

How the sewage crisis has affected locals

As the pollution from Tijuana continues and politicians try to reach a solution, locals are left to deal with living in unsafe conditions

BY MADELINE YANG
The Coronado News

Coronado resident Barry Renker has debated leaving his home in the Cays because of Tijuana sewage oozing into Coronado waters, the exact reason he left Imperial Beach a decade ago. Sandy Hoppe grew up swim-

ming at Coronado beaches ever since her family moved to the island in 1965 – years before the Coronado Bridge was even constructed. This year, she couldn't hold a paddle-out celebration of life for her brother because the bacteria levels in the water were too high. Katherine Ellis can't rent out

her condo at the Coronado Shores because of the red flags going up and down the beach, warning of the dangers of an idyllic vacation swim. **The crisis** Members of the Tijuana River Coalition, a group that's been fighting for change along with local political leaders,

recently called for greater accountability, increased funding and more transparency in U.S.-Mexico efforts to address the public health threat and the pollution of local beaches. Imperial Beach, the community closest to the Tijuana border, has carried the brunt of the health and environmental issues on the United States

side for almost a century. There, the crisis is palpable, in the air, in the water and even in the white sands ravaged by sewage and wastewater. For decades, infrastructure failures in Mexico have funneled billions of gallons of raw sewage, waste and viruses

» Continued on Page 10

MOUTHFUL!

The high price of feeling good

Welcome back to Mouthful! with Michelle, a review column exploring the eateries shaping Coronado's food scene

BY MICHELLE ARMAS
The Coronado News

Just a couple of months ago, a silver Airstream glowing with a large pink lotus appeared near the boardwalk in front of the Hotel del Coronado. The new SunLife Organics smoothie bar peddles colorful, supplement-packed smoothies and smoothie bowls topped with nut butters and organic granola. SunLife Organics has built its brand around transformation and healing. Founder Khalil Rafati has publicly shared his story of overcoming heroin addiction and homelessness on Los Angeles' Skid Row. After deciding to get sober, he became interested in juicing and learning about organic foods and superfoods, a journey that eventually led him to found SunLife Organics in 2011. Now, that philosophy comes packaged in \$25 acai bowls and \$18 matcha lattes sold outside one of America's most iconic luxury hotels.



The Garden Matcha and the Buddha Bowl served on July 29 at SunLife Organics in Coronado. Staff photo by Michelle Armas.

The smoothies feature buzzy ingredients you might have heard about on social media pages or seen at Whole Foods, including collagen, spirulina, Peruvian maca and trace minerals. Some also include SunLife Organics' branded Hydration and Beauty Powder, a blend of electrolytes and supplements such as vitamin C, niacin, magnesium, chloride, sodium and potassium. The bowls all have an acai

base with toppings like nut butters, cacao spread, coconut shreds, granola and fruit. According to employees at the Del Mar location, the Coronado menu is more condensed than those at other locations but features a signature bowl called The Hotel Del. Rafati said he instructed SunLife's recipe curator to "experience the Del and walk the bike path" before developing the recipe. I ordered the Buddha Bowl

for \$25 and the Garden Matcha for \$18. Seeing the price upfront gave me the same wince I had walking through Los Angeles' Erewhon, the grocery chain that has become a symbol of luxury wellness culture in Southern California. Yet even Erewhon's famous "Strawberry Glaze Skin Smoothie" cost less than those at SunLife's Hotel Del location.

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Kelly Purvis (left) and Rebecca King (right) are running for City Council in the fall. Staff photo by Madeline Yang.

Kelly Purvis, Rebecca King and Keith James have joined Andrew Gade and Ricky Hoyt in the run for City Council

BY MADELINE YANG
The Coronado News

Editor's note: Due to print deadlines, this story reflects the candidates who had filed to run for City Council as of Aug. 6. Visit thecoronadonews.com for up-to-date stories on any candidate who had filed after that date. The Coronado News has written stories on the candidates who have previously filed -- Andrew

Gade and Ricky Hoyt. Mark Warner has pulled from the race. Three more candidates – incumbent Kelly Purvis, Rebecca King and Keith James – have officially filed papers for this fall's Coronado City Council election, joining Andrew Gade and Ricky Hoyt on the ballot. Incumbent Carrie Anne Downey did not file to run for reelection as of Aug. 7. She has

served a total of four nonconsecutive terms since 2004. Mark Warner withdrew his candidacy and told The Coronado News it was due to personal reasons. James did not respond to requests for an interview. All candidates will be vying for two open seats.

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this week

16 • Sunday

Art in the Park will take place in Spreckels Park on Aug. 16 from 10 a.m. to 4 p.m. More than 50 top artists in San Diego County, in every genre, will display their artwork, providing the community the chance to converse directly with the artists.

16 • Sunday

Coronado Promenade Concerts' summer series continues with a performance by "The Perfect Blend" at Spreckels Park at 6 p.m.

18 • Tuesday

Casey Tanaka is hosting a trivia night at Coronado Tasting Room from 6 to 8 p.m. Reservations can be made at (619) 534-5034.

19 • 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. The featured film on Aug. 19 is "All the King's Men."

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

AROUND THE COMMUNITY

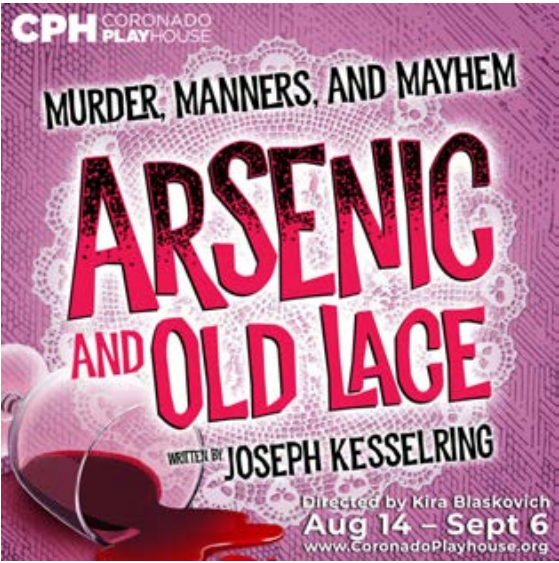
Coronado Playhouse presents
‘Arsenic and Old Lace’

Coronado News staff

Coronado Playhouse invites audiences to experience Joseph Kesselring’s classic, “Arsenic and Old Lace,” a fast-paced dark comedy with exaggerated characters, improbable situations, mistaken identities and rapidly escalating chaos.

When critic Mortimer Brewster stops by his elderly aunts’ Brooklyn home to share news of his recent engagement, he discovers a shocking family secret. His seemingly charming and charitable aunts have been quietly poisoning lonely old men as an act of mercy.

Filled with witty dialogue, eccentric personalities and nonstop surprises, the production “explores the contrast between reality and appearances through



Beginning August 14, Coronado Playhouse presents "Arsenic and Old Lace." Image provided by Coronado Playhouse.

its blend of comedy and crime,” according to director Kira Blaskovich.

