



THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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City officials and Ocean Beach neighbors joined in a dedication ceremony marking the completion of Phase One of the Ocean Beach Gateway Park project on Jan. 20. Phase 2 of the project is expected to cost between \$260,000 and \$390,000. Photo by Jim Grant | The Beacon

Hard work hailed at OB Gateway's Phase 1 dedication



District 2 City Councilman Kevin Faulconer (left) and county Supervisor Greg Cox (pink tie) celebrate with volunteers during the dedication ceremony on Jan. 20 for the completion of Phase One of the Ocean Beach Gateway Park project. Photo by Jim Grant | The Beacon

By MARTIN JONES WESTLIN | THE BEACON

Character means a lot of things to a lot of people — and since the residents of Ocean Beach have had a solid grasp of the term since the mid-1960s, it's only fitting they had a major hand in designing the latest nod to its settled, coastal, pedestrian-friendly flavor.

On Jan. 20, Ocean Beach residents joined District 2 City Councilman Kevin Faulconer and San Diego County Supervisor Greg Cox in cutting the ribbon marking completion of the first phase of the new Ocean Beach Gateway Park, the culmination of 15 years of fundraising and planning by local leaders and the Ocean Beach Community Development Corporation (OBCDC).

It's not a bad look for a once-threadbare tract of land sitting between two main thoroughfares and one that once

SEE GATEWAY, Page 6

Environmental groups score city's cleanest, trashiest beach areas

OB Pier area holds distinction of dirtiest on the list

By MARIKO LAMB | THE BEACON

The results are in for 2011's cleanest and dirtiest beaches in San Diego, according to data compiled and evaluated from San Diego Coastkeeper and the Surfrider Foundation San Diego Chapter's twice-monthly beach cleanups during the year.

Topping the environmental organizations' charts as San Diego's trashiest beach last year was the Ocean Beach Pier, with a whopping 3.57 pounds of trash collected per volunteer at the site. Top items collected during the cleanup were plastics and cigarette butts.

Not all of the blame can be placed on Ocean Beach residents and visitors, however, according to environmental groups. Some litter is deposited there as a result of the "great trash migration" that occurs during major storms. This situation relocates litter from gutters, messy dumpsters and transient camps to San Diego's bays and beaches, said Alicia Glassco, education and marine debris manager at San Diego Coastkeeper.

Although some of the blame can be diverted from Ocean Beach residents and guests as being responsible for the overall volume collected there, Glassco pointed out the need for Ocean Beach to recycle, since the beaches there — including the Ocean Beach Pier and Sunset Cliffs — had the highest counts of aluminum cans and glass bottles trashing their beaches last year.

SEE BEACHES, Page 7



OCEAN BEACH, REGIONAL CLEANUPS PLANNED FOR 2012

• **Jan. 28:** Ocean Beach Pier cleanup, Ocean Beach, 9 to 11 a.m., hosted by Coastkeeper. Meet on the grassy area next to the lifeguard tower at the end of Newport Avenue, just north of the pier

• **April 14:** Sunset Cliffs, Ocean Beach, 9 to 11 a.m., hosted by Surfrider. Meet at the end of Ladera Street.

• **May 26:** Fiesta Island, Mission Bay, 9 to 11 a.m., hosted by Coastkeeper. Take right off Fiesta Island Road; dirt parking area.

• **July 28:** Mission Beach Jetty, South Mission Beach, 9 to 11 a.m., hosted by Surfrider. Meet next to the public restrooms by the parking lot and lifeguard tower.

• **June 23:** Crystal Pier, Pacific Beach, 9 to 11 a.m., hosted by Coastkeeper. North side of the pier on the grass north of Garnet Street.

• **Aug. 25:** Pacific Beach Drive, Pacific Beach, 9 to 11 a.m., hosted by Surfrider. Meet at the end of Pacific Beach Drive on the beach.

• **Nov. 24:** Ocean Beach Jetty, Ocean Beach, 9 to 11 a.m., hosted by Coastkeeper. Meet at Dog Beach.

Four-day boat show puts lap of luxury on public display

By NICOLE SOURS LARSON | BEACH & BAY PRESS

As thoughts begin to turn to spring and boating, one of the best ways to explore the wealth of watercraft options — and the great deals that are now available — is during the San Diego Sunroad Boat Show. The show opens Thursday, Jan. 26 and continues through Sunday, Jan. 29 at Sunroad Resort Marina, 955 Harbor Island Drive, located at the east end of Harbor Island.

This year's show, now in its third year at Sunroad since its move from the downtown Convention Center, is expected to be about 10 percent bigger than last year's, with

about 150 boats on exhibit, including sailboats and powered boats ranging from 28 feet to 90 feet.

More than 100 vendors will offer an array of boating-related products, accessories and services.

"It's the largest sailboat display in Southern California and may be bigger than Sail America in San Francisco," said show director Jim Behun, who doubles as the Sunroad marina manager. The mix is about 40 percent sailboats and 60 percent powered boats and includes both new and used or brokerage vessels.

Last year, an estimated 14,000 people attended the

SEE BOATS, Page 7



Visitors can dream big or even lock in a purchase among a variety of sailboats and powered boats during the San Diego Sunroad Boat Show, which runs for four days this month at the Sunroad Resort Marina on Harbor Island Drive.

Photo by Nicole Sours Larson | The Beacon



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Man faces 64 counts of car burglary in OB, PB – and counting

By NEAL PUTNAM | THE BEACON

An auto mechanic pleaded not guilty Jan. 18 to 64 counts of car burglaries and other charges involving thefts from victims in Ocean and Pacific Beach, but the prosecutor told the judge more charges are expected to be filed because of yet-unclaimed property.

Bail was set at \$410,000 for Curt Lonnie Simnitt, 40, who is charged with 30 counts of car burglaries, 29 counts of receiving stolen property, three counts of using other people's credit cards and one count each of forgery, grand theft and possession of methamphetamine.

Those 64 counts reflect 28 victims whose cars were broken into from "people who parked at beaches all over the county," said Deputy District Attorney Jalyn Wang.

