Urban gardening trend grows
depth roots during quarantine

Residents reap benefits of staying at home

By DAVE SCHWAB | THE BEACON

Urban gardening has become a trend that an increasing number of San Diego residents are pursuing, especially during the pandemic. And the City is helping out, having just debuted a new website, sandiego.gov/urban-farming, that provides information and assistance for those wishing to become successful urban farmers.

As more people are spending time at home due to Covid-19 public health orders, urban farming has seen an uptick in popularity. And the City is making resources available to support San Diegans in turning their sod into seed.

Dr. Julie Cramer, who lives near Sunset Cliffs and has been home gardening for years, finds her

Dr. Julie Cramer finds her front-yard garden to be not only filling but fulfilling.

COURAGEOUS COP
Daring rescue at Sunset Cliffs

San Diego Police officer Jonathan Wiese, with Gucci, revisits Luscombe's Point. On June 13, Wiese rappelled down the cliff face to rescue victims from a truck that was driven over the cliff and crashed into the ocean.

JIM GRANT/PENINSULA BEACON

See page 4

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Majestic Torrey pines on Saratoga Avenue are dead, to be removed

The nearly 100-year-old Torrey pines at 4605 Saratoga Ave.

By DALE SCHNIR | THE REASON

After a thorough investigation by City forester Brian Widener and his team, it has been concluded that the Torrey pines at 4605 Saratoga Ave. are dead.

“This is an extremely sad day for the Ocean Beach community,” said District 2 Councilmember Jennifer Campbell. “The history of those trees, which were planted by residents during the Great Depression to add more cover and vibrancy to an arid landscape, is part of the history of this community. To the generations of Ocean Beach residents who have enjoyed their shade and beauty over the years, you have my deepest condolences.”

The cause of death for the two trees is unknown and currently being investigated. With the spread of invasive beetle species that are decimating tree populations in San Diego from palm trees to Torrey pines, removing these two trees as quickly as possible is vital to maintaining the overall health of Ocean Beach’s urban canopy, according to the City.

“These two large trees provided a great deal of ecosystem benefits that will not be easily replaced, but more importantly the large historical trees represented civic pride for the OB community,” Widener said. “The San Diego Urban Forestry Program continues to plant new street trees at the community’s request.”

Ocean Beach Town Council President Mark Winkie agreed it was a sad day for the community.

“The Ocean Beach Town Council is saddened to learn that two of the majestic Torrey pine trees on Saratoga Avenue have died and will have to be removed,” Winkie said. “Ocean Beach has a long legacy of protecting our natural environment and these trees have been with us a long time. Unfortunately there is nothing more to do and because of public safety they need to be removed. They will however, be replaced by new trees, that in time will grace Saratoga Avenue with a new canopy and a new story,” Winkie said.

City contractors were scheduled to remove the two trees this week.

The Torrey pine, Pinus torreyana, is a rare pine species growing only in the Torrey Pines State Natural Reserve, coastal northern San Diego County and on Santa Rosa Island.

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Quick actions from SDPD officer helped save crash victims

By DAVE SCHWAB / THE BEACON

It was a once-in-a-lifetime experience against one-in-a-million odds.

That’s how San Diego Police officer Jonathan Wiese characterized his harrowing rescue on June 13 of a man who drove off Sunset Cliffs with his twin 2-year-old daughters inside his truck. All three miraculously survived thanks to Wiese’s quick thinking and herculean efforts.

It wasn’t the first time the 43-year-old Wiese, a 22-year police veteran who works the canine unit, was involved in an emergency. He was involved in arresting a suspect’s vehicle parked on that street with its brake lights on.

Meanwhile, a police lieutenant from Western Division was patrolling down Hill Street near Sunset Cliffs and had spotted the suspect’s vehicle parked on that street with its brake lights on.

“The truck started pulling away at a high rate of speed then goes over the cliff,” said Wiese, recalling his first thought was, ‘Please, tell me he dropped those girls off.’” Wiese drove his patrol car up to the cliff edge alongside the lieutenant’s car. “We looked down, 50 or 60 feet, and the truck was upside down in the water and the whole cab was submerged and I thought, ‘There’s no way they could have survived.’”

But then he thought, “What if they’re stuck inside the truck?”

It was high tide, with lots of rocks, making swimming out difficult. Then it occurred to Wiese that he might use his dog’s leash to rappel down the side of the cliff.

Looking down, Wiese could see that the guy was out of the truck in the water with at least one of his girls. In the meantime, several other police had arrived at the scene. So Wiese took this 100-foot leash, unraveled it, wrapped it around himself underneath his armpits tethering one end to other officers on the clifftop who were securing it.

“I’m going to do it,” said Wiese who began rappelling backward down the cliff eventually ending up on the rocks below. “I was slipping, falling and wobbling like a newborn deer,” Wiese said. “I could see that the man had both girls out of the truck and was in the water with them.”

Wiese swam out to them noting one toddler had her arms wrapped around her dad’s neck, while the other appeared lifeless. “I needed to get all of them out,” noted Wiese, whose idea was to latch on to all three to push them all to shore.

