U.S. COAST GUARD: OUR FIRST LINE OF DEFENSE

Duties, responsibilities diverse and crucial to coastal communities

By LORALEE OLEJNIK | THE BEACON

A permanent fixture along North Harbor Drive since 1937, the U.S. Coast Guard (USCG) Sector San Diego territory extends 200 nautical miles offshore and includes lakes running through Arizona and southern parts of Utah and Nevada. Five hundred active duty, reserve and civilian personnel serve with 600 auxiliary volunteers, providing around-the-clock coverage for the protection and preservation of San Diego’s coastline.

At the helm is Capt. Sean Mahoney, Sector San Diego commander and captain of the port. Two years into his three-year term, Mahoney sat down with the San Diego Community Newspaper Group to discuss USCG operations and the critical function his organization serves in the beach community and throughout the region.

The three focuses of Coast Guard Sector San Diego, according to Mahoney, are maritime safety, which includes its trademark time stewardship, or the preservation of San Diego's coastline; time safety, which includes its trademark time safety and security team San Diego and the Marine Corps Security Forces Command; and the joint task force during a simulated casualty evacuation exercise at Naval Station Guantanamo Bay.

School crosswalk boo-boo by city may be corrected

By TONY de GARATE | THE BEACON

The two yellow lines painted in the middle of the 4700 block of Santa Monica Avenue a few years ago may well hold the record for the shortest-lived crosswalk in history.

The crosswalk was intended to address the unusual campus configuration at Ocean Beach Elementary School, where two of the four kindergarten classes meet at the 105-year-old main campus, affectionately known as “the Big School” — on the south side of the street. The other two classrooms are on the north side, tucked away between the Pioneer Day School and the Ocean Beach Recreation Center.

What happened next is the kind of thing that makes taxpayers cringe. Within days, the crosswalk was gone like disappearing ink. It seems no one at the city remembered the requirement that a mid-block crosswalk must be accompanied by a streetlight. To correct the mistake, a red-faced city administration dispatched a crew to black out the yellow lines.

“It was like the angels came, then took it away,” said Nicole Burgess, a pedestrian/bicycling activist and mother of three children who attended the school.

PLHS student puts his singing talent on national stage for spot on ‘X Factor’

By DAVE SCHWAB | THE BEACON

Point Loma High School student Ty Desharnais could have that undeniable “something” that makes for star quality.

An audio tape by the 15-year-old singing sophomore was submitted online to “The X Factor” television music competition recently by his mom, Michelle.

“You hear if he’ll survive to the semifinal round, where contestants audition at the homes of competition judges. To the victor of the competition go the spoils: $5 million and a recording contract.

“It was crazy,” said Desharnais, who recently had a taped live audition before judges and a large audience in Los Angeles.

“My heart was pounding. I thought my voice would change.”

But he not only got through it, he got four “yes” votes from the judges which, Desharnais said. “Was as good as you can hear if he’ll survive to the semifinal round, where contestants audition at the homes of competition judges. To the victor of the competition go the spoils: $5 million and a recording contract.”
Little did Portuguese explorer Juan Rodriguez Cabrillo know when he stepped ashore on Sept. 28, 1542, on Ballast Point—a tiny peninsula extending into San Diego Bay from Point Loma—that the event would be commemorated forever after and become a state holiday.

This year marks the 50th anniversary of the modern-day San Diego celebration of Cabrillo’s landing, the first European explorer to discover the West Coast of the United States.

San Diego’s Cabrillo Festival 2013 will be held Saturday and Sunday, Sept. 28 and 29.

“We’re going back in time and commemorating the voyages of exploration along the coast of California and Cabrillo’s arrival in San Diego,” said Idalmiro Manuel da Rosa, Cabrillo Festival president.

Da Rosa said the two-day festival also highlights the culture and traditions of San Diego’s 15,000 to 20,000 Portuguese.

“We have banners up and down Rosecrans Street,” said da Rosa. “The festival has the support of all local organizations, including the Point Loma Association, as well as the tremendous support of Naval Base Point Loma, which hosts the festival’s events on Sunday.”

On Sept. 28, the weekend celebration kicks off with a commemorative ceremony and wreath-laying event to honor Cabrillo at the Cabrillo National Monument, 1800 Cabrillo Memorial Drive. This will be followed by the Cabrillo Discovery Celebration Dinner-Dance at the United Portuguese S.E.S. Hall, 2818 Avenida de Portugal in Point Loma at 6 p.m., with no host cocktails, dinner and dancing at $50 per person.

On Sept. 29, the Cabrillo Festival changes venues to Ballast Point, Naval Base Point Loma at the south end of Rosecrans Street.

The free event features music, dancing, children’s activities and foods of Native Americans, Mexico, Portugal and Spain. There will also be knot tying and Kumeyaay basket making.

The highlight of the Cabrillo Festival is the Sept. 29 re-enactment of Cabrillo’s 16th century landing on the shores of San Diego Bay where, at 1 p.m., actors in period garb will portray Cabrillo, his soldiers and a priest sailing into the bay and claiming the land in the name of Spain.

A Portuguese navigator sailing under the flag of Spain, Cabrillo discovered San Diego Bay while searching for the Strait of Anian, a mythical all-water route across North America.

When Cabrillo landed in Point Loma, he originally named the area San Miguel in honor of St. Michael’s Day, which was to be celebrated the next day. Shortly after he left what would become San Diego, Cabrillo died of an infection on the islands outside Santa Barbara.

In honor of his landing on the West Coast, Sept. 28 is recognized as Cabrillo Day in California.

The Cabrillo Festival is a fun event for the entire family, with exciting folkloric performances, cultural demonstrations and educational activities. Bright costumes and dramatic music and dancing bring to life the traditions of the Native American, Mexican, Portuguese and American, Mexican, Portuguese and Spanish cultures.

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The freeway medians of the world don’t get much respect. Largely overlooked, generally unappreciated, they are gateways to communities and the first — and last — thing visitors see entering and exiting. Such is the case with freeway medians off Interstate 5 heading into Ocean Beach and Point Loma.

Two local nonprofits — the Point Loma Association (PLA), made up of residents and local businesses donating and volunteering to improve the Peninsula; and the Ocean Beach Community Development Corporation (OBDC), which is dedicated to promoting the vibrancy of that neighborhood — have teamed for years to create attractive freeway medians heading into and out of the Peninsula area.

Volunteers team to revitalize, beautify eye sore areas

The Point Loma Association (PLA) will host its annual gala dinner on Thursday, Oct. 3 at the Liberty Station Conference Center, celebrating volunteers, major community accomplishments and raising funds for future projects across Point Loma.

The PLA dinner is a celebration of all that is Point Loma, including music of the Point, featuring musical ensembles from Point Loma High School, Correia Middle School, an incredible drummer from Dana Middle School and PLNA’s Point Loma Opera Theater, all under the direction and musical spirit of Glen Fisher of the First Friday Club.

