Custom-designed ‘comfort station’ reopens in Ocean Beach

FieldTurf among facelifts touted for Sept. 1 schedule

PLHS stadium overhaul begins in earnest for new athletic year
**On vacation with the Peninsula Beacon**

It's vacation time! It's that easy! The Beacon is holding a contest to pick up names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. Don’t pass up your chance to have your name and picture in the Peninsula Beacon!

**The Peninsula Beacon**

It's vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy!

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**3912 LIGGET**

This gorgeous Fleetridge home features 4 bedrooms, 3.5 baths, 2,572 sq. ft. on a 12,000 sq. ft. lot! Impeccably appointed inside and out! Spacious and open floor plan - perfect for everyday living and entertaining!

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$272,000

**Pat Rice of Ocean Beach holds her June 14 copy of the Peninsula Beacon in front of the landmark skyline of Denver. The edition of the Beacon Rice is holding contained a copy of her son’s graduating class from Point Loma High. Pat and Tom Rice will be seeing their son, Garrett, off to college to join his sister, Alia, at Regis University located in Denver.**

**Beacon writer Scott Hopkins claims 3 SPJ writing honors**

A Peninsula Beacon writer captured three awards in a recent newswriting competition among local media.

Scott Hopkins was honored by the San Diego chapter of the Society of Professional Journalists (SPJ) during a recent banquet at the Balboa Hat restaurant on Shelter Island.

A first-place plaque went to Hopkins for his account of a Point Loma High School (PLHS) student who won both local and national science fairs with his innovative “wing” design for sailboat hulls. The entry was judged the “Best Education” story.

John Murphy, PLHS athletic director, gave Hopkins exclusive access to news of the hiring of major league all-star and PLHS alumni David Wells and Jesse Nunez, who were charged with guiding the Pointer baseball program.

Hopkins turned the piece into a second-place winner in the “Breaking News” category.

Hopkins’ interview and story about Ocean Beach unautomotri Dr. Bill Bens-Moheb, focusing on children’s eye-health issues, was awarded honorable mention in the “Health” story category.

The competition included entries from local television stations, newspapers, magazines, Internet sites and blogs. Entries were judged by an SPJ chapter in Florida.

Hopkins, also a PLHS alum, has been writing for The Peninsula Beacon for nearly four years.
Fourth of July marshmallow fight triggers gooey cleanup

Dr. MARINO LAMB | THE BEACON

Each year, just as the last spark fizzes out from Ocean Beach’s annual firework show, a friendly battle is waged on the beach surrounding the OB Pier, with marshmallows serving as ammunition for locals. Following OB’s epic Independence Day combat, a battlefield of landslides in the form of sticky, gooey leftover marshmallows littered the streets and beaches.

“It is certainly the talk of the town, and it seems like people had a lot of fun acting like kids,” said Denny Knox, executive director of the Ocean Beach Main Street Association. “Since the damage doesn’t seem to be permanent and it eventually wears away, we haven’t got overly grumpy about the cleanup. Also, with so many people jumping in to help clean up — especially the perpetrators — the marshmallow fight is more fun than not.”

More than 100 trash bag-wielding volunteers turned out for San Diego Surfrider’s “Morning After the Mess” beach cleanup at the OB Pier, picking up more than 2,000 pounds of trash, according to Surfrider’s chapter coordinator Haley Hagerstone.

“We had a number of volunteers who participated in the marshmallow fight also come out to assist with the clean-up this morning, which speaks volumes about the community of Ocean Beach and their commitment to keeping their beaches clean,” she said.

District 2 Councilman Kevin Faulconer also attended the cleanup, lending a hand to restore the streets and beaches back to their original shine.

“I believe in protecting San Diego’s beaches and bays,” he said. “I was proud to partner with the Surfrider Foundation to clean up the beach following the Fourth of July celebrations. I will continue to collaborate with the community on solutions to keep San Diego beaches clean, and I am open to a unified message from the neighborhood regarding any new ideas.”

Local HTH school sites among those with 100 percent graduation rates

Dr. DAVE SCHWAB | THE BEACON

The news on high school dropout rates for 2011-12 in Point Loma and throughout San Diego Unified School District (SDUSD) almost couldn’t be better as three charter schools — High Tech High, High Tech High Media Arts and Preuss at USD — all achieved a zero-percent dropout rate.

A recently released California Department of Education report showed San Diego County students and those statewide are increasingly earning diplomas within four years — and fewer of them are dropping out.

SDUSD, at 9.9 percent — down from 8.4 percent a year earlier — had the lowest dropout rate among the state’s large urban school districts. The next lowest district, San Francisco Unified, was at 10.4 percent. The highest rate, 27 percent, was Oakland Unified.

