

Q&A: Council candidate Laura Wilkinson Sinton, advocating pollution solutions

Laura Wilkinson Sinton, a leader in sustainability, aims to continue advocacy to bring change for the Tijuana sewage pollution crisis.

BY JULIETA SOTO
The Coronado News

Editor's note: The 2024 candidates for two open Coronado City Council seats are Andrew Gade, Mark Fleming, Christine Mott, Amy Steward, Mark Warner and Laura Wilkinson Sinton. A third council member may be selected in the process depending on the mayoral result. Three current

council members — John Duncan, Mike Donovan and Casey Tanaka — are running for mayor.

The Coronado News reached out to Wilkinson Sinton and all candidates with questions to learn more about their priorities and philosophy. Responses have been edited for brevity and clarity, including additional information from a follow-up conversation.

Laura Wilkinson Sinton, 66, is a self-proclaimed entrepreneur whose background includes a professional career in media, broadcast and founding and managing large and small businesses including Caligrown and Acme Inventions LLC.

After moving to Coronado in 2018, Wilkinson Sinton said she worked on several city and school sustainability projects with local beach closures in-

spiring her most recent endeavor to co-found a local nonprofit focused on tackling the Tijuana sewage pollution crisis.

"It certainly sets me apart as the most experienced candidate. I don't have to hit the ground running. I am on the ground running and setting the pace," said Wilkinson Sinton.

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"It was a woman's idea" to create the Ironman Triathlon

In 1973, Judy Collins thought only men sweat. Women perspired. In 1978, Collins started the first Ironman Triathlon, a race with more than 170 events worldwide, and it started with a woman from Coronado.

BY MADELINE YANG
The Coronado News

It's been 50 years since Judy Collins participated in her very first triathlon, the Mission Bay Triathlon, inspired by a headline of a woman who loved to sweat.

Sweat.

"I wasn't even allowed to say that word in my house," says Collins, a long-time Coronado resident.

In 1973, men were the ones who sweat, women perspired, she says.

But she was motivated by a swimmer who lived in Coronado named Flo Squires, a woman who was featured in the local paper with the headline: "Flo Loves to Sweat." Squires was trying to qualify for the Boston marathon.

And when Collins first saw that word in the same sentence as a woman's name, it changed her whole life.

She went from lap swimming at the Coronado pool and jogging around the island, to being the founder of an international race that involved running 26.2 miles, swimming 2.4 miles and biking 112 miles.

Collins and her husband John created the Ironman Triathlon.

And it started with just that one headline. "It was just a strength



"It was a woman's idea. I am the woman who dreamed it up."

- Judy Collins

Judy Collins, who founded the Ironman Triathlon in 1978 when she was 39, has run over 30 triathlons since then; but she didn't participate in an Ironman until she was 65 years old. Staff photo by Madeline Yang.

word to me," she says.

Collins, now 85, has participated in over 30 triathlons since then — so many she can't even remember the exact amount. And she still credits Flo Squires.

"Without her, John and I never, ever would have gotten involved in the sport," Collins says.

The start

Collins didn't play sports growing up, or have any interest in athletics. She was the girl who never

took P.E. and was never picked for a team, Collins says with a little smile.

As an adult, she jokes she was basically peer pressured into joining an adult swim club when the coach, a retired Navy Frogman, saw her entering the Coronado recreation center and told her to get in the pool.

"Apparently, that's just what I needed," Collins recalls, laughing. She was 34. Then she started running to help improve her swimming. John, then in the Navy,

would bike to work daily.

Slowly, they started training for a triathlon without even realizing.

When Collins saw Squires announce plans to participate in the Mission Bay Triathlon, she figured her family could do it as well.

Two days later, on September 25, 1974, the entire Collins household of four ran, swam and cycled all around Mission Bay. Their two children were then aged 12 and 13.

"I fell in love with run-bike-swim

» Continued on Page 10

A tennis fee increase, among other recreation facility updates, have been implemented

On Sept. 17, the Coronado City Council approved a motion to change recreation policies related to cost recovery and facility use, which meant an increase in tennis court reservation fees.

BY MADELINE YANG
The Coronado News

The city is more than doubling the fees it will collect from tennis players in Coronado under a new revenue-sharing structure, with a major chunk of the increased revenues going to a private contractor that operates Coronado's public courts.

According to a new fee schedule adopted by the

City Council on Sept. 17, income from tennis fees is expected to jump from \$73,000 to \$192,000 by the third year.

The company that manages the courts, Impact Activities, will receive nearly half of that additional money, but will increase its rental payments to the city on a graduated scale.



Coronado has raised the tennis court reservation fees. Staff photo by Madeline Yang.

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this week

29 • sunday

At 4:30 p.m. in the C3 Gallery, a new art exhibition is opening titled "A Foot Forward: Art Knows no Boundaries." In this exhibition, the aim is to highlight the diverse talents of artists from Coronado, San Diego County and Tijuana, while also nurturing meaningful connections and fostering understanding across demographic boundaries. The public is invited to attend on Sept. 29 to meet the 45 artists who are participating.

2 • wednesday

Coronado Public Library, in partnership with the Coronado Island Film Festival, presents Film Forum Coronado, taking place the first and third Wednesday of each month at 6 p.m. in the library's Winn Room. Film expert Ralph DeLauro provides a brief introduction to each film and leads a discussion afterwards, often including pointers about how lighting or camera angles contribute to a scene's mood or propel the story. On Oct. 2, DeLauro will discuss the film "The Spiritualist."

3 • thursday

On the first Thursday of each month, the Optimist Club of Coronado meets at the Veterans of Foreign Wars (VFW) at 6 p.m. for an evening program. On Oct. 3, Jamie McArthur from the KMAC Foundation will be the featured speaker.

CONTACT US

For news tips, story submissions and letters to the editor, contact Editor Sofie Fransen at sofie@thecoronadonews.com or 619-990-8465.

To advertise contact Ad Executive Braeden Stegman at braeden@numbersix.com

Coronado Playhouse presents a new take on "Sweeney Todd"

Coronado News staff

Coronado Playhouse is announcing its upcoming production of the Tony Award-winning musical thriller, "Sweeney Todd, The Demon Barber of Fleet Street."

This bold and innovative interpretation, directed by the visionary Leah Osterman, promises to be a theatrical experience that will haunt audiences long after the final curtain falls.

Set in 19th-century London, "Sweeney Todd" tells the tale of a wronged barber who returns to the

city to exact his revenge, aided by the resourceful and morally ambiguous Mrs. Lovett. Yet in this production, Osterman shifts the focus, conjuring the story through a distinctly female lens that offers a fresh perspective on the horrors that unfold.

"This conjuring tells a horror story through female eyes," says Director Leah Osterman. "These eyes see the restrictions and societal expectations that women and people of all genders face and chafe against. ... Our production brings back the demons of the past into our present, into the shared space of the

Coronado Playhouse, for our terror, delight, and reflection. Do we recognize these ghosts who were once people? Are they spirits we want to welcome into our world, or are they ones we're finally ready to put to rest?"

Performances will run from Oct. 11 – Nov. 3 on Thursdays – Saturdays at 8 p.m. and Saturdays and Sundays at 2 p.m. For ticketing information, call the box office at 619-435-4856.

Information provided by Coronado Playhouse.

PETS OF THE WEEK

Meet Sushi and Joker

PAWS of Coronado

Meet Sushi, our 3-month-old black and white kitten who is as irresistible as your favorite sushi roll!

Sushi is curious by nature, loves to explore, and gets along swimmingly with other cats.

When he's not on the move, you'll find him curled up next to you for a cozy nap. He's an all-around great kitten, ready to "roll" into your heart and home!

Joker is here to tell you that he's not just an exceptionally handsome lab mix with a dazzling smile and a snout made for booping.

He's also 55 pounds of lap dog with a curious mind and a tongue the size of an average bath towel. Joker's friends tell us he loves to cuddle but also enjoys playing and taking walks.

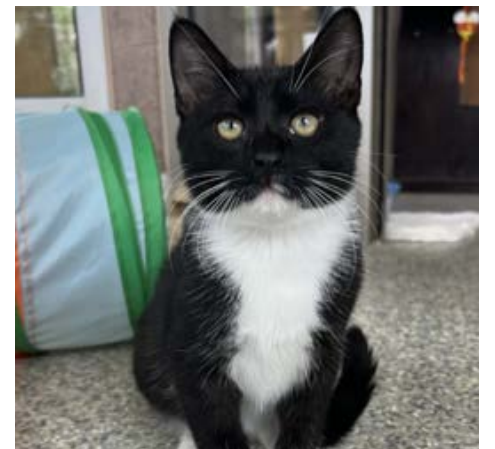
He has a strong work ethic and has been learning new skills like

sit, down, shake, and relax on a mat. Joker is a dog who can appreciate a baby pool on a hot day. Or a water fountain. Or really anything that you might find fun or interesting.

