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LURING THE DISCOVERY CHANNEL WITH REEL FISH STORIES



From left, captains Johnathon Hillstrand, Ben Bailey and Keith Harris, skippers from the television show "Deadliest Catch," share a candid moment at RT's Longboard Grill in Pacific Beach during filming of the show's spinoff, "After the Catch." PAUL GALLEGOS | THE BEACON

Area eatery nets 'Deadliest Catch' spinoff show

Ex-local joins show's
skippers in reliving
tuna fleet's glory days

By PATRICIA M. WALSH | THE BEACON

Like many Point Loma-born Portuguese men, Harold Medina followed his father to the sea where he made a living as a tuna fisherman. In the early days, he fished using a pole, then with nets. Eventually — to keep dolphins from being trapped within them — he invented the Medina Panel. The invention is a small mesh required by law on all U.S. tuna boats that keeps porpoises from becoming entangled, allowing them to swim free of the net.

Medina, 82, is now retired. But he recently relived his days of glory with captains from the "Deadliest Catch,"



HAROLD MEDINA

SEE MEDINA, Page 4

By PATRICIA M. WALSH | THE BEACON

The Discovery Channel filmed the wrap-up of its fifth season of "Deadliest Catch" — called "After the Catch" — at RT's Longboard Grill in Pacific Beach during the second week of June. "Deadliest Catch" is a documentary turned docu-drama about the hardcore life of Alaska's fishermen — modern-day heroes and icons of doom riding the high seas in their relentless quest to catch King crab.

A spinoff from the original series, "After the Catch" shows the colorful captains kicked back and celebrating their season at sea. The show takes fishing out of Alaska and off the Bering Sea to ride a wave of popularity in cities steeped in maritime heritage. San Diego is the third city after Seattle and Gloucester, Mass. where "After the Catch" has been filmed.

RT's owner Doug Trenton was as surprised as anyone when the show's co-producers visited unannounced and said the restaurant was the perfect filming location. The Discovery Channel bought out the bar — with its wooden booths, longboards and big screen TVs — and all 63 employees got a week's paid vacation with tips.

RT's has its own connection to the sea, a back story of love and loss. The restaurant is named after Doug's brother, Ron, a well-known San Diego life-



"Deadliest Catch" cast member Capt. Phil Harris takes a break. PAUL GALLEGOS | THE BEACON

guard and writer who died in 1997 after he set out in his single-engine Piper Warrior on a solo whale watching trip to Catalina. Neither he nor his plane was recovered. A 30-year life-guard veteran credited with saving more than 1,000 lives, Ron dreamed of opening a restaurant after he retired. Brothers Doug and Craig fulfilled his dream and named it RT's Longboard

SEE FILMING, Page 4

Rosecrans St. gridlock study back on road

By ANTHONY GENTILE | THE BEACON

Not many people know traffic like Gary Halbert. That's a good thing for Point Loma residents, because Halbert was recently appointed chair of the Rosecrans Corridor Mobility Study Project Working Group, an appointed consortium of community members charged with finding solutions to combat the traffic issues that so often plague Rosecrans Street.

"The corridor has been analyzed many times in the past and there have been good ideas that have come out," Halbert said. "Hopefully this effort will ultimately get additional funding and see some additional improvements in the area."

Halbert is currently planning and building director for the city of Chula Vista and serves as a member of

SEE TRAFFIC, Page 7



Cmdr. Steven Sharer, executive officer of Naval Base Point Loma, presents a plaque and command coin to Elizabeth Felando, Point Loma High School's valedictorian, during the school's graduation Monday.

U.S. NAVY PHOTO BY CHIEF MASS COMMUNICATION SPECIALIST YAN M. KENNON

PLHS, HTH seniors set their eyes on the future

By ANTHONY GENTILE | THE BEACON

Local high school seniors have pomp and circumstance ringing in their ears this week as they focus their eyes on the future. Point Loma High School (PLHS) celebrated graduation for the class of 2009 Monday, while seniors from the High Tech High (HTH) village of schools make their milestone commencement walk Saturday, June 20.

At PLHS, the Monday afternoon graduation threw the limelight on about 400 Painters who walked across the stage at Bennie Edens Stadium.

One of those students was Point Loma High valedictorian Elizabeth Felando. Felando plans to

SEE GRADUATES, Page 7



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Acupuncturists needle the rising costs of healthcare

By MICHELLE HACKNEY | THE BEACON

With rapidly rising healthcare costs gripping the nation, options are emerging in the way of available high-quality, affordable care. Several local holistic medicine providers are taking a stand by educating consumers on the benefits of effective, economical alternatives such as community acupuncture — including a clinic offering free acupuncture treatments Saturday, June 20 in Ocean Beach.

There are a growing number of community acupuncture clinics in San Diego whose owners say they are keeping costs low to allow for more frequent and more effective treatment for patients.

Some of these owners have expressed concern about the prevailing Western business model of private care that often makes it difficult for patients to commit to a wellness program because of cost.

During community acupuncture, patients are treated in an open area together, rather than in private rooms. In many cases, there are sheer screens to separate and create semi-private spaces. Patients receive acupuncture while seated in comfortable reclining chairs.

Acupuncture in a setting such as this is common in China, where it originated thousands of years ago. According to practitioners, anything can be treated. Prices for such services typically range from \$20 to \$40 per session.

"The community acupuncture movement is gaining momentum nationwide," said Nicole Murray, licensed acupuncturist and owner of the newly opened Beach Community Acupuncture (BCA), 4993 Niagara Ave., Suite 206. "This business model is rooted in a value system that people should

not have to pay \$60 to well over \$100 for treatment. We want as many people as possible to have access to this very effective form of healthcare. People should be able to access acupuncture, if they want it — often, if they need it."

According to the World Health Organization and the National Institutes of Health, acupuncture is proven effective to treat pain, addictions, stress, anxiety, allergies, infertility, osteoarthritis, migraine headaches and other problems.

Acupuncture has been an essential part of medicine in the East, where it is believed that the body was designed to heal itself and rejuvenate naturally without drugs, hormone replacement or invasive surgery.

