The newly opened 44,500-square-foot expansion of Terminal 2 at Lindbergh Field is green, lean and serene, offering the very latest environmental, high-tech and architectural advancements.

The airport expansion has been dubbed "The Green Build" by the San Diego County Regional Airport Authority because of its commitment to environmental goals — low-water landscaping, reduced electricity, natural lighting and recycled materials. The Airport Authority is applying for a Leadership in Energy and Environmental Design (LEED) certification from the U.S. Green Building Council, the gold standard for environmentally conscious construction.

"What this demonstrates is that you can create a project that is customer-focused, financially responsible, supports the regional economy and is sustainable," said Robert H. Gleason, chairman of the nine-member Airport Authority board.

The Airport Authority is an independent agency created in 2003 to manage the day-to-day operations of San Diego International Airport and address the region’s long-term air-transportation needs. Terminal 2’s expansion is a major milestone in the history of Lindbergh Field, which dates back to 1928.

"It's the largest project the airport has ever undertaken — and delivered — to the community," noted Gleason.

Looking at the larger picture, Gleason said Terminal 2’s expansion is "just one step on our continuous journey." That journey, he said, is "part of the renewed focus on developing San Diego International Airport in a way that will continue to meet the demands of the traveling public and our airline partners for many years to come."

The expanded Terminal 2 includes: 10 new gates, adding roughly 50 flights per day; separate dedicated drop-off lanes for departing and arriving passengers; "smart curb" services that allow passengers to check in, print boarding passes, check baggage and view gate information from outside the terminal; more security lanes to improve flow of passengers and cut down on wait times; and fully automated kiosks that allow air travelers to print boarding passes, check baggage and view gate information.

The airport’s new look features skysails over the new elevated departure road that separates incoming and outgoing traffic patterns.

The overhaul of Terminal 2 includes new curbside kiosks and self-serve kiosks that allow air travelers to print boarding passes, check baggage and view gate information.

The airport’s new look features skysails over the new elevated departure road that separates incoming and outgoing traffic patterns. The airport’s new look features skysails over the new elevated departure road that separates incoming and outgoing traffic patterns. The airport’s new look features skysails over the new elevated departure road that separates incoming and outgoing traffic patterns. The airport’s new look features skysails over the new elevated departure road that separates incoming and outgoing traffic patterns. The airport’s new look features skysails over the new elevated departure road that separates incoming and outgoing traffic patterns. Now that Lindbergh Field’s "Green Build" at Terminal 2 has been completed, passengers can enjoy many new amenities, streamlined security and arrival/departure features and 10 additional gates to alleviate congestion. Among the benefits are views like this of the new Sunset Cove concessions area with the downtown skyline in the background.

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The Ocean Beach Planning Board (OBPB), for the second time this year, has voted to allow police to keep the trailer in place, but only until a “more suitable” location becomes available.

Planners further stipulated in a 10-1 vote Aug. 7 that the permit expire five years after its issuance.

The matter came before the OBPB because the state California Coastal Commission last year rejected the city’s claim that the trailer was temporary and determined it needed to have a coastal development permit or be moved.

The OBPB, like the other 40-plus neighborhood planning groups in the city, makes recommendations on permits and other matters having to do with land use and quality-of-life issues.

Planners renew permit for police trailer near OB pier — for now

By TONY DI GARATE | The Beacon

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The OBPB, like the other 40-plus neighborhood planning groups in the city, makes recommendations on permits and other matters having to do with land use and quality-of-life issues.
A judge ordered an Ocean Beach man on Aug. 16 to stand trial for kidnapping and sexually assaulting two women in Ocean Beach, cases in which DNA evidence linked him to both attacks, according to testimony.

At the end of the preliminary hearing, Richard Christopher Butts, 26, pleaded not guilty to eight felony counts and a trial date was set for Dec. 13 by San Diego Superior Court Judge David Gill.

Butts is charged with kidnapping both women with intent to commit rape and oral copulation, charges that carry life terms in prison if he is convicted.

He is also charged with rape, forcible oral copulation and two counts of assault with intent to commit rape and oral copulation.

Butts was arrested by police on March 24 after a young woman was sexually assaulted in the early morning hours while she was walking along Long Branch Avenue in Ocean Beach.

She testified a man with Butts’ general description grabbed her and dragged her to a dark area between a garage and a fence.

Adam Dutra, a criminalist with the police department, testified that DNA found on the victim in the March 24 assault matched the DNA evidence found in a previous unsolved rape in Ocean Beach that took place on Aug. 25, 2012.

Det. Cory Gilmore testified the distance between the sidewalk and the location where the March 24 victim was dragged was about 80 feet.

Gilmore said the victim was wearing flip-flops and impressions of flip-flops and tennis shoes were found in the dirt near the garage, as well as drag marks.

Gilmore testified the homeowner was not in the nearby house the night of the assault. A chart was displayed that showed Butts lived a few blocks from both attacks.

The victim in the March 24 assault testified it was dark and she could not see her attacker’s face. She said she screamed, but her attacker put his hand over her mouth and she had trouble breathing. She stopped screaming, but screamed again after most of her clothing was removed.

Witness Hali Moore testified she was pet sitting at a client’s house on Long Branch Street and heard the woman’s screams. She said she and her partner ran outside and saw Butts as he was running away.

Moore said they called 9-1-1 and she identified Butts as the man who was running away. She said a police dispatcher told her to stop chasing the man for her own safety. Moore said she chased Butts to Cable Street until “I lost him on Abbott Street.”

Moore said she went back to find the terrified victim.

“She was shaking. She was hurt,” said Moore. The victim, whose identity is being withheld, testified in court.

“I saw a man with a hoodie running toward me,” said the victim. “By the time I started to run for it, he grabbed me.”

The victim said her attacker had his hand around her neck, somewhat suffocating her.

“He began to fear for my life. I was afraid if I kept struggling ... I would die,” she said.

She said she told the suspect, “If you let me go, I’ll be quiet.”

Det. James Hunter testified Butts was detained near Robb Field and had dirt on his jeans. He said Butts admitted to assaulting the victim and claimed he wanted to “sexually arouse her.”

“He (said) he was looking for a fight. He was looking for violence,” said Hunter.

Hunter said he asked Butts if he wanted to write a letter of apology to the victim, and Butts reportedly did so after being interviewed.

The first rape occurred on Muir Avenue near Bacon Street. That victim was bruised and bloodied, and the judge was presented color photos taken of the victim during her hospitalization. Madeleine Marini, a hospital nurse, testified the DNA evidence from both cases matched Butts.

He said the odds of a random match is “one in 87 quintillion,” which he noted contains 18 zeros.

Shawn Montpetit, a DNA technical manager for police, testified the DNA evidence from both cases matched Butts.