“This play also has a wealth of comedy — both physical and situational,” said Blaskovich. “If we’ve developed a good process and thoroughly explored the play and its character’s psychology, the product should

reveal a compelling story — hopefully with some new insight.”

“Arsenic and Old Lace” is scheduled at Coronado Playhouse from Aug. 14 to Sept. 6, and will run on Fridays and Saturdays at 7 p.m. and at 2 p.m. on Saturdays and Sundays. Tickets are available at CoronadoPlayhouse.org.

CORRECTION

A story titled, "From the Olympic Swim decks to Coronado, David Marsh trains swimming's next generation," which was published in The Coronado News' Aug. 7 edition, incorrectly stated the Navy's role in assisting Coronado Swim Team Elite. We apologize for the error, and our online story has been corrected at thecoronadonews.com.

PET
OF THE WEEK

Meet Ambrose

PAWS of Coronado

Ambrose is available for adoption at PAWS of Coronado. Staff members at the non-profit, which provides adoption and rehabilitation services to animals, said that Ambrose is a loving dog that needs a home where he is the only pet.

Those interested in adoption can visit www.pawsofcoronado.org. Fostering, donating and volunteering are other ways to support the organization.

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 Ambrose or other pets, please visit pawsofcoronado.org.



Meet Ambrose, the pet of the week. He's at PAWS of Coronado and is looking for his forever home. See all adoptable animals: Scan the QR code with your smartphone camera, and tap on the link. Graphic/photo provided by PAWS of Coronado.

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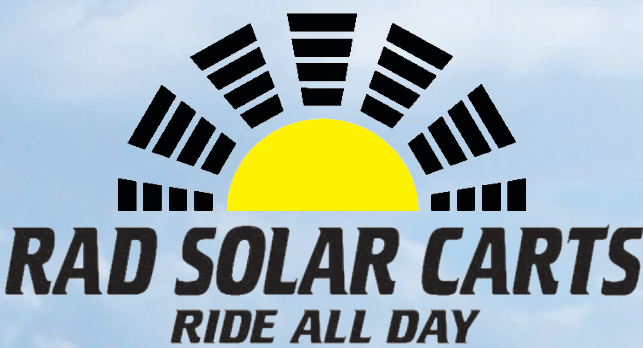
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COMMENTARY

OP-ED

North American trade helped create Tijuana’s growth, industry should help pay for the infrastructure

BY JOHN TATO
Op-Ed

For decades, untreated sewage flowing from Tijuana into the U.S. has closed beaches, threatened public health, damaged the environment, and disrupted military training. Both the U.S. and Mexico have spent heavily trying to contain the crisis, yet Tijuana’s wastewater system has not kept pace with rapid industrial and population growth.

The problem is not simply that too little money has been spent. It is that a reliable system for financing the infrastructure required by the economic development encouraged by the North American Free Trade Agreement and its successor, the United States-Mexico-Canada Agreement (USMCA), has never been created.

That opportunity is available in the current USMCA review.

The next version of the agreement should establish a North American Industrial Infrastructure Impact Fee paid by major businesses operating within the Tijuana River watershed. The proceeds would go into a jointly governed U.S.-Mexico trust and be used exclusively for wastewater collection, treatment, expansion, maintenance and environmental restoration.

This would be a better long-term solution than asking San Diego County consumers to pay a half-cent sales-tax increase under the proposed Protect San Diego County’s Health and Safety Act.

That measure would provide additional money for mitigating the sewage crisis, but the tax is intended to finance a broad range of county health and safety programs. Only part of its proceeds would be dedicated to cross-border pollution. The remainder could support healthcare, public safety and other county priorities.

Residents could be asked to approve a substantial new tax largely because of public concern over sewage while most of the money would be spent elsewhere.

An Industrial Infrastructure Impact Fee would be different. Every dollar collected for the Tijuana River watershed would remain dedicated to that purpose.

There is also a basic question of fairness. A sales tax would be paid by families, retirees, workers, and small businesses throughout San Diego County. They did not create Tijuana’s

infrastructure deficit, yet they already bear its consequences through beach closures, environmental degradation, health risks, lost tourism, and interference with Navy SEAL and other military training.

Why should those bearing the consequences also shoulder most of the cost?

A better principle is familiar throughout American development policy: growth should help pay for growth. The concept is neither radical nor punitive. Communities throughout the United States routinely require developers to pay impact fees for roads, schools, water systems, and sewer facilities.

Tijuana’s over 600 export-oriented factories, which employ more than 230,000 workers, create substantial economic benefits for companies headquartered in the United States, Mexico, Canada and elsewhere. They also encourage residential development and increased demand for water, sewer, and other infrastructure.

Industries benefiting from North American economic integration should therefore help maintain the infrastructure supporting it.

A dedicated Industrial Infrastructure Impact Fee would apply those familiar principles to cross-border trade.

The fee could be based on objective factors such as employment, payroll, facility size, water consumption, wastewater volume, and pollutant loading. Small businesses could be exempted or pay reduced assessments, while larger employers and heavier users of water and wastewater systems would contribute more.

Revenue should be placed in a trust jointly overseen by the US and Mexico. Annual audits and public reporting should be mandatory. Funds could be used only for projects directly benefiting the watershed: sewer interceptors, pump stations, treatment-plant expansion, emergency storage, industrial pretreatment, stormwater capture, monitoring, and river restoration.

Projects should be evaluated against measurable results: How much sewage will they prevent from reaching the United States? How much treatment capacity will they add? Will they reduce bypasses and beach closures? What does each improvement cost?

The trust would complement government investment. Indeed, current U.S.-Mexico agreements are already financing significant projects, including expansion and rehabilitation of wastewater facilities.

Mexico would gain better public health, environmental quality, and infrastructure supporting future investment. The U.S. would gain cleaner beaches, reduced health risks, and less need for repeated emergency appropriations. Industry would gain more reliable wastewater service and a sustainable foundation for continued manufacturing growth.

The idea of an Industrial Infrastructure Impact Fee builds on proposals emerging from organizations concerned about the Tijuana River. In its July 7 letter to the U.S. trade representative, the Tijuana River Coalition calls for enforceable pollution-reduction standards, penalties for violations, transparent monitoring, construction, and maintenance of wastewater infrastructure, and \$100 million in annual U.S.-Mexican appropriations for border water projects.

These are important proposals, but annual binational appropriations provide no assurance that funding will continue as political leadership, budget priorities, and economic conditions change. A dedicated impact fee on the industries profiting from manufacturing plants in Tijuana would instead create a durable, predictable revenue stream tied directly to the industrial activity contributing to the region’s population growth and wastewater burden.

