



SAN DIEGO COMMUNITY NEWSPAPER GROUP

Thursday September 25, 2014

www.SDNEWS.com Volume 27, Number 13

### **HOW IT ALL BEGAN ...**

### Cabrillo Festival will re-create his historic landing, celebrate cultural melting pot

By DAVE SCHWAB | THE BEACON

What must it have been like for famed Portuguese explorer Juan Rodriguez Cabrillo, the first European explorer to discover America's West Coast, to step foot on Ballast Point in Point Loma on Sept. 28, 1542 and plant a flag claiming it for Spain?

Now you can stop imagining and reexperience the event the way it actually happened.

Fast-forward 472 years to the 51st annual two-day Cabrillo Festival in Point Loma on Saturday and Sunday, Sept. 27-28.

The highlight of the annual historic festival, of course, is the re-enactment of Cabrillo's landing on the shores of San Diego Bay with actors in period garb representing Cabrillo, his soldiers and priests landing and claiming the land.

A Portuguese navigator sailing under the flag of Spain, Cabrillo discovered San Diego Bay while searching for the Strait of Anian, a mythical allwater route across North America. Shortly after he left what would become San Diego, Cabrillo died of an infection on the islands outside Santa Barbara.

"We're going back in time and commemorating the voyages of exploration along the coast of California and Cabrillo's arrival in San Diego," said Idalmiro

SEE CABRILLO, Page 9





Among the highlights of the annual Cabrillo Festival, above, is the reenactment of his landing at what is now Ballast Point in Point Loma. Actors in period garb will help bring the historic moment to life for visitors. (Courtesy photo by James Floyd) The festival also celebrates a mix of cultures with dancing, song and food, left. (Photo by Paul Hansen)

After four years, the San Salvador scaffolding has started to come down. Over the next few months, preparations for her launch will take place. Then the rigging process will begin.

### Replica of Cabrillo's ship, San Salvador, nearly ready

By DAVE SCHWAB | THE BEACON

Visitors at the annual Cabrillo Festival can take another nostalgic journey back in time by heading down to The Maritime Museum of San Diego to check out a replica of the famed Portuguese explorer's vessel.

A full-size, fully functional and historically accurate \$6.2 million replica of Juan Rodriguez Cabrillo's flagship, San Salvador, is under construction at Spanish

SEE REPLICA, Page 6

# New 'pocket park' idea on Cañon Street draws some local resistance

By DAVE SCHWAB | THE BEACON

A proposal to create a new pocket park on Cañon Street drew criticism from some Point Loma neighbors during the Peninsula Community Planning Board's (PCPB) Sept. 18 meeting.

Planning board member Don Sevrens introduced the possibility of turning a city-owned, triangular parcel on Cañon Street into a pocket park.

Pointing out the Peninsula is deficient in park space, PCPB chairwoman Julia Quinn agreed it may be possible to turn the Cañon Street parcel into "a mini-park."

Sevrens noted a 188-page document has been released on how to donate park space to the city.

"First you raise the money, then you need to meet the city's specifications," said Sevrens.

He added the Cañon Street parcel will be difficult to redevelop because it's only 450 feet long and 95 feet at its widest point.

"The idea is to make it a passive park, and some neighbors suggested native landscaping, maybe a wandering, decomposed granite trail and some

SEE PARK. Page 6



The Bali Hai restaurant, an iconic Polynesian-theme dining getaway on Shelter Island, is poised to celebrate 60 years of idyllic views and sumptuous food and drinks. Courtesy photo

### Bali Hai slates Polynesian blowout in honor of its 60th anniversary

By DAVE SCHWAB | THE BEACON

One of Point Loma's high-profile restaurants and an iconic destination for locals and visitors alike, the Bali Hai Restaurant on Shelter Island will host a 60th Anniversary Celebration on Thursday, Oct. 30 from 6 to 10 p.m.

The Polynesian-theme restaurant at 2230 Shelter Island Drive is throwing a party with live entertainment, including performances by Creepxotica, Desi Realtor, Pride of Polynesian and live painting by Norm Daniels.

"There are two generations who nity to become woven in the fabric of have done really well, and we have a legacy to uphold," said Tommy Bau-

mann, Bali Hai general manager and son of owners Susie and Larry Baumann. "My brothers Andy and Grant and I enjoy that challenge, and we know how lucky we are to be the third generation to continue the success."

Baumann also touted the success of the Bali Hai over six decades in the Point Loma community.

"There weren't very many restaurants in neighborhoods back 60 years ago; we were one of a handful of the restaurants people went to," said Larry Baumann. "This gave us the opportu-

SEE ANNIVERSARY, Page 6

7 Costly Mistakes to Avoid When Selling Your Home To learn more see Ask the Real Estate Professional on page 18.



619.500.3222 team@mypointloma.com BRE# 01870483





785 Silvergate • 3BR/2BA • \$1,095,000 Pristine Wooded Area with family room/office and incredible storage, RV pad and Jim Groark, (619) 804-3703



1040 Evergreen • 3BD/3BA • \$995,000 Beautiful Point Loma home with sweeping riews of bay & city!

#### Cristine Gee & Summer Crabtree, (619) 980-4433

## WILLIS ALLEN REAL ESTATE





Resort-type Living in Pacific Beach! Asking price \$253,000

This one bedroom condo in The Plaza offers a spacious floor-plan. The Plaza features 4 pools & spas, 5 tennis courts and gorgeous grounds. Walk to restaurants and shopping or the beach! Beth Zedaker. (619) 602-9610





3BR/2BA • \$945,000 Penthouse in Le Rondelet with panoramic views of San Diego Harbor and beyond! www.1150Anchorage610.com

Wendy Collins, (619)804-5678





2098 Mendocino • 4BR/3BA • \$665,000 Terrific home with lovely dining room w/private balcony and spacious family room w/sliding doors to patio. Terraced rear yard and

Cecil Shuffler, CRB, (619) 980-3441





4815 Sussex • Kensington • 4BR/3BA

Charming Spanish in excellent location. Versatile floor plan ideal for home office or extended family. Dramatic arched entry, gleaming hardwood floors, and period fireplace.

**Annie Coleman**, (619) 977-2457





1BR/1BA • \$349,000 Live at the Beach. Fabulous location on a quiet block just steps to the ocean.Walk to the vibrant restaurants and nightlife of Ocean Beach. Granite kitchen, W/D in unit. Welcome to the beach lifestyle! Beth Roach, (619) 300-0389





3212 Kingsley • 2BR/1BA • \$719,000

Classic White Picket Fence Cottage! Tastefully upgraded kitchen, wood dual pane windows, gleaming hardwood floors, crown moldings, easily accessible and expansive timber tec deck for outdoor living, porch swing, newer central forced air heat and A/C. Jim Groark, (619) 804-3703



CORONADO | DEL MAR | DOWNTOWN | LA JOLLA | POINT LOMA | RANCHO SANTA FE



### Planners absorb details on proposed conversion of vacated Cabrillo Hospital into an international language school

By DAVE SCHWAB | THE BEACON

Transforming a former hospital into an international language school topped the agenda for the Midway Community Planning Group on Sept. 17, along with plans for a new SDG&E substation near

Representatives of the EF Language School returned to update planners on plans to convert the long-vacant, 10-story Cabrillo Hospital, a former general acute-care hospital and skilled-nursing facility on about six acres at 3475 Kenyon St., into a campus serving foreign-exchange students.

EF Education First is a privately held, international education company begun in Sweden and headquartered in Switzerland, specializing in language training, educational travel, academic degree programs and cultural exchange with 500 offices and schools in 52 countries world-

"We've signed a purchase and sales agreement for the property and also have assembled a great development team with lead architect Carrier Johnson," said EF spokeswoman Shawna Sullivan, not-

ing foreign students typically stay six

Sullivan said students would be housed and schooled at the old hospital site, adding few students have their own transportation and heavily rely on mass transit, bicycling and walking to get

"We think we can fit about 450 student beds into the first and second floors,' said Sullivan, adding total campus enrollment is projected at 1,500 with no more than 600 students in class at any given

Sullivan said the EF Language School would like to become a "true community partner," working together with Midway planners to "turn the site back to a beautiful place and find a way to integrate it" with the surrounding developing neighborhood.

An architect said the proposed hospital conversion project would add a soccer field, pool and volleyball court, as well as landscaping and trees.

The proposal met with the approval of Midway planner Kurt Sullivan, who said,

SEE **SCHOOL**, Page 5

#### **Polish Festival -** *Traditional food & fun for the whole family*

The Annual Polish Festival in San Diego will take place on Oct. 10-12 on the premises of St. Maximilian Kolbe Roman Catholic Church located at 1735 Grand Avenue in Pacific Beach.

This annual fundraising event is one of the most popular ethnic festivals in the Pacific Beach area, attracting people from all around San Diego as well as international visitors who want to get a taste of what Poland is all about!

Delicious Polish food is definitely a must at the festival – Pierogis (dumplings stuffed with sauerkraut or potato & cheese), Golabki (meat stuffed cabbage rolls), Bigos (Hunter's stew), potato pancakes and famous grilled Kielbasa (Polish sausage). Polish pastries, soft drinks, coffee and tea will also be available. Adults over 21 years of age will have an opportunity to try authentic Polish beer.

Entertainment will include Polish folk dance groups - POLONEZ from San Diego, PIAST from Las Vegas and KRAKUSY from Los Angeles, Polka band featuring Grammy Nominated Vocalist and Musician John Gora, and local artists from San Diego.

For those who want to learn more about the church and also join in prayer, daily Mass and tours of the church will be offered. Veneration of the relics of St. John Paul II, St. Sister Faustina, Mother Teresa of Calcutta, St. Padre Pio and other Saints will also be offered

All proceeds from the fundraiser will go towards supporting the St. Maximilian Kolbe Mission.

For more information and details please visit: www.polishmission.org/festival/index.php





#### COME LEARN ABOUT POLISH CULTURE & CUSTOMS!

- Live Polish Music and Folk Dances
- Authentic Polish food & Polish beer

St. M. Kolbe Roman Catholic Mission 1735 Grand Ave., San Diego, 92109

Fri., Oct.10: 5pm-11pm (>21only) Sat., Oct.11: 12pm-10pm

Sun., Oct. 12: 12pm-6pm Admission: \$5 (16 or older)





More at: www.polishmission.org

#### **RESIDENTIAL BROKERAGE**

NO ONE SELLS **MORE** HOMES IN SOUTHERN CALIFORNIA THAN COLDWELL BANKER™



**Customer Service Business of the** Year in OB 2013

Voted #1

CATRINA RUSSELL (619) 226-BUYS (2897) www.CatrinaRussell.com CalBRE #01229742



LA PLAYA | \$2,950,000

Quite possibly the most expansive view Pt Loma has to offer! This 3br/3.5ba beauty boasts the highest quality materials such as exotic wood built-ins, Jerusalem Gold limestone floors, movie  $the ater, elevator, chef's \ kitchen, 1200 \ bottle \ wine \ cellar, pool, hot \ tub \ \& \ multiple \ entertaining \ decks.$ 



Year in OB 2013

Voted #1 **Customer Service** 

**Business of the** 

CATRINA RUSSELL (619) 226-BUYS (2897) www.CatrinaRussell.com CalBRE #01229742



CLAIREMONT | \$795,000 - \$845,000

5 br. 2.5 ba home in the Palisades boasts a cul-de-sac location, with newer floor ing, updated kitchen and baths, attached 2-car garage, family room, fireplace & dining room. Over 1/2 acre of usable space with a pool and spa.



(619) 224-SALES CalBRE #00898992



OCEAN BEACH | \$439,000

POINT LOMA I \$ 379,000



JESSICA GILERA (619) 920-3621 CalBRE #01939395



POINT LOMA | \$1,295,000

Stunning contemporary 3br, 3ba home featuring soaring ceilings, open floor plan and elegant finishes. Bay and city views from the master retreat with private fireplace and spa-like bathroom. Custom slate pool/spa and fire pit, bonus room with private patio and much more!



Real Estate **Buddy** 

**NUMAN STOTZ** (619) 300-5026 www.CaMoves.com/Numan.Stotz CalBRE #01759803



Rare 3 bedroom 2 bath unit with it's own private back yard! Newly remodeled, fresh paint, newer wood floors, washer/dryer in unit and updated bathrooms. Ready to move in and enjoy!

2 br 2.5 ba with tiled fireplace in spacious living room flows to dining room which faces private lush rear patio. Remodeled kitchen, 1/2 bath on 1st level is totally redone. Private master bathroom and





Stability - Ethical - Education - Performance **Global Presence - Powerful Advertising - Online Dominance Rapid Response - Full Service - Relocation** 

**POINT LOMA OFFICE** (619) 224-5111

facebook.com/ColdwellBankerPointLoma

**OCEAN BEACH OFFICE** (619) 225-0800

view balcony.

facebook.com/ColdwellBankerOceanBeach

Connect With Us

View more listings at

CALIFORNIA MOVES. COM

©2014 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each Coldwell Banker Residential Brokerage office is owned by a subsidiary of NRT LLC. Coldwell Banker Banker Logo, Coldwell Banker Previews International® and the Coldwell Banker Previews International Logo, are registered service marks owned by Coldwell Banker Real Estate 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. \*Data based on closed and recorded transaction sides of all homes sold as reported by the U.S. Coldwell Banker® franchise system for the calendar year 2013. USD\$.



By DAVE SCHWAB | THE BEACON

The vision for how Nimitz Boulevard in Point Loma can be enhanced seems a lot clearer now thanks to a community workshop sponsored Sept. 17 by the Point Loma Association (PLA).

Point Lomans weighed in on prospective Nimitz improvements, saying they wanted the boulevard to be safer, better landscaped and lighted with more public art. They also want Nimitz made more amenable for bicyclists.

Workshop participants heard about the PLA, an organization of residents and businesses that has been committed since 1961 to improving Point Loma's quality of life through beautification. education, charitable activities and civic collaboration.

During opening remarks, PLA chairman Robert Tripp Jackson said the workshop's goal was to engage residents in the creation of a "long-term vision of phased public improvements to the Nimitz corridor that reflect the beauty, culture and history of the Peninsula community.'

PLA board members and former San Diego City Councilman Byron Wear talked about the history of the organization and the public improvement projects it's been involved in.

"Nimitz Boulevard is the only street connecting OB and Point Loma." Wear said of the thoroughfare's importance. "It's the grand boulevard that we should be celebrating.

The visioning workshop was led by the PLA's Nimitz Task Force, made up of Ron Brooks, Cecilia Carrick, Coleen Clementson, Ned Daugherty, Karen Davis, Kerri De Rosier, Dan Dennison, Jim Hare, Lee Hope, Jackson, Dick Lareau, Betsy McCullough and Wear.

"We're interested in what you have to sav." said past PLA chairwoman Cecilia Carrick. She said landscape improvements endorsed by the PLA date back to 65 jacaranda trees planted along Rosecrans Street in the 1960s.

"We have evolved to having lots of plans and lots of workers, and we have done many things over the years," she said, citing the elimination of billboard blight as one example.

"Over the years, we've concentrated on doing more medians and more softscape, which are time-consuming. laborious projects that require a lot of planning between workers, the city and county and donors," Carrick said. "We want to focus on things that will be meaningful to the community, which is why we're here."

PLA's most recent and largest project

ever undertaken is the Nimitz Boulevard Median Enhancement. Extending from near West Point Loma Boulevard to the entrance of the Catalina Boulevard onramp, that project has replaced barren black asphalt with beautiful softscape succulents, accent boulders and stamped concrete.

Sense of identity: residents, PLA forging a vision for future of Nimitz

Coleen Clementson, a San Diego Association of Governments regional transportation planner and Point Loman, gave a slideshow presentation showing how other communities like Bird Rock in La Iolla with its traffic roundabouts, Mission Hills on Washington Street and Chula Vista on Third Avenue have redeveloped their roadway medians to improve their functionality and aesthetics and create a sense of identity.

Residents and visioning workshop leaders then broke into small groups to discuss seven different Nimitz segments: North Harbor Drive to Rosecrans, Rosecrans to Lowell, Lowell to Chatsworth, Chatsworth to Wabaska, Wabaska to the



Participants in a community workshop hosted by the Point Loma Association (PLA) this month view pictures and schematics of beautification projects the PLA has done to various medians around the Peninsula area in the past.

Famosa/Catalina Bridge, Famosa/- vard to I-8 and the San Diego River. Catalina Bridge to West Point Loma Boulevard and West Point Loma Boule-

SEE NIMITZ, Page 5

### Governor weighs signing bill to expedite water-quality testing

Faster beach water-quality test results topped the list of bills related to three important water issues passed by the state legislature at the end of its session, according to San Diego Coastkeeper.

A water-quality monitoring bill would allow public health officers the option to choose a new technology that produces beach water-quality results in as few as two hours.

"State law mandates that public health officers monitor and issue an advisory when a beach has a high bacteria count," said Travis Pritchard, Coastkeeper water-quality lab manager. "But the current testing process takes 18 to 48 hours to get results. Essentially, the state's current system warns beachgoers about water that was unsafe yesterday - this doesn't protect human health today."

