



# THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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The Ocean Beach Pier's  
Cafe and bait and tackle  
shop operations are up for  
bid to potential conces-  
sionaires.  
PHOTO BY JIM GRANT | THE BEACON

## City opens bidding for OB Pier Café concession

By NEAL PUTNAM | THE BEACON

The city of San Diego is seeking bids for someone to operate the Ocean Beach Pier Café and the bait and tackle shop after its lease expired with the current operator Feb. 28.

The Land Use and Housing Committee voted 4-0 on April 21 to issue a 14-page request for proposals for someone to operate the city-owned concession building built in 1966. The vote passed without comment, and District 2 City Councilman Kevin Faulconer said it was standard procedure to issue requests for bids when a lease expires.

The latest operators are Charles

and Shannon Fisher, who have run the business since 1993. Charles Fisher told *The Peninsula Beacon* he has not yet decided on whether to bid to continue running the café and bait and tackle shop.

He said the issuing of bids is something the city does every 10 years, adding the city sent him the forms to fill out and he is considering submitting them before the June 17 deadline.

"It has been a joy to serve out there. It's been a great adventure," said Fisher. "It stays busy."

The previous lease was an annual rent of \$40,730 versus 10 per-



Visitors pass by the Ocean Beach Pier Café, where the lease is currently up for renewal. PHOTO BY JIM GRANT | THE BEACON

SEE PIER, Page 7

## Third runoff finally completes PCPB Page elected in planning board's exhaustive balloting



Geoff Page

By ANTHONY GENTILE | THE BEACON

The third Peninsula Community Planning Board (PCPB) runoff election was the charm in determining the board's final composition April 22. Geoff Page received a simple majority vote, joining John Gott, Robert MacCulloch, Jay Shumaker and Patricia Clark as the PCPB's new or returning members who will serve from 2010-13.

Page served on the PCPB from 2006-08, including a six-month stint as board chair. He shared his thoughts on his role with the PCPB.

"I wanted to get back on to give this other group of people that got closed out some kind of voice in the fairness of the board, and open it up

to the public and be available if people need any kind of expertise with building projects or something with the city," Page said.

"I've been pretty disturbed by how they've made a big effort to really block and cut off public input," he said. "Let's see if that can be turned around."

### April 22, 2010 PCPB third runoff election results

**Total ballots cast:** 712 (357 to win)

**Geoff Page** – 377 (52.9 percent)

**Suhail Khalil** – 334 (46.9 percent)

## 'A.M. Rapist' handed 25 years to life term

By NEAL PUTNAM | THE BEACON

The so-called "A.M. Rapist," who terrorized young women in Ocean Beach and Mission Beach in their own beds in 2000 and 2001, has been sentenced to 75 years to life in state prison and ordered to pay more than \$9,000 in medical and therapy costs to the victims.

The DNA and fingerprints of Stephen Darien Richardson, 33, turned out to be his undoing, after investigators linked him to the crimes long after he moved away to Illinois and was arrested on Aug. 11, 2009.

Five women were sexually assaulted while Richardson was stationed in San Diego in the Navy at that time. San Diego Superior Court Judge Kerry Wells imposed the sentence April 23 after listening to several victims who spoke of their traumas and how it continues to haunt some of them.

He was given the "A.M. Rapist" nickname because he always entered the victims' residence in the early morning hours, usually through unlocked windows or doors. The women were all asleep in their beds when he attacked them. His DNA

showed up in rape kits at hospitals where the women were treated and he left his fingerprints on a window screen at an Orchard Avenue house. Richardson pleaded guilty March 12 to five counts of rape and agreed to accept the 75-year term. Eighteen other charges of assault with a deadly weapon, burglary and other counts were dropped. He could have faced 225 years in prison had he been convicted at a trial, said Deputy District Attorney Betsy McClutchey.

A woman who was 23 years old at the time of her rape in her home on Santa Cruz Avenue said she continues to barricade her door and windows every night since her attack on June 9, 2000. She has flashbacks and still has nightmares of someone breaking into her home, sometimes waking up frightened and sweating, she said.

"It is a huge relief to know he will be in prison for the rest of his life and cannot hurt anyone else again," the unnamed victim wrote in a letter to the judge. "I am trying to let go of it and giving it to God because it is between the two of them now."

SEE RAPIST, Page 7

## Duo completes 2,917-mile rollerblading journey in OB

By SCOTT HOPKINS | THE BEACON

Eighty-three days. A total of 2,917 miles. On roller blades, no less.

It's no wonder the two young men wearing the bright orange safety vests and helmets were yelling with exhilaration as they skated the final hundred yards of the bike path bordering the San Diego River flood control channel to its termination at Ocean Beach's Dog Beach.

A crowd of news media, family members and supporters held balloons and cheered as the pair arrived at 2:04 p.m. on a breezy, sun-drenched day April 24 amid romping pooches and their gawking owners.

Called "In Motion For a Million," co-founders Steve Feigenbaum and Dan Bowen hope to raise \$1 million to increase awareness, fund research and develop cures for two diseases that have profoundly affected their lives.

For Feigenbaum, 30, it's Huntington's Disease, an incurable brain disorder that took the life of his Aunt Brenda five years ago. Because it is a hereditary disease, Steve's two cousins have a 50 percent chance of being



Dan Bowen raises his arms as he and Steve Feigenbaum reach Ocean Beach on April 24 following a 63-day skate from St. Augustine, Fla. The duo covered more than 2,900 miles to raise funds to fight diseases. PHOTO BY SCOTT HOPKINS | THE BEACON

affected by the disorder.

"I'm skating for anyone who has Huntington's and all those who are at risk," he said.

SEE SKATERS, Page 6



## Announcing the 16th Annual Peninsula Beacon AMATEUR Photo Contest Who Has The Best Photo of the Peninsula Area?

Enter your best photo portraying the Peninsula area taken in the past year. Photos will be displayed at the Beacon booth during the June Ocean Beach Street Fair. The public will vote for their favorite pictures. Prizes will be awarded for the top 3 photos & winning photos will be published in the Beacon.

**HURRY! Deadline for entries is Tuesday, June 18th, 2010**

Photos taken over the past year (June '09-June '10 may be entered!

Entries may be dropped off at: The Beacon Offices 4645 Cass St., Pacific Beach (Across from the Post Office) or Mailed to: The Beacon ATTN: Photo Contest, PO BOX 9550, San Diego, CA 92169



### I like it here just FINE, thank you!

A disoriented sea lion pup drew spectator and media attention early Wednesday morning on Abbot Street near Santa Monica Avenue in Ocean Beach after deciding to take refuge underneath a police vehicle for several hours. The baby sea lion was rescued by Kevin Robinson, right, senior animal care specialist for SeaWorld. The pup, which was estimated to weigh only 20 or 25 pounds, is expected to be examined and treated before being tagged and released back into the ocean.

PHOTO BY JIM GRANT / THE BEACON

## SWYC opens doors to new \$8M clubhouse

By ANTHONY GENTILE | THE BEACON

Members of Southwestern Yacht Club (SWYC) have a new place to call home. The local club unveiled a new 60,000-square-foot clubhouse in a ceremony April 24.

"When I first walked into the building, I was just awestruck by the warmth of the casework and the hardwoods and the nautical feel with all of the wood tones," said SWYC Commodore David Verdugo.

Among those in attendance at the ribbon-cutting ceremony were club members and District 2 City Councilman Kevin Faulconer. SWYC began construction on the facility in March 2009 and demolished their old clubhouse this February.

"It's still a work in progress. The new furniture isn't in yet," Verdugo said.

SWYC upgraded its digs to meet requirements for lease renewal with the Port of San Diego. The new facility allowed the club to renew with the port through 2050.

"We had to make a certain dollar amount of capital improvements. The more capital improvements we made, the

longer the lease was extended," Verdugo said. "This club will serve the needs of the members well for the next 40 years."

The \$8 million clubhouse features expanded trophy cases, a new area for awards and two new rooms: a retail "boatique" and a member's lounge with a library and fireplace. According to Verdugo, the new building also capitalizes on its surroundings, thanks to architect Dale Combs.

"Instead of having just one view out to the Shelter Island yacht basin area, we have views that run all the way from the La Playa area, sweeping around the panorama to Point Loma," Verdugo said. "The decks and windows are so much bigger."

SWYC will hold a grand opening and dedication for the clubhouse on May 22. The public is invited to check out the new building and adjacent public art project, "The Sea," during the club's community open house on Tuesday, June 22.

"The residents of the Point Loma area are more than welcome to come down and visit the new facility," Verdugo said.

Southwestern Yacht Club is located at 2702 Qualtrough St. For more information, call (619) 222-0438, or visit [www.southwesternyc.org](http://www.southwesternyc.org).



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Phil's BBQ in Point Loma will again team with the Big Brothers, Big Sisters program to host a tailgate barbecue and Padres game event on May 17 to raise money for the "Operation Bigs" project.

COURTESY PHOTO

## Phil's BBQ cooking up something special

### Charity event to benefit Big Brothers, Big Sisters program

By **SEBASTIAN RUIZ** | THE BEACON

For an hour every Tuesday, 22-year-old UCSD student Chad Black hangs out with 8-year-old Jaden at the Point Loma Gateway Youth Recreation Center. They shoot hoops, throw the football around and skateboard. They're not family, though. Black is Jaden's volunteer Big Brother.

On Monday, May 17, Big Brothers, Big Sisters and families of all kinds are invited to a tailgate barbecue and Padre's game fundraiser in support of Big Brothers, Big Sisters of San Diego County's "Operation Bigs." The program matches adult mentors like Black with children of deployed military parents like Jaden, whose father is in the Navy.

While other children might be occupied watching television or playing video games, Black said he gets a chance for brotherly time with his Little Brother.

"I've always been the younger brother, so I've never been an older brother. I'm very conscious of the fact that I've been given more than other people and I've always been taught that it's important to give back," Black said.