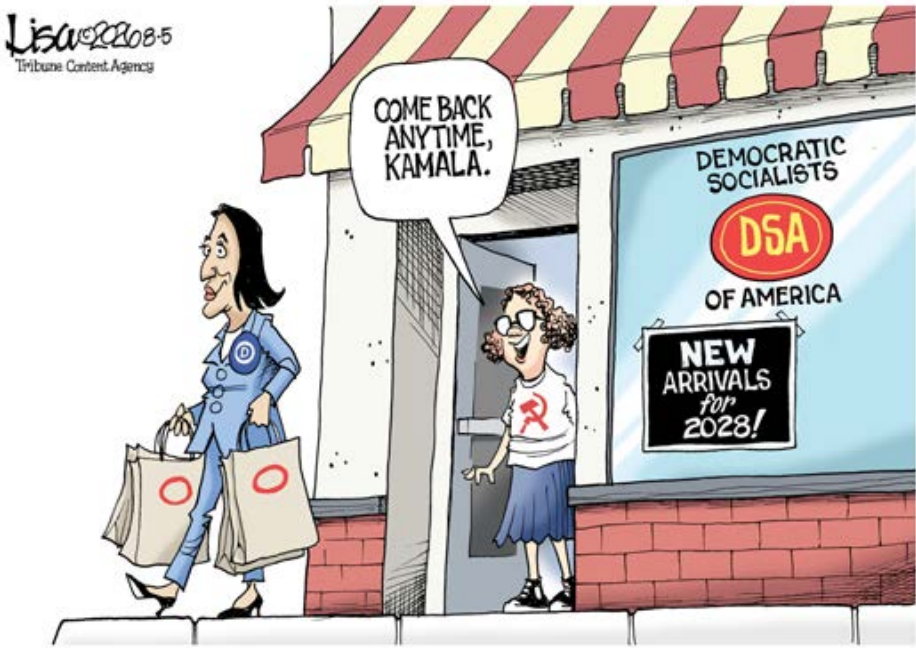
Tijuana’s export-oriented plants produce from \$35 to \$40 billion of exported goods annually. A .25 percent infrastructure fee would produce from \$88 to \$100 million annually, which is close to the coalition’s proposed annual appropriation. Further, as evidenced by the fact that Tijuana’s annual exports have grown from about \$21.7 billion in 2021, the fee would increase in unison with the expanded growth in Tijuana’s exports and the associated increase in the demands on its infrastructure.

Modern trade policy must address more than tariffs and market access. It must also address the physical and environmental systems that make cross-border commerce sustainable and provide a durable means of maintaining the infrastructure on which trade depends.

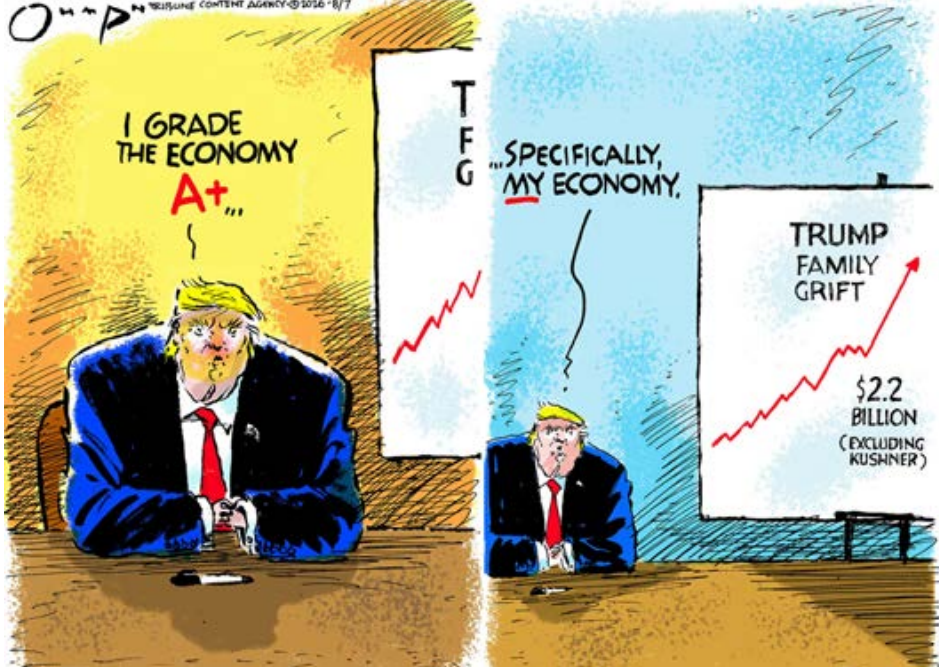
The next USMCA should create an equally integrated system for paying for the infrastructure that sustains it.

Editor’s note: John Tato graduated from Coronado High School in 1965. He retired from the U.S. Department of State in 2005.

LISA BENSON



JACK OHMAN



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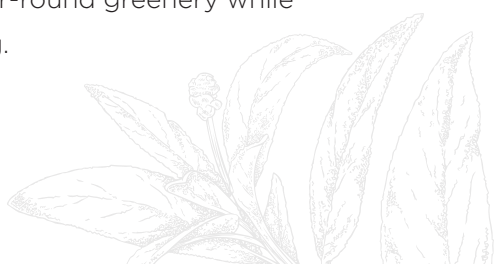


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CORONADO

Coronado Junior Woman’s Club presents A Taste of Coronado

Tickets for the annual culinary event are now available

BY JULIETA SOTO
The Coronado News

The Coronado Junior Woman's Club will present its 17th annual A Taste of Coronado event on Oct. 7 to highlight Coronado's culinary scene and local businesses while raising funds in support of Promises2Kids, this year's nonprofit beneficiary.

“We’re committed to strengthening our community through service, philanthropy and meaningful connections,” said Sara Stillman, co-chair of the event. “We’re honored to support Promises2Kids and the incredible work they do to empower foster youth throughout San Diego County. By coming together through A Taste of Coronado, we hope to help provide the opportunities and resources that make a lasting difference in the lives of children who need them most.”

The club organizes the event each year welcoming hun-

dreds of attendees to a self-guided tour by foot, bicycle, or trolley. The evening presents dishes, refreshments and live music, as well as the opportunity to discover local restaurants, shops and businesses.

According to organizers, the club is dedicated to enhancing the island's spirit through educational, civic, and philanthropic efforts.

“Our local restaurants, chefs, and sponsors are the heart of A Taste of Coronado,” said Samantha O’Brien, co-chair. “We’re excited to welcome both longtime attendees and first-time guests for an unforgettable evening celebrating the best of Coronado.”

A Taste of Coronado is scheduled for 5 p.m. on Oct. 7, along the scenic route from Coronado Ferry Landing to Rotary Park. Tickets for a VIP experience are available beginning Aug. 3, while general admission tickets are available on Aug. 6.

For more information, visit: coronadojuniorwomans.org/a-taste-of-coronado.

Contact:
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A Taste of Coronado returns on Oct. 7. Photo by Shay Studios.

Kelly Purvis, Rebecca King and Keith James have joined Andrew Gade and Ricky Hoyt in the run for City Council

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“Regardless of how we feel about national politics, local elections that involve our town – we’re all neighbors here and we share the same concerns.”

