America’s Cup trophy returns to mark 25th anniversary of huge 1987 win

By MIKE MCCARTHY | The Beacon

Members of the San Diego Yacht Club and guests gathered Feb. 4 to celebrate the 25th anniversary of the greatest comeback in sailing history. On Feb. 4, 1987, the San Diego-based “Stars & Stripes” defeated Australia to return the America’s Cup to the U.S.

Dennis Conner, known to many as “Mr. America’s Cup” and a graduate of Point Loma High School, represented the San Diego Yacht Club 25 years ago to win back the oldest trophy in international sports for the U.S. It was a major comeback for the skipper of the 12-meter “Stars & Stripes.”

Four years earlier, Conner had sailed for the New York Yacht Club and the U.S. lost the America’s Cup for the first time in 132 years.

Losers of the cup — then winning it back again in 1987 — generated a new worldwide interest in sailing — and particularly in the America’s Cup races. The trophy is now 160 years old. In 1851, the U.S. pulled off a major upset and embarrassed the sailing powers of Europe by defeating Great Britain with a schooner named “America.” The trophy was sent to the New York Yacht Club and renamed the America’s Cup.

For the last 160 years, only four nations have shared the most coveted prize in sailing. Currently, the Golden Gate Yacht Club is keeper of the prize.

San Francisco will host the next America’s Cup in 2013, when the U.S. will try to defend the trophy against the next challenger selected from the Louis Vuitton Cup regattas held in San Diego and around the world.

City launches rebuild of Brighton Street’s public restroom site

Completion targeted for Memorial Day weekend

By BIANCA KOCH | The Beacon

Ocean Beach residents awoke recently to a sight long anticipated by both locals and visitors.

The public restrooms and shower facilities at the end of Brighton Street near Dog Beach — whose demolition and subsequent absence during peak summer beach months has been the source of frustration since 2009 — began returning to life about two weeks ago.

A six-foot-high fence has been erected and construction trailers and signs have begun to appear.

For the last couple of years since the facilities were deemed antiquated and unsafe — leading to their demolition — the question has been kicked around as to if, when and how to rebuild the unit.

The rebuild has been at the center of a controversy between the City Council, the Ocean Beach Planning Board and the community at large over issues like budget availability, structural design, overall necessity and misuse by homeless vagabonds.

Three years ago in September, city officials proposed a timeframe of 18 months — or March 2011 — to reconstruct the public restroom and shower facilities.

In the interim, 10 portable restrooms have stood at the site, including two meant to conform to the Americans with Disabilities Act (ADA) for relief.

The lease on the 10 portables was more than $1,300 a month for the 18-month period, for a total of about $24,000. However, the city reduced the number of stalls to six during the beach off-season, saving about $800.

The rebuilding of the restrooms — which one city official refers to as “way more polluted” than most San Diego beaches — has begun returning to life about two weeks ago.

Concerns have been raised over the issue of doggie waste and hazardous contaminants deposited at Dog Beach in Ocean Beach, which one city official refers to as “way more polluted” than most San Diego beaches.

By MARTIN JONES WESTLIN | The Beacon

Dogs Beach, the kind of funky cult-favorite park you’d find only in funky cult-favorite Ocean Beach, is pretty much what it says it is.

Man’s best friend rules the roost 24 hours every day at the Dog Beach, the kind of funky cult-favorite park you’d meet the South Mission Bay Channel jetty — hapless ten- sandy expanse where the western end of Voltaire Street meets the South Mission Bay Channel jetty — hapless ten-
OB Community Mural Project mixes public art, pride in neighborhood

While San Diego may be home to quite a few public art displays, Ocean Beach is a veritable outdoor gallery. Thanks to the combined efforts of the late Rich James, the Ocean Beach MardiStreet Association (OBMA) and the people of Ocean Beach, once you’re in the heart of this eclectic community, you don’t need to look — or stroll — very far to view one of the eleven murals mounted to the walls of area businesses and restaurants.

At Union Bank, located at 1858 Cable St., there is the 2009 community mural, which proudly waves the American flag along with a frothy beer mug and requisite fireworks. Then there’s the 2001 mural at OB Suds Car Wash, located at 5002 Voltaire St., which sports the OB Pier and a gathering of animated people. All the offerings speak to locals and visitors alike.

Other locations include Bravos’s Mexican Bistro & Cantina, located at 5001 Newport Ave. The parking lot mural was created for the 2008 OB Street Fair, while another, which sports the James Gang’s company logo overlooking James himself in his classic blue convertible, was created for the 2000 OB Street Fair, while a third, designed by Rich James, was mounted at the parking lot of Surf ‘n Sea Custom Wetsuits, located at 1874 Bacon St. In 1999, James, along with Gerrie Trussell, a former OBMA executive director, worked together on first mural painting project as a community-building event for the 20th annual Ocean Beach Street Fair and Chili Cook-Off. Since then, the painting booth has become an ongoing fixture during the annual street fair held on the fourth Saturday of every June.

