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Mission Bay High School graduate Charles Jock, 26, recently qualified for the U.S. Olympic team in the 800 meters, sending him to Rio de Janeiro in August for the Summer Olympics.

SEE PAGE 5

Rosa

Michelle

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SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, JULY 14, 2016

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A woman runs on the path around Mission Bay Park in Pacific Beach during a beautiful sunset.

PHOTO BY THOMAS MELVILLE

City Council approves plan to improve Mission Bay Park

With the goal of enhancing and preserving San Diego's regional parks for generations to come, July 12 the City Council unanimously approved Mayor Kevin L. Faulconer's plan for a grand restoration of the city's major parks that would make available hundreds of millions of more dollars for Mission Bay Park and regional

parks, including Balboa Park.

The measure for the November 2016 ballot would extend 2008's Proposition C – co-authored by then-Councilmember Faulconer – to direct a portion of Mission Bay lease revenue toward capital investment in Mission Bay Park and regional parks for an additional 30 years.

This will result in continued annual revenue for Mission Bay Park and regional parks, including funds that can be used to revitalize historic structures in Balboa Park. The measure also expedites high-priority infrastructure projects for Mission Bay Park, such as lighting, bicycle trails, public restrooms and playgrounds.

No quick fixes for PB's crime issues

Residents, businesses try to figure it out

By DAVE SCHWAB

There are many in Pacific Beach who hope the conversation between community stakeholders over alcohol-related crime and its impacts will resume. Only some would prefer that the dialogue turn now from who's responsible, to what can be done about it.

On June 15, Pacific Beach Town Council, in a continuation of its April meeting with the San

'We need to talk about self-responsibility.'

SARA BERNIS
EXECUTIVE DIRECTOR OF
DISCOVER PACIFIC BEACH

Diego Police Department on PB crime trends, turned to the direct link between the saturation of alcohol licenses in the beach com-

SEE CRIME, Page 8

Suspect released, SDPD still searching for homeless killer

By NEAL PUTNAM

The suspect accused of killing three homeless men in Ocean Beach, Mission Bay, and downtown, and critically injuring a homeless victim in the Midway District, was released from jail July 11 after no charges were filed against him.

Anthony Alexander Padgett, 36, of Chula Vista, was arrested July 7 as the

prime suspect, but could not be held in jail without charges being filed in San Diego Superior Court.

At a 3 p.m. press conference on July 11, San Diego Police Capt. David Nisleit said that evidence developed over the weekend excluded Padgett from being tied to last week's attacks.

SEE KILLER, Page 10

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Concerts on the Green

This summer, Kate Sessions Memorial Park will be holding another series of Pacific Beach Concerts on the Green.

The concert series runs every Sunday from July 24 through Aug. 14 from 4 to 6:30 p.m. and is free and open to the public. This year's

line up includes the Siers Brothers Band, The Bi-National Mambo Orchestra, Rey Vinole Band and the Bayou Brothers.

■ July 24 – The Siers Brothers Band is made up of Mark and Steve Siers who have been playing classic rock, reggae and blues together since the early 1980s.

■ July 31 – The Bi-National

Mambo Orchestra is a classical, latin and jazz group founded by trumpet player Bill Caballero, saxophonist Ernesto Lizarraga and percussionist Jack Costanzo.

■ Aug. 7 – Rey Vinole, a San Diego native and Mission Bay High alum, launched the Mission Bay High School Jazz Band and is the lead trumpet player in the Rey Vinole swing band.

■ Aug. 14 – The Bayou Brothers, John Chambers, Paul Kostellanos, Ric Lee, Jessica Stull and Danny Perez, are described as a fast-tempo zydeco group and bring a bit of Louisiana to Southern California.

North PB Sip 'N Stroll

The fourth annual North PB Sip 'N Stroll presented by Turquoise Cellars and Discover Pacific Beach will take place Sunday, July 24 from 11 a.m. to 5 p.m. on Cass Street between Loring and Opal streets.

This free, family event is aimed at promoting the residents, businesses and community organizations of the beach community's northern stretches. The Stroll is a Pacific Beach area business marketing street fair. Last year, an estimated 6,000 neighbors turned out to participate.

"We're getting more and more local businesses involved, rather than outside-type vendors," said event originator Mike Spangler, of Spangler Event Productions.

One goal of the Sip 'N' Stroll is to

distinguish North PB from the rest of the community by establishing its unique identity.

