HALO Corp. “It’s an experiential, before,” said Brad Barker, president of in the nation.

jurisdictional counterterrorism events Summit — one of the largest multi-
emergency response during the sixth players in the real-life game of coun-
 battleground of live action demonstra-
transformed in the near future into a Island paradise to host counterterrorism simulations

American Olympic Carrie Johnson got her start kayaking on Mission Bay. Johnson will compete in her third Olympics starting on Aug. 7. Photo courtesy of Carrie Johnson

Hometown kayaker eager to make history in third straight Olympics

With the 2012 Olympic Games in full swing in London, San Diegans across the county are tracking Team USA and its athletes’ every move as they vie for the coveted gold in their respective sports. One particular athlete to keep an eye on this summer is two-time Olympic kayaker Carrie Johnson, a hometown girl who got her start right here in Mission Bay.

Throughout her life, the San Diego born-and-bred athlete was always dabbling in sport — from running track and cross country at La Jolla High School to competing as a gymnast for more than a decade — until she found her true calling in sprint kayaking.

“I was introduced to kayaking through the San Diego Junior Lifeguard program in 1997,” she said. “My interest in paddling began as a challenge. The boats are very tippy and take months to learn how to balance.”

After a lot of practice paddling in the waters of Mission Bay at the San Diego Canoe and Kayak Club, Johnson mastered the fundamentals and found her footing in the sport.

“It grew into a passion as I continued to train and compete,” she said. “I have loved challenging myself in training and testing myself in competition.”

In 2001, Johnson began competing internationally at the Junior World Championships, where she got her first taste of the high stakes international realm of competitive kayaking, placing 13th in the K4w 500-meter race.

In the subsequent years, she continued to master the sport and went on to compete in both the 2004 Olympics in Athens and the 2008 Olympics in Beijing. Yet again, Johnson, now 28, has earned herself a spot on the 2012 Olympic canoe/kayak team, where she will represent Team USA in the K1 500-meter and K1 200-meter sprint kayak races.

Until Aug. 4, she will be training in Pusiano, Italy before jetting off to London for the games themselves. “Right now, almost all of my training is on the water and focused on race preparation. I paddle twice a day. Generally, one workout

SEE OLYMPIANS, Page 8

W

RACE FOR MAYOR

Filner weighs in on PB alcohol licensing, homelessness issues

San Diego mayoral candidate Bob Filner addressed the Pacific Beach Town Council’s (PBTC) monthly meeting July 18, outlining his main concerns and issues for both Pacific Beach residents and business owners. Filner’s opponent in a runoff election in November is City Councillor Carl DeMaio, who was the guest speaker at the previous PBTC meeting.

PBTC Vice President Richard Kiser spearheaded the efforts to bring in both candidates and believes it was a good opportunity for the community to know what to expect from each candidate in November.

“After the June primary election, we contacted both candidates and offered time in front of our membership and specifically to address these issues and takes from the audience,” Kiser said.

The issues Filner covered included alcohol licensing, alcohol-related crime, oversized vehicles and the ongoing homelessness problem in the Pacific Beach area. DeMaio had addressed the same issues in June through audience questioning.

Filner said he had kept up with the latest alcohol-licensing issues in the beach area and would support a conditional-use permit (CUP) process for Pacific Beach.

“PB is a very interesting and diverse community, but it’s important to have respect for others,” Filner said.

The CUP is designed to give local communities more control on how to handle alcohol-related issues. He said he takes the opposite view of DeMaio and supports a CUP.

On the issue of oversize vehicles parked for long peri-

Island paradise to host counterterrorism simulations

A tropical island paradise smack dab in the middle of Mission Bay will be transformed in the near future into a battleground for live action demonstrations, realistic tactical training scenarios and simulated combat-wounded players in the real-life game of counterterrorism, homeland security and emergency response during the sixth annual HALO Counter-Terrorism Summit — one of the largest multi-jurisdictional counterterrorism events in the nation.

“With this year’s HALO Counter-Terrorism Summit, we set out to create something that’s never been done before,” said Brad Barker, president of HALO Corp. “It’s an experimental, multi-jurisdictional ‘trail by fire’ environment, where operations and emergency responders can learn from subject matter experts, as well as their counterparts, beyond the typical classroom setting.”

Barker and his colleagues at HALO launched the HALO Counter-Terrorism Summit six years ago after seeing a measurable gap in training available to first responders and emergency-response groups on a national level in the wake of Hurricane Katrina in 2005.