Denise “Denny” Knox, OBMA’s current executive director, says, “We’re very excited about our 2012 mural concept which, of course, will include a surfboards theme and a salute to the 125th anniversary of Ocean Beach. The artists working on the mural design will be presenting the conceptual drawings in April to our Street Fair Committee for approval.”

So where will the 2012 mural be displayed?

SEE MURALS, Page 3

A tribute mural to one of the founders of the annual Ocean Beach Community Mural Project – the late Rich James – stands outside the James Gang print shop.

Photo by Jim Grant I The Beacon

An example of one of Ocean Beach’s eleven mounted murals that have been created during the community’s annual mural projects.

Photo by Jim Grant I The Beacon

AMBROSIANI ASSUMED THE PROJECT IN 2008 AND CONTINUES TO VOLUNTEER HER TIME ON THE COMMITTEE. While each mural has its own unique theme, they all resonate with vibrant images of local sights — and some even give rise to scents and sounds. They range from the wild, green parrots that give rise to scents and sounds. They range from the wild, green parrots that range from the wild, green parrots that range from the wild, green parrots that range from the wild, green parrots that
played! There are a number of options, according to Knox, but they won’t be announced until closer to June. The squares may be purchased at the community booth for $10 each. Proceeds are used toward upkeep, but they only cover part of the material, installation and maintenance costs, said Knox. As a result, these expenses are covered by the OBMA.

It is hoped that the Ocean Beach Community Foundation will be able to partner with the OBMA on many of these beautification projects and help share in the maintenance and upkeep of the community improvements, Knox said.

Voters are encouraged to stop by the mural booth during this year’s street fair and grab a square, a paintbrush and be part of this artistic and community-building tradition. For more information, call (619) 224-4906, or visit www.oceanbeach-sandiego.com. The Ocean Beach Community Foundation may be contacted by email at info@wesupportob.com, or by visiting www.wesupportob.com.

Local Homeowners Save Thousands by Selling Their Own Home

SAN DIEGO, If you’re tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing. After all, with the proper information, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read this new report entitled “Sell Your Own Home” which has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you’ll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0761 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

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Point Loma | $4,150,000

The Peninsula Beacon
Thursday, February 9, 2012

For more information, call (619) 224-4906, or visit www.oceanbeach-sandiego.com. The Ocean Beach Community Foundation may be contacted by email at info@wesupportob.com, or by visiting www.wesupportob.com.

Point Loma | $1,995,000

Point Loma | $2,675,000

Point Loma | $2,675,000

Point Loma | $325,000

Ocean Beach | $519,000

Bay Park | $799,000

Coming Soon!

OCEAN BEACH MURALS

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Police probe stabbing on Newport Avenue

San Diego police are investigating a stabbing that took place on Newport Avenue on Feb. 6.

Officers were called to the 4900 block of Newport Avenue shortly before 10:30 p.m. in response to a call of a man with a knife.

When officers arrived, residents pointed to a north alley, where they located a man in his thirties who had been stabbed in the abdomen.

Although the wound appeared to be non-life-threatening, the victim was unconscious and the man was rushed to the hospital for medical treatment.

Anyone with information related to the above incident is encouraged to call police at (619) 531-2293 or Crime Stoppers at (888) 680-8477.

Real TV show to hold ‘open call’ in Point Loma

The producers of “Extreme Makeover: Weight Loss Edition” will host an “open call” for show subjects on Saturday.

The open call will be held at 2640 Historic Decatur Road.

Information about how to apply can be found on the official casting website, www.extrememakeovercasting.com.

Coldwell Banker’s Shirley Haimsohn Wins Lifetime Achievement Award

Shirley Haimsohn, a Realtor with Coldwell Banker Residential Brokerage Point Loma was the recent proud recipient of the Point Loma Ocean Beach Realty Association’s 2011 Lifetime Achievement Award.

Haimsohn was recognized for over 38 years of industry service while maintaining the highest level of professionalism and integrity within the Point Loma and Ocean Beach communities.

Haimsohn is a former International President’s Elite Award winner which honored the 4 percent of all Coldwell Banker sales associates worldwide. “Shirley has quietly and consistently produced the highest level of production for Coldwell Banker Point Loma,” said her Branch Manager, Tisha Quardos. “She is an inspiration to all who know her and we are fortunate to have her on our team.”

Haimsohn is a renowned luxury agent with an unwavering commitment to protect and advance her clients’ real estate goals and objectives. In addition, she is a fierce negotiator and creative problem solver which have contributed to much of her professional success.

To find out how you can talk with Edward Jones about your 401(k) options, call or visit your local financial advisor today.

If You Aren’t at Your Last Job, Why Is Your 401(k)?

Leaving a 401(k) with a previous employer could mean leaving it alone with one to watch over it.