By partnering with Phil's BBQ, event coordinators hope to raise \$50,000 for "Operation Bigs" during the second annual BBQ at the Ballpark campaign. Last year, Phil's (3750 Sports Arena Blvd.) helped raise about \$40,000 for the program, said Chad Glidewell, sales director for Phil's BBQ.

"We're hoping for the same [turnout] this year," Glidewell said. "We give about

1,000 tickets to the Big Brother's and Big Sisters and Little Sisters ... we buy them all tickets to the game."

For \$25, participating Padres fans can dine on Phil's barbecued ribs, chicken and side dishes during the May 17 tailgate party at Qualcomm Stadium from 5 to 7 p.m. before watching the Padres battle the San Francisco Giants. Glidewell said 100 percent of the proceeds will flow to the Big Brothers, Big Sisters Operation Bigs program in support of Military Appreciation

Month, which falls during May.

Since the program to support military families was started in 2004, "Operation Bigs" has provided 350 children with a one-on-one adult mentor. Mentors spend up to an hour and a half a week at various schools or facilities like the Point Loma Gateway Youth Recreation Center. Tickets for the May 17 event can be purchased at Phil's BBQ or through the Big Brothers, Big Sisters website at [www.bbbs.org](http://www.bbbs.org).

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## Asian festival to fill NTC Park with culture, fun

By **ANTHONY GENTILE** | THE BEACON

Liberty Station will be awash with Asian culture this weekend. In recognition of Asian Heritage Month, the Asian Cultural Festival will take place on Saturday, May 8 from 11 a.m. to 6 p.m.

"It's a very open, welcoming multi-ethnic event," said organizer Dennis-Michael Broussard. "The focus of it is on Asian cultures, but it's very open to the general public. It's just a fun, family-oriented and free event."

The festival will be held at NTC Park and feature a main stage with live entertainment and two other performance areas. Those areas will have martial arts

shows, cultural dances and cooking demonstrations ranging from sushi to Thai to Korean food.

"This will integrate all of these countries and present it in a great way," Broussard said.

The Asian Cultural Festival will also have an educational component. Ten different countries will be represented at cultural exhibition tents, including Bangladesh, Burma, China, Indonesia, Japan, Laos, Philippines, South Korea, Thailand and Vietnam.

"It has an educational aspect on the cultural side because we expect a lot of

SEE **FESTIVAL**, Page 4

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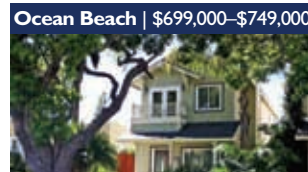
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# SWYC to reel in fish, charity funds

By AMBERLY DRESSLER | THE BEACON

Southwestern Yacht Club (SWYC) casts off its 40th annual Charity Bottom Fishing Tournament in Point Loma on Saturday, May 8 in hopes of catching plenty of proceeds to benefit the San Diego Hospice and The Institute for Palliative Medicine. While most of the expected 300-plus participants are club members or have ties to other local yacht or fishing clubs, event organizers also hope to reel the public in.

"We absolutely encourage the public to register," said first-year tournament co-chairman Tom Olson. "We advertise for it on the radio, on certain fishing-oriented shows, and we put it on the calendars of fishing magazines."

Rock cod and ling cod are the catch of the day, with prizes given for the largest of each (the largest rock cod prize will have a category for men, women and juniors with a \$300 incentive).

SWYC members invite those with shaky sea legs to gather on land for the evening fish fry. Plenty of fish tales, a silent auction and a raffle are on the docket.

Silent-auction items include a one-week stay in Cabo San Lucas and lodging in New Zealand. The



Anglers of all ages will participate in Saturday's Charity Bottom Fishing Tournament, hosted by the Southwestern Yacht Club. COURTESY PHOTO

club takes the catch-and-eat approach, as all bottom fish weighed in for trophies that day will be served at the dinner, where awards will be given out.

Event organizers hope all the tournament festivities will be fun for participants, but will also raise funds and awareness for San Diego Hospice and The Institute for Palliative Medicine, an organization that provides people who are facing life-threatening illnesses access to quality care, regardless of their ability to pay. The organization's mission is in the name, as palliative means soothing or calming.

In the past few years, as part of the club's Benefit on the Bay pro-

gram that gives back to the community in several ways, SWYC and its sponsors have raised more than a half-million dollars for the causes.

"I couldn't think of a better cause," Olson said. "These people are just wonderful and do a great job. I always thought the event was a great event. Now that I am involved with the people at hospice, I think it's even a better event."

While early birds caught a \$10 discount, anglers can still join in the event. Registration is \$75 per participant and includes a complimentary breakfast. For information, call (619) 222-0438, or visit <http://southwesternyc.org/anglers.html>.

## NEWSbriefs

### OBMA cancels OB Beach Ball

Citing lack of sponsors, Ocean Beach MainStreet Association (OBMA) has been forced to take the air out of the OB Beach Ball, an

action sports event scheduled for later this month. The event was going to be held on Saturday, May 22 along Abbott Street.

"This is the first event we've ever cancelled," said OBMA executive director Denny Knox.

A couple weeks ago, the city informed the area's business improvement district that the Ferris wheel for

OB Beach Ball could only be up for two days instead of the five days that were originally planned. As a result, some sponsors of the event pulled out, to the point that OBMA was forced to cancel the event April 30.

"It was out of our hands when we could only have the Ferris wheel up

SEE BRIEFS, Page 8

# Cabrillo monument foundation fundraiser to set sail May 13

By NICOLE SOURS LARSON | THE BEACON

For those longing to celebrate spring's arrival with a dinner cruise — but who have hesitated in this faltering economy — a golden opportunity exists Thursday, May 13. The Cabrillo National Monument Foundation (CNMF) will host its second annual fundraiser, the Spring Fling, aboard the environmentally-oriented ship Adventure Hornblower starting at 6 p.m.

The event features a chance to seize a family bargain involving an elegant buffet dinner and a relaxing cruise around San Diego Bay while supporting San Diego's only national park. Advance tickets are \$35 or \$40 at the gate — a substantial discount from the regular rate.

The 1 1/4-hour sunset cruise departs at 7 p.m. from the Grape Street Pier along the Embarcadero on North Harbor Drive. Free on-street parking is plentiful after 6 p.m. and available also after 5:30 p.m. at the County Administration Building across Harbor Drive, said CNMF board member Jim Unger, also vice president, Hornblower Cruises and Events in San Diego.

Included in the price are bruschetta and coconut shrimp appetizers, a buffet with a selection of salads, grilled rosemary chicken with lemon-caper cream sauce, roasted Scottish salmon with fennel cream, a vegetarian pasta and desserts of petits fours and chocolate-dipped strawberries.

Also part of the event packet is one ticket for the opportunity drawing. Additional tickets are \$1 each or six for \$5.

Peninsula businesses and San Diego museums and attractions have stepped up to the plate with donations for the drawing, said CNMF vice chair DeeAnne Snyder, director of convention services for the San Diego Convention Center Corporation.

Prizes will include gift certificates to such restaurants as Bertrand at Mr. A's, the Red Sails, Maria's Café, Point Break Café, Point Loma Sports Pub and Grill and the Wine Pub.

Other prizes will include several rounds of golf at area courses, certificates for goods and services from the Marine Exchange, Ocean Beach Upholstery, Canvas Services and tickets to many major attractions.

All funds raised through the Spring Fling will go toward capital improvements and ongoing programs at the Cabrillo National Monument.

CNMF, founded in 1956 as a nonprofit cooperating association specifically to supplement federal funding for the national park located at the tip of Point Loma, has raised and donated more than \$1.6 million since its founding to assist the park's public programming. The foundation also operates the park's gift shop and bookstore to benefit park activities.

SEE CABRILLO, Page 15

## FESTIVAL

CONTINUED FROM Page 3

people that don't know a lot about Asia or [its] cultures," Broussard said. "The exhibitions are put on by community organizations who represent those cultures to provide something informative, educational and interactive."

The festival will also offer community workshops hosted at the New American Museum at Liberty Station. The informative sessions include foreclosure prevention, computer literacy and an arts and music mentorship program.

For more information about the Asian Cultural Festival, visit [www.asianculturalfestivalvald.com](http://www.asianculturalfestivalvald.com).

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**Answer:** There is an unlimited federal estate exemption this year. No matter the size of your estate if you die in 2010, there will not be any estate tax on it. You must file an informational return by the due date of the individual tax return.

However, in 2011, the federal estate tax exemption amount changes to One Million Dollars. Any estate over that amount will be required to pay an estate tax. The tax rate starts at 41% and goes up to 55%. That means if your parent dies next year and has an estate of 2 million dollars, there will be an estate tax of \$410,000.00. That is a whole lot of money.

What can be done about this? There are a number of things that can be done to help save some taxes. The first is for married couples to have a Marital Trust or AB Trust. This must be done while both spouses are still alive and it will shelter Two Million Dollars from estate tax. I even advise couples to get married to save \$100,000 or more in taxes!

Another way to reduce the size of an estate is to gift. One person can give \$13,000 per year to anyone. You can set up irrevocable trust and fund it with some of your assets. You can give a gift of One Million dollars also. You will have to file a gift tax return, but no tax is due on it. Of course, gifts to charities can be made in any amount now and at your death and that amount will not be included in your estate for taxes. Let us sit down together and plan to save taxes.



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GUEST EDITORIAL

# Aggressive street repaving project will polish city's shine

By MAYOR JERRY SANDERS

One of the most basic jobs of city government is making sure the streets are smooth and safe.

Earlier this month, we began what might be the largest street-repaving project in San Diego history. We will give a complete makeover to 134 miles of the city's most damaged streets — more than 1,000 city blocks — including those in Ocean Beach and Point Loma. With this \$47 million project, the city will perform asphalt resurfacing on nearly as many miles of streets as it did in the previous eight fiscal years combined.

