Peninsula Shepherd Center serves as helping hand to area seniors

By MARIKO LAMB | The Beacon

While wisdom may ripen with age, the telltale signs of getting older grow increasingly evident with the deterioration of sens-es, the weakening of one’s physical prowess and an escalating susceptibility to bodily aches and pains.

Although senior citizens’ minds may be sharper than ever, their ability to conduct what were once simple, daily tasks like driv-ing, fixing up the house or picking up gro-ceries, become arduous — at times impossi-bile — endeavors.

That’s where the locally-based senior sup-port system, Peninsula Shepherd Center (PSC), comes in, providing essential services like transportation, home-shopping delivery and social programs for seniors ages 60 and older in Point Loma, Ocean Beach and the Midway District.

“The needs of Peninsula seniors are not

**Lifeguards raise bar on 2013 budget goals**

By MARIKO LAMB | The Beacon

Like everyone else focusing on self-improvement after the holi-days, the San Diego Lifeguard union has established its goals for the new year and hopes to see its objectives become reality in 2013. Here are six areas of improvement the lifeguard union hopes to focus on alongside city leaders as it sets its sights on the coming year.

**INFRASTRUCTURE**

“We want to work with the new mayor [Bob Filner] and be in concert with his goals as much as we can,” said lifeguard union spokes-man Spi. Ed Harris. “Part of that for us — and he’s talked about it — is doing infrastruc-ture.”

Certain projects, like the Chil-

dren’s Pool and La Jolla Cove life-guard towers, are fully funded and are simply awaiting shovels to start digging.

“The Children’s Pool and Cove tower are big on our list,” said Harris. “We’ve been told for the last three to four years that the Children’s Pool and the Cove tow-ers would get built starting next year. So our goal is to find out why that is not happening.”

Another objective for the life-guard union is to secure funding for the North Pacific Beach life-guard station, which is currently in its community-level design phase.

“We have mobile-minis and trailers on just about every beach, so you go down to your beautiful, lifeguard officials said they will be pursuing many new goals for 2013, including more standardized training, needed equipment and other needs.

Midway District hotel explosion, suspected drug-lab case injures 3

By MARIKO LAMB | The Beacon

An explosion on the second floor of the Heritage Inn, locat-ed on Channel Way near Sports Arena Boulevard, caused an estimated $690,000 in damage to the hotel and injured three of the hotel’s guests on Jan. 30, according to authorities.

Just after 11 a.m., several people from the hotel called 911, saying they heard an explosion, people screaming and saw flames emitting from the building. Once fire crews arrived on scene, the blaze was extinguished within minutes, said San Diego fire department spokesman Maurice Luque.

According to police reports, a 21-year-old man and a woman in her 20s were extrac-ting hash oil from marijuana using spray cans of butane when the man lit a cigarette and ignited the butane fumes.

“This is the first explosion we’ve had from [a hash oil extraction lab] in San Diego County,” said Amy Roderick, Drug Enforcement Administra-tion (DEA) spokeswoman. “A lot of times they sell that to dispen-saries because the dispensaries use the hash oil in a lot of the edibles.”

The man suffered critical burns over his entire body and the woman suffered serious injuries to her face, hands and feet. Another hotel guest, a 20-year-old man in the adjacent room, had minor injuries to his face and hands from the blast.

“The heat of the blast ignited insulation in the blown-open walls and the fire traveled up through the walls into the attic,” said Luque of the extent of the hotel’s damage, which included $500,000 in damage to the structure and a $100,000 loss to contents in the rooms affected by the blast and fire.

All injured parties were transported to the UC San Diego Medical Regional Burn Center following the explosion, and the DEA is investigating the inci-dent.

Council steps in to ease permit headaches on curbside dining

By MARIKO LAMB | The Beacon

City Council President Todd Gloria and council members Lorrie Zapf and Kevin Faulconer recently announced their resolve to reform the lengthy and expensive per-mitting process restaurant owners must endure to establish outdoor dining at restaurants in their districts.

“We live in a beautiful city with fantastic weather, and you shouldn’t have to pay thousands of dollars for a permit to eat out-side,” said District 2 City Councilman Faulc-oner at a press conference at OB Noodle House on Jan. 31.

Under current regulations, even for a small restaurant hoping to add a few tables outside, permitting fees are upward of $12,000 before construction can even begin. In beach communities, these prohibitive fees nearly double due to additional coastal regulations, said Faulconer.

“This is the end of the road for burdensome fees and the beginning of more side-walk dining for San Diegans,” he said.

The costly, time consuming and, at times, unpredictable permitting process was brought to the attention of the council by the San Diego Chapter of the California Restaurant Association (CRA) last year, leading to a City Council discussion about how to roll back regulations for business owners and ultimately boost the local econ-

om.

“They’ve really taken a proactive approach to being business friendly, and it’s basically a common-sense approach,” said Mike Mortan Jr., president of the CRA in San Diego. “It’s simple. Put more seats out on the sidewalk, create a buzz and get more people to places like the OB Noodle House and other small restaurants.”

He said the small change will help grow the economy in big ways, creating jobs and adding dollars to the city as a result.

“As the economy continues to be a bit stagnant, restaurants continue to be one of the bright spots,” he said. “We’re adding good jobs and we’re adding dollars to the city and the communities they’re part of.”

According to a local economic impact report released by CRA, San Diego’s 3,115 restaurants helped rake in a projected $2.9 billion in gross sales in 2012.

“Restaurants are the No. 1 contributor of taxable sales in San Diego,” said Faulconer. That’s money that we can use to pave roads, clean beaches and keep police and firefighters out doing what they do best. When restaurants and small businesses win, San Diegans win.”

