OB lifeguard one of two diving vets to clear up months-old mystery

BY MARIKO LAMB | THE BEACON

Longtime San Diego boating and diving veterans Russell Moore and Ed Harris have recently made a remarkable breakthrough in a boating accident that left four dead when a 37-foot sailing yacht disappeared in the dark of night during the annual Newport-to-Ensenada Regatta in April, marking the first fatalities in the 65-year history of the race.

The fate of the boat, named the Aegean, and its occupants has been shrouded in mystery since the boat’s GPS tracking system made its last signal at 3:10 a.m. on April 28 near North Coronado Island, just 15 miles southwest of Point Loma.

But Moore and Harris, both popular presses, and one of the few surviving divers, have been able to find the wreck of the missing sailing yacht on the sea floor near North Coronado Island.

Ed Harris, one of two divers who searched for missing sailing yacht Aegean not far from Point Loma.

Russell Moore, left, and Ed Harris of Point Loma stand by Moore's rigid inflatable boat, which they used to locate the wreck of the missing sailing yacht Aegean not far from Point Loma.

Harris, a retired San Diego firefighter and Harris, a retired San Diego firefighter and fire medic, have been diving for more than 50 years and have a combined 45 years of boating experience.

Both divers told the Beacon that they’ve seen “a lot of stuff,” but the Aegean was the most unusual.

“...it was the first time we’ve seen a boat this big, this far out to sea,” Harris said.

The Aegean’s hull on the sea floor near North Coronado Island, 15 miles southwest of Point Loma.

The divers say they located the boat about 100 yards away from the point where the GPS signal was last heard, and they were able to mark the site for later recovery

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Point Loma residents Brian and Lissa Cornell soak up some racing excitement at the Monte Carlo Grand Prix in Monaco. This shot was taken from Grandstand K in front of the yacht harbor. “Very exciting and the noise of the cars gave us goosebumps!”

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was taken. Email the photo and the information with other readers. Tell us your name and/or the world you may be visiting and share your trip with them! Don’t pass up your chance heading out of town and taking their favorite home.

It’s vacation time!

Tahoe are, from left, Wilbur Brega, Kevin Mather, Amy Schoonmacker, Helen Schoonmaker, Kyle Mather and Sam Schoonmacker. Taking their Beacon on vacation to the beautiful South Shore at Lake Tahoe are, from left, Wilbur Brega, Kevin Mather, Amy Schoonmacker, Helen Schoonmaker, Kyle Mather and Sam Schoonmacker.

Donna Napolitan of Ocean Beach takes her Beacon along during an Alaskan cruise. Here, she stops for the day the little town of Ketchikan.

Culinary tradition returns just in time for the fall harvest

One of the most highly anticipated weeks of the year for foodies is just around the corner.

To kick off fall, the biannual San Diego Restaurant Week will serve up a culinary smorgasbord of prix fixe lunches and dinners from Sept. 16 to Sept. 21 at more than 180 restaurants throughout the county.

Prices are set at $10, $15 or $20 for a two-course lunch or $20, $30 or $40 for a three-course dinner. No tickets or passes are required. Simply show up at any of the participating restaurants or call ahead to make a reservation.

There’s plenty of belly-doling opportunities during San Diego Restaurant week around the Peninsula.

Here’s some:

• Bali Hai Restaurant, Hawaiian, lunch $15, dinner $30, www.balihaiestaurant.com
• Blue Wave Bar and Grill, Californian, lunch $20, dinner $30, www.islands-palms.com/downtown-san-diego-restaurants
• Bo-beau, French, dinner $30, www.bobeaukitchen.com
• Boathouse Restaurant, seafood, dinner $20, www.boathouserestaurant.com
• Gabardine, American, dinner $30, www.gabardineeats.com
• Humphreys, American, lunch $15, dinner $30, www.humphreysbythebay.com
• Island Prime, steakhouse, dinner $40, www.islandprime.com
• Luna Grill – Liberty Station, Mediterranean, lunch $10, dinner $20, www.lunagrill.com
• Old Venice Restaurant, Italian, lunch $10, dinner $30, www.oldvenicerestaurant.com
• Tom Ham’s Lighthouse, Californian, lunch $15, dinner $30, www.tomhams-lighthouse.com

For more information or for a complete listing of participating restaurants, visit www.sandiegorestaurantweek.com.
Beach-area San Diego Unified School District (SDUSD) board representative Scott Barnett paid a visit to the Point Loma Cluster Association (PLCA) on Aug. 30 to answer questions and share ideas about how area schools can move forward in the face of budget woes in the district.

He brought up his hopes to help the cluster draw up a “Roadmap for Success,” specifying certain goals and achievement targets, determining appropriate routes to achieve those objectives and devising some method of measuring successes.

“I would be thrilled if this community decides that you would like to develop this ‘Roadmap for Success’ — certain objectives and devising some method of measuring successes. The budget that we’re in right now, a large piece of it is balanced with one-time revenues to pay ongoing expenses. We have eliminated pretty much all of our reserves,” he said. “Our financial situation is actually worse, even though some costs and our district payroll is lower.”

