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THURSDAY, FEBRUARY 9, 2012

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## GETTING THE *SCOOP* ON *POOP*



Concerns have been raised over the issue of doggie waste and hazardous contaminants deposited at Dog Beach in Ocean Beach, which one city official refers to as "way more polluted" than most San Diego beaches.

Photo by Jim Grant | The Beacon

### City: canine pollutants marring Dog Beach's illustrious exterior

By MARTIN JONES WESTLIN | THE BEACON

**D**og Beach, the kind of funky cult-favorite park you'd find only in funky cult-favorite Ocean Beach, is pretty much what it says it is.

Man's best friend rules the roost 24 hours every day at the sandy expanse where the western end of Voltaire Street meets the South Mission Bay Channel jetty — hapless tennis balls, tooth-marked Frisbees and badly disfigured chew toys dot the landscape, and you'll probably find a fair share of leashes around, too, as Dog Beach is one of San Diego's 15 parks in which dogs can run untethered (there's a paved

area along the water for those who prefer a stroll on a leash).

On the busiest weekends, up to 100 animals bask on the waters where Rocky the Surfing Dog stole more than his share of hearts in movies like "Endless Summer II." But 100 weekend dogs more than 40 years of Saturdays and Sundays equals over a half-million visits, and that doesn't count the rest of the week. Theoretically, age 40 (the number of years Dog Beach celebrates in 2012) is the point at which life begins — but upon closer inspection, one of San Diego's most delightful venues is showing patches of wrinkled skin.

SEE **CONTAMINANTS**, Page 6

## City launches rebuild of Brighton Street's public restroom site

Completion targeted for Memorial Day weekend

By BIANCA KOCH | THE BEACON

Ocean Beach residents awoke recently to a sight long anticipated by both locals and visitors.

The public restrooms and shower facilities at the end of Brighton Street near Dog Beach — whose demolition and subsequent absence during peak summer beach months has been the source of frustration since 2009 — began returning to life about two weeks ago.

A six-foot-high fence has been erected and construction trailers and signs have begun to appear.

For the last couple of years since the facilities were deemed antiquated and unsafe — leading to their demolition — the question has been kicked around as to if, when and how to rebuild the unit.

The rebuild has been at the center of a controversy between the City Council, the Ocean Beach Planning Board and the community at large over issues like budget availability, structural design, overall necessity and misuse by homeless vagabonds.

Three years ago in September, city officials proposed a timeframe of



The Brighton Street public restroom and shower facilities — demolished three years ago after being condemned — are finally on the verge of being rebuilt at a price tag of about \$850,000. Completion is expected by Memorial Day weekend.

Photo by Bianca Koch | The Beacon

18 months — or March 2011 — to reconstruct the public restroom and shower facilities.

In the interim, 10 portable restrooms have stood at the site, including two meant to conform to the Americans with Disabilities Act (ADA) for relief.

The lease on the 10 portables was more than \$1,300 a month for the 18-month period, for a total of about \$24,000. However, the city reduced the number of stalls to six during the beach off-season, saving about \$800

SEE **RESTROOMS**, Page 4

## America's Cup trophy returns to mark 25th anniversary of huge 1987 win



Left, Dennis Conner, affectionately known locally as "Mr. America's Cup," holds the America's Cup trophy. With Conner is Malin Burnham, also a PLHS graduate and respected ocean racer, business and civic leader. Burnham headed the foundation that marshaled resources leading to the the America's Cup victory for Conner in 1987.

Photo by Mike McCarthy | The Beacon

By MIKE MCCARTHY | THE BEACON

Members of the San Diego Yacht Club and guests gathered Feb. 4 to celebrate the 25th anniversary of the greatest comeback in sailing history. On Feb. 4 1987, the San Diego-based "Stars & Stripes" defeated Australia to return the America's Cup trophy to the U.S.

Dennis Conner, known to many as "Mr. America's Cup" and a graduate of Point Loma High School, represented the San Diego Yacht Club 25 years ago to win back the oldest trophy in international sports for the U.S. It was a major comeback for the skipper of the 12-meter "Stars & Stripes."

Four years earlier, Conner had sailed for the New York Yacht Club and the U.S. lost the America's Cup for the first time in 132 years.

Losing the cup — then winning it back again in 1987 — generated a new worldwide interest in sailing — and particularly in the America's Cup races.

The trophy is now 160 years old. In 1851, the U.S. pulled off a major upset and embarrassed the sailing powers of Europe by defeating Great Britain with a schooner named "America." The trophy was sent to the New York Yacht Club and renamed the America's Cup.

For the last 160 years, only four nations have shared the most coveted prize in sailing. Currently, the Golden Gate Yacht Club is keeper of the prize.

San Francisco will host the next America's Cup in 2013, when the U.S. will try to defend the trophy against the next challenger selected from the Louis Vuitton Cup regattas held in San Diego and around the world.



The America's Cup trophy, now 160 years old, is back in the possession of the U.S.

Photo by Mike McCarthy | The Beacon

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# OB Community Mural Project mixes public art, pride in neighborhood

By **TERRIE LEIGH RELF** | THE BEACON

While San Diego may be home to quite a few public art displays, Ocean Beach is a veritable outdoor gallery. Thanks to the combined efforts of the late Rich James, the Ocean Beach MainStreet Association (OBMA) and the people of Ocean Beach, once you're in the heart of this eclectic community, you don't need to look — or stroll — very far to view one of the eleven murals mounted to the walls of area businesses and restaurants.

At Union Bank, located at 1858 Cable St., there is the 2009 community mural, which proudly waves the American flag along with a frothy beer mug and requisite fireworks. Then there's the 2005 mural at OB Suds Car Wash, located at 5002 Voltaire St., which sports the OB Pier and a gathering of animated people. All the offerings speak to locals and visitors alike.

Other locations include Bravos's Mexican Bistro & Cantina, located at 5001 Newport Ave. The parking lot mural was created for the 2000 OB Street Fair, while another, which sports the James Gang's company logo overlooking James himself in his classic blue convertible, was designed in 2008 by James' friend and mentor, Janis Ambrosiani, to honor



An example of one of Ocean Beach's eleven mounted murals that have been created during the community's annual mural projects.

Photo by Jim Grant | The Beacon

James' legacy.

Ambrosiani assumed the project in 2008 and continues to volunteer her time on the committee.

While each mural has its own unique theme, they all resonate with vibrant images of local sights — and some even give rise to scents and sounds. They range from the wild, green parrots that wake residents at dawn to flip-flops on sand, surfers careening through swells

and to all the lively, happy people strolling along the beloved beach, boardwalk and pier.

The murals are comprised of pre-illustrated individual squares, and literally thousands of them of have been painted since 1999, when the first mural, designed by Rich James, was mounted at the parking lot of Surf 'n' Sea Custom Wetsuits, located at 1874 Bacon St.

In 1999, James, along with Gerrie



A tribute mural to one of the founders of the annual Ocean Beach Community Mural Project — the late Rich James — stands outside the James Gang print shop.

Photo by Jim Grant | The Beacon

Trussel, a former OBMA executive director, worked together on first mural painting project as a community-building event for the 20th annual Ocean Beach Street Fair and Chili Cook-Off. Since then, the painting booth has become an ongoing fixture during the annual street fair, held on the fourth Saturday of every June.

Denise "Denny" Knox, OBMA's current executive director, says, "We're very

excited about our 2012 mural concept which, of course, will include a surfboards theme and a salute to the 125th anniversary of Ocean Beach. The artists working on the mural design will be presenting the conceptual drawings in April to our Street Fair Committee for approval."

So where will the 2012 mural be dis-

SEE MURALS, Page 3



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## MURALS

CONTINUED FROM Page 2

played? There are a number of options, according to Knox, but they won't be announced until closer to June.

The squares may be purchased at the community booth for \$10 each. Proceeds are used toward upkeep, but they only cover part of the material, installation and maintenance costs, said Knox. As a result, these expenses are covered by the OBMA.

It is hoped that the Ocean Beach Community Foundation will be able to partner with the OBMA on many of these beautification projects and help share in the maintenance and upkeep of the community improvements, Knox said.

Visitors are encouraged to stop by the mural booth during this year's street fair and grab a square, a paintbrush and be



A community mural in Ocean Beach would hardly be complete without some sort of beach or surfing representation.

Photo by Jim Grant | The Beacon

part of this artistic and community-building tradition.

For more information, call (619) 224-4906, or visit [www.oceanbeach-sandiego.com](http://www.oceanbeach-sandiego.com). The Ocean Beach Community Foundation may be contacted by email at [info@wesupportob.com](mailto:info@wesupportob.com), or by visiting [www.wesupportob.com](http://www.wesupportob.com).

