**Urban agriculture advocates finally reap city guidelines**

Lack of rules in past got OB woman’s goat — literally

Laura Hershey wanted goats. Specifically, she wanted her goats back.

Hershey, the founding member of San Diego’s Goat Justice League, has fought for relaxed regulations for urban agriculture — that growing phenomenon wherein residents of major metropolises around the world are getting back to their rural roots with backyard chickens, goats and community gardens — since her pet goats, Prudence and Faith, were banished from her Ocean Beach home based on the complaints of a contentious neighbor a couple years ago.

Hershey was admittedly keeping goats without the legal backing of a city ordinance, but, she said, she had received the blessing of every homeowner surrounding her property to have them, and only after she had been enjoying the benefits of fresh milk and cheese — not to mention the companionship — for a full nine months did her next-door neighbor decide he no longer wished to live within striking distance of a couple of miniature goats.

“He said they were too loud,” she said, “so I used a decibel meter to measure their noise and it turned out they registered about 70 [decibels], which is the same as human conversation.”

Hershey pointed this out to the city worker assigned to assess neighborhood complaints of a contentious neighbor a couple years ago.

Ocean Beach resident Laura Hershey, who founded San Diego’s Goat Justice League, gets a kiss at a Ramona farm. She brought home two of her own goats from Inyokern once she was sure the city would adopt new regulations relaxing urban agriculture rules. Photo by Kendra Hartmann | The Beacon

**Merchant-solidarity campaign ramps up**

By PATRICIA WALSH | THE BEACON

Merchant are now getting involved as the Peninsula Chamber of Commerce goes through the second phase of its “Forward, Together!” campaign to explore the establishment of a business improvement district (BiD) in the Shelter Island area.

Ann Kinner, owner of Seabreeze Nautical Books & Charts, and Matt Kalla, president of the Peninsula Chamber, have been walking door-to-door to talk about BiD and inviting them to weekly meetings.

“I didn’t know what a BiD was at first, but when it was explained, it made sense,” Kinner said. “We need something to keep businesses going here and promote what we’ve got.”

She said she sees many benefits of a BiD, including promoting the Shelter Island experience, giving merchants a unified voice in government affairs and preservation.

“We want to keep the character of Shelter Island so it doesn’t turn into condo land,” Kinner said.

A BiD is a collaboration between the city and a small business community. The businesses assess themselves an annual fee, which the city collects and returns to the BiD through a nonprofit organization. Elsewhere in the Peninsula, the Ocean Beach business district has a successful BiD managed by the Ocean Beach MainStreet Association. It focuses on organization, promotion, economic restructuring and design.

The Peninsula Chamber kicked off the “Forward, Together!” campaign in May when it mailed a survey to the area’s 770 businesses. Hour-long conversations are being held to engage the community in
ON VACATION WITH THE PENINSULA BEACON

Tina Remley, left, and her mother, Geralyn Schulkind take their Peninsula Beacon to Victoria, British Columbia to celebrate Geralyn’s 65th birthday. Happy birthday to all of us at The Beacon, Geralyn! 

Jerry Sanders (not, no San Diego’s mayor) of Ocean Beach holds the Beacon in front of the Duke of Argyll Castle in Inveraray, Scotland.

Scott Ambrose pauses for a romantic moment with The Beacon at St. Mark’s Square in Venice, Italy. Ambrose also submitted a shot of him and his hometown newspaper at Venice’s the outer garden islands with a waterfall in the background.

“What I worry about is that

each boat is somebody’s busi-

tess, it just floats. A [busi-

ness improvement district] would give us some clout”

ANN KINNER
Owner, Seabreeze Nautical Books & Charts on Shelter Island

BID CENTRIS

CENTRIS REALTY

the BID-exploitation conversation. The community is invited to participate during the upcoming meetings.

Dates are:

July 31: 4 p.m., Pacific Sotheby Real Estate, 1075 Rosencrans St.

Aug. 1: 8:30 a.m. at the Wine Pub, 2967 Shelter Island Drive

The conversational meetings are to gather input on how to attract more people to the area. They also want to become more effective in working with City Hall and how to improve stronger ties between businesses, according to Kallia.

Shelter Island was created in 1950 when the San Diego Harbor Commission dredged San Diego Bay to deepen and widen the channel. Once home to one of the world’s largest commercial fishing fleets, the area today hosts an eclectic mix of maritime and hospitality businesses. Many are mainstays of tourism, San Diego’s third-largest industry. Virtually free of corporate logos, the neighborhood gets its identity from small businesses. Iconic San Diego family-owned restaurants like the Bait & Tail, which opened in 1953, and the Brigantine’s flagship restaurant, which opened in 1968, are anchors in the community. Locally-owned or operated hotels include Humphreys Half Moon Inn, the Island Palm Hotel & Marina, Pacific Terrace, Bay Club and the Kona Kai.

