



THE PENINSULA BEACON



Community fundraising begins for 16-month-old Liam Houck, whose military parents are struggling to come up with the balance of the \$50,000 out-of-pocket cost to pay for a lifesaving kidney transplant for Liam.
Story, Page 3

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, AUGUST 11, 2011

WWW.SDNEWS.COM ■ VOLUME 26, NUMBER 17

Faulconer, OB planners at odds on beachfront variances, demolitions

By **TONY De GARATE** | THE BEACON

According to District 2 City Councilman Kevin Faulconer, there's nothing wrong in terms of property owners on West Point Loma Boulevard — south of the entrance to Dog Beach — who want to tear down one-story, 1950s-era duplexes and replace them with more stylish, three-story homes.



KEVIN FAULCONER

Faulconer was responding to a recent letter of protest from the Ocean Beach Planning Board (OBPB) that alleged the city has been improperly granting variances, allowing owners of these beachfront properties to build houses larger than called for by zoning statutes.

The board sent the letter after opposing, without success, two property owners in the 5100 block of West Point Loma Boulevard, a block that originally contained 14 similar-looking, low-rise concrete structures on 2,500-square-foot lots. A third application has been submitted for a three-story project requiring a variance.

The block is zoned RM 2-4, which stands for residential multi-family housing with lot sizes up to 6,000 square feet. In Ocean Beach, the zone restricts total gross floor area to seven-tenths of the lot size, 25 percent of which must be set aside for enclosed parking, unless underground parking is provided.

For a 2,500-square-foot lot, this means a maximum of 1,312.5 square feet for living space and a 437.5-square-foot garage. The most recent of the two variances allowed a combined 1,748

SEE **VARIANCES**, Page 2

Trail development, plant restoration plan for Sunset Cliffs moves ahead

By **TONY De GARATE** | THE BEACON

An important step has been taken to secure \$380,000 in state funding for developing a system of trails and restoring native vegetation in Sunset Cliffs Natural Park.

The Peninsula Community Planning Board (PCPB) voted 10-1 in support of the Sunset Cliffs Hillside Park project during its July meeting. The board's OK keeps the project on schedule to meet a March 2012 deadline to secure a grant from the California Coastal Conservancy, said Joe Esposito of Estrada Land Planning, the city's consultant for the project.

The project calls for developing two six-foot-wide trails on the Hillside sec-

tion of the park, which is the 50-acre portion south of Ladera Street. A third trail available for disabled users will begin at one of the hillside's parking lots, Esposito said.

The trails will enhance opportunities to view the ocean with five observation points, interpretive signs and several benches, Esposito said. Native plants and a temporary irrigation system will be installed on 10 feet of both sides of the trails. Shortcuts and secondary trails will be cut off and restored with native plants.

A former ballpark used by Point Loma Nazarene University will be contoured to a more natural state and planted in

SEE **CLIFFS**, Page 4

ONE MAN'S CASTLE



BUILD IT AND THEY WILL COME?

Some folks build sand castles. Others, like Ron Patterson, a former stone worker who has been homeless for 21 years, recently created this rock castle sculpture adjacent to the San Diego River under the power lines not far from the mouth of the river's outlet at Dog Beach in Ocean Beach. Patterson said he used about 3,000 pounds of nearby rock to create tiny rooms, bridges and moats inside — too numerous to count. Patterson's only frustration has been that wild squirrels take up residence in his creation at night, knocking down parts of the delicately-placed rocks and forcing him to keep rebuilding it.

Photos by Jim Grant | The Beacon



OB'S FLIGHTY NEIGHBORS

Home owners, enthusiasts lend insight into who's on the (pr)owl in neighborhood

By **BIANCA KOCH** | THE BEACON

Most people have heard them. Very few have seen them.

For the last two years, two families of white barn owls have been cohabitating with the residents of Del Monte Avenue near Sunset Cliffs Boulevard and also on Cape May Avenue near Bacon Street in Ocean Beach.

Within the hour after the sun sets on both streets — which are several blocks apart from one another — residents there have been listening to the high-pitched screech of the owls. The birds' screeches last mostly throughout the night, ending before dusk.

Even though owls are generally nocturnal, it is not uncommon to see this species emerge at dusk or start activity at dawn, according to bird experts. Rarely have these owls been seen in flight during daylight, however. Their noiseless flight alternates between wing beats and smooth gliding.

Dan Nichols, who lives on Del Monte

Avenue, has been following the owls' daily activities for a little over a year. His house is right under one of the palm trees the owls roost in.

"They use the old tree to stake out the 'hood', looking for potential food," said Nichols.

Nichols said he hears two noises at night: a screech and a clicking chirp, which he believes "could most likely be echo location."

Encyclopedia research shows the owls use four different tones. They call out infrequently, usually with a drawn-out rasping screech. The male courtship call is a shrill, repetitive twitering. Upon returning to the nest, adults may give out a low, frog-like croak. And when surprised in its roosting hollow, the owl makes hissing and rasping noises, along with bill-snapping sounds made by the clicking of its tongue.

"Those nests [hollows] weaken the

SEE **OWLS**, Page 3



A white barn owl takes flight. Two families of the barn owls have taken up residence in Ocean Beach, capturing the attention of neighbors and passersby.
Courtesy photo

OWL BE SEEING YOU

According to amateur owl/bird enthusiast Mark Stratton of North Park, the white barn owl is virtually found in all habitats. But he said barn owls are more abundant in open woodlands since such habitats are more widespread. They can be found on every continent and even large islands like Hawaii, where they were introduced in 1958.



This palm tree is home to a family of white barn owls on Del Monte Avenue in Ocean Beach.
Photo by Bianca Koch



ALL CHARGED UP ABOUT CARS

Many concert goers were revved up for the first-ever car show at the Point Loma Summer Concert series July 29. Concert chairwoman Martha Phillips said the car show was added as a fun addition to the popular Friday concert series and to take advantage of the San Diego County Fair banner program. Because Point Loma is a "banner district," the San Diego County Fair provided "Race To The Fair" themed banners specially designed for Point Loma and the car show. Seventeen custom and classic cars were featured, including one of last Packards ever made, a gorgeous Ford Woodie and a couple exotic Mangusta automobiles. The last concert for the 2011 summer is Friday, Aug. 11, featuring the popular band Rockola.

Photo by Mike Ryan | The Beacon

Cliffside memorial benches at center of permit debate

Planners support tributes but defer to city on legality

By TONY DE GARATE | THE BEACON

Two stolen memorial benches at the center of a recent uproar at the foot of Del Mar Avenue should be allowed to stay until the city researches its own role that allowed the benches to be installed without permits in the first place, according to members of the Ocean Beach Planning Board (OBPB).

Although the returned benches are said to encroach on a city right-of-way, the board voted 10-1 on Aug. 3 in support of the cliffside memorials. But members decided it was premature to demand permits because the city may have already approved the benches when they were installed previously and simply didn't keep records at the time.

The benches disappeared July 8 when a disgruntled neighbor — reportedly upset by the unruly behavior of local teenagers who congregated at the benches — hired a crane to have the tributes removed. Late last month, police recovered them from a City Heights storage yard and KUSI-TV watchdog Michael Turko arranged for their return.

Now, the city's director of transportation and stormwater says the bench owners should have obtained a site-development permit and coastal-development permit, according to Michael Patton, a representative to District 2 City Councilman Kevin Faulconer.

Each permit requires an initial deposit of \$8,000, according to the city's website.

Faulconer stands ready to put the weight of his office behind any permit application but asked the board to take a position because he's been getting phone calls both in support and opposition to the benches, Patton said.

Patton said Faulconer personally is pleased the benches are no longer in a storage yard and that they have been returned, but he can't help until the families submit permit applications.

But board members said there was too much support for the contention that the benches had already been allowed without permits under programs run by the city's Parks and Recreation Department or other city channels.

The George Story bench, which memorializes a 30-year city employee, was installed in 2001 as a gift to the community, said son John Story.

"We donated it to the city of San Diego 10 years ago. I helped go through the process with my mom. The bench was placed there by the city," Story said.

He said the bench's legitimacy had never been challenged until it was removed last month.

"Now, 10 years later, after it was stolen by a private citizen, my family's being asked to go through a permitting process?" he said.

Board member Bill Bushe said, "We have testimony that his father's bench went through this program. Where's the counter evidence?"

Not everyone agreed, however.

"If it doesn't have a permit, regardless of whether it was there before, I think the law's got to stand," said Ronson Shamoun, who cast the only dissenting vote. "Everything should be there legally."

Tony Cappellucci, who owns the bench placed in remembrance of his son, Anthony "Butch" Cappellucci, said permission for the two benches should be grandfathered without permits. He said he's encountered many confused looks at the city's Department of Development Services when he has inquired about permits.

He said an employee who gave him an application told him he'd never seen a site-development permit for a bench before. Cappellucci said the employee told him, "I don't know how you're going to fill it out. This isn't structural."

Ken Doncouse, a resident who said he is opposed to the benches, said he was asked to examine the area and found evidence of homeless activity and unsanitary conditions at the cliffs beyond Del Mar Avenue.

He said he had worked for two property owners, one of whom was the man who hired the crane operator to remove the benches.

"These are multimillion dollar properties," said Doncouse. "If I was a homeowner there, I would be highly upset."

In other OBPB news:

• **If you want to keep a few hens in your backyard**, why should anyone else give a cluck? That's what the board decided in an 11-0 vote to reduce restrictions on backyard hens. Current law allows up to 25 chickens — of either gender — on a property. But the coop must be 50 feet from any residential structure. One proposal being shopped around to various community planning boards would reduce the buffer to 20 feet from the nearest neighbor's house and proposes no buffer to the owner's house for a group of five hens or fewer — with no roosters. The board declined to recommend that specific proposal, but approved more liberal laws for backyard chickens and urban agriculture.

• **Faulconer is holding a community coffee** on Aug. 25 from 9 to 11 a.m. at Shades Oceanfront Bistro, 5083 Santa Monica Ave.

VARIANCES

CONTINUED FROM Page 1

square feet among the three floors for housing and a 335-square-foot open carport. The city ruled it was appropriate to allocate the garage square footage for living space because of the small lot size and lack of alley access.

The request for the variance was upheld by a San Diego hearing officer, the San Diego Planning Commission and the California Coastal Commission. Faulconer is satisfied the variances have been properly approved, Faulconer aide Michael Patton told planners during the OBPB's Aug. 3 meeting.

"You guys aren't going to like what [Faulconer] has to say, because he is fine with what they [property owners] are doing," Patton said.

Faulconer is the first city official to respond to the OBPB's opposition letter, which was addressed to Mayor Jerry

Sanders and copied to Faulconer. City Attorney Jan Goldsmith, Development Services director Kelly Broughton and councilmembers Sherri Lightner, Todd Gloria and David Alvarez.

The letter charges that the variances "constitute ... rezoning of these lots without adhering to city procedures for rezoning.

"It should be noted that all the lots in question are and have been perfectly buildable without variances," the letter states.

The public also stands to lose ocean views because of the variances, according to the letter.

"Those views are called out in the Ocean Beach precise plan revision and should be preserved," the letter states.

The OBPB members seemed under-terred by Faulconer's lack of support.

"We intend to fight this," said board member Tom Gawronski. "If Councilmember Faulconer wants to be on the other side of this battle, okay."



WILLIS ALLEN
REAL ESTATE. REAL INTEGRITY. SINCE 1914.



CECIL SHUFFLER, CRB
(619) 980-3441

BAY FRONT!

Perfectly proportioned, this Sim Bruce Richards design has expansive windows which bring sunshine and boats of all sizes right into your living room. Hardwood floors throughout, chef's kitchen, wine cellar, 2 fireplaces: 1 inside and 1 outside plus a very spacious patio right at water's edge. Once you see this home, you will claim it for yourself. Call me for an appointment to see.



CRISTINE GEE & SUMMER CRABTREE
(619) 980-4433

3345 CURTIS ST. JUST PERFECT

Gracious Loma Portal home set on a corner lot! Many upgrades throughout! 5 Bedrooms & 3 remodeled Bathrooms, separate office and large family room off of the kitchen!

\$895,000



BETH ZEDAKER
(619) 602-9610

JUST LISTED!

This great North Park end unit townhome features 2 bedrooms, 2 baths, laundry room, fireplace in the living room and is located in desirable neighborhood! Walk to coffee shops, restaurants and stores! Attached garage plus 3 off street parking spaces!

\$275,000



ANNIE COLEMAN
(619) 977-2457

4705 GREENE STREET

Lovely OB cottage walking distance to all that Ocean Beach has to offer!! Amenities include one car garage, plus long driveway for more parking, hardwood floors, fireplace, and built-in bookshelves. Dining room was originally bedroom #2.

\$399,000



BETH ZEDAKER
(619) 602-9610

JUST LISTED! 4668CORALWOOD.COM

Fabulous and spacious townhome in a lovely north county neighborhood! Over 1700 square feet, 2 bedrooms, 2.5 baths, 2 car att. Garage plus serene area views!

\$320,000



2904 Cañon Street Point Loma

DEL MAR LA JOLLA RANCHO SANTA FE CORONADO DOWNTOWN FALLBROOK SANTALUZ

(619) 226-7800 • www.willisallen.com
For a list of our weekend Open Houses visit [willisallen.com](http://www.willisallen.com)





Vanessa and William Houck hold 16-month-old son Liam, who suffers from Eagle-Barrett syndrome. Liam is in dire need of a new kidney. Fundraising is under way through Cup of Yo yogurt shop to help the Houcks offset the remaining \$50,000 for Liam's treatment. Photo by Mike Ryan | The Beacon

Fundraising begins for toddler in need of new kidney

By MIKE RYAN | THE BEACON

Liam, the lion-hearted toddler, needs a new kidney. But he has courage.

William and Vanessa Houck's 16-month-old suffers from the rare Eagle-Barrett syndrome — sometimes referred to as prune-belly syndrome — and is in need of a kidney transplant, they said.

The disease, which affects about one in 40,000 births — mostly in boys — forces Liam to spend 12 hours a day on dialysis and three hours a day being fed through a tube. Vanessa Houck said that despite all the discomfort, her child is

“the happiest and is crazy about lions.” The word “roar” was among the first he spoke.

William Houck is a Marine captain who flies a C-130 Hercules. Vanessa was an Air Force tanker pilot but received a hardship separation to take care of the couple's son. The couple has insurance through the military TRICARE program, but recently learned the remaining out-of-pocket expenses for their baby's life-saving operation could reach \$50,000.

As a result, Point Loma's Cup of Yo yogurt shop in the Fresh & Easy shopping center on Catalina Boulevard has

decided to help raise money for Liam. Veronica Eckert's (Yo's co-owner) father is a liver transplant recipient, which prompted her to donate some of the store's profit and to begin collecting donations for the child.

To date, five people have offered to donate a kidney to Liam and thousands of dollars have already been raised.

For more information, call (619) 885-0700, or visit the Children's Organ Transplant Association website at www.cotaforliamh.com. Donations may also be made directly at Cup of Yo, located at 955 Catalina Blvd.

OWLS

CONTINUED FROM Page 1

palm trees. Last winter, with the heavy rains, the storms blew the soaked wet, heavy bark off the palm trees, almost totaling the cars parked under them and breaking windshields,” Nichols said.

Since then, the owls have found new homes — but not far away.

“They just moved across the street to one of their other ‘prepared’ palm trees,” laughed Cindy Sullivan, Nichols' neighbor.

Sullivan said she loves “her” owls.

“They are so beautiful,” she said.

Sullivan has her own theory as to where the owls came from a year and a half ago before taking up residence in Ocean Beach.

“I think somebody was breeding them around here and a captive pair escaped,” Sullivan said. “I don't even think these owls normally live in California.”

According to amateur owl/bird enthusiast Mark Stratton of North Park, the white barn owl is virtually found in all habitats. But he said barn owls are more abundant in open woodlands since such habitats are more widespread. They can be found on every continent and even large islands like Hawaii, where they were introduced in 1958.

Some residents of Ocean Beach have expressed worry about their small dogs and cats, since the owls have been seen attacking some of the pets.

This is where Stratton would like to set the record straight for Ocean Beach residents.

“Those stories about dogs and cats being picked up by owls are old wives' tales,” said Stratton. “An owl is not able to pick up a cat or a small dog, unless it is a kitten or the absolute smallest of dog breeds. An owl can only lift about half its body weight and they surprisingly only weigh around one to 1 1/4 pounds. Most likely, the owls were just protective of their nests or brood.”

“These stories about dogs and cats being picked up by owls are old wives' tales. An owl is not able to pick up a cat or a small dog, unless it is a kitten or the absolute smallest of dog breeds. An owl can only lift about half its body weight and they surprisingly only weigh about one to 1 1/4 pounds. Most likely, the [pouncing] owls were just protective of their nests or brood.”

MARK STRATTON

Amateur owl/bird enthusiast

Barn owls specialize in hunting small ground mammals and rodents. Bats, frogs, lizards, birds and insects are also on their food list.

Areas overrun with rodents cause barn owl numbers to increase dramatically, according to experts. Depending on the food supply and in direct correlation with mouse overpopulation, the barn owls will breed any time during the year, sometimes twice.

Barn owls are short-lived birds, however. Most of the birds die in the first year of life, with an average life expectancy of one to two years in the wild, experts say.

On average, three to six eggs are laid. Once hatched, brooded and fledged, young birds quickly disperse from the nest area to build a new family. Young owls are able to breed at about 10 months of age.

Neighbors like Nichols and Sullivan said that welcoming Ocean Beach's feathery friends to the neighborhood will help control the community's rodent population inexpensively.

ATTORNEY - ESTATES

Trusts/Wills/Probate
Richard F. McEntyre
(619) 221-0279
richardfmcentyre.com
3156 Sports Arena Blvd. Ste. 102
• Reasonable Rates
• House Calls Available
• Serving Point Loma for Over 30 Years



Lecture & Program
w/ Yogacharya Richard Peterson
August 19th–21st

FREE PUBLIC LECTURE: Fri., Aug. 19 7pm-9 KRIYA YOGA:
Pathway to the Divine @ Harding Community Center 3096 Harding St., Carlsbad
INITIATION & WORKSHOP: Sat. & Sun., Aug. 20 & 21 : 6240 Dartington way, Carlsbad · More Info: 901-414-2361

Suresh: 818-585-6991 • shree_sv@yahoo.com • www.kriya.org

Bumper Damage? Yes! We Do That!

For a **fraction** of the cost at a body shop
Repaired in your **driveway!**

DETAIL IN PROGRESS
619-701-1100
www.detailinprogress.com



COLDWELL BANKER

californiamoves.com



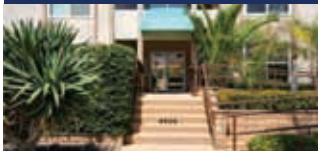
Catrina Russell
The Expert In OB
Call Me!
619.226.BUYS (2897)
www.CatrinaRussell.com

Ocean Beach | \$624,900



Just Listed! Sunset Cliffs duplex is located 3 blocks from Pescadero State Beach. Both 1BR/1BA units views from individual large decks. Locked storage under the building. Both units have washer and dryer inside.