## Bethany Lutheran Church

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## Local Homeowners Save Thousands by Selling Their Own Home

SAN DIEGO, If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

After all, with the proper information, selling a home isn't easy. Perhaps, you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has

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## Point Loma | \$4,150,000



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## Point Loma | \$2,675,000



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## Point Loma | \$1,995,000



Sea Forever! Night lights to La Jolla! Incredible view! Ageless contemporary by Ronald K.Davis. 4 br, 3.5 ba plus bonus room, wine cellar & optional dining area/family room or formal DR. Gourmet teal/granite kitchen. Fabulous master suite with view + elevator & spa. 3-car garage. 4,761 appx sf



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## Point Loma | \$325,000



Originally a 4 bedroom. Seller removed the wall between the two smaller bedrooms, each still have a closet and door, easily converted back to a 4 bedroom if needed. Updated kitchen, family room with a newer patio doors leading to 1 of three private outside areas.

## Ocean Beach | \$569,000



Ocean Front! Remodeled 2 br, 2 ba ocean front condo! Two balconies, wood laminate flooring & tile throughout. Newer cabinets, appliances & granite counter tops. Dual master suites! 2-car garage plus 1 additional deeded parking space.

## Clairemont | \$599K-620K



BRAND NEW North Clairemont home in highly sought after San Clemente View neighborhood just adjacent to Park Rim. All 4 br's & 2.5 ba's downstairs, HUGE bonus room upstairs w/full bath. 360 degree City & Canyon VIEWS & HUGE Balcony!

## Bay Park | \$799,000



Stunning, custom 4 br, 3 ba home. Kitchen w/cherry cabinets, slab granite counters, tile backing & stainless appls. Open & airy floorplan, recessed light, living room, 2 fireplaces. 2-car gar.

## Coming Soon!



Ocean Beach! 3 bedroom, 2 bath single level on a cul-de-sac. Sunset Cliffs - Hardwood floors - Ocean View - 2-car attached garage.



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## Ocean Beach | \$448,900



3 bedroom, 2 bath Townhome just 2 1/2 blocks from the beach! 2-car attached garage. Low HOA.

## Ocean Beach | \$289,900



1 br, 1 ba. Bright updated top floor unit with peak ocean views. Newer vinyl windows, remodeled kitchen & bath. Laundry in unit. Complex has pool. Fantastic location!

## Carlsbad | \$619,000



Monarch Hills beauty! Open the double doors to this 3 br, 2.5 ba w/open floorplan, vaulted ceilings, 1st floor master, sunken living rm & frplc. Upstairs bonus area w/wet bar & fridge. New rear deck, easy careyards & 3-car gar. Mountains & valley views!



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## Ocean Beach | \$589,000



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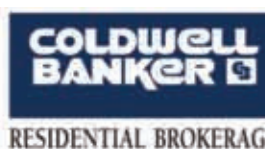
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## NEWSBRIEFS

**Police probe stabbing on Newport Avenue**

San Diego police are investigating a stabbing that took place on Newport Avenue on Feb. 6.

Officers were called to the 4900 block of Newport Avenue shortly before 10:30 p.m. in response to a call of a man with a knife.

When officers arrived, residents pointed police to a north alley, where they located a man in his thirties who had been stabbed in the abdomen.

Although the wound appeared to be non-life-threatening, the victim was unconscious and the man was rushed to the hospital for medical treatment.

Anyone with information related to the above incident is encouraged to call police at (619) 692-4800, or Crime Stoppers at (888) 540-8477.

**Police: Homeless man may have info about body**

San Diego police homicide investigators continues to investigate the death of a man discovered in the 4900 block of North Harbor Drive in Point Loma on Jan. 19.

Investigators are now asking for the public's help in locating Shane Grattan, an apparently homeless man seen leaving the scene around the time of the death. Although police did not say Grattan is a suspect, investigators want to question him to see if he has any information connected with the death of 45-year-old Darrin Joseph, whose body was discovered in the bushes by a passerby about 8:30 a.m.

Officers and medics noticed suspicious trauma to Joseph's body.



SHANE GRATTAN

Witnesses have described seeing a man matching Grattan's description walking away from the area Joseph was discovered, prior to the arrival of police officers. Grattan is described as a white man about 55 years old, 5'10" tall, 130 pounds, having brown hair and blue eyes.

Grattan has been seen living in a dark-green Dodge Tradesman Camper Van in the beach areas of San Diego.

Anyone with information is encouraged to call police at (619) 531-2293 or Crime Stoppers at (888) 580-8477.

**Reality TV show to hold 'open call' in Point Loma**

The producers of "Extreme Makeover: Weight Loss Edition" will host an "open call" for show subjects on Saturday, Feb. 11 at the NTC Promenade of Liberty Station.

The open call in San Diego, one of

nine taking place across the country, will be held from 10 a.m. to 4 p.m.

The unique, non-competitive show documents the makeover of courageous, "super obese" people who, in 365 days, set out to safely lose half of their body weight, ultimately revealing an amazing metamorphosis.

The term "super obese" is used to define those who exceed their estimated ideal weight by about 225 percent and who are roughly 200 pounds or more overweight.

In each of the one-hour episodes, the participants undergo a transformation not only of their bodies, but of who they are as individuals. "Extreme Makeover: Weight Loss Edition" will chronicle each participant's journey in a stand-alone episode as they go about reclaiming his or her life.

The local open call will be hosted at 2640 Historic Decatur Road.

Information about how to apply can

be found on the official casting website, [www.extrememakeovercasting.com](http://www.extrememakeovercasting.com).

**Yelpers give nod to Phil's BBQ in nation's Top 10**

Since launching in 2004, Yelp has quickly become a go-to source for locals and visitors alike in finding the best restaurants, services and attractions in any given city.

The company recently released its Top 10 Yelp restaurants in 2011 — and one very familiar Point Loma establishment made the list.

Among the typical food meccas of San Francisco, Los Angeles and New York, San Diego had its only shining star on the list — Phil's BBQ on Sports Arena Boulevard.

The restaurant boasts a 4½ out of five stars on the popular site, with more than 3,500 reviews posted to date. The first Phil's BBQ restaurant opened in 1998.

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## RESTROOMS

CONTINUED FROM Page 1

per month.

Now, it appears locals and visitors will not have to wait much longer for permanent facilities to be built.

According to Matt Awbrey, communications director for District 2 City Councilman Kevin Faulconer, officials hope to have the new structure completed by Memorial Day weekend and open for the peak summer beach crush.

The roughly \$850,000 project was awarded to PRAVA Construction Services Inc., an Escondido-based general contractor.

Awbrey said several false starts resulted from a thorny bidding process and inadequate municipal funding.

Awbrey added, however, that Faulconer has made it a priority to see the project completed and to resolve questions over inefficiencies of various city departments involved in the bidding phase. Faulconer has personally requested an independent audit of errors made involving previous city projects, Awbrey said.

He said community input played a major role in the design for the new structure, as residents chose from various ideas when the city presented options to local planners. As a result, said Awbrey, residents and visitors will see new, modern facilities with highly efficient solar panels, secure bike racks, decorative beach-ori-

ented concrete and graffiti-proof tiles to undermine common vandalism.

Jeff Roach, a 21-year-old traveler who recently arrived in Ocean Beach, said he had heard from fellow travelers that Ocean Beach has had a public bathroom dilemma for the last couple of years and had prepared himself for the worst.

His reaction to the soon-to-be-rebuilt establishments: "Right on! I'm very happy to hear that. They [the city] should put back the public restrooms. There are many locals here who need them daily. Those locals are forced to use the portable bathrooms. That's gross already by itself. On top of that, those things give you no privacy at all."

Andrew Bruck, a three-year local resident and surfer, said he never uses the temporary bathrooms installed since the permanent facility's demolition.

"Showers would be great to have," he said. "I would like to rinse off my sandy feet and my board. I don't bother with the showers at Tower 2. That's a 10-minute walk from here when you're sandy, wet and carrying a surfboard, just to rinse off."

Sandy Clark, a 30-year resident, remembers the facilities as "a total mess."

"They were rusting and totally falling apart," Clark said. "Unusable. These upcoming new ones [bathrooms] were long overdue and more than necessary. [The public facilities at the lifeguard station at] Tower 2 couldn't carry it alone anymore. We get too many people here."

