

## THISWEEK



**BOLD MOVES**  
Rancho Santa Fe artists Steve and Yvonne Maloney turn the mundane into spectacular art. **A10**

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# Father, daughter find a million reasons to care

By **Patty McCormac**

**RANCHO SANTA FE** — When this season's "Secret Millionaire" premieres at 8 p.m. June 3 on ABC, look for Rancho Santa Fe residents Scott Jacobs and his daughter Alexa. The two spent a week of their lives undercover, stepping way out of their comfort zones, living and working in a poverty-stricken area of Newark, N.J.

"Our goal for the week was to find people to make a major donation to at the end of the show," he said.

But, he said, the takeaway message from the show is you don't have to be a millionaire to help others.

"We were elbow-to-elbow with other people who had nothing, that were doing just as much good that day as we did with our money," he said. "You don't have to give away money, just contribute in some way. If you are healthy, give time; volunteer at a food bank; help clean up a park.



Rancho Santa Fe residents Scott Jacobs (right) and his daughter Alexa spend a week living out of their comfort zones, working in a poverty-stricken area of Newark, N.J. for "Secret Millionaire," which airs on ABC June 3. Photo courtesy of Scott Jacobs Studio

Pick up garbage. It makes you feel amazing."

He is not sure how he was chosen for the show, but he had seen it for the first time and had told several people he would love the opportunity to appear on it.

"I said I would do it in a heartbeat," he said.

Someone, he does not know who, was listening.

Originally, only Scott was to go on the adventure, but the producers thought it would be interesting for him to bring one of his daughters. He said his older daughter Olivia was old enough to appreciate how she grew up and realizes not everyone has the same advantages.

They decided that younger daughter Alexa should share the adventure with her dad.

"She broke out crying within the first half hour. There was garbage every-

TURN TO **MILLIONAIRE** ON **A23**

# Chargers, HDSA shoot to find cure for 'cruel' disease

By **Tony Cagala**

**COAST CITIES** — It's been called one of the cruelest diseases; a genetic disease that wreaks havoc on those who have it and those closest to them. There is hardly a treatment for it and there is no cure — yet.

With the 11th annual Shoot to Cure HD June 15, there's optimism that that will change.

It's one of the biggest fundraisers put on by the HDSA (Huntington's disease Society of America), San Diego chapter.

It's at Chargers Park and is supported by the Spanos family and the Chargers, explained George Essig, president of the board, HDSA San Diego. And the event takes place on the team's practice field, he added.

But apart from the fundraising, the main goal of the event is education. HD is still a widely unknown disease despite its identification more than 100 years ago in 1872.

Essig, who has a family history of the disease, but isn't a carrier of the gene, believes that part of the reason it's not as well-known is that there's a certain amount of denial involved.

"And because there's no cure, there has also been a sense of hopelessness...so the families with Huntington's, even within their own families, became isolated. People didn't know how to treat them; they didn't want to acknowledge that they themselves might get the disease.



The Huntington's disease Society of America, San Diego Chapter with the help of the San Diego Chargers, Qualcomm and Cymer are hosting the 11th annual Shoot to Cure fundraiser at Chargers Park June 15. Courtesy photo

They didn't actually know what it was."

Even today, Essig explained, someone with the disease is hesitant to say anything for fear of losing their job, or of being dropped by their insurance because of its slow, degenerative process.

The disease occurs in about one in 10,000. UCSD follows about 150 people with HD.

Dr. Jody Corey-Bloom is a neurologist at UCSD Medical Center and clinical director for the HDSA Center of Excellence.

The Center of Excellence is one

of 21 centers nationwide founded to support patients with the disease, families and those affected by the disease. It was the first center west of the Mississippi, something Corey-Bloom takes pride in.

Once the disease becomes full-blown, daily life is really tough, said Corey-Bloom.

"Things like combing their hair, brushing their teeth, feeding themselves, buttoning their clothes, all of that becomes very difficult because of the abnormal movements," she said.

The disease affects cognitive abilities, mobility, and the ability to talk and swallow and eventually leads to death.

While symptoms may not show until a person is in their 20s, 30s or 40s, one of the greatest difficulties for someone who may be affected by the disease is deciding on whether to get tested for it or not.

"For me, the hardest part quite honestly, is patients coming to see you and saying, "do you see anything yet?"

And receiving a diagnosis can be devastating, Corey-Bloom said. When she first began running the clinic, she had often wondered why people with a family history of the disease didn't get tested more often. She now admits that if she had had a family

TURN TO **CURE** ON **A23**

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# ARTS & ENTERTAINMENT

## Creativity abounds at Ocean Knoll



KAY COLVIN

### A Brush With Art

Ocean Knoll Elementary School is a center for creativity in our community. Although its demographics would suggest it to be one of the least desirable schools in the district, it has become one of the most attractively innovative.

The student body of 470 is championed by principal Angelica Lopez, recent recipient of the Elementary Administrator of the Year Award for Excellence in Theatre Education, presented by the San Diego Educational Theatre Association.

Born in the state of Michoacán, Mexico, Lopez came with her family to Encinitas at age 6 and, without speaking English, began first grade at Capri Elementary. She went on to receive her bachelor's and master's degrees in San Diego, and as she currently finishes her doctorate, she is an inspiration to many.

Lopez attributes much of her clarity of vision to hearing Sir Ken Robinson, world-renowned education and creativity expert, speak on the essential nature of creativity in education. Under Lopez's

guidance, Ocean Knoll has implemented a program that incorporates essential skills set forth in the International Baccalaureate Primary Years program, emphasizing critical thinking in a global context. The Leichtag Foundation granted funds for Ocean Knoll's application for the sought-after International Baccalaureate status.

Lopez hesitates to accept credit for her school's successes, instead acknowledging its staff, parent community and many partnerships. According to Lopez, "We continue to struggle with the budget situation, but don't use that as an excuse to not knock on doors." She said, "When you can clearly articulate your goals and vision, the resources come pouring in."

Due to asking for assistance, opportunities have been abundant for Ocean Knoll, including partnerships with UCSD Science Lab, The Kid's College and The Sage Garden Foundation.

Lopez expressed the good fortune of permission, freedom, and support of the Encinitas school district, under the leadership of Dr. Tim Baird.

"Due to strong endowments, we've actually seen an increase of arts at Ocean Knoll," Baird said. "The students themselves are able to develop projects that envelop art."



Ocean Knoll Elementary School Principal Angelica Lopez (center), with Dr. Tim Baird (right), and Karra Brunst at a recent event on campus. *Courtesy photo*

With funding received from Proposition P, the school has been able to provide iPads to all students enrolled in the third through sixth grades, which has opened up limitless innovative possibilities for creative learning experiences.

Baird expressed excitement in watching students play electric guitars plugged into the GarageBand software on their iPads, creating their own music. Taylor Guitars donated 15 instruments to the school, which have provided means for many students to learn not only to read music, but also to write their own.

The school also provides a rich array of other programs such as Art Attack, Playwrights Project, dance and vocal music.

Lopez queries, "If we

don't provide a variety of experiences at elementary level, how will students know what their passion is? If never explored, how can they tap into it?" She continued, "We have to stop saying we're preparing children for the 21st century, because we are already in the 21st century."

You can learn more about Ocean Knoll Elementary at [eusd.net/SchoolSites/ocean-knoll-elementary-school](http://eusd.net/SchoolSites/ocean-knoll-elementary-school).

*Kay Colvin is an art consultant and director of the L Street Fine Art Gallery in San Diego's Gaslamp Quarter. She specializes in promoting emerging and mid-career artists and bringing enrichment programs to elementary schools through The Kid's College. Contact her at [kaycolvin@lstreetfineart.com](mailto:kaycolvin@lstreetfineart.com).*

## Ranch artists transfigure the mundane

By **Patty McCormac**

RANCHO SANTA FE — It's no secret that artists see the world a little differently than the rest of us.

Consider Steve and Yvonne Maloney of Rancho Santa Fe who turn the mundane into spectacular art.

For instance, Steve Maloney, a sculptor, bought in bulk thousands of scissors confiscated from passengers boarding airplanes and turned them into an astounding work, "Shear Madness," that will be displayed in Art San Diego in September.

Another example: Who would think shoes could inspire art, but there they are in gorgeous paintings by Yvonne Maloney, some colorfully depicting what a pile of shoes might look like during a shoe shopping frenzy.

Both are full-time artists whose work is displayed in private collections and in exhibitions all over North America and, in Yvonne Maloney's case, also in Malta, England, Cambodia and Australia.

Her work is identifiable by the bold colors she uses to depict beautiful flowers and elegant women, but what makes her especially special is that the proceeds of whatever she sells goes to charity.

That's right. She takes no money when one of her pieces sells. Instead, some worthy charities, many of them local, benefit.

Some of her favorite



Artists Steve and Yvonne Maloney of Rancho Santa Fe, stand before one of Steve's pieces, "Shear Madness," which is made of scissors confiscated from air travelers. *Photo by Patty McCormac*

charities are the Helen Woodward Animal Center, Kids Korps, Make-A-Wish, the television station KPBS, the Rancho Santa Fe Community Center, Scripps in Encinitas, Casa De Amparo, The Rancho Santa Fe Historical Society and the Boy Scouts. Many times she has also donated her work for charity auctions and she is particularly fond of St. Jude's and the Rady Children's Hospital.

And because the couple lives part-time in the desert, many Palm Spring and Palm Desert organizations get help from her.

"My creative process is a simple cycle of living, painting and giving as all proceeds of my art goes to charity," she said.

She has donated much to the charities.

"It's in the six figures,"

Steve Maloney said.

If a person buys a piece from her, she'll even donate half of the proceeds to the buyer's favorite charity.

Yvonne Maloney said donating the money makes her feel good and feeds her artistically.

Also in her charitable efforts, in 2004 she was commissioned to take part in the public art program Hail Kalamazoo, where she and other artists painted 4-foot checker cabs for which the city is famous. She also participated in the fundraising Path of the Big Horn in 2003 to bring awareness to the endangered wild sheep in the desert, by painting sculptures of sheep.

"A lot of other people did them," she said. "Tony Curtis did one. Cher did one. Phyllis Diller did one."

The sheep she painted still stands in the shopping district of Palm Springs.

Yvonne Maloney knew she was destined to be an artist in kindergarten.

She grew up in Malta, the island in the Mediterranean Sea.

"Initially, I was a self-taught artist, drawing from a sense of color ingrained during my youth when I was living in the Mediterranean," she said.

She also was taught knitting and crewel and continued to do both until a few years ago.

She began painting in earnest in 2000 when she and Steve Maloney began taking lessons from famed international artist Kwok Wai Lau in Palm Springs.

"He looks at your work and tells you if you are on the right track, and he is a great motivator," she said.

And he also taught her independence in her art.

"You can do your own thing and not be guided by somebody's hand," she said. She said she is also inspired by her travels with her husband.

"You need to get away from your own work once in a while to be inspired," she said.

To learn more about Yvonne Maloney's work, visit [yvonnemaloney.com](http://yvonnemaloney.com).

More information about Steve Maloney's work is available at [stevemaloney.com](http://stevemaloney.com)

## community CALENDAR

Got an item for the calendar? Send the details via email to [calendar@coastnewsgroup.com](mailto:calendar@coastnewsgroup.com).

### JUNE 2

**FIESTA TIME** The Fiesta del Sol returns June 2 and June 3 adjacent to Fletcher Cove in Solana Beach, bordered by South Sierra and Acacia avenues. The two-day event opens each morning at 9 a.m.

**HELP FOR VETS** A veteran's outreach benefit fair will be held 10 a.m. to 2 p.m. June 2 at Pilgrim United Church of Christ, Carlsbad 2020 Chestnut Ave. Service Organizations on hand will include Interfaith Community Services, Disabled American Veterans, War Era Veterans, U.S. Senior Vets. Veterans should bring their DD 214 discharge paper.

**BLITHE SPIRITS** Kathe Schaaf and Kay Lindahl, and Karma Lekshe Tsomo, will share stories from the Parliament of the World's Religions and the U.N. Commission on the Status of Women from 1 to 4 p.m. June 2 at Seaside Center for Spiritual Living, 1613 Lake Drive, Encinitas. Cost is \$15 at the door. RSVP to Cory Bridges at (858) 483-0400 or [cory@foundationforwomen.org](mailto:cory@foundationforwomen.org).

**RECYCLE OIL** Bring your used oil filters to be recycled and receive a free oil filter at the Encinitas Oil Filter Exchange Limit of five filters per customer, 10 a.m. to 2 p.m. June 2, at Pep Boys, 256 N. El Camino Real, Encinitas.

### JUNE 3

**CATHOLIC COMPANY** The Catholic Widow & Widowers of North County will host various social activities throughout June. For information and reservations, call (858) 674-4324.

### JUNE 4

**RETIRE TO FUN** AARP Chapter 239 will meet at 1:15 p.m. June 4 at Silverado Senior Living, 335 Saxony Road, Encinitas. Comedian Simon Blackthorn will entertain. For more information, call (760) 632-7111.

### JUNE 6

**AFRICAN BEAT** As part of the First Wednesday programs, Damaru, an African quartet will play percussion instruments, flute, acoustic guitar and kora at 7 p.m. June 6 in the Library Community Room, 2081 Newcastle Ave., Cardiff. For information, call (760) 635-1000.

**SWING IT** The San Diego Better Business Bureau (BBB) invites all golfers to play at its

16th annual Gerry Wilson Golf Classic starting at noon June 6, at the La Costa Golf Resort & Spa in Carlsbad. The tournament will benefit the BBB Foundation For more information, contact Andy Ramos at (858) 637-6199, or via email at [aramos@sandiego.bbb.org](mailto:aramos@sandiego.bbb.org).

**NO STRANGERS** Carlsbad Newcomers, June 6, 10 a.m. Heritage Hall, Magee Park, 2650 Garfield St., Carlsbad. Marilyn Phenow, of Barnes and Noble, will present new books. For more information, call (760) 683-4460 or visit [carlsbadnewcomers.org](http://carlsbadnewcomers.org).

### JUNE 7

**GET PREGNANT** Dr. Mickey Coffler will lecture on "Fertility 101" at 6 p.m. June 7 in the conference room, Tri-City Wellness Center, 6250 El Camino Real, Carlsbad, in an ongoing series. A question-and-answer session will follow. Reservations are required by calling (855) 222-8262.

### JUNE 9

**SK8 TIME** K-5 Boardshop "Game Of Skate" will be held at noon June 9 at 280 N. El Camino Real, Encinitas, with a skateboard contest for cash prizes, music and food, carnival games and athlete signings. Go to [K5.com/gos](http://K5.com/gos) for more information.

**FINE FOLK MUSIC** San Diego Folk Heritage presents Celtic and folk guitarist Christopher Dean at 7:30 p.m. June 9 at the San Dieguito United Methodist Church, 170 Calle Magdalena, Encinitas. Enjoy finger-style and flat picking on six- and 12-string guitar. The cost is \$18. For tickets and information visit [sdfolkheritage.org](http://sdfolkheritage.org) or call (858) 598-4707.

**BIBLE SUMMER** Signs ups have begun for the Las Flores Church Mega Sports Vacation Bible Summer event for grades three through six from 6:30 to 8 p.m. June 12 through July 24 at Las Flores Church, 1400 Las Flores Drive, Carlsbad. Registration is \$10 per child or \$30 per family. Contact Karisa May at (760) 729-0231, ext. 220 or email [socalnazkids@gmail.com](mailto:socalnazkids@gmail.com).

**TICKET TIME** Reservations are due for the fashion show at 6:30 p.m. June 15 at the Magdalena Ecke YMCA. Cost is \$15 a person. Register at the front desk or by calling (760) 635-3050.

### JUNE 10

**SMOOTH SOUNDS** Grammy-winning artist, BJ Thomas, will star at Casino Pauma at 8 p.m. June 10 in the Palm Club, 777 Pauma Reservation Road. Tickets are available at the Palm Club and Ticketmaster. Cost is \$10 for Palm Club members and \$20 for non-members. For more information, call (760) 742-2177.



"You knew it was today!"

# Advice for cleaning your dishwasher with ease and more

SARA NOEL



## Frugal Living

**Dear Sara:** Do you know how I can get the black out of my dishwasher? There is a persistent, mold-like substance in the bottom of my dishwasher, and though I've tried many different methods to remove it, the stuff is still there. Is it time for a new dishwasher? I hope not! — A.H., Florida

**Dear A.H.:** I remove the racks and use a green 3M Scotch-Brite pad and an old toothbrush to scrub around the seal/gasket and drain, and to clean the interior walls. I use regular liquid dishwashing soap in hot water, then rinse. Then I clean the interior with bleach and follow up with another rinse. I pour vinegar in the dishwasher and let it run on a hot cycle. Many of my readers swear by citric acid to clean their dishwashers. They fill the soap dispenser with either powdered Tang or lemonade-flavored Kool-Aid and run a full cycle. Lemi Shine dishwasher detergent additive works well, too. Don't leave the dishwasher door closed with moisture inside. Check for any food particles that might be trapped inside, too.

