

SAN DIEGO COMMUNITY NEWSPAPER GROUP

Thursday, July 9, 2009

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## Spectacle in the sky with a patriotic punch

Residents had plenty to celebrate this Fourth of July weekend, including some impressive pyrotechnics from the Ocean Beach Pier and others from the Princess Resort along Mission Bay. Ocean Beach residents were treated to an added bonus with a special fireworks show themed to celebrate the 30th anniversary of the OB Street Fair and Chili Cook-Off, held June 27. Despite a creeping marine layer during the holiday weekend, the pyrotechnics displays went largely unobscured. Weather forecasters are calling for warmer temperatures in the mid- to upper 70s this weekend, with mostly clear skies and lows in the mid-60s.

## Beaches brim but holiday trash, arrests drop

By ANTHONY GENTILE I THE BEACON

City officials estimated more than 1.2 million flocked to the beaches over the Fourth of July holiday weekend, about 300,000 more people than in 2008. Despite the increase in people celebrating Independence Day on the sand, the amount of trash and the number of arrests and rescues were down this year.

meanor aiconoi citations doubled from last year. A total of 210 citations were handed out. Although alcohol citations were up, no misdemeanor arrests were made on the beaches. Thirteen felony arrests were made, seven less than last year.

'We believe it's a lot more family-friendly environment and a lot more families," said Capt.

On area beaches, misde- Shelley Zimmerman of Northern Division. Those that drew attention to themselves drew attention to themselves in a very family-friendly environment.'

There was one DUI checkpoint over the weekend on July 3 at 2700 Garnet Ave. at which 13 arrests were made. Zimmerman said police also held saturation

SEE HOLIDAY, Page 7

## Review, audit now key role of MBPC

By ANTHONY GENTILE | THE BEACON

With the Mission Bay Park Committee in a transition period, the committee's regular July meeting was cancelled.

According to Mayor Jerry Sanders' spokeswoman Rachel Laing, the mayor and City Council are in the process of identifying and considering candidates to fill the committee seats by September. The Mission Bay Park Committee typically does not meet in August.

When the board resumes action, it will also act as the Improvement Fund Oversight Committee. This new role was stipulated by Proposition C

which was passed by voters in November of 2008.

The role entails meeting quarterly to review and audit expenditure of the Improvement Fund, including determining priorities for fund expenditure, making sure it's being properly collected and allocated according to priorities and in accordance with Proposition C, and reporting improper expenditures, Laing

In light of Prop. C, City Council voted in June to term out the current 15 committee members by July 1 and replace them with an 11-mem-

SEE COMMITTEE, Page 5



Point Loma resident Ryan Levinson, who suffers from a specific form of muscular dystrophy, will participate in the 58-mile Long Beach to Catalina and Back Offshore National Championship on July 12.

## **Gutsy Point Loma athlete** set for grueling challenge

By ANTHONY GENTILE | THE BEACON

Racing a Jet Ski at 60 miles per hour in 58 miles of open ocean is not easy for any athlete of any skill ahead even more daunting for to race July 12 in the Long Beach to Catalina and Back Offshore National Championship.

Their participation is especially impressive because Levinson and Frank are physically compromised athletes. Levinson was diagnosed with facioscapulohumeral muscu-

lar dystrophy (FSHMD), a genetic disorder that results in muscle loss. Frank's left leg is amputated above the knee.

Levinson and Frank are the first level. That's what makes the task compromised athletes to race in the annual personal watercraft Point Loman Ryan Levinson and race and will participate in the La Jollan Warren Frank, who plan challenged athletes division. Both athletes will face unique challenges during the race.

> Levinson has no abdominals as a result of his muscular dystrophy, which means he has a core imbalance. This requires him to wear a

> > SEE ATHLETES, Page 7

## Discovery

Before we get down to crunching numbers, we'll talk about the things that are most important to you - family, community, pastimes, church. I'll ask a lot of questions about what you're really thinking, feeling, worried about; your experiences with money; and what you've accomplished so far. Together we'll figure out where you are now.

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## News

# Spotlight awaits San Diego's aspiring 'Top Model' hopefuls

By LAURIE SMITH | THE BEACON

Young women who have ever had the desire to strut down a paparazzi-laden catwalk in the hottest of fashions should put on their best limelight attitude and head over to Liberty Station in Point Loma on Saturday, July 11 to audition for one of the most popular reality shows on television.

"America's Next Top Model" is scouring the country for contestants to adorn Cycle 14 of the Tyra Banks-hosted phenomenon, to air in the fall of 2010. The San Diego open casting call, hosted by television's San Diego 6 — The CW, and radio stations KxXy 96.5 and Sophie © 103.7, will take place from 8 a.m. to 1 p.m. for women 18 to 27 years old.

Potential contestants must be 5'7" and above.

Judy Albrecht, San Diego 6 creative services director, warns hopefuls to "make sure to arrive early and have all your documentation," and to "please read all rules and requirements before showing up."

The casting call is billed as a fun-filled event not only for the modeling wannabes but for



onlookers.

"Liberty Station is a great venue," said Albrecht. "It's a beautiful location with interesting shops and restaurants and ample, free parking."

San Diego 6, KxXy and Sophie© — along with additional sponsors Plato's Closet, AT&T and NTC Promenade — are hosting booths showing clips from the show and featuring local celebrities and prizes.

Appearances by on-air talent — including San Diego 6 news team members Heather Myers, Brooke Landau, Elex Michaelson, Jenny Hamel and Ruben Galvan — will add to the atmosphere.

Specific, detailed instructions and requirements are available on www.sandiego6.com and may take a modeling Ph.D. to comprehend. However, the website stresses the importance of carefully reading and complying with the rules.

The casting call takes place at the Corky McMillin Cos. Event



Tyra Banks hosts the popular reality TV show "America's Next Top Model." Producers will hold an open casting call Saturday, July 11 from 8 a.m. to 1 p.m. at the Corky McMillin Cos. Events Center at the NTC Promenade of Liberty Station. 2875 Dewey Road.

PHOTO AND GRAPHIC COURTESY SAN DIEGO 6 - THE CW

Center at the NTC Promenade of Liberty Station, 2875 Dewey Road

For more information, visit www.ntcpromenade.com.

# Suspected serial rapist hangs himself in jail cell

By ALYSSA RAMOS | THE BEACON

Police on July 1 arrested an alleged serial rapist suspected in a string of seven sexual attacks and robberies committed countywide over the past year. But San Diego sheriff's deputies found 39-year-old Thomas James Parker hanging from a sheet inside his cell around 7 a.m. July 3.

The suspected rapist died shortly after, police said.

"A deputy found him in the cell and took appropriate action. We contacted medical and then he was pronounced dead at the scene," said San Diego Sheriff Lt. Julie Sutton. "It was him. He was alone, that's my understanding, that he was not on suicide watch."

Police matched Parker's DNA to at least three of seven attacks, including a Nov. 7, 2008 assault at the University of California San Diego (UCSD) Mesa Housing, said UCSDPD Det. Bill McIntyre.

Parker lived in Tierrasanta with his wife and children, Collins said. In addition to a Tierrasanta attack, police connected him to two Carmel Valley and Mission Valley assaults, one in the college area and at UCSD, Collins said.

Beginning in June 2008, Parker allegedly began targeting Asian women, either robbing and raping or solely robbing the women, according to San Diego Police Department Det. Jim Collins.

"In each one of his cases, he demanded cash and restrained them using cable ties or zip ties," Collins said.

The 39-year-old suspect targeted Asian females returning home from shopping.

He reportedly entered through the victims' garages, according to police, demanding money and then sexually attacking the women. But his suspected spree ended July 1, police said, when his latest victim fought back. The woman shopper drove into the garage of her Mission Valley home lWednesday, July 1, police said, where Thomas Parker allegedly waited, wearing a ball cap and sunglasses.

"The suspect ... threatened the victim with a knife. The suspect started to close the garage door ... and the victim began to fight with the suspect," police said.

Neighbors told police they heard the woman cry for help and called 911.

"The suspect ran out of the condominium complex with the victim chasing him," police said. "The victim flagged down other residents who were driving in the area and they joined her in the chase."

Bystanders joined the chase across Friars Road at Fenton Parkway, police said. Two off-duty Border Patrol agents spotted the group, chasing and eventually arresting Parker, police reported.

"[The first] Border Patrol agent chased the suspect on foot, identified himself as a federal agent and took the suspect into custody, without incident. A second offduty Border Patrol agent observed the incident and assisted the first agent until police officers arrived," police said.

Police arrested Parker — a white, 5-foot-8-inch, 165-pound Tierrasanta man — and booked him into county jail on suspicion of burglary, robbery, assault with intent to commit rape and false imprisonment.