Simnitt was arrested by San Diego Police on Jan. 13 at a motel after serving a search warrant at his apartment, where much of the stolen property was recovered. His community of residence was not disclosed, but Wang said police found surfboards, skateboards, wet suits, wallets, purses, backpacks and watches.

According to investigators, Simnitt watched people park their vehicles and observed while some victims hid their key nearby. Simnitt was allegedly then

able to use those keys to unload the possessions, though in some instances he reportedly broke into the cars.

Wang told San Diego Superior Court Judge David Szumowski more charges will be filed involving an additional 18 victims. She asked for \$475,000 in bail, saying Simnitt had developed a plan to escape into Mexico.

Additionally, Simnitt already was facing charges in a stalking case filed against him in El Cajon Superior Court, said Wang. That case is unrelated to the thefts, but he is alleged to have committed the new string of crimes while out on \$10,000 bond for the stalking matter, she said.

Simnitt's attorney, Ryan Tegnalia, told the judge the charges are "property offenses," and felt that \$200,000 bail is more appropriate. Tegnalia also told the judge Simnitt had worked as an auto mechanic for 15 years and had local ties, although his exact community of residence was not part of court paperwork.

A Jan. 31 preliminary hearing is set, but may be delayed if more charges are filed in the interim.

Because there is still unclaimed property — which may add to the number of charges pending against Simnitt — property inquiries can be directed to the police department's Western Division at (619) 692-4800.



Investigators with the San Diego Police Department's Western Division displayed recovered property seized during the arrest of 40-year-old Curt Simnitt on Jan. 13 in connection with a series of vehicle burglaries in Ocean Beach, Pacific Beach and La Mesa. Some property is yet to be claimed.
Photo by Jim Grant | The Beacon



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Coroner probes death of man found in bushes near North Harbor Drive

The discovery of a dead man's body along North Harbor Drive in Point Loma sparked a joint police investigation by the Port of San Diego's Harbor Police Department and the San Diego Police Department Homicide Unit on Jan. 19.

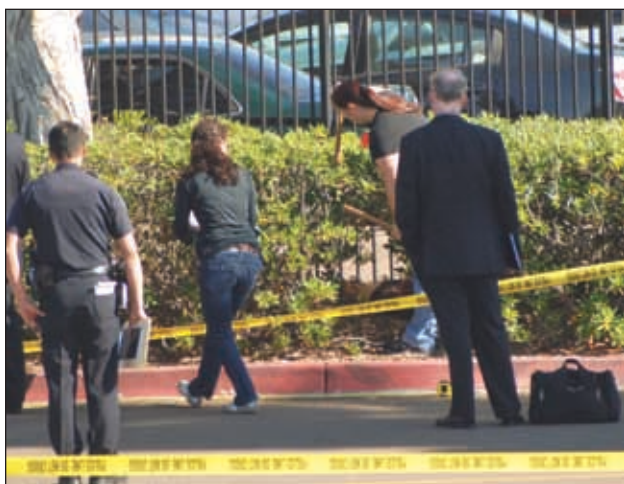
A passerby walking through a parking lot in the 4900 block of North Harbor Drive noticed a body in some bushes around 8:30 a.m., according to investigators. The citizen called 9-1-1 and the San Diego Fire Department arrived at the scene first, confirming the man's death. While conducting the preliminary investigation, patrol officers and medics noticed suspicious trauma

to the man's body, investigators said, triggering response from the police homicide unit.

The cause and manner of the unidentified man's death are not known, but an autopsy was scheduled to be performed by the county Medical Examiner's office, said investigators. Police said only that the man appears to be 40 to 50 years old.

Anyone with information related to this case is encouraged to call the homicide unit at (619) 531-2293 or San Diego County CrimeStoppers at (888) 580-8477.

— Staff report



Police investigators probe the scene where a man's body was discovered by a passerby near a parking lot in the 4900 block of North Harbor Drive on Jan. 19. Photo by Jim Grant / The Beacon



The Peninsula Beacon is launching a new, regular feature to help you, our valued reader, get your name and face in print! And it's easy! Just take your *Beacon* along when you go on vacation or to some unusual destination out of town and have someone snap a shot of you (or your family) holding the paper with your destination in the background. Here is what we will need from you: email your high-resolution photo to us at beacon@sdnews.com (cell phone pictures not advisable because of quality issues), list the folks in the shot holding *The Beacon*, tell us where the shot of you or your family was taken and that's it! Left, San Diego Community Newspaper Group reporter Mariko Lamb demonstrates, holding up her *Beacon* during a trip to the Panama Canal this month.

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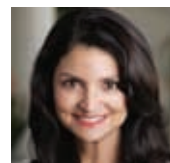
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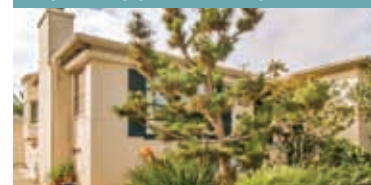
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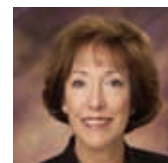


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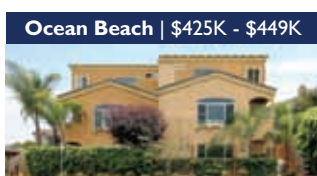


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Medians dedication to mark volunteerism, city partnership

By MARTIN JONES WESTLIN | THE BEACON

Robert Tripp Jackson has no idea how many thousands of vehicles pass by the medians at Point Loma's Cañon Street and Catalina Boulevard every week, but he figures the total's way up there. The

oft-visited Point Loma Nazarene University, Fort Rosecrans National Cemetery and Cabrillo National Monument are within shouting distance of the intersection in the Peninsula's west-central area, and that doesn't count the hundreds of motorists on their way to other parts of

Point Loma and beyond.

Now, thanks to a minor stroke of genius and the city's bendable ear, those drivers stand to benefit from a civic improvement that some residents thought might never see the light of day — much less done in record time once it finally got under way.