His friend tells us, "Joker was born to play with anything—a water fountain, a stick or a ball. Indulge in his playing just a little and he is yours forever."

The only thing Joker likes more than playing is running! Do both together with him and he will never leave your side!" Joker knows he's somebody's type. So, if your type is an adventurous cuddle bug with eyes the color of melted chocolate, come on down and meet him!

All animals at PAWS are spayed/neutered, microchipped, vaccinated and up to date on flea prevention. Adoptions are by appointment only. If you are interested in adopting, please visit pawsofcoronado.org.



Sushi.



Joker.



Enjoy Life Without Hip and Knee Pain

Are you ready to get back to an active life, but hip or knee pain is slowing you down? Learn about the latest surgical options at this free webinar presented by Sharp HealthCare.

Hear from a board-certified orthopedic surgeon about advanced treatments, including Mako robotic-arm assisted surgery, available at **Sharp Coronado Hospital**. This type of surgery allows doctors to precisely target joints damaged by arthritis while preserving healthy bone. You can also get answers to questions from our team of experts.

Register now at sharp.com/jointwebinar or 1-800-82-SHARP (1-800-827-4277).

Webinar: Advanced Treatments for Hip and Knee Pain

Tuesday, October 1, 6 to 7:30 p.m.

Link provided upon registration





Never Worry About Charging Your Golf Cart Again

OUR STORY

“Once Upon A Time” my son and I were discussing solar systems over lunch. Being licensed electricians, we were familiar with Solar Applications and its advantages.

After conducting a fair amount of research, we determined that Solar Technology had advanced to the point that adding a Solar Panel to the roof of a golf cart could significantly add to the travel range, as well as several other advantages including Green Movement Tax Credits.

I had recently moved to a golf cart community and purchased a cart of my own, after installing the best and most powerful system available, the concept of installing Solar Panels on golf carts was conceived.

We began spreading the word to our friends who owned electric carts and began installing Solar Panels on their carts in our spare time out of our garage in Oceanside, CA. Due to the publicized acceptance and popularity in Beach Communities of San Diego County, we decided to expand the business even further. Many beach cities have permitted the use of golf carts in 35 mph zones and are expanding Bike Lanes to 7 feet wide to accommodate their use.

So, there you have it. There is more to the story and we would love to discuss it with you while we install your Solar Panels on your cart.

We took the concept of Green Solar Energy and put it to practical use to lessen the carbon footprint.

We look forward to meeting you soon.

Richard Stachowicz
Ride All Day Solar Carts
Owner and Coronado Resident



ENVIRONMENTAL BENEFITS

Make the Earth Happy. Solar energy is clean. No carbon dioxide is released into the atmosphere as it is when batteries are plugged into the wall to charge. Similarly, no fossil fuels are consumed as they are in gas-powered golf carts. The sun’s energy is both clean and renewable. With their renewable, clean energy and lack of generated pollution, solar charged golf carts are an Earth-friendly option. You can help ensure that golf courses will be around for a very long time.

FINANCIAL BENEFITS

While it can be costly up front to buy a solar-powered golf cart or convert your existing cart to solar, in the long run, you might save money. You might be eligible for cost incentives offered to people who go solar. Some programs include:

- Federal tax credits
- Federal grants
- State and local utility tax credits
- Rebates

Together, these can help make solar power an affordable option for your golf cart. Additionally, you will likely save quite a bit of money on your electricity bill without having an electric vehicle drawing from your home’s electricity supply. Individuals aren’t the only ones who benefit monetarily from solar power. When entire golf courses convert their fleets to solar-powered vehicles, they can slash their annual charging costs by about 20 percent. Whether you want to enhance the performance of your golf cart, help the environment, or save money in the long run, you’re sure to benefit from changing your power to the sun.

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OPINION

Why is the TJ sewage issue taking so long to solve?

BY RICHARD BAILEY

Letter to the Editor

Last week, Councilmember John Duncan and I, representing the city-appointed Cross-Border Sewage Subcommittee, traveled to Washington, D.C. to advocate for and to help secure additional funding to address the sewage flowing from Mexico.

This year marks the eighth year the City of Coronado has engaged on this issue and one of the most common questions we receive is, "What's taking so long?"

The frustration is understandable and shared by many, especially when progress is largely not readily visible.

To help answer that question, the following is a timeline of events:

Prior to 2017, the City of Coronado was not engaged on this issue.

Beginning in 2017, Coronado formed a cross-border sewage subcommittee; the subcommittee members were former Councilmember Whitney Benzian and Mayor Richard Bailey. The subcommittee took a diplomatic approach to engage with the U.S. State Department, the International Boundary and Water Commission (IBWC), the Office of the U.S. Trade Representative (USTR), and the Environmental Protection Agency (EPA) as well as many meetings with members of Congress.

Through these early meetings we started to find a path. This environmental issue was put on the USTR radar which was important because early discussions of an updated North American Free Trade Agreement were underway. The EPA agreed to analyze the issue to determine the causes of the cross-border pollution and quantify its impact. Members of Congress were learning about the issue and the IBWC for the very first time.

In 2018, after several months of study, the EPA released its evaluation of the issue and created a high-level plan through a suite of projects to reduce the number of cross-border sewage flow days by an estimated 90%.

In 2019, with a rough plan in place, the entire South Bay region, including former County Supervisor Greg Cox, former San Diego Mayor Kevin Faulconer, and former Imperial Beach Mayor Serge Dedina, began lobbying Congress to appropriate funding to start work on the plan.

One of the biggest challenges we faced was a lack of awareness. This issue impacts the most southwestern corner of the continental United States, so most members of Congress were unfamiliar with the issue let alone the role of IBWC, which is a small footnote within the giant State Department, in addressing it.

In 2020, that early meeting we had with USTR in 2017, and subsequent ones after, paid off because



Mayor Richard Bailey said this year marks the eighth year the City of Coronado has engaged in the Tijuana sewage crisis issue. File photo by Madeline Yang.

the Trump Administration signed the USMCA trade agreement which included \$300 million as a downpayment towards the total project cost of \$600-plus million.

In 2021, after the pandemic initially delayed progress, the EPA began its environmental review process of the detailed plans.

In 2022, it was realized that the EPA didn't have the authority to transfer the \$300 million to the IBWC so we began more meetings to lobby Congress on this technical piece of legislation.

Later in 2022, the environmental review process for the EPA/IBWC projects finished and was subject to months of public review. Around this time, Mexico announced that it had appropriated approximately \$150 million in funds to fix infrastructure on its side of the border. Also, we helped get the transfer authority legislation passed.

In 2023, Councilmember John Duncan petitioned the Coronado Council to reconstitute the city's cross-border sewage committee which was previously left with just Mayor Bailey after Coun-

cilmember Benzian ended his term on the council.

In late 2023, the International Boundary and Water Commission was authorized to release the projects for bid. Several bids were submitted by qualified contractors and went through months of review.

In early 2024, Councilmember Duncan and Mayor Bailey made multiple trips to Washington, D.C., to advocate the national importance of solving this issue to members of Congress of both parties in both chambers. This effort helped forge a bipartisan congressional coalition led by Congressman Scott Peters of San Diego and Congressman Dan Crenshaw of Texas that lobbied the leadership of their respective political parties. In addition to increased funding, Congressman Darrell Issa of California pushed for accountability measures for the IBWC to ensure the tax dollars are spent effectively to solve the cross-border pollution issue once and for all.

That lobbying effort helped get \$156 million approved as part of the budget, which is in addition to the previous \$300 million appropriation from 2020, for the construction of the expanded South Bay treatment plant.

In August 2024, a contract was awarded for the design and construction of the IBWC wastewater treatment plant expansion and it was announced that Mexico would be turning on its newly renovated treatment plant in Q4 2024.

The cross-border sewage issue could have and should have been solved years ago. It took new leadership, bipartisan collaboration with colleagues across the bridge and in D.C., as well as the unwavering support of local officials, residents, and community groups throughout the region to make this issue a priority for the federal government and get it done.

I especially want to acknowledge our partners in Imperial Beach, including Mayor Paloma Aguirre and their City Council, as well as Congressman Scott Peters for their tireless efforts.

With contracts awarded and shovels in the ground on both sides of the border, I am more optimistic than ever before that we will soon enjoy clean water for the South Bay region.

Editor's Note: Richard Bailey, the current Mayor of Coronado, is completing his term and is not seeking re-election in the November balloting.



A comprehensive history of the transborder sewage crisis can be found online. Scan the QR code with your smartphone camera, and tap on the link.