It should go without saying that this project will make the city a nicer, more livable place. But it also makes financial sense. The worse condition the street is in, the more money to fix it. So, postponing this work would mean paying more money in the long run. And in this economy, we're also getting that work done at a bargain price.

Many of you are all too familiar with this community's axle-shaking, teeth-rattling roads — Bacon Street, for example. The list goes on and on. One resident recently joked that the only vehicle equipped to handle the hazards of Mira Mesa Boulevard would be a tank.



Mayor Jerry Sanders

The condition of many of these streets is an embarrassment and a public-safety hazard. They also have an impact on a neighborhood's basic quality of life. Well-maintained streets say a lot about a city's sense of civic pride. Several decades ago, a sociologist theorized that making small fixes in a neighborhood — cleaning up litter, fixing sidewalk cracks, repairing broken windows — is the best way to make sure that a neighborhood won't deteriorate. Sociologists call this "the broken window theory," and it's a good guiding principle for a mayor of any city, large or small.

If everything goes according to plan, roads like Bacon Street and hundreds of others will be repaved with asphalt by the summer of 2011. In addition to these streets, we will be performing slurry-seal resurfacing on an additional 147 miles of roads. That, too, is a figure that might be unprecedented in city history. A complete list of these streets can be found on the city's web site, [www.sandiego.gov](http://www.sandiego.gov).

We like to call San Diego America's Finest City. This work will help make sure our city lives up to its title.

— Jerry Sanders is the mayor of San Diego.

GUEST COMMENTARY

## As grilling season approaches, remember recipes for fire safety

The National Fire Protection Association (NFPA) is reminding outdoor cooks not to forget about grill fire safety as the peak months for grill fires arrive.

People with gas grills should take extra precautions. In 2003-06, gas-fueled grills were involved in 81 percent of reported home grill fires and were involved in 6,400 home fires, including structure and outside fires. The leading cause of gas-grill fires was a leak or break in homes.

"Nobody wants to see their backyard barbeque go up in flames," said Lorraine Carli, vice president of communications for NFPA. "There are simple measures that can be taken to avoid charring dinner and setting anything on fire."

Although gas grills are used about one-and-a-half times more often than charcoal grills, they were involved in five times as many fires. Charcoal or other solid-fueled grills were involved in 1,300, or 16 percent, of home grill fires. The leading cause of these fires was flammable material being located too close to the grill.

In 2007, about 9,600 people went to hospital emergency rooms because of thermal burns caused by grills. About one-third of the burns from gas grills happened while lighting the grill. Gasoline or lighter fluid was involved in roughly one-quarter of charcoal or wood-grill burns. Children under five accounted for roughly one-quarter of thermal grill burns. Most of these burns occurred when the child bumped or touched the grill.

### Grill safety tips:

- Use propane and charcoal grills in outdoor areas only.
- Make sure the grill is located well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area: declare a three-foot "kid-free zone" around the grill.
- Use long-handled grilling tools to give plenty of clearance from heat and flames.
- Remove grease or fat build-up from the grills and in trays below the grill so it cannot ignite.
- Never leave the grill unattended.

### Gas grills:

- Check the gas tank hose for leaks before using it for the first time each year by applying a light soap and water solution to the hose. If there is a propane leak, it will release bubbles. If you do find a leak and there is no flame, do the following:
- Turn off the gas tank and grill.
- If the leak stops, have the grill serviced by a professional before using it again.
- If it does not stop, call the fire department.
- If you smell gas at any point while cooking, get away from the grill immediately and call the fire department.
- Use only equipment with the label of a recognized testing laboratory. Follow the manufacturer's instructions on how to set up the grill and maintain it.
- Never store propane gas tanks in buildings or garages. If you store a gas grill inside during the winter, disconnect the cylinder and leave it outside.

### Charcoal grills:

- If you use a "charcoal chimney" to start charcoal for cooking, use a long match to avoid burning your fingers when lighting the paper.
- If you use starter fluid, only use charcoal starter fluid and never add charcoal fluid when coals or kindling have already been ignited.
- Never use gasoline or any other flammable liquid to get the fire going.
- Keep charcoal fluid away from children and heat sources.
- When you are finished grilling, let the coals cool completely before disposing of them in a metal container.

For more safety tips, videos, facts and figures and audio clips, visit <http://www.nfpa.org/grilling>.

— A public service announcement by the National Fire Prevention Association.



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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.

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After a roller-blade journey of 63 days covering 2,917 miles, Dan Bowen (from left), Steve Feigenbaum and tour manager Phil Repaci can't wait to enter the Pacific Ocean after they began at the Atlantic Ocean in St. Augustine, Fla. PHOTO BY SCOTT HOPKINS / THE BEACON

## SKATERS

CONTINUED FROM Page 1

And Bowen, now 28, recalls losing his mother to Hodgkin Lymphoma when he was only five years old.

"I still remember the courage she exhibited. No family should have to deal with this disease," he said.

Donations to date total "\$10,000 to \$15,000," Feigenbaum said, leaving much still to be raised.

Their cross-country mission was developed over an 18-month period. Phil Repaci, a retired New York City police officer, was enlisted as their tour manager, and on Feb. 1 the determined duo took their first strides from the Atlantic shore in St. Augustine, Fla. while Repaci, in a fully-equipped 40-foot motor home, communicated by radio with the pair.

Their journey, done in 13-hour daily sessions, provided a wide range of experiences as they bladed through towns and rural areas, over various types of surfaces, through all types of traffic and weather.

Rougher terrain destroyed sets of wheels in as little as 300 miles, while "we got over 1,000 miles out of a set on smoother roads," Bowen noted.

Unpredictable weather also proved challenging. Bowen recalled an 82-degree day in Texas when "we thought it would be smooth sailing the rest of the way. The next day, it was 28 degrees, with hail, snow and a 35 miles per hour headwind," he recalled. "And we still made 26 miles that day."

Both Feigenbaum and Bowen identified "the American people" as the highlight of their marathon.

"They were our teammates, hospitable with their time, their services and money,"

Feigenbaum said.

"We were invited into people's homes and ate at their dinner tables. They even did our laundry," Repaci added.

He also singled out law enforcement personnel and big-rig truckers as "incredible" in checking on the group's safety and making sure cars kept a safe distance when it was necessary to skate (where legal) on interstate highways.

The trio were allowed to park their motor home on city streets and motel and shopping center parking lots in addition to campgrounds and rest areas when needed.

During their time in San Diego, the trio planned to relax before taking part in two Huntington's Disease fundraisers: a golf tournament and concert, both in Chula Vista. And how will they be getting home?

"We're definitely going to fly!" Feigenbaum said with a chuckle.

### Huntington's Disease, leukemia and lymphomas

Huntington's Disease is a devastating brain disorder, and currently there is no effective treatment or cure. It slowly diminishes a person's ability to walk, think, talk and reason. More than 250,000 people in the U.S. either have the disease or are at risk because it is hereditary. This number is the same as hemophilia, cystic fibrosis or muscular dystrophy. Huntington's usually begins between the ages of 30 and 50 and affects males and females of all ethnic and racial groups and does not skip generations. Progress has been made, with the gene for the disease being identified in 1993.

**For further information, contact the Huntington's Disease Society of America (HDSA) at (800) 345-HDSA (4372). The website is: <http://hdsa.org>.**

Leukemia and lymphoma diseases also include blood cancer, Hodgkin and non-Hodgkin lymphoma, myeloma and myelodysplastic syndromes. These originate in the bone marrow or lymphatic tissue. A single cell's genetic injury

causes these diseases, all of which interfere with the body's production of healthy blood cells. These represent 9.5 percent of the 1.5 million new cancer cases that will be diagnosed this year. More than 53,000 people are expected to die from these diseases in 2010. There are now more than 50 drugs approved for treatment using chemotherapy and radiation techniques.

**For further information, contact the Leukemia & Lymphoma Society (LLS) at (800) 955-4572. The website is: [www.lls.org](http://www.lls.org).**

### How to help

• Donate to "In Motion For a Million" by using PayPal and a credit card on the organization's website, [www.inmotionforamillion.org](http://www.inmotionforamillion.org).

• Donate by sending a check or money order (made payable to "In Motion For a Million") to: In Motion For a Million, P.O. Box 4620, Sunnyside, NY 11104.

**Either of the two organizations listed will also accept donations.**

## May is Better Hearing Month!



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## San Diego Trust Bank Emerges as a Star *By: Raymond Simas*

Despite all the turmoil surrounding our markets and the local economy, San Diego Trust Bank recorded one of its most successful years to date. The Bank finished 2009 with record total assets of more than \$150 million, reported its 21st consecutive quarter of profitability, and posted a 20% increase in net earnings compared to the prior year – quite the accomplishment, considering the state of today's banking industry and the lingering

strains on our economy.

Most importantly, we achieved such results without jeopardizing our depositors' funds or impairing our shareholders' capital. The bank's capital ratios remain amongst the highest in the nation, and our return on assets (ROA) was the highest of any community bank in San Diego County this past year. This level of performance is reflected in San Diego Trust being the only publicly traded community

ADVERTORIAL

bank in the entire County to have received a BauerFinancial 5-Star designation for the past 15 consecutive quarters. The credit for these extraordinary results goes out to our entire team, including our dedicated staff, Board of Directors, and our terrific clients and loyal shareholders.

**Raymond Simas is SVP/Manager of San Diego Trust. The bank plans to open a Point Loma office later this year. Mr. Simas can be reached at 619-230-6666.**

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## PIER

CONTINUED FROM Page 1

cent of gross sales. In fiscal year 2009, the city collected \$64,116.

In fiscal year 2008, the city collected \$44,467, and in fiscal year 2007, the city received \$56,470. In fiscal year 2006, revenues were reported at \$33,422, according to records. The Fishers are operating the business on a holdover lease.

