



THE PENINSULA BEACON

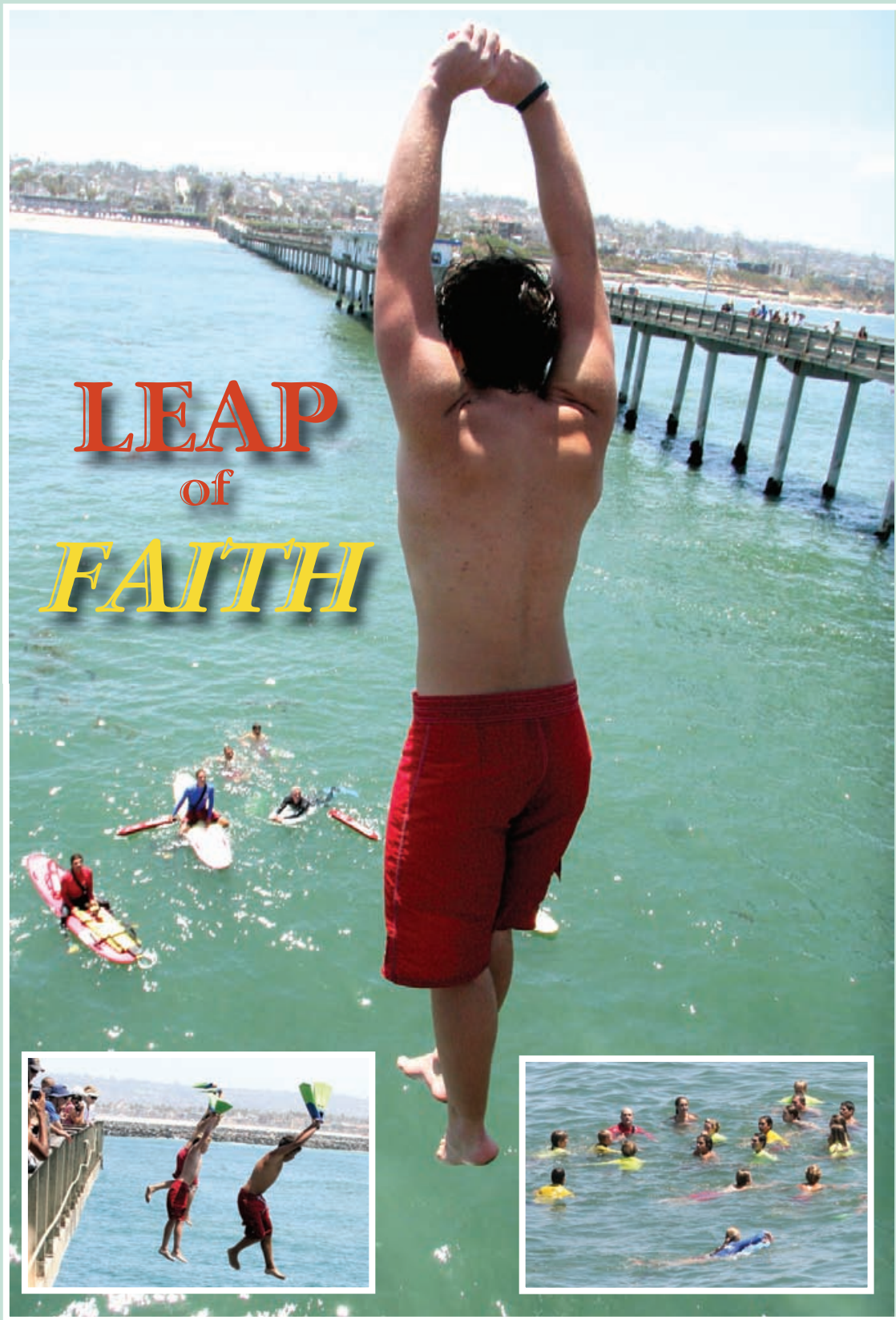


A group of Point Loma artists draws inspiration from life experiences and puts its works on display for the world to see.
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SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, JULY 26, 2012

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LEAP of FAITH

JUNIOR LIFEGUARDS TAKE THE PLUNGE IN ANNUAL RITUAL AT OB PIER

San Diego Junior Lifeguard participants take the 40-foot drop off the Ocean Beach Pier as part of their annual rescue-training program in June. Left, the ritual always draws an eager crowd to watch the brave feat as the youth jump feetfirst into the ocean below under the close supervision of lifeguards. Right, the group gathers after taking the plunge.

Photos by Don Balch | The Beacon

SD Yacht & Boat Show poised to cast off for 4-day gala

By SARA WACKER | SPECIAL TO THE BEACON

The ninth annual San Diego Yacht & Boat Show, presented by the Auto Club of Southern California, is set to cruise into the Sheraton Marina in Harbor Island from July 26-29 for four days of fun on the water. As the area's premier summer boating event, the 2012 show provides guests an all-access pass to discover the boating lifestyle and a chance to shop the newest boats and marine accessories.

More than 100 boats, from jet skis and entry-level family cruisers to luxury motor yachts and sailboats will be docked in the marina and parked on land for visitors to browse, board and buy.

Not in the market to purchase a boat? The San Diego Yacht & Boat Show offers a festive seaside atmosphere and is the "go-to" place to see and experience every-



The 2012 installment of the San Diego Yacht & Boat Show casts off from the Sheraton Marina in Harbor Island from July 26-29. Courtesy photo

SEE BOATS, Page 4

Urban agriculture advocates finally reap city guidelines

Lack of rules in past got OB woman's goat — literally

By KENDRA HARTMANN | THE BEACON

Laura Hershey wanted goats. Specifically, she wanted *her* goats back.

Hershey, the founding member of San Diego's Goat Justice League, has fought for relaxed regulations for urban agriculture — that growing phenomenon wherein residents of major metropolises the world over are getting back to their rural roots with backyard chickens, goats and community gardens — since her pet goats, Prudence and Faith, were banished from her Ocean Beach home based on the complaints of a contentious neighbor a couple years ago.

Hershey was admittedly keeping goats without the legal backing of a city ordinance, but, she said, she had received the blessing of every homeowner surrounding her property to have them, and only after she had been enjoying the benefits of fresh milk and cheese — not to mention the companionship — for a full nine months did her next-door neighbor decide he no longer wished to live with in striking distance of a couple of miniature goats.

"He said they were too loud," she said, "so I used a decibel meter to measure



Ocean Beach resident Laura Hershey, who founded San Diego's Goat Justice League, gets a kiss at a Ramona farm. She brought home two of her own goats from Inyokern once she was sure the city would adopt new regulations relaxing urban agriculture rules.

Photo by Kendra Hartmann | The Beacon

their noise and it turned out they registered about 70 [decibels], which is the same as human conversation."

Hershey pointed this out to the city worker assigned to assess neighborhood

SEE URBAN AG, Page 5



Under a new city ordinance that took effect this year, residents may keep goats, chickens and honey bees at their residences — under various restrictions.

Photo by Kendra Hartmann | The Beacon

Merchant-solidarity campaign ramps up

By PATRICIA WALSH | THE BEACON

Merchants are now getting involved as the Peninsula Chamber of Commerce goes through the second phase of its "Forward, Together!" campaign to explore the establishment of a business improvement district (BID) in the Shelter Island area.

