REMEMBERING JUNIOR SEAU

BY DAVE SCHWAB | THE BEACON

A tribute to former Chargers linebacker Junior Seau stands with a giant portrait and his No. 55 during a celebration of life at Qualcomm Stadium on May 11. Seau committed suicide in his Oceanside home on May 2. His memory is etched in the hearts of fans. Photo by Jim Grant | The Beacon

Oceanside High School graduate and legendary NFL football player Junior Seau died last May. His death raised awareness about depression and its impact on athletes and others. Photo by Jim Grant | The Beacon

PLHS coach recounts playing side by side with legend when both were young prep All-Stars

BY SCOTT HOPKINS | THE BEACON

From the time they first met in 1987, Mike Hastings immediately knew Junior Seau was a special person.

It was 25 years ago when, as recent high school graduates, the pair lived and trained together for two weeks at the Marine Corps Recruit Depot while practicing to play on a San Diego All-Star football team against the best from Los Angeles.

Today, a quarter-century later, sports fans around the world are still stung after Seau took his own life May 2, leaving many to speculate whether his nearly 20-year pro football career may have resulted in brain injuries leading to depression.

Hastings, who has been Point Loma High School’s head football coach since 1998, said “I was very saddened to hear of his passing. He was a fine guy who I learned a lot from.”

As a former Charger, Hastings said, “He made us all better people—specifically as men.”

McPherson other ex-Chargers deliver heartfelt tributes during celebration of life at Qualcomm

BY DAVE SCHWAB | THE BEACON

Fifty-five.

The number was in huge block letters on the field, on jerseys and indelibly etched in the hearts and minds of a few thousand fans who turned out to pay tribute to fallen Chargers hometown hero Tiaina "Junior" Seau during a celebration of life memorializing him May 11 at Qualcomm Stadium.

At the end of the evening, the No. 55 was retired in honor of the player and man whose presence, which ended prematurely with suicide this month, ironically embodied life and the passion to live.

Event Master of Ceremonies Miles McPherson, a former Chargers safety and senior pastor of The Rock Church in Point Loma, asked fans to reflect on Seau’s impact on their lives.

"Identify one way his life is going to change your life," McPherson implored.

Pointing out the name Seau is engraved on the field, on jerseys and medium on May 11. Seau committed suicide in his Oceanside home on May 2. His memory is etched in the hearts of fans. Photo by Jim Grant | The Beacon

Peninsula merchants eye business improvement district to maximize lure

May 23 forum set to discuss pros and cons

BY PATRICIA WALSH | THE BEACON

The Peninsula Chamber of Commerce is inviting businesses in the Point Loma Village and Shelter Island community to participate in a discussion about the possibility of forming a business improvement district (BID) for the area.

The chamber is asking area business owners to share their input and ideas about the viability of a BID through a survey it mailed last week and again during the forum to be held 6 p.m. on Wednesday, May 23 at the Bali Hai restaurant, 2201 Shelter Island Drive.

“We want to help Shelter Island become more of a destination,” said Matt Kalla, president of the Peninsula Chamber and owner of Matt Kalla Insurance Agency.

“The idea is to promote commerce to get more people to come to Shelter Island and spend money. It’s clean, it’s got a lot of attractions from the fishing fleet to great restaurants, and crime is low.”

To facilitate the research and discussion of a BID, the Peninsula Chamber has retained Mike McLaughlin of Turpin McLaughlin Communications, who has experience in creating BIDs in Mission Hills and Old Town.

“This is in the very beginning stages,” McLaughlin said. “The important thing for businesses to realize is there has been some discussion, but no decision about a BID. We are in the talking stages and the forum on May 23rd is designed to continue the conversation.”

OBMA, Pizza Port brew up kickoff event to fete OB’s 125th birthday

STAFF AND CONTRIBUTION

This year marks Ocean Beach’s 125th anniversary, and Pizza Port Ocean Beach recently helped the Ocean Beach MainStreet Association (OBMA) celebrate the community milestone recently.

The brewpub crafted a special, limited edition brew now being sold in local restaurants and bars.