Christine Kinsella, a licensed acupuncturist and owner of To the Point Gaslamp Acupuncture, 711 4th Ave. Suite 201, said Chinese medicine doesn't distinguish between mind and body. It is



Beach Community Acupuncture on Niagara Avenue in Ocean Beach will offer free treatments from 9 a.m. to 1 p.m. on Saturday, June 20 to introduce patients to acupuncture. The event will be followed by an open house. COURTESY PHOTO

believed that the organ systems regulate mental states as well as physical conditions.

"Some people are unfamiliar with this ancient healing technique that involves placing hair-thin needles in various pressure points, called acupoints, through-

out the body," said Kinsella.

"Stimulating these points promotes the body's natural healing capabilities and enhances organ functions."

BCA will be offering free treatments on Saturday, June 20 from 9 a.m. to 1 p.m. as an introduc-

tion to acupuncture, followed by an open house from 4 p.m. to 8 p.m.

Customers who would like a free treatment should schedule an appointment online at www.beachcommunityacupuncture.com.

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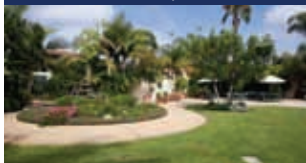
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Ocean Beach | \$145,000



Spacious 1 br on 2nd floor, unit located toward the back of the building away from the street noise. Engineered bamboo wood flooring in kit & ba. Spacious and open layout. Large balcony with a very private feel. Close to beach, walk to shops, restaurants and Barnes Tennis center.

Point Loma | \$325,000



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Ocean Beach | \$549,000



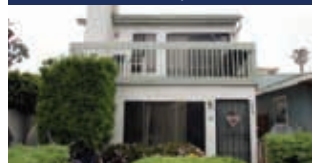
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FILMING

CONTINUED FROM Page 1

Grill in memory of Ron.

During a lunch break on the set of "After the Catch," Trenton sits down at an oversize captain's table — the only prop brought in that is signed by the water warriors and left behind. Captains Monte Colburn of the Wizard and Sig Hansen of the Northwestern are telling stories of hauling crab pots and riding waves.

Hansen, red-eyed and chain-smoking, is nursing a cocktail, a hair

of the dog to calm the roiling waters from the previous night's party at World Famous, where he helped close the bar.

"In Gloucester the fans and fishing community were waiting for us in the pouring rain," Hansen said. "San Diego is so casual; no one's showing their boobies. Everyone here is really cool. We saw some guys who said, 'Hey, you're one of those fishing dudes.'"

Accustomed to the perils and pitfalls of fishing and Alaska's last-frontier free-for-all where a good day includes a black eye and a bar

brawl, the blue-collar seafarers enjoyed the ocean's gentler side in San Diego. Except for one thing. "The no-smoking law here sucks," Hansen said, exhaling a bilious cloud of Camel smoke.

The crew stayed at the Catamaran Resort Hotel and Spa on Mission Boulevard and submerged themselves in neighborhood bars.

"San Diego is like a secret," Hansen was quick to add. "The coast is pretty with the ocean on the outside and bay on the inside. If I wanted to take a break I'd take my family down here."

The five episodes of "After the Catch" feature SeaWorld, Belmont Park, the USS Midway, surfing, the Navy, the Coast Guard and local fishermen. Throughout the show the ship captains wade through San Diego's seaside recreation and military offerings. Capt. Keith Colburn gets an early morning surfing lesson; Andy Hillstrand falls from the sky in a tandem jump with the Navy; and Hansen takes a ride with the Coast Guard. And then they return to RT's to talk about the fishing life.

Has the lure of Hollywood softened America's hardest-working

men, revered for their take-no-prisoners posture?

"People know bullsh-- when they hear it," Hansen said. "We're for real and people know it. None of us is here to be in Hollywood."

"Fishing is a means to an end," Colburn said. "We all have mouths to feed and that's it. At the end of the day we're still hauling crab pots and busting ice."

The San Diego episodes of "After the Catch," hosted by Ben Bailey of the zany Cash Cab show, air on the Discovery Channel Tuesdays at 9 p.m. through July.

MEDINA

CONTINUED FROM Page 1

Discovery Channel's docudrama about King crab fishermen's lives at

sea in Alaska. Medina and Capt. Jack Webster, one of San Diego's working tuna fishermen, took their captain comrades out on San Diego Bay for an episode of "After the Catch," a spinoff of the series that

airs Tuesdays at 9 p.m. through July on the Discovery Channel.

Medina, whose uncle and father, Manuel O. Medina and Manuel Machado Medina, helped build the Portuguese Hall on Shelter Island and started the annual Feast of the Holy Spirit — San Diego's longest running ethnic tradition — remembers first setting out on the ocean blue in 1935 at the age of 8 on his father's boat. After high school, he returned to the sea to serve with the Merchant Marine in World War II.

Along with most of the local tuna fleet, Harold's father's boat was procured by the Navy during the war and used to shuttle food, troops and supplies in the South Pacific. Also like many tuna boats, Harold's father's boat was lost at sea. When the war ended, the Navy replaced the boat with another, which Manuel Machado Medina converted for pole fishing.

"He took me out for one trip when I was 21 and said, 'OK, it's yours,'" Harold recalled. "At that time, I was the youngest captain in the fleet."

From that day on until he retired

in 1985, Harold Medina skipped four boats: the Alphecca, the Keeri M, the Ocean Pearl and the Zapata Discoverer.

"I caught 3,200 ton of fish one year on the Alphecca and 4,500 ton one year on the Zapata — my largest catch ever," Harold said.

Over time, tuna fishing and San Diego's once-strong fleet succumbed to government regulations, environmental pressure and rising costs. Big corporations closed the canneries on the West Coast, and the industry, once an American birthright, was sold off internationally. Today, the battle still goes on to keep tuna-fishing embargoes in place to protect porpoises that are inadvertently snared during the fishing process. And it's the American fisherman, not his international colleagues, who, using the Medina Panel, carry on the task of catching fish while saving porpoise.

As such, the life of a fisherman has changed since Harold Medina's days.

"Now everyone knows how much they're going to catch before they go out," said Capt. Monte Col-

burn, who helms the Wizard fishing boat and is among the skippers featured in "Deadliest Catch." "It's all been calculated out and is regulated."

Today's fishermen also have technology on board in the form of radar and satellites. In Harold Medina's days, crews relied on "fish sense."

So does "Deadliest Catch" accurately portray the realities of life at sea?

"It's quite good," Harold Medina said. "But some of the photos of rough weather all of the time are not real. It's not every day, all day long like that."