Ann Kinner, owner of Seabreeze Nautical Books & Charts, and Matt Kalla, president of the Peninsula Chamber, have been walking door-to-door to visit businesses. Kinner and Kalla have been talking to merchants about the concept of a BID and inviting them to weekly meetings.

"I didn't know what a BID was at first, but when it was explained, it made sense," Kinner said. "We need something to keep businesses going here and promote what we've got."

She said she sees many benefits of a BID, including promoting the Shelter

Island experience, giving merchants a unified voice in government affairs and preservation.

"We want to keep the character of Shelter Island so it doesn't turn in to condo land," Kinner said.

A BID is a collaboration between the city and a small business community. The businesses assess themselves an annual fee, which the city collects and returns to the BID through a nonprofit organization. Elsewhere in the Peninsula, the Ocean Beach business district has a successful BID, managed by the Ocean Beach MainStreet Association. It focuses on organization, promotion, economic restructuring and design.

The Peninsula Chamber kicked off the "Forward, Together!" campaign in May when it mailed a survey to the area's 770 businesses. Hour-long conversations are being held to engage the community in

SEE BID, Page 2

ON VACATION WITH THE PENINSULA BEACON



Tina Remley, left, and her mother, GERALYN SCHULKIND take their *Peninsula Beacon* to Victoria, British Columbia to celebrate GERALYN's 60th birthday. Happy birthday from all of us at *The Beacon*, GERALYN!



Jerry Sanders (no, not San Diego's mayor) of Ocean Beach, holds *The Beacon* in front of the Duke of Argyll Castle in Inveraray, Scotland.



It's vacation time! *Peninsula Beacon* readers are heading out of town and taking their favorite hometown paper with them! Don't pass up your chance to have your name and face published in *The Beacon*. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It's that easy!



Scott Ambrose pauses for a romantic moment with *The Beacon* at St. Mark's Square in Venice, Italy. Ambrose also submitted a shot of him and his hometown newspaper at Venice's the outer garden islands with a waterbus in the background.

"What I worry about is that each boat is somebody's business, it just floats. A [business improvement district] would give us some clout."

ANN KINNER
Owner, Seabreeze Nautical
Books & Charts on Shelter
Island



Ann Kinner, owner of Seabreeze Nautical Books & Charts, believes a business improvement district will raise the tide to help keep all businesses afloat in the Shelter Island area. Photo by Patricia Walsh | The Beacon

BID

CONTINUED FROM Page 1

the BID-exploration conversation. The community is invited to participate during the upcoming meetings.

Dates are:

July 31: 4 p.m., Pacific Sotheby Real Estate, 1075 Rosecrans St.

Aug. 1: 8:30 a.m., at the Wine Pub, 2907 Shelter Island Drive

The conversational meetings are to gather input on how to attract more people to the area, how to become more effective in working with City Hall and how to improve stronger ties between businesses, according to Kalla.

Shelter Island was created in 1950 when the San Diego Harbor Commission dredged San Diego Bay to deepen and widen the channel. Once home to one of the world's largest commercial fishing fleets, the area today hosts an eclectic mix of maritime and hospitality businesses. Many are mainstays of tourism, San Diego's third-largest industry.

Virtually free of corporate logos, the neighborhood gets its identity from small businesses. Iconic San Diego family-owned restaurants like the Bali Hai, which opened in 1953, and the Brigantine's flagship restaurant, which

opened in 1969, are anchors in the community. Locally-owned or operated hotels include Humphreys Half Moon Inn, the Island Palm Hotel & Marina, Pacific Terrace, Bay Club and the Kona Kai.

Seabreeze Books, which provides maritime provisions and nautically-themed books and gifts, opened in 1980. Kinner, who took ownership of the shop in 2004 and is also a boat captain, is concerned about keeping San Diego's sports fishing industry afloat.

"What I worry about is that each boat is somebody's business, it just floats," she said. "A BID would give us some clout."

Celia Condit and her husband, Art Taylor, co-own Searcher Sports Fishing and Natural History Tours. Condit supports establishing a BID.

"We have the finest sports fishing in the world," Condit said. "A BID would help us create awareness about that."

For more information on the "Forward, Together!" campaign, call (619) 295-5171, or visit peninsulachamber.com.

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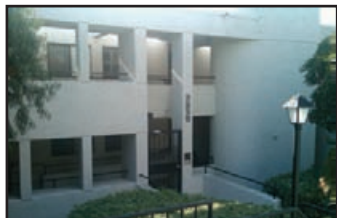


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Life experiences shape work of Point Loma artists

By PATRICIA WALSH | THE BEACON

Point Loma artists filled the space and time of summer with life's more leisurely luxuries on July 21 by hosting an art and ice cream event at the Hervey/Point Loma Branch Library.

Members of the Point Loma Artists Association exhibited watercolors, acrylics, prints, ceramics, cards and jewelry, donating 20 percent of their proceeds to the library. Visitors enjoyed free ice cream while they browsed, chatted with artists and found that perfect piece of art.

"Art is something you can enjoy and that will enrich your life," said Beverly Brady, who uses acrylic for her realism on canvas.

Watercolor artist Julie Anderson said many people do appreciate and own original art.

"But most are looking for affordable art," she said.

Anderson and Dixon E. Johnson, a potter, blossomed into their talents later in life. Both take inspiration from their life experiences and apply it to their creative process.

"I paint what I know and love," said Anderson, who picked up a brush nine years ago. Her specialty is painting from pictures. Her original works, prints and



Watercolor artist Georgia Hoopes displays her painting "Prayers of our Mothers" at the Point Loma Artists Association's Art and Ice Cream event on July 21.

Photo by Patricia Walsh | The Beacon

cards capture the drifting moments of her canoe trips and unbridled innocence of her toddler grandchildren. Her sailing scenes are commissioned and used as trophies for regattas.

Johnson, a dialysis nurse at the Veterans Affairs Medical Center, started working in earnest with clay six years ago.

"I thought I'd go crazy if I didn't do something creative," he said. "The clay is centering. When I'm in the moment I'm not thinking about the mortgage, problems at work, or conflict at home. It's a sacred place to meditate and not think — just be. Working with clay is my meditation."

Johnson's ceramics, a varied collec-

tion of bowls and vases, are notable for their varied circular patterns from suns to Celtic knots. His display didn't showcase the urns he makes for cremated ashes. Those are turned on request and require hands-on involvement from those who want them. It's a technique he learned from an instructor.

"When my mother died, family and friends sat around and passed clay for her urn and shared memories about her," he said. "After the session, the clay was turned into an urn. It is infused with loving thoughts and feelings. Our DNA became part of the vessel, so she is surrounded by the ones she loves."

Georgia Hoopes is a lifelong artist who combines Eastern and Western techniques in her watercolors. For Hoopes, whose son died unexpectedly in 2004, art isn't what she does for a living or hobby, but what she does for life itself.

Hoopes said that while she pours emotion into her work, she never tells people what her works mean to her. Because art is interpretative and different for each person, she only shares her process for arriving at a finished piece.

On exhibit was one of her favorite watercolors, "Prayers of Our Mothers." It was inspired by the "Flags of Our Fathers," a book-turned-movie about



Potter Dixon E. Johnson, right, talks ceramics with Sheri Roonan, on vacation from Connecticut to visit her mother, Mary Nuffer, a Point Loma artist.

