Students defuse rat race of school life with gigantic hamster wheel

By SCOTT HOPKINS | THE BEACON

As senior pranks go, a group of Point Loma High School seniors created a memorable one. On Sept. 13, a crew of students from the class of 2013 erected a giant hamster wheel at the school’s Chatsworth Boulevard main entrance.

School staff and students seemed in awe as they arrived for classes and spotted students — as well as principal Bobbie Samulson — taking turns running on the 16-foot circular treadmill and its 20-foot-tall stand.

Seniors Corlin Palmer, Jacob Syage and Toby Shirts designed the structure. Using $900 collected from 55 classmates, a crew spent three weeks and 300 man-hours building the wheel in Palmer’s backyard from galvanized, welded conduit pipe and chicken wire.

The students said they often felt like they were on a treadmill during their time in school. Dozens of curious students and motorists were surprised to see a 16-foot hamster wheel set up in front of Point Loma High School last week. A group of seniors built the wheel as a prank with collected donations.

OB comfort station mural draws raves — and fresh debate

By TONY DeGABATE | THE BEACON

The ribbon-cutting was two years late and the project was overbudget by more than twofold. Nevertheless, the Brighton Street comfort station — the public restrooms north of Dog Beach — has earned solid reviews since opening July 1.

In fact, the public artwork — a mural adorning the ceiling that was designed by local artist Shinya Takeda — has earned a nomination for an Orchid Award from the San Diego Architecture Foundation, which will announce its 2012 winners next month.

But at least one Ocean Beach resident who decided to check out the restrooms during a stroll thinks the community got more than it bargained for. Two community groups — The Ocean Beach Town Council and Ocean Beach Planning Board — have agreed that his concerns have merit and have scheduled separate public discussions.

The resident, Jeff Russell, said he was dismayed to discover the mural, inspired by a photograph of the historic Wonderland Amusement Park, is overlain with scratches.
It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy! Photos are published based on space constraints and in the order which they are submitted.

**Take us on vacation with YOU!**

**THE PENINSULA BEACON**

**It’s vacation time!** Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy! Photos are published based on space constraints and in the order which they are submitted.
For a single night under the stars, the general public will have a better understanding of what it might be like to be homeless. It’s the sixth annual “Sleepless America San Diego” event, scheduled to take place at Liberty Station on Sept. 29 to increase awareness of an acute problem. The event begins at 3 p.m. and ends the next morning at 7 a.m.

The message is clear. More than 10,000 men, women and children are homeless in San Diego. Some have endured chronic homelessness for more than a year. Herbt Johnson, president and CEO of the San Diego Rescue Mission, noted that since 1955 the mission has provided sanctuary and hope for the homeless. “In collaboration with other faith-based, social service and community partners, we launched Sleepless America San Diego to bring attention to the challenges of chronic homelessness and the increasing number of people living on the streets in this wonderful city,” he said. “We need to do something to elevate the process of finding solutions and generate funds.”

Johnson noted that sleepers will have a choice of sleeping on a cot, cardboard or plastic sheet to gain an appreciation of homeless conditions. Unlike the homeless, these 1,000 one-siders can have snacks and can listen to local musical groups. They’ll also listen to testimonies of people who have been helped by partner organizations First-aid supplies, a medical staff and private security guards will be provided. “Our is a message of hope,” Johnson said. “And as sleepless campaigns expand across America we pray that our voices join together to help bring powerful coalition and solutions to the plight of homelessness.”

He said that when the San Diego Rescue Missions first opened its doors to the homeless in 1955, the mission offered little more than a warm meal and some shelter. The organization has grown over five decades to provide a full range of comprehensive services to restore hope for hundreds of people each year. “Our programs also serve San Diego’s citizens by building stronger communities and by saving taxpayers an estimated $30 million a year in emergency room and other costs related to those living on the streets,” Johnson said.

To register or to find out more, visit www.sleeplesssandiego.org. Participants in this year’s “Sleepless America San Diego” event at Liberty Station on Sept. 29 will put a taste of what it’s like to be homeless, along with information and inspiration about what they can do to help remedy the situation.

The discussion and follow-up Q&A will feature Dr. Kevin Riley, executive director of Mueller Charter School and author of “A Tale of a Charter School” to educate people about the Mueller School’s journey to becoming a charter school, as well as the trials, tribulations and successes the organization has grown over five decades to provide a full range of comprehensive services to restore hope for hundreds of people each year. “Our programs also serve San Diego’s citizens by building stronger communities and by saving taxpayers an estimated $30 million a year in emergency room and other costs related to those living on the streets,” Johnson said.