It was then that a firefighter, who’d shown up with an engine, stripped down to his shorts and swam out to assist Wiese with the rescue, taking the more seriously injured of the two girls from him. But, pointed out Wiese, “I still had this guy I was worried about who’d tried to commit suicide.”

Just then a lifeguard on a paddle board showed up to take the unresponsive girl to shore while Wiese...
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City adopts policies for SDPD to de-escalate, intervene against unreasonable force

Following a series of public meetings earlier this month to hear feedback on community and police relations, Mayor Kevin L. Faulconer announced on June 24 that the San Diego Police Department has created standalone policies to help officers reduce the use of force and increase community trust.

The department’s new stand-alone de-escalation policy now requires officers to exercise techniques that seek to resolve situations through voluntary compliance or with lower levels of force. A second policy has been added to require officers to intervene if another officer uses unreasonable force and reports the incident to a supervisor. These two new, stand-alone policies accommodate at least six other SDPD policies that help to preserve public safety and protect against the unnecessary loss of life.

“The NAACP San Diego branch is pleased to see SDPD update its policies now that a number of adequate policies accompany at least six other SDPD policies,” said Francine Maxwell, president of NAACP San Diego. “This is the first step of many to begin to bring about change in San Diego Police Department policies. Officers are sworn to protect citizens from harm and the department has added new language to duty to increase the policy clarity that clearly builds accountability in the NAACP San Diego branch looks forward to continuing the conversation.”

The policies adhere to recommended changes noted by the City’s Community Review Board on Police Practices and the Citizens Advisory Board on Police/Community Relations.

“The protection and preservation of life must be the foremost objective of law enforcement, and these new policies ensure this value is a part of how every SDPD officer operates,” Faulconer said. “These changes do not represent the crossing of a finish line, but they do represent the bottom line: a foundation of trust we are working to build upon. It’s an important step forward, and joins reforms previously enacted that in their totality will help save lives.”

DE-ESCALATION POLICY

The new stand-alone de-escalation policy now requires police officers to use disengagement techniques — when safe, reasonable and based on the totality of circumstances — to attempt to persuade a subject to voluntarily comply or reduce the need to use a higher level of force.

Gaining voluntary compliance enhances officer and public safety, helps officers to defuse a situation, mitigates unintended consequences, and establishes police legitimacy and community trust.

De-escalation procedures include:

- Creating distance and a buffer zone between the officer and the subject;
- Establishing an effective line of communication with the subject, considering factors such as mental illness, possible intoxication, and potential medical or physical conditions;
- Considering other available resources, including specialized units, psychiatric emergency response team clinicians, and negotiators.

Police shall take into consideration a subject’s ability to understand and communicate effectively, present lawful orders, and request cooperation with clear and concise direction; and attempt to establish trust and cooperatively de-escalate situational conflicts.

When officers encounter subjects who do not voluntarily comply, reasonable levels of force may be used to resolve the situation.

DUTY TO INTERVENE POLICY

The new stand-alone duty to intervene policy now requires officers to step in and prevent the use of unreasonable force if they observe another officer using force beyond what is necessary. An officer shall intervene using actions such as verbally advising the other officer or physical restraining the other officer to prevent or stop an escalation of force.

When safe to do so, the officer shall report the intervention to a supervisor as soon as possible. The supervisor shall immediately notify their chain of command and/or the watch commander’s office and the appropriate unit shall immediately begin investigation. Appropriate disciplinary action, consistent with SDPD policy and applicable law, will be taken against an officer who fails to intervene when required.

OTHER POLICE REFORMS

The de-escalation and duty to intervene policies join several others recently revised or already on the books at SDPD. Use of these eight policies can significantly reduce deaths according to police reform groups.

Previous policies put in place include:

- Exhausting all alternatives before using a weapon
- The requirement to report all use of force
- A ban on chokeholds, strangleholds and the carotid restraint
- The establishment of a use of force continuum
- Restrictions on shooting at moving vehicles
- Requiring a warning before discharging a weapon

Faulconer is committed to continuing to evaluate City operations, alongside the community, in the pursuit of meaningful reform toward racial equality. The Community Review Board on Police Practices and the Citizens Advisory Board on Police/Community Relations will continue to serve as forums to address these issues as it relates to law enforcement.

WHAT PEOPLE ARE SAYING

“We will continue to work tirelessly to build trust and ensure consistent training while maintaining an honest dialogue with the communities we serve,” said Chief David Nisleit. “The policies we’re implementing today give clarity and direction not only to officers but to the community of what to expect from us.”

“Mayor Faulconer and Chief Nisleit should be commended for listening to the community and adopting nationally recognized best practices and policies,” said Doug Case, member of the Community Review Board. “In particular, I am pleased that SDPD has developed a robust de-escalation policy as recommended by the Community Review Board on Police Practices.”

“That the SDPD is listening and taking action is not only vital to the communities it serves but to the community of what we need more than ever,” said Bishop William Benson. “I want to thank Chief Nisleit and Mayor Faulconer for listening and acting to make important changes that advance the SDPD’s goals to keep our communities safe.”

“I want to thank Mayor Faulconer’s office for soliciting community feedback and to the San Diego Police Department for listening to the community,” said Stephen Groce, Chair of the Human Relations Commission. “The proposed recommendations from the community will help to increase oversight and help continue to guide future discussion on continuous improvement of department community engagement is the building block of achieving future goals for San Diego Police Department and the public it serves.”