The dinner also includes opportunities to donate directly to the Nimtz Boulevard Greenway Project. The dinner supports the PLA’s community projects and activities such as:

- The Nimtz Boulevard beautification project planning. Bolstered by generous grants from the city, county and private donations, the association is ready to begin this project that will involve the beautification of the corridor between West Point Loma Boulevard and Harbor Drive.
- Newly painted utility boxes throughout the community.
- Continued beautification of the landscaping and trees at the corner of W. Point Loma Avenue and Nimtz Boulevard.
- In front of Dewey

SEE MEDIAN, Page 6

PLA annual gala dinner set for Oct. 3

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SEE MEDIAN, Page 6

Photo left, Robert Tripp Jackson, chairman of the Point Loma Association, stands at the freeway median island near the Nimtz Boulevard and Sunset Cliffs Boulevard split just before the Interstate 8 East entrance. This section is part of the next phase of beautification work in the Peninsula area as part of an ongoing median-improvement process by a network of local volunteers. Photo right, a few yards away from where Jackson was standing is an area where beautification has already been completed. Once a wasteland, this section of the median island is now more like a park, thanks to the work of the Point Loma Association, the Ocean Beach Community Development Corporation and an army of dedicated community volunteers.
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Environmentalists, political leaders propose ban on plastic bags

City committee also votes to move ahead with new tougher ordinance

By DAVE SCHWAB

The City Council’s Rules and Economic Development Committee unanimously voted to move ahead Sept. 11 with crafting an ordinance to reduce single-use plastic shopping bags at grocery stores and other retail outlets.

“Now is the time for San Diego to take a leadership role in phasing out plastic bags and reducing the pollution associated with them,” said District 1 City Councilman Sherri Lightner. “As we can see from best practices from other cities, the benefits are real and can be done in a way that won’t burden our local businesses or our most vulnerable residents.”

In a parallel effort, a grassroots movement to protect marine wildlife by eliminating single-use plastic bags that can end up in oceans off San Diego and statewide gained traction recently with a news conference at SeaWorld.

The popular marine park, which stopped using plastic bags in spring 2011, was an appropriate venue.

“SeaWorld is an appropriate venue for this discussion because it’s right on the water,” said District 1 Councilwoman Sarah翱n Reilly.

Leaders and environmentalists gathered Wednesday to call for a ban on single-use plastic bags.

“We’ve actually had to remove the remains of plastic bags from inside them,” Koontz said, adding other forms of plastic, including fishing lines and six-pack ring carriers, have also proved problematic for sea life.

Westberg showed up with an armful of trash, including a lobster pot, fishing lines and netting, as well as another plastic items recovered from the ocean.

“We had a California sea lion in rehab that actually agitated plastic bags,” Westberg said.

“It’s not that there’s a colossal disregard that people are consciously polluting,” said Koontz. “It’s just this feeling that one little piece of trash is not going to amount to anything. But if you take and multiply all of this, it’s very cumulative with a detrimental impact.”

Nathan Weaver of Environmental California, a statewide citizen-based environmental advocacy organization, said his group is taking the anti-plastic crusade to the streets.

“Plastic bags are one of the most common garbage items on California beaches,” said Weaver. “The single best way to clean up plastic bags is simply not to use them.”

Weaver said 10,000 San Diegans have signed a petition calling for a ban on plastic bags.

Worner said Environmental California is willing to work with the San Diego City Council to draft an anti-plastic ordinance that’s “right for San Diego.” He said the organization will do the same for other municipalities statewide.

Asked if it would be difficult to wean people from using plastic bags, Padilla said, “Local ordinances demonstrate that people adapt very quickly. If we make reusable or alternative bags to plastic available for free or low cost, people will use them.”

Midway 7-Eleven stores robber gets 25 years

A 25-year prison sentence was handed down Sept. 10 for Alex Sanchez, 24, who pleaded guilty to robbing two 7-Eleven stores on Midway Drive, another in Torrey Pines, as well as 12 other stores.

San Diego Superior Court Judge Bagge e Westberg imposed 20 years for Sanchez discharging a firearm in the

Driver whose son died in fatal crash to stand trial

A father whose 5-year-old son was apparently injured by another car before crashing his car near Rosecrans Street June 2 was ordered Sept. 17 to stand trial for hit and run causing death and hit and run involving serious injuries.

Angelo Arroyo Fabiani, 40, softly cried Aug. 29 to declare support for SR 405, a bill authored by state Sen. Alex Padilla

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According to industry experts, there are over 30 plastic problems that come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That’s why it’s critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

In most cases, you can make a reasonable pre-inspection yourself if you know what you’re looking for, and know what you’re looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homeowners deal with this issue before their homes are listed, a free report entitled “11 Things You Need to Know to Pass Your Home Inspection” has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-474-3292 and enter 1001. You can call any time, 24 hours a day, 7 days a week.

Get your special report NOW to learn how to ensure a home inspection doesn’t cost you the sale of your home.

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DERBY CONTINUED FROM PAGE 3

Local children will cast lines from the pier on Saturday, Sept. 28 to fish and win prizes for the free event for children and families.

There will be free punch, popcorn, and prizes for children (up to age 12) who catch a fish between 8 and 11 a.m. Families are encouraged to fish together, but in order to be eligible for a prize, the fish must actually be landed by the child. Participants must bring their own fishing gear (pole, tackle, etc.). Bait will be provided courtesy of the Ocean Beach Pier Bait and Tackle shop. No fishing license is required.

Registration is free in front of the bait shop. Prizes will be awarded beginning at 11 a.m. for the child who catches the most fish, as well as prizes for the biggest, smallest, and “ugliest or most unusual” fish.

The Kiwanis Club of Ocean Beach, which contributed to the building of the pier back in the 1950s, has been holding this children’s fishing derby for decades. For more information, visit www.oceanbeachkiwanis.org.

Coastal Cleanup Day slated for Sept. 21

I Love A Clean San Diego will launch Coastal Cleanup Day Sept. 21 at 4091 Genesee Ave. on Aug. 4, 2012. Deputy District Attorney Martin Doyle said Sanchez shot into a wall, but no one was injured.

A second man, Luis Almoso Cruz, 25, also pleaded guilty to all counts and will be sentenced Nov. 22 by Syberide. He faces a prison term ranging from 30 to 70 years, said Doyle. Cruz has a prior record of burglary in 2010.

The Peninsula-area 7-11 stores were located at 2187 and 3185 Midway Drive.

— Neal Putnam

ANNUAL 8 Fishing Derby returns Sept. 28

The Ocean Beach Pier will once again be the site of the annual OB Fishing Derby, sponsored by the Kiwanis Club of Ocean Beach.

Both groups would eventually like to see all freeway medians in the area embraced by the restoration effort. Although not yet finished from end to end, a true success story in the joint revitalization project is demonstrated along a good portion of the large freeway median located north of the Nimitz Boulevard and Sunset Cliffs Boulevard split just before the Interstate 8 East entrance.

Once a wasteland, the finished portion of the median is now more like a park, thanks to the work of numerous community volunteers, including the late Hugo Story and the PLA and one of its members in particular, Ed Streicher.

“This is a great day for landscape companies that take care of it,” said Robert Tripp Jackson. PLA chairman, while recently surveying the well-tended and attractive island median surrounded by palm trees and dotted with cactus and other drought-tolerant plants.

Both a couple of hundred yards away, pointed out Jackson, is another, much smaller median. This one dried out and is clearly in need of attention.

“We’re trying to get the word out that we need help with this,” said Jackson. “The PLA wants to be part of the solution to find a remedy to improve this area because it’s our gateway. The message we want to get out to folks is, ‘Let’s all pull together to try and find a solution to fix this.’”

Tom Perrotti, OBDC president, said the island median’s restoration “is looking good,” noting 30 years ago that open space was “a sand dune.”

“ Compared to what it was, it’s just spectacular,” Perrotti said.

But, Perrotti said that was just phase one of the median-revitalization project, pointing out there’s much more work to be done.