Police said DNA linked him to three assaults, including the November 2008 UCSD Mesa Housing attack, while additional evidence tied Parker to the remaining four assaults.

According to officials with the San Diego County Medical Examiner's Office, Parker committed suicide.

He was "found hung by the neck with a sheet in his cell."



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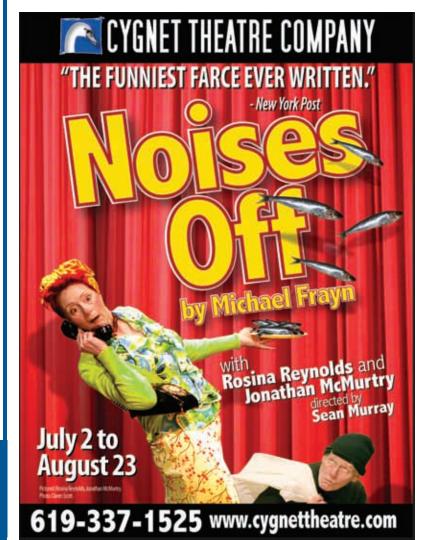
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BY MARTIN JONES WESTLIN | THE BEACON

A memorial service is set for Tuesday, July 14 for Herbert G. Klein, former aide to President Nixon, community activist and onetime editor-in-chief of the former San Diego Union newspaper, who died Thursday, July 2 after a battle with pneumonia. He was 91.

Klein, a La Jolla resident at the time of his death, was White House director of communications during the Watergate scandal, which forced Nixon to leave office in 1974. Klein resigned the post in July of 1973.

He had been associated with Nixon since 1946, when Nixon launched a California congressional bid. In 1960, he helped spearhead the first televised presidential debates between Nixon and then Sen. John Kennedy.

A Los Angeles native, Klein earned a bachelor's degree in jourhe met his wife Marjorie. Marjorie died in 2008

Klein was a Navy public affairs officer in San Diego for three years during World War II, after which he became a special correspondent for the San Diego-based Copley Newspapers. He later wrote for Copley's Evening Tribune and San Diego Union. In 1959, he was named editor of The Union.

He was Nixon's press secretary during Nixon's failed bids for the presidency and California's governorship. He became Nixon's communications director in 1968, the year Nixon won the White House.

In July of 1973, amid the Watergate break-in scandal, Klein joined Metromedia Inc., a national broadcast group.

Klein rejoined Copley as editorin-chief in 1980.

An avid football fan, Klein attended more than 35 Super Bowls in his lifetime, including the first one, in 1967. He was a member of a committee that brought Super Bowl to San Diego in 1988, 1998 and 2003. He had a leading



A memorial service will take place Tuesday, July 14 for Herbert G. Klein, former aide to President Nixon, aboard the USS Midway Museum.

position in creating San Diego's Holiday Bowl, the staple annual post-season college football tilt.

Klein was a member of the San nalism in 1940 from USC, where Diego International Sports Council and San Diego Regional Economic Development Corp. boards. He was also on the Greater San Diego Chamber of Commerce executive um, 910 N. Harbor Drive.

committee.

Klein is survived by brother Kenneth, daughter Patricia Root, three grandsons and two great-grand-

The memorial service takes place at 10 a.m. on Tuesday, July 14 aboard the USS Midway Muse-



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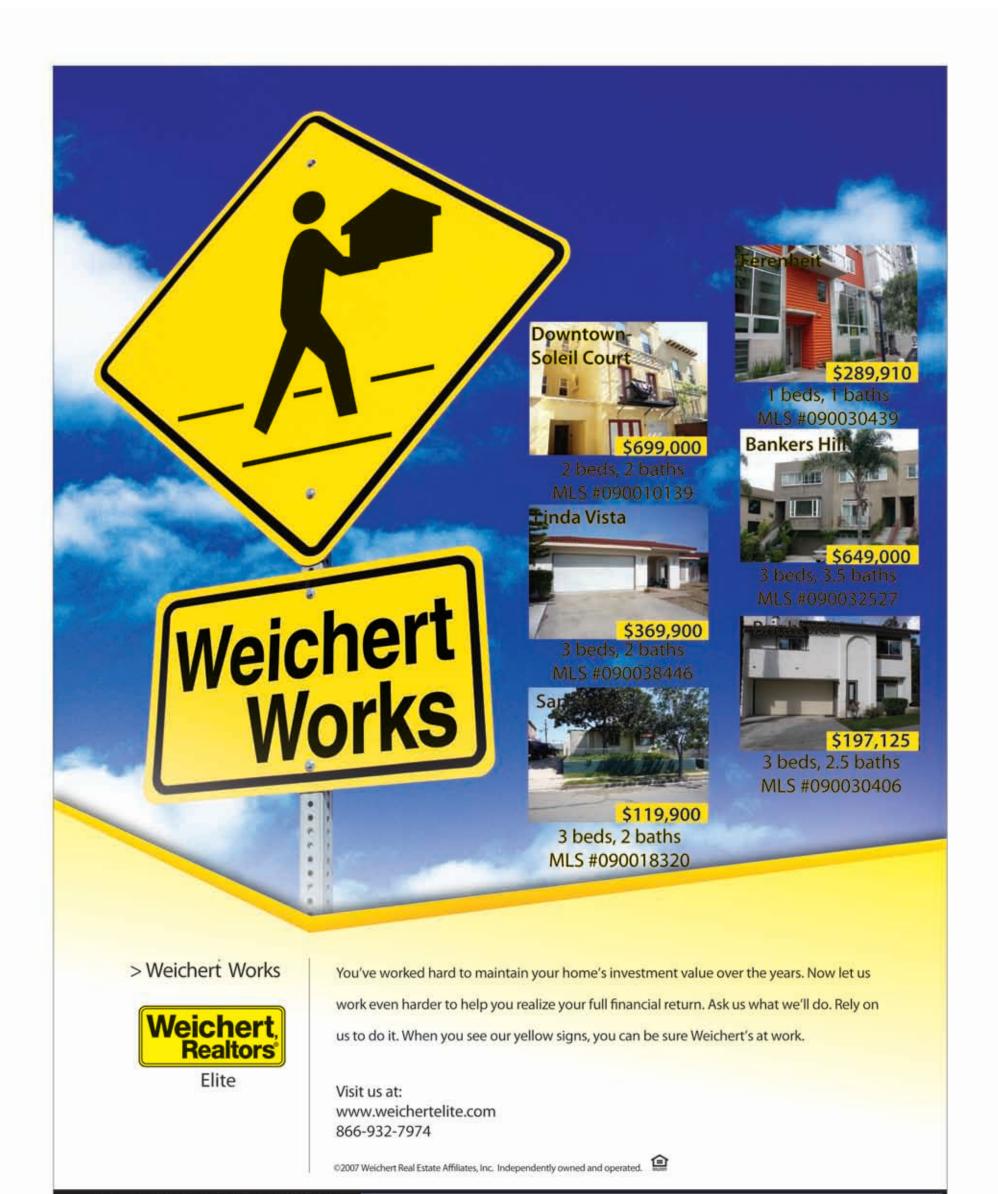


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## **News**Briefs

#### Nightly alcohol sales cut on Coaster trains

In an effort to stem an increase in alcohol-related incidences on Coaster trains, the North County Transit District has voted to discontinue alcohol sales after 9 p.m. on all its runs. Conductors were to enforce the policy beginning July 1 after the San Diego Padres game at Petco Park.

Coaster cars regularly stop at Downtown's Santa Fe Depot on Kettner Boulevard, to the rear of the Museum of Contemporary Art San Diego, before continuing up the coast to Carlsbad.

Passengers discovered drinking on board are subject to citation or removal from the train.

The district moves more than 12 million passengers annually through a family of transit services, including the Breeze bus system and Sprinter light rail.

#### **Annual stand-down fete** scheduled at SD High

The National Stand-Down for Homeless Veterans, an annual event during which military veter-

ans receive medical care and social services help, has set its San Diego fete for Friday, July 17 through Sunday, July 19 on the upper athletic field of San Diego High School Downtown.

Stand-downs are a part of the Department of Veterans Affairs' efforts to provide services to homeless veterans. Typically one to three days in duration, they provide food, shelter, clothing, health screenings, Veterans Administration (VA) and Social Security benefits counseling and referrals to a variety of other necessary services, such as housing, employment and substance abuse treatment.

They are coordinated between local VA groups, government agencies and community agencies serving the homeless.

The first stand-down was organized in 1988 by a group of Vietnam veterans in San Diego. Since then, they've been used as an outreach tool to more than 200,000 veterans and family members.

#### Six-figure city workers fastest-growing group

San Diego city employees earning at least \$100,000 are the fastest-growing income group on the payroll, according to published reports. The San Diego Union-Tri-

bune says about 13 percent of city employees exceeded the six-figure mark in 2008, allowing for salary and overtime. The figure represents an increase from 7 percent since 2005, the year Mayor Jerry Sanders was first elected.