SDUSD officials credit, in part, aggressive efforts — knocking on doors, calling relatives — to track down truant students for improving graduation rates.

The district also claims its use of high-tech teaching aids, like Netbooks, iPads and computerized smart boards, are paying dividends in engaging students, persuading more of them to stay in school.

The district is also heavily invested in programs promoting culinary arts, construction and auto technology; serving job skill-oriented students.

The latest dropout-graduation figures for Preuss at USD, High Tech High and High Tech High Media Arts were encouraging, validating those schools’ core curriculums and classroom philosophies.

High Tech High (HTH) operates 11 schools — two elementary, four middle and five high schools — countywide.

Begun in 2000 as a single charter high school launched by a coalition of San Diego business leaders and educators, HTH has evolved into an integrated network of schools spanning grades K-12, housing a comprehensive teacher certification program and a new innovative Graduate School of Education.

High Tech High Media Arts serves about 400 students in grades 9-12 at HTH Village in Point Loma. Founded in 2005, the school implements all HTH design principles and features a strong foundation in liberal arts and sciences.

SDUSD also showed gains in ethnic groups that have been a focus of attention — improvement efforts. For Hispanic students, a nearly 4-percent increase was registered over 2009-10. The 75.8 percent topped the statewide average of 70.4.

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Slight spike seen in Sunset Cliffs rescues

Officials from the San Diego Fire-Rescue Department have witnessed an increase recently in cliff rescues along scenic Sunset Cliffs, with two such incidents over a week’s span.

The most recent incident on July 1 was alcohol-related, according to rescuers.

The visual and auditory lure of the rugged cliffs draws large numbers of people to leave their cars and enjoy the surging waves, sparkling sun, soaring pelicans and mighty sunsets. The vista can range from drizzly gray to blazing yellows, oranges and reds as the sun’s rays filter through billowing clouds.

Many of those drawn to the cliffs, according to authorities, are inexperienced in traversing the rocky precipice, but they make their way to the beaches below anyway. Then, for varying reasons, they find themselves unable to get back up.

“Probably in the last six months, we’ve had three or four of these types of incidents right here (at Sunset Cliffs),” said Fire-Rescue Department Battalion Chief Steve Ricci after a late-June rescue that began at 9 p.m.

“It’s a dangerous, unstable cliff area,” Ricci said. “People go down there to have a little party and can’t make it out once it gets dark.”

Last week’s rescue took place during daylight hours when—according to the woman who called 911—the suspect cut herself.

When they decided to return to their car, a 20-year-old woman was reportedly too intoxicated to attempt the climb, prompting her friends to call for help.

A crowd of onlookers gathered as rescuers went to work.

Firefighter-paramedics made a quick assessment of the woman’s medical condition. A small army of Fire-Rescue personnel—including lifeguards, firefighters and paramedics along with San Diego police officers—responded to the distress call.

They spent nearly an hour constructing an elaborate system of stakes driven into the ground with different-colored ropes and carabiners, all meticulously threaded through pulleys that were eventually used to raise the unnamed victim below.

The woman was placed in a protected rescue litter and raised with care to safety above.

She was observed laughing during the rescue and several times attempted to remove Velcro straps securing her to the litter.

While the woman was being examined and questioned in an ambulance, a police officer told her companions, “Your friend will be going to jail for drunk in public.”

Peninsula planners look to fill board vacancy

The Peninsula Community Planning Board (PCPB) intends to fill a vacancy by recruiting eligible candidates to serve out the term that is for three years.

According to SDPD’s statistics covering the two-day holiday period from 7 a.m. July 3 through 11 p.m. on July 4, officers made six felony arrests, 41 misdemeanor arrests, issued 101 misdemeanor alcohol citations and issued 16 citations for offenses other than alcohol.

Officers also cited nine minors for possession of alcohol and issued 197 traffic citations and 57 parking citations.

— Mariko Lamb

Local ‘open call’ set for ‘Biggest Loser’ TV show

Producers of the hit reality TV show “The Biggest Loser” will hold an “open call” on Saturday, July 21 for contestants in a once-in-a-lifetime opportunity to lose weight and compete to win $250,000. The open call takes place at NTG venues at Liberty Station, 2840 Historic Decatur Road.

The open call is part of a 13-city cross-country search to find contestants for the 18th season of the show. The open call takes place from 10 a.m. to 6 p.m. on Saturday, July 21.

For information on how to apply to the show and submit a videotape, visit www.abcs.com/casting or www.thebiggestlosercasting.com.