The sidewalk cafe proposal limits outdoor expansion of a restaurant to a single row of tables within 4 1/2 feet of the building, while still allowing a clear path of travel on the sidewalk without a barrier in between. The city’s Planning Commission will look at the proposed changes in February and the Land Use & Housing Committee will make recommendations on the proposal in March.

The needs of Peninsula seniors are not
Man earns 3-year term after judge calls him a ‘terror’ to community

By NEAL PUTNAM | The Beacon

A 19-year-old Ocean Beach man was sentenced Jan. 22 to three years in state prison for robbing two juveniles of their cell phones at knifepoint. The judge described him as a “terror in the community,” because the man was on probation at the time for a stabbing on Newport Avenue some months earlier.

Gibran Torres Perez said nothing after San Diego Superior Court Judge Dwayne Moring described him as “being a terror in the community, assaulting people, (and) wearing protective armor.”

Prosecutors agreed with the judge’s assessment.

“He has been a terror throughout all of 2012,” said Deputy District Attorney Roy Lai, adding that Perez showed “a lack of remorse about his actions ... and continued to carry weapons.”

The robberies were committed on Oct. 29 on Voltaire Street. Perez was on probation for an April 14 incident in which a 20-year-old man was stabbed with a metal tool and taken to a hospital. “It saddens me to see a young kid go to prison,” said Perez’s attorney, Tim Brackney, who suggested Perez get a lower sentence in county jail instead of prison. He said the offenses occurred because Perez misused alcohol and drugs.

Moring said “probation is out” for Perez with respect to the new offense, noting Perez “failed miserably” for offenses he committed as a juvenile.

Perez is expected to serve 85 percent of the three-year term.

FABULOUS CONTEMPORARY HOME
City, harbor to Mexico Views! Built in 2006, this home fulfills your dreams! 3 bedrooms, 3.5 baths, 700SF MBR, approximately 3600SF of living space. Elevator, 4 frplcs, wine cellar + 3 car garage all on private knoll. Call for more information.

JUST LISTED!
2881 W. BAINBRIDGE
This gorgeous Plan 1 Admiralty Row home in Liberty Station features 3 bedrooms, 2.5 baths, family room plus numerous upgrades throughout!
ASKING PRICE: $875,000

MOVE RIGHT IN!
3428 GARRISON STREET
Move-in ready home with views of the bay. Remodeled kitchen and baths, wood floors, grassy yard, 3BR/2BA, ample parking and storage. Walking distance to shopping, and restaurants. Nice!
$739,000

TWO UNITS - OCEAN BEACH!
Terrific 2 bedroom\1 bath house and separate 1 bedroom \1 bath cottage. Separate yards and many upgrades
Always rented!
$535,000

COVETED WOODED AREA HOME!
This gorgeous home in the ‘wooded area’ of Point Loma offers charm and elegance throughout! The inviting and spacious floor plan features 4+ bedrooms, 3.5 baths and over 2700 square feet. This is the home you’ve been waiting for!
ASKING PRICE: $1,270,000

NORTH PACIFIC BEACH
Just three short blocks to the beach, this home was remodeled in 2007. Originally a duplex, it was converted to a single family home. Lot is still zoned for 2 units! Features include hardwood floors, kitchen with granite counters and stainless steel appliances, travertine tiled bathrooms and an abundance of windows throughout for loads of natural light! Backyard has large patio and grassy area, great for entertaining and playing!
$895,000

4626 CAPE MAY
This lovely home is move-in ready! Gorgeous hardwood floors throughout. Remodeled kitchen has Corian counters & Stainless appliances. Upgraded Baths, Fireplace, some ocean view from LR, Central Heat & A/C, 1q backyard, 3 car garage + RV/Boat pkg off alley. R-2 Lot with potential galore.
OFFERED AT $749,000

BAY & CITY VIEWS IN POINT LOMA!
Overlooking Shelter Island, Marina’s & Yacht Clubs, this spacious two story 4 BR/2BA home enjoys panoramic views of San Diego Bay, Harbor & City from both levels! 8,500 sf of lot!
$1,195,000

Grappling for victory
Chase Harris, in maroon, battles a San Diego High School opponent in the 106-pound weight class as the Point Loma High Pointers added to their string of dual-meet victories recently with a resounding win over the Cavers.

Photo by Scott Hopkins | The Beacon
I wish for a flea-less Dog Beach.

GROOMING

MANontheStreet

by Marsha Kay Self

Most Obceans love where they live. Ask them what changes they’d like to see in 2013 and they have to stop and think about it. But here are some of their wishes for this year:

• “I wish for a flea-less Dog Beach.”
• “I wish people were more respectful of the beach.”
• “I wish my dog would pick up after himself.”
• “I hate when I go to Dog Beach and people don’t watch their dogs or pick up after them. I wish everyone would pick up their dog’s mess and someone else’s.”

THURSDAY · FEBRUARY 7, 2013

THE PENINSULA BEACON

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What’s your Choice? You pick the Scenario!

1. **2 BR 1 BA Home** with garage and spacious master bedroom featuring dual pane windows, private butler’s walk-in closet and private yard area. $450,000

2. Studio to live by the bay while living part time in San Diego or stealing your car's keys! 2 BR 1 ½ BA 1,100 sq. ft. Home $524,900

3. **1 BR 1 ½ BA Home** garage with spacious master bedroom featuring dual pane windows, private butler’s walk-in closet and private yard area. $599,000

4. **1 BR 1 BA Home** garage with spacious master bedroom featuring dual pane windows, private butler’s walk-in closet and private yard area. $765,000

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On Vacation with
the Peninsula Beacon

Jeffrey Allison went to Mississippi for the holidays, and sported The Beacon for some light reading in Jackson Airport. Shirts in background say: “Yes we can read, a few of us even write.” And, “Yes we wear shoes, a few of us even wear cleats.”