The paper added that the proportion of middle-income earners is shrinking and the lowest-paid segment isn't growing.

The shift toward higher compensation is reportedly the result of recruitment and retention issues stemming from a competitive marketplace for talented personnel.

#### Community picnic to aid autism cause is Saturday

The third annual Wright Family Community Picnic — an event benefiting the Autism Tree Project Foundation — will be held at Westminster Park, 3598 Talbot St. in Point Loma on Saturday, July 11 from noon to 4 p.m.

The event includes a picnic lunch from noon to 2 p.m. at no charge. Participants are encouraged to bring family and friends to the oldfashioned patriotic family picnic packed with red, white, and blue

The Autism Tree Project foundation, founded by Dayna and Todd Hoff, provides screening of students



## **Airport expansion takes wing**

Mayor Jerry Sanders, third from left, joins members of the San Diego County Regional Airport Authority on July 8 in breaking ground for the San Diego International Airport's "The Green Build" at the future site of added gates west of Terminal Two. "The Green Build" is an \$865 million program funded by airport revenue aimed at better meeting the airport's future passenger demands. The improvements are scheduled to be open to the public in late 2012. PHOTO BY ANTHONY GENTILE | THE BEACON

in a preschool setting to identify For more information, visit children at risk for autism due to developmental delays and mentoring for the families whose children have been diagnosed with autism. (619) 405-0176.

www.autismtreeproject.org. For information about the event, to volunteer or to make a donation, call

## COMMITTEE

CONTINUED FROM Page 1

ber board with expertise in city finance and management. Of the 11 members, all are appointed by the mayor — three directly and three from nominations by District 2 Councilmember Kevin Faulconer and District 6 Councilmember Donna Frye.

Candidates must possess expertise, experience or knowledge in one or more of the following areas: auditing, finance, general business planning, biology or environmental science, resource management or protection, wildlife management or protection, construction management, recreation management or planning.

"There are no standard criteria for

measuring qualifications or experience," Laing said. "People are recommended or nominated, and our vetting determines whether their experience and background affords them the necessary knowledge."

Judy Swink, who had served on the committee for 15 years before being termed out, said she is concerned that the criteria for member nomination and selection is not

Honesty

broad enough.

"The criteria initially was far too rigid and limiting for what is a citizen's advisory committee," Swink said. "This committee is dealing with anything and everything having to do with policy and activities and projects in Mission Bay Park, yet the criteria seemed to focus exclusively on the oversight role."

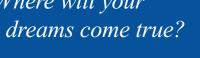
Swink said it would be beneficial

for the new committee to retain some of the old committee members to ensure a continuous progress.

To suddenly start from scratch on something that's been continuing for over 40 years — there's an awful lot of institutional history that gets lost if there isn't an overlap," Swink said.

Laing said members of the old committee may be considered and reappointed if qualified.

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#### **GUEST COMMENTARY**

## New City Hall: testament to the 'people' element



By SANDRA SIMMONS

Once again, futurists seek to provide an economic and psychological boost to our waning progress. And once again, another study is commissioned to evaluate the viability of the Civic Center Complex. With leases on current city-occupied buildings ready to expire, proactive steps are being taken to evaluate the present and future practicality of continuing as is or taking a leap into the

Numerous specialized consultants have recently been engaged to crunch complex numbers associated with various short- and long-term scenarios.

What was found was not a surprise to anyone. The existing buildings contain a great deal of asbestos (a known carcinogen), mechanical systems working significantly past their life expectancy, a decaying roof, outdated lighting, heating and cooling systems and dysfunctional and redundant work space environments. Moreover, they don't meet many current fire and safety codes.

Portland's Gerding Edlen Development Co. proposes to build a 34-story City Hall, at a cost of between \$179 million and \$231 million, with a design that surpasses the requirements to attain a Leadership in Energy and Environmental Design (LEED) platinum rating-the highest level of United States Green Building Council certi-

The iconic, intelligently designed venue would be a model for sustainability amid its rooftop wind turbines, integrated photovoltaic solar panels, an on-site water treatment and reclamation

system, hydronic heating and cooling systems and a thermal storage system to reduce peak energy demands. The design incorporates green roofs, native drought-tolerant landscaping, rainwater harvesting, natural ventilation and solar shading.

The goal: The new City Hall would produce more energy than it consumes.

San Diego has it all-the finest weather, stunning geography, delightful people and unsurpassed potential. So why do some say San Diego lacks a creative vision to make our town rank among world-class cities? Could it be the attributes that make San Diego so desirable also contribute to our failure to craft an ideal metropolis? Do we create a place for people or allow people to stop the future in its place?

Do we hal the future or hold on to our past?

"The current [City Hall] building is a disaster waiting to happen. Do we place a Band-Aid on the building in hopes to save money later? I think not," said Bill Sauls, of

Diego Velasco (M2i) eloquently answered, "Our spectacular geography and unique natural environment should be the best source of inspiration for how we build our city. If we can recognize this and pay homage to it, we can achieve great things.'

Over the last 15 years, modern buildings, some extremely striking, have been sprouting up all over Downtown. Yet in the center of it all meekly hides our Civic Center complex. In fact, policies that affect our daily lives, and our very future, are being handed down by decision makers who work in frumpy and dowdy buildings constructed in the mid-1960s, buildings past their

That's a compelling reason to rebuild the center of our government, but it's not the real reason. Economically and psychologically, it makes sense. Our city deserves better. A world-class city needs a world-class place for the people.

Sandra Simmons, who writes Downtown News' Life in the City column, is a 17-year resident of down-

#### WHAT IF SARAH PALIN RUNS FOR THE WHITE HOUSE AND WINS.



#### **Questions letter writer's** support of group chair

It is ironical but not surprising that Wayne Raffesberger, as a land-use attorney, attacked James Gilhooly ("Halbert a solid choice as chair of working group," July 2 Beacon, page 6) regarding his concerns about Gary Halbert, chair of the Rosecrans Corridor working group. Mr. Gilhooly made no reference to Gary Halbert's position in San Diego's Development Services Department during the Sunroad incident.

It is a matter of public record that on June 19, 2006 Tait Galloway (city) informed Gary Halbert (city) and Kelly Broughton (city) that the Federal Aviation Administration had significant concerns about the height of this project. They were told it was penetrating the Part 77 and TERP airspace surfaces by approximately 20 feet.

Publicly it has been stated from the top on down through Mayor Jerry Sanders, Jim Waring and Gary Halbert that they had no knowledge of the project until after it had reached 180 feet.

Yet each of them were in some way responsible for oversight of the project.

Mr. Raffesberger, as a land-use attorney, refers to his volunteer community service, which in reality typically supported developers' projects on the boards of the Centre City Development Corp. and Peninsula Community Planning

While Raffesberger was on the former Naval Training Center (Liberty Station) Citizens Implementation Advisory Committee, he supported the Corky McMillin Cos. developer's cost-cutting, among other things, by being the sole opponent to the sorely needed parking structure.

Finally, if Mr. Raffesberger

#### Letters to the Editor

attended the Peninsula Community Planning Board meetings, he would come to know Mr. Gilhooly as a public safety-minded citizen, not a sycophant to developers.

#### San Diego warring with voters over Prop 215

The actions of the San Diego district attorney, chief of police, county board and even local judges regarding medical marijuana remind me of how Bull Connor kept Jim Crow segregation in force in Alabama for a while after the courts ruled otherwise. The main difference being that 52 percent of the voters in San Diego County voted for Proposition 215 in 1996 and an even bigger majority approves now.

The level of opposition to democratic principles found among San Diego's leaders is appalling. San Diego's officials seek to disown Proposition 215 in the face of a majority vote in favor of legal medical marijuana, not to mention numerous court decisions that went against them.

Apparently these cretins still believe the racist nonsense used to pass marijuana prohibition laws in the first place:

"Marihuana influences Negroes to look at white people in the eye, step on white men's shadows and look at a white woman twice." -- (Hearst newspapers nationwide, 1934)

"There are 100,000 total marijuana smokers in the U.S., and most are Negroes, Hispanics, Filipinos and entertainers. Their satanic music, jazz and swing, result from marijuana use. This marijuana can cause white

women to seek sexual relations with Negroes, entertainers and any others."

... the primary reason to outlaw marijuana is its effect on the degenerate races.'

Federal Bureau of Narcotics Director Harry J. Anslinger, 1930

"Reefer makes darkies think they're as good as white men."

Federal Bureau of Narcotics Director Harry J. Anslinger, 1929

"Marijuana is an addictive drug

which produces in its users insanity, criminality and death." "Marijuana is the most violence-

causing drug in the history of mankind." "[Smoking] one [marihuana]

cigarette might develop a homicidal mania, probably to kill his brother (see U.S. Government Propaganda To Outlaw Marijuana www.druglibrary.org/schaffer/hem p/taxact/t3.htm).