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MAKING SENSE OF INVESTING

## Coldwell Banker's Shirley Haimsohn Wins Lifetime Achievement Award

Shirley Haimsohn, a Realtor with Coldwell Banker Residential Brokerage Point Loma was the recent proud recipient of the Point Loma Ocean Beach Realty Association's 2011 Lifetime Achievement Award. Haimsohn was recognized for her 33 years of professional real estate service while maintaining the highest level of professional standards and integrity within the Point Loma and Ocean Beach communities. Haimsohn is a former International President's Elite Award winner which honored the 4 percent of all Coldwell Banker sales associates worldwide. "Shirley has quietly and consistently produced the highest level of production for Coldwell Banker Point Loma," said Branch Manager, Tisha Quadros. "She is an inspiration to all who know her and we are fortunate to have her on our team." Haimsohn is a renowned luxury agent with an unwavering commitment to protect and advance her clients' real estate goals and objectives. In addition, she is a fierce negotiator and creative problem solver which have contributed to much of her professional success at Coldwell Banker. Coming off the heels of her lifetime achievement recognition, Haimsohn has just listed and introduced to the market a stunning \$4,150,000 Tuscan Villa inspired estate located on the San Diego Bay in La Playa. Shirley Haimsohn can be reached at (619) 980-7563 or via email at [Shirley.haimsohn@camoves.com](mailto:Shirley.haimsohn@camoves.com).





# After 25 years, lady hoopsters still got game

By **SCOTT HOPKINS** | THE BEACON

The technique and moves were still there, but the legs were the first to go.

Twenty-five years ago, the Lady Pointers basketball team finished a run of four consecutive state championships during the years of 1984 to 1987, compiling an almost perfect record of 122-1 under legendary coach Lee Trepanier.

Fourteen members of those teams gathered in the Lee Trepanier Gym on Feb. 2 for “A Tribute to the Legacy” to honor their late coach, enjoy a reunion and show the current Pointer varsity girls a trick or two.

Now update that record to 123-1.

The squad of alumni, substituting frequently, edged the current varsity girls 32-27 before a large gathering of curious students, nostalgic local basketball fans and historians who came to see the girls who were, in a word, special.

And none was more special than Terri Mann. Standing 6 feet 2 inches in high school, Mann set national records in rebounding (2,256) and scored 3,188 points — second highest in California history.

The prolific player, now known as Terri Mann-Jacobs, was also remembered as coaching an AAU club team near Atlanta, Ga., making behind-the-back passes and putting up points from sever-

al spots on the court.

A 1987 article in *Sports Illustrated* called Mann the best player in the nation. “By the time she was a senior, she had left the rest of the girls in the nation behind,” Trepanier said in the article. “There was nothing anyone could do to stop her.”

And Mann-Jacobs remembered her Pointer days where, before each game, she would eat “about eight tacos. I had to play on a full stomach.”

After many knee surgeries (“eight on one, five on the other,”) Mann ended her playing career. Doctors told her another injury could leave her unable to walk.

Mann-Jacobs and teammate Beth Thompson, now living in Serra Mesa, spoke to the crowd about the many ways Trepanier, a PLHS math teacher who players called “T,” helped them in the classroom and on the basketball court.

“He was just amazing,” Thompson told the crowd. “He fed us if we were hungry, spent hours with us at his kitchen table going over our algebra and geometry so we could get a scholarship to play at the next level. We played ‘Let’s Make a Deal’ in his class so we could earn a new pair of sneakers.”

Trepanier sold concessions from his classroom to raise money for proper equipment and clothing for his girls to play like champions.

Thompson fought back tears Feb. 2 as she thanked members of Trepanier’s family who were present for sacrificing their time with him while he spent time building the lives and skills of his players.

During high school, Mann lived with 11 other family members in a two-bedroom apartment, unable to afford a phone. “Coach T” gave the family food and clothing, helped her buy a car and brought Christmas gifts to the family.

“He was your dad,” Mann told the Trepanier family. “But he was my dad as well. Almost 23 years ago, he walked me down the aisle (at my wedding) and told me, ‘Now go and be the woman I want you to be.’”

Trepanier compiled an overall record of 335-51 as the Lady Pointers coach from 1977 to 1990. He was among the first group of high school coaches inducted into the San Diego High School Coaching Legends in 2000 at the Hall of Champions in Balboa Park.

Trepanier was diagnosed with cancer in 1989 and retired in 1990. He passed away in 1991 at the age of 56.

Returning players with the least distance to travel were current Pointer math teacher Sylvia Maas — a 1981 alum — and physical education teacher Shannon Collins, a member of the 1991 class.

A \$2,000 check was presented to begin a Lee Trepanier Scholarship Fund.



Pointer basketball legend and former state championship player Terri Mann goes up for two points against what appear to be some surprised members of the current PLHS varsity squad on Feb. 2 during a reunion salute to former coach Lee Trepanier. Photo by Scott Hopkins | The Beacon

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## Rock Church puts punch in pro athlete ‘Superfest’ for youth

By **AMANDA MCCORD** | SPECIAL TO THE BEACON

The Point Loma-based Rock Church hosted its second annual “Superfest” event on Jan. 28 at Point Loma Nazarene University (PLNU), chock full of professional athletes who served as role models for hundreds of admiring youngsters.

PLNU’s athletic fields were overrun with children of all ages hoping to learn from their favorite professional athletes. Among the baseball standouts were former San Diego Padres Adrian Gonzalez and Heath Bell, along with current Padres catcher Nick Hundley — all of whom taught baseball clinics. Meanwhile, San Diego Chargers Vincent Brown, Nick Novak and Darrell Stuckey led football drills and kicking tactics.

In yet another area of the event, professional boxer Rich Powers and mixed

martial arts fighter Frank Lester hosted a boxing exhibit. Olympian Allyson Felix also was on hand to share her story with guests during a panel discussion held at the end of the day.

The athletes shared the sports they loved with the children who looked up to them, and they showed eager youth how to play like a real champion.

Miles McPherson, senior pastor of the Rock Church — and himself a former Charger — moderated the panel.

“It’s great to see the kids who look up to these athletes learn from them,” McPherson said. “Not only about how to play a sport but how to live for Christ.”

One teenager had just lost his father the morning of the “Superfest.” Gonzalez stepped up and consoled the young boy in his time of grief.

Another woman roused her entire neighborhood’s child population and

carted them to the event an hour early to ensure they got the chance to learn from these athletes. The star-struck kids had the time of their life.

Representatives from almost every PLNU athletic team were also involved with hosting the clinics. Members of the baseball team helped with hitting and fielding, while members of the soccer team had several games of pick-up soccer going and helped Novak host the kicking clinic.

“To see how many kids come out to learn about the game and learn about the Lord, too, it’s unbelievable,” Hundley said. “Great turnout for the baseball team. They’re in the middle of their season and they take a day out of their schedule to do that, says a lot about the players and the coaches.”

To learn more, visit [www.superfestsd.com](http://www.superfestsd.com) or [www.therocksandiego.org](http://www.therocksandiego.org).

## SPORTSBRIEFS

### PLHS grapplers drop disappointing match

Point Loma High’s wrestling team suffered a blow to its aspirations for a league championship with a loss to Mira Mesa last week.

The Pointers, who haven’t won a league title for nearly 20 years, needed to defeat the Marauders to wrap up the elusive Eastern League crown, but fell short by a 32-24 score on their home mat.

With one league match remaining, the Pointers must hope the Marauders drop their match to two-time defending champion Patrick Henry. The Pointers had already defeated the Patriots 37-30 in a big match three weeks ago, setting the stage for the Mira Mesa match.

Pointer head wrestling coach Phil Moore was disappointed by last week’s defeat but remained optimistic his team may still claim a portion of the championship if the Patriots defeat Mira Mesa.

### Surf team rides to victory

The Pointers’ Surf Team defeated Canyon Crest Academy recently by a 69-64 score.

Individual top performances were turned in by Cody Sherman (first place in shortboard competition), Joe Diamond

(second place, shortboard), Josh Larocco (second place, longboard), Zack Clark (fifth place, klongboard), and Diamond (sixth place, bodyboard).

### Feb. 16 basketball game key to championship

The Pointers’ final basketball game Feb. 16 at home against Christian High could determine this season’s Central League championship.

The Dogs (6-2 league, 12-7 overall) are locked in a tight race with Christian (7-2), Coronado (6-3) and Kearny (6-3). The Patrick Henry High Patriots defeated the Pointers 51-48 in their first meeting last month in East County.

Kohl Meyer (15.6 points per game) and Dillon Fitzmorris (12.5) led the Pointers in scoring.