At Edward Jones, we can explain options for your 401(k) and help you select the one that’s best for you. If you’d like to roll it over to an Edward Jones Individual Retirement Account (IRA), we can help you do it without paying taxes or penalties. And you can feel confident that someone is looking out for you and your 401(k).

RESTROOMS

CONTINUED FROM PAGE 1

per month.

Now, it appears locals and visitors will not have to wait much longer for permanent facilities to be built.

According to Matt Aubrey, communications director for District 2, City Councilman Kevin Faulconer, official is hopeful to have the new structure completed by Memorial Day weekend and open for the peak summer beach crowds.

The roughly $850,000 project was awarded to IWCA Construction Services Inc., an Encado-based general contractor.

Aubrey said several false starts resulted from a shoddy bidding process and inadequate municipal funding.

Aubrey added, however, that Faulconer has made it a priority to see the project completed and to resolve questions over deficiencies of various city departments involved in the bidding phase. Faulconer has personally requested an independent audit of errors made involving previous city projects, Aubrey said.

He said community input played a major role in the design for the new structures, and residents chose from various ideas when the city presented options to local planners. As a result, said Aubrey, residents and visitors will see a new, modern facility with highly efficient solar panels, secure bike racks, decorative beach-oriented concrete and graffiti-proof tiles to undermine common vandalism.

Jeff Roach, a 21-year-old traveler who recently arrived in Ocean Beach, said he had heard from fellow travelers that Ocean Beach has had a public bathroom dilemma for the last couple of years and had found it to be the worst.

In reaction to the soon-to-be-rebuilt establishments: “Right on! I’m very happy to hear that. They [the city] should put back the public restrooms. There are many locals here who need them daily.”

Those locals are forced to use the portable bathrooms. That’s gross already by itself. On top of that, those things give you no privacy at all.

Andrew Bruck, a three-year local resident and surfer, said he never uses the temporary facilities and looks forward to the permanent facility’s demolition.

“Showers would be great to have,” he said. “I would like to rinse off my sandy feet and my board. I don’t bother with the showers at Tower 2. That’s a 10-minute walk from here where you’re sandy, wet and carrying a surfboard, just to rinse off.”

Sandy Clark, a 30-year resident, remembers the facilities as “a total mess.”

“They were rusting and totally falling apart,” he said. “I would like to rinse off my sandy feet and my board. I don’t bother with the showers at Tower 2. That’s a 10-minute walk from here where you’re sandy, wet and carrying a surfboard, just to rinse off.”

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The technique and moves were still there, but the legs were the first to go.

Twenty-five years ago, the Lady Pointers basketball team earned their first and only consecutive state championships during the years of 1984 to 1987, compiling an almost perfect record of 37-1. Under legendary coach Lee Trepanier.

Fourteen members of those teams gathered for the first time on Feb. 2 for “A Tribute to the Legacy” to honor their late coach, enjoy a reunion and show the current Pointer varsity girls a trick or two.

Now update that record to 123-1.

The squad of alumnae, substituting frequently, edged the current varsity girls 32-27 before a large gathering of curious students, nostalgic local basketball fans and historians who came to see the girls who were, in a word, special.

And none was more special than Tern Mann. Standing 6 feet 2 inches in high school, Mann set national records in rebounding (2,256) and scored 3,188 points — second highest in California state history.

In 1985, he was named Pacific Coast (second place, longboard), Zack Clark (1st place, shortboard), Josh Larocco (2nd place, shortboard), Zac Clark (3rd place, longboard), and Diamond (6th place, bodyboard).

The Point Loma-based Rock Point hosted its second annual “Superfest” event on Jan. 28 at Point Loma Nazarene University (PLNU), chock full of professional athletes who served as role models and advocates for hundreds of young boys. PLNU’s athletic fields were overrun with crowds of all ages hoping to learn from their favorite professional athletes. Among the baseball standouts were former San Diego Padres Adrian Gonzalez and Heath Bell, along with current Padres catcher Nick Hundley — all of whom had lost just one leg.

Meanwhile, San Diego Chargers Vincent Brown, Nick Novak and Darrell Scott led the energy with their kicking prowess.

In yet another area of the event, professional boxer Rich Powers and mixed martial arts fighter Frank Lester hosted a boxing exhibit. Olympian Allyson Felix was also on hand to share her story with guests during a panel discussion held at the end of the day.

The athletes shared the sports they loved with the children who looked up to them, and they showed eager youth how to play like a real champion.

Mike McPherson, senior pastor of the Rock Church, and himself a former Charger — moderated the panel.

“It’s great to see the kids who look up to these athletes learn from them,” McPherson said. “Not only about how to play a sport but how to live for Christ.”

One teenager had just lost his father that morning of the “Superfest.” Gonzales stepped up and consoled the young boy in his time of grief.