“We’re now into the second phase, doing two other smaller medians, which have fallen into a stressed situation because of the water lines, which we’re in negotiations with the city to maintain as our organization isn’t set up to do that,” he said. “Hopefully, those two medians will (one day) look as nice as the very large one. Concerning progress in negotiations with the city toward median maintenance, Perrotti said, “We’re in a holding pattern until we determine what the city is going to do, and that’s going to happen within the next few months.”

Meanwhile, Jackson and the PLA are forging ahead with plans to extend freeway median revitalization back all of the gateway area into Ocean Beach and Point Loma.

With the help of [District 2 City Councilman [Kevin] Faulconer’s office, “we’re improving the medians starting at West Point Loma Boulevard going south to the Catalina Boulevard offramp,” said Jackson. “We’re hoping to start on that this year.”

“As money becomes available, we’re going to ultimately take that all the way down to Harbor Drive, about two miles.”

Jackson said community support is being sought for median rehabilitation. He noted several prominent local families have stepped forward with donations of nearly $20,000.

“ It’s going to cost in the low $100,000s for the first phase,” he said. “We’re hoping to start on that this winter, so we’re catching it now.

Anyone interested in donating toward the freeway median-beautification project, or learning more about it, to email tripp@jaco.com.

For more information, visit www.pointlomaassociation.com.

For details and a full list of cleanup sites, visit www.cleanupday.org.

An estimated 80 percent of all trash that makes its way to the ocean comes from inland sites.

Inland trash is not just an eyesore, it’s dangerous, according to environmental advocates. About 8,000 volunteers to more than 100 sites across San Diego County, including inland and beach community locations.

This year, the theme of the annual dinner is “Celebrate Point Loma.” The evening will feature PLA Beautification Awards and great food from To the Station at 5:30 p.m.

Pick up tickets at Ocean Beach Congressional Station at 5:30 p.m.

For more information, visit www.cleanupday.org.
Ever since, parents and school officials have been fighting to get the crosswalk back. “It was the dumbest place ever to get rid of a crosswalk,” said Wayne Simard, a father of two who heads up a crew of parents who volunteer to monitor the existing crosswalks at both ends of Santa Monica Avenue, as well as the blacked-out crosswalk in the middle of the block.

The before- and after-school scene is usually a bit chaotic at most schools as parents drop off and pick up their children. But with the Newport Avenue business district and high-traffic commutes on Sunset Cliffs Boulevard next door, the need for school-bound children and cars to coexist is an even greater challenge, according to parents. “All it takes is for one of our kids to get hit by a car,” said Suzy Reid, who succeeded in enlisting the support of the Ocean Beach Town Council last month. Reid, a mother of two Ocean Beach Elementary students, serves in leadership roles on the school’s Site Governance Team and School Site Council.

The crosswalk isn’t only needed before and after school, Reid said. The library, cafeteria, auditorium, main play fields and blacktop are on the main campus side. So when the northside kindergarteners eat lunch, have P.E., attend morning assembly, check out a book or participate in special events, it adds up to a lot of little feet heading over to “the Big School.” “For the full educational experience, they really need to be able to cross that street safely,” Reid said.

After two years of “going in circles,” as Reid put it, the project now seems to be advancing. The streetlight has funding and is now in the process of being designed and assigned to a program manager, said Duncan Hughes, a senior traffic engineer for the city. Hughes said it was difficult to estimate a completion date, but offered a project of this kind could take roughly 16-18 months using the traditional bid-and-award process. However, efforts are under way to shorten the time frame because of community interest. One way might be to add the job to an existing general requirements contract, which could perhaps shave off 10 months, Hughes said.

Once the streetlight is installed, details still remain, said Gary Pence, senior traffic engineer. Many have expressed a preference for a raised crosswalk, which would act as a speed bump and improve access for wheelchair-bound students. However, it would also reduce parking and require approval from the fire department because it would lack a cut in the middle for emergency-vehicle access. Fire officials have not yet weighed in on the project, Pence said.

Meanwhile, crosswalk or not, various members of Simard’s crew show up at the school around 7:15 every morning, 30 minutes before school starts. At the blacked-out crosswalk, they set up cones and a sandwich-board sign that reads “School Crossing.” Thanks to funds from a grant Burgess helped secure, equipment was purchased through the “It’s Up to All of Us” campaign, a project funded by the California Office of Traffic Safety.

Simard said he was inspired to volunteer after witnessing too many close calls during walks to school with his son, Ian, now 7. When the school went to a K-4 configuration, the school deemed fourth-graders too young to be student cross guards and eliminated the program, Simard said. At first, Simard showed up with nothing but his Boston-born sensibilities. Now, he has equipment, fellow volunteers, an official T-shirt, yellow neon vest that says “Ian’s Dad” on the back, and growing community support.

Simard, who has spent most of his working life in the security business and can be seen on duty at the Ocean Beach Playhouse, clearly enjoys his job, and his high spirits and big personality play well. He seems to know most of the people and even the dogs, and smiles come easily as parents and children walk by. Double-parking is one of the biggest challenges, he said. Parents can’t find room at the curb stop to drop off their children, then cars back up, and some tempt fate and try to drive around. Doors fly open, and kids dart out in open traffic and race the curb. Simard faced a bit of pushback when he first started volunteering. It was a “Who do you think you are?” sort of thing. And some drivers still bristle when he reminds them about three-minute parking zones, illegal U-turns and such matters. But safety is too important to not care, Simard said. “It’s for the kids. That’s all I care about,” he said. “We’ve brought order to the chaos.”

Simard’s advice? “Get here early. And park a few blocks away and walk.”
GUARD
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GUARD

Avoid These Common Home Seller Mistakes
SAN DIEGO. A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make before buying a home. Mortgage regulations have changed significantly over the last few years, making your options wider than ever. Subtle changes in the way you approach mortgage shopping, and even small differences in the way you structure your mortgage, can cost or save you literally thousands of dollars and years of expense.

Whether you are about to buy your first home, or are planning to make a move to your next home, it is critical that you inform yourself about the factors involved before you buy.

In answer to this issue, industry insiders have prepared a free special report entitled, “6 Things You Must Know Before You Buy.”

Having the right information beforehand can undoubtedly make a major difference in this critical negotiation.

To hear a brief recorded message about how to order your free copy of this report, call toll-free 1-800-276-0763 and enter ID# 1004. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out what you need to know before you buy a home.

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Mahoney said the southwest border and proximity to Mexico is the key factor influencing activities that take place at Sector San Diego. Drug seizures and human trafficking are on the rise as smugglers get more brazen and desper-

The Coast Guard is unique in terms of military branches in that it is the only operation that falls under the Depart-ment of Homeland Security. Therefore, it has law enforcement authority. Coast Guard teams can board vessels, conduct investigations and regulate and patrol special events that take place on the water. Special Coast Guard units, for example, deploy with Navy ships in Cen-tral America because they have the authority to board vessels where their naval counterparts do not.

This follows a general trend of the USCG’s shift of focus to law enforce-

“There’s more of a maritime home-
land security focus than we had prior to the attacks of 9/11,” said Mahoney. “The Coast Guard [used to be] more focused on search and rescue, but after [9/11], we brought maritime security to the forefront.”

As far as the men and women who serve at Sector San Diego (about 20 per-
cent of local personnel are female), Mahoney said it’s a combination of skill and determination that makes them so successful at what they do.

“They have to be professional and they have to have a can-do attitude,” said Mahoney. “That’s the key right there. And they have to show respect for everybody, peers or subordinates or seniors alike. They have to treat everyone with respect.”