QuickHits

Police: July 4 holiday was ‘safe and enjoyable’

Northern Division beaches and bays saw an influx of more than 400,000 visitors for the July 4 holiday, according to San Diego Police Department Capt. Brian Heisner.

“Despite the large crowds at the beaches, bays, parks and entertainment district, the holiday was a safe and enjoyable one for visitors and residents alike,” he said. “This is attributable to the successful ongoing relationships between citizen groups and city departments, as well as cooperative preplanning and planning between police, fire, lifeguards and Park and Rec Department employees.”

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Officers also cited nine minors for possession of alcohol and issued 197 traffic citations and 57 parking citations.

— Mariko Lamb

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The new facility now stands on the site of the one demolished three years ago because of health and safety concerns. The original comfort station was estimated to be about 50 years old. Since the demolition, residents and visitors to the Dog Beach area have been forced to a series of less-than-ideal portable restrooms.

Faulconer said the city went to great lengths to replace the previous restrooms with a new facility that incorporates the distinctive character of Ocean Beach for the convenience of locals and visitors alike.

Here are some of the unique design features incorporated into the new comfort stations, as provided by Faulconer’s office:

- Solar panels to generate energy for the facility.
- A thin, cantilevered roof evocative of a bird’s wing in flight, invoking the popular 101. "Flying seagull" emblem.
- A water fountain and three easily accessible exterior showers with a privacy wall, which will be useful for parents helping young children wash off sand.

The restrooms also incorporate stories from Ocean Beach past and present, and quotes from famous authors for whom local streets are named, like Froude and Voltaire.

The San Diego County Bicycle Coalition has worked closely with the city to initiate the process in the beach area, according to coalition executive director Andy Hanshaw. The organization’s mission is “to advocate for, and protect the rights of, all people who ride bicycles.”

“Promote bicycling as a mainstream, safe and enjoyable form of transportation,” as provided by Faulconer’s office.

- The letters "OB" carved into the west wall.
- A creative geometric shape without a single 90-degree angle along the entire wall — a slightly skewed design to reflect the unusual rotation of the Ocean Beach street grid.
- Six bicycle racks to accommodate locals’ preferred form of transportation.
- Design concept by local firm Kevin deFrentas Architects and artwork by former Ocean Beach resident Shipshe Take
dan that covers the entire roof and can be experienced without ever entering the structure. The art depicts the Ocean Beach shoreline when it once hosted the Wonderland Amusement Park, which opened July 4, 1913 — 99 years ago last week.

The text that overlaps the image incorporates stories from Ocean Beach past and present, and quotes from famous authors for whom local streets are named, like Froude and Voltaire.
Congratulations to The Lucky Winners of THE BEACON’S 2012 OB STREET FAIR FREE DRAWING

Dr. KEVIN L. FAULCONER

This summer, San Diego will begin restoring neighborhood services, better protecting our beaches and bays, reinvesting in public safety and guarding San Diego’s tax dollars by strengthening financial safeguards. I recently voted for a balanced budget that delivers these results without unrealistic assumptions or accounting gimmicks. The 2012-13 budget includes:

- Adding eight operating hours per week to every branch library and five hours to every recreation center.
- Investing $130 million into road and other infrastructural repairs.
- Increasing police academies to 120 cadets and holding the first firefighter academies since 2009, adding 60 firefighter recruits.
- Restoring three lieugard positions to improve beach safety.
- Fully funding beach and bay fireposts.
- Supporting an economic development program to create, attract and retain jobs and businesses.
- Funding to complete the Security and Emergency Commission’s final risk management report and close the book on San Diego’s troubled financial past.

People have asked me how good this news is possible given several years of deep cuts because of the recession and fiscal mismanagement. It was not long ago the city planned to shut down core services like the Ocean Beach Branch Library and Cabrillo Recreation Center — a shortsighted proposal against which I joined hundreds of neighbors to permanently quash.

The simple answer is that we made tough and necessary decisions. I am proud of the work of this administration and our hard work delivering results.