The City Council report says the Fishers did extensive repairs and improvements to the building since 1993. The couple installed new exterior doors, repaired the roof, remodeled the bait shop, installed peripheral building lights for security and safety, and upgraded the electrical system of the building. As part of the lease agreement, the lessee is responsible for interior and exterior maintenance.

Fisher said the business needs another \$100,000 in improvements to "take it to the next level."

Fisher said a new operator of the business — if that is the case — would have to consider times in which the business is

closed, such as during rainstorms. He said sometimes the restaurant and bait and tackle shop can be closed for months due to the wintry weather conditions.

The pier is also closed off with a gate at high tides periodically.

The cafe sells food, beverages, souvenirs of local interest, sundries, tobacco products, bait and fishing tackle. The operator has the right to use two rubber-tired trams for public transportation and mobile vending on the pier.

Fisher said before he took over the lease in 1993, the previous lessee served or sold alcohol. Fisher said he voluntarily stopped that practice when he took over because police were forced to respond to several incidents involving alcohol.

Prospective operators have been invited to look at the business on Friday, May 14 at 9 a.m. at the foot of the pier, 5091 Niagara Ave. It will give prospective operators a chance to ask questions and inspect the premises. City officials said they will not summarize information to prospective operators who do not show up that day.

The full City Council will eventually

vote on the successful bidder. Usually, city staff goes through the best proposals and forwards the names of several prospective operators who have the best bids and experience.

The lessee will be required to deposit a construction bond for any improvements made, and will be required to carry public liability and property damage insurance. The city would be named as an insured owner in an insurance policy of not less than \$2 million.

All proposals must list the complete identity of the applicant, including current financial statements, Social Security number and income tax returns for the preceding three years. Bidders must disclose credit information, banking references, liabilities, assets and net worth.

Each applicant must include a cashier's or certified check in the amount of \$5,000, payable to the City Treasurer's Office. The \$5,000 will be paid back to the applicants who are not selected for the lease.

The proposal coordinator is Vladimir Balotsky, who is the supervising property agent for the city.

## RAPIST

CONTINUED FROM Page 1

The woman said she became apprehensive, and was left no choice to take tranquilizers and anti-depressant medi-

cation to deal with the attack.

"Perhaps Steve Richardson will come to realize how devastating his actions were," she wrote.

A 29-year-old woman wrote how she told Richardson she had cancer, although he continued to attack her.

Richardson said in a letter to the judge he had never forgotten that.

Richardson said he had remorse and was haunted by what he had done.

Richardson joined the Navy at age 19 and was married twice, according to his probation report.

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PLHS boys' lacrosse team captain Jake Doering prepares to receive the ball with two Helix High players in close pursuit. With boys' and girls' varsity teams, lacrosse is the newest sport on campus. PHOTO BY SCOTT HOPKINS | THE BEACON

# PLHS lacrosse enjoying resurgence

By SCOTT HOPKINS | THE BEACON

A fast-paced, action-packed sport has been reborn on the Peninsula. Once a popular and championship sport at Point Loma High School (PLHS), lacrosse is back. And the contact sport is being played now by children as young as six years old.

The local youth program, known for years as Adrenaline Lacrosse, is now using the Point Loma Pointers' name with its first/second, third/fourth, fifth/sixth and seventh/eighth grade teams, according to enthusiast Carey Dawidzik.

There are 100 kids enrolled in the

youth program that uses Dusty Rhodes Park in Ocean Beach as its home turf, Dawidzik said. Younger players will be vying for PLHS roster spots in the future.

"In fact, four eighth-grade girls were allowed to play on the women's high school team already," Dawidzik said.

With a PLHS girls' varsity team roster listing 20 names and 30 more on the boys' side, lacrosse has burst back onto the school scene as it has in recent years at many other county campuses.

Both Pointer teams are playing a varsity schedule, but program organizers hope junior varsity teams can be added next year.

The records of both teams reflect their start-up status, with the boys currently 1-6 and the girls at 1-5. Both teams, however, are showing steady improvement, as evidenced by the girls' 13-2 thrashing of Ramona last. The boys defeated Grossmont 3-1 and lost several matches by one goal.

PLHS coaches are William Akie (boys) and Julie Spychalski (girls). Akie played lacrosse at Bates College, while Spychalski is a veteran of Indiana University.

This is not the first time PLHS has fielded lacrosse teams. In the mid- to late 1980s, the sport enjoyed more than just a brief spell of popularity. In fact, the Point-

## Upcoming matches

**Boys:** May 14 vs. Valhalla, 5:30 p.m.

**Girls:** May 7 vs. Hilltop, 3 p.m.  
May 10 at Del Norte 7:30 p.m.

ers — one of just six lacrosse teams in the city at the time — won the local title in 1987 by beating Crawford High and moving on to win a state championship.

With a lack of funding and other resources, the old lacrosse program drifted into oblivion before recent interest by students and others brought it back. Now, the revived teams are nearing the end of their first-season schedules.

Future team events include a meeting of the new Parent Booster Club on May 12 from 5 to 6 p.m. at 3647 Kingsley Drive, where opportunities for off-season play and conditioning will be presented. On June 13, a barbecue banquet for the boys' and girls' teams will be held at Ski Beach on Mission Bay at 2 p.m.

## BRIEFS

CONTINUED FROM Page 4

for two days. It didn't make it financially viable for us," Knox said.

Knox said OBMA is planning to hold the OB Beach Ball next year if the economy improves.

"It would have been really fun," Knox said. "We'll just keep our good ideas and do it next year."

## Historical society launches another OB Exposed!

The Ocean Beach Historical Society is launching plans for its 16th annual OB Exposed! event on Friday, May 21. The event is a photo exhibition and competition of photos taken in the Ocean Beach and Point Loma areas and photos are being accepted through Thursday, May 13.

The historical society is calling for residents to submit photos to James Gang Graphics during business hours Mondays through Fridays. James Gang Graphics is located at 1931 Bacon St.

The cost to enter is \$1 per photo and contestants must closely pay attention to contest rules.

Categories in the competition include best in show, best black and white, best color, best vintage, best child's under age 16, best special effects, and people's choice, among others.

OB Exposed! was first begun in 1995 as a way to preserve the photographic history of the area and to create an archive.

The actual OB Exposed! Event will be held from 6 to 8:30 p.m. May 21 at the Masonic Lodge, 1711 Sunset Cliffs Blvd.

For more information, call (619) 225-2273, or visit [www.obhistory.wordpress.com](http://www.obhistory.wordpress.com).

## HEALTH & BEAUTY

### Springtime is the Right Time to Visit People's Organic Food Market

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Axel Cramer of the PLHS tennis team prepares to return a backhand shot during a recent match. The Pointers will be after their third consecutive CIF team championship next week. PHOTO BY SCOTT HOPKINS | THE BEACON

# Pointers boys' tennis team aiming to net third straight CIF title

By SCOTT HOPKINS | THE BEACON

With the Eastern League title already secured, the Point Loma High School (PLHS) boys' tennis team is vying for its third straight CIF Division II team title beginning next week. The first matches of the team tournament will be played at noon May 11 at a site being determined today at a seeding meeting. The finals are set for May 14 at Barnes Tennis Center in Point Loma beginning at noon. The Pointers aced rival Patrick Henry on April 20 in a decisive 13-5

victory to earn another league banner for the PLHS gym wall. That win brought the team's league record to 11-0 with a 13-2 overall mark. Westview and Cathedral Catholic are the only blemishes on the Pointers' record. Even though former top player Zach Leslie, who won two consecutive singles' titles, now swings his racquet at Wake Forest University, coach Mark Truver and team members feel they have the talent to threepeat in Division II. This year's top singles player is senior Corey Smith, ranked 45th in

the Southern California Tennis Association (SCTA) Under 18 rankings. He recently accepted a tennis scholarship offer from the University of Southern California. "We've got a young team, but we're motivated and everybody tries hard," Smith said. Also optimistic is top doubles player Axel Cramer, a junior. "This year our team has a lot of new players," Cramer said, "but we have good makeup, so I think we will have a good chance in the upcoming CIF tournaments."

Cramer recently competed in the 110th annual Ojai Valley Tennis Tournament. He is also ranked in SCTA Under 16 rankings and has the highest match-winning percentage on the Pointer team. Another SCTA-ranked player on the team is freshman Dominic Gareri, also listed on the Under 16 ladder. Other team members include senior Nathaniel Johnson and juniors Alec De Ryckere, Stephen Devito, Kevin Davies and Juan Pablo Quinonez-Weston. The underclassmen are made up of sophomores Paras Madan and Sab Redzepovic, and freshmen Kasey Dring, Avery Cramer, Aaron Patch and Forrest Young. Following the team tourney will be the Eastern League singles and doubles finals at Mira Mesa High School from May 18-21. The season concludes with the CIF individual tournament, which takes place at noon May 24 at Barnes Tennis Center.

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# Padres start fast at home and on base paths

By ANTHONY GENTILE | THE BEACON

For the first time in six seasons, the San Diego Padres finished the first month of the season on the right side of .500. The Padres have found early success with a core of young talent and a blend of speed, pitching and defense.

"There have been contributions from a lot of people along the way and that's what it's going to take for our team," said Padres manager Bud Black. "We have solid players in and around our lineup that on a nightly basis can contribute, and that's what's happening here."

After losing their first three series of the season, the Friars went on an eight-game winning streak in the middle of April. Even though the team finished 10 games over .500 in the last 36 games of the 2009 season, third baseman Chase Headley said the Padres' success this season stands alone.

"What did carry over was the confidence that we could win," Headley said. "We had basically the same bunch of guys here with a few additions, but playing well late in the season gave us the confidence that we could play well."