Protecting our slice of paradise

BY MARK FLEMING

Op-Ed

Editor's note: The Coronado News has invited all city council and mayoral candidates to submit a first-person article about their background, civic involvement and reason for running for office. We intend to run articles in the order they are received.

We are all fortunate enough to live in a little slice of paradise and we owe it to each other and to the next generation to preserve and protect it. It seems that there are fewer and fewer locations in our great country where we can feel the sense of community, patriotism and safety that we all enjoy here in Coronado.

This is part of what Coronado means to my wife Rhonda and I and this is why I joined the race for Coronado City Council. In short, I am running for Coronado City Council because we need proven leadership on our City Council that has the experience to tackle our current challenges, while positioning Coronado for the future.

While Coronado is undoubtedly a great place to live, we have our fair share of challenges. Certainly, on top of the list is the ongoing cross-border sewage crisis that is polluting our ocean waters, closing our beaches, and contaminating the air that we breathe. It threatens our health, the vitality of our local businesses, our property values and our way of life.

Thanks, in part, to leadership on our current City Council, we now have the attention of Mexico and Washington, D.C. Contracts have been awarded and work has begun on fixing the wastewater infrastructure on both sides of the border. This is good news, but it is crucial that as we elect a new mayor and two new council members, we select



Mark Fleming at his home in Coronado. Staff photo by Madeline Yang.

people who can deliver results for our community.

The cross-border sewage crisis is not the only issue for our City Council to deal with. We still have a city to run, and we need city leaders with the background and experience to deal with this crisis while maintaining focus on managing the needs of our community. Our elected leaders should demonstrate good judgment, common sense and the ability to build consensus amongst others.

We have some unique challenges compared to most other cities of our size, which includes interacting, coordinating and negotiating with the Navy, SANDAG, California Coastal Commission, Caltrans and other regional agencies that impact our lives. It is imperative that we elect individuals to our City Council who can and will dedicate the time necessary to represent our community and that have the proven background and experience to achieve favorable outcomes for our citizens.

I am a proven business leader with a strong

background in business management, which will serve me well in representing the community on the Coronado City Council. Prior to Rhonda and I moving to Coronado, I owned and operated two businesses with over 800 employees. One of the businesses was a large commercial electrical contracting company and the other was a technology and innovation company providing services to the construction industry. It took leadership and vision to grow the companies and position them to become industry leaders. It was an honor and a privilege to lead a team of talented professionals and create hundreds of jobs. One of my greatest pleasures was watching our employees grow in their careers and they and their family's flourish.

The success and eventual sale of the businesses to company employees has allowed me to focus on greater community involvement, including the Rotary Club of Coronado and now seeking to serve on the Coronado City Council. Because of this, I can dedicate myself to serving the needs of our special community, without needing to balance my time with a career.

I have always been a firm believer that the best decisions come from collaboration and getting input from the other stakeholders. This is how I managed my companies, and this is how I will conduct myself as your representative on the City Council. Your opinions matter to me and I will seek input from our fellow citizens before forming my decisions on matters that come before the City Council.

I humbly ask for your support in my campaign for Coronado City Council.

Mark Fleming is running for a seat in City Council in the Nov. 5 elections. Andrew Gade, Christine Mott, Amy Steward, Mark Warner and Laura Wilkinson Sinton are also running.

OPINION

LISA BENSON



JACK OHMAN

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CORONADO

Editor's note: The Coronado News reached out to all 2024 mayoral candidates with questions to learn more about their priorities and philosophy in running for mayor. This list of questions is the second half of the total list; the first half ran in the Sept. 20 print edition and can be found online at thecoronadonews.com. Responses have been edited for brevity and clarity.

A Q&A follow-up with mayoral candidate Mike Donovan, part two

BY MADELINE YANG
The Coronado News

Q: Do you favor an ordinance with greater e-bike regulations?

Donovan: We absolutely need more regulations and guidelines with the goal of improving e-bike safety for both e-bike riders and for others who are at risk of being involved in an e-bike related accident. The main challenge currently is that the State of California considers e-bikes in the same category as pedal-powered bikes, and as a result, has offered no special safety guidelines for regulating e-bikes.



A step forward has happened in our current state legislative cycle with AB 2234 (sponsored by our California Assembly Member Tasha Boerner) which, among other things, sets an age limit for operating e-bikes at 12 years and older. If approved, this bill forms a foundation to move forward with additional safety provisions.

Q: What is a topic/issue in Coronado that was not referenced in these questions that you believe you can bring expertise to?

Donovan: As the only mayoral candidate with a combination of Navy experience, corporate business experience, and public service experience on the Coronado City Council for the past eight years, I have an understanding of Navy operations and priorities. And, serving as chair of the Coronado Naval Complexes Working Group (which is a public meeting held monthly with membership of the Commanding Officer of Naval Base Coronado, two council members and the city manager) has enabled me to stay current on the major base activities that impact our city.

Q: As mayor, how do your duties differ from that of City Council members and how are you going to lead the City Council?

» Continued on next page

A Q&A follow up with mayoral candidate John Duncan, part two

BY MADELINE YANG
The Coronado News

Q: Do you favor an ordinance with greater e-bike regulations?

Duncan: The city should review all ordinances on e-bikes that have been implemented in other California cities to see how successful the new laws are and whether any would be appropriate to implement in Coronado. Regulations regarding e-bikes are primarily set by state law. However, there are additional regulations that cities can implement. It is our obligation to review, given the heavy use of e-bikes in Coronado and the serious dangers they present.



A state bill sponsored by Assembly member Tasha Boerner has reached Governor Newsom's desk. If signed, the bill would allow Coronado to prohibit Class 1 and Class 2 e-bikes from being operated by an individual 12 years old or younger. This bill is known as the San Diego Electric Bicycle Safety Pilot Program.

Arguments that enforcement would be difficult, or that it isn't our issue because of state law, are inaccurate and inadequate excuses. For example, we have laws against public smoking in Coronado. These laws don't present extreme enforcement issues for the police, but they do deter the behavior.

Note that e-bike options are coming back to the City Council on Oct. 15, 2024.

Q: What is a topic/issue in Coronado that was not referenced in these questions that you believe you can bring expertise to?

Duncan: I have experience working with Caltrans over the last two years, participating in regular meetings to achieve improvement in Coronado on two major issues: the Coronado streets controlled by Caltrans and the bridge suicide preven-

» Continued on next page

A Q&A follow-up with mayoral candidate Casey Tanaka, part two

BY MADELINE YANG
The Coronado News

Q: Do you favor an ordinance with greater e-bike regulations?

Tanaka: I favor enforcing current laws, including the wearing of helmets by people under 18, making proper stops at stop signs and other elements of the vehicle code over adding new e-bike regulations.



Q: What is a topic/issue in Coronado that was not referenced in these questions that you believe you can bring expertise to?

Tanaka: The most elemental job of Coronado's mayor is to effectively lead the Coronado City Council. I am running because I have a talent for leading our City Councils and I don't see a good reason to pass up the opportunity to have an already proven, effective mayor. There is no better training for this job than previous service as mayor and with 18 years invested as a council member, I am ready to act wisely on our public's behalf.


Q: As mayor, how do your duties differ from that of City Council members and how are you going to lead the city council?

Tanaka: The five members of the Coronado City Council need to successfully deliberate over the city's most pressing matters and reach clear conclusions for our full-time staff to carry out. My job as mayor is to give the five of us on the council the opportunity to speak on these issues and to make sure that at least three members align to provide clear direction to staff. The mayor's duties differ from the rest of the council in terms of running meetings smoothly and, at times, brokering compromises at these public meetings.

There have been times where I have had to sacrifice my own point of view to allow the rest of

» Continued on next page


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CORONADO

CUSD asking for input on budget in upcoming meeting

Coronado Unified learned this month that it will need to show progress to meet County budget requirements.

BY JULIETA SOTO
The Coronado News

Coronado Unified will be asking staff, parents and community members for feedback on the budget at an upcoming Oct. 9 workshop. Community members will also have the opportunity to share ideas before then.

The district is working to revise its San Diego County Office of Education approved 2024-25 budget moving forward.

“We’re all here,” said Deputy Superintendent Donnie Salamanca, “to come together as a community and understand where we are as a district and where we are with our fiscal challenges and respond to the task that we were given by the county office to identify budget solutions either through cuts or creative financing solutions.”



The Coronado Unified School District's enrollment numbers fall short of the goal. Staff photo by Julieta Soto.

County letter

County education officials have told CUSD they will need to make \$2.4 million in budget reductions by fiscal year 2026-27.

The district has a plan to rapidly drain its reserve funds, or “Long Range Plan ‘Bridge to Basic Aid,’” be-

fore becoming locally funded from property taxes. But multi-year projections concurrently fail to meet the required 3% in reserves of the budget total.