Seabreeze Books, which provides maritime provisions and nautically-themed books and gifts, opened in 1980. Kinner, who took ownership of the shop in 2004 and is also a boat captain, is concerned about keeping San Diego’s sports fishing industry afloat.

“What I worry about is that each boat is somebody’s business, it just floats,” she said. “A BID would give us some clout.”

Celia Condit and her husband, Art Taylor, co-owners of Sports Fish and Natural History Tours, Condit supports establishing a BID.

“We have the finest sports fishing in the world,” Condit said. “A BID would help us create awareness about that.”

For more information on the “Forward Together!” campaign, call (619) 295-5171, or visit penisulachamber.org.

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BEACH, holds a waterbus in the garden islands with his hometown. Ambrose also sub-

mited a shot of him and his hometown newspaper at Venice’s the outer garden islands with a waterfall in the background.

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On vacation with THE PENINSULA BEACON
Point Loma artists filled the space and time of summer with life’s more leisurely luxuries on July 21 by hosting an art and ice cream event at the Hervey/Point Loma Branch library.

Members of the Point Loma Artists Association exhibited watercolors, acrylics, prints, ceramics, cards and jewelry, donating 20 percent of their proceeds to the library. Visitors enjoyed free ice cream while they browsed, chatted with artists and found that perfect piece of art.

“At something you can enjoy and that will enrich your life,” said Brady Brady, who uses acrylic for her realism paintings. “Art is something you can enjoy and afford,” said Anderson, who picked up a brush nine years ago. Her specialty is painting pictures. Her original works, prints and cards capture the drifting moments of her canoecraft and unbridled innocence of her toddler grandchildren. Her sulling scenes are commissioned and used as trophies for regattas.

Johnson, a dialysis nurse at the Veterans Affairs Medical Center, started working in earnest with clay six years ago. “I thought I’d go crazy if I didn’t do something creative,” he said. “The clay is centering. When I’m in the moment, I’m not thinking about the mortgage, problems at work, or conflict at home. It’s a sacred place to meditate and not think — just be. Working with clay is my meditation.”

Johnson’s ceramics, a varied collection of bowls and vases, are notable for their varied circular patterns from suns to Celtic knots. His display didn’t showcase the urns he makes for cremated ashes. Those are turned on request and require hands-on involvement from those who want them. It’s a technique he learned from an instructor.

“When my mother died, family and friends sat around and passed clay for her urn and shared memories about her,” he said. “After the session, the clay was turned into a urn. It is infused with loving thoughts and feelings. Our DNA became part of the vessel, so she is surrounded by the ones she loves.”

Georgia Hoopes is a lifelong artist who combines Eastern and Western techniques in her watercolors. For Hoopes, whose son died unexpectedly in 2004, art is what she does for a living or hobby, but what she does for life itself.

Hoopes said that while she pours emotion into her work, she never tells people what her works mean to her. Because art is interpretative and different for each person, she only shares her process for arriving at a finished piece. Her exhibit is of her favorite watercolors, “Prayers of Our Mothers.” It was inspired by the “Flags of Our Fathers,” a book-turned-movie about the Marines and Navy corpsman who raised the flag on Iwo Jima during World War II. The ethereal red-and-blue-hued painting is of a woman wearing a statue of liberty crown in front of an American flag. At the bottom of the painting is an excerpt from a poem by Rumi, the 13th century Persian poet.

But most are looking for affordable art. “But no one is buying.” — just be. Working with clay is my meditative centering. When I’m in the moment I’m not thinking about the mortgage, problems at work, or conflict at home. It’s a sacred place to meditate and not think — just be. Working with clay is my meditation.”

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The ethereal red-and-blue-hued painting is of a woman wearing a statue of liberty crown in front of an American flag. At the bottom of the painting is an excerpt from a poem by Rumi, the 13th century Persian poet. Hoopes prices her art not by the time it takes to complete, but by its size. She is selling “Prayers Of Our Mothers” for $600. “Everybody’s asking about it today.”

It was inspired by the “Flags of Our Fathers,” a book-turned-movie about the Marines and Navy corpsman who raised the flag on Iwo Jima during World War II. The ethereal red-and-blue-hued painting is of a woman wearing a statue of liberty crown in front of an American flag. At the bottom of the painting is an excerpt from a poem by Rumi, the 13th century Persian poet.
QuickHits

Boy, 16, injured in jump from 'The Clam'

Although lifeguards repeatedly warned a large group of about 40 young daredevils to stop jumping into the ocean from “The Clam” at Osprey Point along Sunset Cliffs on July 22, the youthful crowd continued to do flips and tumbles.

The end result was that a 16-year-old boy was injured around 4 p.m. when his friend apparently landed on top of him in the water, said officials.

Lifeguards were forced to send in a helicopter to airlift the victim.