### Football team earns accolades for 2011

Following another successful season, Point Loma High School (PLHS) football team members gathered for one final time last Saturday at Phil’s BBQ to celebrate their accomplishments and to present special awards.

Head coach Mike Hastings praised his players following a buffet lunch and thanked his coaches, boosters and other parents for their continued support.

The following awards were presented

by coaching staff members:

- **Team captains:** Tevin Heyward, Jaivon Griffin and Eric Bueno.
- **Scout Team Players of the Year:** offense, Mike Lombardi; defense, Michael Solia.
- **Special Teams Player of the Year:** Felipe Soares.
- **Coach Bill Hastings Specialist Award:** Ruben Diaz.
- **Bob Hammes Most-Improved Academic Award:** Morris Mathews.
- **Steven Horrow Memorial Award:** Edmond Tucker.
- **Coach Bennie Edens Pointer Pride Award:** Bueno and Heyward.
- **Most Inspirational Player:** Ikeem Wright.
- **Jimmy Howard “Semper Fi” Award:** Kevin Desta.
- **First Team All-Western League:** Tucker, Heyward, Wright, Griffin, Bueno and Matt Magers.
- **Second Team All-Western League:** Mathews, Desta, Steven Arreola, Jake Wambaugh, Aaron Watkins and Greg Verdugo.
- **Western League Kicker of the Year:** Soares.
- **Western League Co-Defensive Player of the Year:** Heyward.

The Pointers finished in a first-place tie with Madison for the league title following a hard-fought 13-13 tie played in the rain at Madison in early November.



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## Ask The Lawyer

**Question:** My parent (neighbor) is starting to become unable to handle their financial (or health) affairs. What can be done to assist and protect them?

**Answer:** The first thing that you should do is to look for any estate planning documents that they may have. Do they have a living trust or power of attorney for financial affairs or healthcare? If so, they have named persons to assist them.

If there are no documents, the person should see an attorney and draft them right away. If the person has the capacity to understand what they own and who will take care of them, then all is good. It is so easy to have a power of attorney for financial affairs and one for healthcare. If they do not understand what is going on, then the court will need to be involved. A conservatorship must be done for developmentally disabled adults and other adults (over 18) that can no longer take care of themselves. There is a lot of paperwork to name another to take care of the person's estate and health care decisions. This is the last place where you want to have to bring your parent. The disadvantages to this are: They will have an attorney appointed for them, the court investigator will go to their home and it will cost a substantial amount of money. The filing fee alone is \$395.00. Contact me today to make sure the court will not be involved.

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# Shipping lanes soon to be full of whales

## TO THE POINT

By JOHNNY McDONALD | THE BEACON

If you listen to reports about ships colliding with migrating whales off the coast, navigators would well be warned to be on the alert. The bulk of the 20,000 behemoths will be swimming by this month.

These warnings were stirred when a fin whale's carcass washed ashore a few weeks ago in Point Loma, believed to have been the victim of a ship encounter.

Meanwhile, smaller boats with curious sightseers will be on the waters off our coast getting a close-up view as these spectacular animals head for warm Mexican breeding lagoons. The whales will have completed a 12,000-mile journey from the Bering Sea — an annual odyssey that began in October. As to collisions, some say these are common occurrences off Southern California shores. Collisions are likely noted here more often because of reports by the Navy.

Coast Guard officials recently proposed altering shipping lanes for the ports of Los Angeles and Long Beach, in part to avoid prime whale habitat around the Channel Islands National Marine Sanctuary.

Officials from the Southwest Fisheries Science Center in La Jolla say the whales end up right in the middle of the shipping lane.

Researchers said the casualty count might be only 10 percent of the actual total because some whales sink quickly and others float out to sea undetected.

Often longer than a bus and weighing 30 to 40 tons, gray whales move in large pods. The gray whale consumes bottom-dwelling crustaceans and krill by turning on its side and scooping up huge amounts

of sediment from the sea floor.

According to the Birch Aquarium in La Jolla, gray whales are most frequently seen off San Diego from late December through March. Grays are relatively slow swimmers, cruising at an average speed of three to five miles per hour.

• **How time flies** — Boxing champion Muhammad Ali celebrated his 70th birthday last month. I remember covering two of his West Coast fights as a boxing writer. We were ringside at what was then called the San Diego Sports Arena in 1973 when ex-Camp Pendleton Marine Ken Norton upset the “Great One” via split decision. He broke Ali's jaw in the process.

Later, Norton went on to hold the world heavyweight title for a couple of months.

• **Just in case** — San Diego's Coast Guard says it's ready, should a cruise ship get into trouble off our coast. Hopefully, the Coast Guard is not having to prepare for a ship tragedy like the one off the west coast of Italy at Giglio Island. However, in November 2010 it helped take care of a problem when the cruise ship *Splendor* was crippled by a disabling fire south of San Diego. Since then, the Coast Guard said it has learned from the rescue experience.

“Once a year, we meet with everybody, exercise it and then we debrief what worked, what didn't work, how can we do this better?” said Coast Guard Lt. Sean Groark. Rescuers say they have a plan and they practice for emergencies, but maintain that the ocean is dynamic and can be unpredictable.

— *Johnny McDonald is a longtime writer and columnist for the San Diego Community Newspaper Group. He can be reached at Johnny23@cox.net.*

## CONTAMINANTS

CONTINUED FROM Page 1

Harmful beach algae, or “red tides,” can collect alongshore in summer, compounding four decades' wear and tear. The beach also sits between two planning districts, whose jurisdictions may overlap. And although Heal the Bay usually rates Dog Beach water quality at an A or A-plus in dry weather, the high marks reportedly are due in large part to brisk tidal flow that tends to flush the area at strategic parts of the day.

Dog Beach, then, isn't without its hazards. And, according to the city's Storm Water Division (the agency charged with monitoring dog waste pollutants), one of those drawbacks originates from the enemy within as fecal traces threaten to enter the city's storm-drain system untreated and travel into the beaches, bays and lagoons.

“The big issue at Dog Beach is dog excrement,” said Storm Water Division spokesman Bill Harris. “The beach is at the mouth of the San Diego River, and so it does catch some of the pollutants that wash down as runoff on the first flush after a rain. But that's not what's troubling us. Dog Beach is highly contaminated due to bacteria in dog excrement, way more polluted [than most San Diego beaches.]”

It's also not alone in its dilemma, according to Harris.

“The mouth of Tecolote Creek,” he said, “is a big issue. And there are bacteria problems at [Pacific Beach] Point, where we've got kelp degradation and flies that come in. Dog Beach is not unusual, and I shouldn't make it sound like that at all. But it is very concerning to us, absolutely.”

In 1991, the Environmental Protection Agency called dog poop a “nonpoint source of pollution,” which puts it in the same toxicity category as petroleum. The agency also said that a single gram of dog waste can contain up to 23 million fecal coliform bacteria, known to cause cramps, intestinal illness and kidney disease in humans.

The agency added that two days' droppings from about 100 animals (remember, that's the number of Dog Beach visitors over the nicest weekend days) could contribute enough pollution to cause closures of beaches, bays and watersheds for 20 miles around. Hookworms, ringworms, tapeworms, *Salmonella*: Dog waste is infested with these and other bugs, leaving adults and especially children susceptible to fever, muscle aches, vomiting and diarrhea.

As reported in the journal *Gut Pathogens* last July, San Diego State University's Center for Microbial Sciences deemed Dog Beach “prone to closures due to high levels of fecal indicator bacteria.” The school's own study found that *Enterococcus* — the bacterium that plays a major role in diseases like diverticulitis and meningitis — was detected in five of 20 stool samples gathered at the water's edge. “A paramount concern,” the study con-



A study by San Diego State University's Center for Microbial Sciences found that *Enterococcus* — the bacterium that plays a major role in diseases like diverticulitis and meningitis — was detected in five of 20 stool samples of dog waste gathered at the water's edge at Dog Beach.  
Photo by Jim Grant | The Beacon

cluded, “is pollution by human and animal waste because it carries disease-causing bacteria and viruses. With the close interaction of humans and animals at locations like Dog Beach, a potential reservoir for novel infectious disease pathogens may exist.”

So why isn't everybody at Dog Beach getting sick, especially as the pollutants are exposed by the natural activity of the river tides and ocean?

For one thing, geography's involved. Dog Beach is nearly 40 acres deep, far and away the city's largest off-leash area except for Mission Bay Park's Fiesta Island. The greater the area of potential pollutants, the better the chances they won't find their way into the city's storm-drain system.

Another element involves responsible pet ownership.