**Dear Sara:** What do you use to wash the car? I always

go through an automatic wash or to the full-service place during the winter. In summer, I usually go to a place that offers unlimited washing time for \$5. Still, I'm sure I can wash it myself for even less, since I'm rural and I don't have a water bill. So what do you wash a car with? — Michelle, Wisconsin

**Dear Michelle:** I don't recommend using dishwashing soap, as it can damage your car's finish. I would buy soap specifically made for washing cars. You can find it for under \$10 per gallon, or you can even opt for waterless wash products. Castile liquid soap or any vegetable-based soap and water would work, too. Most carwashes have basic washes that start at around \$5. I'm sure the most frugal people let rain wash their cars, but I don't suggest doing that. If washing your car at home, use a quality natural

sponge or lambswool. It will last a long time, and you won't have to worry about scratching your paint. You'll have runoff and use a lot more water at home, though, so I'd use the automatic carwash.

**Dear Sara:** Some time ago you offered a tip on how to get rid of fruit flies in the kitchen. I thought I wouldn't forget what it said, but I have. These little things are so hard to get rid of! They just seem to

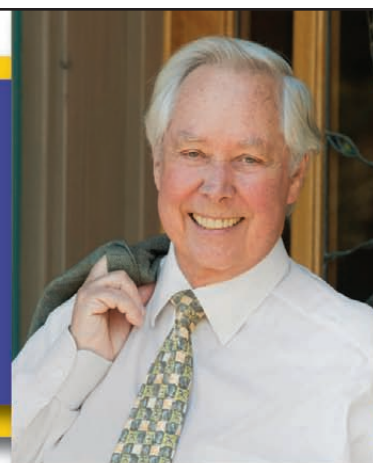
keep coming back every time we purchase fruit, especially bananas. Any advice? — Bill, email

**Dear Bill:** Combine the following ingredients in an open jar or other container: 2

cups water  
2 tablespoons sugar  
2 tablespoons vinegar (white or balsamic) a couple drops of liquid dish soap  
Leave the mixture sitting out as long as needed.

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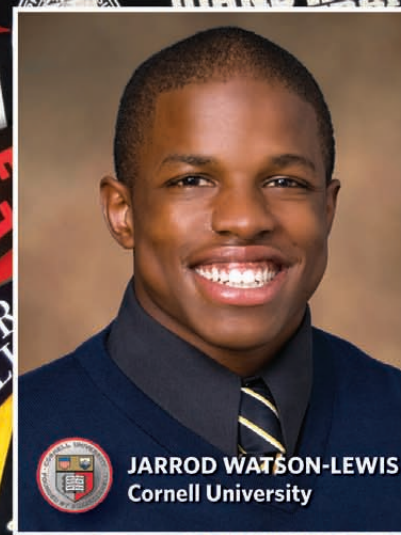
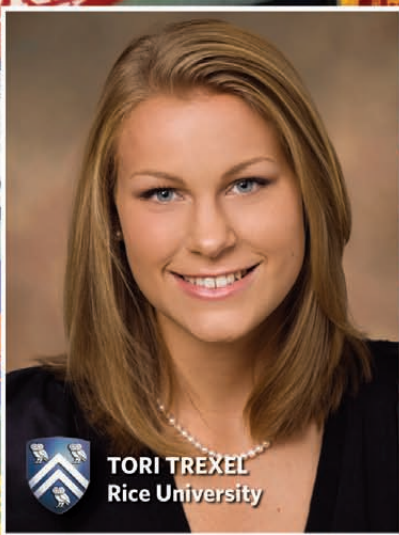
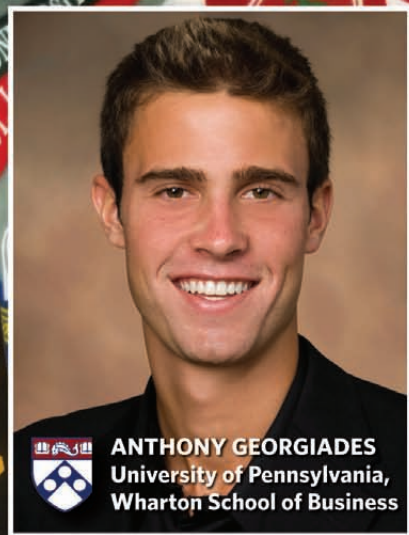
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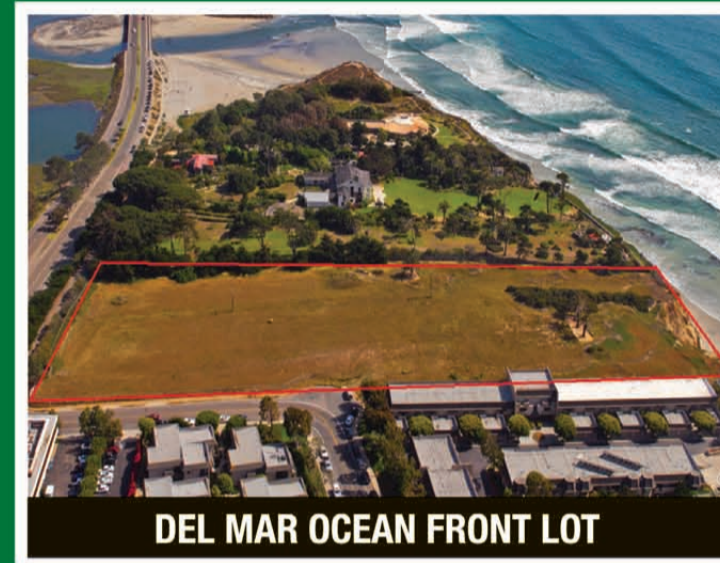
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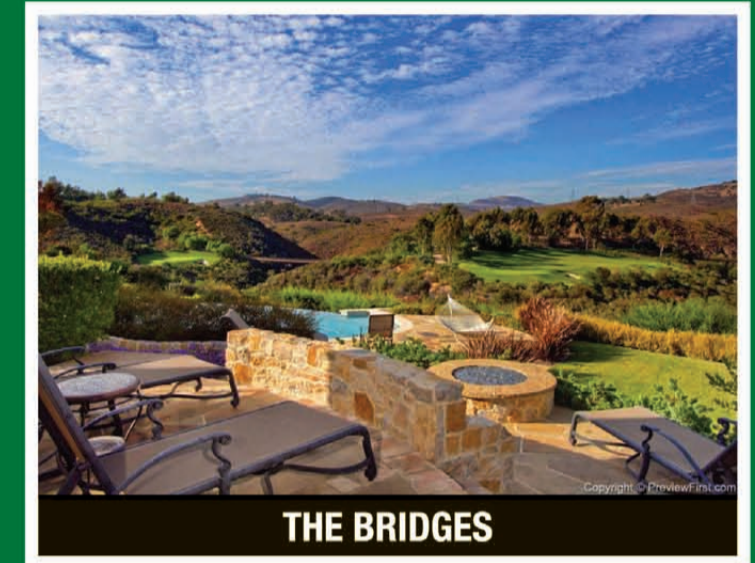
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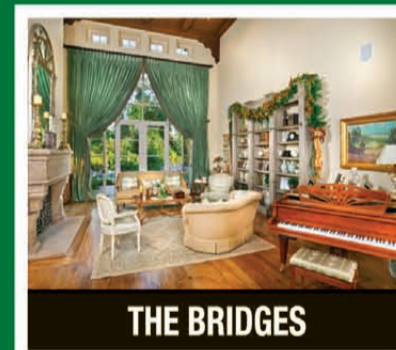
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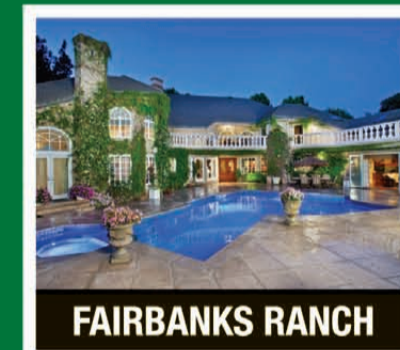
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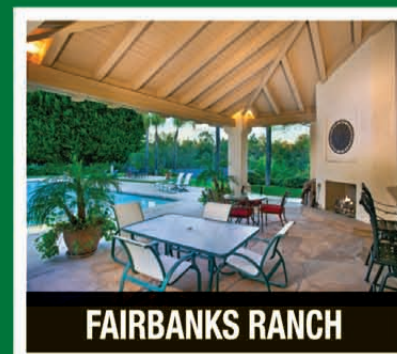
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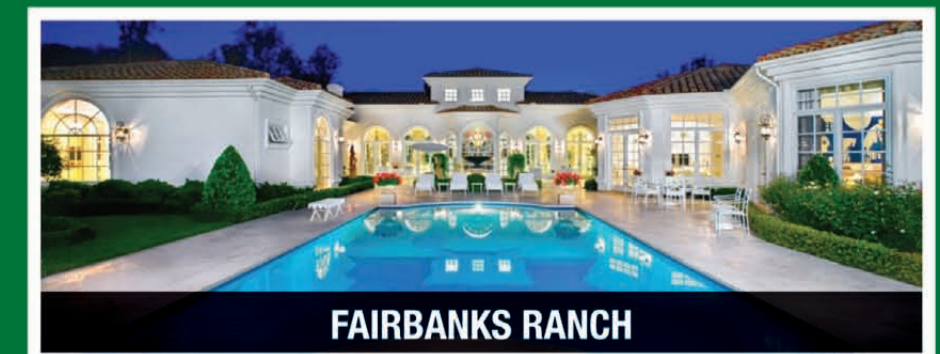
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# Combining a passion for food and running at Gordy's Bakery



DAVID BOYLAN

## Lick the Plate

As someone who calls himself an athlete, writing a weekly food column and now hosting a radio show on KPRI can make staying at my "fighting weight," challenging to say the least. I still run competitively, surf, and throw a variety of cross-training activities into the mix to keep things interesting. As long as my body cooperates, I will be out there competing at some level.

That said, I have the same passion for all things culinary and having creative outlets to convey that passion gives me as much pleasure as my athletic endeavors. It's an interesting mix and many in this huge playground we live in, especially with new dining options opening daily share, I'm sure.

As I thought about this column, I ran into Gordy

Haskett, owner of Gordy's Bakery in Encinitas. Perfect timing as Gordy is as immersed into the local running scene as anyone around while cranking out some of the best-baked goods around out of his cool little space on Encinitas Boulevard.

I've seen him running around the area for years, either solo or leading a pack of San Dieguito Academy cross-country athletes where his teams number close to 80 runners. Yes, I said 80 runners. That says something about the coach. Despite him being a distance guy and me being a sprinter, we both share a love for running and food.

Gordy was born and raised in Encinitas, so he has an insider's knowledge on the local dining scene. His brother Craig Haskett is the famous concert poster artist Scrojo whose posters I've been admiring for years. Gordy's early years in Encinitas had him washing dishes at the Coffee Mill which is now the Encinitas Café.



Ellen Amano and Gordy Haskett at Gordy's Bakery. Photo by David Boylan

He graduated from the California Culinary Academy in San Francisco long before being a chef was perceived as cool and celebrity chefs were rare. Gordy also worked in England for a year as castle

chef for Lord and Lady Caudor. He quit cooking for a spell and became a "running bum" for a couple of years. I should point out that the word bum does not do justice to some of the times he has produced. He has run a 2:23 marathon, 30:47 10k, 14:55 5k, and a 10:10:58 Ironman Hawaii. Those are some seriously fast times folks.

Gordy opened and ran a successful wholesale bakery in 1988, which he sold and that

lead to him managing the running mecca Movin Shoes. The urge to get back into the kitchen and a strong following amongst North County athletes led him to open Gordy's Bakery in 2010 and that's where I caught up with him recently.

Gordy's is tucked away in the Smart & Final shopping center on Encinitas Boulevard just east of Interstate 5. It's a cool place that reminds me of a cross between a European coffee shop with the eclectic touches of Ducky Waddles Emporium, and a bit of Lou's Records thrown in with the Scrojo posters adorning the walls. I like that mix.

Gordy's girlfriend Ellen Amano works the counter, serving up a mix of sweet and savory delights. Those delights feature some items that have attained local legend status enough to have been copied and introduced by other local bakeries but we won't go into that.

The Plonk is the rock star and combines oats, raisins, brown sugar, banana, butter, flour, dates, walnuts, water, sugar, eggs, salt, baking soda, cinnamon, and ginger. The B-Bar and the Lunch Lady are also best sellers. Cakes, cookies, scones, brownies, macarons, shortbreads, tarts and a

variety of other breads and sweets fill the cases at Gordy's. And of course they have an extensive selection of coffee available.

I'm a big fan of the savory side of the menu and love the sausage roll and meat pie. I pleaded my case for them to include pasties on the menu and given their U.K. connections I'm hoping they succumb to my wishes.

Gordy's always seems to be filled with athletic looking folks, which is proof that I am not alone in my dual love of eating and playing. It actually makes perfect sense, as it's all about calories in and calories out and everything in moderation. That's my simplistic view of it but it seems to work.

Gordy is a cool guy who has found a way to balance his passions and his bakery is worth checking out if you have not already. Find out more at [gordysbakery.com](http://gordysbakery.com).

Lick the Plate can now be heard on KPRI, 102.1 FM Monday-Friday during the 7pm hour.

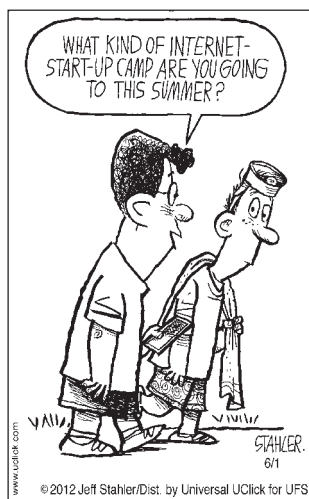
David Boylan is founder of Artichoke Creative and Artichoke Apparel, an Encinitas based marketing firm and clothing line. Reach him at [david@artichoke-creative.com](mailto:david@artichoke-creative.com) or (858) 395-6905.

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## WATER-WISE WINNERS

Santa Fe Irrigation Water District poster contest winners were both St. James Academy fourth-graders, with the first-place going to Matt Somers (right) and second-place to Isabella Gerst (left) with their teacher Anna Marie Howard. Every year the water district sponsors a "Water is Life" poster contest for all local area fourth-grade classes. The winning poster is included in the San Diego Water District 2013 calendar. Courtesy photo

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## AT HOME IN THE RANCH

The historic bell tower at the Shaffer residence, designed by Lilian Rice and built in 1927, is one of the stops on the upcoming summer home tour. Tickets are now on sale for the Rancho Santa Fe Historical Society Home Tour set for July 14 beginning at 12:30 p.m. The 2012 Summer Home Tour will feature five rarely seen historic Rancho Santa Fe homes including homes designed by Holcombe and Lilian Rice. The price is \$30 for Historical Society members and \$40 for non-members. For reservations, call the RSF Historical Society at (858) 756-9291 or e-mail [rsfhistorical-soc@sbcglobal.net](mailto:rsfhistorical-soc@sbcglobal.net). See the RSF Historical Society web site for more information at [rsfhistoricalsociety.org](http://rsfhistoricalsociety.org). Courtesy photo

# Former Ohio reformatory gets new life as historic building

E'LOUISE ONDASH

## Hit the Road



From our perch on the metal-grated stairway, we can see the five stories of tiny, two-man cells — row upon row of metal bars stretching the length of the enormous East Wing. Peeling pastel paint covers every surface. With a little imagination, my mind's eye could transform this cavernous scene into a giant impressionistic painting.

This is the Ohio State Reformatory, or OSR, in Mansfield, Ohio, about an hour's drive southwest of Cleveland. The landscape around this stone fortress is bucolic with its small lake, sprawling lawns, wildflowers, stately trees and waddling ducklings. This castle-like building, which operated as a prison for nearly a century, is described by its architect as a melding of Victorian Gothic, Queen Anne and Richardsonian Romanesque styles.

OSR received its first inmates in 1896 and shuttered its doors in 1990 when the state decided it needed a new facility. After closing, the reformatory was placed on death row and doomed for demolition until a few years later when the Mansfield Reformatory Preservation Society issued a reprieve.

"It was a blessing for the state," explained Mary Cabrera Kennard, assistant operations director for the society. "This is a pretty solid structure and it would be a massive undertaking to tear it down."

Now the 250,000-square-foot facility is on the National Register of Historic Places and has become a destination for those who love history, ghost hunting, weddings with a twist ("Glamour in the Slammer") and film — especially "Shawshank Redemption."

"Shawshank" was shot in 1993 when OSR was scheduled for razing, so film crews weren't worried about putting a few holes in the walls or pounding camera mounts into the ceiling. Remnants of the shoot include the fake sewer tunnels through which character Andy Dufresne (Tim Robbins) crawled to escape from Shawshank, an imaginary New England prison. The "sewage" in the tunnel, according to the audio tour, was created using chocolate syrup, cookies and sawdust.

The filming of "Air Force One" left its mark, too.

On the backside of the building, crews built a still-standing, fake stone gate made of paper and wood which helped transform OSR into a Russian prison. Huge posters of Lenin and Marx also grace some interior walls.

No fortress comes without its ghosts, and the audio tour tells about various noises, apparitions and strange-



This gate, made of wood and paper the backside of the Ohio State Reformatory, was constructed by film crew of "Air Force One" (starring Harrison Ford) to help simulate a Russian prison. The facility opened in 1896 and remained active until 1990. Photos by Jerry Ondash



Cells at the Ohio State Reformatory near Mansfield, Ohio, were barely large enough for sleeping two men. In the early days of the self-sustaining facility, inmates spent most of the day working making furniture, clothing and shoes, or working on the farm or in the power plant.



