before you buy.

In answer to this issue, industry insiders have prepared a free special report entitled, “6 Things You Must Know Before You Buy."

Having the right information beforehand can undoubtedly make a major difference in this critical negotiation.

To hear a brief recorded message about how to order your free copy of this report, call toll-free 1-800-276-0763 and enter ID# 1004. You can call anytime, 24 hours a day, 7 days a week.

Call NRT to find out what you need to know before you buy a home.

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Call NRT to find out what you need to know before you buy a home.
NEWS & EVENTS

EXPLOSIVE MUSIC, A WICKED TRIBUTE BAND AND SOME EXTREME CREAM

STONE TEMPLE PILOTS (STP) TRIBUTE BAND

**LIVE MUSIC**

BY BART MENDOZA | BEACH & BAY PRESS

Social Club is a self-described indie/rock/punk quartet with the emphasis on the latter. Featuring lead singer John Levan, bass guitarist James Spratley, drummer Jeffrey Litman and keyboardist Thea Tochhara, the group should appeal to indie rockers and power-pop fans alike, with well-crafted songs that will have you humming their melody lines after one listen. Three-chord, 12-bar music this is not. Songs like “She Said” which explodes from the speakers from the first note, throw more sonic curveballs in 3:12 than some groups manage in a whole set.

**Social Club** performs at 9 p.m. on Friday, Dec. 9 at the Typhoon Saloon, 1165 Garnet Ave. 21 and up. No cover. www.typhoonsaloon.com

If you’re a fan of rock and blues guitar playing, the month's best option is easily Extreme Cream, which appears at Brink by Brick on Dec. 16. Featuring guitarist Mike Kondaloski, bassist Paquelin and drummer Kirk Baker, the band’s name says it all. Extreme Cream plays new versions of classic songs by The Cream, Led Zeppelin, Motorhead and Black Sabbath. The band is made up of all musicians performers in their own right, allowing the trio to breathe new life into the material. Notably, Baker is the son of original Cream drummer Ginger Baker, who used Kondaloski's倚吉他work that will most impress.

**Extreme Cream** performs at 8 p.m. on Friday, Dec. 16 at Brink by Brick, 1130 Buenos Ave. 21 and up. $10. www.brinkbybrick.com

Bringing a touch of Spain to Pacific Beach, Costa Brava continues to be one of the best locations in town to experience live flamenco music. It will play host to Angelita Aguletas on Sunday, Dec. 11 and Sunday, Dec. 18. Aguletas was raised in Rota, a small town near Jerez de la Frontera, part of a renowned family of gypsy flamenco singers. If it adds up to one of the best and most authentic performances you’ll come across. The perfect match of venue and artist – with a mix of fine food and music – these performances are like a quick trip to Europe.

**Angelita Aguletas** performs at 7 p.m. on Dec. 11 and Dec. 18 at Costa Brava, 1653 Garnet Ave. No cover. www.costabravasd.com

Black Market Baby is a new trio formed by guitarist Scottie “Mad Dog” Birn, bassist Roy Coverdale and drummer Hailey Allen, performing at Tit Len’s on Dec. 16. Birn is best known as frontman for blues- and punk-influenced group The Mississippi Mudhurtles, but Black Market Baby promises to kick things up a notch, with hard-rocking originals and an off-the-wall selection of covers ranging from Ledbelly to Tom Waits. The band is working on its first album, but Black Market Baby is a band you want to catch up-close-and-personal.

**Black Market Baby** performs at 9 p.m. on Friday, Dec. 16 at Tit Len’s, 5302 Napa St. 21 and up. Cover TBD. www.reverbnation.com/blackmarketbab

LINING UP EVENTS PAGE 1

reach La Jolla’s Sir Y& Prospect streets. An attractive building was built at La Jolla Hermonia for the San Carlos substa-

tion. Following the construction of the Ocean Beach substation building—with Egyptian design—a similar one was erected in Mission Beach.

With the opening of the new line to the beaches, service via the Point Loma Railroad to Voltaire Street in Ocean Beach was abandoned. That section of the route would be served by buses starting in 1940.