Another woman roused her entire neighborhood’s child population and coaching staff members:

- Team captain: Revin Heyward, Jazmin Tran and Ernie Baez
- Scout Team Players of the Year: offense, Mike Lombardi; defense, Michael S. Maloney
- Special Team Players of the Year: Football: Austin Cantu
- Coach Hill Hastings Specialist Award: Ruben Diaz
- Bob Hames Most-Improved Academic Award: Sryna Mathews
- Shelby Morrow Memorial Award: Edmond Tucker
- Outstanding Academic Edgar Poindexter Pride Award: Bueno and Heyward.
- Most Inspirational Player: Yaliril Woods
- Jimmy Howard “Semper Fi” Award: Keren Desta.
- Player of the Year-All-Western League: Tucker, Heyward, Wright, Griffith, Bueno and Matt Sagers.
- Scholar Athlete of the Year-All-Western League: Mathews, Desta, Steven Arreola, Jake Wambaugh, Aaron Watkins and Greg Verdugo.
- Western League Kicker of the Year: Soares.
- Western League Co-Defensive Player of the Year: Heyward.

The Pointers finished in a first-place tie with Madison for the league title following a hard-fought 1-3-1 tie played in the rain at Madison in early November. Still, there was nothing anyone could do to stop them.

During high school, Mann lived with 11 other family members in a two-bedroom apartment, unable to afford a phone. “Coach T” gave the family food and clothing, helped her buy a car and brought Christmas gifts to the family.

“He was my dad as well. Almost 23 years ago, I walked down the aisle (at my wedding) and told him, ‘Now go and be the woman I want you to be.’”

Trepanier compiled an overall record of 135-15-1 as the Lady Pointers coach from 1977 to 1990. He was among the first group of high school coaches in California to be inducted into the San Diego High School Coaching Legends in 2000 at the Hall of Champions in Balboa Park.

Trepanier was diagnosed with cancer in 1989 and retired in 1990. He passed away in 1991 at the age of 56.

Returning players with the last distance to travel were current Pointer math teacher Sylvia Maas — a 1981 alum — and Pointer basketball coach Shannon Collins, a member of the 1991 class.

A 2,000 check was presented to begin a Lee Trepanier Scholarship Fund.

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Ask The Lawyer

Question:

“I have a grandfather, my biggest disappointment. He is 92 years old, and he will only have a limited life expectancy. What should I do?”

Answer:

If your loved one has a limited life expectancy, there are a number of things that you can do in order to help ensure that they are properly taken care of. Here are some of the steps that you can take:

1. **Estate Plan**: This includes a will, a living trust, or a power of attorney for finances. It is important to have these documents in place in order to ensure that your loved one’s wishes are carried out.

2. **Financial Planning**: This may include setting up a trust, creating a living will, or establishing a power of attorney for finances. It is important to have a plan in place to handle financial matters.

3. **Healthcare Decisions**: This includes creating a durable power of attorney for healthcare, a living will, or a medical directive. It is important to have a plan in place for healthcare decisions.

4. **Psychological Support**: This may include seeking support from friends, family, or a support group. It is important to ensure that your loved one is emotionally supported.

It is recommended that you speak with a legal professional to discuss the specific needs of your loved one. They can provide guidance on how best to meet these needs.
If you listen to reports about ships colliding with migrating whales off the coast, navigators would well be clued to be on the alert. The bulk of the 20,000 behemoths will be swimming by this month.

These warnings were startled when a fin whale’s carcass washed ashore a few weeks ago in Point Loma, belied to have been the victim of a ship encounter.

Meanwhile, smaller boats with curious sightseers will be on the water’s edge getting a close-up view as these sea animals head for warm Mexican breeding lagoons. The whales will have completed a 12,000-mile journey from the Bering Sea — an annual odyssey that began in October. As to collisions, some say these are common occurrences off Southern California shores. Collisions are likely noted here more often because of reports by the Navy.

Coast Guard officials recently proposed altering shipping lanes for the ports of Los Angeles and Long Beach, in part to avoid prime whale habitat around the Channel Islands. It posed altering shipping lanes for the Navy.

“The mouth of Tecolote Creek,” he said, “is a big issue. And there are bacteria present there. [But] Baja’s water quality is off the charts. But it’s very concerning to us, absolutely.”

In 1999, the Environmental Protection Agency, in what is known as the Source of Pollution Act, would have to prove that the whales’ waste is infested with these and other disease-causing bacteria. With the close interaction of humans and animals at location like Dog Beach, a potential reserve for novel infectious disease pathogens may exist.

So why isn’t everybody at Dog Beach getting sick, especially as the pollutants are exposed by the natural activity of the river tides and ocean?

“For one thing, geography’s involved. Dog Beach is nearly 40 acres deep, far and away the city’s largest off-leash area except for Mission Bay Park/Pearl Island. The greater the area of potential polluters, the better the chances they won’t find their way into the city’s storm-drain system.

Another element involves responsible pet ownership.

“I’ve been from coast to coast,” said Oceanside resident and acclaimed dog behaviorist Arden Moore during a recent interview, “and [San Diego] is pet heaven” — and we’ve had pretty considerable success getting people to change the way they do things, picking up after their dogs, washing things into the morn and other water that we’ve got. And we’ve got see diminishing point-source discharge in other areas.