- Rebecca King,
City Council candidate

Rebecca King

King, 56, has been on the island for a total of 11 years. She worked as a deputy city attorney and assistant city attorney for the city of Norfolk in Virginia for almost eight years, and briefly served as an assistant commonwealth's attorney. She recently passed the bar in California to practice law in the state.

“I’ve just always been raised to be involved and civically engaged, and it just seemed like the right time (to run),” King told The Coronado News.

King served as chair of the city's Design Review Commission, before it was consolidated with the Planning Commission last year. She also was a Coronado School of the Arts Foundation board member and co-founder of the Village Theatre during the 2024 Coronado Island Film Festival.

She is also active in the Coronado Woman's Club and Democratic Club.

“Everyone who knows me, knows I'm a Democrat,” King said. “Regardless of how we feel about national politics, local elections that involve our town – we’re all neighbors here

and we share the same concerns.”

And one concern she wants to focus on is transparency in the city.

“I think the city could and should be more transparent than it is,” King said. She explained that she thinks revenue and certain cost-associated numbers with city contractors should be public information, drawing from her own experience trying to file public records requests with the city and seeing lines of redactions.

King also emphasized infrastructure. She commends the city's efforts to update aging pipes and its improvement programs – like the completed Parker Pump Station – but if elected, wants to investigate ways for climate resiliency, like capturing stormwater runoff and reusing it.

The Tijuana sewage crisis and e-bikes are also issues she wants to tackle as a council member.

King said that her background as a local government attorney would be beneficial to the council. “Even though I would be new on council, I’m not new to how the procedures work and how government works.”

She said she understands the bureaucracy involved in government and wants to use her legal expertise. “Democracy is messy and governing is messy,” she added. “It requires compromise.”

“We all want to do the best for the city,” King said. “I am happy to work with anyone and listen to any kind of argument. I can be convinced to change my mind, because that's what governing is about.”

Kelly Purvis

Purvis is currently finishing two years on the council after being appointed to her seat in 2024 when John Duncan was elected as mayor.

She believes she should continue her role as a council member because she has a proven track record. Before she was appointed to council, she worked with the city for over a decade as a contractor and employee and has been a resident of Coronado for almost four decades.

“I’ve been doing this a long time,” Purvis said. “I don't do this alone. I listen really carefully, I call people I

admire or who I know are experts in the field to talk to them, I do my research. All five (council members and I) work together.”

Purvis serves as a director on the Metro Wastewater Joint Powers Authority and most recently was appointed to represent Coronado on San Diego Community Power as the city transitions to using a Community Choice Aggregate.

In the last two years, Purvis said she's proud of the work she's done on the cross-border pollution crisis, voting to declare a local emergency when she first entered office, the city's budget and investments and public safety.

“I’ve been doing this a long time. I don’t do this alone. I listen really carefully, I call people I admire or who I know are experts in the field to talk to them, I do my research, all five (council members and I) work together.”

- Kelly Purvis,
City Council candidate

“That's a priority for me is our public safety,” Purvis said. “I’ve worked a little bit on e-bikes and that's going to be something I want to work on in the future.”

“I really think that the initial legislation that was passed in California was a start. But, I’m very concerned that we’re not regulating motorized e-bikes like we should.”

She also pushed for the city's first electric fire truck and wants to continue looking at Coronado's fire stations.

Purvis explained that the fire stations are extremely old and were the only major facility that wasn't rebuilt during the city's community development era in the 80s. The city is currently doing a risk assessment on the two firehouses in town and Purvis said she's “very excited” to look at the assessment and see what needs to be done.

Another big focus for Purvis is the next regional housing numbers cycle that Council will start working on in 2028.

Under California's Housing Element Law, cities are required to periodically update their plans to meet Regional Housing Needs Allocation (RHNA) targets set by the San Diego Association of Governments (SANDAG). After years of litigation over arguments that the island lacked space, Coronado complied in the 2021 cycle by zoning sufficient land to accommodate 912 housing units for prospective developers.

“One size does not fit all for California. We are not like Fresno, we are not like Los Angeles,” Purvis explained. “I don't want to lose houses like this,” she motioned to her home, “but I also want to make sure we have housing that fits the needs of the community. It does not pencil to do affordable housing.” Her house was designated as potentially historic, but as a Council member, she cannot apply for Mills Act.

And Purvis feels that with another four years on Council, she can get some of these priorities done.

But she only wants to do four more years. “I have no aspirations to run for any other office. I can't imagine in four years that I'll want to run for another four – I think six years is a good term.”

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CORONADO

Top dogs ride waves at annual World Dog Surfing Championships

Associated Press

Top dogs were riding waves on Aug. 1 at the annual World Dog Surfing Championships as hundreds of spectators cheered — and barked — from the Northern California beach.

From small spaniels to large labs, the canines were judged on factors including how long they could stay on their board, the size of the wave and their confidence. In its 10th year, the contest in Pacifica, about 14 miles (22 kilometers) south of San Francisco, includes a pet adoption event and fundraising for local animal charities.

The dogs, sporting their colorful life vests, stood ready on their surfboards and were assisted by human participants, who spotted the best wave to carry the board to the beach. Spectators erupted in applause and cheered with each successful ride.

Sophia Sadlowski first put her Miniature Pinscher, Rusty, on her surfboard to capture fun photos when he was just a puppy.

“And then ... he didn’t want to get off,” said Sadlowski, of Huntington Beach, California. “I walk over to the beach, and I put him on a wave, and he surfed it.”

Small-, medium- and large- sized dogs competed in heats and then the highest scoring dogs in each heat faced off for the top prize. The day also included tandem contests, where multiple dogs, as well as dogs and humans, shared the surfboard.

Rusty’s life jacket was green with animal print and a shark fin sticking up out of his back and his goggles gave the impression he was a fierce competitor for the small-sized and



A dog catches a wave during the World Dog Surfing Championships, Saturday, Aug. 1, 2026, in Pacifica, Calif. AP Photo/Haven Daley.

tandem dog competitions. Sadlowski said Rusty was in his first surf competition at four months old, and she and her pup are now both cancer-free.

“He was four months old, and he took third place. So we’ve been surfing since,” Sadlowski said. “We got hooked.”

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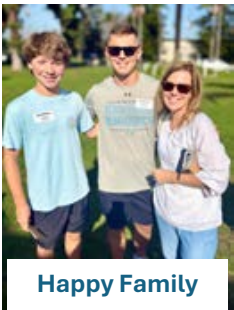
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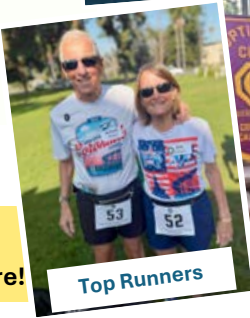
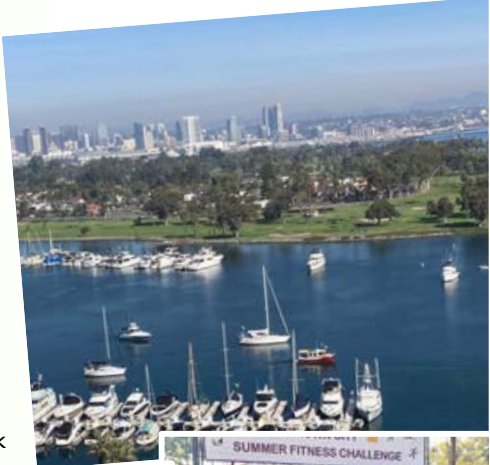


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How the sewage crisis has affected locals

» Continued from Page 1

across the border into the Pacific Ocean, creating an environmental and public health catastrophe for south San Diego. But while politicians at the local, state, federal and international levels debate treaties and agreements like Minute 333, a binational agreement signed by the United States and Mexico last December, local residents continue to have to go through year-long beach closures and endure sickness in their hometowns.