At 11 a.m. on Friday, Jan. 27, the Point Loma Association will stage a dedication and ribbon-cutting at the medians to mark last year's spit-shine and to acknowledge the major players in the beautification project. Drought-tolerant plants, beauty bark and a solid partnership with the city mark this project, which Jackson spearheaded last spring after taking in the drab expanse once too often.

Five months later, he said, the project was completed.

"I think the hardest thing," Jackson said, "was to find an architect who would draw a plan for us on a volunteer level."

Dan Johnston, principal at Architect J. A., Inc., contributed the plan. Concrete contractor Jason St. Pierre removed 175,000 pounds of asphalt and installed a concrete border along the existing sidewalks. Total Green Landscape added weed-killing mulch and drought-resistant plants like chopsticks, deer grass and New Zealand red flax.

The \$22,000 project price tag includes a \$6,000 grant from San Diego County Supervisor Greg Cox's office, \$2,500 from Point Loma Nazarene University and



The medians at Cañon Street and Catalina Boulevard got a sparkling makeover recently — thanks to a partnership between the Point Loma Association and the city. A dedication is set for Jan. 27 at 11 a.m. Courtesy photo

other donations from several individuals and families. Members of the Point Loma Association will be responsible for future maintenance.

Cox is scheduled to attend the Jan. 27 dedication.

Jackson, a Point Loma Association board member and a real estate salesman with the Peninsula's Pacific Sotheby's Realty, said some residents voiced skepti-

cism about the completion of the project — a skepticism that may have been matched by that of the city.

"I would talk to people around these medians," Jackson said, "and a lot of them never thought it would happen. I think that people thought to get the city to go along with this was an impossible task. The city didn't understand. They're not usually used to dealing with people that are trying to beautify [city] property. But once they listened to us, they thought, 'You're doing us a favor.'"

A few more meetings with the city's development services department met with quick success and a seamless itinerary.

"You're going into a very nice area of the neighborhood," Jackson said, "a wooded area, when you pass by those medians. Once you realize what they were and what they are now, it's made a day-and-night difference. I think it's a real added quality to such an important intersection."

The Point Loma Association, founded in 1961, is a 700-member organization dedicated to the peninsula's maintenance and beautification. In addition to its landscaping efforts, it sponsored the 2003 Concert Series at the Little League field and has helped support the Fourth of July fireworks celebrations. It has bestowed beautification awards to deserving homes and has represented its members in project recommendations to the city.

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Defending the oceans: nonprofit volunteers tackle submerged debris

Underwater netting cleared from shipwreck off Peninsula

By PATRICIA WALSH | THE BEACON

On the surface, ocean water conservation efforts are in the spotlight. Thousands of people take part in beach cleanups throughout the year, while watchdog agencies keep tabs daily on water quality. Underwater things aren't so transparent. Man-made pollution, perilous to ocean life and divers, is dumped in the dark. But Ocean Defenders Alliance (ODA) is shining light on the problem through action.

The marine conversation nonprofit was in San Diego last week to clear abandoned underwater netting from a shipwreck called The High Seas located a mile and a half off the coast of Point Loma. Ghost netting and other underwater debris entrap sea life and puts recreational divers at risk, according to Kurt Lieber, president and founder of the Orange County-based ODA.

Tom Boyd, an underwater cinematographer, is one of 11 volunteer divers who participated in the cleanup.

"In over 40 years of diving I have seen the ocean deteriorate," Boyd said. "I love the environment and would love to see it make a comeback. I want to give something back because it's given so much."

Boyd said before the dive he hoped he wouldn't see any dead animals.

"That's the downside of what we're doing," he said.

Video taken in 2011 of the High Seas shipwreck confirmed the presence of the ghost netting. During the filming, divers found a dead Leopard Shark trapped in the netting.

The environmental adventure got under way as Ryan Wilbarger, who donated his 45-foot boat Humbolt, steered out of Quivira Basin. At 8:30 a.m. on a Monday, the Humbolt was the only boat in the channel. The 40-minute trip to the dive site was quiet and uneventful; with winds at six knots, the waters were calm under battleship-gray skies.

Divers chatted, checked their gear and changed into scuba wet suits. Three divers were from San Diego, seven from Orange County and Los Angeles and one from New York. Boyd brought his underwater still camera and the boat has an under-



Divers return from cutting net 100 feet below surface on the shipwreck the High Seas located a mile and a half off the coast of Point Loma. Photo by Patricia Walsh | The Beacon

water video camera. All divers were certified by Global Underwater Explorers (GUE), dive instruction that claims to be the most rigorous and meticulous in technical dive certification. Divers' experience levels vary and not all these volunteers have cleared netting before.

The New Yorker on board that day was Bob Sherwood, a world-renowned GUE dive instructor. Even though he was the most experienced diver, this would be his first cleanup dive with ODA.

The husband-and-wife team of Karim and Heather Hamza drove down from Los Angeles, where Karim owns Hollywood Divers. The Hamzas donated the divers' double tanks and gear.

Before the 100-foot descent to the shipwreck, Heather prepped the team on what to expect and how to cut nets.

"One person pulls the net and one cuts," she explained, demonstrating by rolling netting like a tube of tooth paste. "It can get caught in your gear, but don't worry — you can get untangled."

Silt would pose another challenge. Visibility can go from 15 feet to zero in a second because cutting nets stirs up sand, she said.

"Just be patient," she said. "The surge will come along and clear it out."

Another difficulty can be holding onto cleared netting; once cut, it can easily slip back to the ocean floor.

"You're going to burn through a lot of gas. It's intense physical labor," she said.

By 10:17 a.m. Lieber had helped the last of the two-person dive teams slip into the ocean.

"You never know what you're going to get until you're down there," Lieber said. "The haul can be big or small."

ODA's biggest haul was off the coast of Catalina Island, where divers removed netting and toxic items from a concrete-hulled sailboat that sunk during a storm.

Within an hour, three float bags, each with 150-pound capacity, bobbed to the surface. Lieber hauled in the bags and dumped the netting on deck. Just as the last team of divers ascended, Wilbarger called the expedition. Mother Nature had changed plans for a second dive as calm waters turned choppy and swells increased.