“And Ocean Beach is truly miles ahead in responding to stormwater pollution,” said Moore, “The Ocean Beach MainStreet Association, the business services organization, does a really fine job in picking and choosing some of the things they do to deal with polluted runoff. And we see a lot of people in Ocean Beach disconnecting their downspouts, turning what went onto their property to make sure it doesn’t wash pollutants downstream. The community understands what they’re up against, and they really take a great deal of pride in making those changes.”

But Ocean Beach has a long way to go before it follows the lead in Cambridge, Mass., where dog feces are used to power lampposts in a public park. Dog Beach, of course, would be an ideal setting for such a place. For now, the pollution dilemma colors its brave face with a curious clench of the jaw.

For more information about the city’s Storm Water Division and its environmental efforts, visit www.sandiego.gov/stormwater or thinkblue.org.

City officials acknowledged that some improvement in behavioral patterns, like dog owners cleaning up after their canines, would make Ocean Beach a particularly attractive place for a beachhead — public education programs over the next 11 years.
Mike Michaels Program reads unique musical blend

Listen Local Showcase — the Thursday evening spotlight at Winston’s Beach Club,...

The Mike Michaels Program, a new trio comprised of veteran musicians, will perform at Winston’s Beach Club on Feb. 16.

While the members of the Mike Michaels Program create a very full sound, Hoisington said the reasoning behind the band’s trios format is pragmatic.

“We’ve played four shows so far, three of which we’ve sold out,” he said. “People ask me to describe our sound and I just don’t have a good answer. I have been playing with so many different line ups that I can’t tell you the same thing. I like to call my music rock and roll, but people make up their own mind about what it is.”

The Mike Michaels Program is currently performing an acoustic/electric guitar setting that is incorporating a complementary harder-edged electric guitar set later this year.

Here in San Diego, the bar scene is known for its love of cover songs. However, The Mike Michaels Program is all about Hoisington’s original music. The response so far has been encouraging, he said.

“We’ve just getting started,” he said. “We’ve played four shows so far, three at Winston’s and one at the San Diego House of Blues. We’ve been lucky to have a good turnout at all of our shows. People seem to like the music. We’ve gotten nothing but positive feedback.”

While many performers scramble to play as many concerts or sets as they can, Hoisington and his crew are taking the opposite tack.

“We are focused on playing only one or two shows a month to make it easy for our fans to come out,” he said. “We try to put on a good show and entertain our listeners, we also try to relax on stage and have fun. Hopefully that comes across at our gigs.”

All three members of The Mike Michaels Program are veterans of numerous bands. Hoisington was a member of the Fresno-based national touring act Nightwings during the late 1970s.

A guitarist by the age of 14, he was inspired by “1960s music, country, folk and surf, Elvis, Buddy Holly, The Beatles, Hendrix, Joplin, Clapton, Beck and Page among others.”

Now a seasoned stage pro, he looks back on his first public performance with slight bemusement.

“I can’t remember exactly, but it was in a high school auditorium and it sounded horrible,” he said. “But my classmates loved it.”

February may be museum month in San Diego but Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums have ongoing living history activities every Wednesday and Saturday from 10 a.m. to 4 p.m. to educate the public about what life was like in San Diego in the 1800s. The park also hosts free tours daily at 11 a.m. and 2 p.m. that begin at the Robinson-Rose Visitor Center.

“There is so much to do in Old Town San Diego Historic Park. We encourage everyone to take a stroll through the park and explore the way San Diego was in the 19th century.”

Every Saturday of the month, the park offers a different taste of historic trade and craft guilds for visitors. The first Saturday of every month, the park hosts the Mountain Men and the Soap Makers Guild. Park visitors will learn about the historic mountain men and the discoveries they found as well as learn the art of soap making.

In conjunction with the different events every Saturday, the park also showcases the Blacksmith Guild’s presentation every Wednesday and Saturday morning and the Quilt Guild every Wednesday afternoon.

For more information about the guild schedules of the day and their location in the park, visit the park’s visitor center.

The Visitor Center and museums are open daily from 10 a.m. to 4 p.m., October through April and 10 a.m. to 5 p.m. May through September. To confirm hours of operation or for more information call 619-222-5422 or visit http://www.parks.ca.gov/oldtown-san_diego.

Free Living History Activities in Old Town State Park

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Have you been dying to climb aboard the USS Midway Museum to see the aircraft and many other displays? Are you curious about our local ecosystem and the way we use water? This February, many museums in the region are offering half-price admission to area museums. As you plan your Valentine’s Day outing, consider visiting one of these museums and start a new tradition.

Leaping into Museums

February is all about discovery, exploring, and learning. San Diego County’s museums are offering half-price admission during February, making it easier for you and your loved ones to explore the region’s rich history, culture, and natural wonders. With over 40 museums participating, there’s something for everyone to enjoy.