Coronado has been able to avoid some of what Imperial Beach goes through, but the regularity of beach closures on the island has been hard to ignore.

“It’s just sad ... look at what it’s doing to our beautiful ocean.”

- Barry Renker, Coronado resident

A Centers for Disease Control and Prevention’s (CDC) 2025 community assessment noted that about 70% of surveyed households in the Tijuana River Valley region reported health symptoms that were associated with sewage exposure.

Not only was the water proving to be harmful, “airborne exposure through sewage derived pathogens has become increasingly recognized as a public health concern in the region,” according to research published in the National Library of Medicine.

The publication also noted a growing concern with “potential long-term health consequences associated with chronic sewage exposure.”

The locals

Renker, 73, has lived on the island more than 30 years in the Village and in the Cays, plus a little over a year in Imperial Beach.

“My wife was getting pretty frustrated with the smell,” Renker told The Coronado News. “So then we came up here to the Cays.” But in the last few years, he found that he couldn’t enjoy the Silver Strand beach by the Cays either because of the effluent.

“You just bought this place for a lot of money, and you’re right down here on the water, and you can’t even get in the water?” Renker asked rhetorically.

In 2022, records show that San Diego county switched to a new testing protocol that yielded much faster and more accurate results. Beaches in Coronado started closing more frequently after that.

The sewage plume had pushed high-



Beachgoers visit Coronado after sewage flows prompted the county to issue beach closures. *Staff photo.*

er up and oftentime, especially during rainy periods, started affecting the city that always seemed to be just far enough away to avoid the contamination from the bordering country.

From 2023 to 2024, Coronado beaches were closed for 169 days, according to San Diego County’s Beach and Bay Program. In 2025, Coronado had unsafe water quality 256 days out of the year, according to Emerald Keepers, a local environmental nonprofit.

Coronado City Council members declared a local state of emergency at the beginning of 2025.

In June this year, Hoppe watched the beach closures report every single day, hoping for an opening where the waters were clean enough for her paddle-out. Her brother passed away at the beginning of the year.

“We don’t want people to have to worry about getting sick,” Hoppe explained. So, at the last minute, they moved the vigil over to Glorietta Bay.

Hoppe, 74, and her husband moved off the island at the end of July, moving for one last swim before leaving their home of decades – but they couldn’t.

“It was kind of sad,” Hoppe said. “It has definitely changed ... Locals, we don’t say ‘Oh, let’s go to the beach’ as much as we used to.”

She grew up boogie boarding in the waters and her brothers were all surfers, so going in the ocean was something she always did. She said she wouldn’t really walk on the beach anymore either, instead staying on boardwalks and sidewalks because she doesn’t want contact with the polluted sand.

“If the water gets a clean bill of health, you know, it’s still in the sand

from a day or two before,” Hoppe said.

Renker walks and bikes on the Strand every day and said that he ran into a family recently at the Silver Strand beach who didn’t realize how bad the sewage problem was.

There was a water closure that day on the Strand and he suggested trying Coronado city beaches instead since it was farther north. They told Renker that they had already checked the beach in Coronado and it was also closed that day.

“It’s just sad ... Look at what it’s doing to our beautiful ocean,” Renker said. “Fish are living there and all kinds of water life.”

He said he feels fortunate that the air he’s breathing is still clean and the Cays is still not like Imperial Beach, but he and his wife have contemplated moving because of the crisis.

Ellis had a similar experience where she felt like it’s been difficult to find a renter for her Coronado Shores condo because the beach right across the street is inaccessible – even as one can gaze at it longingly from the apartment window.

Ellis lives in Del Mar but bought her condo about four years ago for short-and long-term rentals.

Her previous tenant stayed for more than two years before moving out, telling her he couldn’t justify paying for a coastal condo when he and his family couldn’t even step into the water.

“No one wants to rent it because why should they? They can’t even use the beach which is right in front,” Ellis said.

While the San Diego Regional Chamber has not quantified the economic impact, it put out a report on the sewage problem in March urging action that enhances “economic resilience and improves the overall quality of life for the communities and businesses across the San Diego-Tijuana binational region.”

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The high price of feeling good

» Continued from Page 1

Rafati says the prices are based on the quality of the ingredients. He said he has spent years developing his own protein powders, green powders and supplement blends under the Sacred Lotus label while sourcing ingredients from vendors around the world.

“We are 100 percent certified organic — all of our ingredients. Nobody does that,” he said.

Along with the quality of ingredients, he also said he spent his mid-30s working minimum wage jobs and spending half his paycheck on gym memberships, expensive smoothies and ginger shots. “If I would have gone to Jack in the Box or McDonald’s or places where most people working a minimum-wage job eat, I would have felt horrible,” he said.” The return on investment, the RLI, was totally worth it.”

He mentioned that the Hotel Del determines the pricing for the Coronado location, making the Coronado menu more expensive than others. The same matcha that costs \$14 in Del Mar sells for \$18 at the Hotel Del.

The bowl arrived overflowing with toppings, leaving the acai almost entirely hidden beneath cacao

nibs, coconut shreds and drizzles of honey. The granola was embedded in the scoopable frozen purple fruit rather than simply sprinkled on top, so every spoonful uncovered a melody of textures.

Fresh strawberries and blueberries added sweetness, while clusters of pumpkin seeds, almonds and oats gave the granola an earthy crunch. The cacao-hazelnut spread resembled a thicker, less sweet Nutella, and a generous scoop of a more savory peanut butter melted into the acai. It was as filling as a meal and felt substantial.

The matcha latte came with a light green tint, and the coconut whip clung to the inside of the plastic cup. While the drink looked promising, the matcha flavor was subtle, lacking the robust taste I expected — especially compared with other, more affordable matchas I’ve tried.

While Rafati’s story is rooted in transformation and healing, Sun-Life has become a luxury wellness brand sold near monied vacationers and retirees in Coronado, raising a larger question: Is wellness just for the wealthy?

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SPORTS

A resilient Barbara Trenchi continues cycling for fun and cardiac health

Trenchi lives out a goal she set at the age of 29

BY JULIETA SOTO
The Coronado News

In 2004, Barbara Trenchi’s decades-long cycling nearly came to a halt.

Up to that point, cycling had transformed Trenchi’s life when she moved to the Pacific Northwest in 1981 where she became a cycling club president.