Elaine and Terry Salmon of Ocean Beach took their family and their Beacon to the Bahamas for their son’s 30th birthday celebration. The Harts, Bonomis and the Salmon/Phillips families enjoy the beach and Lodge on Elbow Cay.

Ali Spies, Joanne Spies and Chris Wilson stopped at the Togwotee Mountain Lodge just north of Jackson Hole, Wyo. for lunch around Christmas. The family spent a week skiing, boarding and sightseeing from Teton Village. Temperatures were in the single digits to the teens the entire week.

It’s vacation time! Peninsula Beacon readers are head- ing out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. 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 mem- bers 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.
**Catching a glimpse of one of nature’s behemoths in action**

By KENDRA HARTMANN | THE BEACON

Though San Diego’s weather has not exactly been providing locals with bracing sights of late, it has offered a chance to prove that, even through record-breaking low temperatures, the city continues to be America’s Finest for all the same reasons.

Take, for example, the yearly phenomenon that, rain or shine, cold or hot, takes place just off the coast from December to April. The annual gray whale migration, which sees roughly 20,000 whales pass San Diego on their way to Baja California, is in full swing.

Every year, starting in October, the California gray whale embarks on its 10,000-mile roundtrip journey from the Bering Sea down to the lagoons of Baja. The pregnant females — the same ones who made the trip during last year’s migration to breed in the lagoons — usually leave first, followed by the males, young adults and juveniles. Covering roughly 85-100 miles a day, most of the entire population will reach their destination by mid-January.

To witness the whales’ path through San Diego’s coastal waters, Birch Aquarium, along with several other companies around San Diego — including some located in Point Loma — takes to the high seas to give locals and tourists a glimpse of nature’s longest mammal migration. On a recent whale-watching cruise hosted by Birch Aquarium watch as a California gray whale (the whales usually travel alone, so seeing groups of them together is unexpected, though it occurs sporadically), along with sea lions and several pods of common dolphins. Though passengers aren’t guaranteed a whale sighting, the abundant marine life in the waters off San Diego is a treat in itself. At one point as the ship reentered the bay, a group of about 10 dolphins playfully followed the ship, jumping and23

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**Ask The Lawyer**

**Question:** My parent is not keeping up with their business affairs.

**Answer:** First, you must visit them in person to see what their home looks like and how you can help. Look for the warning signs of this decline — unpaid bills, messy desks where there used to be organization, forgotten times and falling prey to scams. Our parents are from a generation of independence and often fight with any plans that wants to interfere with them. We have to protect them and assist them, however determining when to do so is difficult.

If it is impossible for you to come to visit your parent, have a trusted neighbor or friend look in on them as they may not be entirely honest with you or themselves.

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**SEO**

“27 Tips for short selling your home and avoiding foreclosure”

SAN DIEGO. If you’ve tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start ringing off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start hounding you for your listing.

After all, with the proper information, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months without any offers from qualified buyers. This can be a very frustrating time, and many buyers have given up on their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you’ll find 10 inside tips to selling your home by yourself. March; 6-hour cruises to Coronado Islands departing at 10 a.m.; (619) 222-1144, www.hmlanding.com, $37 week- day cruises, $45 weekend cruises ($60 six-hour cruise).

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Residential burglar nets four-year sentence
A 20-year-old man was sentenced June 31 to four years in prison for burglarizing four apartments on West Point Loma Boulevard.

Jonathan Michael Chambers and his attorney agreed to accept a four-year term when he pleaded guilty Dec. 5 to the burglaries. San Diego Superior Court Judge Charles Gill gave Chambers credit for already serving 340 days in jail.

Chambers left DNA evidence on his discarded cigarette butt and left his fingerprints at one burglary, said Deputy District Attorney Gregg McCham. Some victims got their property back.

Restitution to the victims may be heard at a later date. Chambers was fined nearly $1,000 and denied probation. The burglaries took place in April, June and July 2012, and Chambers also lived nearby in Point Loma.

One victim was a Marine and some of his insignias were taken from his uniform. Another victim was asleep on the couch when Chambers got into her apartment and awoke her dog.

Chambers was arrested Aug. 15. — Neal Putnam

Ocean Beach Pier is very symbol of this unique beach community

The West Coast’s longest concrete pier reaches out into the ocean as Ocean Beach’s monument to recreational enjoyment. It’s a majestic piece of work. Supported by leggy pylons, it measures 1,971 feet for the benefit of walkers, skateboarders and fishermen night and day. Despite the height, though, on stormy days, high waves can still lap dangerously at its sides.

In 1991, more than $2 million was spent on the pier to repair damages caused by winter storms. It’s not the longest pier in America, mind you. That honor belongs to Santa Cruz, where the pier reaches 2,745 feet. We dropped by the other day to take another look at activity there — even busy on a week day, largely because municipal pier fishermen do not need a license; thus, there is a greater gathering. In addition, the PB Pier is reputedly one of the finest pier-fishing locations up and down the coast.

The original purpose was for fishing. Anglers can be tested by tangled lines in the vast kelp and rockbeds below. However, they can avoid some of this by going to the end, where the water depth is between 25 and 30 feet. Offering more room, the T-shape end measures 360 feet to the south and 193 feet to the north.