Man arrested after two bomb threats in OB

A 28-year-old man who was acting erratically in the area of Robb Field on July 20 was taken into custody by police after he allegedly made two bomb threats against others.

The suspect, identified as Kerhington Kilgore, allegedly told a woman he placed a bomb in a mailbox on Ebers Street near West Point Loma Boulevard shortly before 10 a.m. The woman reported the incident, setting in motion a task force from the San Diego Fire-Rescue Department, police officers and the Bureau of Alcohol, Tobacco, Firearms and Explosives. While a note was reportedly found, no explosive devices were located by authorities.

Meanwhile, Kilgore reportedly headed to Robb Field, where he threatened to rob a person and battery against a police officer — apparently stemming from reports Kilgore spied in the face of an officer.

Point Loman to stand trial in embezzlement

Former Jack’s La Jolla bookkeeper Tara Moore, 40, of Point Loma will stand trial on charges of grand theft, embezzlement, financial elder abuse and forgery after being accused of stealing more than $1 million from Jack’s, nearly $1 million from a former employer, and nearly $2 million from her former mother-in-law.

Moore is also accused of illegally collecting $150,000 from the U.S. Department of Veterans Affairs for spousal support she was no longer entitled to after the death of her third husband.

The accusations came to a head after Bill Berkeley, owner of the now-shuttered Jack’s, hired a forensic auditor to take a closer look into the restaurant’s finances dating back to 2003. Moore became a suspect and following a one-year investigation by the San Diego Police Department’s Economic Crimes Unit, she was arrested at her Point Loma residence in September.

Moore’s defense attorney, Paul Plingst, said while she was employed at Jack’s, Moore loaned money to the failing restaurant for upkeep of its daily operations like payroll, and the partial reimbursement was authorized by a signed agreement between Berkeley and Moore.

Plingst also said loans from Moore’s mother-in-law were approved and are being paid back.

Moore was ordered not to leave San Diego County, and she will return to court on Aug. 6 for arraignment.

The San Diego Yacht & Boat Show will include an opportunity to learn how to scuba using a heated pool. The activity is run by certified instructors.

- Wing-eating contest: Showgoers can cheer on contestants as they compete in the wing-eating contest, hosted by JACK-FM, with wings provided by Hooters on Saturday, July 28 at 1 p.m.
- XPRS-AM and KGB-FM will be on-site providing music entertainment and will be giving guests a chance to win Padres tickets and other prizes.

Tickets for the yacht and boat show, which takes place at 1380 Harbor Island Drive, are $12 for general admission (13 and up). Admission is free for children 12 and under and for active-duty military personnel with proper identification.

The show runs from noon to 7 p.m. on Thursday, July 26 and Friday, July 27; 10 a.m. to 7 p.m. on Saturday, July 28; and 10 a.m. to 6 p.m. on Sunday, July 29. For advance tickets and more details, visit www.sandiego-yachtandboatshow.com.
Continued from Page 1

URBAN AG

again at the City Council’s Jan. 31 ordinance. At a meeting of the Planning Commission and two City Council meetings to promote the practice of urban agriculture, their noise level wasn’t the issue — they weren’t allowed at all, quiet or not. Prudence and Faith were not legal San Diegans.

Hershey was lucky enough to have a close friend in Alpaca who agreed to take the goats — “I was able to maintain visiting rights” — but she wasn’t satisfied returning to simple city living, buying milk from the store. And as much as she missed the fresh dairy, she missed her pets more.

“It was a huge blow [when I gave up Prudence and Faith],” she said. “It was heart wrenching. I was in tears and it really broke my heart.”

Hershey will not get Prudence and Faith back (“They have a new owner who really cares for them”), but she was able to get the next best thing: Faith back (“They have a new owner and they’re going to be taken care of as pets”), she said. “It was a heart wrenching experience.”

As for Hershey, she spent much of the past, and chickens and ducks have become more popular. She even has one that sits on her lap out of the oven.

“Emotionally, it’s a good thing to have your pets,” he said. “It’s the most important thing.”

For a full list of updated urban agriculture regulations, see sandiego.gov/developmentservices/industry/pdf/urbansummarytable.pdf.

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URBAN AGRICULTURE IN A NUTSHELL

• Goats: Two — no more, no less — may be kept in single-family zones and on lots developed with single-family homes. They must be de-horned and males must be neutered. Sheds must be predator-proof, have easy access for cleaning and be watertight, ventilated and draft free with minimum 5 square feet per goat.

• Chickens: Up to five chickens may be kept with no setback requirements. Up to 15 chickens may be kept from a setback on residence, but with a coop at a 15-foot setback. Up to 25 chickens may be kept at 50 feet from any residence. Coops must be predator-proof, have easy access for cleaning and be watertight, ventilated and 6 square feet per chicken.