“The main focus of our first summit was being able to rapidly deploy emergency and disaster relief to the world’s most austere environments,” he said. “The summits have since expanded to include counterterrorism and homeland security, crisis response and risk mitigation of any kind — from natural to manmade disasters and crisis events.”

This year, the HALO Counter-Terrorism Summit will include hands-on training like never before.

“We found that developing curriculum and training classes based on ‘first person’ perspectives is a very powerful tool, but being able to actually demonstrate or simulate a real world scenario where responders and operators can actually apply the training is simply the best way to safely train people in a controlled environment, with low Federal and State funding, the program, dubbed “Go Green 4 Educa-

Timedotp stop at the six annual HALO Counter-Terrorism Summit from Oct. 29 to Nov. 2.

The 44-acre Paradise Point, shown in this aerial photo, will be transformed into a tactical training lab for the sixth annual HALO Counter-Terrorism Summit from Oct. 29 to Nov. 2.

Photo courtesy Paradise Point
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BEACH & BAY PRESS | AUGUST 2, 2012
Groups link arms in new water-conservation push

**Inaugural ‘Colorado River Day’ at Mission Bay signals plight of Southwest’s key supply source**

**Marcio Lamb | Beach & Bay Press**

With Mission Bay serving as the backdrop for their message, environmental conservationists and local congressmen expressed last week that everyone is in the same boat when it comes to prioritizing cost-effective methods of water conservation in the Colorado River Basin.

On July 25, San Diego Coastkeeper, Save the Colorado and the San Diego County Taxpayers Association joined together at Mission Bay Park to celebrate the inaugural “Colorado River Day,” an event marking the date the river was officially christened with its name in 1921.

More than a celebration of the river in title, local organizations combined forces to emphasize the dire situation of the depleting river and its tributaries that quench the thirst of America’s arid Southwest region, and to urge policymakers to implement common-sense solutions to meet the region’s future demand.

“In the last couple years, the supply of water coming down the river has gone down through the drought, and it’s going to continue going down due to climate change,” said Gary Wockner, campaign coordinator for the Save the Colorado organization. “Also, demand is going up. There are more owners and more people moving to the basin and wanting more water. We just got to the point a couple years ago where demand has increased and is now greater than supply.”

Under the leadership of Secretary of the Interior Ken Salazar, the federal government is proposing solutions over the next decade to address the supply-demand discrepancy.

“The Colorado River Basin study last fall offered some options that were put forward that are exorbitantly expensive, like towing icebergs down from Alaska, or diverting the Mississippi River. [There is also] a project proposed in Wyoming which proposes to pump water and pipe it all the way up to the front range of Colorado,” said Wockner.

“All of those options cost tens of billions of dollars and would be environmental-ly destructive.”

The partnership of local organizations announced the launch of a petition and letter to state and federal officials, urging them to consider sensible alternative solutions — including urban conservation, agricultural efficiency and the use of water banks — to meet demand without further straining state and federal budgets.

“There are common-sense solutions to the crisis that we’re in in San Diego,” said Megan Baehrens, executive director of San Diego Coastkeeper. “We support more than 50 percent of the water, and much of that comes from the Colorado River. We need to start with some really common-sense solutions to reduce our use and reduce the cost of the water we have.”

“Projections indicate that water rates will double over the next decade, she said.

“We have seen a double-digit rise in the last few years. It’s very frightening when we conserve and the rates still keep going up,” said Lori Lutar, president of the San Diego Taxpayers Association. “Extracting all the value we can from each drop of water we already have is in the best interest of taxpayers.”

“Examples of the simple solutions supported by the partnership of organizations include implementing guidelines for region-appropriate landscape design, improving water-irrigation practices, enforcing wastewater ordinances and cutting pools to prevent evaporation. Agricultural practices, too, could improve through regulated deficit irrigation, upgrading irrigation technology and improved irrigation scheduling.

“Let’s conserve water. Let’s not waste water. Let’s protect the Colorado River. Environmental conservationists and fiscal conservatives agree on a common, common sense path forward,” said Wockner.

“Meeting the demand is going to take new water resources, and some of the simplest solutions include implementing guidelines for region-appropriate landscape design, improving water-irrigation practices, enforcing wastewater ordinances and cutting pools to prevent evaporation. Agricultural practices, too, could improve through regulated deficit irrigation, upgrading irrigation technology and improved irrigation scheduling. Let’s conserve water. Let’s not waste water. Let’s protect the Colorado River.”