More waste and recycling bins deployed for Fourth

By Friday, July 3, nearly 100 additional disposal bins will be deployed on the beaches and bay in Pacific Beach, Mission Beach, Mission Bay and Ocean Beach in time for the Fourth of July weekend.

Chief among these will be additional recycling bins to divert useful recyclables from the landfill. These temporary waste and recycling bins are easier to empty each day and will augment the city’s permanent waste bins, which overflow on summer holidays.

The Clean Beach Coalition, a 13-year partnership with 1 Love A Clean Ocean, and the City of San Diego helps protect the city’s beaches from hundreds of thousands of pounds of pollution over summer holidays. With this in mind, the city has collected more than 348,000 pounds of trash and recyclables.

“We may still be living under certain restrictions of Covid-19, but the crowds are coming,” said Len Hering, executive director for 1 Love
Midway planner discuss RV dwellers dumping tanks on streets

By DAVE SCHWAB | THE BEACON

In June, Midway-Pacific Highway Community Planning Group identified a recurring and worsening problem: RV dwellers living out of their vehicles disposing of waste in the area.

“People are not only living here, but they’re also dumping their emergency holding tanks and oil and cleaning agents into the street, even into Channel Way, a new street just redone, which is completely illegal,” said board member Tod Howarth. “Some people are dumping white paint down the center of the street and it went into the drainage. It’s almost like a biohazard, as well as a blight.”

Howarth noted that the City has relaxed enforcement of its vehicle habitation and oversized vehicle ordinances the past three months during the pandemic.

“How long is this going to go on?” asked Howarth. “Where did all those (enforcement) resources go?”

A 1983 City ordinance prohibits residents from living in a vehicle on streets within city limits. That ordinance was briefly overturned recently, only to be reinstated due to residents’ concerns about strangers living in their neighborhoods.

Disabled rights attorney Ann Menasche has since filed a class-action lawsuit challenging the constitutionality of forbidding vehicle occupation within City limits.

Six years ago the City enacted a Neighborhood Parking Protection Ordinance meant to curb abuse by oversized and non-motorized vehicles taking advantage of free residential parking. Oversized vehicles are defined as vehicles, including any attached trailers, vehicles or loads thereon, that exceed 27 feet in length and 7 feet in height. Non-motorized vehicles include open and closed trailers with or without loads.

MPHCG board member Amy Stark suggested using the City’s Get It Done App to report illegal vehicles and dumping, pointing out it’s been effective. She added, “It helps to take a picture and send a description with the location.”

“We can try that,” said group chair Cathy Kenton. “The squeaky wheel gets the grease. Hearing it from multiple people would help.”

“I’ll follow up with neighborhood policing,” said District 2 staffer Josh Cohen.

Of the vehicle habitation ordinance, Kenton said, “When that ordinance was originally passed (RV overnighting) went away for a while. Now everybody’s back and nobody’s paying attention.”

“It’s getting worse, creeping back in,” said Howarth. “There are a lot of campers on Hancock Street.”

Recreational vehicles are defined in the vehicle code as “any camp trailer, camper, trailer coach or house truck” or “any boat, dune buggy, all-terrain vehicle or other motorized or towed vehicle designed, maintained or used primarily for recreational purposes.”

Recreational vehicle owners may obtain a permit allowing overnight parking. A permit is valid for one 24-hour period. The permit is valid only on the same block as the resident’s address.

Individuals must offer proof of residency in advance to purchase the permit. Permit applicants — once confirmed by city staff — may purchase up to three consecutive permits (totaling 72 hours). Applicants may purchase up to 72 days of permits per year. For more information about obtaining permits for oversized vehicles, visit the City’s “Temporary Overnight Recreational Vehicle Permit” at sandiego.gov/parking/permits.
Closet celebrates 22 years of fashion in Ocean Beach

By DAVE SCHWAB | The Beacon

This year marks the 22nd year in business for the women’s apparel shop Closet.

“In 1998, we opened the first Closet women’s apparel store in Pacific Beach,” said owner Jessica Han. “Growing up, I would play dress-up with my friends and pretend we were mannequins in the big storefront window and strike a pose. When my mom first came to America to attend acupuncture school, she started selling Walkmans and radios in front of a gas station in Compton to pay for school. She then moved to San Diego to attend acupuncture school, she started selling Walkmans and radios in front of a gas station in Compton to pay for school. She then moved to bettering the planet. For the entire month of July, when customers bring their own bag or refuse a shopping bag when purchasing clothes, $1 will be contributed to the Ocean Beach Main Street Association.”

For August, we will contribute to Detour, a mentoring program for girls of color. Their vision is to see equity and inclusion for teen girls of color in higher education and priority section employment,” said Han. When the OB farmers market first planned to re-open, Han received a notice stating that a protest was scheduled in OB, which ultimately delayed the market’s opening for another week.