Photo by Patricia Walsh | The Beacon

the Marines and Navy corpsman who raised the flag on Iwo Jima during World War II.

The ethereal red-and-blue-hued painting is of a woman wearing a statue of liberty crown in front of an American flag. At the bottom of the painting is an excerpt from a poem by Rumi, the 13th century Persian poet.

Hoopes prices her art not by the time it takes to complete, but by its size. She is selling "Prayers of Our Mothers" for \$600.

"Everybody's asking about it today," she said. "But no one is buying."

But that's OK for now, Hoopes said. "If somebody wanted to buy it, I'd have to figure out how to let it go."

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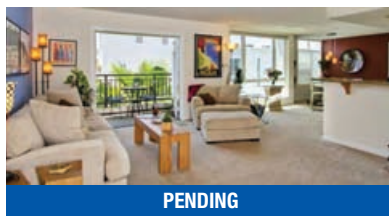
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Despite warnings from lifeguards, above, crowds of beachgoers were repeatedly jumping from The Clam at Osprey Point on July 22. One jumper, an unidentified 16-year-old boy, was hurt and suffered back pain and possible internal injuries.
Photo by Jim Grant / The Beacon

QuickHits

Boy, 16, injured in jump from 'The Clam'

Although lifeguards repeatedly warned a large group of about 40 young daredevils to stop jumping into the ocean from "The Clam" at Osprey Point along Sunset Cliffs on July 22, the youthful crowd continued to do flips and tandems.

The end result was that a 16-year-old boy was injured around 4 p.m. when his friend apparently landed on top of him in the water, said officials.

Lifeguards were forced to send in a helicopter to airlift him for medical treatment from the rocks below the ledge. Officials said it appeared the boy suffered back pains and possible internal injuries when the second youth jumped too soon behind him and landed directly on top of the victim.

Man arrested after two bomb threats in OB

A 28-year-old man who was acting erratically in the area of Robb Field on July 20 was taken into custody by police after he allegedly made two bomb threats against others.

The suspect, identified as Kreighton John Kilgore, allegedly told a woman he placed a bomb in a mailbox on Ebers Street near West Point Loma Boulevard shortly before 10 a.m. The woman reported the incident, setting in motion a task force from the San Diego Fire-Rescue Department, police officers and the Bureau of Alcohol, Tobacco, Firearms and Explosives. While a note was reportedly found, no explosive devices were located by authorities.

Meanwhile, Kilgore reportedly headed to Robb Field, where he threatened to hurt a second woman with a bomb. Police descended on the park and found Kilgore in a parked vehicle, where he

was arrested shortly before noon.

Kilgore was booked on suspicion of making a criminal threat to kill or injure a person and battery against a police officer — apparently stemming from reports Kilgore spat in the face of an officer.

Point Loman to stand trial in embezzlement

Former Jack's La Jolla bookkeeper Tara Moore, 40, of Point Loma will stand trial on charges of grand theft, embezzlement, financial elder abuse and forgery after being accused of stealing more than \$3 million from Jack's, nearly \$1 million from another former employer, and nearly \$2 million from her former mother-in-law.

Moore is also accused of illegally collecting \$150,000 from the U.S. Department of Veterans Affairs for spousal support she was no longer entitled to after the death of her third husband.

The accusations came to a head after Bill Berkley, owner of the now-shuttered Jack's, hired a forensic auditor to take a closer look into the restaurant's finances dating back to 2003. Moore became a suspect, and following a one-year investigation by the San Diego Police Department's Economic Crimes Unit, she was arrested at her Point Loma residence in September.

Moore's defense attorney, Paul Pfingst, said while she was employed at Jack's, Moore loaned money to the failing restaurant for upkeep of its daily operations like payroll, and the partial reimbursement was authorized by a signed agreement between Berkley and Moore.

Pfingst also said loans from Moore's mother-in-law were approved and are being paid back.

Moore was ordered not to leave San Diego County, and she will return to court on Aug. 6 for arraignment.



The San Diego Yacht & Boat Show will include an opportunity to learn how to scuba using a heated pool. The activity is run by certified instructors.
Courtesy photo

BOATS

CONTINUED FROM Page 1

thing that boating has to offer in San Diego, with entertainment for all ages, including new on-water activities such as scuba diving and stand-up paddling.

Here are some of the activities awaiting visitors.

• **Dive into an underwater world and learn to scuba in the comfort of a heated pool.** Participants who are 10 and older can learn how to SCUBA dive with a certified instructor. All one needs is a swimsuit. DEMA will supply the scuba gear, changing rooms and hair dryers. Participants can also have a photo taken underwater as a keepsake.

• **Guests to find out firsthand why paddlesports are all the rage,** with a variety of daily opportunities to get on the water, including stand-up paddling (SUP), kayaking and other activities.

• **Meet 'Skipper,' the boating dolphin:** Returning to San Diego by popular

demand, "Skipper" will be available for photo opportunities.

• **Wing-eating contest:** Showgoers can cheer on contestants as they compete in the wing-eating contest, hosted by JACK-FM, with wings provided by Hooters on Saturday, July 28 at 1 p.m.

• **XPRS-AM and KGB-FM** will be on-site providing **music entertainment** and will be giving guests a chance to win Padres tickets and other prizes.

Tickets for the yacht and boat show, which takes place at 1380 Harbor Island Drive, are \$12 for general admission (13 and up). Admission is free for children 12 and under and for active-duty military personnel with proper identification.

The show runs from noon to 7 p.m. on Thursday, July 26 and Friday, July 27; 10 a.m. to 7 p.m. on Saturday, July 28; and 10 a.m. to 6 p.m. on Sunday, July 29. For advance tickets and more details, visit www.sandiego-yachtandboatshow.com.



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URBAN AG

CONTINUED FROM Page 1

code compliance, but she was told the city doesn't base compliance on such details. It takes into account only the validity of complaints based on existing city ordinance. As her goats were not covered under San Diego's former regulations on urban agriculture, their noise level wasn't the issue — they weren't allowed at all, quiet or not. Prudence and Faith were not legal San Diegans.

Hershey was lucky enough to have a close friend in Alpine who agreed to take the goats — "I was able to maintain visiting rights" — but she wasn't satisfied returning to simple city living, buying her milk from the store. And as much as she missed the fresh dairy, she missed her pets more.

"It was a huge blow [when I gave up Prudence and Faith]," she said. "It was heart wrenching. I was in tears and it really broke my heart."

Hershey will not get Prudence and Faith back ("They have a new owner who really cares for them"), but she was able to get the next best thing: David Bowie, a milking mother dwarf goat and Delta Dawn, a kid born on March 1.

On Jan. 31, the City Council approved changes to the local urban agriculture regulations, making it easier for residents to have chickens, goats and bees, as well as making it local produce from retail farms and community farmers' market stands more accessible. Hershey was involved in the months-long process of rewriting the regulations by attending community meetings to promote the practice of urban agriculture and working with city staff to create an all-encompassing ordinance. At a meeting of the Planning Commission in December and again at the City Council's Jan. 31

meeting, she provided a quick-and-easy how-to demonstration on pasteurizing milk to alleviate fears of food-borne illness.