No one who upholds this kind of lunacy deserves to hold public office. Yet we see judges, district attorneys and elected officials glibly defying all common sense and all medical wisdom.

When politicians ignore the will of the people, it is time to clean house and vote these corrupted poltroons out of office.

**Roger Givens** 

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CONTINUED FROM Page 1

back brace during the race, in addition to a full-face helmet and knee pads.

"I don't have any core stability anymore, so when I take a hard hit, I can't always brace against it, and a lot of time I get slammed into the ski," Levinson said, "so it's being able to ride with enough technique and guts that I can take these hits over and over and still maintain speed.'

FSHMD is a genetic disorder that Levinson knew ran in his family, but he didn't know he had it until being diagnosed definitively 10 years ago. The 37-year-old emergency medical technician is losing muscles at a steady rate, which makes daily tasks like brushing his teeth, washing his hair, putting on a shirt and walking up stairs very difficult.

'Usually, first I'll notice a change in function, and then within a few weeks I'd see a muscle group atrocertain area to nothing — it vaporizes," Levinson said. "You look at me and there's whole muscle groups that are gone. You can see the bone through the skin. In other areas, the muscles are extra big they've hypertrophied to compensate as much as they can."

Levinson said about 90 percent of his strength comes from his deltoid muscles. He said he has no chest muscles, no abdominals and no muscles on the inside of one of his thighs, adding that about half his calf muscles are gone.

"My life is loss, but at a much more accelerated rate than a lot of other people. Instead of focusing on the loss, I focus on what hasn't been lost yet," Levinson said.

Levinson now lives in Point Loma but has also lived in Pacific Beach. He used to work at Harry's Surf Shop in PB, proposed to his wife on the stairs at Tourmaline Beach and got married on the sand at Mission Beach.

His favorite spots to surf are the Sunset Cliffs breaks south of Garbage Beach and the reefs near Pacific Beach Point.

"I can't carry those boards down to the cliffs anymore," Levinson said. "So these spots that I've been surfing for a long time that mean so much to me were off the list for a while until I got a personal watercraft, and now I can access some of these spots again. It got me back in the game. For me, it's just as much of an accessible tool as a wheelchair would be for someone who can't walk down the street."

For Frank, the challenges of the race are straightforward — but

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made more complicated by his prosthetic leg.

"If everything is meant to be the way it's supposed to be, I don't really see it as a disability," Frank said. "Sometimes I get the craziest cramp in my calf muscle and I have to take my prosthetic off. Hopefully that doesn't happen during the race."

Being a single-leg amputee, Frank might be considered among the more able-bodied of the compromised athletes. He said he doesn't consider himself limited in the least.

"(It's difficult) only when I have to go to the bathroom when I'm sleeping (because) I have to use crutches," Frank said.

Twelve years ago, Frank was riding a dirt bike in Ocotillo Wells when he crashed into a dune buggy. Surgery was required to mend the injury, which was so severe that a metal tube was inserted into his fibula and metal bolts were inserted in his leg from his knee to his foot to prevent the bones from moving.

"I've always been active and kind of hyper, and those nine, ten phy. It goes from kind of toned in a months I was in a wheelchair or on crutches, I was going insane," Frank said, "not knowing whether I was going to get better or not.'

After six months passed without bone union, doctors cut a hole in Frank's hip and put that bone in his ankle. The transplant resulted in a bone infection that was treated intravenously — to no avail. About a year after the dirt bike accident, Frank faced a decision: amputate his left leg above the knee or keep it in a compromised state. Frank decided to proceed with the ampu-

whole surgery was "My planned," Frank said. "It wasn't like a crazy, gnarly car accident where you woke up missing your leg. I had

time to make the decision."

Two months after his amputation and after being fitted with a prosthesis, Frank participated in a bike race and never looked back. Frank's main activity is the triathlon, and his next one is the Pacific Coast Triathlon on July 26 in Newport Beach.

Frank, 42, has lived in La Jolla since moving to California from South Africa in 1984. Aside from the constant care, Frank doesn't see his amputation as a huge challenge from day to day.

Levinson and Frank have been training for the Long Beach to Catalina and Back Offshore National Championship for the last couple of months, combining regular exercise with intensive training sessions on Camp Pendleton with Shawn Alladio, the owner of K38 water safety. Both agree that training for the race has been tough.

"The biggest challenge is the amount of pain it takes, especially on your legs and your back because you're kind of in a squat (position) the whole time," Levinson said. "It's like doing squats for an hour while people are slamming you with a bat.

Frank, who also makes training runs from Shelter Island to Scripps Pier, admitted that after one session with Alladio he almost backed

"Our first training ride, I was almost going to back out just seeing how difficult it was," Frank said. "I passed the point of no return, so I figured I might as well just give it a shot. I'm feeling pretty confident now.

The confidence and grit both men carry into the race should serve as a source of inspiration to others no matter where Levinson and Frank might finish.

#### HOLIDAY

CONTINUED FROM Page 1

patrols throughout the weekend. In the water, lifeguards made a total of 262 rescues on the beaches of San Diego, 72 less than in 2008. There was no reported drowning.

The Monday after the holiday weekend, Surfrider Foundation held its sixth annual Morning After Mess Cleanup Day at Ocean Beach Pier. Belmont Park in Mission Beach and Pacific Beach Drive in Pacific Beach. Early in the morning, 650 volunteers picked up 2,000 pounds of trash and 24,000 cigarette butts — in total less trash than

"I was pleasantly surprised when I got to the beach this morning and saw the limited mess that was left behind compared to some years in the past," said Bill Hickman, a coordinator for Surfrider's San Diego chapter. "There was still plenty of work for the volunteers, but they were focusing on smaller items than usual."

Unusual items found in the cleanup included a bra, a car tire and rim, a broken barbecue in some Mission Beach bushes and more than a handful of marshmallows in Ocean Beach.

Hickman said he believes there were many factors behind the trash decrease.

"There's more general awareness about keeping the beach clean and I think part of it was the alcohol ban as well," Hickman said.

There weren't any beer cans or anything like that out there. There's still a lot of single-use

stuff out there," he said.

For the fifth year, Clean Beach Coalition put out 72 large cardboard boxes to collect trash and, for the second time, set out 62 cardboard boxes to collect recyclables through Pacific Beach, Mission Beach and Ocean Beach and around Mission Bay to supplement city trash cans. The coalition paid for the boxes and the city maintained them from Thursday through Sunday plus was able to move underutilized boxes to more populous sites if required.

Local businesses also sponsored the trash boxes, including Mi Casa, Firehouse Eatery, Lahaina Beach House and Sempra Energy.

"People are now starting to expect the boxes," said Robert Rynearson, director of Free PB, a local activist group.

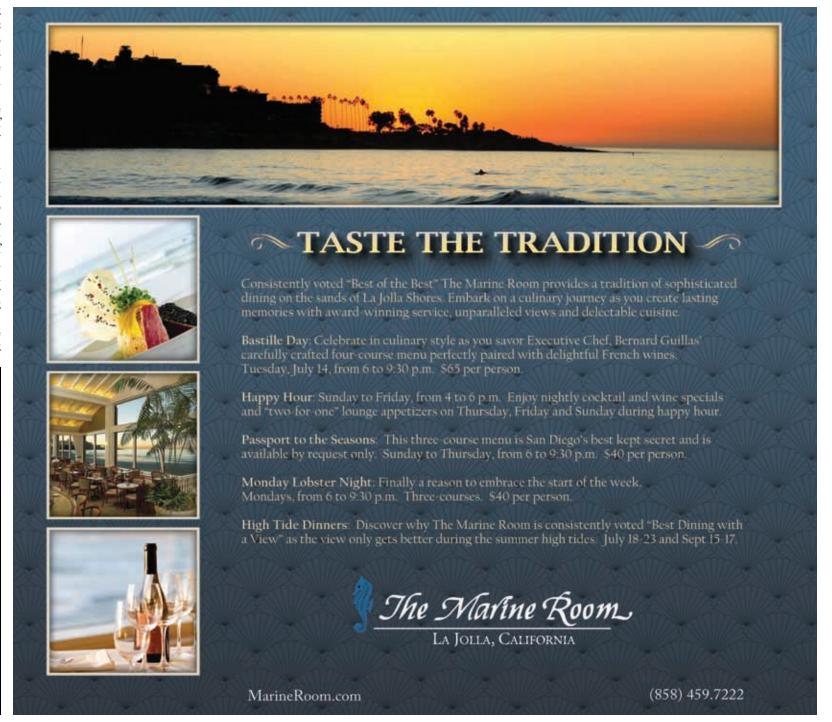
The coalition has supplemented trash pick-up for the past five years and includes San Diego Coastkeeper, I Love a Clean San Diego, FreePB.Org and Surfrider Foundation.