A coveted bid typically chosen by USCG members with seniority, Sector San Diego attracts some of the organization’s top talent. Save for a few young single members who live in barracks on the base, a 23-acre bay front location across from Lindbergh Field, most personnel reside in San Diego communities with their fami-

ies, including Mahoney, who lives in Point Loma with his wife and one of their two daughters who attends PLNU. While figures of the economic impact Sector San Diego makes to the region are unavailable, it is likely stable due to sheer volume of Coast Guard families residing throughout the county, Mahoney said.

When asked about the effects of sequestration, Mahoney said that while Sector San Diego initially saw a drop in patrol hours for aircraft, small boats and cutters, the sequestration guidelines allow operational commanders discretion to determine where those cuts can be made. Their district commander has restored most of the patrol to levels almost the same as prior to the sequestra-
tion, though it has impacted travel and other administrative tasks.

“We’re able to manage it at this point,” he said.

One of Mahoney’s goals during his tenure as commander is to ensure the highest level of proficiency is kept among his crew. This can be challenging, given job descriptions may include duties like shooting out engines of fleeing speed-

boats, conducting hoists over rocking vessels to inspect safety equipment and ensure they are in compliance with applicable reg-

ulations.

The amount of expertise is enor-
mous, and just maintaining that expert-
ise by making sure we are as proficient as we possibly can be is one area,” said Mahoney. His second goal is to continue to build and strengthen partnerships with other organizations. USCQG operations require extensive collaboration with myriad agencies ranging from the Department of Homeland Security and Border Patrol to local, county and federal agencies, and their neighbor with whom they share the bay — the San Diego Harbor Police.

On Aug. 4, Sector San Diego held its annual Coast Guard Day festivities, cele-
brating the anniversary of Coast Guard’s establishment in 1790.

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"The Coast Guard photo by Chief Petty Officer Pablo Mendoza"
Inaugural fundraising paddle for M.S. cure set for Oct. 5 in OB

Organizers are putting the finishing touches on a first-ever fundraising event that hits the surf at Ocean Beach early next month.

The inaugural Wave Goodbye to M.S. Paddle for the Cure gets under way from 7 a.m. to noon on Saturday, Oct. 5 on the sand at the foot of Newport Avenue, with a goal of raising $100,000 to fund research and a cure for multiple sclerosis.

Plenty of music, refreshments and fun are also planned before the event ends.

To date, three custom surfboards have been donated as prizes, while guests are expected to include famed surfer Robert “Wingnut” Weaver — who has been diagnosed with multiple sclerosis himself — and heartthrob Kipyn Locke, who rose to fame on “The Bachelor” TV show.

The band High Tide will perform reggae and surf music throughout the event.

Multiple sclerosis is a chronic, often disabling disease that causes the immune system to attack the central nervous system.

Participants are being registered at $25 per person to use any form of human-powered flotation to transport themselves around the entire pier. This includes any type of surfboard, including stand-up models, boogie boards, canoes, kayaks and more.

Besides the entry fee, each person involved is urged to seek contributions and sponsorships from friends and family.

Life guards will be stationed in the water to guide and protect participants.

Families, friends and spectators are encouraged to gather on the pier to cheer on paddlers.

Companies supporting the event will be recognized in various ways and will be invited to post signs, posters and distribute free gifts to event attendees. Those donating $5,000 or more will earn a “Big Kahuna” title.

Volunteers are also being sought to help stage the event.

Wave Goodbye to M.S. is a 100 percent nonprofit, tax-deductible fundraiser. Event organizers are Steve Bettis and Mitch Murphy.

Registration and check in takes place from 7 to 8 a.m., with opening announcements and guest speakers on stage from 8 a.m. to 9 a.m. The paddle is set for 9 to 11 a.m., with prize drawings and closing remarks from 11 a.m. to noon.

To learn more about MS, volunteer or donate, visit www.wavegoodbye.org, Event information is also available by calling (619) 538-9076.

Should You Hire A New Doctor?

With so much emphasis lately on the U.S. healthcare system, good communication between patient and doctor is being increasingly emphasized. New apps and technology is a sign that healthcare providers are quite focused on better engagement with their patients.

Doctors are even taking communication training in order to improve how they engage their patients. So what do you do if you feel the relationship with your doctor just isn’t working?

Changing your doctor can be time-consuming and difficult.

Before leaving your present doctor, try to resolve the issues you may be having. The following is a guide on when you should consider leaving your present physician.

✓ Your doctor is offended with your ideas or questions. Physicians should be interested in what you are concerned about regarding your health.

✓ Your doctor misdiagnosed you. Doctors can make mistakes and that isn’t necessarily a reason to find a new doctor unless his disinterest in you causes a life-threatening or catastrophic problem.

✓ Your doctor is offended with your request for a second opinion. A doctor should be happy that you are taking an interest in your healthcare and should even suggest other physicians.

✓ Your physician is not board certified. Board certification shows the doctor is interested in continuing to be assessed and educated in his specialty.

The RN Geriatric Care Managers from Innovative Healthcare Consultants are available to help patients by discussing their concerns. They will advocate for the patient with the physician and help the patient understand their rights. View our website at www.innovativehc.com or call us at (877) 731-1442.

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Pointers power to impressive ‘W’ over Lincoln

By SCOTT HOPKINS | THE BEACON

Nobody likes to deal with a pack of angry dogs, and Point Loma’s Pointers had a few reasons to make them growl at visiting Lincoln High on Sept. 14.

The Hornets stung the Pointers twice last year, including a 21-17 CIF victory that ended the Pointers’ season.

And, if that wasn’t enough motivation, the Pointers entered the match with the Hornets winless after two season-opening losses.

“This time, the Pointers (1-2) sent the Hornets (0-3) flying back to the Hive after a convincing 38-15 win at Ben- nie Edens Field.

“We’ve just been getting better each week,” said Pointer head coach Mike Hastings. “That first week (against Olympian), we made a lot of mistakes. Then I thought we took a big step forward last week at Ramona. Then today, we just put it all together.”

So feisty were the Dogs they built a 17-0 first-half lead before the Hornets scored with 19 seconds remaining for a 17-7 margin at the break.

A.J. Smith scored from 6 yards out in the first quarter, while Jason Shoemaker nailed a 17-yard field goal and Drew Rutledge leaped high in the end zone to haul in a six-yard pass on fourth down from quarterback Gavin Grady.

The second half again belonged to the Pointers, marked by a quickly controlled third-period altercation.

Tight end Jake Wambaugh hauled in a Grady pass at the Lincoln 10-yard line and appeared headed for a score when he was hit and stripped of the ball. A scuffle for the loose pigskin escalated briefly as Pointer coaches ran onto the field, ordering their players to the sideline.

Game officials ejected a Lincoln player for his role in the skirmish and another later for a violent hit on a Pointer punter.

On the next play, Lincoln’s Jaechon Murphy broke into the Point Loma secondary and outraced defenders for a 95-yard touchdown that left the score 24-15.

If the Hornets were to be revived by the situation, that was quickly answered on the kickoff as Jalen Griffin took the ball at his own 15 and ran jaunt that provided the final margin.

On the afternoon, the Pointers, marked by a quickly controlled third-period altercation.

The Pointers drew within one point of the night’s final score of 15. Tight end Jake Wambaugh hauled in a Grady pass at the Lincoln 10-yard line and appeared headed for a score when he was hit and stripped of the ball. A scuffle for the loose pigskin escalated briefly as Pointer coaches ran onto the field, ordering their players to the sideline.

Game officials ejected a Lincoln player for his role in the skirmish and another later for a violent hit on a Pointer punter.