The most common fish you will see caught on the pier are herring, often called queen fish. There’s also sand bass, halibut, surf perch and the rest of the saltwater surf-zone fish ready to take the bait.

There is a shop, cafe and restroom on the pier, so you can get a snack and buy glow sticks for night fishing.

In late summer, upon graduation, junior lifeguards take their graduation plunge. Depending on age, there are several locations from which to swim ashore.

The picturesque structure has been described as one of the most-visited landmarks in the county. It was officially christened on July 2, 1966, and at the time, an estimated 7,000 people turned out for the celebration. Gov. Edmund G. Brown, the current governor’s father, was on hand to cut the ribbon. He even fished for a couple minutes.

The Ocean Beach Pier was first named San Diego Fishing Pier. In fact, the plaque is still there.

I don’t know who’s doing the counting, but it has been reported that more than 500,000 visitors troop there each year.

And for a terrific view, you can’t beat the sunsets.

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For budget-conscious shoppers, seeking out great deals on groceries can be an all-day treasure hunt or a downright daunting task. Those hoping to find the most rock-bottom prices — without the hassle of coupon cutting or hunting around from one location to another — now have a new option in Point Loma’s new Grocery Outlet Bargain Market, which opens to the public on Feb. 14.

The Berkeley-based Grocery Outlet brand, which launched in 1946, started as a military surplus store specializing in closeouts and obsolete packages. “Maybe they’re shifting from a 32-ounce to a 30.6-ounce package or something has Olympics-themed wrapping [from] when they were pushing the Olympics. The items are perfectly good, they just need to move along to a new store and they get thrown out there,” he said. “Even though we specialize in closeouts, I want people to understand that we have fresh merchandise.”

Although shoppers can certainly complete their shopping trip at the 10,000-square-foot store, the Baldwins explained that the inventory shifts based on what deals are available to them. “It’s always changing, so if you see something that you like, buy it now because it might not be here next week,” said Stephanie Baldwin.

Those who enjoy the treasure hunt will love the store for some of its interesting finds, including items from the store’s new natural, organic, specialty and health section, fresh produce, wine and beer, health and beauty items, and even a small selection of clothing — all at low prices.

“We’re only 10,000 square feet on the sales floor, so we have to use every inch wisely,” said Mark. “We don’t necessarily have the same skus — skus being the number of items — as big grocery stores, but we can easily complete your shopping trip here.”

With 30 years of experience in the mainstream-grocery business, Mark knows how grocery stores and their price structures operate — and raising six children helped the Baldwins understand the needs of great bargain.

“It’s one of our missions to touch lives — to impact people’s lives in a positive way,” said Mark. “People who deserve a bargain, people who need a bargain, people who just like a bargain.”

Coming from the corporate culture of Safety — the second-largest supermarket chain in the nation — to owning and operating a mom-and-pop-style store is something the pair is looking forward to, they said.

“It’s an exciting change for us,” said Mark. “You know as an operator, as a merchant, what makes sense and what you should be doing. You’re not beholden to stockbrokers. As an operator, I had 110 employees, but I was constant running administration drills and I had no time to connect with my staff or my customers.”

He and Stephanie plan to embrace that owner-operator interface with their consumers and facilitate a daily interaction with their team of approximately 30 staff members.

“We really want to set ourselves apart with our customers and people being able to see the owner-operators on a daily basis. We’re going to run a very clean store,” said Stephanie. “I want it to feel like they’re coming into our home.”

Point Loma Grocery Outlet will hold a ribbon-cutting ceremony for employees and staff members on Feb. 13, with a soft opening on Feb. 14. On Feb. 16, the Baldwins will host a grand-opening event to reflect their commitment to serving the community.

All proceeds from the event will benefit the Point Loma High School Instrumental Boottum en and a palette of merchandise will be donated to Ocean Beach-based food distribution nonprofit Loaves and Fishes Food Pantry, who the growers will partner with throughout the year with food drives, discounts on items and weekly donations.

Point Loma Grocery Outlet is located at 3948 W. Point Loma Blvd. For more information, visit www.groceryoutlet.com, or call (619) 700-1440.
New format will change the face of CIF playoffs for San Diego schools

By SCOTT HOPKINS | The Beacon

For 52 years, San Diego high schools have been divided into competitive divisions for playoffs, based strictly on campus enrollment. Those days largely came to an end in January when the local section of the California Interscholastic Federation (CIF) Board of Managers approved a dramatically different format for seven sport teams. Beginning with some fall sports, a mathematical formula using state rankings, playoff appearances and opponents’ records will be used to assign each school to a division for playoff purposes only. The formula looks at a school’s performance over the previous five years, placing greater weight on the most recent years. At the top of each sport will be an “Open Division” composed of the top eight teams in the section in a given sport. All eight will enter the playoffs to determine a champion. The next four divisions (I, II, III, IV) ranked similarly, will send the top 12 teams into playoff action, while Div. V will send eight teams. Open division winners will be designated as section champions, while others will be crowned as division winners. The new plan took 18 months to develop its first victory of the season. The Point Loma High boys’ baseball program will be among the first at the school affected by a new CIF playoff format recently created. Here, Point first baseman Jayson Pappas (No. 23) prepares to glow a pickeroll from pitcher James Krueter.

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Pointers hoopers continue impressive league win streak
By SCOTT HOPKINS | THE BEACON

Pointers Jamal Agnew’s free throw with only 4.2 seconds left in the game sealed a wild 39-35 victory over host Coronado Islanders on Feb. 1 that kept his team undefeated in league play.