BRIEFS

CONTINUED FROM PAGE 4

Ocean Beach High Tides and Flooding
Circa 1941

COUNCIL CORNER

Budget restores protections, protects beaches, guard tax dollars

WINNER: Jane Swanson
PICKED FROM: THE BLACK

WINNER: Mark Mandenhot
PICKED FROM: OB Mexican Bistro

WINNER: Stewart Kocivar
PICKED FROM: The Electric Chair

CONGRATULATIONS TO THE LUCKY WINNERS OF THE BEACON’S 2012 OB STREET FAIR FREE DRAWING

WINNER: KEVIN FAULCONER

WALRUS WATCHING

Sunset Garage
Bravo’s Mexican Bistro
Dogg Beach Dog Wash
Dreamgirls 5054
The Black James Gang
The Black Bead
Pacific Shores
Coldwater Banker
Renovation The Salon
Ocean Beach Surf & Skate
OB Paint & Hardware
Electric Chair Salon
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Correction and Clarifications:

- In May 31 Beacon story, “OB Beach Ball draws disciplined crowd in kickoff for summer event series,” Page 1, an editing error in a paraphrase and quote attributed to San Diego Police Department Sgt. Gary Mondesir led to the omission of a key word that changed the meaning of the paragraph. The paraphrase and quote should have read: Mondesir added, however, that officers observed “a lot of intoxicated people this year.”

- In a story about the recent Ocean Beach Chili Cook-Off Festival winners (“Chili gurus rewarded with top votes at cook-off,” June 28 Beacon, Page 11) the Puppies Choice, second-place team should have been correctly identified as the Bar Key team.

- In a June 28 Beacon story headlined “Action urged as plan unfurled to stem erosion at Sunset Cliffs,” Page 1, quotes were incorrectly attributed to Sunset Cliffs Natural Park Council board member Ann Swanson. The quotes should have been attributed to board member Del Robertson, who chairs the council’s Erosion Committee.

Please note that content be sent at least one week prior to publication and include valid contact information.

CANCER SOCIETY DISCOVERY SHOP SLENTES SAFETY

The Point Loma American Cancer Society is seeking a variety of clothing, accessories and decor to fit its “Into The Wild” event on Friday, July 20 (10 a.m. to 5 p.m.) and Saturday, July 21 (11 a.m. to 5:30 p.m.).

Proceeds go to cancer education and research. Free wristbands and headbands are available to cancer victims. Donations and new volunteers are welcome.

The Point Loma American Cancer Society Discovery Shop is located at 4006 10th Street, San Diego, CA. To RSVP please call Patty Glynn at (619) 224-4136.

Image Gallery

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Image Gallery
ed to operate the show as one of 15 spectacles across the country this past Fourth of July. Company officials said the fireworks finale was a first, and also offered hearty and repeated apologies for the mistake that gained attention on the national stage.

Garden State Fireworks, Inc. co-owner August Santore told reporters last week that his company would do “whatever we need to do” to rectify the mistake, including the possibility of a refund for tickets purchased to the July 4th San Diego Fireworks Show, the Port of San Diego is very disappointed that this year’s event failed due to an apparent technical malfunction, which caused the fireworks to discharge early and all at once,” said port officials in a formal statement July 5.

“Since 2001, the Big Bay Boom Fireworks Show has grown each year and successfully entertained hundreds of thousands of spectators along San Diego Bay on July 4th. The Port of San Diego has been proud to serve as a title sponsor and one of many public agencies, hotels, restaurants, marinas and other organizations who support the show,” continued the statement. Port District officials said funds raised above and beyond the cost of producing the show are donated to Armed Services YMCA, a nonprofit organization that provides comprehensive services to military service members and their families.

The end result of the planned 16-minute show was a spectacular that lasted just several seconds and ended with a huge plume of smoke over the bay. The fireworks finale was a first, and also offered hearty and repeated apologies for the mistake that gained attention on the national stage.

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TURF CONTINUES FROM PAGE 1
the field compliant with high school, NCAA and international use requirements.
Crews from Byrom-Davey, Inc., a San Diego firm specializing in athletic facilities, have been busy since mid-June tearing out the old turf, which was worn thin from more than a decade of intense use by Pointer sports teams and physical education classes, as well as various community groups.

But finishing the new field isn’t just a matter of stretching a new carpet over dirt. Below infill and backing layers, crews will install water piping under the entire field, giving Pointer officials the ability to flush, sanitize and cool the new surface.

Also, a special vacuuming/cleaning tool will be kept at PLHS for surface maintenance.

Byrom-Davey, Inc. has installed 194 stadium and track surfaces over the last 11 years, including practice fields for the San Diego Chargers.

FieldTurf claims its product “protects muscles and joints,” with a “documented reduction in neural and lower-extremity injuries,” something that is encouraging to school coaches and leaders.

“This field is going to be 100 percent better than what we had,” Murphy said. The Byrom-Davey website cites a record of performance, stating, “We normally are in advance of the schedule,” saying the company has never missed a completion date. It lists numerous country public and private schools as references. PLHS administrators, coaches, parents, players, fans and boosters are counting on the company’s spotless record to remain so.