What had become an interurban line in 1924 to Mission Beach and La Jolla was formally abolished on Sept. 16, 1940. Automobile traffic from an expanding populaci

on slowed this rapid transit to a crawl. The streetscape's enduring beauty is ex- plicated and noisy.

La Jolla’s terminal was razed, the elab-

orate, over-creating transportation turnbuckle and all the rails removed except those in paved streets.

In an intersection in other parts of the city until 1948.

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We Need It, You Want It!
Tandy said, "San Diego High is impact-
an IB diploma at the high school," Sessions Elementary, PB Middle and High School, only offered at MBHS and San Diego and help us build on all the good.

"Many parents have never met a teacher, done a school tour, but they make assumptions without having information," she said, "I encourage everyone to attend a school tour."

Mission Bay High School has an enrollment of 1,417 students and is the largest user of the district’s busing services. About 78 percent of the MBHS population arrives by bus. Enrollment of 1,437 students and is everyone to attend a school tour."

"The community has locked arms and accomplished great things." said. "The community has locked arms and accomplished great things.

Another 157 students commute to school based on community input. In October, the school district — on the brink of bankruptcy with a possible $100 million deficit — presented a merger of Pacific Beach Middle School — presented a merger of Pacific Beach Middle School and Mission Bay High. The fate of the middle school campus would be a tremendous loss to the community," said Phil Stover, deputy superintendent of business, during the Nov. 29 school board meeting. He asked the board to table closure of the middle school based on community input.

In October, the school district — on the brink of bankruptcy with a possible $100 million deficit — presented a closure of the program and continue to collaborate with them to ensure the funding of the program and continue the IB curriculum in the district.

Currently, 350 students from the San Diego High Cluster attend Mission Bay High. The Mission Bay Cluster has an enrollment of 3,399 students at four K-5 schools, a 6-8 middle school and a 9-12 high school. By comparison, the Point Loma Cluster, with seven elementary schools, a 6-8 middle school, and 7-8 junior high and one high school has 6,185 students. The Point Loma/Ocean Beach community staved off the district’s closure plans that would have impacted every school in the cluster except the high school.

But the case made by Mission Bay Cluster officials may also be resonating with 2003-04 decision makers. "The closure of the Pacific Beach Middle School campus would be a tremendous loss to the community," said Phil Stover, deputy superintendent of business, during the Nov. 29 school board meeting. He asked the board to table closure of the middle school based on community input.

In October, the school district — on the brink of bankruptcy with a possible $100 million deficit — presented a plan to close 14 schools citywide to save $500,000 per school annually. The district’s new closure/realignment plan is no longer based on cost, but instruction and facilities. The initial closure/realignment plan has since been narrowed down to a five-point proposal, one of which targets the merger of Pacific Beach Middle School and Mission Bay High. The fate of the proposal is expected to be formally determined Dec. 13.

Support Pacific Beach Schools when you shop at the Pacific Beach Tuesday Farmers’ Market!

Every TUESDAY
2:00pm to 6:30pm
Garnet Avenue & Bayard Street
(Next to Home Bank)
Fresh Fruits & Veggies
Eggs, Meat & Fish
Pastry, Pasta & More

Page 5
BEACH & BAY PRESS | DECEMBER 8, 2011

O B I T U A R Y
Irving Stanton Elman, celebrated writer and producer

Irving Elman, a 46-year resident of Pacific Palisades who moved to Pacific Beach in 2006 to live at Wesley Palm, passed away on Nov. 22 at the White Sands of La Jolla of cardio-pulmonary arrest. He was 96.

Born June 28, 1915 in Paterson, N.J., Elman’s career spanned the dramatic arts, from Broadway playwright to Hollywood movie-and-television writer and producer. He authored three Broadway plays (“The Brass Ring,” “Uncle Willie” and “The First Million”), 10 plays and four musicals produced off Broadway and elsewhere in New York and other stages worldwide, as well as eight major-studio movies (“Backlash,” “Strange Journey,” “The Crimson Key,” “Challenge,” “Roses Are Red,” “Thirteen Lead Soldiers,” “Jewels of Brundenberg” and “Accomplice”). He was a television writer from the early days of live television until the late 1980s. He wrote more than 2,000 produced teleplays, running across a broad spectrum of genres, including Hallmark Hall of Fame, Studio One, Alfred Hitchcock Presents, The Brothers Brannagan, The Verdict is Yours and The Eleventh Hour among many others.