Museums Offering Half-Price Admission

- Balboa Park’s museums
- The Maritime Museum of San Diego
- The International Whale Museum
- The San Diego Children’s Discovery Museum
- The Serra Museum

Many museums in Balboa Park are offering half-price admission during February. As you plan your Valentine’s Day outing, consider visiting one of these museums and start a new tradition.

Finding the Right Museums

If you’re looking for a museum that fits your interests, consider visiting one of the museums participating in this promotion. With over 40 museums offering half-price admission, there’s something for everyone to enjoy. Whether you’re interested in history, art, science, or nature, you’ll find something to interest you.

Getting Information

For more information about the museums participating in this promotion, visit www.sandiegomuseumcouncil.org. You can also call 619-295-6000 or visit the Visitor Information Center at 1717 El Prado in Balboa Park.

About the Peninsula Beacon

The Peninsula Beacon is a community newspaper serving La Jolla, Solana Beach, and Encinitas. Each issue is delivered to your home or workplace, and you can also read us online at www.peninsulabeacon.com. If you have any questions about this promotion, please contact us at 619-295-6000 or email us at info@peninsulabeacon.com.
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To get listed please visit www.oceanbeachsandiego.com/obrel or call (619) 224-4906

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Popular Broken Yolk Café opens new location

Broken Yolk Café has been serving up its freshly made homestyle breakfasts and lunches in generous portions for more than three decades. On Jan. 10, the casual eatery expanded its franchise to include a new location at 5577 Midway Drive bringing the café’s tried-and-tested delicious recipes, hearty portions, family-friendly ambiance and good service closer for Point Lomans to enjoy.

“We just love Point Loma,” said Salvador Lombroso, franchisee of the newly opened Broken Yolk Café location. “We saw the opportunity of a perfect location for us, and we went for it.”

Broken Yolk Café offers an extensive list of menu items to cater to any ravenous guest, ranging from breakfast classics like waffles, French toast, pancakes and more than 20 different omelet varieties to lunch items like signature salads, juicy half-pound burgers and street tacos. New items, including crepes and gluten-free pancakes, are now available on the café’s menu at all Broken Yolk locations, offering even more for guests to enjoy. This café is know to those who want to go down in Broken Yolk Café history to the “Iron Man” and “Iron Woman,” special food challenge events, and to defeat successfully completed by Travel Channel’s “Man vs. Food” host Adam Richman in 2011.

Guests who are willing to step up to the plate — that is, the 15-inch pizza pan — can take a stab at eating the café’s monster 12-egg omelet, complete with chili, cheese, onions and more — alongside a mound of home fries and two biscuits. Those who finish the meal in 60 minutes or less receive the entire free, and the winner’s name is honored on home here,” Nancy said.

Menu choices include real-alligator sub for $8.99 and soft-shell crab po’ boys for $11.99. There’s also sausage- and chicken jambalaya and seafood gumbo, as well as shrimp creole, each priced at $8.99. Then there’s the favorite New Orleans sandwich called the muffaletta. A small muffaletta is $4.99 and a large is $12.99. A muffaletta is a round French-bread sandwich with salami, ham and cheese, topped with a chopped salad of pickled green and black olives, cauliflower, celery, carrots and olive oil.

For Broken Gras, the restaurant offers the traditional king’s cakes with a plastic baby inside. For Christmas and New Year’s, Nancy said, there’s deep-fried turkeys, which is “a Southern thing.”

The small market in back carries everything from New Orleans coffees and an assortment of Zapp’s potato chips to sauces and Cajun seasonings. The Wall of Fire boasts about 50 hot sauces.

It’s not hard working with her family, Nancy said.

“After this many years, you know what to expect, what you need to do,” she said. “You have your own spaces. Everyone’s here to help each other.”

So, which professional teams does a New Orleans-native turned San Diegoan root for? “I’m a Padres and Chargers fan and a Saints and LSU fan,” said Nancy.

But, she said, if the Chargers were to play the Saints, she would root for both. “I’d be happy either way,” she said.

Broken Yolk Café is now serving the Point Loma community with made-from-scratch breakfasts and lunches from 6 a.m. to 3 p.m. every day.
Midway’s BGR Burger Joint: a sumptuous choice

By MARSHA KAY SEFF | THE BEACON

All burgers are not created equal, according to Doug Barry. He is the franchise owner of BGR, The Burger Joint, which opened Dec. 2 at 3960 W Point Loma Blvd., Suite J, in the Midway Towne Center.

And he’s counting on the differences to catapult his business to the top of the “fast-casual” restaurant slot, despite the fact that Daddy O’s, another high-end burger shop, closed its doors last year.

“Our product speaks for itself,” Barry said.

He won’t criticize his predecessor, but he emphasizes his “gourmet” burgers are prime beef from naturally-raised, antibiotic-free, grain-fed cattle. The meat is blended fresh in Maryland and flown to the West Coast in vacuum packaging. Barry said the burgers are never frozen.