Ocean Beach | \$299K-\$319K



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

Ocean Beach | \$2,695,000



One block to ocean & beach. Oversized 14,000 appx sf lot with a great mix of units. Six 1BR/1BA, two 2BR/1BA, one 3BR/1BA & one 4BR/1BA and 8 garages.

Mission Hills | \$847,000



M.B. Irvin/A. Schreiber Spec House. Restored 2 bedroom, 2 bath with optional room + storage apartment above garage. Low maintenance yards bring this home up to date. Built in 1921.

Mission Valley | \$339,000



One of the best locations in complex w/pano Views! Desirable top floor unit with 2 br, 2 ba + loft. Sliders from every room to wrap-around view deck. Updated baths. Wood/gas fp, large attic & custom closets. 2-car garage. Traditional sale!

Ocean Beach | \$525,000



2 br, 2 ba, 968 appx sf, 2-story. Granite counters. Newer appliances. Dual pane Milgard windows. Surround sound. Recently repaired decks. Kitchen recently remodeled - all new cabinets. Newer wood blinds.

Clairemont | \$425,000



3 br, 2 ba with newer Brazilian cherry wood flooring. Remodeled kitchen. Lrg living & dining room combo with wood floors. Sunroom added as a family room, with sky lights. Fenced yard with separate dog run area.

Point Loma | \$225,000



2 bedroom, 1 level in resort-style complex. Huge patio, double covered parking, gated community, pool, gym, spa, lighted tennis courts, BBQ, game room, sauna, steam room and clubhouse.

Mission Valley | \$625k-\$650k



4 br, 2.5 ba with custom stone tile & wood flooring in DR, FR & kit. Built-in stereo system. Office downstairs (optional 3rd car gar). Huge master suite w/2nd office area & spa tub. Upstairs balcony off 2 rooms overlooks oversized yard! \$84,000+ in upgrades!

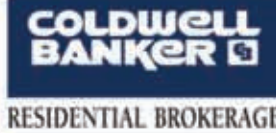
Bay Park | \$739,000



First time on the market! Stunning home! Living rm has dramatic 25 foot ceilings w/loads of light. Formal dining rm w/ hardwood flrs & French doors to private lush backyard w/build in pool. Gourmet kitchen w/cooktop island & breakfast bar. 4 br, 3.5 ba. Master suite w/ bay views & more!



Point Loma Office | 2727 Shelter Island Drive | 619.224.5111
Ocean Beach Office | 1851 Cable Street | 619.225.0800



3,300 Offices | 97,000 Agents | 49 Countries | 104 Years of Experience

©2008 Coldwell Banker Real Estate LLC. Coldwell Banker® and Coldwell Banker Previews International® are registered trademarks licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Owned and Operated by NRT LLC. Broker does not guarantee the accuracy of square footage, lot size or other information concerning the condition or features of property provided by seller or obtained from public records or other sources, and the buyer is advised to independently verify the accuracy of that information through personal inspection and with appropriate professionals.



The Free to Breathe 5K Fun Run/Walk returns to Liberty Station on Aug. 20 to raise funds for lung cancer research and awareness. The event also honors lung cancer victims in the hope of developing a cure. Courtesy photo

Free to Breathe 5K to aid lung cancer fight

By KAI OLIVER-KURTIN | THE BEACON

Last year's success in raising money for the National Lung Cancer Partnership during the inaugural Free to Breathe 5K Fun Run/Walk has motivated organizers to hold the second annual San Diego event on Saturday, Aug. 20 at Liberty Station.

The partnership holds similar fundraisers in cities across the country, with a goal of building awareness, creating hope and ultimately defeating lung cancer.

When his mother passed away in 2008 from lung cancer, Joe Hamilton vowed to make a difference in the future of lung cancer. After attending one of the partnership's advocacy summits, Hamilton pitched the idea of bringing the fundraiser to San Diego.

"After doing some research of my own," said Hamilton. "I found that the National Lung Cancer Partnership gave the most money — dollar for dollar — toward lung cancer research grants."

More than 400 participants took part in last year's race, raising more than \$40,000. Hamilton said he is hoping to better those numbers this year and help in the fight against lung cancer, which accounts for 27 percent of all cancer deaths, taking more lives than breast, prostate and colon cancers combined.

"We create a day [the Free to Breathe event] that's not somber or sad," said Hamilton. "We want it to be uplifting, while honoring survivors and remembering those affected by lung cancer. Many people share in one another's similar experience surrounding lung cancer and find a lot of common ground."

One such person is Sherry Wickware, a two-time Free to Breathe participant.

"There is a big stigma attached to lung cancer," said Wickware. "In fact, 20 percent of women diagnosed with lung cancer have never smoked, like my mom."

Wickware is part of a fundraising team whose goal is to raise \$1,000 for this year's event. A chest X-ray after an injury turned into a blessing after doctors discovered and diagnosed her mother's cancer during its early stages.

Wickware's mother has been cancer-free for four years now.

"Free to Breathe is always an emotional day for my family," said Wickware. "It's a time of reflection, and we're so grateful to be walking with my mom."

For those not interested in taking part in the race but who would like to contribute, volunteer opportunities are available and donations are accepted.

For more information or to register, visit www.freetobreathe.org.

City committee OKs plans for aquatics center at NTC Park

By NEAL PUTNAM | THE BEACON

A City Council committee voted 3-0 on Aug. 3 to forward plans to the full City Council for a new aquatic facility center at the Naval Training Center Park in Point Loma.

Phase I of the project is expected to cost about \$300,000. This phase includes authorization to hire architects Richard Bundy and David Thompson for professional services in terms of design development, construction documents and preparation of a general development plan.

The facility is envisioned to include recreational and competitive swimming pools and a leisure pool with playground features for small children.

The \$300,000 price tag for Phase I will be taken from a city redevelopment agency fund, according to officials.

The budget for all three phases of development and construction is expected to top out at just under \$1.3 million. The City Council will hear the first phase plan this fall.

Phase II will cost an estimated \$709,452 and phase III costs are projected at \$217,280, according to city documents. No date has been selected for the other two phases since the first phase has not yet been approved by the Council.

Councilmembers Sherri Lightner, Lorie Zapf and David Alvarez sit on the Natural Resources & Culture Committee which voted to move the plan on.

CLIFFS

CONTINUED FROM Page 1

the first phase of the project, Esposito said. Later phases will include removal of eucalyptus trees and other exotic plants.

The plan features some erosion controls like vegetative swale to collect water on rainy days. But Ali Darvishi, a senior engineer for the city, stressed that the plan does not address stormwater that enters the park from the east. A concurrent effort to upgrade the stormwater collection system is being headed up by the city's Park and Recreation Department. The university is also developing a plan to deal with stormwater that leaves its campus, Darvishi said.

Some board members expressed concerns that the three plans should be better coordinated. But Darvishi said by the time funding has been secured for the Hillside Park project, the other plans should be in place.

"We're not working in a vacuum," Darvishi said.

Members of the Sunset Cliffs Natural Park Recreation Council (SCNPRC) applauded the progress.

"We are excited to be moving forward with implementing the (park's) master plan," said SCNPRC chairwoman Ann Swanson.

The plan is available for viewing online at www.sunsetcliffs.info.

In other PCPB news:

• **A new window mural with images from the local Portuguese Historical Center** should help the Starbucks at 1221 Rosecrans St. get out of hot water with the city's Code Enforcement Division. The coffee shop received a complaint 18 months ago for running afoul of a requirement to keep windows transparent that face Rosecrans. Starbucks covered the windows with whiteout film because the management didn't want to show back-of-the-house areas, said John Albert, a design manager for the company. Starbucks ruled out redesigning the store because of cost, he said. The board approved the plan 10-1.

• **Anthony Reed of the Rock Church, 2277 Rosecrans St., has been appointed to the planning board's Traffic and Transportation Committee.** Reed serves as the church's traffic and community relations director. He said he's eager to work on related issues in the area.

POINT LOMA SUMMER CONCERTS 2011
Let there be music!

presented by **WILLIS ALLEN REAL ESTATE**

FREE! Friday Nights
5:30 - 8:30 pm at Point Loma Park

July 15 Help! The Beatles Tribute Band

July 22 Cash'd Out The Next Best Thing to Johnny Cash

July 29 The Mar Dels America's Best Dance and Show Band
plus 1st annual classic car show!

August 5 The Mighty Untouchables Motown, Classic Rock, Pop, Country & Latin

August 12 Rockola America's Classic Rock Experience!

SUNRISE BANK POINT LOMA **CYMER** **KEVIN L. FAULCONER COUNCIL DISTRICT 2**

Pacific View Foundation **Stump's Family Market Place** **Dick & Dorothea Laub**

David P. De Rosier D.D.S. **Ryan Family** **Wear Community Fund** **POINT LOMA MAGAZINE UNIVERSITY**

PLconcerts.org • Like us on **poster & brochure design by Kristen Leitaio.com**

City's got the look to be 'America's Next Top Model'

By **HOLLY LAUREN BEEDLE** | THE BEACON

Are you ready to be America's next top model?

The CW reality television show created by top model and TV host, Tyra Banks, "America's Next Top Model" is in search of women from the ages of 18-27 that are 5'7" or taller who are dynamic, articulate, interesting and enthusiastic to compete for the title of "America's Next Top Model" and a chance to start a career in the modeling industry.

Last month, San Diegans like Kassy Kova proved they had the look and style to be "America's Next Top Model."

Like many other local aspiring model's, Kassy took her break from her normal day — her routine of studying art history at UC San Diego and figure skating — to attend the San Diego Channel 6/CW television Network's open casting call for Cycle 18 of "America's Next Top Model" at the Fashion Careers College, located on 1923 Morena Blvd.

If you love modeling, then you love fashion, I say, as a former model and current accessory/fashion designer and instructor the Fashion Careers College. Models and fashion designers work together every day in the fashion industry.

Both fashion designers and models have similar attributes, drive and passion for fashion and that's why models become designers. Models love looking good in clothes, so why not design clothes all people look good in?

The Fashion Careers College's talented fashion design students, Zulema Lopez, Ashley Tipton, Cornelius Mandel and Mericella Santacruz and I offered fashion sketching demonstrations using the models attending the casting to flaunt our skills relative to the fashion industry in design.



A long line forms for a casting call at the Fashion Careers College on Morena Boulevard last month for contestants eager to compete in Cycle 18 of "America's Next Top Model."

Courtesy photo by Ashley Tipton

Not only did every model take home their own personalized fashion illustration, the Fashion Career's College awarded everyone attending the casting a voucher worth \$500 for scholarship value toward education at the school and anyone that is cast on the show from the San Diego event at FCC will receive a one-year full scholarship worth more than \$20,000.

If you love modeling and fashion, then you love music, and you don't mind waiting in long lines for the opportunity of a lifetime!

The Z90 radio station was on site playing great music and giving out prizes! California's premiere fashion college, Fashion Career's College, the CW and Z90 and all the hopeful contestants made the four hour wait fun and fashionable!

Keep your fingers crossed that one of our very own local beauties will make it big as America's Next Top Model!

— Holly Lauren Beedle is an established designer who has designed for luxury brands



San Diego contestant Kassy Kova struts her stuff in July during auditions for "America's Next Top Model."

Courtesy photo by Ashley Tipton

in New York City and California since her graduation from Moore College of Art & Design in Philadelphia. She can be contacted by e-mail at yourlookbyholly@gmail.com.



From left: Andy McCmillin, son; Jessica McCmillin, daughter; Scott McCmillin, chairman of The Corky McCmillin Companies; Julie Danielson, Realtor with McCmillin Realty; Janice Weinrick, deputy executive director of the city's redevelopment agency; and Kim Elliott, senior vice president with McCmillin commercial.

Courtesy photo

McMillin, Liberty Station earn prestigious international award

Liberty Station was recently awarded the prestigious international 2011 Prix d'Excellence Award by the International Real Estate Federation (FIABCI), a respected international, professional real estate organization.

The honor recognized the Point Loma development for Best Master Plan, and was only one of two awards given to candidates in the United States. Fifteen awards were given from entries submitted from throughout the world.

Officials said the projects are assessed on a number of disciplines involved in their creation. The award was presented recently to Janice Weinrick, deputy executive director of the city's redevelopment agency on behalf of the city.

"We're very proud of the accomplishments and the implementation of the community's re-use plan," said Scott McCmillin, chairman of The Corky McCmillin Companies. "To date, Liberty Station has generated \$26 million of tax increment, and over \$6 million of TOT (transient occupancy tax)."

We are excited and honored to be given this distinguished award from the International Real Estate Federation. This is not only an honor for Liberty Station and The Corky McCmillin Companies, but for the city of San Diego as well. It is important to us that the city ... share in this international honor."

District 2 City Councilman Kevin Faulconer was present for the formal recognition, which took place before the full City Council.

"The Corky McCmillin Companies has created a fantastic neighborhood of shops and restaurants, while preserving the legacy of the military and honoring the former military base," Faulconer said.

The 361-acre Liberty Station community includes 125 acres of parks and open space, shopping villages and restaurants, a 28-acre civic, arts and cultural district and the nine-hole Sail Ho Golf Club.

For more information, visit www.libertystation.com.

— From staff and contribution

Maxine Edens, wife of PLHS coaching legend, was 86

Maxine J. Edens of Point Loma died on July 7, 2011. She was 86.

Edens was a homemaker and wife of coach Bennie Edens Jr. of Point Loma High School football fame. She is survived by brother Mel Riggins of San Diego; son Jim Edens; grandchildren Stacy Ann Wilde and Kamakana Edens; and four great grandchildren.

Services are scheduled for 9 a.m. on Monday, Aug. 15 at Fort Rosecrans National Cemetery.

In lieu of flowers, the family requests donations be made to the Point Loma High School Foundation and Alumni Association, Bennie Edens Scholarship Fund.

To donate, call (619) 226-4509.

Ask The Lawyer

SM

Question:

I know my parents have named me the person to take care of their affairs if they cannot do so. They really do not understand this enough to explain it to me. Can you help?

Answer:

There are many tools that I use when I draft an estate plan. The easiest one to understand is the Advanced Healthcare Directive. This document is also called the healthcare power of attorney. This is used to talk to the doctors to make decisions for treatment if the person cannot do it for themselves.

Power of Attorney for financial affairs can be used to make limited financial decisions for the parent. The document can be used to deal with the insurance, utilities and credit card companies and others that will not speak with you because you are not authorized to do so.

The "big gun" is the Trust and the Trustee has the authority to deal with the Trust assets. If a bank account is in the name of the Trust and you are the current Trustee, you can access these funds to take care of your parent.

Still have questions? Call me. I will need to actually see the documents to give you the proper advice.



Virginia L. Weber, Inc.

"An Attorney
Your Grandpa &
Grandma
Would Love!"

A Law Corporation

619-222-5500

Probate
Trusts
Wills

www.virginiaweber.com • E-mail: vweber01@yahoo.com
4817 Santa Monica Ave. Ste D, San Diego, CA 92107

Protect your savings with FDIC coverage up to \$1 million.

Whether you're saving for an upcoming vacation, a wedding or just a rainy day, our Insured Bank Deposit program offers the assurance of Federal Deposit Insurance Corporation (FDIC) protection.

When choosing this interest-bearing savings solution, you also get the convenience of having your savings and investments in one location. This can mean less paperwork for you and a more organized approach to help ensure your assets are working together to support your financial goals.

Getting started is easy. Call today to learn more.

Deposits are FDIC-insured up to \$1 million or \$2 million for joint accounts of two or more people. More information about the Insured Bank Deposit program, including the program disclosure, is available from your financial advisor or at www.edwardjones.com/bankdeposit. For more information about FDIC insurance, go to www.fdic.gov.



John J. McKean, CFP®
Financial Advisor
2907 Shelter Island Drive,
Suite 106
Point Loma, CA 92106
619-222-0375



Kali Mistry
Financial Advisor
2143 Poinsettia Dr
San Diego, CA 92107
619-222-1321



Brian V. Schrock
Financial Advisor
5083 Santa Monica Ave,
Suite 1A
San Diego, CA 92107
619-223-8357

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

People in the news

Point Loman among new UCSD Foundation trustees

The **University of California, San Diego Foundation** has welcomed 10 new trustees to the foundation board, including **Point Loma resident Robert McNeely**, the former executive vice president and manager for corporate social responsibility at Union Bank of California.

As trustees, the individuals volunteer their time to help in fundraising for the university, as well as communicate UC San Diego news to the public.

The 10 new trustees join the 42-member foundation, which raises and manages charitable gifts for UCSD. The board oversees the management of about \$600 million in charitable assets, including \$375 million in endowment. For the fiscal year ending June 30, 2011, the campus expects private support to total about \$120 million.

In addition to his responsibilities with Union Bank of California, McNeely has served with numerous San Diego organizations, including the Centre City Development Corporation and the President's Community Council at Point Loma Nazarene University.

The new trustees replace a group of eight UC San Diego trustees whose six-year terms were completed June 30.

The outgoing trustees are: Deborah Bronston-Culp, UC San Diego alumna of 1980; Carol Littlejohn Chang, community leader; Lucy Haugh, community



ROBERT MCNEELY

leader; Darcel Hulse, president, Semptra LNG; Judith Morgan, journalist; Anne Otterson, community leader; Earnest Rady, chairman, American Assets; and Brian Walsh, UC San Diego alumnus of 1989 and co-founder of Walsh and Chacon Real Estate. The late John Davies was also a trustee, as well as former chair of the UC Board of Regents.

For more information, visit www.ucsdnews.ucsd.edu.

SD Opera board members now include Point Loman

Joseph Watkins of Point Loma Nazarene University was elected to the San Diego Opera's Board of Directors last month during the company's annual meeting at the Hyatt Regency La Jolla at Aventine.