With his wife Tex, he was head writer of the daytime television serials “Search for Tomorrow” and “General Hospital.” He and his wife are credited with creating the “General Hospital” character Luke (of “Luke and Laura”) and writing what had been a flagging series.

Elman also produced five television series (“Ben Casey,” “High Chaparral,” “Slattery’s People,” “The Seventh Hour” and “Matt Lincoln”) and two television movies (“The Cliffdwellers” and “Rouring Camp”). In his later years, he authored and published five books (“So You Want to be a Scriptwriter and Make a Million Dollars?”, “The Lincoln’s Doc- tor’s Dog,” “Bells on Her Toes,” “A Tango in Time” and “Sherlock Holmes: The Naked Truth”).

Over the course of his career, Elman was honored as a Pulitzer Prize play finalist, received two Emmy nominations, a Golden Globe Award and the Alexander Graham Bell Award.

After the death of his beloved Tex in 2006, Elman lived his later years in San Diego. He is survived by his sons Jeffrey of San Diego and his partner, Ray; and Cory of Long Beach; and by his grandchildren family of Portland, her husband Nate and children Stella and Oliver; and Jeremy of San Francisco and his wife Erin.

In lieu of flowers, contributions to San Diego Hospice or White Sands of La Jolla are suggested.

IRVING ELMAN

REMEMBER WHEN?
IT SEEMS LIKE every corner had a gas station in Pacific Beach after World War II. Howard Rizzi took this photo of the Wishire Service Station on the southeast corner of Garnet Avenue and Morell Street in 1946. Visible brand names include Wishire, Quaker State, Conoco, as well as Coca-Cola and Pepsi. Subway Sandwich and Domino’s Pizza are among the retailers occupying the space today.

~ John Fry may be reached at (858) 212-6655 or mail@johndfry.com

IRVING ELMAN
I am writing to express my anger and frustration at the city of San Diego Code Enforcement Department’s unilateral and extremely unjust enforcement of the city’s Municipal Code. Please let me explain.

One of the existing rules in the Mission Beach Planning District Ordinance (MBPDO) regulates the fencing allowed in the front yards of the [residential] courts. The courts are perpendicularly to the beach and keeping fences to 3 feet high in the front yards maintains views to the beach. This view maintenance is sacrosanct. A view of the beach can greatly affect a property’s value. The enforcement of this section of the MBPDO is very important!

Please see the relevant section of the code below:

Ch. Art. Div 15 13-4
San Diego Municipal Code Chapter 15: Planned Districts (3-2007)
Article 13: Mission Beach Planned District
"Mission Beach Planned District 3-2-2007 by 0-19589 N.S.")
Division 4: General and Supplemental Regulations
"General and Supplemental Regulations" added 3-2-2007 by 0-19589 N.S.
1513.0401 Fences
(a) All Subdistricts
No fence shall exceed 3 feet in height in any area created by measuring 10 feet along each property line from the point of the intersection where any combination of streets and/or alleys intersect.
(b) Residential Subdistricts
(1) Fences and walls, including retaining walls, located within required yards except interior yards and rear yards shall not exceed 1 foot of 3 feet.
At 1959 Ocean Front Walk a wall is in clear violation of this section of the code. I have formally filed a complaint about it to Code Enforcement. They say they will take no action on the violation because the building is also a matter of fact that the owners … are friends with the city of San Diego’s chief of police and two of the top assistants. All have been seen socializing in the … residence.

I have a rental property on Yarmouth Court and when it is vacant, I have a need to advertise the vacancy. To do so, I would hold open houses. I learned that the placement of an “open house” sign on city property is in violation of the Municipal Code because I was told by both a couple of police officers and by [members of] the Code Enforcement Department. In spite of the supposed lack of person, I have been warned by the Code Enforcement Department that if I put the sign back out, I will be given a $250 citation. They are right. That is in violation of the code. Yes, on any given Saturday or Sunday, every Realtor in the city is breaking the law by putting their “open house” signs out. Do they ever get a warning or a citation? I think not.