"The government trusts us to buy raw meat," she said. "So why shouldn't we be able to handle raw milk?"

Under the new regulations, which went into effect on March 23, San Diegans may have up to five chickens with no setback requirement (previously, the setback was 50 feet from any structure, making it nearly impossible for many residents to legally keep chickens). Additionally, two miniature, dehorned (neutered, if male) goats are allowed, as are bees if they are at least 30 feet from an off-site residence.

The regulations went through the Planning Commission and two City Council meetings with unanimous approval all the way. The plan, however, was not without its detractors. At a meeting of the La Jolla Community Planning Association (LJCPA) in January, fears ranged from public health nightmares to concerns about the welfare of animals brought home by people who might be less-than-equipped to care for livestock. One LJCPA trustee voiced concern that those who see urban agriculture as a popular fad might jump on the bandwagon, but county shelters may have to carry the burden once the realities of caring for goats or chickens are discovered. Another trustee, Mike Costello, wondered what would happen to the roosters mistakenly taken for hens as chicks.

That particular concern, says veterinarian and owner of the Avian and Exotic Animal Hospital, Dr. Jeffrey Jenkins, should not present much of a problem, especially if eager urban agriculturalists purchase their chicks from a hatchery. Those chicks, he said, are already vaccinated and sexed — meaning their gender is determined by a professional. That doesn't mean they don't make mistakes, he said, but "it

doesn't happen very often."

As for the possibility of absentee chicken parents, does Jenkins (who raises his own chickens in his backyard, which he says is about the size of a "postage stamp") expect we'll see an influx in abandoned or neglected chickens?

"It hasn't been a huge problem in the past, and chickens and ducks have always been available for sale," he said. "It takes so much preparation to decide you want them and it's an expensive project to start, so it pretty much deters anyone who might neglect them down the road. It's a chore ... and you have to be somewhat dedicated to do it."

Furthermore, Jenkins said, those with chickens tend to love them as they would any other pet.

"The people we see love their chickens so much that if [the chicken] never laid another egg, they would probably keep them forever as pets," he said, citing the clients he recently saw who paid close to \$1,500 to have their hen spayed and given medical attention. "Backyard chickens are great, and they make excellent pets. They're friendly,

a coop at a 15-foot setback. Up to 25 chickens may be kept at 50 feet from any residence. Coops must be predator proof with easy access for cleaning, sufficient space for free movement, water tight, ventilated and with 6 square feet per chicken.

• **Bees:** Up to two hives may be located no closer than 30 feet from an offsite residence and 50 feet from the public right-of-way. More than two hives must be located 600 feet from an offsite residence and 100 feet

from the right-of-way. There must be a reliable water source within 10 feet, a 6-foot tall screen unless elevated at least 8 feet above grade, hives must face away from the closest property line, must be located within a secured area to protect the colony and members of the public, and keepers must be in compliance with recognized best practices for beekeeping

For a full list of updated urban agriculture regulations, see sandiego.gov/development/services/industry/pdf/urbansummarytable.pdf.

outgoing and highly intelligent. My wife even has one that sits on her lap regularly."

Jenkins' chickens are like family members, he said. They are companions, but make no mistake: they're also there to provide their human caregivers with fresh eggs.

"We do have expectations they'll lay eggs," he said. "But we also have expectations of our children — 'Take out the garbage, dammit!' — and they're family members, too."

As for Hershey, she spent much of February and March kid-proofing her home. Goats, she said, are notoriously curious and will chew on or knock

down anything they'd like to get a closer look at. To avoid any complications with problematic neighbors, she waited until the regulations took effect to bring home David Bowie and Delta Dawn, whom she purchased from a farm in Inyokern, Calif.

"They're very good pets," she said. "Emotionally, it's a good thing to have that companionship, to have someone who's happy to see you when you get home. And when I drink their milk, I thank them every time."

— *This story first appeared in the March issue of San Diego Pets Magazine. Visit www.sandiegopetsmagazine.com for more information.*

URBAN AGRICULTURE IN A NUTSHELL

• **Goats:** Two — no more, no less — may be kept in single-family zones and on lots developed with single-family homes. They must be de-horned and males must be neutered. Sheds must be predator-proof, have easy access for cleaning and be watertight, ventilated and draft free with minimum 5 square feet per goat

• **Chickens:** Up to five chickens may be kept with no setback requirements. Up to 15 chickens may be kept with no setback from onsite residence, but with

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Point Loma lighthouse still a beacon of historic proportion

ToThePoint

By JOHNNY McDONALD | THE BEACON

Although a bit down the pecking order in San Diego's tourist promotions, Point Loma's lighthouse and national monument attracted 800,000 visitors last year.

"We gain attention through the National Park Service's website, some magazine features and, generally, by word of mouth, but we get visitors from throughout the world," said Jason Richards, chief of interpretation and education at Cabrillo National Monument.

Richards said park officials get many visitors from Germany in the fall to see the Cape Cod-structured lighthouse and to learn about Portuguese navigational explorer Juan Rodriguez Cabrillo's expedition.

From atop the point, a tourist's eyes can span a broad spectrum from San Diego Bay's ocean entrance, a sprawling North Island and a city skyline. Then there's a short hike to the old lighthouse and a museum next door.

The seaman's old beacon of hope didn't fare well at the start. Over-budget construction costs soared past \$30,000. Then, builders couldn't fit a Fresnel lens into the tower and a smaller one had to be substituted for the original.

Finally, because of its elevation, the light was often shrouded in fog. It was no match for May gray and June gloom.

But for 36 years, its beacon labored at the entrance to San Diego Bay, at times of little help. The initial 422-foot-high location above sea level was thought to be adequate. It was abandoned for another closer to the water and at the tip of the Peninsula.

The second lighthouse was built near the Coast Guard station in 1891 and is now powered electrically to reach out 39 miles to incoming vessels.

Not forgotten, the old lighthouse

remains as the centerpiece of the park. The National Park Service refurbished the interior to its historic 1880s appearance. Check at the visitor center to find out about ranger-led talks about the structure.

The park, proclaimed by President Woodrow Wilson as a national monument, will celebrate its centennial in 2013 with a series of events.

"We'll have all kinds of stuff going on all year," Richards said.

Richards indicated that history will come alive at the build site for the replica of San Salvador, Cabrillo's flagship. The San Diego Maritime Museum, in partnership with Cabrillo National Monument, is building an historically-accurate, fully-sailable replica.

"Work will resume on the ship since they received a shipment of southern yellow oak and it should be completed in a year and a half," he said.

School field trips are continued educational programs that include walking the ship decks as Cabrillo's sailors once did.

Another history — Although not on the tour, there are still remnants of the old Army fortress of world wars I and II.

In 1899, the War Department dedicated Fort Rosecrans and built a series of gun batteries. The tip of San Diego had military emplacements, constructed as a sea-facing protection.

The Army incorporated search-light bunkers, fire-control stations and gun batteries. The largest guns were at Battery Ashburn, adjacent to the park entrance station, where two 16-inch guns could fire 2,300-pound shells nearly 30 miles out to sea.

But as the old lighthouse might attest, the best times to visit are on a clear day.