Butts’ attorney and Deputy District Attorney Wendy Patrick submitted the case to the judge without any argument.

Butts remains in custody on $300,000 bail.
The Peninsula Community Planning Board (PCPB) voted Aug. 15 to grant a time extension for a controversi
delopment redevelop of the Point Loma Marketplace, as well as opting to send a letter opposing a draft envi
rimental impact report (EIR) to San Diego International Airport’s Land Use Compatibility Plan.

PGPB chairwoman Julia Quinn said the planning board has been asked to submit a list of potential community
projects related to infrastructure, like street, sidewalks, bike paths and so on to be considered for future public
funding of the city’s 2015 capital improvement program.

She urged residents and planners to email suggestions to her at pcpbem@gmail.com by Sept. 9 to be
considered at PCPB’s next meeting on Sept. 19.

Webb concluded the airport plan needs to revisit the community plans of all areas adjacent to the airport
and re-analyze, from each community’s perspective, how they’re going to be impacted to get a more accurate
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Marine-mammal activists, SeaWorld still at odds over captivity, public education

By DAVE SCHWAB | THE BEACON

A recent worldwide animal-rights group’s protest of SeaWorld, including the site in San Diego, has rekindled debate over the appropriateness of keeping marine mammals in captivity.

“We must let SeaWorld and all captive facilities know that we will not stop being a voice for them,” said Rachel Greenhalgh, a sea shepard volunteer and founder of Empty the Tanks.

“Nothing in the world and the quality of care they are being given is worth the pain these animals endure to provide for marine mammals,” said Alliance officials in a prepared statement. “We are calling for the city of San Diego, local animal agencies, zoos and aquariums to do their part as stewards of the natural world.

“Our enrichment program ensures we meet the physical, social and psychological needs of the animals,” he said. “Feldman said the interaction of humans with marine mammals ‘stimulates play behavior and is really enriching.’

“Going forward, we’ll provide a tally of signatures received at campaign headquarters each Monday, Wednesday and Friday,” she said.

Laing said the campaign is urging voters to send their petitions to their area director or to campaign headquarters at 71185 Navaro Road, Suite B, San Diego, 92119.

PL Assembly to host second annual Art Show

The Peninsular Beacon will host its second annual Art Show on Sept. 5 from 5 to 7 p.m., with art from the Point Loma Artists Association (PLAA). The PLAA is a juried art organization with members from the Peninsula area.

Members create art using a variety of media ranging from traditional to two- and three-dimensional in form.

Watercolors, acrylics, photography, collage, textiles, pottery, sculpture and fused glass and metals. All artwork is original and most are for sale.

Ann Williams, both of organization, is chairing the event for the second year.

Point Loma Assembly members will provide happy-hour refreshments with wrap-around appetizers. Local entertainers will feature Joni Lyon and live music.

Advance tickets $20 will help maintain and improve the 100-year-old Point Loma Assembly building, which is available for rentals to the community. The assembly is located across the street from Cabrillo Elementary School at 3015 Tulip St. in Point Loma.

For information on rentals, call (619) 523-1760. For more information about the art show, call Patti Adams at (619) 887-9311.

BBB to sponsor mixer at Liberty Station

The San Diego Better Business Bureau (BBB), San Diego’s largest countywide business membership organization, will sponsor a business (B2B) networking mixer from 4 to 6 p.m. on Thursday, Sept. 12 at Stone Brewing World Bistro & Gardens at Liberty Station, 18621 Historic Decatur Road.

The public is invited to attend.

The admission cost is $25 per person.

Stone Brewing at Liberty Station is the Stone Brewing Co.’s newest outlet with more than 23,500 square feet of indoor and outdoor dining areas and bars, including a boice ball court, outdoor cinema space and a lush outdoor garden.

To RSVP, contact Shelby Bradley, BBB director of sponsorships and special events, at sbradley@sandiego.bbb.org, or call (858) 617-6199.

For additional mixer information, visit www.sandiego.bbb.org.
mated baggage service streamlining operations.

A cornerstone of the newly expanded airport terminal is Sunset Cove, a dining area offering panoramic views and featuring trendy, locally based restaurants and shops. Among the concessionaires: Stone Brewing, Pannikin Coffee and Tea, Saffron, Phil’s BBQ, Artisan Market, Stack Shack, 12th Fairway Bar and Grill, Warwick’s of La Jolla, PGA Tour Shops, Lacoste, Kids Love San Diego, Jack in the Box, Jewelry by Samantha Davimes, Sunglass Hut, Brookstone, Brighton Collectibles, In Motion Entertainment, CNBC News and Be Relax Spa.

Airport Authority spokeswoman Katie Jones produced a laundry list of customer-friendly, progressive airport amenities now center stage at Lindbergh Field. She said there are 21 shops in the new expanded terminal and twice as many airport security lanes.

“Our new Sunset Cove concession area is beautiful, bright and open, with an enormous three-story glass wall and art,” Jones said.

Noting more than 800 outlets have been added throughout the terminal so people can plug in and charge electrical devices like laptops and phones, Jones said a fully automated baggage system with 550 motors will increase both the speed and accuracy of handling while “screening 100 percent of bags going through.”

“We tried really hard to bring in all the high-tech amenities and new features that people are looking for,” Jones said.

There’s even an airport amenity very few have seen until now — a bathroom for dogs, complete with a red fire hydrant.

Terminal 2’s expansion and future projects are designed to meet projected growth at Lindbergh Field, the busiest one-runway airport in the country and second-busiest single-runway airport in the world. When ground broke on The Green Build project in 2009, the airport served an estimated 17 million per year. By 2030, that number could almost double.

Gleason said the objective of San Diego International Airport’s green build was “to have the airport reflect the community, taking advantage of the climate, the outdoors, the downtown, the bay views.

“The new concessions are a mix of national and local brands and flavors that highlight the best San Diego has to offer,” said Gleason.

“This (airport) space really speaks to San Diego and our culture as a community. Our goal here was to create an airport experience that had a sense of place,” he said.
The board thought it was finished with the issue in January when the police department first applied for the permit and the board similarly approved the use. But police officials failed to notify everyone in the mailing list, failed to measure from the east wall and let us have our view back? Simple as that,” he said.

Craig Klein, a resident who lives near Surf Check alley, had been identified for the project, according to city documents.

Until that project is built, it makes no sense to remove the trailer, said OBMA executive director Denny Knox.

“If we say it’s ugly and it’s got to go, what have we gained?” she said.

Board member Scott Therkalsen cast the lone dissenting vote.

“Seems like we’re just kicking this down the road. If there’s not going to be a new lifeguard tower in five years, (the trailer) isn’t going to move in five years,” he said.