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Just Listed! 3912 Ligget
This gorgeous Fleetridge home features 4 bedrooms, 3.5 bathrooms, 2872 sq. ft. on a 12,000 sq. ft. lot. Impeccably appointed inside and out! Spacious and open floor plan—perfect for everyday living and entertaining!
$939,000

Just Listed! 3107 Orleans East
This unique home has it all. 3 spacious bedrooms, 2 baths, 2872 sq. ft. on a 12,000 sq. ft. lot.
$749,000

Great Value in 92106
Terrific single level, 2 bedroom, 2 bath, condo with private balcony, fireplace, and one, underground, secure, parking space. Amenities include new paint in stylish colors, newer appliances, washer and dryer in unit and crown molding. Walk to Shelter Island and the vibrant Liberty Station from this lovely unit!
$272,000

3129 Ibisen, Point Loma
Originally built in 1940, this stylish, updated home in the heart of Loma Portal cohesively blends Spanish charm and modern improvements. Enhancements of this single-level residence include custom interior/exterior lighting and fixtures, wood and tile floors, French doors, wood plantation shutters, crown molding, unique built-in cabinets and vanity, custom paint, newer HVAC system and insulation, and laundry room with storage.
$699,000

2445 Brant St #509
Great 2BR/2BA condo in Banker’s Hill! Spacious single level condo with fireplace. Walking distance to Balboa Park, Hillcrest and Downtown. www.2445BrantStreet509.com
$399,900

4304 Del Monte
Opportunity Abounds! This property features a 7000 sq ft level lot and is located in a desirable Point Loma neighborhood! The home needs a little TLC but has endless possibilities!
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Two Beautiful Homes
Two beautiful homes in a great location. Live in one and rent the other or have mom and dad live in one and you live in the other. Front house has 3 bedrooms, 2 baths + a 2 car garage. The rear house is a 1 bedroom, 1 bath + inside laundry room. Both are gems.
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Rebounding osprey populations get a nesting nudge at Shelter Island

By MARK LEIB | THE BEACON

Ospreys are commonly seen soaring along California’s coastlines. From beneath, the large raptorial bird boasts an impressive wingspan extending more than five feet wide and rounded talons with a reversible outer toe that allows the seabird to grasp slippery prey.

Ospreys can often be seen skimming San Diego’s waterways, hovering at heights up to 100 feet above the surface. Then, suddenly, in a swift motion, the osprey will plunge feet-first into the water, deftly taking hold of a fish several feet beneath the surface.

Despite the abundance of the species along California’s coastlines, from San Diego to Santa Cruz, the osprey is a conservation success story.

In the 1970s, osprey populations began to rebound, in large part due to the 1972 U.S. DDT ban, according to expert Eileen Maher from the Port’s Environment and Land Use Planning Department said the ospreys may be pre-nesting for the fall.

“Ospreys can potentially build a nest in the fall,” she said. “Fledglings would then be flying by March or April 2013.”

In addition to the platforms, information signs have been placed near each nesting site to educate passersby about the species, which is protected under the federal Migratory Bird Treaty Act of 1918.

Over the last five years, 14 fledglings have been born from the platforms’ nesting sites, ensuring that San Diego is doing its part to protect the species that, like many others, can call this city home.

For more information about the osprey nesting sites, visit the Loma Portal’s environment.

Loma Portal’s hidden gems to be featured in Home & Garden Tour

The Loma Portal PTA is poised to showcase some of the most spectacular residences and flora in the Peninsula area during the sixth annual Home & Garden Tour on May 19.

The event, which will run from 10 a.m. to 2 p.m. is designed to support Loma Portal Elementary School’s music program, music teacher and other classroom programs and supplies.

Guests will do a walking tour of eight to 10 homes and gardens in the quaint Loma Portal neighborhood. Participating homes will showcase a variety of unique attributes, including historical restoration, grand outdoor entertainment areas, home renovations, modern living, xeriscaping designs and clever uses of space.

Among the showcased homes is an “Urban Dome Home,” recognized by the U.S. Green Building Council as the “greenest” home in Southern California.

The residence is a semi-loft interior architecture, with 100 percent edible landscaping. Some of the features incorporated in the home are radiant-floor heating, photovoltaic electricity generation, solar hot water for space heating and domestic use, greywater irrigation system, building materials with recycled components and ultra-low energy use appliances and lighting.