I have spoken with Assistant Police Chief Boyd Long who supposedly has no involvement in the issue. He was at the … residence the day the Code Enforcement action occurred and the two police officers showed up at my residence to tell me to remove the sign. He stated that [the owner] told him not to get involved, that he would handle his problem with my sign through Code Enforcement. Suddenly, Code Enforcement finds available staff. But that, of course, was just a convocation of Code Enforcement at (619) 236-5500 and telling them to enforce fence regulations!

By David Lombardi

Mission Bay, Pacific Beach Woman’s Club, Discover Pacific Beach for chairs and tables, and product donations by Sproatts, Albertsons, Ralph’s and Bay Park Fish Company. When you patronize these businesses, be sure to mention PAESAN and thank them.

We also appreciate all the financial donations by the following Century Club donores: David Banks; Van Cooke; Crescenzo JL; Walter Urbach; Dave and Billie Crow; Dunn Real Estate, Patrick Park; Paul and Susan Johnsen; Kirk “Kim” Kennedy; Michael McQuary; Mission Beach Woman’s Club; Dordaine Offerman; and veteran Youth Foundation: John and Mary Wlding; and the following Half Centu- ry Club donors: Patricia Barnhill; Mar- kie Beckett; Gerald and Bozier Dema- ree; Peg Hollenbeck; Lloyd and Joanna Kendall; and Johnny Pernicano’s Pura Vida.

Finally, thanks to all the volunteers who made this seem like an effortless job. The city is fortunate to have such a capable and tireless public safety teams and reports back said we as a community all did a fantastic job!

Susan Lowary
Pacific Beach Town Council Board of Directors

I have a rental property on Yarmouth Court and when it is vacant, I have a need to advertise the vacancy. To do so, I would hold open houses. I learned that the placement of an “open house” sign on city property is in violation of the Municipal Code because I was told by both a couple of police officers and by [members of] the Code Enforcement Department. In spite of the supposed lack of person, I have been warned by the Code Enforcement Department that if I put the sign back out, I will be given a $250 citation. They are right. That is in violation of the code. Yes, on any given Saturday or Sunday, every Realtor in the city is breaking the law by putting their “open house” signs

It is quite expensive to replace them. They cannot be stolen or lost if they are kept in your home. Stock certificates can be held in here, too. You may want to keep your estate planning documents, including your Original Trust or powers of attorney, in the box also. I think a better storage option for estate planning documents, issue once policies and other important docu- ments is a fire proof box or a safe. A fire proof box can be purchased at any office supply stores. This does not need to be locked and it is not very heavy. This box protects these papers from fire and water damage, but not theft. The purpose of putting them here is that you know where they are kept.

A fire proof box can be purchased at any office supply stores. This does not need to be locked and it is not very heavy. This box protects these papers from fire and water damage, but not theft. The purpose of putting them here is that you know where they are kept.

Sorry to call the code enforcement people. It's just that I have a client who has a lot of gold and she called me earlier today and wanted to know where she could keep it.

I was wondering if there is a safe place to keep this kind of stuff. My mother has a lot of these documents and she keeps them in her safe, but she said that it’s not safe. I was thinking of putting them in a fire proof box, but I’m not sure where I can get one.

Any advice would be greatly appreciated.

Sincerely,
Your Client
Mission Bay High cluster update: On Dec. 6, the Mission Bay High School cluster held a school tour beginning in the high school library at 8 a.m. Students and parents are invited to attend this tour at the cluster’s open house on Saturday, Dec. 10.

Mission Bay High
- On Dec. 9, Mission Bay High School’s Athletic Booster Club will host a school tour beginning in the high school library at 8 a.m. Students and parents are invited to attend this tour at the cluster’s open house on Saturday, Dec. 10.

The MHBS Music Department’s Winter Concert is Dec. 9 in the school auditorium from 7 to 8:30 p.m. The show will feature a variety of student groups, including the beginning band, Jazz Ensemble and the Preservationists. Tickets are $8. All children and students are admitted free. Tickets will be sold at the door.