“I've been from coast to coast,” said Oceanside resident and acclaimed dog behaviorist Arden Moore during a recent interview, “and [San Diego] is pet heaven” — which is to say that most dog owners are inclined to pick up after their pets per San Diego municipal code.

Harris agrees.

“We've been doing a public-education campaign for about 11 years,” Harris said, “and we've had pretty considerable suc-

cess getting people to change the way they do things, picking up after their dogs, washing things into the rivers and other watershed that we've got. And we're seeing diminishing point-source discharge in other areas.

“And Ocean Beach is truly miles ahead in responding to stormwater pollution,” he said. “The Ocean Beach MainStreet Association, the business services organization, does a really fine job in picking and choosing some of the things they do to deal with polluted runoff. And we see a lot of people in Ocean Beach disconnecting their downspouts, turning that water onto their property to make sure it doesn't wash pollutants downstream. The community understands what they're up against, and they really take a great deal of pride on making those changes.”

But Ocean Beach has a long way to go before it follows the lead in Cambridge, Mass., where dog feces are used to power lampposts in a public park. Dog Beach, of course, would be an ideal setting for such a place. For now, the pollution dilemma colors its brave face with a curious clench of the jaw.

For more information on the city's Storm Water Division and its environmental efforts, visit [www.sandiego.gov/stormwater](http://www.sandiego.gov/stormwater) or [thinkblue.org](http://thinkblue.org).



City officials acknowledge improvement in behavioral patterns of dog owners cleaning up after their canines at Dog Beach, particularly after the city's beefed-up public-education programs over the last 11 years.  
Photo by Jim Grant | The Beacon



## OCEAN BEACH CELEBRATES 125 YEARS!

*The community celebrates its history all year long.*

Ocean Beach has begun a year long celebration of their 125th Anniversary. Every event in Ocean Beach through the end of 2012 will commemorate the community's anniversary. Ocean Beach is one of San Diego's oldest communities and over the years the Ocean Beach Historical Society has preserved Ocean Beach history with their collection of photos and other memorabilia. Photos and stories will be shared both on the Ocean Beach MainStreet Association (OBMA) website ([www.OceanBeach-SanDiego.com](http://www.OceanBeach-SanDiego.com)) and through the SD News / Peninsula Beacon. People are encouraged to share their memories and photos and become a part of the celebration. Please email them to [info@OceanBeachSanDiego.com](mailto:info@OceanBeachSanDiego.com)

Check the Event Calendar on the OBMA website for details on all annual events and be sure to check with OBMA's online store for merchandise!



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Artist Lauren Carrera poses with her thought-provoking room-sized installation "The Permanent Collection." She needed over two years to acquire all the elements. Photo by Nicole Sours Larson | The Beacon

## Atypical gallery: Carrera Expeditions becomes a voyage through creativity

By NICOLE SOURS LARSON | THE BEACON

Is it an art gallery? A museum? Or one woman's elaborate invention?

Visitors stepping inside the Studio Art-box installation at Liberty Station, called "Museo du Profundo Mundo presents Specimens & Renderings from the Carrera Expedition," should prepare for a surprise. Fresh delights and discoveries, a garden of exotic — yet comfortable — wonders, will greet them as they progress from a wall of artfully arranged white mannequin arms to an about-to-burst human-size cocoon, to an antique glass case filled with six bubble-wrapped human figures entitled "Nuclear Family: The Ascent of Man" and then to a wall filled with oil paintings of pods.

Welcome to the whimsical world of

artist Lauren Carrera, where every artwork contains stories overlaid with more stories. Yet viewers must decipher these stories from their own observation and intuition, aided by the "field notes" introducing each set of exhibits in Carrera's fantasy museum, created wholly from her imagination.

It's difficult to characterize Carrera's art. The still-expanding collection of 75 to 80 "exhibits" includes paintings, dioramas, sculptures, assemblages and room-size installations, most created from found objects and many executed in multimedia.

She calls her creation a "pop-up museum," as transitory as the "pop-up restaurants" showing up in temporary spaces

SEE **CARRERA**, Page 8

## Mike Michaels Program readies unique musical blend

By BART MENDOZA | THE BEACON

"Listen Local Showcase" — the Thursday evening spotlight at Winston's Beach Club — continues to be one of the best venues to catch live music from both rising talent and old favorites — sometimes a little bit of both. Such is the case with the Mike Michaels Program, a new trio comprised of veteran musicians performing at Winston's on Feb. 16.

Featuring frontman and guitarist Michael Hoisington, bassist Will Rintamaki and drummer Brad Cunningham, the band came together in July 2011, putting together a slew of originals over the last seven months. Though classic rock comes to mind as an influence in their well-crafted tunes, Hoisington said it's difficult to nail their sound down because of the three musician's very eclectic musical tastes.

"[Our set lists range] from hard-core country to jazz to folk to pop to metal, [however,] we like to rock," said Hoisington. "People ask me to describe our sound all the time and I really don't have a good answer. I have been playing guitar and writing songs for a while, and I think I have my own unique style. My bandmates tell me the same thing. I like to call my music rock and let people make up their own minds."

The Mike Michaels Program is currently performing an acoustic/electric-guitar-oriented set, but will be introducing a complementary harder-edged electric guitar set later this year.

San Diego's bar scene is known for its love of cover songs. However, The Mike Michaels Program is all about Hoisington's original music. The response so far has been encouraging, he said.

"We're just getting started," he said. "We've played four shows so far, three



The Mike Michaels Program, a new trio comprised of veteran musicians, will perform at Winston's Beach Club on Feb. 16. Courtesy photo

at Winston's and one at the San Diego House of Blues. We've been lucky to have a good turnout at all of our shows. People seem to like the music. We've gotten nothing but positive feedback."

While many performers scramble to play as many concerts or sets as they can, Hoisington and his crew are taking the opposite tack.

"We are focused on playing only one or two shows a month to make it easy for our fans to come out," he said. "We try to put on a good show and entertain our listeners, we also try to relax on stage and have fun. Hopefully that comes across at our gigs."

All three members of The Mike Michaels Program are veterans of numerous bands. Hoisington was a member of the Fresno-based national touring act Nightwings during the late 1970s. A guitarist by the age of 14, he was inspired by "1960s music, country, folk and surf, Elvis, Buddy Holly, The Beatles, Hendrix, Iommi, Clapton, Beck and Page among others."

Now a seasoned stage pro, he looks

back on his first public performance with slight bemusement.

"I can't remember exactly, but it was in a high school auditorium and it sounded horrible," he said. "But my classmates loved it."

While the members of the Mike Michaels Program create a very full sound, Hoisington said the reasoning behind the band's trio format is pragmatic.

"It's hard putting a band together and keeping it together," Hoisington said. "Human relationships are complicated, including band interpersonal relationships. Everyone has an ego and an agenda. That's just the way we are. Everyone has family and friends they have to spend time with."

Factor in the logistics of rehearsals, live performances and recording, it's easy to see why it can be difficult to make a band work long term.

"Just getting the three of us together took some time and effort, and adding any more members would

SEE **PROGRAM**, Page 8

## Free Living History Activities in Old Town State Park

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/oldtown-sandiego>.

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Wednesday, February 8, at 6 p.m.

\$75 per person.

Join Executive Chef Bernard Guillas and Chef de Cuisine Ron Oliver for an exciting cooking class followed by a three-course dinner with wine pairings featuring Grilled Veal Tenderloin and Lamb Chop Duet.

### VALENTINE'S DAY

Tuesday, February 14.

\$125 per person.

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### HIGH TIDE BREAKFAST

Sunday, February 19, from 7 to 11 a.m.

\$32 per person.

The view only gets better during high tide. Enjoy Preserved Peach and Blueberry Cheese Blintz, Black Forest Ham and Eggs Benedict—all while the tide brings the ocean right up to our picture windows.

### VALENTINE'S DAY PACKAGE

Tuesday, February 14.

Continue the romance with an exclusive room package from the La Jolla Beach & Tennis Club. Enjoy oceanfront accommodations, a bottle of bubbly delivered to your room, an extraordinary dinner for two at The Marine Room, and more. Visit [LJBTC.com/SpecialOffers](http://LJBTC.com/SpecialOffers) for more information.

MENU ITEMS SUBJECT TO CHANGE. PRICES DO NOT INCLUDE TAX AND GRATUITY.  
\*MONTH OF ROMANCE MENU NOT AVAILABLE ON 2/14 WHEN THE VALENTINE'S DAY MENU IS OFFERED.



## Score it big with half-price admission to area museums

By SCOTT HOPKINS | THE BEACON

Have you been dying to climb aboard the USS Midway Museum to see the aircraft and many other displays? Are you into cars, ocean life, photography, art, music or archaeology? Looking for a place to take the kids?