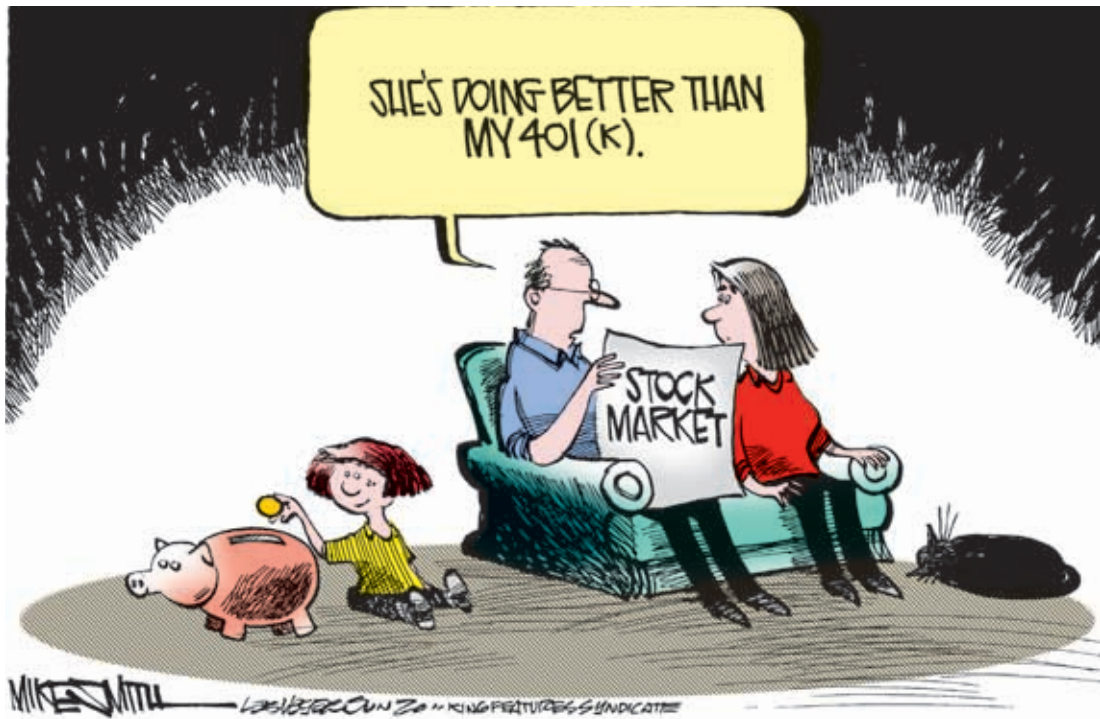
Watkins was among six new board members elected. Other new board members include Lee Clark; Ann Irwin; Anne Otterson; Beth Aguiar, representing Bridgepoint Education; and Harry Suh, representing Credit Suisse.

Elections were also held to choose the company's Executive Committee, which includes Karen Cohn as president of the board of directors. She succeeds David E. Kleinfeld, whose two-year term ended. Other Executive Committee members are Stacy Rosenberg, executive vice president; Karen Sedgwick Tyler, vice president of finance; and Frances Marshall, corporate secretary.

On a related note, Single tickets for the San Diego Opera performances go on sale in the winter and start at \$40. For prices and availability, call (619) 533-7000, or visit www.sdopera.com.



JOSEPH WATKINS



GUEST VIEW

Dead wrong: Getting to the root of the Casey Anthony hate



By Pastor Miles McPherson

Reporters are scrambling to catch sight of Casey Anthony. They're plotting potential plane routes across country, reporting rumored hideouts, naming people who could, or would, or might be "hiding her." There was even the potential, as reported last week, that Anthony may have landed here in San Diego County.

Whether you have concluded she was wrongly accused or wrongly released, there's no denying the fact that this woman has captivated a nation. Anthony's trial was broadcast live on several cable news channels. The day the verdict was announced, "Headline News" attracted the biggest audience in its history, exceeding their coverage of the Sept. 11 terrorist attacks.

Why are we unable to look away? What bearing does the plight of Casey Anthony have on our individual lives? Aside from our gawking tendencies, there's something more concrete that draws us to this story.

Our fascination with the plight of

Casey Anthony is grounded in the fact that her actions have violated the most basic principles of human nature, the image of God in which we were made.

In the simplest form, "made in God's image" means we were made to resemble God in our actions and attitudes. One of the aspects of being made in the image of God means that we were created as a moral mirror, born with the innate ability to reflect God's morality. God provided us with mental and moral capacities not afforded to other creatures. Unfortunately, there are times the moral mirror gets blurred and people act in ways that don't come close to resembling God's heart.

When her two-year-old daughter Caylee "went missing," it took 31 days for Casey Anthony to report her daughter's disappearance to authorities. It is only natural that our moral compasses went haywire when we heard the news; our outrage stems from the fact that her actions were in opposition to the very image by which God created us. Mothers just don't do that. Parents are defenders and protectors, not murderers.

Casey Anthony's actions in the days following her daughter's disappearance personified the antonym of "mother" and left many to wonder if she lacks conscience. God did not create robots, but rather complex human beings who are afforded free will. It is hard to accept when people exercise their free will to bring grief, sorrow and pain to other people. However, this should not be construed as an indication of God's absence, but rather a validation of the presence of evil.

God entrusted man with dominion over the earth and animals, not other

people. We have the responsibility to create environments at work, at home and among our friends, where people can grow and fulfill the purpose for which God has created them. As parents, we have a particular responsibility to safeguard God's plan for our children.

When the 25-year-old mother was found not guilty in the death of her two-year-old daughter, Caylee, but convicted of four counts of lying to investigators, people around the country protested, denouncing our justice system. How can someone treat their child the way she did, they asked, and escape meaningful consequence?

The answer, of course, is that no human escapes the ultimate accounting for his or her actions. Any judgment that is made of Casey Anthony should and will come from God. God has promised to reward each person according to his or her conduct, according to what his or her deeds deserve.

Faith brings peace. If we have confidence that everyone will answer to a higher being for his or her conduct — the Florida verdict reached by a twelve member panel of our peers seems far less like the final chapter of the Casey Anthony story.

My hope is that the moral outrage

surrounding this case can be channeled into meaningful action. My prayer is that it reminds us of our God-given responsibility to love and protect those that have been entrusted into our care.

Consider mentoring a parent who is overwhelmed, volunteering to combat child abuse or even praying for Casey Anthony. The most significant way we can remember Caylee Anthony is by mirroring God's image to those we love.

—Miles McPherson, a former player for the San Diego Chargers, is pastor of the Rock Church in Point Loma on Rosecrans Street.



LA JOLLA VILLAGE NEWS
BEACH & BAY PRESS
PENINSULA BEACON
DOWNTOWN NEWS



sdnews.com
SAN DIEGO COMMUNITY NEWSPAPER GROUP

1621 Grand Ave., 2nd Floor, Ste C
San Diego, CA 92109
(858) 270-3103 Fax: (858) 713-0095

PUBLISHER
MANAGING EDITOR
BEACH & BAY PRESS
PENINSULA BEACON
EDITOR
DOWNTOWN NEWS
LA JOLLA VILLAGE NEWS
REPORTER
PRODUCTION
ADVERTISING SALES
LEGAL / CLASSIFIEDS
ACCOUNTING

JULIE HOISINGTON
KEVIN MCKAY (x131)
bbp@sdnews.com
beacon@sdnews.com
KENDRA HARTMANN (x133)
downtown@sdnews.com
ljvn@sdnews.com
MARIKO LAMB (x132)
reporter@sdnews.com
ANNA MAGULAC
CHRIS BAKER
MIKE FAHEY (x117)
MICHAEL LONG (x112)
HEATHER ADAMS (x115)
DEBORAH VAZQUEZ (x118)
SONYA GODETTE (x136)
MAURICE SAMUELS (x123)
KIM DONALDSON (x140)
HEATHER GLYNN (x103)
PATTY ANGLE (x120)

PHOTOGRAPHERS

DON BALCH, JIM GRANT,
PAUL HANSEN, MIKE MCCARTHY

CONTRIBUTORS

BART MENDOZA, BIANCA KOCH,
CAROL OLTON, CHARLENE BALDRIDGE,
DIANA CAVAGNARO, HOLLY BEEDLE,
JOHN FRY, JOHNNY McDONALD,
JUDITH GARFIELD, KAI OLIVER-KURTIN,
LEE CORNELL, LORALEE OLEJNIK,
MANNY LOPEZ, MEAGHAN CLARK,
NATASHA JOSEFOWITZ, NEAL PUTNAM,
NICOLE SOURS-LARSON, RACHEL
HUTMAN, ROB STONE, SANDY LIPPE,
SCOTT HOPKINS, SEBASTIAN RUIZ,
TAWNY MAYA MCCRAY,
VINCENT ANDRUNAS

SUBMISSIONS

Announcements, photos and story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

OPINIONS

The opinions expressed on the Opinion Page do not necessarily reflect those of this paper or the San Diego Community Newspaper Group. To submit a signed letter or guest column, please e-mail the respective publication's editor (at right) or send to 4645 Cass Street, San Diego, CA, 92109. We reserve the right to edit for clarity, accuracy, brevity and liability.

COPYRIGHT © 2011

All rights are reserved. This newspaper is printed in the United States of America with soy inks and recycled paper. Please recycle.

NEWS**briefs****Thousands to pack church to honor slain officer**

The Rock Church on Rosecrans Street will be the site of a somber memorial service Friday, Aug. 12 for slain San Diego police Officer Jeremy Henwood, who was brutally shot in the head Saturday in City Heights.

Henwood was pronounced dead early Sunday morning. He was killed by a 23-year-old man who was reportedly suicidal. The suspect, who was wielding a shotgun, reportedly surprised Henwood in an apparent ambush while the officer was on patrol.

The suspect was later killed in a hail of bullets by police.

Thousands of mourners and fellow law enforcement officers are expected to pack the church for the 10 a.m. service. The public is invited to attend to pay tribute.

The service will be preceded by a traditional motorcade of law enforcement vehicles that will begin a 12-mile procession that begins at Qualcomm Stadium in Fashion Valley.

AmericanWest seals Sunrise Bank merger

AmericanWest Bank has announced it has completed the previously announced acquisitions of Bank of the Northwest and Sunrise Bank — which includes the Sunrise branch in Point Loma.

The acquisitions were consummated in separate merger transactions but closed simultaneously, bringing AmericanWest Bank's total assets to \$2 billion.

These acquisitions add California and the Puget Sound to AmericanWest Bank's footprint. The new locations include Palm Desert, Point

Loma, San Diego and Escondido in California, as well as Tacoma, Everett, Bellevue and Issaquah in Washington.

Both Bank of the Northwest and Sunrise Bank customers should continue banking as they do today — using the same bank accounts, bank-issued hardware, online usernames and passwords, credit cards, debit cards, checks and banking locations, according to AmericanWest Bank officials.

Scott R. Andrews, former chairman & CEO of Sunrise Bank, and Tom Giovanelli, former president and CEO of Bank of the Northwest, are reportedly continuing with AmericanWest Bank in leadership roles.

Andrews will be the regional manager for Southern California, and Giovanelli will be the regional manager for western Washington.

As a result of the closing of these transactions, AmericanWest Bank now operates 66 branches in Washington, Idaho, California and Utah, with more than 600 employees.

Cancer Society thrift store slates new sale

The semi-annual "half-price sale" is set to take place at the Point Loma American Cancer Society Discovery Shop, located at 3609 Midway Drive, Suite C.

The sale runs from 10 a.m. to 6 p.m. on Friday, Aug. 12, and from 10 a.m. to 5 p.m. on Saturday, Aug. 13.

Thrift store officials said the sale will feature clothing, shoes and accessories for men and women, along with furniture, household items, books, jewelry and other items at half price.

For more information, call (619) 224-4336. Volunteers and donations are welcome.



A young angler learns some fishing skills during a recent Young Angler's Tournament at Shelter Island Pier. The event, which takes place on Saturday, Aug. 13, is designed for children ages 6 through 15.
Photo by Jim Grant / The Beacon

Young anglers will put their skills to the test in free tournament

Young anglers ages 6 through 15 will again compete in the free ninth annual Young Angler Tournament at the Shelter Island Pier on Saturday, Aug. 13.

The saltwater event, which takes place at 1776 Shelter Island Drive, is sponsored by the San Diego Sportfishing Council, the International Game Fish Association (IGFA) and the Port of San Diego. The tournament will feature a points system to allow for catch and release.

Winners — one in each age category between 6 and 15 — will be determined by adding up points for various fish caught. The angler with the most points overall will be recognized on the tournament's perpetual trophy.

IGFA representatives and volunteers from the United Pier and Shore Anglers Club, San Diego Rod & Reel and the San Diego Anglers will be on hand to assist young anglers and to tally points. Young anglers in the competition are encouraged to bring their own gear, although a limited number of loaner rods will be available on a first-come, first-serve basis.

Small quantities of bait will be provided each angler while supplies last. Registration begins at 9 a.m., with fishing from 10 a.m. to 1 p.m. Prizes are awarded by 2 p.m.

Hot dogs, chips and sodas will be served to all registered anglers.

Prizes and raffle drawing items include rods and reels, hats, T-shirts, fishing gear and deep-sea fishing trips. The San Diego Sportfishing Council, a nonprofit corporation, hosts the event to promote San Diego sportfishing as an attractive marine recreational activity, to increase awareness of sportfishing opportunities from San Diego Bay, to increase the availability of "how, when and where" information and access to sportfishing opportunities.

For more information, call 619) 234-8793, or visit www.sportfishing.org.

—Staff and contribution



Real Ideas. Real Service. Real Results.

2920 Canon Street • 2830 Shelter Island Drive



Joe and Lou Ghio
THE GHIO GROUP
619-261-3002
www.theghiogroup.com
CA DRE 01308806



KENSINGTON • JUST REDUCED! This 4 bedroom 4 bath nestled on a quiet cul-de-sac in the heart of Kensington, this Mid-Century single story Charming has been lovingly cared for and upgraded. A thoughtful blend of vintage and modern combined with walls of glass and majestic canyon views create a serene refuge from a hectic world! Offered at \$895,000



Marc Rose
619-224-7673
www.marcrose.com
CA DRE 01040378



POINT LOMA, FLEETRIDGE • 1201 Catalina Blvd. Custom built 4 bedroom, 3 bath on one level with spacious open floorplan, & Beautiful City and Bay Views! Offered at \$995,000



JoJo Giordano
619-995-5252
jojog@prud.com
CA DRE 01718481



BANKERS HILL • Pristine Dream Home in Bankers Hill! 3 bedroom with master suite upstairs. Over 2400 Sq. Ft. Turn of the century charm and craftsmanship rarely found today! Entertaining offers starting at \$750,000. 140 W. Thorn Street, San Diego.



Marie Huff
619-838-9400 Cell
858-551-7247 Office
www.mariehuff.com
CA DRE 01110179



OPEN SUNDAY 1-4 P.M.

POINT LOMA • Immaculate remodeled home with designer kitchen & 2 picture perfect baths. Sitting on a spacious canyon lot with westerly sun and room to roam. **This home is perfection** with new windows, roof, patio, flooring and more. A must see! \$649,000



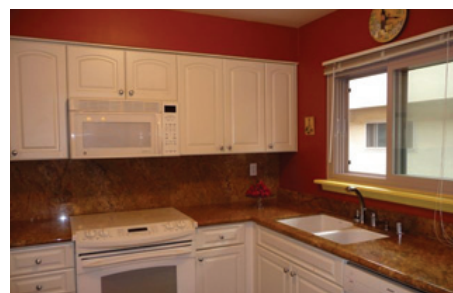
Rosamaria Acuña
619-890-2828
Rosa@JustCallRosa.com
CA DRE 00980917



POINT LOMA • Experience living on vacation year long from this rarely available 3 br single level fully remodeled Sunset Cliffs retreat with stunning views of the Pacific. Just Listed!



Leslie Devlin Reynolds
619.987.4156
CA DRE 01352201



POINT LOMA • Newly remodeled, 2BR, 2B Condo at Point Loma Tennis Club. Many Amenities and Close to Beach. Move in Ready. \$249,000



Brandon Loftus
619-402-4691
www.brandonloftus.com
CA DRE 01891776



REDUCED

SAN MARCOS • Lake front home on Lake San Marcos with private boat dock. 2bdrm/2bath with optional 3rd bdrm or office/den. Home is well maintained and offers great views of the lake and surrounding mountains. Walking distance to golf course, pool, tennis and community center.



Rosamaria Acuña
619-890-2828
Rosa@JustCallRosa.com
CA DRE 00980917



SUNSET CLIFFS • You will love living in Sunset Cliffs in this charming vintage beach house built in 1951 and just blocks to the surf! Property sits high on the hill with sea breezes and ocean views and has a great front porch! A sweet deal at \$699,000



Paul Hartley
619-222-7443
paul@paulhartley.com
www.PlanetHartley.com
CA DRE 00606758



LA PLAYA • La Playa Masterpiece — This estate property beckons with its completely updated décor, sit down post card views from most rooms, and private secure setting. Call for your personal tour. www.3215HarborViewDrive.com. \$2,299,000



Young surfers, in surf lingo referred to as groms, pose during a previous Gromfest Surf Contest in Ocean Beach.

Courtesy photo

Gromfest again to showcase surf skills of youngsters

The 10th annual Gromfest Surf Contest will get under way Saturday, Aug. 27 at the Ocean Beach Pier. The event welcomes surfers ages 16 and younger, who will take to the waves from 7 a.m. to 4 p.m. to showcase their talents.

The contest is sponsored by the Sunset Cliffs Surfing Association (SCSA) and is also held in remembrance of Carl Warner, a local resident who enjoyed the ocean and surfing. After his passing, Warner's former employers and local

Point Loma residents Lisa and Rick Haux — owners of MOR Furniture For Less — wanted to do something for area youth in honor of Warner.

In coordination with the Haux's and SCSA, Gromfest became a reality.

All money collected by Gromfest organizers benefits the SCSA Juniors Program.

The contest is limited to 110 entries and a \$25 donation is appreciated. The day will include a barbeque, raffle, silent

auction and award ceremony.

For more information, visit www.isurfing.com/sites.pl/150/SunsetCliffsSurfingAssociation.

According to Urban Dictionary online, a grom (or grommet) isn't necessarily a beginner surfer but simply a young surfer usually under the age of 15. The same source says groms are — despite the age — especially skillful when it comes to surfing.

— Guest contribution

Museum recaptures Pontiac's glory years in classic displays

By JOHNNY McDONALD | THE BEACON

The Pontiac marque may be gone, but the San Diego Automotive Museum in Balboa Park is making sure it's not forgotten.

Through Sept. 25, several of those dandy cars that met the fancy of the buying public for most of their 83 years will be featured, defining the carmaker in terms of style and performance. The end came in 2009.

The decision reflected the decline of the brand over time as Pontiac lost its place as an industry leader. The story is not unlike that of any other manufacturer in industrialized America of the 20th century. Other carmakers that disappeared included Cord, Auburn, Hudson, Studebaker

and American Motors.

Beauty and performance — once cherished by car buyers — faded and gave way to conservative design and adequate performance.

Efforts were made to bring back the excitement by re-introducing popular models in the latter years — but the efforts fell short.

On display at the museum are: a 1932 Pontiac Six sedan, a 1941 Super Streamliner Torpedo, a 1952 Catalina, a 1955 Star Chief safari wagon, a 1959 Bonneville, a 1962 Tempest, a 1962 Grand Prix two-door hard-top sports coupe, a 1964 Tempest LeMans GTO, a 1968 Firebird, a 1969 GTO Judge, a 1977 Ventura and a 2009 Solstice GXP coupe.

Car news and notes

The battle for No. 1

Ford CEO Alan Mulally has outlined plans to boost the carmaker's worldwide sales volume by more than 50 percent by mid-decade, putting it close to parity with the industry's two 800-pound gorillas — GM and Toyota.

Toyota continues to struggle to resume full production and is certain to slip behind longtime rival General Motors — at least for 2011.