To register or to find out more, visit www.sleeplesssandiego.org.
**OB Pier Fishing Derby to lure young fishermen**

Children will have a chance to win prizes this weekend during the annual Kiwanis Fishing Derby at the Ocean Beach Pier.

The Ocean Beach Kiwanis Club is sponsoring the fun, which runs from 8 a.m. to 11 a.m. on Saturday, Sept. 22. The event will be open to all ages and skill levels. Registration begins at 8 a.m., with the first race starting at 9 a.m. The cost is $45 per person for the general public or $30 for military members. In the case of the relay races, the fee is $10 per team.

The Ocean Beach Kiwanis Club has served the community since 1928.

— Scott Hopkins

**Paddle race to benefit wounded warriors**

Isle Surfboards will host “America’s Finest Paddle Race” at the NTC Channel at Liberty Station on Saturday, Sept. 22 in a fundraiser to benefit the Wounded Warrior Project.

The paddling event includes a one-mile “Fun Race,” a 3.5-mile sprint and a four-member relay race, as well as a Stand-Up Paddleboard (SUP) Expo with paddle-sport-related vendor booths, afternoon JP clinics, brand-board demonstrations and a raffle.

The event is open to all ages and all skill levels. Registration begins at 8 a.m., with the first race starting at 9 a.m. The cost is $45 per person for the general public or $30 for military members. In the case of the relay teams, the fee is $10 per team member and there must be at least one female paddler per team.

The NTC Channel is located at Far¬rug and Chauncey roads in Point Loma.

For more information, call (888) 596-7873, email sales@islesurfboards.com or visit www.islesurfboards.com.

**Blessing of the Animals’ event set Oct. 6**

Pet owners of all types are invited to bring their furry, feathered, scaled or other companions for an annual “Blessing of the Animals” event next month at a local church.

St. Peter’s by the Sea Lutheran Church, located at 1711 Sunset Cliffs Blvd., will host the event Sat. Oct. 6 from 9 to 11 a.m.

All pet owners, regardless of religious beliefs, are encouraged to join in the continuation of an ancient tradition honoring St. Francis of Assisi, commonly regarded as the patron saint of animals.

As a new feature of the event, the San Diego Humane Society and the Society for the Prevention of Cruelty to Animals will join the event to promote animal adoption activities. Local pet-care businesses will provide information about their services.

St. Peter’s by the Sea has been a part of the Ocean Beach community since 1946.

— Scott Hopkins

**Several PLHS classes seeking out classmates**

Several classes from Point Loma High School are looking for classmates to attend reunions in upcoming months.

— Scott Hopkins

**Peninsula Singers to launch fundraising drive**

The popular Peninsula Singers are preparing to celebrate 10 years of thrilling the local community and venues with song and will be launching an 18-month fundraising campaign with two 4 p.m. performances on Saturday, Sept. 22 and Sunday, Sept. 23.

The performances will be dubbed “Shakespeare: Soliloquies, Scenes, Swords and Songs,” and will take place in the beautiful private garden of the Mature Garden family in Rancho Santa Fe.

The event was conceived by Peninsula Singers’ members Victoria Matura (soprano) and Vanessa Dinning (alto, who also serves as the Peninsula Singers’ board president).

The cast boasts performers from San Diego’s Old Globe Theatre, Door Players, Pasadena Playhouse, San Diego Symphony, Orchestra Nova and London’s Royal National Theatre. Scenes from Twelfth Night, Much Ado About Nothing, The Taming of the Shrew, The Two Gentlemen of Verona, Hamlet, Othello and Macbeth are featured, along with live music and original pieces.

All proceeds from the event go to help the club’s overall fundraising efforts to ensure that every singer is able to take part in Peninsula Singers’ 10-year anniversary celebratory tour.

All tickets are $50 and can be purchased by emailing president@penin­sulaSingersonsandiego.org or by calling Vanessa at (619) 246-8735. For more information, visit www.shakespeareinthegarden.com. For information about the Peninsula Singers, visit www.peninsulasingerssandiego.org.

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Persons who have created trusts or are named as trustees of a trust.

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✓ 2012 Tax Changes
✓ New Portability/ Tax Break for Living Trusts
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The role of a trustee requires more than simply signing documents.

Family trusts often unravel due to time, circumstances, improper planning and implementation. Proper planning & education can help ensure that your desires become reality for future generations. Sadly, most trustees fail to adequately understand the significance of their responsibilities. Learn how not to fail as a trustee. This workshop will provide essential training for trustees & trustors of living trusts.