During February, 40 local museums are offering half-price admission during "Leap into Museums" month, presented by Macy's department stores.

Passes to all 40 participating museums are now available at any of 14 Macy's stores in San Diego, Imperial Valley or Temecula. Each pass is free and reusable all month at all museums.

Most museums in Balboa Park are part of the celebration. Other well-known sites are the Birch Aquarium at Scripps, the Maritime Museum on the Embarcadero, the San Diego Children's Discovery Museum, the Serra Museum

in Presidio Park and the Whaley House in Old Town.

But there are also some lesser-known museums that may lure curious visitors as well. Have you experienced the Barona Cultural Center and Museum, the Coronado Museum and Cultural Center, the Flying Leatherneck Aviation Museum (at Marine Corps Air Station Miramar), the Marston House and Gardens, the Tijuana Estuary Visitor Center or the Women's Museum of California?

While there is a limit of one pass per person, each pass allows the holder and three others to gain admission at half-price. The event was conceived by the San Diego Museum Council.

Visitors are urged to contact museums prior to visiting to confirm hours. This information, along with directions, phone numbers and detailed information on each museum is available at [www.sandiegomuseumcouncil.org](http://www.sandiegomuseumcouncil.org).

## CARRERA

CONTINUED FROM Page 7

and on food trucks. Her Carrera Expedition is on view in Liberty Station's Building 194 through late spring.

The longtime La Jolla resident decided to design and populate her own museum following a coffee shop conversation with fellow artists about the difficulty of getting their work shown in museums. Inspired by the East Coast natural history museums she haunted as a child and more recent visits to the Museum of Jurassic Technology in Los Angeles, she pursued her fascination with early collections and natural history.

"I started thinking about how museums got started from cabinets of curiosity," Carrera said. "Who were these people? Where did the cabinets of curiosity come from? From the great explorers and people like Thomas Jefferson."

It took her about two and a half years to assemble the various objects needed for her installations of "The Permanent Collection," a dining room table set with distinctive serving pieces and exhibits in glass jars, connected to an unusual chandelier hung with IV bags of saline solution. The dozens of found stuffed bunnies accompanying the Hopi-inspired "Trickster" hopped into her life from Goodwill and other thrift stores and yard sales.

Other rooms are filled with paintings of landscapes and flowers, while another is set up as an aviary and another as

a cityscape crafted from books.

She had to invent her own formula for artificial "water," complete with air bubbles, to fill the wall of plastic fish bags holding freshwater lures entitled "Safe Harbor." Most of her titles have double meanings with underlying humor.

"There are multiple interpretations for everything I do. There's humor in everything I do. I think art should be beautiful and delightful first, then serious," Carrera said.

Carrera lives in La Jolla with husband Chris Schuck, headmaster of La Jolla Country Day School. Chris doubles as her gallery installer and assistant, but Lauren said she never expected to become an artist. As a child, she planned to become a physician. At Rutgers University, she turned to clinical psychology while also pursuing her interest in art, encouraged by her mentor, prominent Philadelphia artist Dan Wittels.

"People (you encounter) can change the course of your life," she said.

She came to San Diego to work on her Ph.D., which she abandoned just short of her dissertation to become a full-time artist. Carrera now maintains studios in South Park and Portland, Ore.

The Museo du Profundo Mundo, or Carrera Expedition, is located at 2835 Perry Road at the corner of Historic Decatur Road near the Corvette Diner. Hours are Wednesdays from 4 to 8 p.m., Saturdays from noon to 4 p.m., Liberty Station First Fridays from 5 to 8 p.m. and by appointment via her website. For more information and directions, visit [www.studioartbox.org](http://www.studioartbox.org).

## PROGRAM

CONTINUED FROM Page 7

increase problems exponentially," Hoisington said.

He said he considers himself fortunate to be playing with Rintamaki and Cunningham.

"They like my music," Hoisington said. "They are good players. They have unique personalities, they are good people, they show up and they have supportive families and friends."

Upcoming plans include more shows and an album this fall. In the meantime, Hoisington is clear on his favorite thing

about being a musician: the sheer love of creating and playing music.

"It's been said many times — and it's true — music is a universal language that cuts across race, culture, economic status," he said. "It touches us in profound, unique and influential ways. It inspires and excites me that I can communicate with people through my music."

• **The Mike Michaels Program** performs at 7 p.m. on Thursday, Feb. 16 at Winston's Beach Club, 1921 Bacon St. 7 p.m. No cover. 21 and up. [www.themikemichaelsprogram.fourfour.com](http://www.themikemichaelsprogram.fourfour.com)

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Nancy Delar is the manager at Mardi Gras Café and Market Place on Midway Drive, which prides itself on authentic New Orleans cuisine. Photo by Marsha Kay Seff | The Beacon

## Who dat? Why, an authentic Nawlins café/market, dat is

By MARSHA KAY SEFF | THE BEACON

A local eatery is counting down to Mardi Gras.

Feb. 18 will be one of the busiest days of the year for the Mardi Gras Café and Market Place on Midway Drive. And if Drew Brees and the New Orleans Saints had made it to the Super Bowl like they did in 2009, “It [would have been] like having two Mardi Gras,” said Skip Antonelli, who owns the small restaurant in the 7-Eleven strip mall.

You might describe the 23-year-old business as a “mom-and-pop-and-pop” enterprise. Working side-by-side with grandpa Antonelli are his daughter, Nancy Delar, and her husband, Eddie. The couple’s two children also help.

The family moved to San Diego from New Orleans in 1984. Because they missed their hometown cuisine and wanted to share it with others, they decided to open the cafe and small grocery store. There wasn’t much competition here for this kind of food, said Nancy, the store’s manager.

She describes it as home cooking, which combines French, Italian, Cajun and Creole dishes. Cajun emphasizes spices, while Creole stresses sauces, according to Nancy. The cuisine also includes a lot of seafood, which the cafe flies in from New Orleans.

“Seafood from the Gulf and the Atlantic is more flavorful than from the Pacific,” said Nancy. “Recipes go from generation to generation. Things can get altered. There’s usually the same start, but a little different finish. This food is what makes you feel good, whole. We enjoy the music and the flavors [of New Orleans].”

The small cafe has just a few tables. But between eat-in, take-out and catering customers, the place serves up to 1,000 people for Mardi Gras, according to Nancy.

Regulars come from as far away as Los Angeles and Arizona. Nancy said there are just some things too hard to find in the West.

In addition, Nancy said she cooks “from her roots.” She said her dad — whose mother was Italian — taught her how to use seasonings.

“A lot of customers say it smells like



A customer takes stock of the New Orleans-style merchandise at Mardi Gras Café and Market Place. Photo by Marsha Kay Seff | The Beacon

home here,” Nancy said.

Menu choices include real-alligator subs for \$8.99 and soft-shell crab po’ boys for \$11.99. There’s also sausage-and-chicken jambalaya and seafood gumbo, as well as shrimp creole, each priced at \$8.99. Then there’s the favorite New Orleans sandwich called the mufuletta. A small mufuletta is \$8.99 and a large is \$12.99. A mufuletta is a round French-bread sandwich with salami, ham and cheese, topped with a chopped salad of pickled green and black olives, cauliflower, celery, carrots and olive oil.

For Mardi Gras, the restaurant offers the traditional king’s cakes with a plastic baby inside. For Christmas and New Year’s, Nancy said, there’s deep-fried turkey, which is “a Southern thing.”

The small market in back carries everything from New Orleans coffees and an assortment of Zapp’s potato chips to sausages and Cajun seasonings. The Wall of Fire boasts about 500 hot sauces.

It’s not hard working with her family, Nancy said.

“After this many years, you know what to expect, what you need to do,” she said. “You have your own spaces. Everyone’s here to help each other.”

So, which professional teams does a New Orleans-native-turned-San Diegan root for?

“I’m a Padres and Chargers fan and a Saints and LSU fan,” said Nancy.

But, she said, if the Chargers were to play the Saints, she would root for both.

“I’d be happy either way,” she said.

• **Mardi Gras Café & Market Place**  
3185 Midway Drive, Suite E; (619) 223-5501

## Popular Broken Yolk Café opens new location

By MARIKO LAMB | THE BEACON

Broken Yolk Café has been serving up its freshly made homestyle breakfasts and lunches in generous portions for more than three decades. On Jan. 10, the casual eatery expanded its franchise to include a new location at 3577 Midway Drive bringing the café’s tried-and-tested delicious recipes, hearty portions, family-friendly ambiance and great service closer for Point Lomans to enjoy.