One short Pointer punt gave the Bulldogs a 32-yard field goal. Another followed as the Pointers retained and possible game-winning drive.

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Game officials ejected a Lincoln player for his role in the skirmish and another later for a violent hit on a Pointer punter.

But a short Pointer punt gave the Bulldogs the ball at the visitor’s 43-yard line shortly before intermission, and the Bulldogs scored their final points of the game, taking a 21-13 lead with 57.7 seconds remaining.

A nicely executed third-quarter Pointer drive ended with a touchdown pass from quarterback Quinn Bohannon to Smith in the right flat. A two-point conversion failed, but a short Pointer punt gave the Bulldogs the ball at the visitor’s 43-yard line shortly before intermission, and the Bulldogs scored their final points of the game, taking a 21-13 lead with 57.7 seconds remaining.

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**Bountiful Art**

Expressing Community Through Art

**A Juried Exhibition**

Open to all media

$2000 in prizes

Judged by Amy Galpin

of the San Diego Museum of Art

**Show Date**

October 25 - November 29, 2013

Entry Deadline September 20

Reception held during Downtown Walk and the Downtown District & City of El Cajon’s Hauntfest Friday, October 25, 2013

Contact Information

sophiesgallery@stmsc.org / www.stmsc.org

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**NTC at Liberty Station** is San Diego’s new Arts & Cultural District located at the former Naval Training Center in the new Liberty Station neighborhood, near Downtown on San Diego Bay. With 28 acres and 15 of its 27 buildings complete, NTC is home to nearly 50 museums and galleries, artist studios, dance companies, educational groups, multidisciplinary arts, creative retail and other organizations that showcase San Diego’s creative community and provide innovative experiences for the public. The campus also features venues for indoor or outdoor events, festivals, seminars, retreats and meetings. For information and a schedule of classes and events, go to www.NTCLibertyStation.com or call 619-573-9260.

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**Call to Artists:**

**Bountiful Art**

Expressing Community Through Art

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**SAN DIEGO**

Fresh avocado, cilantro, pepper jack, lettuce, tomato, onion, sour cream and chipotle mayo on a telera roll served with a wedge of lime.

SAN DIEGO – Are you charged up about electric vehicles (EVs)? Bring your family and friends for this one-day-only opportunity to get “plugged into” the future of transportation. The free ELECTRIC VEHICLE DAY is presented by the Plug-In 2013 Conference & Exposition (pluginday.org), and will be held on Saturday, Sept. 28, 2013, from 10 a.m. to 3 p.m. at Liberty Station, 2401 Truxtun Road, San Diego, CA 92106 in the Trader Joe’s parking lot.

Local residents who already own an EV are invited to park their cars on display (on a first-come, first-served basis) and network with the local community as part of the National Plug In Day celebration.

Attendees at ELECTRIC VEHICLE DAY can:
• Get behind the wheel and test-drive a variety of EVs, including (subject to change) the Nissan LEAF, Chevy Spark EV, Chevy Volt, BMW (3 passenger rides only in the BMW vehicle), Fiat 500e, Ford C-Max Energi, Ford Focus EV, Ford Fusion Energi, GEM, Tesla Model S, Toyota Plug-In Prius, Toyota RAV4 EV and VIA Motors Extended Cab Pick-Up Truck.
• Learn about state and federal incentives available for zero-emission and plug-in electric vehicles from the EV experts at the California Center for Sustainable Energy.
• Check out EV chargers and learn how easy it is to charge an EV at home or throughout the San Diego region, with more than 500 public charging stations available.
• Learn how to save money with San Diego Gas & Electric’s special EV rates that can help drivers pay the lowest price for EV fuel when charging from midnight to 5 a.m.
• Learn about state and federal incentives available for zero-emission and plug-in electric vehicles from the EV experts at the California Center for Sustainable Energy.
• More information and registration: energycenter.org/EVDay

Public Invited to FREE ELECTRIC VEHICLE DAY, Sept. 28 One-Day-Only Event at Liberty Station to Offer EV Test-Drives

More information and registration: energycenter.org/EVDay

American Airlines AAdvantage bonus miles.
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• Most importantly as CJ Lucke, KIT’s Managing Director, explains, “These trips will impact how 180,000 kids view disabilities so they end up not accepting them into their programs and that’s where [American Airlines'] trips come in and why they are going to help us change the world.”

For more information about KIT’s global impact visit KITonline.org and read about the power of inclusion on KIT’s blog at KITblog.org. Thank you for your support.

About Kids Included Together: Kids Included Together (KIT) is a registered 501(c)(3) non-profit organization founded in San Diego, California in 1997. The mission of Kids Included Together (KIT) is to provide learning opportunities that support early childhood before & after-school programs to include children with and without disabilities. We invite you to explore our site and learn more about our work with out-of-school time programs across the United States and internationally at KITonline.org.

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The secret is in the smash.

At Smashburger, we believe that smashing is better. Our handcrafted burgers are smashed, seared and seasoned to order, using our fresh, never frozen 100% Certified Angus Beef®. Whether you choose our Classic Smashburger or decide to create-your-own, our artisan buns, freshly chopped produce, flavorful sauces and variety of cheeses are designed to deliver a great-tasting, juicy burger you can taste in every bite.

Every great burger needs a companion, and our selection of signature sides — like our Smashfries hand-tossed with garlic, rosemary and olive oil, hand-breaded haystack onions and fried pickles — are the perfect complement to any meal. The same is true for our hand-spun Häagen-Dazs® shakes, served in a frosted glass. And if you’re in the mood for something other than a burger, our menu of grilled or crispy chicken sandwiches, split and grilled hot dogs, crisp entrée salads and black bean veggie burgers are sure to satisfy. Our goal is to put great tasting burgers back into people’s lives. We hope Smashburger finds its way into yours!
“I couldn’t be happier for these kids,” Hastings said. “They’ve been working really hard to get to this point. Offensively, we made some great drives, and the defense came out and gave a great effort.”

The Pointers travel to Morse High on Friday, Sept. 20 for a 6:30 p.m. kickoff on the Tigers’ field. Also 1-2, the Tigers won their first game last week with a 22-13 nod over Universi- ty City.

Last year, the Pointers defeated the Tigers 18-6 at home.

### EXTRA POINTS

- **Pointers players**, with their first victory, earned their familiar “Angry Dog” logo stickers and their first “win” sticker for their helmets, which have been blank to date.
- **The Pointers’ Oct. 11 away league game against Kearny has been moved to Madison High at 6:30 p.m. Kearny has no stadium lights.**
- **The Pointer junior varsity (2-1) defeated Lincoln 9-0 and the freshman team (2-1) shut out St. Augustine 26-0. The Saints replaced Lincoln, which, like several Pointer opponents, is unable to field a freshman squad.**
- **Starting varsity Pointer quarterback Quinn Bohannon did not play (ankle injury), while top running back Dirk Lacy has yet to make his 2013 season debut from a slow-healing injury.**
- The Hornets only list 29 players on their varsity, and with a half-dozen injured and not in uniform, were already short-handed.

### Men’s soccer team earns first win of the season

Freshman Nico Tagaloa scored his first two collegiate goals and sophomore Daniel ten Bosch added a goal and three assists to help the Point Loma men’s soccer team cruise past rival Southern Nazarene 7-0 for its first win of the season. Tagaloa, a freshman midfielder from Orange, got all the scoring started for Point Loma in the 11th minute when he headed in a cross from fellow freshman Brady Johansen. Another freshman would also come through with the second goal for the Sea Lions when ten Bosch found Ricardo Martinez on a nice pass in tight quarters in front of the goal for the score. This would be the first of the three assists for ten Bosch.