• Bees: Up to two hives may be located no closer than 30 feet from an offsite residence and 50 feet from the public right-of-way. More than two hives must be located 600 feet from an offsite residence and 1 00 feet from the public right-of-way. There must be a reliable water source within 10 feet, a 6-foot tall screen unless elevated at least 6 feet above grade, hives must face away from the closest property line, must be located within a secured area to protect the colony and members of the public, and keepers must be in compliance with recognized best practices for beekeeping.

• Exotic Animal Hospital, Dr. Jeffrey Lasiter, veterinarian and owner of the Avian and Exotic Animal Hospital, Dr. Jeffrey Jenkins, who raises his own chickens in his backyard, says he’s done a “postage stamp” of how he would keep his chickens. He says it’s not covered under San Diego’s former city ordinance. As her goats were noncompliant, she was allowed, as are bees if they are at least 10 feet from an offsite residence.

The regulations went through the Planning Commission and two City Council meetings to promote the practice of urban agriculture, their noise level wasn’t the issue — they weren’t allowed at all, quiet or not. Prudence and Faith were not legal San Diegans.

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Point Loma lighthouse still a beacon of historic proportion

Although a bit down the pecking order in Sand Diego’s tourist priorities, Point Loma’s lighthouse and national monument attracted 800,000 visitors last year.

“We gain attention through the National Park Service’s website, some magazine features and, generally, by word of mouth, but we get visitors from throughout the world,” said Jason Richards, chief of interpretation and education at Cabrillo National Monument.

Richards said park officials get many visitors from Germany in the fall to see the Cape Cod-structured lighthouse, and that “the water and at the tip of the Peninsula was thought to be adequate. It is the original.”

But the budget construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start. Over-design and construction costs soared past what was thought to be adequate. It didn’t fare well at the start.
Peninsula All-Stars battle forward in tourney play

The area’s most successful youth baseball team of the 2012 season is a group of 15- and 16-year-olds from Peninsula Little League.

The team is composed largely of players who competed for Point Loma High School during the prep season at the varsity or junior varsity level.

Last weekend, the locals traveled to Yucaipa to play in subdivision tournament after earning championship banners at District 32 and Section 6 tournaments.

If the Peninsula team is successful in Yucaipa, its next stop will be in Ontario, Calif., for a scheduled battle between Northern and Southern California champions, followed by a regional tournament in Ontario matching the best from Western states.

The regional winner will be off to Bangor, Maine, the site of the Little League World Series for this age division.

Team members include Cole Lemmel, a highly successful college-prep program gearing up to reach more students

PLHS college-prep program gearing up to reach more students

BY SCOTT HOPKINS | THE BEACON

A highly successful college preparation program will be offering help to a limited number of students at Point Loma High School in the next school year.

Reality Changers, a program aimed at providing assistance in many forms to first-generation college applicants from low-income or dysfunctional families will be expanding its scope of coverage in a new program known as the College Apps Academy (CAA).

The new program will open the Reality Changers umbrella to include all students, however the new service will not be free.

And this new option for students and families comes at a good time.

PLHS Principal Robbie Samilson warned in a recent letter to school families that her school’s counseling staff will shrink next year because of budget cuts, meaning less one-on-one time will be available for assistance with college planning.

For many years, the PLHS counseling department has urged students to become familiar with Naviance, an online service that helps students and parents in the often-confusing and difficult college application process. Naviance also charges fees for its services and PLHS counselors will continue to hold meetings in the fall for all interested students and parents using information provided by Naviance.

The new CAA program, however, will be limited to 20 students at PLHS and carries a price tag of $1,999. For this fee, students will receive the intense and successful assistance Reality Changers has developed since its inception a decade ago.

U.S. Secretary of Education Arne Duncan described the program as “a model for the country,” with a relatively small number of students earning more than $15 million in scholarships to many prestigious universities.

A recent Peninsula Beacon story described the Reality Changers experience of four current PLHS seniors from widely differing backgrounds.

These students have selected Columbia University, University of Chicago, Point Loma Nazarene University and San Diego State University, while a fifth PLHS senior in the program will attend UCLA.

In their “graduation” at University of San Diego earlier this month, each student received a sweatshirt from the university they will attend. Some impressive scholarship amounts were flashed on screens, including one student whose scholarship value was estimated at $541,000 to attend Villanova University.

The new CAA's mission is to “achieve each student’s (and parent’s) goal of gaining acceptance to a college where he or she can enjoy both academic success and a rich campus experience. Also to increase the student’s (and parent’s) well-deserved enjoyment of senior year, as well as reducing the financial stress of the college application process by infusing structure, establishing priorities and providing timely reporting.”

On the CAA website, a six-step process is described that will be used to obtain successful admission into a college of each student’s choice. It is estimated that students will spend anywhere from 90 to 250 hours completing college applications, writing and rewriting essays, filling out supplemental paper work and complex financial forms. Every step of the process will be managed by CAA staff.