Volkswagen has long made it known it's in the hunt for the global sales crown. Ford is sniffing the chance to regain the lead it lost more than three-quarters of a century ago when it was still building the Model T.

However, Ford needs to revive its long-struggling Lincoln brand and rebuild its European operations, which have been lagging behind Volkswagen for the last decade.

Mulally agrees the global goal will require some real traction in Asia, which could account for at least one-third of Ford's volume.

Yet, Ford has had little success

cracking the Chinese market, where GM holds a hefty 15 percent market share. Ford comes in at No. 4.

All carmakers appear to view China as the world's largest automotive market. Ford has counted on sales in North America to generate the lion's share of its earnings to date, placing emphasis on big, profitable trucks like the full-size F-150 pickup.

Only \$1.1 million per??

High-dollar lovers of British autos rejoice: Jaguar has announced plans to build a 200-mph hybrid super car.

The C-X75 will go 0-60 mph in three seconds (0-100 mph in six seconds) and have an electric-only range of about 30 miles. It will be made in the U.K. in a partnership with Williams F1, a Formula One engineering and racing team. Only 250 will be made — with a price tag of \$1.1 million.

Jaguar has declined to say when it will start producing the C-X75 (it has begun a list for those interested in buying). But it's safe to say no one will be driving the C-X75 anytime soon.

CHECK US OUT ONLINE
SDNEWS.COM



ENJOY THE COLORS & BEAUTY OF OLD TOWN

This page is made possible by these fine businesses. To find out how you can participate, call Mike at (858) 270-3103 x 112

Stagecoach Days

It's been over a century since the last stage line operated in San Diego. Beginning in 1857, stage lines passed through rural San Diego moving passengers, freight, and mail. These new services helped bring the outside world a little closer to this emerging frontier community that we know today as San Diego.

For four Saturdays in July and August, come join us as we celebrate travel and transportation in the era of real horsepower — before the train and automobile. Imagine

yourself traveling down dusty dirt roads either by horse, wagon, or stagecoach making your way to San Diego in the 1860s.

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

**Stagecoach Days:
Celebrating The West On The Move**
Old Town San Diego State Historic Park.
12:00 p.m. — 4:30 p.m. FREE

August 13 - "Californio Day" — The unique "Californio" cultural elements will be presented again this Saturday.

August 20 - TwainFest — The festival marks 101 years of Mark Twain's passing and celebrates the American author as well as some of his peers. Excerpts from famous works will be read aloud by costumed San Diego actors at a variety of park venues throughout the day. Charles Harrington Elster, local author of the popular vocabulary-building program Verbal Advantage and originator of the weekly public radio talk show "A Way With Words," will be performing for his second year at Twain-

Fest, a free literary festival for all ages. The author will appear in several venues of the free event in Old Town on Aug. 20 from 11 a.m. to 6 p.m. Elster's first performance will take place in the historic courtroom of The Whaley House at 11:30 a.m. At 4 p.m., he will deliver a talk about Mark Twain in the Seeley Stable Theatre in the state park.

August 27 - Cattle Drive — The California population exploded with the Gold Rush and hungry miners were paying top dollar for beef. Come learn about the hide and tallow trade, and join this weekend's cattle drive.

For more information, go to www.parks.ca.gov/oldtownsandiego

Solerno Blood Orange Liqueur for the Solerno Liqueur Cocktail Challenge Semi-Finals and Finals. The Semi-Finals occur during the Tequila Trail at The Cosmopolitan Restaurant, and on Wednesday, Sept. 14, finalists will shake, stir and pour their hearts out as they compete in the Solerno Liqueur Cocktail Challenge Finals where the 2011 Official Spirits of Mexico Cocktail will be determined. Tickets can be purchased for \$25 for the Tequila Trail, which includes access to the Cocktail Challenge Semi-Finals. The final competition also has a \$25 entry fee.

A panel of experienced tequila connoisseurs will judge hundreds of agave-based spirits in private Monday and Tuesday for the 2011 Spirits of Mexico Tasting Competition.

The Spirits of Mexico Awards Dinner and Tasting Reception at Barra Barra Saloon, Sept. 16, is when guests can sip world-class agave spirits paired with specialty cuisine infused with agave spirits. The Awards Ceremony, held in the Fiesta de Reyes courtyard after dinner, will reveal the winners of the 2011 Spirits of Mexico Tasting Competition. Dinner tickets can be purchased for \$85 per person.

Spirits of Mexico Festival's Main Event is on Saturday, Sept. 18, in Old Town San Diego State Historic Park. Attendees can enjoy more than 200 styles of agave spirits. Seminars take place at intervals throughout the evening and a silent auction will be held benefiting the Sky Ranch Foundation. VIP tickets can be purchased for \$65 in advance; general admission tickets are \$50 in advance.

The Spirits of Mexico Festival is presented by Polished Palate and has been noted as 'one of four festivals not to miss' by 'O,' the Oprah Magazine. For more information or to purchase tickets, visit www.polishedpalate.com.

FIESTA DE REYES OLD TOWN



Casa de Reyes
Mexican dining in a lush garden setting

**18 Unique shops
open daily
at 10am**



Barra Barra Saloon
The perfect place for your party!

Year-round Events!

Live Entertainment!

619-297-3100

www.FiestaDeReyes.com



Ocean Beach
"Where the sun sets
on San Diego"

OCEAN BEACH FARMER'S MARKET



EVERY WEDNESDAY, 4 — 8PM
Voted "Best Farmer's Market in San Diego"
www.OceanBeachSanDiego.com



Peace in OB

GARY GILMORE GOLDSMITH

4857 Newport Ave. 619-225-1137

www.GGGOLDSMITH.com

BED AND BREAKFAST ELSBREE HOUSE VACATION CONDO

619-226-4133 web: www.bbinnob.com email: oceanbeachbandb@yahoo.com
5054 Narragansett Ave. Ocean Beach

ARE YOUR FRIENDS & FAMILY
COMING TO OB IN AUGUST OR
LABOR DAY? CALL TODAY TO MAKE
RESERVATIONS! 619-226-4133

B&B Room Rates: \$159 to \$179 per night

CONDO: \$2,195 per week

or \$350 per night (3 night minimum)

Ask about our "OB Discount" expires 09/06/2011



ENJOY
YOUR
SUMMER!

Out of the Blue
and into...



The Most Unusual
in Novelties

- Pipes • Clothes
- Tobacco • Books
- Cigars • Posters
- Jewelry • Music Center

5017 Newport • Ocean Beach • 619-222-5498

Open Seven Days - All Major Credit Cards Accepted

GARDEN DESIGN AND MAINTENANCE
3685 VOLTAIRE ST. 619 223 5229



IRRIGATION
TUNE-UP
\$100

CHECK AND ADJUST VALVES

CONTROLLER, SPRAYHEAD AND DRIP

LAWN TRANSFORMATION - LOW WATER LANDSCAPING
COASTALSAGE.COM

**N
EW
PORT
AVENUE
OPTOMETRY**

"You and your staff take great care of me
and my family. Newport Avenue Optometry
is the only optometrist I'll use."

Mike Hardin, co-owner of Hodad's

"What strikes me most about Dr. Ben-Moshe
is how devoted he is to the well being of
his patients. He and his staff are particularly
adept at making me feel comfortable by
being competent and precise. I actually enjoy
my visits."

Gary Gilmore, Gary Gilmore Goldsmith

COMPLETE OCULAR HEALTH EVALUATION
INCLUDING EXAM FOR GLASSES \$58
GLASSES AND CONTACT EXAM \$88

NEWPORT AVENUE OPTOMETRY

Dr. Eli Ben-Moshe & Associates

4822 Newport Avenue (619) 222-0559

www.NewportAveOptometry.com

ALWAYS ACCURATE

INCOME TAX & BOOKKEEPING

- Year-round Tax Service • Notary Public
- Bookkeeping & Payroll

Stacey Thayer

(619) 225-9571

4869 SANTA MONICA AVENUE, SUITE C

SAN DIEGO, CA 92107

Next to the Post Office



**JOHN BAKER
PICTURE FRAMES**

Voted one of the top 100 Framing Shops in U.S. for the 4th
year in a row! 2004, 2005, 2006 & 2007 -Decor Magazine

Custom Framing Special
San Diego's Largest Selection

**25% OFF
ENTIRE JOB**

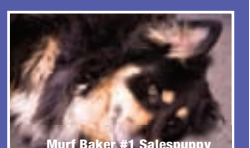
With coupon when ordered only.
Expires 9-18-11

Poster Special:

16x20" \$49.95 20x24" \$59.95
24x36" \$69.95 30x40" \$79.95



Bucket Baker #1 Saleskitty



Murt Baker #1 Salespuppy

4735 Point Loma Ave • Ocean Beach • (619) 223-5313
10AM-6PM MON-FRI • 10AM-5PM SAT

Recycle your picture frames here
Photos by Colleen Camevale



restaurant,
entertainment
& lodging
group



Pack up your tastebuds and head to
Ocean Beach for the Summer!

Great Surf, Great Views, Great fun for the whole family!





Monday
Night
25c WINGS
all night

the Harp
Irish Restaurant and Pub
4935 Newport Ave. O.B.



**VOTED BEST IRISH PUB
AND FISH & CHIPS**

ALSO A FAVORITE FOR LIVE MUSIC, PLACE TO DANCE, & BARTENDER (JILL)

Happy Hour
M – F 4 – 7

Daily Lunch
Specials

Music
6 Nights

7 Flat Screens &
SUPER BIG Screen



restaurant,
entertainment
& lodging
group

The Ocean Beach Entertainment and Lodging Group (OBREL) was created by local business owners under the umbrella of OBMA to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Our mission is to work collectively, as a group, to provide the community with the best we can offer to locals and visitors.

To get listed please visit
www.oceanbeachsandiego.com
or call
(619) 224-4906

Ocean Beach Restaurant, Lodging and Entertainment Directory

AMERICAN

Day Break
2296 Bacon St. • 619-222-0406

Hodad's
5010 Newport Ave. • 619-224-4623
hodadies.com

Old Townhouse Restaurant
4941 Newport Ave. • 619-222-1880
oldtownhouserestaurant.com

Tower Two Beach Cafe
5083 Santa Monica Ave.
619-223-4059

O.B. Kanobe's
4976 Newport Ave. • 619-621-7353

Village Kitchen Restaurant

W.O.W. Cafe
"On the OB Pier" • 619-226-3474

BAKERY

Azucar

CJ's Catering & Specialty Baking
European Cake Gallery

BAR

Cheswick's West
Dream Street

Gallagher's Irish Pub
5046 Newport Ave. • 619-222-5300
gallagherspubob.com

Lucy's Tavern
4906 Voltaire St. • 619-224-0834

Pacific Shores
4927 Newport Ave. • 619-223-7549

South Beach Bar & Grill

Sunshine Company Saloon
5028 Newport Ave. • 619-222-0722
sunshineob.com

The Arizona - Bar & Café
1925 Bacon St. • 619-223-7381
theazcafe.com

The Harp - Bar/Café
4935 Newport Ave. • 619-222-0168

The Tilted Stick - Bar/Food

Tiny's Tavern Sports Bar & Grill
4745 Voltaire St. • 619-523-1002
tinystavernob.com

Tony's
5034 Newport Ave. • 619-223-0558
tonysbarob.com

Winstons

BARBECUE

Bar-b-que House
5025 Newport Ave. • 619-222-4311
barbquehouse.com

CALIFORNIA CUISINE

Nick's at the Pier
5083 Santa Monica Ave., Ste. 2B
619-222-7437
nicksatthepier.com

O'Bistro Cafe
4934 Voltaire St., #A • 619-223-2202

CALIFORNIA CUISINE (CONT.)

Sessions Public

Shades Oceanfront Bistro
5083 Santa Monica Ave., Ste. 1F
619-222-0501
ShadesOB.com

The 3rd Corner Wine Shop & Bistro
2265 Bacon St. • 619-223-2700
the3rdcorner.com

The Pearl Hotel

CANDY STORE

Beach Sweets
5022 Newport Ave. • 619-222-3322
oceanbeachsweets.com

CATERERS

Surfside Cuisine

Hodad's Jr. Catering
5010 Newport Ave. • 619-818-2243
hodadies.com/jrcatering.html

CHINESE

Little Chef Chinese to Go

COFFEE HOUSE

Cafe Bella
4984 Voltaire St. • 619-226-8559

-Since 1965 -

ITALIAN

POMA'S

DELICATESSEN

"HOME OF THE ROAST BEEF"
plus great pizza!

 **A Readers Choice for 4 Years in a Row:**

DELI & SANDWICH

We are proud to be your favorite neighborhood deli for the past 45 years.

1846 BACON ST., OCEAN BEACH
(619) 223-3027

1/2 OFF

Sandwich

Buy one, get the other
sandwich of equal or
lesser value at 1/2 price!
(Offer expires 8-31-11~ One per Visit)



619.224.0443 4805 Narragansett Avenue

Espresso Pizza

Italian Specialties including: Chicken, Veal & Pasta Dishes

Ristorante Italiano
in Ocean Beach since 1973

 *A Reader's Choice for Italian & Pizza*



DAILY SPECIALS
FREE DELIVERY

 **Ocean Beach & Point Loma**

1776 Sunset Cliffs Blvd. Ocean Beach 619-224-2227

NEWPORT PIZZA & ALE HOUSE



21 CRAFT BEERS ON TAP
100 BOTTLED BEERS
PIZZA BY THE SLICE
FREE DELIVERY IN OB
WWW.OBPIZZASHOP.COM

 **A Readers Choice**
3 years in a row for Beer
Selection & Pizza



5050 NEWPORT AVE. • OCEAN BEACH • 619.224.4540

WOW

The Best View In Town! **Cafe** Open Daily for Breakfast, Lunch & Dinner

Walking On Water

Breakfast • Burgers • Salads
Sandwiches • Seafood
Appetizers • Mexican Food

 **Best Ocean View 2011 & 2010**
Place to Watch People 2011 & 2010
and Best Fish & Chips 2011 & 2009

We're on the Pier at the end of Niagara
619.226.3474

At the Beach
809 Thomas Ave
Pacific Beach, CA
(858) 270-1730

Nick's

At the Pier
5083 Santa Monica Ave
Ocean Beach, CA
(619) 222-7437

Try our Sushi





www.NicksatthePier.com







Newport Ave. Between Cable St. and the Ocean

MUSIC & ART FESTIVAL

WWW.OBMUSICFEST.ORG

SATURDAY

SEPT. 10TH 2011

Beach Sweets

Candy • Chocolates • Gifts

BACON! BACON! BACON!

Chocolate Dipped
Applewood Smoked Bacon.
Bacon Soda &
Bacon Lollipops!



HAND DIPPED CHOCOLATES
FUDGE • TAFFY • BULK CANDY • PET TREATS

5022 Newport Ave. Ocean Beach • 619-222-3322 • OceanBeachSweets.com



An Ocean Beach Landmark

40's Atmosphere with a Contemporary Flair
Happy Hour Daily 4:30 - 6:30pm
\$3 Food & Drink Specials
Breakfast Served Sat. & Sun.

The Arizona Cafe

VOTED BEST HAPPY HOUR
Plus a favorite for burgers & appetizer

Burgers, Sliders, Sandwiches, Salads, Appetizers & More

- Satellite Sports on Twelve 42" Plasma TV's
- Internet Juke Box • Pool Tables • ATM

1925 Bacon St. Ocean Beach • 619-223-7381
www.theazcafe.com



Find us on Facebook



HOT WAFFLE ICE CREAM SANDWICH

YOUR CHOICE OF ICE CREAM AND FLAVORED WAFFLES:
ORIGINAL, BLUEBERRY, APPLE CINNAMON & CHOCOLATE

Lighthouse Ice Cream
5059 Newport Ave
O.B. 619-222-8600
Open 11am-10pm Daily



3rd corner

wine shop and bistro

www.the3rdcorner.com

retail wine shop
619.223.2700

COFFEE HOUSE

Jungle Java

Dee's Newbreak Coffee Co. & Cafe
1830-D Sunset Cliffs Blvd.
619-226-4471
newbreakcafe.com

Newbreak Coffee Co. & Cafe
1959 Abbott St. • 619-224-6666
newbreakcafe.com

Newport Avenue Antique Center & Coffee House

Pirates Cove Coffee & Smoothie Bar
1946 Cable St. • 619-213-3984

Pirates Cove Tiki Port
4896 Voltaire St. • 619-213-3984

Starbucks

Your Mama's Mug

DELICATESSEN

Newport Quik Stop
4921 Newport Ave. • 619-223-3317

OB Smoothie
5001-A Newport Ave. • 619-756-6265

Ocean Beach Peoples Organic Food Market
4765 Voltaire St. • 619-224-1387
obpeoplesfood.coop

Olive Tree Marketplace
4805 Narragansett Ave.
619-224-0443
olivetreemarket.com

Point Loma Beach Cafe
1424 Sunset Cliffs Blvd.
619-758-1776
plbeachcafe.com

Poma's Italian Delicatessen
1846 Bacon St. • 619-223-3027
pomasitaliandelimenu.info

Sea Trader Liquor & Deli

Stump's Market
3770 Voltaire St. • 619-226-9575
stumpssandiego.com

Subway Sandwiches & Salads
1916 Cable St. • 619-225-1072

Subway Sandwiches & Salads/OB Quik Stop
4984 Voltaire St. • 619-226-8559

To the Point Eatery & Catering
4161 Voltaire St. • 619-226-6222
tothepointsd.com

DONUTS

OB Donut

FRENCH

Bo-Beau Kitchen

GERMAN

Kaiserhof Restaurant & Biergarten

ICE CREAM / YOGURT

Lighthouse Ice Cream & Yogurt
5059 Newport Ave. • 619-222-8600

Yogurt Farm

ITALIAN

Ciao Bella

Espresso Pizza Restaurant
1776 Sunset Cliffs Blvd.
619-224-2227
espressopizza.com

Pepe's Italian Restaurant

The Venetian
3663 Voltaire St. • 619-223-8197
venitian1965.com

JAPANESE

Sapporo Japanese Restaurant

MEXICAN

Blue Parrot, The
4993 Niagara • 619-222-1722
blueparrotbarandgrill.com

Bravo's Mexican Bistro & Cantina
5001 Newport Ave. • 619-222-6633

El Rodeo Taco Shop

Liticker's Liquor & Fresh Mexican Grill

Livingston's Chicken Kitchen & Mexican Grill

Margarita's Restaurant

Nati's Mexican Restaurant
1852 Bacon St. • 619-224-3369
natissandiegan.com

Nico's Mexican Food

Ortega's Cocina

Ranchos Cocina

PIZZA

Newport Pizza & Ale House
5050 Newport Ave. • 619-224-4540
obpizzashop.com

Pizza Port Brewing Co.

RESTAURANT DELIVERY

O.B. Delivery Service

SOUTHERN CUISINE

Mississippi Fish Fry
4921 Newport Ave.,
(located within the Newport Quik Stop)
619-223-3317.