But Vince Adame, a resident who lives east of the parking lot, said he’s been trying to get the trailer moved to a better location for five years and charged that police have not pursued alternative locations. He said the trailer is rarely used, takes up too many parking spaces, and is “sitting there as an eyesore.”

A speaker who identified himself as a 10-year resident named “Raymond” agreed. He said the view behind the trailer, known as Surf Check alley, had been ruined by the trailer.

“The only thing I’ve ever seen is trailer roof,” he said.

Board member Peter Ruscitti said he had been tasked with determining the size of the area to be included in the mailing list, failed to measure from every corner of the parking lot.

“The Ocean Beach MainStreet Association (OBMA) has been rentign the trailer to police since August 1999, the year after the police department lost its lease at a storefront in the 5000 block of Newport Avenue.

Though the trailer is not regularly staffed, police go there on reports, use the restroom, microwave snacks and store equipment. Stone said. Having police spend more time around the parking lot reduces crime and response times, she said. Without the trailer, police would have to leave Ocean Beach and complete their duty get compensation benefits equal to that of police officers and firefighters. A lifeguard who get injured in the line of duty get compensation benefits equal to those of police officers and firefighters.

“Unless we have a police presence … there, the whole area is going to be over-run with travelers, dope dealers, gang members and other people engaged in harmful activity,” Klein said.

But John Ambert, a resident who lives west of the parking lot, said he’s been trying to get the trailer moved to a better location for five years and charged that police have not pursued alternative locations. He said the trailer is rarely used, takes up too many parking spaces, and is “sitting there as an eyesore.”

Community driven,” Alcanzar said.

“My balcony on the second floor, the only thing I’ve ever seen is trailer roof. Why can’t they move that away from the east wall and let us have our view back? Simple as that,” he said.

Stone said other locations would require the extension of utilities hookups or lack protection from being jumped on.

“If a merchant came along and said, ‘Unless we have a police presence … ’” he said.

A town hall meeting will be scheduled next month to allow citizens to make suggestions. “Our goal is to have our legislative package for next year be completely community driven,” Alcanzar said.

Which of these costly homeowners mistakes will you make when you sell your Ocean Beach/Point Loma Home?

Ocean Beach/Point Loma - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of the matter is that fully three quarters of homeowners don’t get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most home-sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

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Which of these costly homeowners mistakes will you make when you sell your Ocean Beach/Point Loma Home?
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To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and For The Most Amount of Money." This report will give you the competitive edge to get your home sold fast and for the most amount of money.

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New marks for PLNU athletics

Point Loma Nazarene University fans will notice a new look on the Sea Lions’ athletic website and in its logos and colors.

In 2013-14, PLNU begins its provisional year as a member of the National Collegiate Athletic Association (NCAA), the final step of a three-year membership application process. To celebrate, PLNU partnered with Joe Bosack & Co., one of the most respected athletic graphic-design firms in the country, to create an image as unique as PLNU itself.

“We are thrilled to have marks that can be used with consistency throughout our athletic programs,” said athletic director Ethan Hamilton. “We also believe that we landed on marks that represent our university well and where we have genuine buy-in from our coaches and staff.”

Joe Bosack & Co. created a set of marks and logos for Point Loma Athletics that incorporate the school’s Christian tradition and illustrates its location to the Pacific Ocean, introducing the color of sunset gold. The sunset gold will ride alongside forest green as the official colors of the Sea Lions. These colors continue to make Point Loma a unique identity in the Pacific West Conference and San Diego.

“We interviewed and researched a number of companies that help define your identity, and we couldn’t have been happier with where we landed with Joe Bosack and Co.,” said associate athletic director Russ Blunck. “Joe and David Haney were fantastic to work with and exceeded our initial expectations. They spent time on campus, meeting with us and a wide range of coaches, staff, faculty and students to research and develop what we think is a great identity for us.”

To accompany the launch, all the PLNU athletic fields—including Golden Gymnasium—have also been branded with the new Point Loma marks and the NCAA logo this summer. Fans and students will notice the new logos and the bright colors throughout the PLNU facilities. Also prominent now is the Nike Swoosh, as the Sea Lions enter into an agreement with the world’s No. 1 shoe company to become the official shoe and clothing sponsor of PLNU athletics. Fans will now have the chance to see the new Point Loma logos right alongside a bright sunset gold swoosh on the Sea Lions’ uniforms.

“In addition to the excitement of launching our new brand, we have signed a three-year contract with Nike,” said Hamilton. “We truly believe this agreement will add credibility and quality for both our current and prospective student-athletes.”

Point Loma fans will also notice a new online presence for www.plnusealions.com. The website has been redesigned to showcase the new marks, logos and colors but also with the goal of better featuring the student-athletes and the beautiful campus at PLNU.

The athletic department also released a series of three names in which it would prefer to be referenced. The athletic department will be referred to only as Point Loma, PLNU or the Sea Lions to better create and establish its image in San Diego, the PacWest Conference and the NCAA.

“This is the culmination of an 18-month process that has involved the collaborative efforts of several people on campus,” said Hamilton. “We believe this will be an identity that all students, faculty, staff and alumni can be proud of.”

Lundestad represents PLNU at World University Games

Oivind Lundestad has had a busy summer. The 6-foot-4 junior forward has been representing his home country of Norway in the World University Games in Kazan, Russia this month. Lundestad played in all eight games and has been representing his home country of Norway in the World University Games in Kazan, Russia this month.
PLNU

**CONTINUED FROM PAGE 8**

Each contest. He averaged nearly 12 minutes and 2.5 points per game. His top game came against China, when he connected on 3-of-6 longs from long range to post his tournament-high of nine points. He helped Norway finish 1-4 in the 24-team tournament with a 4-4 record. Russia won the World University Games by defeating Australia in the finals, finishing with a perfect 8-0 record.

The Universiade is a multi-sport event organized for university athletes by the International University Sports Federation (FISU). The name is a combination of the words “university” and “olympiad.” The Universiade is often referred to in English as the World University Games or World Student Games; however, this latter term can also refer to competitions for sub-university grades students. Universiares are the second-largest sporting events in the world by participation, eclipsed only by Olympics. More than 10,400 university athletes from 162 countries participated in 13 mandatory and 14 optional sports, making the 2013 Universiade the biggest-ever in the history of the event.

152 Sea Lions named PacWest scholar-athletes

The Point Loma Sea Lions placed 152 student-athletes on the Pacific West Conference All-Academic team for the 2012-13 academic year. Each PLNU team had at least three selections on the PacWest All-Academic squad, including the women’s track and field team, which led the Sea Lions with 11 award recipients. Alaina Bird helped pace the team academically with a perfect 4.0 grade-point average. She is one of only four seniors in the entire conference to register a perfect GPA. She was one of eight PLNU women track and field student-athletes to have a cumulative GPA over 3.85.