For more information, visit collegeappsacademy.org, or call (619) 516-2229.

The Peninsula All-Stars, champions of District 32 and Section 6 championships, headed to Yucaipa over the weekend in hopes of victory and moving on to the next bracket between Northern and Southern California champions.

Courtesy photo

Peninsula All-Stars battle forward in tourney play

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The new CAA's mission is to “achieve each student’s (and parent’s) goal of gaining acceptance to a college where he or she can enjoy both academic success and a rich campus experience. Also to increase the student’s (and parent’s) well-deserved enjoyment of senior year, as well as reducing the financial stress of the college application process by infusing structure, establishing priorities and providing timely reporting.”

On the CAA website, a six-step process is described that will be used to obtain successful admission into a college of each student’s choice. It is estimated that students will spend anywhere from 90 to 250 hours completing college applications, writing and rewriting essays, filling out supplemental paper work and complex financial forms. Every step of the process will be managed by CAA staff.

For more information, visit collegeappsacademy.org, or call (619) 516-2229.

The Peninsula All-Stars, champions of District 32 and Section 6 championships, headed to Yucaipa over the weekend in hopes of victory and moving on to the next bracket between Northern and Southern California champions.

Courtesy photo

Peninsula All-Stars battle forward in tourney play

The area’s most successful youth baseball team of the 2012 season is a group of 15- and 16-year-olds from Peninsula Little League.

The team is composed largely of players who competed for Point Loma High School during the prep season at the varsity or junior varsity level.

Last weekend, the locals traveled to Yucaipa to play in subdivision tournament after earning championship banners at District 32 and Section 6 tournaments.

If the Peninsula team is successful in Yucaipa, its next stop will be in Ontario, Calif., for a scheduled battle between Northern and Southern California champions, followed by a regional tournament in Ontario matching the best from Western states.

The regional winner will be off to Bangor, Maine, the site of the Little League World Series for this age division.

Team members include Cole Lemmel, a highly successful college-prep program gearing up to reach more students

A highly successful college preparation program will be offering help to a limited number of students at Point Loma High School in the next school year.

Reality Changers, a program aimed at providing assistance in many forms to first-generation college applicants from low-income or dysfunctional families will be expanding its scope of coverage in a new program known as the College Apps Academy (CAA).

The new program will open the Reality Changers umbrella to include all students, however the new service will not be free.

And this new option for students and families comes at a good time.

PLHS Principal Robbie Samilson warned in a recent letter to school families that her school’s counseling staff will shrink next year because of budget cuts, meaning less one-on-one time will be available for assistance with college planning.

For many years, the PLHS counseling department has urged students to become familiar with Naviance, an online service that helps students and parents in the often-confusing and difficult college application process. Naviance also charges fees for its services and PLHS counselors will continue to hold meetings in the fall for all interested students and parents using information provided by Naviance.

The new CAA program, however, will be limited to 20 students at PLHS and carries a price tag of $1,999. For this fee, students will receive the intense and successful assistance Reality Changers has developed since its inception a decade ago.

U.S. Secretary of Education Arne Duncan described the program as “a model for the country,” with a relatively small number of students earning more than $15 million in scholarships to many prestigious universities.

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For more information, visit collegeappsacademy.org, or call (619) 516-2229.
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 parent.

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 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 designed to take care of patients of all ages as their primary care physicians. Physical therapy will also be available on a scheduled basis.

Sports

CONTINUED FROM PAGE 7


The team is coached by veteran Peninsula mentor Paul Rife. Alex Perez and Kevin Otsuka serve as coaches.

Ex-Pointer Cox proving her worth at UNLV

A 2011 graduate of Point Loma High School has already made a big splash at her university.

Freshman swimmer Erin Cox, on scholarship at University of Nevada, Las Vegas (UNLV), is competing at the varsity level for the Rebels, but also scored a perfect 4.0 grade-point average in her class.

Cox achieved the highest GPA among the entire Rebels women’s swimming and diving team, earning a spot on two all-league academic teams. Because her GPA was 3.0 or above, Cox was named to the Academic All-Mountain West Conference team, along with a record 22 other Rebels in women’s swimming and diving.

Also, by achieving 3.5 or above, Cox was named a Mountain West Conference Scholar-Athlete team member, one of a record 12 Rebels qualifying.

Cox’s success in the Individual Medley events for UNLV and is majoring in business.

— Scott Hopkins
Crossfit OB celebrates Ocean Beach community, fitness, arts

Mural captures spirit of locals; fitness facility planning to host Adventure Race in September

Crossfit OB owners Chadd Timm and Philip Kavanagh are dedicated to being part of the neighborhood. They opened their gym in October on Sunset Cliffs Boulevard near the corner of Narragansett Avenue. According to Timm, “All clients, owners and coaches live within a mile. We are not a franchise, but a completely locally-owned-and-operated business.”