The net haul this day was 150 pounds — overall not the biggest yield. But the divers weren't dispirited; they bantered jubilantly about the dive, comparing the cutting tools they used and looking at underwater images captured by Boyd and the Humbolt. And no sea life was discovered trapped or dead in the nets. They knew they made headway and that they will be back.

Sherwood likened the effort to the joke about how you eat an elephant.

"One bite at a time," he said. "It would take a month of diving to clean up what's down there."

For more information on Ocean Defenders Alliance, visit www.oceandefenders.org.

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NEWSBRIEFS

Police nab suspect in Chase Bank robbery

San Diego Police Department canine and patrol officers, in conjunction with detectives from the San Diego Police Department's Robbery Unit, apprehended Robert Nathan Alm, 27, on suspicion of robbing the Chase Bank on Midway Drive on Jan. 14.

On that date, a man entered the Point Loma Heights branch around 3 p.m. approached a teller window and placed a box on the counter. He then removed a black handgun from the box and demanded cash from the teller and customer, according to investigators. The suspect fled and was seen getting into a sport utility vehicle with a personalized license plate ALMDUDE in the parking lot.

Two days later, a canine officer did

some research on the license plate and discovered the vehicle was known to frequent the area of Third Avenue and Market Street in the Marina district. The canine officer located the unoccupied vehicle and coordinated efforts with investigators and plainclothes officers.

Alm was taken into custody and booked into county jail, pending transfer.

Home fire displaces owner; dogs killed

Flames swept through a two-story home of Poinsettia Drive on Jan. 18, displacing one woman and claiming the lives of her two dogs.

Maurice Luque, a spokesman for the San Diego Fire-Rescue Department, said the cause of the fire was deemed accidental or undetermined. Flames apparently erupted in a bedroom about 12:30 p.m., but the woman managed to escape the

burning home unharmed.

Luque said the estimated loss was placed at \$500,000 to the structure and \$250,000 to its contents.

OB planners slate March 13 election

The Ocean Beach Planning Board (OBPB) will conduct its annual election on Tuesday, March 13 from 4 to 7 p.m. at the Ocean Beach Recreation Center, located at 4726 Santa Monica Ave. in Ocean Beach.

Candidates are required to present to the board a nominating petition signed by at least 35 electors of the OBPB district in which he/she desires to run and must be at least 18 years of age. Candidates must also be a resident of the district for at least 30 consecutive days, have owned real property situated in the district for at least 30 consecutive days or be a business owner with an address in the district at which employees or operators of the business are located for more than 30 days.

Petitions may be obtained by calling (619) 997-5023, or emailing ntaylorgit@yahoo.com or obpblection2012@yahoo.com.

Nomination petitions are due by 6 p.m. on Feb. 19.

Task force gears up for new homeless headcount

The county's Regional Task Force on the Homeless (RTFH) will again be sending out trained volunteer teams throughout the region's communities to conduct this year's official headcount/census on the local homeless.

The headcount campaign will begin Friday, Jan. 27 and continue through Wednesday, Feb. 1.

Among the targeted areas is Zone 5, which encompasses Ocean Beach, Mission Bay, Mission Beach, Old Town and the Rosecrans Street/Midway Drive corridor. This zone has a deployment center at the Point Loma United Methodist Church on Sunset Cliffs Boulevard.

Volunteer teams will count the homeless, including cars and recreational vehicles that appear to sleep houseless people. One vehicle will count as three people.

Questionnaires can also be filled out on Saturday, Jan. 28 from 7:30 to 10 a.m. at the Episcopal Church Center on Sunset Cliffs Boulevard.

To volunteer or become a sponsor, visit www.CountSD.org. For more information about the headcount, call (858) 292-7627, email CountSD@rtfhsd.org, or visit www.rtfhsd.org.

— Bianca Koch

Habitat restoration project set at Dog Beach

Friends of the San Diego River Mouth, a chapter of the San Diego River Park Foundation, meets for its regular habitat restoration project Jan. 28 from 9 a.m. to noon at Dog Beach in Ocean Beach.

With California's coastal dune and wetland habitats at risk, the group's members encourage the public to join the group in caring for this rare and highly endangered habitat.

Activities will include a guided-walking nature tour through four distinct habitat zones, native plant rescue and trail maintenance. The group will also plant native species. All tools and supplies will be provided. Proper dress includes work clothes and closed-toe shoes.

To sign up, call (619) 297.7380 or email volunteer@sandiegoriver.org.

— Marsha Self

Free Electronic and Appliance Recycling at Liberty Station

If January isn't "Clean Out Your Electronic Clutter" Month, it should be. For those of you living among old computers, cell phones, answering machines, and other assorted electronic gizmos, now is the chance to move them all out of your living space – for free, and in an environmentally responsible way – and also help out some Point Loma schools. This Saturday and Sunday, Jan. 28 and 29, load up your car with any and all TVs, monitors, computers, laptops, iPods, cables, cords, servers, stereos, VCRs, power tools – in fact anything electric except batteries and light bulbs – and deliver them to Crown Ace Hardware's parking lot, at 2750 Dewey Rd., in Liberty Station, between 9 a.m and 4 p.m. Large appliances may also be recycled then, for \$15 each, or for free if you bring a TV or computer. For more information, call (619) 822-2680, or visit www.hightechrecycling.com. The event will benefit the five nationally-recognized High Tech High schools in Pt. Loma (three high schools and two middle schools), along with Explorer Elementary. On Sunday night, pat yourself on the back: You will have eliminated clutter, nurtured the environment, and helped out some worthy schools.

GATEWAY

CONTINUED FROM Page 1

acted as an outdoor waste disposal as a result.

"The North Ocean Beach Gateway Park project has turned what has been a vacant lot for many years into a magnificent entryway to the community of Ocean Beach," Cox said in a statement. "Where weeds once sprouted, community pride now blossoms."