“I saw some businesses boarding up their windows with wood,” noted Han. “But I chose to place quotes from African-American leaders on our window front along with this letter: “Closet is a local small business. We offer a safe space for people to express themselves through clothes. We hear you, we see you, and we stand with you. History is repeating itself and this vicious cycle continues to roll forward. The time is now to break this cycle. The time is now to end racism, systematic injustice, and police brutality. The time is now to see that no one is better or less than another. The time is now to see one another as human beings. We are one race, the human race.” To schedule a free appointment, call Han at 619-786-1678.

Closet
Where: 4578 Newport Ave.
Hours: 10 a.m. to 6 p.m. daily.
Info: 619-786-1678.
San Diego region bars, wineries and breweries without a license to serve food will close starting on July 1 to prevent community outbreaks of COVID-19 and the spread of the virus, the County Health and Human Services Agency announced on June 29.

San Diego restaurants must close nightly at 10 p.m. also starting July 1 until further notice, according to the County Health and Human Services Agency announced on June 30.

Bars, wineries, distilleries and breweries that are allowed to serve food must also close at night no later than 10 p.m. until 5 a.m. The County is taking the action to prevent additional community outbreaks and the spread of COVID-19.

In light of the high numbers of positive cases in recent days and reports today of 10 current community outbreaks throughout the County, a decision was made to close these establishments at 10 p.m., said Wilma Wooten, M.D., M.P.H., County public health officer. “As the night wears on, restaurateurs have a tendency to become lax and cease following public health guidance. That’s why we’re seeing more community outbreaks,” said Wooten. “They are going to bars, restaurants and having house parties while not wearing a mask or maintaining physical distance.”

The decision was made given the increasing number of cases being identified in the region, and the increasing number of cases and hospitalizations reported recently. Nearly 500 cases of COVID-19 were reported in the County on June 28, the highest total since the pandemic began.

Bars are being identified as a variation of settings, but recent outbreaks have been linked to bars, to social distancing.

For those businesses with a food license, they can only serve food to customers seated at a table and alcohol can only be consumed while those patrons are eating.

The County will not consider further reopenings of any businesses or activities, including the bars, breweries and wineries, earlier than Aug. 1 to further slow the spread of COVID-19.

Another group showing increasing percentages are those 10 to 19 years old. That percentage has risen from 2.4% in late April to almost 6% currently.

“People are going out in larger numbers and interacting with people outside their household,” Wooten said. “While younger people have less severe symptoms from COVID-19, it’s important to note that this could be spreading the virus to others who are more vulnerable.”

For people in their 30s, the percentage of positive cases has remained steady, and in older demographics the percentage has been steadily decreasing.

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Planning is underway for a safe, re-entry to school this fall!

California’s are now required to wear face coverings in public spaces. Gov. Gavin Newsom issued the statewide order on June 17. People are required to wear masks or other coverings in public spaces, including while taking public transportation, seeking medical care, shopping, and in most work scenarios.

Public health experts overwhelmingly agree that one of the best ways to slow the spread of the coronavirus is to wear a face-covering over one’s nose and mouth, but it has still proven to be one of the pandemic’s more partisan issues.

There has even been a card circulating online, usually shared on Facebook, which is falsely claiming its holder is lawfully exempt from wearing a mask, according to the Department of Justice.

A recently issued alert by the DOJ is urging the public not to heed information printed on the fraudulent cards, which purport to carry the authority of the “Freedom to Breathe Agency,” which is neither a federal nor a state agency.

The fake card states that wearing a mask will incur mental or physical risk for the holder. The card also posits that the Americans with Disabilities Act forbids raising questions about the health condition aggravated by mask usage. Penalties are threatened if a business owner does not act accordingly.

“I am not aware of any encounters here in San Diego where a phony card was presented,” said San Diego Police spokesperson Shawn Takeuchi, adding, where one comes to the pub, we have free masks. We require all of our customers to wear masks and there’s a sign at the door, said Sandy Hamshaw, owner of The Wine Pub in Point Loma Village. “We’ve had a handful of people enter without one. But when we ask them to wear one, they either have one on them and put it on, or we have free ones to give out. It is interesting to see the varying degrees of people’s responses to the mandate.”

“For all we know a person in California could be an officer’s discretion whether or not to issue a citation to a person who is not wearing a mask in violation of the county health order. “Remember, a citation is not an admission of guilt. It is a promise to appear in court. The person cited would have the opportunity to present their evidence in court.”

Thus far, local businesses surveyed say they haven’t had much trouble with people not wearing masks.

“We require all of our customers to wear masks and there’s a sign at the door,” said Sandy Hamshaw, owner of The Wine Pub in Point Loma Village. “We’ve had a handful of people enter without one. But when we ask them to wear one, they either have one on them and put it on, or we have free ones to give out. It is interesting to see the varying degrees of people’s responses to the mandate.”

“Most have been very understanding of the need requirement. “I can think of only two instances where we’ve had to refuse service for someone that didn’t have a mask. Those are certainly difficult conversations to have with our loving customer base, but a necessary one in this climate.”

Added Pereger: “We had one customer last week come in with these fake cards stating for medi cal purposes they are not required to wear a mask. But it was only to prove that we didn’t have any business. And he had a mask on when ordering it from us. We haven’t had any one present this card to us when trying to do business with us.”

With Arizona being one of the epicenters of a huge spike of coronavirus cases, the concern is growing throughout San Diego about the threat posed by travelers from that state here this time of year for the Fourth of July.