In the Neighborhood
THURSDAY, Dec. 15
The Pacific Beach Town Council hosts its annual Holiday Concert at PBMS and will again welcome Shannon Grove (R-Dist. 32) as the keynote speaker following lunch. The event takes place at the Olive Café, located at 805 Santa Clara Place. For more information, call (619) 276-5354, email kmikes@sandiego.gov or visit www.pbtowncouncil.org.

The Preservationists will form into an art museum the Kate Sessions auditorium will be transformed into an art museum full of student artwork. The show will feature a variety of holiday classics, swing standards and New Orleans R&B. The Preservationists will also be debuting some of their new original songs.

Pacific Beach Middle School
- On Dec. 7, the String Ensemble and Sound Wave Chorus in the Winter Concert at PBMS and will again welcome Shannon Grove (R-Dist. 32) as the keynote speaker following lunch. The event takes place at the Olive Café, located at 805 Santa Clara Place. For more information, call (619) 276-5354, email kmikes@sandiego.gov or visit www.pbtowncouncil.org.

The annual Las Posadas Winter Festival will take place at PBMS on Dec. 14 at noon. Purchase food tickets in advance in the PBMS office or on the day of the event. Come join us for food, music and fun!

Looking ahead
Beach and bay area events, Dec. 10-Dec. 18
SATURDAY, Dec. 10
San Diego County Federation of Republican Women hosts its biennial fundraiser from 9:30 a.m. to 3 p.m. to elect officers and conduct official business. The morning program features the Interiom Youth Group. Assemblywoman Shannon Grove (Dist. 32) will be the keynote speaker following lunch. Reservations are required. The cost is $55. Guests will have a choice of beef or salmon for lunch. The event takes place at the Bahia Resort Hotel, 998 West Mission Bay Drive. For reservations, call (619) 267-0961, or visit www.pbtowncouncil.org.

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858-270-5881 • homebankofcalifornia.com

IN THE NEIGHBORHOOD
links for learning continues to be a great success, thanks to all those in their early years of education - our sons and daughters, neighbors and friends?

Again, thank you to all who helped put the tournament together and to those of you who participated. We look forward to handling out the checks to the Elementary Schools soon and to another successful year next year.

BEECH & BAY PRESS | DECEMBER 8, 2011
PAGE 7
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Ask about our luncheon banquet room or party take-out for large or small groups
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Serving the Peninsula for over 51 years!

HOURS: 7am to 9pm, 7 days a week
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Please help with the Dog Beach Holiday Clean Up, Dec. 10, 9am - 11am

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Thanks OB & Point Loma!

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We invite you to join us during the holidays. Open for lunch & dinner Christmas Eve & New Year’s Eve.

Open Fri, Sat & Sun for lunch. Dinner served Tues-Sun.
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Bradley Fine Art Gallery
2168 Chatsworth Blvd., In Pt. Loma near Voltaire 619-223-6278

Happy OB Holidays!
PB Bar and Grill is a haven for both college and pro football fans.

By WALTER RUSKIN | BEACH & BAY PRESS

Located at 860 Garnet Ave., you will find PB Bar and Grill. During football season, PB Bar and Grill opens its doors to college alumni from all over the nation that have relocated to the San Diego area. The most prevalent university alumni who show up on Saturday are those from the University of Washington, University of Georgia, University of Tennessee, Kansas State University and the University of Michigan.

In the event of early kickoffs, breakfast is served earlier than usual.

I asked myself, “With so many different alumni groups from different universities coming to PB Bar and Grill to watch their school play football on Saturday, how does the bar decide what game should air on the television and what happens if their school is not being shown on the local stations?”

There was real concern and confusion in my voice when I asked this, because I would hate to think that it was based on a color wheel or who has the best fight song or something like that.

I needn’t have been so concerned. The folks there informed me that all games can be shown and easily viewed because PB Bar and Grill is home to more than 1,250 flat-screen televisions, and that everybody who wants to watch their favorite college team can do so, because the tavern also subscribes to ESPN Game Day, which airs college games being played across America. I felt better knowing that. To think that some predetermined cosmic solution decided what games would be viewed by patrons ... how ridiculous.