The project site is located at the corner of Sunset Cliffs and West Point Loma boulevards, Ocean Beach's northernmost point. Ocean Beach, a community of about 28,000 residents, also lies at the estuary of the San Diego River.

The OBCDC has been spearheading the effort since 1997, raising \$130,000 in private donations for the first phase. The San Diego Foundation donated an additional \$100,000, with \$30,000 coming from individuals through memorial brick and tile sales. Faulconer and Cox authorized a series of project grants through their respective offices that were earmarked to create parkland and enhance older communities. The city oversaw the design and construction and will maintain the park.

Ann Kelsey, an OBCDC board member, said the project would not have been possible without the scores of residents who believed in this project, along with past and current volunteers and the OBCDC members who never gave up.

The park's first phase includes a new public plaza, featuring a nautical design theme and a People's Wall that highlights Ocean Beach's unique community character. It features memorial bricks



The design of the gateway was intended to reflect Ocean Beach lifestyle and culture.

Photo by Jim Grant / The Beacon

and tiles, shade trees, bike racks, a water fountain, sidewalk and crosswalk improvements and greenery. It overlooks Robb Athletic Field, which stands between it and the San Diego River.

"We went to the public and asked their opinion," Kelsey said of the design concept. "We wanted it to look like Ocean Beach, to really look not industrial. We wanted vegetation that was easy to irrigate and maintain. We wanted bike racks and a drinking fountain and a little doggy water bowl, just like the one at Dog Beach. Those things are very OB."

"The neon signs, like you see in North Park and Hillcrest and Normal

Heights, are great for those communities, but a neon sign is really not Ocean Beach," she said.

Phase Two of the park will feature the completion of the 12,900-square-foot project, connecting the plaza to Robb Athletic Field via a pathway and installing landscaping and a retaining wall spotlighting artwork.

The costs for the second phase are yet to be determined amid city development block grant guideline changes. The price tag has been projected to range between \$260,000 and \$390,000.

No construction timeline has been set for the second phase.



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Announcements, photos and story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

OPINIONS

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Middle Eastern-flavored Valentines' Day bash to shimmer and shimmy

By **BART MENDOZA** | THE BEACON

February may be the shortest month of the year, but with Valentine's Day smack dab in the middle, it's still the most important when it comes to romance. Anyone wanting to get a head start on the lovers' holiday, or simply wanting to have a romantic evening that goes beyond the traditional band-and-a-snack outing will want to check out the "Electric Love" event being held on Friday, Feb. 3 at Electric Ladyland in Ocean Beach.

The night promises to be feast for the eyes and ears. Hosted by Middle Eastern-influenced trio and dancers Danyavaad and the Shimmy Sisters, there will be "Love potions" by Hugh T. Alchemy, tarot-card readings, art on display from local artists, including Adelaide, Jon Sprague and Duckman, as well as sweet bites provided by the folks from Plant Powered Living.

With Danyavaad providing the soundtrack, in addition to The Shimmy Sisters, on hand will be Hoop Charmer "The Love Blaster," aerial artist Tammy Firefly, acrobat David Booker and fire dancer Anja Indirani. The event culminates with an open jam. Guests are welcome to bring instruments and participate, but Danyavaad guitarist/sitarist Greg Vaughn has stocked the session with well-known local musicians, including Krista Richards (Stone Train), Santiago Orozco (Todo Mundo) and Zoe Tantrum (London Below).

"This is going to be a full-sensory event," said Vaughn. "Usually when people see us for the first time, they're

pretty blown away. If they've never really seen belly dancing with live music before, then their minds are totally blown. It's almost too much to process, because they can't relate it to anything."

The group plays largely original music from their 2008 album, "March of the Gypsies," with a new disc in the process of being recorded, but it has been known to include some off-the-wall song choices in its sets as well.

"Most of the songs we do are not very obvious, just something that works well in a belly-dance setting," he said. Vaughn said Nirvana's "All Apologies" and "Mountain Song" by Jane's Addiction, as well as Steppenwolf's "Magic Carpet Ride," are live favorites.

He said the Danyavaad trio and the Shimmy Sisters takes a different approach than the typical belly dancing backing music.

"Most Middle Eastern live music is a lot more low key," Vaughn said. "It's not like a Jimi Hendrix or Van Halen concert, which is more so where I'm coming from, so it's more like a rock show."

Vaughn even uses a wireless guitar unit to allow him to jump on tables or interact with the audience.

"I would say that a big part of what we do is like participatory theater," he said. "We're really trying to engage the audience. Our performances don't have that wall there, where you're just sitting there watching a show. We're going out into the crowd and every show we're trying to pull people up and be part of the event. At some point, we'll try to get the whole audience up and dancing. We really want to pull the audience in to the



Danyavaad and the Shimmy Sisters will host a colorful, music-splashed Valentine's Day event called "Electric Love" at Electric Ladyland in Ocean Beach on Friday, Feb. 3.
Courtesy photo

show and have their energy and their input be a part of how we react or even what songs we play or how the improvised jams happen."

For Vaughn, this audience-involvement approach is key to keeping the music fresh.

"You take that philosophy, then it doesn't get boring because every audi-

ence, every venue is going to have a stamp on that show," Vaughn said. "It makes it interesting for people to come see you again and again, because you never know what's going to happen."

Vaughn is clear that audience participation is key to getting the maximum enjoyment from a Danyavaad and the Shimmy Sisters performance.

"Being inclusive has been what we're about from Day One," he said. "If someone has never been to a show like that, it's a pretty eye-opening experience."

• **Electric Love:** 7 p.m. on Friday, Feb. 3, at **Electric Ladyland**, 4944 Newport Ave. \$20 or \$30 per couple. For more information, visit www.danyavaad.com.

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The Unified Port of San Diego is sponsoring educational seminars that will cover a range of subjects from fishing to boating-related environmental issues to safety concerns in Mexico.

Barrett Canfield, president of South Coast Yachts, which will be exhibiting four new Beneteau sailboats ranging from 30 feet to 50 feet, and two new 25-foot and 30-foot Schock Daysailers, said he is enthusiastic about the Sunroad boat show, which he finds productive for both buyers and sellers.