Environmental conservationists and fiscal conservatives show they are in the same boat when it comes to securing conservation in the Colorado River. Shown are, from left, Ann Tartre, executive director of the Equinox Center; Lori Lutar, president of the San Diego County Taxpayers Association; Megan Baehrens, executive director of San Diego Coastkeeper; and Gary Wockner, campaign coordinator for the Save the Colorado organization.

**Mission Bay Yacht Club wins City Council OK for new 25-year lease**

**Neal Putnam | Beach & Bay Press**

The Mission Bay Yacht Club (MBYC) won a 25-year lease agreement July 17 in a unanimous vote by the San Diego City Council ahead of the lease expiration on July 31.

The yacht club has agreed to construction improvements at a cost of $2.12 million over several years. The annual rent will increase from $277,455 to $299,207, and the rent will be adjusted every year.

The yacht club was founded in 1927 to conduct small boat races in Mission Bay, but it has grown tremendously and secured a 50-year lease in 1961. The MBYC operates boat storage, parking facilities and organizes sailboat activi-
San Diego-La Jolla Underwater Park reserved for everyone

By JUDITH LEA GARFIELD | BEACH & BAY PRESS

It is the only San Diego city park with out benches and walking paths. There’s grass, but it isn’t Bermuda, and the plentiful water is salty not sweet. Most of those who partake of the amenities sport gifts not lungs. This unusual place is the San Diego-La Jolla Underwater Park, which comprises 6,000 acres of submerged lands bordered by Tower Pine State Park to the north and La Jolla Cove to the south.

While taking invertebrates is illegal, fishing in part of the park is allowed with a license. The most magical and accessible part of the park is the 5.3 acres designated as the “look but don’t touch” La Jolla Ecological Reserve. In brief, leave everything be, living or not. Fix large, yellow buoys mark the reserve’s offshore boundaries that comprise the waters around the Cove, the seven caves, La Jolla Shores and the adjoining submarine canyon. Signage by the California Department of Fish & Game clearly states that “No person shall disturb or take any plant, bird, mammal, fish, mollusk, crustacean, reptile or any other form of plant life, marine life, shells, geological formations or archaeological artifacts ...

The reserve is unique to the coast because of its four distinct habitats that may be likened to the Grand Canyon, a redwood forest, a desert and a rocky reef environment — but without the chlorine.

Before we begin our armchair tour highlighting aspects of the reserve, is best-described as a public square mile-and-a-half area.

Join me below for an armchair tour highlighting aspects of the park. Don’t forget the kelp stand is held in place at the base by a holdfast houses a menagerie of small animals, like brittle starss and insect-like isopods.

Anchored offshore of the Cove at 30-foot depths, but even here the forest is impressive. When I’m diving in clear water and under sunny skies, I look skyward to see shimmering rays of sunlight bend and play through the amber fronds. Each kelp plant is held in place at the base by a holdfast, a complex maze of root-like matter that binds to rock or boulder. The holdfast houses a menagerie of small animals, like brittle starss and insect-like isopods.

The kelp forest shelters the ocean floor, which crawls with crabs, sea hares, and knobby sea stars. Giant kelp is not only a species, but a habitat as well. It’s a bed and breakfast of sorts, offering food and lodging for millions of critters from hundreds of species of fish large and small. Sea lions, the re-emergence of giant sea bass, bat rays, seaweed and kelp are some regular canyon denizens, but extraordinary creatures like market squid, Loligo opalescens, periodically emerge from the canyon den. Even if divers can no longer thrill to football fields of squid eggs seen in the past, those having swept, snorkel or float on the surface, as flailing swimmers and scuba tank bubbles terrify the shy creatures. Look for shorehouse gutterfish rays that often cohabit with the leopards. Spawning squid present a breathtaking show, and even when it’s over the resulting cigar-shaped, white egg capsules may transform the mud bottom into a winter snow scene. While the protected head of the canyon is the squid’s spawning goal (driven as spawning salmon), an uptick in the local squid fishery over the past 10 years (likely due to the collapse of numerous squid fisheries globally from overfishing) means that boatloads of squid don’t reach their final destination. Even if divers can no longer thrill to football fields of squid eggs seen in the past, those having

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Just Married

Mr. & Mrs. Long

Longtime SDCNG employees Mike and Heather were married on July 5th, 2012 in San Diego, California.
The free, fourth annual Pacific Beach Junior Lifeguard fest, pancake breakfast set
The San Diego Junior Lifeguard Foundation will host its annual fundraising open competition and pancake breakfast on Saturday, Aug. 11 near the Mission Beach Lifeguard Tower on Ocean Front Walk at the foot of Ventura Place. The event will feature beach-flag competitions and run-swim-run events for both junior lifeguards and adults from 8 to 11 a.m. The pancake breakfast, sponsored by Restaurant Depot, will be served up by junior lifeguards. Organizers are asking a $5 donation for the breakfast. Ticket prices are $15 for adults and $5 for junior guards. Competitions include a half-mile run and 250-yard swim at 8 a.m.; a mile run and 500-yard swim at 9 a.m.; and run-swim-run beach flag events for adults at 9, 9:30 and 10 a.m.