A remnant from the filming of "Shawshank Redemption." This tunnel was constructed to simulate the sewer that Andy Dufresne (Tim Robbins) had to navigate to escape from the fictitious New England prison. The "sewage" in the tunnel was created using chocolate syrup, cookies and sawdust.

things-a-happenin'. There also are stories about the wardens and their families and various guards who lived in the central quarters of the reformatory where incredibly high ceilings, voluminous windows, artful woodwork and crown moldings hint at a comfortable lifestyle.

But this is prison, after all, and the enormity of the building is countered by the utter lack of livable space in the cells. There is a reason for the tiny compartments; in the early years, inmates spent little time in them. The reformatory was so named because the inmates, originally only males between 15 years and 30 years, were considered midlevel offenders and moldable. They spent most of the day working on the facility's farm growing fruits and vegetables and milking cows, learning the printing trade, making furniture, clothing and shoes, or manning the power plant. Everyone went to church, and the classrooms were full. Some even stayed beyond their sentence to complete courses.

As the decades passed, though, the nature of the

crimes changed and reformatory discipline "had to adapt to the nature of the prisoners," Kennard said.

The population increased, too.

Originally designed for 1,800 inmates, there were sometimes more than 3,000 housed in the two wings.

"At the end, some prisoners were spending up to 22 hours a day in the cells," Kennard added.

New minimum — and maximum — security prisons have been built just behind the original structure and visitors are warned not to take photos.

For information, visit [ohiostatereformatory.org](http://ohiostatereformatory.org). Also check out the Shawshank Trail, a driving tour of area sites where the movie was filmed. Sadly, the big, solitary oak tree where Red (Morgan Freeman) looked for Andy's stash of money was struck by lightning recently. The trunk now rests in front of the reformatory.

E'Louise Ondash is a freelance writer living in North County. Tell her about your travels at [eondash@coastnewsgroup.com](mailto:eondash@coastnewsgroup.com).

# Typos are more bane than boon



CHRIS AHRENS

## Sea Notes

I've been aware of him as a craftsman and designer for half a century. I've known him personally for more than 40 years, ridden some of the boards he shaped, rode his skateboards and used his fins and fin boxes for decades. So, how is it that I misspelled Bill Bahne's name in print recently? It's Bahne, not "Bain," as I wrote it. Sorry Bill, I didn't mean any disrespect.

Who could disrespect Bahne anyway? Here's a guy whose company, Fins Unlimited, has supplied the surfing world with fins of all sorts and colors for decades, the man who designed fin boxes that worked so well they wouldn't be improved ever and only briefly dipped out of fashion when molded fins became popular and multi finned surfboards became the rage. Bahne had an amazing skateboarding team and came within inches of inventing the snowboard back in the late '70s when he and Mike Doyle teamed up to design the Bahne Monoski.

I first began driving up to Bahne to get fins when my friend Peter "Pinline" St. Pierre worked there as

the pinliner, taking already beautiful surfboards and giving them the look of a vintage car. At the time, Mike Hyson of "Endless Summer" fame was developing some early down railed boards and helping take surfboards into deeper and steeper terrain. Around the corner, Donald Takayama, Donnie Mulhern and Gary Brummett were building boards under the MTB label.

Donnie's son, Pat, who would go on to become a top pro in the '80s and eventually a great board builder in his own right, would skate down the bumpy hill that led up to the factory affectionately known as "the hill."

While Donald and Hynson were essentially the kings of the hill in my opinion, there were others who came by the building whose boards were making a big splash. Mike Diffenderfer would stop by and build some of the most beautiful guns ever made and have them perfectly glassed by his one-time business partner, Tony Channin.

Tom "T Boy" Gaglia made Downhome Surfboards and Steve Moret built some of Bahne's best surfboards. John Breeden did the airbrush for what would become Rainbow Surfboards, while Hynson shaped those boards with down-the-line speed in mind.

But no matter who shaped or glassed those boards, the purchase was not complete without a trip to Bahne's to get the right fin. Man, those fins were beautiful, like rainbow-colored lollypops, their perfect hand foils by Willy McLeary or, later, Jack Jenson or "Button" Humphrey, revealing deep bands of color.

My favorite was a Henri Matisse-inspired transparent lime green and pink fin that I applied to my new MTB for, perhaps, the best ride of my life.

Years passed and board makers like Hank Byzak of Pure Fun, woodworking master Jim Phillips, Tom Eberly, Bill Minard, Encinitas Surfboards' own John Kies, Steve Clark and Brian Symanski all made their homes on the hill. (Sorry if I left anyone out or spelled your name incorrectly.) I have had boards from most of the aforementioned masters and still couldn't tell you which of them made me the best boards.

One thing is for certain, however, each of those boards have been enhanced by a trip to Fins Unlimited to get their fins from someone in the Bahne family. That's B-a-h-n-e! Thanks for the ride, Bill.

Chris Ahrens is a surfer and author of four books on surfing. Email him at [cahrens@coastnewsgroup.com](mailto:cahrens@coastnewsgroup.com).

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**NOTHING BUT JAZZ**

During the Torrey Pines High School Jazz Band's recent competition in New Orleans during the annual New Orleans Jazz Festival, the band discovered jazz on nearly every street corner and sophomore MinJi Kim was invited onstage at a jazz café to sing "Summertime." According to fellow bandmember John Kolacz, "She nailed it." *Courtesy photo*

**PET OF THE WEEK**



Charlie is a 3-year-old, 13-pound, neutered Shih Tzu blend who is soft, cuddly, and, oh, so lovable.

He is up-to-date on all his vaccinations and his adoption fee is \$264. As with all pets from Helen Woodward Animal Center, he is micro chipped for identification. Charlie also comes with two free passes to SeaWorld.

Helen Woodward Animal Center, 6461 El Apajo Road in Rancho Santa Fe, is open Monday through Thursday from noon to 6 p.m.; Friday from noon to 7 p.m.; Saturdays 9:30 a.m. to 6

p.m.; and Sunday 11 a.m. to 6 p.m. (last application accepted 15 minutes before closing).

For more information call (858) 756-4117, option No. 1 or visit animalcenter.org.



The fifth-graders of Horizon Prep got a first-hand look at California History during their trip to Sacramento and the Gold Country, the State Capitol, Sutter's Fort, the Leland Stanford Mansion and Sutter's Mill. Sammi Preske pans for gold in hopes of shouting, "Eureka!" *Courtesy photo*

**Winners reflect on Puerto Vallarta**

**JOE MORIS**



**Baby Boomer Peace**

Ervin and Debbie Ducommun came to Camp Pendleton from Missouri to visit their son while he was completing Marine Cobra Helicopter flight certification. While in town the Ducommuns did what most visitors to our beautiful North Coast do.

They read The Coast News.

The Ducommuns entered my contest giveaway to Puerto Vallarta and were the lucky winners. I actually met them in the airport in Puerto Vallarta. They arrived 15 minutes before I had to board my flight home on April 23. As soon as I saw them I felt the light that they carry. I knew they would have a great time. They did and here is an excerpt from their testimonial:

Dear Mr. Moris, After the shock of being informed that we had won your contest, we immediately set about to learn interesting facts and places re/ the city. We never enter contests and seldom address letters to any publication but we were so taken by your column we felt compelled to write a thank you for how much interesting information it contained and common sense regarding world travel.

Our hearts are forever tied to Mexico after helping at an orphanage there several years ago. When you wrote of all the bad and mistaken press exaggeration on how dangerous it is there and that far worse happens Stateside and is never reported (or at least printed) we knew we had found a writer that truly KNEW of what he wrote!

In the two years we helped in the orphanage, and after several subsequent visits, we have never (praise God) incurred any trouble. I'm sure one can have differ-

ing experiences but that's part of traveling anywhere! Well, jargon and assurance is not even needed regarding Puerto Vallarta. Even a misinformed press release is forced to admit that if the traveler finds safety a #1 priority, all the statistics, wherever assembled, rates P.V. one of the two safest cities in all of Mexico and seventh safest in the world.

Whether walking empty streets, taking public transportation, eating and drinking safe food and water, P.V. rates 5 Stars! What always interests us even more than the safety factors (even when we were traveling with our kids), is the natives. When it comes to friendliness, courtesy (to visitors and their fellow citizens) P.V. is a city to emulate.

We have visited very few cities where the natives instinctively rise and offer their seats on public transportation or will exchange seats among themselves so we could sit together. Yes, Deb & I definitely prefer traveling on public transportation and eating and living with the native populace. How else can one truly experience a country or culture? All inclusive tours are not for us, thank you.

It was so kind of you, Joe, to offer your little Mercedes, along with everything in your home, to make sure we had a "one of a kind" vacation. Let us assure whoever your next lucky winner may be — you are in for a great trip!!!

We left you a sketchy "daily journal" of what we did each day and OF COURSE, with over 600 restaurants, we listed the two or three per day that we greatly enjoyed. Not one bad meal and that included a wide, but prudent, sampling of street food. The choices of "day trips," i.e., adventure cruises (snorkeling, whale watching, talented performers, meals in the jungle while viewing incredible sunsets, art museums, endless craft displays, strolling the Malecon (their boardwalk) and talented musicians every-

where, the list is endless.

We also thoroughly enjoyed attending the Calvary Chapel you attend there as well. We had great conversation with your pastor too.

Again, what makes all these outings such a special bookmark in time is the expressed joy, affection and helpful attitude of the P.V. citizens. We are all created equal. Every human cherishes acceptance, love and respect. Be a giver of same.

As Joe so often mentions in his column, you will be the richer for it. Let go and LIVE. Joe, you are making a lot of people happy with your uplifting, highly informative (best of all accurate) column. Then to throw in this giant kicker of a dream vacation, saying thank you seems soooo weak.

Please come visit us if you ever find yourself in Missouri. We would love to see you again and share our small part of the world.

Kindest regards, Ervin & Debbie Ducommun.

I will be giving another trip to Puerto Vallarta away soon for a date in early November, which is another time of near perfect weather. Please don't hesitate to find my ad and enter today. You never know. Just ask Erv and Deb Ducommun. Peace all.

Joe Moris may be contacted at (760) 500-6755 or by email at joe@coastal-country.net.

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**Much to do for kids a summer library**

- RANCHO SANTA FE — The Rancho Santa Fe Library summer reading program is themed "Dream Big," and will include a host of activities throughout the summer, including:
- June 1 - Toddler Storytime, 10:30 a.m.
  - June 2 - Summer Reading Program Volunteer Decorating Party, 2 p.m.
  - June 5 Preschool Storytime Nursery Rhymes, 10:30 a.m.
  - June 6 Mommy & Me Yoga, 10:30 a.m.
  - Love on a Leash, 11 a.m.
  - June 8 Toddler Storytime, 10:30 a.m.
  - Let's Dance III, 3:30 p.m.
  - June 9, Amigurumi-Japanese crochet teen craft
  - June 11 First Day of the Summer Reading Program with Amazing Dana, the Magician, 3:30 p.m.
  - June 12 Preschool storytime, Fathers & Grandfathers, 10:30 a.m.
  - June 13 Tot Sign & Sing, 10:30 a.m. and Love on a Leash, 11 a.m.
  - June 14 Button-Making Craft, 3:30 p.m.
  - June 15 Toddler storytime, 10:30 a.m. and a "Let's Dance" competition, 1 p.m.
  - June 16 Bamboo Tile Jewelry teen craft, 2 to 4 p.m.
  - June 18 Movie Monday, 1 p.m.
  - June 19 Preschool storytime, Summer theme, 10:30 a.m.:
  - June 20 Tot Sign & Sing 10:30 a.m. and Love on a Leash, 11 a.m.
  - June 21 Candy-making for 10-year-old and up, 11 a.m., then cookie decorating for 10-years-old and younger, 11 a.m.

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# Small plates, big pours and big news from Flemings

FRANK MANGIO



## Taste of Wine

Fleming's Prime Steakhouse and Wine Bar is an unforgettable night of fun and flavor in a palatial setting where the culinary good life is toasted nightly. Set into a hotel/restaurant square in La Jolla off the I-5, Fleming's is constantly offering attractive promotions to keep the excitement at a high pitch. And the perfect ringmaster for all this innovation is Casey Eades, the operating partner of Fleming's.

"We enjoy presenting memorable times at Fleming's he declared. If you're here for a fine aged prime steak, we have lots of selections. There are four filet mignons to choose from, all prime to ensure tenderness, all seasoned with kosher salt and black pepper and broiled at 1,600 degrees to

your preferred taste."

An ideal way to taste the main menu is to go with selections from the "Small Plates, Big Pours" feature in the bar. Seven delicious picks are matched with an oversized wine offering. "We carefully choose a wine that pairs with the distinct flavor of each of our Small Plates," Eades explained. "The wines are oversized 9-ounce pours. For example, the sliced Filet Mignon with Shitake Risotto, Chili Oil and Porcini Butter is paired with Talbot Pinot Noir 2010 from Santa Lucia Highlands, our most respected Central Coast Pinot. The pair is just \$24.95."

Other notable pairings included Wicked Cajon BBQ Shrimp with Dr. Loosen 2010 German Riesling; New Bedford Scallops with a Honey Glaze Vegetable Salad, paired with Kistler 2010 Chardonnay from the Sonoma Coast; and New Zealand Petite Lamb Chops and Polenta Fries, matched up with Meyer 2006 Syrah from Mendocino. These premium selections are available for a

limited time in the bar, so check with Fleming's.

I complimented Eades on his work with the Fleming's 100, an award-winning list of 100 wines by the glass, way more choices than most restaurants offer. With this amount of choice, both domestic and international, discovering a great wine at a value that will please, is an easy-to-do search.

Fleming's First Fridays is drawing a buzz and hundreds of guests with its focus on the wine countries of the world. Earlier this month it was Napa Valley and to open June, Eades has chosen Chilean Wines. Twenty wines are featured along with tasting tips. The date is June 1 from 5:30 to 7:30 p.m. Cost is \$25 per person. Call in an RSVP at (858) 535-0078.

Got a special occasion coming up? Private dining is your way to go at Fleming's. Whether it's a five-course dinner or a cocktail reception, visit the website for a look, menus and wine lists. Visit [FlemingsSteakhouse.com](http://FlemingsSteakhouse.com).

## What 'Taste of Wine' readers are saying:

We always welcome comments from our growing number of readers, so please take a moment and let us know about wine and the column. Here are just a few that I recently received:

"I've been enjoying your wine column for more than a year now, thanks for all the great wine stories and events." Martha Sodaro-Burke, Napa Valley, Calif.

"Thanks for the article on Fort Ross, I can see you delved into the history of the area with many interesting facts." Linda Schwartz, Fort Ross, Calif.

"Thanks for the article on the Wounded Veterans benefit wine. Thousands of American Veterans do too." Les Linkogle, Temecula, Calif.

"Asia is booming. They honor strong work ethics. Other Banfi wines to watch: Rosa Regale, Cum Laude and Centine. Love that smile in your picture." John Mariani, Banfi Montalcino, IT.

"I've got a small vineyard

and winery in Rancho Santa Fe and grow Sangiovese, Cab and Cab Franc-260 vines. If you want to do a little barrel tasting, let me know." Ron Gerevas, Rancho Santa Fe, Calif.

## Wine Bytes

The Chula Vista Nature Center brings us a Food and Wine Classic from 3 to 7 p.m. June 2. With San Diego Bay in the background, food, wine/beer sampling, cooking demos, music and animal encounters should keep you entertained. Admission is \$75. Call (619) 409-5900.

Encinitas Rotary Wine Festival is from 5 to 8 p.m. June 2 in the Children's Garden area of the Botanical Garden in Encinitas. Funds go to charities. There are three price levels \$90, \$135 and \$500. There will be food and wine from area restaurants and wineries, music and auctions. Details at (760) 753-1977.

The Temecula Balloon and Wine Festival is June 1 through June 3. The big food/wine pairings are

Saturday and Sunday. Call the Temecula Convis office for details and ticket info at (951) 491-6085.

SDSU Extended Studies is planning a class on French wines conducted by leading Advanced Sommelier Jesse Rodriguez starting Monday June 4 to June 18 from 6 to 9 p.m. on campus. Visit [neverstoplearning.net](http://neverstoplearning.net).

North County Wine Company in San Marcos has a great tasting from Frank Family wines of Napa Valley from 5 to 8 p.m. June 8. Cost is \$15. Call (760) 744-2119 for varietals.

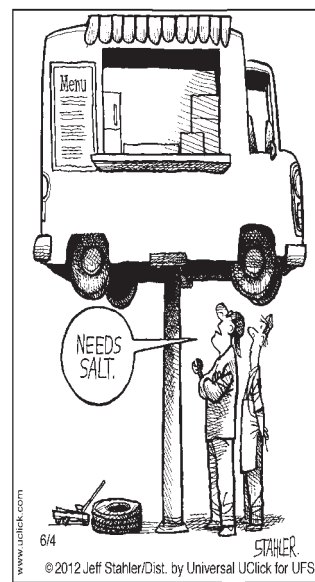
Frank Mangio is a renowned wine connoisseur certified by Wine Spectator. His library can be viewed at [www.tasteofwinetv.com](http://www.tasteofwinetv.com). (Average Google certified 900 visits per day) He is one of the top five wine commentators on the Web. Reach him at [mangiompe@aol.com](mailto:mangiompe@aol.com).