Barry said there’s a big difference between “fast-casual” and fast-food-cheap-food eateries. Most obvious is price. BGR’s prices start at $6.99 for the no-frills seven-ounce burger. There’s also the fact that although customers order at a counter, all BGR burgers are cooked to order in eight to 12 minutes on an open-flame grill.

Prices on the assortment of burgers climb to $79.99 for the 9-Pounder, which actually weighs in at 15.4 pounds with condiments and bun and feeds up to 15 people.

“Why do we do it? Why not?” Barry said, adding that he had one group of eight that managed to consume half of it. One diner can consume it, the burger is free.

Other specialties include The Wellington, with black truffles, roasted mushrooms, caramelized onions and blue cheese; and the eight-ounce burger, blended with Portobello mushrooms, caramelized onions and topped with pepper jack cheese and mango salsa. Both these offerings are $8.99.

The Cuban, topped with slow roasted pork, ham, sweet pickles and Swiss cheese, is $9.99. A quartet of sliders is $7.99.

In addition, there’s a burger of the month. February’s offering is a Chili Mac, piled high with chili, shredded cheddar and corn chips.

Burgers come on brioche buns, baked daily specially for the restaurant by the La Jolla Bakery.

Though about 70 percent of Barry’s sales are by-the-burger — 30 to 40 pounds a day and increasing — BGR offers four alternatives for those who eschew red meat. There’s the seasonal lobster special, with six ounces of knuckle and claw meat with slow sauce on three open-face slider rolls for $14.99; the ali’i tuna burger, with “sushi-grade” fish topped with grilled pineapple and pickled ginger with mojo sauce for $10.99; the veggie burger, including brown rice, black beans, oats and molasses, $7.99; and the turkey burger, blended with Portobello mushrooms and a hint of Gorgonzola cheese for $8.99.

Another favorite is the Greek burger, made with leg of lamb and seasoned with cumin, mint and garlic and topped with tzatziki and feta cheese for $11.99.

Complementing the burgers are sides of double-fried French fries, $2.89; sweet potato fries, $3.99; Vidalia onions, $4.49, and grilled asparagus sprinkled with parmesan cheese, $3.89. Shakes, including a flavor of the month, are $4.99. February’s offering is chocolate-covered strawberry.

BGR’s lunch special, which runs Mondays through Fridays, is a burger with fries and soda at $8.99. Barry said he’s a bit surprised that, so far, he’s been doing more dinner business than lunch, which has been splitting about 60-40.
Valentine's Day Specials at Therapy Day Spa

Valentine's Day specials keep to or share. For Your One & Only | 99 50-minute massage or facial.

A dozen roses arranged by San Diego Flower Company

Commemorative bottle of red wine with your wine 包装 label.

Love Will Keep Us Together | 139 50-minute Couples Massage with hot rosemary compress.

Bottle of champagne - perfect for toasting.

To ensure that your flower arrangement is ready for pickup in time for the big day, complete your order by February 10 by calling (619) 780-8700. Pickups will be scheduled beginning Saturday, February 11 through Valentine's Day.

Get Your Flu Shots Now at Anderson Medical Center

Now is the time to get your flu vaccine. Influenza is a virus that causes fever and body aches. The flu can last for up to a week and make it difficult to get out of bed. The best defense against the flu is a flu shot.

The vaccine is formulated to fight the most likely types of influenza that are affecting people this year. A flu shot contains no active virus and cannot make you sick. Flu shot is a flu vaccine that contains the vaccine with no appointment necessary. Come in today and get your flu shot. We are located at 1945 Garnet Avenue. For more information you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

Keep Your Home Safe With the Elderly in Mind

It is important to be aware of certain points in order to make your home safe for the elderly. The RN Care Managers at Innovative Health-Care Consultants are experienced in doing a safety evaluation at any home to give suggestions but the following will give you some ideas:

- Be sure that the showerhead handheld for ease in getting in and out of the shower to prevent falls?
- Is your shag or thick pile carpet pet too difficult for an elderly person to walk on safely?
- Is your shag or thick pile carpet pet too difficult for an elderly person to get in and out of bed safely?
- Are there rails on the bed to help a person get in and out of bed safely?
- If there is a dog or cat in the house, can pet dog or cat pet too difficult for an elderly person to maneuver a walker? Is the show

Ask the Audiologist!

Question: When should I have my hearing tested?

More often than not, it's your family and friends that notice your hearing loss before you do. Hearing loss is usually gradual and your own brain adapts to the changes in hearing, leading you to believe that you do not have a hearing loss. So if you hear your family and/or friends tell you it's time to have your hearing checked... it's time!

A large majority of hearing losses begin in the high frequencies. What that means is you lose out on clarity long before volume. "I hear everything; I just don't understand what people are saying!" There is something we can do about that! There are hearing aids specifically designed for individuals with high frequency hearing losses.

Anytime after the age of 40, your eyes and ears can start losing sharpness, just due to wear & tear. This is a great reason to have your hearing baseline documented.