North PB is loosely defined as the section of the beach community north of the Grand and Garnet avenues commercial district, bounded by Felspar Street on the south, Turquoise Street on the north, Mission Boulevard on the west and Ingraham Street on the east.

The street fair will have a nice representation of local restaurants and businesses as well as presenting a fine wine and beer tasting garden. At the Stroll, Spangler said free space is donated to local non-profits such as Beautiful PB, SavePB, PB Planning Group, PB Library, The Gateway Project and a few others so they can interact with the community.

Arts & Amps returns

Following a successful first year, Arts & Amps has returned to Karl Strauss Brewing in Pacific Beach.

Since their opening, Karl Strauss Brewing has been committed to supporting the local community. As a way to give back, the Arts & Amps series brings community members together to experience local musicians and artists and the brewery's specialty beers.

"We couldn't be more excited to head into our second year of Arts & Amps," Paul Segura Brewmaster for Karl Strauss said. "Nothing goes better with handcrafted beer than music and art, and San Diego is full

of awesome artists of all varieties that bring color and culture to our diverse community."

This season's series is broken into three parts. The first part, which kicked off on June 25, featured local indie rockers The Donkeys. The second part, 5 to 8 p.m. on Saturday, July 23, will feature a returning group Little Hurricane. The third and final part will wrap up the series 5 to 8 p.m. on Saturday Aug. 20 with The Young Wild.

The Main Brewery and Tasting Room will also have local visual art on display from the Cohort Collective. The San Diego-based collective will hold a live performance as they paint a mural in the tasting room.

As for beer, the Tasting Room will have more than 20 handcrafted brews including fan favorites and specialty brews. In addition to music, art and beer, Urge Gastropub will also be serving their signature plates to pair with the beers.

SDUSD barbecue in PB

Pacific Beach Recreation Center Summer Fun Cafe Family Barbecue, noon to 1 p.m. July 19, Pacific Beach Recreation Center, 1405 Diamond St. Special barbecue event features lots of activities, great food and valuable SDUSD support service information, plus a free bag of fresh fruits and vegetables to take home.

There is no charge for parents or guardians; parents or guardians must be accompanied by their children.

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Retail roundup: Remodel ongoing at PB Bar & Grill, new eatery planned at former crab shack

By DAVE SCHWAB

It's summer, the tourists are here, and the livin' is easy. But business activity is still buzzing in the beach communities.

PB Bar & Grill

This popular eatery at 860 Garnet Ave., closed since April 15, 2015, has been undergoing an extensive remodel by new owners Eric Lingenfelder and Mark Cirillo of the Verant Group and David Cohen (formerly of West Coast Tavern and co-owner of Uptown Tavern), who purchased the building and the business.

Cirillo, Joe Vaught and Lingenfelder are the founders and principals of Verant Group, and are now in the process of taking the company to the next level. The trio collectively possess years of hospitality and restaurant experience as they each started out in the industry as servers, door security or dishwashers, before working their way up in the industry.

Responsible for developing and successfully managing many of San Diego's top establishments such as Barleymash, Sandbar, Tavern at the Beach, West Coast Tavern, Uptown Tavern, and True North, Verant has created inviting spaces that are well received by locals and visitors alike.

The design and architecture are being headed up by Bluemotif Architecture, which has designed restaurants such as Prep Kitchen, Kettner Exchange and Juniper and Ivy.



The former Joe's Crab Shack has been gutted and will become a new restaurant.

PHOTO BY LAINIE FRASER

A summer opening was anticipated, but the property is under major construction.

Joe's Crab Shack

Closed since Sept. 21, 2015, the former Joe's Crab Shack building, at 4325 Ocean Blvd., adjacent to the Pacific Beach Shore Club on the boardwalk, has been gutted and will be a new restaurant.

Joe's Crab Shack opted to move on after its 15-year lease ran out last year. Rumors are that the Verant Group and Todd Brown, owner of

Bub's Dive Bar and a partner at Good Times Design, were joining forces there on a new bar concept.

Three Joe's Crab Shack locations remain in San Diego in Oceanside, Hazard Center and another near Seaport Village.

Pueblo

The opening of a new Baja-themed restaurant under construction on the site of the former China Inn site at 877 Hornblend St. has been delayed.

"A couple protesting our liquor

license transfer from China Inn to Pueblo, will delay our opening by about a six weeks," said Mark Oliver, Pueblo's co-owner. "I would estimate that opening date for Pueblo will come during the second week of August."

China Inn closed in April 2014 after 25 years. The property was sold to a group of local investors including Oliver, a San Diego native.