Still, he said, the waters are rough, it is cold and the hazards are real; a dichotomy of an old sea salt's days trolling for tuna with a pole in the 80-degree waters off Baja California and the Galapagos Islands.

These days, Harold Medina, who now lives in Jamul, is a landlubber. He was recently invited to go fishing on a friend's yacht and couldn't catch "one lousy fish," he said. "So I went back and ate sardines — which was the bait."

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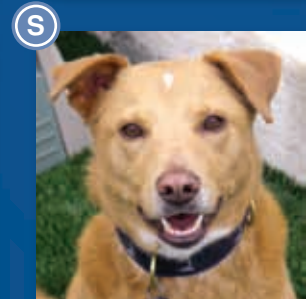
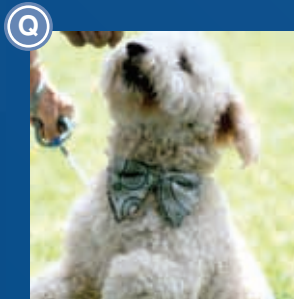
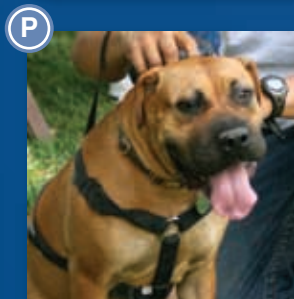
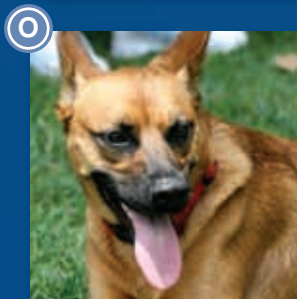
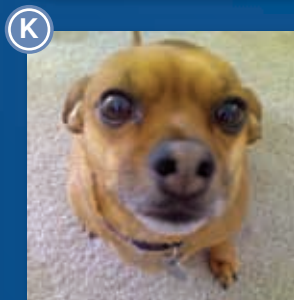
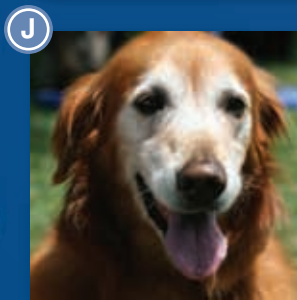
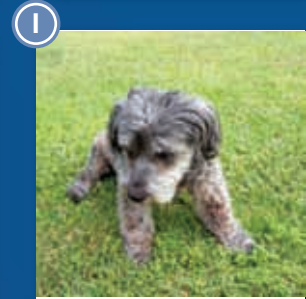
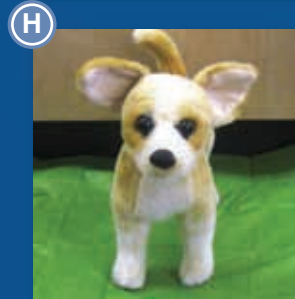
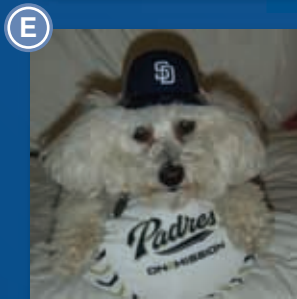
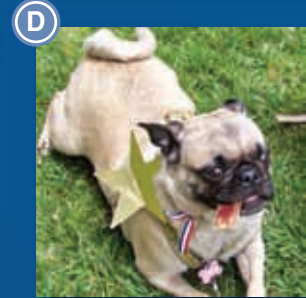
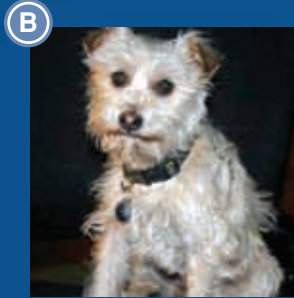
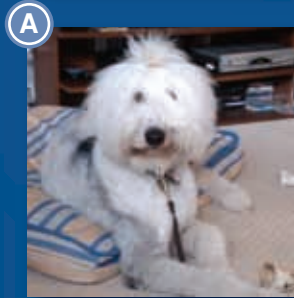
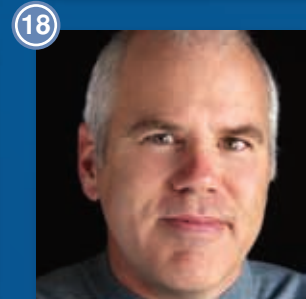
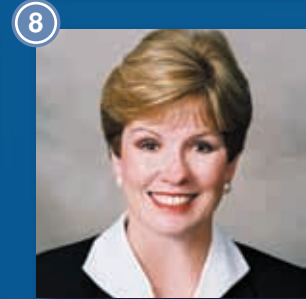
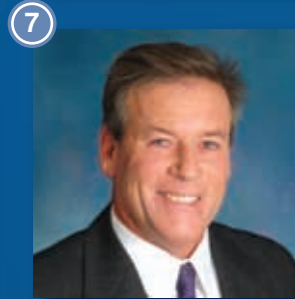
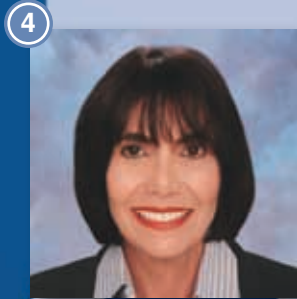
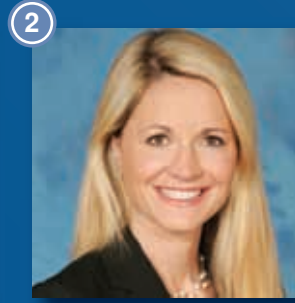
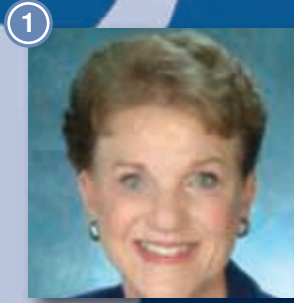
It was definitely a dog day afternoon at Westminster Park for the Agents at Coldwell Banker's Pt. Loma office. Inspired by the heroics of the local Portuguese water dog who alerted his owner of a neighborhood fire, the agents wanted to showcase their own "best friends." Twenty-two dogs showed up to vie for various awards, including "Best Manners," "Most Exotic Breed," "Most Macho," "Bushiest Tail," "Dog that Most Resembled its Owner" and "Best of Show."