The new technology would enable the county to close a beach the same

day as the sampling happens and reopen a beach earlier than is now

Brown recently signed into law important regulations for the use of the state's overtapped groundwater resources, and he's still considering a bill that would make California the first state to ban single-use plastic

Last year, Coastkeeper introduced the testing method to San Diego County Supervisor Greg Cox, who eventually directed his staff to do a one-year pilot study to look into the feasibility of using the new technolo-

On the heels of that study, Cox worked with state Sen. Marty Block to introduce the statewide bill that now awaits the governor's signature.

For more information, visit sdcoastkeeper.org.

— Staff and contribution

# San Diego's 51st Annual Cabrillo Festival

Ballast Point, Naval Base Point Loma South end of Rosecrans Street FREE ADMISSION & FREE PARKING September 28, 2014 11:00 AM - 4:00 PM

Where Cultures Come Together. ...and History Comes Alive

### Come out for a fun filled day

- Watch Juan Rodriguez Cabrillo, and his crew, sail ashore in the re-enactment of the discovery of San Diego Bay
- Ethnic Food and Exciting Dancers
- · Children's Activities
- 16th Century Encampment
- Cultural Vendors

All at this beach front park setting





Travel South on Rosecran to the end. Have a picture ID ready to enter Naval Base Point Loma. Continue on Rosecrans to Kerrick Road and turn left to parking and Festival area.





# Selling The Point





Point Loma: When less is More! Enjoy a carefree lifestyle by the beach and bay from this coastal living home located at the crest of the hill. This charmer has been totally remodeled with an open floor plan and is the most inexpensive home in the neighborhood.



(619) 890-2828 Rosa@JustCallRosa.com lustCallRosa.com CA BRE #00980917



Perfection at \$789,000

For more information, write Cabrillo Festival, Inc. P.O. Box 60718 San Diego, CA 92166-0718 or phone 619-218-9890. Check us out on our web site - www.cabrillofestival.org







### Midway business advocacy group begins to flex muscle

BY DAVE SCHWAB | THE BEACON

A business improvement district (BID) for the Midway/Pacific Highway Corridor — the catalyst to promoting and coalescing local merchants and beautifying the heavily-traveled gateway to Ocean Beach and Point Loma — was reborn this week after a long

The first Midway Business Improvement District (MBID) meeting was held Sept. 24 at Hampton Inn Sea World/San Diego Airport.

The initial BID meeting was the product of months of groundwork for establishing a new representative merchants' group led by hotel general manager Victor Ravago and others.

"The goal this time around will be slightly different," said Ravago. "This time it's not to create a standard BID that relies on [tax] assessments. It's not only to re-establish a coalition of businesses, but also (to include) some of the public entities we have in the area (like the county health department and U.S. Navy facilities) who have a vested interest in real estate in Midway."

San Diego BID Council, an umbrella group overseeing the operations of 18 separate BIDs citywide. About 25 percent of the city's small-business operators are located within the boundaries of one of the city's 18 BIDs.

Reactivating the Midway BID, which hasn't operated for a decade or more, offers a chance to forge a fresh bond among area merchants, said Ravago.

"We'd like to establish community partnerships, not only to ensure safety and beautification but also to improve and revitalize the economic opportunities we have," he said. "The other goal of ours is to establish a strong relationship with both the Point Loma and Ocean Beach communities, to really transform the Midway area into a gateway community."

A BID is a defined area within which businesses pay an additional tax or levy to fund projects within the district's boundaries for public improvement.

Its website, www.Midwaybid.org, states the organization's mission is to "unify the businesses within the Midway/North Bay Area to work toward

Ravago has been working with the the goal of economically revitalizing the Midway District. Our efforts will include marketing programs, civic beautification projects, commercial recruitment and parking and transportation improvements.'

> The Midway-Pacific Highway Corridor is a hodgepodge of commercial, industrial, office and warehouse land uses — as well as a limited residential presence - in a transitional area bordering Old Town, Point Loma, Pacific Beach and downtown San Diego.

> Ravago said another objective in creating private-public partnerships will be to "leverage some existing resources, really try to think outside the box on what we can do to supplement the city's ability to help us."

The goal of the BID's first meeting Sept. 24,said Ravago, was to "assess the state of the Midway area and to establish a consensus on some of the priorities.

"The [priority] list is long," said Ravago. "But in establishing short-term priorities, hopefully that will develop a long-term plan on improving the Midway District."

### Get ready to hoist one at the OB Oktoberfest

10th annual OB Oktoberfest Friday and Saturday, Oct. 10-11, featuring live entertainment, a beer garden and fun events and attractions.

The weekend-long event will be held from 4:20 to 10 p.m. Friday and 11 a.m. to 10 p.m. Saturday.

Over the last decade, the OB Oktoberfest, a joint venture between Hoy Hoy Boys, the Ocean Beach Merchants Association (OBMA) business improvement district (BID) and the Ocean Beach Community Foundation (OBCF), has raised more than \$150,000 for local nonprofits.

Saturday's festivities start with the annual Brat Trot Beach Run, a fundraiser with the OBCF to promote local youth sports. There will be an all-ages race starting earlier in the day, and then the traditional 5k with registration beginning at

with contests like bratwurst-eating, stein ons/annual.../ob-oktoberfest.

Grab a stein and join the line at the holding and other traditional Oktoberfest hoopla. Once again, participants will compete for a \$10,000 cash prize in the infamous, one-of-a-kind sausage toss competition. The Miss Oktoberfest finals will take place Saturday as well.

> In addition to the food and craft vendors and an all-ages stage on the grassy area at the foot of Newport Avenue, Saturday's Oktoberfest will include performances by traditional oompah bands all day long, Lobster Bob and special emcee Jose Sinatra and many local musical acts.

> Admission to the beer garden is a \$3 donation that goes to support the Ocean Beach community. This year, the event shuttle will run between 710 Beach Club in Pacific Beach, and the festival and will deliver people to the festival each day, with the last shuttle leaving Ocean Beach at 10 p.m.

information, For more The Saturday schedule is packed tight https://oceanbeachsandiego.com/attracti

#### **GUEST VIEW**

### End of an era for OB barber still a happy sunset story

By GEOFF PAGE

This isn't a sad story because there are two happy endings. But it starts with a bit of nostalgia for an Ocean Beach that is no more.

First was the pet store on Cable Street and Newport Avenue. Then the great little breakfast place next door to it, run by the sweet Korean couple. Then came Paras Bookstore, The Coronet and the old men's store on Bacon Street and Newport Avenue.

All gone.

Now, it's the Clip Joint. Ocean Beach is losing another longtime business institution, this time to retirement. I am talking, of course, about Ron Pilcher, the man behind the chair at the Clip Joint for 39 years. Ron and his wife are building a home in a gated community near Tucson, Ariz., where Ron plans to play golf and be on his feet only when he feels like it.

That is a happy ending to a long, talkative career. He probably won't be resting his gums, though. Ron has always liked a good conversation, which was the best thing about getting clipped at the Clip Joint.

The other happy ending is at the end of this piece.

Ron's small shops sat on the corner of Santa Monica Avenue and Sunset Cliffs Boulevard across from the library, and had a good view of the street. When I walked up for the very first time, looking desperately for a new barber home, I saw a slowly spinning, old-style barber pole outside the door and thought, "That's a good sign."

When I walked inside, I felt at home right away because it looked just like an old-style barber shop. The only real difference was Ron only cut hair by appointment — no walk-ins. But that was great, because there was no waiting.

Inside the shop was a small couch and a chair, and a table with lots of magazines. I later discovered there were some different magazines, but Ron kept those in a drawer for some

There was an old-fashioned coat rack. There was some sports memorabilia here and there, a picture of one of the Bee Gees on the wall with poufy haircuts and wide-lapel, paisley shirts.

No wait, sorry, that was a picture of Ron from the 1970s.

There were four chairs. And standing behind one was an oldstyle barber in a blue smock, the perfect final touch to the setting. As it turned out, the guy did a great haircut, too.

And so I stayed.

Over the many years, I got to know Ron well. Some years ago, I was interviewed by a reporter doing a story about Ron and was asked to say something about him. I said that going to see Ron was like visiting a friend and just happening to get a haircut at the same time. Ron liked that, and he hung the story on the wall and told me his customers liked it and agreed with the sentiment. Everybody likes Ron.

Ron hails from the Midwest. After mustering out of the military in California, Ron decided to attend a barber school on the advice of a friend. Ron worked a few places before buying his shop. He worked for a while in Beverly Hills even. He always mentioned that gig as if he was going to impress anyone in Ocean Beach with that. But in 1975, he decided to have his own shop in Ocean Beach, and it worked out well for him — and for OB.

Ron has been around long enough to have cut a small boy's hair and, later, the hair of that small boy's own son.

I don't speak for all men, but I think I speak for some when I say that changing barbers is a traumatic event for us. When we find a barber we like, we stick with them. I've been in San Diego since 1977 and have only had two barbers.

My first was in La Jolla, and I drove up there regularly from Ocean Beach for years until Tony retired. The next year or so, I was lost in the wilderness, ricocheting from one unsatisfying experience to another

until one day my buddy said, "You should go see Ron.'

I was a little doubtful because my buddy was mostly bald, but it was my salvation.

My mother once told me you have to learn to laugh at yourself if you want to enjoy life. I learned to do that, and I tend to gravitate toward people like that because I enjoy the back-and-forth banter.

Ron is one of those people and he gave as good as he got. That is what I will miss about Ron, the goodnatured, animated guy waving his scissors around, getting excited over something one minute, then quiet and pensive about something else the next.

I was comfortable sitting in that chair, and so were a lot of other guys, because of the person Ron is. So, it is similar to what I said before. I'm not — we're not — losing just a great barber. We are all losing a friend.

I asked Ron what he might want to say in parting, and his response was simple and to the point. He said he was going to miss Ocean Beach. But most of all, he was going to miss his clients, because he considered them all his friends. Well, I think I can speak for most of them when I say that we are going to miss Ron as much, or more, as he misses us. If he had a jersey, we'd retire his number forever.

The second happy ending to this story is that the shop remains, cleverly renamed Sunset Clipps. The new owner is Jason Bullard, an Ocean Beach resident of 25 years. Jason is very enthusiastic about finally owning his own shop right here in Ocean Beach, and he's brimming with ideas.

It will still be a place to get a regular haircut, but it will be different, offering more services and with a younger clientele, and more barbers. Hopefully, Jason will have a great 39 years like Ron.

> **Geoff Page** Point Loma

### **SCHOOL**

"It's really refreshing to have something come forward that's going to lighten the impact [on the area]. It's a beautiful, well-thought-out proposal."

Regarding landscaping, Midway Community Planning Group chairwoman Melanie Nickel said planners "like shade trees a whole lot better than palm trees."

Sullivan said EF would return in the future with more fleshed-out plans.

#### IN OTHER ACTION

· SDG&E representatives addressed planners on plans to construct a new substation at the corner of Vine Street and Kettner Boulevard, which is projected to begin construction in January 2016 and finish in July 2017. They said the project ners said contributes to a lack of incentive was needed because existing downtown for tenant improvements.

substations are nearing their carrying capacity. While agreeing in concept with the project, planners suggested something ought to be done to create a "Disney effect" for it. Planners described that as something architecturally creative and in keeping with the history and spirit of San Diego in order to distinguish the pro-

• Planners were told that District 2 City Councilman Ed Harris has sent a memo to Mayor Kevin Faulconer requesting that "all leases at the sports arena complex expire at the same time." Midway planners have expressed ongoing frustration with the fact that several real-estate leases surrounding Valley View Casino Center [formerly the San Diego Sports Arena] at 3500 Sports Arena Blvd. are expiring at widely varying times as well as monthto-month leases in the area which plan-

### NIMITZ

CONTINUED FROM Page 1

Small groups then reported back to the group as a whole with their improvement recommendations.

At the end of the workshop, Wear pointed out there are about 15 different funding mechanisms from various sources that could be used over time to pay for Nimitz Boulevard enhancements.

"It's going to be a phased approach, and I've found that it's best to do that in aged."

bite-size chunks," said Wear. "We can do anything we want to do if we have a collective vision."

A workshop participant who identified herself as Guinevere from Ocean Beach, said she was impressed by the meeting and its outcome.

"I appreciate that you want to make Nimitz a safer place for bicyclists," she said. "Nimitz right now is a nightmare to drive. Making Nimitz safer and more beautiful go hand-in-hand. I'm encour-



sdnews.com

**PUBLISHER** JULIE HOISINGTON MANAGING EDITOR KEVIN MCKAY (x131)

MARTIN JONES WESTLIN (x133) CONTRIBUTORS

**BEACH & BAY PRESS** bbp@sdnews.com LA JOLLA VILLAGE NEWS ljvn@sdnews.com REPORTER DAVE SCHWAR (v132)

**EDITOR** 

**PRODUCTION** 

**ADVERTISING SALES** 

MIKE FAHEY (x117) MICHAEL LONG (x112) **HEATHER LONG (x115)** LEE HARALSON (x103) MICHAEL MARKS (x105) JAY LEISHMAN (x118) ALICE TONG (x116)

reporter@sdnews.com

**CHRIS BAKER** 

BARBARA ROGEL

CASSANDRA SABOLEK (x102) KIM DONALDSON (x140)

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

#### DON BALCH, JIM GRANT, PAUL HANSEN, MIKE MCCARTHY

**PHOTOGRAPHERS** 

BART MENDOZA, CAROL OLTON, DIANA CAVAGNARO, JOHN FRY, JOHNNY McDonald, Judith Garfield, KAI OLIVER-KURTIN, LORALEE OLEJNIK, MEAGHAN CLARK, NATASHA JOSEFOWITZ, NEAL PUTNAM, NICOLE SOURS

LARSON, ROB STONE, RACHEL HUTMAN, SANDY LIPPE, SCOTT HOPKINS. BLAKE BUNCH, MARSHA KAY SEFF, WILL BOWEN, KEITH ANTIGIOVANNI, MORGAN CARMODY, MARTIN JONES WESTLIN, PATRICIA WALSH, VINCENT ANDRUNAS.

**LEGAL / CLASSIFIEDS** 

**ACCOUNTING** HEATHER HUMBLE (x120)

### **PARK**

CONTINUED FROM Page 1

benches," he said.

"Some people in the neighborhood do have concerns about traffic and crime, which need to be presented and talked about," Sevrens

That prompted a couple of those neighbors to come forward to voice their concerns.

One said the remnant parcel has attracted a bad element and warned that converting it into a pocket park might effectively turn it into a parking lot with parking spilling over onto the street.

Another neighbor living near the proposed pocket park said she's witnessed "illicit activity" at various times on the parcel. She said that if benches were put in, this might encourage a bad element "to stay there."

"We're not there [regarding park planning] yet," said Quinn. "We don't even know yet whether this property is available."

Asked about who would maintain a Cañon Street pocket park, Sevrens answered, "There is a process for it being built and turned over to city parks and they would maintain it.

The Cañon Street parcel will be difficult to redevelop because it's only 450 feet long and 95 feet at its widest point, according to one Peninsula Community Planning Board member.

Right now, no one is maintaining

#### IN OTHER NEWS

Community planners also approved a letter by board member Paul Webb calling on the city to strictly adhere to the 30-foot height limit on Peninsula development projects.

Webb said he was inspired to write his letter to the city as a result of developments, like a three-story project on Avenida de Portugal, that have used "creative" methods for calculating height.

"There are projects which are drastically out of character with the community, which is why I've drafted this letter objecting to projects of this size and scale and objecting to the reinterpretation of the 30-foot height limit in the city," Webb said.

"It was a vote of the people to place a 30-foot height limit in coastal areas," he added.

#### 27 easy tips to get thousands more for your home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

In this report you'll discover how to avoid financial disaster when selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

Management, Inc.

Courtesy of Dennis DeSouza Remax Lic. 01220680

### QUICKHITS>>

#### **OB MAN CONVICTED IN HATCHET ATTACK GETS 14 YEARS**

An Ocean Beach man who repeatedly struck a jeweler with the blunt end of a hatchet was sentenced Sept. 19 to 14 years in state prison, a term of which he will have to serve 85 percent before he can be eligible for parol.

Travis Scott Kelley, 25, pleaded guilty to the attempted murder of 75-year-old Carl Hamlin at Hamlin Jewelers in El Cajon on Jan. 22. Kelley also pleaded guilty to robbery and two felony assaults.

Hamlin was seriously injured in the attack but recovered enough to testify against Kelley at a preliminary hearing. Hamlin told Deputy District Attorney Gordon Davis he will be closing the jewelry store and moving away. Hamlin Wells at (619) 347-1148. opened his jewelry store in 1965.

"He attacked me every time I got up. Four times," wrote Hamlin in a letter to El Cajon Superior Court Judge Laura Halgren, who read the letter during sentencing.

"Mr. Hamlin is one tough old guy and he did not surrender," said Davis.

Kelley entered the store and tried to tried to purchase an item with a stolen credit card, which did not go through. After the purchase was rejected, Kelley attacked Hamlin repeatedly.

The getaway driver, Ali Armeen Toombs, 21, of La Mesa, was given a 365-day sentence, but since he received more than 400 days credit, he was released from jail Sept. 19. Kelley was arrested in Ocean Beach on Jan. 24 by the San Diego Regional Fugitive Task Force and El Cajon police.