"It's the perfect central location by the airport," Canfield said. "I've done boat shows for 20 years and it's the best-run boat show."

Jim Johnson, a broker with Chuck Hovey Yachts, which will exhibit a 55-foot Fleming raised pilothouse motor-yacht, along with a 48-foot Offshore motoryacht and 49-foot Hylas offshore cruising sailboat, agrees.

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The San Diego Sunroad Boat Show hours are noon to 6 p.m. on Jan. 26 and 27, and 10 a.m. to 6 p.m. on Jan. 28 and 29.

Children under 12 are admitted free with a paid adult. Adult tickets run \$10 per person, making it easy and economical to bring the whole family to look for that long-contemplated dream boat.

Parking is available for \$10 at the Sheraton San Diego Hotel & Marina on Harbor Island, which also offers special discounted boat show rates for out-of-town visitors. Sunroad's Island Deli will again offer its tasty tacos to hungry visitors.

For information and a complete list of exhibitors, call (619) 497-5254, or visit www.bigbayboatshow.com.

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SPORTS

CONTINUED FROM Page 11

Football standouts get nod in PrepStar Classic

A trio of Pointer football standouts has been selected to play for the San Diego CIF Section team in the upcoming PrepStar California Classic football event.

Running back Morris Mathews, tight end Tevin Heyward and defensive back Aaron Watkins will join other top players from the county to play a team made up of players from the Los Angeles City CIF Section.

The game, to be played Sunday, Jan. 29 at the Home Depot Center in Carson, begins at 3 p.m. as part of a

triple-header.

The day's games begin at noon with a match between youth players from north and south Los Angeles County. The final battle pits the best of CIF Southern Section North players against those from CIF Southern Section South. This game kicks off at 6 p.m.

Tickets for the event are now on sale through Ticketmaster and are priced at \$12.50 for adults, \$7.50 for students with valid identification.

Admission is free for children under 8. See www.homedepotcenter.com for further information, including directions.

The Home Depot Center seats 27,000 fans and is the home field of the Los Angeles Galaxy and Chivas USA teams in Major League Soccer.

Recognizing the Need for outside Help in Caregiving

Caregivers often don't recognize when they are in over their heads, and often get to a breaking point. After a prolonged period of time, caregiving can become too difficult to endure any longer. Short-term, the caregiver can handle it. Long-term, support is needed. Outside help at this point is often necessary.

A typical pattern with an overloaded caregiver may unfold as follows:

- 1 to 18 months--the caregiver is confident, has everything under control and is coping well. Other friends and family are lending support.
- 20 to 36 months--the caregiver may be taking medication to sleep and control mood swings. Outside help dwindles away and except for trips to the store or

doctor, the caregiver has severed most social contacts. The caregiver feels alone and helpless.

- 38 to 50 months--Besides needing tranquilizers or antidepressants, the caregiver's physical health is beginning to deteriorate. Lack of focus and sheer fatigue cloud judgment and the caregiver is often unable to make rational decisions or ask for help.

It is often at this stage that family or friends intercede and find other solutions for care. This may include respite care, hiring home health aides or putting the disabled loved one in a facility. Without intervention, the caregiver may become a candidate for long term care as well...read this entire article by going to www.planforcare.org. The RN Care Managers at Innovative Healthcare Consultants can also help guide you in the ways to get help. Call (877) 731-1442 toll free or visit our website at www.innovativehc.com.

Water polo player named to All-Tournament Team

A member of the PLHS girls' water polo team has been honored for her performance. Senior Monica Longworth was named to the All-Tournament Team at the conclusion of last week's East County Invitational event.

Longworth was among eight selected players in the 16-team event, where each squad played three games in two days at either the Santana or El Capitan high school pools.

In the final day of competition, the Pointers edged La Jolla Country Day 10-9 in a shootout after dropping an 8-5 decision to Mira Mesa.

Entering the tournament, Longworth led the Pointers with 37 goals and 20 assists after 16 matches.

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Looking » ahead

Upcoming events in the Peninsula area, Jan. 25-Feb. 15



Disney on Ice returns to the Valley View Casino Center on Sports Arena Boulevard from Jan. 25-29. Courtesy photo

Jan. 25-29

Disney on Ice returns to the Valley View Casino Center (formerly the San Diego Sports Arena) with its latest installment of family ice-rink entertainment: **Pixar's "Toy Story 3."** Show dates and times: Wednesday, Jan. 25 and Thursday, Jan. 26: 7:00 p.m.; Friday, Jan. 27: 11 a.m. and 7 p.m.; Saturday, Jan. 28: 11 a.m., 3 and 7 p.m.; Sunday, January 29: 11 a.m., 3 p.m. (Spanish performance) and 7 p.m. Ticket price levels available at \$16, \$22, \$40 (VIP) and \$55 (front row). Opening night tickets available for only \$10 each (not valid on premium seating; limit six tickets per order). Tickets are available online at Ticketmaster.com, by calling (800) 745-3000 or at the Valley View Casino Center Box Office, 3500 Sports Arena Blvd.

Jan. 26-29

The San Diego Sunroad Boat Show returns for a four-day engagement of in-the-water exhibits of around 150

boats, including sailboats and powered boats. The event also includes vendors offering an array of boating-related products, accessories and services. The show takes place at 955 Harbor Island Drive at the east end of Harbor Island. Children under 12 are admitted free with a paid adult; adult tickets are \$10. Hours are noon to 6 p.m. on Jan. 26 and 27; 10 a.m. to 6 p.m. on Jan. 28 and 29. For information, call (619) 497-5254, or visit www.bigbayboat-show.com.

SUNDAY, Jan. 29

Sacred Heart Academy hosts an **open-house event** at the school, located at 4895 Saratoga Ave. The event runs from 10 a.m. to 1:30 p.m. For more information, call (619) 222-7252, or visit www.s-h-a.org.