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## FOR THE CRITTERS

With help from young volunteers, from left, Alexis Frank, Honorary Youth Chairwoman Maranda Phillips, Lexi O'Horgan, Diana Wong, Claire Nichols, Taylor Wong, Bella Palumbo and Natasha Plashkes, in April, the Foundation for Animal Care and Education Foundation's (FACE) Bags and Baubles event was held at Casa de Cinira in Rancho Santa Fe, where new and "gently-loved" designer handbags were auctioned off, raising more than \$100,000. All proceeds benefit FACE, which provides financial assistance to help cover the cost of life-saving veterinary care. Honorary Chairwoman was Lisa Pavin, and Chairwoman was Missy Cameron. Visit [face4pets.org](http://face4pets.org). Photo courtesy of DMZ photography



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with story ideas, photos or suggestions

## THE RANCH SPORTS

# 'New era' of fitness helping to extend athletes' careers

By Tony Cagala

COAST CITIES — While the list of professional athletes playing past the average retirement age of 33 may contain a few exceptional examples, not only in organized sports but in extreme sports also, it appears that list is expected to grow in the years to come.

Much of this trend can be attributed to a new era of fitness and training, diet and continuing opportunities from an industry that fans earnestly support even in tough economic times.

Carlsbad native and sports fitness trainer Paul Hiniker works with athletes in the extreme sports industry, including professional surfers Taylor Knox and Ricky Whitlock and professional skateboarders Danny Way and Pat Duffy.

Hiniker attributes the longevity of athletes' careers to major sponsors entering the extreme sports industry. Today athletes can earn a six and seven figure-a-year income, he said.

"So if athletes aren't performing or if they're injured, they're not getting paid," Hiniker added. "All of sudden you have relevance in these more extreme sports to where people want to invest the time to keep their bodies conditioned and stay in condition and to be able to perform at a higher level."

Hiniker, who holds a bachelor's of science in sports medicine, is an elite trainer at Frog's in Encinitas and is the designer and producer of an exercise DVD called "Surf Exercises," said each of his clients goes through an assessment before beginning a training program. "We don't just throw them into a random program and say, 'OK, this is an exercise for surfing so we'll do this exercise.' We identify the imbalances and their weaknesses and we progress the program from there," he said.

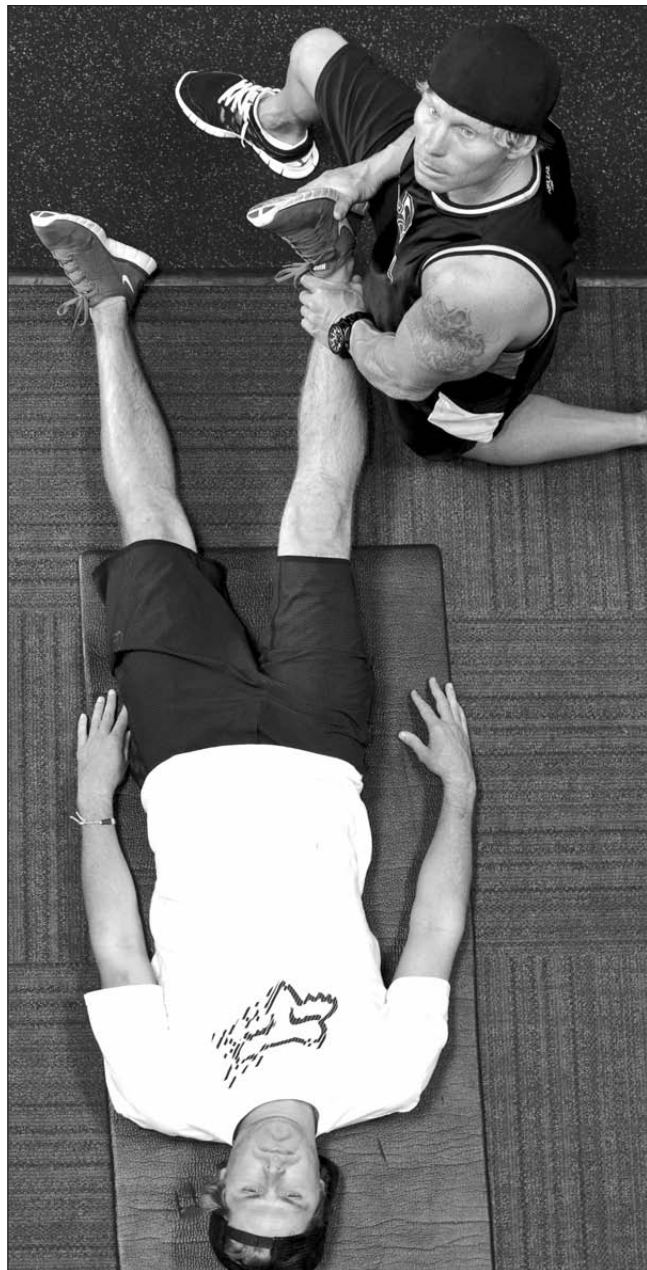
Knox, 41, who first starting surfing at 8 or 9 and began entering contests 19 years ago, still competes today in the Association of Surfing Professionals tour, where the surfers he competes against are mostly under 20.

He started training with Hiniker about six years ago.

Knox is the first to admit he's not getting any younger, and credits the fitness regime he has with Hiniker for keeping him surfing on the competitive circuit.

"It's still fun for me to compete," Knox said of his motivations to continue in the sport. "But it's also an art form and there's always something to work on with surfing; there's always something to get better at, and that's fun," he said.

Scott Minto, director of the Sports MBA program at San Diego State University, said this is, in essence, a new



Carlsbad native Paul Hiniker (top) helps professional surfer Ricky Whitlock recover from a broken back. Photo by Bill Reilly

era for athletes because of their access to nutritionists, to physical therapists and having every possible advantage through their high school and college playing days. "Their bodies are lasting longer; if they avoid freak injuries like tearing a ligament...they can play for an extremely long time," he said. "They stay in great physical condition 12 months out of the year and you're going to see more and more of that."

"Some sports, you get to a point where you get too old, or you're too beat up from it and then you've got to quit," said Knox. "You don't see too many 50 year old skateboarders because it's pretty harsh on the body. Surfing is something you can...keep doing into your 60s, 70s; 80s, maybe."

Knox comes from the New School-era of surfing in the 90s, a class of surfers that includes Kelly Slater, Rob Machado and Tom Curren. Guys, Knox said, who ended up retiring at 29 because the industry told them they were too old.

But that's changed, Knox said.

"It's great," he said. "I feel like I've been treated fairly...I've been getting opportunities because of my age. In the past, where you'd

get older and you'd lose opportunities, I'm getting more now."

T.J. Moreno is co-founder of Activ8 Athleticism in Carlsbad where he helped to train members of the San Diego Sockers last season, including team captain Aaron Susi, who announced last month that he is returning to the Sockers for one more season.

This will be Susi's 16th season in PASL (Professional Arena Soccer League). In June, he'll turn 38.

"Someone like Susi, who's been training his body correctly for a very long time, that's what enables him to keep going," Moreno said.

"As far as dealing with athletes, an age is just a number," he said. "It's really what's going on with their body and where they're at mentally, more than anything."

Moreno said that when it comes to training players at the professional level, years spent playing has to be taken into consideration, including the wear and tear on their bodies. "If they're older athletes, what we need to keep them going is maintaining their body so it doesn't break down throughout the course

# Soccer club growing the game

By Tony Cagala

COAST CITIES — The game of soccer and the opportunity to play professionally continues to grow throughout San Diego all with the help of the San Diego Flash, one of two professional teams in the county.

The Flash originated in 2008 with CEO Clenton Alexander and Eran Sinai, a former MLS player. The team had spent the 2010 season playing as an exhibition team for charitable organizations when he was joined by Warren Barton and Eric Wynalda. In 2011 the Flash joined the NPSL (National Professional Soccer League), where they became the Southwestern Division Champions with a record of 12-1-1, losing their last game of the season to the Sacramento Gold.

Alexander, originally from Orange County, conceived the idea to start a professional soccer team after making trips to San Diego for to receive dialysis. Following a medical referral for heart issues, he ended up moving to San Diego. It was then that he decided to start up a soccer club.

Using his background of 25 years in investment banking, Alexander began looking for investors based on the fan-owned model, similar to what the NFL's Green Bay Packers use. The company he started, SDSP Soccer Marketing, Inc. owns the team along with SDSoccerTV, which highlights the game of soccer throughout San Diego. The company is also working on several online soccer ventures.

"You can't be a one-trick pony," Alexander said. "You have to have several revenue streams coming into the company...unfortunately soccer teams are not the money-makers that we'd like them to be."

But since the team's inception, Alexander



CEO Clenton Alexander is looking to grow the game of soccer in San Diego. He brought professional soccer to San Diego in 2008. Courtesy photo



San Diego Flash head coach Warren Barton, a Fox Soccer Channel analyst and former Premier League player leads the team against the San Francisco Stompers at home June 2. Courtesy photo

described the progress of the company as a magical ride.

This season the team has a record of 6-1-0. The Flash is lead by head coach Warren Barton, a former star player of the Premier League and the English National Team, and a current analyst for the Fox Soccer Channel. Ninety percent of its players come from San Diego County.

All of the Flash's players, including their core group of players, Duatch "Dutch" Jock, Sergio Valle

Ortiz, Lucas Carlsson and Andy Ortega came to the team following radio ads that Alexander placed in 2009, calling for players to try out.

Typically, the club holds two tryouts a year, one before the season begins and a second following the end of the season.

The league's level of competition is such that a lower division team can beat an MLS team, Alexander said. "It has happened before."

The NPSL has 49 teams nationwide and is divided into regional divisions.

Within the division, the Flash carries on a natural rivalry with a second San Diego club, the San Diego Boca FC. A separate rivalry that looks to be developing is with the Fullerton Rangers, based in Orange County.

"We're undefeated on the season," Alexander said. "We've beaten every team in our division."

On June 2, the Flash will take on the San Francisco Stompers (1-2-2) at home at Del Norte High School.

In July, the Flash will also host the national championships this year.

The club is also offering youth teams a chance to have their team photos inserted into season passes this year. Visit [sandiegoflashsoccer.com](http://sandiegoflashsoccer.com) for more information.

### San Diego Flash vs. San Francisco Stompers

**Where:** Del Norte High School, 16601 Nighthawk Lane.

**When:** Saturday, June 2. Game time is 7 p.m.

**Cost:** Youth fans (14 and under) free; Seniors, Military, Students (with ID) \$3 at the gate; Adults (18 and over) \$10 at the gate or \$8 online at [sandiegoflashsoccer.com](http://sandiegoflashsoccer.com).

# Ruth cap sets record in auction

LAGUNA NIGEL — Ruth's 1930s Yankees game-worn cap owned by former Yankees' pitcher David Wells went for \$537,278 following the conclusion of SCP Auctions' April auction early Sunday.

The earliest known jersey worn by New York Yankees legend Babe Ruth sold for \$4,415,658, and Hall of Fame linebacker Lawrence Taylor's NY Giants Super Bowl XXV ring attracted a bid of \$230,401 each setting world records in turn.

The Ruth jersey bid of \$4,415,658 sets world record for any sports memorabilia item, surpassing the previous record of \$4,338,500 set in 2010 by James Naismith's founding rules of basketball.

"We are honored to, once again, be a part of



The sale of David Wells' 1930s Babe Ruth cap sells for a record amount \$537,278 in an online auction, which concluded Sunday. Courtesy photo

history," said David Kohler, president of SCP Auctions.

"This proves again that Babe Ruth is 'king' in the sports memorabilia world. We are proud to offer these and other high-quality items for all collectors."

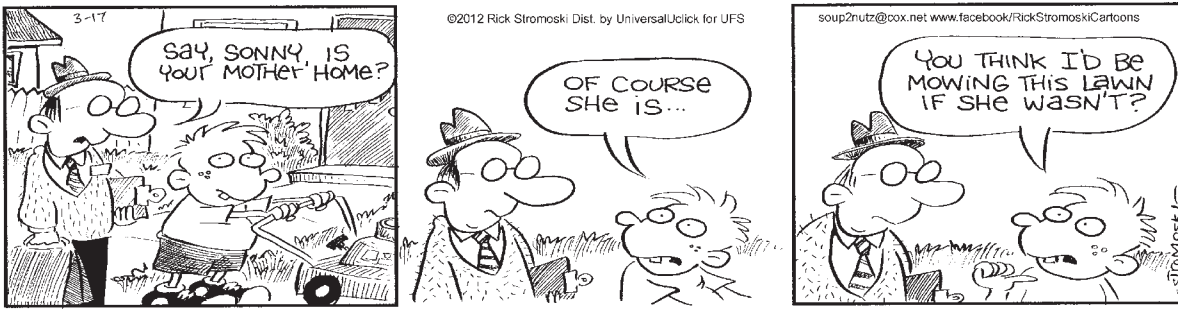
Few Babe Ruth col-

lectibles in the category of "game worn" can match the appeal of Wells' 1930s Ruth cap. Only a handful of Ruth New York Yankees game-worn caps have survived the three-quarters of a century that has passed since the Babe last played in the Bronx, ranking them on the rarity scale above all team-issued garments, including jerseys.

The cap's seller, the irreverent Wells, added to the lore of the cap when he famously wore it on the mound during a game on June 28, 1997 in homage to his idol, Ruth.

Wells had previously said he would donate a portion of the proceeds from the hat to renovate the baseball field of Point Loma High School, Wells' alma mater and where he now serves as pitching coach.

**SOUP TO NUTS** by Rick Stromoski



**FRANK & ERNEST** by Bob Thaves



**THE BORN LOSER** by Art & Chip Sansom



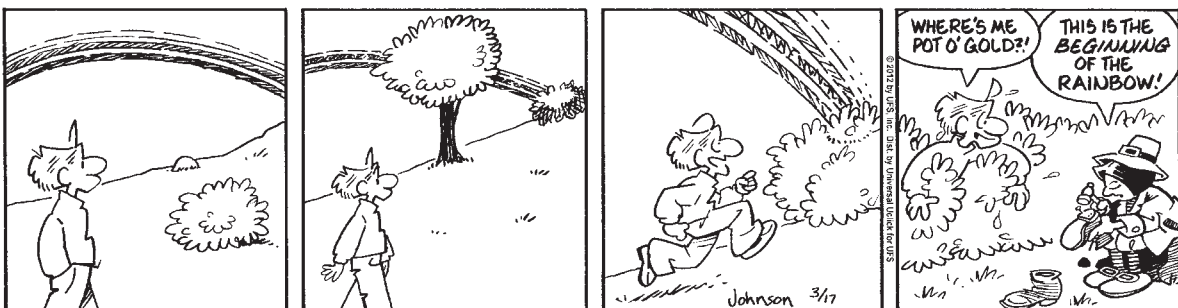
**BIG NATE** by Lincoln Peirce



**MONTY** by Jim Meddick



**ARLO & JANIS** by Jimmy Johnson



**THE GRIZZWELLS** by Bill Schorr



**COW & BOY** by Mark Leiknes



**Astro-Graph**

Your Birthday:

By Bernice Bede Osol

**FRIDAY, JUNE 1, 2012**

If you can in the year ahead, involve yourself in endeavors that permit you to use a large number of your own ideas. Arrangements where you are free to think for yourself and express your thoughts will be the most successful.

**GEMINI** (May 21-June 20) — You'll receive far greater gratification by trying to advance your personal interests rather than spending time half-heartedly promoting the positions of another.

**CANCER** (June 21-July 22) — Several people with whom you'll be involved will sense that you can be trusted with certain secrets that they're bursting to tell somebody. More than one person is likely to confide in you.

**LEO** (July 23-Aug. 22) — Small talk might be more pleasing to your ears than weighty subjects. If you're looking to spend time with friends, find those who don't take themselves or life too seriously.

**VIRGO** (Aug. 23-Sept. 22) — Choose your words carefully so that what you say cannot be distorted or taken out of context and then reflect poorly on you when repeated. Some people are just looking to make trouble.

**LIBRA** (Sept. 23-Oct. 23) — If you plan ahead carefully, you should be able to make your present efforts fit comfortably into your future plans and objectives. Looking to the future has its merits.

**SCORPIO** (Oct. 24-Nov. 22) — Your abilities to research, probe and detect are very astute at this point in time. Use this day to get in touch with an associate about a matter on which you sense that he or she has been holding back.

**SAGITTARIUS** (Nov. 23-Dec. 21) — If someone offers you some suggestions that are far better than your thoughts about a matter of mutual interest, don't let your pride get in the way. It behooves you to employ the best plan available.

**CAPRICORN** (Dec. 22-Jan. 19) — Strive to be methodical where your work is concerned. If you make a detailed list and follow it to the letter, you'll find that it will enhance your productivity and industriousness.

**AQUARIUS** (Jan. 20-Feb. 19) — Your perceptions regarding involvements that hold elements of chance could be more accurate than usual. Don't bet your entire wallet, but it's OK to wager a dollar or two.

**PISCES** (Feb. 20-March 20) — When your family holds a council about a matter that affects everybody, don't restrain your opinions. You might be the one who has ideas that surpass theirs.