#### CHURCH SETS BLESSING OF THE ANIMALS FOR OCT. 4

A popular local tradition returns

Oct. 4, when a local church conducts its annual Blessing of the Animals.

Local pet owners, regardless of religious beliefs, are invited to St. Peter's By the Sea Lutheran Church to have their beloved creatures of all types receive God's blessing.

The event honors the life of St. Francis of Assisi, commonly regarded as the patron saint of animals.

The Rev. Karen LaFollette Marohn, church pastor, will conduct a short outdoor service in the north parking lot of the church, located at 1371 Sunset Cliffs Blvd. The event begins at 9 a.m.

Information will also be available about the San Diego Humane Society and SPCA and local pet-care businesses.

In past years, the event has drawn people with snakes, lizards and birds, in addition to furry pets.

For more information, contact Betty

— Scott Hopkins

#### **SDG&E NOTES CONSERVATION EFFORTS, RECORD-HIGH USAGE**

San Diego Gas & Electric has reported that the most recent heat wave resulted in all-time highs for energy demand for back-to-back days as well as helpful conservation efforts by customers.

Residents and businesses in the utility's service area, which includes San Diego County and part of southern Orange County, used nearly 4,800 megawatts of energy on Sept. 15 and nearly 4,900 megawatts on Sept. 16. By comparison, demand on Sept. 18 ranged from 3,700 to 3,800 megawatts. A megawatt is equivalent to one million watts, or the energy produced by ten automobile engines.

High temperatures ranged into the — Neal Putnam high 90s in most areas on those days and climbed well over 100 degrees in many inland locations. High humidity levels from the remnants of Hurricane Odile led San Diegans to crank up their air con-

ditioners. On the other hand, many customers used SDG&E's demand response programs to cut back on consumption by an estimated 70 megawatts on Sept. 15 and 66 megawatts Sept. 16, the utility reported.

"The last several days brought severe weather conditions to SDG&E's service area," said Steven Davis, the utility's chief operating officer, "and we are grateful to our customers, community partners and our first-responders who helped keep San Diego safe and displayed remarkable patience and responsiveness to our requests for help to conserve energy."

SDG&E officials had said that the utility would have more than enough supply on hand to meet the expected demand. The utility worked with the California Independent System Operator, which manages power flow around the state, to make sure enough power was available locally.

#### PROFESSIONAL BULL RIDERS WILL **SPRING INTO ACTION AT ARENA**

California bull riding fans will get the opportunity to experience the toughest sport on dirt when the Professional Bull Riders Blue (PBR) DEF Velocity Tour bucks into Valley View Casino Center on Nov. 8. During this one-day event, the best up-and-coming bull riders in the world will face off with foes nearly 10 times their weight in sinewy brawn during the most thrilling eight seconds in sports.

Each rider will face off against at least two of the rankest bulls on the planet. At the end of the competition, the rider with the highest combined score will be crowned the champion.

The action begins at 7 p.m.

Tickets, ranging in price from \$15 to \$75, are on sale now.

Tickets are available at the Valley View Casino Center Box Office at www.axs.com, or by phone at (888) 929-7849.

### ANNIVERSARY

CONTINUED FROM Page 1

these people's lives. These families have allowed us to be a part of every special occasion including weddings, graduations, anniversaries, etc. over the years."

The landmark restaurant, located on the northern tip of Shelter Island, is a chic, sleek Polynesian paradise opened in 1954 by San Diego restaurateur Tom Ham. Bali Hai was the island's first "tiki temple" and remains one of the largest remaining original tiki temples in the United States.

Family owned and operated for more than five decades, Ham's vision continues through his daughter, Susie Baumann, her husband, Larry, and sons Grant, Andy and Tommy. Generations of

diners come for the delicious food, spectacular views and the restaurant's world-famous Bali Hai mai tais. Its Asian-inspired food features farm fresh ingredients with Hawaiian, Chinese and Japanese influences.

The structure, originally built with more than 15 types of wood, some very rare, has been restored to its natural, original sheen.

The interior design and décor includes Bali Hai's collection of more than 100 Polynesian artifacts, including tiki figures, antique tapa cloths, wood weapons, ocean charts, maps and native pictures — all creating a museum-like space for guests to explore.

The venue's outdoor waterfront Hawaiian Village pavilion — the only one of its kind on San Diego Bay – has hosted scores of weddings, graduations,

reunions and other celebrations in its special-event spaces featuring stellar San Diego bayside views and lush landscaping.

Bali Hai's dining boat dock caters to Bali Hai's "dock and dine" guests.

Tickets to Bali Hai's 60th Anniversary Celebration are \$40 per person, which includes one limited release anniversary tiki mug, one drink ticket and a ton of fun.

Join the festivities and rub elbows with longtime customers, Tiki "fanatics," friends and family and community dignitaries while dining on succulent roasted pig, fried rice, poke and a beverage of choice.

For more information, visit http://www.zvents.com/san\_diego\_ca/ venues/show/53851-bali-hai-restau-

CONTINUED FROM Page 1

completion.

Landing Park on Harbor Drive and nearing

San Salvador was a 100-foot, full-rigged galleon with a 10-foot draft and a capacity of 200 tons. She carried officers, crew, slaves and a priest.

Being built for the San Diego Maritime Museum, the replica will launch soon.

The construction site, called "San Salvador Village," opened in June 2011 and is accessible to the public. The project gives people the opportunity to see an example of 16th-century shipbuilding, which was the first modern industrial activity in the

The replica galleon is 92 feet long with a beam of 24 feet. When construction is completed, San Salvador will be launched on San Diego Bay and will become part of the museum's fleet of historic and replica

volunteers, the scaffolding around the ship has started to come down. Over the next few months, preparations for her launch will take place. Then the rigging process

The San Salvador was the flagship of explorer Juan Rodriguez Cabrillo in 1542 when he sailed into San Diego Bay. Cabrillo was the first European to explore the coast of California.

Once it's finished, the full-size galleon will be opened to visitors and for educational programs. Museum officials said it would also sail to ports throughout the state "as a traveling learning platform and symbol of our region's Pacific origins and maritime heritage."

The project is partly funded by a grant from the Coastal Conservancy, a state agency established in 1976 to purchase, pro-After four years of work by some 200 tect, restore and enhance California's

coastal resources. The San Salvador construction site is open from 11 a.m. to 4 p.m. daily at Spanish Landing Park south of the airport. You can also watch construction progress on a 24-hour webcam at anr.ucsd.edu/cameras/SLC.html.

In all, Cabrillo's expedition fleet had three ships: the 200-ton galleon San Salvador, the 100-ton La Victoria and the lateenrigged, 26-oared San Miguel.

The two other ships were not the squarerigged galleons commonly used for crossing open ocean. Rather, they were built in Navidad, Mexico, especially for exploration along the coast.

### Ask The Financial Advisor

Question:

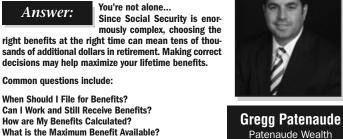
Do you have questions about Social Security?

Answer:

sands of additional dollars in retirement. Making correct decisions may help maximize your lifetime benefits.

**Common questions include:** 

**Can I Work and Still Receive Benefits? How are My Benefits Calculated?** What is the Maximum Benefit Available? How Do I Utilize Spousal Benefits? What is the "File and Suspend" Strategy? What is the "Claim Now, Claim More Later" Strategy? What is the Strategy for Two High-Earning Snow **What About Divorced Spouse Benefits? How Do Survivor Benefits Work?** Can I Estimate What My Benefits Will Be? What About Taxes? When Will I be Eligible for Medicare?



Call to schedule a no-cost one hour appointment to discuss your options.



patenaudewealth.com 4425 Bayard St #110 San Diego, CA 92109 TOP



BEST OF THE BEACH FISH TACO CHALLENGE • TASTE OF PB FOOD COURT PB Merchant Sidewalk Sale • Arts and Crafts Alley • Kids Action Alley • Free Bike Valet @ Thomas Ave





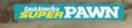






























Wednesdays 4pm.8pm

# Ocean Beach FARMER'S MARKET

OceanBeachSanDiego.com

Voted Best Farmer's Market in San Diego









......



Bartender (Juli)

### Oktoberfest

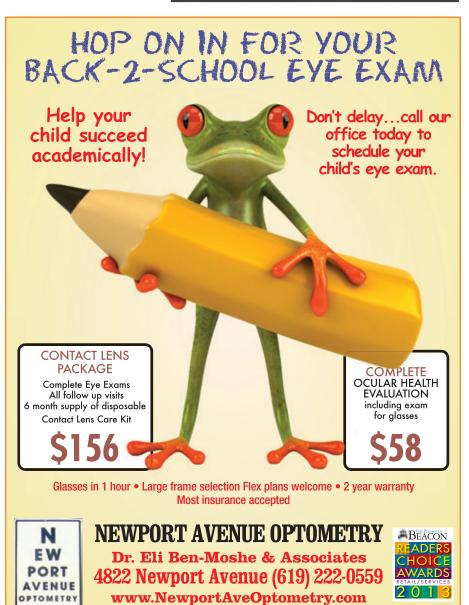
Be a part of the Beacon's OB Oktoberfest **Special Section** on October 9th Deadline: October 3rd

Call Mike 858.270.3103 x117 for more details









### Anonymous donation fuels Scripps' plans for ocean-study hardware

Scripps Institution of Oceanography has committed \$500,000 to bring sensor, instrument and platform concepts developed by Scripps scientists to completion, enabling creation of equipment that will allow new types of measurements, detection and extended power capabilities for ocean research.

"This generous gift will accelerate our ability to observe and measure the ocean through the development of a new generation of viable research instruments," said Margaret Leinen, Scripps Oceanography director. "We are grateful for this investment from a donor with the vision to support the transformative research interests of our innovative scientists."

Underwater cameras and microscopes allow scientists to look closely, even in 3-D, at freely floating, minute organisms

An anonymous donor to UCSD's that drift with water currents. These close-ups provide unprecedented views of critical components of the marine environment. Many federal sources of funding for the projects' instrumentation are focused on developing new instrument concepts – research into instrumentation rather than deployable instruments — making it difficult to secure funding. Meanwhile, Scripps researchers have developed many innovative inventions, such as floats, gliders, cameras, 3-D microscopes, earthquake sensors and pH detectors for ocean acid-

The donor, therefore, sought to support unique equipment development not commercially available or fabricated from off-the-shelf components.

Proposal criteria focused on completing new instruments. A rigorous com-

petitive process narrowed the field from son has a prototype precision pH mea-tists, students and the public can explore 27 proposal submissions and resulted in suring system that uses a spectrophotoawards for innovation and invention to metric approach to measure the color of three Scripps research teams:

Making spectrophotometric seawater pH measurements convenient: Andrew Dickson, professor of marine chemistry. Scripps Marine Physical Laboratory

With increasing levels of carbon dioxide accumulating in the atmosphere and dissolving into seawater, the world's oceans are becoming more acidic. The Dickson laboratory provides reference samples of seawater that are used to ensure worldwide uniformity in measurements of these changes. An automated system that can efficiently make reliable and precise measurements of the pH of seawater samples is critical to the study of ocean acidification. Dick-

a pH indicator dye. With this funding, he and his team will optimize the existing system to produce a system more compact and better suited for widespread laboratory use.

**Scripps plankton camera system:** Jules Jaffe, research oceanographer, Scripps Marine Physical Laboratory

Jaffe is the innovator of new technology for observing oceanic phenomena and the development of inverse techniques for their interpretation. Funds will enable complete development of the Scripps Plankton Camera System (a prototype dark-field zooplankton microscope system initiated under separate funding) and support its operation for at least one year. This new funding will also support the addition of a higherresolution phytoplankton imaging system. The installation will consist of two in situ dark field microscopes with compact computers performing realtime image processing and object detection. Output from these microscopes will be broadcast to the Internet, where scien-

and tag data from the system with realtime access.

C-Gen: power generation for remote oceanographic instruments from ambient ocean currents: Drew Lucas, Matthew Alford, Michael Goldin, and Robert Pinkel, Scripps Marine Physical Laboratory

With this gift, the Scripps science team will construct an electrical power generator that uses the energy of ocean currents to provide power for individual oceanographic sensors. Generating 1 to 10 watts from a compact, simple device will address a modern, practical oceanographic challenge: the power limitation of long-term oceanographic observations. The project will deploy the generator in a "clip-on" mode, where it attaches to a conventional sensor package and continually recharges sensor batteries. Alternatively, it can be deployed within a moored string of instruments to power clusters of sensors or along optical-fiber communications lines to enable the transfer of data from remote instruments back to shore.

— Staff and contribution

#### UCSD researchers identify enzyme that controls breast cancer spread

Researchers at the UCSD School of Medicine have identified an enzyme that controls the spread of breast cancer.

The findings, reported in the current issue of *Proceedings of the* National Academy of Sciences magazine, offer hope for a cure of the leading cause of breast cancer mortality worldwide

"The take-home message of the study is that we have found a way to target breast cancer metastasis through a pathway regulated by an enzyme," said lead author and postdoctoral researcher Xuefeng Wu.

The enzyme was found to be present in breast cancer cells at two to three times the levels of healthy cells. Although the enzyme's role in regulating normal cell growth and

healthful immune system function is well-documented, the study is among the first to show a link to the spread of breast cancer.

Xuefeng and his colleagues at the UCSD Moores Cancer Center found that the enzyme regulates cancer cells' ability to transmit signals that stimulate cell growth and survival by regulating the activity of a protein which, when "knocked down," prevents metastasis. The researchers said a compound that inhibits the activation of this protein is already being tested for treatment of rheumatoid arthritis.

Scientists altered human breast cancer cells by silencing the proteins and injecting them into the mammary tissues of mice. Although the primary tumors grew in these mice,

their cancers did not spread.

"Primary tumors are not normally lethal," Xuefeng said. "The real danger is cancer cells that have successfully left the primary site, escaped through the blood vessels and invaded new organs. It may be only a few cells that escape, but they are aggressive. Our study shows we may be able to block these cells and save lives."

Researchers have also defined a metastasis gene signature that can be used to evaluate clinical responses to cancer therapies that target the metastasis pathway.

An estimated 40,000 women in America will die of breast cancer in 2014, according to statistics compiled by the American Cancer Soci-

Staff and contribution



The cultures of Portugal, Spain, Mexico and Native America will be on full display at the 2014 Cabrillo Festival with food, dancing and historical narrations.

### ENJOY THE BEAUTY OF OLD TOWN

#### OLD TOWN CELEBRATES THE SEASON WITH ITS FALL FESTIVAL OCT. 25

ties a la San Diego in the 1870s will be held from noon to 4 p.m. sored by Fiesta de Reyes, guests will enjoy hay rides and pumpkin painting at this annual event. Carved jack-o-lanterns will also be on display at many of the merchants in the park. Free to the public. For more information, call (619) 220-5422.

this Halloween

Trick-or-treaters are invited to in the central plaza at Old Town come out in their best costumes San Diego State Historic Park at on Fri., Oct. 31, from 4 to 6:30 this year's Fall Festival. Spon- p.m. to collect candy and goodies from participating shops and



Fall crafts and children's activi- Trick-Or-Treat in Old Town museums throughout Old Town Free to the public. For more infor-San Diego State Historic Park. mation, call (619) 220-5422.



Cosmo for Couples. MOTEL AND RESTAURANT 2 Cosmopolitans, 2 Entrées, 1 Dessert **EVERY MENU ITEM - EVERY DAY!** 

Live Music Thursdays, Fridays, & Saturdays Cannot be combined with other offers. Valid through 12/14/14 Present coupon to server at time of ordering

OldTownCosmopolit 619

### **CABRILLO**

CONTINUED FROM Page 1

Manuel da Rosa, president of the Cabril-

Da Rosa said the two-day festival also highlights the culture and traditions of San Diego's 15,000 to 20,000 Por-

"We have banners up and down Rosecrans Street," said da Rosa. "The festival has the support of all local organizations, including the Point Loma Association, as well as the tremendous support of Naval Base Point Loma, which hosts the festival's events on Sunday."

Da Rosa said the festival is a microcosm of the American melting pot.

"It's multi-cultural, multi-ethnic," he said noting the event is done in conjunction with the local Native American Kumeyaay tribe.

"It's also important to the Spanish and Mexican communities," said da Rosa. He said, though, that while the Portuguese community remains "the backbone of the Cabrillo Festival," its influences embrace much of San Diego's historic and ethnic cultures.

The two-day festival kicks off Saturday, Sept. 27 at 3:30 p.m. with a commemorative ceremony and wreath laying honoring Cabrillo at the Cabrillo National Monument. The keynote speaker for the wreath ceremony will be Dr. Nuno Mathias, consul general of cabrillofestival.org.

Portugal.

The commemorative ceremony will be followed later that day from 6 to 7:30 p.m. with a Cabrillo Discovery Celebration Dinner-Dance at the Portuguese S.E.S. Hall, 2818 Avenida de Portugal in Point Loma. Sponsored by Cabrillo Civic Club No. 16 of San Diego and Portuguese-American Social and Civic Club, the event costs \$50 per person. Tickets are available by calling (619) 426-0769 or (619) 221-8084.