Trenchi proactively went for a cardiac stress test and a nuclear stress test, both of which were abnormal but inconclusive, after her father and younger brother experienced serious cardiac surgery.

It was during a third test, an angiogram, that her blood pressure fell like a rock.

“Tears flooded my eyes as cold reality struck,” said Trenchi. “... Reactively, I exclaimed, ‘I can’t do that, I wouldn’t have an income if I undergo surgery!’”

Trenchi recalls the cardiologist saying: “If you don’t agree to surgery, your job is not going to matter.” And she had surgery the next morning.

“It was far from easy,” said Trenchi.

Two years later, she went on to complete the Seattle to Portland Bicycle Classic.

“I think just the fact that I was in good shape helped me recover more quickly,” said Trenchi.

June 29 of this year marked Trenchi’s 22nd anniversary of the surgery. In July, Trenchi, a current Coronado resident, completed her eighth Seattle to Portland bike ride across two days, pedaling over 200 miles at the age of 74.

“I don’t know how many days I have left. That’s why I decided to do the ride this year ‘cause I knew I could get into the shape to do it,” said Trenchi.

‘It didn’t change my motivation’

Trenchi, born in Nashville, graduated from Vanderbilt with a bachelor’s degree in English. She also holds a human resources certificate and MBA in marketing from Seattle University.

Trenchi’s professional career included jobs in management and human resources which led her to the Seattle area.

It was there where her cycling journey began 45 years ago when a colleague introduced her to a local biking club.

“There were a dozen people, 65 to 80 years old, who could do 100 miles on a bike and that blew my mind because my parents weren’t big exercisers and I hadn’t been either,” said Trenchi. “At 29 that was one of my best life decisions I have made. I said to myself, ‘If you even want to think about doing this when you get their age, you better start now.’”

In 1982, Trenchi completed her first 100-mile bike ride. Five years later, at 35, she finished her first Seattle to Portland in 1987.

“I think the best moment of the whole thing was crossing the finish line and having somebody from my bicycle club hand me a beer,” said Trenchi, chuckling. “I don’t even drink beer. But it was the best beer I ever had.”

But in 2004, at 52, Trenchi underwent a double bypass surgery which halted her cycling for a couple of months.

“I did everything a person can do right but I learned family history weighs more than doing everything right,” said Trenchi. “It didn’t change my motivation.”



ABOVE: Coronado resident Barbara Trenchi celebrates after completing her eighth Seattle to Portland Bicycle Classic in July.

LEFT: Barbara Trenchi (right) participates in the 47th annual Seattle to Portland Bicycle Classic with friends Brian McDaniel (left), from San Diego, and David Williams (right), from Washington.

Photos provided by Barbara Trenchi.

“To get back on the bike was one of my goals,” added Trenchi.

In 2002, Trenchi’s car got stolen and she said the hand of God kept her from taking one more step which kept her from getting run over by the thieves on her way to work that same day.

“God has sustained me even when I had nothing,” said Trenchi. “... I don’t stress too much even when I’m down to my last penny.”

During her life, Trenchi said she has experienced losses but cycling has remained a constant, along with friends she’s made while riding.

“I’ve had to come back from a lot of things,” said Trenchi. “It’s a community that accepts you if you have a bike. They don’t ... care what your job is or any of that.”

When Trenchi rode from Seattle to Portland this year, it was the eighth time she’d completed the challenge.

“The first time you do it, it’s more physical than mental,” said Trenchi. “After that, it’s more mental than physical because you know what to expect.”

Completing the 47th annual classic

Apart from cycling with groups in Coronado and San Diego, Trenchi is a licensed cycling instructor with the San Diego Bicycling Coalition and advocates for bike safety locally.

Trenchi also owns SoCal Food Tours which offers 3.5 hour walking tours of Coronado’s early history and local cuisine.

To prepare for this year’s double century bike ride in Washington, Trenchi started increasing her biking mileage in April, riding against the wind along the Silver Strand and practicing on hills at Torrey Pines.

On July 11, wearing a Coronado jersey, she joined thousands of others on the starting line at the University of Washington, and traveled 95 miles the first day before stopping at a church.

Trenchi said her bedding didn’t arrive, so she had to borrow a sleeping bag and pillow from a woman serving spaghetti and brownies to the riders.

The following morning, Trenchi stopped in the town of Winlock

for a photograph with the “world’s largest egg.”

“Suddenly I lost my balance, I fell over the curb onto the street,” said Trenchi. “I have bruises from my knee all the way up my thigh on my left leg. I got a cut on my right elbow and I fell back hard enough that I dimpled my helmet on the back.”

After wiping off blood and adding bandaids, Trenchi still had about 80 miles to go.

At the finish line, Trenchi was met with the sound of cowbells and goodies included with registration. She immediately paid for a \$45 massage.

Trenchi said it was inspiring to see people who have more challenges than her doing the ride.

“I needed a goal this year and it gave me a goal to work towards so that was part of it,” she added. “But it’s an adventure. I mean 7,000 people... It’s something you can’t even fathom until you’ve done it. It’s amazing.”

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SPORTS

PGA Tour adding tournaments to lucrative Championship Series, Tiger Woods within reach on money list

Associated Press

The PGA Tour is starting to fill in the Championship Series portion of its 2028 schedule with a pair of recent announcements, one of them a surprise.

Sompo, a multinational insurance holding and financial group that is part of Japan-based Sompo Holdings, will be the title sponsor of one of the premier events on the 2028 schedule that will have \$20 million purses and the top tier of players.

Sompo will get started next year at a familiar place — Silverado Resort in Napa, California, where Scottie Scheffler won the 19th and final edition of a fall event in 2025. But it won't be staying there when the tour shifts to its "Championship" and "Challenger" tracks in 2028.

The 2027 tournament will be July 29 to Aug. 1 — two weeks after the British Open — and televised by CBS on the weekend. Still to be determined is the name of the tournament and, of greater interest, the new market for 2028 and beyond. That will be announced later.

The PGA Tour is eager to hit larger markets where it doesn't have a regular presence, such as Denver, Philadelphia, Seattle, San Francisco and New York.

James Shea, the CEO of Bermuda-based Sompo Property & Casualty, said the partnership is a "major opportunity for Sompo to further expand our global brand awareness and showcase the strength of our business to customers, partners and communities around the world."

On July 27, the tour announced the Travelers Championship outside Hartford, Connecticut, would also be part of the Championship Series. That was expected. The Travelers has



Scottie Scheffler reacts to his tee shot on the 18th hole during the final round of the Travelers Championship golf tournament at TPC River Highlands, Sunday, June 28, 2026, in Cromwell, Conn.
AP Photo/Jessica Hill.

been one of the highest performing tournaments during the FedEx Cup era that began in 2007 and has offered \$20 million prize funds since 2023.

"This has been an extremely successful tournament by every metric," PGA Tour CEO Brian Rolapp said last month at the Travelers Championship, where he introduced the concept of the Championship and Challenger series. "I think they do a lot of things that we're looking for in a Championship Series event."