**ARIES** (March 21-April 19) — Don't be surprised if your mental processes are working overtime and your head is flooded with dynamite ideas. Be sure to jot them down — many will be better than usual.

**TAURUS** (April 20-May 20) — You're likely to have a good head for spotting bargains right now. You stand a good chance of finding something you've wanted for a long time at the right price. Don't hesitate to take advantage of the moment.

**CELEBRITY CIPHER** by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" G LVZP DVUP DVET RPBGMKR  
 RSVSPDPESR — G HKRS OVE'S  
 BPDPCPB VET MN SLPD ...  
 SLPT DKRSE'S LVZP CPPE ZPBT  
 GDXMBSVES." — MYGZPB BPPU

Previous Solution: "I love writing. You can't resist love. You get an idea, someone says something, and you're in love." — Ray Bradbury

TODAY'S CLUE: r stenba H

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**ACROSS**

- 1 Chess piece
- 6 Leery
- 10 Distant planet
- 12 Stray calves
- 14 Undamaged
- 15 Soothsayer
- 16 Filings
- 18 Mi. above sea level
- 19 Kismet
- 21 Female rabbits
- 23 Beads on grass
- 24 Fury
- 26 Tree house?
- 29 Bryce Canyon state
- 31 Sigh of content
- 33 Lumberjack commodity
- 35 Tan shade
- 36 Popular spring training loc.
- 37 Renoir model
- 38 Finishes a skirt

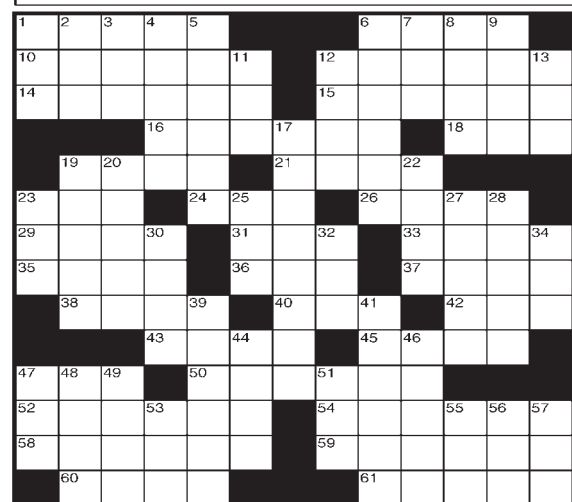
**DOWN**

- 40 Feverish
- 42 — Antonio
- 43 Spurs
- 44 Hurricane centers
- 45 Online auction site
- 47 Popcorn buy
- 50 Air breather
- 52 Backyard plantings
- 54 Approved
- 58 Christie sleuth
- 59 At a gentle pace
- 60 Loaf end
- 61 Hockey feints

**Answer to Previous Puzzle**



Want more puzzles? Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com



# Association finds traffic on Del Dios Highway is decreasing

By **Patty McCormac**

**RANCHO SANTA FE** — The number of vehicles traveling the Del Dios Highway through Rancho Santa Fe is down and has been going down for nine years.

“Since 2003, the data shows that there has been an overall decline in the number of average daily trips,” said Ivan Holler, planning director for the Association, during his report at the May 17 meeting. “The largest declines occurred from 2003 to 2007 and from 2007 to 2011.”

He said there are seasonal fluctuations in traffic volumes with the highest occurring in the summer and the lowest volumes in the winter.

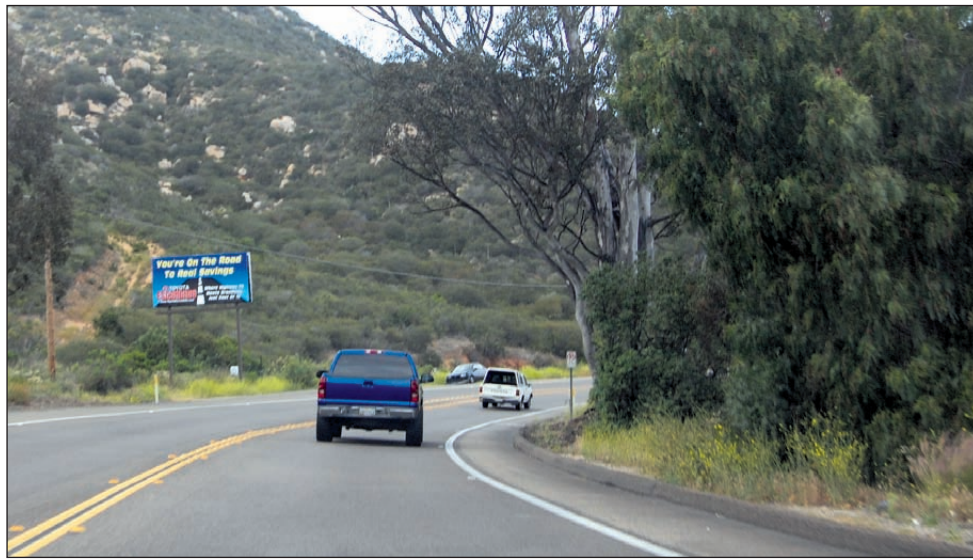
“Seasonable increases

in average daily trips are likely due to increased traffic generated by events such as the San Diego County Fair, which occurs from mid-June through July 4 each year,” he said.

He said another reason for increased trips is the racing season in Del Mar, which runs from mid-July through early September.

When the number of trips decreases, it usually coincides with the holiday season in November and December.

“Another factor that has resulted in long-term traffic reductions on Del Dios Highway is SR 56, which opened in July 2004 and provided a new freeway alterna-



The number of vehicles traveling the Del Dios Highway through Rancho Santa Fe is down and has been going down for nine years, according to the Rancho Santa Fe Association. Photo by Tony Cagala

tive between I-5 and I-15,” Holler said. “The Association had long anticipated that SR 56 would relieve some pressure from Del Dios Highway and slow the rate of traffic growth. So far that data has supported that prediction.”

He said also helping the

decrease in traffic is the downturn in the economy and the higher gas prices, plus improvements to the HOV lanes on the I-15 may have helped reduce the number of cars that pass through Rancho Santa Fe each day.

“Although the declines

have provided some means of traffic relief, it is likely that future increases in the number of trips across Del Dios Highway will occur as the region continues to grow,” Holler said. “The Association should continue to monitor these traffic vol-

umes and aggressively pursue regional road improvements that add connectivity so that viable alternative routes will be available.”

Traffic loop counters are installed on the Del Dios Highway just east of El Camino Del Norte and are used to count both eastbound and westbound traffic.

In other Association news, there seems to be a lot of support for sponsoring a farmers market in the Village on Saturdays.

Also, the board approved a boundary adjustment between property owned by Herbert and Paula Engel and Karen Montgomery at 6924 and 6866 Las Colinas.

The adjustment, approved by the Art Jury on April 2, would transfer 0.287 acres from the Montgomery parcel to the Engel parcel. The adjustment would reconfigure the Engel property as a flag lot, with the driveway located on the narrow portion of the property.

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## Facing facts in the harsh light of summer

**JEAN GILLETTE**  
Small Talk

As summer approaches I face two horrible truths. I need to shop for a bathing

suit and summer-weight pants. This is most women's finest double nightmare.

All winter, I can successfully remain in denial about my thick waist, poochy gut, love handles and backside that has continued to creep south until I can now sit without bending my knees. In winter, I drape myself in forgiving wool and baggy sweaters.

Then the weather begins to warm up and things get ugly.

I'm not even overweight. But in one of life's greatest injustices, that doesn't seem to really matter when it comes to wrapping my nether portions in something that has to button or is made of nylon and rubber.

Sure, I exercise but I have no trouble replacing and

matching every calorie I might burn in my aerobics class. Hence, my body shape has remained “tres anjou.” You can't go around shouting, “I had kids and it was worth it!” all the time. Sometimes you just want to look firm.

I'm also trying to decide, this summer, if it is worth the investment of time and money to just have my entire body waxed from the neck down. It's not what you think. My biggest issue is my forearms. In my youth, the hair on my arms was very blonde and laid nicely flat. Somehow, somewhere between then and now, my follicles went berserk. One day, I glanced over and, to my horror, I now have the arms of a small but swarthy man. I'm still considering my options, right up to, and including, braiding or daily flat-iron treatments.

And I am still looking for the bathing suit that meets my “body type” needs. It will have to reach at least to my knees, and perhaps have long sleeves, an industrial-strength tummy-control panel, and maybe a hood to cover up bad hair and completely block the sun's rays.

OK designers. I'm waiting. And trust me, I'm not alone.

Jean Gillette is a freelance writer thinking of having her legs tattooed to replicate a road map of Los Angeles. Contact her at [gillette@coastnewsgroup.com](mailto:gillette@coastnewsgroup.com).

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### WORDS MIGHTIER THAN THE SWORD

With 100 new members, Torrey Pines High School's Forensic Society became the ninth-fastest-growing Speech and Debate Team in the state and also fielded nine qualifiers to the state championships in San Francisco with two headed to national championships in Indiana. Above, team member Will Johnson, Varun Bhav, Nicki Nikkhoy, Michael Wientjes and Kenneith Cheung, visit San Francisco's Chinatown. *Courtesy photo*

### WHO'S NEWS

CONTINUED FROM A7

Toastmasters in an upcoming San Diego Division Speech Contest. Tick Talk Toastmasters meets Thursday at 7 p.m. at Carlsbad By-The-Sea Retirement Center, 2855 Carlsbad Blvd.

### Love that dad

Solana Beach author Luciana Navarro-Powell has written a children's board book, "My Dad is the Best Playground" to celebrate. Navarro-Powell will be signing books June 16 at Warwick's, 7812 Girard Ave., La Jolla.

### Young voices

The San Diego Children's Choir Preparatory Choir, Intermediate, Concert and Youth Choirs for children in grades three through 12. Visit [sdccchoir.org](http://sdccchoir.org) for more information or call for an audition at (858) 587-1087 (no audition required for first- and second-graders.)

### FITNESS

CONTINUED FROM A18

of the season," he said.

"With these young guys and these older guys, you can't technically train them the same way," Moreno said. He added that the athletes need a certain amount of training, but they don't need the level of training that a 21-year-old would need, especially in duration, intensity and frequency."

A lot of the work that

goes into that is maintaining the athlete's flexibility, mobility and stability of their joints, Moreno explained.

"As long as we can keep them on the field playing, that's half the battle; as long as you keep them performing, that's the other half of the battle."

He said that diet and how much rest an athlete is receiving also allows the duration of their career to keep on going at a high level.

With PASL being a

young league, (it's entering its fifth year) Kevin Milliken, the league's commissioner, said they aren't yet able to establish the average length of a player's career, but that most of the players can play into their late 30s and early 40s, something he attributes to the league's "very low injury rate."

"We have a lot of players that are offered more money to go to the MISL (Major Indoor Soccer League), but choose to stay, because they

believe they can stay healthier in our league," Milliken said.

"The average (sports) career is relatively short," said Minto. One of the issues that come up is life after sports, he added.

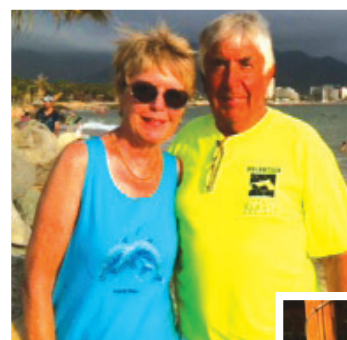
"Teams are facing a lot of pressure now to make sure athletes can operate financially after they retire, because you hear so many stories about athletes who go through all their money and spend it frivolously and don't

end up having any kind of hope after they're done because they've spent through all their money, thinking it would last forever."

But the longer an athlete stays around, particularly with one team, it's an advantage for him because he's gotten well-established in the community, Minto explained. "Somebody like a Trevor Hoffman was able to set the record for saves...having success over an extended period

of time it makes them very, very valuable in the eyes of the fans and the franchise," he said. Hiniker said it's never too late to get started on a fitness program. "Everybody from your top-notch golfer to motocross rider, everybody — you're everyday average person — is going to benefit...it doesn't matter if you're 18 or 80, everybody can benefit from having a program properly formatted for them; everybody benefits from exercise."

## Congratulations Erwin and Debbie Ducommun - Vacation Winners!



Dear Coast News Readers,

Joe asked why I entered his contest for the trip to Mexico... because Deb and I both love Mexico, the people, and the culture! Debbie spent 4 years going to college in Puebla, Mexico, back in the 70's, and reminisced for years about her time there. Then, 17 years into our marriage, God opened the door for me to be Director of a school for a ministry to orphans in the Texcoco area (just outside of Mexico City). We spent 2 years there, our children doing 2 years of junior high and high school alongside the other students. It was a wonderful experience for the whole family. After becoming empty-nesters, we had been looking at 'warm-weather' areas to vacation, and more recently, to possibly land when we are not deployed with FEMA. So when I read Joe's column on travel, and the promotional contest, it certainly caught my attention...never imagining to hear back from anyone. I just very much enjoyed reading an uplifting, well written article about family life values, enjoying each day's blessings, and life by the ocean. Joe manages to incorporate lots of important travel facts, with great transparency and contagious humor. We're glad that even when 'on the move' we can follow his column on the internet! We are very excited, and look forward to a fabulous time of relaxation and fun in Puerto Vallarta!

Thanks so much,  
Erwin and Debbie Ducommun

### MEXICAN MALIBU



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Items For Sale 200

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Items For Sale 200

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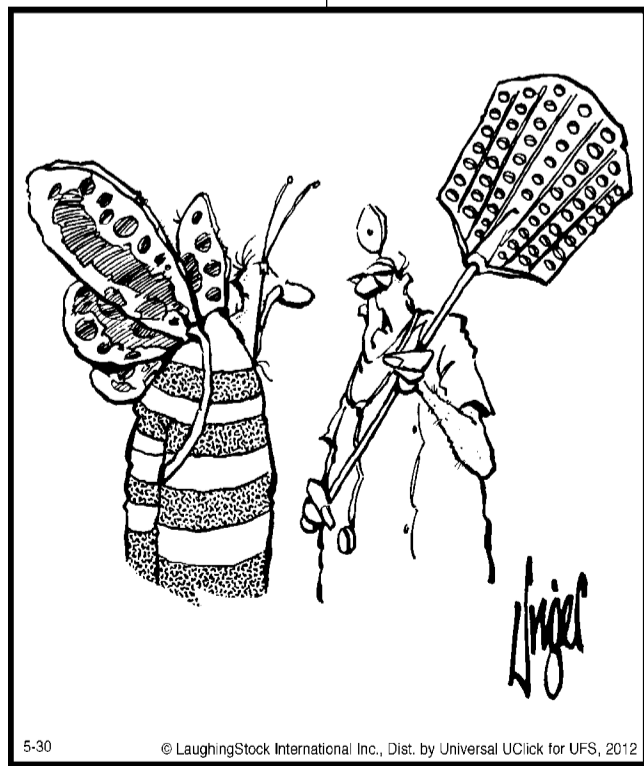
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**MILLIONAIRE**  
CONTINUED FROM A1

where, kids playing the streets every other house was boarded up.”

“She said, ‘I can’t believe people live like this,’ he said. Alexa acknowledged she was touched.

“I knew it was out there, but I had never been stuck in the middle of it, to experience it firsthand. It was shocking and it opened my eyes so much more,” said Alexa, who was 19 when the show was being filmed last summer.

“I was immediately scared,” she said. “I was outside my comfort zone. It was completely different from what I am used to. I didn’t now how to act.”

The first part of the show was filmed at the Jacobs’ home.

“They show my family, where we live and what I do for a living,” he said.

“Then one day they show at up 3 a.m. at the house with a film crew of 30 people. They take credit cards and cell phones. They take us to the airport and we don’t know where we are going.”

They landed in Newark, N.J.

“They usually send each millionaire to an emotional place. I grew up in New Jersey. My parents were alcoholics and my father was abusive. My memories of New Jersey are not great,” he said.

“They put us up in a boarded up old crack house they rented for a week. Alexa and I stayed in that house for a week. We had a table, two chairs, a couch, cots and box fans. There was no circulation, only air movement. We did have bodyguards,” he said.

Their cover for the week was that they were filming a documentary about volunteerism in America, but their secret mission was to find volunteers who make a huge difference in their neighborhoods.

Scott and Alexa were given \$71.03 — roughly what two people on welfare would receive a week for food.

“We spent only \$48,” he said. “We had things like mac and cheese, bread, eggs, mayo, dry cereal, milk and water.”

**CURE**

CONTINUED FROM A1

history, she probably wouldn’t get tested either.

“Mainly that’s because there really is no treatment that’s effective for the disease. There really isn’t anything that you can actually do with any certainty to prevent or delay the onset of the disease,” she said.

At this time, what could go a long way to wiping out the disease is if those carrying the gene didn’t have children.

But Corey-Bloom said there is a lot of research that is going on now. “I think a cure might be a little ways down the road.”

She is optimistic that a cure can be found.

The 11th annual Shoot to Cure HD is June 15. For more information visit hdsasandiego.org or to register call Stephanie Alband at (619) 225-2255.

“At night my dad and I both slept a little restless,” Alexa said.

She said her little cot was a lot different from her “comfy queen bed and all my pillows.”