“For our program and where we were at last year, and after starting the year 0-2, it was very nice to get that win,” said head coach Phil Wolf.

### Seven Sea Lions finish in top 27 at UCSD Openner

The 2013 season started off on the right foot for the Point Loma women’s cross country team as they placed all seven runners in the top 27 to take second place at the UC San Diego Openner on Sept. 6.

All five scoring runners finished in the top 23 as the Sea Lions ran within a tight group throughout the race. Sophomore Briana Swendener paced the Sea Lion pack by placing 14th with a time of 16:36.4. Senior Sally Rudi came in next in 18th place with a time of 16:54.8.

The next three finishers would all be freshmen for PLNU. Jocelyn Duran placed 20th with a time of 16:57.5, while Marissa Dotter and Hayley Richardson placed just second behind her in 22nd and 2nd place, respective- ly. Summer Wallen, another freshman, and junior Susanna Bradley would provide PLNU with its two alternative scorers as Wallen finished 24th and Bradley 27th.

The 70 points accumulated by PLNU outpaced all but UC San Diego in the meet. Point Loma would need each of those finishes to edge Cal State Los Angeles by three points for second place. UCSD posted 20 points to win the meet.
The Tender Greens restaurant group was founded by Erik Oberholtzer, Matt Lyman and David Dressler because the trio wanted “to offer a fine-dining experience at an affordable price,” said Christina Wong, Tender Greens’ director of public relations.

Tender Greens provides high-quality, healthy, farmers-market-style food prepared in a fine-dining style, according to Wong.

Tender Greens way: serving up passion for food and community

By TERRIE LEIGH RELF | THE BEACON

The Tender Greens restaurant group was founded by Erik Oberholtzer, Matt Lyman and David Dressler because the trio wanted “to offer a fine-dining experience at an affordable price,” said Christina Wong, Tender Greens’ director of public relations.

Tender Greens provides high-quality, healthy, farmers-market-style food prepared in a fine-dining style, according to Wong.

Architect Bill Terramorse designed Liberty Station’s Tender Greens restaurant, as well as the very first location in Culver City. The downtown San Diego and University Towne Center-La Jolla sites were designed by Valerio Architects.

Wong said the architects wanted to offer a relaxed, laid-back atmosphere with a modern, comfortable vibe.

“The original idea was that we’d take a beach house, outfit it with a killer kitchen and entertain all our friends with food we’d want to eat,” said Wong.

“The color palette is warm, bright and cozy with yellows, greens, natural wood.”

The first San Diego-based Tender Greens opened in June 2008 at Point Loma’s Liberty Station, serving as the training camp for the newer restaurants under mentor and executive chef Peter Balistreri.

The new downtown San Diego site opened in June.

One of the many sustainable business practices embraced by Tender Greens is to rotate staff so it experiences the Tender Greens way: a passion for food, community and team spirit.

The Tender Greens at UTC-La Jolla opened in June 2012, and another will be setting up shop at San Diego International Airport in September.

Tender Greens also puts emphasis on another sustainable practice: passion projects. Wong said these are an integral ingredient of the Tender Greens mission statement.

Balistreri, for example, “taught himself how to make salumi and offered his handcrafted salumi as part of his daily specials and charcuterie platter,” said Wong.

He now has his own line of artisan salumi and charcuterie available wholesale to chefs, restaurants and retail at the Tender Greens restaurants.

“We rotate staff so we can experience the Tender Greens way: serving up passion for food and community.”

With its commitment to high-quality, healthy, farmers-market-style fare, Tender Greens continues to expand its presence in San Diego. There are locations at Liberty Station (above), UTC-La Jolla and downtown. A fourth Tender Greens will open at Lindbergh Field.

Tender Greens way: serving up passion for food and community

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“One of the key ingredients to a sustainable restaurant model is creating salads, soups and other dishes, like fresh fruit cobblers, using local, seasonal produce. The chefs also shop the local farmers markets for inspiration to prepare twice-daily specials.

Tender Greens uses “every part of the animal, so you might see roast beef one day, then slow-cooked beef cheeks or tenderloin another day,” said Wong.

The pastry team makes all desserts
TENDER
Continued from Page 15

from scratch, and each restaurant has its own specialties, including downtown San Diego’s decadent gluten-free peanut butter cookies. Depending on what’s in season, one may finish off a meal with a berry crisp topped with vanilla ice cream, or perhaps a chocolate or carrot cupcake.

Tender Greens also supports local artists. “Each location features custom art work by local artists who create pieces that capture the feel of the respective neighborhood and communities,” said Wong. “We worked with San Diego artist Nan Coffey, who created fun art pieces for our Point Loma and downtown San Diego locations. Jon Burgessman created the art at UTC-La Jolla.”

Other sustainable practices include using reclaimed, recycled and environmentally friendly products whenever possible. “Our restaurants are now 100 percent LED lights to cut down on electricity use,” said Wong. “We also implemented a bottle-less system and completely eliminated bottle consumption at our newer restaurants. All wine, beer, water and even house-made soda is served through a draft system to eliminate the use of plastic bottles and temper waste.”

Jodie Wilson, manager of the downtown Tender Greens location, said the décor, lighting, colors and food quality are all providing to the customer with a greater dining experience. “It’s a lot’s of fun to work here,” said Wilson. “We have a great team that strives to bring good food and service to our customers.”

Operations manager Leanne Ringquist, who transferred to the downtown venue from the Point Loma Tender Greens, agrees. “We have a loyal customer base,” said Ringquist. “Some of our Point Loma regulars have also come here to eat since we opened. The downtown site is a mix of Point Loma personnel and new hires, as we want to maintain a consistent style.”

Tender Greens locations are open from 11 a.m. until 9 p.m. daily at:

• Point Loma (Liberty Station) — 2400 Historic Decatur Road; (619) 226-6254
• Downtown — 110 W. Broadway; (619) 795-2353
• UTC-La Jolla — 4545 La Jolla Village Drive; (858) 457-8985.

To learn more about the restaurant, catering services, its community-based Sustainable Life Project and to access recipes, visit tendergreens.com.

The Private Gym celebrates 10 years of fitness business

When Natalie Gibbins opened The Private Gym in 2003, her goal was to provide a more affordable alternative to personal training that would enable her members to achieve desired weight loss and fitness goals rapidly and with less time spent in the gym.

Since then, she has helped more than 500 Ocean Beach and Point Loma residents lose weight, build strength and increase muscle tone by creating fun and effective exercise routines tailored specifically to each and every person’s individual goals and needs.

In celebration of 10 years in business, she is offering a discount on her already unbeatable personal training fees: just $199 for a whole month of personal training.

Working with an experienced fitness professional can accelerate your results and keep you accountable. Gibbins has 17 years of experience working with people of all ages and can tailor individual programs for people with limitations or special needs.

The Private Gym is a scrupulously clean 1,600-square-foot studio filled with top-of-the-line fitness equipment.

For information, call (619) 223-6666 or visit Gibbins at The Private Gym at 4895 Voltaire St.

— Staff and contribution

TEQUILA TRAIL EVENT RETURNS TO OLD TOWN SEPTEMBER 19

Tequila Trail, part of the annual Spirits of Mexico Festival, returns to Old Town San Diego on Thursday, Sept. 19, from 6 to 9 p.m. For the price of a $35 ticket, Mexican cuisine and tequila lovers will blaze through the streets of Old Town sampling selections of agave spirits paired with culinary specialties from the participating restaurants.