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

Peter Case of Plimsouls, Nerves ready to jolt Java Joe's

By BART MENDOZA | THE BEACON

Whether you've known him from his time in such notable groups as The Breakaways, The Nerves, The Plimsouls or his solo career, Peter Case is one of the most important artists to emerge from the U.S. music scene over the past four decades.

Currently in solo acoustic troubadour mode, three-time Grammy nominee Case performs Aug. 4 at Java Joe's. Don't expect an evening of introverted singer-songwriter tunes, but an evening of stories and songs, rock and blues, and music from throughout his career.

Case is no stranger to San Diego, first hitting town with The Plimsouls in 1979, even playing Java Joe's in a solo gig in its previous OB incarnation.

"I love Java Joe's," said Case. "I played it back about 10 years ago," Case said. "It's a great environment for acoustic music. San Diego is a great community for that kind of thing."

Case's music has been going through a major upturn in recent years, with multiple reissues and vintage recordings from across his career that have surfaced on a variety of labels. Much of this



Peter Case, a noted singer-songwriter with the likes of The Nerves and The Plimsouls, appears at Java Joe's on Aug. 4. Case played at Java Joe's about 10 years ago in a solo gig.
Courtesy photo by Dan Chusid

show's focus will be on music from his most recent Yep Roc Records release, "Wig," but he plans to include choice tunes from his previous combos. He

doesn't mind when audiences request an old favorite.

"Maybe for a period a long time ago it bothered me, when I was coming out of that era," Case said. "But I really I feel, for example, The Nerves have reached a new group of people around 20 years old. I'm really happy that happened, actually, because it's kind of a validation of where we were at when we were 20 years old, so I'm glad about it."

Case cites "When You Find Out" from the first Nerves EP as a favorite.

"I feel like they're still good songs. It's not like its any step down to play them," he said. "They're simple, but they're kind of neat. I enjoy playing them still."

Case's best-known song is perhaps radio evergreen "A Million Miles Away," introduced to each succeeding generation of young audiences via the classic 1983 teen romance "Valley Girl."

• **Peter Case** performs at 9 p.m. on Saturday, Aug. 4 at **Java Joe's**, 4976 Newport Ave. All ages. www.java-joesd.com

■ Read the full *Beacon* story online at www.sdnews.com

Jay continues to kick open-mic nights up a notch at Winston's

By BART MENDOZA | THE BEACON

There's no shortage of open-mic nights in San Diego, but its doubtful that anyone has devoted part of his musical career to them more than promoter/musician Jefferson Jay. To date he's hosted such an event at nine different locations, all the while providing hundreds of local performers a showcase. Currently, he hosts an event at Winston's Beach Club on Thursday nights from 6 to 9 p.m.

"Open mic is a fun place for everybody to have their moment to shine," Jay said. "It is a community event where locals and travelers can share their creativity and their leisure time. I do my best to make everybody feel like the star during their part of the show and keep it fun and entertaining throughout."

While the idea of shepherding musicians and artists may seem labor-intensive to some, Jay said it has its own rewards.

"As it turns out, I have met many of my best friends at my open-mic [nights] over



Jefferson Jay, host of the open-mic night at Winston's Beach Club on Thursdays, enjoys giving the average Joe a shot and encourages even those who might not be rich in musical talent to give it a try.
Courtesy photo

the years," he said. "That is more of a return on my time in investment than I ever could have hoped for."

Jay is open to including all manner of

talent in his open-mic nights, with a few exceptions.

"Interesting, fun, kind people are who I hope to attract," Jay said. "People who want to have their moment in the sun, but also want to clap for and support everybody who came out to share their talents."

"I try to steer clear of [comedians], although I make special exceptions occasionally," Jay said. "As I've said a few times before, nothing kills my show [faster] than an unfunny comedian. It just brings the night to a standstill. I am fortunate enough to be funny — most of the time anyway — and the show is mainly about music. Funny songs are welcome. Unfunny talking for 10 minutes is not."

• **Jefferson Jay Open-Mic Night:** 6 p.m. on Thursdays at **Winston's Beach Club**, 1921 Bacon St. No cover. 21 and up. www.winstonsob.com

■ Read the full *Beacon* story online at www.sdnews.com

OB's 125th Anniversary



The Old Kraft Drugs & Strand Radio at the Corner of Newport and Cable Circa 1940. Supermax is now in that location.



Courtesy Photos

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 Main Street Association (OBMA) website (www.OceanBeachSanDiego.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. 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!



Utility box beautification efforts can be marred

Dear garage saler, estate saler, pet sitter, dog walker, dog rescuer and flyer- or sign-putter-uppers:

The Point Loma Association sponsors a utility box beautification project, wherein dull and dingy utility boxes are transformed into outdoor works of art

LETTER TO THE EDITOR

by local artists. Please be aware that when a flyer or sign is taped on to a painted box, there's a very real possibility of the paint peeling off when the flyer is removed.

I found a garage-sale sign duct-taped to one of my favorite boxes at the corner of Catalina Boulevard and Canon Street. Unfortunately, when I removed the sign — very carefully — a piece of

paint came with it.

These boxes are the product of hours of work on the part of volunteers and artists. Be nice to them!

If you have any questions about the utility box beautification project, please visit www.pointlomaassociation.com.

Kerri De Rosier
Former chairwoman, PLA Utility Box Project



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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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SEE SPORTS, Page 8

SPORTS

CONTINUED FROM Page 7

Alaric Lopez, Joe Daluz, Lawrence Perez, Jayson Pappas, Lukas Stauderman, Chane Jimenez, Joaquin Avalos, James Klueber, Kye Miranda, Keegan Otsuka, Ryan Arnold and Jordan Goulet.

The team is coached by veteran Penin-

sula mentor Paul Eide. Alex Perez and Kevin Otsuka serve as coaches.

—Scott Hopkins

Ex-Pointer Cox proving her worth at UNLV

A 2011 graduate of Point Loma High School has already made a big splash at her university.

Freshman swimmer Erin Cox, on scholarship at University of Nevada Las Vegas (UNLV), is competing at the varsity level for the Rebels, but also scored a perfect 4.0 grade-point average in her classwork.

Cox achieved the high-



ERIN COX

est GPA among the entire Rebels women's swimming and diving team, earning a spot on two all-league academic teams.

Because her GPA was 3.0 or above, Cox was named to the Academic All-Mountain West Conference team, along with a record 22 other Rebels in women's swimming and diving.

Also, by achieving 3.5 or above, Cox was named a Mountain West Conference

Scholar-Athlete team member, one of a record 12 Rebels qualifying.

Cox swims in the fly and individual medley events for UNLV and is majoring in pre-business studies.

Her parents are Tom and Sue Cox of Point Loma. Their son, Coleman, is an infielder on the Menlo College baseball team.

—Scott Hopkins

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Today, as adults, we find ourselves in a reverse situation. Children, at times, must now take over the role as parent to ensure the well being of their elderly parent.

Linda calls her mother every night after work and gets the same answer to every question she asks – "Everything's fine."

Assuming that "everything is fine" and that her mother knows and does what is best may be putting them at risk. Experts advise it is better to discuss the possible need for extra support before the need arises. Sit down with your parent and ask questions about what concerns them about the future, are they worried about losing independence; do they want to stay at home? Become their partner by knowing what legal and financial arrangements are in place.