Because of contractual obligations, Scott must be careful about what he reveals about the show before it airs, but he was able to talk about two brothers who work to get homeless veterans off the streets.

They find them by waking up sleeping homeless wherever they are found, to determine if they are veterans so they can register them, have their teeth and eyes checked and try to get a roof over their heads.

“They fought for our country and now they are sleeping in the street,” Scott said. “We went out and found them under bridges or sleeping on a window sill.

When it came to waking sleeping homeless, Alexa said she took the lead.

“It was funny. I was the one pushing my dad to go for it,” she said. “The first person starting yelling at us. We said ‘Wow. This is a great start.’”

But as the night wore on they began to make friends with the homeless, she said.

“I learned so much. I am not taking anything for granted. I always appreciated it, but now so much more,” she said.

Alexa attends college and has two jobs.

“I’m more driven to succeed to be independent and help other people,” she said.

Since she’s gotten back, she has already volunteered at the food bank and local charities around here, Scott said of his daughter.

He said when he and Alexa returned, the whole family went out to breakfast at the Inn and their bill came to \$94, almost double what they lived on for a week, which caused them a moment’s pause and to

remember the people they had met.

“The show is real. Where we slept, the money I gave away was my money,” he said.

But, he added, the show is not about the millionaire.

“It’s about the people who are doing great things. That is what the show is about. The show is to discover those people who are doing amazing things because it is their passion and it’s the right thing to do. It’s about paying it forward.”

The Jacobs family has lived in Rancho Santa Fe in 1996. Scott said he made his money by making smart real estate deals in the 1980s, and from working as an artist.

Among his biggest clients are Harley Davidson, the Corvette Division of Chevrolet, the automotive Shelby line, and the Elvis Presley and Marilyn Monroe estates.

“I have been an artist since I was in high school,” he said. “In the 11th grade I was the artist for the school newspaper. Each week I had to think about drawing something.”

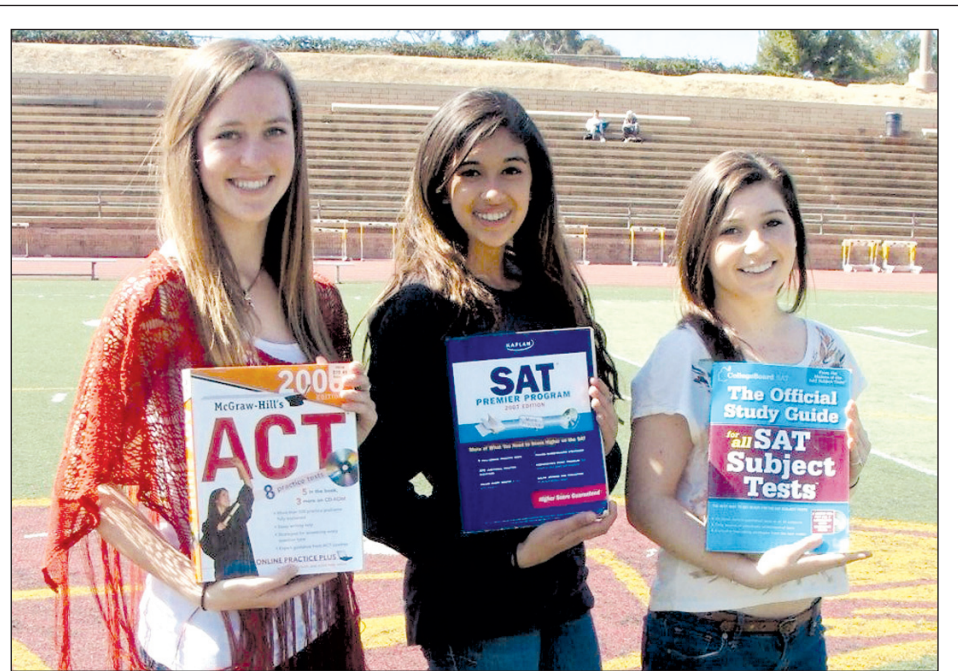
In his senior year, at age 17, he took part in the school’s work-study program where he would get out of school at noon and work for an art gallery for the rest of the day.

He said he slowly started bringing his artwork to the gallery so others could see it. It caught on and two years later he was in the position to own the gallery.

He parlayed that gallery into two others, all three being very popular in the late 1980s.

After a hiatus of several years and at his wife Sharon’s urging, he began painting again.

“Within months Harley Davidson took notice of my work and I was the first artist to be licensed by the company. I became their official artist in 1993,” he said.



**SHARE IT**

Torrey Pines High School students and co-founders of Scholar Boost, from left, Kelsey O’Neill, Elaina Howe and Lauren Freund, are asking for used SAT, ACT, and AP prep materials that are then donated to schools in the San Diego County. Drop off materials through June 7 at one of the Scholar Boost bins on the TPHS campus at Room 203, Room 63, the school library or the counseling office. Courtesy photo

**RATE HIKES**

CONTINUED FROM A4

a financial failsafe in the event of mistakes such as equipment failure or lack of brush clearing. And like all businesses, utilities must be held accountable. Otherwise, should we expect that we will be in another hearing in two years over similar issues?

No one expects any utility to be perfect. But we do expect them to own up, just like we would, when they make mistakes. We expect them to rebuild just as we

would. And we expect them to do it by tightening their belts, making spending adjustments and attending to the bottom line.

SDG&E would be better served — and more admired — by taking their lumps and moving on without raising the rates of the hard working people of San Diego County. Just say “no” to wildfire recovery rate increases.

*Dave Roberts is the Deputy Mayor of the City of Solana Beach and is a candidate for Board of Supervisors in the Third District.*



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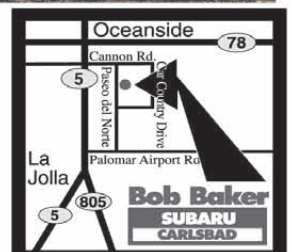


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by CHUCK SHEPHERD **ODD FILES**

**In sickness and in health**

All U.S. states have forms of no-fault divorce, but not England, which requires that couples prove adultery or abandonment or "unreasonable behavior," which leads to sometimes-epic weirdness, according to an April New York Times dispatch from London. For instance, one woman's petition blamed her husband's insistence that she speak and dress only in Klingon. Other examples of "unreasonable behavior" (gathered by the Times of London): a husband objecting to the "malicious" preparation of his most hated dish (tuna casserole), a spouse's non-communication for the last 15 years (except by leaving Post-it Notes), a spouse's too-rapid TV channel-changing, a husband's distorting the fit of his wife's best outfits by frequently wearing them, and one's insistence that a pet tarantula reside in a glass case beside the marital bed.

**Compelling Explanations**

Maureen Raymond, 49, said her roadside DUI test administered in January was unfair. According to records cited by Scripps Media, she told a deputy in Port St. Lucie, Fla., that she couldn't walk a straight line "with her big boobies," which she said makes "balancing" difficult. The deputy reported that Raymond helpfully offered to show him the evidence but that he stopped her.

**Things People Believe**

She is not the typical gullible victim. Ms. Priti Mahalanobis is a college-educated mother of two who ran a franchised restaurant in Avalon Park, Fla., near Orlando, but when her health, her brother's marriage and her business experienced problems, she bought a \$20 psychic reading from "Mrs. Starr" (also known as Peaches Stevens). The Orlando Sentinel reported in January that, over the next seven months, Mahalanobis lost about \$135,000 in cash, jewelry and gift cards to Mrs. Starr. Astonishingly, neither Mahalanobis' health nor her restaurant business noticeably improved! Among the remedies that Mahalanobis accepted: buying seven tabernacles (\$19,000 each) to "vanquish (her family's) negativity" and putting \$100 bills and a piece of paper with her relatives' names written on it under her mattress along with a grapefruit (which, as everyone knows, attracts and then isolates the evil).

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# Association reviews CHP overtime in Ranch

By **Patty McCormac**

RANCHO SANTA FE — At the May 17 meeting of the Association, the board received the quarterly report of overtime activities of the California Highway Patrol in the area.

Overall, the number of tickets issued for moving violations is down, but parking tickets are way up.

Several months ago, the Association gave the CHP the go-ahead to use some of their contracted overtime work to issue parking tickets to cars that overstay timed spots within the village.

"I understand parking has improved in the village," said Planning Director Ivan

Holler in his report.

There has been some grumbling at the number of tickets issued, but some of the illegal parkers seemed to have been dislodged allowing more turnover.

There are two possible reasons for the reduction in the number of tickets issued for moving violations. Holler said the presence of police units in the village on a regular basis is one reason and officers taking time out to issue parking tickets is another.

"Enforcement of parking limits in the village does take some time during the eight-hour patrol shift," Holler said. As to slowing down

speeders, it may have something to do with pulling over hapless motorists.

"It has the impact of those driving by and seeing that," Holler said.

Moving violations include speeding, unsafe passing, illegal turning and other violations.

The Association currently has an agreement with the CHP for overtime enforcement services, which is supplementary to the regular enforcement performed by the CHP and sheriff.

"Overtime shifts are typically scheduled to start in the morning and are coordinated with the CHP and the Rancho Santa Fe Patrol to target

areas where enforcement will be most beneficial," he said.

Each overtime unit works an eight-hour shift, which allows the officer to spend a greater percentage of the contracted time working in the Covenant rather than driving to and from the CHP office, he said.

Holler said, CHP officers worked a total of 38 eight-hour overtime shifts in the Covenant from January through April.

"This is very similar to the number of shifts worked for the same time period in 2011 and 2010," he said.

During the first quarter of this year, there were 234 tickets issued for moving vio-

lations, 61 verbal warnings issued, 63 parking tickets given and no collisions or DUIs.

During that same period in 2011, 38 shifts were worked, there were 302 moving violations, 56 verbal warnings, six parking tickets, one collision and no DUIs.

In 2011, there were 39 shifts worked, 384 moving violations, 59 verbal warnings, five

parking tickets, no collisions and two DUIs.

Holler said of the moving violations, 24 percent were for speeding in 2012; 30 percent in 2011; and 40 percent in 2010.

# Business district readies plans to increase tourism

By **Bianca Kaplanek**

About 18 months after its inception, the Tourism Business Improvement District is ready to begin spending the \$172,000 collected to promote Del Mar to business and leisure travelers nationwide.

In September 2010, council members authorized the formation of the district, allowing hotel operators to charge guests an additional 1 percent fee that would be used to attract more visitors to the beach city.

One month later the district began collecting the money. During the first year, \$172,201 was taken in, but only about \$56,000 has been spent, primarily to reimburse the city and hotel owners for startup costs such as legal and administrative fees.

The district has set aside 10 percent of the funds, or about \$16,000, for downtown improvements and another 10 percent for the Del Mar Village Association. But the bulk of the money — 74 percent, or about \$106,000 — will be used to build a website, contract with a marketing firm and hire a professional photographer.

"There's a lot of work to be done," said Mike Slosser, general manager of

L'Auberge Del Mar and chairman of Visit Del Mar, the non-profit formed by hoteliers to oversee the district. "We're going to move through that money pretty quickly in the next four months."

The six Del Mar hotels will continue to have their own websites, but the district will create one that will allow people to book directly into them as well. It will also provide specific information about the city, DMVA and other amenities, Slosser said.

"When it's done it will be a tremendous search engine out there for us from an exposure standpoint," he said.

The website will take about four months and \$30,000 to \$40,000 to build. Once that is complete, the district will contract with a marketing firm to manage its e-commerce strategy that will allow hoteliers to look at all website activity and measure its effectiveness.

"We're just not going out and spending money to spend money," Slosser said. "We'll be able to measure how we're doing so we get better at it every year."

Plans also include marketing Del Mar "as a brand from a social media and public relations perspective."

"We're going to have a

lot of stories written in a lot of publications about this community and why it's great to stay here, walk here, shop here and so forth," he said.

Slosser said the website and photographer are one-time infrastructure costs. All additional money raised in the next four years will "drive marketing dollars to improve the visibility of Del Mar as a place to stay," he said.

The district will automatically expire five years after its creation. Hotel owners can repeat the multistep process for re-establishment and, if approved, it will then be valid for 10 years.

The city will receive 1 percent of the money collect-

ed annually. That is expected to be about \$1,600 in 2012. Slosser said administrative costs will be limited to 5 percent, or approximately \$8,000 this year.

The city requires an annual report from the district.

"The only thing I would encourage is that next year the report be really focused on money spent and accomplishments," Councilman Terry Sinnott said. "It was kind of fuzzy this year because of the startup issue. ... I'm hoping that the next year's report will really pin down what's been accomplished with the money."

Slosser said this year the

group wanted to put enough money in the fund to pay back legal fees and overhead costs.

"Now we're at a place where we'll probably go through (the reserve money) in about four months," he said, adding that the district also wanted sufficient funds for website design, public relations and "then to have a balance in there so that we're never negative."

"The fundamental objective ... is to maintain a competitive edge over other destinations within San Diego County, Coronado and Orange County," he said. "I think it's going to be a great story when we get this thing up and operational."

# Lend a hand in the fight against cancer

Fight the good fight by taking part in the breast cancer benefit being held June 9 at Mr. Peabody's, 136 Encinitas Blvd.

The all-day event will be filled with live art and entertainment with ongoing raffles and silent auctions.

Jazz musician and Encinitas local, Tony Ortega, will open the Pink Panther-themed event, followed by Julie Albright, The Edge, no left Ben, Daddy Needs a Drink, Wally "World" Passet, Benny Petrella and Valentino Frankenstein.

Live art and showings will be staged from Kevin Anderson, Fred Ashley, Muck & Mire, Al Scholl, Bellagio Precast and Tammy Lee Farris. Auction items will include artwork by Todd Marinovich, Lydia Martin, Steev Moreno, Danielle D. Smith, a round of golf for four at the Del Mar

Grand, a Taylor Made driver, and a Ferrari themed gift basket from Cavallo Motorsports.

In addition to this fundraiser, each year Encinitas native and co-owner of Mr. Peabody's, Brie Cardoso, walks 60 miles to fight breast cancer in the Susan G. Komen 3-day for the Cure. In previous years, Cardoso has walked in honor of her grandmother, Melba Jane Cardoso, who died from the disease in 1972. This year, Cardoso and her mom, Victoria Bilden, will be walking together in support of Cardoso's cousin, Kristie Maxwell-Spinuzza.

In order to participate in the 3-day, each walker must raise a minimum of \$2,300. Brie and Victoria are members of the 3-day team, Powered by Optimism. For more information, visit PeabodysRocks.com or contact Cardoso at (760) 753-7192.

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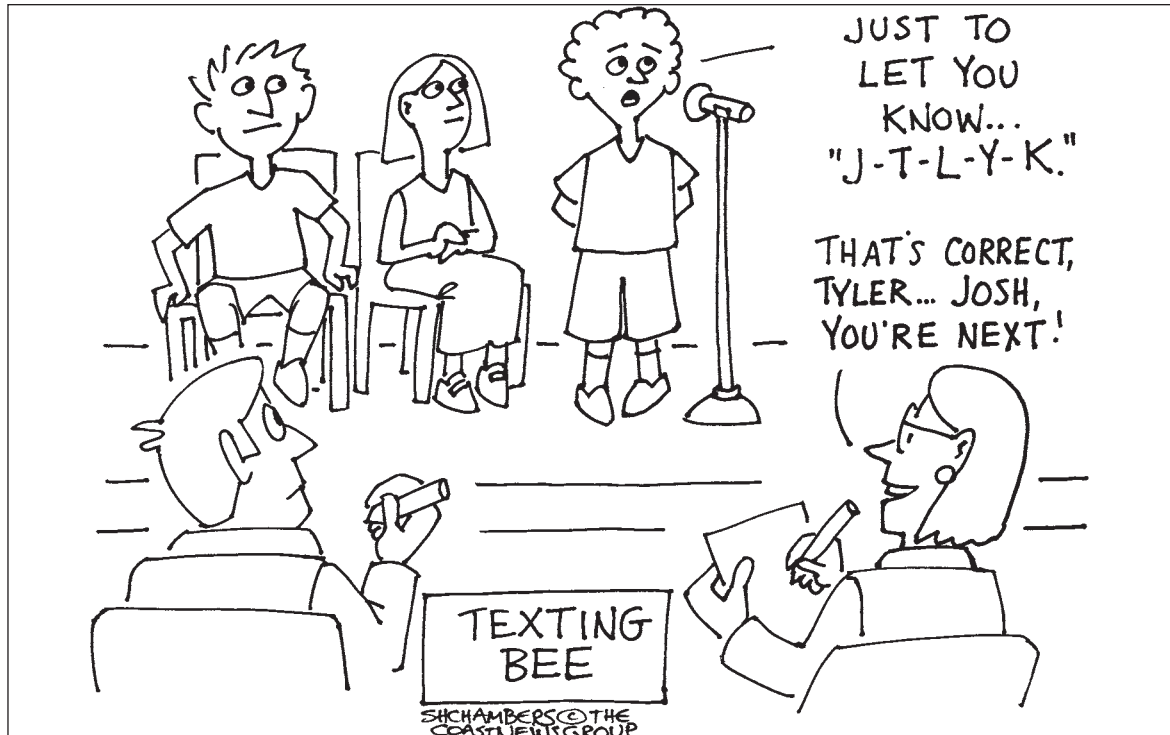
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## RANCH HISTORY



### EARLY RANCH RESIDENTS

Originally Francisco's Market was the first in the village, and Fred Ashley used to be a delivery person in the area. When Francisco's closed, Fred reopened it as Ashley's market. Pictured at left is Connie Clotfelter with Fred Ashley carrying her groceries to her car, a very familiar sight.