Pacific Shores

70 years

Come Early, Stay Late!
End of Summer BBQ
Friday, Sept 2nd at 4 pm

Enjoy food catered by
Billy "Butter" Joyce
of **Surf Side Cuisine**

4927 Newport Ave, OB 619.223.7549

Enjoy a drink on our tropical patio

Happy Hour Tuesday-Thursday 2-6pm • Monday 2pm-CLOSE
1/2 price on ALL drinks/appetizers! • New specials daily/nightly!

Watch all the NFL games (NFL package) while you enjoy our all-you-can-eat brunch!



All-You-Can-Eat Sunday Brunch 10-3
\$21.95 w/almost limitless
Bloody Marys & Mammosas

Don't miss the Crab Races!

VOTED BEST MARGARITA!

619.222.1722 • 4993 Niagara Ave. Ocean Beach



NATI'S MEXICAN FOOD

Join us for a meal or cocktail on our SUNNY PATIO

Cocktails • Plenty of Parking
Candlelight Dining • Garden Patio



BEST OVERALL RESTAURANT
2009, 2010 & 2011
#1 Mexican Restaurant 2011

Preparing the Finest Mexican Dishes for **Over 51 Years!**
1852 Bacon Street (at Niagara) Ocean Beach 619-224-3369



Ocean Beach PEOPLE'S Organic Food Market

A CALIFORNIA COOPERATIVE
4765 Voltaire St. San Diego

Enjoy Live Music at People's
Award Winning Vegetarian Deli
Acoustic Fridays, 5:30 - 7:30 p.m.
& Jazzy Sundays, 11 a.m. - 1 p.m.



open Daily 8 a.m. - 9 p.m. (619) 224-1387
www.obpeoplesfood.coop

PYRAMID HAYWIRE HEFEWEIZEN

Unfiltered, like life itself.





LIFE IS WHAT YOU POUR INTO IT™



Don't Miss the Farmer's Market

Every Wednesday from 4pm-8pm on the 4900 block of Newport Avenue between Cable & Bacon Street in the heart of OB! Locally grown produce, fresh flowers, baked goods, art, music and more!





Voted best Sports Bar

DJ on Thursday Nights

An Ocean Beach Institution Since 1974

- Happy Hour Daily 5-6 p.m. for 1/2 Price Pitchers of Beer!
- Satellite Sports on Plasma TV's
- Smoking in 2 Outdoor Areas
- Ocean View Deck • Pool Tables, ATM
- 28 Beers on Tap
- Internet Jukebox

www.sunshineob.com
5028 Newport Ave., Ocean Beach
619-222-0722





THAI

Thai Time Bistro

VIETNAMESE

OB Noodle House & Sake Bar

LODGING

Elsbree House
"A Beach Bed & Breakfast"
5054 Narragansett Ave.
619-226-4133
bbinnob.com

Hostelling International - Point Loma

Inn at Sunset Cliffs
1370 Sunset Cliffs Blvd.
619-222-7901
innatsunsetcliffs.com

Ocean Beach Hotel
5080 Newport Ave. • 619-223-7191
obhotel.com

Ocean Beach International Hostel

Ocean Villa Inn

Our Place on the Beach

Watermark Vacations

oceanbeachsandiego.com
or call
(619) 224-4906



A Local Favorite!
Where everybody knows your name.
Ready to chill? Check out our new air conditioning!

HAPPY HOUR - EVERYDAY 4-7PM
WELL DRINKS: \$2.50
MARGARITAS \$3.75
ALL PITCHERS \$1.50 OFF
SHOTS \$1.00 OFF (bartender's choice)



VOTED BEST BAR

7 TVs • 5 PLASMA TVs
3 POOL TABLES • FOOSBALL • SHUFFLEBOARD
4906 Voltaire St. (corner of Voltaire & Cable) Ocean Beach



A Fine Bar in Ocean Beach
• MARTINIS • CLASSIC COCKTAILS



VOTED BEST MARTINI

- Happy Hour Daily from 5-7 p.m.
- Over 30 Specialty Martinis
- 12 Beers on Tap - Internet Juke Box
- Smoking Allowed on Our Outside Patio
- Pool Tables - ATM

www.tonysbarob.com

5034 Newport Ave., Ocean Beach - 619-223-0558



We're Serving up some Great Deals!



If you are an Ocean Beach Restaurant, Bar or provide Lodging and would like to advertise in this special section call:

619-546-5390 or 858-270-3103 x117

The Finest Mexican Food & Seafood in San Diego

Bravo's
Mexican Bistro & Cantina

"The Best Happy Hour at the Beach"



\$2 FISH TACOS DRAFT BEERS TUESDAYS
(Imported or Domestic)

LOBSTER & BAJA BUCKETS • TEQUILA BAR-OVER W/OVER 30 BRANDS!

5001 Newport Ave. OCEAN BEACH • 619-222-6633
Most Major Credit Cards Accepted. Open Late.

Clubs, Bars & Music Scene



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1925 Bacon St. O.B. 619-223-7381</p>	Every Day: Happy Hour 4:30-6:30pm \$3 food, wine, well drinks, 1/2 price pitchers. Mon- Thurs 8 sliders and a pitcher of domestic beer for \$19.00						Open 9am for Breakfast and Drink Specials Watch all the NFL games here!
 <p>5028 Newport Ave. O.B. 619-222-0722</p>	Happy Hour 5 – 6pm Everyday 1/2 Price Pitchers						Happy Hour 5-6pm 1/2 Price Pitchers
 <p>5034 Newport Ave. O.B. 619-223-0558</p>	\$2 off All Pichers all night	\$3 off Micros Pitchers after 6pm	\$3 Sunshine Lemonade all night!	Super Pint Night		Watch all the NFL games here!	Bloody mary specials. Try our new locally crafted beers on tap
 <p>4906 Voltaire St. 619-224-0834</p>	Happy Hour 5 – 7pm Everyday						
 <p>5083 Santa Monica Ave. 619-222-PIER</p>	\$1 off U-call it 8pm-1am	Super Pint Night	\$2 off anything on our menu all night!	\$3 off pitchers after 7pm	\$2.00 Miller High Life bottles Shot of the Week \$3	Miller High Life bottles \$2 Shot of the Week \$3	\$3 bloody mary's all day
 <p>2562 LANING ROAD 619-876-5000</p>	Every Day: Happy Hour 4-7pm Well Drinks \$2.50 Margaritas \$3.75 \$1.50 OFF all pitchers, \$1 OFF Premium Shots U-Call-Its						Watch the chargers and all the NFL games here!
 <p>619-222-3122 www.daddyosdelux.com</p>	Join us for March Madness	Free Pool all day					
	Nightly Specials: Happy Hour Food 4 to Close & Drinks 4 to 7	Nightly Specials: \$2.00 Tacos and \$5.00 Select Tequilas	Nightly Specials: \$3.00 Wing Basket & \$5.00 Selected Whiskeys	Nightly Specials: Burger, Fries & 16 Ounce Domestic Draft \$7.00	Nightly Specials: Happy Hour 4 to 7	Every Saturday \$2.50 Mimosas & College Gamday!	Every Sunday \$2.50 Mimosas, \$9.00 Bud Light Pitchers, And All The NFL Games! Chance to win a flat screen TV.
	Happy Hour 4 to 7 Every Night in the Bar Areas! Coming Soon DJ's and Bands Thurs – Sat!						
	Mon-Fri: Happy Hour 3-6pm 1/2 off appetizers, \$1.25 off Pints, \$1.50 off Pitchers, Drink Specials						
	Oggi's Stix Night \$3.95 (additional toppings extra)	Spaghetti Tuesdays All you can eat Spaghetti	Wing Night Wednesday Killer or Honey BBQ Wings \$7.5 each Kids eat Free + balloon artist!	\$3 Thursdays Select Personal Appetizers	Freaky Friday Select Drink Specials Balloon Artist!	Saturdays 9-1 Early Bird Breakfast MVP Platter Night: Sample Platter with dipping sauce \$10	Family Fun Day 9-1 Early Bird Breakfast Large 2 Topping Pizza or Pasta w/ marinara. Family House or Ceaser Salad w/ 4 Breadsticks & Pitcher of Soda \$30
	Newport Pizza & Ale House 5050 Newport Ave. 619-224-4540						PIZZA BY THE SLICE
	\$2.50 Drafts from 3-6 Monday-Thursday \$2 dom bottles, \$2 dogs, \$3 chilli dogs						Everyday Happy Hour 3-6pm \$1 OFF all pints. \$3 OFF pitchers. \$2 OFF Bottles \$2 OFF Dine-in Pizza
							Watch all the NFL games here! 21 CRAFT BEERS ON TAP 100 BOTTLED BEERS

Indie by Design music fest helps level the playing field for artists

By BART MENDOZA | THE BEACON

It's been 10 years since music showcase Indie by Design began in San Diego, and much has changed in the music business. Where it was once a rarity for any independent, or non-major-label-affiliated artist to score much success, major inroads have been made today.

While indie artists have yet to make it on the scale of Lady Gaga or U2, events like Indie by Design have created more possibilities than ever. The sky's the limit.

Organized by local musicians Danielle Lo Presti and Alicia Champion, the next edition of the mini music festival takes place on Tuesday, Aug. 23 at Humphrey's Backstage Lounge, with music from Mosaic Four, Black Party Politics, Subliminal Trip and other artists to be added.

Though many advancements have been made, Champion said the effort to level the artistic playing field continues to be important.

"It's all the more relevant [today]," Champion said. "Indie is no longer a dirty word. Every year, it just becomes more a part of the main stream. I don't think people even recognize the difference anymore. You look at bands like Arcade Fire or Silver Sun Pickups — they're all independent, but they're right up there with Top 40 bands."

She said Indie by Design, like it's larger, annual sister event, Indie Music Fest, are not created to knock the mainstream or big business, but to advocate more of a balance.

"Because the mainstream had such a huge advantage," Champion said, "we wanted independents to have an equal voice and now we're really heading that way. We've still got a good ways to go, but the progress is definitely very clear to see."

Champion said one of the reasons for the event's success is in the diversity of music to be found there.

"People so rarely listen to just one style of music. People have diverse tastes and we offer that at our events."

While Indie by Design is its own event, organizers also use it to spot talent and team players for the bigger music festival.

"It's become a tool to help us to discover bands for Indie Fest," Lo Presti said. "As time has gone on, Indie by Design has become a nice adjunct to what we do. It's a great way for us to try out new bands and see how willing they are to really work on their draw, to really be professional and be inspired when they play, without the risk that is involved when you put a brand new band you've never worked with before on a big stage at Indie Fest."

Very few events run more than a few years. Lo Presti attributes the longevity of Indie by Design to great music and having the right venue.

"(Manager) Shauna Aguirre, specifically, has allowed us to really have some fun with showcases," Lo Presti said. "When a venue is really into what you're doing, it makes all the difference in the world."

Although she said she's happy to work with anyone, Lo Presti said the emphasis is on what it takes for artists to move from the club stage to the outdoor stages.

"We're looking for those people that go the extra mile, show generosity and flexibility and willingness to sacrifice a little for the whole show to benefit," Lo Presti said. "Those folks are the one's that just rise way up in our understanding of them. We want to work with them again, we want to put them on a great stage at Indie Fest. That's kind of how it works, because it's so rare to find."

Indie by Design takes place at 8 p.m. on Tuesday, Aug. 23 at Humphrey's Backstage Lounge, 2241 Shelter Island Drive. \$5. Visit www.humphreysbackstagealive.com



The Indie by Design music festival, organized by musicians Danielle Lo Presti, **left**, and Alicia Champion, have helped level the playing field for independent artists. *Courtesy photos*

Authentic Hawaiian Beach Luau's At Kona Kai Resort Spa & Marina On Shelter Island San Diego's Hawaiian Isle

This year will mark the third annual Luau celebrations at the Kona Kai Resort Spa & Marina on Shelter Island, San Diego's Hawaiian Isle. This exciting event is a great and affordable experience for the whole family or group gatherings including complimentary parking. The event begins at 6 p.m. with a Lei Greeting and a welcome mai tai, ice tea and Hawaiian punch. This authentic Luau includes the conch shell dinner announcement followed by the Imu pig presentation, a lavish Hawaiian buffet including Kalua pig, Hawaiian and Polynesian specialty dishes, fresh salads and lavish desserts.

You'll experience the beautiful sounds of the Islands during dinner followed by a

complete Polynesian dance show with narrations on the culture of the Islands. This spectacular show offers dances from the various islands with dancers ranging in age from children to adults. The show is complete with musicians, singers, drummers and fire dancers. The Luau's run every Friday night beginning **July 1 through September 2, 2011.**

Seating is limited, so call early for reservations: (800) 566-2524. The price (less tax & service charges) for adults is \$45, children (5-12) \$19.95 and children under 5 are free.

Combine your Luau experience with a "Drive to Hawaii" accommodations package, available year round and includes: complimentary parking, a welcome mai tai and pupu platter in Trade Winds lounge, a welcome fruit basket, and more.

For details and more information on special offers and packages visit their website www.resortkonakai.com or call 1-800-566-2524 The Kona Kai Resort Spa & Marina is located at 1551 Shelter Island drive, San Diego, CA 92106

Shelter Island's AUTHENTIC Hawaiian Luau On the Beach

Friday Evening: July 8, 15, 22, 29 & August 5, 12, 19, 26 & Sept 2, 2011.

- 6:00 p.m. Lei Greeting, Welcome Mai Tai or Hawaiian Punch – Full No-Host Bar also available
- 6:45 p.m. Conch Shell Announcement and Imu Pig Presentation
- 7:00 p.m. Lavish Hawaiian Buffet including Kalua Pig, Hawaiian and Polynesian Specialty Entrees and Dishes, Fresh Salads & Lavish Desserts – Entertainment during Dinner
- 8:00 p.m. Polynesian Dance Show with Authentic Hula & Fire Dancers
- Traditional beach luau
- Complimentary Parking

Limited Seating So Call Early For Reservations: 800-566-2524 • ShelterIslandLuau.com

FEATURING THE MOTU NEHENEHE
POLYNESIAN DANCERS

Adults \$45.00
Children (5-12) \$19.95
(under 5 Free)

PRICE DOES NOT INCLUDE TAX OR SERVICE CHARGE.

On the Beach at the
Kona Kai
Resort • Spa • Marina
1551 Shelter Island Drive
West End of Shelter Island

Any 2 burgers & fries \$15

Monday-Friday 11:30 am - 4 pm

with this ad & purchase of 2 beverages

2965 Historic Decatur Rd
619.542.1476
dinersd.com

15% gratuity not included. Expires 8-25-11. Not valid with any other offer.

THE VENETIAN

POINT LOMA

ITALIAN RESTAURANT

EST. 1965

OPEN FOR LUNCH

11am - 2pm Mon. - Fri.

Featuring our full menu

WE NOW DELIVER

to Ocean Beach & Pt. Loma

Enjoy the Venetian's award-winning menu delivered to your door!

(619) 223-8197

FULL BAR • HAPPY HOUR 4-6 P.M. DAILY
WINE CELLAR • LARGE COVERED PATIO
3663 VOLTAIRE STREET • SAN DIEGO

Announcing the opening of La Jolla Piano Institute in La Jolla Village

Practice Made Perfect!

At La Jolla Piano Institute, we don't just teach, we motivate.



The art of practicing has been perfected at La Jolla Piano institute. Our students learn the pieces they love, ensuring they'll want to play. Practicing becomes something they look forward to; they never have to be forced.

ENROLL TODAY!

Join us at La Jolla Piano Institute. We offer all levels of instruction in piano guitar, violin, drums, voice and theory (music reading and writing). For a low monthly fee, comparable to traditional lessons, you will discover an easier way to learn music.

LA JOLLA
PIANO INSTITUTE

Suzuki Music Education

www.LaJollaPianoInstitute.com

7848 Ivanhoe Avenue • La Jolla, CA • 92037

Call Monday-Friday, 12-10pm • 858-456-1980

Correia jazz group set to wow during concert series

By SCOTT HOPKINS | THE BEACON

A local middle school jazz band plans to leave audience members in awe with its award-winning skills during this summer's final Point Loma Concerts in the Park finale Aug. 12.

Students from the Correia Middle School Jazz Ensemble will take the stage at 5:30 p.m. to deliver an hour of their smooth sounds before the ever-popular Rockola band closes the annual event. They plan to enthrall listeners with traditional jazz standards, as well as selections from the rock and funk genres.

Teacher/director Marc Dwyer has guided the ensemble as it has undergone tremendous growth for five years. In festivals, playing against other groups, the Correia group has consistently brought home ratings of "excellent" and "superior."

This year has seen the musicians rise to new heights, earning "unanimous superior ratings" at the California Association for Music Education (CMEA) /Jazz88 Festival, the San Elijo Jazz Invitational and the Music in the Parks National Competition.

At the CMEA event, solos were performed by students Spencer Gedestad, Thomas Herrin, Cole van den Helder, Dalton Omens, Erich McMillian and Daniel Benham.

The Correia kids were honored earlier this year to perform with legendary trombonist Bill Watrous.

But being in the company of professional musicians now seems routine for this group.

Dwyer has invited a range of accomplished artists to sit in during rehearsal sessions to inspire and instruct his students.

Those locals include frequent visitors John Rekevics, Glen Fisher and



Students with the Correia Middle School Jazz Ensemble, who have consistently been rated "excellent" and "superior" during competitions against other groups during festivals, will perform during the final Point Loma Concerts in the Park prior to Rockola on Aug. 12. Courtesy photo

Tim Nunnick. But nationally recognized pianist Rob Mullins and Grammy-winner Brian Lynch have sat in as well.

The Correia students have managed to accomplish all this despite shrinking school budgets. Since 2007, there has been no money allotted to purchase or repair instruments for aspiring students districtwide.

The summer concert board has adopted Correia's instrumental music program for the next three years — however, grants and donations from community members are always welcome.

Dwyer limits his group to a traditional "big band" format with four trumpets, five saxophones, four trom-

bones and four rhythm instruments (guitar, piano, bass and drums). Students must commit to several before-school rehearsals each week.

Interested persons will find an information table set up at the concert by ensemble parents.

A trombone player himself, Dwyer received a bachelor's degree from The Juilliard School in New York City and a master's from Northwestern University. He still plays professionally and with the La Jolla Symphony Orchestra.

Other groups featured at this summer's concerts were the Recreational Music Center, Monarch School's Steel Drum Band, The Blonde Brothers and Glen Fisher's First Friday Kids.

Come and try the
BEST SUB in
SAN DIEGO!



Over 450 stores open & in development nationwide!
3670 Rosecrans St. (Intersection of Rosecrans and Sports Arena Blvd.)

Buy any **REGULAR SUB** and 2 fountain drinks, ...get the 2nd regular **FREE!**
OFFER VALID ONLY AT POINT LOMA LOCATION
Hurry! Offer expires 09/11/11. One coupon per person per visit. Not to be combined with other offers. No cash value. Redeemable in person only.