“We just love Point Loma,” said Salvador Lombroso, franchisee of the new Broken Yolk Café location. “We saw the opportunity of a perfect location for us, and we went for it.”

Broken Yolk Café offers an extensive list of menu items to cater to any ravenous guest, ranging from breakfast classics like waffles, French toast, pancakes and more than 20 different omelet varieties to lunch items like signature salads, juicy half-pound burgers and street tacos. New items, including crepes and gluten-free pancakes, are now available on the café’s menu at all Broken Yolk locations, offering even more for guests to enjoy.

The café also challenges those who want to go down in Broken Yolk Café history to the “Iron Man” and “Iron Woman” special food challenge — a feat successfully completed by Travel Channel’s “Man vs. Food” host Adam Richman in the show’s third season.

Guests who are willing to step up to the plate — that is, the 15-inch pizza pan in this case — can take a stab at eating the café’s monster 12-egg omelet, complete with chili, cheese, onions and mushrooms alongside a mound of home fries and two biscuits. Those who finish the meal in 60 minutes or less receive the entree for free, and the winner’s name is honored on



The comfortable atmosphere at Broken Yolk Cafe makes it a great place to meet up with friends and family for a hearty meal. Courtesy photo

the restaurant’s Hall of Fame.

For those who can’t quite stomach a colossal breakfast but still want to take advantage of giant deals, the café offers specials that cater to any appetite.

“We always have daily specials, and you can find coupons in many of the local publications,” Lombroso said. “We also have our rewards program where after you accumulate 110 points, you receive a \$10 reward loaded to your card.”

In addition to satisfying guests’ cravings and wallets, Broken Yolk Café guests can enjoy a casual ambiance that serves as a great meeting place for a variety of occasions.

“The Broken Yolk has a comfortable atmosphere that is family friendly” Lombroso said. “It’s a great place for everyone — from little ones to our senior community. It’s a great place to meet with your friends, have family gatherings, go on a date, celebrate your birthday or graduation, hold business



Broken Yolk Cafe is now serving the Point Loma community with made-from-scratch breakfasts and lunches from 6 a.m. to 3 p.m. every day. Courtesy photo

meetings or have lunch after church. We also have a private room available for special occasions.”

Broken Yolk Café is open for breakfast and lunch from 6 a.m. to 3 p.m. with to-go orders available. For more information, visit [www.thebrokenyolk-cafe.com](http://www.thebrokenyolk-cafe.com), or call (619) 358-9966.

### PUBLIC NOTICE

#### 30-Day Public Comment Period NAVAL BASE POINT LOMA, MRP SITE 1- SMALL ARMS RIFLE RANGE MUNITIONS RESPONSE SITE PRIORITIZATION PROTOCOL

**WHY YOU ARE BEING NOTIFIED:** For decades, the Department of Defense (DoD) has used military munitions in training and testing to ensure force readiness. Munitions contamination remaining from past DoD activities may present explosive, chemical agent, human health and environmental hazards. Whenever a former range or disposal site is put to another use, actions must be taken to ensure cleanup of any potential hazards. Therefore, Congress directed DoD to identify and prioritize all Munitions Response Sites (MRS) in their inventory, thus establishing the Military Munitions Response Program (MMRP). The Munitions Response Site Prioritization Protocol (MRSP) was established to assign each former munitions site a relative priority for response actions based on the overall condition at each location. There are three modules that make up the protocol: the Explosive Hazard Evaluation, the Chemical Weapons Material Hazard, and the Health Hazard Evaluation. Each module is scored using specific criteria and the module with the highest ranking determines the priority for the site.

At Naval Base Point Loma, one former training area has been

evaluated under the MRSP: MRP Site 1, Small Arms Range. The United States Navy has conducted the MRSP evaluation of this site at NBPL and is seeking public participation, review, and comment on this evaluation.

#### PUBLIC REVIEW AND COMMENT PERIOD February 10, 2012 through March 12, 2012

**WHERE YOU CAN FIND FURTHER INFORMATION:** A copy of the MRSP evaluation for MRP Site 1 is available to the public at Naval Facilities Engineering Command Southwest’s (NAVFAC Southwest) Administrative Record at 2965 Mole Road, Naval Base San Diego Bldg 3519, San Diego, CA 92136, Diane Silva (619) 556-1280. In addition, copies of the MRSP Overview Report will be on file at the NBPL Information Repository, Point Loma Hervey Branch Library, 3701 Voltaire Street, San Diego, CA 92107, (619) 531-1539. Members of the public can submit comments on the MRSP Overview Report to Allison Basche, Navy Remedial Project Manager. Comments will be accepted via: U.S. Mail: NAVFAC Southwest Code RUE30.AB, 2730 McKean Street, Building 291, San Diego, CA 92136 or email at [allison.basche@navy.mil](mailto:allison.basche@navy.mil). Comments will be accepted through March 12, 2012.

Public comments play an important role in the outcome of environmental cleanup decisions. You are encouraged to submit comments on the MRSP report by letter or e-mail. **The Navy welcomes your input!** Issue Date Feb 09, 2012

## Want “Top Dollar” For Your Pacific Beach or Mission Beach Home?

#### Experts Say: Start planning for it 60 to 90 days before you sell.

**Pacific Beach (CA)** – A recent interview with Jeffrey Middaugh of Coldwell Banker, revealed several helpful tips for anyone who is thinking of selling their Pacific Beach or Mission Beach Home.

“Most owners think their homes will sell quickly. Everyone thinks that their home is special and will bring top dollar fast. In fact a lot of all new listings that go on the market eventually expire with the home still unsold.”

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Jeffrey has compiled a free report that he calls **How to Sell Your House for Top Dollar – Fast!** This report details several specific ways to prepare your house for sale and how to make your house irresistible to buyers. Jeffrey says the information in this report is the secret to his success in selling homes so quickly, and the reason he can guarantee to sell any house in less than 90 days.

**To get a copy of this free report, How to Sell Your House for Top Dollar – Fast!** just call 888-611-8015, ext. 39 for a free 24 hour recorded message. Or go to [www.PacificBeachFreeHomeReport.com](http://www.PacificBeachFreeHomeReport.com). There’s no cost or obligation and your report will be mailed today!



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# Midway's BGR Burger Joint: a sumptuous choice

By MARSHA KAY SEFF | THE BEACON

All burgers are not created equal, according to Doug Barry. He is the franchise owner of BGR The Burger Joint, which opened Dec. 2 at 3960 W. Point Loma Blvd., Suite J, in the Midway Towne Center.

And he's counting on the difference to catapult his business to the top of the "fast-casual" restaurant slot, despite the fact that Daddy O's, another high-end burger shop, closed its doors in the same spot late last year.

"Our product speaks for itself," Barry said.

He won't criticize his predecessor, but he emphasizes his "gourmet" burgers are prime beef from naturally raised, antibiotic-free, grain-fed cattle. The meat is blended fresh in Maryland and flown to the West Coast in vacuum packaging. Barry said the burgers are never frozen.

Barry said there's a big difference between "fast-casual" and fast-food-cheap-food eateries. Most obvious is price. BGR's prices start at \$6.99 for the no-frills seven-ounce burger. There's also the fact that although customers order at a counter, all BGR burgers are cooked to order in eight to 12 minutes on an open-flame grill.

Prices on the assortment of burgers climb to \$79.99 for the 9-Pounder, which actually weighs in at 15.4 pounds with condiments and bun and feeds up to 15 people.

"Why do we do it? Why not?" Barry said, adding that he had one group of eight that managed to consume half of it. If one diner can consume it, the burger is free.

Other specialties include The Wellington, with black truffles, roasted mushrooms, caramelized onions and blue cheese; and the eight-ounce Southwestern, infused with chipotles, poblanos, onions and chili and topped with pepper jack cheese and mango salsa. Both these offerings are \$8.99. The Cuban, topped with slow-roasted pork, ham, sweet pickles and Swiss cheese, is \$9.99. A quartet of sliders is \$7.99.

In addition, there's a burger of the month. February's offering is a Chili Mac, piled high with chili, shredded cheddar and corn chips.

Burgers come on brioche buns, baked daily specially for the restaurant by the La Jolla Bakery.