Oliver has more than 30 years experience in the local restaurant trade including a 20-year partnership at George's at the Cove, as well

as his involvement in Randy Jones All American Sports Grill in Mission Valley, which closed in June 2014.

The restaurateur said delaying Pueblo's is going to be expensive.

"That is going to take about \$200,000 in wages, per month, out of the PB economy, and impact a lot of people who live paycheck to paycheck in our neighborhood," Oliver said, noting his view that "the reason for the protest is not about what Pueblo is doing, but rather it is with this couple's frustration with the noisy 'irresponsible' operator of a bar near their home, and their perceived lack of support from the ABC and the SDPD to correct the situation that has them angry."

China Inn was opened by Judy and Andy Kim in 1988.

New Crown Point eatery?

Rumor has it that plans are in the works to turn the former Jade Dragon Yoga Shala space at 3453 Ingraham St. into a new restaurant.

An unconfirmed report has it that the retail space has been purchased by The Patio Group of restaurants, founded by Gina Champion-Cain, who has plans to turn it into a new bar/restaurant concept.

The Patio Restaurant Group is billed as San Diego's favorite neighborhood-focused, pet friendly and sustainable restaurant group. The group recently opened The Patio in Left Field, near Padres' Petco Park downtown.

READ MORE ONLINE AT sdnews.com

PB Pho & Grill serves up authentic Vietnamese cuisine

By DAVE SCHWAB

Do you know pho?

If you don't, restaurateur James Ho can fill you in.

The new owner of PB Pho & Grill at 1007 Garnet Ave. set up shop about a month ago selling pho (pronounced "fuh") a Vietnamese noodle soup consisting of broth, linguine-shaped rice noodles and a few herbs and meat, primarily either beef or chicken.

Since then, Ho's been turning lots of new customers on to Vietnamese cuisine and culture.

"A lot of Americans don't know about pho," said Ho, a San Francisco Bay area transplant who noted that, in Vietnam, pho is a mainstay at almost every meal, often serving as a meal in itself.

"The food is not oily, not fattening," said Ho of pho, adding, "It's very lean and clean food. It doesn't feel heavy. You feel good about (eating) it."

"We do everything starting from scratch," said Ho of his cuisine in his hybrid-decor Vietnamese restaurant that is a salute to both East and West. The décor is both contemporary, like

PB PHO & GRILL

Where: 1007 Garnet Ave.

Info: www.pbphogrill.com, 858-401-6418.

a sports bar with TVs, and classic featuring beach art and murals with pictures of local landmarks as well as historic sites in Vietnam.

Mattie, a young female customer in PB Pho & Grill one recent afternoon to check it out, gave the food a big thumbs up.

"I like the texture," she said, picking through her soup with chopsticks. "I love the crunch."

Ho advertises his establishment as authentic Vietnamese at an affordable price.

"I try to keep the prices low and make everyone happy," he noted.

PB Pho's menu is also extensive. It includes Vietnamese egg and shrimp rolls, chicken wings (a crowd pleaser frequently selling out), fried rice dishes, numerous Vietnamese sandwiches, and specialty and cold drinks like an avocado smoothie and Vietnamese iced coffee.

The house specialty for pho is filet

mignon. PB Pho's signature noodle soups are served with beef cuts, chicken or shrimp, complemented with fresh bean sprouts, Thai basil, lime wedges and sliced jalapenos on the side.

Food at PB Pho is also MSG and gluten-free. The eatery also offers a kids menu.

Ho has lots of both locals and tourists at his restaurant location, which most recently was a shoe store.

"Mostly, people keep coming back," he said. "I've gotten a lot of repeat customers since I opened. Several local people come in here almost every day."

The pho restaurant also has an attractive outdoor patio.

"I like this location," said Ho pointing out, "It's just two blocks to Crystal Pier."

Ho is big on cleanliness.

"We maintain the atmosphere, ambiance," he said noting they cleanse periodically to ensure there are not even any crumbs on the floor.

There are two other Vietnamese restaurants in PB presently, both a considerable distance from PB Pho & Grill.

Ho said everything on his menu is



James Ho in his new restaurant, PB Pho & Grill.

PHOTO BY DAVE SCHWAB

served fresh all day. Somewhat surprisingly, Tuesday has turned out to be the biggest weekday, while Sunday is a big day for beach crowds with "people coming in all day," said Ho.

Anything new upcoming at PB

Pho & Grill?

"Authentic Vietnamese dessert is coming before long," noted Ho, who added, "We treat all our customers like family members, bring everyone together for an entire meal."