In addition to college football, PB Bar and Grill is also a great place to see NFL football on Sundays. Locals know that if they want to see the New England Patriots play football on Sundays, PB Bar and Grill is the place to be. I was also informed that not only is it a good place to watch Patriots games on Sundays, but an even better place to watch Chargers football.

“I come here from East County to watch Chargers games on Sunday,” said patron Jim Harland.

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

Lunch Deals (Mon – Fri) start @ $4.99

Nightly Specials: Happy hour 4 to 7

Nightly Specials: Happy Hour Fresh 4 to 7

Nightly Specials: Happy Hour Brews during Monday Night Football.

Nightly Specials: FREE Pizza with purchase!

Nightly Specials: Happy Hour Late Night Deal: 10 - close 2 Slices /Soda - $4.99

Happy Hour Daily 2-6 & 9:30-11 pm - Beers start @ $2

Happy Hour Daily 4 to 7

Nightly Specials: Happy Hour Late Night Deal: 10 - close 2 Slices /Soda - $4.99

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Happy Hour Daily 2-6 & 9:30-11 pm - Beers start @ $2
So why do so many people travel such long distances—from La Mesa, for example—to watch football here? It’s simple, actually. The weekend football specials are amazing. On Saturdays and Sundays, PB Bar and Grill offers an all-you-can-eat breakfast. Not some crazy casino buffet where you get a scoop of lumpy, cold eggs on your plate and fight to put some toast into a toaster, but actual made-to-order items on a bottomless brunch buffet. The Oracle team might be remembered for third place after beating Swe- den, but actual made-to-order items on a bottomless brunch buffet. The Oracle team might be remembered for third place after beating Swe- den, but actual made-to-order items on a bottomless brunch buffet.
Managing the Hospital Discharge

In April, my 92 year old mother went into the hospital to remove a tumor from her arm, the procedure went well and she was sent home. Three days later, she was back in the hospital because she wasn’t able to handle the complicated wound care regimen.

There is a movement to improve care after discharge and to reduce readmissions for the elderly but if your family member has not revamped their discharge process, you may need to take an active role in managing the discharge.

TAKE CHARGE: If you believe the hospital is sending a patient home too soon, talk with the doctor.

CHECK THE DRUG LIST: Medication errors are a frequent cause of readmissions. Make sure your family member knows when and how to take new pills.

MAKE A DISCHARGE PLAN: Most hospitals provide a discharge plan in writing, but it may not be complete and it may be difficult to understand. Make your own plan that will be a guide for the patient, the caregiver and other doctors.

CONTACT THE PRIMARY DOCTOR: Request the discharge planner or hospital MD contact the patient’s primary care physician to be followed up or you should do it yourself.

The RN Case Managers at Innovative Healthcare Consultants are available 24/7 to help with all these details and they are expert in handling any problems that may arise. Call (877) 731-1442 or see our website at www.innovativehc.com.

Look for the “Certified Organic” Label

“Organic” refers to the way agriculture products—including foods and fibers—are grown and processed. Organic farmers, in general, use no synthetic chemical fertilizers, herbicides, pesticides or defoliants, and use only natural pesticides on their crops when absolutely necessary. The “certified organic” label stands for a commitment to a system of agriculture that strives for balance with nature. When you buy certified organic food, you choose protects the health of future generations, yourself, and farm workers by keeping cancer-causing pesticides and herbicides off of plates and out of farm environments. This choice also protects water quality by supporting farms that do not contribute to petrochemical runoff; preserves natural amenities rather than synthetic fertilizers; helps support small family farms; preserves biodiversity through the cultivation of heirloom varieties; and provides for you and your family with better tasting fruits and vegetables.

For the best selection of organic produce and grocery items in San Diego stop by Ocean Beach People’s Organic Foods Market, at 4765 Voltaire Street. Open Daily from 8 a.m. – 9 p.m. call us at (619) 224-1387 or visit us on the web at www.obpeoplesfoodcoop.