Other reasons to have your hearing tested:

- Background noise is a problem
- It's difficult to understand conversations in a group setting
- Your neighbors can hear your telephone
- Your ears ring (tinnitus)
- You think your spouse is mumbling.

Send us your questions!

1310 Rosecrans Street, Suite A
San Diego, CA 92106
OR - 619-756-7848
peninsulahearingcenter.com

Dr. Kenneth Anderson

Elderly in Mind

Safe With the Senior in Mind

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In a report, titled "Reducing Environmental Cancer Risk: What We Can Do Now," the U.S. President's Cancer Panel says that exposure to environmen -thal chemicals that increase consumer's risk of cancer is minimal when choosing USDA certified organic foods. The report concluded that, "Many known or suspected carcinogens first identified through studies of industrial and agricultural occupational exposures have since found their way into soil, air, water and numerous consumer products... Some of these chemicals have been found in maternal blood, placental tissue, and breast milk samples... People and women who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at risk and people who are pregnant are at 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Oceanfront Paradise Rentals is looking for properties to place on our
NEW STATE-OF-THE-ART WEBSITE!

WE WILL PAY REALTORS 10% OF THE FIRST YEAR'S RENTAL INCOME.

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We look forward to hearing from you!
Upcoming events in the Peninsula area

TUESDAY, Feb. 14
Sharp Memorial Hospital’s Senior Resource Center will host a free lecture on diabetes, treatment, education and management. The lecture will be given by a Sharp-certified diabetes educator. The event takes place from 1 to 2 p.m. at the Seventh Day Adventist Church, located at 4425 Valeta St. Registration required by calling (800) 827-4277, or visiting www.sharp.com.

WEDNESDAY, Feb. 15
• The Hervey/Point Loma Branch Library will host a free program by Cuerdas del Mar Chamber Ensemble. The versatile duo includes Bill Jones on classical guitar and Diana Turner on violin, as they perform a wide variety of music genres, including classical, Irish, folk, gypsy and jazz. The performance takes place at 7 p.m. at the library, located at 3701 Voltaire St. For more information, call head librarian Christine Gonzalez at (619) 531-1539.
• The Point Loma United Methodist Church will host a free program called “Healthy Eating & Healthy Desserts” to talk about and sample delicious possibilities. The event runs from noon to 12:45 p.m. at the church, 1984 Sunset Cliffs Blvd. For more information, call (619) 224-2995, or visit www.calpac.org/churches/detail/1273.

THURSDAY, Feb. 16
The Ocean Beach Historical Society will host author Diana Lindsay, who penned “Marshal South and the Ghost Mountain Experiment.” For 17 years, from 1930 to 1947, poet, artist, and author Marshall South and his wife, Tanya, lived on Ghost Mountain—a remote, waterless mountaintop that is today within the Anza-Borrego Desert State Park. They began their homesteading adventure when the Great Depression left them few options to survive. They turned to nature and began an experiment in natural living that included raising a family under the most primitive conditions. Lind- say’s presentation begins at 7 p.m. at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit www.obhistory.wordpress.com.

WEDNESDAY, Feb. 29
The Point Loma United Methodist Church will host a free program called “Relax, Breathe, Share, Give.” Find your natural ability to relax and breathe easily. And with that, discover your vast inner resources for being flexible and generous with life’s circumstances. Explore calming practices that you can do sitting, standing, or in any situation. The event runs from noon to 12:45 p.m. at the church, 1984 Sunset Cliffs Blvd. For more information, call (619) 224-2995, or visit www.calpac.org/churches/detail/1273.

WEDNESDAY, March 14
The Point Loma Garden Club will host its monthly meeting at 10 a.m. featuring Elizabeth Podriadlo, the Opera Singing Chef, who has been entertain- ing audiences for 15 years with cooking and singing performances. She is a chef, author, teacher and musician. The event takes place at the United Portuguese S.E.S. Hall, 2218 Avenida de Portugal. For more information, visit www.plgc.org.

FRIDAY, Feb. 24
Holy Trinity Church Ocean Beach will host a Celtic music concert featuring Goitse (pronounced “gwi-tcha”) — a new, young Irish band — which will present a show at 7:30 p.m. Tickets are $20. The show takes place at Bethany Lutheran Church, 2051 Sunset Cliffs Blvd. where Holy Trinity has hosted two concerts in the acoustically friendly space. For reservations, call (619) 689-2266, or email cocerts@holytrinity.org. The Point Loma United Methodist Church will host a free program called “Relax, Breathe, Share, Give.” Find your natural ability to relax and breathe easily. And with that, discover your vast inner resources for being flexible and generous with life’s circumstances. Explore calming practices that you can do sitting, standing, or in any situation. The event runs from noon to 12:45 p.m. at the church, 1984 Sunset Cliffs Blvd. For more information, call (619) 224-2995, or visit www.calpac.org/churches/detail/1273.