Junior Lifeguard Ocean Festival T-shirts will be available for $15. For tickets and registration visit www.sdjfoundation.org.

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4th annual PB hot rod, classic car show revs up
The free, fourth annual Pacific Beach Hot Rod and Classic Car Show and Charger Steve’s Wild Rides and Classic Car Showdown is set to get under way Sunday, Aug. 19 between 10 a.m. and 3 p.m. along Garnet Avenue between Mission Boulevard and Dawes Street. Christopher Knight, who played the character of Peter Brady in the classic 1970s television series “The Brady Bunch” will be the special guest during the event. The event will feature hundreds of hot rod and classic cars, as well as movie cars like the General Lee from the “Dukes of Hazard” and Kim from “Knight Rider.” The event will also feature an engine burn-out contest, a bikini contest and other attractions.

For more information, call (760) 430-0089, or visit www.charter-george.com

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The Mission Bay Yacht Club is located at 2125 13th and 7th Avenue, San Diego, CA 92109. For listings of films and other information, visit www.lajollahomerun.org/ specialevents.html. All film showings are for 21 and up only.

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The free, fourth annual Pacific Beach Junior Lifeguard fest, pancake breakfast set will be the featured film at the Atheneum’s Flicks on the Bricks series on Aug. 2.

BY KENDRA HARTMANN | BUS & BEACH

For movie lovers, there are two shortages of events in San Diego to get their film fix. Apart from regular movie theaters, San Diegans have film festivals covering every genre, specialty movie houses for those that want a bit of art culture with their film and theaters that cater to moviegoers’ every whim. Even some of the oldies but goodies are coming back, in the form of a new drive-in theater in Pacific Beach.

But some locals wait all year for the “Dukes of Hazzard” and Kitt from the “Knight Rider” TV show. Flicks on the Bricks is teaming up with Finch’s Bistro and Wine Bar for an even faster summer series, with the restaurant’s “Meal and a Movie” program.

Moviegoers can head to Finch’s before the start of the film for a pre-film-themed meal on the patio, with each three-course meal including an entree of their choice, a salad, along with a movie stub, a wine pairing for each film, carefully selected and presented at the start of the evening by Barbara Baxter.

This year, Flicks on the Bricks is teaming up with Finch’s Bistro and Wine Bar for an even faster summer series, with the restaurant’s “Meal and a Movie” program.

At 1,000 homes, that is $10,000 a month in revenue for the four elementary schools in PB. At 3,000 homes, that is $30,000 per month divided among the schools in the area. “There are 26,000 households in the 92109 ZIP code. Imagine what we could do for our local schools,” he said.

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line from old buoys are seen, and these 
are not noteworthy. Whether it be acci-
dentially dropped or purposely deposited, 
nothing will remain within scuba diving 
range for long. Shifting sands from con-
stant water movement (tidal flow; cur-
cents, storms, swells) transport the 
debris downward, which bottoms out 
at about 1,000 feet deep. For anyone 
who purposely trashes the reserve, it is 
not only illegal but a fatiguing exercise 
for the clerks.

The La Jolla Ecological Reserve exists 
as a grand example of “the small but 
the mighty” because of its many bene-
fits: aside from protecting marine life 
species within four distinctive land-
scapes, it is a rare urban reserve. Is there 
poaching? Yes, some, but having easy 
access highlights the reserve’s existence 
and value to the public. How great it is 
to swim and dive in an area not picked 
over and strewn with tangles of fishing 
line (a safety concern for divers). And 
for nonhuman visitors like leather 
fish who don’t live in the reserve year 
round, protection is still key because they 
congregate here, meaning they would 
otherwise be easily decimated from 
the water. It is swimming, snorkeling or 
scuba diving, in the 35 years I’ve spent 
exploring this unique city park. I’ll never 
finish seeing it. But don’t believe me. 
Sea for yourself! Don a face mask and 
step into water to discover a submerged 
world of unparalleled beauty you 
otherwise could not imagine exists.