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**SAN DIEGO**

Courtyard San Diego Mission Valley Hotel Circle
595 Hotel Circle South
San Diego, CA 92108
Tuesday, September 25th
10am – 12:45pm

Reservations are required and seating is limited.

**One-Day-only!!**

Sandeep Varma
Atf Wealth Strategist and Author of "The 7 Biggest Mistakes Trustees Make"
in their underclass days. Originally planned as a 14-foot con-
struction, the builders discovered the 619-foot hamster wheel as a record. The students said they felt their fully func-
tionary device will set the new standard.
Samelson recently issued an email to
Pizza Port Ocean Beach, located at
5083 Santa Monica Ave, suite 1A
San Diego, CA 92107
619-223-8357
beers, Kaase organized “Drink the Point,” said Kaase, who
grew up along Sunset Cliffs.
“Sometimes you forget what you’re doing,” said Kaase, who
teaches computer science at Point Loma High School.
“Often, you’re thinking about the next class and decide you
had to take a break before you do anything,” he said.
Participating in the Rough Water Swim, a family tradition, Hotz
said—one that obviously had extra-
special significance this year for Diane.
“One of the things they give you when you get out of the water after
the swim is a survivor medal,” he said.
“Tartan had the idea that we’d do it at some point when she was
ready and the time was right,” Diane Hotz said.
“Diane said simply, “It was,” particular-
ly given that she had to overcome a physical disability from the surgery to compete.
“It was hard this year to get my strength back,” she said. “They had to take a muscle out of my back to create
a new breast and my whole left side is kind of numb. They told me I was going to lose strength in my arm and
have to build back up my other muscles to cope with the lack of a back muscle.”
Undaunted, Hotz was determined to
make it back to compete in her 40th
Rough Water Swim.
“I was kind of taking a stride every year and this year was more important
because of what I’ve gone through with breast cancer and coming back from
major surgery,” she said. “It made it more meaningful.”
After all, Hotz said, exercise is ther-
apeutic:
“Don’t be afraid of trying something new just because you have a disability or
have had surgery to recover from,” she advised others in a similar situa-
tion. “The more exercise you can get, the faster the healing process is. Stay
active. “The more exercise you can get,
the faster the healing process is. Stay
active.”
Hotz’s experience overcoming adver-
sity has an inspiration to her fam-
ily and friends.
“In August 2011 she underwent breast reconstruction and had to miss her 40th swim in September 2011 but
went back into the water in January 2012 and began swimming, 1,500 to
3,000 yards getting ready to swim her 40th Rough Water Swim. She told the
La Jolla Rough Water Swim,” said Don
Hotz’s wife, Meg Halaska. “Diane also swam with a group one summer, when
Diane Hotz proudly displays her “survivor’s badge” with a gesture indicative of
her 40th completion of the race.
Mark Halaska
Point Loma High Principal Bobbi Samelson takes a turn inside a 16-foot hamster wheel con-
structed by a team of Point Loma High School seniors as a school prank. The students believe this
beacon@sdnews.com
beerfestsandsummers.com.
WHEELE CONTINUED FROM PAGE 1
“A little closer to home,” said Kaase, who
grew up alongside the ocean.
2012 Annual Beer Festival and World Beer Cup.
The Pearl holds monthly “Meet the Brew-
er” events to create a more inti-
mate dining experience between diners and various local brewers. The restaurant has also hosted “Beer for Breakfast”
breafast pairings, and will soon hold a “Bike for Beer” event and “Hops and Heels” night for women, featuring beer and
dessert pairings from Azucar.
“Pizza Port really is the link between the two communities of Point Loma and OB,” said Strangman, an Ocean Beach
resident. “There are lots of great restau-
raments here that people should be aware of.”
To show its dedication to locals, The Pearl offers a discounted accommoda-
tion rate to residents from both 92106
and 92107 ZIP codes.
For more information, visit www.the-
pearlandpearl.com.
BEER CONTINUED FROM PAGE 1
“I said, ‘We should have that here...” a little
closer to home,” said Kaase, who grew up alongside the ocean.
Once he saw other nearby bars and
restaurants focusing on quality craft
beers, Kaase organized “Drink the Point,” a free monthly series that shut-
tles patrons to various local businesses, encouraging them to try new neighbor-
hood hotspots. Similar to North Park
and South Park’s “DrinkAbout,” “Drink the Point” takes the risk and hassle out of
craft beers that there weren’t enough places to participate.
Sessions Public continues to rotate craft beer among its 20 taps and often
seeks out more obscure local breweries to give those labels some recognition.
Sessions Public also incorporates beers into several dishes on its menu, like the
IPA brutewurst and beer-braced duck
tacos. For those who enjoy a cocktail with brunch, Sessions Public offers “beer cocktails,” blending lambic with
champagne and blonde ale with rye.
For more information, visit www.sessionspubsandkitchen.com.
Pizza Port Ocean Beach, located at
1936 Bacon St., a popular
neighborhood hangout, is also seeking to
large selection of craft beers. This year,
celebrate Ocean Beach’s 125th anniversary, Pizza Port created a limited-
edition pale ale to be sold in restau-
raments and bars throughout OB.
“Pizza Port loves being a part of the
OB community,” said general manager
Steve Brown. “Most of our employees live and work in OB. Everyone who
works here [at Pizza Port] hangs out at all the other businesses involved with
Drink the Point,” said Brown. “We don’t
view them as competition since every-
one knows each other.”
Pizza Port takes an active role in the community through its involvement with the
Ocean Beach MainStreet Associa-
tion and San Diego Brewers Guild. It
has received local, national and interna-
tional recognition for its beer at the San
Diego International Beer Festival at the
San Diego County Fair where it won a silver medal for its “Hops and Heels” night
for women, featuring beer and
dessert pairings from Azucar.
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pearlandpearl.com.
CURIOUS SNIPPETS RAISE SOME EYEBROWS