Now the county may intervene for further analysis of the adopted budget if the district’s First Interim Report submission in December does

not show this progress.

During the first committee meeting on Sept. 18, which reviewed and discussed CUSD’s last school year finances, Salamanca told the community he is looking to engage shareholders on Oct. 9 to inform the district about identified priorities at the next board meeting on Oct. 17.

“Think about programs that you are concerned about and our idea for the next meeting is we’re going to have opportunities to kind of unpack some of the various scenarios. We’re going to have an opportunity for a gallery walk...,” said Salamanca.

While attendees were asked to complete the following form at the meeting, <https://bit.ly/3pA55R6>, the general public can reach out to the district using the following form:



Scan the QR code with your smartphone camera, and tap on the link.

A Q&A follow-up with mayoral candidate Mike Donovan, part two

» Continued from previous page

Donovan: While the mayor has one vote, just like any other member of the City Council, I think the key additional responsibility of the mayor during council meetings is to build consensus and drive compromise on issues where there is not a clear majority. All council members will not always agree on how to address some specific issues, but unless we have the ability to discuss and compromise, nothing will get done.

Of course, the other main responsibility of the mayor is to represent the city with outside agencies and groups. As mayor, I will strive to drive consensus and compromise where needed, and to represent our city with respect and dignity.

Q: What is the most significant change that you intend to make in Coronado?

Donovan: As mayor, I would not

consider it my role to make any kind of significant change in Coronado; nor would I run on the promise of making a significant change in Coronado. That’s not really how our city works.

Instead, the council works together to build consensus for any kind of “significant change.” This is a gradual process, one that tends to evolve incrementally, and always involves the council, city staff and our residents. The most significant thing I can do as mayor is to maintain openness and transparency in this process.

Q: City-wide ordinances have not been implemented for things like single-use plastic ban. Where do you stand on this?

Donovan: As a candidate, it would be easy to answer a question like this by saying that I would support a complete ban on all single-use plastics because of their impact on our environment. But as mayor, it would

be my responsibility to make sure the council examines the consequences of this action, some of which may be unintended consequences.

For example, a restaurant manager recently pointed out to me that, while his large restaurant can probably afford single-use plastic alternatives, he worries that “mom and pop” size local businesses may not be able to survive.

I would also want to look at other things we could do to keep plastics out of our ecosystem and find a way to actually recycle them. I am a proponent of fully understanding all the consequences of taking an action before I take a stand, even if the initial answer seems obvious.

Q: Local cities and governmental entities have declared local emergencies for the ongoing Tijuana sewage crisis. Will you push for Coronado to do the same?

Donovan: This was an agenda item

at our Sept. 3 City Council meeting. Instead of declaring a local emergency, the council voted unanimously to issue City Council Resolution No. 2024-48 “... asserting the necessity and urgency to resolve cross border water pollution and restore environmental quality and access to coastal waters.”

Since the cross-border sewage issue is not under our local control and must be funded by the U.S. and Mexico federal governments, a declaration of emergency will not provide any added flexibility or authority enabling the resolution of the problem. With a City Council resolution, we communicate a strong statement of support without the added bureaucracy of actions required to maintain an emergency declaration. The resolution adequately expresses our commitment to taking the actions within our control to get this issue resolved as quickly as possible.

A Q&A follow up with mayoral candidate John Duncan, part two

» Continued from previous page

tion barrier.

I also use my role on the SANDAG board of directors and Transportation Committee to further support for funding the bridge barrier, as well as for our free mini-shuttle program in Coronado. As mayor, I will be able to leverage my unique experience and legal negotiating background to bring these projects to completion.

Q: As mayor, how do your duties differ from that of City Council members and how are you going to lead the city council?

Duncan: As mayor, I will be further empowered to continue the work I have been doing on the Tijuana trans-border sewage solution and to continue building the effective coalitions I have built at SANDAG to obtain fair treatment on housing allocations before the allocation occurs, not after the fact. I am very effective at building bipartisan coalitions and listening

to all sides.

Q: What is the most significant change that you intend to make in Coronado?

Duncan: I am not looking to bring extensive change to Coronado. My goal is to ensure that Coronado is well represented and that all matters are looked at with fresh eyes. I am grateful to the council members and mayors that have come before me, and I always look to learn from history.

However, I look at everything with an open mind and ask why it is this way, rather than accepting that this is the way we have done it, with no explanation. I look forward to working with new council members who also share this curious and thoughtful approach.

Q: City-wide ordinances have not been implemented for things like single-use plastic ban. Where do you stand on this?

Duncan: I am proud to be the first

and only City Council member to bring a Plastic Reduction Ordinance request to the City Council. I filed a Policy 2 request on April 16, 2024, requesting a Plastic Reduction Ordinance staff report. At our meeting on Sept. 17, 2024, I led the council to agree to a review of ordinances in other jurisdictions that we may consider implementing.

Our effort already influenced the Hotel Del and the Glorietta Bay Inn to switch from plastic water bottles to metal. I favor common sense plastic reduction that does not negatively impact our businesses, nor our residents’ way of life. We can do it. I think relying on state law that may go into effect in 2035 is a poor excuse for being the only coastal community to not have a reduction ordinance and I am optimistic we will achieve one.

Q: Local cities and governmental entities have declared local emergencies for the ongoing Tijuana sewage crisis. Will you push for Coronado to

do the same?

Duncan: I am proud to be the first and only Council member to push for a resolution on the Tijuana sewage crisis to set forth Coronado’s official written policy and position. I proposed the action during a Trans-Border Sewage Sub-Committee Report, where I presented the extensive work Coronado has done to fight for funding. The resolution was approved unanimously at the Sept. 3 meeting, and included “Coronado finds it imperative and of extreme urgency that cross border water pollution is resolved, and the city’s support will be unwavering with continued advocacy, attention and resolute council member and city staff efforts.”

I look forward to continuing my extensive efforts on this emergency issue, which included a recent three-day whirlwind trip to D.C. to meet with 20 Congress members to fight for funding for the plant on the U.S. side of the border.

A Q&A follow-up with mayoral candidate Casey Tanaka, part two

» Continued from previous page

the council to find consensus, and this is something I am still willing to do. There are times where the mayor ends up in the minority, but still helps the rest of the council to find its voice and its policy direction. I have a talent for helping councils to find consensus and I am stepping up again as a candidate for mayor because I

want to continue to help the next City Council to provide this crucial policy direction to our talented city staff.

Q: What is the most significant change that you intend to make in Coronado?

Tanaka: I am not running for mayor to change things. Coronado is a beautiful place and I am running to maintain and support our vibrant community.

Q: City-wide ordinances have not been implemented for things like single-use plastic ban. Where do you stand on this?

Tanaka: The City Council will be reviewing the possibility of banning or reducing single-use plastics at the Oct. 1 City Council meeting. I look forward to reviewing the information put together by city staff and will deliberate on this at the Oct. 1 City

Council Meeting.

Q: Local cities and governmental entities have declared local emergencies for the ongoing Tijuana sewage crisis. Will you push for Coronado to do the same?

Tanaka: I spoke in favor of declaring a local emergency at the Sept. 3, 2024, Coronado City Council meeting and I continue to be willing to consider such a declaration.

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CORONADO

A new chapter for Chez Loma as it blends tradition with innovation

Chez Loma, housed in the historic Carez Hizar House, is undergoing a quiet transformation under the leadership of Diego Girault and chef Mariana Ruffo. With a fresh menu and modern touches, the restaurant blends its French roots with vibrant, contemporary flavors.

BY KATIE MORRIS
The Coronado News

A landmark French bistro in Coronado is undergoing quite a quiet renaissance — one that seeks to retain its old-world charm while bringing in a fresh, modern dining experience, including a sushi restaurant set to open in December.

Once a private residence, the Victorian-style Carez Hizar House (circa 1889) has been carefully converted into Chez Loma, a restaurant that Coronado locals frequent. But under the leadership of Diego Girault, who started as a busser in 2008 and now serves as director of operations, Chez Loma is evolving while preserving its history. Girault's vision blends tradition with innovation, ensuring that the beloved bistro remains a staple on the island while offering new, exciting experiences for diners.

A new culinary flair

At the heart of this transformation is chef Mariana Ruffo, a Mexico native who brings with her a wealth of experience from Michelin-star restaurants. Ruffo's arrival in March marked the beginning of a culinary shift at Chez Loma, one that emphasizes the fresh, vibrant flavors of seafood while preserving the French techniques that have long defined the restaurant's kitchen.

Ruffo has introduced dishes such as a salmon crudo, scallop carpaccio, fresh oysters and crab cakes, all of which have been met with enthusiasm by the Coronado community.