“Your O.B. Buddy”

BY MARIKO LAMB

Recently, adult ospreys have been spotted atop the platform, making for a quite a site for area visitors. Although the birds have never nested there before, expert Eileen Maher from the Port’s Environment and Land Use Planning Department said the ospreys may be pre-nesting for the fall.

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Rosecroft to be revisited in annual tour of Point Loma gardens

The San Diego Floral Association will host its annual garden tour of Point Loma on Saturday May 19 — this time with a historic twist.

The event features gardens with historic roots, including those surrounding older homes, gardens of noted San Diegans, those of famous designers and gardens with majestic trees in full maturity.

Funds from the tour go to ongoing community projects and scholarships.

This year, the San Diego Floral Association returns to Point Loma to celebrate the centenary of Rosecroft, with its Italianate mansion designed by noted architect Emmor Brooke Weaver for the Alfred D. Robinson family in 1912. Robinson was a begonia breeder, a founder of the San Diego Floral Association and the long-time editor of the association’s magazine, California Garden. Robinson was a civic activist and the inspiration for the Botanical Building that graces Balboa Park today.

In addition to the gardens, the Rosecroft Estate will open some of its public rooms for viewing on the day of the tour. Five other Point Loma gardens will be showcased on the tour, including exquisite examples of California Japanese-style gardens.

Garden shopping will top off the day, along with creative arts and crafts in the boutique marketplace. Guests can also find their own garden treasures at a well-stocked plant sale sponsored by the Point Loma Garden Club.

The event features gardens with historic roots, including those surrounding older homes, gardens of noted San Diegans, those of famous designers and gardens with majestic trees in full maturity. Funds from the tour go to ongoing community projects and scholarships.

The tour takes place from 10 a.m. to 4 p.m. Tickets are $20 in advance, $25 on the day of the event.

For ticket sales and information before the event, call (619) 232-5762, or visit www.sdfloral.org.

On the day of the event, tickets and maps will be available at the parking lot of Westminster Presbyterian Church, 2995 Talbot St.

— Staff and contribution

Loma Portal
CONTINUED FROM Page 3

In addition to the homes, the event will feature a craft fair and raffle of wine baskets, spa getaways, home store and restaurant certificates. Comfortable walking shoes are highly recommended by organizers.

The tour begins at Loma Portal Elementary School, located at 3341 3595 Talbot St. in Point Loma. However, tickets may also be purchased at the parking lot on the day of the event. Tickets and maps will be available at Westminster Presbyterian Church, 2995 Talbot St.

For more information, visit the school website or call (619) 223-1683.
PLHS again ranked among nation's best

Point Loma High School has once again been named on a list of “America’s Best High Schools.”

The list was released May 8 by US News and World Report magazine, in conjunction with the American Institutes for Research.

In order to be included, schools must have been rated among the top 1,800 of 22,000 campuses in the United States. Factors examined included performance on state tests and levels of college readiness.

PLHS was ranked No. 137 in California and No. 744 nationwide, earning a “Silver” designation. This covers readiness on state tests and levels of college going into the 50 to 1,000th nationwide.

Several other local schools were also listed. Those in the top 500 nationwide — or roughly 2.5 percent — were given “Gold” status. The state/national rankings include:

Grade Preus Charter School (8/4/4), La Jolla High (3/4/167) and University City High (666/171).

For complete details, including ratings of colleges, graduate schools and more, visit www.usnews.com/rankings.

OBMA seeks volunteers, cook-off entries

Ocean Beach MainStreet Association organizers are putting out the call to fill the final spots for entrants in the wildly popular chili cook-off section of the 3rd annual Ocean Beach Street Fair on June 23.

Organizers said there are still roughly 10 spots left for entrants to put their chili recipes to the test. Entries are due May 30, and participants must cook up 10 gallons to compete in the event. Applications are available at www.OceanBeachSanDiego.com, at the OBMA office: 1688 Bacon St.

Setting up begins at 7 a.m. on the grassy area just south of the main lifeguard tower and tasting begins at 11 a.m. For more information, call (619) 224-4906.

The OBMA is also seeking helping hands to volunteer in various capacities during the 0B Street Fair and Chili Cook-Off Festival.

Volunteers may sign up for 3- or 4-hour shifts and receive a free event T-shirt. A variety of jobs are available, including setting up chairs and tables at the eating areas, helping set-up tents and miscellaneous OBMA products, selling tickets to the full cook-off, assisting with the community mural, break down and other tasks.