Among the snippets of text resident Jeff Russell discovered on the ceiling of the Brighton Street comfort station:
- “blatant killing of a known homeless man”
- “gunned down and killed by San Diego Police officers”
- “Don’t Feed the Bums,” a phrase that appeared in glowing terms.

Russell made a more curious discovery about the lower-case snippets. In each case, they were excerpts from articles in the OB Rag, the local online newspaper. None of the articles were more than four years old and, too often, centered on divisive and inappropriate themes, according to Russell.

For example, said Russell, many snippets were from an article about the 6th Anniversary of the death of Danny “the Walker” — an article about the use of deadly force on a homeless man. Another article, “OB Heathens escape from exile to raise funds for summer party,” focused on a group described in the article as “artists, street performers and other free spirits.”

Russell asked, “Are the OB Heathens important to our history or maybe just friends of the artist?”

Snippets from an article, “Fear and Loathing at the Black” include “Don’t Feed the Bums,” a phrase that appeared on anti-homeless stickers on Newport Avenue two years ago and provoked much media scrutiny.

“It’s a horrible representation of Ocean Beach,” Russell said. He added that many community leaders expected the artwork to reflect a more general representation of Ocean Beach history, and he pointed to a story in San Diego CityBeat where Takeda was quoted, “My work has to do with memory. I wanted to talk about what was here when OB was founded.”

Noting the current 125th commemoration of Ocean Beach’s founding, Russell said, “We’re celebrating 125 years of history. What kind of history is this?”

Denny Knox, executive director of the Ocean Beach MainStreet Association, said she was “surprised by the negativity” of the text when Russell visited her office to share a file of his research.

“I like to think of OB for all the good things it has. I thought (the mural) would be more representative of our entire history,” Knox said.

The many references to deadly force used by police could create a false impression of an adversarial relationship, Knox said, when in fact, “We have the best relationship with police that we’ve had in 40 years,” she said.

Takeda is the co-founder and creative director of The AjA Project, which describes itself as an entity that provides photography-based educational programming to youth affected by war and displacement. Takeda was in Asia at press time but Sandra Ainslie, AjA’s executive director, spoke of Takeda in glowing terms.

“I’ve worked with Shinpei for seven years,” she said. “I think he’s a brilliant artist and I think he’s very truthful and straightforward.”

Ainslie said she wasn’t familiar with the specific concerns about the Brighton Street comfort station mural, but offered that Takeda doesn’t try to be provocative or sensational. (http://www.theaja.org)

The Ocean Beach Town Council will hold a discussion on the matter Sept. 26 at 7 p.m. at the Point Loma Masonic Lodge, 1711 Sunset Cliffs Blvd.

The Ocean Beach Planning Board’s discussion item takes place Oct. 5 at 6 p.m. at the Ocean Beach Recreation Center, 4726 Santa Monica Ave.
Lincoln’s Hornets could not be called one of San Diego County’s elite football teams, but they were good enough to put a 19-14 sting on Point Loma Sept. 14 at the Hive’s Vic Player Stadium.

The loss dropped the struggling Pointers to 1-2 on the young season with just two non-league tuneup games before Western League action begins next month. Lincoln improved to 2-1.