Cool schools coming to Mission Bay Cluster

Air conditioning will be installed in 2017

By LAINIE FRASER

Lee Dulgeroff spoke at Mission Bay High School last month regarding the air conditioning and modernization plans for the San Diego coastal schools.

Dulgeroff, the chief facilities planning and construction officer for San Diego Unified School District, informed parents and members of the Mission Bay Cluster that the air conditioning projects were being pushed up and the wheels were beginning to turn. With \$240 million, all schools in the district should be fully air conditioned in the next two and a half years.

According to Dulgeroff, Pacific Beach Middle and Mission Bay High should expect construction for air conditioning to begin in the fall of 2017. Construction is planned to occur from 3 p.m. to midnight so not to completely disrupt the students' learning environment.

The San Diego Unified School District is the second largest school district in the state of California and a majority of the schools do not have air conditioning. At the start of the 2015-2016 school year, students and teachers around San Diego were reporting sitting in classrooms that had reached 90 degrees.

"My concern is that people have a physiological response to heat," Dulgeroff said. "This decreases the health of students and staff as well as the students learning efficiency."

According to Dulgeroff, there was a planning board years ago, when the weather was far less extreme, that decided that when new school buildings were constructed air conditioning was not to be built in. Years later both old and new construction are taking a hit from climate change and the students and teachers are the ones dealing with the consequences.

In November, according to Dulgeroff, School Board president Dr. Michael McQuary decided that because of the increase in heat waves hitting the zone one coastal cluster of schools, something needed to be done sooner rather than later.

While parents and administrators seemed excited about the plan being pushed ahead of schedule, they were left with other concerns.

In 2008 voters approved a modernization and revitalization plan for all schools in the San Diego Unified School district. The average age of buildings in the district is 43 years and the board of education determined there was a need for major upgrades around the district. The entire revitalization plan is a 23-year program, but with increased pressure by the parents and administrators, the board has decided to accelerate the air conditioning plans.

Since 2008, the weather in San Diego has changed. Heat and humidity have moved west eliminating the solution of escaping the heat by heading to the coast. The schools along the coast are no longer significantly cooler than those inland simply due to their location. The plan to solve this increase in heat is to install air conditioning in all schools throughout San Diego. The problem lies in funding.

The coastal schools did not account for new air conditioning units in their revitalization budgets. This means that funding for certain crucial projects on coastal campuses may have to be cut in order to cool the classrooms down.

This choice concerned the principals and vice principals present at the cluster meeting. Many of their schools are in need of air conditioning but also require extensive upgrades to buildings, athletic departments and parking lots. They fear having to pick one necessary project over another.

Dulgeroff ended his talk by saying he welcomed all ideas and comments about project and budget planning and that he sees the project being a success.

"I will work with each one of you so we can do everything each school wants to do," Dulgeroff said. "We may need to move things around but I assure you everything will get done."

Olympian visits Barnard in Pacific Beach and inspires students

By LINDSEY SALATKA

The Summer Olympics are approaching, and Jadel Gregorio will be there, competing for Brazil in the triple jump, for his third and final time. In his free time, Gregorio is actively pursuing the start of his next dream, helping children get out of poverty through track and field. He is starting the Jadel Gregorio Foundation, which will provide after-school track and field programs to kids in need in San Diego County. He plans to relocate here after competing in Rio.

"I love San Diego," Gregorio said. "My wife and three children love San Diego too. It is the perfect place for us. I can run and jump outside 12 months of the year; how could I not love this place?"

Last month, Gregorio visited Barnard Elementary School in Pacific Beach to tell kids how they, too, can overcome their obstacles. "If I can be great, you can be great. Let's try together," he said.

He led the students in track and field exercises and smiled for photos with the teachers and kids. "Sometimes, children need only one per-

son to show them the way to a successful life. I want to be that person," he added.

San Diego is a distant cry from the desperate slums of Sao Paulo, Brazil, where Gregorio spent his early years. Raised by a single mom, his family often had no money for food, let alone shoes. His mom worked three jobs to provide for her two children but often ran short.

"Anything is possible. Don't let your life define you. You define your life," Gregorio said.

READ MORE ONLINE AT sdnews.com

Mission Bay grad makes Olympics

By DAVE THOMAS

While some folks just want to stick close to San Diego over the summertime and chill out, others are more than happy to hop on a plane and head for adventure. That adventure is even sweetened a bit when you know you will be participating in the Summer Olympics.