On Sunday, Sept. 28, festivities continue from 11 a.m. to 4 p.m. with a free Cabrillo Festival at Ballast Point, Naval Base Point Loma, at the south end of Rosecrans Street

The multi-faceted festival features music, dancing, children's activities and ethnic foods of Mexico, Portugal, Spain and Native America.

The Cabrillo Festival is a fun, family oriented event with educational activities, cultural demonstrations and exciting folkloric performances celebrating Native American, Mexican, Portuguese and Spanish traditions from the Age of

When Cabrillo landed in Point Loma in 1542, he had little or no inkling of its historical significance or that it would be celebrated forevermore as a landmark event or that Sept. 28 would be recognized as Cabrillo Day throughout what would become California.

For more information, visit www.-

# Pointers fired up after 2-game win streak pushes record to 3-1

By SCOTT HOPKINS | THE BEACON

The Point Loma Pointers football team upped its season record to 3-1 with a 14-O victory over CIF Div. III Morse on its home turf Sept. 19.

In a non-league encounter, all of the Div. I Pointers' points came in a span of less than five minutes in the second quarter as both teams were hurt by fumbles on a warm, dry afternoon.

With 11:13 left before halftime, Pointer defenders stalled the Tigers on a fourthdown play to gain possession.

The stop seemed to energize the Dogs. Jaylen Griffin broke free for a run of more than 50 yards before being forced out of bounds. From there, sophomore Tshombré Carter put his team on the scoreboard with a dash through the Morse defense.

Following the kickoff, the Tigers let the pigskin escape once more, and the Pointers recovered with 8:42 left in the second quarter.

Again the Pointers marched down the field, with Tim O'Brien's (6 feet, 7 inches) catch and run resulting in a first down at the Tiger two-yard line.

From here, the Morse defense stopped the Pointers on three consecutive runs up the middle before Griffin swept left for the touchdown with 6:38 left before the

able to mount a scoring drive, with strong defense and fumbles by both offenses often the culprit.

The loss drops Morse to 0-4.

The Pointers head east to Santee on Friday, Sept. 26 for their first visit to Santana High. The Dogs downed the Sultans 35-3 last year at home. Kickoff is slated for 7 p.m. at the Grossmont-Valley League school. The Sultans, also a Div. III team.

POINT LOMA
TEA

www.pointlomatea.com



Other than this span, neither team was A group of Point Loma defenders stops a Morse quarterback back on a crucial fourth-down play in the second quarter of their game Sept. 19. Helping stop the Tiger drive are Cameron Callicutt (No. 50), Brenden Torrence (No. 3), Tim O'Brien (No. 80) and Patrick Rutledge (No. 82).

stand at 2-2 after wins against San Diego Southwest and Kearny. They have lost to Castle Park and Francis Parker.

**POINT LOMA 40, LINCOLN 20** 

The points came quickly and more the previous week. On this night, howev-

often for the Pointers Sept. 12 when they traveled to Southeast San Diego to face the Hornets during a recent heat wave.

The Dogs clearly learned after seeing Ramona block two of their kick attempts



Point Loma's Jacob Ehm (No. 24) sprints to the end zone to score a touchdown in the Pointers' 40-20 victory at Lincoln on Sept. 19.

er, the Pointers returned the favor, blocking two early Hornet punt attempts that led to a Jaime Medina field goal and a Gavin Grady touchdown run for a 9-0 lead as the first quarter ended.

With second quarter scores on runs by Jacob Ehm and Carter, the Pointers took a 23-12 lead at halftime.

A pass from Grady to a leaping Carter in the end zone and another Medina field goal upped the margin to 33-12 after three periods.

With numerous Pointer reserves gaining valuable playing time, the Dogs scored vet again.

Backup quarterback Brenden Torrence scrambled for yardage on the drive before Sergio Gallegos crossed the goal line for the final Pointer score.

- The Pointers are one point away from being undefeated, their lone loss coming in a 7-6 disappointment against powerful Ramona.
- The younger Pointer teams also sit at 3-1 after the freshmen (23-6) and junior varsity (15-12) recorded victories against Morse.
- Alexandra Van Heuven has taken over as athletic director at PLHS, replacing John Murphy. She is also the school's head track and field coach, assistant girls' varsity soccer coach and coordinator of the school's weight room.
- Pointer defensive standout Cole Kidd suffered a concussion at Lincoln when a teammate's knee struck his head. He was inactive against Morse, but should return Sept. 26 at Santana.



2960 TRUXTUN ROAD | SAN DIEGO, CA 92106 | (619) 222-4653 | WWW.THELOMACLUB.COM

#### LIBERTY STATION

### Kids & Adults..."Make" your memories with us!

The Hot Spot Pottery Painting and Candle Making Studio just celebrated it's second year "making" memories in Liberty Station. The Hot Spot is a walk-in studio where people can dropin, have a party or gathering and relax to great music while creating. You just choose your project and they provide everything needed to complete it, all in the price of the item chosen, there are no studio fees. They have over 800 pottery pieces to choose from like vases, dinnerware, mugs, picture frames and kids items galore, and if you turn the pottery in by 5 pm you get it the next day! Fired pottery is food, microwave and dishwasher safe. Paints are non-toxic and washable. They also offer a glitter paint that can be used on decorative items and taken the same day. This is a great option for kids birthday parties.

In addition to pottery, The Hot Spot is the only studio in San Diego to offer chunky candle making which you complete in the same visit. Fun and easy for the little ones as well as guys and girls

of all ages, and it's a great gift idea! They provide different shapes and containers, colorful wax chunks, over 25 scents to choose from and even "bling" like gems and shells to top them off!

The Hot Spot offers party packages for both kids and adults, and have hosted groups up to 150 both in the studio and off-site. If you are looking for something fun, unique and entertaining for the whole family, your office parties, church groups, sorority or school groups, scouts etc. The Hot Spot is worth checking out. For more information go to their website at thehotspotstudio.com/

#### The Hot Spot Studio

Liberty Station Barracks 14, 2770 Historic Decatur Rd., San Diego, CA, 92106 (619) 223-1339 - Fun@TheHotSpotStudio.com Located behind Vons between Corvette Diner and Ace Hardware

Check out our **NEW LOCATION** 

> Still in Barracks 14 Just across the Foyer

Stop by and take a look

Celebrating 2 years in Liberty Station

"Experience the Artistry of Tea"

Barracks 14, Studio 103 619.523.2070





San Diego, CA 92106

TheHotSpotStudio.com (619) 223-1339



Parties for Kids & Adults

LifeStyle

### Liberty Station: the essence of San Diego, a re-energizing 'sense of place'

at liberty station where san diego gets creative

What makes Liberty Station special is its "authenticity," according to its developers and supporters.

It's a brand that developers of the Navy recruitment centerturned-mixed-use-development intend to continue indefinitely.

"Our goal is to further create an engaging, fun and vibrant neighborhood for San Diego that is safe and has adequate parking,"

said Nathan Cadieux, vice president of McMillin Companies, the redevelopment firm charged with transforming the former Naval Training Center into a flourishing residential, commercial and arts and cultural mecca.

"You can't get all those things at other locations," he said.

A sense of place, quintessentially San Diego, is what Liberty Station's redevelopment continues to be all about.

"McMillin is in partnership with the NTC Foundation in a collaboration to create a seamless, authentic San Diego experience. That's what we're focusing on," said Cadieux, who cited Stone Brewing Co. as one example of the kind of "homegrown" company to be found at Liberty Station.

"Those are the types of local, San Diego companies that really represent our city well," said Cadieux, noting an announcement is coming soon about "a bunch of new and exciting tenants" that will be joining the Liberty Station mix.

Cadieux said another goal of forging an "authentic" San Diego

experience at Liberty Station is to make it a destination people are not only drawn to, but want to spend time enjoying.

"Our goal is for people to spend three hours here, not 15 minutes, enjoying our urban, mixed-use, pedestrian-oriented project," he said. "We want people to be able to come out and go to an art gallery, get a beer and have dinner. That's what we're really try-

ing to build on."

Cadieux said "no more acreage is available for new development" at Liberty Station.

"The only buildings that will become available to lease are existing, but unrenovated buildings," Cadieux said. "Those are the buildings the NTC Foundation has plans to redevelop (Phase 3 of the Arts and Cultural District).

"Every acre of Liberty Station has been developed, all of the public areas are done," said Cadieux, who estimated there are between 200 and 300 total businesses now located throughout the complex's

Will Liberty Station be much different -- or any different -- 20 years from now?

"The foundation of Liberty Station won't change," said Cadieux. "The hope is that Liberty Station can be a place where San Diego is best represented; an authentic San Diego community with goodquality products. We want to have that going forward."



**Long Ad Campaigns Bring** Waves of Summer Business!

Please Call Today!

Heather Long (858) 232-5638 Mike Long (858) 270-3103 x112 MikeL@sdnews.com

#### "How Would Your Life Change... If Suddenly, Your Body Started Working Two... Three... Even Four Times Better Than It Does Now?"

Come experience a proven method to lose body fat, weight and inches from your waist /hips in just 28 days.

#### Challenge includes:

- Initial Evaluation: baseline measurements
- Orientation
- Weekly Assessments
- Free Supervised Boot Camps / Hikes / Power walks
- **Nutrition Seminar**

#### Don't delay, challenge spaces limited!

Meet Jennifer Martin, she's lost over 50 lbs. and 6 dress sizes since participating in the 28 Day Takedown Challenge & LifeStyle.



"Both my husband and my 6 children now have a mom/wife with much more energy. I sleep less and get out more. I have more clarity. I find dealing with tough issues is much easier. My whole family is benefiting from the change. Joining the Take-Down LifeStyle™ completely changed my life." Jennifer Martin

619.756.7500 Fitnesstogether.com/pointloma

#### What is FMS (Functional Movement Systems)? And How it Can Help You.

If you are and athlete or have pain possibly caused by a faulty movement pattern, continue to read. The Functional Movement Screen captures fundamental movements, motor control within movement patterns, and competence of basic movements uncomplicated by specific skills. It determines the greatest areas of movement deficiency, demonstrates limitations or asymmetries, and eventually correlates these with an outcome and score. Once the greatest asymmetry or deficiency is observed, then specific corrective exercises are prescribed to facilitate proper movement sequence and form.

The original idea of the screen was to portray movement-pattern quality with a simple grading system of movement appraisal; it was not intended to diagnosis or measure isolated joint movement. Attempting to measure and isolation does a disservice to the pattern—the body is too complex to take isolated movements seriously in the initial stages of screening.

The FMS is comprised of seven movement tests that require a balance of mobility and stability. The patterns used provide observable performance of basic, manipulative and stabilizing movements by placing clients in positions where weaknesses, imbalances, asymmetries and limitations become noticeable by a trained health and fitness professional.

The screen's usefulness is its simplicity, practicality and ability to fill a void in the toolbox we use to judge performance and durability. It is not intended to determine why a dysfunctional or faulty movement pattern exists. Instead, it's discovery of which patterns are problematic. The FMS exposes dysfunction or pain—or both—within basic movement patterns.

Those who score poorly on the screens are using compensato-



ry movement patterns during regular activities. If these compensations continue, sub-optimal movement patterns are reinforced, leading to poor biomechanics and possibly contributing to a future

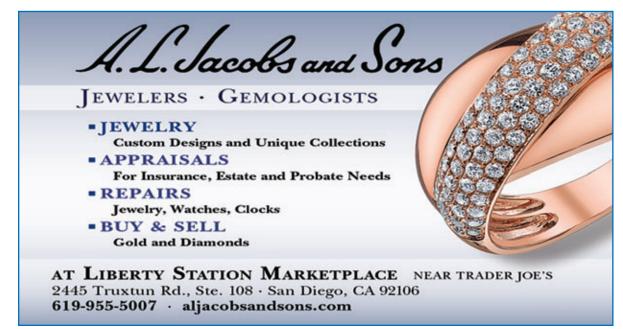
Nike, Titlelist, and the N.F.L combine now all incorporate FMS into their athletes training protocols. There has been a dramatic shift in the physical therapy world over the past decade in now attempting to improve movement patterns with corrective exercise versus just trying to strengthen weakened, isolated muscle groups.

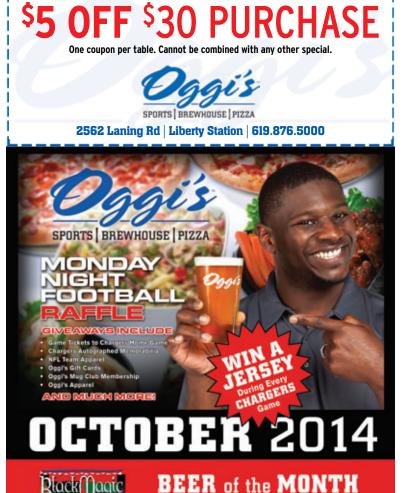
For more information on how FMS can help you improve your athletic performance or alleviate pain contact:

Greg Sterner, Board Certified Orthopedic Clinical Specialist in Physical Therapy, Owner

#### San Diego Sports Physical Therapy

2750 Dewey Rd. Ste 101 San Diego, CA 92106





7.6% ABV - A full-bodied, dark brew that's rich

and malty with roasted barley Simply a stronger

version of a traditional Dry Irish Stout. This hearty

stout is layered with flavors of roasted barley, choc-

olate and coffee.

JOIN US FOR GAME DAY

NFL • NCAA SUNDAY BREAKFAST 9AM-IPM GAMEDAY SPECIALS

#### **COLLEGE ROUNDUP**

# PLNU triumphs in golf, hits cold streak in volleyball

#### **PLNU ATHLETICS** COMMUNICATIONS DEPT.

#### **FULLER TAKES TITLE** AT PLNU FALL PREVIEW

Haley Fuller did not shy away from the opportunity that awaited her entering the final round of the Point Loma Nazarene University Fall Preview at Torrey Pines last week. The Sea Lion freshman came into the round just one shot off the lead, and she seized the individual championship by one stroke with a 1-over 149 over the 36-hole tournament.

Fuller posted a 73 (-1) in the opening round Sept. 15 and then backed it up with a 76 (+2) on Sept. 16. Both days Fuller registered three birdies. After posting the second-best score among all individuals in the opening round, she tied for the fifth-best score in the final



The Point Loma Nazarene University Sea Lions shot off to a hot start at 3-1 but stumbled in some following tournaments to fall to 3-5. The team opened PacWest play Sept. 18.

round. She finished one stroke ahead of Sonoma State's Haley Whitbeck for the victory.

The Sea Lions also had to fight to climb the team leaderboard between the opening round and the final. PLNU shaved five strokes off its score in the second round to post a 318 (+22) and finish with a 641

Kathleen Crossley, Alyssa Orito and Annika Nousiainen led the way by each finishing in the top 25. Crosslev was the top scorer for Point Loma with a 10-over 158. She shot a 77 (+3) in the final round after posting an 81 (+7) on Monday to finish tied for 18th. Orito shot an 80 (+6) in both rounds to finish tied for 22nd. Nousiainen was tied for 24th with a 161 (+13). Mariah Fuller, Haley's sister, placed right outside the top 25 as she finished tied for 26th with a 14-over 162.

Sonoma State won the team title by nine strokes with a 611 (+19). The Seawolves held the lead after the first round with a 308 (+12)and they never relinquished their advantage as they posted a best score of second round as well with a 303(+7).

#### **CROSS COUNTRY** HITS GROUND RUNNING

Sixteen Point Loma cross-country runners took part in the 2014 Adidas/UC Irvine Invitational to open the season on Sept. 6. The Sea Lions took eighth place with 257 points.

Freshman Alexandra Hernandez Courtesy photo paced the Sea Lions by placing

22nd in the 157-person field. Hernandez posted a time of 19:25.7 on the 5K course.

"Alex opened her college career very well," said PLNU head coach Jerry Arvin. "She got out and ran today liked I hoped she would. She had great credentials coming to PLNU and she did very well. But I think she'll get even better."

Hallie Swenson placed 50th with a time of 20:19.4 to give Point Loma two finishers in the top 50.

As a team, Point Loma's 257 points placed it just ahead of Cal State Los Angeles in the final standings and just behind Cal State San Bernardino. Arkansas won the race as its nine runners took the first eight spots and 10th place.

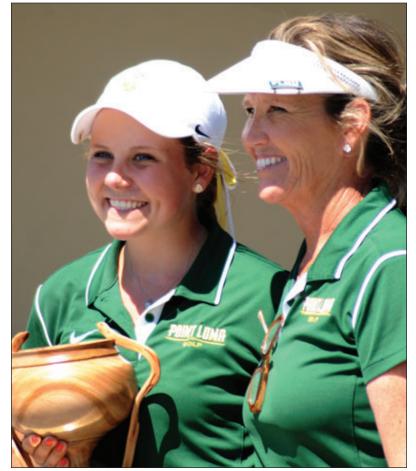
"Overall, it was a very good showing," said Arvin. "We competed well with the other NCAA Division II regional teams in the race and there is a lot of good reason for hope. I know we are still going to get bet-

#### PLNU DRAWS TOUGH COMPETITION IN OPENING TOURNEYS

The Point Loma volleyball team is off to a 3-5 start.