On a day when game-time temperatures hovered in the 90s, it was the Hornets who jumped on the Pointers early, putting up 14 points in the first 5:27 of the game on the strength of an opening-drive field goal and a first-possession fumble that was returned 30 yards for a touchdown.

The Pointers spent much of the game trying to get their sputtering offense in gear as a large but inexperienced front line labored through another trial-by-fire.

Once again, the Pointer defense did its best to keep its team in the game, not allowing another Lincoln point for two quarters.

When the Pointers first drove of the second half stalled, Miguel Alcantar’s punt bounded off a surprised Hive player, with alert Grant Wilburn recovering the ball at midfield, the first of several big plays for the senior cornerback.

At this point, Branden Martin replaced starting quarterback Avery Cramer and, on a keeper, raced up the middle to score from 50 yards on the first play, tying the Pointer bench as they pulled to within three, 10-7.

That momentum swing was boosted when Wilburn picked off a Hornet pass on the Hive’s next possession. But that was short-lived as the Pointers lost the ball again on a fumble two plays later.

This time, the Hornets drove to the end zone, taking a 16-7 lead after a failed extra-point conversion.

The game was still a toss-up in the fourth quarter after Sydney Rush scrambled 15 yards for a Pointer score, cutting the deficit to 16-14 with 8:08 remaining.

A second Hornet field goal, however, proved the fatal blow as the Pointers futility attempted to score a winning third touchdown.

“We had a lot of mistakes and turnovers — things we’ve got to correct,” said Pointer head coach Mike Hastings afterward. “But our kids have a lot of heart, supported each other and never quit. We’ve got a young group and we will get better.”

The Pointers return home to face Morse (also 0-3 this season, but have played county powers Eastlake and Poway. The Pointers topped the Falcons 31-21 last year.

EXTRA POINTS

• Wilburn also broke up a second-quarter Lincoln pass in the end zone, preventing a touchdown, to go along with his fumble recovery and interception.

• Sophomore defensive lineman Jake Vritis tossed a fumble recovery.

• The Pointer junior varsity posted a 27-0 victory and the freshmen squad netted a 15-2. Both teams remain undefeated.

• Key Pointer defenders Tanner Martin and Jake Wambaugh remained out with injuries.

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The Pointers return home to face Morse (also 1-2-2 Sept. 21 at Pete Ross Stadium. The Tigers are led by college prospects Tracy McNair Jr. and Alfonso Wilson. Morse is coached by McNair’s father. Kickoff is set for 3 p.m.

On Sept. 28, the Dogs trot up Interstate 5 for a 3 p.m. kickoff at Scripps Ranch High School. The Falcons started 0-3 this season, but have played county powers Eastlake and Poway. The Pointers topped the Falcons 31-21 last year.

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• Key Pointer defenders Tanner Martin and Jake Wambaugh remained out with injuries.
Recognizing the Need for Help in Caregivers

A family member taking care of an elderly relative may not recognize when they are at a breaking point. Short-term the caregiver is fine. Long-term, often-times outside help is essential.

An article in “Today’s Caregiver” states: “Nearly one in four caregivers of people with Alzheimer’s disease and other dementia provide 40 hours a week or more of care. Seventy-one percent sustain this commitment for more than a year, and 12 percent do so for five years or more.” It is important to know that hiring a geriatric care management company with professionals can provide valuable support to that frazzled caregiver. The care manager can guide the family and the caregiver through the maze of long term care issues. The care manager has helped many clients with similar problems—the family is experiencing this for the first time.

If you have been providing daily support to a family member and are feeling “burned out”, you owe it to yourself to get help. Seek out professional help that can ease your burden.

Innovative Healthcare Consultants has a staff of RN Geriatric Care Managers to advise you and experienced caregivers who can help with respite care. Call them at (760) 731-1134 or see their website at www.innovativehc.com

Grab Bars Provide Safety for Seniors

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home. We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stair case, in the hall or outside the back door.

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Yoga Six is located between Sotheby’s and Studio 1220 adjacent to the South Promenade. Park in front of Trader Joe’s (on Truxton Rd.) and walk under the Sammy’s Woodfire Pizza archway. There is additional parking on Historic Decatur Road.
A hungry Olympian High Eagles squad buried the Pointers 38-10 on Sept. 7 to even the Dogs’ record at 1-1 on the young season.

The Pointers, playing on the road, had already endured a transportation snag when their bus failed to show on schedule, causing them to rush onto the field without pre-game warmups or prep.

Then, a 17-point Olympian scoring blitz in just two minutes of the second quarter put the Pointers in a self-dug hole.