Meanwhile, the baseball team and the women’s soccer team came tied for second among PLNU teams with 20 academic all-conference selections. Andy Littlefield paces the baseball team with a 3.94 GPA, while Leah Porter and Nicole Craft are tied atop the women’s soccer team with a flawless 4.0 (2.0). A number of other teams also had 10 or more student-athletes selected to the team. This included the women’s cross-country team with 15, men’s soccer with 12 and men and women’s volleyball. With 11. Other teams with all-academic selections included men’s basketball (five), women’s basketball (seven), men’s cross country (five), men’s golf (three), women’s golf (three), men’s tennis (four), women’s tennis (seven) and volleyball (seven).

Nineteen PLNU student-athletes received PacWest academic honors in more than one sport. This list included Lindsay Honea, Jake DeSagerth, Jacob Roth, Dylan Poorboy, Tristan Oliver-Mallory, Alaina Bird, Caitlin Brandt, Gia Erbacci, Sarah Feddersen, Heather Kasten, Jessica Lucas, Bailey Masenburg, Breelan Matranga, Ashley Matthews, Haili Matsukawa, Alisa Poplawski, Sally Rudi, Briana Swenden and Ashlee Stanb.

As a whole, the PacWest Conference named more than 1,600 student-athletes to the All-Academic Team. Women’s volleyball led the way with 218 total selections. To qualify for the PacWest All-Academic Team, student-athletes must have a 3.0 cumulative GPA at their university and participate in a conference-sponsored sport.

**New LifeStyles**

New LifeStyles, the Source for Seniors

Answers to Your Home Care Questions

I’ve heard that there is a possibility that the live-in caregiver service that allows my mother to stay in her home may no longer be allowed. Why?

The President and the former Secretary of Labor wanted to eliminate the Federal Companionship Exemption that exists under federal law. Last year the Exemption was saved but this year home care specialists are worried. Right now a live-in is exempt from overtime laws. If the Companionship Exemption is eliminated, the cost of 24-hour daily care would double. A caregiver would only be allowed to work in the home for eight hours a day before overtime laws would kick in, meaning you would have to pay time and a half and then double time for that caregiver or you would have to hire three caregivers a day to work 8 hour shifts to prevent paying the higher costs. This would be so catastrophic that most people would not be able to keep their loved ones at home.

For more information on health care needs and help with long-term care, call an RN Care Manager from Innovative Healthcare Consultants at 760.711.1334 or visit our website at innovativehc.com.
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. “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.

“A response has been a little overwhelming. Once patients found out there is an FDA cleared, Doctor administered new treatment – something that actually works - without the side effects of toxic pain pills or risks of replacement surgery - and has enough scientific research to say that it is covered by most major insurance companies including Medicare - our office became flooded with arthritis sufferers wanting to find if they, too, could be helped. And newer research indicates it can also be helpful in arthritis of the hip and shoulders”.

What Is This Treatment And How Does It Work?

If you are suffering with low back (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or “arthritis” affects 21 million Americans and typically involves the weight-bearing joints and spine. 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 ranks much younger victims of 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.

Stephen’s arthritis options have not been that good… or that appealing 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 Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the joints that bear most of the weight. It causes the joints to wear out, and the cartilage covering the ends of the bones in a joint becomes very thin. This causes the bones to grind against each other, which can cause pain.

New treatment option 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. This makes it more difficult for your car to move, and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain.

Previously, if you HAD TO 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 emotional repercussions of this are obvious.

Hyalgan Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents in synovial fluid. Hyaluronate 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 stem cell degeneration.

Here’s something very important to consider: Even though Hyalgan is a natural substance and is NOT considered a drug, it is NOT something you can buy at a pharmacy. It is scientifically researched, developed by pharmaceutical companies, FDA cleared and can only be administered by a qualified Doctor.

What’s Results Can You Expect?

According to Hyalgan manufacturers, 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 drugs (NSAIDs) therapy. In many patients, the effect of Hyalgan is likely to last even longer than 6 months.”

Important: Hyalgan is only natural substance; it can be used over and over without risk. 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 consider Hyalgan therapy if you are suffering from knee arthritis and are told you need a knee replacement. If you have been diagnosed with knee arthritis and you have tried it and nothing helps, you should have an examination to determine whether or not a knee replacement is needed. 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 feel nothing more than a slight “pinching” sensation... that’s it.

Why Treatments At OsteoRelief Institute Are So Extremely Precise

Our osteoarthritis is a treatment that is well trained in state-of-the-art digital imaging which allows them to see inside the joint and get the natural lubricating agents in synovial fluid to the joints that need it. This makes sure treatments have the best possible for maximum success. This is very important because studies clearly indicate that doctors who use digital imaging - instead of not using digital imaging - can miss the joint space up to 30% of the time.

How To Get & How To Use For FREE?

As a part of the Osteo Relief Institute’s commitment to helping people, we are offering a Breakthrough Treatment And See If It Is Right For You For FREE.

All the treatments at Osteo Relief Institute are extremely excited about the response and results with this wonderful treatment option and are happy to share it with as many arthritis suffers as possible.

And the Best Part Is: 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 by a doctor. If you feel you are most likely get the pain relief and outcome you are looking for.

That’s why Osteo Relief Institute would like to invite you to come in for a knee joint 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 619-722-3328 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 take your contact information and schedule you for your first time available.

During this time you can get all of your questions answered in a warm, friendly environment and 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 makes sure to give every single patient the personal attention they deserve, we have to limit the number of free screenings to just 20.

But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed 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 ruin 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 Osteo Relief 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 us a call at 619-722-3328 right now. Why wait one more day in pain when you may not have to? Call now before someone else get’s your Hyalgan.

One More Thing It’s Important:

Ever since offering this innovative arthritis treatment option has been flooded with calls. For that reason, if you wait, the lines are going to get very busy. So, you may want to call us today and schedule your free screening.

Don’t forget: Hyalgan treatments are covered by most insurance providers. To schedule your free screening call 619-722-3328 now.
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.
Woman In The Mirror, A Dancer’s Journey

In this award winning one-woman tour de force Devra Gregory takes you on a wild ride through her life as a professional dancer and Michael Jackson impersonator. San Diego native Devra Gregory’s fascinating journey weaves the thread of her spiritual quests as she seeks to find personal truth and empowerment as a woman. Included in the show are dance excerpts from the various styles she has encountered: ballet, jazz, burlesque, exotic dancer, Sea World kids show and Michael Jackson impersonation. Ms. Gregory’s performance, shared with humor and honesty is a true inspiration.