To volunteer, call (619) 222-1231, or email obmafartfuel@google.com to leave a street or email address. Applications will be sent.

Robber whose plates got him nabbed faces trial

The alleged robber of a Point Loma bank who tried to escape in a vehicle with personalized plates on Jan. 14 will soon learn his trial date.

Robert Nathan Alm, 27, is accused of robbing the Chase Bank at 3609 Midway Drive and trying to flee when someone wrote down the license plate: ALM-D86.

Police arrested him two days later.

Alm is being detained without bail as he faces “serious flight risk,” according to court records. He has pleaded not guilty and will next appear in federal court on May 23 to set a trial date.

The bank lost nearly $3,000 in the holdup. Alm is also charged with carrying a 9mm caliber Glock handgun.

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Saldana, Peters' staffers spar over issues ahead of congressional race

In case there was any doubt, members of the Ocean Beach Planning Board (OBPB) now have confirmation that political campaigns in the age of social media are no longer just about shaking hands and kissing babies.

Board meetings are often low-key affairs, but this time was light, camera and action when Lori Saldana, one of two prominent Democrats running in the 52nd Congressional District, made her candidacy May 2 at the board’s monthly meeting.

With the June 5 California primary election just weeks away, board members and a handful of audience members got an idea of just how high campaign stakes can become when, at one point, four video-recording devices — including two from the campaign of rival Democrat Scott Peters — were trained at Saldana in the small meeting room at the Ocean Beach Recreation Center.

The OBPB, like all community planning boards, is made up of elected officeholders and operators under the Brown Act, or California’s open meetings law, which specifically allows anyone to video-record a meeting.

Saldana apparently recognized the put the Peters campaign and acknowledged them at the beginning of her remarks. Later in her talk, she addressed the Peters team directly, and had a brief exchange with one staffer who disagreed with the way Saldana portrayed Peters in a video recording of a meeting.

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Collaboration, talent and amazing instructors have made the instrument music programs at Point Loma public schools (called the Point Loma Clus-
ter) a model to emulate across the state district. A generation of young mus-
cians has been encouraged to be a part of something bigger than themselves.

In mid-March, all three instrumental music teachers at the cluster’s middle school and high school — Dana Middle School’s Ruben Flores, Correia Middle School’s Marc Dwyer and Point Loma High School’s James Sepulveda — received pink slips from the San Diego Unified School District.

Mr. Flores protested his pinking at hearings last month because of his 13 years of service, and the pink slip was rescinded. Mr. Sepulveda and Mr. Dwyer, like many other teachers in our district, remain in limbo while going above and beyond their expected duties at their respective schools.

Proving the point: Mr. Dwyer recently earned the Outstanding Jazz Educa-
tor Award at the California Music Educa-
tor’s Association Fortissimo Award Ban-
quet. And Correia’s jazz band recently won the best Band award at the San Ililo Jazz Festival on April 25. When he’s not receiving awards, Mr. Dwyer con-
ducts orchestra, beginner, interme-
tiately and advanced bands, two before-
school jazz bands; and guitar classes in a

growing program.

At Dana, Mr. Flores holds after-school rehearsals and summer camps for incoming fourth graders who will be attending Dana. He has worked hard as, nearly one-third of the Dana population is enrolled in the instrumental music program. Mr. Sepulveda is also leading the jazz band at Point Loma High School in addition to the numerous ensembles he directs at Dana.

At Point Loma High School, the instrumental music program is growing under the direction of Mr. Sepulveda, who has been with the program for three years after a succession of direc-
tors. That program features orchestra, two wind ensembles, marching band and color guard. PLHS is opening a new Music Center this summer — with class-
rooms, practice rooms, a choir chamber, offices and a music production and recording studio.

Mr. Sepulveda has spent countless hours ensuring the space will be filled with the proper equipment and teach-
tors to provide the most benefit to the students. The students are now vigor-
ously preparing for their annual phil-
cial concert ever for their annual fundraiser. Rhapsody on the Point on May 18.

The PLHS Music Cluster program has been built on the backs of hard-working men who unquestion-
ably give of their own personal time to support the needs of the students and the programs — time that includes before- and after-school rehearsal, weekend festivals and tournaments, band camps, endless fundraisers, booster meetings and year-round commu-
nity performances. Taking one or two of these teachers out of the equa-
tion will add a discordant tone to the harmony, slowing the momentum of a world-class program.