Barnett plans to introduce a new healthcare proposal to his clusters as one solution to lower SDUSD’s projected shortfall.

“We know scientific research confirms that a higher percentage of students who have access to higher levels of teacher interaction, mentoring and involvement are more likely to attain a college degree in a shorter amount of time and make high income,” Barnett said. “We spend $170 million on so and so healthcare. Every employee, including board members, has the right to choose Kaiser or three other programs. We pay no premium, so I, as a parent with two kids, pick the most expensive one and have my two kids on that, and it costs me zero. If I pick Kaiser, it still costs me zero. What I’m proposing is that every employee be given Kaiser free, and if I want the one I’m buying now for me and my kids, I have to pay for it.”

He said a revision of the current health-insurance model can save the district $12 million each year, and everyone would still have the option to get free healthcare.

“The goal is to generate the money to fill this year’s budget, as well as the next year and the next year, and have that portfolio grow. I’m trying to develop plans to deal with the long-term budget problem, not just next year’s, because the problems aren’t going away,” he said.

Cluster representatives offered suggestions for fundraising, like company sponsorships or naming rights at school facilities to help raise funds for individual schools or clusters.

“That will help to a little to mitigate some of the things at some sites, and we need to do that as well,” Barnett said. “My goal primarily as a school board member is generating as much money as I can for this district that we can use to maintain our school programs.”

The PLCA will introduce a new 40- member board next month, with parents and staff electing one teacher and two parents from each of the 10 cluster schools to join the respective principals on the board.

Barnett will return at the cluster’s next board meeting on Oct. 1 at 4:30 p.m. to give a general update, as well as discuss the SDUSD’s $2.8 billion bond measure, Prop Z.

For more information about PLCA, visit www.pointlomaccluster.com or sign up for the cluster’s email list.
yard. I work right around there almost everyday, and it just became something that haunted me.”

His urge to get to the bottom of the mystery led him to enlist the help of his friend and diving expert Ed Harris, a San Diego lifeguard sergeant who has logged thousands of hours of underwater search-and-rescue dives along San Diego’s coastline.

“There were just certain things that struck us and we thought, ‘We’ve got to figure this out.’ I was obsessed with it because this is something we could figure out,” said Moore. “There are a lot of experts with more letters or numbers after their names, but not people that see more ocean than me or Ed.”

The U.S. Coast Guard had nailed down a specific site where the boat was likely to have crashed, making an easy starting point.

“We took all of the topside information that Coast Guard and other people had speculated on, and we applied that to do the underwater search,” said Harris. “We didn’t search the globe. We had pretty good indicators where this thing was.”

In their first excursion to the suspected wreck site on May 2 — just days after the Aegean’s disappearance — the 1-foot sea swells were jolting Moore’s feet as he dove into the Aegean’s disappearance — the 3-ed wreck site on May 2 — just days after the Aegean went missing. “Three months had gone by so we were able to find the trail of the missing boat’s location.”

“When you do a lot of freediving and you’re in the water a lot, your eye really picks up on non-organic matter,” said Harris. “Three months had gone by, so enough of the boat had broken loose that I picked up a couple pieces — small pieces of hose and some other things.”

When he and Moore went back a third time, two weeks later on Aug. 22, they found the missing pieces right where they had been searching all along.

Debris, when scattered and settled along the ocean floor, settles into deep pockets, creating visible catch basins in the water. “We’d find rollers and things like that in these areas, then we’d find more and more debris that had been raked off the bottom,” said Harris. “If you were lost in the dark, you could follow it to the surface.”

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“When we first found it, I felt a huge amount of significance,” said Harris. “This is an area where four people died, and when you see that destruction, it’s just really sad. There’s nobody to help you out there.”

Harms and Russell left the wreckage site, but they were able to capture high-definition footage of their entire adventure and discovery using a waterproof GoPro camera. All evidence of their findings has been turned over to Coast Guard investigators.

“Our whole thing was to video document, not to recover anything,” said Harris. “If you don’t find a keel and a motor, you haven’t found a boat wreck. All you’re looking for is debris ends.”

Harris and Moore said their experience with this adventure couldn’t help but make them think about the victims’ last moments.

“It’s really hard with no lights, no reflection, no homes, no activity on this island. It’s just a black rock on a moonless night. Good people can run into it, and by all accounts these sailors were extremely skilled and extremely well prepared and very experienced guys,” said Moore. “We were there in scuba gear, fins and wetsuits in the daytime, and we couldn’t navigate all of that. If you were in your bunk in foul weather gear or in a sleeping bag in the dark, you have no chance. I can’t even speculate what their last moments were. We’ll never, never truly know.”

THE PENINSULA BEACON

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An Ocean Beach man pleaded guilty to killing the puppy of his then-girlfriend during a domestic violence incident was sentenced Aug. 29 to one year in coun-

Because Aubrey Eugene Glascoc, 32, received credit for serving 260 days in jail already, he will be on probation from Sept. 18, according to the sheriff’s department.

San Diego Superior Court Judge Eugne-

structure and beloved tikis while incor-

ments that open the interior and bring

top cuisine. If you’re looking for old Bali

changes is a frequently updated menu

Pura Kahina, a property listed on the National Register of Historic Places, is a living museum that houses the musical "South Pacific."