For one Mission Bay High grad, that is exactly his plan this summer.

Charles Jock, 26, recently qualified for the U.S. Olympic team in the 800 meters (three spots are available), sending him to Rio de Janeiro in a few weeks for the 2016 Games (Aug. 5-21). His third-place finish (1:45.48) recently at the Olympic Trials in Eugene, Ore. guaranteed him a spot on the U.S. squad.

Jock's story is not one of a typical kid growing up in San Diego. In fact, he was born and raised halfway around the world.

Born as a refugee in Ethiopia, and then raised in numerous camps in parts of Africa, Jock's family ultimately decided that there was a better life out there for him and their other eight kids.

Once settled in the U.S., and

then attending Mission Bay High, Jock would go on to play basketball and run track.

Little did he know at the time that the latter sport would one day send him to South America to represent his country, even though he ended up switching from the high jump to the 800 while a member of the Buccaneers.

That trip, however, would not be an easy one to say the least, including his upbringing in Africa.

Jock, who would go on to UC Irvine following his education in San Diego, has had his share of injuries in recent years, injuries that could have derailed many men (and women for that matter) in pursuing their Olympic dreams.

That said, Jock, a member of the Oregon Track Club, was determined to be one of those athletes overcoming setbacks.

Jock, who had to turn in performances good enough to propel him to the finals in Eugene, did well enough in both the preliminaries and semifinals to have his shot in the finals for a trip south.

Having now secured that spot; Jock is an individual who continues to show people (especially his countrymen) that you can never count him out.

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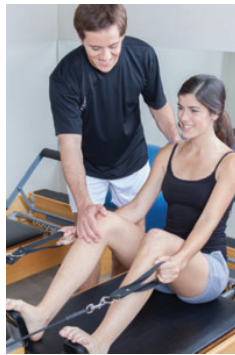
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OTL plays on

Faith Ward sizes up a pitch from Morgan Neville during last weekend's Over-the-Line Tournament in Mission Bay. The OTL competition continues July 16-17 on Fiesta Island.

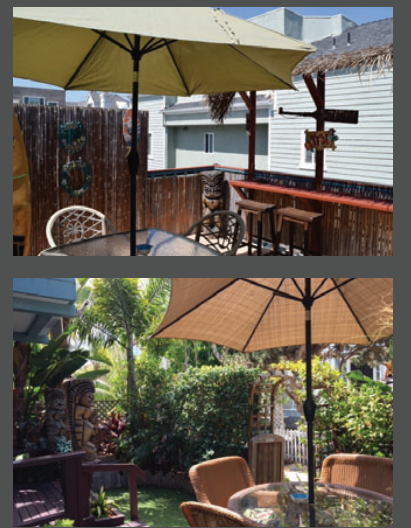
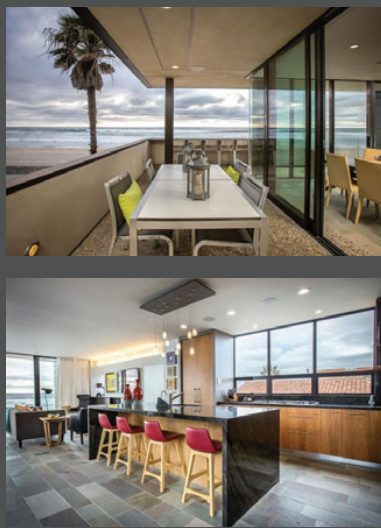
PHOTO BY DON BALCH

OUR APPROACH - Mission Beach Pilates

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Variance Granted Detached. The voice of the sea speaks to the soul. The Copper House melds innovative smart home design and bold style to create the most unique home in Mission Beach. The house is composed of two separate residences; the 2-story 3 bed, 2 bath executive suite and 3 bed, 2 bath ground floor guest house. The designers, HGW, took inspiration from the eroding cliffs north and south of the home to create an "choreographed subtraction" effect to sculpt the striking award-winning architecture.

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CRIME >>**CONT. FROM PG. 1**

munity and the high incidence of violent crimes: PB has the city's second-highest rate.

Sara Berns, executive director of Discover PB, the beach community's Business Improvement District (BID), noted statistics can be deceiving – and not tell the whole story – when not put in proper context.

While not disputing that PB does have the second-highest total, behind downtown's East Village, of violent crimes related to alcohol use in its business district, she said that doesn't tell the whole tale.

Berns points out, when you factor

in the total number of crimes compared to the total number of people in the community, that PB's ranking drops from number two to number 42.