The show contains adult themes, parental discretion is advised. August 30th & 31st

Michael Jackson Dance Class

Learn the moves of The King Of Pop with celebrity impersonator DEV as MJ who will teach the class AS Michael Jackson! In celebration of MJ’s birthday students may take their photo with “Michael”. August 29th. 6:00-8:00 pm

8th Annual ArtWalk @ NTC – August 24 & 25, 10am to 6pm

ArtWalk san diego
NTC Liberty Station
Point Loma
FREE ADMISSION | FREE PARKING

We could not be more excited about ArtWalk @NTC, coming next weekend for the first time to our new venue, Ingram Plaza at NTC Liberty Station. The fine art festival showcases more than 130 artists from the southern California area and throughout the country, with an array of styles, media and prices.

Bring the family! KidsWalk offers 9 unique interactive art experiences for children to enjoy; including yoga, painting, aerobatic performances and more!

Attendees at the free festival will also be treated to an incredible line-up of live music and delicious street food offerings. Performances by top musicians will begin on Saturday with the Navy Band Southwest, to the day out right. Check out the full performance line-up here.

ArtWalk is only possible as a free public event because of the support of our sponsors and marketplace partners. Please be sure to visit with these companies during the festival!

NTC Liberty Station, San Diego’s flag-ship arts and culture district, has rolled out a warm welcome for this premiere event. For a map and directions: www.artwalksandiego.org/ntc

Activities!

KidsWalk is such a great way to engage the whole family in interactive art activities and this year we’ll have 9 different opportunities for kids of all ages to engage. From the circus school, to the RH Fleet Science Center to yoga for kids… bring the family and play!

On Saturday, San Diego Visual Arts Network and Blick Art Materials team up to offer an interactive “artivity” for both adults and kids. We’ll be making “Dream Flags” at this installation located next to the tail flagpole of Ingram Plaza.

Instagram and Win at ArtWalk

How do you celebrate ArtWalk? Show us on Instagram & Win a $100 Gift Certificate to Stone Brewing World Bistro & Gardens

How to Enter:

• Take a photo of how you celebrate ArtWalk! Show us your favorite art, music performances, KidsWalk fun or what ever makes you smile at ArtWalk!

• Upload to Instagram and Tag it ArtWalkNTC.

• Follow us at @ArtWalkSD. You’re set! You’re automatically entered to win a gift certificate to Stone Brewing World Bistro & Gardens

• To be eligible, you must follow @ArtWalkSD, upload and tag the image on August 24th or August 25th. Contest winners will be randomly selected by ArtWalk San Diego & notified via Instagram on or about August 30.

Directions and Parking

Parking is FREE at NTC. There are two designated parking lots for our guests, and street parking can be found throughout the NTC area. Check here for snapshot of the designated parking.

Explore NTC while you’re in the area, plan to visit one of the outstanding restaurants. Stone World Bistro’s new location at NTC is spectacular and the artist studios, galleries and shops make the area a terrific place for browsing.

It’s Not too Late to Volunteer!

Would you like to participate in this NTC Liberty Station showcase of visual and performing arts? Sign up to volunteer at the 2013 ArtWalk @NTC! We offer over 100 volunteers the opportunity to participate in a fun, artful and rewarding community event on both event days, August 24 and 25, within the arts and culture district of NTC Liberty Station.

Volunteer positions available include, event setup, event strike, greeting and assisting attendees, conducting surveys, helping with deliveries, traffic control, and more.

As an ArtWalk @NTC volunteer you: receive our official 2013 ArtWalk @NTC t-shirt you are entered into our volunteer raffle where you have the chance to win a piece of art have the chance to be part of a great community event!

For more information and to request a registration form, email: Carrmen2450@aol.com

Minimum age to volunteer is 16 years.

Party Arty for ArtReach

SANDY Jacobs and Sons
San Diego’s family of trusted jewelers since 1937.

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 9, 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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Call to Artists:

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Presented by St. Madeleine Sophie’s Center
A Juried Exhibition
Expressing Community through Art

The PENINSULA BEACON
Thursday, August 22, 2013
San Diego Community Newspaper Group
Phone 858.270.3013 • Fax 858.713.0095
www.sdnews.com

Heather Long (858) 232-5638  Heather@sdnews.com
Mike Long (858) 270-3103 x1 12 MikeL@sdnews.com

To be part of this section or any other advertising
Call to Artists:

Benefiting Sophie’s Art Gallery

A Juried Exhibition

Expressing Community through Art

Show Date
October 25 - November 9, 2013
Entry Deadline September 20

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Contact Information
sophiesgallery@stmsc.org / www.stmsc.org
SAN DIEGO, CA—Experience the power of thousands united by autism at the 10th anniversary San Diego Walk Now for Autism Speaks at Liberty Station of Point Loma, 2640 Historic Decatur Road, San Diego, on Saturday, October 5, 2013.

Powered by volunteers and families with loved ones on the autism spectrum, this fundraising effort generates vital funds for autism research and raises awareness about the increasing prevalence of autism, the fastest-growing serious developmental disorder, and the need for increased research funding to combat this complex disorder.

In 2012, San Diego Walk Now for Autism Speaks hosted 4,000 people and raised $130,000 for autism. Walk Now for Autism Speaks is North America’s largest grassroots autism walk.

Members of the media are invited to attend the event, interview and photograph participants, volunteers and special guests. Registration begins at 8 a.m., the opening ceremony is at 9:30 a.m. and the walk kicks off at 10 a.m.

ABOUT SAN DIEGO WALK NOW FOR AUTISM SPEAKS: The 10th annual San Diego Walk Now for Autism Speaks will be held October 5, 2013 at Liberty Station of Point Loma Ingram Plaza at 2640 Historic Decatur Road in San Diego, CA. The 2012 San Diego Autism Walk hosted 4,000 people and raised $130,000.

walknowforautismspeaks.org/sandiego
facebook.com/AutismSpeaks.SanDiego

ABOUT AUTISM SPEAKS: Autism Speaks is the nation’s largest autism advocacy organization, dedicated to increasing awareness of autism spectrum disorders, funding research into the causes, prevention and treatments for autism, and advocating for the needs of individuals with autism and their families. www.autismspeaks.org

ABOUT AUTISM: According to the U.S. Centers for Disease Control (CDC), autism now affects about 1 in every 88 American children, including 1 in 54 boys. Autism is a complex condition that affects a person’s ability to communicate and develop social relationships, and is often accompanied by behavioral challenges.

10th Anniversary San Diego Walk Now for Autism Speaks – October 5, 2013

2012 San Diego Walk Now for Autism Speaks was held October 6, 2012 at Liberty Station of Point Loma, and hosted 4,000 people and raised $130,000 for autism. The 10th anniversary San Diego Walk Now for Autism Speaks will be held at Liberty Station of Point Loma, 2640 Historic Decatur Road, San Diego, on Saturday, October 5, 2013.