Several events are planned to commemorate the anniversary of the San Diego Balboa Park’s opening.

The San Diego Chapter of the Surfrid-

The performances will be dubbed

an authentic German meal, a silent

The Peninsula Singers have per-

All proceeds from the event go to help

The event was conceived by Peninsu-

The Peninsula Singers to

An auto mechanic was sentenced

Defendant in massive car break-in series in OB, PB, La Jolla earns 12-year term

An auto mechanic was sentenced Aug. 16 to 12 years in state prison after a jury refused to allow him to withdraw his guilty plea in a massive series of car burglaries in Ocean Beach, La Jolla Shores and Pacific Beach.

Lori Anne Simnitt, 40, pleaded guilty Aug. 7 to 19 counts relating to the theft of thousands of dollars in extra income taxes or capital gains taxes, by not putting

Bali Hai favorites like coconut shrimp, ahi poke and crab rangoon, you’ll still find

Another issue is the negative tax effect. The basis of thousands of dollars in extra income taxes or capital gains taxes, by not putting

The Peninsula Singers will celebrate a 10-year anniversary celebration tour. The event will be dubbed "Shakespeare & Sips, Soliloquies, Scenes and Songs," and will take place in the beautiful private garden of the La Jolla Presbyterian Church.

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site, said vice president Brennen Bauzar. DeMaio pointed to his support of Proposition B, the pension-reform measure he championed last June, and opposition to a 2010 ballot initiative that would have temporarily raised sales taxes, as proof of his ability to stand up to special interests.

Proposition B, which replaces the public-employee pension system with a 401(k)-style program, has turned San Diego into a “model for how to deal with public-employee pension system with a special interests.’ Who the hell do you DeMaio as a champion of the common working family and small-business owner,” DeMaio said. But Filner said it was laughable to cast DeMaio as a champion of the common citizen. “Carl talks about ‘Those downtown special interests.’ Who the hell do you think funds him?” he said. DeMaio countered that neighborhoods have been hurt in recent years because recent City Councils have overemphasized downtown redevelopment. He upped the deal last year to abolish redevelopment agencies throughout the state. “People can make money downtown without the $200 million subsidy. Let’s move that money to where it’s needed. What about the infrastructure and all our neighborhoods? I’m all about putting the power back into the community and away from where it’s been. That’s why the downtown folks have so many problems with me.” But DeMaio charged Filner was making promises and avoiding tough decisions. “That’s what every politician does. Every girl gets a pony and every boy gets a bike,” DeMaio said. He said his 249-page budget plan would improve services and restore infrastructure funding through performance audits of all city departments to cut through the spin. He said any service offered in the yellow pages — he cited landscaping and auto maintenance as examples — could be put out for bid to compete with the private sector. “I am absolutely committed to a smarter city. The city has already led to more than $1 million in savings, DeMaio said. “My plan shows dollar for dollar, line by line and reform by reform exactly how we’re going to get it done,” he said. Filner had a retort. “Keep hearing the word ‘reform.’ Do you know what that means? Real estate owner,” DeMaio said. “This is clearly a megachurch.” Most churches with large congregations have a much larger footprint, meaning it would be an outlying area and control their own parking — characteristics the Rock Church lacks, Mann disagreed. “The mayor says a church is appropriate,” she said. “But this is no typical church. This is clearly a megachurch.”

The grand jury in May made a finding that the church was not a compatible land use because the Liberty Station Precise Plan called for the area surrounding the church to be devoted to educational uses. In addition, the grand jury report states, “Traffic congestion, parking problems, [and] the need for a street for direct access to the church not being compatible for the Liberty Station area.”

But in an Aug. 28 letter to Robert J. Trentacosta, presiding judge of the San Diego Superior Court, Sanders said he disagreed with the grand jury, saying its recommendations were “not warranted or reasonable.” Sanders said the area’s precise plan is only “a policy document to guide redevelopment at Liberty Station” and pointed out that a church is allowable with a conditional-use permit under the city’s commercial zone. He also said church activities were not necessarily the cause of traffic congestion, street closures and parking problems on Sundays. "[T]here are many other commercial, retail, park and special-event uses, which also typically are operating at Liberty Station during this timeframe," Sanders states in his letter. Mann disagreed. "The mayor says a church is appropriate," she said. "But this is not a typical church. This is clearly a megachurch." Most churches with large congregations have a much larger footprint, meaning it would be an outlying area and control their own parking — characteristics the Rock Church lacks, Mann disagreed. "The mayor says a church is appropriate," she said. "But this is no typical church. This is clearly a megachurch." Even though the church prevailed, the divisive scenario is a bit of a wake-up call, Stevens acknowledged in his email to church members. "[T]he situation is a reminder that we need to continue to uphold the standards we have set for our staff and congregation to be good neighbors,” he said.