Berns also noted PB's BID is the largest citywide with approximately 1,550 member businesses. Of that, less than 10 percent – about 120 businesses – actually have liquor licenses.

“Most of PB's alcohol licenses are 30 to 50 years old,” said Berns adding “I've seen some leave, or get more restrictive – it works both ways.”

Berns noted PB's business district is also huge geographically, extending a couple of miles from the ocean to I-5, whereas East Village, which it is being compared to, is just a handful

of blocks.

Berns added that blaming local business owners entirely for PB's alcohol problems is unfair and a non-starter in terms of resuming the conversation about ways to reduce alcohol-related crime.

“We need to talk about self-responsibility, people taking responsibility for their own actions,” she said adding, “It's on the entire community to do that.”

And then, Berns said, you need to factor in huge, seasonal summertime tourist crowds, sometimes tens of thousands on weekends, to put the problems with alcohol in beach areas

in proper perspective.

But not everyone is satisfied with the argument that statistics can be misleading, contending instead it's inaction, on a number of levels, which is largely responsible for the alcohol-crime link being as pronounced as it is today.

“Alcohol Beverage Control (federal) regulations allow restaurants to function like bars and to maximize alcohol sales and profit without regard for negative impacts on crime and the community,” said PB resident Marcie Beckett. “The solution is to enact land-use policies (conditional use permits) so the City, not ABC,

can control where and how alcohol businesses operate, so as to reduce problematic operations and encourage vibrant and safe business districts and communities.”

Community activist Scott Chipman, while noting the PB crime issue is “not new,” contends it is also not the way it has “always” been. Chipman pointed out that, in the '70s and '80s, PB business district included a Penny's, Walker Scott, See's Candy, two fabric stores, a movie theater, multiple family style restaurants and a bowling alley.

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Kendra Shank will pair with Geoffrey Keezer for a show at 8 p.m. Saturday, July 16 at Dizzy's.

Shank and Keezer share musical chemistry

By BART MENDOZA

The duo of vocalist Kendra Shank and pianist Geoffrey Keezer appear at Dizzy's on July 16, in honor of the release of their new live album, "Half Moon." It's a magical pairing, brought together by fate when a cancelled flight kept Shank's pianist from making a performance. At a moment's notice Keezer filled in with 30 minutes to rehearse, setting in motion what has become a striking pairing.

It's just piano and voice, but between the emotion in Shanks voice and Keezer's beautiful, lyrical

playing, the impact is still substantial. The new album is a testament to the musical chemistry between the pair, with the title track, an improvised number, solid proof of the fact.

Kendra Shank and Geoffrey Keezer: Saturday, July 16 at Dizzy's, 4275 Mission Bay Drive. 8 p.m. www.dizzysjazz.com.

Classic rock fans will want to check out the Wild Nights band, performing July 15 aboard the Bahia Belle Cruise. A veritable six-person jukebox, the group features two lead singers, Eric Von Metzke and Michele Whitlow, giving the band more range than the average cover band. Wild Nights primarily plays songs from the 1960s through 1980s, including Cheap Trick, The Rolling Stones and Tom Petty, but also includes a few more recent gems from the likes of The Black Keys and Fitz & The Tantrums. Wild Nights will be the perfect soundtrack to one of San Diego's most beloved summertime institutions, a cruise around Mission Bay aboard the Bahia Belle.

The Wild Nights Band: Friday, July 15 at the Bahia Resort, 998 West Mission Bay Drive. 9 p.m. 21 and up. \$10. www.bahiabelle.com.

Singer songwriter Lee Coulter performs a morning show at Firefly on

July 16. Like most singer-songwriters these days, Coulter has a great selection of crowd-pleasing cover tunes in his set list.

However, where he really stands out is as a songwriter. Blessed with a warm, inviting voice, Coulter has a percussive acoustic guitar finger picking style that compliments his sense of melody, making songs like "The Rendezvous" or "Cameo," instant earworms. Anyone who enjoys the likes of John Mayer or Jason Mraz will enjoy Coulter's performance.

Lee Coulter: Saturday, July 16 at the Firefly, 1710 West Mission Bay Drive. 10 a.m. 21 and up. www.thedana.com/dining.

With a name taken from a Ratt song, it's only natural that Way Cool Jr., be a tribute band to the 1980s hair metal genre. The group plays an impressive range of hits, including tunes by Def Leppard, Europe and Twisted Sister.

Way Cool Jr. has a lot of fun playing these songs and turns in faithful renditions sure to please even die-hard fans of the original groups. If you enjoy music from hard rock's most colorful years, you'll love this show.