One incident occurred in the Peninsula area over the holiday weekend.

On July 4 at 11:15 p.m., a 22year-old white male reportedly stabbed a 28-year-old Hispanic male with a knife in front of 5327 Lotus St. in Ocean Beach.

According to police, the victim saw a fight break out in front of the location and attempted to break it up. In doing so, he was stabbed twice in the torso and once in the left forearm, resulting in non-life-threatening injuries, and was taken to the hospital, investigators said.

Police arrived on the scene and arrested the suspect.



# Coastal EXPERTS

Are you considering buying, selling or investing in a property along the coast? If so, here are the agents who know the coast best. Each zip code in San Diego has its own personality and the quirks to go with it. Property values, zoning, building permits, and many other criteria vary at the beach more so than any other area. The agents below are experts in coastal real estate. Each is a Realtor with experience, ethics, and the track record of a top producer. Feel free to visit their websites, email, or even call with questions or concerns. Each realtor has agreed to do a FREE home analysis of the property you own, or are thinking of buying.



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## Catching OTL fever: Summer rite swings back into action July 11

By ANTHONY GENTILE I THE BEACON

Competitors and partygoers alike will hit the sand at Fiesta Island for two weekends staring July 11 and 12 for the World Championship Over-The-Line tournament. About 55,000 people are expected to attend Old Mission Beach Athletic Club's (OMBAC) 56th annual tournament.

"It's a one-of-a-kind event," said OMBAC member Sonny Petersen. "The inventors of the game are actually the guys that put on the tournament. The original members of OMBAC are the ones that created the game.'

Over-The-Line is a four-inning game of self-pitch baseball played with teams of three on a modified court. "The line" is 55 feet from the batter and the fair area beyond the line is 55 feet from foul line to foul line.

As far as scoring, three hits in an inning equals a run, and each hit after that in a single inning equals a run. Home runs — hits that advance past the last fielder without being touched — clear the

"If you've never seen it, you should definitely come and check it out." Petersen said. "It's great to be able to see it and to see how it's

The double-elimination tournament features 1,320 teams of three – 143 from outside California competing in 10 different divisions. Games will take place from 7:30 to dusk on July 11, 12, 18 and 19.

'With the athletes it's usually pretty serious, but overall it's a pretty lighthearted atmosphere," Petersen said. "Everybody's out there enjoying themselves in the

The city of San Diego has issued a special event permit to OMBAC for Over-The-Line, allowing for the consumption of alcohol in the playing courts area, reserved parking

lot and RV parking lot. For those that miss the days of being able to drink with their feet planted firmly in the sand, Over-The-Line is a rare opportunity to revisit the past.

Over-The-Line serves OMBAC's main fundraiser for the entire year. During the year, the nonprofit organization runs amateur and youth sports programs and donates to local charities.

The Softball VIP party at Stinky's Oasis jumpstarts the tournament on July 10 from 3:30 p.m. to 8:45 p.m.

The party will feature bands French Kiss Koma, The Steps, Vokab Kompany and Buckfast

Superbee, along with food and a full bar. Admission to the party costs \$15, which includes two drinks. For more information visit www.govavi.com.

Free parking lots are located near the courts on Fiesta Island, but those arriving to the event after 10 a.m. are encouraged to use the free shuttle service.

Buses will run from Belmont Park (pick-up is at the west end of the Bonita Cove parking lot) and the Linda Vista trolley station to Fiesta Island.

For more information on the Over-The-Line tournament, visit www.ombac.org.

## Peavy's ankle injury will hobble Padres into an uncertain future

BY ANTHONY GENTILE | THE BEACON

The ankle injury that San Diego Padres ace Jake Peavy sustained in June is keeping him out for at least two months. But the injury could hobble the Padres for longer than that, as it leaves the two-time allstar all but immovable in 2009.

"At this point in time, I think it's highly unlikely that [Peavy's] somebody that will be moved this year,' said Padres general manager Kevin Towers. "A lot of it is just timing on the rehab and how long around him," Towers said. "We'll

performing and pitching in ballgames."

If Peavy returns to the rotation, it would not be until late August, well past the July 31 trade deadline, making it highly likely that the southpaw and his current \$15 million contract will be with the team in 2010. This puts further strain on the club looking to shed an extra \$5 million in salary to hit the \$40 million payroll mark this year.

"It's nice to have that type of guy at the top of your rotation; it just limits what we're able to do it's going to take before he's back have to have good young players

come up and perform well."

Peavy, 28, is under contract with the Padres until 2013. He is due to make \$16 million in 2011 and \$17 million in 2012 and has a \$22 million option in 2013, with a \$4 million buy-out-making a quick deal in the best financial interests of the

"Where our payroll is at right now, it's something we need to look at," Towers said.

During the off-season, there was a considerable market for Peavy, but no deal was cut. Towers said that at that time, the Padres had dialogue with the Atlanta Braves and Chicago Cubs. On May 22, the Padres agreed to a trade to send Peavy to the Chicago White Sox for four players, but Peavy nixed the deal, exercising the no-trade clause in his contract.

"It's certainly frustrating, but we gave it to him," Towers said of the clause. "Things change-I'm sure at the time we put the no-trade provision in there, we thought that it was highly doubtful that we'd ever even entertain moving him." The Chicago Tribune had reported that left-handers Clayton Richard and Aaron Poreda were part of the

"With us, we've always said if we're moving Jake, we really want it to be the best baseball deal we can do," Towers said. "We're hoping it can be a deal that can plug a few different holes."

Peavy strained his tibialis posterior tendon in his left ankle running the bases against the Arizona Diamondbacks on June 8. The Padres placed him on the disabled list five days later, and Peavy has

been in a walking cast since June 15. In 13 starts prior to the injury, Peavy was 6-6, with a 3.97 ERA and 92 strikeouts.

Peavy met with doctors on June 30 as an evaluation at the expected midpoint of his time in the walking cast. Padres manager Bud Black said if Peavy continues to progress, the boot should come off sometime in the middle of July. Whether Peavy pitches again in 2009 is still up in the air.

"Hopefully by immobilizing him in the walking cast, we can avoid having to have any type of surgery," Towers said, "because any surgical procedure means he's probably out for the year."

Either way, when it comes to dealing Peavy, the Padres are seemingly out of luck for another

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OBCF

# Local actors make trials of amnesia unforgettable in latest PLAT production

BY KATE KOWSH | THE BEACON

The Point Loma Actors Workshop is gearing up to launch its latest production, "Fuddy Meers," a comic drama premiering Friday, July 10 at 8 p.m. Written by Pulitzer Prize-winning author David Lindsay-Abaire, the production is scheduled to run every Friday and Saturday through Aug. 1 at the Point Loma Assembly, 3035 Talbot St.

An ominous but hilarious comedy, "Fuddy Meers" follows the trials of the main character, Claire, played by local actress Lisa Brindley. Claire suffers from a rare disease that wipes out her memories of who she is every time she goes to sleep, according to the show's director, David Sein.

"During the day, she learns all about her life and she goes to sleep at night and wakes up the next day and does the same thing," Sein said.

Sein said he expects the public to take note of the local cast's special talents right away.

"It's a show not to be missed if you enjoy comedy," Sein said. "The cast is wonderful and we're just proud to be presenting it in the community of Point Loma."

Of what audiences can expect from the performance, Sein notes, "Some will be shocked, some will think it's probably the fastest first act you'll see in theater. It's a very, very fast-moving play with characters that are unbelievable."

One particularly quirky character, the Limping Man, was a bit of a stretch for local actor Ken Light, according to Sein. "It's pretty funny to get a guy who's trained in Shakespearean theater to play a half-blind, limping, lisping, convicted felon."

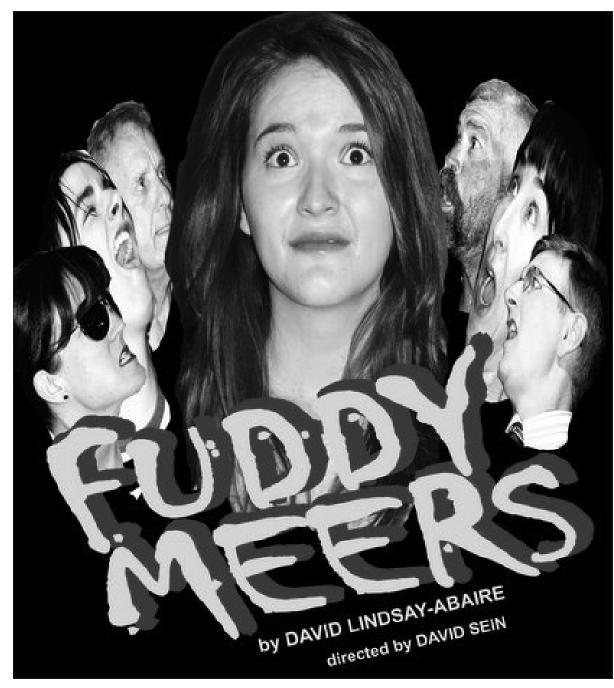
In addition, Sein also cautioned that the play's sometimes maniacal cast of characters add to the production's risqué subject matter.