The victory sets up a big matchup Feb. 8 as the Pointers (9-0 in Central League, 14-7 overall) host league foe La Jolla Seahawks, who are 9-1 in the league and 12-8 overall. The Islanders, who were swept by the Pointers in their first league game, will try to snap their losing streak when they face the Pointers in their first league game.

Pointers coach Chris Brisco said he is confident his team will prevail as league champs.

“We would have to lose all three of our remaining league games, and that isn’t going to happen,” he said, as Pointers are eyeing the league title for the third straight year.

And with his team still in the thick of the race for the league title, Brisco said he is looking for his team to keep improving and to continue to pick up where they left off.

“I think we can really improve on the defensive end,” he said. “We need to continue to work on our posting and our post defense.”

The Pointers have the third-best defense in the league, allowing 25.9 points per game, and have the league’s third-best shooting percentage, at 46.1 percent.

“I think we’re really coming into our own as a team,” Brisco said. “We’re really starting to play well together.”

Agnew, who is averaging 18 points per game, said he is looking forward to the league title.

“We’re really looking forward to the league title,” he said. “We’re really looking to win it.”

With winter storms still interrupting outdoor play, area high schools are gearing up for their year-ending spring slate of sports. At Point Loma High, bringing back Pointer softball and baseball alums is the first order of business.

Softball alumni game planned

This year, the girls on head coach Tom Kamfonik’s softball team are jumping aboard, staging their first alumni softball game at Peckham Field on the PLHS campus.

The action is set to begin at 11 a.m. on Saturday, Feb. 23, with Kamfonik introducing members of his 2013 varsity and junior varsity teams and coaching staffs. All participating alumni will have another opportunity to tip their caps to the crowd as they are welcomed.

Varsity assistant coach Steve Vargas will serve as alumni head coach for the event.

Event organizers will be selling Pointer softball merchandise, with food and drinks offered.

While there is sure to be a strong competitive nature to the match, one of the game’s goals is to reunite players from the past and keep them involved in the program.

Spring PLHS alumni games on tap

Alumni wishing to play should contact Vargas at (619) 520-8513, or email pointersofball@gmail.com.

Baseball alumni game set

Pointer baseball teams have been staging an alumni game for many years, and this year’s event is rapidly approaching on Feb. 16.

All alumni who played and alumni uniform are invited to play, and there is a group of about a dozen who have showed up faithfully for decades to re-live their prep glory days.

Game spokesperson Jim Harvey is directing old-timers to report to David Wells Field (at Dana Middle School) between 11:30 a.m. and noon to stretch muscles and loosen up arms and legs.

The first pitch is set for 1 p.m.

The annual game is one that produces an equal amount of applause for great plays and belly laughs for some of the alumni’s gaffes.

A highlight of some recent games was the appearance of retired major league star Wells to pitch for the greyhounds.

This year, however, marks Wells’ second season as the team’s pitching coach.

Harvey notes that a post-game celebration for the alumni team will be held at the Reunion Pub on Mendocino Boulevard.

The Pointers hoopsters continue impressive league win streak

Pointers forward DaAndre Benson goes airborne to put up two points during his team’s 39-35 victory at Coronado on Feb. 1. The win keeps the Pointers undefeated in Central League play.

Photo by Scott Hopkins | THE BEACON
Therapy for Alzheimer’s Patients Improves Life

Even though there is not yet a cure for Alzheimer’s disease, researchers have been looking into therapies that can improve a person’s quality of life, possibly lessen some of their symptoms and help them function better.

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Innovative Healthcare Consultants at 1.877.731.1442 or see us online at www.innovativehc.com.

Alzheimer’s patient, call the RN care managers at 1-888-790-4667.

No therapy at this time can reverse Alzheimer’s, but more people are working to help improve the quality of life. For more help in dealing with an Alzheimer’s patient, call the RN care managers at 1-888-790-4667.

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

www.oceanbeachsandiego.com/obrel or call (619) 224-4906

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1 Smooth Bl. Straight Blow Dry into damp hair. 2 Blow-dry with a flat brush, twisting at ends. TO MAKE IT YOURS: Before hair cools, wrap in buns to create bend, release, then ruffle with more Bl. Straight Blow Dry. Tuck a piece behind the ear (but just a piece) and finish with Dries It All.
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Mention their ad to receive a 10 percent discount on the highest item quoted for termite services or 50 percent off initial pest control service with a one-year service agreement! For a free inspection call them today at (858) 454-4315.

BlueVault chain launches in San Diego as “Ft Knox for the public”

Late last year, BlueVault launched its first location 11 minutes from UTC. Now it’s going public with its message of safety.

“So make sure your valuables and important items are fully secure, with risks minimized. The best and safest solution is getting these items out of your home,” said security manager David Johnson.

BlueVault is an ultra-secure facility, with 24/7/365 security by Diebold—guardian of global institutions. Clients store their property at BlueVault for maximum protection against theft, damage, seizure, fire, privacy invasion and robberies. All storage units are within a bank-grade vault, with sites from small safe deposit boxes for jewelry to units up to six foot high. You get the only keys to your unit. No intrusive ID requirements or social security numbers are required.

Gold and silver bars and coins are also sold on site at low mark-ups. BBB Accredited, employees bonded. Friars at Frazee, off state Route 163. www.BlueVaultSecure.com
Comedian George Lopez gives boost to grapplers

Point Loma High School’s wrestling team is the beneficiary of a popular comedian’s generosity.

Assistant coach Miles Doughty, a former Pointer wrestler, is a founding member of the nationally known musical band Slightly Stoopid, along with classmate Kyle McDonald.