The Sea Lions, who were picked to win the Pacific West Conference after going 30-7 last season and winning the NCCAA title, opened the year by going 3-1 while hosting their annual Seaside Invitational.

PLNU then went to the GNAC-PacWest Crossover Challenge in Riverside and stumbled against the top four teams in the Great



Haley Fuller, left, is all smiles after her performance during the Point Loma Nazarene University Fall Preview last week at Torrey Pines.

Northwest Conference.

The Sea Lions fell to sister school Northwest Nazarene and dropped matches to No. 9 Western opening of PacWest play. Washington, No. 13 Central

Washington and Alaska Anchor-

PLNU is now prepared for the



#### **OPEN FOR LUNCH** 11am - 2pm Mon. - Fri.

Featuring our full menu

Full Bar • Wine Cellar • Happy Hour 4-6 p.m. Daily

WE DELIVER to Ocean Beach & Pt. Loma

(619) 223-8197 3663 VOLTAIRE STREET • SAN DIEGO

### Packed house expected for Mission Beach centennial finale

BY DAVE SCHWAB | THE BEACON

It's been a year of great celebrations as Mission Beach caps its 100th anniversary observance this month with a Centennial Festival & BBQ Competition between Belmont Park and Ventura Boulevard — an event that will spill out onto the streets Sept. 27 from 11 a.m. to 7 p.m.

More than 15,000 people are expected to swell the centennial festival, which will take San Diegans "through the decades" of this beach community, starting from the roaring 1920s. Guests will enjoy a "Bathing Beauties Fashion Show" with swimsuits from the '20s, sponsored by Pilar's Beachwear.

The event will also feature a walking museum filled with Mission Beach memorabilia.

Entertainment in and around 3146 Mission Blvd. will include local live music performed by Split Finger, Rian Basilio and the Roosters, The Soulside ment.

Players, The Jackstraws, Fred Thompson Ukulele Majesty, Sue Palmer and the Euphoria Brass Band.

Adults will be able to dive into drinks at a craft-style beer garden. The little ones will have their own party too, with a Kids' Zone set up inside Belmont Park to entertain youngsters of all ages. Inside the Kids' Zone, families will find plenty of activities, include The Boo Hoo Crew, the Hullabaloo Band, magicians, balloon art, free face painting, rides and attractions.

To date, the Mission Beach centennial celebration has featured nine community-based events: a monument dedication and resident walk, a pub crawl, a "MeetThe Legends Surf Classic," a Father's Day classic car show, a "Dive-In" movie featuring the 1975 thriller "Jaws," a horseshoe tournament put on by the Old Mission Beach Athletic Club, a hands-on sandcastle-building demonstration and a volleyball tourna-

It all leads up to this, the piece de resistance: the free Centennial Festival & BBO Competition.

The festival wouldn't be complete without tasty grub. Visitors will be able to grab the best barbecue taste treats at the sanctioned cook-off area, with samplings starting at 11 a.m. until they're gone. Some San Diego favorites like Brazen BBQ, Holy Mole, Chillin & Grillin and Rubbed the Right Way will be competing.

San Diego's finest festival food and vendors will also be attending.

"This is a festival and a Mission Beach birthday celebration that San Diegans cannot miss out on," said Wendy Crain, co-chairwoman for the Mission Beach Centennial. "San Diego lifeguards are celebrating 100 years of service as well, and we'll incorporate this into the festival.

For more information, visit www.missionbeachcentennial.org or call (858) 488-1549.

### **WHAT'SAHEAD?**

Peninsula-area events, Sept. 25 to Nov. 12

#### **THURSDAY, Sept. 25**

• St. Paul's Senior Homes and Services will host its "Connect for a Cause" at 57 Degrees, the spectacular 16.500-square-foot wine facility at 1735 Hancock St. The event will run from 5 to 7 p.m., and parking is free. "Connect for a Cause" is a fun opportunity to network with fellow San Diego professionals and support a great cause. Proceeds support the

many programs at St. Paul's Senior Homes and Services. For more information, visit www.stpaulseniors.org.

• The Silver Hair Tsunami, an ensemble of expert advisers, will teach retirees and those entering the retirement age information they need to make sure their hard-earned money doesn't fall through the cracks, covering topics like taxes, estate and income impacts on their investment or lifestyle decisions. The free event takes place at the Kona Kai Resort, 1551 Shelter Island Drive, from 6 to 8 p.m. For details, visit thesilverhairtsunami.com.

#### SATURDAY, Sept. 27

The Ocean Beach Friends of the Library will host its final book sale of the year. The sale will feature gently used books, DVDs and CDs. In addition, the team behind the production of a slick new book just released called "Ocean Beach" — produced in the Images of America series — will be on hand to sign the books. The event runs from 9:30 a.m. to 12:30 p.m. at the library, located

# Local musicians will get their due at the SD Music Awards

By BART MENDOZA | THE BEACON

The 24th annual San Diego Music Awards is set to take center stage Oct. 6 at Humphreys Backstage Live. While the event is open to the public, for local musicians it's the social event of the year, with pretty much every musician of note in town making an appearance at the festiv-

Awards in 28 categories will be handed out this night, with the Lifetime Achievement Award going to bluesman Tomcat Courtney and live performances from The Donkeys, Euphoria Brass Band, Joshua White, The Midnight Pine, Robin Henkel Band with Horns featuring Whitney Shay, Todo Mundo and Tribal Theo-

Proceeds from the event benefit the San Diego Music Foundation's Guitars for Schools program, bringing music back in to local classrooms, so even just attending is doing a good deed. But for area musicians nominated, it's also bit of validation for the previous year's hard work.

"It's more than an honor," said Celtic fiddler Patric Petrie, who is nominated in the Best World Music category. "It's recognition of the thousands of hours we ply at our craft, the years of dedication, the understanding and support of our families and friends and, most of all, recognition and appreciation that we are touching lives with our gift."

For Tolan Shaw, his nomination for Best Singer-Songwriter confirms he's on the right path.

"It serves as an affirmation that the gigging, writing, recording and putting it all out there is paying off a little bit," he said. "I'm not sure how important it is in terms of the 'career,' but it is a nice thing to put on the resume, and I feel blessed to be considered."

Parker Edison, who is among the Best Hip Hop Artist nominees, concurs.

"To be nominated means a lot. As artists it's easy to feel unappreciated," he said. "So when an organization like the SDMA acknowledges us, it feels great. We've dreamed of winning Grammys. So this feels like a step in that direction. Baby

At 16, Best New Artist nominee Cody Lovaas is the youngest of the contenders.

"I am passionate about my music and music in general, but I had never thought about awards before my nomination by the SDMA," he said. "Once I did, I can tell you how special it is to be recognized for something that you are so passionate and give so much to: music."

Percussionist Nathan Hubbard, a Best Jazz nominee, notes it's nice to be selected, but just attending the event is fun in and of itself.

"It is always nice when any organization recognizes my work," he said. "I have attended the event before, on years I have been nominated or not," he said. "I've strangely fractured in terms of scenes and genres, but it's always nice to see so many

people from all these different worlds in one spot."

Chris Biggin, whose band We Are Sirens is also a contender in the Best Alternative Band category, agrees. Biggin was already a well-established musician in his native England when he relocated here in 2010.

"It is a great moment for us to know that what we're doing is well received in San Diego," he remarked. "Although winning, for us, isn't important, being able to come to the awards and meet all the awesome musicians is going to be huge for us.'

Stanze Touchie, whose band The Touchies is among of Best Alternative nominees, said he considers being cited alongside his peers to be a great way to introduce his band to new audiences.

"It's always rad to be nominated," he said. "It comes in handy when you're telling new non-music people about your band. When you tell them you've been nominated for an SDMA, all of a sudden they're interested.

The Touchies even considered where to keep the award on the off-chance the band wins.

"It would go on top of our Marshall Amp fridge in our practice studio. It would make those cold beers inside even more satisfying," he said.

• SAN DIEGO MUSIC AWARDS: Monday, always thought San Diego has been Oct. 6, at Humphreys Backstage Live, 2241 Shelter Island Drive, 7 p.m. www.sandiegomusicawards.com.



Celtic fiddler Patric Petrie is a nominee for the Best World Music category at the San Diego Music Awards gala on Oct. 6 at Humphreys Backstage Live.



### Friday Night Liberty to boast awesome lineup Oct. 3

Liberty Station will be brimming with campus of the historic former Naval family entertainment, music, food and Training Center. activities during the next installment of Friday Night Liberty on Friday, Oct. 3.

There will be two dance performances, including Malashock Dance showing excerpts from its annual Malashock RAW show at 6 and 7 p.m.

San Diego Dance Theater will also be showing excerpts from its wildly popular Trolley Dances at 6:30 and 7:30 p.m. in the White Box Live Arts space.

In addition, there will be two international exhibitions: The San Diego Watercolor Society presents its worldrenowned international exhibition with more than 95 paintings; and Visions Art Museum: Contemporary Quilts + Textiles, which will show its 13th annual international biennial to highlight selected works from over 524 submis-

The San Diego Museum Council will host the Gaslamp Players as they present historic vignettes based on the early history of San Diego. These costumed performers portray some of San Diego's most interesting characters, from Alonzo Horton, "Father of New San Diego," to Chief of Police Keno Wilson and to Ida Bailey, the popular madame who ran the high-class brothel Canary Cottage.

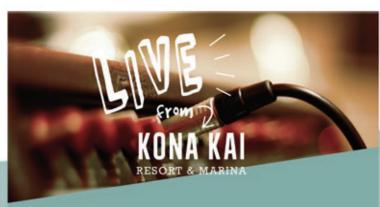
Other highlights of Friday Night Lib-

- "Cuban Captives: The Cars of Cuba," a new photo exhibit at Outside the Lens, Barracks 15
- Italian culinary perfection at Solare Ristorante, Building 201
- The fresh sounds of Joey Carano, live at Barracks 19 from 5:30 to 8 p.m.
- A new exhibition by Jennifer George at the Women's Museum, Barracks 16
- Paint your own ceramic or make a candle at Hotspot, Barracks 14

Friday Night Liberty is the biggest gallery night in San Diego, with a chance to meet working artists, see free performances and stroll the beautiful

www.ntclibertystation.com/what.php.





SEPTEMBER 25 (THU.) Vessel Live with Mercedes Moore 7:00pm

SEPTEMBER 26 (FRI.) Vessel Live with Doug, Larry & Mark 6:00pm

SEPTEMBER 27 (SAT.) Vessel Live with Rhythm Turner 6:00pm

SEPTEMBER 28 (SUN.) Sunday Brunch with Danielle & Vince Cooper 11:00am

SEPTEMBER 28 (SUN.) Vessel Live Singer Songwriter Showcase 4:00pm - 7:00pm

OCTOBER 2 (THU.) Vessel Live with Len Rainey 6:00pm

OCTOBER 3 (FRI.) Vessel Live with Missy Andersen 6:00pm

OCTOBER 4 (SAT.) Vessel Live with Joey, Caren & Paul 6:00pm

OCTOBER 5 (SUN.) Sunday Brunch with Debbie Galan 11:00am

OCTOBER 9 (THU.) Vessel Live with Whitney Shay 6:00pm

1551 Shelter Island Dr., San Diego, CA 92106 resortkonakai.com | 800.566.2524



### Health BRIEFS >>

#### **Medication Mistakes Can** Be Dangerous

Every year 1.5 million people are injured or become seriously ill when a medication mistake happens and 100,000 people a year die from the mistake. It is important for everyone to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

Confusing two medications with similar names accounts for up to 25 percent of errors. Sometimes the doctor's handwriting is misread, the wrong medicine name is put into the computer or the wrong drug is pulled from the pharmacy shelf but it happens. Drugs that could be confused might be Adderall (a stimulant for ADHD) with Inderal (a betablocker for high blood pressure), or Paxil (an antidepressant) with Taxol (a cancer drug) or Plavix (an anticlotting medication). Ask your doctor to write on the prescription what

it's for as well as the name and dosage. If the pharmacist sees high blood pressure but the name of the drug is an antidepressant, it should be a red flag for the pharmacist.

Sometimes drugs can interfere with each other because of their side effects. One drug can magnify the other or one drug can magnify a side effect of the other. If you take one medication that says a side effect can raise blood pressure and then you take a second medication with the same side effect, the two together could cause your blood pressure to get dangerously high. So ask your pharmacist and doctor about side effects, read the written printouts and review and compare

The RN Care Manager at Innovative Healthcare Consultants is experienced and knowledgeable about reviewing all medications to insure against drug interactions and errors. Her job is to make sure these errors don't happen for the client. If you're concerned about a loved one and the possibility of a medication mistake, call us at 760.731.1334 or www.innovativehc.com.

#### San Diego Grab Bars **Provide Security**

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home.

We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stair case, in the hall or outside the back door.

When we visit you, we bring along a great selection of products for same day installation. Decide what diameter and texture feels best before you buy. We can match the finish of your existing hardware.

Falls are one of the main reasons people leave home and move into assisted care. Let us help you prevent falls and stay in the home

# **Assessing your wetsuit** needs and cost factors

# Bird's surf scoop



Photo by Goulding/jagmediaproductions.com

### **Bird Huffman**

With summer in the rear-view mirror and with the water temperature being in the low 70s, it may seem like an odd time to talk about full winter wetsuits. My reasons are pretty simple: supply, demand and cost.

In past seasons when the water has been warm for this long, it has a tendency to continue to stay that way all through October and possibly into November.

I like warm water as much as anyone, but it can wreak havoc for both the wetsuit manufacturers and the retailers who sell them.

Neither of these groups of businesspeople want to overproduce or stock just to have the latest and greatest cold-water gear hanging around warehouses and retail stores. The end result usually means fewer suits built, so a decent supply will be limited.

This also means that with a lower inventory level, deals on wetsuits will be unlikely. My advice is to shop early and be prepared for when the water temperature does drop down, which always happens. Wait too long and you run the risk of having to wear your old suit throughout the season. Color and style options will be limited

Speaking of wetsuits, seriously consider what you really need before you plunk down big bucks for a suit with a limited lifespan. Is all that superstretch, triple-stitched technology really going to be needed or used? With decent suits ranging in price from around \$150 to \$550, serious consideration is in order.

All suits will keep you warm, some longer than others. The same is true for flexibility. Most often, the higherend suits can be a bit warmer with more stretch, but don't expect to get much more than a season out of them if you surf on a regular basis.

For my money, I stick to the midprice suits in the \$195 to \$300 range. This means plenty of warmth and stretch for me, with at least twice as long a lifespan.

Do not buy a top-branded suit, as all are not created equal.

A bit of common sense and a rinseout on a regular basis will help to protect a suit, which in turn protects you from that cold winter water.



1370 ROSECRANS SUITE C, SHELTER ISLAND MEDICAL GROUP

OPENING SPECIAL **\$3900** (60 Min.)

Certified massage practitioners and licensed therapists, with over 12 years experience.

fitnessmassagetherapy.us





- for your family member when there are medical issues
- Our RN's specialize in Alzheimer's, dementia, post-operative and rehabilitation care.
- Our Companion Caregivers work hourly or as live-ins.
- The RN GCM's guidance leads families to the actions and decisions that ensure
- GCM's expertise provides answers at a time of uncertainty.
- GCM's help elders remain independent
- Personalized and compassionate services focusing on the individuals wants and needs

760-731-1334 1-877-431-1442 (toll-free) www.innovativehc.com

### Citizens' Review Board: your opportunity to have a voice on police, civilian issues

Mayor Kevin Faulconer is seeking citizens interested in serving on the city's Citizens' Review Board on Police Practices (CRB).

The CRB is responsible for reviewing serious citizen complaints against San Diego police officers, officerinvolved shootings and in-custody deaths. The Citizens' Review Board's role is to ensure the investigation and findings are accurate, thorough and objective.

The CRB also reviews the administration of discipline in cases where the officer has been found to have disobeyed proper policy and procedure. The CRB makes policy and procedure recommendations to San Diego Police Chief Shelley Zimmerman.

The 23 members of the CRB reflect the diversity in San Diego, including ethnicity, race, geographic, occupation, gender, religion, sexual orientation and expression, socio-economic, people with disabilities and age. Board members should live within city limits.

The time commitment for the CRB is extensive — about 20 hours per month — and includes case review, report writing, regular monthly meetings and continuing education.

Applicants must undergo a background check.

Prospective members are selected by Faulconer and undergo training in preparation to serve. Board members are then appointed by Faulconer from

the pool of prospective members when vacancies occur. Board members may serve up to eight one-year terms and serve at the pleasure of the

Informational meetings are scheduled throughout the city to provide information regarding the responsibilities of the board and time commitment and also to answer questions. Dates and time for informational meetings follow and can also be found by visiting www.sandiego.gov/citizensreviewboard.

- Monday, Sept. 22: 5:30 to 6:30 p.m. at the Santa Fe Room/Balboa Park Club.
- Wednesday, Sept. 24: 5:30 to 6:30 p.m. at the Logan Heights Branch Library.
- Monday, Sept. 29: 5:30 to 6:30 p.m. at the Linda Vista Branch Library.
- Tuesday, Sept. 30: 5:30 to 6:30 p.m. at the University Branch Library.
- CRB open-session meeting (open to the public): Tuesday, Sept. 23, 6:30 to 8 p.m. at the College/Rolando Library, 6600 Montezuma Road.