—Judith Lea Garfield, naturalist and 
underwater photographer, has authored 
two natural history books about the under-
water park of La Jolla Cove and La Jolla 
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STAGECOACH DAYS: CELEBRATING THE WEST ON THE MOVE

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OLYMPIAN
CONTINUED FROM PAGE 1
will be higher intensity and the other will be a lower-level recovery paddle,” she said. “I have also modified my training to lower the overall volume and focus on quality on the water and recovery off the water.”

CARRIE JOHNSON
Three-time Olympic kayaker who trains on Mission Bay

“Crohn’s [disease] affects me to different degrees, depending on when it is flared up and when it is in remission ... Running can be uncomfortable, so I do most of my endurance cross training on the road bike. I have also modified my training to lower the overall volume and focus on quality on the water and recovery off the water.”

Despite life’s obstacles, Johnson will compete on Aug. 7, 9, 10 and 11. To help cheer her on, visit her Facebook page at www.facebook.com/carrieaux.

TRAINING CONTINUES FROM Page 1
out ‘real world’ consequences,” he said.

For five days, the private Paradise Point Resort will become HALO Island, a perilous combat zone where the uninitiated can — and will — suffer.

“With water on all sides, a dedicated marine and immersive demonstrations of the sky, the land and the sea, HALO Island will be a lower-level recovery paddle,” said Barker.

Although the training scenarios are simulated, San Diego-based Strategic Operations will create its trademarked “hyper-realistic” tactical training environments using state-of-the-art Hollywood battlefields special effects, making each combat simulation feel like the real deal. Scenarios will include a Somali pirate incursion on the shores of Mission Bay, unmanned aerial vehicles and flyboats, and — the highlight of the immersive training session — a Middle Eastern village, featuring props, special effects, medical simulation systems and professional role players.

A wide range of national security stakeholders will involve military, law enforcement and homeland security personnel will take part in the simulations, observation and educational seminars at the summit from Oct. 29 to Nov. 2.

In addition to live demonstrations and training simulations, the summit will offer more than 30 courses on relevant security issues ranging from threats via land, air, water and even cyberspace. Special guest speakers will include such brilliant counterterrorist and emergency-response minds as Michael Hayden, a retired four-star general and former director of the National Security Agency and CIA; Deputy Chief Michael Downing, commanding officer of the Los Angeles Police Department’s Counterterrorism Operations Bureau; and Alejandro Pómez Romero, Mexico’s Secretary of the Interior.

HALO is also partnering with the San Diego-based nonprofit group Freedom Station USA, a provider of transitional housing and recovery support services to injured veterans returning from the conflicts in Afghanistan and Iraq. Freedom Station USA representatives and injured veterans will be on hand at the summit, providing information and educating participants about their mission.

Registration for government, law enforcement, military and EMS professionals is $1,000, and registration for private sector participants is $1,400.

The deadline for registration is Oct. 1. To register, call (619) 881-6125, or visit www.thehalocorp.com/*counter-terrorism-summit.

FILNER CONTINUED FROM PAGE 1

“San Diego is a major city and I am very excited and proud to be running for mayor,” said Filner. “My opponent wants to focus on potholes, but the city is bigger and better than that.”

Pacific Beach Town Councilmembers appeared to be pleased by the results of the forums offered to Filner and DeMaio.

“This format worked well,” said Kiser. “It was not a debate, but it was all about the candidates’ solutions to community issues.”

The next guest speakers at the PBTC meetings will be 39th California Senate District candidates George Plescia on Aug. 15 and Marty Block on Sept. 19.

“With water on all sides [at Paradise Point], a dedicated marine and immersive demonstrations day and night, the sky is literally the limit at HALO Island.”

BRAD BARKER
President, HALO Corporation

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New PB apparel company puts the ‘phun’ in sportswear diversity

Dr. MARK LAMB | Beach & Bay Press

When the Goodwick family has an idea, it runs with it.

That’s exactly what happened when a voice in Jesse Goodwick’s head told him he could build a business out of a hobby he picked up.

Out of necessity, Goodwick — a former ski and snowboard instructor in Colorado — began making bandana facemasks, or “snowdanas,” to brace his and his fellow instructors’ faces from the cold.

“I needed a facemask, and the crap I saw in the stores, I just hated them, so I made my own,” he said.

That’s when the idea hit him. He could actually make a business out of this.

After the seed was planted, the idea blossomed into Team Phun, an apparel company focused on bringing together diverse lifestyles to promote the idea of fun, friendships and fashion.