Sponsored by Olmeca Altos Tequila, the event boasts the finest tequilas, mezcals, sotols, bacanoras and other Mexican spirits as well as culinary specialties from 11 of Old Town’s celebrated eateries: Barra Barra Saloon, Café Coyote, Casa de Reyes, Casa Guadalajara, El Alamo, El Pato, La Piñata, Miguel’s Cocina, Old Town Mexican Café, Rockin’ Baja Coastal Cantina and The Cosmopolitan Restaurant.

The 2013 Tequila Trail is a fundraiser for the Old Town Chamber of Commerce and is made possible by Olmeca Altos Tequila, Fiesta de Reyes, and the IWSC Group, producers of Spirits of Mexico. Following the end of Tequila Trail, an after party will commence at Casa de Reyes. At the party requires an additional $10 admission and includes dessert.

The 2013 Spirits of Mexico Festival is set to showcase hundreds of the world’s top agave and other Mexican spirits on Sept. 17 through 21 in the historic heart of San Diego. The after party requires an additional $10 admission and includes dessert.

ENTER TO WIN TWO FREE TICKETS TO TEQUILA TRIAL AT SDNEWS.COM

To purchase tickets for Tequila Trail, go to oldtowntequilatrial.com.

For information, call (619) 223-6666 or visit Gibbins at The Private Gym at 4895 Voltaire St.
Tribute-band impersonator Levine making a real name for himself

By BART MENDOZA | THE BEACON

An Ocean Beach resident since 2010, few performers have become as deeply entrenched in the local music scene as quickly as Ariel Levine. Originally from New York, Levine currently plays rhythm guitar in a band called Donor's Ghost and lead guitar with Josh Damin-go’s group, as well as bass with singer-songwriter Joshua Taylor and occasional gigs with the Mario Escovedo Experience. He also does studio work, helping other musicians get their sounds down.

But where Levine has really established himself is in the tribute-band circuit, where he plays the role of three major rockstars. His main tribute band is The Deviations, which has Levine looking and sounding like Elvis Costello. Performing as Ric Ocasek, he fronts a Cars tribute act called The Dangerous Types. Finally, he’s also a substitute Noel Gallagher in an Oasis cover band called Foals.

Notably, he has previously impersonated Malcolm Young in AC/DC tribute band Black 2 Black. “The tribute band scene in Southern California is a riot. It’s a great way to make some bread and get up on stage.”

Levine says he has a system when it comes to getting his chosen impression down right.

“I find the best thing to do when you’re doing an impression of someone is to sing like you’re making fun of them. Without actually making a joke out of the situation, it’s tough to explain, but it works for Elvis [Costello] and Ric Ocasek.”

ARIEL LEVINE
Musical artist impersonator

“I headed west until I couldn’t head any westier,” he joked. “Of all the places I went to, I ended up here.” Levine said he is quite happy with his decision to relocate from the East Coast.

“I headed west until I couldn’t head any westier,” he joked. “Of all the places I went to, I ended up here.” Levine said he is quite happy with his decision to relocate from the East Coast. “I headed west until I couldn’t head any westier,” he joked. “Of all the places I went to, I ended up here.” Levine said he is quite happy with his decision to relocate from the East Coast.

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On Vacation with 
The Peninsula Beacon

Julia Greco and her father, Louis Greco, traveled this summer to Costa Rica with The Peninsula Beacon, pictured here on the west slope of the Arenal volcano.

Sylwia and Camila Stetz traveled to Krakow, Poland with their Beacon in tow. “We visited family and Camila actually stayed there the whole summer. While playing with her cousins she mastered her Polish language skills,” said Sylwia. The photo was taken on the bank of the Vistula river near Wawel Castle.

“Born, raised and grazed in Ocean Beach,” Marcy McCann enjoys The Beacon at happy hour in Puerto Vallarta at Langastinos Bar & Restaurant on Los Muertos Beach.

Matthew and Kelly Madruga of Point Loma and Dan and Ann Pitta-St. Louis of University City. Show off their favorite hometown newspaper during Ann and Kelly’s big birthday celebration in Cancun, Mexico.

Sydney, Cathy and Lexie Bohiman take the Beacon to one of their favorite pools at the Atlantis Resort in the Bahamas.

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Pacific Beach 2 Professional Office Spaces For Rent. Very desirable, high-traffic location on the SE corner of Emerald and Cass St. across from the PB Post Office. Ground floor, perfect for one or two-person office. Very secure, private but bright. 24/7 access, short term lease. Ok. Only $650/month, non-NNN, full service including utilities. Please contact David Mannis at (619) 961-1981 or david@sdanc.com

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La Jolla Today
Walk to fight blindness set at Liberty Station

Touched by the idea that “A Cure is in Sight,” San Diego will again rally to fight blindness at the sixth annual San Diego 5K Vision Walk on Saturday, Nov. 9 at Liberty Station.

The event is designed to raise $150,000 to support promising gene therapy, stem cell and pharmacological research that could save and even restore sight, according to organizers. Blinding retinal degenerative diseases like macular degeneration, retinitis pigmentosa and Usher syndrome affect more than 10 million Americans, but the Foundation Fighting Blindness is funding cutting-edge research and clinical trials that have actually restored significant vision in children and young adults who were previously blind.

Co-chairing VisionWalk are 20-year-old identical twins Alexa and Nicole Finzi of Rancho Santa Fe, who were unexpectedly diagnosed with the genetic retinal disease retinitis pigmentosa (RP) in 2011, despite no family history of vision problems. The girls still have 20/20 vision with limitations only to dimmer settings, but RP causes night blindness and a progressive loss of peripheral sight that can lead to blindness.

The women have traveled the country, competing for many years at the national level in synchronized ice skating, where 16 skaters perform together on the ice. Alexa went on to skate on Team USA. Both women are studying at Concordia University in Irvine. Alexa is pursuing psychology and a business minor, while Nicole is working to become an elementary education teacher. Determined to help advance research that could one day save their sight, the Finzi sisters hope to rally their “Double Vision” walk team to build on the impressive $66,000 they raised last year.

“I was diagnosed with retinitis pigmentosa was a complete shock,” said the women in a statement. “Being diagnosed with retinitis pigmentosa in 2011, are coordinating the sixth annual San Diego 5K VisionWalk at Liberty Station on Nov. 9. Twins Alexa and Nicole Finzi, 20, of Rancho Santa Fe, who were unexpectedly diagnosed with a genetic retinal disease in 2011, are coordinating the sixth annual San Diego 5K VisionWalk at Liberty Station on Nov. 9. Walkers and runners, many of whom are affected by retinal disease, are expected to participate in the family-friendly, free VisionWalk, which includes entertainment from a live band, children’s activities, a bounce house, laser tag, refreshments and more.

Dogs and strollers are welcome on the scenic 3.1-mile walk/run course along the water. Serving as media sponsor for the event is Yelp. Other sponsors include San Diego County Ford Dealers Association. Since the VisionWalk program started in 2006, tens of thousands have participated in events across the country to raise more than $27 million for blindness research.

The walk/run begins at 10 a.m. with registration at 9 a.m. at NTC Park on Cushing Road. To participate or support the San Diego VisionWalk, visit www.FightBlindness.org/SanDiego-Vision-Walk.

Inaugural benefit bike ride aims to help cancer center

The Point Loma Rotary Club will present the inaugural Jim Krause Memorial Charity Bicycle Tour of Point Loma on Nov. 9 to benefit the UCSD Moores Cancer Center and other civic projects.