The Padres have played especially well at Petco Park, notching a 10-2 record at home in March. With an athletic lineup and strong pitching, new general manager Jed Hoyer and the Padres front office may have assembled the best-suited team for a stadium that isn't exactly power friendly.

"This team is a lot more athletic than we have been in the past," Headley said. "We still have guys that can hit home runs, but in this ballpark you're not going to sit back and wait for a three-run home run because it doesn't happen that often."

The Padres finished March tied for first in the National League in stolen bases with 25, looking to advance runners and manufacture runs whenever they could. Headley accounted for a team-high seven of that total.

"You may not be able to go out there and steal a bag every time you get on," Headley said. "But when you make the pitcher think about you, he may not be as focused on the hitter as he would be otherwise."

As a rookie last season, Headley rotated between left field and third base before becoming the team's everyday starter at third after the offseason trade that sent then-incumbent Kevin Kouzmanoff to Oakland. It may be a coincidence, but Headley posted a career .327 average at the plate while starting all of the



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Chase Headley has posted a career .327 average at the plate while starting all of the Padres' games at third in April.

PHOTO COURTESY SAN DIEGO PADRES

Padres' games at third in April.

"I definitely feel more comfortable at third base," Headley said. "I'm having more fun in there, and it's somewhere where I feel like I can excel and help this team win the most games."

After a good start to the 2010 campaign, Headley doesn't see the Padres slowing down. Without a doubt, the team has already made strides from a rough 2009 season.

"We're young so a lot of people don't expect us to do that well. But we're young and talented — it's not like we're a bunch of scrubs that are up here just to play," Headley said. "We're a good, solid bunch of players and I feel like we can even be better than we are right now."

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# New Americans Museum exhibit: Platt gives diversity a media spin

By MARTIN JONES WESTLIN | THE BEACON

The thing Kong Chho remembers most about his 1993 departure from Cambodia is the view from the plane. He could only make out the rural landscape that abutted his village, and at age 3, he obviously knew even less of the uneasy

peace that prevailed in the wake of the nation's U.N.-sponsored elections. He and his parents had made it to the United States four years before a military coup would gut the Southeast Asian kingdom's experiment with democracy.

But just because Chho arrived safely doesn't make him any less an immigrant.

And for most of the month, a group from Platt College, the Rolando-area art and media design school he attends, will illustrate the concept behind his travels.

On Friday, May 7, Liberty Station's New Americans Museum Gallery will launch "Platt at Liberty Station: The Exhibition," an installment of digital and fine artwork by students and faculty, whose themes deal with immigration, diversity and solidarity. They are lofty concepts, especially since the whole thing started as a simple school logo contest commemorating the 20th anniversary of the Czech Republic's Velvet Revolution.

Only a few of Platt's nearly 300 students hail from other countries (most are from Mexico) — but for the 50 or so artists taking part, the experience takes on a familiar refrain.

"Students of different ethnicities applied what they were taught and what they know to the logo design contest," said Chho, now 20. "Each logo is personal, and it describes their personality — what they learned — within the logo. I guess you could say the exhibit is how America is. It's like a melting pot. [Accordingly,] you have to use a universal symbol in your artwork, not just an

individual symbol."

Chho's symbol is the flower, the kind that protesters placed in troops' gun barrels during the Czech Republic's insurrection of 1989. "Svoboda," which graces the bottom of the piece, is the Czech word for "freedom." About 40,000 Czechs work abroad today, against a total of 16 million from over the globe who have emigrated to the U.S. since 1990.

"I thought of it as designing a logo for a company," Chho said, "and just applying that to what a logo is supposed to be — simple, easy to see and easy to understand."

The direct approach struck a chord with a four-judge panel from San Diego State University and three area museums, as Chho won the contest. He earned a free trip to Greece and Italy this fall, the latest annual destinations for Platt students.

Lee Lipsey, gallery coordinator, said the exhibit is vital in furthering Liberty Station's plans for growth.

"One of the reasons I wanted Platt College here," Lipsey said, "is that we have an abiding interest in having new media art and animation gain a presence at the NTC Promenade. This exhibit is for the

rising generation. The generations coming along now are experiencing all of their art and culture through media. Media is their culture. I've been urging the board to get some younger people on it.

"The media arts thing in San Diego is under the radar. We need to think about the commercial arts, fashion and media and interior design and décor, and create a center ... where people can see and engage in all the different kinds of creative industries, not just the traditional visual and performing arts."

"Platt at Liberty Station" might serve as a springboard for such growth. Just as the American media enjoy the freedom to expand their horizons, so too do the installment's participants.

"Platt at Liberty Station: The Exhibition" runs through May 23 at the New Americans Museum Gallery, 2825 Dewey Road, Ste. 103 in Point Loma. The gallery is open Fridays through Sundays from 10 a.m. to 4 p.m. For added information, visit [www.platt.edu](http://www.platt.edu) or [www.myplatt.com](http://www.myplatt.com). For more about the gallery, e-mail [lee.lipsey@gmail.com](mailto:lee.lipsey@gmail.com).

May 7, the opening date, will feature an artists' reception with poetry and music at 6 p.m.



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## PLHS bands showcase musical masterpieces

By HILLARY SCHULER-JONES | THE BEACON

The Point Loma High School concert band and symphony orchestra will take the stage on Friday, May 21 at 7:30 p.m. for the third annual Rhapsody on the Point concert, held at Crill Hall at Point Loma Nazarene University.

The students will perform a full program of challenging pieces by Beethoven, Debussy and Stravinsky, and

will close with a rousing finale written by David Maslanka, said James Sepulvado, director of instrumental music.

The event will also feature a guest performance by saxophonist Todd Rewoldt, chairman of windwoods studies at San Diego State University and on-call saxophonist for the San Diego Symphony Orchestra and the La Jolla Music Society Summerfest.

"It's going to be a really excellent, fine-

ly-tuned ensemble playing really great literature with some really amazing guest performers, so if somebody is looking for a night of good music, it's going to be a good night out for them," said Sepulvado.

The event marks a milestone for the music program, which almost folded seven years ago because of budget cuts. Under the guidance of former program director John Dally and now Sepulvado,

SEE PLHS, Page 14

## Point Loma Shelter Island Drug and Point Loma Cabrillo Drug Launch Drug Take-Back Program for Consumer Drug Disposal

San Diego, CA, April 22nd 2010 – In response to news about the presence of pharmaceuticals contaminating the water supply and teenage abuse of prescription drugs, Point Loma Shelter Island Drug and Point Loma Cabrillo Drug are now offering a new drug take-back program to help their patients safely dispose of medicines that may be dangerous to others and to the environment.

"As members of the community, pharmacists are in a prime position to ensure the safe and proper handling of medications, from dispensing to disposal," said Pharmacy owner Michael Saad. "Unused or expired medications pose risks to our families, communities, and the environment. We welcome all in the community to come and talk to our pharmacists about their prescriptions and how to store, use and dispose of them properly."

Michael Saad is a member of the National

Community Pharmacists Association which in April launched a new Protect Your Pharmacy Now! Prescription Drug Disposal to help its members create consumer drug disposal programs for medicines that may be dangerous to others and to the environment.

Patients of any pharmacy are invited to safely dispose of unused and expired medications at 1105 Rosecrans Street or 955 Catalina Boulevard #102A in Point Loma (92106), free of charge by bringing in the drugs in their original stock containers. The pharmacy will work to dispose of the drugs using the Sharps TakeAway™ Environmental Return System, a safe, easy method to dispose of unused patient medications in an environmentally friendly way.

The Office of National Drug Control has found that prescription drugs are the drug of choice among 12- and 13-year olds, while a third of all new abusers of

prescription drugs were between the ages of 12 and 17. Though it may be argued that the presence of drugs in drinking water is negligible, more and more consumers are disposing of unused medicines by flushing them down the drain, adding pharmaceutical pollution to our waters. In addition, medicines thrown in the trash can end up in landfills if not first picked up by children, pets, sanitation employees, or anyone who rummages through trash.

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# Wilcock turns up karaoke heat at The Harp

By BART MENDOZA | THE BEACON

Although most all karaoke nights around town have a host, few do much more than introduce the next performer. Considering the actual musical talent at some of these gatherings can be negligible — if entertaining — the host is the all-important factor keeping an event rolling along and fun. With her brassy personality, props, comedic skills and terrific voice, there are few hosts in San Diego better than Laura Jane Wilcock, who leads Karaoke at The Harp tavern on Monday evenings.

Best known as the front woman with R&B/rock combo The Tighten Ups, Wilcock's karaoke nights are almost a one-woman show with musical inter-

ludes. Her quick wit makes both audiences and performers comfortable, resulting in a fast-paced night where even rare downtime between performers is entertaining, with the spinning of bits of local artists tunes — from defunct Ocean Beach indie rockers Cape May to hip-hop favorite MC Flow.

Wilcock also offers up themed karaoke nights.

"You don't have to participate, but it's fun and it gets you to look outside your regular 'safe' songs," Wilcock said.

One such recent theme was "Paint By Numbers," featuring songs or artists with numbers in them or which include colors of paint — resulting in multiple versions of the Rolling Stones' ever-green, "Paint it Black."

Though it seems like Wilcock has been a mainstay of the local scene forever, the Michigan native arrived locally in 2001. Formerly a nightclub entertainment director, she hosted a karaoke night since 1990 in her home state, heading west when that gig ended.

"I'd been coming out to San Diego to visit a friend regularly since 1989," Wilcock said. "With my job over, it seemed like a good time to pursue my entertainment goals, so I headed toward the coast."

Now a cornerstone of the local music community, the move proved to be a good one for her. In addition to The Tighten Ups, Wilcock also performs with Vintage Vegas, a jazz and standards combo, as well as gigging occasionally with Sue Palmer. Wilcock also hosts a Wednesday night karaoke event at Hillcrest's Wit's End Bar and occasionally at the Caliph in Banker's Hill.