DeMaio pointed to his support of Proposition B, the pension-reform measure he championed last June, and opposition to a 2010 ballot initiative that would have temporarily raised sales taxes, as proof of his ability to stand up to special interests.
Pointers bask in season-opening win

Point Loma hands a tough Mar Vista squad 21-7 loss

By SCOTT HOPKINS | THE BEACON

Point Loma High School football fans weren’t disappointed Sept. 1 when a young 2012 varsity team made its debut, posting a 21-7 victory over Mar Vista High after a ceremonial ribbon-cutting and dedication of the sparkling new Pointers field.

Only 24 seniors are listed on the varsity roster and a number of starting positions are manned by 18 juniors and three sophomores — most of whom saw their first varsity action.

The Mariners are no pushovers. They are the favorites to repeat as Metro South League champions after compiling an 11-2 record last year, including 4-0 on the road, and coming within one game of a trip to the CIF finals. In doing so last year, Mar Vista gained more than 5,000 yards on the ground, averaging 389 yards per outing.

The Mariners also have the trio of Jimmie Hill (1,602 yards rushing), Kevin Moore (929 yards) and Kenny Nieves (557 yards) returning to the varsity roster and a number of starting positions.

In the third quarter, Agnew, playing at running back, took a handoff, converting it into a 53-yard score to put the Pointers up 14-7.

The Mariners answered later in the opening frame when quarterback Lan- don Clark got past the first wave of Pointer defenders and sprinted 51 yards for a game-tying score.

In the third quarter, Agnew, playing at running back, took a handoff, converting it into a 37-yard run. Maes later scored on a 37-yard run.

Connecting Pointers with a 66-yard punt return was a very special way to score our first touchdown and we were very excited about that,” Hastings said. Miguel Alcantar’s first of three point-after-touchdown kicks gave the Pointers a 7-0 lead in the first quarter.

It was not until senior Johnny Maes, at 5 feet 6 inches and 155 pounds, broke off the left tackle en route to a 37-yard score the Pointers were able to heave a

Point Loma High School Vice Principal Kevin Gormly hosts the event held before the kickoff of the new Point Loma High School football field dedication. From left are Laulau Tumbiolo and former PLHS ASB President Josh Morse; PLHS ASB President Jason Peugh (with scissors); Principal Bobbie Samilson; Lee Evans; Lee Dulgeroff, SDUSD executive director of facilities planning and construction; City Councilman Byron Wear; cheerleader Grace Curran; SDUSD board President John Lee Evans; Lee Dulgeroff; SDUSD executive director of facilities planning and construction; PLHS ASB President Jason Pough (with scissors); Principal Bobbie Samilson; PLHS Vice Principal Kevin Gormly; cheerleader Madeline Pugh; former PLHS parent Lisa Tumbiolo and former PLHS ASB President Josh Morse.

Dignitaries gathered on Bonnie Edora Field at Point Loma High on Sept. 1 to dedicate the new artificial turf surface and the school’s new weight training facility. From left are Lauren Faulconer; cheerleader Justine Gibson; District 2 City Councilman Kevin Faulconer; San Diego Unified School District (SDUSD) board Vice President Scott Barnett; former City Councilman Byron Wear; cheerleader Grace Curran; SDUSD board President John Lee Evans; Lee Dulgeroff; SDUSD executive director of facilities planning and construction; PLHS ASB President Jason Pough (with scissors); Principal Bobbie Samilson; PLHS Vice Principal Kevin Gormly; cheerleader Madeline Pugh; former PLHS parent Lisa Tumbiolo and former PLHS ASB President Josh Morse.

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SEE OPENER, Page 13
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 boasting a new private dining room, the Silver Lining Event Room, sailing on boats and in picturesque, outdoor locations, dining the way you want to dine.

High Tide Breakfast
November 14, from 7 to 11 a.m.
San Diego’s Best Dining with a View™ only gets better during high tide. Enjoy an unforgettable breakfast buffet as the surf crashes against the picture windows. You won’t want to miss this signature San Diego winter experience.

Holiday Parties
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CELEBRATING 20 YEARS

The Peninsula Beacon | Thursday, September 6, 2012 | Page 9
The Ocean Beach Entertainment and Lodging Group (OBREL) was created by local business owners under the umbrella of OBMA to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Our mission is to work collectively, as a group, to provide the community with the best we can offer to locals and visitors.

To get listed please visit www.oceanbeachsandiego.com/obrel or call (619) 224-4906

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SHOTS $1.00 OFF
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The Peninsula Beacon | Thursday, September 6, 2012 | Page 11
The Peninsula Beacon, in cooperation with Ocean Beach MainStreet Association, Ocean Beach Histori- cal Society and the Ocean Beach Town Council, is excited to present a special edition celebrating the 125th Anniversary of Ocean Beach. This special souvenir edition will publish in the September 20th edition of the Beacon as a separate section. Additional copies will also be printed to help commemorate the 125th anniversary and will be available at the OBMA office and special events.

PUBLICATIONS:
September 20th, 2012

DEADLINE:
September 12th, 2012

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(858) 270-3103 x117 or email at mikefahey@sdnews.com to reserve your ad space today!

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Happy Hour 4-7 Every Night in the Bar Areas!

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Happy Hour 4 – 6pm
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Like us on Facebook! Major sporting events on our 110" projection TV Daily drink specials Watch the NFL Games here!