Though about 70 percent of Barry's sales are beef burgers — 30 to 40 pounds a day and increasing — BGR offers four alternatives for those who eschew red meat. There's the seasonal lobster special, with six ounces of knuckle and claw meat with slaw sauce on three open-face slider rolls for \$14.99; the ahi tuna burger, with "sushi-grade" fish topped with grilled pineapple and pickled ginger with mojo sauce for \$10.99; the veggie burger, including brown rice, black beans, oats and molasses, \$7.99; and the turkey burger, blended with Portobello mushrooms and a hint of Gorgonzola cheese for \$8.99. Another favorite is the Greek burger, made with leg of lamb and seasoned with cumin, mint and garlic and topped with tzatziki and feta cheese for \$11.99.

Complementing the burgers are sides of double-fried French fries, \$2.89; sweet-potato fries, \$3.99; Vidalia onion rings, \$4.49, and grilled asparagus sprinkled with parmesan cheese, \$3.89. Shakes, including a flavor of the month, are \$4.99. February's offering is chocolate-covered strawberry.

BGR's lunch special, which runs Mondays through Fridays, is a burger with fries and soda at \$8.99. Barry said he's a bit surprised that, so far, he's been doing more dinner business than lunch, which has been splitting about 60-40.

For those who prefer to eat home, BGR offers free delivery within five miles for orders of more than \$20.

The restaurant is popular with families, Barry said, especially because he offers a kid's menu for \$4.99, including two sliders and grilled cheese sandwiches. His own two children, he said, "truly love our hamburgers."

The Midway District restaurant is decked out in rock 'n' roll nostalgia, with music from the 1970s, 1980s and 1990s played low enough to allow customers to talk. The franchise is one of

SEE BGR, Page 18



Doug Barry takes a breather as owner of the new BGR The Burger Joint, which just opened at 3960 W. Point Loma Blvd., Suite J. Photo by Marsha Kay Seff | The Beacon

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## BGR

CONTINUED FROM Page 17

about 20 stores across the county. The first opened in Bethesda, Md. in 2008, and "all are doing well," said the restaurateur.

Barry, who said he's in "the last year of my 30s," earned his bachelor's in accounting from the University of San Diego. He also played with the San Diego Sockers for a year.

"I was just an average player, so I had to get a real job," he said.

Among his jobs was a stint as comptroller for a local TV station. For a

decade before opening BGR, he owned a Subway restaurant. He moved on to BGR, he said, because he wanted to do something different and the business offers "a lot of growth potential."

Barry said he is so certain of BGR's success that he's already planning to open one in Poway in March and another in Hillcrest in May. He also plans to open one in San Clemente in July. He likes the franchise idea, particularly because the learning curve is not as steep as a business started from scratch.

But why more high-end burger joints when there seems to be a proliferation of newbies in San Diego?

"Customers are demanding higher-quality burgers with more flavor and are willing to pay more than 99 cents," Barry said. "The burger is part of our American culture."

And even for Southern Californians, who pride themselves on veggie- and grain-based dining, "a little meat is healthy once in awhile."

Though the restaurant business has the reputation of being very stressful, Barry said he doesn't find it so.

"I love this business a lot," he said. "It's all fun."

For more information, visit [www.bgrtheburgerjoint.com](http://www.bgrtheburgerjoint.com), or call (619) 222-7300.

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er easy to get into with a low lip so the elder doesn't have to climb over the edge? • Are there non-slip grippers in the bathroom to prevent falls? • Is your water heater set at a temperature so the older person cannot burn themselves? • As a person ages they do not feel heat as well and can be burned more easily. • Is there room for a shower chair in the shower if needed and is the showerhead handheld for ease in using? • Is the shower seat at the right height? • Is there a safety rail and raised toilet seat at the right height to help a person get up and down? • Is the oven "safety-proofed" for a person with Alzheimer's so they can't hurt themselves or cause fires?

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## Government Gives Thumbs Up to Organic

In a report, titled "Reducing Environmental Cancer Risk: What We Can Do Now," the U.S. President's Cancer Panel says that exposure to environmental chemicals that increase consumer's risk of cancer is minimal when choosing USDA certified organic foods. The report concluded that, "Many known or suspected carcinogens first identified through studies of industrial and agricultural occupational exposures have since found their way into soil, air, water and numerous consumer products... Some of these chemicals have been found in maternal blood, placental tissue, and breast milk samples from pregnant women and mothers who recently gave birth. Thus, chemical contaminants are being passed on to the next generation, both prenatally and during breastfeeding."

Now that the government has given the thumbs up to organic, if you haven't already, it's the perfect time to explore O.B. People's Organic Food Market. Established in 1972, People's is a cooperatively-owned grocer specializing in organic produce and grocery items, quality vitamins, herbs, and aromatherapy products, and cruelty-free body care items. And at People's, you don't need to be owner to shop at the market, everyone is welcome! Stop by on Valentines Day to enter our Valentine's Gift Basket Raffle. We'll be giving great gifts away all day long!

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**MARKET RESEARCH** Analyst: Japanese restaurant in San Diego seeks Market Research Analyst. Min. Reqmt: B. S./A in Marketing, Busi Adm, Mgmt, or related plus 5 yrs of exp. Send resume to Asian Diner California Inc. 7530 Mesa College Dr. Suite B, San Diego, CA 92111

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# Looking » ahead

*Upcoming events in the Peninsula area,  
Feb. 14.-March 14*

**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.sharp.com](http://www.sharp.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.

• **The Point Loma United Methodist Church will host a free program called “Healthy Eating & Healthy Desserts”** to talk about and sample delicious possibilities. The event runs from noon to 12:45 p.m. at the church, 1984 Sunset Cliffs Blvd. For more information, call (619) 224-2995, or visit [www.calpac.org/churches/detail/-1273](http://www.calpac.org/churches/detail/-1273).

**THURSDAY, Feb. 16**

**The Ocean Beach Historical Society** will host author **Diana Lindsay, who penned "Marshal South and the Ghost Mountain Experiment."** For 17 years, from 1930 to 1947, poet, artist, and author Marshal South and his wife, Tanya, lived on Ghost Mountain — a remote, waterless mountaintop that is today within the Anza-Borrego Desert State Park. They began their homesteading adventure when the Great Depression left them few options to survive. They turned to nature and began an experiment in natural living that included raising a family under the most primitive conditions. Lindsay's presentation begins at 7 p.m. at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit [www.obhistory.wordpress.com](http://www.obhistory.wordpress.com).

**WEDNESDAY, Feb. 18**

**The Point Loma Peninsula Republican Women's Club will host its monthly meeting** will be 10 a.m. at the Point Loma Café, 4865 Harbor Drive. The meeting's speaker will be Pearl Andrews, whose talk is entitled "Women Taking a Stand in Perilous Times." A no-host lunch follows and visitors are welcome. For more information, Call Marilyn at (619) 222-9532.

**THURSDAY, Feb. 23**

**Gentle yoga and chair-yoga day classes are being offered at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd.** The classes are open to all levels of experience and physical ability, including seniors, pregnant women and those with special conditions. The chair-yoga classes are wheelchair accessible. Personal yoga therapy is also available by appointment. A free introduction to chair-yoga class is being held from 12:30 to 1 p.m. Eight classes are also available for \$40. To register, email [info@dharayoga.com](mailto:info@dharayoga.com), or call (619) 788-4838.

**FRIDAY, Feb. 24**

**Holy Trinity Church Ocean Beach will host a Celtic music concert featuring Goitse** (pronounced “gwi-tcha”) — a

new, young Irish band — which will present a show at 7:30 p.m. Tickets are \$20. The show takes place at Bethany Lutheran Church, 2051 Sunset Cliffs Blvd. where Holy Trinity has hosted two concerts in the acoustically friendly space. For reservations, call (858) 689-2266, or email [cocerts@holytrinityob.com](mailto:cocerts@holytrinityob.com).

**WEDNESDAY, Feb. 29**

**The Point Loma United Methodist Church will host a free program called “Relax, Breathe, Share, Give.”** Find your natural ability to relax and breathe easily. And with that, discover your vast inner resources for being flexible and generous with life’s circumstances. Explore calming practices that you can do sitting, standing, or in any

situation. The event runs from noon to 12:45 p.m. at the church, 1984 Sunset Cliffs Blvd. For more information, call (619) 224-2995, or visit [www.calpac.org/churches/detail/-1273](http://www.calpac.org/churches/detail/-1273).

**WEDNESDAY, March 14**

**The Point Loma Garden Club will host its monthly meeting at 10 a.m. featur-**

ing Elizabeth Podsiadlo, the Opera Singing Chef, who has been entertaining audiences for 15 years with cooking and singing performances. She is a chef, author, teacher and musician. The event takes place at the United Portuguese S.E.S. Hall, 2818 Avenida de Portugal. For more information, visit [www.plgc.org](http://www.plgc.org).



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