ON THE MENU: NEW DELIGHTS WITH AN OCEAN ON THE SIDE.

SIP & SAVOR: ALASKAN HALIBUT

Available Nightly in August from 5 to 10 p.m.
\$30 per person, \$45 with wine pairing*

Indulge in a three-course Alaskan Halibut tasting menu featuring perfectly paired wines alongside seasonal items like Meyer Lemon Coriander Scented Halibut Ceviche and Maple Chile Lacquered Halibut, plus a Donut Peach Beignet dessert.

THURSDAY NIGHT MUSIC ON THE PATIO

Thursdays through September 1 from 6 to 8 p.m.

Enjoy sweeping oceanfront views, local fare and live music every Thursday night with our Music on the Patio series this summer.

SIX FOR \$6 HAPPY HOUR

Monday through Friday from 4 to 6 p.m.

Choose from six appetizers and six drink specials—each only \$6. Menu highlights include Steamed Black Mussels, Baja Fish Tacos and the Zesty Blood Orange Martini.

DIVAS THAT DRINK

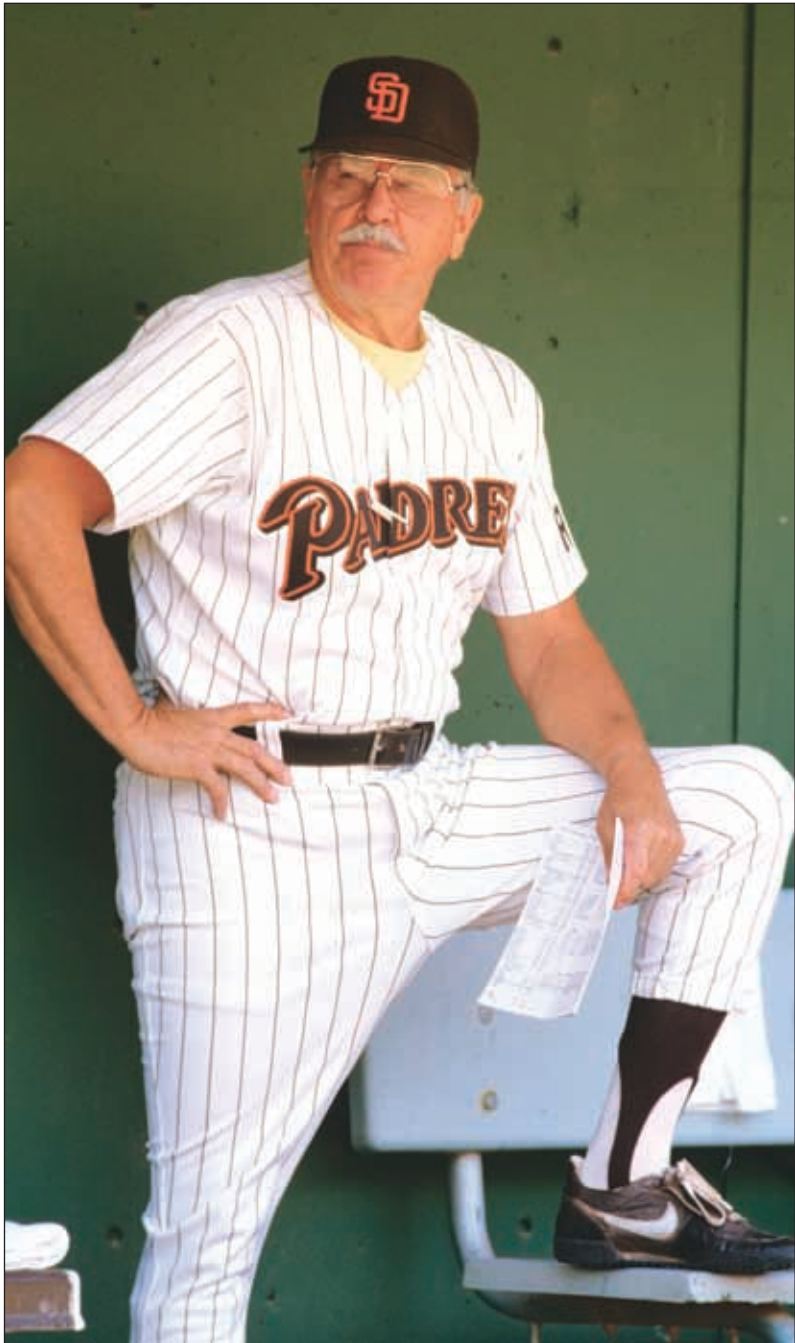
Wednesdays from 5 to 10 p.m.

Celebrate female winemakers with our special Divas that Drink night! Enjoy 50% off select bottles of wine from female wine makers every Wednesday night.

THE SHORES
DINE ON THE BEACH

Located next to Kellogg Park at La Jolla Shores Hotel
877.822.6043 | TheShoresRestaurant.com

*TAX AND GRATUITY NOT INCLUDED. MENU ITEMS SUBJECT TO CHANGE.



Former Padres' skipper Dick Williams was the only manager in the team's history to never have a losing season under his management. Photo courtesy San Diego Padres

RICHARD HIRSCHFELD WILLIAMS: MAY 7, 1929 - JULY 7, 2011
Reflecting on the Padres' fiery, tough ex-manager

By SCOTT HOPKINS | BEACH & BAY PRESS

Fiery. Hard-nosed. Tough. Sharp-tongued.

Dick Williams was called all of these things and more during his time as a major league baseball manager. But if you don't remember the rotund skipper for anything else, know this: he is the only manager in the history of the major league San Diego Padres who never had a losing season. And, with the team's penny-pinching "small market" history, that fact speaks volumes.

His accomplishments as a manager earned him election to baseball's Hall of Fame in 2008, and the acerbic Williams admitted he broke down and cried when he received the notification.

When Williams passed away July 7 from a ruptured aortic aneurysm in a hospital near his home in Henderson, Nev. at age 82, many fans and former players shed their own tears.

Born Richard Hirschfeld Williams on May 7, 1929 in St. Louis, he was an average athlete who played 1,023 major league games with five teams over a 13-year span.

Later, he found his calling as a no-nonsense field boss who earned a reputation for turning losing teams around, producing winners and breaking in young players.

His heavy-handed style of leadership often wore thin after several years, explaining his frequent change of employers from 1967 through 1988.

Williams was hired to lead the Padres in 1982 by legendary owner Ray Kroc. He finished the '82 and '83 schedules with identical 81-81 records leading up to one of the Padres' greatest seasons that saw the Friars reach the World Series in 1984 for the first time in franchise history.

The traditionally-weak Padres soared to a record of 92-70 [during the 1984 World Series year]. The city was delirious as Williams' squad took the National League pennant in a miraculous comeback after losing the first two games – in blowouts – at Wrigley Field to the Chicago Cubs.

As a mini-season ticket holder, I exulted in the team's improvement under Williams, which brought long-overdue electricity to home games at Jack Murphy Stadium, or "The Murph," as it was affectionately known.

His 1984 team included young pitchers Eric Show, Dave Dravecky and Andy Hawkins. Speedy Alan Wiggins batted first and was followed by the likes of Kevin McReynolds, Tony Gwynn, Steve Garvey and Graig Nettles. And crowds roared when Goose Gossage saved the game.

As a sports enthusiast and Padres fan, I proudly pinned my "Goose Saved the Game" pins to my cap, along with thousands of others.

The traditionally-weak Padres soared to a record of 92-70 that season. The city was delirious as Williams' squad took the National League pennant in a miraculous comeback after losing the first two games — in blowouts — at Wrigley Field to the Chicago Cubs. I witnessed Garvey's famous home run clobber, among the greatest moments in San Diego sports history.

Despite a World Series loss to Detroit in five games, Williams had again accomplished what other Padres managers couldn't.

Following an 83-79 season in 1985,

friction developed between Williams, Padres president Ballard Smith (Kroc's son-in-law at the time) and General Manager Jack McKeon. Williams was let go shortly before spring training began in 1986.

Williams also won pennants with Boston (1967) and Oakland (1972-73). Those Athletics teams won the World Series both years.

He is one of only seven managers to win pennants in both the National and American Leagues. Only one other manager in history has led three different franchises to the World Series.

And Williams is one of only two to lead four different teams to seasons of 90 or more victories.

Although some players disliked Williams with a passion, former Oakland A's pitcher Vida Blue perhaps spoke for most: "He got the best out of us."

Knowing how he was perceived, Williams said, "If guys can't stand the heat, they don't belong in the major leagues. I don't know anybody who refused the World Series checks I helped them get."

Williams recalled his managerial antics in a 1990 book "No More Mr. Nice Guy," that furthered his sharp-tongued reputation.

"(Williams) had great instincts on and off the field and you always knew where you stood," said former player Ken Harrelson.

Speaking to a reporter at his Hall of Fame induction ceremony on July 27, 2008 about his techniques, Williams acknowledged "I wouldn't last a week" with today's players.

Williams is survived by his wife, Norma, three children and five grandchildren.

As a Padres fan, I would simply say, "Thank you, Dick."

\$13.95*

You Pick Your Meal

Mix and Match to make your Perfect Dinner

7 days a week from 4 til closing

1. **CHOOSE YOUR ENTRÉE**

Fillet of Sole
Salmon
Chicken Breast
Sea Bass
Mahi Mahi
10oz. Pork Chop

2. **CHOOSE YOUR PREPARATION**

Macadamia Crusted
Blackened
Lemon Caper Butter
Teriyaki Glaze
Pesto Cream Sauce
Grilled

3. **CHOOSE YOUR SIDE**

Baked Potato
Garlic Mashed Potatos
Rice Pilaf
French Fries
Cottage Cheese
Steamed Vegetables

*All Entrees come with choice of soup or salad
Excluding Holidays

Red Sails Inn

2614 Shelter Island Dr. San Diego CA • 619-223-3030

www.theredsails.com

FREE Movie Nights at LIBERTY STATION

LIBERTY STATION SUMMER MOVIE MANIA

Saturday, June 25th
AN AFFAIR TO REMEMBER
SAIL HO GOLF COURSE/WINE STEALS

Saturday, July 30th
25th ANNIVERSARY TOP GUN
INGRAM PLAZA

Saturday, August 27th
AVATAR
SOUTH PROMENADE

Saturday, September 24th
TOY STORY 3
BEHIND COURTYARD MARRIOTT & HILTON HOMEWOOD SUITES (NEAR USS RECRUIT)

BRING YOUR BLANKETS & LAWN CHAIRS

ENJOY A FREE MOVIE UNDER THE STARS!

MOVIES START AT DUSK

FOLLOW US ON FACEBOOK & TWITTER

WWW.LIBERTYSTATION.COM

SPECIAL THANKS TO OUR UNDERWRITING SPONSORS

San Diego Law Firm
Changing The Way Law Firms Do Business™

MOMENT CYCLE SPORT

30 Years The Corky McABba Company



MIND, BODY & SOUL

Happy Healthy High Horny Herbs, grand reopening party at new location: 4958 Newport Avenue, Ocean Beach

Come celebrate with us, at our new location on Sunday, August 21st at 6pm. Refreshments, entertainment and door prizes! Meet and greet, and book signing, with our Mentor and Visionary – Herb Guru Ray Thorpe – visiting from Australia.

'The Happy High Herb Shop' is a unique business idea that started in

Australia 10 years ago. The founder, Ray Thorpe, who now has a successful franchise business of 25 shops in Australia and a growing number in the US, was inspired to educate the public about the wonderful benefits of herbs for health, well being and recreation, after he realized that this information is actively suppressed in our society.

Their shops provide a variety of interesting products, such as herbal teas for well being, energy herbs, natural libido-enhancers, fire-twirling and circus toys, and smoking and party alternatives, as well as hemp-oil cosmetics and essential oils. The wide range of unusual goods will be sure to pique the interest of any passers-by.

Happy Healthy High Horny Herbs is also dedicated to serving the local community, and plans to have monthly community nights; showing informative documentaries, tasting new herbal brews, and learning about herbs will be only some of the exciting action planned.

Women with hair loss can have thick hair!

According to the Women's Institute for Fine and Thinning Hair, there are 30 million women who are currently experiencing hair loss. It can begin as early as puberty; although it usually occurs between 35 and 55 years of age.

In the past several years effective treatments have become available for fine, thinning hair. Professional hair loss products are most effective when, used at the first signs of thinning or hair loss. Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy, human hair!

The unique patented process used at Judy's salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that

does not further damage your hair.

Most women who want this service suffer from thin, weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

Call for your free consultation and receive \$200 off on your first full head of hair replacements.
858- 456-2344

or go to

www.beautybyjudy.info
Judy Judy Judy Hair Salon
7734 Herschel #P, La Jolla



Happy Herb co-owners Duane & Amanda Costea, with son Dylan, cut the ribbon for their new location on Newport Avenue in Ocean Beach



Adding more volume is the number one requested service at our hair salon.

We specialize in 100% natural hair extensions as featured on America's Next Top Model. This gentle technique won't damage your own hair and there are no styling limitations.

Judy Judy Judy Hair Salon is located in downtown La Jolla
7734 Herschel Ave. Suite P, 858.456.2344 • www.beautybyjudy.info



Colleen Van Horn
RN, BSN, PHN, CCM C.E.O.



"Assisting with care needs when you need a little help"

- Home care for adults; hourly & live-in.
- Specializing in Alzheimer's, dementia, post-operative & rehabilitation care.
- Medication reminders, meal prep, transportation.
- Expertise in geriatric care management.
- All caregivers insured, criminal backgrounds checked and covered by workers compensation.

1-877-731-1442 (toll-free)
www.innovativehc.com

Managing the Hospital Discharge

In April, my 92 year old mother went into the hospital to remove a tumor from her arm, the procedure went well and she was sent home. Three days later, she was back in the hospital because she wasn't able to handle the complicated wound care regimen.

There is a movement to improve care after discharge and to reduce readmissions for the elderly but if your family member has not revamped their discharge process, you may need to take an active role in managing the discharge.

TAKE CHARGE: If you believe the hospital is sending a patient home too soon, talk with the doctor.

CHECK THE DRUG LIST: Medication errors are a frequent cause of readmissions. Make sure your family member knows when and how to take new pills.

MAKE A DISCHARGE PLAN: Most hospitals provide a discharge plan in writing, but it may not be complete and it may be difficult to understand. Make your own plan that will be a guide for the patient, the caregiver and other doctors.

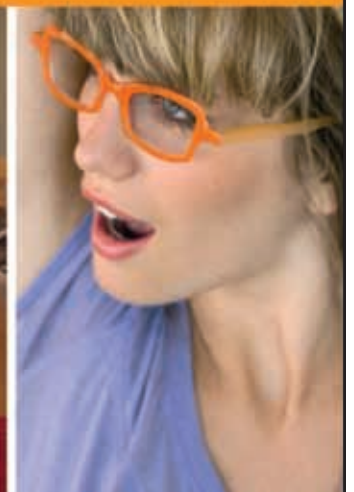
CONTACT THE PRIMARY DOCTOR: Request the discharge planner or hospital MD contact the patient's primary care physician to be followed up or you should do it yourself.

The RN Case Managers at Innovative Healthcare Consultants are available 24/7 to help with all these details and they are expert in handling any problems that may arise. Call (877) 731-1442 or see our website at www.innovativehc.com.

Urban Optiks Optometry • Hillcrest



exceptional
for a different point of view
eyewear



Traction Productions • ic! berlin • Face à Face • Hoffmann Horn • LA Eyeworks • Francis Klein • La Loop • Blinde Anne et Valentin • Kaenon • Prodesign Denmark • Oxbis • Theo • Gold & Wood • Oliver Goldsmith • Tom Davies

Dr. Gary A. Klein | Optometrist

**Kristy Cambone, Holly Linden
& Nathan Character | Opticians**



optiks
OPTOMETRY

619.683.2020
urban-optiks.com

3788 Park Blvd • Hillcrest
Corner of Essex St & Park Blvd

BEST OPTOMETRIST

2009 + 2010 San Diego
Uptown News
Readers Choice

**EMERGING BUSINESS
OF THE YEAR**

2010 GSDBA Business Award

**We Specialize in Hand-Made
& Custom-Made Eyewear**

**Latest Technology in
Hi-Definition Lenses**

**State-of-the-Art Eye
Examinations**

**Most Vision Insurances
Accepted**

"A face is like a work of art. It deserves a great frame."

– I.a. Eyeworks

VOTED "BEST BREAKFAST" BEST

Breakfast & Lunch
Open Daily 6am-3pm

The Original Broken Yolk Cafe

\$2.00 OFF Any Entree

\$8 minimum entree purchase plus beverage, per person.
Limit 4 per coupon. 1 coupon per table.
No separate checks. Not valid on weekends, holidays or with any other coupons, specials, offers or with private groups.

Pacific Beach
1851 Garnet Ave.
(858) 270-YOLK

Visit us online at: www.thebrokenyolkcafe.com

Visit us at our other locations:
Gaslamp • Eastlake • La Costa
San Marcos - NOW OPEN!

MOBILE PET GROOMING

High quality grooming service

- We Come to You!
- Flea & Tick Control
- Summer Clips & Shavedowns

\$10.00 Off
NEW CUSTOMER DISCOUNT ONLY, 1 COUPON PER CUSTOMER & SERVICE.

1-800-PET-MOBILE
(1-800-738-6624)

<http://yourlocal.aussiepetmobile.com/San-Diego>

All You Can Eat!

YUMMY BUFFET

10% OFF with this ad!

\$2 OFF Dinner with this ad!

LUNCH MON-SAT \$8.99 DINNER MON-SAT \$13.99

ASIAN AMERICAN FOOD SEAFOOD, SUSHI BAR, SOUPS & SALADS
2855 MIDWAY DR. 619.222.3388
offers can not be combined. Expires 9/4/2011

DISCOUNT FABRICS
is OPEN for BUSINESS!

The **LOWEST PRICES** on a huge selection of upholstery, drapery, dress fabrics and much, much MORE!