Formed in 1995 in Ocean Beach, the band has appeared on tour with other major acts, while releasing seven studio albums and attracting a following that includes comedian George Lopez.

While playing in a celebrity golf tournament, Lopez learned of Doughty’s love of wrestling and involvement with the Pointer team. When asked what his wrestlers could use, Doughty mentioned the team’s outdated mat used for matches in the school’s Trepanier Gym.

Lopez told Doughty to order a new mat through the comic’s foundation, and the Pointers are now competing on a state-of-the-art mat that cost $10,000. It features the Pointer logo and a ribbed backing that makes it much easier to set up and remove.

Meanwhile, Doughty and his bandmates are on tour. In his absence, his father, Brian Lamb, a former Pointer wrestling head coach, is assisting head coach Phil Moore as the Pointers pursue a league title.

Girls’ soccer closing in on league title

The Lady Pointer soccer team is nearing a City League championship with league play almost complete.

After a league record of 4-0-2 (.909 overall), the Pointers, under head coach John Murphy, have two remaining league matches against Clairemont on Feb. 13 and Madison on Feb. 14. Both encounters will take place on the Pointers’ Jennie Edens Field at home, with 1 p.m. starts both days.

Team scoring is evenly distributed this season, with four players leading goal scoring. Jewell Roth (senior midfielder), Taylor Hopkins (sophomore midfielder/forward), Jordan Patane (freshman midfielder/forward) and Graysen Choy (junior defender/midfielder) are tied for the lead with three apiece.

Goalkeeping duties have been shared as well, with senior Mia Sakasegawa owning a 1.2 goals-against average. Junior Jordan Green sports a 1.8 average, freshman Brynn Kays has posted a 2.1 mark and freshman Grace Haselton holds a .5 record.

Shutouts have been credited to Green (four), Kays (three), Sakasegawa (two) and Haselton (one).

ROUNDUP

Continued from Page 8

and edge Notre Dame de Namur, 60-57, on Feb. 4.

Rhoads’ trey with just over three minutes remaining gave PLNU (9-10, 5-6 PacWest) a two-point lead, its first since early in the half and PLNU would never again trail. NDNU (13-17, 2-10 PacWest) would answer with a basket to tie the game but Jessica Ecoroa would then seal the win for the Sea Lions by hitting a driving layup and knocking down two free throws in the final minute.

That go-ahead trey was one of five 3-pointers Rhoads knocked down in the contest en route to recording her season-high in points. The Sea Lions also got 11 points and four steals apiece from Ecoroa and Savannah Erskine. PLNU forced the Argonauts into 20 turnovers, while committing just 11 of their own. The Sea Lions would outscore NDNU 21-4 in points off turnovers.

Point Loma trailed 26-25 at the half and by as many as seven with five minutes remaining before outscoring NDNU 13-3 down the stretch to earn the win. The comeback was made possible by PLNU dominating in the paint and on second chance points in the second half. The Sea Lions outscored the Argonauts 18-4 on points in the paint and 6-0 on second chance points during the second period.

The Sea Lions will now begin a five-game road trip, with the first four in Hawaii. They will open with Hawaii Pacific on Saturday, Feb. 9 and then face BYU-Hawaii on Monday, Feb. 11.

La Jolla TODAY commercial challenge!

How would you advertise your local community paper?

Enter your video commercial about why La Jolla TODAY is your favorite read and submit it for a chance to win an iPad.

La Jolla TODAY is your favorite read and submit it for a chance to win an iPad.

Just like the creative minds who competed to win big by producing a Doritos commercial for the Super Bowl, so can YOU get your time in the director’s chair with the La Jolla TODAY commercial challenge.

How would you advertise your local community paper?

Enter your video commercial about why La Jolla TODAY is your favorite read and submit it for a chance to win an iPad.

Video entries must be submitted by April 5. All videos will be viewed and voted on by the public at www.sdnews.com for the month of April, and the winner will be announced after votes have been tallied.

Win an iPad!

So, you think you can produce a commercial?

If you think you have what it takes, send us your video production for a chance to win an iPad!
OB novelists finds success amid field’s downward trend

By Martin Jones Westlin | The Beacon

The die is cast for wannabe novelists, and it’s been that way for years. Annual surveys show publishers accept fewer than three fiction manuscripts for every 1,000 submissions. Years can pass between approval and that first book signing at the local convention or coffee shop.

In the mainstream book industry, the catch-phrase “the writer’s art” has been replaced by something a little more succinct: “Hurry up and wait.”

Richard Platt, an Ocean Beach playwright and author, knows the game pretty well. One publisher kept him on tenterhooks for 11 months as it made plans to produce his debut novel and then dropped him without explanation.

About a year and a half after Platt's third manuscript went by before Tyndale House Publishers released “As One Devil to Another: A Fiendish Correspondence in the Tradition of C. S. Lewis’s The Screwtape Letters.” But released it was in April — and Platt, who’s been writing for about 10 years and calls Lewis his patron saint — has plenty to say about the industry and its direction, even as more manuscripts see the light of day than ever before.

The illustrated, 192-page “One Devil” centers on a series of 31 letters written between devils Screwtape and Wormwood, with Screwtape advising his protégé on how to undermine the newfound medievalist’s position. Platt’s “One Devil” mimics Lewis’s voice and uses similar exchanges, this time between Slashreap and Scardagger, to address items like today’s sexuality, modern technology and how man, despite the devils’ best efforts, maintains a sense of hope in a world gone mad.