Photo courtesy of San Diego Walk Now for Autism Speaks

2012 San Diego Walk Now for Autism Speaks was held October 6, 2012 at Liberty Station of Point Loma, and hosted 4,000 people and raised $130,000 for autism. The 10th anniversary San Diego Walk Now for Autism Speaks will be held at Liberty Station of Point Loma, 2640 Historic Decatur Road, San Diego, on Saturday, October 5, 2013.
Stadium overhaul, beautification poised to greet PLHS sports fans

BY SCOTT HOPKINS | THE BEACON

For Mike Hastings, this marks his 20th year on the Pointer staff and his 16th season as head coach while he prepares his team for its season-opener against South Bay’s Olympian High on Saturday, Aug. 31 at 3 p.m. on Bennie Edens Field in newly spruced-up Pete Ross Stadium.

The game follows the debut of both the Dogs’ freshman (10 a.m.) and junior varsity teams (12:30 p.m.) in the first of three Saturday afternoon home games that will allow greater community attendance.

Each of the five home games this season will feature a theme, with the season-opener a “Salute to Military/Police/Fire/Inmate Ward” game. Other Saturday games are Sept. 14 with the same schedule against Lincoln ("Pointer Association Kickoff Game") and Sept. 28 when the junior varsity (10:30 a.m.) and varsity (1 p.m.) take on Scripps Ranch ("Staff Appreciation Game").

Friday games are set for Nov. 1 ("Youth Football/Co-Ed Cheer Game") and the annual Homecoming game under the lights on Nov. 8.

Visitors to Pointer games this season will likely note the disappearance of the infamous bank of blue portable toilets that have lined the stadium’s plaza on Voltaire Street and in the restrooms that have lined the stands. Visitors to Pointer games this season will likely note the disappearance of the infamous bank of blue portable toilets that have lined the stadium’s plaza on Voltaire Street and in the restrooms that have lined the stands.

EXTRA POINTS

• The stadium entrance upgrade has been under construction since June 2012 at a cost of about $1 million.
• Seniors over 63 years of age are always admitted free to regular-season Pointer home athletic events. (Does not apply to playoff games.)
• Regular admission prices for the 2013 football season are $6 for adults, $2 for ages 5-12, while children under 5 are admitted free. Admission will be charged for all games on Saturdays and Friday varsity games.

Members of the military, police officers, firefighters and lifeguards with IDs will be admitted to the season opener at guests of PLHS. They will be saluted in a halftime program. Police and fire vehicles are expected to be on hand.

KEY SENIORS RETURN ON VARSITY SQUAD

Four members of the 2013 Pointer team will be playing their third year of varsity football after earning roster spots as sophomores in 2011. They include running backs Dirk Lacy (No. 3) and Armando Smith (No. 4), along with defenders Tanner Manion (No. 33) and Jake Wambaugh (No. 19). Smith also sees action on defense. The Pointers return the 2013 season at home Aug. 31 against Olympian High School.

Defensive ends: “I think we’re pretty strong up front on defense. We lost some key pieces there but our very effective defensive ends Wambaugh and Virissimo come back.”

Linebackers: “Our linebacking corps is really headed by third-year varsity player Tanner Manion. Dan O’Beirne, a very good one, moves here after playing there as a freshman. And there are some others we can rotate in at that spot.”

Defensive backs: “This will be a real challenge, but coach Joe Radovich is doing a good job working hard with the new kids and the ones who were second string last year. We have some good athletes who will play a bigger role on defense, kids like Smith and Lacy will be in the secondary, along with one of our seniors, Adrian Bueno, who should do some good things for us. Jonathan Cook, up from the junior varsity, has been impressive in practice. Frankie Lopez, returning to football, and a newcomer, basketball player DeAndre Benson, are there. And a couple juniors, Sergio Galligas and Joel Bracamontes, will also be in the secondary. It’s a good group and they are making progress each day.”

Special teams: “We have a couple young kids moving up. Jason Shoemaker is a very good placekicker, and another one, a lineman with a good leg, is Luke Legerton. We’re expecting a good competition with those two and both can punt, but in the mix is Jamie Medina. Latex also has a very live leg as a punter.”

The 2013 roster includes four sophomores who earned roster spots: wide receiver/defensive back Griffin, kick/punter Medina and a pair of full-back/linebackers Dillman and Agito.

The team’s seniors realize their prep careers end in just over three months. Each has dreams of winning a Western League banner and CIF championship for their school. Each week, they’ll battle as a team, fighting through fatigue and pain in an effort to realize that dream.

The quest begins Aug. 31 at 3 p.m.
Benefit concert slated in memory of Downspell’s lead singer

By BART MENDOZA | The Beacon

Winston’s Beach Club will host a benefit concert Aug. 25 for the family of Tyson Montrucchio, lead singer of acclaimed San Diego-based metal band Downspell. Montrucchio passed away July 12.

Beginning at 4 p.m., the stage will rock with performances from the surviving members of Downspell, alongside Revenge Death Ball, Kat U Up and Temporal Riff. Admission will be collected by way of donations at the door, with all proceeds going to the Montrucchio family to help with funeral expenses.

In addition to being a tragedy for his family and friends, Montrucchio’s passing was a blow to San Diego’s music scene. He had worked with some of the biggest names in metal. He was a man of many talents, playing in several other bands, including Scumchrist, and producing videos for such heavy hitters as Napalm Death and the Venomous Concept, which featured members of Brujeria, Anthrax and Brutal Truth. But Montrucchio’s most recognizable role to fans was with Downspell.

Formed in 1999, Downspell was originally based in Sitka, Alaska, though it has played several festivals, most recently in March at the Obscene Extreme in Mexico. Downspell released its debut album “Afterbirth” in 2005, with an EP “7 Dead, 6 Wounded” in 2010. The following year, the band released “The Violent Majority,” scoring a trophy for Best Hard Rock Album at the 2011 San Diego Music Awards in the process.

The second of two benefits for the Montrucchio family, plans for the event were modest, but heartfelt.

“I just hope friends and family show up,” said Price. “Even if people didn’t know him, I hope they come out, show some support and celebrate his life.” As much as he misses a band mate, Price said the friendship was just as important.

“I just miss hanging with the guy,” he said. “Tyson was a road brother. We really miss his personality.” Price said Montrucchio had an uncanny knack for songwriting had already begun, Price said.

“We will use the vocals that he wrote,” said Price. “He wrote some of the lyrics as well, and we did collaborate on things. The last song he wrote is called ‘Insomniac,’ and that’s going to be what the album’s based around.”