Above, Bennie Edens Field has been completely removed from Point Loma High School’s stadium in preparation for the installation of a beautiful new artificial turf field to honor the legendary coach. Below, the well-worn artificial turf from Bennie Edens Field at Point Loma High School sits ready for removal as crews prepare the surface for installation of a beautiful new field.

Photos by Mike McCarthy I The Beacon

New Listing in Point Loma
This Custom Home with 2-bedrooms/3-bath was completed in 2011 and has many beautiful features: Gourmet kitchen, 2-living areas, 2-fireplaces, a Resort Style Backyard with pool/spa/putting green and a huge Gazebo, 2-car garage + 3-add’l spaces, great Master Suite, office area, and you could easily add a 3rd bed room with a wall addition.

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Mike Berrill, 64, longtime OB community advocate

Mike Berrill, with family members at his side, passed away peacefully at his home on June 23. He was 64.

Mike had been fighting cancer for two years. He will be dearly missed by his family, a multitude of friends and the community of Ocean Beach, to which he dedicated himself for more than 30 years.

Mike is survived by his mother, Eileen Berrill; wife, Sue Berrill; children Mike, Kristie and Amanda; daughter-in-law, Jenny; and grandchildren Riling and Olivia Berrill.

Mike grew up in La Mesa and graduated from Saint Augustine High School and the University of San Diego with a master’s degree in education. He was proud of his 10-year career as a special-education teacher at Santana High School in San Diego. He left his imprint on the lives of those he taught.

In the early 1980s, Berrill became active in the Ocean Beach community that continued to his final days.

Mike is probably best known as the major co-founder of the popular Ocean Beach Geriatric Surf Club and Precision Marching Surfboard Drum Team and Gidget Patrol. Known by club members as “Uncle Mikey,” he would lead the crazy antics of old-time surfers down parade routes of cities all over the country.

Mike was passionate about the ocean. Surfing was the favorite pastime. His love of surfing and the friendships he made on the water stayed with him his whole life.

Along with his dad, Clem Berrill, Mike also became an experienced sailor, notching many races over the years. In recent times, Mike developed an interest in outrigger canoe paddling and helped establish the Kanaka Outrigger Canoe Club.

Mike’s children will be his testimony and carry on his philosophy of life. “Being a special-education teacher, our dad developed patience,” reads a family statement released by Mike’s children. “He was always friendly to strangers and never shy to strike up a conversation. To say our dad was ‘well liked’ was a huge understatement. Our dad never placed too much importance on winning or losing. The fun of the game and being a good sport was more important to him. His attitude was always based on practicality, including his famous phrase, ‘If you pack it, you carry it.’ His financial approach, ‘tight and frugal,’ helped us to become financially responsible adults.”

The Kanaka Outrigger Canoe Club will hold an open celebration of life and Hawaiian blessing for Mike Berrill on Saturday, July 21 at 10 a.m. at the north end of Liberty Station next to the Corvette Diner.
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THE PENINSULA BEACON | THURSDAY, JULY 12, 2012 | PAGE 9

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**Tower Two Beach Cafe**
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  - 619-222-7901
  - [innatsunsetcliffs.com](http://innatsunsetcliffs.com)
- **Hostelling International**
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  - 619-226-4133
  - [hostelinginternational.com](http://hostelinginternational.com)

### Restaurants & Services

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  - [obpizzashop.com](http://obpizzashop.com)
- **Pizza Port Brewing Co.**
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  - 619-223-7381
  - [pizzaportbrewingco.com](http://pizzaportbrewingco.com)
- **House & Sake Bar**
  - 4906 Voltaire St.
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  - [houseandsake.com](http://houseandsake.com)
- **OB Noodle House & Sake Bar**
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- **Margarita’s Restaurant**
  - 5028 Newport Ave.
  - 619-223-3317
  - [margaritasrestaurant.com](http://margaritasrestaurant.com)
- **Ranchos Cocina**
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  - 619-224-7835
  - [ranchoscocina.com](http://ranchoscocina.com)
- **Nico’s Mexican Food**
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  - 619-222-PIER
- **Margarita’s Restaurant**
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### Special Offers & Events

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- **Happy Hour 5 – 6pm**
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  - Every Day: Happy Hour 4 to 7pm
  - $3 Heineken pints all day / night
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- **Dollar Drinks**
  - $1 off U-call it 8pm-1am
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### Entertainment

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  - Miller High Life Bottles $2
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### Opening Hours

- **Every Day**
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### Contact Information

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Disabled beachgoers have new tool to roam the sand

District 2 City Councilman Kevin Faulconer (at podium) and councilmembers Todd Gloria and Sherri Lightner donated funds from their offices to supply beach communities with new beach wheelchairs for disabled beachgoers.