Photos courtesy of Arcadia Publishing, taken from "Rancho Santa Fe," \$21.99. Autographed copies of the book are available at the Rancho Santa Fe Historical Society, 6036 La Flecha. Call (858) 756-9291 or email [rsfhistorical-soc@sbcglobal.net](mailto:rsfhistorical-soc@sbcglobal.net) for more information. Available at local retailers, online bookstores, or at arcadia publishing.com.

### COMMUNITY COMMENTARIES

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## Stoned teen drivers endangering roadways

By Joe Olesky & Tiffany Findell

As we approach the end of the school year, there will be many graduation celebrations and end-of-the-year parties in our communities. While we continue to be concerned about drunk and distracted driving, lesser attention is given to a large and growing body of research showing that marijuana impaired driving is also a major cause of crashes, injuries and deaths. And even more alarming is the increasing numbers of teens driving while under the influence of marijuana. A few weeks ago, the results of a survey conducted by Liberty Mutual Insurance and Students Against Destructive Decisions (SADD) found that 19 percent of teen drivers said they have driven under the influence of marijuana. In fact, according to the survey, more teens are driving after smoking marijuana than after drinking, with only 13 percent of teens surveyed reporting they had driven after drinking.

The survey also found that more than one-third of the teens who have driven after using marijuana report they think the drug does not affect their driving. This new revelation is cause for great concern and should sound the alarm to parents, teachers, and public health officials that we need to do a better job at educating our teens about the dangers and harmfulness of marijuana use. Reports from the US National Highway Traffic Safety Administration (NHTSA) found marijuana use has serious psychological and physiological effects.

According to a review called "Marijuana Use and Motor Vehicle Crashes" by Columbia University researchers concluded that drivers who test positive for marijuana or report driving within three hours of marijuana use are more than twice as likely as other drivers to be involved in a crash. These studies, along with many others, conclude driving under the influence of marijuana is extremely dangerous. If teens continue underestimating the importance of sober driving we are failing them and the innocent public who may be involved in a tragic

crash. San Diego County is not immune from this growing public health and safety epidemic. Similar to the Liberty Mutual Insurance and SADD survey, the 2011 California Health Kids Survey (CHKS) documented increased marijuana use for ninth graders and decreased perception of its harmfulness. In North County, the CHKS found more ninth graders are smoking pot than tobacco. While tobacco prevention has received healthy funds to reduce smoking, funding to prevent pot use severely lags behind in comparison. We also can't discount the proliferation of pot shops between 2009 and 2011 and constant messages from the pro-pot campaign that marijuana use is benign and even healthy.

In our local papers we are reading more and more about tragic situations, where a driver under the influence of marijuana has caused serious injuries and/or death to themselves and others. Encinitas Sheriff Captain Sheri Sarro warns, "we've become increasingly concerned with the number of young drivers found to be under the influence of pot and other drugs. We need to prioritize prevention of drugged driving right there with drunk driving, because it's a threatening problem to public safety."

On a positive note, the problem of driving under the influence of not only alcohol alone, but now also drugs, has received much needed national attention. In 2010 the White House Office of National Drug Control Policy (ONDCP) identified reducing drugged driving as a national priority in the National Drug Control Strategy. And again last year ONDCP renewed its commitment to work to reduce drugged driving by 10 percent over the next five years. We applaud this effort, as only an aggressive multi-pronged media, marketing, parent and teen education, and law-enforcement campaign to reduce driving under the influence of marijuana will help make safer roadways for all travelers.

Joe Olesky and Tiffany Findell are READI Program Directors at San Dieguito Union High School District

## Say 'no' to recovery rate hikes

The California Public Utilities Commission (CPUC) recently held hearings to evaluate a request by San Diego Gas & Electric (SDG&E) that could result in rate increases to recover costs from wildfires not covered by insurance.

SDG&E says it had \$1.1 billion in insurance coverage in 2007 but has incurred \$62 million in costs beyond that from 2007's San Diego County wildfires. As much as \$400 million could be added to that from several hundred lawsuits still in process, the utility said.

The request before the California Public Utilities Commission is to establish a mechanism to increase rates to recover those kinds of costs. I recently testified before the Commission in opposition to this request.

SDG&E provides a high-

demand service that must be provided at a regulated, reasonable cost. Few businesses in our region are faced with the public decisions that utilities must make. Public utilities must answer to ratepayers and stockholders in the face of government oversight and public scrutiny.

Yet without a doubt, the end result must be that the ratepayers come first. The CPUC is charged with protecting the public from decisions that are not in their best interests. And the request before the Commission does not serve the public interest. Ratepayers expect the clean and fast delivery of service that SDG&E provides. But they also have the right to expect that they will be treated fairly — not as

## RANCHO SANTA FE NEWS

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# Small business owners rail against chain stores

By Lillian Cox

After 38 years in business, the buyout of the Rancho Park Pharmacy by CVS Caremark last month leaves only one independent pharmacy in Encinitas. Brothers (Dr.) Justin and Jason Sabouri, owners of North Coast Medical Pharmacy at 477 N. El Camino Real, are turning to the community with "a call for action" to support local businesses.

"CVS is one of the biggest contributors to getting rid of independent pharmacies," Jason Sabouri asserted. "They painted a target on us."

Sabouri explained that the 2009 merger of CVS, a pharmacy, with Caremark, a pharmacy-benefits manager, is driving independent pharmacies out of business because of a drug refill program that restricts where customers can buy prescriptions.

"Part of (CVS Caremark CEO Tom) Ryan's strategy to fuel sales is to buy the very companies complaining about him," wrote Carol Wolf of Bloomberg News on June 11, 2010. "This month he said CVS Caremark will purchase about 200 independent pharmacies a year to spur market share growth. The outlets would then be folded into the existing store base, he said."

Noah Wieder was a Rancho Park Pharmacy customer for 10 years until it closed.

"I was shocked," he said. "I didn't know they were having trouble. I went there because they had short lines, good service and comparative pricing. If there was a wait, it was only 15 to 20 minutes. CVS takes forever and they are not nearly as knowledgeable."



Brothers Jason and Dr. Justin Sabouri, owners of North Coast Medical Pharmacy and Rancho Santa Fe Pharmacy, are turning to the community with "a call for action" to support local businesses. Photo by Lillian Cox

Wieder said he is continuing to support other homegrown businesses including Postal Depot.

"Franchises are typically overpriced, and rarely do you see an owner in the store," he said. "If you do, they are handcuffed by 'corporate' to add products or services outside their agreement, even if customers ask for it."

Ash Nickle is manager of Postal Depot, which is owned by Aj Vasvani. Nickle reports a bump in business following the closure of nearby Rancho Park Pharmacy.

"People are trickling in, and the priority now is to get more mailboxes," he said. "Customers like the fact that they we offer a street address (instead of a post office box)."

This month Postal

Depot will go through a renovation to accommodate their copying and shipping services. Nickle says shipping prices usually beat the competition because of flexibility many franchises aren't able to offer. Another draw for customers is Nickle's expertise as an eBay seller.

The lifeblood of the business, however, are notary services.

"I've done 38,000 notaries in eight years," Nickle said. "I get the weird ones that other notaries turn away, and lots of referrals from banks. I charge \$8, which is less than many others, and I'll negotiate a lower rate for large volume."

"We are a mom and pop business, truly independent. There is no corporate hierarchy, so anything good or bad that happens falls on us."

Russell "Rusty" E. Griffith, president of Encinitas Business Xchange, outlined advantages to dealing with private owners.

"Small, independent businesses generally come through with better and more personalized service, greater expertise and a 'direct line' to the business owner for questions and concerns," he said. "The small business owner also often has greater access to alter-

native products rather than 'off-the-shelf' goods of a big box and can often be flexible in negotiating price."

In an informal survey of 35 members and guests at their May meeting, Griffith said that one-third reported business remaining the same as last year while two-thirds said it improved.

Jason Bennett has also seen the Encinitas franchise of Flippin' Pizza grow since purchasing 51 percent ownership in the store three years ago. After bringing it out of the red, he bought his partner out. Today, he is opening additional locations in San Marcos and 4S Ranch with his new partner, Flippin' Pizza founder Patrick Farley. Flippin' Pizza is based in Carlsbad.

Bennett credits the company's success to premium ingredients, dough that is made daily and a commitment to the neighborhood. Instead of buying television ads, 90 percent of the marketing budget goes to local schools and the community.

"We give free pizzas to nonprofits for fundraisers, and really don't turn anyone away," Bennett said. "The way to generate business is with a phenomenal product and good will — and we're doing both."

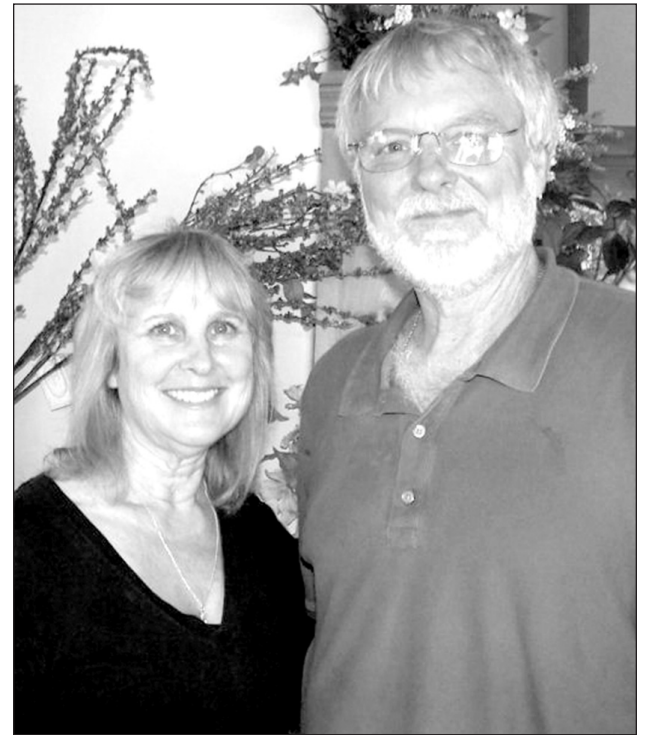
## Dance, yoga studio set to open in Ranch

RANCHO SANTA FE — Yoga teachers, Frank and Serpil Iszak, are set to open the Rhythm Yoga and Dance studio June 22 at Del Rayo Village shopping center, 16079 San Dieguito Road, with a ceremony and wine reception to begin at 4 p.m.

Offering daily classes in a variety of yoga styles and dance types, the studio will also incorporate master classes by local teachers throughout North County. The studio has one full wall dedicated as a yoga wall, plus an alkaline water purification system and a bamboo dance floor from Hawaii.

As a political refugee from another era, Frank Iszak was not always known as a yoga master. Instead Frank was known around the world for his escape from Hungary in 1956, chronicled on the front page of newspapers coast-to-coast. Recently having published his memoirs, "Free for All to Freedom," and opening Rhythm Dance and Yoga, Iszak is now in the working stages of getting a feature film produced.

Both Frank and Serpil are certified in Pilates as well as being Tai Chi masters. For more information, email to RhythmYogaDance@gmail.com.



Dawn and Shane Pursell began their business Thyme in the Ranch 17 years ago, and are still going strong. Photos by Patty McCormac

## Thyme in the Ranch finds lasting business

By Patty McCormac

RANCHO SANTA FE — Thyme in the Ranch was spotlighted at the May 17 meeting of the Association.

"You hear about businesses that can't make it — there's no parking, you can't do this you can't do that," said Jack Queen, Association president. "Here's a business that can for the last 17 years."

The owners of Thyme in the Ranch, Shane and Dawn Pursell, told the Association the pleasure has been theirs.

"Our customer base is phenomenal," Shane Pursell said. "Most are locals, but many stay at the Inn."

The little restaurant that offers breakfast and lunch, and an impressive amount of baked goods, went into business in October of 1995 in a 750-square-foot space.

"There was no parking, no visibility," Dawn Pursell said. "We thought we must be crazy opening up at this spot."

It was not long before the charming little restaurant was discovered.

"We just kept getting bigger and bigger," Shane Pursell said.

In 2002, they were able to take over the entire building from which they had been operating, which gave them much more elbow-room.

On a recent Wednesday during the lunch rush, the line for sandwiches, salads and desserts snaked out the door and the staff was on the run.

"We never knew how much heart there was in this

community," Shane Pursell said. The two met in Los Angeles in 1972 and had gone into business owning restaurants in West Hollywood and Santa Monica and a catering business.

They were successful, but when they began their family, Shane Pursell found himself running the businesses by himself and supervising about 50 employees.

"We had always worked together. It was no fun anymore," he said.

As their family grew, they have two sons, they began to look for a place with a better quality of life in which to raise their kids. They settled on Rancho Santa Fe and opened their business.

"That was 17 years ago and we are still going strong," Dawn Pursell said.

"It's just been wonderful and we've met so many great people," she said. "We are grateful. Our customer base appreciates what we are doing."

"I think we are the ones who should be grateful," Queen said.

Thyme at the Ranch is open from Tuesday through Saturday from 7 a.m. to 3 p.m. It is at 16905 Avenida de Acacias. It can be reached at (858) 759-0747.

The business accepts no credit cards only cash or checks.

It has become a regular part of the meeting to invite the principals of a club, group, or business to tell the Association what it is like doing what they do in the Covenant.



Local favorite, Thyme in the Ranch, makes from scratch, cakes, pies and breads, plus they serve breakfasts and lunches which can include a sandwich, soup, salad or a number of other menu items.

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# Ranch philanthropists open arts center in Israel

RANCHO SANTA FE — The Jewish Federation of San Diego County is preparing for the dedication of the Alexander Joseph Viterbi Arts Center in Sha'ar HaNegev, Israel, June 26. The Viterbi family are Rancho Santa Fe residents.

During the past 10 years, the Federation and San Diego Jewish community have contributed more than \$10 million to the region. The Arts Center, part of the newly built Sha'ar HaNegev Education Village, is situated only kilometers away from the contentious Gaza border. It will open its doors for the first time to 1,800 kindergarten-through-12th-grade students this spring. For many of the students it will be their first opportunity for exposure to the arts, music, design and drama.

In 2008, following the escalation of rockets from Gaza onto Sha'ar HaNegev,

the Sha'ar HaNegev community persuaded the Israeli government to approve building a specially-shielded high school on the educational campus of Sha'ar HaNegev. The Jewish Federation of San Diego County was the first organization to commit its support to building the school in its early planning stages.

The dream of a state-of-the-art high school, with a focus on pluralistic Jewish values, is coming to fruition. The children of Sha'ar HaNegev will soon be able to attend classes in a safe learning environment in their community, not far from their homes.

The Alexander Joseph Viterbi Art Center, created through the generosity of the people of San Diego, funded through Jewish Federation of San Diego County, will provide students with dance, music, painting and other cultural activities.

# Allergies: Types, triggers and their treatments



According to the Asthma and Allergy Foundation of America, about one in five Americans has at least one allerg. Allergies are the fifth-leading cause of disease in the United States and the third-most common chronic disease among children and adolescents.

While most allergies result in only mild to moderate symptoms, they can have serious health consequences. Severe allergic reactions to food, prescription drugs, insect bites, latex, and other triggers result in hundreds of deaths in the U.S. each year.

## Hay Fever and Grass Pollen Allergies

During the early spring and summer in San Diego, tree and grass pollen allergies are common. Sensitive patients develop a common allergy called hay fever, characterized by itchy, watery eyes, itchy nose, and congestion. However, the majority of people who suffer from allergies experience their symptoms year-round, due to dust mites, mold, and furry animals in addition to seasonal flare-ups.

## Food Allergies

About two-thirds of people self-report some sort of food allergy, according to a recent report by the National Institute of Health. However, many people who feel sick after eating blame their condition on a food allergy, when it fact it may just be indigestion, food poisoning, or another illness. Children are more likely than adults to have food allergies, as are people who have at least one other type of allergy or a family history of allergies.

## Risk Factors

Children with a family history of allergies are at elevated risk of developing them. Also, patients with one allergic disease are more likely to develop another. San Diego tends to have relatively long-lasting pollen seasons, but they are not as intense as those in other areas of the country. Along the coast, there are fewer problems with pollen, but the damper conditions allow for more mite and mold problems. There is more pollen but less mite and mold in drier inland areas, while areas like Tierrasanta get a bit of both types of allergy triggers.

## Allergies vs. Colds

Allergies have similar symptoms as the common cold, leading many patients to confuse the two. However, there is no fever with allergies, and if there is itching of the eyes or nose, it cannot be a cold — histamine is released with allergies, not colds. Also, if there are significant eye symptoms, it's more likely an allergy than a cold.

## Diagnosis & Treatments

Diagnosing the source of an allergy can be made from a simple skin or blood test done in a doctor's office. The primary method of treating allergies is avoiding whatever is causing the allergic reaction. For hay fever or pollen allergies, an air purifying unit or air conditioning filter can remove up to 99 percent of airborne pollen and relieve symptoms.