“We expect anybody who comes to San Diego, from Arizona, Riverside County or anywhere else, to abide by the local health order and follow the rules,” said Michael Workman, director of communications for San Diego County.

Workman pointed out that only a fraction of the people in San Diego County who’ve tested positive for the virus thus far have come from Arizona. “Out of the 1,500 positive cases, only 16 have come from Arizona,” he said adding, “Seven people in the last seven days have tested positive from Arizona.”

Workman noted that the standard influx of Arizonans coming to San Diego for the Fourth of July holiday weekend is concerning. “A lot of people from there will
The Plunge in Ocean Beach is a reminder of what once was

By ALL DIAMOND | THE BEACON

It looks as if “The Plunge” in Ocean Beach continues to do just that, plunge.

The Plunge saltwater pool has been around since the early 1900s and was once a place where people learned to swim and enjoy the great outdoors. Think of it as an early swimming pool of yesteryear where famous English Channel swimmer Florence Chadwick trained among others.

While it was once maintained by volunteers of the Ocean Beach Historical Society it has changed. Over the years The Plunge has become a sandy hole that’s more of an eyesore in some people’s minds.

Many might ask why the former pool isn’t simply just filled in with sand, or perhaps made into something the community-at-large can use rather than sitting vacant. The answer isn’t easy.

According to an Ocean Beach MainStreet Association tour brochure, William Dougherty was the builder of the hotel in 1919 on the site of the 1800s shack of OB’s first “homeowner” Capt. Thomas. The hotel had a grand opening on May 1, 1919, and was a popular resort during the 1920s as guests and locals enjoyed “the spa, skating rink, dance hall, and hot saltwater pool that drained to the ocean,” the brochure says.

The former pool is now a ruin and roped off to visitors.

“…in the summer people would sit out there and use it over the years but much of the sand has washed it away. It’s a big empty spot that’s half sand, half weeds,” James said.

In terms of maintaining The Plunge and keeping the area safe around it (it continues to deteriorate because of the elements), James thought it was the City’s responsibility. Perhaps because there is an easement for coastal access through the property.

“The Plunge takes people around to the beginning of Sunset Cliffs, and then goes from a sandy beach under the OB Pier.”

Today the City does some maintenance but it’s an area that takes its thrashing. Nothing can really be done other than keep it clean; at one time I thought may-be put in tables and sand, but it never came to fruition.”

CHANGING TIMES

Although we are recognized as an emerging historic district by the City of San Diego, it is typically up to the owner of the property to seek historic designation. As far as I know, the property has been in the same family for many years,” he said.

WORTH SALVAGING

But time has not been kind to The Plunge and, in a sense, it’s a bit of a wasteland. However, it does have some historical value according to some, but it is not a historical landmark or ever been designated as such.

Pat James, 62, a resident since the 1970s, and the vice president of the Ocean Beach Historical Society did have some thoughts about The Plunge and the adjacent 61-unit Silver Spray Apartments formerly the hotel/resort located at 5116 Narragansett Ave.

“It’s called The Plunge because that’s what swimming pools were referred to back then; there are some in San Francisco, and one in Mission Beach. It was just a term they used a lot ... Now it’s a big sandbox, and some of the walls are still there but some have come down where the surf came up and knocked them down.

“Many Ocean Beach youngsters took swimming lessons there,” he said. “Florence Chadwick was one of the instructors who taught children to swim there and another notable regular was Faye Baird of Ocean Beach, considered San Diego’s first women surfer.”

As it stands today, James noticed the shape of the apartments remains the same, the windows and entryways have been altered. Also, the cover over the saltwater plunge no longer remains.

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CHANGING TIMES

The former pool is now a ruin and roped off to visitors.

“...in the summer people would sit out there and use it over the years but much of the sand has washed it away. It’s a big empty spot that’s half sand, half weeds,” James said.

In terms of maintaining The Plunge and keeping the area safe around it (it continues to deteriorate because of the elements), James thought it was the City’s responsibility. Perhaps because there is an easement for coastal access through the property.

“The Plunge takes people around to the beginning of Sunset Cliffs, and then goes from a sandy beach under the OB Pier.”

That’s where the cliffs start and I believe it is closed off now because the beach to the cliffs and the cliffs to the beach has been washed out for some time due to a big part of the stairs that were washed out last year,” James said. “It is an area exposed to high surf and I’m pretty sure the City is responsible for any maintenance west of the sidewalk. This includes the entire Plunge area that takes a beating every year especially in the winter due to exposure to the elements.”

Calls and emails to find out who does own The Plunge and who is responsible for keeping it up to par were not returned from the City of San Diego, or from the owner of the Silver Spray Apartment complex.

According to the California Coastal Commission PIO: “San Diego has a Commission-certified Local Coastal Program (LCP), and this area would likely be in the City’s permit jurisdiction. In other words, the City would issue the permits and it would only come to the Coastal Commission if there was an appeal.”

“I don’t think the rest of the property is neglected just the one wall, and The Plunge is the highest-profile of the buildings. I think over the years I’ve spoken to some managers who did maintenance,” he said. “Volunteers did a lot of the work once and then the city picked up the ball about 20 years ago when the City’s resources weren’t stretched thin,” James said.