"She brings a lot of freshness to the restaurant," Girault noted. "We've seen her dishes do very well, and we look forward to bringing more of that style to the menu."

Rachid Elazzouzi, the restaurant's general manager, spoke highly of Ruffo's contributions.

"She's very ambitious, and we wanted someone fresh out of school to match our vision. We're working to create something unique here — a place where the food is exciting, but still feels familiar to the locals," he said.

Elazzouzi, Girault's first hire when he took on management in 2021, began at Chez Loma as a bartender.

The Chez Loma philosophy

Elazzouzi's 29 years of experience in the restaurant industry have imbued him with a clear philosophy: guest satisfaction comes first.

"Everything we do here starts with the guests. That's the Chez Loma philosophy," he said.

He also believes in fostering a close-knit environment among the staff, describing the culture he and Girault are building as one where each member of the team helps the other, all in service of the guest.

"It's never one person doing it alone," he said. "Everyone here is part of a family. You come in, and it's like helping your brothers and sisters."



Recent updates to Chez Loma's interior design include historical photos of Coronado and intimate lighting. Staff photo courtesy of Katie Morris.

A fresh atmosphere

It's not just the menu that's being refreshed. Girault has spearheaded a series of subtle yet intentional changes to Chez Loma's atmosphere, designed to breathe new life into the historic building without losing its essence.

Dozens of framed photographs are scattered throughout the two-story restaurant's walls, offering glimpses of Coronado throughout the past century. The images hang on white walls, bordered by a navy blue wainscoting.

The lighting — dimmed, warm and inviting — has also been a particular focus.

Girault believes it makes the dining experience more relaxed and intimate, allowing guests to feel at ease without detracting from the elegance that Chez Loma's setting demands.

"It's about finding the balance," he said, "where it feels fresh but still connected to the heritage."

The biggest project on Girault's horizon, however, is upstairs. The restaurant's second floor — currently serving as a dining room — is slowly being transformed into an entirely new dining concept: an exclusive sushi restaurant.

Slated to open by December, the new venture will offer traditional Japanese cuisine in a space that Girault described as both refined and relaxed.

"We're working with very talented sushi chefs and restaurant operators to create an experience

that's worthy of being here in Coronado," he said.

With new lunch and happy hour menus and events such as Wine Wednesdays, the restaurant aims to be a go-to spot for both everyday dining and special occasions.

Elazzouzi, ever the pragmatist, notes that this focus on local patronage is key to the restaurant's long-term success.

"If I can fill the restaurant up with locals, I really don't care about anything else," he said. "This establishment [the Carez Hizar House] has been here for over a century, and I want that to mean something to the community."

Chez Loma's intention is, in many ways, a family affair. Girault's father, Andres Girault, bought the restaurant in 2008, but it is Diego who has taken ownership of its future. Since the pandemic, when the restaurant faced one of its darkest moments, Girault has steadily worked to restore its reputation as a fine dining experience.

"We didn't have the best team back then," he recalled. "But we've turned it around. Now, we have a great kitchen, service and values."

Part of that turnaround has involved carefully curating a team of 30 staff with top-tier credentials and a shared commitment to providing the kind of service guests will remember long after their meal.

"Service isn't something you hear," Girault said. "Service is something you feel."

A tennis fee increase, among other recreation facility updates, have been implemented

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The city was able to renegotiate the terms with Impact due to a provision in the contract that stated the monthly rent, or any other terms of the agreement, could be renegotiated with the concessionaire.

According to Tim Farmer, director of Recreation and Golf Services, that means the contract didn't need to go up for bid again. The city didn't need to open this up to possible new concessionaires since they were allowed to renegotiate within the terms of the contract.

Many residents spoke up at the last City Council meeting to voice disagreement with the proposed fee increase.

Officials responded that players are being undercharged for court time and that the city is currently oversubsidizing tennis operations.

Council member Casey Tanaka said the increased tennis court fees for residents is reasonable.

"Currently, we're charging you \$5 for a court for two hours, and I have to say, my common sense tells me that's kind of a giveaway," Tanaka said. "If we look at the worst rate: \$2.50 per hour, per person."

"So someone played tennis for two hours, how much did we charge you?

We charged you \$5. I just have a hard time saying we're ripping you off. I have a hard time saying that's highway robbery."

In 2023, Impact Activities collected \$73,000 for court reservations and paid the city \$50,000 in rent, netting \$23,000.

According to city projections, under the new fee schedule, in three years court reservations will total \$192,000 with Impact Activities paying the city a total of \$98,400. Under that structure, the company would net \$93,600 — a 406% increase. That's in addition to 100% of revenues from tennis instruction.

The city would get a 197% increase in court use revenues under the new fee schedule.

History of Impact Activities

Impact Activities' company president Matt Hanlin worked for Coronado as a tennis professional in 2010 before leaving for Texas.

He came back with Impact and signed a contract with Coronado in 2021, and the group was soon involved in a lawsuit with a former Coronado tennis professional, Mario DiLonardo, who taught at the Tennis Center.

The lawsuit alleged that the con-

tract was fraudulent and in violation of city codes.

At the time of the bid in 2021, there was a Coronado city employee, Samantha Nelson, who was employed by the Parks and Recreations Department.

Nelson was the city's part coordinator for bid requests while simultaneously being offered a better salary with Impact Activities, according to the suit.

In Sept. 2023, the city agreed to pay DiLonardo \$10,000 to settle with a stipulation that there was no "liability or unlawful conduct of any kind," according to the agreement obtained under California's Public Records Act from the city.

The numbers

Currently, city residents pay a \$5 flat fee for two hours of tennis, whether it's singles or doubles. The proposal would charge \$2.50 hourly for each person. As a result, the price for two hours of doubles for residents would increase from \$5 per group to \$20 per group.

The revised contract would provide an incremental fee change each year for residents. The staff report outlined that the first year would be \$1.50/hr. per person, the second year

would increase to \$2/hr. per person and the third year would be \$2.50/hr. per person.

Non-residents pay a flat fee of \$15 for two hours of tennis. The proposal would make it \$10 an hour per person on the court starting the first year, and would stay the same through the next two years.

The city is responsible for maintenance of the tennis courts. In 2023, repairs and improvements of the facilities totaled \$255,307.

Farmer said the city also covered department staffing costs associated with administering the contracts, utilities and court cleaning.

The adopted resolution proposed a revenue-sharing agreement for court reservations in addition to a fixed annual payment, increasing every year.

The first year with the new proposed fees would increase that amount to just over \$153,000 with Impact paying the city \$56,000 for rent plus 0% of gross court reservation revenue.

In the second year, Impact Activities would receive \$172,000 in court fees and pay \$58,000 for rent plus 10% of the court revenue.

By the third year, gross court reservation revenue would reach over \$192,000 with Impact paying the city \$60,000 for rent and 20% of its court revenue.

Q&A: Council candidate Laura Wilkinson Sinton, advocating pollution solutions

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Wilkinson Sinton said she has advocated on the sewage issue in Washington, D.C., and Sacramento, is part of a South Bay task force with health officials studying the water and air quality in the Tijuana River Valley, and is a Stop the Sewage.org representative of the Transboundary Pollution Coalition – with more than 50 nonprofits – asking the state and federal government to declare an emergency.

Today, Wilkinson Sinton's work on the crisis – what she calls “a slow moving disaster” – motivated her decision to run for council.

“To pretend that our hotels are not hurting right now and that we can survive a third summer of this [pollution] is unrealistic. ... We have to fix this now, this is why I think a state of emergency all the way up the food chain can happen,” said Wilkinson Sinton. “We have not collaborated with other cities in our region as well as I believe we can. And I'd like to be part of the City Council that makes that happen.”

“We need to be better ancestors,” she added.

Q: Why did you choose to run for City Council?

Wilkinson Sinton: I am an accidental candidate. Having worked on the sewage crisis through StopTheSewage.org and going back to school for an executive masters in sustainability leadership – studying Coronado issues like transportation, water and infrastructure, and California ports (including Port of San Diego) with my graduate school cohort – I realized that complacency can be detrimental to a city and region. Public policy really matters. There are looming issues of climate change that our city is ill prepared for, and this needs advocacy, not complacency. I have been urged to run by leading community members, by other officials who understand the urgency facing us as a region and as a city. My husband, kids and grandkids are incredibly supportive. As is Imperial Beach Mayor Paloma Aguirre, who urged me to run and is endorsing my campaign. We've been allies on the sewage crisis that has expanded up the coast to harm Coronado's economy and public health in addition to other South Bay communities.

Q: What are tangible examples of efforts you've made with the Tijuana sewage crisis. Or, what do you hope to do during your time in office?