If avoiding the allergy trigger is not possible, over-the-counter antihistamines such as Claritin, Zyrtec, or Allegra may help control most allergy symptoms. A decongestant such as Sudafed can be effective at reducing congestion. Daily use of prescription topical cortisone (steroid) nasal sprays is safe and highly effective for adults and children.

# How to collect after judgment: Part 2



At some point my client and his wife realized that the money given to the decorator was not being used for its intended purpose — furniture, accessories, etc. They attempted to contact the decorator but to no avail, so he sued him and won a money judgment for more than \$550,000 by default. Clearly, he had no defense — so why show up!

About a year later, after several attempts to serve Dylan again for a deposition, which is designed by law to question the debtor as to his ability to pay, I was hired to try and serve him because of my reputation for serving subjects that are either hard to find or aggressively avoiding the service. The law doesn't require that I personally hand the subject the "Notice To Appear," but in this case, the client insisted on it.

An alternative would be if another person living at the subject's home answered the door, and was of legal age, I could leave it with him or her, but that wasn't acceptable — at least not in this case. That's called "substitute service" and it's just as binding, but for the money he was paying he wanted me to hand the documents directly to the defendant, who was in this case, the decorator, Dylan

By the time Dylan was due in court for the deposition, I had learned quite a bit about

him and had proof that he lied about mostly everything — his new place of business, bank accounts, etc. Anything to do with assets that he was at risk of losing to the judgment. Cash in the bank is the simplest way to collect by serving the bank a copy of the judgment and the legal department will freeze the money and turn it over to the owner of the judgment. Millions of people have billions of dollars in judgments by winning lawsuits, but neglect to see them through. Some because of the expense attached to the process and some just forget it because they aren't worth the trouble.

There are several other ways to collect on a judgment. You can ask the court to have the sheriff lock your subject out of his or her public storage unit and then hold an auction on the contents. Dylan had four of them but only two were in his name. The fees for this levy execution which included the sheriff, court fees and the auction company were over \$7,000 and you don't always know what's inside so it could be a huge loss unless you get lucky by finding the Mona

Lisa or an expensive car. My client took the risk just because he wanted to clean him out.

The point here is, the next time you think about scamming someone wealthy, you'd better hope it's not someone like my client who will spend any amount stripping you of everything you have. He did let him keep his Mercedes which has been in the repair shop for six months!

The process of collecting money from a judgment in this state is often not worth the expense to do it. The Sheriff's fee for confiscating the Mercedes is \$1,400. So if it's not worth at least \$10,000 it's a losing proposition. If you wait a while, the debtor may accumulate assets that later on you can go after and you can always garnish wages in some cases. Often, I conduct an asset search first to see what they look like on paper and suggest the parties settle.

Collection agencies are very good at this for a third of what they collect which is outside the scope of my licensing requirements. By the time I was finished with the assignments, \$40,000 later (not to scare anybody off because it required a lot of surveillance and about four different field agents plus paying informants for information) Dylan left his apartment, was evicted from his new business, had his bank

accounts cleaned out and spent months trying to dodge me. In fact, never before has an adversarial subject randomly called me to compliment me on the job I did, and although he attempted to justify his part in it all, I was prohibited from discussing much without the clients permission, so I just listened.

He sounded like a nice guy and I only know what my client told me how all this got started but had he asked for the money to invest, it's my guess, my client would have seriously considered it. He was the most pleasurable, understanding, trusting client I had ever had.

If you have a judgment that's still in force (ten years) which you can renew for another ten, call a P.I. and run a background first before proceeding so you don't throw away good money after bad.

It's usually under \$100.

*NORTH COUNTY P.I. is a fully operational California licensed #27187 detective agency and process servers equipped to handle any matter that readers may currently be facing. Contact Brian for a free, lawfully confidential consultation by calling (619)202-6000, or email detectivemathews@gmail.com, or visit NorthCountyPI.com. Law firms welcome.*

## Who's NEWS?

Business news and special achievements for North San Diego County. Send information via email to [community@coastnewsgroup.com](mailto:community@coastnewsgroup.com).

## Science standouts

At the recent the California State Science Fair, Torrey Pines High School sophomore Apoorva Mylavarapu placed third in Mammalian Biology with her project entitled "Role of the Basal Forebrain in Mediating Selective Attention" and freshman Charulata Sinha placed fourth in Microbiology with her project entitled "Development of Bacterial Cross-Resistance to Repeated Use of Mouthwash."

## School App

The Grauer School has introduced a free mobile Grauer School mobile application (App) designed to run on smartphones and tablet computers. The app provides students and parents the convenience of accessing the school newsletter, school calendar and current grade levels for each class along with teacher feedback on a daily basis.

## Tops in tennis

Catherine Anderson of Del Mar won the Women's 70s singles title and Mary Giebink of Del Mar was runner-up in the Women's 80s consolation singles and doubles draw at the May United States Tennis Association National Senior Women's Hard Court Tennis Championships at the La Jolla Beach & Tennis Club.

## Three new stores

Three retail stores, Leaf & Kettle, baker & olive and Sunglass Cabana, have been added to the Del Mar Highlands Town Center, 12955 El Camino Real. Baker & olive specializes in fresh olive oils and balsamic vinegars. Sunglass Cabana is a retailer of high-end, fashion and prescription sunglasses. Leaf & Kettle will offer a selection of premium loose teas and teaware from around the world.

## Bravo!

Anton Maroun of the Carlsbad New Village Arts Jr. Ensemble was awarded the "Best Actor" honor at the Student Shakespeare Festival in Balboa Park in April. The group performed an amended version of "Romeo and Juliet."

## Nicely done!

Mollie Friedlander of Del Mar has been awarded the Sophomore Prize in Spanish at Bowdoin's annual Honors Day ceremony May 9. Friedlander, majoring in neuroscience and Spanish and minoring in chemistry, is a graduate of Torrey Pines High School.

Thomas Pivnicny, from Carlsbad, graduated from Villanova University School of Law May 18.

Mallory B. Burke, of Carlsbad, graduated with a Bachelor of Arts degree in Communication from McDaniel College.

Pat Nolan of Del Mar and Taylor Payne of Encinitas, made the Dean's List at DePaul University.

## Bottles for Babies

San Diego Self Storage launched a "Bottles for Babies" collection campaign in honor of military veterans during the Memorial Day

weekend running through June 30, to collect baby bottles and/or \$5 to \$20 donations to purchase baby bottles at 17 SDSS facilities in San Diego through the non-profit organization MOM4USA. For more information, visit [MOM4USA.org](http://MOM4USA.org).

Residents can also make a monetary donation online through PayPal, at [SanDiegoSelfStorage.com](http://SanDiegoSelfStorage.com).

## Online art

Coastal Artists (C.A.), most recently exhibited in the ArtWindows of the Del Mar Highlands Town Center plaza, and in the Rancho Santa Fe Library, will host an opening of its new web site and Virtual Gallery at [coastal-artists.org](http://coastal-artists.org). C.A. is a nonprofit association (501c3) of multimedia artists whose mission is to foster public awareness and appreciation of fine art. Inquiries to exhibit these artists' work should be sent to [coastalartists@hotmail.com](mailto:coastalartists@hotmail.com).

## Delicious winners

The votes have been

counted from the May 17 third annual Taste of Cardiff event and it was a close race with The Beach House narrowly beating Bull Taco.

## Stone Flats opens

Local entrepreneur Brad Mason and founder of Stone Flats Restaurant opened an Encinitas location May 31 at 272 N. El Camino Real. The fast-casual restaurant features craft-your-own flatbread-style pizzas in an urban loft atmosphere. Open Sunday through Thursday 11 a.m. to 9 p.m., Friday and Saturday 11 a.m. to 10 p.m.

Visit [stoneflats.com](http://stoneflats.com) for more information.

## Speaking out

The Carlsbad Tick Talk Toastmasters saluted Jim Tucker, Distinguished Toastmaster Speaker, a three-time finalist of the Toastmaster World Championship Of Public Speaking, and Raga Eripilla who will represent Tick Talk

TURN TO WHO'S NEWS ON A20

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# More spectacular sights to follow May's solar eclipse



KYLE STOCK

## Coastal Cosmos

The May 20 partial solar eclipse was a transcendent experience — a beautiful phenomenon that demonstrates the precise geometry of the cosmos.

North America will not have another eclipse until Aug. 21, 2017. At that time, a spectacular total solar eclipse passes through Oregon to Kentucky and Georgia. All of North America will enjoy a partial eclipse similar to May 20.

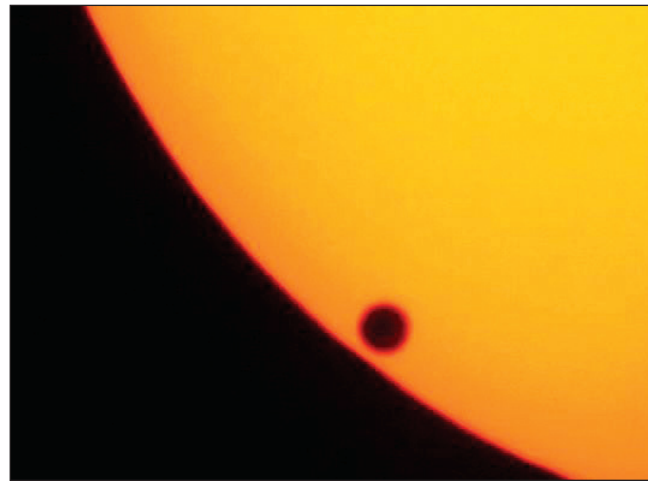
I had been looking forward to this event for about a year and it exceeded my expectations. I chose Black Mountain because I knew the

marine layer would be a factor on the coast. Miner's Loop trail off Carmel Valley Road travels through lush, fragrant chaparral for about 1.5 miles before heading south toward the service road to the 1,500-foot summit.

As the eclipse began precisely at 5:27 p.m., there were about 20 other enthusiastic observers on the summit. Slowly, the moon's perfectly round silhouette overtook more and more of the sun. Maximum eclipse took place at 6:40 p.m., with the sun 80 percent eclipsed and appearing as a magnificent crescent.

The ambient light was unlike light I had ever witnessed. It had a muted softness that was surreal. Because the moon then relinquished its hold on the sun's surface, an interesting occurrence took place when the sky brightened as the sun was setting.

The solar system continues to exhibit its geometry on June 6 when the planet Venus transits in front of the sun.



The solar system will continue to exhibit its geometry June 6 when the planet Venus transits in front of the sun. Photo courtesy of NASA



Was captured at about 6:40pm as the eclipse was at maximum. Photo by Kyle Stock



The moon's perfectly round silhouette overtakes more and more of the sun during the partial solar eclipse May 20. The image was taken at 6:40 p.m. when the eclipse was at maximum. Photo by Kyle Stock

This syzygy ("zizgee" — alignment of three celestial bodies) last occurred in 2004 and will not happen again until December 2117.

At 3:06 p.m. on June 6 a small, black disk will appear on the surface of the sun and will continue to transit across the sun until sunset at 7:54 p.m.

Venus transits are one of the rarest predictable astronomical events. They occur in pairs eight years apart with the following pairs happening 105.5 and 121.5 years apart. The last Venus transit took place June 8, 2004.

Venus is now the bright "evening star" in the western sky, outshining all objects except the sun and moon. When Venus passes between the Earth and sun it is in a position called inferior conjunction.

In this position, Venus is 25.5 million miles from Earth. Most of the time, Venus is above or below the sun from our vantage point. However, during the rare transit it passes directly between the sun and earth.

Please view all solar phenomena with extreme care.

Solar eclipse glasses, pinhole projectors and binocular projections are the easiest way to safely view the sun.

Take caution and enjoy the solar system's expression of geometry and beauty!

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# A retreat to Pauma Valley and a birthday celebration



**MACHEL PENN SHULL**

## Machel's Ranch

Being a Midwest farm girl originally from the foothills of the Ozarks in Missouri, you might understand my draw to the sleepy, remote town just east of here — Pauma Valley. My in-laws have a ranch there, which means Robin and I are able to retreat down into the valley where the peacocks run wild and authentic Mexican dinner for two is priced under \$30.

Nestled amongst citrus groves and avocado trees, this hidden jewel is set neatly against the backdrop of the Palomar Mountains. The vivid, lush emerald colors of the hillsides resonate in a zen sort of way for us both whenever we are fortunate enough to make time for a quick mountain getaway.

An orange glow outlined the hillsides as we drove down into the valley on our most recent trip to Pauma. The sharp turns on the road are such if you overshoot the angle on the curve you might not live to see tomorrow.

Once in Pauma Valley limits — population 871 — the world is quiet. The two-lane road opens up to rows of citrus groves that stand so tall you are unable to see the tops of the hillsides as you drive through town. If you miss the turnoff into the driveway of the main thoroughfare, be prepared to keep driving a couple of miles to find another exit to make a U-turn — which was exactly what happened to us that evening.

After driving two miles back into town, we located the sign that marked our destination: The Lazy H Motel and Restaurant. The sun had set. Dark blue colors were



Only 45 Rancho Santa Fe, Pauma Valley offers a unique getaway retreat for locals. This photo was taken during wintertime. Photo by Katie Shull

marked by the black horizon. The motel is barn apple red with white trim, accented with a shake-shingle roof.

This haven is surrounded by tall trees with sweeping long branches. The moon was full. The sign on the door said open. When Robin and I walked through the doors of this well-kept secret 45 minutes east of Rancho Santa Fe, we smiled a knowing smile. We had entered into another time and space where life exists quietly in the tranquility Pauma Valley.

### Around town

Ranch resident Violet MacDonald celebrated her birthday in the beginning of May. You may know Violet as one of the most elegant and regal women in Rancho Santa Fe. Though featured in a local magazine with her amazing garden surrounding her secluded estate, Violet would never be one to brag. However, that's what I will gladly do for her.

I have included a picture that captures a fulfilling moment at her birthday celebration. Surrounded by her grandchildren that day, Violet MacDonald exudes love for all of her many blessings. Happy belated birthday Violet, you deserve it!

On May 16, I received an amazing photograph from Ranch realtor Michael Citrin with a description in his own words: "This unique plant, in the eichium family, was introduced to my property above Lake Hodges about 3 years ago. Since then, it has issued spores and has popped up in a couple of locations. The plant starts out looking like a weed, but with water only, it shot a spike and then bloomed. The spike grew in less than 2 months and it is just astounding. The flowers last about a month and then it dries. I have invited many people over to look at them and no one has ever seen anything like it." Thank you, Michael for sharing for this photo with the readers! Wow.

On May 19 and May 20, Fresh Start supporters and volunteers were there to help change the lives of children who needed treatments which included: 10 reconstructive surgeries on children ranging from the ages of 1 to 21; eight patients who received speech therapy; and 12 patients who received

laser treatments. Also, there were many other post-operative appointments that were made that weekend.

Amanda Thompson, development manager of Fresh Start Surgical Gifts, was kind enough to share this exciting news with me. Congratulations to all of those that were involved on this very special weekend.

On May 21, I received an exciting photo that captures the exuberance of baseball amongst fathers, coaches and sons. The Del Mar Majors Yankees team did not win all of their games or maybe advance into the play-offs as far as they hoped they would, but in the end their efforts of sportsmanship and team camaraderie is captured here at their final celebration after their last game. Sometimes a picture does paint a thousand words.

On May 22, I heard from an old friend of mine Elle France. I am always excited to reconnect with those who have been wonderful friends to me at different times in my life. How exciting to hear from her now that she and her good friend Kathryn Hiskey have successfully launched a dating service here in San Diego.

KATELLE is the name of their matchmaking service that caters to men and women looking to meet other singles. While other matchmaking services may just focus on finding a "wife" or a "husband" for their clients, KATELLE offers matches for



Ranch Resident Violet MacDonald celebrates her birthday with her loved ones earlier in May. She is featured here with her grandchildren. Courtesy photo



Realtor-Michael Citrin next to an exquisite flower growing in Rancho Santa Fe. Courtesy photo

those that may just be looking to date casually.

Elle and Kathryn also offer one-on-one coaching that can help their client be more readily prepared to find the perfect match they are seeking; albeit temporarily or permanently. I have featured a cool picture of them here, just in case you may be looking for a service just like this but don't feel like signing up on an online dating service. If you may need some guidance in your own search for cupid's arrow, visit [katelle.com](http://katelle.com).

On May 24, I found out some exciting news from Tad Sisler. Many of you Ranch residents probably know Tad from Mille Fleurs piano bar

on Wednesday nights here in town. He is a dynamic musician with a warm personality that adds to this town's nightly scene. Tad has informed me of an important documentary project he is involved in called "Legends Among Us."

This documentary will include the lives and artistry of many musicians who may have been forgotten without this project. If you are interested in donating to help preserve the memory of important musicians who deserved to be remembered, visit [ffamp.org](http://ffamp.org).

If you have a fun event you would like Machel Penn to cover, contact her at [mpenn@coastnewsgroup.com](mailto:mpenn@coastnewsgroup.com).



Fresh Start Surgical Gifts in action on May 19 and 20. Courtesy photo



Kathryn Hiskey and Elle France is the team behind Katelle, which is a new dating service for local residents looking to find a love connection. Courtesy photo



Rancho Santa Fe musician Tad Sisler is actively involved in the Foundation for Arts and Music Preservation's documentary, "Legends Among Us." Courtesy photo



Del Mar Yankees Major team celebrates with the team for their last baseball game of the season. Courtesy photo