The late Clive Staples Lewis, a Belfast native and a renowned novelist, poet and essayist known for his “Narnia” children’s series, died in 1963 at age 64 and was a major figure in illustrating the role of Christianity in everyday life. His philosophy isn’t lost on Walter Hooper, a world authority on Lewis, who in an hour-long phone conversation told Platt he found the manuscript “stunning” and even quoted passages back to him.

Breathless Platt then suggested to his wife that she simply wouldn’t believe what Hooper had had to say. “She said, ‘You’re right,’” said Platt. “I don’t believe it, and nobody else is going to believe it either. You better get him to write it down.’” Subsequently, Hooper wrote the book’s preface.

Platt, a regular contributor to the literary quarterly Slightly Foxed and a finalist for a 2012 San Diego Founders’ fellowship for his one-man play “Ripples from Walden Pond: An Evening with Henry David Thoreau,” had written “The Waiting Game,” which he wrote the book’s preface.

Meanwhile, he continued, the jury is still out on the book’s sales potential, as it’s only now beginning to reach its intended audience. The wheels grind slowly in that part of publishing too, even as the latest Great American Novel rolls off somebody’s copy machine, published on demand.

But Platt is consumed with all things Lewis, calling him the greatest man of his time, “one of the 20th century’s greatest writers.” Subsequently, Hooper wrote the book’s preface.

The illustrated, 192-page “One Devil” is available at amazon.com and any bookstore.

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Inspirating a new generation of rock 'n' rollers

By BART MENDOZA | THE BROOK

There are several options in the area when it comes to learning the art of music, but nothing comes close to Rock and Roll San Diego. Located at 1360 Sports Arena Blvd., the school opened in June 2011. Like other such schools, it teaches students how to play an instrument and then moves them to the live stage. But that’s where the similarities end.

Founded by guitarist Mark Langford, the school offers — in addition to basic music education — just about everything needed for a professional musician: rehearsal rooms, a recording studio, instrument rentals, repairs, a talent agency, two management companies and more.

It’s a testament to the quality of the operation that bands as big and diverse as legendary new wave combo The B-52s and hardcore heroes Pierce the Veil have been in residence recently. Meanwhile, Rock and Roll San Diego also houses a noted local record company, Pacific Records, with a roster that includes such notables as Sprung Monkey and the Romeros as executive director of classical guitar icons The Romeros.

There are several options in the area undertaking. At 13,000 square feet and 26 rooms, it’s an impressive undertaking.

“T’s really for professionals, but we’re ‘allowing’ students to come in and learn at a professional facility,” Langford joked.

Though he can’t point to any one inspiration for launching the school, Langford said his motivation came simply from feeling he “needed to give back and contribute.”

Rock ‘n’ roll isn’t the only music supported at the school, which boasts 20 different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast. Broken Yolk satisfies even the heartiest of diners — all in a clean, comfortable and casual atmosphere. Breakfast is served all day long, but if it’s lunch you’re craving, try one of our signature salads, juicy half-pound burgers or street taco plates. Whenever you’re hungry, Broken Yolk is your place for fresh food served everyday of the week.

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The Broken Yolk Café is a favorite among local San Diegans and hungry visitors alike. With a strong dedication to good food and equally good service, the Broken Yolk has built a reputation for its large menu, ample portions and freshly-made flavors. With over twenty different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast. Broken Yolk satisfies even the heartiest of diners — all in a clean, comfortable and casual atmosphere. Breakfast is served all day long, but if it’s lunch you’re craving, try one of our signature salads, juicy half-pound burgers or street taco plates. Whenever you’re hungry, Broken Yolk is your place for fresh food served everyday of the week.

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Rock ‘n’ roll isn’t the only music supported at the school, which boasts 20 different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast. Broken Yolk satisfies even the heartiest of diners — all in a clean, comfortable and casual atmosphere. Breakfast is served all day long, but if it’s lunch you’re craving, try one of our signature salads, juicy half-pound burgers or street taco plates. Whenever you’re hungry, Broken Yolk is your place for fresh food served everyday of the week.

For more information, visit www.rockandrollsandiego.com.
PLNU ‘Writers Symposium by the Sea’ to celebrate the storytellers
By Mariko Lamb | The Beacon

Nearly two decades ago, Dean Nelson, founder and director of Point Loma Nazarene University’s (PLNU) journalism program, launched ‘Writer’s Symposium by the Sea’ with an aim to inspire student writers outside the classroom through engagement with the great literary geniuses of this generation.

Over time, the symposium grew into multiple days of lively interviews and practical workshops targeting writers who hope to rub elbows with successful writers, become inspired to create their own literary works or simply learn about the power of the written word.

“The evening interviews are more like ‘Inside The Actor’s Studio’ and the afternoon workshops are much more practical and applied,” said Nelson. “Several of us throughout the university brainstorm all year long, and the sentence usually begins with a statement like, ‘Wouldn’t it be great if we could get …’ and then the conversation takes off from there.”

After a lot of dreaming, networking and phone calls, the all-star lineup of writers for the symposium is set for the highly anticipated event. This year, the symposium will kick off on Thursday, Feb. 14 with an evening of monologues and anecdotes by Midwest humorist, author and radio star Garrison Keillor at PLNU’s Brown Chapel. Tickets to the event are $35 to $55 and are available online at www.pointloma.edu/event/garrison-keillor-returns-plnu-valentines-day-2013 or by calling (866) 745-0575. The event begins at 7 p.m. and doors open at 6 p.m.

But wait, there’s more to come ...