The Pointer defense again stood tall, holding the Olympians to 245 yards in total offense. Three plays — a 18-yard run and touchdown passes of 28 and 67 yards — accounted for more than half the Eagle total.

The Pointers continued to struggle on offense, however, as a big, but young, offensive line was unable to control the line of scrimmage.

Three Pointer quarterbacks combined to complete just six of 13 passes for 46 yards while two interceptions by alert Eagle defenders were returned 135 yards, both for touchdowns.

The first of those interceptions gave the hosts a 7-0 lead with 4:30 left in the second quarter.

Defensively, Greg Verdugo led with six tackles and three assists. Sydney Rush, Zack Eischen and Jamal Agnew were each in on six tackles with Rush adding an interception.

EXTRA POINTS

- The Pointers played without two key defensive starters, Jake Wambaugh and Tanner Manion, both of whom were injured.
- Game referees implemented a new “running clock” rule, new this year to California prep football. When a team leads by 15 or more points entering the fourth quarter, or any time after, the game clock will not be stopped. Many coaches in the state are opposed to the rule, and Pointer head coach Mike Hastings said he was not pleased by its use.
- The Pointer freshmen (a 15-14 thriller) and junior varsity (23-8) defeated the Eagles to remain undefeated.
- Olympian opened in 2006 and first fielded a varsity team in 2007. Head coach Gil Warren is 71, played for Don Coryell at San Diego State and has coached at several South Bay schools in compiling over 200 victories since the late 1960s.
Broken Yolk

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.

Meet the Pro

Contact Tim Parun, PGA at (619) 222-4653 ext. 205

Play with PGA Professional, Tim Parun. Get four players together, for $25 each you get a nine-hole playing lesson. This is time to get some tips and have fun.

Tim Parun, PGA Teaching Professional, is a PGA Member that has improved golfers since 1988 and a top competitive golfer, earning the title of San Diego Chapter PGA Player of the Year for 2003, ’04, ’06 and ’10. He also has competed on the PGA Tour in the 2004 & 2009 Buick Invitational, the 2010 Farmers Insurance Open, the 2009 Nippon Crown, the 2010 Farmers Insurance Open and the 2011 Senior PGA Championship. Looks for Tim at this year’s 2012 Senior PGA Championship.

Tim’s teaching philosophy emphasizes drills to improve swing mechanics and a mental approach to “relax and react” for each shot. Tim will show you how to improve your golf game at home with quality.
Spirits of Mexico Festival Announces 2012 Winning Spirits

Long considered one of San Diego's premier singer-songwriters, the tag only scratches the surface when it comes to Jeff Berkley. In addition to his own music, Berkley, who performs at Java Joe's on Sept. 27, is one-half of the acclaimed duo Berkley Hart.

The pair has a San Diego Music Award to its credit in the Best Americana Album category for the disc, "Twelve." A top-flight percussionist and guitarist, Berkley has also led a succession of popular local combos like CitizenZen Band. Additionally, he's a sideman seen occasionally on stage with artists, ranging from Tallk Like June to Jackson Browne.

Immersed in music 24/7, Berkley has also become one of San Diego's top producers at his own Berkley Sound Studio, with a resume that includes albums from the likes of acoustic troubadour Gregory Page and country singer BarBara Nesbit. Despite helming the board on dozens of noteworthy titles, Berkley remains humble, giving the credit back to the musicians involved.

"I've been really lucky to get to work with great artists, which makes me look better," Berkley said.

The Sept. 27 show is part of a month-long residency begun in June, dubbed Jeff Berkley and Friends. To date, the focus has been on acoustic music, though there's no hard-and-fast rule as to what might take place on any given night. The "Friends" part of the bill changes each time, with an impressive roster of local notables that include Jeffrey Joe Morin, Rob Deea, The Lovebirds, Tolan Shaw and Podunk Nowhere.

"I wanted to give the audience a variety of music and not have it be the same singer-songwriter every minute," Berkley said. "I just have people come up and do a few tunes and if it's something we both know, we'll play together. If it's not, we won't."

The Hot Spot pottery painting, candlemaking studio opens inside Liberty Station

The Hot Spot Studio has opened its doors with a scenic view of downtown amid the beautifully renovated historic buildings and landscaped grounds of the NTC. The studio can accommodate large groups during corporate events and fieldtrips.

The studio is a paint-your-own-pottery and candlemaking studio where anyone can be artistic. The Hot Spot offers hundreds of pottery items like picture frames, pasta bowls, dinnerware, flower vases and kids' items galore. It may be the only place in San Diego to offer chunky candlemaking. The studio owners say this is a perfect place for a child's birthday party, ladies' groups or to bring a bottle of wine and a date.