Prizes were donated by Boné Appetite, Point Loma Pet Pantry, and Lara Schindler of "Happy Dog/ Happy Owner." After two hours of strutting their stuff and playing together, the happy dogs took their tired owners home.

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GUEST COMMENTARY

Better ideas for our school start/end times

By KIRK MATHER

Many Point Loma families are faced with terrible new starting times for our schools next fall.

Loma Portal and Sunset View elementary and Dana and Correia middle school families won't have their children leaving school until nearly 4 p.m.

This provides challenges for working parents in the morning. Many families will now be forced to pay extra for before-school childcare so they can drop off their kids and still get to work at a reasonable hour. These hours likely won't be used for homework, either at daycare or at home.

The morning is when kids get up, get set for the day and get going to school. Any members of the school board who are parents should know this.

In the afternoon, after-school activities are now going to have to start later. In the winter, practices will have to be curtailed for outdoor sports. Our son rides his bike to and from school, but it will be too dark during the winter months.

Later starts will negatively impact physical fitness for student riders and walkers, increase gas costs for parents who now have to drive their kids and crowd afterschool homework time into the family dinner hour.

Additionally, submarine base SSC-HQ, COMTHIRD-FLT employees leave the south end of Point Loma at 4 p.m. Now, the San Diego Unified School District board is putting thousands of students on the roads at the same time; seems like a recipe for disaster.

I have no doubt the school board and The Beacon are being inundated with information about how ill-informed, short-sighted and potentially dangerous the new school hours are.

Pointing out flaws is important, but I would also like to offer two potential solutions that would allow the buses to run efficiently and classes to be held earlier for elementary and middle schools on the Point.

I hope the school board would consider either of the following;

1. Switch Point Loma High School (PLHS, 7:45 a.m. to 2:25 p.m.) and late-start elementary and middle school times. It is my understanding that high school students should start later, not earlier in the morning to increase their chances of academic success.

They are, presumably, also better able to get themselves to class without adult supervision and many of their afterschool activities are on campus. Why not swap current early high school bus trips with elementary/middle school trips to Sunset View, Loma Portal, Dana and Correia (which I think are four latest starters in Point Loma)? In other words, why not start high school later and these four schools earlier?

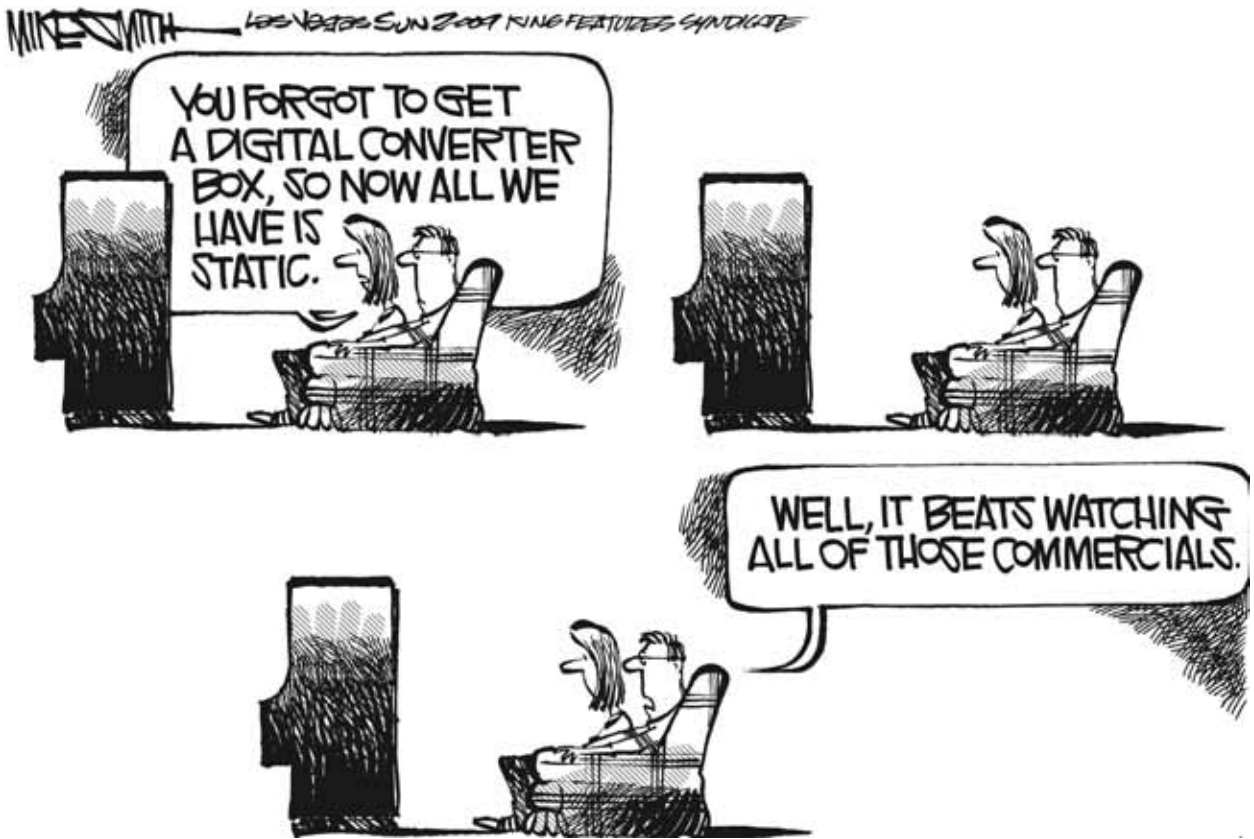
2. Elementary schools don't have training most minimum days. I think all Point Loma schools have Thursday minimum days. They end nearly three hours early. Why not eliminate minimum days and end each day 30 minutes earlier (3 hours = 180 minutes divided by 5 days a week = 36 minutes a day, rounded down to 30 minutes a day)?

Let teachers train before school on the occasions they need to. Currently, at least Marshall Middle School in Scripps Ranch doesn't have weekly minimum days, so the idea must be doable.

I'm sure there are other ways to meet these challenges. I hope the school board will consider my and other parents' proposals and bring some reasonableness to bell times in Point Loma.