“Today the City does some maintenance but it’s an area that takes its thrashing. Nothing can really be done other than keep it clean; at one time I thought maybe put in tables and sand, but it never came to fruition.”
RESCUE
CONTINUED FROM Page 3

With the suspect, "He (suspect) was mad and kept cursing about his wife," he said. "I asked him where the girls were in the car and he said, 'On my lap.' He'd had both girls without seat belts on his lap when he drove over the cliff, which was probably the only thing that saved them because the rest of the car was completely crushed and submerged and they would have been dead if they'd been (strapped) in car seats." Another obstacle to be surmounted was getting both injured girls up the cliff face to the paramedics up top. One of the officers on the clifftop attached a backpack to the same leash Wiese had used to rappel down.

"The second (less-injured) girl didn't want to go in the backpack. What kid would want to?" Wiese said, adding a helicopter arrived that subsequently picked up the man, who'd been in shock and was bleeding and complaining of back pain. "We put him in a harness and the helicopter transported him up to the cliff to the paramedics." Wiese's reaction when it was all over was, "Holy cow, what just happened? It was crazy.”

He said it seemed like the whole incident had only taken five or 10 minutes, when it actually was more like 1½ hours.

Reflecting back, Wiese said, "Dad mode is what put me there and pushed me over the cliff. It hits you a lot harder when something hits closer to him. This is the craziest thing I've ever done, and hope never to do again.”

The Marine veteran was already scheduled to be awarded officer of the year for the role he played in arresting the Poway synagogue shooter a year ago, which has been delayed by the pandemic until July 31.

"I guess I'm trying to live up to what they're going to give me, make sure they had the right guy,” Wiese said.

The suspect, Robert Brans, 47, has been charged in a 13-count criminal complaint with child abuse, making criminal threats, child abduction and burglary. He is being held without bail and is due back in court July 22 for a readiness conference. The girls were hospitalized in stable condition following the crash.

"Although showing its age today, I believe it is a historic gem waiting to be polished. Maybe someday we will see it returned closer to its former glory,” he said.

FOLKLORE

Among some of the stories about its history it is that once had a balloon that is now said to be haunted.

According to the Ocean Beach MainStreet Association brochure: "Legend says the ghost of Joyce Swindle, a young bride in 1964 who was shot along with her husband of three weeks on the walk near the hotel, haunts the halls with footsteps looking for her husband.”

"I was in the ballroom a long time ago but not long enough to experience her spirit, I think I recall it being used for storage now," James said.

James hasn't paid much attention to The Plunge or the apartment's of late said, "I would like to go in and visit sometime again because I feel such a profound connection to the ocean area.”

For now, The Plunge remains, but who knows for how long.
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Happy 4th of July!

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Out of the Blue and into...

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Happy 4th of July!

HAPPY 4TH OF JULY!
OceanBeachSanDiego.com/20204thCelebration
front-yard garden to be not only filling but fulfilling.

“...It’s become a conversation opener with neighbors in addition to growing good food for ourselves and contributing food to others,” said Cramer, who is involved with her son, Avery, in a venture known as Co-Harvest Foundation, a nonprofit working to help end food insecurity in San Diego.

“You need the offline time to think,” said Byron Wear of the appeal of his front-yard garden in old Roseville. “You come out and work in your garden and you have nice neighbors to talk to. You just feel good.”

Having your garden is also handy, noted Wear, who grows an assortment of lettuce, herbs and spices, beefsteak tomatoes, finger carrots, and especially beets.

“It’s like having a refrigerator,” he joked. “You want to have a salad tonight? OK, go on down and get some romaine.”

Avery Cramer, a 2013 Point Loma High alumni, founded his nonprofit as a way to “better serve our communities with healthy produce while helping eliminate poverty and the environmental degradation resulting from industrial agriculture.”

He added Co-Harvest “connects all communities by accessing previously unused, arable land and establishing a new avenue for philanthropy, food sovereignty, and community building. When looking at poverty in America, it becomes all too clear that food insecurity is at the crux of this issue.

“The food we eat is at the core of our mental/physical health, and we must promote a food system that focuses on the needs of individual communities. Our position is simple: cheap/sustainable/healthy food is not only necessary for humans but also the betterment of the world’s ecosystems.”

Julie Cramer donates a portion of her crop to Avery, who then “repurposes” it sending it the food needy.

Starting your urban garden is simpler, and less expensive, than you might think if you’re resourceful, said Wear.

“I got free lumber on Craig’s List and I had the pieces pressure treated so I wouldn’t have to deal with water rot,” he said.

Concerning the origin of his urban garden, Wear said, “This plot was full of pickleweed and we said we’d be willing, at our cost, to take that out and put in a garden and have it open for the neighborhood where anybody could grab anything.”

Julie Cramer noted urban gardening is the perfect activity to engage in during the pandemic.

“It’s a talking point, and it helps to build community,” she said, adding it’s natural for social distancing.

“You don’t have to be close to people when you’re talking to them about your garden here in the middle of the coronavirus,” she added.

Cramer cited numerous advantages to growing your veggies.