Happy Hour 3 – 7pm Everyday!
New Wine Tasting 1st Wed. of every month. Mustache Tuesdays $1 off 8pm to close!

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Happy Hour 4-7pm

Well Drinks $2.50 Margaritas $3.75 $1.50 OFF all pitchers, $1 OFF Premium Shots U-Call-Its

Every Day: Happy Hour 4-30-630pm
$6 for 1/4 burger, fries & domestic pint

$3 food, wine, well drinks, 1/2 price pitchers. Open 9am for breakfast and drink specials

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As the 2012-13 school year gets under way at Point Loma High School, several campus upgrade projects are nearing completion while another is just breaking ground.

Newly under way is a long-awaited improvement to the school’s stadium entrance on Voltaire Street that will create a more aesthetic entryway to the school and its athletic events.

San Diego Unified School District (SDUSD) communication supervisor Cynthia Reed-Porter said contractors, using Prop. S funds, will build a new 1,100-square-foot, single-story building in the limited entryway space between two residential properties.

PLHS athletic director John Murphy said neighbors were invited to view the plans and give feedback on the project. Reed-Porter said the steel structure with a metal roof will fill three needs for PLHS students, staff and guests, including a two-window ticket booth, a new fully equipped concession stand with three service windows and new men’s and women’s restrooms.

Reed-Porter said the project includes new entry gates and an entry plaza to improve the overall experience for visitors.

The estimated cost for the project is $1.2 million. It replaces a condemned restroom, temporary ticket booth and makeshift snack bar operated by parents for years from a hot, stuffy storage room under the stadium stands.

The construction, however, will inconvenience visitors and students before the targeted completion in May 2013.

The Voltaire Street entrance will be closed at all times, except for emergencies. Football fans and others will have to enter the stadium through an alternate gate at the northwest corner of the football field near the scoreboard.

Workers are also putting final touches on two major projects involving conversion of previous buildings.

These include a new PLHS Music Center totaling 3,785 square feet, built in the former wood shop; and a high-tech Motion Picture Industries Program Facility occupying just over 4,800 square feet in the 901 building.

The final cost of the new stadium turf field, now in use, is estimated at $1.4 million.

Work begins on Voltaire Street stadium entryway

Sports

by Scott Hopkins | The Beacon

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SPORTS

This photo/illustration shows how a new 1,100-square-foot building in the limited entryway space between two residential properties will look. It will house a ticket booth, snack bar and restrooms when completed in May 2013. A new entry plaza is also planned.

Photo illustration courtesy of San Diego Unified School District

OPENER

Contd. from page 7

The scoreboard clock showed just 2:22 left in the contest.

“Overall, we thought our kids played with a lot of heart,” Hastings said, “and this week in practice we’re going to make some corrections, but it’s always better to make them after a win.”

The Pointers play next at Olympian High School in Chula Vista on Sept. 7 at 7 p.m. The Eagles, under ageless coach Gil Warren, finished 9-4 last season after losing the CIF championship game to Cathedral.

On Sept. 14, the Pointers traveled to Lincoln High School for a 6:30 p.m. battle against the Hornets. After a 2-9-1 record last year, the Hive is predicted to finish fourth in the tough Eastern League.

EXTRA POINTS

• The season-opening triple-header of varsity, junior varsity and freshmen became a double-header when Mar Vista officials notified their Pointer counterparts they could not field a junior varsity team because of academic eligibility issues.

• The Pointer freshman team opened the day’s action by punishing the Mariners 38-0.

• The most moving moment of the field and weight room dedication ceremony came at its conclusion when District 2 City Councilman Kevin Faulconer, who has cerebral palsy, was to throw a football a short distance to PLHS football team manager Zack Sweeney.

• During several practice tosses, Sweeney was unable to catch any of Faulconer’s passes but when the time came in front of the crowd, the ball bounced off Sweeney’s arms several times before he grabbed it and clutched it tightly to his chest in front of the appreciative spectators.
People in the news

Point Loman named InTouch At Home director

Retired Marine Corps veteran and senior advocate Steve Schweitzer of Point Loma has been named director of Outreach and Client Services for InTouch at Home, a Senior Re-source Group, LLC company based in Solana Beach.

Schweitzer will act as InTouch At Home’s re-presentation with commu-nitv partners, concerned advocates and medical professionals throughout San Diego working to pro-vide resources for seniors who need assistance to continue living indepen-dently.

“T’m grateful to have the opportunity through InTouch at Home to improve the lives of San Diego seniors,” said Schweitzer. “During visits to SRG’s com-munities I have come away impressed with the quality of care and the profes-sionalism and warmth of the staff. I couldn’t be more proud to represent InTouch At Home and look forward to working with so many other individuals and organizations doing what they can to make every day a good day for San Diego’s seniors.”

For more than 20 years, SRG has pro-vided service and quality care through its 18 senior living communities nation-wide, including La Vida Real in Rancho San Diego and La Vida Del Mar in Solana Beach.

InTouch at Home, a Senior Re-slution, is being extended into the fast-growing home-care market.

Point Loman goes in the first wave for FEMA

The Federal Emergency Management Agency will soon be getting some needed-help in its response to disaster relief.