The Hair Psychologist

Shelley Carlson is a Pacific Beach local stylist/permanent makeup artist. She has kept her business steps from our beach independently since ’94 and loves her clients/patients! Her family is goes back three generations back in the MB/PB area. You can still find her grandparents shop (Miller Floors) since 1960 still open on Garnet to this day. She has recently moved to “The Hair Galleria” to provide hair services/cosmetic tattooing. The tattooing can camouflage hair loss for women/men. It can also enhance lips and eyelashes. Many women love the freedom of running out the door and doing daily activities without worrying about their make-up. Making life less complicated, so they can concentrate on the more important things. Her prices are modest and fair. She is a licenced cosmetologist and certified with the CPCP and a member of SPCP.

Contact her at hairpsychologist@gmail.com or (619) 807-7718.

Anderson Medical Center Opens in Pacific Beach

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic. The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic will feature the latest in technology including digital x-rays and electronic health records.

Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on weekends and holidays.

The Anderson Medical Center is equipped to handle minor emergences such as suturing and casting. It is designed to take care of patients of all ages as their primary care physicians. Physical therapy will also be available on a scheduled basis.

Most insurance will be accepted. For more information you can call 858-224-7877 or visit our website at Andersonmedicalcenter.com.

Roundup: Mission Bay High concludes its fall sports season

By KEITH ANGIOVANNI | BEACH & BAY PRESS

The 2011 fall sports season is officially in the books for Mission Bay High School. The football program made a significant improvement this year with a 5-4-1 regular season record and a CIF playoff appearance after a poor season in 2010 (3-9). The Buccaneers have qualified for the playoffs every season under head coach Willie Matson since 2004, highlighted by a CIF title in 2009.

Senior quarterback Nate Long was a dual threat in passing and rushing on 12 receptions and three touchdowns. Maydun averaged 20.4 yards per catch. Middle linebacker Isaac Griffin, another senior, lead the defense with 130 tackles and nine sacks.

Other Programs

• The girls’ volleyball team also qualified for the CIF playoffs with a 11-12 regular season record. The Lady Buccaneers made the playoffs with a victory over Morse in the final match of the regular season. A pair of seniors, Mikela Saul and Melissa Zanchetta had 208 serving aces.

• The Mission Bay boys’ cross country team finished third with a 2-2 record and the girls’ cross country team finished tied for fourth with an 0-3-1 record. The boys’ cross country team was lead by standouts Brandon Grisham and Nick Schoettler.
ATTENTION REALTORS: How you can plan your listings on us- lots of sites! Get all three papers for FREE! Submission for multiple listings Call Kim today to set up your online account!

L-3 Communications: Linkabit, Advanced Products & Design and Engineering Services divisions operate a facility located at 3033 Science Park Rd. San Diego, CA 92121 which uses and emits chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. We do not believe that any person is exposed to these chemicals at levels constituting a health risk or a safety risk.

But we have not made a formal determination that actual exposure levels are below the Proposition 65 “significant” level for cancer or reproductive harm. However, we have made a formal determination that actual exposure levels are below the Proposition 65 “significant” level for cancer or reproductive harm. However, we have not made a formal determination that actual exposure levels are below the significant level for cancer or reproductive harm.

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OPEN HOUSES

LA JOLLA

Thurs & Fri 1-4pm  555 Bonita Pl.  3BR/2BA  $1,249,000  Elizabeth Potter  619-922-6629
Sat & Sun 11-2pm  6253 Dowling Dr.  4BR/2BA  $899,000-$999,000  619-992-4532
Sat & Sun 1-4pm  8837 Gleneagles Lane  5BR/4.5BA  $1,595,000-$2,095,000  619-946-1116
Sat & Sun 11-2pm  5453 Parkway Dr.  4BR/2BA  $1,299,000  619-518-1236
Sat & 1-4pm  7302 El Chorro Rd.  2BR/2BA  $265,000  619-755-3893
Sat & 1-4pm  8955 La Jolla Scenic North  3BR/2BA  $695,000
Sat & 1-4pm  7109 Country Club Dr.  4BR/4BA  $1,195,000-$2,200,000  619-922-6629
Sun 1-4pm  9760 Clamshaker Square  4BR/2BA  $1,349,000  619-517-4404
Sun 1-4pm  800 Prospect 4D  2BR/2BA  $1,495,000  619-977-3091
Sun 1-4pm  423 Ravina  3BR/3.5BA  $2,375,000
Sun 1-4pm  7344 Olivas Ave.  4BR/3BA  $2,490,000  619-354-1735
Sun 1-4pm  5519 Chelsea  5BR/4BA  $2,999,990
Sun 1-4pm  8693 Neptune  4BR/2BA  $5,325,000  619-249-7627