Jeff Berkley, a top-flight percussionist and guitarist, is half of the duo Berkley Hart, which performs Sept. 27 at Java Joe's.

The Hot Spot pottery painting, candlemaking studio opens inside Liberty Station

The first-ever Best of Show Packaging Award was added to the 2012 Spirits of Mexico Festival Tasting Competition. Entries included 100 percent de agave tequilas, mezcals, bacanoras and liqueurs as well as any brand with 213 expressions.

"It's in my blood," he said. "My dad was a musician. My grandfather before him was a poet and a musician. What inspired me was growing up watching my dad play bass in rock 'n' roll bands when I was a kid. It just made me want to do it."

During the late 1960s, his father played in such top area bands as Sound Foundations and Population Five and even worked with Elvis Presley.

"Then later on, when he was a minister, I learned to play music in his church," Berkley said.

A quick study, Berkley's enthusiasm meant that by the time he was 35 years old around 1985, he had made his debut with the band, The Cry, at the now-defunct concert venue The Bacchanal. By the time he was 17, he was backing British guitarist Dave Sharp of the Welsh hitmakers The Alarm.

Upcoming projects include a new Berkley Hart album and a bluegrass album, as well as a possible new band that Berkley said will be "rockier," though he mentions a pedal steel player will be involved.

In 1990, Berkley & Friends performed at Java Joe's on Sept. 27, is one-half of the Berkley Hart album and a bluegrass, with an impressive roster of local notables that include Jeffrey Joe Morin, Rob Deea, The Lovebirds, Tolan Shaw and Podunk Nowhere.

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Ortega's is feast for the eyes with Mexican buffet, pizzeria

Juan B. Ortega bought a pizza parlor on Midway Drive and turned it into a Mexican buffet-pizzeria. Now, Ortegas Mexican Buffet and Pizzeria serves everything from chicken mole poblano to calamari, artichoke and garlic-sauce pizza.

Ortega purchased the restaurant 12 years ago, five years after opening Ortega’s Cocina on Newport Avenue in Ocean Beach. His eight brothers and sisters run it now, while his wife and two of their daughters help at the buffet restaurant.

Ortega said the pizzeria was humming along, pulling in about $1,000 a day, until the fateful Sept. 11, 2001, when business plummeted. Adding Mexican fare, including the buffet, was his attempt to attract more customers. It worked, and business started picking up, better at lunch than dinner.

“You have to know what to serve and what not to serve so the food’s not overthere are few Mexican buffets,” Ortega said, his typical good humor.

“We have to give them away,” Ortega joked, adding that it’s a good way to introduce customers to the restaurant. For more refined tastes, he also offers fish tacos and vegetarian tortas for $3.99. For dessert, there’s an unexpected Italian tiramisu for $4.75. For dinner, there’s an unexpected Italian tiramisu for $3.99.

Prices start as low as 99 cents for beer-battered cod fish tacos and vegetarian tacos.

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Ortega points out that he even offers “my own beer on tap.” Well, he doesn’t actually brew Ortegas Pale Ale, “but I own the name.”

Ortega said he gave his family no choice but to work.

“If you don’t like this,” he said he told them, “you can go to El Pollo Loco or Jack in the Box.”

Ortega said he enjoys everything about running a restaurant — “except fixing the hoods and the plumbing.”

• Ortegas Mexican Buffet and Pizza. 5445 Midway Drive. Open Mondays through Saturdays from 8 a.m. to 9 p.m.; www.orteugas.us, (619) 224-0774. Delivery is free within three miles and with a minimum order of $20.
FAST FOOD DISCOUNT CARDS: Fast Food Discount Cards. Purchase online or in-store at 24 locations in central San Diego, 30 days of service. Save 40% on 125 of the nation's top fast-food chains.

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The Port of San Diego will play host to the seventh annual ArtWalk on the Bay at Waterfront Park near the Hilton San Diego Bayfront Hotel. The event is expected to draw more than 150 artists and thousands of spectators to The Big Bay to peruse and purchase thousands of paintings, sculpture, photographs and other original works of art. The event takes place from 10 a.m. to 5 p.m. both days and is free to attend. Waterfront Park is located at 1 Park Blvd., behind the San Diego Convention Center. For more information, visit www.artwalksobe.com, or call (619) 615-1090.

SUNDAY, Sept. 23
A free wireless workshop will be conducted by Verizon officials from 9 to 11 a.m. at the Midway-area store, located at 3500 Sports Arena Blvd., Suite A. Participants can learn about their wireless devices, powerful features and applications and how to access the Internet on the go in personalized, hands-on sessions. Workshops are geared toward basic and advanced users. For more information, call (619) 521-2128, or visit www.rwireless.com/wirelessworkshops.