Surely the school board can find a way to avoid endangering children on our streets, curtailing time for homework and family dinners, allowing fewer opportunities for extracurricular interests, stressing parent work schedules during this challenging economy and increasing childcare costs.

— Kirk Mather is a substitute teacher from Point Loma.



GUEST COMMENTARY

Buyer beware for blog ads, warns BBB

Social networkers are advised to read the fine print when responding to online advertisements found on Facebook, MySpace or other social networking sites, including blogs, because the large print doesn't always tell the whole story.

While social networking sites are now more popular than e-mail, and \$1.3 billion is forecast to be spent on social networking advertising in 2009, the San Diego Better Business Bureau (BBB) cited three examples of misleading ads for weight-loss products, work-at-home business ventures and an offer of a "free" laptop computer that recently appeared on social networking sites:

- The claim of losing four dress sizes, as well as an endorsement by Oprah, was part of a recent pitch to sell acai berry supplements as a weight-loss miracle. The ads linked consumers to blogs that looked like testimonials from satisfied customers. However, the fine print revealed that consumers could get billed as much as \$87.13 every month if they did not cancel before the trial period ends, and the trial period would begin from the moment the customer ordered the supplements — instead of the date when the products were delivered.

- Stay-at-home mothers were told they could earn \$67,000 a year by working only 10 hours a week, according to a blog written by "Sarah Roberts." Another questionable blog was ostensibly written by newly married "Jason," who claimed he made "around \$5,500 to \$7,000 a month from Google."

According to BBB information, the blogs redirected readers to websites where they could sign up for a free, seven-day trial access on how to make money from home. Even though the "free" trial supposedly costs only \$1.95 to \$2.95, the fine print said that consumers would be charged up to \$69.90 every month if they did not cancel within seven days from signing up, and the company would not provide refunds.

- A free purple, red, pink or green Macbook computer was promised to consumers who would agree to volunteer as laptop testers. However, the links led to an incentive marketing program where participants had to use their credit card to purchase vitamin supplements or DVD rental services. Another site required participants to pay \$1,500 for furniture or a travel package with a minimum value of \$899 per person before receiving their MacBook, which Apple does not even make in purple, red, pink or green.

"Not all ads on social networking sites are misleading, but consumers need to use extreme caution and should always carefully read the fine print before providing their credit card and other personal information," said Sheryl Bilbrey, San Diego BBB president/CEO.

The nonprofit San Diego BBB, which opened in 1921, is San Diego's largest countywide business membership organization.

The BBB promotes business ethics through voluntary self-regulation and consumer and business

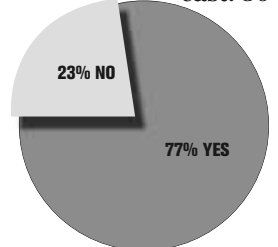
education and provides the largest free service of its kind with free consumer protection advice and free reliability reports on more than 101,000 local companies.

Before buying decisions are made, consumers are encouraged to phone the BBB's free 24-hour consumer helpline at (858) 496-2131 or (800) 600-7050. Consumers may also visit the BBB website — www.bbb.org — to obtain free information and a list of BBB-accredited businesses in a particular type of industry.

— Provided as a public service by the San Diego Better Business Bureau (BBB).

poll

Results of poll ending June 16: "Are you happy with the changes occurring at Sunset Cliffs under the natural park's ongoing master plan?" Votes cast: 30



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SUBMISSIONS Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

DEADLINES All content must be received by 5 p.m. on the Thursday prior to publication.

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TRAFFIC

CONTINUED FROM Page 1

the Peninsula Community Planning Board (PCPB). He has almost 30 years of experience in city government, the first half of which was dedicated entirely to transportation.

"I started my career with the city of San Diego and worked in traffic operations as my first professional position," Halbert said.

As a professional traffic engineer, Halbert has studied and examined a wide variety of transportation topics, including traffic operations, traffic signal timing, travel forecasting, travel developments and transportation demand management — encouraging people to use more efficient travel than single-occupant vehicles.

Halbert has spent the second half of his career in land-development review, of which he said transportation is a huge component. He has a bachelor's degree in systems science from University of California, San Diego and a master's in public administration from San Diego State University.

As chair of the Rosecrans Corridor Mobility Study Project Working Group, Halbert said he does not have any specific goals for the nine-month study, which began this month. Instead, he said he wants the working group to act as somewhat of a liaison between the community and the city.

The working group will develop specific proposals and plans to be reviewed by the city and vetted by the community after the study ends early next year. According to city project manager Julio Fuentes, the goal of the study is to find a consensus alternative that everyone can support.

"My desire is to help facilitate the public input as [this study] goes forward, not to try and put my own stamp on it," Halbert said.

The 11-member working group will meet regularly over the next nine months to come up with solutions to improve mobility and gridlock along Rosecrans. The study takes aim at improvements along the entirety of Rosecrans Street, from Taylor Street near Old Town to Kellogg Street near the former Naval Training Center, now known as Liberty Station.

Halbert said residents can expect conceptual drawings for roadways and parkways, the identification of future capital projects and steps that can be taken in the short run to come out of the study.

"This is a planning effort," Halbert said. "What should be coming out of it is the plans for the city as it goes forward with the community plan update and to process what improvements should be identified so that when we can find funding we can move forward, providing the framework for the ultimate improvements."

Of the 11 members in the project

working group, nine come from community organizations chosen by the city and District 2 councilmember Kevin Faulconer's office. The group has one member apiece, as selected by members of their respective organizations, from Point Loma Association, Peninsula Chamber of Commerce, Point Loma People for Progress, Peninsula Community Planning Board, La Playa Heritage Group, Old Town San Diego Chamber of Commerce, Old Town San Diego Planning Committee, North Bay Community Planning Group and North Bay Planning Advisory Committee. The other two members are at-large appointed by Faulconer's office.

"This is an important group because Rosecrans is the backbone of the Peninsula as far as traffic," Faulconer said at the group's first meeting June 8. "This street is the lifeline of the Peninsula."

Although previous studies of the Rosecrans corridor have yielded small results, Halbert believes this mobility study is different. He said what makes this effort different is that it will focus on areas south of Nimitz Boulevard.

Prior studies primarily focused on the north end of the street near Old Town. This more exhaustive study, he said, will examine how other streets impact the traffic on Rosecrans as well.