In between regular gigs, Wilcock can be found hosting and disc jockeying events such as the annual North Park Indie Music Fest.

"All that activity is how I supplement my own singing and songwriting," she

said. "Rock 'n' roll doesn't pay the bills, so I have to do a variety of things. But I sure have a lot of fun."

She considers the move to Southern California to have been a good one.

"I am so in love with San Diego," Wilcock said. "I was the minute I landed here on vacation."

Not everyone back home thought she'd make it.

"Before I moved here, people told me it was going to be hard, that everyone's going to be stuck up," Wilcock said. "But I've found that to be quite the opposite, the kind of place where if an amplifier breaks down, it's a matter of a couple of phone calls and people come through. This is a really great music community, with a lot of support."

She cites performer Candy Kane as a particular local inspiration.

"Even though we're a bit different musically, when I saw how often she was playing and the responses she was getting, I knew things would work here," Wilcock said.

That being the case, Wilcock said her gateway into San Diego's scene came from Ocean Beach bands such as Vinyl

Radio, The Jury and Hotel St. George.

"Those bands became my buddies," Wilcock said. "After meeting them, I started going out to every show I could, watching music show Fox Rox and immersing myself in local music."

Though Wilcock enjoys hosting karaoke, she said she doesn't see herself ever doing that exclusively.

"I get bored," she said. "I like diversity and breaking up the schedule with different types of gigs."

"It keeps things fresh for me. Besides, being a songwriter, I find that in karaoke there's too much of other people's music and not enough of mine."

Now more than two decades into a career of hosting karaoke and singing in clubs, it's clear Wilcock loves her work.

"It's the only career I've ever pursued," Wilcock said. "Music is just a part of me. It's like breathing. I don't have an option."

Wilcock hosts karaoke on Mondays at The Harp, 4935 Newport Ave. The event is free and runs from 8 p.m. to midnight. 21 and up. For information, visit <http://www.myspace.com/laurajanerocks>.

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## PLHS

CONTINUED FROM Page 12

the program has grown from 20 students to more than 100, and the school will soon break ground on a new music facility that will be about twice the size of the existing practice room, Sepulvado said.

Although funding for that building, which will include sound-proof practice rooms, a recording studio, offices and classrooms, was provided by Proposition S, the program still needs money to fur-

nish the facility with furniture, chairs, music stands, new literature, recording technology, computers and instruments. Rhapsody on the Point will serve as a fundraiser to help the group attain some of the equipment.

Sepulvado said a music education helps students learn skills they wouldn't ordinarily get in a classroom.

"Something I talk with students about is how a lot of the school day really deals with your rational intelligence, your ability to deduce conclusions from logical

statements and things like that," Sepulvado said. "What we do [in the music program] has a lot to do with emotional intelligence and creativity and expressivity and things like that, and it's kind of neglected in a lot of our school day, so it's a very refreshing thing, and it's a very powerful thing for students to be exposed to."

For tickets and information, visit [www.rhapsodyonthepoint.com](http://www.rhapsodyonthepoint.com). Admission is \$36 before May 7 and \$40 after, and the price includes sunset hors d'oeuvres.

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Community banking to return to Point Loma

By HILLARY SCHULER-JONES | THE BEACON

Seeking to fill the void in community banking that was created with the closure of San Diego National Bank in 2009, San Diego Trust Bank plans to open a new location at 1110 Rosecrans St., Suite 101, later this summer.

Raymond Simas, senior vice president and manager for San Diego Trust Bank (SDTB), will lead the expansion effort in the Peninsula. Simas has nearly 30 years experience as a banker in the Point Loma area, serving as vice president and manager of San Diego National Bank's Point Loma office before joining SDTB in June of last year.

"You've got some outstanding large banks [in Point Loma] ... but working for a community bank, you are able to commit more



Raymond Simas

time to the client and help them achieve their financial goals," said Simas.

"It gives us that opportunity to find out, 'What is their need and how do we help them reach that?' It's a little hard to do with the corporate America structure at the larger banks," he said.

Simas is a native of the Point Loma area and has been an active member of the community throughout the years. He has served on the boards of the Peninsula YMCA, Peninsula Chamber of Commerce and the Point Loma Association, and is a past presi-

dent of the United Portuguese S.E.S. He is currently a member of the Honorary Deputy Sheriff's Association.

SDTB operates banking centers in downtown San Diego and in Encinitas, and Simas said he is looking forward to expanding the institution's services into his hometown.

"I grew up in the Point Loma community and it's a community that I know well," Simas said. "It's a lot of pleasant people who I either grew up with or know their parents or grandparents. So it's a very small town and I enjoy that about San Diego, but especially about our Peninsula community, because you do have that homegrown, small-town feeling there."

For more information, call (619) 230-6521, or visit [www.sandiegotrust.com](http://www.sandiegotrust.com).

CABRILLO

CONTINUED FROM Page 4

Among the programs CNMF regularly funds are the Junior Ranger program, the Whale Watch Weekend and Intertidal Life Festival and the school education program. The foundation underwrites the cost of educational materials for teachers' use.

Recent major projects the foundation supported include the initial designs for construction of the new Whale Watch Overlook, the Assistant Lighthouse Keeper's Quarters, the lighthouse tactile sculptures for the visually impaired, the conservation and preservation of the park's photographic collection, tidepool monitoring and a bird banding project.

Like all national parks, Cabrillo has suffered from many years of reduced federal budgets and staffing and maintenance cutbacks. The CNMF attempts to fill some of those funding shortfalls.

For more event information or to purchase tickets, call (619) 222-4747, or visit [www.cnmf.org](http://www.cnmf.org).

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Try our new happy hour menu, 4–6 p.m. daily. Featuring food & drink specials. If visuals get your Italian cuisine appetite in gear, The Venetian is your restaurant forevermore. 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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 5028 Newport Ave. O.B. 619-222-0722	<b>Happy Hour 5 – 6pm Everyday</b> \$2 off All Pichers all night	\$11 Micro Pitcher after 6pm	\$2.75 Sunshine Lemonade all night!	Super Pint Night	Watch MLB here!	<b>WATCH THE MLB/PADRES &amp; NBA HERE!</b> <b>Happy Hour 5-6pm 1/2 Price Pitchers</b> May 22nd Live Music by the Hip Replacements	Bloody mary specials. Sam Adams \$.50 off a pint, \$2.00 off a pitcher.
 5034 Newport Ave. O.B. 619-223-0558	<b>Happy Hour 5 – 7pm Everyday</b> \$1 off U-call it 8pm-1am	Super Pint Night	\$2 off anything on our menu all night!	\$3 off pitchers after 7pm	PBR & Miller High Life bottles \$2.50 Shot of the Week \$3	<b>WATCH THE MLB/NBA HERE!</b> PBR & Miller High Life bottles \$2 Shot of the Week \$3	\$2.75 bloody mary's all day
 5046 Newport Ave. 619-222-5300	<b>All day, every day: \$3 Newcastle Ale &amp; \$3 Landshark pints</b> Open Mic w/ Jody Wood \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers	Wii & full Rockband competitions \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers	Hip hop night Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Reggae night with live bands & DJ Carlos culture, \$3 Redstripes Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Jason Otts accoustic showcase 6-9pm, Hip Hop, Bands + DJs. Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Live Music, DJ Chelu \$3 Mimosas, Bloody Marys & Beers	Pub Quiz - Awesome Prizes DJ after the quiz \$10 Corona Buckets \$5 Jager Bombs \$2 Buds
 4993 Niagara Ave suite 103 619-222-1722	<b>Happy Hour ALL DAY MONDAY &amp; Tues-Fri 2-6pm</b> Happy Hour ALL DAY 11am-close	<b>Crab Races:</b> 6:30-9pm \$50 cash prize, \$7 Burger and any Beer-ALL DAY	<b>Pitcher Night:</b> 4-close \$10 pitchers drafts/house margaritas	<b>Thirsty Thursdays:</b> 6pm-close \$3 U Call It (all beers, call liquors) \$2 Tacos	<b>Normal Happy Hour:</b> 2-6pm	<b>Brunch 10am-3pm</b> \$2.50 Mimosas, \$5 Man-mosa, \$3 Strawberry Mimosas, \$4 Screwdriver/ Tequila Sunrise	<b>Brunch 10am-3pm</b> Brunch 10am-3pm Normal Brunch specials. 4pm-close \$1 PBR drafts, \$10 Pitchers drafts/ margaritas
 2562 LANING ROAD 619-876-5000	<b>Mon-Fri: Happy Hour 3-6pm</b> Oggi's Stix Night \$3.95 (additional toppings extra)	<b>Spaghetti Tuesdays</b> All you can eat Spaghetti	<b>Wing Night Wednesday</b> Killer or Honey BBQ Wings \$.75 each Kids eat Free + balloon artist!	<b>\$3 Thursdays</b> Select Personal Appetizers	<b>Freaky Friday</b> Select Drink Specials Balloon Artist!	<b>Saturdays</b> 9-1 Early Bird Breakfast MVP Platter Night: Sample Platter with dipping sauce \$10	<b>Family Fun Day</b> 9-1 Early Bird Breakfast Large 2 Topping Pizza or Pasta w/ marinara. Family House or Ceaser Salad w/ 4 Breadsticks & Pitcher of Soda \$30

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### A little comic relief

Galactic Comics on Newport Avenue participated in Free Comic Book Day on May 1, handing out comic books at no cost to participants. Ocean Beach residents Marc Klein (green tank top) and son Dante, 4, (red shirt) chat with artist Craig Deboard (background), who works up some sketches.

PHOTO BY JIM GRANT | THE BEACON

### EVENTS CALENDAR

## Don't miss it!

FOR A COMPLETE LIST OF CALENDAR EVENTS  
VISIT, [ThePeninsulaBeacon.com](http://ThePeninsulaBeacon.com)

### Arts & Entertainment

**Friday, May 7, 6 p.m.,** Fiveloaves Twofish Clothing hosts "Give In to the Islands" summer collection event, featuring Polynesian dancing by choreographer Erica Buechner and Polynesian drumming by Recreational Music Center. The event takes place at the Sybil Stockdale Rose Garden at Liberty Station.