Benefit concert for the Montrucchio family: Sunday, Aug. 25 at Winston’s Beach Club, 1921 Bacon St. 4 p.m. 21 and up. www.winstonssd.com

Eighth annual ArtWalk@NTC billed as two-day festival of fun, culture

The eighth annual ArtWalk@NTC, formerly ArtWalk on the Bay, will again burst onto the scene with color and culture — but this time at a new venue at Ingram Point at NTC Liberty Station.

The free, two-day fine-art festival will showcase more than 130 artists from the Southern California area and from throughout the country with an array of styles, media and prices.

The event takes place from 10 a.m. to 6 p.m. on Aug. 24 and 25. A KidsWalk component will offer nine interactive art experiences for children to enjoy, including yoga, painting, aerobatic performances and other activities. Guests will also be treated to live music and street-food offerings. Performances by top musicians will begin on Aug. 24 with the Navy Band Southwest.

For a full list of entertainment, sponsors, marketplace partners, map and directions, visit www.artwalksandiego.org/ntc. Parking is free.

— Staff and contribution

A benefit concert is slated at Winston’s Beach Club on Aug. 25 in memory of Downspell’s lead singer, Tyson Montrucchio (far right), who passed away July 12.

Courtesy photo

A summer series of live, free concert events.

The free, two-day fine-art festival will showcase more than 130 artists from the Southern California area and from throughout the country with an array of styles, media and prices.

The event takes place from 10 a.m. to 6 p.m. on Aug. 24 and 25. A KidsWalk component will offer nine interactive art experiences for children to enjoy, including yoga, painting, aerobatic performances and other activities. Guests will also be treated to live music and street-food offerings. Performances by top musicians will begin on Aug. 24 with the Navy Band Southwest.

For a full list of entertainment, sponsors, marketplace partners, map and directions, visit www.artwalksandiego.org/ntc. Parking is free.

— Staff and contribution

Live from KONA KAI RESORT & MARINA San Diego

AUGUST 23 (FRI) Kona Kai Lounge with Mark Fisher 7:00pm
AUGUST 24 (SAT) BEACH PARTY with Monette Marino 6:30pm
AUGUST 25 (SUN) BEACH PARTY with The Fabulous Ultratones 3:00pm
AUGUST 30 (FRI) Kona Kai Lounge with HANK EASTON 7:00pm
AUGUST 31 (SAT) LABOR DAY BLUES FEST Gina Mettler • Dennis Jones Stoney B & Mecides Moore 6:30pm
SEPTEMBER 1 (SUN) Patrick Vendry • Daryl Williams Will Donato, Vericco Williams & Regg Smith and many more 6:30pm

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• Desserts
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It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy! Photos are published based on space constraints and in the order in which they are submitted.

Wonderful things are happening at Chateau La Jolla Inn’s Normandy Dining Room since the arrival of the well known San Diego Chef Damaso Lee. Formerly Executive Chef of Trattoria Acqua in La Jolla, lovers of his cuisine can enjoy it again now at Chateau. We offer daily lunch and dinner specials, extensive lunch and dinner a la carte menus and Sunday Champagne Brunch. Chef Lee is obsessive about culinary details and traditional techniques all inspired by fresh, local ingredients. Please join us for a meal and experience the gracious independent living lifestyle enjoyed by residents and guests alike.

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Ella and Jackson Riley take their
8, swam with a whale, while Jackson, 5, experienced parasailing for the first time.

Blanche Welch, John Alves, Elizabeth Alves, Adrienne Alves and Christopher Alves hold up The Beacon on a recent trip to Portugal in front of the City Hall office in downtown San Miguel, Azores.

The Spirits of Mexico Festival will celebrate its 10-year anniversary this fall when it returns to San Diego Sept. 17 to 21. The annual festival, a five-day celebration of all things agave, has several new events this year in honor of the anniversary.

The 2013 Spirits of Mexico Festival schedule includes:

**Sept. 17 – Contemporary Cocktails / Ancient Gastronomy –** The 2013 festival opener will boast an evening of Artic cuisine and the hottest new cocktail sensations. Guests will experience, firsthand, how the Spanish influenced Mexico’s ancient culinary landscape at the Blind Burro in downtown San Diego. Guests will also vote for their favorite cocktails entered into the 2013 Spirits of Mexico Festival cocktail of 2013.

**Sept. 18 to 21 – The Art of Tequila Exhibition –** Free and open to the public, a four-day art exhibition on Juan Street in Old Town will feature a selection of rare collectable Tequila bottles on loan from El Agave Restaurant owner Juan Carlos extensive private collection. The exhibition will also feature emerging Latin artists from Centro Cultural de la Raza and take place from noon to 6 p.m. daily.

**Sept. 19 – Tequila Trail –** Agave enthusiasts will sample selections of tequila, mescal, bacanora and other Mexican spirits as well as signature dishes at more than a dozen Old Town eateries from 6 p.m. to 9 p.m. The event continues at Café Goyo with an Olmeca Altos Tequila-sponsored party starting at 9 p.m.

**Sept. 20 – Awards Dinner and Live Auction –** Milagro Tequila welcomes our guests with a cocktail uniquely created for this evening, and a spirits-infused tasting reception and dinner with specialty cuisine prepared by Barra Barra Saloon Chef Jose Palado from 6 p.m. to 10 p.m. The awards ceremony announcing the winners of the 2013 Tasting Competition, which take place earlier in the week, will follow, along with a Gettys hot-auction featuring one-of-a-kind rare bottling as donated by our sponsors. The auction benefits the Sky Ranch Foundation, which, for 54 years has been helping troubled youth. This event sells out every year.

**Sept. 21 – Main Tasting Event –** Guests will join master distillers, industry experts, authors, and ambassadoures at the festival’s grand finale in Old Town San Diego State Historic Park from 6 p.m. to 9 p.m. The finale will include seminars, a silent auction and entertainment as well as cuisine from Fiesta de Reyes. From 9 p.m. on, join Olmeca Altos Tequila at the After Party at Fiesta de Reyes.

The Spirits of Mexico Festival is presented by the IWSC Group, a leader in organizing wine and spirit competitions and events around the globe. For more information about the Spirits of Mexico Festival visit www.thespiritsofmexico.com.
Mötley Crüe front-Man Vince Neil to showcase his Tatuido Cocktails, Culinary and Culture, the two-day festival is sure to please the palates of everyone from the serious Mixologist, Professional Chef, to the novice culinary enthusiast and the cocktail drinker, with live entertainment, Bartender Battles, Chefs Shake-downs and Demonstrations, Burlesque, Samba Dancers and a Fashion Show.