Wilkinson Sinton: In the two years since starting StopTheSewage.org



Laura Wilkinson Sinton at her home in the Cays. She is running for City Council in the Nov. 5 elections. Staff photo by Madeline Yang.

with four other civic-minded Coronado women, we have drawn substantial local, state and national attention to our sewage crisis and changed public policy. ... I continue to work with Mayor Aguirre on the Health Task Force that recently discovered air quality dangers (hydrogen sulfide and hydrogen cyanide gases from the sewage in our air) in addition to waterborne viruses, diseases and toxins. ... Diversion of the Tijuana River has to be part of this equation, too – and that requires a state of emergency to accomplish in a few years, not 20 ... I plan to continue that “ask” along with other local officials.

... I won't rest until we can swim in our beaches without fear, breathe our air without trepidation, or fear for our economic prosperity, our businesses and property values. The most essential task of the government is to protect its people. I am in a stronger position to do that if you elect me.

In a follow-up, Wilkinson Sinton expressed disappointment that Coronado representatives have not felt that an emergency declaration is necessary.

“We are the only city affected by the sewage crisis that has not declared a state of emergency. To ask our governor to declare one when we won't bother to declare one ourselves is not a good look. ... The reason the Tijuana River has to be diverted, and diverted on our side where it's reliable, is because that is the source of the pollution.”

Q: Do you favor an ordinance with greater e-bike regulations?

Wilkinson Sinton: State law recognizes e-bikes as a “bicycle” classification. I supported Assemblywoman

Tasha Boerner regarding a bill to change this, but it failed this year. Any ordinance would conflict with state law as it stands. Drivers in Coronado live in fear of hitting a kid who blows through a stop sign reading an iPhone on their e-bike. ...If elected, I will collaborate with our trustees at Coronado Unified School District to develop a program like Poway and Encinitas is currently considering. This would require all kids parking e-bikes on Coronado school campuses to attend a safety class with a parent or legal guardian in attendance, get safety certified, and only then be allowed to park the e-bike on school campus. ... We need to implement this fast with collaboration with parents and kids themselves to design the program and assure buy-in from the community before someone gets hurt or killed.

Q: Can you spell out specific plans you'd advocate for fixing the stormwater infrastructure?

Wilkinson Sinton: It's water infrastructure, not just stormwater. Water infrastructure, including stormwater, wastewater and drinking water is my top capital investment priority.

Our Coronado stormwater infrastructure replacements and maintenance have, to our detriment, been deferred for a number of years. ... The city is making progress on the new Parker Pump Station in Country Club. We need to address the other pump stations quickly and get them ready for the inevitably stronger storms climate change portends.

... Investing in recycled water, either our own or imported from San Diego's city recycling treatment plant, can keep our golf course, our parks

and medians green. We are late to the game, and need to catch up if we are to keep future water bills affordable. Preserving our future fresh water for drinking is the responsible choice, and it needs to be done now.

Q: City-wide ordinances have not been implemented for a single-use plastic ban. Where do you stand on this?

Wilkinson Sinton: Coronado should not be “last” in anything. And we are “last” on this. ... The poisonous effects of plastic are established. ... Then there is the destruction of sea life and sea mammals off our beautiful coast. ... Our major hotels already accommodate single-use plastic bans in most of their other California markets. We can help our small businesses make the transition with grants from our city to buy in bulk the compostable take-out boxes and other containers. Everyone else is doing it and for health and beautification reasons. If we truly care about preserving our city and way of life for generations to come, this is the easiest no-brainer we have before us.

Q: What is your stance on the Cays Park Master Plan?

Wilkinson Sinton: At this point it is merely a plan, not a project. There is no doubt that Cays Park has been neglected. ... The wish list said \$31 million, which people heard and then thought it was a done deal. It's not. I think the clarifications from the City Council and city manager a few weeks back give us a better perspective and breathing room to determine a way forward. ... Considering the park has been decades without investment in repairs, it is now a park that needs deferred maintenance and irrigation upgrades, which will save the city considerable money on future water. We can plan what the community wants and deploy assets responsibly.

Q: What is your stance on the affordable housing allocation?

Wilkinson Sinton: The Builders Remedy Law – a state law to force communities to no longer kick the can down the road in approving low-income housing – has given us our ultimatum, not just SANDAG. ... We can either choose where we will put our low-income housing, or the state will choose for us by allowing builders to get the permits from the state instead of City Hall. ... The upside is perhaps our own firefighters, police officers, teachers and nurses might be able to live here again, like their predecessors did not too long ago. It was, after all, part of our city's small-town charm.

“It was a woman's idea” to create the Ironman Triathlon

» Continued from Page 1

events that night,” Collins says.

“It's the feeling of running with a herd. We're all doing the same thing. We may not know each other – we certainly make instant friendships on the course, and I just love it.”

And the idea for the Ironman Triathlon was born.

Collins says she loves this sport because anyone can do it.

“I represent lots of other people in the world who aren't good at team sports. It's too hard to get together with a team, and you have to be good and all this stuff; and yet, I could bike, and I could run, and I could swim and imagine a sport in which you could do pretty well in three things, and be in!” she adds, clapping her hands together. “That's all you have to do, is just to have the knowledge. To me, it's such a welcoming thing.”

Building a triathlon

Their family was relocated to Oahu in 1975 when John got a new assignment and, by 1978, they had put together the triathlon course.

Collins and John had been participating in the Waikiki Roughwater Swim and the Honolulu Marathon since they arrived on the island in the mid-1970s.

With two of the three triathlon events already on the island, all they

needed was the bike portion and route.

“John had the idea for the bike leg, and it fit almost perfectly to go around the island,” Collins says. “It was a night of joy.”

They had all the events, they had the location, they just needed a name to make it official.

Collins remembered a runner at the Pearl Harbor shipyard who had the same speed no matter the race distance. He put one foot in front of the other and never stopped, keeping a steady pace. His nickname was Iron Man.

“The marathon clinic coach in Honolulu told us to find our long-distance pace. Find the pace where you feel you can keep going forever,” Collins says.

So on February 18, 1978, the Hawaiian Ironman Triathlon had its first race.

Fifteen men signed up. Twelve made it to the finish line.

The Ironman Triathlon

Collins was the only woman that signed up for it, but illness intervened.

“I didn't want to not make it, because they'd say women couldn't do it,” Collins says. “It was the hardest thing of my life, but by the day [the Ironman] happened, I could not lift my head. I never even saw [the course].”



The Collins family in 1974. (L-R) Michael, John, Judy and Kristin Collins.

Photo provided by Judy Collins.

Collins had gotten surgery around a year and a half before the Ironman Triathlon debuted, and she said she had the best year of her life, breaking all of her personal records and training incessantly for the big day.

Then a fever developed. And when the day came, she was just too sick to run, bike or swim.

But in 2003, at just shy of 65-years-old, Collins finally found the year to train and participate in Ironman Revisited, an event to help raise money for

the Challenged Athletes Foundation.

She finally completed her Ironman.

Collins has done a hundred other events in her 85 years of life, even to this day, running a half marathon with her daughter in June. But she's only done the event she founded once. “It was a woman's idea. I am the woman who dreamed it up,” Collins says with fervor. “But, I would never have done a triathlon but for another woman who wanted to join the track club to qualify for Boston.”

“It's the feeling of running with a herd. We're all doing the same thing. We may not know each other – we certainly make instant friendships on the course, and I just love it.”

- Judy Collins

NAVY

Navy fuel ship launched in San Diego

DVIDS

Fleet replenishment oiler USNS Lucy Stone, the Military Sealift Command's newest ship, was christened during a ceremony at the General Dynamics NASSCO shipyard in San Diego on Sept. 21.

The event was attended by Secretary of the Navy Carlos Del Toro.

The ship honors American suffragist Lucy Stone, who joined other notable advocates such as Elizabeth Cady Stanton, Susan B. Anthony, Ernestine Rose and Antoinette Brown Blackwell to petition for suffrage and abolition in the 19th century. Her efforts as a founder of the Women's National Loyal League were essential to the passage of the Thirteenth Amendment abolishing slavery.

"In choosing to name this ship after Lucy Stone, Secretary (Ray) Mabus and Secretary (Meredith) Berger knew the legacy of this remarkable woman who dedicated her life to freedom and to equality for all," said Deborah Donnley Simmons, co-sponsor of the ship. "Her legacy will continue to be told, as this ship sails throughout the world."

The official christening moment happened when the ship's co-sponsors, Alicia Aadnesen and Simmons broke a bottle of champagne over the ship's bow with the words, "For the United States of America, I christen you the USNS Lucy Stone. May God bless this ship and all who sail on her."

Following the christening moment, the ship blew her horns and slid down the rails, amid a fanfare of music from the Navy Band Southwest.