"The language is colorful and there's a bit of violence," Sein said. "It's all in fun, but definitely it's not for your middle-school child."

Doors open 30 minutes prior to each start of the performance. ickets are \$15, with discounts available for students, seniors and military. Reservations can be made by calling (619) 225-0044. Tickets are also available for purchase at the door.

Next up on the performance schedule for the Point Loma Actors Workshop will be a free production of Moliere's "The Forced Marriage," tentatively slated for an Aug. 21 premiere, according to Sein.

"Last year we had over 1,400 people at the show," Sein said.



The Point Loma Actors Workshop produces the comic drama "Fuddy Meers" at the Point Loma Assembly on Talbot Street beginning Friday, July 10. The show, written by Pulitzer Prize-winning author David Lindsay-Abaire, runs through Aug. 1.



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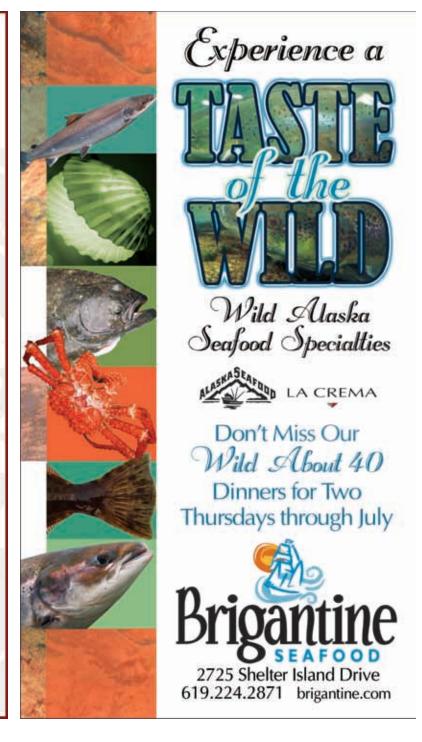
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## Beatles' legacy gets some Help! from tribute band

By BART MENDOZA | THE BEACON

It's a testament to the staying power of The Beatles' music that, nearly 40 years after their demise, not only are they still relevant, but there is a small army of tribute bands performing their music around the world at any given time.

Demand is such that there is always room for more. San Diego boasts such Beatles cover groups as The Baja Bugs, who perform the group's earliest material, and Rockola, which has carved their own niche with live re-creations of the Fab Four's albums.

Covering the Beatles entire repertoire into the solo era is the band Help!, which performs at The Harp on Saturday, July 11.

Help!, which features guitarists Dave Keefer and Dave Reynolds, bassist Ted Felicetti and drummer Gary Long, first got together in October 2006, ironically from the ashes of a short-lived George Harrison tribute group.

For Felicetti, the reason for forming a tribute band to The Beatles is obvious.

"They are simply the best band of all time," Felicett said. "No one else will ever come close. Their music has turned into classic rock in the real sense of the

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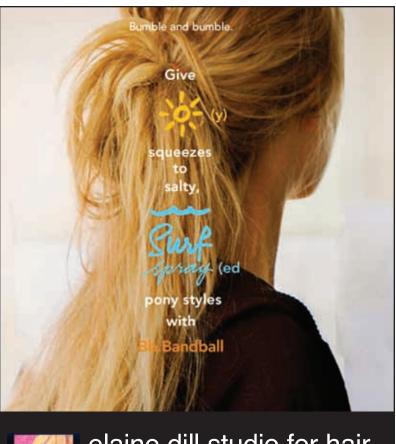
Last month we discussed how challenging and intimidating it can be to suddenly become the caregiver to members of your family and how geriatric care managers are so vital in helping people with the process. Another recommendation to help you understand what may be hap-

pening to your parents is:

Investigate the source of gradual decline. A host of conditions can cause gradual decline. Before jumping to the conclusion — as many people do — that Alzheimer's disease is the culprit, recognize that your parent may be experiencing an altogether different problem: a Vitamin B12 deficiency, an underactive thyroid, Parkinson's disease or depression, to name a few. The RN Case Manager at Innovative Healthcare is experienced in recognizing this decline and will discuss with you and the physician all the possibilities to make sure all possibilities are considered.

Address not just symptoms-but emotions, too. There is disease and then there is "dis-ease — that is, a lack of ease, security or well-being. "Dis-ease" can manifest itself as myriad emotions in an elderly person: fear, grief, boredom, embarrassment and sadness among them. The fact is, these emotions can be every bit as debilitating as disease.

A RN Case Manager from Innovative Healthcare Consultants, Inc. in your area will be happy to discuss your concerns. Call today (877) 731-1442 or visit our website at www.innovativehc.com.





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Certification, experience and being a degreed health professional are a triple threat in the world of fitness. Trainers should hold a current certification from an N.C.C.A. (National Commission for Certifying Agencies) accredited agency as well as hold a degree in either: Physical Therapy, Athletic Training, Exercise Science/Physiology, or Kinesiology. Their extensive experience and knowledge cannot be compared to a trainer who holds only a certification.

A complete current fitness assessment and reviewing of past medical history are a necessity. How can one expect to reach their goals of weight loss or increased muscular strength if they do not know their current fitness level? Make sure the trainer you choose takes body fat measurements, performs retest and goal revisions at appropriate timeframes.

Professionalism is a must. What is your first impression of the trainer or the facility they work in? Be wary of trainers who are insincere, promise unrealistic results and use negative reinforcement to motivate clients.

Rates and the bottom line are important but it can not be stressed enough that "You Get What You Pay For." What additional value is the trainer adding that goes beyond just overseeing you exercise? This goes back to performing fitness assessments, offering nutritional guidance (when qualified to do so), and doing the little things that are not expected, but make the experience special. Be wary of trainers that charge under \$40.00 for a one hour training session. They are often uncertified or very inexperienced at the least.

Call Fitness Together- Point Loma today at 619.756.7500 to schedule your complimentary training session with a degreed health professional. Visit our website at www.fitnesstogetherpointloma.com to view additional articles on health and fitness.

EAT RIGHT,

## ARTS & ENTERTAINMENT

CONTINUED FROM Page 10

word. These songs are like Beethoven or Bach now.'

While bands playing original music can struggle for gigs, Help! plays roughly 120 gigs each year. They've just signed with an agency and hope to significantly increase that number.

Felicetti said The Beatles are directly responsible for his desire to become a musician. As a child, he was one of the millions who caught their first glimpse of the Fab Four during the historic broadcast of the Ed Sullivan Show on the evening of Feb. 9,

"I was enthralled," Felicetti said. "I wanted a guitar right away, but my parents made me wait for six months."

He also saw The Beatles in person at Shea Stadium in 1966. "I didn't hear them," Felicett said. "It was just a roar of

While the members of Help! wear costumes appropriate to the era of Beatles music, including the brightly colored Sgt. Pepper uniforms of 1967, Felicetti considers there to be a major difference between his band and other Beatles tribute bands.

"We don't do the accents or

wear wigs or anything like that," he said. "The jackets just add to the atmosphere of the whole thing, but we're more about the accuracy of the music we're playing. It's important that if you close your eyes, we sound like The Beatles.

Though a few of the band's instruments do match what The Beatles might have strummed in concert, that's more coincidence than design.

"I don't want to get that techni-cal," Felicetti said. "It takes away from the fun for me.'

Although Beatles songs are popular with all ages, he notes that older crowds tend to prefer the band's moptop era, while the younger set goes for the late '60s long-haired edition.

"It's because of the movie 'Across the Universe,'" Felicettisaid.

That particular musical featured Beatles covers and a Vietnam-era backdrop.

"I've seen it before, where a song in a movie or television will spark something, and that movie definitely did."

He cites "Happiness Is a Warm Gun" and "Rocky Raccoon" as particular crowd favorites. Unlike most tribute acts, the group also occasionally includes solo material such as George Harrison's "Give Me Love" or



Beatles tribute band Help! will perform at 9 p.m. on Saturday, July 11 at The Harp on Newport Avenue.

**COURTESY PHOTO** 

John Lennon's "Imagine."

"That's something we'd like to do more of," Felicetti said. "But we wanted to get the catalog down first.'

Though he spends most of his time onstage performing others' music, Felicetti does write original music as well.