For more resources to help children care for their elderly parents, call the Certified Geriatric Care Managers at Innovative Healthcare Consultants. These RN who are experts in geriatrics will help you know when it is time to bring in professional services to help or when the need to find new living arrangements is necessary. Call them at (760) 731-1334 or view www.innovativehc.com.

The Anderson Medical Center

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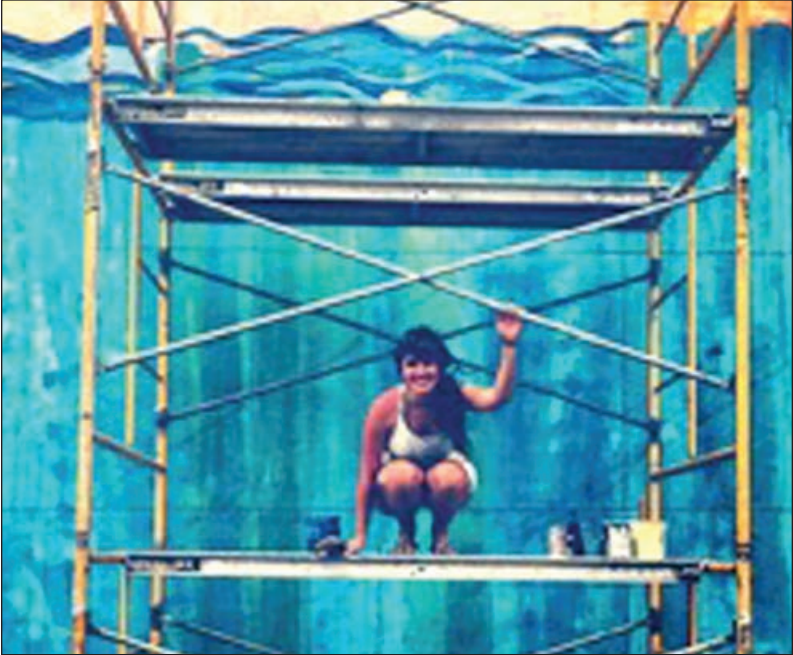


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Crossfit OB celebrates Ocean Beach community, fitness, arts



Artist Natasha Kozaily shows off her work at Crossfit OB on Sunset Cliffs Boulevard.
Courtesy Natasha Kozaily

Mural captures spirit of locals; fitness facility planning to host Adventure Race in September

By TERRIE LEIGH RELF | BEACH & BAY PRESS

Crossfit OB owners Chadd Timm and Philip Kavanagh are dedicated to being part of the neighborhood. They opened their gym in October on Sunset Cliffs Boulevard near the corner of Narragansett Avenue. According to Timm, “All clients, owners and coaches live within a mile. We are not a franchise, but a completely locally-owned-and-operated business.”

As soon as they obtained the space, Timm and Kavanagh wanted to do something for the community. They decided that a mural on the less-than-attractive wall facing oncoming traffic would be a great idea. They hadn’t been able to find the right artist until Natasha Kozaily, who works out at Crossfit OB, approached them with some ideas.

Kozaily, who recently moved back to Ocean Beach from the Cayman Islands, said she knew she wanted to paint an underwater theme, something that represented OB. The mural is playful, stylistic and vibrant, and depicts a smiling and adorable gray-and-bright-orange octopus with its tentacles undulating

“All [Crossfit OB] clients, owners and coaches live within a mile. We are not a franchise, but a completely locally-owned-and-operated business.”

CHAD TIMM
Co-owner, Crossfit OB

amid fronds of sea grass.

“I wanted to create a playful imaginary world under the sea that made people smile, and was inspired by other street artists like Supakitch and Koralie, as well as storybook illustrations,” said Kozaily. “For being my first mural of that size, it was a great experience and I hope to do more. I love whales, and I was also looking for an old sea approach with the underwater diver.”

In September, Crossfit OB will host its second annual Adventure Race.

“This should be a fun and healthy activity for everyone, ages 12 and up, and you don’t need to be a member to participate,” Timm said.

The plan is to gather at Crossfit OB, where participants will receive clues to a map of Ocean Beach’s local businesses and landmarks. Once participants

arrive at each location, they will perform some type of crossfit-style exercise in exchange for raffle tickets. Prizes from vendors, local businesses and Crossfit OB memberships will be awarded to winning raffle tickets.

Crossfit OB is located at 1811 Sunset Cliffs Blvd. The business is open Mon-

days through Fridays from 6 a.m. to 8 p.m. and Saturdays from 8:30 a.m. to 1 p.m. Saturdays have a unique program that includes an outdoor workout, followed by a free class for beginners, then an open gym until closing.

Crossfit OB also offers personal training sessions by appointment. There are

also special events like “Girls’ Day with Sonya.”

For more information, contact Timm at (503) 568-6741, Kavanagh at (858) 922-5075, or visit crossfitoceanbeach.com.

Kozaily’s website is www.natashakozaily.com.



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Take Me Out to the Ball Game!

Telmo Salas had his dream come true when Elmcroft of Point Loma surprised him by taking him to last Wednesday’s Padres game. Telmo is a long-time fan of the Padres and hadn’t been to a game in years. Elmcroft Senior Living grants the wishes of seniors through their Second Wind Dream program.

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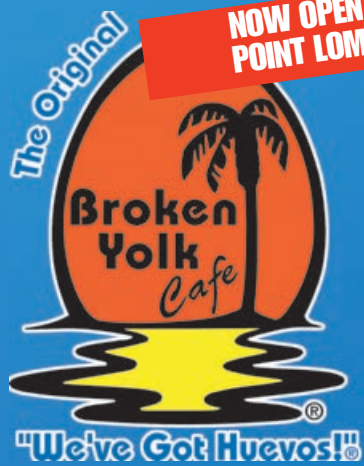
Tim's teaching philosophy emphasizes drills to improve swing mechanics and a mental approach to "**relax and react**" for each shot. Tim will show you how to improve your golf game at home with quality



Broken Yolk

The Broken Yolk Café is a favorite among local San Diegans and hungry visitors alike. With a strong dedication to good food and equally good service, the Broken Yolk has built a reputation for its large menu, ample portions and freshly-made flavor. Real shredded hash browns - not dehydrated potatoes. Salsa made fresh daily - never from a can or jar.

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PLHS students grab top honor in water conservation video contest

By SCOTT HOPKINS | THE BEACON



Point Loma High School video students William Swim, left, and Jason Smidt hold the grand-prize plaques they won in a county-wide water conservation video contest. Their 30-second spot, "Walter the Water Glass," was one of four Pointer videos among 10 finalists. Courtesy photo

Two Point Loma High School students were named grand-prize winners of a recent video contest, and their water conservation message is being shown this summer in theaters of several local movie chains.

Jason Smidt and William Swim were among a number of students from the classes of multimedia production teacher Anthony Palmiotto who submitted 30-second public service announcement spots in the San Diegans Waste No Water contest.

The award was announced at a "Red Carpet Premiere" at the Reuben H. Fleet Science Center IMAX Theater in Balboa Park. The event was co-hosted by the science center and the city's Public Utilities Department.

Their prize-winning piece, "Walter

the Water Glass," features a talking container of H₂O who bemoans water waste before being victimized by a careless human.