“I can’t thank the councilmembers enough,” Opean said. “To step up and actually buy a new wheelchair is beyond my dreams. I thought we were just going to get the old one repaired. Now we have plenty of chairs that can get me down to the water.”

With the new additions, at least two manual beach wheelchairs are available for free at the La Jolla Shores, Mission Beach, Ocean Beach and Pacific Beach Lifeguard towers. To reserve one, visit the lifeguard towers or call (619) 990-1876.

“All San Diegans and visitors deserve the opportunity to enjoy our city’s beaches, bays and natural wonders,” said Faulconer. “These new beach wheelchairs will help beachgoers and surfers with disabilities to feel every bonfire, tide every sunset, watch every ocean and catch every wave.”

Other partners include the Disability Services Advisory Council, which donated funds for the new wheelchairs; San Diego’s Park and Recreation Department, which will oversee the program; and San Diego lifeguards, who will assist beach wheelchair users.

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When the ocean’s call beckons, San Diego’s residents and visitors alike flock to the coastal communities by the hundreds, particularly during the city’s warm summer months. For beachgoers with disabilities, however, a simple venture to the beach can be a daunting and discouraging undertaking.

Now, thanks to the efforts of councilmembers Sherri Lightner, community groups and advocates for those with disabilities, wheelchair-bound beachgoers, too, can effortlessly answer the ocean’s enticing call.

Just in time for summer, community leaders have banded together to supply three new beach wheelchairs at San Diego’s busiest beaches. The wheelchairs, which have offshore, all-terrain wheels and a water-friendly cushioned seat, allow those who are mobility disabled to easily access the ocean, at no cost to the user.

La Jolla Shores Surfing Association member Amelia Opean—an avid swimmer and wheelchair-bound paraplegic—spurred the fundraising effort to fix La Jolla Shores’ only beach wheelchair last year.

“I’ve been swimming down at La Jolla Shores about six years,” she said. “The chair wasn’t working too well last year, so I stepped up to raise some money to get it fixed. Co-workers, friends, families—we all pitched in—and the La Jolla Shores Surfing Association was generous enough to match those funds.”

When area councilmembers Sherri Lightner, Kevin Faulconer and Todd Gloria discovered Opean’s efforts, they, too, decided to donate funds from their own office budgets for the cause.

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SEASONAL WORK FOR THE POST OF 1/17/82.

NEW KIDS IN TOWN

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Or join us on Sunday at the
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SEASONAL WORK FOR THE POST OF 1/17/82.

NEW KIDS IN TOWN
Point Loma Summer Concert Series getting ready to sizzle

Five Friday concerts on tap through Aug. 10

By BART MENDOZA | THE BEACON

Now in its 12th year, five annual traditions in the area are as highly anticipated as the Point Loma Summer Concert Series. Held at Point Loma Park, over five consecutive Fridays between July 13 and Aug. 10, the event has become synonymous with outdoor family fun.

Entertainment this time around will be provided by an eclectic mix of performers, including variety dance band Atomic Groove on July 13, Beach Boys tribute group The Surf City All-Stars on July 20, oldies specialists The Mar Del Boppers on July 27, the United States Navy Band Southwest on Aug. 3 and Neil Diamond tribute Hot August Night on Aug. 10.

Additionally, there will be a "Junior Stage," featuring talent from local junior and high school students.

Music coordinator Bob Randall has been with the event for four years, charged with finding the right mix of music. "We’ve found that what goes over best is cover bands, playing songs audience members have heard before," said Randall. "It’s music they can relate to, reminiscence to and dance to."

When it comes to selecting music for the series, event chair Martha Phillips agrees it’s important to have groups with mass appeal.

"One of the things that is a little bit of a challenge for us is that people like to come and know all the words to all the songs, so original music or jazz don’t work as well as old favorites," Phillips said. "When Dean Colley of Hot August Night belts out ‘Sweet Caroline’ and 1,000 people sing along, it doesn’t matter how old you are, it’s amazing."

Phillips, part of a 12-person volunteer board, has been with the event since 2004, during which time it has doubled in size. Crowds now number up to 3,000, but don’t expect it to get doubled in size. Crowds now number up to 3,000, but don’t expect it to get
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under way for the 2013 series.

"People just have a wonderful time," Phillips said. "The best part is, you get paid in smiles."

• The Point Loma Summer Concert Series takes place from 5:30 to 8:30 p.m. on July 13, July 20, July 27, Aug. 3 and Aug. 10 at Point Loma Park, 1049 Catalina Blvd. For more details, visit www.plconcerts.org.

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Costume photo

Point Loma Summer Concert Series runs from July 13 through Aug. 10.