The mobility study is the result of a \$300,000 grant from Caltrans devoted specifically for this purpose.

The city applied for the grant a year and a half ago and the money was granted with the stipulation that the study be a limited scope of Rosecrans Street, involve the community in the process and be completed by next January.

For the purposes of the mobility study, Rosecrans corridor has been divided into four sections.

Section one covers the Sports Arena/Midway area running from Taylor Street to Lytton Street. Section two runs from Lytton Street to Nimitz Boulevard. Section three covers the area from Nimitz Boulevard to Cañon Street, and section four runs from Cañon Street to Kellogg Street.

The working group held its first meeting June 8 at the NTC Command Center. The two-hour meeting generated plenty of ideas and left Halbert with a sense of optimism for the coming months.

"I felt that we had a very good first meeting," Halbert said. "I'm very hopeful that we'll continue to move forward and make progress and that we'll end up with a plan that is truly representative of the full community's wants and needs for the Rosecrans corridor."

During the meeting, working group members were introduced, and after a short introduction by Faulconer and an orientation, the

working group broke off into smaller group discussions. Ideas flew, but a common theme was relatively consistent throughout the room.

"One of the things that came out of each of the tables was the thought that a big part of the solution has got to be trying to make better use of the other facilities that are underutilized in the area," Halbert said, referring to major thoroughfares like Nimitz Boulevard and Pacific Highway.

The working group will meet on the third Monday of the month from 6:45 to 8:45 p.m. at the NTC Command Center, 2640 Historic Decatur Road at Liberty Station.

The public is invited to attend and there will be limited chances for public participation, Halbert said.

Members of the public can also contribute during three workshops that will be held during the study period.

The first workshop will be held in mid-July and focus on identifying mobility issues within the Rosecrans corridor. The time, date and location for the workshop have not yet been determined.

According to Fuentes, a website for the study will be announced at the workshop, during which residents will be able to review the project and submit comments.

GRADUATES

CONTINUED FROM Page 1

study at the University of California, Berkeley this fall.

"It was really fun. I made a lot of really close friends," Felando said as she reflected on her time at PLHS. "I've made connections with the teachers, so I won't just leave. I'll come back and visit."

Felando has lived in Point Loma all her life, attending Loma Portal Elementary and Dana and Correia middle schools. At PLHS she was a member of the Associated Student Body (ASB), ran cross country her first two years and rowed for one year.

"They prepared us really well with all the experiences," Felando said. "Not only with classwork but a lot of the activities have helped us to make connections and meet new people."

HTH will hold graduation ceremonies for its three schools on Saturday on the grassy area in front of the school, located at 2861 Womble Road in Liberty Station.

HTH International and its graduating class of 85 start things off at 9 a.m., followed by HTH Media Arts graduating 90 students at noon. The ceremonies conclude with 121 HTH students walking at 3 p.m.

Alec Jolly is one of HTH International's class of 2009. Jolly will study at University of California, Berkeley next fall, where he plans to create his own major and study physics, environmental science and philosophy.

During his time at HTH International, Jolly was a member of ASB and completed a number of ad hoc projects for the school, including attempting to get solar panels installed. Jolly also interned at the U.S. Department of Commerce.


Jolly's senior project was a three-week class with one of his teachers about how to live a good

life. The class dabbled in philosophy, neuroscience, meditation, acupuncture, Buddhism and a sensory deprivation tank.

"I picked that class because I took a tour of [UC Berkeley] and I'm already stressed out about the

amount of work they are going to give us," Jolly said.


"I thought it was vital to have some sort of technique to relieve myself of stress and to continue working through the day," he said.


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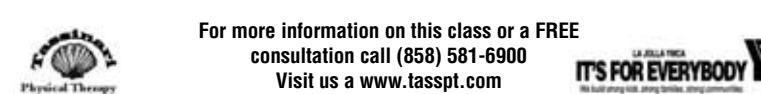
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Chargers coach assesses strategy for 2009 season

By JOHNNY McDONALD | THE BEACON



NORV TURNER

Momentum and consistency play vital roles in a winning season and it's important to keep the players focused, Chargers coach Norv Turner told a group of listeners at the Hall of Champions Sports at Lunch on Thursday, June 11. And he might have added: a jump-start.

Agonizingly, but for a jump-ball Carolina catch and a referee's admitted mistake of a fumble in Denver, last year's pre-season-favored San Diego team could have started 4-0 rather than 2-2. Then the team had to rally remarkably for an even 8-8 record.

Turner knows he's an easy target, as fans last year frequently took aim at the head coach when things went wrong for a team with so much talent.

Observers have said that boos from the stands bounce off his shoulders. That was the case when the season was headed south. According to his staff, not once did Turner press the panic button. He maintained faith in his methods and the patience to carry them out.

"I think when the year is over, you look back at some of those things and evaluate or have an opinion about it," Turner commented. "Spending time thinking about it (at the time) certainly doesn't help us get ready."

Despite slow starts, Turner has put the Chargers in the playoffs two straight seasons.

"I think we have solved our problems ... but we have a very demanding schedule for the first month," he said.

The Bolts open at Oakland, host Baltimore and Miami, then travel to Pittsburgh.

"There's a fine line in being ready early. We want to continue to get better as the season progresses," Turner said. "We were eighth in the league in rushing."

He said there's a misconception about the Bolts' running game because they threw the ball exceptionally well last year.

"Our quarterback (Philip Rivers) had a great year," he added.

When Turner hears internal excuses about not running the right plays ("What are you running the ball for?" "We're a passing team, throw the damn ball!") his reply is, "This system works; you guys make it work."

"Some may have been critical of LT's (LaDainian Tomlinson) performance last year, but he ran for 1,000 yards. We hope he can get

1,400 this year," Turner said. "No question we can run the football better. We've addressed issues on both sides of the ball. We've made some changes in our approach. Different mindset. We need to rush the passer."

"Thought we did extremely well in the draft. Stressed need for the pass rush."

The draft produced a backup running back and a backup nose tackle, a pass rusher, two guards, a safety, a wide receiver and a cornerback.

The coach was enthused about Kevin Ellison, a safety-linebacker from USC, cornerback Brandon Hughes from Oregon State, offensive tackle Ben Muth from Stanford, guard Louis Vasquez of Texas Tech and a potential backup running back in Gartrell Johnson from Colorado State.