If interested, provide a letter of interest and résumé to the mayor's director of appointments or to Danell Scarborough, executive director of the citizens' review board at dscarborough@sandiego.gov.

- Staff and contribution





Come in and EXPLORE our store for travel goods galore.

Books...Maps...Luggage... Packs...Travel-wear and thousands of accessories!

1655 Garnet Ave. San Diego, CA 92109 858.483.1421

www.TravelersDepot.com Open 7 days a week

Lots of FREE & EASY Parking BCN

#### **HELP WANTED 250**

career training

#### Make More Money DOING BOOKKEEPING AT HOME!

- (or on the job) Train in our six-month program
- Acquire a valuable set of skills.

You learn by doing the books. QuickBooks® & Peachtree®

> **Enrolling Now!** ACCOUNTING ACADEMY 858-836-1420

FLIGHT ATTENDANT CAREERS start here - We will help you land the job and prepare for training by the airlines. Five information packed days in Orlando. Call AIM to learn more 888-242-3630

#### **y** general help wanted

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

**ENERGETIC CUSTOMER SERVICE Spe**cialists Needed. Duties include, Leading the consumer care as the first point of contact for all direct consumer inquiries by phone and email. must represent the brand in a friendly and efficient manner, ensuring the customers are receiving more than they are expecting. If this fits what you're looking for, do contact David Marshall (Ovobelfoodshr@yahoo.com) with your resumes.

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

#### **ITEMS FOR SALE 300**

CARPET DISTRIBUTORS SALE Carpet for your home at wholesale 619-504-7931 303-908-9599 Go to www ademaandassociates com

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.MvMangosteen.net

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

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

PHOTOGRAPHIC IMAGES Prints for home, office, and gifts. Beautiful images of San Diego. La Jolla, etc. You can order prints, and images printed onto products (t-shirts, coffee mugs).

www.josephsgiacalonephoto.com

QUEEN MATTRESS SET in plastic for sale. \$130 (619) 761-0113

RECENT UCLA GRADUATE helps students of all ages with studies! ~\$15/ hr. tutorLindsey@gmail.com

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

▼ need cash

#### THRIFT TRADER

Everything \$5.99 or 4 for \$20 **BUY • SELL • TRADE** 

We pay cash for clothing, records, DVDs, CDs, and books

**Pacific Beach** 1416 Garnet Ave. 858.272.7283 Ocean Beach 4879 Newport Ave. 619.222.5011

North Park 3939 Iowa St. 619.444.CASH San Diego

2947 El Cajon Blvd. 619.261.1744

#### ▼ rummage sales

ATT READERS! FREE BOOKS! Trade your books for free at www. PaperBack-

#### **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 sandiego-

#### **HEALTH SERVICES 375**



PRIVATE ROOM AVAILABLE 619-223-1451

Point Coma

#### PETS & PET SERVICES 400

y pet adoption/sale

FRENCH BULLDOG AKC puppies, home trained.10wks.4 males.5females. healthy, good with children and other pets, \$800 stepwardp@aol.com 619-501-5386

ENGLISH BULLDOG Female Puppy For Sale, She is 9 Weeks old, Akc Registered, Health Guaranteed, Shot and Fully Trained, Cost; \$700, (858) 246-7009 Email: babtaylor190@hotmail.com

ENGLISH BULLDOG Pups, champion line, purebred,3males,2females, potty trained and house broken,11wks, \$800 mpmasanders@aol.com (619) 271-3325

#### pet services

WWW.CUTTINGEDGEK9.COM CUTTING EDGE K9 REHAB Has Been Featured On Local & National News, Radio, A Number Of Local Papers & Magazine Articles. Swimming is one of our strongest recommendations for most K9's. It is an ideal form of exercise for a many reasons. Our rehab services 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 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 & quality of life . Works reciprocal muscle groups (helps correct muscle imbalances) • Reduces pain & inflammation • Reduces canine obesity thus decreasing the risk of other health-related problems Increases strength, range of motion & cardiovascular conditioning • Prevents overheating through proper water temperature . 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

CLASSIFIED MARKETPLACE

#### **SERVICES OFFERED 450**

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

BUSY HOUSEWIFE OR CAREER WOMAN I can help you with:

\*\*Grocery shopping \*\*Running errands \*Household management \$20 per hour + mileage Call Kirsty 619 379 8750

**ADVERTISING SOLUTIONS** For limited budgets. Design and distribution. Flyers, leaflets, pamphlets and more. As low as \$3 for 50 pieces. Serving all of San Diego. Wendell: 661-346-3032

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

#### flooring

JP HARDWOOD FLOORING Generations of Experience installation/ refinishing/ repair consultation is free, call: 619.742.9038 josesdca2@gmail.com

VAN METER ELECTRIC Expert and afford-

#### able Family owned and operated Senior discounts Lic# 30664 (619) 709-3234

▼ electrical

**EVA'S TRADITIONAL MEXICAN Meals** for individuals, families or events. Home, venue or workplace. Vegetarian specialties. English: 619-846-7871

Español: 619-408-5870

#### ✓ painting

ANDRADE'S PAINTING 35 years in San Diego Interiors & Exteriors Experienced, precise and affordable. Call 619-426-6047

**CUSTOM CABINET WORK** painting and finishing estimates are always free Aleiandro 619.846.7871

#### ▼ remodeling

IJ HOME IMPROVEMENTS Remodels/ Upgrades 25 years in San Diego Complete/Precise/Affordable

#### **BUSINESS OPTS. 550**

**ENERGETIC CUSTOMER SERVICE Spe**cialists Needed Duties include Leading the consumer care as the first point of contact for all direct consumer inquiries by phone and email, must represent the brand in a friendly and efficient manner, ensuring the customers are receiving more than they are expecting. If this fits what you're looking for, do contact David Marshall (Ovobelfoodshr@yahoo.com) with your resumes.

#### **▼** income opportunities

WANT TO Purchase minerals and other oil/ gas interests. Send details to: P. O. Box 13557, Denver, CO 80201

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

#### **REAL ESTATE 800**

#### ▼ homes for sale

**OPEN SUNDAY! 4726 INGRAHAM ST** 12-4/ Pacific Beach Beauty! 3 BR + 2.5 BA-1854 esf. New Construction! Rooftop Deck & Beach Close! \$849,000. Retrospect Properties-Keri (760) 473-4843

#### **y** property management

DEL MAR LAGOON VIEW HOME buy, lease or lease option, \$1.65mil. Many more RE opportunities. Geo Jonilonis RItr 619 454 4151

#### ▼ investment properties

**NEW ON THE MARKET** North Park office building @ 3930 Utah St @ \$1.85 mil. F&C, owner will sell or exchange for? Will carry all financing. Other properties available, Geo. Jonilonis Rltr @ 619 454 4151 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** 858-278-4040

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

#### **LEGAL ADS 900**

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014 022115 Fictitious Business Names(s): SHE FIT located at: 4747 MISSION BLVD., SUITE 4A SAN DIEGO, CA. 92109 is registered by the following: SHARON LYNN DESCHAAF This business is conducted by: AN INDMIDLIAL The first day of business was: NOT APPLICABLE Registrant Name: SHARON DESCHAAF Title: PT, DPT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: AUG 18, 2014 ISSUE DATES: SEPT 04, 11, 18 AND 25, 2014

ECTITIOUS BUSINESS NAME STATEMENT BLE NO. 2014-022999 Fictitious Business Names(s): J & H EXPRESS DELIVERY located at: 4488 CONVOY ST #C SAN DIEGO, CA. 92111 is registered by the following: NAI HUA DONG, A YANG This business is conducted by: A MARRIED COUPLE The first day of business was: NOT APPLICABLE Registrant Name: NAI HUA DONG Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: AUG 26, 2014

ISSUE DATES: SEPT 04, 11, 18 AND 25, 2014

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department WORCESTER, Division Dock-Endale, Plaintiff v. Thomas Stewart, Defendant To the above named Defendant: A Complaint has been pre ed to this Court by the Plaintiff, Atsede Endale, seeking a Modification of the Order from Superior Court of the State of California, North County Division, You are required to serve upon Atsede Endale plaintiff - whose address is 15 Village Way Apt. 8 Webster, MA, your answer on or before October 7, 2014. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer in the office of the Register of this Court at WORCESTER. Witness, Denise L. Meagher, Esquire, First Justice of said Court at Worcester, this 31st day of July, 2014. ISSUE DATE(S): SEPT 04, 11, 18 AND 25, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-022939 Fictitious Business Names(s); COLLABORATIVE DENTAL CARE located at: 888 PROSPECT ST STE 200 LA JOLLA, CA. 92037 is registered by the following: A. SIMP-SON MILLER DENTAL CORPORATION This business is conducted by: A CORPORATION A. SIMPSON MILLER DENTAL CORPORATION 888 PROSPECT ST. STE 200 LA JOLLA, CA. 92037 CALIFORNIA The first day of business was: 08/12/2014 Registrant Name: ANGELA S. MILLER burg, Jr., Recorder / County Clerk of San Diego County on:

AUG 26, 2014 ISSUE DATES: SEP 04,11, 18 & 25, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-**022812 Fictitious Business Names(s): KEN MILLER WELD-ING** located at: 4570 ALVARADO CANYON RD. SAN DIEGO, CA, 92120 is registered by the following: CAROL MILLER KENNETH FLIGEN MILLER This business is conducted by: A MARRIED COUPLE The first day of business was: 08/12/2014 Registrant Name: CAROL MILLER Title: OWNER The statement was filed with Ernest J. Dronen burg, Jr., Recorder / County Clerk of San Diego County on: AUG 25, 2014 ISSUE DATES: SEPT 11, 18, 25 AND OCT 02. 2014

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 220 WEST BROADWAY SAN DIEGO, CA, 92101 CASE NO: 37-2014-00029620-CU-PT-CTL PETITIONER OR ATTORNEY, ROHIT KAPOOR 3886 CRESTSTONE PLACE SAN DIEGO, CA. 92130 310-415-3298 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS ROHIT KAPOOR, LAVANYA RAMACHAN-DRAN HUMMEL ON BEHALF OF NIKHIL RAMACHAN DRAN A MINOR FROM NIKHII RAMACHANDRAN TO NIKHIL KAPOOR THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objec tion that indicates the reasons for the objection at least two must appear at the hearing to show cause why the peti tion should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON OCT 17, 2014 TIME: 9:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): SEPT 11, 18, 25 AND OCT 02, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-022902 Fictitious Business Names(s): BIOSERV CORPO-RATION, BIOSERV, BIOSERVE, BIOSERVE CORPORATION located at: 5340 EASTGATE MALL SAN DIEGO, CA 92121 is registered by the following: BIOSERVE CORPO RATION This business is conducted by: A CORPORATION BIOSERVE CORPORATION 5340 EASTGATE MALL, SAN DIEGO, CA 92121 CALIFORNIA The first day of business was: 08/26/2014 Registrant Name: ALBERT HANSEN Title: CHAIRMAN / CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: AUG 26, 2014 ISSUE DATES: SEPT 11, 18, 25 AND OCT 02, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-**023682 Fictitious Business Names(s): MARISSA CHAR-TERS, MARISSA DIVE CHARTERS** located at: 1010 SANTA CLARA PLACE SAN DIEGO, CA. 92109 is registered by the following: LORA MEYER ( FORMERLY LORA MAYHUGH) This business is conducted by: AN INDIVIDUAL The first day of business was: 09/03/2009 Registrant Name: LORA MEYER Title: OWNER / OPERATOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEPT 03, 2014 ISSUE DATES: SEPT 11, 18, 25 AND OCT 02, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-021649 Fictitious Business Names(s): DANIEL OMAR SALON located at: 728 DIAMOND STREET, SAN DIEGO, CA. 92109 is registered by the following: DANIEL OMAR This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name Ernest J. Dronenburg, Jr., Recorder / County Clerk of San

# VOTE FOR YOUR FAVORITE OCEAN BEACH RETAIL STORES & SERVICES!



92107

### Submit this ballot for a chance to Win Dinner for Two

(\$100 value)at one of the Peninsula's fine restaurants.

Vote online at peninsulabeacon.com

Voting ends soon!

#### CONTACT INFO (must be filled out for your votes to be counted): Name:

Address: City / Zip: Daytime phone: ( )

ENTRY RULES: You choose your favorite! Tell us who the best of the best is and you'll be entered into our free drawing. Mail or hand deliver your ballot to:

The Peninsula Beacon, Readers Choice Awards: 1621 Grand Ave., 2nd floor, San Diego, CA 92109; or vote online at: www.sdnews.com or peninsulabeacon.com. Please complete at least 50% of the ballot. One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by Monday, September 29, 2014

#### RETAIL / SHOPPING

Antiques

Grocery Store

Hotel/Lodging

Jewelry Store

Grocery Store (Specialty)

Health Food/Nutritional

Hardware/Building Supplies

Apparel (Children's) Apparel (Men's) Apparel (Women's) Art Gallery Auto Sales Automotive Parts/Supplies Best Place to Buy Jeans Bicycle Shop **Book Store** Cellular Phone Discount Store Dive Shop Eyewear Fashion accessories Floor Covering Furniture Store Gift Shop Grocery Store

Nursery / Garden Shop Pet Store

Pharmacy Place for Crafts

Resale Shop Scooter/Motorcycle

Shoe Store Smoke Shop Skate Shop

Sporting Goods Surf Shop

Cleaning (House)

Computer Repair

Swimsuits Accounting Air Conditioning / Heating Alterations Architect Attorney Auto Body Repair Auto Detail Auto Repair Bank Car Wash Carpet Cleaner Childcare/Daycare

Contractor/Construction Dog Grooming Dog Wash

E-mail:

**Dry Cleaners** Electrician Financial Planner

Florist Gardening Handyman

Insurance Agent Interior Designer

Locksmith Mortgage Agent Painter

Landscaping

Personal Chef Pet Hospital/Vet Pet Sitting

Photographer Picture Framing Plumber

Printer Real Estate Company Roofing

Shipping/Packaging Travel Agency Tree Service

Web Design

Windows / Doors Window Washer

#### **HEALTH, BEAUTY & FITNESS**

Acupuncture Alternative/Holistic Health Aromatherapy Chiropractor Day Spa Dentist Doctor Esthetician Hair Salon Health Club/Gym Herb Shop

Martial Arts Massage Nails

Optometrist Personal Trainer Piercing

Pilates Senior Living Facility Stylist

Tanning Salon Tattoo

Weight Loss Yoga Facility

#### CLEANING

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

Office, residential & vacancy cleanings #1 vacation

rental experts Free estimates & excellent

(619)

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

#### CONCRETE

### CALIFORNIA CUSTOM **CONCRETE** 25 years in SD

Driveways/Walkways Hardscaping Stamping & Patios Expert & Affordable Californiacustomconcrete.r 619-201-5422 Lic# 989759

#### **CONCRETE MASONRY**

STRUCTURAL & DECORATIVE **BRICK • BLOCK** STONE • TILE **CONCRETE DRAINAGE** WATERPROOFING

30 years experience References & Portfolio carsonmasonrysandiego.com WILLIAM CARSON

(858) 459-0959 cell: (858) 405-7484

#### CONSTRUCTION

#### **McKNIGHT CONSTRUCTION**

• Remodeling • Home Improvement • 25 Years Exp. • Free Estimates Call Mike

858.688.7753 Credit Accepte

TAPIA CONCRETE CONSTRUCTION INC

Custom Concrete · Stamp Retaining Walls · Stonework · Pool Decks Driveways · 25+ yrs. experience 619.690.2074



#### DRYWALL



Painting & Finishing Texturing Fast & Clean Dependable & Affordable

Robert 619.933.3559 LIC # 724767

#### ELECTRICIAN

### **VAN METER'S ELECTRIC**

Expert & Affordable Senior Discounts Lic #306644

(619) 709-7089

#### **Your Local Electrical Experts**

#### **ROB'S ELECTRICAL SERVICES**

Boxes/Circuit Breakers Pole/High Voltage Work Indoor/Outdoor Lighting Ceiling/Attic/Exhaust Fans Outlets/Switches/Fixtures Troubleshooting/Lighting Pool/Spa/Jacuzzi Wiring Home Theater Home Automation Electronic

10% military + senior discounts Over 20 Years of Experience

**FREE Estimate** 

619.632.7770

#### LIFETIME **GUARANTEE** FREE ESTIMATES

- Senior Discounts Expert Troubleshooting
- mm CLD **ELECTRIC**

619.638.0228

Lic #877075 cldelectric.com

### A & A FLOORING AND GRANITE COUNTERTOPS

20 years in SD free consultation and estimates skilled craftsmanship+reasonable rates 619-609-3899

#### JP HARDWOOD **FLOORING**

Generations of Experience installation/refinishing/repair consultation is free, call

619.742.9038 josesdca2@gmail.com

#### FIREWOOD

#### POINT LOMA **FIREWOOD**

\$25 Wheelbarrow \$150 1/2 Cord • \$300 Cord FREE AREA DELIVERY 4104 Voltaire St. - 619.224.2010

#### **GARDENING-LANDSCAPING**

#### Got a Lawn?

- Water rates are increasing...
- Supplies are decreasing... • It's Time we make a change!