The chase is on to catch Tiger Woods

Tiger Woods went to the top of the PGA Tour career money list when he was runner-up at Torrey Pines on Feb. 13, 2000, and he has stayed there ever since. His last check for finishing last at the 2024 Masters (\$44,400) pushed his career earnings to \$120,999,166.

Being passed is inevitable and now is in clear view. It's just a matter of who tops him first.

Rory McIlroy, who lost in the quarterfinals of the 2009 Match Play in his PGA Tour debut, is second on the

list at \$116,446,772. Scottie Scheffler, who cashed his first PGA Tour check in 2018, moved to \$116,364,411 with his runner-up finish in the 3M Open.

That leaves both of them just over \$4 million away from Woods coming into the lucrative FedEx Cup postseason — \$20 million purses at two play-off events, and the Tour Championship with its \$40 million bonus pool that now counts as official money.

The Army captain is expanding his horizons

Former U.S. Army captain Marcus Plunkett reached one goal when he qualified for his first major at the British Open and made the cut. And then his journey just got started.

Plunkett raced back from Royal Birkdale to play in U.S. qualifying tournament for the PGA Tour of Australasia. First, he had to stop at a sporting goods store to buy a push cart for the four-round event. He tied for second at Kinderlou Forest Golf Club near Valdosta, Georgia, to earn his card for the 2026-27 season.

"I was definitely a little delirious

round one, but as the week's gone on, started to feel a little bit back to normal," Plunkett said.

He said he has never been to Australia, but all his friends from Down Under have told him the coffee is the best, "so I've got to see if they're pulling my leg or not about that."

Plunkett, who spent five years in the Army after graduating from West Point, already has had a Korn Ferry Tour card and currently plays the Asian Tour.

"I have Asian Tour status so I'm trying to figure out the balance of the two moving forward," he said. "But I'm really excited to get out to Australia and get on the links out there."

Scheffler's majors mirror his season

Scottie Scheffler had the lowest combined score to par in the majors this year, finishing at 21-under par, but without a major trophy for the first time since 2023.

The world's No. 1 player was runner-up at the Masters, tied for fourth in the U.S. Open and British Open and tied for 14th in the PGA Championship. What does it all mean? That he's been playing pretty good golf, much like the rest of a 2026 season that features five runner-up finishes but only one win.

"One of the things that I've always kind of prided myself on is the consistency. That's something that shows that I'm playing some pretty good golf," Scheffler said last week before the 3M Open. "It just hasn't been quite good enough to win some tournaments. I still feel like my game's in a good spot and I've played some nice golf."

"I haven't played any great golf yet, but I've played some nice golf over the course of the season."



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SPORTS

Padres acquire Robbie Ray from Giants, Casey Mize from Tigers for another playoff push

Associated Press

The San Diego Padres’ surge before the trade deadline was enough to persuade general manager A.J. Preller to take yet another couple of huge swings at a postseason push.

The Padres acquired left-hander Robbie Ray from the San Francisco Giants and right-hander Casey Mize from the Detroit Tigers on Aug. 3, giving up three of their highest-rated prospects in deadline trades for two proven starting pitchers.

“We’re trying to win,” Preller said. “We don’t apologize for it. We’re trying to win championships. We’re trying to get to the postseason, and do it year after year.”

San Diego sent right-hander Miguel Mendez and 17-year-old shortstop Joniel Hernandez to San Francisco, which will pay part of Ray’s \$25 million salary.

The Padres also got infielder Gage Workman from Detroit while giving up left-handers Kash Mayfield and Jackson Wolf.

Ray and Mize can become free agents this winter, so they could wind up being only late-season rentals for San Diego. But after stumbling into the All-Star break at .500 following a 15-28 skid, the Padres (58-54) have won eight of nine to move one game back of the final NL wild-card playoff position despite a patchwork rotation with an ugly 4.66 ERA.

That prompted their ever-aggressive GM to go into buyer mode again, shipping out yet another chunk of his severely depleted farm system to fill his obvious need for quality starters.

“We’re definitely excited to have them,” infielder Xander Bogaerts said in the Padres’ clubhouse in Arizona before they opened a key four-game series against the Diamondbacks. “We’ve been playing some good ball as of late. I think we showed them enough. We’ve got to continue doing that, obviously, with the nice additions that we have. Adding two guys of that caliber definitely boosts everyone in the clubhouse.”

Ray and Mize should slot in immediately for the Padres, who could also get back injured starters Nick Pivetta, Joe Musgrove and Lucas Giolito with-



San Francisco Giants starting pitcher Robbie Ray works against a San Diego Padres batter during the first inning of a baseball game Thursday, July 30, 2026, in San Diego. AP Photo/Gregory Bull.

in the next month.

“We have a team that can compete and win,” Preller said. “(The thinking was) if we can supplement, that would be great, but there’s a lot of belief in this current team.”

Ray is 10-6 with a 3.08 ERA and 107 strikeouts in 122 2/3 innings this season, his third with San Francisco. He has been largely outstanding over the past two months, posting a 1.65 ERA since May while allowing one earned run or fewer in nine of his past 11 starts.

Ray is the only starting pitcher to beat the Padres in the past 10 days, throwing six innings of four-hit ball at Petco Park in the Giants’ 4-1 win last Thursday. Ray won the AL Cy Young Award with Toronto in 2021 and had Tommy John surgery in early 2023 while with Seattle, but has returned to be a dependable starter for the Giants, who are re-tooling late in another disappointing season.

“We feel good about the moves we made back from a few weeks ago in the draft, and then now we feel like we’ve got some position players and pitchers that hopefully will have a bright future in San Francisco, but that still remains to be seen,” Giants president of baseball operations Buster Posey said.

“It doesn’t really matter until you do it out on the major league field.”

Posey wanted Giants fans to know the club isn’t satisfied with the results of recent years. San Francisco has made one playoff appearance since 2016.

“I guess you can characterize it how you want, (but) I wouldn’t necessarily say a rebuild,” Posey said. “Obviously we moved six major league players off of our roster today. I guess the message is we’re not satisfied with the way we’ve played this year and the last few years, and we’re trying everything we can to continue to build a product that we can all be excited to come and watch.”

Mize, the No. 1 overall draft pick by Detroit in 2018, is 4-6 with a 2.70 ERA and an 0.99 WHIP in 16 starts for the Tigers this season despite managing a groin injury. He also overcame Tommy John surgery and became an All-Star last season before starting two playoff games last fall.

The Padres’ recent success has been driven by an offense that has awoken from its first-half slumber, making up for a starting rotation that was perilously thin due to injuries.

San Diego’s only regular starting pitchers are Michael King and Walker Buehler, forcing the team to throw three bullpen games per rotation turn with Griffin Canning, Randy Vásquez and Germán Márquez anchoring the outings.

Dominant closer Mason Miller and elite left-hander Adrian Morejon were the subject of innumerable trade rumors this summer while the Padres struggled last month.

Instead, Preller kept his star relievers — and more help is on the way, with Pivetta, Giolito and Musgrove all taking steps toward their returns this month.