Theatergoers at the Mission Valley and Plaza Bonita AMC Theaters and the Mira Mesa Edwards Theaters will be introduced to Walter before every feature film showing all summer.

In addition, Smidt and Swim received a prize package valued at \$400, donated by San Diego businesses and attractions.

The contest aims to engage student filmmakers in the concepts of water reuse and conservation awareness. It was open to youthful videographers who were high school juniors, seniors or college students.

"To see San Diego's teens and young adults embracing water conservation and using their artistic creativity to motivate all San Diegans to do the same is inspiring," said local water resource manager Luis Generoso. "Their work is helping to promote wise water-use behaviors in the community."

Submitted videos were first reviewed by city staff and then by a panel of judges, including Cathy Anderson, an Emmy Award-winning writer/producer, and Beth Accomando, a KPBS film critic.

Ten videos were originally selected as finalists.

Besides the grand-prize winning video, three other videos from Point Loma High School were named as finalists.

These included "Cat Fight," by Dakota Hills and Jade Martz; "No Water = No Life," by Jessica Raines and Amy Windmiller; and "The Water Cycle," by Corlin Palmer and Jack Fogel.

"Walter the Water Glass" and all the contest's finalist videos can be seen online at www.sandiego.gov/water-conservation/kids/film/index.shtml.

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STAGECOACH DAYS: CELEBRATING THE WEST ON THE MOVE

--All Aboard for Old Town; Next Stop Stagecoach Days at Old Town San Diego State Historic Park--

Old Town San Diego State Historic Park is celebrating travel and transportation in the era of real horsepower at Stagecoach Days from noon to 4 p.m. on Saturdays in July and August.

The free event features a different theme each Saturday including Californio Day, Women of the West, Soldiers and Citizens, TwainFest and Vaquero Day.

Attendees will enjoy afternoons filled with activities that reflect life in early San Diego and celebrate the West on the move. Through vignettes, demonstrations, living history activities, stories and songs, visitors will gain an appreciation for early modes of transportation and daily life.

It's been more than a century since the last stage line operated in San Diego. Beginning in 1857, stage lines passed through rural San Diego moving pas-

sengers, freight and mail. These new services helped bring the outside world closer to the emerging frontier community that we know today as San Diego.

The 2012 Stagecoach Days schedule is as follows:
July 28 – Games and Amusements -- In the 1800s, games and amusements were commonly associated with large celebrations that incorporated most of the local townspeople. This day will pay tribute to traditional games of the time.

August 4 – Trades That Shaped Westward Expansion -- As towns developed in the West so did the need for specialized trades and artisans. Old Town San Diego will present pivotal 19th century trades that shaped the community of San Diego.

August 11 – Vaquero Drive -- Cattle was the single most important economic resource for Southern California for more than 50 years. This day will give the opportunity to learn about the hide and tallow trade, chuck wagon cooking, roping, branding, saddle making and more.

August 18 – TwainFest -- The festival marks 102 years of Mark Twain's passing and celebrates the American author as well as some of his peers. Excerpts from famous works will be read aloud by costumed San Diego actors at a variety of park venues throughout the day.

August 25 – Soldiers and Citizens -- In the mid-1840s, California went to war with Mexico. United States troops were stationed in San Diego County and fought here in an effort to support the war. This day will feature military practices that changed San Diego forever.

Old Town San Diego State Historic Park, with the support of the Boosters of Old Town and Fiesta de Reyes, is proud to offer these free activities for adults and children of all ages. The park is located on San Diego Avenue and Twigg Street, conveniently located next to the Old Town Transit Center with Coaster, trolley and MTS bus service.

For more information, go to:

www.parks.ca.gov/oldtownsandiego.

TWAINFEST EXPANDS IN OLD TOWN SAN DIEGO STATE PARK ON AUGUST 18

TwainFest is a free and family-friendly festival celebrating the writing of Mark Twain and his contemporaries. TwainFest bursts into action on Saturday, Aug. 18, in Old Town San Diego State Historic Park. This will be TwainFest's third annual celebration of mid-19th century American arts and culture. The fun starts 11 a.m. and runs until 5 p.m. Admission is free and open to all.

TwainFest will present stories, music, professional actors and musicians, puppets, poems, inventive games and delightful performances plus a brand new feature called "History on the Move" presented by Wells Fargo Bank. Performances and activities will be offered in venues all over the state park's grassy plaza as well as in its historic structures.

TwainFest offers various activities for the entire family such as:

The Arcade – Twelve imaginative games and activities ranging from Fish for Words, which is geared to children as young as three, to the Spelling Bee, which features commonplace words from the 1850s and the Never-Ending Story where everyone adds their own chapter to an ongoing story.

Overland Express – Old Diego's equivalent of the Pony Express where you can send a letter that will be delivered by horse and rider – and get a letter in response!

Frog Launch – TwainFest tips its hat to Twain's first widely read story, The Celebrated Jumping Frog of Calaveras County. Frog Launch is a catapult that propels bean-bag frogs into the air. Compete to make the longest launch.

Literary Séance – Madame Olga with her loyal retainer, Igor, makes contact with the spirits of great writers from the past.

The Manly Art of Cigar Smoking – Twain smoked between 20 and 40 cigars a day! Racine & Laramie, the venerable tobacco retailer in the State Park, hosts a Long Ash contest on its front porch. Ladies as well as gentlemen are welcome and the contest is adults only.

History on the Move – Wells Fargo Bank presents an exciting hands-on activity that brings the Pony

Express and other aspects of 19th century America to life. This is an entirely new and exciting element of TwainFest. It will be located in the courtyard behind the Robinson-Rose Building.

Liars Contest – tell your story (as long as it's a tall one) and compete for the TwainFest Liars Crown on the TwainFest Main Stage. Open to all.

Twain for Kids – Professional actors read stories by and about Mark Twain – (one of them even written by his daughter, Suzy) – in the historic Seeley Stable in the Old Town San Diego State Historic Park.

TWAINFEST is produced by Write Out Loud in partnership with Fiesta de Reyes and the Old Town San Diego State Historic Park. For more information, call Write Out Loud at 619-297-8953 or the State Park Information Center at 619-220-5422.

Learn more about TWAINFEST at www.WriteOutLoudsd.com and TWAINFEST on Facebook at www.facebook.com/writeout.loud.9.



The third annual TwainFest will include live music, readings by professional actors, and activities and games for the whole family all centered around the literature of Mark Twain in Old Town San Diego State Historic Park.



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www.OTSDGuide.com





A REAL NOSE FOR NEWS

A stealthy golden retriever visiting from Phoenix robs a *Peninsula Beacon* from an Ocean Beach neighbor – possibly in search of news from Dog Beach. Photo by Jim Grant / The Beacon

Travel Channel: Phil's BBQ semifinalist in best 'wich hunt

Phil's BBQ was among 10 West Coast regional winners named July 18 by the Travel Channel's "Adam Richman's Best Sandwich in America." Phil's El Toro tri-tip sandwich now moves on to the final round of judging, where one sandwich will be named Best Sandwich in America.

"It's really exciting," said Phil Pace, owner of Phil's BBQ. "Only a handful of sandwiches in the entire nation were chosen to compete, so to be among the best of the best is a huge honor."