FEB. 27, 7 p.m.
Cathleen Falsani, $10 general admission, students free

FEB. 26, 7 p.m.
Billy Collins, $15 general admission, $5 for students

FEB. 25, 7 p.m.
Acoustic Alumni: An evening conversation with PLNU alumni and singer-songwriter Bryan Bangerter, among others.

Midwest humorist, author and radio star Garrison Keillor will be the featured speaker on part of the annual ‘Writer’s Symposium by the Sea’ event hosted by the university. (Photo by Cory Alumbaugh)

“Good writing connects humanity to be a human being,” said Nelson. “Good writing connects humanity in a unique way. And if we inspire someone to become a great storyteller, that would be success for us.”

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“When the final event of the symposium is over, I hope members of the audience will be better readers and writers. I hope they will see how much better the world is when people can articulate how beautiful and messy and complicated and scary and deep and wonderful it is to be a human being,” said Nelson. “Good writing connects humanity in a unique way. And if we inspire someone to become a great storyteller, that would be success for us.”

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After a lot of dreaming, networking and phone calls, the all-star lineup of writers for the symposium is set for the highly anticipated event. This year, the symposium will feature interviews with award-winning religion columnist Cathleen Falsani, U.S. Poet Laureate Billy Collins and PLNU alumni and singer-songwriter Bryan Bangerter, among others.

“When the final event of the symposium is over, I hope members of the audience will be better readers and writers. I hope they will see how much better the world is when people can articulate how beautiful and messy and complicated and scary and deep and wonderful it is to be a human being,” said Nelson. “Good writing connects humanity in a unique way. And if we inspire someone to become a great storyteller, that would be success for us.”

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Penninsula-area events, Feb 10- Feb. 22

SUNDAY, Feb. 10

“Reading Between the Lampposts: The Literary Giants of Loma Portal” will be the featured, free presentation at the Point Loma/Hervey Branch Library from 2 to 4 p.m. Have you ever wondered who your street was named after? Well here’s your chance to find out. Beginning with Macaulay and moving north to Lytton, local residents have researched and reported on the lives of the 26 authors whom the Loma Portal streets are named after. Short readings of most of the authors will be presented. The event takes place in the Community Room of the library, 3701 Voltaire St. For more information, call (619) 225-9659, or visit karlalapic@gmail.com.

TUESDAY, Feb. 12

The Point Loma/Hervey Branch Library hosts Dr. Jon Rebman, author of “Baja, California Plant Field Guide,” speaking on “Cactus or Succulent?” The free event, taking place at 6:30 p.m., will also feature free door prizes. The library is located at 3701 Voltaire St. For more information, call (619) 225-9659, or visit karlalapic@gmail.com.

TUESDAY, Feb. 19

A free presentation will take place at the Peninsula Family YMCA on disaster preparedness. Team volunteer and Peninsula Y member Lee Durand, who recently returned from helping victims of Hurricane Sandy, will discuss how to be better prepared in our homes, cars and places of business. This free program will include a raffle of disaster-preparedness tools. The presentation takes place from 1 to 2 p.m. at the Peninsula YMCA, 4190 Valleta St. Reservations are requested by Feb. 15 at the Y front desk or by calling (619) 226-8888.

THURSDAY, Feb. 21

The Ocean Beach Historical Society will host a presentation by OB Rag editor Frank Gormlie on “A Historical Perspective of the Ocean Beach Planning Board” at p.m. The program will focus on the history of the planning board and the importance of resident involvement. Gormlie was a member of the first Ocean Beach Planning Board. The meeting takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd.

FRIDAY, Feb. 22

Holy Trinity Concert Series hosts a Celtic concert with the dynamic Irish band GOITSE at Bethany Lutheran Church, 2501 Sunset Cliffs Blvd. at 3:30 p.m. Ticket are $21. For reservations, call (619) 708-3268, or email concerts@holytrinityob.com. For more information, call Fr. Larry Baush at (619) 225-3164, or email frbaush@hotmail.com.

MADCAPS sets its annual stellar show March 7-9

By SCOTT HOPKINS | THE BEACON

Members of Mothers and Daughters Club Assisting Philanthropies (MADCAPS) are busy preparing for their annual benefit show to be held March 7-9.

This year marks the 53rd year the group of young ladies from Point Loma and Mission Hills have been singing and dancing on behalf of local charities as part of the group’s mission.

Madcaps’ annual show caps a year in which the young ladies in grades 7-12 will contribute more than 20,000 volunteer hours and raise more than $40,000 for charities selected by each class.

This year’s theme of “Lights, Camera, Dance!” will be presented in the auditorium at Correia Middle School, 4302 Voltaire, St., for the three-day run — a team effort between the girls, mothers and community members who volunteer time and expertise to assist with the production.

Major production costs for the show are underwritten by local businesses and community members. The preview show begins at 7 p.m. with other shows on March 8 at 8 p.m. and March 9 at 2 and 7 p.m.

Tickets for the March 8 and 9 shows be available online beginning Feb. 11 at the club’s website, www.madcaps.us. Tickets for the March 8 preview will be sold at the door.

The charities selected by each class are as follows:

- St. Vincent de Paul and Children’s Hospital (class of 2018);
- Loma Portal Head Start Program (2017);
- City Park & Rec. Department and Therapeutic Recreational Services (2016);
- YMCA Shelter School (Becky’s House) and A.R.T.S. (A Reason To Survive) (2015);
- Senior Olympics, Bayside Community Center and P.A.C.E. (2014); and
- Habitat for Humanity, American Cancer Society and San Diego River Park Foundation and Discovery Shop (2013).

For more information, visit the website.