“Frankly, it just tastes better,” she claimed. “And there’s less wasting of food, as you don’t have to store it in the refrigerator. You just pick it as you need it, and it continues to grow.”

If you work your garden right, said Wear, “...you are going to produce more than what it was worth. It’s a wonderful thing to do. And the weather here is perfect.”

Cramer, who is now largely working from home, noted her garden is not only an “investment,” but provides a “really nice balance” to working at home both inside and out.

“It’s a good way to go out and relax,” she said. “And putting the garden out front contributes to neighborliness. It’s been very positive.”

Urban farming is not only natural but progressive, concluded Avery Cramer.

“The need to transport a majority of our food thousands of miles is outdated and lacks the 21st-century innovation that enables industries to thrive using up-to-date technology and avant-garde practices,” he said.

“Our inability to look beyond cookie-cutter households with lawns has led to a society where people live in large homes but are unable to nutritionally sustain their families. Food insecurity should not be a problem in areas where year-round growing seasons are available.”

For more information, visit SDCoHarvest.com.

**GARDEN CONTINUED FROM PAGE 1**

**MOST POPULAR TO GROW**

- Tomatoes
- Cucumbers
- Sweet peppers
- Green beans
- Carrots
- Summer squash
- Onions
- Hot peppers

**GARDEN**

**SEE GARDEN, Page 15**

**RAIN, WIND, AND FIRE...**

“The three menaces to any chimney, fireplace, or stove.”

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

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FOCUS ON THE FOOD

For delicious wings, you don’t need to head to a favorite restaurant. You can prepare them at right in your own backyard.

Ingredients:
• 1 cups Milo’s Sweet Tea;
• 2 pounds chicken wings, cut into drums and flats;
• 2 teaspoons garlic salt, divided;
• 1.5 - 2 teaspoons cayenne pepper, depending on heat preference;
• 2 teaspoons garlic powder;
• 2 teaspoons chili powder;
• 2 teaspoons paprika;
• In a medium bowl, whisk to-gether Milo’s Sweet Tea and 2 tea-

Instructions:
• In a medium bowl, whisk to-
gether Milo’s Sweet Tea and 2 tea-
spoons garlic salt; set aside. Place
chicken wings in a shallow
dish. Pour Milo’s mixture over
chicken; cover and refrigerate for
8 hours.

Tips to protect your skin while gardening

(SatePoint) Do you spend sum-
ner days outdoors mowing the lawn, tending to the garden and working on the house? Here are a few steps you can take to help you care for and protect your skin as you enjoy your seasonal chores:
• Dress right: A few wardrobe consid-
erations go a long way. Opt for long,
lightweight clothing in light colors,
which can protect your skin from
sun exposure while keeping you cool.
Sunlight and a wide-brimmed hat can pro-
vide further coverage. If possi-
ble, arrange to spend the bulk of your
time outdoors either before 10 in the
morning or after 4 in the afternoon
to avoid exposure while the sun's rays
are at their strongest.
• Don’t forget the SPF. Apply sunscreen and a lip balm contain-
ing SPF before heading outdoors. Reference the bottle’s instruc-
tions to ensure you are reapplying
as needed. Dermatologists recom-
end an SPF of 30 or higher for ex-
tended outdoor activity. For lawn
care and gardening, you should also be on the lookout for a product
that’s resistant to sweat.
• Promote resilience: There are
day outdoor elements that produce free
radicals, such as sun exposure and pol-
lution, and exposure to these free rad-
icals can have harsh effects on the body.

Make the backyard a destination for family fun this summer

Join Junior Theatre virtually this summer and experience the wonderful world of Performing Arts!

Campers will participate in acting, dance, singing & specialty classes during week-long online sessions all summer. Musical Theatre and Advanced Acting con-
servatory camps are also available. To register or for a list of camp dates, descrip-
tions & pricing visit juniortheatre.com or email registration@juniortheatre.com.

Fun, Friends, & Learning for ages 5-14!

June 1 – August 8

Due to the COVID-19 pandemic, Summer Camp will look different this year, but it will still be an incredible summer of adventure, fun and learning. Here are some of the exciting activities planned:

Art Exploration – Dance, Acting, Digital Arts, Ceramics, Drawing and Painting

Fitness & Fun – Games & Exercises as campers learn to develop a healthy lifestyle

Science Geeking – Build Robots, Do Chemistry Experiments, and catapulting physics activities

Rock Sports – Grow your skills in football, volleyball, soccer, basketball and more

Game On – Gaming & Thinking Skills, Puzzle Solving, Video & Board Game Turn-
naments

Wild Water Days – having fun by getting wet and crazy

LEGO–Mania – what incredible creations will your child come up with?

Media Madness – Create videos, movie trailers, and news broadcasts

Kids’ Club – crafts, songs, games, sports, skits, and more!

Rock Sports – Build Robots, Do Chemistry Experiments, and catapulting physics activities

Homework – Still in school? We will have a place for you to do your work and tutors
to help.

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Rock Sports – Build Robots, Do Chemistry Experiments, and catapulting physics activities

Homework – Still in school? We will have a place for you to do your work and tutors
to help.
COOL OFF
Keep a cooler of delicious drinks handy to stay refreshed on a warm day. Choose between your favorite flavors—classic, but be sure to have a va-riety of flavors on deck to satisfy everyone's taste buds—sweet tea, zero calorie sweet tea, and tea made with 0% calorie beverages. Enjoy the high temperatures this summer while you still can.