"It's for our next band," he

Felicetti also performs with Keefer in an unplugged cover duo, Acoustic Karma, but he said he's more than happy to keep Help! the focus of his musical activities.

"I'm way past the age where

I'm looking to get famous through my playing. I just love doing it," Felicetti said.

Help! performs July 11 at The Harp, 4935 Newport Ave., at 9 p.m. The show is for those 21 and up and there is no cover charge. For more information, visit www.weplaythebeatles.com.

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## July/August A Look Ahead

#### COMMUNITY/CIVIC

Saturday, July 11, noon to 4 p.m., the Wright Family hosts its third annual Community Picnic to benefit the Autism Tree Project Foundation. The event includes an autism awareness table, a raffle with giveaways for families, a picnic lunch, music area, bubble machine, arts and crafts, a jumper and climber, party favors for kids and sales of art and cards by local autistic artist Joel Anderson. Lunch is served from noon to 2 p.m. The event takes place at 3598 Talbot St., corner of Talbot and Cañon streets. For more information, call (619) 405-0176, or visit www.autismtreeproject.org.

Saturday, July 11, 9 a.m. to noon, Friends of Famosa Slough hosts a work party to care for native California plants and remove invasive plants. Participants are asked to meet at the southeast corner of West Point Loma Boulevard and Famosa Boulevard. For more information, call (619) 224-4591, or visit www.famosaslough.org.

Thursday, July 16, 7 p.m., monthly meeting of the Ocean Beach Historical Society, "Local Pottery History," featuring Dedi Ridenour and Izzy Elizondo (Falling Sky Pottery). The event takes place at the Point Loma United Methodist Church, 1984

Sunset Cliffs Blvd. For more information, call (619) 225-1753, or visit

www.obhistory.wordpress.com.

Thursday, July 16, 6:30 to 8 p.m., the Jenna Druck Foundation's "Families Helping Families" hosts a free grief education workshop called "Peace Through Stillness: How Meditation Can Ease the Pain of Losing a Child or Loved One." The event takes place at 2820 Roosevelt Road, Suite 200, at Liberty Station. For more information, e-mail ltibiatowski@jennadruck.org, or visit www.jennadruck.org.

Saturday, July 18, 9 a.m. to noon, the San Diego Audubon Society hosts a habitat restoration event at the San Diego River. Participants are urged to wear long pants, a hat, boots or sturdy shoes and use sunscreen. Gloves, tools, water and snacks will be provided. Participants will meet a half-mile on the service road off SeaWorld Drive, South Shores Park. For more information, call (619) 682-7210, or visit www.sandiegoaudubon.org.

Saturday, July 18, 1 p.m., Friends of Famosa Slough hosts a nature walk at the slough. Participants are asked to meet at the first bench on Famosa Boulevard just south of the intersection with 4301 W. Point Loma Blvd. For more information, call (619) 224-4591, or visit www.famosaslough.org.

#### **SCHOOLS**

#### ST. CHARLES BORROMEO

- July 1-31, office closed.
- Monday, Aug. 3, deadline to include items in SCBA summer mailing.
- Friday, Sept. 11, second annual golf tournament at Sail Ho Golf Course. For more information, call (619) 218-3042.

#### **WARREN-WALKER**

- Through July 10, Seaside Players Drama Camp for grades 1 through 6.
- Through July 10, summer school; English, math, band and industrial arts for grades 6-8.
- July 13-17 and Aug. 10-17, Animal Adventures Camp for grades 3-8.
- July 20-24 and Aug. 17-21, Marine & Freshwater Biology
- Through Aug. 21, summer camp for pre-kindergarten through 8th grade.

## WORDWIDE LANGUAGE CENTERS

- Saturday, July 11, 10 a.m. to 12:30 p.m., Pier Poets & Writers Performance Workshop The event takes place at 4843 Voltaire St. For more information, call (619) 222-6411 or email study@wordwide.us.
- Thursday, July 16, 10 a.m., 2009 Guest Speaker Series features Pat James, owner of James Gang Graphics and president of

SEE **CALENDAR**, Page 15



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## CALENDAR

CONTINUED FROM Page 14

the Ocean Beach Historical Society. For more information, call (619) 222-6411 or e-mail study@wordwide.us.

#### **SENIORS**

Thursday, July 16, Peninsula Shepherd Senior Center Programs hosts the Sunset Cliffs Seniors for a day of activities. From 10 to 11 a.m., blood pressure check, courtesy San Diego Medical Services; 10:30 to 11 a.m., chair exercises with the Peninsula YMCA; 10 to 11 a.m., fellowship; 11 a.m. to noon, Senior Readers' Theater Troupe's Script in Hand Players program; noon, luncheon for \$5 with reservations required. Reservations must be made by Tuesday, July 14 by calling (619) 223-1640.

Monday, July 20, 9:30 to 11 a.m., Sharp Healthcare's Senior Resource Center hosts a holistic healing event focusing on energy maps of the body, its meridians, chakras, auras and bilateral pathways and relaxation methods to enhance immune function and well-being. The event takes place at the Sharp Memorial Outpatient Pavilion, classrooms A and B, 3075 Health Center Road. Registration is required by calling (800) 827-4277, or visit www.sharp.com.

#### **ARTS & ENTERTAINMENT**

July 10-26, varying dates and times, Westminster Presbyterian Church's Vanguard Theatre presents "Bye Bye Birdie." Performances are 8 p.m., Friday, July 10; 8 p.m., Saturday, July 11; 7 p.m., Sunday, July 12; 8 p.m., Friday, July 17; 8 p.m., Saturday, July 18; 7 p.m., Sunday, July 19; 8 p.m., Thursday, July 23; 8

p.m., Friday, July 24; 8 p.m., Saturday, July 25; and 7 p.m., Sunday, July 26. Tickets are \$15 for adults, \$13 for seniors and military and \$10 for 12 and under. The production takes place at Westminster Presbyterian, 3598 Talbot St. For tickets or information, call the box office at (619) 224-6263.

Monday, July 13, 6:30 p.m., the first of four installments of "Music at Dusk Concert Series" featuring Presidio Brass Quartet. The concert series takes place in the Westminster Theatre of Westminster Presbyterian Church, 3598 Talbot St. A free-will offering takes place at intermission. For more information, call (619) 223-3193.

Friday, July 17, 6 to 8 p.m., the first of five installments of the free Point Loma Concert Series, featuring Atomic Groove. The concert series takes place at Point Loma Park, corner of Catalina Boulevard and Varona Street. For more information, visit www.plconcerts.org.

Monday, July 20, 6:30 p.m., the second of four installments of "Music at Dusk Concert Series" featuring Tripp and Peter Sprague. The concert series takes place in the Westminster Theatre of Westminster Presbyterian Church, 3598 Talbot St. A freewill offering takes place at intermission. For more information, call (619) 223- 3193.

Friday, July 24, 6 to 8 p.m., the second of five installments of the free Point Loma Concert Series, featuring Jumping Jack Flash. The concert series takes place at Point Loma Park, corner of Catalina Boulevard and Varona Street. For more information, visit www.plconcerts.org.

Saturday, July 25, 6 to 8 p.m., "Live at Liberty Station Concert Series" hosts a guitar festival at Liberty Station Marketplace, corner of Womble and Truxton roads. For more information, call (619) 335-0221.

Through July, San Diego Watercolor Society presents "By Dawn's Early Light" exhibition with original artwork by local artists. The free exhibition takes place at the society, 2825 Dewey Road in the NTC Promenade of Liberty Station. Gallery hours are 11 a.m. to 5 p.m. Mondays through Sundays. For more information, call (619) 876-4550, or visit www.sdwc.org.

Aug. 3-7, noon to 4 p.m. daily, Band at the Beach Music Camp, an instrumental music enclave for grades 7 through 12. Two years' music experience required. A free concert is scheduled for 4 p.m. on Friday, Aug. 7 at Correia Middle School, 4302 Valeta St. Tuition is \$170. For more information, call (619) 222-3065, or visit www.bandatthebeach.org.

Through Aug. 16, Visions Art Quilt Gallery at the NTC Promenade in Liberty Station hosts a new environmentally inspired exhibition, "Seeing Green: Visions of a Changing Planet." The gallery is located at 2825 Dewey Road, Suite 100. For more information, call (619) 546-4872, or

visit www.quiltvisions.org.

#### **VENUES**

Canes Bar and Grill, 3105 Ocean Front Walk, (858) 488-

- Friday, July 10, 9 p.m., Tony Tuff performs with Frankie Paul. Tickets are \$20 in advance; \$22 at the door.
- Saturday, July 11, 8:30 p.m., Tainted Love ('80s tribute band) performs. Tickets are \$15.
- Sunday, July 12, 4 to 6 p.m., Reggae Sundays featuring Through the Roots. Free.
- Thursday, July 16, 8 p.m., Platinum Rock Stars (tribute to Foreigner, Boston, Journey, Van Halen, Def Leppard and Bon Jovi). Tickets are \$10.
- Friday, July 17, 8 p.m., Eek A Mouse performs with High Tide and Project Out of Bounds. Tickets are \$22 in advance; \$25 at the door.
- Saturday, July 19, 8:30 p.m., Devin the Dude performs with The Mighty Few, AAV, The Even Keel and Ponder. Tickets are \$20.