Way Cool Jr. : Saturday, July 16 at the 710 Beach Club, 710 Garnet Ave. 9 p.m. 21 and up. www.710bc.com.

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Learning lessons about life, love and suffering on a medical mission in Haiti

By ALEXANDRA MYERS

As a 31-year-old family practice physician from Pacific Beach, I've volunteered many times at a clinic deep in Mexico, but Leon, Grand Anse, Haiti presented challenges I've never before confronted. I worked with a team of eight other health-care providers for a week in a rural clinic. We treated around 1,000 patients, and saw diseases we rarely encounter in the U.S.

Life in Haiti is starkly different from the U.S. Haiti is the poorest country in the Western Hemisphere, with a very unstable government. During our stay, doctors in the public health system were on strike — having gone unpaid for several months. The country already has limited access to healthcare, and this strike was devastating to the people of the region. Our team filled a huge void for the people of Leon.

While there, I learned a lot about the people and culture of Haiti. Most

of the population is subsistence farmers who grow fruit and raise livestock. They live in tin-roofed huts with dirt floors. Despite having very little, the people were very warm and welcoming to our group.

I had the blessing of having a local translator. Haitians speak Creole, which has roots in French. Since my French is first-grade level, I would have been unable to communicate with my patients without the help of my translator.

People told me stories about their illnesses. They measured time in epochs, not in days. Things happened "before the earthquake" or "after the earthquake."

Very few people could say definitively that they had been ill for two days or one week. Most of the patients we served walked about four hours to get to us.

The patients suffered maladies that would make most of us run to the ER at first symptoms. Some of them had fevers every night for



Alexandra Myers with her translator outside of a clinic in Haiti.

months, or perhaps a lingering cough. Malaria and tuberculosis are fairly common in that region and the preventive measures we have here in the U.S. simply don't exist in that country.

Many families brought their babies to be seen. Despite their abject

poverty, the mothers dressed their children in their Sunday best. In sweltering heat the babies boasted bonnets and hand-crocheted sweaters. They were adorable, but it was hard to tell if their fevers were a sign of infection or just being overdressed.

Many adults and children suffer from malnourishment; iron and iodine deficiencies are common. These nutritional deficiencies are very rare here in the U.S. We have the opposite problem of Haitians — too much food. These people are lucky to have one real meal a day, while our country is fighting an obesity epidemic.

In the end, I learned a lot about myself and Haiti. Patients around the world simply want to be recognized. They need to share their suffering with someone and hope to receive treatment. It wasn't so much about the medication, but about feeling understood.

I hope that my patients felt recog-

nized. They taught me a lot about how to make-do in a difficult environment. I believe that love and caring are universal remedies.

I hope to go back annually to Haiti. This trip invigorated my local practice at San Diego Sports Medicine and Family Health Center. Although my patients here do not have much in common with those in Haiti, they have the universal need to be cared for. Fulfilling that need is the driving force in my practice.

Pacific Beach resident Alexandra Myers, D.O., M.S.H.S., is a family practice and sports medicine physician who practices at San Diego Sports Medicine and Family Health Center. In her day job she takes care of athletes from SDSU, the Olympic Training Center, SD Christian College, SD City College, Cuyamaca College, and Grossmont College. She does two to three humanitarian missions a year with a variety of organizations.



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PHOTOGRAPH BY BILL GRISWOLD CABRILLO ARTIST IN RESIDENCE 2013

KILLER >> CONT. FROM PG. 1

Nisleit asked for more tips from the public to solve the series. "We need your help. This is priority one for this police department," said Nisleit.

Padgett appeared to resemble a man seen in camera surveillance photos, but other evidence indicated he was not involved, said Nisleit.

Padgett was sentenced to four years in prison in 2010 after a jury convicted him of mayhem when he set fire to a homeless friend in Chula Vista. The prior offense contributed to his arrest. Padgett told a KGTV (Channel 10) reporter after his arrest he was innocent and resembled the attacker.

The District Attorney's office sent out an e-mail notifying reporters Padgett would not be arraigned because San Diego Police had not submitted a case to them. A later statement said they are "consulting with SDPD detectives and we will continue to assist SDPD in any way we can during their ongoing investigation into these heinous crimes."

"Our common goal is justice for the victims in this case and the safety of San Diego's homeless as the investigation continues," said District Attorney Bonnie Dumanis.