Find even more recipes perfect for a backyard barbecue at DrinkMilos.com/recipes.
Point Loma student-athletes set the PacWest Academic Achievement Award record by posting a 3.499 cumulative grade point average for the 2019-20 academic year. As a result of this significant achievement, PLNU has been honored with the PacWest’s Academic Achievement Award, which is annually given to the school with the highest grade point average for its student-athletes.

During the 2019-20 academic year, all 11 of Point Loma’s teams posted GPAs of at least 3.236 or higher. Women’s basketball led the way with a 3.701 team GPA. The collective effort by all 11 teams allowed the Sea Lions to finally overcome nine-time award-winner Dominican, (3.479 GPA), which would have broken the Penguins’ own record before Point Loma turned in its record-setting 3.499 GPA.

“I am so proud of the efforts by our student-athletes to stay focused on academics during a very unique year,” said Point Loma athletic director Ethan Hamilton.

“Their dedication in the classroom is amazing, and I have always admired about the student-athletes at Point Loma, and I am proud that they have achieved this impressive milestone.

“Since becoming athletic director it has always been a dream of mine to see PLNU earn the PacWest’s Academic Achievement Award, and I want to thank the student-athletes, faculty, staff and coaches for their collective efforts to help bring this prestigious honor to Point Loma,” Hamilton said.

PLNU had 152 of its student-athletes earn Academic All-PacWest recognition, and six of those student-athletes went on to be named the PacWest Student-Athlete of the Year for their sport. Among some of the standout performances in the classroom were Seth Ryberg, who had a 4.0 as a freshman physics major, Mudi Bucci with a 4.0 GPA while majoring in writing & Spanish, and Tressa Backland and Bahel Ruedel, who each had a 4.0 as graduate students.

Overall, it was a banner year in the classroom for the PacWest as the conference recorded a 3.304 GPA, which is a new conference record. All 12 PacWest institutions raised their grade-point averages from the previous academic year and 11 of the schools recorded their best GPA since joining the PacWest. For the first time in conference history, every school’s student-athletes averaged a GPA above 3.1 this year.

Read more online at sdnews.com
OPEN HOUSES

FRI/THU - July 3, 2020

THE PENINSULA BEACON

POINTE LOMA/FLEETRIDGE 3 BED, 2 BA $1,095,000

Newly renovated single level home, located south of the flight path in Fleetridge. Enjoy modern amenities, custom kitchen and baths with tasteful finishes. The open kitchen, living & dining room lead to the secluded patio & yard. Low maintenance fenced yard, 2 car garage, quiet cul-de-sac street. Great location! Shelter Island, Liberty Station & Beaches minutes away!

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Point Loma/Fleetridge 3 BR, 2 BA $1,675,000

Mid-Century Modern Retreat located on one of Fleetridge’s most desirable streets. This custom home will WOW you from the moment you enter! Dramatic vaulted ceilings, fireplace, chefs kitchen with cherry cabinets, granite & SS appliances. Master suite overlooks secluded backyard w/ FRPL, soaking tub, walk-in shower & heated floors. Family room perfect for in-law suite!

Point Loma/Fleetridge 2 BR, 862 SQFT $425,000 - $450,000

Rarely available, interior facing 2 bedroom condo w/ a large private patio overlooking the lush courtyard! Open floor plan, 2 generously sized bedrooms, a dressing area & plenty of closet space. 2+ covered tandem parking spaces and storage. A tropical paradise, this gated community offers water features, Koi ponds, pool, spa, gym, sand volleyball & tennis courts & game room.

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This hidden gem is located between La Jolla & Bay Park overlooking Mission Bay & the Pacific! Built to entertain with indoor, outdoor flow from all of the main living areas. Soaring vaulted ceilings, romantic fireplace, cherry kitchen cabinets with granite & stainless appliances. Master retreat w/ view balcony. Canyon location, numerous patios, lush landscaping, private spa area & your own putting green!

Point Loma/Fleetridge 3-BDR, 2BA

1 Story renovated single level home, located south of the flight paths on a quiet cul-de-sac. The open kitchen, living & dining is open to the secluded back yard patio. Low maintenance fenced yard, 2 car garage, quiet cul-de-sac street. Great location! Shelter Island, Liberty Station & Beaches minutes away!

We've recently added a new front deck and have remodeled the back patio to allow our residents to enjoy the beautiful views of Point Loma. If you would like to come out and enjoy the view with us, please give us a call to schedule a tour!

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Point Loma/Fleetridge 1 BL, 2A $1,247 SQFT

Hurry! Renovated single level home, located south of the Flight paths on a quiet cul-de-sac. The open kitchen, living & dining is open to the secluded back yard patio. Low maintenance fenced yard, 2 car garage, quiet cul-de-sac street. Great location! Shelter Island, Liberty Station & Beaches minutes away!

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of homeownership comes in many shapes and sizes. Perhaps you’re looking to change your dream by downsizing or moving closer to family. Whatever your motivation, I’d love to help you realize this dream.

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