#### Water Saving Landscapes

Specializing in lawn removal & beautiful low-maintenance, water-friendly landscapes



C-27#797867 • LawnAlterNativessd.com

Your Ad Could Be Here! for as low as \$45/week!

Call Kim 858.270.3103 x140

#### GARDENING-LANDSCAPING

#### Jose's **Gardening Clean-up**

Hedges hauling • Reasonable Rates Free Estimates · References

619-847-1535

**R&V Ruperto Vazques** 

## Landscape

- **FREE** ESTIMATES **REFERENCES**
- Tree Trimming Hauling
- Concrete
- Wood Fencing Sprinkler Installation

Ph: (858) 573-6950 Cell: (858) 518-0981

P.O. Box 710398 San Diego, CA 92171

### POINT LOMA LANDSCAPE SAVE WATER

- NOW! Same Day Sprinkler Repair
- Drip & Irrigation System Flagstone • Pavers • Brick
- Lawn Substitutes
- Rock, Mulch, Bark Delivery
- Outdoor Living Areas
   We Install & Repair it All

(619) 523-4900 Advanced in the Art of Landscape pointlomalandscape.com



#### www.DeLaCruzLandscaping.com Water Wise Landscaping

FREE Estimates Residential & Commercial Maintenance

Landscape Lighting Drip Irrigation & Troubleshooting Tree Trimming & Wood Fences

619 200-7663 LIC#808864

#### HANDYMAN

#### RENT-A-HUSBAND

Handyman with 30 years experience

Many Skills

Hourly or Bid

Prompt, Affordable, Professional Insured

Ask for Bob 858-454-5922

#### NATE THE HANDYMAN CAN!

ACCOMMODATE ALL YOUR HANDYMAN NEEDS!

FREE ESTIMATES! SR. DISCOUNTS CALL NATE 619.980.7106 LIC# 2017626 BONDED IN SD 7 YRS!

#### HAULING

#### Local Guy's Hauling

Always on time • Free Estimates Senior/Military Discount Complete Clean-up



A VETERAN HAULING Insured · Reliable Best Prices & Free Estimates 10% Discount - Senior & Veteran **Call A Veteran** 

619-225-8362

### I LUV TUNK HAVLING

You Call-We Haul! No Job Too Small!

Evictions, cleanouts, construction debris, tree trimming, etc.

619-933-4346

10% Senior Discount

#### HOME IMPROVEMENT

#### IJ HOME IMPROVEMENTS

Remodels • Upgrades 25 years in SD nplete/Precise/Affordable

FREE consultation 619-549-6675

#### MOVING

### **COLEMAN** *MOVING SYSTEMS INC.*

Office/Residential | Free Wardrobes 7 DAYS A WEEK | FREE ESTIMATES **FAMILY OWNED SINCE 1979** 619.223.2255

167 (CD) 100-, 450



#### PAINTING

#### ANDRADE'S **PAINTING**

INTERIORS \* EXTERIORS

619-426-6047



#### 10% DISCOUNT UP TO SSOO OFF

Call For A Free Estimate HANDYMAN SERVICES . CARPENTRY DECK REFINISHING . POWER WASHING POPCORN REMOVAL • EPOXY FLOORS STUCCO REPAIR . TEXTURIZING DRYWALL . KITCHEN REFINISHING

858.805.1019

LIC #916538



www.chuckiespainting.co chuckiegjr@att.net

#### POOL CARE

#### **POOLDOG'S** Pool, Spa Service & Repairs

Serving all of SD for more than / years Call for a great price! Mike

619.200.0317

Your Ad Could Be Here! for as low as

Call Cassandra

858.270.3103 x102

\$45/week!

#### PLUMBING

#### BILL HARPER PLUMBING.COM **Licenced Plumber**

with years of experience in residential hom Prompt, Professional and Affordable Phone Estimates. Cash Discounts CALL BILL 619-224-0586

### SMITH ROOFING CO. 224-ROOF, INC.

Scott Smith, has been serving the beach communities since 1979

858-272-ROOF (7663) 619-224-ROOF (7663)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024001 FICTITIOUS BUSINESS Names(s): LINCOLN REALTY GROUP, AWARA RESORT PROPERTIES located at: 6965 EL CAMINO REAL; SUITE 105 690 , CARLSBAD, CA 92009 is registered by the following: LINCOLN ASSOCIATES, INC. This business is conducted by: A CORPORATION LINCOLN ASSOCIATES INC. 6965 EL CAMINO REAL 105-690 CARLS BAD, CA. 92009 The first day of business was: 05/28/09 Registrant Name: STEVEN R. LINCOLN Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on SEP 08, 2014 ISSUE DATES: SEPT 11, 18, 25 AND OCT 02

**LEGAL ADS 900** Diego County on AUGUST 12: 2014 ISSUE DATES: SEPT 11, 18, 25

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024146 Fictitious Business Names(s): LADY BUG RESALE located at: 4340 GENESEE AVE. #107 SAN DIEGO, CA 92117 is registered by the following: GERMAN FLETCHER CASTELLANOS This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: GERMEN FLETCHER CASTELLANOS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr. Recorder / County Clerk of San Diego County on SEP 09, 2014 ISSUE DATES: SEPT 11, 18, 25 AND OCT 02, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-022327
FICTITIOUS Business Names(s): THIRST OLUNCHERS ENTERTANMENT
located at: 1219 OLUNCHER AVE. SAN DIEGO, CA 92109 S registered by
the following: PACHEL ASHCROFT, ASHLEY MASTROTTIS business is
conducted by: AN INDIVIDUAL The first day of business was: 08/08/2014 Registrant Name: ASHLEY MASTRO Title: OWNER The

statement was filed with Ernest J. Dronenburg, Jr., Recorder / County
Clerk of San Diego County on AUG 19, 2014 ISSUE DATES: SEPT 11, 18, 25 AND OCT 02, 2014 NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROY YUH HSIN CHIN, a.k.a. ROY Y. CHIN CASE NUMBER: 37-2014-00029367-PR-

LACTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of ROY YUH HSIN CHIN, a.k.a. ROY Y. CHIN A Petition for Probate has been filed by WILLIE KIANG in the Superior Court of California, County of SAN DIEGO. The Petition for Probate requests that WILLIE KIANG be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: Date: OCT 14, 2014 Time:11:00 A.M. Dept: PC-1 Address of court: SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO MADGE BRADLEY BUILDING 1409 Fourth Ave. San Diego, CA. 92101 Central Probate. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the dece dent, you must file your claim with the court and mail a copy to the per-sonal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk, Petitioner: Mark S Drobny, Drobny law offices, Inc. 4180 TRUXEL ROAD, SUITE 100 SACRAMEN-TO, CA. 95834 916-419-2100 92014 ISSUE DATE(S): SEPT 11, 18,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-020885 Fictitious Business Names(s): JASON EDRYS ART located at: 813 SAP-PHIRE ST. SAN DIEGO, CA. 92109 is registered by the following: JASON TODD EDRYS This business is conducted by: AN INDIVIDUAL The first day of business was: 08/04/2014 Registrant Name: JASON TODD EDRYS Title: SOLE PROPRIETOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: AUG 04, 2014 ISSUE DATES: AUG 28 SEPT 04, 11 AND 18, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024803 Fictitious Business Names(s): INDIA AND IN PROPERTY MANAGE-MENT CO. located at: 2148 INDIA ST. SAN DIEGO, CA. 92101 is reg-istered by the following: LAUREN D. ROOT This business is conducted by: AN INDIVIDUAL The first day of business was: 07/31/2014 Registrant Name: LAUREN D. ROOT Title: SOLE PROPRIETOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 16, 2014 ISSUE DATES: SEPT 25

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-025069 ictitious Business Names(s): NETWORKERS HOLISTIC HEALTH HOME SERVICE located at: 2150 PACIFIC BEACH DR. #122 SAN DIEGO, CA 92109 is registered by the following: RENATE NISHIO This business is conducted by: AN INDIVIDUAL The first day of business was: 06/28/1999 Registrant Name: RENATE NISHIO Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 18, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-0250002 Fictitious Business Names(s): 1776 COMPANY located at: 707 OLIVER PL. SAN DIEGO, CA. 92109 is registered by the following: MAKER'S LABEL INC. This business is conducted by: A CORPORATION MAKER'S LABEL INC. 707 OLIVER PL. SAN DIEGO, CA. 92109 DELAWARE The first day of business was: NOT APPLICABLE Registrant Name: ISAIAH JANES Title: OWNER/ PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: SEP 18, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024998



# Lic #504044 ROOFING

### 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

#### TILES

#### **CERAMIC TILE REFINISHERS Specialist since 1984**

Mexican/Saltillo **Paver Restoration** Cleaning • Stripping • Staining • Sealing

Tile, Grout, & **Caulking Restoration** 

Cleaning • Repair • Grout Coloring w.ceramictilerefinishers.com

> 760.751.9765 \_Lic # 687050\_

#### WINDOWS

#### Brighten Up Your Days This Summer with Beltran Window Cleaning

Residential and Commercial Window Cleaning • Preassure Washing Screen Repair . Janitorial Services or / Military Discounts • Free Estimates (619) 838-6763



#### Act Window Cleaning Inside/Outside Screens & Track Cleaning

Licensed & Insured. Senior and Military Discounts I Get your **FREE** estimate today! I

**Residential Specialist Commercial** 

(619) 384-7615

### ON VACATION WITH THE PENINSULA BEACON



It's vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It's that easy! Photos are published based on space constraints and in the order in which they are submitted.



Rachel and
Chris Coffey of
Ocean Beach
take the Beacon
along on a vacation to the Cayman Islands with
Mo and Steve
Schroeder.



Jennifer Pennell (left) and Ilona Davidov, both of Point Loma, took their Beacon on a climbing adventure to the top of Mt. Whitney. The hike took the ladies 15 hours, 45 minutes round-trip. "It was beautiful, challenging and exhilarating!," said Davidov.



Cheryl Madvig and her grandson, Ty Rockney, meet the "Norfolk Mermaid" while taking their Beacon along and enjoying the beautiful Norfolk Botanical Gardens in Norfolk, Va.



Ocean Beach residents Bam and
Brian Gilna (right) hold
their favorite hometown
newspaper with daughter
Cherry (center), granddaughter Yanida (center
left), son-in-law Doi from
Chiang Mai and resident
manager Geoffrey L. Taylor
(far left) of the Baan Laksasubha Resort in beautiful Hua Hin, south of
Bangkok, Thailand.

### Kiwanis Fishing Derby poised to cast from OB Pier Oct. 4

The Ocean Beach Kiwanis Club is readying to reel in the fun with the annual lure of its free fishing derby off the OB Fishing Pier on Saturday, Oct. 4.

The derby, which shines the spotlight on youngsters up to the age of 12, features a morning of family fun and the challenge of fishing competition as children compete for prizes in several categories, including Most Fish, Smallest Fish, Biggest Fish, Ugliest Fish and Most Unusual Fish, Shiniest Fish, Most Guitar-Shaped Fish and Floppiest Fish.

Families are encouraged to fish together, but only those fish caught



Courtesy phot

Engine and Transmission Repairs

by youngsters count toward prizes. There will be ice cream prizes courtesy of Lighthouse Ice Cream,

along with free refreshments.

Participants provide their own fishing gear, but bait will be provid-

ed by the Pier Bait and Tackle Shop. The derby begins at 8 a.m. and runs through 11 a.m.

The derby is co-sponsored by the Ocean Beach Recreation Center.

For more information, visit www.oceanbeachkiwanis.org or call the rec center at (619) 531-1527.







### **PEOPLE**

#### A CROWNING ACHIEVEMENT

Jocelyn Neves was recently crowned ican Social & Civic Club. Neves will reign Miss Cabrillo Festival Pageant, held at mire and Sarae Da Rosa. The pageant is our planned activities visit www.cabrillosponsored by the Cabrillo Civic Club No. 16 San Diego and the Portuguese Amer-

Miss Cabrillo Festival during the 51st over the 2014 Cabrillo Festival events this weekend. Da Rosa received the Spirthe United Portuguese SES Hall in Point it of Cabrillo Award for a beautiful and Loma. With Neves are the two other love- inspiring essay. For more detailed inforly contestants, Gabriella Baptista-Prox- mation on the Cabrillo Festival, Inc. and festival.org.

Courtesy photo by Nazaré Simas

### **United Way kickoff to fête local activist**

The United Way of San Diego County will honor Malin Burnham and Steven Northcote for their ongoing commitment to voluntarism and accomplishments as community leaders at the nonprofit's annual community kickoff on Thursday, Sept. 25 at UCSD's Great Hall.

United Way's kickoff will also recognize local organizations that have made significant efforts to give back to the community through their cam-

Burnham, of Point Loma, is the recipient of the fifth annual James F. Mulvaney Community Leadership Award, given to a local leader who has demonstrated long-lasting, exceptional service to the community.

The award is named for James "Jim" Mulvaney, who maintained involvement in numerous nonprofit boards and organizations for 50 years.



**MALIN BURNHAM** 

Burnham has chaired nine major nonprofits and has co-founded 14

organizations throughout his career. He now serves as chairman of John Burnham and Co. and is active on several boards

United Way of San Diego County is designed to bring people and resources together to spark community action. Its efforts include the City Heights Partnership for Children, Vista Partnership for Children and

"United Way works to promote social change," said United Way president and CEO Kevin Howard, "harnessing the collective impact of all San Diegans for long-term sustainable solutions. Mr. Burnham and Mr. Northcote are model citizens for their contributions to local communities and dedication to the greater San Diego area."

To learn more, visit uwsd.org. — Staff and contribution

### Residents, first responders link arms in fight against crime

The high heat and humidity didn't deter about 80 adults and children of two adjoining Loma Portal Neighborhood Watch "cells" from coming together for a festive block party, potluck, sunset watching and camaraderie recently to support the countywide "National Night Out."

This was one of several like gatherings on the Point, designed to underscore crime awareness and the benefits of an organized law enforcement/neighborhood connection.

Two community relations officers from the police department's Western Division, who initiated these events with local Neighborhood Watch block captains, dropped by to meet and greet partygoers and to thank them for banding together and organizing 120 homes as the watchful eyes and ears of this particular neighborhood. Since 2010, these cells have seen a welcome drop in crime thanks to their enhanced connections, social gatherings and an e-newsletter.

"I love our Neighborhood Watch program," said Loma Portal resident Elaine Burrell. "I have gotten to know so many more of our neighbors because of our group's communications and annual activities. Most importantly, though, I feel safer about my kids going around the neighborhood since we're all sort of watching out for each other."

Participants were also treated to a surprise visit from the crew of Station 15, based in Ocean Beach.

For more information, visit www.sandiego.gov/police/services/prevention/programs/neighborhoodwatch.





Residents got a chance to mingle with two of San Diego's finest during a community-based "National Night Out" get-together for Loma Portal residents and first responders recently. Above, officer David Surwilo (left) and Capt. Joe Ramos (center) share a moment with early arrivals to the party with San Diego Bay in the background. At left, eversmiling Labradoodle named Molly shows some love to the firemen of Station 15 in Ocean Beach who stopped by to mingle with residents after responding to an emergency call nearby.

Courtesy photos by Mike Klose

### Ask the Real Estate Professional

Question: I'm planning to sell my home at the beginning of next year and know that the process can be challenging. How can I best prepare to sell my home fast and for the most amount of money?

Answer: Shannon and I have created a report that includes the seven costly mistakes we see home sellers make when selling their home.

Mistake #1: Waiting. Many people put off the home-selling process, costing them tens of thousands of dollars.

Mistake #2: Not hiring the best agent you can. An agent's inexperience, over promising and lack of financial resources may cost you time and money. Mistake #3: Limiting the home's exposure and the buyer's ability to obtain information.

Mistake #4: Undervaluing the power of the team approach. A team offers the highest level of service in which each member has their own expertise. Mistake #5: Signing a long-term listing without a written, specific performance

Mistake #6: Rejecting early offers and/or taking offers personally. Mistake #7: Simply hiring the agent who promises you the highest price. An over-priced home will lose its appeal and freshness as it takes longer to sell.

For a free copy of this detailed report, call our recorded line at 800-691-9384 X 1000 or contact us directly at 619-500-3222. Visit us online at www.MyPointLoma.com.

# **SALE PENDING** 4412 Point Loma Ave. San Diego, CA 92107 \$1,275,000 - \$1,375,000 **Brandon Loftus** (619) 402-4691

lof@lofrealty.com

LOF REALTY

# PEOPLE/// THE News >>

founding partner at Kirby Noonan total recoveries valued in excess of Lance & Hoge, has won the 2015 Best

Lawyers in America designation for the 20th year.

He was selected for his accomplishments as a leading defense attorney in legal malpractice law, as well as for commercial and bet-the-company liti-



gation. Noonan was one of five Kirby Noonan Lance & Hoge attorneys selected as The Best Lawyers in America®

A complex, high-stakes practice where the survival of a company is at risk, bet-the-company litigation is a specialty of Noonan and founding partner

Point Loma Resident David Noonan, als throughout his career and obtained 275 million as lead counsel.