“When I started it, I was hanging out with nerds, preppies and jocks, but everybody has their own way of having fun. It’s about bringing all those people together as a team,” he said.

Goodwick ran with his idea all the way from the fresh powder of Breckenridge to the sandy shores of San Diego’s coastline. Once he settled into Pacific Beach, he started gathering the troops.

With a master’s degree in mechanical engineering, Goodwick had little experience in the business realm. He didn’t let that stop him, however. He got plenty of help from those closest to him — namely “Papa” (David) Goodwick, who ran his own B2B marketing firm for 30 years, and brother Jamie, who recently graduated with a B.A. in business management at SDSU.

“Everyone in the family has control of such different ends of the spectrum. We all trust each other’s executive decisions,” said Jamie, who, as president, is responsible for external relations and his roommate, Nick Moyal, for everything else.

“All of us here at Team Phun are excited to see what the future holds. We are working hard to provide our community with fun and fashionable apparel and accessories that promote their unique lifestyle.”

Team Phun apparel and accessories can be purchased online at www.teamphun.com or in stores at Rail II Rail in Mission Beach, Ray’s Rentals in Mission Beach or Beach Mailbox on Grand Avenue.

Team Phun apparel has been worn by people that are 65 and who like animals, trucker caps. These products, among others, have been socially accepted from Southern California to the East Coast, even overseas in New Zealand and Australia,” said Jamie.

Team Phun uses top-quality American Apparel wear, and the team players hand stitch or sew all of the “stamp of approval” tags on each and every shirt themselves. They also offer a custom creative service, their Craft Corner, where the crew can “upcycle,” or upgrade, a long-forgotten or outgrown T-shirt into a brand-new custom pillow-case.

From Aug. 20-23, Team Phun will represent Pacific Beach in their first major exposure to the retail world at the MAGIC Fashion Marketplace in Las Vegas, where they will showcase their 2013 spring and summer line.

“We are extremely excited and have been preparing very hard for the show,” said Jesse. “All of us here at Team Phun are excited to see what the future holds. We are working hard to provide our community with fun and fashionable apparel and accessories that promote their unique lifestyle.”

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LIVEMUSIC

By BART MENDOZA | Beach & Bay Press

The name Psychic Vacuum sounds like it might be a metal band, but it’s an acoustic duo appearing at The Tiki House on Aug. 3. Featuring guitarist Howard Coven, also known for his other band Jetwash, the duo also features saxophonist Daniel Nielsen. Playing a mix of originals and select “fan favorites,” the pair has more than a touch of jazz to their sound. But this is more rock oriented, with Nielsen’s sax the focus, but it’s an acoustic duo appearing at 1152 Garnet Ave. 21 and up.

www.pbconcerts.org

Kate Sessions Park.

Roxy Music than it is Dave Koz.

closer to mid-1970s David Bowie or rock oriented, with Nielsen’s sax the pair has more than a touch of originals and select “fan favorites,” Daniel Nielsen. Playing a mix of the duo also features saxophonist known for his other band Jetwash, ing guitarist Howard Coven, also but it’s an acoustic duo appearing at sounds like it might be a metal band, but it’s an acoustic duo appearing at The Tiki House on Aug. 3. Featuring guitarist Howard Coven, also known for his other band Jetwash, the duo also features saxophonist Daniel Nielsen. Playing a mix of originals and select “fan favorites,” the pair has more than a touch of jazz to their sound. But this is more rock oriented, with Nielsen’s sax the focus, but it’s an acoustic duo appearing at 1152 Garnet Ave. 21 and up.

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Black Market III excels at mixing rock, blues and Americans. The trio celebrates the release of its new album, “Songs That Shake The Cage,” with a show at The Griffin on Aug. 11. The female Farmer vocals give Illini’s rough-edged vocals excellent backing on songs that fans of Social Distortion or any band with roots music in its repertoire will appreciate.

Black Market III performs at 9 p.m. on Saturday, Aug. 11 at The Griffin, 1310 Morena Blvd. 21 and up.

www.thegriffind.com

Although best known as a solo acoustic blues guitarist, Robin Henkel is actually a virtuoso on any stringed instrument. Nowhere is this more more evident than with his aptly named project, Robin Henkel Band with Horns! Here, in addition to his blues material, he also incorporates jazz, swing and funk for a light and danceable sound. Henkel is a manic performer under most situations, but given full rein with backing dancers. The end result is songs that would make even wallflowers want to dance.

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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.

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