1205 W. Morena Blvd.
San Diego
(Across from Petco, Toys-R-Us & Jerome's)
(619) 275-2445

3325 Adams Ave., San Diego
(619) 280-1791

ANNOUNCEMENTS 100

SEEKING PROGRAM Leader. Before and after school program. contact: marian@ices education.org 562-434-5313 www.iceseducation.org

▼ calendar/events

CO-DEPENDENTS Anonymous of San Diego County Twelve Step Groups learning to love the self and, desiring loving and healthy relationships. Info/Meetings 619-222-1244. www.sdccoda.org

WANTED Pacific Beach Woman's Club invites Artists and Crafters for the Fall Arts and Crafts Festival, October 15th, 10-4. Call Kathy 858 273-1307 or email krea@san.rr.com

▼ public notice

Prop 65 Newspaper Warning

L-3 Communications; Linkabit, Advanced Products & Design and Engineering Services divisions operate a facility located at 3033 Science Park Rd. San Diego, CA 92121 which uses and emits chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. We do not believe that any person is exposed to these chemicals at levels constituting a health or safety risk. However we have not made a formal determination that actual exposure levels are below the Proposition 65 "no significant risk" levels for carcinogens or "no observable effect" level for chemicals known to cause reproductive harm, and we have not performed a risk analysis to determine the precise amount of exposure that any individual would receive over a 70 year period. Proposition 65 therefore obligates us to provide this warning to potentially effected individuals. Further information may be obtained by contacting:

L-3 Communications
Linkabit Division
Human Resources Dept.
858.552.9500

HELP WANTED 250

▼ general help wanted

AMATEUR FEMALE MODELS Amateur Female Models Wanted: \$700 and more per day. All expenses paid. Easy money. (619) 702-7911

BARBER / STYLIST WANTED PARADISE BARBER SALON is now hiring licensed barber/stylist..comission/ boothrent available... if you are interested please contact Saida @ (619) 756-7778 or (619) 929-7310

CUSTOMER SERVICE SUPERVISOR Our organization is seeking out qualified Customer Service Supervisor, Our Customer Service Supervisor supervises the taking of orders, order-related correspondence and order tracking, as required for liaison between customer, sales representatives and production departments. They perform a wide range of functions requiring a detailed knowledge of the product lines and pricing policies. They will handle telephone inquiries, requests for quotations and supervise the daily activities of the Customer Service functions. Qualified candidate's should submit their resume to micsyst@aol.com (408) 916-3397

OCEAN CORP Houston, TX. Train for NEW Career. *Underwater Welder, Commercial Diver. *NDT/ Weld Inspector. Job placement and financial aid for those who qualify. 800-321-0298.

START TODAY, GREAT PAY. Travel resort locations across America with young, successful business group. Paid Training, travel and lodging. \$500 signing bonus. 877-646-5050

ITEMS FOR SALE 300

▼ misc. for sale

AVON/MARK IND SLS REP, EUROPA
www.youravon.com/europa (928) 759-0467

FAST FOOD DISCOUNT CARDS Fast Food Discount Cards that never expires. 24 Restaurants including Arbys, Wendys, Pizza Hut, Krispy Kreme and more. Cost \$20. R. T. 3115 WhiteHorse Road PMB 177, Greenville, SC 29611. (864) 295-5551

MANGOSTEEN THE QUEEN OF FRUITS Feel better now and try risk free today: www.MyMangosteen.net

LARGE ABSTRACT Painting 4 x 5 feet signed 858-450-1888

MAKAYLA-ANNDESIGNS.COM Handmade & handcrafted jewelry. Unique and at low prices! www.Makayla-AnnDesigns.com

OUTLET CENTER DOORS WINDOWS We have warehouse full of Doors, Windows, Flooring reduced Prices (858) 268-0679

RESALE & NEW women's clothes, accessories, shoes, jewelry, \$5 - 35, Designer BARGAINS, Tierrasanta. (619) 985-6700

▼ misc. for trade

ATT READERS! FREE BOOKS! Trade your books for free at www.PaperBackSwap.com!

ITEMS WANTED 325

GOT OLD COMIC BOOKS? Local collector seeks vintage comic books and paperbacks

from 1950s and older. Let's make a deal! Contact me at sandiegocomics@yahoo.com.

HEALTH SERVICES 375

▼ health & beauty

TAKE VIAGRA? SAVE \$500. Viagra 100mg, Cialis 20mg.40 pill+ 4 FREE, only \$99.00. #1 Male Enhancement, discreet shipping. Satisfaction Guaranteed.1-888-797-9026

▼ health care

IF YOU USED THE ANTIBIOTIC DRUG LEV-AQUIN AND SUFFERED A TENDON RUPTURE, you may be entitled to compensation. Call Attorney Charles Johnson 1-800-535-5727

PETS & PET SERVICES 400

▼ pet adoption/sale

CAT ADOPTION SERVICE An all volunteer non profit corporation. Lucky was rescued off the streets of SE San Diego abandoned by a roadside. Lucky and many other Rescued Cats and Kittens are looking for loving permanent homes. Come visit them at the La Jolla PetSmart located in La Jolla Village Square. For more information please visit www.catadoptionsservice.org

PLEASE SPAY OR NEUTER YOUR PETS!

SNAP



ZIGGY

He is a 7 year neutered male greyhound mix. A real gentleman! A good looking great dog! You would be one lucky family to have such a good boy hanging out with you! He is fixed, chipped and vaccinated.

Call SNAP Foster:
760-815-0945 Or Email:
volunteer@snap-sandiego.org

▼ pet services

K9 PHYSICAL THERAPY/REHAB CUTTING EDGE K9 REHAB www.cuttingedgek9.com We have Been Featured On Local And National News, Radio And A Number Of Local Papers And Magazine Articles. Swimming is one of our strongest recommendations for most K9's. It is an ideal form of exercise for a number of reasons. We offer assisted swimming in a warm water environment. The benefits are: • Non-weight-bearing (reducing stress on joints) • Facilitates full use of the front and hind legs vs. partial use as seen with underwater treadmills • Dogs are often able to actively swim

The Peninsula's Only Community Newspaper



Be Informed. Get Involved.

The Peninsula's most widely circulated and best read newspaper!

- ✓ 98.5% Readership*
- ✓ 92.8% Readership
- ✓ 80.7% Purchase Products from Beacon Advertisers
- ✓ 49.0% Keep the Peninsula Beacon 5 days or longer

We're proud to be a part of the Peninsula community for over 20 years!



facebook.com/sdcng @sdnews | twitter.com/sdnews



858.270.3103 sdnews.com Visit our new location 1621 Grand Ave. Ste. C in Pacific Beach

although unable to move their legs on land (due to stroke/ spinal injury) • Allows manual techniques by therapist/ manual resistance to an affected limb • Swimming in a controlled environment is the safest way for clients to exercise. • Speeds recovery following injury/ surgery • Improves function and quality of life • Works reciprocal muscle groups throughout the session (helps correct muscle imbalances) • Reduces pain and inflammation • Reduces canine obesity thus decreasing the risk of other health-related problems • Increases strength, range of motion and cardiovascular conditioning • Prevents overheating through proper water temp • Increases tolerance for extended cardiovascular training • Decreases recovery time • Reduces post-exercise soreness • Provides good cross training for the competitive, athletic dog (619) 227-7802

SALMON PAWS-PREMIUM PET TREATS Buy online 100% pure Alaskan wild salmon treats for dogs and cats www.salmonpaws.com. All natural and human grade. We sell 5 products that have no fillers or preservatives. Our products range in price from \$5-\$12. They are hand made and baked in Bellingham, Wa. Family owned and operated. Check us out online at www.salmonpaws.com for stores that carry Salmon Paws products or call in your order (858) 204-4622.

MISC. SVCS. OFFERED 450

LJ ARCHITECTURAL DESIGNS Construction permits, blueprints, Residential Designs. LOW RATES!!! SE HABLA ESPANOL LIC.#069268 (619) 817-7787

▼ handyman - construction

AL'S HANDYMAN SERVICE Over 30 years exp. Please call for free consultation 619-792-3658

REMODEL & ADDITION SPECIALISTS FREE ESTIMATES. No job too small. Call to see our portfolio or Email us at RichardNileConstruction@yahoo.com (619) 684-0336

HANDI - HANDYMAN Decks, Windows, Doors, Baths, Kitchens, Tiling, Painting. You name it. Call (858) 483-8106

▼ movers

COLEMAN MOVING SYSTEMS INC. - OPEN 7 DAYS A WEEK. OFFICE/ RESIDENTIAL. FREE WARDROBES. FREE ESTIMATES. FAMILY OWNED SINCE 1979. BBB MEMBER. INSURED LIC # CAL T-189466 ALL MAJOR CREDIT CARDS ACCEPTED 619-223-2255

BUSINESS OPTS. 550

▼ income opportunities

WWW.SPORTSGIRLJEWELRY.COM FUND RAISERS FOR YOUTH SPORTS- VERY PROFITABLE

RENTALS 750

▼ business/office rentals

OFFICE SPACE FOR RENT In Pacific Beach 865 SF unit on second floor of well-maintained building on SE corner of Emerald St. and Cass St across from the PB post office. High visibility, high traffic, signage, 2 blocks from the beach and 2 blocks from Garnet Ave. Walk to everything. Quiet and secure end suite has carpet in front half, bright with two large windows. Rear half is separated by a French door and has beautiful hardwood floors, sky lights and private bathroom. \$1,600/ month, non-triple net, separately metered for electric, owner pays water. Short or long term lease. For more info call David: 619-961-1951 eve and morning 858-483-5555.

▼ vacation rentals

DEL MAR FURNISHED 4BR, 3 BA SFR, Great lagoon view, walking distance to RaceTrack and Ocean. Rent, short or long term lease w/ option to buy. 619 454 - 4151

REAL ESTATE 800

▼ condos for sale

MISSION VALLEY OPEN HOUSE Sun.8/14 & 8/21: 1-4PM-2BD/2BA Top-floor unit w/upgrades at The Courtyards. Ascent RE LISA 619-888-2117. 5805 Friars Rd #2411, 92110

▼ investment properties

SERVING S.D. SINCE 1967

INVESTMENT PROPERTY SPECIALISTS, SALES & EXCHANGES
APARTMENTS • OFFICE BUILDINGS
COMMERCIAL • LEASING • FEE COUNSELING
• RESORT PROPERTIES ANYWHERE
• REAL ESTATE PROBLEM SOLVING

GEORGE JONILONIS
"The Estate Builder"
858-278-4040

3536 Ashford St., San Diego, CA 92111
in Clairemont.
gjonilonis@att.net
Fax 760-431-4744

▼ for sale or exchange

LAGOON VIEW HOME Buy, or lease option, \$1650,000. 21,800 ft Kearny Mesa office building \$3,650,000, 18 miles Baja oceanfront, need partner, Idaho Resort F&C \$575,000. Try your sale, exchange ideas? Geo. Jonilonis, Rltr. 619 454 4151

ASSISTANT

Do you have projects left undone?
Do you need a second pair of hands?
Is your life in disarray and you want clarity?
Then you are ready for
Your Own Girl Friday
www.yourowngirlfriday.com
Stacey Blanchet (619) 997-7601

CLEANING

Maid Service
Top to Bottom
detailed cleaning
Weekly • Monthly • Special Occasions
MOVE OUT SPECIALS
FREE ESTIMATES!
Call Valentina
(858) 229-0016

House/Office Cleaning

14 years servicing:
La Jolla, PB, Point Loma
Local References Available
Call Aida Call Avi
619.992.1581 619.840.0618

San Diego's Premier House Cleaning
and Carpet Cleaning Service
Competitive Pricing.
Weekend and same day service.

**A Perfect Shine
Cleaning Service**
APerfectShine.com
619.269.1745

Cleaning Service
by Cecilia Sanchez
Family owned & operated
15 years experience.

Office, residential &
vacancy cleanings
**#1 vacation
rental experts**
**Free estimates
& excellent
references**
**(619)
248-5238**

**Maribel's
Cleaning Services**
• Commercial / Residential
• Foreclosures
• Vacation Rental Expert
• Move In / Outs
• Same-Day Service
Once - Weekly - Bi-Weekly - Monthly
• Cleaning Supplies Provided
• Best Prices
• Great References
• Free Estimate •
(619) 715-2888
maribel.cleaningservice@gmail.com
License # 068798 Insured

CONCRETE/MASONRY**CONCRETE MASONRY**

STRUCTURAL & DECORATIVE
**BRICK • BLOCK
STONE • TILE
CONCRETE
DRAINAGE
WATERPROOFING**
30 years experience
References & Portfolio
carsonmasonrysandiego.com
WILLIAM CARSON
Licensed & Insured Lic #638122
(858) 459-0959
cell: (858) 405-7484

**As low as
\$45/week!**
Call Sonya
858.270.3103 x136
Call Kim
858.270.3103 x140

CONSTRUCTION**Re-Stucco
Specialists**

Interior Plaster/Drywall Repairs
*All Work
Guaranteed*
30+ Years Experience
Lic. # 694956

Repairs • Lath & Plaster
Re-Stucco • Custom Work
Clean • Reliable • Reasonable
D'arlex
619-846-2734 Cell
619-265-9294
Email: darlex0907@hotmail.com

**Trinity Pacific
Construction**

Beat the Summer Heat
10% Discount!*
Ceiling Fans
New Door &
New Window
Installation
RESIDENTIAL & COMMERCIAL
*New customers • Labor only
See our work at:
www.trinitypacific.net
Call **#619.674.8967**
Ca. G.C.Lic#: 945528

ELECTRICAL

**SOUTH COAST
ELECTRIC**
Residential & Commercial
Service • Repair • Troubleshooting
Call for an estimate for any upcoming projects
Ph: 619-223-3635 Cell: 619-994-3100
License # 888336

GARDENING-LANDSCAPING**Teco's Gardening**

Tree Trimming
Lawn Renovation
New Plants & Design
Whole Tree Removal
Sprinkler Installation/Repair
General Clean-Ups
Stump Grinder Service
Clean Palms & Trees
We Also Do:
Fencing, Floors, Stucco Repairs
Concrete, Demolition, Brick & Block Walls
Drywall, Painting, Roofing
Plumbing, Drains Installed/Repaired
General Hauling
Low Prices Free Estimates
(858) 503-5976
(858) 220-6184
j_teco@yahoo.com

**FREE ESTIMATES
REFERENCES**

**R&V
Ruperto
Vazques**

Tree Trimming • Hauling
Sod Lawn • Clean Up Trash
Concrete • Gardening
Fertilized • Landscaping • Drain Water
Sprinkler Installation • Wood Fencing
Ph: (858) 573-6950
Cell: (858) 518-0981
P.O. Box 710398
San Diego, CA 92171

**Jose's
Gardening Clean-up**

Hedges hauled • Reasonable Rates
Free Estimates • References
619-847-1535

**COASTAL
LANDSCAPING**

• **COMPLETE WEEKLY
MAINTENANCE**
• **FENCES**
• **TREE TRIMMING**
• **SPRINKLER SYSTEMS**
• **REPAIRS**
• **DESIGN &
CONSTRUCTION**
• **CLEANUP & HAULING**
• **LOWEST PRICES
GUARANTEED**
LET US KNOW WHAT WE CAN DO FOR YOU.
858-692-6160

GARDENING-LANDSCAPING

**DE LA CRUZ
LANDSCAPING**

www.DeLaCruzLandscaping.com
Custom Landscapes
FREE Estimates
Residential & Commercial
Maintenance
Landscape Lighting
Drip Irrigation & Troubleshooting
Tree Trimming & Wood Fences
Drought Tolerant Landscapes
619 200-7663
LIC#808864

HAULING

A VETERAN HAULING
Insured • Reliable
Best Prices & Free Estimates
10% Discount - Senior & Veteran
Call A Veteran
619-225-8362

**I LUV JUNK
HAULING**

You Call-We Haul!
No Job Too Small!
Evictions, cleanouts,
construction debris,
tree trimming, etc.
619-933-4346
www.iluvjunk.com
**10% Senior
Discount**

HEALTH & WELLNESS**HYPNOSIS
WORKS!**

Pain • Fear • Sports
Addictions • Sleep • IBS
Relationships • Stress
Weight • Smoking

619.303.8511
successhypnotherapy.com
Judy Callihan Warfield
Certified Hypnotherapist, NLP, Imagery

HOME IMPROVEMENT**ORTIZ
HOME IMPROVEMENT**

Concrete Work
Wood Decks
Interior Remodeling
Patio Cover
Painting - Interior/Exterior
Landscaping
Hardscaping
Custom Showers
858.349.9698

RENT-A-HUSBAND

Handyman with 30 years experience
All Trades • Hourly or Bid
Prompt, Affordable, Professional
Insured
Ask for Bob
858-454-5922

Ocean Home Services
High Quality Home Improvement

Master Carpenter
w/ 25 years experience.
Interior / exterior woodworking
(ex-termites inspector)
Quality design fence work
wood / vinyl
Professionally Installed
windows & doors
Drywall Install/Repair
and finish work
Detail Quality Painting
Light Electrical & Plumbing
Call Scott
(619) 241-1231
not licensed

HOME IMPROVEMENT**Dry Rot?
Termite Damage?**

Termite & Fungus Damage Repair
Decks • Stars • Door Sills
Structural Repair • Windows
Stucco & Drywall Repair

**BEST-RATE
REPAIR Co., inc.**

San Diego 619.229.0116
Best-Rate-Repair.com

"The Problem Solver"

Quality Handyman Services
Licensed General Contractor B-1
"A" Rating Angie's List &
MerchantGrde.com
Always Low Reasonable Prices, 15% Senior Discount
619.276.5439
www.aproblemsolver.com Lic. 458951

MOVING**COLEMAN
MOVING SYSTEMS INC.**

Office/Residential | Free Wardrobes
7 DAYS A WEEK | FREE ESTIMATES
FAMILY OWNED SINCE 1979
619.223.2255
BBB MEMBER | INSURED LIC #CAL T-189466

PAINTING
Commercial and Residential
Custom coating and Painting
**HELI X
PAINTING COMPANY**
helixpainting.com
619 647 4482 Lic # 884844

PAINTING

**Chuckie's
Painting Company**
(619) 795-9429
www.chuckiespainting.com
chuckgjr@cox.net
CA Lic. #925325

FREE ESTIMATES
Baylor's Brush Painting
Interior - Exterior Painting

► Personal Service
► Excellent on Detail!
Bonded, St. Lic. #538443
ED BOEHLER (619) 224-9713

Painting & Handyman Services
• Power Washing • Lighting •
• Electrical • Plumbing •
• Carpentry • Dry Wall •
Call Don 858-273-4239

Painting & Handyman Services
• Power Washing • Lighting •
• Electrical • Plumbing •
• Carpentry • Dry Wall •
Call Don 858-273-4239

Painting & Handyman Services
• Power Washing • Lighting •
• Electrical • Plumbing •
• Carpentry • Dry Wall •
Call Don 858-273-4239

Painting & Handyman Services
• Power Washing • Lighting •
• Electrical • Plumbing •
• Carpentry • Dry Wall •
Call Don 858-273-4239

**Your
Ad
Here!**

**As low as
\$45/week!**

Call Sonya
858.270.3103 x136

Call Kim
858.270.3103 x140

POOL CARE**SWIMCARE**

The Pool Service & Repair
people you keep.
30 yrs in the neighborhood
(858) 232-7898
TOM RIVES Cont. Lic# 445392

PLUMBING

-BILL HARPER PLUMBING & HEATING-
Bill Harper Plumbing.com
All Customer Discounts
Plumbing & Drain Services
Self Employed w/ 25 years Experience
Lic #504044
CALL BILL 619-224-0586

REMODELING

**CLARK
REMODELING**

Hire a contractor
who specializes in
custom design and
will make your remodel
one of a kind!!