In August, 1,600 young men and women, including Point Loma resident, Christopher Lee Allison, will join Ameri-Corps’ newly formed FEMA Corp. Formed in cooperation with the Department of Homeland Security, this program will prepare its young volunteers to respond to natural dis-asters in and around the United States.

AmeriCorp FEMA requires 10 months res-idency at a designated site in the U.S. where new members will be trained in hurricane, tornado and earthquake assistance for displaced and needy dis-as-ter victims.

Allison, the 22-year-old son of Point Loma residents Felicia and Cynthia Allison, is a 2008 graduate of Point Loma High School, where he was captain of the school’s cross country team. He has spent the last two years taking classes in Oregon, working as a research lab assistant at the University of Oregon and serving as an assistant coach for a local soccer team. But for the next 10 months, his focus will be on service to those in need and preparing for a possible career in emergency management.

Three locals awarded rank of Eagle Scout

An Eagle Scout Court of Honor was be held at the U.S.S. Midway Museum on Aug. 25 for three Scouts from Boy Scout Troop 500 in Point Loma.

The ceremony took place on the for-ward flight deck for Scouts Christopher Rice, Daniel Wheeler and Matthew Wylie. All three Boy Scouts are lifelong friends who have known each other since attending kindergarten at Warren-Walker School.

Rice received the Eagle charge from his grandfather, Reginald Rice, who is also an Eagle Scout, along with Rice’s father, John, and an uncle.

Rice is a junior at St. Augustine High School, Wheeler is a junior at Point Loma High School and Wylie is a junior at La Jolla Country Day.

All three Scouts participated in treks at Philmont Scout Ranch in Cimarron, N.M. Wylie and Wheeler are members of the Boy Scouts’ Order of the Arrow. All three participated in National Youth Leadership Training (NYLT) at Mat-aguay Scout Ranch. Christopher was an instructor at NYLT.

Their Eagle Scout projects benefited the San Diego River Foundation and the Ronald McDonald House.

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Looking ahead

Peninsula-area events, Sept. 8 through Sept. 20

THURSDAY, Sept. 6

The Point Loma Assembly will host a Wine and Art Happy Hour from 4:30 to 6:30 p.m. at the Assembly located at 3035 Talbot St. The Pearl hotel and restaurant will prepare hors d’oeuvres and admission is free. For more information, call (619) 523-3787.

SUNDAY, Sept. 9

Friends of Famosa Slough is looking for volunteers to participate in a work party at Famosa Slough to care for Cali-fornia native plants and remove invasive plants. The work party is scheduled to take place from 9 a.m. to noon and partic-ipants will meet at the southeast corner of West Point Loma and Famosa boule-vards. For more information, call (619) 224-0391.

MONDAY, Sept. 10

Ocean Beach Woman’s Club, located at 2160 Bacon St., will host its first general meeting of our club year at 5:30 p.m. The meeting of our club year at 5:30 p.m.

TUESDAY, Sept. 11

The Point Loma United Methodist Church hosts a free “Introduction to Chair Yoga” class from 1:30 to 1:15 p.m. at the church, 1984 Sunset Cliffs Blvd. The class demonstrates how chair yoga can offer flexibility and inner har-mony for your special condition. Reserva-tions are required by calling (619) 788- 4836, or emailing info@chairyoga.com.

WEDNESDAY, Sept. 12

The Hervey/Point Loma Branch library will host a free program entitled “Kalaupapa on Molokai,” a history of strength presented by Cabrillo National Monument Superintendent Tom Work-man, who formerly served as superinten-dent at Kalaupapa on Molokai, Hawaii for six years. The presentation takes place at 6:30 p.m. in the library’s Community Room, 1703 Voltaire St. For more infor-mation, call head librarian Christine Gon-zalez at (619) 531-4159.

EVENTS

Point Loma Association Mean Green Team restore corner of W. Pt. Loma Blvd and Nimitz (east) Blvd.

From left to right, Laura Cappadona, Robert Jackson, Mary Ellen Andrews, Sharon Steelman, Al Baber, Ed Streicher, Laura Mundy. Not pictured Karen Davis, Jerry Symanski and Cecilia Carrick.

EAT DRINK SHOP LOCAL

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New OB theater school to teach performance on the fly

By MARTIN JONES WESTLIN | THE BEACON

The tougher things get onstage, the better Amy Lisewski likes it. In fact, the San Diego theater veteran would just as soon perform with as little help from her cast mates as possible. Luckily for her, there’s a whole genre devoted to her style of performance, which made itself plain at a recent political play she saw.

“Sometimes it feels a little bit like the riskiness of improv,” Lisewski said, “from when they would jump out into the crowd or let the audience interact with the players. Anything could happen, and you always had to be on your toes. Everything wasn’t always planned out.”

Lisewski has been physically involved in such risks a dozen times over. Endless trips to Los Angeles; graduation from that city’s Second City conservatory; work with the local National Comedy Theatre franchise; forming and teaching classes in her avocation — mastery of improvisational theater is one sure road to performance excellence. Lisewski said.