But it wasn’t Seau’s emerging status and fame that struck Hastings when the All-Star team first assembled.

“Obviously, we were all excited about being invited to the All-Star team and the opportunity to play against the cream of the crop in our age group in that split, all-star game,” Hastings said. “He just brought an intensity to that game that I had never seen before. I was a huge fan of his, but after that game, I had an even greater respect for the man and what he did on the field.”

From that game on, Hastings said Seau always had a special place in his heart.

“Junior treated us all that way, even though he was head and shoulders above all of us,” Seau quickly emerged as a team lead-
er.

“We had a lot of good players on that team,” Hastings said. “It was just a matter of each of our guys putting in the work, doing our jobs and being able to gel together and have a good game.”

The roster included big names like Tony Bower (Vista High), Ray Rowe (Mira Mesa High) and Tommy Varel (Granite Hills), the latter of whom went on to an eight-year NFL career as a run-
ning back after starring at Stanford Uni-
versity.

“Junior led,” Hastings said. “He didn’t just give us lip service, but he actually showed us how to do things cor-
tly.”

Seau was, as Hastings notes, a per-
son who led by example, outworking others and encouraging them to be bet-\nter. And he remembers that Seau didn’t toler-
ate any horseplay among his or his te-
achers, coaches and the principal at Ocean-
side High.

“I’ve played both gangs and seen both junior and senior years at USC, being named a unanimous All-American before being drafted by the 49ers,” Hastings said. “Junior had the edge. He’d been there before and knew what it took to be successful.”

Hastings realized that Seau always gave of his best.
“He’s the epitome of a special person,” said Sanders. “We’ll always remember the enormous force of his personality.”

Having once asked Seau how to properly pronounce the last name, Fouts said Seau told him, “Se-au, because when I hit them, they ‘Say ow.’”

But Fouts said Seau was “more than just the numbers.”

“He was the ultimate leader, the ultimate teammate,” he said.

Billy Ray Smith agreed.

“He was a great friend and a great teammate,” said the former Chargers linebacker and now radio-TV personality. “I will miss you forever.”

The praise kept coming, including the assessment by ex-Chargers coach Bobby Ross.

“I’m proud to be a Charger too,” said Ross, who added that Seau was a “special player” and “a special person” who never took a game off. “He was always positive, upbeat. We’ll never forget that smile.”

Via video feed, ESPN analyst Chris Berman noted, though he was a long way from Seau on the East Coast, that “you pick up where you left off” in conversations with him, adding it was rare for fans to have such fondness for a defensive player.

“I couldn’t wait to see Junior Seau play,” Berman said. Pointing to heaven, LaDainian Tomlinson lauded Seau as a “good and loyal friend.”

“He told me the true meaning of giving, which I’m still doing today because of him,” Tomlinson said adding, “He is still in everybody he touched. Junior lives through us.”

Riding home on the trolley, John Silva of Point Loma said the ceremony was “great,” and that it was satisfying to see ex-Chargers and former coach Bobby Ross from the 1990s again.

Asked whether he thought the tragic way Seau died detracted from the observance, Silva replied, “It was more a celebration of his life when he was alive then a memorial, which was more for the family. It was more a happier situation then a sad one, a time to look forward.”
Gabardine

Located in the coastal community of Point Loma, Gabardine is a haven for serious seafood enthusiasts and adventurous eaters seeking an exciting and distinct culinary experience. Gabardine plays host to an exceptional happy hour daily from 4-6pm featuring $1 oysters, $2 fries, $5 beers and $6 house wines. Gabardine’s Sunday brunch is a fun take on breakfast favorites coupled with playful aperitif-based cocktails, mimosa and an extensive selection of local craft beers. In addition to creative brunch dishes, guests can indulge in Gabardine’s cold bar delights such as razor clams and fried oyster fritters.

Broken Yolk

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 flavor. Real shredded hash browns - not dehydrated potatoes. Salsa made fresh daily - never from a can or jar.