Kitchen and Bath

Robert Clark 619-993-8809
CA Lic. Bond. Ins. #938472

ROOFING

SMITH ROOFING CO.
224-ROOF, INC.
Lic. # 624287
Scott Smith, has been serving the
beach communities since 1979.
858-272-ROOF (7663)
619-224-ROOF (7663)

SENIOR SERVICES

Casa Rosa
Dignified Senior Assisted Living
www.casarosarcfe.com
619-223-1451
Private Room Now Available
Point Coma

Religious Directory

Forever Pines
Christian Church
(DISCIPLES OF CHRIST)
Sunday Worship Services • 9 & 10:30am
Rev. Dr. Michael J. Spitters, Lead Pastor
8320 La Jolla Scenic Drive North • La Jolla • CA
858.453.3550 www.torreypineschurch.org
**NON-DENOMINATIONAL
SAN DIEGO BAHAI COMMUNITY**
6545 Alcalá Knolls Dr. (off Linda Vista Rd.)
SUNDAY 9:00 - 10:00 Interfaith Devotions; 10:30 - 12:30 Introductory Talk & Discussion
Please Call 858-274-0178 for Directions or for more information
General Baha'i Info - www.bahai.org www.sandiegobahai.org

VIDEO to DVD

Film 8mm & 16mm to DVD | Slides & Photos to DVD

**10%
OFF**
Clip This Ad

Video Tapes Deteriorate Don't Lose Your Memories
Record to DVD • Play on Computer or TV

NEW ADDRESS! 5390 Napa St. • 619.220.8500 • videotoodvd.com

SURFBOARD REPAIR**COCONUT PEETS
SURFBOARD REPAIR**

REPAIRS • RESTORATIONS • SALES
OPEN 10AM - 6PM • 12PM - 6PM TUES.
619.224.2010
PLA - OBMA - A+ RATING

TILE**D.K. TILE**

Repairs, re-grouts & installations
of all ceramic tile & stone.
All work done by owner.
Free Estimates Lic # 428658
858.566.7454 858.382.2472

TREE SERVICES

**CROWN POINT
CLIPPERS, INC.**
TREE SERVICE
FREE ESTIMATES!

• FINE PRUNING & THINNING
• ARTISTIC TREE LACING
• TREE & STUMP REMOVAL
WWW.CROWNPOINTCLIPPERS.COM
(858) 270-1742
Fully licensed and insured. Lic# 723867

WINDOW CLEANING**JB's Window
Cleaning & Service**

- Mini Blinds
- Screens
- Mirrors

Pressure Washing

Experienced

Call
**(619)
248-2778**

**As low as
\$45/week!**

Call Sonya
858.270.3103 x136

Call Kim
858.270.3103 x140

CA DRE Broker's # 01312924 Karen Dodge
CA DRE Broker's # 01312925 Mike Dodge

Pacific paradise

Stunning La Jolla Home



Elegant 5 bedroom, 5 bathroom house on nearly 1/3 acre lot. 5 car garage. Ocean views. Built in 2004. Offered at \$3,635,000! Or long term lease at \$8500/month.



Karen & Mike DODGE
Find Your Place in Paradise

Karen: 619-379-1194 • Mike: 619-384-8538
E-mail: Karen-Mike@San.rr.com
Web: www.karen-mike.com

Prudential
Dunn, REALTORS®

OPEN HOUSES					
LA JOLLA					
Sat & Sun 1-4pm	.7612 Eads Ave.	2BR/2.5BA\$429,900	Jim Holland • 858-405-6442
Sat 1-4 Sun 10-4pm	.1883 Caminito Marzella	3BR/2.5BA\$1,189,500	David Schroedl • 858-459-0202
Sat & Sun 1-4pm	.6947 Via Valverde	4BR/2.5BA\$1,599,000	Martha Rodger • 619-884-0246 & Michele Serafini • 858-459-4173
Sat & Sun 1-4pm	.1908 Hypatia Way	3BR/2.5BA\$2,695,000	Greg Noonan • 858-551-3302
Sat 2-5pm	.8774 La Jolla Scenic Dr. North	4BR/2BA\$895,000	Charles Schevker • 858-449-8250
Sat 2-4pm	.2180 Via Nina	5BR/2.5BA\$1,775,000	Susana Corrigan & Patty Cohen • 858-414-4555
Sun 1-4pm	.2252 Caminito Preciosca	3BR/3BA\$699,000	Alfonso Johnson • 619-944-1116
Sun 12-3pm	.7402 Eads Ave	2BR/1BA\$825,000	Kate Woods • 858-525-2510
Sun 1-4pm	.5990 Sagebrush	3BR/2BA\$845,000	Joe & Penny • 619-410-4213
Sun 1-4pm	.8774 La Jolla Scenic Dr. North	4BR/2BA\$895,000	Carol Hernstad • 858-775-4473
Sun 1-4pm	.8956 La Jolla Scenic North	3BR/2BA\$975,000	David Martz • 858-349-5216
Sun 1-4pm	.5918 Sagebrush Road	4BR/2BA\$988,500	Patrick Ahern • 858-220-9001
Sun 12-4pm	.6204 Calle Vera Cruz	3BR/2BA\$999,999	Matthew Jenner • 858-603-1812
Sun 12-3pm	.7402 1/2 Eads Ave.	3BR/2BA\$1,075,000	Patricia Denning • 858-449-5899
Sun 10-1pm	.7438 High Ave.	3BR/3BA\$3650 Mo. rent or \$1,180,000	Robert Plotkin • 858-456-9527
Sun 1-4pm	.642 Westbourne	3BR/2.5BA\$1,200,000-\$1,400,876	David Schroedl • 858-459-0202
Sun 1-4pm	.5433 Beaumont Ave.	5BR/4BA\$1,395,000	The Reed Team • 858-456-1240
Sun 1-3pm	.8516 La Jolla Shores Dr.	3BR/2BA\$1,695,000	Theresa Davis • 619-275-0595
Sun 1-4pm	.6821 Avenida Andorra	5BR/4BA\$1,795,000	Ingeldew / Swenson • 858-945-5492
Sun 12-3pm	.5802 Sagebrush Rd.	4BR+Library/3.5BA\$2,295,000	Brant Westfall • 858-454-7355
Sun 1-4pm	.2810 Hidden Valley	4BR/3BA\$2,595,000	Barbara Leinenweber • 619-981-0002
Sun 12-3pm	.5931 La Jolla Scenic Dr. South	5BR/4.5BA\$2,675,876-\$2,375,000	Mark Stuart • 619-913-4653
Sun 1-4pm	.5550 Calumet Ave.	2BR/2BA\$2,850,000	Greg Noonan • 858-551-3302
Sun 1-4pm	.7003 Fay Ave.	4BR/4.5BA\$3,600,000	David Baun • 619-672-1931
Sun 1-4pm	.6303 Camino de la Costa	4BR/4.5BA\$4,450,000	Susana Corrigan & Patty Cohen • 858-229-8120

PACIFIC BEACH / MISSION BEACH / CROWN POINT					
Fri, Sat, Sun 1-4pm	.3947 Sequoia St.	3BR/4BA\$869,000-\$889,000	Kathy Evans • 858-488-7355
Sat & Sun 1-4pm	.1921-1929 Felspar St.	3BR/3BA\$489,000-\$499,000	Kathy Evans • 858-488-7355
Sat & Sun 1-5pm	.1365-1371 Hornblend St.	3BR/3BA\$559,000-\$569,000	Kathy Evans • 858-488-7355
Sat & Sun 1-4pm	.4076 & 4080 Morrell St.	4BR/3.5BA\$889,000	Kathy Evans • 858-488-7355
Sat 1-4pm	.811/815 Aspin Ct.	5BR/3BA\$1,295,000	Tami Fuller • 619-226-8264
POINT LOMA / OCEAN BEACH					
Sat & Sun 1-4pm	.4714 Muir Ave.	1BR/1BA\$399,000	Cindy Wing • 619-223-9464
Sat & Sun 11-4pm	.3109 Lawrence St.	5BR/5BA\$1,995,700	Robert Realty • 619-852-8827
Sat & Sun 11-4pm	.837 Golden Park Ave.	4BR/4BA\$2,375,600	Robert Realty • 619-852-8827
Sat & Sun 1-4pm	.815 Armada Terrace	6BR/7BA\$4,495,000	Patti Adams • 619-887-9313
Sat 1-4pm	.3428 Keats St.	2BR/1BA\$500,000	Cindy Wing • 619-223-9464
Sun 1-4pm	.4068 Bernice Dr.	4BR/2BA\$639,000	Tami Fuller • 619-226-8264
Sun 1-4pm	.2734 Chatsworth	2+BR/2BA\$649,000	Marie Huff • 619-838-9400
Sun 1-4pm	.4245 Narragansett Ave.	5BR/3BA\$699,000	Cindy Wing • 619-223-9464
Sun 1-4pm	.951 Armada Terrace	3BR/2BA\$1,225,000	Cindy Wing • 619-223-9464

UTC

Sun 2-5pm3986 La Jolla Village Dr.2BR/2.5BA\$475,000Natasha Alexander & Charles Schevker • 858-336-9051

PLACE YOUR LISTING AT: sdnews.com by Monday 5 p.m.

HOT REAL ESTATE PROPERTIES



Kathy Evans
858.488.SELL
DRE #00872108
RE/MAX
Coastal Properties

La Jolla Village
Selling a lifestyle, not just a fabulous 4 year new 2,242 sq ft 3BR townhome with private elevator and 3 car garage. Shop, dine, then leisure stroll home. 7530 Draper Ave #3

Pacific Beach
5 Brand NEW Townhomes with large bay view roofdecks! 2-3 bedrooms and 3 baths. Energy efficient solar panels. Walk to shops or bike to the beach. Buyer receives solar tax credit. Priced from \$489K. 1921-1929 Felspar St. Open Sat + Sun 1-4





WORK WITH A BEACH SPECIALIST TO FIND YOUR PLACE IN PARADISE!!

BERNIE SOSNA
"I'LL COME TO YOUR RESCUE"
DIRECT: 858.490.6127
CELL: 619.977.4334
WWW.BERNIESOSNA.COM
LICENSE: 01104934



PACIFIC BEACH NEW CONDOS

- Monster Roof Deck w/Views
- 2 Bedrooms 1 opt. • 3 Baths
- Solar Electricity
- Stainless Appliances
- Granite Counters
- 2 Car Garages



Are your dirty windows bugging you?



Professional Window Cleaning
Home or Business
619-450-6553
www.BlueOceanSales.com

\$15 off for new customers

First time advertised!



La Jolla Condo

Top floor, view, 2BR/2BA, Walk to beach, 2 balconies, 1400 sq.ft., quiet, garage \$495,000

Century 21
1ST CHOICE REALTY

Bob Nourani
(858) 490-0000
DRE #01350632



Mission Bay Real Estate Association

Real Estate Trade Association for 92109
“Where professionals meet to serve you”
www.mbrea.net

Buying? Selling?

THINKBRIAN.BIZ

Brian J. Lewis
619-300-5032
DRE #01440201
RE/MAX
Coastal Properties

WHEELS & DEALS

CARS TRUCKS SCOOTERS BIKES & MORE!



Wait Free DMV

Instant CA DMV Renewals
Instant CA DMV Transfers
Out of State Transfers
Replacement Stickers & Plates

2 LOCATIONS:

PACIFIC BEACH
858.270.1471
5010 Cass St., Suite G San Diego, CA 92109

OCEAN BEACH
619.225.2233
4837 Newport Ave. San Diego, CA 92107
Monday to Friday 9-6 Saturday 10-2



CARZ

www.SanDiegoCarz.com

Cars starting at \$2,990

MARK or JASON
3196 MIDWAY DR.
(619)224-0500

WIN A \$60 GIFT CERTIFICATE! TO A LOCAL RESTAURANT

Go to www.sdnews.com and sign up for our weekly or scan this QR code >>

HOT DEAL

Winners will be notified in a few weeks!





Tennis legend Billy Jean King continues to make her annual trek to Point Loma to mentor young players during the World Team Tennis Junior Nationals. Photo by Dave Kensler | The Beacon

Billie Jean King continues her youth mentoring in Point Loma

By DAVE KENSLE | THE BEACON

For more than 15 years, tennis legend Billie Jean King has come to Point Loma in August to spend a few days with more than 100 teenagers competing in a national tennis tournament.

"I love it," she said during her last visit to the Barnes Tennis Center on Aug. 2. "Being around teenagers forces one to look at life with more of a newness factor and to embrace the energy and vitality which young people convey."

The World Team Tennis (WTT) Junior Nationals is a tournament King created with 16 co-ed teams from around the country, with participants ranging in age from 14-18. For a number of years now, the event has been held at the Barnes Tennis Center in Point Loma.

While King is very hands-on in terms of giving lectures, coaching sessions on the court and sharing her rich life and tennis experiences, she has found over the years that some things with teenagers have changed and some have not.

"The biggest difference today, compared to teenagers 10 years ago, is social media," King said. "Teenagers are still communicating about many of the same issues, but now they use different means to do so. The format used has changed more than the issues."

King said that because of the emphasis on social media, parents and other "mature" adults in their lives who may not use that style of communicating are forced to pay even closer attention and listen to teenagers.

"I get questions from teenagers wanting to know the differences between falling in love and lusting after someone," King said. "We are all human beings with similar wants and needs. For me, it is very important not to pass judgment and simply listen."

However, King does not hesitate at offering her advice and opinions.

"You have to remember in this day and age teenagers live in a world of short sound bites," she said. "Yet I still remind them it is important to have eye contact when talking with another person. Every choice, no matter how big or small has a consequence as well."

Regarding one of the communication challenges between parents and teenagers is the rules by which parents restrict the freedoms of teenagers. On this issue, King has a simple viewpoint.

"I tell the teenagers their parents are trying to teach responsibility, because with responsibility comes the very freedoms they seek," King said.

The WTT Junior Nationals concluded at Barnes Tennis Center on Aug. 4. Each year, the event is open to the public and free of charge. For more information, visit www.wtt.com.

Looking ahead

Peninsula-area events, Aug. 12-20

FRIDAY, Aug. 12

• The Point Loma Association hosts its 11th annual **Summer Concert Series**. The free concert features top classic-rock combo **Rockola**, beginning at 5:30 p.m. at Point Loma Park, located at Catalina Boulevard and Varona Street. All ages. For information, visit www.plconcerts.org.

MONDAY, Aug. 15

• Phil's BBQ of Point Loma hosts its third annual **"Phil's BIG BBQ"** to raise proceeds for **Big**

Brothers Big Sisters of San Diego County

The fundraising goal this year is \$50,000. The event features a tailgate party from 5 to 7 p.m. prior to that night's matchup between the Padres and New York Mets at Petco Park. Tickets are \$25, which covers admission to the tailgate party at Tailgate Park, a barbeque dinner hosted by Phil's and a ticket to the 7:05 p.m. game. Dinner includes a barbeque chicken and rib dinner, two side orders and a soda. Tailgate Park is located south of Petco Park on 12th Avenue/Park Boulevard between K Street and Imperial Avenue. For more information and ticket purchases, visit <http://www.philsbbq.net>.

FRIDAY, Aug. 19

• The free **"Movies in the Park"** series returns with the featured flick "Shrek Forever

After," the latest installment about the lovable ogre. Before the movie there will be face painting, jumpy houses, lawn games, Baron's gourmet hot dogs, popcorn and candy from Beach Sweets and entertainment by Point Loma DJ "Mike on the mike". The food, fun and games begin at 6 p.m., followed by the movie at around 7:45 p.m. The movie is 93 minutes. The event takes place at Point Loma Park, 1049 Catalina Blvd. For more information, call (619) 531-1534.

THURSDAY, Aug. 18

The **Ocean Beach Historical Society** hosts local author **Kathy Blavatt**, who is marketing her new book, "O.B.'s Weird, Wild and Wonderful." Blavatt's program, which begins at 7 p.m., will include her collection of interesting photos and stories from around Ocean Beach.

Blavatt grew up in Point Loma and Ocean Beach and is a small-business owner with her husband, Ray, in Ocean Beach. Her work includes art, graphics, photography, computer media, teaching and writing. Blavatt is also the creative director for the historical society. The free program takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, call (619) 222-0057, or email kblavatt@cox.net.

SATURDAY, Aug. 20

The **National Lung Cancer Partnership** hosts the second annual **"Free to Breathe 5K Fun Run/Walk"** for cancer research and awareness. The event begins at 7 a.m. at NTC Park in Liberty Station. For costs and details, visit www.freetobreathe.org.

BARONS The Marketplace

www.baronsmarket.com

Join Us Saturday 8/13, 11:00-4:00 for a Delicious Demo with Chef Giacomini in our Point Loma Location

Blueberries 3 for \$5 6 oz containers	Washington Cherries \$1.97 lb	Driscoll Strawberries 3 for \$5 Watsonville 1 lb containers
Broccoli Crowns Salinas 88¢ lb	Red Bell Peppers Coachella Valley 3 for \$1	Peaches Kingsburg 77¢ lb
Nectarines Kingsburg 77¢ lb	Eggplant Coachella Valley 77¢ each	Justin's Maple Almond Butter Convenient Grab 'n Go Packets 89¢ 1.15 oz
Gluten Free Burritos Just Arrived! \$2.99 4-4.5 oz	Johnathan Gold Apples Washington 77¢ lb	Pasta Prima Ravioli In The Freezer With A Savory Seasoning Packet \$4.39 16 oz
Carmelina Italian Peeled Tomatoes \$1.49 14.28 oz	Pork Loin Chops With Bone \$7.99 lb	Boneless & Skinless Chicken Breasts Family Pack \$1.99 lb
Familia Swiss Crunch Muesli Cereal \$3.99 12 oz	Joyva Halvah Dense & Sweet Confection \$4.99 8 oz	Ciao Bella Gelato Award Winning Italian Frozen Dessert \$4.99 pint
Roland Sablés Cookies Thin, Crispy Shortbread \$2.29 4.4 oz	Bread & Cie Fresh Baguettes \$2.29 10 oz	Beer Department Oranjeboom Lager \$5.99 6 pk can Newcastle Werewolf Blood Red Ale \$8.99 6 pk bot Sierra Nevada Tumbler Brown Ale \$8.99 6 pk bot Bear Republic Racer 5 \$9.39 6 pk bot Russian River Blind Pig Ale \$4.49 16.3 oz bot Port Brewing Mongo IPA \$6.49 22 oz bot + CRV
Crystal Geyser Spring Water \$3.99 .5 liter/24 pk + CRV	Rancho Bernardo 11828 Rancho Bernardo Road In the Mercado • (858) 485-8686	Temecula 31939 Rancho California Road Corner of Meadows Pkwy. • (951) 693-1111
Point Loma 4001 W. Point Loma Blvd. 1 Blk. W. of Midway Dr. • (619) 223-4397	Wildomar/Murrieta 32310 Clinton Keith Rd. 1 Blk. W. of I-15 • (951) 609-9200	

Hours: Everyday 8 AM to 9PM (except holidays) Limited Quantity on Some Items. Not Responsible for Misprints • Prices effective 8/10/11 - 8/16/11