Above, A Rolling Stones tribute band performs during a Point Loma Summer Concert Series.
Did You Hear Me?

Remember when you were young and your parents were lecturing you and at the end would say “Did you hear what I said?” You would say “yes” and continue on with your own thoughts.

Today, as adults, we find ourselves in a reverse situation. Children, at times, must now take over the role as parent to ensure the well being of their elderly parents.

Linda calls her mother every night after work and gets the same answer to every question she asks – “Everything’s fine.”

Assuming that “everything is fine” and that her mother knows and does what is best may be putting them at risk. Experts advise it is better to discuss the possible need for extra support before the need arises. Sit down with your parent and ask questions about what concerns them about the future, are they worried about losing independence; do they want to stay at home? Become their partner by knowing what legal and financial arrangements are in place.

For more resources to help children care for their elderly parents, call the Certified Geriatric Care Managers at Innovative Healthcare Consultants. These RN who are experts in geriatrics will help you know when it is time to bring in professional services to help or when the need to find new living arrangements is necessary. Call them at (760) 731-1334 or view the website at www.innovativehc.com.

The Anderson Medical Center

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic.

The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on weekends and holidays.

The Anderson Medical Center is equipped to handle minor emergencies such as suturing and casting. It is also equipped to handle minor emergencies such as suturing and casting. It is also equipped to handle minor emergencies such as suturing and casting.

NuAge Facelift

The NuAge Facelift procedure is a minimal incision approach for facial rejuvenation of the lower face and neck. Compared to the traditional facelift the NuAge Facelift is less invasive and has a quicker recovery time.

At our facility the Grossmont Oral &
Facial Surgical Center, we take pride in the vast scope of services we offer our patients. With three main focuses of practice: Oral Surgery, Maxillofacial Surgery, and Facial Cosmetic Surgery, we are able to customize a treatment plan for each of our patients.

As oral and maxillofacial surgeons, Dr.’s Varboncoeur & Caldemeyer are recognized specialists who are surgically trained in a hospital based residency program for a minimum of four years. They rotate alongside medical residents in internal medicine, general surgery and anesthesiology, and also spend time in otolaryngology, plastic surgery, emergency medicine and other specialty areas. Their training focuses, though, on the hard (ie, bone) and soft (ie, skin, muscle) tissue of the face, mouth, and jaw. Dr.’s Varboncoeur & Caldemeyer’s knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and aesthetic conditions in the maxillofacial anatomical area.

For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center Call 619-463-4486 or go to our website to learn more about this revolutionary procedure at vchoms.com

Therapy Changes

Therapy Changes offers customized therapy for individuals, families and couples – with unique services for adolescents and children. Our philosophy of providing focused guidance when you need it most means we are a positive force for change at life’s most difficult moments. When going it alone can feel overwhelming and hopeless. Our therapy helps people struggling with transitions regain a sense of engagement and control, and start feeling better.

Our Psychologists believe in the benefits and results of therapy and are committed to the comfort and success of each client we serve. This commitment can be found in all aspects of what we do.

We look forward to building a relationship with you and are always available should you have any questions. To speak with a therapist today, please call 619-275-2286 or schedule an appointment online at www.therapychanges.com.

—those times in life when focused guidance is what you need most

Cold Melon Salsa from People’s Co-op

We’ve all had tomato or even mango salsa at a restaurant or party, but here is a salsa recipe with an unusual combination of ingredients. It takes the best of the season and can be used in just about any course from the appetizer to dessert. It’s great as a dip with crispy baked toasts, added to mesclun salad, or as a topping to vanilla ice cream.

The recipe serves 8 and is easy made in 20 minutes. It’s great to make it the day before to allow the 4 hour chilling time and for the flavors to meld together.

Finely dice tomatoes, (for a smoother texture you can remove the seeds), peeled honeydew melon, and peeled cantaloupe. Put into a large serving bowl.

Mince red onion and jalapeno pepper (you can add more chilies if you like a little more heat). Add to the bowl. Finely chop fresh cilantro and almonds, add to the bowl and stir with the other ingredients. Stir in orange juice, salt and lime juice. Refrigerate for at least 4 hours and serve topped with a few cilantro leaves.
Young local actress gets call in ‘Les Miserables’

Brielle Mussoemel of Point Loma has earned a principal role in California Youth Conservatory’s upcoming production of “Les Misérables School Edition.”