As soon as they obtained the space, Timm and Kavanagh wanted to do something for the community. They decided that a mural on the less-than-attractive wall facing oncoming traffic would be a great idea. They hadn’t been able to find the right artist until Natasha Kozaily, who works out at Crossfit OB, approached them with some ideas.

Kozaily, who recently moved back to Ocean Beach from the Cayman Islands, said she knew she wanted to paint an underwater theme, something that represented OB. The mural is playful, stylish and vibrant, and depicts a smiling and adorable gray-and-bright-orange octopus with its tentacles undulating amid fronds of sea grass.

“I wanted to create a playful imaginary world under the sea that made people smile, and was inspired by other street artists like Supakitch and Koralie, as well as storybook illustrations,” said Kozaily. “For being my first mural of that size, it was a great experience and I hope to do more. I love whales, and I was also looking for an old sea approach with the underwater diver.”

In September, Crossfit OB will host its second annual Adventure Race. “This should be a fun and healthy activity for everyone, ages 12 and up, and you don’t need to be a member to participate,” Timm said.

The plan is to gather at Crossfit OB, where participants will receive clues to a map of Ocean Beach’s local businesses and landmarks. Once participants arrive at each location, they will perform some type of Crossfit-style exercise in exchange for raffle tickets. Prizes from vendors, local businesses and Crossfit OB memberships will be awarded to winning raffle tickets. Crossfit OB is located at 1811 Sunset Cliffs Blvd. The business is open Mondays through Fridays from 6 a.m. to 8 p.m. and Saturdays from 8:30 a.m. to 1 p.m. Saturdays have a unique program that includes an outdoor workout, followed by a free class for beginners, then an open gym until closing. Crossfit OB also offers personal training sessions by appointment. There are also special events like “Girls’ Day with Sonya.” For more information, contact Timm at (503) 568-6741, Kavanagh at (858) 922-5075, or visit crossfitoceanbeach.com.

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Kozaily’s website is www.natasha-kozaily.com.
The Broken Yolk Café is a favorite among local San Diegans and hungry visitors alike. With a strong dedication to good food and equally good service, the Broken Yolk has built a reputation for its large menu, ample portions and freshly-made flavors. Real shredded hash browns - not dehydrated potatoes. Salsa made fresh daily - never from a can or jar.

With over twenty different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast, Broken Yolk satisfies even the heartiest of diners - all in a clean, comfortable and casual atmosphere. Breakfast is served all day long, but if it's lunch you're craving, try one of our signature salads, juicy half-pound burgers or street taco plates. Whenever you're hungry, Broken Yolk is your place for fresh food served everyday of the week.

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- **Nightly Specials:**
  - Happy Hour Food 4 to Close & Drinks 4 to 7
  - Sushi Happy Hour: Monday-Friday 25% off Sushi till 6pm

**Tuesday**

- **Happy Hour 4-7pm**
  - Well Drinks $2.50 Margaritas $3.75
  - $1.50 OFF all pitchers, $1 OFF Premium Shots U-Call-Its

**Wednesday**

- **Nightly Specials:**
  - $3.00 Wing Basket & $5.00 Selected Whiskeys
  - Nightly Specials: Happy Hour 4 to 7

**Thursday**

- **Nightly Specials:**
  - Burger, Fries & 16 oz Domestic Draft $7.00

**Friday**

- **Nightly Specials:**
  - Happy Hour Specials
  - Every Sunday
  - $2.50 Mimosas & College Game Day!

**Saturday**

- **Nightly Specials:**
  - $3.00 Wing Basket & $5.00 Selected Whiskeys

**Sunday**

- **Nightly Specials:**
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**Aug 10**

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  - A Tribute to Neil Diamond

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**Clubs, Bars & Music Scene**