Beginning this month, she’ll try to prove it in Ocean Beach, a setting whose highly eclectic climate is already a done deal.

Lisewski is the founder and executive director of the fledgling Finest City Improv; whose stated mission “is to help develop, promote and showcase improv performers in San Diego. We do this with a little help from each other and our fine friends in that less fine city to the north.”

It’s not hard to figure which city Lisewski’s talking about, even as her style of performance is already an established one. “There’s a whole genre devoted to improv, there’s a whole genre devoted to it plain at a recent political play she saw.”

In improvisation, the actor is also the playwright, director and technician, creating scenes and stories with no input from any other source except his or her fellow performers and maybe a few props.

To those in so-called mainstream theater, the potential results don’t often bode well.

“I have a lot of actor colleagues,” explained Lisewski, a New York native, “that are scared of improv because they have nothing to go on. One of my main goals with this is to help them understand how simple improv can be. We look at it more as creating natural, real-life scenes, not necessarily seeing where the plot goes, because that’s still best done with a script. But all kinds of discoveries are made through improv. It’s like if you’re an actor and really enjoy the process of creating a show, you would particularly enjoy watching improv; because you’re seeing some of your own process happen.”

Finest City Improv is located at 4944 Newport Ave. in the Electric Ladyland building. For more information, visit finestcityimprov.org.

To read the story in its entirety, visit The Beacon at www.sdnews.com.

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When the Child Becomes the Parent

Watching our parents lose their independence is one of the most challenging realities we will encounter as our parents get older. Our parents have made decisions for and about us and themselves for many years but when a child is called upon to start making hard decisions about their parents; it can be an emotional roller-coaster.

Sitting down and talking to a parent about their desires for the future should they become incapacitated is not always easy. Discussions must be made about medications, finances and advanced directives but sometimes those discussions are easier said than done. This is the time to call a Geriatric Care Manager who will talk with the entire family on decisions and challenges in the present and future. A knowledgeable expert in the field of geriatrics can help families make the right decisions. At Innovative Healthcare Consultants our RN Care Managers are experienced in talking to the parent and the children and finding out the desires and needs of everyone. They can make objective suggestions to the family about how the parent can continue to make some decisions and keep some independence and control while the family can know the parent is safe and being well taken care of. They might suggest caregivers in the home for a few hours or twenty-four hours a day or an assisted living facility depending on the need. Innovative has been caring for seniors since 1997 throughout San Diego and Riverside Counties. Call to talk to a nurse at (877) 781-3442 or view our website at www.innovativecthe.com.

The Anderson Medical Center

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic. The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 6 p.m. on weekends and holidays.

The Anderson Medical Center is equipped to handle minor emergencies such as suturing and casting. It is designed to take care of patients of all ages as their primary care physicians. Physical therapy will also be available on a scheduled basis. Most insurance will be accepted. For more information you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

We want to be your Health Coach!

Optimal Health is a whole new approach to well-being that is based on creating health with the Take Shape For Life® program. As you work towards Optimal Health, you’ll learn to make choices that will help you take charge of your health for the long term. Healthy weight loss is just the beginning.

The Habits of Health – which are small changes, day by day, one at a time – and the caring knowledgeable support of your free Health Coach will help you along your journey to achieve your health goals. It all starts by reaching a healthy weight with Medifast Meals, the clinically proven weight-loss products that have been recommended by over 20,000 doctors since 1980.

Studies show that caring support from others can be a powerful factor in successful weight loss. Your free support starts with us. David & Terri Rodi, your own personal Health Coaches. For more information call 858-349-5851 858-349-4449 or visit our website at www.rodicompany.com.
Come in for your FREE 6 Class Card
then get 30% Off Any Membership Package

Some restrictions apply, check website for details.

Traditional & Hot Yoga Classes for Students of all Levels
7+ classes per day  |  Daily 60 minute classes at 12PM
Eco-friendly studio with 2 Practice Rooms
Lounge area and Retail Boutique  |  Locker rooms with showers

Yoga Six is located between Sotheby's and Studio 1220 adjacent to the South Promenade. Park in front of Trader Joe’s (on Truxton Rd.) and walk under the Sammy’s Woodfire Pizza archway. There is additional parking on Historic Decatur Road.

... guaranteed to keep that summertime feeling going strong.
Open daily from 8 a.m. to 9 p.m. Ocean Beach People’s Organic Food Market is located at 4765 Voltaire Street, where “everyone is welcome and anyone can join.” Please call (619) 224-1387 or www.obpeoplesfood.coop for more information.

You can also visit on Facebook at www.facebook.com/oceanbeachpeoples. Check this season is all about! Join in the indulgence at Ocean Beach People’s Organic Food Co-op, where everyone can shop, and anyone can join.
Open daily 8 a.m. – 9 p.m. (619) 224-1387.