Mussoemel, a vocal dynamite, has been cast as Eponine, the love-torn French revolutionary who dies on the barricade after helping Cosette and Jean Val Jean escape from the inspector. Based on Victor Hugo’s classic novel, “Les Misérables” is an epic saga of love woven through three turbulent decades of 19th century France. Full of romance, passion, suspense and humanity, it is also the story of one man, the fugitive Jean Valjean, who is pitied against the pitless and self-righteous inspector Javert in a lifelong struggle to evade capture.

Propelled by a Tony Award-winning score from Claude-Michel Schonberg and librettist Herbert Kretzmer, the timeless masterpiece is directed by local professional actor/director Shawn T. Evans, with scenic design by George Gonzalez. The performances open on July 13 and runs for 16 shows through July 29 at the Welk Resort Theatre, 38867 Via Sebastian, San Diego, CA 92078. For reservations, call (800) 882-7449, or email info@welktheatresandiego.com. For more information on the performance, visit www.welktheatresandiego.com or by calling (888) 802-7449.

SUNDAY, July 15
Shades Oceanfront Bistro will host the San Diego Humane Society and Second Chance Rescue to help the Ocean Beach adoption event from 10 a.m. to 2 p.m. Puppies, dogs, kittens and cats will be available for immediate adoption on the patio of Shades, 5083 Santa Monica Ave. For more information, call (619) 222-0501, or visit www.shades-ob.com.

WEBWEDNESDAY, Jul 18
The Point Loma United Methodist Church hosts a free session of “Intro to Gentle Yoga for Relaxation” from 11:15 a.m. to noon, at the church, located at 1984 Sunset Cliffs Blvd. Participants will learn to relax muscles, release pain and stress with relaxation techniques. No previous experience necessary. For information or to reserve a spot, call (858) 785-5813, or email info@dharayoga.com.

THURSDAY, July 19
The Ocean Beach Historical Society will present a remembrance program featuring friends and family of ocean beach poet and activist LeVerne Brown and the important part she played in Ocean Beach’s history. The program takes place at 7 p.m. at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit www.obhistory.wordpress.com.

SATURDAY, July 21
At St. Peter’s by the Sea Lutheran Church, “Ocean Beach Church in Ocean Beach will host its annual Fun Fest with games, food and fellowship at the church, located at 1371 Sunset Cliffs Boulevard, from 3 to 6 p.m. For more information, call (619) 224-1689, or visit www.stpeterbythesea.org.

The Point Loma Artists Association hosts an “All-White Ice Cream” event, featuring displays of original works like fine jewelry, paintings, photography, sculpture and more, all white or ice cream social as part of the free neighborhood show. All works of art will be available for sale. A portion of the proceeds from all art sales go to support the church’s library fund. The event takes place from 10 a.m. to 3:30 p.m. at the Hervey Point Loma Branch Library, 3701 Voltaire Street. For more information, visit www.pointlomaartists.com.

*Producers of the hit reality TV show “The Biggest Loser” will be holding an open call for contestants in a once-in-a-lifetime opportunity to lose weight and compete to win $250,000. The open call takes place at NTC venues at Liberation Plaza, 500 W. Harbor Drive, on July 14. The open call is open to all NTC attendees and an open-access event to give boating the lifestyle and a chance to shop the best boats and marine accessories. General admission is $12. Active-duty military and children 12 and under admitted free. The show takes place at 1300 Harbor Island Drive. For more information and a list of activities and times, visit www.sandiegoyachtandboatshow.com.

STAGECOACH DAYS: CELEBRATING THE WEST ON THE MOVE

—All Around for Old Town, Next Step Stagecoach Days at Old Town San Diego State Historic Park—

Old Town San Diego State Historic Park is celebrating travel and transportation in the era of real horsepower at Stagecoach Days from noon to 4 p.m. on Saturday, July 21.

The free event features a different theme each Saturday throughout the summer including Californio Day, Women of the West, Soldiers and Amusements, and Stagecoach Days: Celebrating the West on the Move.

The 2012 Stagecoach Days schedule is as follows:

July 14 – California Day — From 1821 through 1848, the era in which Spanish Govt. established Alta California, is known as the Californio era. From 1848 to 1868, the era in which the United States acquired the California territories, is known as the Mestizo era. July 21 – Women of the West — Women played an important part in the development of the West. Some of the daily activities of these women will be demonstrated on this Sat.

Thursday, July 26-29
The ninth annual San Diego Yacht & Show will be held at Harbor Island Park and Ocean Beach. The event will feature vendor booths, a wide variety of fun activities, including doggy games in the Howlin’ Hounds Funzone and raffle prizes. All proceeds benefit Harbor Island, which has helped more than 100 dogs with more than $68,000 in grants for veterinary care. Register at www.houndsforhope.org. For more information about the event, visit www.labradorharbor.org.