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Every Day: Happy Hour 4:30-6:30pm</td>
<td>$3 food, wine, well drinks, 1/2 price pitchers. Open 5am for breakfast and drink specials</td>
<td>$6 for 1/4 burger, fries &amp; domestic pint!</td>
<td>Open everyday for lunch at 11am</td>
<td>Watch Major League Baseball Here!</td>
<td>$2 Mimosa and $2.50 Mimosas</td>
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<td>$3 Turkey Tacos &amp; House Margarita all night!</td>
<td>$3 off wings</td>
<td>$3 Domestic Pitchers</td>
<td>Late Night Munchies</td>
<td>$4 S'mores and hot chocolate!</td>
<td>Try our new stuffed burgers!</td>
<td>Bloody mary specials.</td>
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<tr>
<td>$2 Off All Pitchers all night!</td>
<td>$3 off Micro Pitchers after 6pm</td>
<td>$3 Sunshine Lemonade all night!</td>
<td>Super Pint Night</td>
<td>$3 Heineken pints all day / night</td>
<td>Miller High Life bottles $2</td>
<td>$3 Heineken pints all day / night</td>
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<tr>
<td>Happy Hour 5 – 6pm Everyday 1/2 Price Pitchers. 28 beers / Locally crafted beers on tap!</td>
<td>Like us on Facebook! + Major sporting events on our 110” projection TV + Daily drink specials</td>
<td>$2.00 Miller High Life bottles</td>
<td>$3.50 Mimosas &amp; $9.00 Bud Light Pitchers, And All The NBA Games!</td>
<td>$2.00 Miller High Life bottles</td>
<td>Shot of the Week $3</td>
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<tr>
<td>$2 Off anything on our menu</td>
<td>$3 off pitchers after 7pm</td>
<td>$2.00 Miller High Life bottles</td>
<td>$2.50 Mimosas &amp; College Game Day!</td>
<td>Shot of the Week $3</td>
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<tr>
<td>Watch Major League Baseball Here! + Try our new Craft Cocktails!</td>
<td>$2.00 Tacos and $5.00 Select Tequilas</td>
<td>$2.50 Mimosa and $2.50 Photo Shoots &amp; $1.50 OFF all pitchers,</td>
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THURSDAY · JULY 26, 2012

The 2012 Stagecoach Days schedule is as follows:
August 11 – V aquero Drive -- Cattle was the sin-
August 25 – Soldiers and Citizens -- In the mid-
August 8 – T wainFest – The festival marks 120
August 18 – T wainFest – The festival marks 120
August 23 – Soldiers and Citizens – In the mid-
STAGECOACH DAYS: CELEBRATING THE WEST ON THE MOVE

Enjoy the colors & beauty of Old Town

HAPPY HOUR - EVERYDAY 4-7PM
WELL DRINKS: $2.50 MARGARITAS: $3.75
ALL PITCHERS: $1.50 OFF
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VARIETY OF BEER & WINE

Stable in the Old Town San Diego State Historic Park. For more information, call 619-234-5446 or visit www.sandiego.gov/ parks/festivals/twainfest.html.

A BEST BAR
located next to the Old Town Transit Center with San Diego Avenue and Twiggs Street, conveniently and children of all ages. The park is located on San Diego forever.

and fought here in an effort to support the war. This event was co-hosted by the science center and the city's Public Utilities Department. The fun starts 11 a.m. and runs until 5 p.m. Admission of mid-19th century American arts and culture.

San Diego State Historic Park. This will be TwainFest's third annual celebration of mid-19th century American arts and culture. The first day is a.m. and runs 11 p.m. Admission is free and open to all.

T wainFest offers various activities for the entire family such as:

The fun starts 11 a.m. and runs until 5 p.m. Admission of mid-19th century American arts and culture.

Old Town San Diego will present 19th century trades that shaped the community of San Diego.

Hello Old Town – Cattle was the single most important economic resource for Southern California for more than 50 years. This day will give the opportunity to learn about the hide and tallow trade, chuck wagon cooking, roping, branding, saddling making and more.

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Enjoy the colors & beauty of Old Town

August 11 – Vaquero Drive -- Cattle was the single most important economic resource for Southern California for more than 50 years. This day will give the opportunity to learn about the hide and tallow trade, chuck wagon cooking, roping, branding, saddling making and more.

Old Town San Diego State Historic Park. For more information, call 619-234-5446 or visit www.sandiego.gov/parks/festivals/twainfest.html.

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Jackson assumes role of vice chair of PLA

Robert Tripp Jackson has assumed the vice chairman position of the Point Loma Association (PLA). Jackson has worked closely with PLA for the majority of his life.

His latest involvement has been with the PLA plaque project, which gives the opportunity for neighbors to purchase a memorial or commemorative plaque that will be placed at a tree of their choice in the Village. The project proceeds to beautification. To date, 31 plaques have been sold.

Jackson has also been involved with the Catalina Boulevard-Carnton Street median project adjacent to Fresh & Easy Market. The median project was completed this last January.

Jackson is affiliated as a Realtor with Pacific Sotheby’s International Realty.

Point Loma’s Bizzi earns Girl Scout Gold Award

Point Loma’s Melissa Gintz recently received the Gold Award, Girl Scouts’ highest honor, for her community service project called “Tech Training for Seniors.”

Concerned by how the prevalence of computer technology has made it increasingly difficult for older generations to connect with young people, Gintz sought to make a difference.

People in the news

Travel Channel: Phil’s BBQ semifinalist in ‘worst hunt’

Phil’s BBQ was among 10 West Coast regional winners named July 18 by the Travel Channel’s “Adam Richman’s Best Sandwich in America.” Phil’s El Toro tri-tip sandwich now moves on to the final round of judging, where one sandwich will be named Best Sandwich in America. Phil’s El Toro is packed with mesquite-smoked tri-tip, avocado, cilantro, red onion, pepper jack cheese, and Phil’s signature BBQ sauce. It has been a fan favorite at both the Point Loma and San Marcos locations, as well as Phil’s catered events.