WEDNESDAY, Feb. 1

Sharp Memorial Hospital's Senior Resource Center will host **free blood pressure checks**. No appointment necessary and the public is welcome. The event takes place from 9 to 10:30 a.m. at St. Agnes Catholic Church, located at 1145 Evergreen St. For more information, call (800) 827-4277, or visit www.sharp.com.

MONDAY, Feb. 6

A benefit concert for the Westminster Community Garden will be presented at 7 p.m. at the Westminster Presbyterian Church, 3598 Talbot St. Featured work will be the Schubert Octet, performed by Alyze Dreiling and Joan Zelikman, violins; Robert Zelikman, clarinet; Rebecca Campbell, viola; Glen Campbell, cello; Leyla Zamora, bassoon; Jane Lam, horn; and Margaret Johnston, bass. Tickets are \$10 at the door. For more information, call (619) 223-3193, or visit www.westminstersd.com.

TUESDAY, Feb. 7

Sharp Memorial Hospital's Senior Resource Center will host **free blood pressure checks**. No appointment necessary and the public is welcome. The event takes place from 9:30 to 11 a.m. at the Peninsula Family YMCA, located at 4390 Valeta St. For more information, call (800) 827-4277, or visit www.sharp.com.

WEDNESDAY, Feb. 8

The Point Loma Garden Club hosts its **monthly meeting** at 10 a.m., featuring "Tom, the Horticulturist One Man Band," who loves to share entertaining stories about the fun aspects of backyard gardening. His business is Waterwise Botanicals. The meeting takes place at the United S.E.S. Portuguese Hall, 2818 Avenida de Portugal. For more information, visit www.plgc.org.

TUESDAY, Feb. 14

Sharp Memorial Hospital's Senior Resource Center will host a **free lecture on diabetes, treatment, education and management**. The lecture will be given by a Sharp certified diabetes educator. The event takes place from 1 to 2 p.m. at the Seventh Day Adventist Church, located at 4425 Valeta St. Registration required by calling (800) 827-4277, or visiting www.harp.com.

WEDNESDAY, Feb. 15

The **Hervey/Point Loma Branch Library** will host a **free program by Cuerdas del Mar Chamber Ensemble**. The versatile duo includes Bill Jones on classical guitar and Diana Turner on violin, as they perform a wide variety of music genres, including classical, Irish, folk gypsy and Jazz. The performance takes place at 7 p.m. at the library, located at 3701 Voltaire St. For more information, call head librarian Christine Gonzalez at (619) 531-1539.

ROBOTICS ROUNDUP

Point Loma FIRST robotics team

FIRST (For Inspiration and Recognition of Science and Technology), is a program founded by inventor Dean Kamen to get more young people involved and excited about science and engineering. Under strict rules, limited resources, and deadlines, high school teams of about 25 students or more design, build and program robots to compete in sports-inspired games against a field of competitors. This year's game, "Rebound Rumble," challenged teams to play the game of basketball while transversing a field of obstacles.

Through the FIRST robotics competition (FRC), more than 60,000 high school students from various countries are engaged in this rigorous technical challenge. On March 3-4, more than 58 FRC teams will be competing at the San Diego regional competition in the Valley View Casino Center (formerly known as the San Diego Sports Arena). More than 30 local teams participate in this free public event every year in an extraordinary display of wit and skill.

The Holy Cows will be among them. The Holy Cows are a nationally ranked FRC team based out of High Tech High in Point Loma. They can usually be seen out volunteering in their community with "Daisy," their warmhearted cow mascot in tow. Even while contributing more than 4,500 hours in community service every year, this devoted team still has time to build quality robots. The Holy Cows have consistently placed high at the San Diego Regional for the last four years, were champions of the Silicon Valley Regional in 2011, and won the Motorola Quality Award at the FIRST World Championships in 2011.

— Kristin Olson, director of public relations, The Holy Cows

Correia team makes big inroads

The rookie seventh-grade robotics team known as the "Robo Chicks" of Correia Middle School in Point Loma advanced to the semifinals round of their division during the FIRST Tech Challenge (FTC) regional championship on Jan. 14 at Madison High School.

The Robo Chicks competed against a field of primarily high school students in only their first-ever competition.

The FIRST program exposes students to sci-

ence and technology through robotics competitions, with programs for children as young as six, all the way through high school age. This year the theme for the FTC teams was called "Bowled Over," where teams had design and build a robot to move bowling balls, racquet balls, stack crates and more to obtain points.

For more information on FIRST, visit www.usfirst.org. To watch one of the matches from Jan. 14, visit this YouTube link: www.youtube.com/watch?v=IBRwsOIL7el&feature=youtu

— Staff and contribution

Rock robotics, regional recognition

The Rock Academy's Warriors robotics team won two prestigious awards at the FIRST Tech Challenge (FTC) San Diego Championship Tournament at Madison High School on Jan. 14. More than 500 students from Southern California competed for recognition and The Rock Academy robotics team took home the Connect Award and the Think Award.

The Connect Award is given to the team that most connected with their local community and the engineering community. The Warriors robotics team was acknowledged for several outreach events, including visits to the Ronald McDonald House, to spread the word about robotics.

The team also brought back the Think Award, which is awarded to the team that best reflects the journey the team took as they experienced the engineering design process during the build season. The Warrior's engineering journal was recognized for its comprehensive information and well-organized format.

The Warriors were one of three nominees for the Inspire Award, the most prestigious FTC award, given to the team that truly embodies the challenge of the FTC program. Rock Academy outreach partners won awards as well: Team Fusion from Dehesa Charter School won the Inspire Award and the Robo Chicks, an all-girl middle school rookie team from Correia Middle School, placed fifth overall in the Tesla division.

The team is preparing for their next competition in Las Vegas, where they hope to qualify for the World Championships.

— Rock Academy High student Chad Doran



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Free Living History Activities in Old Town State Park All Year Long

February may be museum month in San Diego but Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums have ongoing living history activities every Wednesday and Saturday from 10 a.m. to 4 p.m. to educate the public about what life was like in San Diego in the 1800s. The park also hosts free tours daily at 11 a.m. and 2 p.m. that begin at the Robinson-Rose Visitor Center.