You know it’s bound to be a party when MÖTLEY CRÜE front man VINCE NEIL opens the festival - and is showcasing his Tatuido Vodka for your enjoyment. VINCE NEIL will be at the San Diego Spirits Festival hosting a two day meet and greet with a taste extravaganza on Saturday, August 24 and Sunday, August 25 between 1:00 pm and 5:00 pm. Attendees will sample some of the best tequila and vodka on earth.

The San Diego Spirit Festival is a truly unique event that blends the world of craft spirits, high profile liquors and fine cuisine, all in a locale overlooking a sun-drenched San Diego Bay. This one of a kind weekend, held at the spacious Port Pavilion, brings together hundreds of distinct liquors and gourmet morsels in a festive and fun loving environment. Sample any of the spirits you come across, whetting your whistle with tasty tequilas, raucous rums, magnetic moonshines, vivacious vodkas, genteel gins, wild whiskies, marvelous mezcal, and more. Need to fill up a bit? Delicious cuisine is on hand for your culinary needs as well. During the day, witness cocktail battles, pitting expert bartenders against one another, along with chef/bartender battles, burlesque shows, samba dancers and even a craft beer section. Ditch the same old bar for your weekend retreat, and head to the ultimate spirited locale for your sipping needs.

The entrance forecourt will be transformed into Bayside Art Festival featuring over 60 Artists ensuring that the San Diego Spirits Festival turns into a true SoCal celebration. The festival hosting a two day meet and greet with a taste extravaganza on Saturday, August 24 and Sunday, August 25 between 1:00 pm and 5:00 pm. Attendees will sample some of the best tequila and vodka on earth.

Tickets to the San Diego Spirits Festival are $90 ALL INCLUSIVE with UNLIMITED TASTINGS Get them early as we anticipate a sell-out event, as two more celebrity brands will be announced in the upcoming weeks.

**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.

**VOTE ONLINE:**

Vote online at peninsulabeacon.com

**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.

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League of Women Voters to host public talks on mental health

By ETHAN ORENSSTEIN | THE BEACON

To raise awareness and open a discussion about San Diego County’s mental healthcare system, the League of Women Voters of San Diego (LVWSD) will host a discussion on the topic during its Sept. 12 meeting at the Hervey/Point Loma Branch Library at 10:30 a.m.

Jeanie Brown, executive-director of LVWSD, said violent crimes committed by mentally unstable perpetrators have drawn attention to the shortcomings of the county’s mental-health system. But Brown said statistics show people who are mentally ill are more likely to be victims of crime.

Nancy Wilt, LVWSD’s co-chairwoman, said the discussion will explore the inadequacies of the national mental-health system and what can be done to improve San Diego County’s system. LVWSD members will also talk about what Laura Loe is and the connections between mental illness, alcohol and drug use, and violence.

The LVWSD’s position on mental healthcare supports research funding for a variety of programs and services for the mentally ill, including treatment centers, shameless family gatherings, and training for emergency personnel who respond to emergencies involving people with mental illness. According to the Centers for Disease Control (CDC), only 17 percent of adults in the U.S. have had access to mental-health services. It said about 50 percent of adults will develop some form of mental illness during their lives. In its report, the CDC concluded that mental illness is a major public-health issue. Mental illness has a major economic impact and is associated with medical conditions like heart disease and diabetes.

The event is designed to raise awareness so people can make informed decisions about mental health.

For information on mental health, visit www.cdc.gov/mentalhealth. For information about the LVWSD, visit sdclio.co.lib.sd.ca.us.

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Looking ahead

Printed-area events Aug. 22- Oct. 19
THURSDAY, Aug. 22
The Ocean Beach MainStreet Association will hold its next Sundowner mixer for all members and their employees. The event will be hosted by Ocean Dental Care, located at 1802 Cable St., from 5:30 to 7:30 p.m. For more information, visit www.oceanbeachsandiego.com.

SATURDAY, Aug. 24
The Ocean Beach Town Council hosts an Ocean Beach Craft Fair to benefit OB Christmas events, 9 a.m. to 3 p.m. at Veterans Plaza at the foot of Newport Avenue. For information, call (619) 846-6269 or (619) 515-4400.

SATURDAY, Sept. 20
The Ocean Beach Town Council hosts an Ocean Beach Craft Fair to benefit OB Christmas events, 9 a.m. to 3 p.m. at Veterans Plaza at the foot of Newport Avenue. For information, call (619) 846-6269 or (619) 515-4400.
Remember, real-estate agents are small business owners too!

Dr. CHARLES SCHVEKR & NATASHA ALEXANDER

The real-estate market is finally making its move toward a recovery. If you have decided to sell your old house and/or purchase a new gorgeous home in La Jolla — the best place in the USA to live — then you know you are selling a real-estate agent, and of course, everyone you know is telling you that “their real-estate agent” (as though we are personal possessions) is the best. Some people prefer to choose a licensed friend or family member, while others prefer to hire a “local small-business owner.” Whether we choose to interview before making your selection. Second, while a “neighborhood expert” is ideal, think about it — no one can make a living by only selling houses in a single neighborhood. You really want someone with a more global understanding of the local markets.

First, this is not a dating experience, it is licensed in real estate. Think about that for a minute. To put this into another perspective, if you were attending a football game at Qualcomm stadium and the announcer were to broadcast, “We have an emergency, there is a real-estate agent in the house?”, then statistically speaking, 775 people from their seats would rise to answer the question. So, in addition to whether you should listen to friends, family, beach or州市, is how to select the best real-estate agent to meet your needs.

You can read articles on the Internet about how to select the best agent. The truth is that most recommend you hire someone with about 90 years of experience, a “neighborhood expert,” someone whose credentials appeal like a foreign language on their business cards, and that you spend the next six months interviewing before making your selection.

There are currently 413,266 licensed real-estate agents. To the ownership of our decisions, and family. Sure, their intentions are good, but their advice comes from their “know-it-all” perspective. We all cling to the ownership of our decisions, and while your friends’ real-estate agent may have been great for them, that same agent may not be a match for you.

First, while 90 years of experience will have its benefits, an agent who is current with technology, up-to-date with changes in laws and the industry, and who has a diverse background and education will likely offer you new perspectives.

Foreclosures

First and foremost, remember that you are the “boss,” and the most important goal is that you get what you want, whether that is to buy/sell a home for your family, and move onward. Second, the key to getting what you want is to hire an agent who has (1) a powerful action or marketing plan, and (2) one who is responsive and available. You need someone you can trust and who will be proactive. Remember, when you hire a real-estate agent, you are hiring a local small-business owner.

Questions about real estate in La Jolla ... or just want more valuable information? Send your inquiries to Cheri@Cheri.com. We will respond directly to you.

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