“Everybody has a beef sandwich,” he said. “I don’t like to be like everyone else. I always like to be different and one step ahead.”

Phil’s BBQ faced off against Los Angeles-based J’s BBQ (pulled pork sandwich) and San Francisco’s Wezzer’s (‘pulled’ kimb sandwich). “The El Toro, to me, is without question one of the best sandwiches in America,” Richman said. “[It’s] one of my favorite sandwiches anywhere. Until [Phil] came along, no one had dreamed of putting tri-tip between bread.

The El Toro is packed with mesquite-grilled, deli-sliced tri-tip and topped with Phil’s signature BBQ sauce. It has been a staple on the menu since doors opened, and is a fan favorite at both the Point Loma and San Marcos locations, as well as Phil’s catered events.

To see if the El Toro takes home the national title, tune in to the one-hour season finale of “Adam Richman’s Best Sandwich in America,” on Wednesday, Aug. 15 at 9 p.m. on the Travel Channel.

Looking ahead

Peninsula art events, July 26 through Aug. 18

The ninth annual San Diego Yacht & Boat Show, presented by the Auto Club of Southern California, cruises into the Sheraton Marina Inn Harbor Island for four days of fun on the water. The 2012 show provides guests an all-access pass to discover the boating lifestyle and a chance to shop the newest boats and marine accessories. General admission is $12; active-duty military and children 12 and under admitted free. The show takes place at 1380 Harbor Island Drive.

For more information and a list of activities and times, visit www.sandiegoyachtingboasts.com.

Saturday, July 28

The nonprofit group La Jolla Harbor Bor will host its second annual “Hounds for Hope Walk,” a canine cancer awareness and wellness festival from 10 a.m. to 1 p.m. at Dusty Rhodes Park in Ocean Beach. The event will feature vendor booths with healthy pet products, along with doggie games in the Howlin’ Hounds FurZone and raffle prizes. All proceeds will benefit La Jolla Harbor Bor, which has helped more than 300 dogs with more than $65,000 in grants for surgeries and medical treatments. Pre-register at www.houndsforhopewalk.org. For more information about the organization, visit www.lajollaharborbor.org.

Tuesday, July 24

The Point Loma United Methodist Church will host “The Yoga Way for Digestive Health,” an opportunity to learn easy ways to prepare healthy foods and discover eating with balance, peace and enjoyment. The session, which runs from 12:30 to 1:30 p.m., costs $35. The event takes place at the church, 1984 Sunset Cliffs Blvd. For more information, call (619) 784-4918, or email info@lsayagoya.com.

Friday, Aug. 3

“Friday Night Liberty,” the monthly Friday evening of free, open artist studios, galleries and performances takes place from 5 to 8 p.m. at the NTC Arts and Cultural District at Liberty Station. July features the opening of the Casa Valentina Baja Galleria, featuring artists from Ti Juanas and Rosarito, and the Ballast Point Gallery opening with watercolors by Chuck McPherson. NTC at Liberty Station is located at 2640 Historic Decatur Road. For more information, visit www.NTC LIBERTYSTATION.com.

Saturday, Aug. 4

Mackelstrom Institute will hold its annual “5K Walk for Sobriety” at NTC Park at Liberty Station. Proceeds from the event benefit Mackelstrom Institute, a nonprofit organization dedicated to the compassionate care and treatment of individuals and families suffering from addiction and homelessness. The “Walk for Sobriety” celebrates a clean and sober lifestyle and honors Mackelstrom Institute’s 15 years in the community. The registration fee for Mackelstrom Institute’s 5K walk is $15 for adults and $5 for those 12 and under. For more information and to register online, visit www.walkforsobriety.org or contact Marta at (619) 442-0277, or visit Mackelstrom Institute at mackelinstm.org.

Sunday, Aug. 5

Walkabout International, a group of happy walkers in San Diego, will host a 5K run beginning at 8:30 a.m. at Liberty Island. This is the second year of the event.

To register online, visit www.walkabout-int.org.

Saturday, Aug. 18

The Free to Breathe San Diego 5K Run/Walk is a family-friendly event that brings the community together to inspire hope and create change for people impacted by lung cancer. All proceeds benefit the Lung Cancer Support and National Lung Cancer Partnership’s vital research, education and awareness programs. Registration begins at 7 a.m., with the 5K walk/run beginning at 8:30 a.m. The event takes place at Liberty Station NTC Park on Farrant Road in Point Loma.

To register online through Aug. 13, the entrance fee is $20. On site, the entrance fee is $25. The event is free to participants under 12 years old. For more information, call the Liberty Station office at (619) 231-7461, or visit www.walkabout-int.org.

For more information about Girl Scouting in San Diego, visit www.sdgirlscouts.org.
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