"We're not always able to address things in the draft but we did this year," he appraised.

Getting Shawne Merriman back

SEE TURNER, Page 10



Laura Maloney and her sister, Lisa, of Pacific Beach, seen here accepting a check recently from Shawn Worst, president of Evolution Home Theatre, following a beach tennis competition, enter the San Diego Smash this weekend as favorites in the women's pro division as defending event and national champions.

COURTESY PHOTO

Beach tennis tourney poised to be another smash

By ANTHONY GENTILE | THE BEACON

Fast serves, quick volleys and overhead smashes will take over Mariner's Point on June 19-21 when the Beach Tennis San Diego

Smash returns to Mission Beach. The San Diego Smash is one of only two West Coast events on the Beach Tennis USA 2009 tour.

"The climate here is perfect to be out on the beach. I've gotten to

travel all around the world playing tennis and I think we have some of the prettiest beaches in the whole world here," said San

SEE TENNIS, Page 10

Oil on canvas by 2009 Featured Artist Jeff Yeomans

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TENNIS

CONTINUED FROM Page 9

Diego Beach Tennis Association president and Ocean Beach resident Gretchen Magers. "In San Diego it's just natural to have beach tennis take off."

Beach tennis combines elements of tennis and beach volleyball. The equipment — tennis racquets and less-pressurized tennis balls — along with scoring and serving rules come from tennis. Another rule that beach tennis adopts from tennis is only allowing one hit to get it over.

Matches are one pro set apiece — first team to eight games without advantages wins.

As far as its similarities to volleyball, beach tennis is played on a regulation beach volleyball court, with a shorter net of 5 feet 10 inches. The ball is not allowed to touch the sand.

"For me, beach tennis takes all the fun parts of tennis — the serve, the volley, the overhead, the drop volley and the lob. It takes all the boring repetition out," Magers said.

Magers is a former professional tennis player who retired in 1992 and was ranked as high as No. 13 in the world. She currently serves as a pro at the Peninsula Tennis Center in Ocean Beach and head coach of the San Diego City College women's tennis team. She loves beach tennis and compares its

gameplay to badminton.

"It can be a fast game. It's more touch and positioning than anything," Magers said. "It's more like badminton — more of a moving your opponents around type of thing. But you do serve and volley on every point, so you do get in some exchanges."

For some players, it's more than just a game. It's also about the beach experience.

"It's not like a tennis match, where you have to be quiet during a match — people can be talking and there's music," said defending national champion and Pacific Beach resident Laura Maloney. "It's a really good atmosphere with the waves crashing and people walking by on the boardwalk."

Laura Maloney and her sister Lisa Maloney will enter the San Diego Smash as favorites in the women's pro division as defending event and national champions. The Maloney sisters were undefeated in each of the four events they appeared in last season and will be making their first appearance on the tour this season.

"We're just excited to get out there. The thing about beach tennis is that it's a really fun sport,"

Laura Maloney said, adding that she's excited to get the 2009 season started off in a familiar place.

Laura and Lisa Maloney discovered beach tennis about four years ago when they read about the sport in a magazine. As competitive tennis players who grew up around the beach, the idea of beach tennis seemed like a match made in heaven.

"I used to bike down Mission and see everybody playing beach volleyball every weekend and I wanted to do something like that," Laura Maloney said. "When the Beach Tennis USA tour came to Mission Beach three summers ago, we entered the tournament and we just fell in love with the sport."

Beach Tennis USA held their inaugural U.S. tour on the East Coast in 2005 and expanded to include Southern California the following year. The tour has included a stop in San Diego each of the past three years.

The men's and women's pro divisions will play Sunday, June 21. The women's preliminaries will be played in the morning with the final at 1 p.m. and the men's preliminaries will wrap up the weekend with the men's final at 5

p.m.

For those wanting to try their hand at beach tennis, there are men's, women's and mixed amateur divisions on Saturday and a paddle mixer division on Friday. Registration is \$30 per team for the amateur divisions and \$10 per team for the mixer.

Friday is kids day at the San Diego Smash, featuring a free kids clinic from 10 a.m. to noon, followed by a parent/child mixer from noon to 2 p.m. Registration for the mixer is \$10.

Laura Maloney hopes the San Diego Slam is the start of a summer full of beach tennis on the beaches of San Diego. Play day mixers are held each Sunday during the summer from 9 a.m. to 12 p.m. at the Ocean Beach volleyball courts.

"After the tournament, beach tennis will be played on beaches around San Diego as well. There will be open play days and social tournaments coming up this summer," Laura Maloney said. "It's not just a one-time thing."

For more information and to register for amateur and mixer divisions, visit www.beachtennisusa.net.

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TURNER

CONTINUED FROM Page 9

not only gives the Chargers their defensive mojo again but it adds life to Shawne Phillips and Luis Castillo.

His pet expression: "If you want something, you earn it. If you want something you never had, you

have to do something you've never done."

"Our guys are doing that," he said.

He was asked if LT would do much passing.

"Before I came here, he'd thrown eight passes," he replied. "With me he has thrown one and that was for a touchdown. Maybe we'll have him pass again. Pick the

right time, right spot.

"Teams felt if you stopped LT they had a good chance to win the game. That's when you have a tendency to force the run. Last part of the season they were defending for the pass so we ran the ball more, extremely well."

For information about the Chargers, visit www.chargers.com.



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Best Happy Hour

The Arizona (AZ) Café

The "AZ" is the place to mingle for anyone who wants a real taste of the beach scene. An Ocean Beach landmark, the newly remodeled Arizona offers a '40s atmosphere with a contemporary flare — even the ceiling reflects the artistic detail of the era. Check out the daily happy hour featuring \$3 food and drink specials. The menu offers burgers, sliders, sandwiches, salads, appetizers and more...and incredibly tasty variety that's easy on the wallet. Or grab an order to go from our take-out window. Satellite sports on big-screen plasma TVs and Internet jukebox and pool tables make this a great place to go and a hard place to leave.

Best Overall Restaurant Service

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If visuals get your Italian-cuisine appetite in gear, The Venetian is your restaurant forevermore. It's physically impossible to escape the concepts behind the décor — the Tuscan wall murals and tabletop scenes complement vine-strewn latticework and mellow lighting on the patio. The food has best been described as California-Italian, which simply means you can expect great fare without a lot of heavy sauce, the way some other places think Italian should be done. The pastas and chicken entrees will command your serious attention, as will the tidy bar and the family-style menu. Anything else you could ask for probably doesn't exist. And did we mention the great service?