Preller made it clear he got no offers he couldn’t refuse for Miller, a player he had coveted for years before acquiring him just 12 months ago from the Athletics for a package highlighted by blue-chip prospect Leo De Vries.

“We’ve let it be known, with any one of our players, it’s a very clear bar,” Preller said. “We’re going to listen at all times to any conversation that a team wants to bring up, (but) ultimately it was a high bar for all of our players.”



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SPORTS

Drew Brees’ prolific Hall of Fame career was a triumph of intangibles over measurables

Associated Press

The Drew Brees of three decades ago was disinclined to indulge fantasies of becoming a pro football star, believing instead that baseball was the sport he'd play in college.

“Look, I was 6-foot, 170 pounds,” the New Orleans Saints’ career passing leader said in an interview with The Associated Press, recalling his days at Westlake High School in Austin, Texas. “I wasn’t really the prototype of anything in football.”

Although he'd grown up on grid-irons as the grandson of an admired Texas high school football coach and won a state championship as Westlake’s quarterback, Brees wasn’t heavily recruited by prominent college football programs in his home state.

This weekend, the 47-year-old Brees enters the Pro Football Hall of Fame in Canton, Ohio, where his bronze bust will effectively become Exhibit A for the triumph of intangibles over measurables.

Whatever Brees lacked in physical stature, he made up for with discipline, intellect, perseverance, instincts and leadership during a 20-year NFL career highlighted by the second-most yards (80,358) and touchdowns (571) passing in league history — not to mention New Orleans’ only Super Bowl title in the Saints’ six decades of existence.

Sean Payton, who coached Brees in New Orleans and now is with Denver, marveled at Brees’ ability to process information quickly, make adjustments at the line of scrimmage and execute.

“He was like A.I.,” said Payton, whom Brees selected as his present-



FILE - New Orleans Saints head coach Sean Payton talks to quarterback Drew Brees before a preseason NFL football game against the Green Bay Packers, Sept. 3, 2015, in Green Bay, Wis. AP Photo/Jeffrey Phelps, File.

er in Canton. “That ability to process fast — like, elite fast — is a really rare gift. He could just multitask comfortably.”

Brees also worked obsessively on throwing mechanics — even hiring a personal throwing coach — and it showed in his accuracy and timing. He completed 67.7% of his passes, ranking third all-time — first among QBs with more than six NFL seasons. His single-season completion rates of 74.4% in 2018 and 74.3% in 2019 are the top two in NFL history.

Living by a maxim that equated failure with opportunity, Brees exhibited a knack for turning tribulation into triumph. His 53 game-winning drives rank third (tied with Ben Roethlisberger) and behind just Tom Brady (58) and Peyton Manning (54).

Brees retired after the 2020 season.

Several years before that, players, coaches and executives around the NFL were already referring to him as a Hall of Famer.

“We all just expected he was going to go in in five years — first ballot, no questions asked,” said Saints general manager Mickey Loomis, whose tenure in New Orleans spanned all of Brees’ 15 seasons with the club. “It’s not a surprise.”

The symmetry of Hurricane Katrina-ravaged New Orleans being the place where Brees bounced back from a career-threatening injury to his throwing shoulder provided yet another layer to the quarterback’s story.

“How I ended up in New Orleans was just such an unlikely scenario,” Brees recalled. “And yet, it could not have been more perfect.”

The pinnacle was Brees’ Super Bowl MVP performance against Indianapolis in February 2010 in Miami, marked by his second-half passing numbers of 19 completions on 20 attempts for 151 yards and two TDs. The postgame image of Brees holding his then-1-year-old first child, Baylen, as both grasped at fluttering confetti, is iconic in New Orleans.

Back in the Big Easy, that victory ignited cathartic, rapturous celebrations and set the stage for a victory parade as wild and well-attended as any held during Mardi Gras.

The Saints made the playoffs in nine of Brees’ 15 seasons in New Orleans. Since then, the club has gone 36-49 under three coaches without a postseason appearance.

Showing his ability in college

Playing at Purdue transformed Brees into a bona fide NFL prospect.

“Had I gone to Texas, I would’ve handed the ball off to Ricky Williams; if I’d gone to A&M, I would’ve handed off to Dante Hall,” Brees said. “I go to Purdue and I’m throwing the ball 50 times a game.”

In 2000, Brees led Purdue to just its second Rose Bowl and first in 34 years. He was a Heisman Trophy finalist and chosen Big Ten offensive player of the year for a second time.

A tough adjustment in the pros

After his selection at the top of the second round of the 2001 draft by the San Diego Chargers, Brees appeared in one game as a rookie.

He was benched three times in 2003, when he went 2-9 and had more interceptions (15) than touchdown passes (11).

That offseason, then-Chargers coach Marty Schottenheimer told Brees that he still believed in him, but warned that the organization planned to use its top overall draft pick in 2004 on a QB.

“Everything that I thought I knew, I reevaluated, and also my leadership skills and assertiveness,” Brees said. “So, I came back just on fire.”

The Chargers acquired Philip Rivers in a memorable draft-day trade involving Eli Manning, but Brees won back the starting job, going 11-4, leading the Chargers to the playoffs, and garnering the first of his 13 Pro Bowl nods.

Statistically, 2005 was another strong campaign for Brees, but the Chargers missed the playoffs at 9-7 and Brees’ throwing shoulder was heavily damaged (torn labrum and partially torn rotator cuff) by an awkward hit during a scramble for a fumble.

Brees was due to become a free agent, and the Chargers didn’t try to keep him.

Brees is reborn in New Orleans

At the time Brees signed with New Orleans in March 2006, his recovery from surgery in January had not yet progressed to where he could throw effectively.

He needed a team to take a leap of faith.

Miami had considered him, but balked. Payton, then a first-year NFL coach, and the Saints, who’d gone 3-13 while displaced to San Antonio in 2005, never wavered — and Brees was determined to make them right.

His approach became contagious.

Saints running back Alvin Kamara, who played with Brees during the QB’s final four seasons, said Brees “treated every situation in practice, in the game, and in the film room, like it was the last moment ... the determining factor between winning and losing.”

“That bled throughout the whole team,” Kamara added.

Payton also encouraged Brees to explore the bounds of what he could do in a game.

He offered Brees the opportunity to call out protections from the line of scrimmage — something centers tend to do. Payton also let Brees call plays on the field when the Saints ran a no-huddle.

“He empowered me so much,” Brees said. “It made me that much more confident. And certainly I had that driving motivation to prove him right and to represent him.”

During the 2007 preseason — before Saints greats Ricky Jackson, Willie Roaf or Morten Anderson had been enshrined in Canton — the Saints played in the Hall of Fame game.

Payton toured the hall with players and asked them if they noticed not a single Saint was represented. The coach then predicted that a player, perhaps several, from that 2007 squad would return to Canton as an inductee one day.

When Payton helps Brees on with his gold Hall of Fame jacket this weekend, the most accomplished player in Saints history will have made his old coach right one more time.



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