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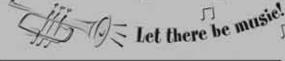












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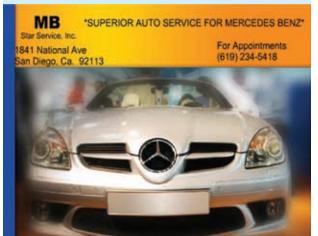
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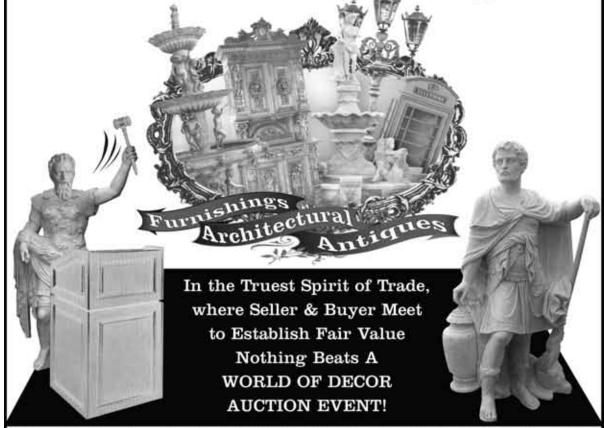
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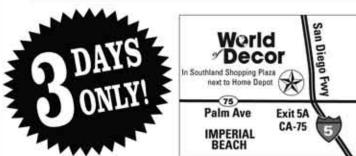


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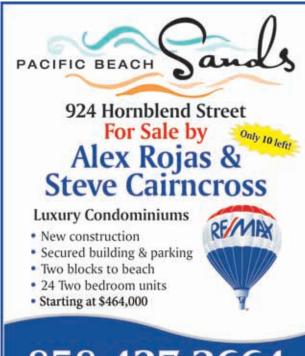
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Brian Lewis • 619-300-5032

Eric Christian Eaton • 858-349-7566

Karen & Mike Dodge • 619-384-8538 Sat 1-4pm 862 Agate 2+BR/2BA \$749,000 3BR/2BA Karen & Mike Dodge • 619-384-8538 Sat 1-4pm 860 Agate Sat 10am-pm 822 Nantasket Ct Sat 11am-2pm 3415-17 Ocean Front Walk Ellen Alvord • 619-806-0218 2BR/2BA \$995,000 Brien Metcalf • 619-708-2239 6BR/6BA \$4,295,000 Sun 11am-4pm 924 Hornblend \$464,000-\$595,000 Alex Rojas • 858-427-3664 Karen & Mike Dodge • 619-384-8538 Roger Willis • 858-490-6100 Sun 1-4pm 1009 Tourmaline St. Unit #4 3BR/3BA \$609.000 Sun 11am-4pm 7536 La Palma 3BR/2.5BA \$649,000 Sun 1-4pm 1836 Reed Ave. Marianne Tolstad • 619-708-3523 Kirsten Aristizabal • 858-349-6194 Marie Tolstad • 858-705-1444 Sun 1-3pm 1836 Reed St 3BR/3BA \$689,000 2387 Wilbur Ave 4BR/3BA \$743.500 Sun 1-3pm Sun 1-4pm Karen & Mike Dodge • 619-384-8538 862 Agate 2+BR/2BA Sun 1-4pm 3BR/2BA Karen & Mike Dodge • 619-384-8538 860 Agate \$879,000 2BR/1BA house & Sun 1-3pm 1776 Oliver & 4218-4220 Kendall (2) 2BR/2BA units Marie Tolstad • 858-705-1444 Sun 1-4pm 1060 Archer St. 3BR/2BA Becky Miller • 858-775-5968 \$1,025,000 Penny Shipley • 619-852-8139 Brien Metcalf: 619-708-2239 Sun 1-4nm 3940 Gresham #229 2BR/2BA \$1,099,000 Sun 1-2pm 3528 Bayside Walk #1 3BR/2BA \$1,399,000 Brien Metcalf • 619-708-2239 Sun 11-2pm 3528 Bayside Walk#2 4BR/3BA \$1,825,000 Sat 11am-4pm 639 Silvergate Ave. Robert Realty • 619-852-8827 Robert Realty • 619-852-8827 Sat 11am-4pm 663 Rosecrans St 4BR/5BA \$1,250,000 Robert Realty • 619-852-8827 Sat 11am-4pm 3345 Lucinda St \$1,375,000 3BR/3BA Sat 11am-4pm 821 Armada Terrace Robert Realty • 619-852-8827 Susan Moore Diamond • 619-977-9190 Sun 1-4pm 3021 Ellioot St. 3BR/2BA \$794 000 Sun 11am-4pm 639 Silvergate Ave \$1.095.000 Robert Realty • 619-852-8827 4BR/2BA Sun 11am-4pm 663 Rosecrans St Robert Realty • 619-852-8827 Sun 1-4pm 3BR/2BA \$1,325,000-\$1,275,000 Chuck De Lao • 619-222-2626 1235 Savoy St. Sun 11am-4pm 821 Armada Terrace \$2 475 000 3BR/3BA Robert Realty • 619-852-8827 **GOLDEN TRIANGLE** 9552 Easter Way 3BR/2BA \$378,500 Jeff Baker • 858-952-4029 **AIREMONT** 2930 Cowley Way. #206 Terry Nicklin • 858-405-3544 2BR/2BA \$393,000 **HILLCREST** Mercedes Penner • 858-752-0111 3BR/3.5BA \$799,000 **OLIVENHAIN** 3371 Calle Tres Vistas 6BR/6BA \$2,795,000 Dan Moore • 858-922-8456 TIERRASANTA 10770 Gabacho Dr 3BR/2BA \$395,000 Kathleen Murphy • 858-449-7014 Sun 1-4pm 14025 Calle Cardenas Myriam Huneke • 619-246-9999 \$1,349,000-\$1,290,000

DEADLINE FOR THE OPEN HOUSE DIRECTORY IS NOON ON TUESDAYS.

# ARONS The Marketplace



4" herbs, flowers or vegetables

\$149 Red Seedless Grapes

Rainier Cherries

Washington

Eurofresh Vine Cluster Roma Tomatoes

Braeburn pples

Washington

Del Monte Gold Pineapple

Stehly Ranch Organic Blackberries





Santa Maria

Honeydew Melons

El Centro





in the Deli Frankly Fresh

Krab & Shrimp Louie Salad

## From our Meat Dept

Harris Ranch Ground Beef 85/15 . \$3.89 lb Organic Chicken Thighs . . . . . \$2.89 lb Stew Beef......\$5.99 lb Boneless Pork Chops . . . . . \$5.49 lb Chuck Roast . . . . . . . . . . . . \$4.59 lb Foster Farms Chicken Drumsticks Value Pack ......\$1.79 lb



#### Fresh Seafood

Breaded Tilapia ...... \$7.99 lb Catfish Fillets . . . . . . . . . . \$6.99 lb Salmon Fillets ...... \$9.99 lb Ahi Tuna Fillets . . . . . . \$15.69 lb Stuffed Salmon Fillets . . . \$8.99 lb Smoked King Salmon .... \$12.49 lb



For Gourmet Cheese Lovers Asiago Peppercorn

& Crispy

#### Flavorganics Organic Syrups



#### **Ritter Sport Chocolate**



Orobello Windmill Thins & Crunchy 14 oz

## Our Milk Prices...

<b>DENA</b>	Gallons	\$2.97
	1/2 Gallons	\$1.97
	Quarts	\$1.37

## Extra Large Eggs





**Twinings** Teas

Fine English Tea



#### **Wine Department**

Covey Run Chardonnay 05 . . . . . . . . . . \$2.99 750 ml Crane Lake Spumante..... \$4.98 750 ml Simi Sauvignon Blanc 07 . . . . . . . . . . . . . \$9.99 750 ml Red Diamond Cabernet Sauvignon 06 . . \$6.98 750 ml 



Seedy Sourdough

Sourdough

Hero Roschti Fantastic Hashbrowns

17.5 oz

Rancho Bernardo 11828 Rancho Bernardo Road In the Mercado • (858) 485-8686

Temecula 31939 Rancho California Road Corner of Meadows Pkwy. • (951) 693-1111

Point Loma 4001 W. Point Loma Blvd. 1 Blk. W. of Midway Dr. • (619) 223-4397