Richman selected 30 sandwiches from 10 geographical regions across the country to face his BITE (Bread, Interior, Taste, Eating experience) scale. The sandwich with the highest score from each region advances to the finals to face off against each other, plus two wild cards, to claim the national title.

Phil's BBQ faced off against Los Angeles-based JR's BBQ (pulled pork sandwich) and San Francisco's Wexler's

("pulled" lamb sandwich).

"The El Toro, to me, is without question one of the best sandwiches in America," Richman said. "[It's] one of my favorite sandwiches anywhere. Until [Phil] came along, no one had dreamed of putting tri-tip between bread.

"Everybody has a beef sandwich," he said. "I don't like to be like everyone else. I always like to be different and one step ahead."

The El Toro is packed with mesquite-grilled, deli-sliced tri-tip and topped with Phil's signature BBQ sauce. It has been a staple on the menu since doors opened, and is a fan favorite at both the Point Loma and San Marcos locations, as well as Phil's catered events.

To see if the El Toro takes home the national title, tune in to the one-hour season finale of "Adam Richman's Best Sandwich in America," on Wednesday, Aug. 15 at 6 p.m. on the Travel Channel.

— Staff and contribution

People in the news

Jackson assumes role of vice chair of PLA

Robert Tripp Jackson has assumed the vice chairman position of the Point Loma Association (PLA). Jackson has worked closely with PLA for the majority of his life.

His latest involvement has been with the PLA plaque project, which gives the opportunity for neighbors to purchase a memorial or commemorative plaque that will be placed at a tree of their choice in the Village. The proceeds go toward beautification. To date, 33 plaques have been sold.



ROBERT TRIPP JACKSON

Jackson has also been involved with the Catalina Boulevard/Cañon Street median project adjacent to Fresh & Easy Market. The median project was completed this last January.

Jackson is affiliated as a Realtor with Pacific Sotheby's International Realty.

Point Loma's Gizzi earns Girl Scout Gold Award

Point Loma resident Melissa Gizzi recently received the Gold Award, Girl Scouts' highest honor, for her community service project called "Tech Training for Seniors."

Concerned by how the prevalence of computer technology has made it increasingly difficult for older generations to connect with young people, Gizzi sought to make a difference. To



MELISSA GIZZI

earn her Gold Award, she led a six-week computer tutorial for 22 senior citizens, teaching them word processing, Internet navigation and social-networking skills.

Her focus was facilitating communication with friends and family online. The course was so successful that the Peninsula Shepherd Center, where Gizzi held the training, opted to continue to offer it.

Gizzi graduated with honors from Cathedral Catholic High School last year. She is now majoring in Biopsychology at UC Santa Barbara and plans to attend medical school in the future. She was an Independent Girl Scout for 11 years and is the daughter of Nicholas and Kari Gizzi.

Melissa was one of 60 local Girl Scouts who received their Gold Award in a recent ceremony at the Irwin M. Jacobs Qualcomm Hall.

For more information about Girl Scouting in San Diego, visit www.sdgirlscouts.org.

Looking ahead

Peninsula area events, July 26 through Aug. 18

July 26-29

The ninth annual San Diego Yacht & Boat Show, presented by the Auto Club of Southern California, cruises into the Sheraton Marina Inn Harbor Island for four days of fun on the water. The 2012 show provides guests an all-access pass to discover the boating lifestyle and a chance to shop the newest boats and marine accessories. General admission is \$12; active-duty military and children 12 and under admitted free. The show takes place at 1380 Harbor Island Drive. For more information and a list of activities and times, visit www.sandiego-yachtandboatshow.com.

SATURDAY, July 28

The nonprofit group Labrador Harbor will host its second annual "Hounds for Hope Walk," a canine cancer awareness and wellness festival from 10 a.m. to 1 p.m. at Dusty Rhodes Park in Ocean Beach. The event will feature vendor booths with healthy pet products, along with doggie games in the Howlin' Hounds FurZone and raffle prizes. All proceeds will benefit Labrador Harbor, which has helped more than 300 dogs with more than \$68,000 in grants for surgeries and medical treatments. Pre-register at www.houndsforhopewalk.org. For more information about the organization, visit www.labradorharbor.org.

TUESDAY, July 31

The Point Loma United Methodist Church will host "The Yoga Way for Digestive Health," an opportunity to learn easy ways to prepare healthy foods and discover eating with balance, peace and enjoyment. The session, which runs from 12:30 to 1:30 p.m., costs \$35. The event takes place at the church, 1984 Sunset Cliffs Blvd. For more information, call (619) 788-4838, or email info@dhara yoga.com.

FRIDAY, Aug. 3

"Friday Night Liberty," the monthly first-Friday evening of free, open artist studios, galleries and performances takes place from 5 to 8 p.m. at the NTC Arts & Cultural District at Liberty Station. July features the opening of the Casa Valencia Baja Galleria, featuring artists from Tijuana and Rosarito, and the Ballast Point Gallery opening with watercolors by Chuck McPherson. NTC at Liberty Station is located at 2640 Historic Decatur Road. For more information, visit www.NTCLibertyStation.com.

SATURDAY, Aug. 4

McAlister Institute will hold its augural "5K Walk for Sobriety" at NTC Park at Liberty Station. Proceeds from the event benefit McAlister Institute, a nonprofit organization dedicated to the compassionate care and treatment of individuals and families suffering from addiction and homelessness. The "Walk for Sobriety" celebrates a clean and sober lifestyle and honors McAlister Institute's 35 years in the community. The registration fee for McAlister Institute's Inaugural "5K Walk for Sobriety" is \$35 for

adults and \$5 for those 12 and under. For more information and to register online, visit www.walkforsobriety.com or contact Marisa at (619) 442-0277, ext 108; or email marisa.varond-mcalisterinc.org.

SUNDAY, Aug. 5

Walkabout International, a group of happy walkers in San Diego, will host a bus tour to the Richard Nixon Birthplace and Library in Yorba Linda. The cost of the trip is \$55, which includes the entrance fee. Walkabout hosts 75 free walks per month at various locations, paces and distance. Locations include Mission Beach, Pacific Beach, Shelter Island, downtown and elsewhere around the county. The group also sponsors parties, picnics, potlucks and offers day trips as well as national and international trips. For more information, call the Liberty Station office at (619) 231-7463, or visit www.walk-about-int.org.

SATURDAY, Aug. 18

The Free to Breathe San Diego 5K Run/Walk is a family-friendly event that brings the community together to inspire hope and create change for people impacted by lung cancer. All proceeds help support the National Lung Cancer Partnership's vital research, education and awareness programs. Registration begins at 7 a.m., with the 5K walk/run beginning at 8:15 a.m. The event takes place at Liberty Station NTC Park on Farragut Road in Point Loma. Online registration (through Aug. 13) is \$20 and is \$25 the day of the event. For more information, to register or to donate, visit www.FreeToBreathe.org.

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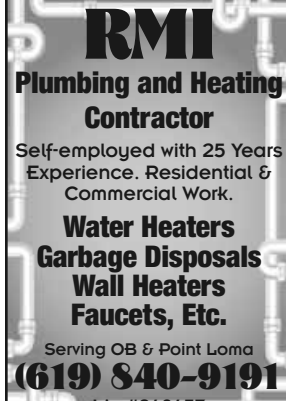
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