"There is no denying that Old Town San Diego State Historic Park has a lot of great things to offer visitors," stated Interpretation and Education Manager Karen Beery. "We encourage all San Diegans to set a date to experience the state park and explore the way San Diego was in the 19th century."

Every Saturday of the month, the park offers a different taste of historic trades and craft guilds for visitors. The first Saturday of every month, the park

hosts the Print Guild and Tintype Guild. Visitors can have a first-hand experience of how printed word and photography was executed in the early days of California.

On the second Saturday of each month, the park hosts Californio Day. Between 1821 and 1848, people who lived in Southern California were called Californios. The unique cultural heritage and activities of the Californios will be shared and celebrated with visitors.

The third Saturday boasts presentations from the Quilt Guild, Fiber Arts Guild and the Mormon Battalion. Guest of the park will learn about the traditional methods of quilting, spinning, weaving and other fiber arts techniques. Visitors will also learn about the famous military unit, the Mormon Battalion, and how the impact of their service changed the history of San Diego and California.

On the fourth Saturday, the park hosts the Mountain Men and the Soap Makers Guild. Park visitors will learn about the historic mountain men and the discoveries they found as well as learn the art of soap making.

In conjunction with the different events every Saturday, the park also showcases the Blacksmith Guild's presentation every Wednesday and Saturday morning and the Quilt Guild every Wednesday afternoon. For more information about the guild schedules of the day and their location in the park, visit the board outside the Robinson-Rose Visitor Center.

The Visitor Center and museums are open daily from 10 a.m. to 4 p.m. October through April and 10 a.m. to 5 p.m. May through September. To confirm hours of operation or for more information call 619-220-5422 or visit <http://www.parks.ca.gov/oldtownsandiego>.

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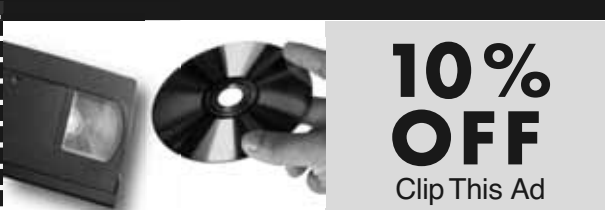
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How does your community garden grow? Ask PLNU, Westminster Presbyterian

By **PATRICIA WALSH** | THE BEACON

Point Loma has staked a claim in the flourishing urban agriculture movement.

In a joint effort between Point Loma Nazarene University (PLNU) and Westminster Presbyterian Church, a new community garden is under construction on an unused portion of church land between Cañon and Talbot streets. Like other community gardens across San Diego, many with waiting lists to get in, plots in the Westminster Community Garden will be available for rent or sponsorship.

The idea for the garden took root at the crossroads of inspiration, education and social justice. Professor Harry Watkins, Ph.D., who teaches classes in sustainability at PLNU, had opened his backyard for a friend to grow a garden. One weekend, Joe Mayer, a church member, went to help the friend harvest the crop.

"Nifty," Mayer said. "Maybe we can do that."

Watkins pitched the idea to the six

students in his "Sustainability in Action" class and they eagerly created plans. When class ended and the garden was still on paper, students and teacher weren't satisfied. So they rolled up their sleeves.

Watkins turned to Victory Gardens San Diego for real-time education in gardening. The manual for a Gardening 201 class became the textbook for the project. Teacher and students dug in with Fred Gestra, a 32-year church member and volunteer.

"We need to not be dependent on food that is transported 1,500 miles from farm to table," said Watkins. "We need to grow food and build families and community across many affected socio-economic groups."

To that end, growers who rent plots will be asked to donate 20 percent of their yield to people in need.

For Beth Tipton, a PLNU senior who will graduate in May with a degree in international studies and minor in sustainability, the garden is her way of acting locally.

"I was frustrated learning about inter-

national issues and not feeling I could act against hunger, wars, famine and the injustices of the world," she said. "But I can have a big impact locally. We can place seeds in the ground and impact people."

And so she works the land; 75,000 square feet of dirt and grass cradled between a playground and grove of eucalyptus trees.

"We need to be connected to the food systems," she said. "The wonder of life is clearly seen here. Because we're conscious and aware of how we use the land, it makes us more observant."

To date, the garden's plots have been staked, a barn built and painted, and an irrigation system, funded by the church, has been installed. Tipton will work alongside her teacher, fellow students and volunteers every Saturday until the garden's grand opening, planned for March. But there is still much that needs to be done — fencing installed, bricks laid and the land tilled.

Support from the community is also needed to bring the project to fruition. While \$2,000 of an estimated \$7,000 in costs has been raised, the Westminster Community Garden still needs donations — which are tax deductible — along with garden tools and supplies, and the time and talent of people who aren't afraid to get their hands dirty.

Tipton hopes her passion will inspire people to purchase a plot, or sponsor one so someone else can grow their own food.

Paul Rahilly said he is on board. He stumbled on the garden on a regular outing with his family to the church's playground. He has a garden at home, but he said he will sponsor a plot through his business, Mtelligence, so someone else can reap the benefits.

Westminster Community Garden's 10-foot-by-10-foot plots are available for

\$25 for six months. Larger 10-foot-by-20-foot plots cost \$40 for six months. Fees will help defray water and maintenance costs.

A concert fundraiser will be performed by members of the San Diego Symphony at 7 p.m. on Feb. 6 at West-

minster Presbyterian Church, 3598 Talbot St. Tickets are \$10. All proceeds will be donated to the project.

For more information on contributing, volunteering or renting a plot, contact the Westminster Presbyterian Church at (619) 223-3193.



Digging in at the Westminster Community Garden are, from left, Harry Watkins, Point Loma Nazarene University professor; PLNU students Ben Johnson and Liz Nelson; Joe Mayer, Westminster Presbyterian Church; PLNU student Beth Tipton; and Paul Rahilly, whose business will sponsor a garden plot.
Photo by Patricia Walsh | The Beacon

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