PACIFIC BEACH / MISSION BEACH / CROWN POINT

Fri & Sat 3-5pm  3823 Lassen #23J  2BR/2BA  $396,000  Stacey Studebaker  619-349-3075
Sat & Sun 1-4pm  1369 Hombredon St.  3BR/2.5BA  $529,000  Kathy Evans  619-489-7355
Sat & Sun 1-4pm  4076 E & 4060 Morrell St.  4BR/3BA  $840,000-$849,000  Kathy Evans 619-489-7355
Sat 10-4pm  4627 Ocean Blvd. #221  3BR/3BA  $679,900  Kathy Evans 619-489-7355
Sun 10-4pm  1056 Chaldeonry St.  3BR/3BA  $949,000  619-489-7355
Sun 10-12:30pm  721 Deal Ct.  3BR/2BA  $1,219,900  Catherine Vann  619-823-2787

BAY PARK

Sun 1-4pm  873 Loma Valley Place  4BR/4BA  $695,000  Robert Realty  619-852-8827
Sat & Sun 11-4pm  880 Amado Terrace  2BR/2BA  $995,000  Robert Realty  619-852-8827
Sat & Sun 11-4pm  876 Amado Terrace  4BR/4BA  $2,275,000  Robert Realty  619-852-8827
Sat & Sun 11-4pm  3731 Wicks St.  4BR/4BA  $1,075,000  Robert Realty  619-852-8827
Sun 1-4pm  4270 Loma Riviera Ln.  3+4BR/2.5BA  $365,000  Tami Fuller  619-226-8264
Sun 1-4pm  4068 Benicee Dr.  4BR/2BA  $569,000  Tami Fuller  619-226-8264
Sun 1-4pm  4430 Brindisi St.  3BR/2BA  $875,000  Tami Fuller  619-226-8264

CHULA VISTA

Sat 1-4pm  2153 Calle Bahia  3BR/2BA  $325,000  619-699-6566

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WE BUY CARS STARTING AT $3,995

WE SELL CARS!

WE BUY CARS!
DISCOVER PB PRESENTS
EAT, DRINK, SHOP, THINK PB
FOR THE HOLIDAYS
2011

PB Holiday Window Decoration Contest
Vote for free! Theme is “Sounds of the Holidays.” Voting will be open between Dec 8th-16th by emailing your vote to eatdrinkshopthinkpb@gmail.com or checking out our facebook at www.facebook.com/discoverpb. Winner will be featured in next issue of Beach & Bay Press!

Open House Holiday Night in PB
Throughout the PB Business District
TUESDAY, DECEMBER 13th, 2pm-9pm
Local businesses will be staying open late on Tuesday Dec. 13th when Pacific Beach hosts a holiday party for the whole community starting with the Pacific Beach Tuesday Farmers Market and throughout the Business District. Carolers will be cruising the market and business district, doors will be open late, and stores will be offering hot deals and warm refreshments while people shop! Check out our facebook for special offerings from PB Businesses!

FOR INFORMATION OR TO REGISTER FOR ANY OF THESE EVENTS CONTACT:
858-273-3303 or sara@pacificbeach.org

Window Decorating Contest Participants
Buffalo Exchange
Caffe Bella Italia
Chillers Showroom
Fleisher Products
Games On
Grand Artique
Hip Hair
Home Bank
Long Hard Ride
Pata Neara
Surf Club Surf Shop
Woodstocks Pizza
Please send your top pick to eatdrinkshopthinkPB@gmail.com