"Best Lawyers is the most effective tool in identifying critical legal expertise," said Best Lawyers president and cofounder Steven Naifeh. "Inclusion on this list shows that an attorney is respected by his or her peers for professional success."

Kirby, Noonan and James R. Lance were recognized by Best Lawyers for their achievements in and out of the courtroom for the third consecutive year.

Listed for the past 20 years in Best Lawyers, Noonan was selected for his

accomplishments as a leading defense attorney in legal malpractice law, as well as for commercial and bet-the-compa-

Best Lawyers has published its list for more than three decades, earning the Kirby has tried more than 40 jury tri-respect of the profession, the media and the public as the most reliable, unbiased source of legal referrals.

> Lawyers on the Best Lawyers in America list are divided by geographic region and practice areas.

> They are reviewed by their peers based on more than 5.5 million detailed evaluations.

> Founded in 1976, Kirby Noonan Lance & Hoge is a law firm based in downtown San Diego and specializing in real estate, intellectual property and professional liability litigation, among a variety of practice areas.

For more information, visit www.knlh.com.

An exceptional standard of care when you work with us.

# THE NEXT STEP IS YOURS: **CALL US**



Cal BRE # 01911822

Wilfredo Soria wilfredosoria.com 619.977.3615

**Catherine Maxfield** catherinemaxfield.com 858.866.6559



Cal BRE# 01060785

©MMVII Sotheby's International Realty Affiliates LLC. A Realogy Company. All Rights Reserved. Sotheby's International Realty® is a registered trademark licensed to Sotheby's International Realty Affiliates. An Equal Opportunity Company. Equal Housing Opportunity. Each Office is Independently Owned and Operated. CA DRE#01767484

Pacific

Jamieson Jonathan

Sotheby's

### **Property Management Made Easy**

### from LARGE to small

we have the knowledge and experience to make it easy for you.

#### **Our services include:**

Management of Single Family Homes, Multi Unit Apartment Complexes & Mixed Use Buildings around San Diego County

> Our goal is to maximize the NOI for the owners **Monthly Owner Reports and Property Inspections** Monthly rental collections, 3/30/60 day Notices 24 Hour Emergency Contact



Deena Stoeff, CPM® Senior Property Manager deena@billluther.com (858) 488-1580 x102 (858) 488-1584 fax



..Retrospect Properties • 760-473-4843

#### POINT LOMA / OCEAN BEACH Thurs 4:30-8:30 . .2667 Jonauil Dr.

Sat & Sun 1-4pm 2BR/1BA	\$789,000 .		Rosamaria Acuna	• 619-890-2828
Sat & Sun 1-4pm 3781 Narragansett Ave	3BR/2BA	\$1,075,000Irene McCar	nn / Melanie Aalbers	• 858-232-7373
Sat & Sun 11-4pm 3375 Ullman	4BR/4BA	\$1,500,000	Robert Realty	• 619-852-8827
Sat & Sun 11-4pm 3640 Pio Pico St	5BR/7BA	\$2,975,000	Robert Realty	• 619-852-8827
Sat 1-3pm	2BR/1.5BA	\$389,000	Tami Fullers Team	• 619-226-8264
Sat 12-2pm	4+1/5BA	\$1,795,000-\$1,885,000	.Tami Fuller's Team	• 619-226-8264
Sun 1-4pm	3BR/2BA	\$995,000	Erin Jaszcak	• 619-990-9628
Sun 1-4pm	3BR/3BA	\$995,000	Cristine Gee	• 619-980-4433
Sun 1-4pm3634 Oleander Dr	3BR/3BA	\$1,179,000	Lionel Silva	• 619-804-8085
Sun 1-4pm	4BR/3BA	\$1,195,000-\$1,300,000.	Wilfredo Soria	• 619-997-3615
Sun 1-4pm 855 Golden Park Ave	3BR/3.5BA	\$2,950,000	Catrina Russell •	m619-226-2897

ouii i apiii	000 dolden i dik //ve	0011/0.00/1	φ2,000,000	
LA JOLLA				
LA JULLA				
Sat 1-4pm	510 Forward Ave	4BR/3BA	\$1,449,000	Michelle Dykstra • 858-344-7653
Sat 1-4pm	6644 Avenida La Reina	3BR/2BA	\$1,595,000	Lauren Gross • 619-778-4050
Sat 1-4pm	1781 Calle Delicada	5BR/4BA	\$2,240,000	Kevin Bennett • 619-929-6858
Sat 11-5pm	5519 Chelsea Ave	5BR/4.5BA	\$3,250,000	Irene Chandler • 858-775-6782
the state of the s				Bobby Graham • 619-379-9668
the state of the s				Goldie Sinegal • 858-342-0035
the state of the s				Jared Davis • 858-353-7854
				David Lebowitz • 858-900-1283
the state of the s				Monica Leschick Baxter • 858-752-7854
the state of the s	*			Carol Hernstad • 858-775-4473
				9,000Melissa Mate • 242-2468
	,			Irene Chandler • 858-775-6782
the state of the s				0,000Linda Daniels • 858-361-5561
	a a a a a a a a a a a a a a a a			,

#### PACIFIC BEACH / MISSION BEACH / CROWN POINT

629 Oak Glade Dr

Sun 1-4pm .......4726 Ingraham St......

UNIVERSITY CIT Sun 1-4pm		4BR/3BA	\$975,000	Russ Craig • 858-361-7877
BAY HO Sat & Sun 1-4pm	4522 Ariane Way	5BR/2.5BA	\$795,000-\$845,000	Catrina Russell • 619-226-8264

...3BR/2.5BA . . .\$849,000 ......

#### CARDIFF BY THE SEA

Sat & Sun 12-3pm	1347 Summit	4BR/3BA	\$1,575,000	Tony Francoeur	858-688-1177

### **FALLBROOK**

EL CERRITO			
Sat & Sun 11-4pm	4663 55th Ave	3BR/2BA \$650.000	Robert Realty • 619-852-8827

#### KENCINGTON

KLINOINGION	•			
Sun 1-4nm	1815 Succes Dr	/RR/3RΔ	\$700,000	Annia Coleman • 610-007-2457

#### **TIERRASANTA**





#### Long Ad Campaigns **Bring Waves of** Summer Business!

Let us help you with your advertising Please Call Today!

Heather Long (858) 232-5638 • Heather@sdnews.com Mike Long (858) 270-3103 x112 • MikeL@sdnews.com

BEACON





1 owner house is "home sweet home". Recent San Diego quiet home program improvements include extensive insulation, venting, quadruple paned windows, high efficiency furnace & air conditioning, security doors and heavy duty electric service. Hardwood and tile floors, covered patio and mature landscaping and fruit trees complete this super convenient jewel. View from rear of property offers potential expansion.

RE/MEX

Steve Smith • CA BRE 01254754 949.632.8139



# 6421 LA JOLLA BLVD. - 7 UNITS \$2,200,000

#### RECENT SALES

THE COASTAL MULTI-FAMILY SPECIALISTS

450 PACIFIC BEACH DR. 25 Units - \$6,500,000 1847 MISSOURI ST. 8 Units - \$1,900,000

4640 JEWELL ST. 8 Units + 8 Office Suites \$2,600,000

3455 DEL REY ST. 16 Units - \$2,160,000



GARY URTIAGA Senior Vice President (619) 804-9140 GBU@cox.net CA BRE #01089213



GABE CANDEA Senior Associate (619) 243-9892 GCandea1@gmail.com CA BRE #01892704

CONTACT US TODAY FOR A FREE CONSULTATION OR MARKET ANALYSIS

#### LIONEL SILVA 619.804.8085

www.lionelsilva.com CA BRE #01436456



#### 3634 Oleander Dr. I Point Loma \$1,179,000 | 3BR/3BA



#### Open Sunday 1-4 TROPICAL RESORT-LIKE HOME!

Gorgeous 3272 sq. ft., 3 bedroom, 3 bath luxury home. Two stories with views towards foothills from both levels. Hardwood floors on lower level from grand entryway to open dining room, living room and gourmet chef's kitchen w/walk in pantry. Beautiful master suite w/fireplace open to bedroom & spa bath room. New solar panels for energy.

#### **Baypark Beauty!**

Recently remodeled, this lovely 4 bedroom 3 FULL bath 2200+ sf home with Bay Views!! Small yard w/Jacuzzi perfect for watching summer fireworks. If you are renting, this home has a great floorplan and ROOM for several room mates to help pay your mortgage instead of wasting money down the drain on rent! VA Friendly/ Perfect home for Military.

> Become a Homeowner. Let me show you how. Call Lisa today for the recently reduced price and to preview this great opportunity!









### LOOKING AHEAD

CONTINUED FROM Page 12

12:30 p.m. at the library, located at 4801 Santa Monica Ave. Volunteers are welcome to help sort books on Sept. 26 or help before, during and after the sale on Sept. 27. For more information, call (619) 531-1532, or email friendsofoblibrary@gmail.com.

#### **THROUGH Sept. 30**

The Art Glass Association of Southern California will host "Secrets of Art Glass Revealed" during a special exhibit through Sept. 30 at the Hervey/Point Loma Branch Library's Community Room, 3701 Voltaire St. This educational exhibit focuses on several art-glass techniques. Technical explanations have been provided by each artist to explain how their piece was made.

Point Loma — Leslie Perlis, Cathy Coverley and Carolyn Moore — are exhibiting their work. For more information, call the library at (619) 531-1539 or Perlis at (619) 890-8776, or visit www.agasc.org.

#### WEDNESDAY, Oct. 1

The Sharp Senior Resource Center will host a Senior Health & Wellness

Twelve artists, including three from Fair, featuring flu shots for adults age 60 and over and adults with chronic illness. The event also features health screenings, health and community information and other offerings. The event runs from 9 to 11 a.m. at the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd. No appointments are necessary. For more information, visit www.sharp.com.

#### **LEGAL ADS 900**

Fictitious Business Names(s): CARINCROSS PROPERTY MANAGEMENT, CARINCROSS MANAGEMENT, CARINCROSS PMC, WWW.CARINCROSSSPROPERTYMANAGEMENT.COM, CARINCROSS PROPERTY MANAGEMENT CORP located at: 4490 FANUEL ST. SAN DIEGO, CA. 92109 is registered by the following: JEFFERY R. CARINCROSS This business is conducted by: A CORPORATION CARINCROSS PROPERTY MANAGEMENT CORP 4490 FANUEL ST. SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: 09/14/2014 Registrant Name: JEFFERY R. CARINCROSS Title: PRESIDENT CARINCROSS PMC The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 18, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-023550 Fictitious Busi ness Names(s): THE MOONTREE located at: 3811 MARQUETTE PL. SAN DIEGO, CA. 92106 is registered by the following: LUCY C. HENDERSON This business is conducted by: AN INDIVIDUAL The first day of business was: 08/04/2014 Registrant Name: LUCY C. HENDERSON Title: OWNERThe statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 03, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024790 Fictitious Business Names(s): RECONWORKS, ROWNEX located at: 1145 LAW ST. SAN DIEGO, CA. 92109 is registered by the following: MICHAEL TIM SEELEY This business is conducted by: A CORPORATION MICHAEL TIM SEELEY INC. 1145 LAW ST. SAN DIEGO, CA, 92109 CALIFORNIA The first day of business was: 08/07/2014 Reg. istrant Name: MICHAEL TIM SEELEY Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: SEP 16, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024572 Fictitious Business Names(s): HOMO - HABILIS / HANDY- MAN (HH / HM) located at: 4444 WEST POINT LOMA BLVD., PLV-C-67 SAN DIEGO, CA. 92107-1020 is registered by the following: MARCEL OMAR GOMEZ This business is conducted by: AN INDIVIDU-AL The first day of business was: NOT APPLICABLE Registrant Name: MARCEL OMAR GOMEZ Title: OWNERThe statement was filed with Ernest J. Dronenburg Jr., Recorder / County Clerk of San Diego County on: SEP 12, 2014 ISSUE DATES SEPT 25 OCT 02, 09 AND 16, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-023726 Fictitious Business Names(s): TRACY & TROLE'S TWISTED TRUCK STOP located at: 978 GAR-NET ANE: SAN DIEGO, CA. 92109 is registered by the flowing: TWISTACOOK2, INC. 7232 LADDECK COURT SAN DIEGO, CA. 92114 CALFORNIA THE first day of business was: NOT APPLICABLE Registrant Name: CHARLES D JOHNSON Title: SECRETARY The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 04, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024012 Fictitious Business Names(s): DRAINHELP.COM located at: 12440 OAK KNOLL RD. #10 POWAY CA. 92064 is registered by the following: CALIFORNIA DRAIN EXPERTS INC INC. This business is conducted by: A CORPORATION CALIFORNIA DRAIN EXPERTS INC. 12440 OAK KNOLL RD. #10 POWAY, CA.CALIFORNIA The first day of business was 09/08/2014 Registrant Name: S. MONICA TUNCBILEK Title: PPESIDENT The state-ment was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 08, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-025215 Fictitious Business Names(s): HORIZON TRADERS, NESSA GALLERY located at: 3284 CAMINI TO AMECA LA JOLLA, CA. 92037 is registered by the following: RICARDO GON-ZALEZ, NESSA GONZALEZ This business is conducted by: A MARRIED COUPLE The first day of business was: 03/01/2008 Registrant Name: NESSA GONZALEZ Title: OWNER The statement was filed with Ernest J. Dronenhum, Jr. Recorder County Clerk of San Diego County on: SEP 19, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16, 2014

SUMMONS (CITACION JUDICIAL) NOTICE TO DETENDANT; (AVISO AL DEMANDA-DO) Darreil Erwin, an individual, & Does 1-6 you are being sued by Planniff; (LO ESTA DEMANDANDO EL DEMANDANTE) PREOVOLOS LEWIN & HEZLEP, ALC NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts online Self-Help Center (www.courtinfo.ca.gov selfhelp), your county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca. gov/selfhelp), or by contacting your local court or county bar asso ciation. NOTE: The court has a statuatory lien for waived fees and costs on any set thement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al deman-dante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. puede encontrar estos formularios de la corte y más informacion en el Centro de Ayunda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la bibliote ca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presntacieón pida al secretario de la corte que le déo un frmulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sir más advertencia. Hay otros requisitos legales Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a aabogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuítos de un programa de servicios legales sin fines de lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/), o

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-024546 Fictitious Business Names(s): LITTLE LION located at: 1424 SUNSET CLIFFS BLVD., CA. 92107 is registered by the following: ANNE-MARIE COULON, JAMES COULON This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: ANNE-MARIE COULON Title: MANAGER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 12, 2014 ISSUE DATES: SEPT 25 OCT 02, 09 AND 16, 2014

poniéndose en contacto con la corte o el colegío de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponei un gravamen sobrecualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene

quo pagar el gravamen de la corte antes de que corte pueda desechar el caso. The

name and address of the court is: (El nombre y dirección de la corte es): SUPERI-OR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO - CENTRAL DIVISION, 330.

W BROADWAY SAN DIEGO, CA.92101 CASE NO: 37-2014-00020443-CU-BC

out an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): PREOVOLOS

LEWIN & HEZLEP, ALC 550 West C St., Suite 1600, San Diego, CA. 92101 (619) 696-0520 DATE: JUNE 23, 2014 Clerk, L. McAlister, Deputy, ISSUE DATES: SEPT

25 OCT 02, 09 AND 16, 2014





Barons market

BAY

**SCALLOPS** 

\$299

Bread & Cie

**BAGUETTES** 

Santa Maria

80/100

Fluegge XL Eggs.

Swiss Dairy Non Fat Milk.

Point Loma

4001 W. Point Loma Blvd.

1 Blk. W. of Midway Dr. (619) 223-4397

BANANAS



**BOSTON LETTUCE,** 

SPINACH & KALE

**)99** 

Washington



**APPLES** 

97¢,





Lundberg

RICE CAKES







\$469 24 0Z

Effective

MELONS

49¢,





# S**7**49 8.5 - 9.5 oz

\$1.89 dozen

\$2.99 gallon

#### DON'T FORGET... \$2.99 15 02 Farmers Market Organic Pumpkin... Simply 7 Chips... Lili Orange Honey. \$9.99 16 02



١	BEER FINDS		
٦	Ale Smith Evil Dead Red	\$5.89	22 az b
١	Karl Strauss Oktoberfest	\$7.99	6 pk bo
10.11	Blue Moon Harvest Moon Pumpkin Ale	\$8.99	6 pk bo
OLD I	Sierra Nevada Flipside Red	\$8.99	6 pk bo
	Anchor Big Leaf Maple	\$8.99	6 pk bo
	Shipyard Smashed Pumpkin Ale	\$8.69	22 az b

Temecula

31939 Rancho California Road

Corner of Meadows Pkwy. (951) 693-1111

Cookies Con Amore **GLUTEN FREE** LIAN COOKIES bot

Wildomar 32310 Clinton Keith Road 1 Blk. W. of I-15 (951) 609-9200

**Alpine** 1347 Tavern Road In the Alpine Creek Town Center (619)445-5600

### Hours: Everyday 8 AM to 9 PM (except holidays) Limited Quantity on Some Items. Not Responsible for Misprints

Rancho Bernardo

11828 Rancho Bernardo Road

In the Mercado (858) 485-8686

baronsmarket.com