WEDNESDAY, Sept. 26
The Point Loma United Methodist Church hosts a free “Relax. Breathe. Share. Give” class from 4 to 4:45 p.m. at the church, 1984 Sunset Cliffs Blvd. Find your natural ability to relax and breathe easily. And with that discovery of your vast inner resources for being flexible and generous with life’s circumstances, you discover the class features calming practices that you can do sitting, standing or in any situation. Reservations are required by calling (619) 788-4838, or emailing info@dharayoga.com.

FRIDAY, Sept. 28
The United Portuguese SES in Point Loma hosts its “Splendor on the Grass” annual event at Waterfront Park near the Hilton San Diego Bayfront Hotel. The event features live music, a silent auction and a benefit golf tournament that starts at 11:45 a.m. at the Riverwalk Golf Club in Fashion Valley. Registration begins at 10:30 a.m. and the shotgun starts at 11:45 a.m. Later, appetizers, dinner and auction will take place at 6 p.m. at the SES Hall in Point Loma, located at 2818 Avenida de Portugal in Point Loma. The event cost is $35 for golf and dinner. Dinner-only tickets are available for $20. For reservations or for more information, call Cathy Silva Dellenbach at (619) 226-8211, email upsesfesta2013@gmail.com, or visit facebook.com/upsesfesta2013.

• Bodhi Tree Concerts: Performing Random Acts of Kindness presents Megan Weston (soprano) and Michael Pfenelly (pianist) in a duet recital to benefit the microcredit organization Erase Poverty. The recital will include music of Mozart, R. Strauss, Liszt, Verdi and Gershwin. The performance takes place beginning at 7:30 p.m. at All Soul’s Church in Point Loma. Tickets are $15 in advance or $20 at the door. For more information or to purchase tickets, call (619) 457-8707, or visit www.bodhitreetheater.com. For more information about Erase Poverty, visit www.erasepoverty.org.

SATURDAY, Sept. 29
GFWC Peninsula Woman’s Club will welcome guests for lunch, cards, conversation and relaxation during “Autumn in the Garden,” which will be held from 10 a.m. to 2 p.m. The cost is $20. For more information, visit www.peninsulawomansclub.org. For reservations, call Susan Townsend at (619) 223-3104.

Linda Levy and her husband, Andy, recent transplants to Point Loma from Boston, are saddling up to provide horseback-riding lessons in East County.

Point Loma couple saddles up to provide horseback-riding lessons

Linda and Andy Levy — recent transplants to Point Loma from Boston — are launching horseback-riding lessons in East County at the Triple S Ranch in Lakeside.

Linda will teach horseback riding at the ranch, which sits at the base of El Capitan Mountain on El Monte Road and boasts four riding trails, multiple round pens and direct access to the San Diego River trail system.

The Levys will work together to manage the riding program they have started at Triple S Ranch. Andy will schedule lessons and manage the business end of the program. In addition to teaching riding, Linda will also train horses. With 35 years of experience training horses and riders, Linda is an energetic and gifted teacher. Her direct and compassionate style enables her students to progress as riders and helps their horses remain happy in their work. “Horses are often misunderstood because they are large and can be strong at times, but most domesticated horses are very gentle and crave the attention humans give them,” said Linda. “Horses are such wonderful teachers, they can mirror our emotions, sometimes telling us things about ourselves we didn’t even know. Horses do not lie; they have a human radar, telling us what they need if we take the time to listen.”

Andy is complimentary of Linda’s skills. “Linda offers A horse-show-level instruction to individuals who may not be interested in competing. Working on horsemanship skills promotes a sense of accomplishment, a sense of empowerment and a special relationship between horse and rider.”

ANDY LEVY
Point Loma

“Linda offers A horse-show-level instruction to individuals who may not be interested in competing. Working on horsemanship skills promotes a sense of accomplishment, a sense of empowerment and a special relationship between horse and rider.”

ANDY LEVY
Point Loma

“Linda offers A horse-show-level instruction to individuals who may not be interested in competing. Working on horsemanship skills promotes a sense of accomplishment, a sense of empowerment and a special relationship between horse and rider.” — Staff and contribution

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If you receive City of San Diego refuse collection service, you can recycle cartons for all of your favorite food and beverages like milk, juice and soup. Just place your empty cartons in the blue curbside recycling bin. Give your cartons a second life. Recycle your cartons today! Go to RecyclingWorks.com for more information.