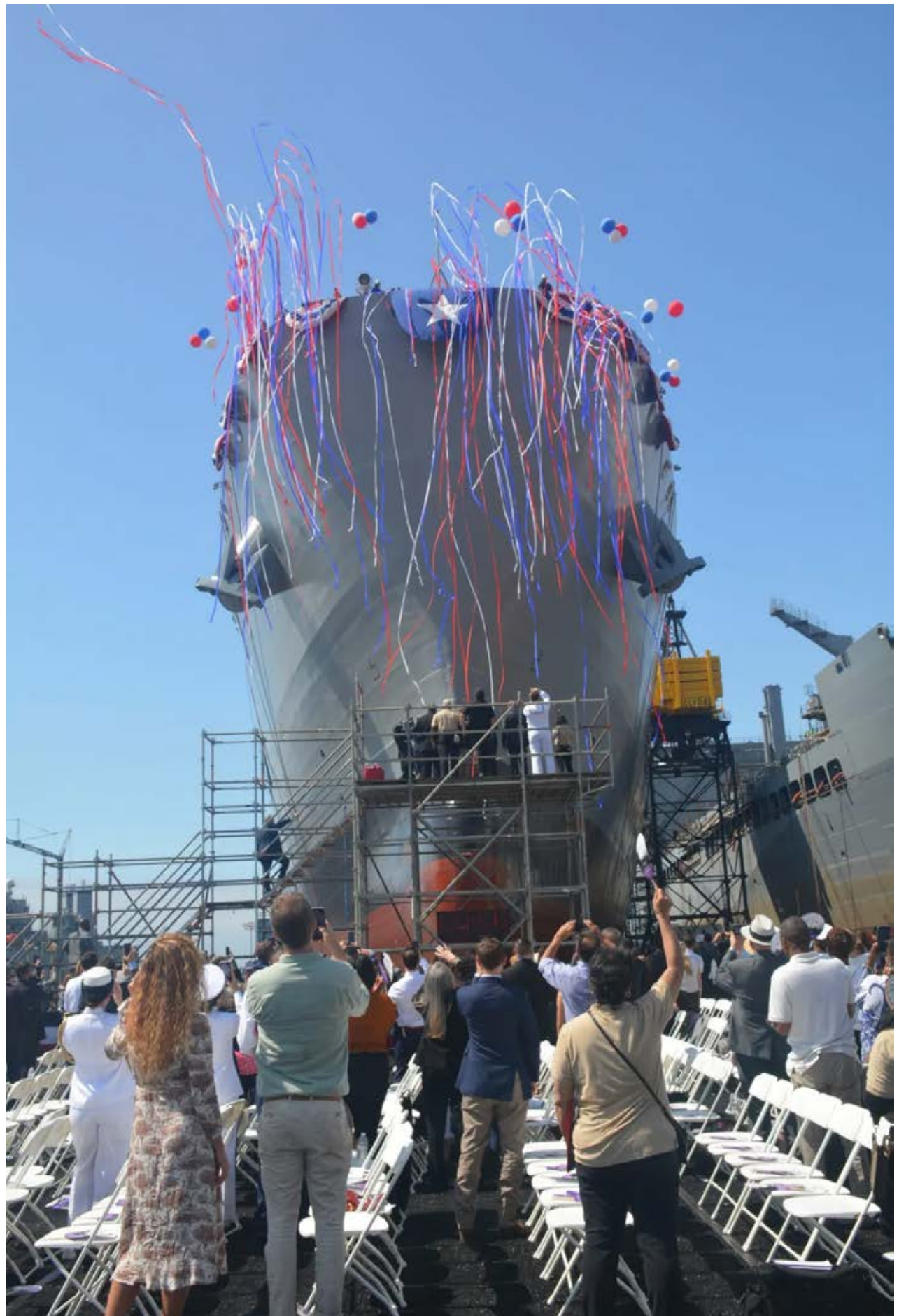
"The enduring legacy of Lucy Stone as a trailblazer in the women's rights movement remains an indelible source of inspiration today," said Mabus. "How extraordinary that all of these years later, today, our United States Navy is headed-up by the Chief of Naval Operations, a female by the name of Adm. Lisa Franchetti. It would not have been possible if it had not been for the efforts of Lucy Stone."

The 746-foot Stone is the fifth ship in the new John Lewis-class previously known as the TAO(X). This class of oilers has the ability to carry 162,000 barrels of diesel ship fuel, aviation fuel and dry stores cargo.

The upgraded oiler is built with double hulls to protect against oil spills and strengthened cargo and ballast tanks and will be equipped with a basic self-defense capability.

The ship will be manned by a crew of about 100 civilian merchant mariners.

"In order to maintain sustained operations at sea, our Navy warships rely on Military Sealift Command's Combat Logistics Fleet," said Mabus. "Despite the challenges posed by shortfalls in numbers, MSC continues to play a vital roll in supporting our nation's logistics readiness. I thank all of our merchant mariners for answering our national call to maritime service, and for their ongoing efforts to recruit and maintain our critical capabilities!"



Military Sealift Command's newest fleet replenishment oiler, USNS Lucy Stone, slides down the rails, and into the San Diego Bay, following its christening at the General Dynamics NASSCO shipyard in San Diego. DVIDS courtesy photo.



Capt. Cory Schemm, Commander, Naval Surface Force, U.S. Pacific Fleet Force supply officer, presents Capt. Andria Slough, commanding officer of the Wasp-class amphibious assault ship USS Makin Island and the Makin Island Supply Department with the Logistics Readiness Excellence Award on Sept. 10. U.S. Navy photo by Mass Communications Specialist 2nd Class Micah Malala.

San Diego's USS Makin Island wins award

DVIDS

The U.S. Pacific Fleet recognized the Wasp-class amphibious assault ship USS Makin Island as the recipient of the Logistics Readiness Excellence Award for fiscal year 2023.

The award recognizes the contributions, achievements and support of afloat supply departments.

"I am honored that the Makin Island team earned the Logistics Readiness Excellence Award," said Cmdr. Matthew Miller, Makin Is-

land's supply officer. "Winning this award is a testament to the hard work, attention to detail, and persistence displayed by our sailors in the Logistic Readiness Divisions and all of the repair parts petty officers. Readiness results in lethality, and I am immensely proud that our team is committed to driving operational lethality through logistical readiness."

Makin Island is currently in a selective restricted availability while homeported in San Diego.

USS George Washington and Carl Vinson conduct operations



Sailors assigned to deck department's first division slack the line aboard Nimitz-class aircraft carrier USS George Washington during sea and anchor detail while pierside in Naval Air Station North Island on Sept. 17. U.S. Navy photo by Mass Communication Specialist 3rd Class Wadelon Presley.



Aviation Boatswain's Mate (Handling) Airman Winzaevis Marshall, a native of Manchester, Georgia, performs preventative maintenance on a fire station on the flight deck aboard Nimitz-class aircraft carrier USS Carl Vinson. Vinson is currently pierside in its homeport of San Diego. U.S.

Navy photo by Mass Communication Specialist Seaman Rocio Zavala-Ramirez.

SPORTS

Sibling Duo cherishing opportunity to run together at Coronado High

BY CADE CAVIN
The Coronado News

It is not often that siblings are gifted with the opportunity to play the sport of their choice together at any level. Famous sibling duos like Ronde and Tiki Barber, Venus and Serena Williams, and Devin and Jason McCourty headline the somewhat short list of athletes given this chance. Despite the odds, Coronado High School has their own brother – sister teammate duo.

Senior Jack Letcher and sophomore Gwynne Letcher both run cross-country for the Islanders, a sport they have been participants in for three and five years, respectively.

“It started as a hobby my friends and I picked up during Covid, when I was in 6th grade, as a way to stay sane,” Gwynne said. “And it developed into one of my favorite activities.”

As siblings and teammates, Jack and Gwynne said their bond has only been enhanced by miles of road work and competition. And, if some might see running long distances with a sibling as a steep hill to climb, the Letchers say it has come relatively easy.

“We communicate quite well, and the team is so tightly knit, we almost never have any issues. I do have to carry her xc (cross country) shoes every day, but that’s about the worst of it,” said Jack.

Although cross-country teammates are competing against themselves for the best time over the course of several miles, the siblings do not let this get in the way of their relationship.

“It’s really fun running with Jack because it doesn’t feel like I’m running with my brother but with my friend. We like to talk while on our runs and I think it has strengthened our bond over the past two years,” she said.

Jack also mentioned his appreciation for Gwynne’s ability to bring the team together.

“I really enjoy how she helps connect the team, and how we as siblings help raise up the new runners,” he said.



Coronado sophomore Gwynne Letcher competing at the Ravens Invitational.

Photo by George Green.



Senior Jack Letcher is pictured here competing at the Ian Cumming/Tim Latham Invitational at Rohr Park.

Photo by George Green.