*The show is free, but seats must be reserved by calling (619) 523-1024, or by e-mailing [heather@fiveloavestwofishclothing.com](mailto:heather@fiveloavestwofishclothing.com).*

**Through Thursday, May 13,** the Ocean Beach Historical Society is accepting entries for the 16th annual OB Exposed! event, capturing photographic impressions of Ocean Beach and Point Loma. Various categories. Entries must be submitted to James Gang Graphics, 1931 Bacon St. between 9 a.m. and 5 p.m. Mondays through Fridays. There is a \$1 entry fee per photo. OB Exposed takes place Friday, May 21 from 6 to 8:30 p.m. at the Masonic Center, 1711 Sunset Cliffs Blvd.

*For information and contest rules, call (619) 225-1753 or visit [www.obhistory.wordpress.com](http://www.obhistory.wordpress.com).*

**May 7-23,** the New Americans Museum hosts the "Platt at Liberty Station: The Exhibition," featuring digital and fine artwork by students and teachers at Platt College school of media art and design.

*The museum is located at 2825 Dewey Road, Suite 103. For more information, visit [www.myplatt.com](http://www.myplatt.com).*

**Saturday, May 8, 7 to 9 p.m.,** Mamady Keita, the world's most renowned djembe player, presents "Pyramid of Rhythms, A Night of West African Percussion" at High Tech High School International, 2855 Faragut Road. Proceeds benefit High Tech Middle Media Arts sixth-grade science camp. Tickets are \$10 for adults, students are \$7 for students with a HTH identification; children 12 and under are admitted free.

*For more information, call (619) 316-9680.*

### Community/Civic

**Saturday, May 8, 11 a.m.,** Point Loma/OB Relay for Life hosts a benefit concert for the American Cancer Society featuring Hullabaloo. The event, set to take place at the NTC Command Center, 2640 Historic Decatur Road, features a concert and education on how to get involved with the annual Relay for Life event on July 10 and 11 at Liberty Station. The cost for the May 8 event is a suggested donation of \$5.

*For more information, call (619) 682-7454, visit [www.relayforlife.org/ptlomaocbeachca](http://www.relayforlife.org/ptlomaocbeachca) or e-mail [janetplobrelay@yahoo.com](mailto:janetplobrelay@yahoo.com).*

**Wednesday, May 12, 6:30 p.m.,** the Hervey/Point Loma Branch Library hosts "The Buzz About Bees," a presentation by Diana Busch (The Bee Lady). The presentation will cover the life of the honeybee and the threats to its very existence.

*The event is free at the library, 3701 Voltaire St. For more information, call (619) 531-1539.*

**Saturday, May 15, 1 p.m.,** Friends of Famosa Slough host a nature walk with views of a variety of birds and salt marsh habitat. 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](http://www.famosaslough.org).*

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**Please contact Grace Ihn for more information at 858-453-3483 Ext. 120 or [gihn@ymca.org](mailto:gihn@ymca.org)**

### MBAC Camp is now "The Watersports Camp"

The exciting and popular day-camp at the Mission Bay Aquatic Center has changed its name and logo and is now known simply as "The Watersports Camp." While the name has changed, the camp will continue to offer the same great services and camps for all levels in wakeboarding, waterskiing, surfing, sailing, kayaking, windsurfing, and marine science. In addition, the camp will offer a few new options this year, which include a full day small boat racing camp, and a half-day multi-sport camp. The camp has been in operation for over 30 years and is offered by Associated Students of SDSU, UCSD recreation and the Peninsula Family YMCA. The camp offers both spring break and summer camp sessions. Expect to be impressed by their professional and friendly counselors and instructors. (858) 539-2003  
[www.watersportscamp.com](http://www.watersportscamp.com)

### Summer Academy of the Arts

The Winston School is hosting its annual Summer Academy of the Arts for students in grades 6–12 from July

12th to 30th, 2010.

Focusing on a theatrical production, which this year is "Grease," students have the opportunity to develop creativity in one or more art media — including visual arts, drama, digital arts, dance or music. Students produce a finished product and integrate their work with artists in other media such as a concert, a performance, or a film premiere.

The Winston School inspires hope and success in bright, creative students who have struggled to realize their potential.

**The Summer Academy is Monday through Friday from 12:45 to 3:45 p.m. Tuition is \$440 per student plus additional materials or trip fee if applicable. Please visit [www.thewinstonschool.com](http://www.thewinstonschool.com) or call 858-259-8155.**

### The Bishop's School's Summer Programs

Summer Session – June 23 to July 23 – grades 4 to adult. Summer Session offers morning and afternoon classes for credit and enrichment. Openings available in arts, language arts, math, biology, chemistry, Spanish, SAT/ACT prep, Science & Math Camp for girls only and many others. Bishop's Knights Sports Camps – June 21 to July 30 – grades 4 to 12 (co-ed). Full & half day and individual sessions in baseball, basketball, football, lacrosse, soccer, strength/agility, tennis, volleyball and water polo.

Information, registration and fees are accessible through [www.bishops.com/summerprograms](http://www.bishops.com/summerprograms), [zedalisj@bishops.com](mailto:zedalisj@bishops.com) or [sportscamps@bishops.com](mailto:sportscamps@bishops.com). Create your summer day at Bishop's!

### The Children's School of La Jolla

The Children's School of La Jolla, winner of the 2008 Parent's Pick Award for Best Summer Day Camp in San Diego, is offering unique fun and educational camps for Kindergarten – 8th grade children. Campers experience adventure, discovery & fun through a variety of half and full day camps ranging from academics (Edible Math, Literature Fun, Creative Writing & Poetry, Chess, Engineering Fundamentals, Future Architects & Reading Stars) and the arts (Dance, Pottery, Cartooning, Painting, Musical Theater, Rock-n-Roll Boot Camp & Claymation) to sports (Olympic & Theatrical Fencing, Golf, Cheerleading, Basketball, Football, Soccer & Yoga) and much more (So You Think You Can Cook, Digital Photography, Webkinz World, Robotics, Fashion & Interior Design, Technology, Movie Making, Video Game Design, NASA Space Camp, Jr. Detective, Behind the Scenes of Disney & Pixar, etc.) Register online at [www.tcslj.org](http://www.tcslj.org) 2225 Torrey Pines Lane La Jolla 858.454.0184

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[www.SanDiegoSurfingSchool.com](http://www.SanDiegoSurfingSchool.com)

**Le Tour du Monde 2010**  
JUNE 21–JULY 30 • AGES 3-5 & 6-12 • 9AM–4PM

Through a variety of fun-filled activities, children will enjoy the excitement of new languages — French, Chinese and Spanish. Learn about other cultures in theme-based activities, such as "Le Tour de France et d'Espagne," "Nature et découverte/Nature and Discovery," "La Ora Na! Summer Vacation in Tahiti," "On the Road to South Africa: Soccer World Cup 2010," "Fun Chinese Summer Camp," "Uno dos tres vamonos," and much more! Starting at \$285 per week.

Extended day care available:  
8:30–9 a.m. & 4–5 p.m.

**Call for information**  
858-456-2807  
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La Jolla

[www.sdfrenchschool.org](http://www.sdfrenchschool.org)  
[summercamp@sdfrenchschool.org](mailto:summercamp@sdfrenchschool.org)

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**NEW: Register Online!**

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**Claytime's Summer Camp 2010**  
**An Arts & Crafts Adventure**

Dates: June 14–18; 21–25; June 28–July 2;  
July 5–9; 12–16; 19–23; 26–30; Aug 2–6; 9–13;  
16–20; 23–27, Aug 30–Sept 3

**Ages 5 & Up**

Half-Day \$30/Day • \$125/Week 9am–12pm M–F	Full Day \$50/Day • \$200/Week 9am–3pm M–F
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All Supplies, Snacks & Beverages Included

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**Reservations:** 619-223-6050  
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Calling all budding naturalists! Enjoy a fun-filled learning experience at the San Diego Natural History Museum. Bring your friends or make new ones! Half-day camps and weekend classes engage children—from toddlers to teens—and inspire a love of nature through fun activities such as nature walks, games, experiments, arts and crafts, and more. Information and registration: **619.255.0203**.

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Advantage Basketball Camps were named by sports illustrated kids as one of the top camps in the country. Advantage Basketball Camps are nationally recognized as one of the Top ball handling camps in the world. Your child will learn a work ethic and life lessons that they will carry with them for the rest of their life's. Come meet one of the top coaching staffs in the world that will motivate and inspire your child. Learn from the pros. Our students will build on their ball-handling skills by learning lighting-quick, one-handed moves off the dribble. Our methods and our reputation clearly sets Advantage Basketball Camps at the top and have become a must do on coaches list around the world. Advantage Basketball Camps are consistently rated as one of the top basketball ball-handling camps in the world.

**Advantage Basketball Camps**  
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Website: [www.advantagebasketball.com](http://www.advantagebasketball.com)  
Email: [info@advnatgaebasketball.com](mailto:info@advnatgaebasketball.com)

## SUMMER SHOULD BE FUN! The Grauer School JUNE 21 - JULY 30

Established in 1991, The Grauer School specializes in promoting personalized and engaged learning, both across the community and around the world. Our Summer School is designed to let students have fun while they explore their academic, athletic, and creative skills in a close-knit environment.

- Our week-long enrichment programs for middle schoolers meet from 9-12 and are guided by caring, dedicated professionals who work to provide meaning in education.

- High School students can get ahead or caught up with one of our UC and WASC approved academic courses. Meeting daily, each class lasts 6 weeks, 3 weeks/semester.