The first victim was Angelo De Nardo, 53, who was killed before his body was set on fire underneath an Interstate 5 bridge near Mission Bay on July 3. The second victim, 61, was found in the Midway District, and remains in the hospital.

The third victim, Shawn Mitchell Longley, 41, was found dead near tennis courts at Robb Field in Ocean Beach on July 4. Dionicio Vahidy, 23, was found critically injured July 6 downtown, and he died on Sunday in a hospital.



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816 Monterey Court | 3BR/3BA | 1,525 sqft
Spacious living room with fireplace, A/C throughout, maple hardwood floors. Private barbecue/breakfast deck. Two master suites, the larger master opens through glass french doors with a fireplace and private sun deck! Sellers extremely motivated!!

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Mission Beach is a wash away from flies

By DAVE SCHWAB

There's a serious fly problem in highly trafficked beach areas, especially during the peak summer season.

The problem has become so bad in some areas of Mission Beach that the community, with the cooperation of Council District 2, recently held a fly summit to discuss what to do about it.

Pacific Beach resident John Lisicki thinks he has one answer to the problem: cleanliness.

Lisicki recently started Clean Can, a business wherein, for \$20 per can, he will come in and clean, sanitize and deodorize garbage and recycling cans.

"Now that summertime is in full force, this is a great time for homeowners to keep the flies and garbage stench away, property owners/managers to prepare for summer crowds or someone who just likes to keep

everything clean," said Lisicki.

The fledgling entrepreneur noted he comes from an environmental studies background.

"Everything we do and use is green conscious," Lisicki said. "We use limited amounts of water. And all of our cleaning supplies are biodegradable." Lisicki pointed out the fly population, if left unchecked, can get out of hand quickly.

"If a pair of flies mated in April, and no flies died from them, none of their offspring, in four months there would be 19 quintillion flies covering the Earth 47 feet deep," he said.

Recently from Hawaii, where the fly problem is equally bad, Lisicki said, "I happened to be out walking the dogs and a woman walked by and said, 'I'm sick of all the flies. Why don't you just clean the trash cans?'"

"What a great idea — and no one's doing it," thought Lisicki.

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What: Cleans, sanitizes and deodorizes garbage and recycling cans.

Info: Email cleancansd@gmail.org or call 858-699-7785.

The June 8 Mission Beach fly summit yielded some positive results. One action, which the City Council has undertaken, was to re-institute a second weekly city summertime trash pickup. Another suggestion involves creating a Community Benefit District to pay for more trash pickup and vector control.

At the summit, the County Department of Environmental Health noted the fly life cycle needs to be "interrupted" by cleansing and numerous other methods, to minimize their infestation. Officials pointed out flies can go from eggs to adults in just a week under ideal breeding conditions.

Beach areas are an ideal breeding ground for flies due to, among other factors,



Pacific Beach resident John Lisicki started Clean Can to help eradicate the excessive fly problems in Mission and Pacific beaches.

high-population density with 20,000 new transient occupants every weekend in some communities. In Pacific and Mission beaches, the ocean and bay create a moisture-rich environment for flies to reproduce.

There are also other problems, such as overflowing, unsecured, unlocked

trash cans and bins accessible to "scavengers" who rip open bags. More issues included unlined and unclean trash cans; unswept alleyways with trash cans and the heat that speeds up the fly life cycle.

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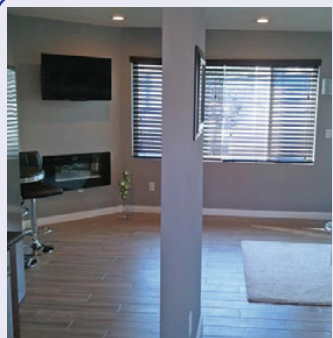
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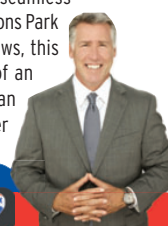
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714-716 Isthmus Ct. offered at \$2,225,000

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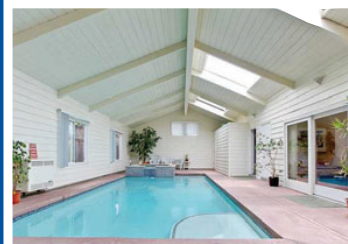
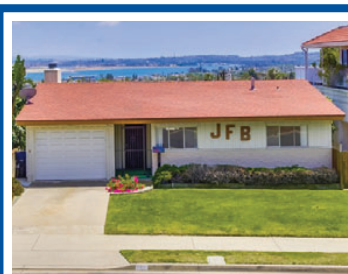


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