With over twenty different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast, Broken Yolk satisfies even the hungriest 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.
Experiencing ‘Rhapsody on the Point’

By BART MENDOZA | THE BEACON

It’s no secret that art programs in schools are suffering in the current economy. Luckily, organizations have sprung up for some area schools to help with funding. Such is the case with the Point Loma High School Instrumental Boosters, which works year-round to ensure that music remains a vital part of its school’s curriculum.

On Friday, May 18, Humphrey’s Concerts by the Bay will be the site of “Rhapsody on the Point,” a fundraiser for the Point Loma High School (PLHS) Instrumental Music program and a celebration of the opening of the new Music Center at PLHS. The evening begins at 6 p.m. with a silent auction, and music starting at 7 p.m. The event continues a tradition of performing Gershwin’s “Rhapsody in Blue” every year.

For 2012, San Diego pianist Diane Snodgrass will do the honors, backed by students, and also perform a solo piece. Several of the school’s student groups — including the wind ensemble, concert band and string orchestra — will also take part. Meanwhile, county Supervisor Greg Cox will narrate AaronCopland’s “Lincoln Portrait,” an orchestral work featuring words spoken by President Lincoln. This event helps the next generation of musicians while taking in a little culture.

“Rhapsody on the Point” is a labor of love. Toiling behind the scenes, among others, is an eight-person event committee and 15 more volunteers. Money raised goes to everything from instruments to student transportation for tournaments.

“The district only funds the salary of music director James Sepulvado,” said Point Loma High School Instrumental Boosters President Kerri De Rosier.

Ironically, Sepulvado recently received a pink slip from the district in the middle of the school year (June ’11–June ’12) may mean the loss of his salary, as well as that of string instructor Wendy Snodgrass. The school district is really threatening the music program and a celebration of the opening of the new Music Center. The evening begins at 6 p.m. with hors d’oeuvres, cocktails and a silent auction, with music starting at 7 p.m. The event continues a tradition of performing Gershwin’s “Rhapsody in Blue” every year.

For the school district, the school’s music program is just another benefit. “What I like about "Rhapsody at the Point,"” said De Rosier, “is that it’s a real concert event.”

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The school district is really threatening the success that we’ve had,” she said. “But that hasn’t stopped him from putting his heart and soul into this event.”

She said it’s ironic that Sepulvado may be let go at the same time that the school’s new music center is opening.

“He might be replaced, but especially with marching band director, he’s someone who does everything from finding the students their places on the field, to writing the music,” De Rosier said. “It’s a really specialized position, and we’re concerned that he might be replaced by someone who isn’t qualified.”

De Rosier said she is also concerned about the lack of continuity between area schools if current teachers are dismissed.

“You have Mark Dwyer at Correia Middle School and Robert Torres at Dana Middle School,” she said. “These guys have all learned how to work together, so there is a nice continuity between the programs.”

De Rosier said Dwyer also received a pink slip.

“The school district is really threatening the success that we’ve had,” she said. “We’ve been growing since Mr. Sepulvado got here.”

While the fundraising aspect of the concert is important, De Rosier notes other benefits.

“We’re really trying hard to bring the community together,” she said. “What I like about "Rhapsody at the Point" [the most is that it’s a real concert and it’s a chance for the community to see the kids in action, to see what they are capable of doing. School is so much more than math and science and English. It can also be an opportunity for students to express themselves.

“They’re doing significant pieces,” she said. “If you look at kids who are involved, these are kids who are — in addition to being wonderful musicians — the best students at the school.”

Announcing the 18th Annual Peninsula Beacon AMATEUR Photo Contest

Who Has The Best Photo of the Peninsula Area?

Enter your best photo portraying the Peninsula area taken in the past year (June ’11–June ’12) may be entered! Deadline for entries is Tuesday, June 19, 2012. Photos taken over the past year (June ’11–June ’12) may be entered!

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Second Annual OB Beach Ball Party set for May 19

The Ocean Beach MainStreet Association (OBMA) is pleased to host the 2012 installment of the OB Beach Ball, an event celebrating Southern California lifestyle and action sports. The SanDiego, May 19 event runs from 10 a.m. to 7 p.m. in the Ocean Beach Pier parking lot at the corner of Newport Avenue and Abbott Street, across the street from Saratoga Park. The OBMA is inviting residents and neighbors to celebrate summer with live music provided by bands, action sports, a 135-foot waterslide and a microbrew beer festival.