Online registration is taking place until two weeks prior to the event, which will start at Liberty Station and traverse bike paths and routes around Point Loma.

The ride has three distances to accommodate different levels of experience. The “family ride” is a 10-mile, relatively flat course mostly on bike paths in Liberty Station, Spanish Landing and Harbor Island along beautiful San Diego Bay and is perfect for cruisers, beginning riders, challenged athletes and families.

The challenging “enthusiast ride” will allow participants to ride roads in Point Loma that have been opened exclusively for this event on either a 25- or 52-mile route that includes challenging hills around the Cabrillo National Monument, Sunset Cliffs, Mission Valley and Mission Gorge.

The ride will also include a time-trial event from the Point Loma lighthouse.

Jim Krause was a longtime resident of San Diego and a member of the Point Loma Rotary Club. He died from pancreatic cancer last year, leaving a legacy of service to the community. In his memory, the Point Loma Rotary Club is organizing the Jim Krause Memorial Charity Bike Ride.

His friends are sponsoring the ride to highlight the beautiful cycling areas in Point Loma and surrounding neighborhoods, promote a healthy lifestyle, and raise awareness of pancreatic cancer. The event is sponsored by the Mission Valley YMCA, Moment Cycle Sports, Vitalyte and the Point Loma Credit Union.

For more information, visit www.riderethepoint.org. For more information on the Point Loma Rotary Club, visit www.pointlomarotary.org.

— Staff and contribution

VOTE FOR YOUR FAVORITE!

Submit this ballot for a chance to Win Dinner for Two ($100 value) at one of the Peninsula’s fine restaurants.

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FINALE WEEK! Deadline SEPT 30th, 2013!

CONTACT INFO (must be filled out for your votes to be counted):

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ENTRY RULES: You choose your favorite! Tell us who the best of the best is and you’ll be entered into our free drawing. Mail or hand deliver your ballot to:

The Peninsula Beacon, Readers Choice Awards: 1621 Grand Ave., 2nd floor, San Diego, CA 92109; or vote online at: www.sdnews.com or peninsulabeacon.com. Please complete at least 50% of the ballot. One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by Monday, September 30, 2013
The Point Loma/Hervey Branch Library chess club meeting is held in a informal format at 2 p.m. on the lower level of the library at the tables near the librarian’s desk. There are no members or dues. All ages and levels of players are welcome. The library provides some chess sets but players may bring their own. The library is located at 1701 Voltaire St. Contact Mark Har- ryman at the library at (619) 511-1519.

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Local resident named to LEAD San Diego board

Point Loma resident Bill Earley has been named to the board of directors of LEAD San Diego.

Earley is a partner at McKenna Long & Aldridge LLP. He has much experience in a wide variety of labor-and-employment-law issues. He was recognized in Southern California Super Lawyers — San Diego, and was included in San Diego Metropolitan Magazine’s “40 Under Forty” in 2001.

Earley has served as board president of the Leukemia & Lymphoma Society and the San Diego State University Alumni Association. He received his B.S. in business administration finance from San Diego State University and his J.D. from Georgetown University Law Center.

LEAD San Diego is a 32-year-old non-profit organization providing balanced education and dialogue on issues of critical regional importance, helping a cross section of community leaders become more informed, critically engaged and active participants in work that positively impacts communities. To learn more about LEAD San Diego, visit www.leadsandiego.com.

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Point Loma named to United Way board

Laurie Berman of Point Loma was among six new members elected to the United Way of San Diego County’s board of directors recently.

Berman is the District 11 director for the California Department of Transportation (Caltrans).

Board members serve a three-year term, providing governance over the affairs and activities of United Way of San Diego County. They also serve on one or more board subcommittees like workplace cam-

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**What's ahead**

Peninsula-area events, Sept. 19-Oct. 19

**THURSDAY, Sept. 19**

The Ocean Beach Historical Society will host a free program featuring noted anthropologist and historian Richard L. Carrico, who will present a lecture on the hidden past and mysteries of ancient San Diego County. Carrico will delve into possible meanings of prehistoric rock paintings (petroglyphs) and carvings that dot the landscape, and discuss Kumeyaay Indian knowledge of our vast universe and pharmacology. The program takes place at 7 p.m. at the Point Loma United Methodist Church, 1948 Sunset Cliffs Blvd. For more information, visit www.obhistory.wordpress.com.

**SATURDAY, Sept. 21**

“The Ocean Beach Town Council hosts its annual Pancake Breakfast on the Pier from 7:30 a.m. to noon. For information, call (619) 846-6269 or (619) 515-4400.

**SATURDAY, Oct. 5**

Point Loma High School will host its 46th class reunion from 4 to 9 p.m. at the Red Sails Inn on Shelter Island. RSVPs are requested as soon as possibly and the cost is $10 per person. For information or to RSVP, call Marco McCann at (619) 223-5312 or Anita Jeffers (858) 279-2202.

**SATURDAY, Oct. 19**

The Ocean Beach Town Council hosts an Ocean Beach Craft Fair to benefit OB Christmas events. 9 a.m. to 1 p.m. at Veterans Plaza at the foot of Newport Avenue. For information, call (619) 846-6269 or (619) 515-4400.

**MONDAY/WEDNESDAYS**

The Point Loma American Cancer Society Discovery Shop, located at 3696 Midnight Drive Suite C, has reinstated a 20 percent discount for seniors on Mondays and a 20 percent discount for military on Wednesdays. The discount applies to regular priced items only. For more information, visit discoveryshoppointloma.org.

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**People in the news**

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**Suzanne Giannella**

Suzanne.Giannella@Sotheby’srealty.com
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Suzanne Giannella

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**PACIFIC BEACH**  
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“Young professionals are flocking for the quality of life... The schools are another draw; Sessions Elementary and Pacific Beach Middle School are among the best in the city.”

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This 2 bedroom 2 full baths condo has beautiful custom cabinetry in the kitchen, black granite counter tops, l...
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5K RUN & CORPORATE CHALLENGE

1K KIDS FUN RUN (5-12 YRS OLD)

TRUE BEACH VOLLEYBALL TOURNAMENT

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PACIFIC DRIVE ACTION ALLEY &
FREE BIKE VALET @ THOMAS AVE.
TASTE OF PB FOOD COURT
PB MERCHANT SIDEWALK SALE
ARTS AND CRAFTS ALLEY
KIDS ACTION ALLEY

Beer Garden Stage
12:00 - 12:45 Sando
12:45 - 1:15 DJ Elliott Thomas
1:15 - 2:00 Natural Heights
2:00 - 2:30 DJ Billy the Kid
2:30 - 3:15 So Cal Vibes
3:15 - 3:45 DJ Mike Czech
3:45 - 4:30 Sunny Rudo
4:30 - 5:00 DJ Who
5:00 - 5:45 High Tide

Community Stage
11:00 - Crown Point Jr. Music Academy
11:40 - Skate This!
12:30 - Tap Fever Dancers
1:20 - PB Kids Musical Showcase
2:20 - Sinnerdown Riddim Section
3:10 - Tiffany Jane and the Kicks
4:20 - Big Daddy Blues Band
5:30 - Indian Summer

Center Stage
11:15 - 12:00 Cool Soul Trio
12:20 - 1:20 Quinteto Caballeros
1:40 - 2:40 Bateke Beat
3:00 - 4:00 Alas De Mosca
4:20 - 5:20 The Routine
5:50 - 7:00 Lady Dottie and the Diamonds

www.pacificbeach.org   facebook.com/pacificbeachfest   #pbfest