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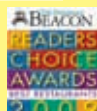
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OB music, artists center stage on new CD

By BART MENDOZA | THE BEACON

Since 1972, San Diego has produced numerous compilation albums devoted to promoting local music. In the ensuing years, such series as "Homegrown," "Staring at the Sun" and "Who's Listening?" have covered the county's burgeoning music scene. However, until the impending release of "Waves: A Compilation Featuring Ocean Beach Music," none had focused on just one of the area's neighborhoods.

Due out June 27, the album features a dozen Ocean Beach-based performers singing about Ocean Beach.

Timed to coincide with the June 27 Ocean Beach Street Fair & Chili Cook-Off, the album features a dozen area favorites, including singer-songwriters John Miller ("Treated Me Well") and duo CoCo & Lafe ("Ocean Beach"), as well as groups such as Danyavaad and the Shimmy Sisters ("Dance on the Waves"), Meld ("Buddy the Surf-dog") and Blackbirdz ("Living in OB").

"The inspiration for the album is the music scene of Ocean Beach itself," said the CD's producer, Chuck Schiele. "One day, the Ocean Beach MainStreet Association Pro-

motions Committee was having a meeting. Somebody asked the question, 'What are our resources down here?' I said, 'Music,' on the bet that out of 18,000 residents, 17,000 of them play guitar. The CD idea was born."

Schiele contributes a track to the album with his group Bad Science Fiction and the appropriately titled "92107." Asked if Ocean Beach music has a definitive "sound," Schiele said, "Sure, but what that sound is depends on who you're talking to. Let's call that sound kaleidoscopic. You can find just about any genre here."

Schiele said Ocean Beach's attraction to musicians is obvious.

"It's the coolest neighborhood on the planet," Schiele said. "Music is in the air here. There isn't a weekend in the summer where you can't walk down the streets and hear bands in three different directions playing a barbecue or something."

"Waves: A Compilation Featuring Ocean Beach Music" will be available at various locations around the street fair and will go on general sale soon after across San Diego. "It was important to have it out in time for the fair," Schiele said. "It's one of the biggest events of the year locally, and with

such huge crowds out for some entertainment in the sun, it's the obvious best way to let people know about Ocean Beach's incredible music."

Keeping the project as OB-centric as possible, local photographer Jim Grant provided the album's cover photography.

All proceeds from the sales of "Waves" will go to the Ocean Beach MainStreet Association for community events, including the annual Fourth of July fireworks show. An additional CD release party will be held at the Masonic Lodge, 1711 Sunset Cliffs Blvd., on Friday, July 17.

"This is exactly the sort of thing I like to see, a grassroots effort," said Tim Pyles, an FM94.9 DJ and host of the station's local music show. "This compilation is exactly the sort of thing that keeps a scene vital. It brings a lot of attention to the area itself, while at the same time spreading the music of the bands involved further. It proves Ocean Beach's reputation as a haven for musicians is true."

Though the first edition is barely off the presses, Schiele is already thinking ahead to a second volume.

"Of course it's on the horizon," Schiele said. "There is just so much talent in Ocean Beach and we all



The Blackbirdz of Ocean Beach will be among the groups and singer-songwriters featured on a hot new CD to be released June 27 called "Waves: A Compilation Featuring Ocean Beach Music." COURTESY PHOTO

really love and appreciate where we live. Singing a song about it just sort of seems natural."

Schiele notes that many groups were not able to participate this time around because of time constraints.

"The speed we turned this thing around in was very fast, so we had to limit this edition to 12 songs," Schiele said. "That way we'd have time to master and prepare everything properly. Next time there will be less time constraints."

Schiele said he will be happy if the album accomplishes just one thing.

"I hope that 'Waves' deepens community spirit," he said. "Ocean Beach is one of the greatest places anyone could ever want to be in. And this compilation is a way of letting everyone know that."

For more information on "Waves: A Compilation Featuring Ocean Beach Music," visit www.myspace.com/beachmusicmafia.



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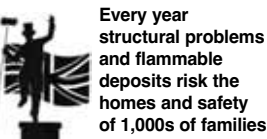
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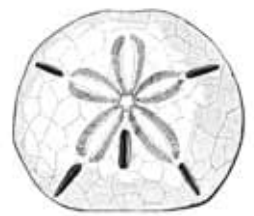
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Sat 12-4pm	556 Genter	3BR/2.5BA	\$975K-\$2,150,000	Bobby Graham • 619-379-9668
Sat 1-4pm	7455 Cuvier St.	3BR/3BA	\$1,199,000	Kristen Aristizabal • 858-349-6194
Sat 1-4pm	292 Bonair St.	3BR/2.5BA	\$1.200M-\$1,350,876	Jim Mc Inerney • 858-551-7233
Sat 1-4pm	603 Bonair Place	3BR/2.5BA	\$1.200M-\$1,350,876	David Schroedl • 858-459-0202
Sat 1-4pm	1327 Torrey Pines Rd.	3BR/3BA	\$1,345,000	Jim Mc Inerney • 858-551-7233
Sat 1-4pm	7451-7453 Girard Ave.	2BR/2BA&1BR/2BA	\$1.350M-\$1.150M	Ben Kashefi • 858-353-2636
Sat 1-4pm	331 Playa del Norte	5BR/4BA	\$2,950,000	Maxine & Marti Gellens • 858-551-6630
Sat 1-4pm	7902 Costebelle Way	4BR/4BA	\$3,500,000	Adams & Associates • 858-204-8898
Sat 1-4pm	1919 Spindrift	3BR/2.5BA	\$3,995,000	Brant Westfall • 858-922-8610
Sat 1-5pm	7666 Hillside	4BR/5BA	\$4,490,000	Meg Lebastchi • 858-336-0936
Sat 1-5pm	6015 Camino de la Costa	5BR/6BA	\$4,600,000	Eric Eaton • 858-349-7566
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Sat 1-4pm	6505 Muirlands Dr.	5BR/5.5BA	\$5,495,000	Greg Noonan • 858-551-3302
Sat 1-5pm	1620 Torrey Pines		\$7,500,000	Meg Lebastchi • 858-336-0936
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