- 12th grade students are invited to take advantage of our College Application Preparation (CAP) Program to get a

jump start on the college application process.

More information is available on the Summer School page of our website: [www.grauerschool.com](http://www.grauerschool.com). Please call (760) 274-2118 if you have any questions.

## La Jolla Playhouse

"Young Performers' Workshop is a program that gives young theatre lovers the opportunity to explore, take risks and let their imaginations take center stage this summer. Students interact with theatre professionals

in one-to three-week workshops focused on acting, movement, musical theatre, playmaking and more. For students in grades 2-12. A Summer Conservatory program for high school students interested in a career in professional theatre is also available. To register call (858) 550-1070 x 101 or visit [lajollaplayhouse.org](http://lajollaplayhouse.org)"

## Affordable, Summer Fun with Mission Valley YMCA!

With over 100 camps at two convenient locations, we have anything and everything you're looking for this summer! Choose from Mountaineering, Video Game Design, Surf, Sports, and much more. Our camps feature outstanding staff, Before and After Care (included with most camps), and ACA accreditation.

We also featuring a cost-effective, "YEssentials Camp" for \$99 PER WEEK! For \$20 a day, you can be certain your child is safe, having fun, and making friends this summer. (YEssentials does

not include Before and After Care; call or visit our website for more info).

Sign-up for Summer Day Camp at one of Mission Valley YMCA's convenient locations – our Friars Rd facility (5505 Friars Rd) in Mission Valley or Toby Wells YMCA (5105 Overland Ave) in Kearny Mesa.

For more information, visit our website: [www.missionvalley.ymca.org](http://www.missionvalley.ymca.org), or call 619-298-3576 for more information.

## San Diego Surf School

Located in North Pacific Beach (Law st & Cass st) Safe • Fun • Friendly • Professional • Educational. SD's Premier Surf School (10+ years of experience). Voted most family-oriented! A 3:1 student to instructor ratio, highly trained, certified instructors, and small class sizes. Weeklong camps for all levels (beginner, intermediate, & advance) starting June 7th- Sept 3rd and includes surfboards, wetsuits, snacks, pictures, t-shirts, certificate, Pizza Friday and awards! SDSS offers several additional programs: Mom's and Women's Clinic, Birthday Parties, Adult Weekend Clinics, Family Packages, Private Lessons, Special Events, After School. Insured, Licensed & Permitted by the City of SD. Call for a free brochure. Ask about our 2010 Summer Specials and other programs. (Register Early for Best Availability)

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[www.SanDiegoSurfingSchool.com](http://www.SanDiegoSurfingSchool.com)

[sandiegosurfingschool@hotmail.com](mailto:sandiegosurfingschool@hotmail.com)

## Gym Ventures 2010 Sizzling Summer Camps

Gym Ventures Summer Camps - The Best San Diego has to offer! Don't miss the Summer of a lifetime and Gym Ventures 2010 Sizzling Summer Camps. Our days are filled with gymnastics, games, obstacle courses, crafts, general activities and snacks/lunch. The end of each week is the Gym Ventures Olympics where parents, grandparents and friends are invited to come and see what our super star campers have learned throughout the week. Don't let another Summer go by without coming to Gym Ventures Sizzling Summer Camps. We are conveniently located off the I-5 freeway by the Grand/Garnett exit.

Call us today at 858-272-2266 or check out our website [www.gymventures.com](http://www.gymventures.com) for camp information and to register.



## Summer Camp at San Diego Junior Theatre!

Join us at Balboa Park or the YMCA Firehouse in the Village of La Jolla.

One and two week camps for ages 4-18.

Specialty, performance and advanced camps available. Students enrolled may audition for *Disney's Mr. Son Pinocchio*, and *Fame*.

Register online at [JuniorTheatre.com](http://JuniorTheatre.com) or call (619) 239-1311.



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Peninsula YMCA: 619.226.8888 or [www.peninsula.ymca.org](http://www.peninsula.ymca.org)

## Summer Programs @ Bishop's

**Bishop's Summer Session 2010**

**Academic & Enrichment Classes**  
▷ June 23-July 23

Grades 4-Adult

Credit & Enrichment Courses:  
Arts, Computers, Language Arts,  
Math, Science and Study Skills

**Bishop's Knights Sports Camps**

**Skills & Strength Building Camps**  
▷ June 21-July 30

Grades 4-12, Co-Ed

Strength & Agility, Baseball,  
Basketball, Football, LAX, Soccer,  
Tennis, Volleyball, Water Polo

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HELP IMPROVE MOBILITY IN THE MID-COAST CORRIDOR


The SANDAG Mid-Coast Corridor Transit Project will extend transit service from the Old Town Transit Center north to the University City community, serving major destinations including Westfield University Town Centre (UTC) shopping mall, University of California, San Diego (UCSD) and downtown San Diego.

SANDAG wants to hear from you ... Public input on the project is being sought during the Scoping Period, which will run from May 3, 2010, through June 1, 2010.

Please join us at one of five open house Scoping Meetings in locations throughout the Mid-Coast Corridor. Learn more about the project and offer comments.

**Wednesday, May 5, 2010**

SANDAG — Board Room (7th Floor)  
401 B Street, San Diego, CA, 92101  
4 to 7 p.m.  
Bus stop/Transit stations located at  
4th/B St. & 5th Ave. Trolley Station.

**Tuesday, May 11, 2010**

University of California, San Diego (UCSD)  
Price Center East Ballroom  
9500 Gilman Drive  
La Jolla, CA 92093  
3 to 6 p.m.  
Bus stop located at  
Gilman Dr./Myers Dr. on UCSD campus.

For more information about the Mid-Coast Corridor Transit Project, please visit [www.sandag.org/midcoast](http://www.sandag.org/midcoast).

In compliance with the Americans with Disabilities Act (ADA), SANDAG will accommodate persons who require assistance in order to participate in the Scoping Meetings listed above. If such assistance is required, please contact SANDAG at (619) 595-5620 at least 72 hours in advance of the meeting. To request materials in an alternative format, please call (619) 595-5620, (619) 699-1904 (TTY), or fax (619) 699-1905.

**Wednesday, May 12, 2010**

Lawrence Family Jewish Community Center  
Garfield Theatre  
4 to 7 p.m.  
4126 Executive Drive, La Jolla, CA, 92037  
Bus stop located at Executive Dr./Regents Rd.

**Thursday, May 20, 2010**

Clairemont High School — Cafeteria  
4 to 7 p.m.  
4150 Ute Street, San Diego, CA, 92117  
Bus stop located at Clairemont Dr./Ute Dr.

**Tuesday, May 25, 2010**

Caltrans District 11 Office  
Garcia Conference Room  
4050 Taylor Street, San Diego, CA 92110  
4 to 7 p.m.  
Bus stop/Transit station located at  
Taylor St./Juan St. & Old Town Transit Center.



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**GREASE**  
**SUMMER ACADEMY OF ARTS:**  
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**THE WINSTON SCHOOL ACADEMY OF ARTS:**  
Total tuition is \$440 paid on or before June 15, 2010.  
Tuition for Winston students already attending regular 6-week morning session: \$390.  
Tuition for Winston students who enroll an outside friend: \$250.  
Tuition includes a \$75 non-refundable deposit if enrollment is cancelled.  
\*\*Please note that the Summer Academy does not accept public funds & students & families need to plan for afternoon transportation home. \*\*

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Session 3: July 19-30

Session 4: August 2-13

Session 5: August 16-20

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## ▼ pet adoption/sale

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## ▼ pet services



**K9 PHYSICAL THERAPY/REHAB** CUTTING EDGE K9 REHAB [http:// www.cuttingedgek9.com](http://www.cuttingedgek9.com) Cutting Edge K9 Rehab Has Been Featured On Local And National News, Radio And A Number Of Local Papers And Magazine Articles. Swimming is one of our strongest recommendations for most K9's. It is an ideal form of exercise for a number of reasons. Our rehab services offer assisted swimming in a warm water environment. The benefits are:

- Non-weight-bearing (reducing stress on joints)
- Facilitates full use of the front and hind legs vs. partial use as seen with underwater treadmills
- Dogs are often able to actively swim although unable to move their legs on land (due to stroke/ spinal injury)
- Allows manual techniques by therapist/ manual resistance to an affected limb
- Swimming in a controlled environment is the safest way for clients to exercise.
- Speeds recovery following injury/ surgery
- Improves function and quality of life

- Works reciprocal muscle groups throughout the session (helps correct muscle imbalances)
- Reduces pain and inflammation
- Reduces canine obesity thus decreasing the risk of other health-related problems
- Increases strength, range of motion (ROM) and cardiovascular conditioning
- Prevents overheating through proper water temperature
- Increases tolerance for extended cardiovascular training
- Decreases recovery time
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**MISC. SVCS. OFFERED 450**

## ▼ services offered

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- Estimate noise using computer models
- Describe noise exposure
- Coordinate compatibility program development with local land use officials and other interested parties
- Document the analytical process and development of the compatibility program
- Review FAA and public processes

**Thursday, May 13, 2010  
5:00 p.m. to 6:30 p.m.**  
Opportunity for public comment on Part 150 Update**Part 150 is a voluntary federal  
program, administered by the  
Federal Aviation Administration  
(FAA), that sets guidelines for  
airports to use in documenting  
aircraft noise exposure, and in  
establishing programs to  
minimize incompatibilities  
with surrounding land uses.****San Diego International Airport  
Commuter Terminal,  
3rd Floor Noise Monitoring Rm,  
3225 N. Harbor Drive 92101  
Parking will be validated**For more information on the Part 150 Study Update  
visit the project website at:[http://www.san.org/sdcraa/airport\\_initiatives/noise/part\\_150.aspx](http://www.san.org/sdcraa/airport_initiatives/noise/part_150.aspx)

## ▼ income opportunities

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## ▼ rentals

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