One example: “Gwynne started a recovery run tradition last year in which we sing on our long runs, anything from (Taylor Swift’s) ‘Shake It Off’ to ‘Hold the Line,’ by Toto. Now the whole team participates and joins in,” Jack said.

“I started singing ‘Jingle Bells’ one day while we were on a run and everyone thought it was a fun and good way to pass the time on the long runs so now people join in.” Gwynne added. “Whenever we run and sing, we joke we are the fastest choir in the nation!”

Neither Jack nor Gwynne have aspirations to compete at the intercollegiate level. While Jack is focused on becoming a Navy pilot, Gwynne said she does plan to keep running after high school.

“Not as a D1 athlete but as a club athlete,” she said. “I want to continue running for as long as I have working legs. In college, my friends and I plan on running marathons and triathlons, so we need to stay in shape and healthy to do that. So club (competition) is a perfect fit for us.”

But that’s years down the road.

Coronado girls volleyball defeats rival Point Loma High School

The stands were packed as fans gathered to watch the CHS girls take down PLHS in three sets on Sept. 17.

BY KYLIE CAPUANO
The Coronado News

Each time senior outside hitter and captain Sadie Proctor went up to hit from the outside, fans in the stands shouted “boom” before she even contacted the ball, as if they knew what was about to ensue. And, when freshman outside hitter and Sadie’s younger sister, Ashlynn Proctor would make a kill, “She’s a freshman,” rang out across the gym.

The energy and decibel level were high as the Coronado High School student body and cheer team packed the stands on Sept. 17 to watch the girls varsity volleyball team wipe out their rival, Point Loma High School, in three sets.

Set 1: 25-19

It was a slow start for the Islanders with a few mis-hits and balls served out of bounds until the Proctor sisters – or as head coach Adeile Ahmu refers to them, “the Proctor power” – turned on the heat.

The PLHS Pointers were up 8-10 in the first set until a big hit from Ashlynn Proctor on the outside shifted the momentum. There was then a back and forth battle, followed by another big Proctor play, this time from Sadie, when an overpass from PLHS was shut down at the net with a kill

that went untouched by the Pointers.

The Islanders extended their lead to 22-19, prompting a timeout from Point Loma after the nerves appeared to be high for the away team. Immediately after the timeout, Coronado won the point and quickly secured the first win of the match.

Set 2: 25-23

That momentum carried into the second set, as the CHS girls came in serving hard and hitting hard.

“Our serving is our bread and butter,” said Ahmu. “We were better at shutting them down and slowing them down.”

The pressure was weighing down on the Pointers, already defeated in the first set and down 9-3 at the beginning of the second, as they called another timeout. Once again, Coronado secured the next point out of the timeout with a block on the right side from junior opposite hitter Ariana Van Handel.

Balls continued to drop untouched on the Pointers’ side, as Coronado’s offensive lineup showcased individual skills, with the Proctors, freshman middle hitter Emily Albin and Van Handel getting kills, putting Coronado up 17-8.

“We had a lot of good power kills and our setter Emily [Page] did a really great job of spreading out our



Senior outside hitter Sadie Proctor racked up kills in the rivalry game against PLHS. Photo courtesy of Kelly Moore.

offense. We gave all of our hitters a chance to hit the ball,” said Sadie Proctor.

After more than doubling their opponent’s score, the girls let off steam momentarily, allowing PLHS to tighten their lead to 23-22, as the student body chanted, “Let’s go ‘nado.” Still, CHS managed to secure a 25-23 win in the second set.

Set 3: 25-19

PLHS battled hard in the beginning of the last set, tying the scoreboard

all the way up until 10-10. After that, Coronado finished up their work, with dominating power from the outside leading to a 25-19 win.

“It felt really good to have a big student section,” said Page. “I think it showed them that volleyball is fun to watch, especially our team, and hopefully they’ll end up showing up more.”

The CHS girls varsity volleyball team currently stands at a 23-3 record as of Sept. 18. They face up against Patrick Henry High School on Sept. 27 and Mater Dei Catholic High School on Oct. 1.

Mikey Varas hired as head coach of the MLS expansion San Diego FC

Associated Press

The MLS expansion team San Diego FC hired Mikey Varas as head coach on Sept. 16.

He most recently was interim head coach of the U.S. men’s national team. “The opportunity to build something special from the ground up, with such ambitious and committed ownership, and in a city with such a passionate fan base, is truly excit-

ing,” he said in a statement. “I look forward to working with the team and the community to develop a winning culture from the start. I will give everything to this club and the people of San Diego.”

“Mikey embodies the values and ambitions of San Diego FC,” said team sporting director Tyler Heaps. “His ideas on the game and how it should be played align with ours and his commitment and energy throughout

the process is one that we feel connects with this community and our vision for the Club. We have big aspirations for SDFC, and we believe Mikey has the right drive, passion, and leadership to help us build a winning culture.”

Varas is a former Dallas assistant and was coach of the U.S. under-20 team from November 2021 until August 2023, when he became one of Gregg Berhalter’s national team assis-

ants. The 41-year-old led the U.S. to the 2022 CONCACAF title, earning the Americans’ first men’s Olympic berth since 2008, and to the quarterfinals of the 2023 Under-20 World Cup, where they lost to Uruguay 2-0.

He coached the U.S. to a 2-1 loss to Canada and a 1-1 draw against New Zealand in September exhibitions as the USSF finalized a deal with Mauricio Pochettino to take over through the 2026 World Cup.

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SPORTS

Baseball fans may get to watch Ohtani's feats for another 10 years. He's already an all-time great

Associated Press

If baseball fans are lucky, Shohei Ohtani's greatness in the batter's box and maybe even on the pitching mound could be on display for at least another decade.

But in the minds of many, the 30-year-old is already on the shortlist of the sport's all-time legends.

The Japanese superstar added to his absurd feats on Sept. 19, becoming the first player in Major League Baseball history to have 50 homers and 50 stolen bases in one season. He hit both marks in grand fashion, with his first three-homer game, his first six-hit game and a franchise and career-record 10 RBIs in Miami.

Ohtani is only in his eighth big-league season after playing five years in Japan, but it's fair to wonder if he's already cemented a plaque in Cooperstown.

He's the overwhelming favorite to win his third Most Valuable Player award this season, according to BetMGM.

"We leave it to other people to decide who the all-time greats are, but it's undeniable that what we're watching is incredibly special," said Josh Rawitch, the president of the National Baseball Hall of Fame and Museum. "People are excited about what they're seeing and that's very understandable."

Adding to his legend

Ohtani could add to his legend in the coming weeks when he makes his postseason debut. His Los Angeles Dodgers qualified for October baseball with the win on Sept. 19 and will be among the favorites to win the World Series. There's even the slim chance he could return to the mound during the postseason after elbow surgery during the off-season.

It was about this time last season that Ohtani's career hit a major speed bump. The two-way star was having a phenomenal season for the Los Angeles Angels at the plate and on the mound when he suffered a torn ligament in his pitching elbow on Aug. 23. That led to the second major surgery on his pitching elbow.

But the free-spending Dodgers were undeterred by the injury in free agency, snagging Ohtani on a



Los Angeles Dodgers' Shohei Ohtani (17) celebrates after hitting a home run during the sixth inning of a baseball game against the Miami Marlins, Thursday, Sept. 19, 2024, in Miami. AP Photo/Marta Lavandier.

\$700 million, 10-year deal that was by far the richest in MLB history.

It's safe to say he's been worth it so far.

Best offensive season

Able to focus solely on hitting, Ohtani has produced arguably his best offensive season. He's batting .294 with 51 homers and 120 RBIs while stealing 51 bases and only getting caught four times.

For the baseball fans who enjoy advanced stats, Ohtani is already up to 42.3 WAR for his career, according to baseball-reference.com, which isn't a crazy number. Most players in the Hall of Fame have at least 50-60 WAR.

But the uniqueness of Ohtani's career — particularly his status as probably the best two-way player of all time — means he could put down his bat and glove today and likely breeze into the Hall.

"I think what he brings to the table is an energy, an international flair, a historic approach to everything that this game has to offer," Rawitch said. "It certainly helps market the sport, and market the Hall of Fame, when we're talking about artifacts that could come to Cooperstown in the wake of something like last night."

Rawitch said Ohtani has been "unbelievably generous" with his contributions to the Hall of Fame over the years and has a great understanding of the game's history. The Hall's upcoming major exhibit debuts next summer and it's called "Yakuyu/Baseball," exploring the intertwined baseball history of Japan and the U.S.

It'll focus on Japanese greats like Ichiro Suzuki, Hideki Matsui and Hideo Nomo, while also looking at American players who have played in Japan.

And, of course, there will be plenty about Ohtani, one of the greatest in either country.



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