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Don’t settle for the same old urgent care.
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Con’t from page 17

Remember that your little ones can greatly benefit from an organic diet, too. Because of their body weight, infants and children eat and drink more than adults, increasing their exposure to pesticides in food and water. And, because of their still-developing gastrointestinal tract, their bodies may be less capable of breaking them down. Be sure to pick up a copy of our September newsletter for a coupon for a free Fruit of the Month for kids. At People’s you can still savor every last bit of this delicious season with our seasonal organic berries, melons, peaches, and mangoes...
Wait Free DMV
Instant CA DMV Renewals
through Citizens United!
**Demand Soars For Breakthrough Arthritis Treatment**

FDA Cleared, Covered By Most Insurance Even Medicare**

Osteo Relief Institute offers powerful, cutting-edge arthritis treatment... prepares for overwhelming demand as news of its amazing results spread across San Diego County.

San Diego County – Arthritis sufferers can’t get it fast enough and doctors offering it can’t keep up with the demand.

“Results are truly impressive and patients are thrilled” says Dr. D. Weinstein MD and Medical Director of Osteo Relief Institute at Osteo Relief Institute For Spine, Joint, And Neuropathy Pain located at 1764 San Diego Ave Suite 100, San Diego, CA. Dr. Weinstein is referring to their innovative breakthrough arthritis treatment program featuring Hyalgan at The Osteo Relief Institute in San Diego, CA.

“The response has been a little overwhelming. Once patients found out there is an FDA cleared, Doctor administered arthritis treatment that actually works – without the side effects of low back pain pills or risks of replacement surgery - and has enough scientific research that it is co-verified by multiple medical boards and Medicare – our office became flooded with arthritis sufferers wanting to find if they, too, could benefit from this. And newer research indicates it can also be helpful in arthritis of the hip and shoulders.”

**What Is This Treatment And Does It Work?**

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or “arthritis” affects 21 million American adults. The weight bearing joints such as your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the number increases with age). If you suffer from this progressive disorder continue to grow significantly.

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life.

And up until now, treatment options have not been that kind to those suffering to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it’s time to surgically replace the knee joint.

*But* Things *Have* *Changed*.

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilage is the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber.

Your “normal” knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint – much like oil lubricates the engine of your car.

In osteoarthritis, the cartilage breaks down and wears away and the synovial fluid loses its lubricating properties and “dries up.” This is like running your car with very old or no oil at all. Now as you attempt to use your knee(s), there is not enough lubrication which causes bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain.

Pain pills do not lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

And here is why: It contains hyaluronate, one of the two natural lubricating agents in synovial fluid. Hyalgan is precisely introduced directly into your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

Hyalgan treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain.

Here’s something very important to consider: Even though Hyalgan IS a natural substance and IS NOT considered a drug, it is effective enough to something you can get at your local health food store. It is scientifically researched, developed by pharmaceutical companies, FDA cleared and can be only administered by a qualified Doctor.

**What’s Results Can You Expect?**

According to Hyalgan manufacturer, Sanofi Pharmaceuticals and their FDA clearance research, “A course of Hyalgan treatment will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect of Hyalgan is likely to last even longer than 6 months.”

*And* its best part is: Since Hyalgan is a natural substance; it can be used over and over again. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Hyalgan Therapy. Where Can You Get It And When Should You Start?

You should certainly consider Hyalgan therapy if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or clumping together of the calf of your legs or you ‘know’ you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have - or are starting to get arthritis.

Very Important – Do Not Wait Here’s Why...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments combined with the pain relief program will allow you to help the knee heal thus help avoid joint replacement surgery. In other words, the sooner you start – the better.

Does the procedure hurt? A local anesthetic is given and the procedure is virtually painless. Most patients say it feels like nothing more than a slight “pinching” sensation... that’s it.

**Why Treatments At OsteoRelief Institute Are So Extremely Precise**

Our doctors are particularly well trained in state-of-the-art digital imaging which allows them to see inside the joint and get the natural cushioning Hyalgan medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is very important because unnecessary joint injections done with this type of treatment – without digital imaging - can miss the joint space up to 30% of the time.

**How To Check Out This Breakthrough Treatment And See It Is Right For You- For FREE**

All those doctors at Osteo Relief Institute are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

But There Is A Problem...

Even though Hyalgan can help many patients, it is not a wonder cure. It does not help everyone.

For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

And if you like to do things your way Osteo Relief Institute would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and Hyalgan treatments.

All you have to do is call 619-722-3284 right now and when the scheduling specialist answers the phone, tell her you would like your free “Conquer Knee Pain And Arthritis Screening.” She will know exactly what you are talking about and schedule you for our first time available.

During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if Hyalgan therapy and our specialized rehab program is right for you.

But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming. However, since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit the number of free screenings to just 20.

If you are at all interested in learning how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day... without the arthritis pain that’s been terrorizing you and ruining your life.

And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just “imagine” anymore... because Hyalgan treatments and our specialized therapy regimen could be the answer you’ve been looking for.

If you’d like to find out - at no cost to you - if Hyalgan can help, simply give Crystal a call at 619-722-3284 right now. Why wait one more day in pain when you may not have to? Call now before someone else get’s your free spot.

**One More Thing**

It’s Important...

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if you when you call, the lines are busy or you get voice mail... just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to Osteo Relief Institute and schedule your free screening.

And don’t forget: Hyalgan treatments are covered by most insurances and Medicare. To schedule your free screening call 619-722-3284 now.

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