General admission tickets for the beer garden are $1. Visitors can watch skateboard demonstrations, volleyball games, tug-of-war competitions and human strength and endurance contests. Take photos with surfboard Ferris Wheel, try your luck on a mechanical bull or take part in the beach endurance competitions.

Free shuttles will be available to take festival-goers between the OB Pier/Cliff House parking lot and Saratoga Park. For more information, visit http://obbeachball.com.
If you're happy with your dentures, don't read this!

Why Suffer with Dentures?
For centuries, removable false teeth, or dentures, have been used to replace missing teeth. But denture-wearers report that many undesirable side effects come along with this less-than-ideal solution: Dentures are uncomfortable to wear and often slip or click; they can cause bad breath, and require ongoing and inconvenient maintenance; they often result in a weak bite, a fake-looking smile and an overly active gagging reflex.

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OB surf shop rides new wave of women’s-only surf-and-beach boutiques

By MARSHA KAY SEFF | THE BEACON

Heather Shields was a wahine before surfing became a big-time sport for women.

She’s been riding the waves off Ocean Beach and as far away as Australia for the last decade. And for twice that time, she has worked her way up from “floor employee” to buyer and partner at South Coast Surf Shops, a local specialty retailer for more than 30 years.

So, it’s no surprise that Shields is excited about last month’s opening of South Coast Wahines Ocean Beach, the company’s second women’s-only surf-and-beach boutique. The original women’s shop, South Coast Wahines Pacific Beach, has been at the foot of Crystal Pier since 1999. Wahine is Hawaiian for a woman surfer.

The new store on Newport Avenue moved to the 1,070-square-foot space that used to house South Coast Longboards. Before that, women’s wear had been relegated to 450 square feet of the South Coast Surf Shop a few doors up the street.

“We outgrew that space,” said Shields, who spearheaded the complete redesign for the new shop. “It only made sense to consolidate our Ocean Beach inventory by gender, giving our customers more of what they want in each location.”

Besides the three South Coast Surf Shops in OB, including an outlet, the company has its women’s-only and its largest store in PB. Though there have always been women surfers, Shields said movies like the 2002 “Blue Crush” and 2011 “Soul Surfer” brought out female surfers “in droves.”

A leading market research company cites that female participation in the surf board sport has jumped from 19 percent between 2001 and 2005 to 33 percent since.

There finally was a need to focus on wetsuits with curves and other surf wear for women, with a penchant for shopping, according to Shields.

“Even female jocks can be extremely feminine and fashionable,” said Shields, who met her husband of five years while surfing in Ocean Beach. The couple has a 2-year-old son who has already been boogie boarding in Waikiki.

“Surfing as a culture has grown so fast that the department stores started carrying the brands and made us more competitive, dropping prices and advertising to the locals,” Shields said.

Today, she said, some 30 surfwear manufacturers include designs for women.

“They’ve come a long way from board shorts and T-shirts,” she said. South Coast Wahines Ocean Beach is an “extremely girly” boutique, decked out in hardwood floors and shag carpeting, chaises and a crystal chandelier. Changing rooms are bigger than at the old store and the new glass garage door makes the shop inviting and accessible.

“This is where the boutique meets the beach,” said Shields, who started working with the company when she was 16 years old. That was 23 years ago.

Owner Rob Ard “didn’t rein me in at all (on the design),” Shields said, adding, “Well, we disagreed loudly a few times. Pinks aren’t his thing.”

The store showcases iconic brands in women’s surf and beachwear, like Fox, Billabong, Reef and Rip Curl, and introduces newcomers like Toms, Quiksilver Girls and Oakley Ladies. Displays showcase everything from lace blouses and crocheted shorts to $80 filamentos sundals. The longboards moved to the other store on Newport Avenue, along with women’s wetsuits.

As for opening a business in the midst of the slow economy, Shields said she’s not worried.

“The weather is more important to this business than the economy, and the weather has been good this year,” she said.

The women’s store did better on its first weekend than the flagship store.

“The new store is comfortable for women,” said Shields. “We can see your body type and be able to size you up and pick out the items that will fit you the best.”

The all-female staff includes high-school and college students. Some are kids of former South Coast employees. Customers range in age from 13 years old to 70, she said.

“Surfing is really fun and the water makes you feel younger,” said Shields. “There’s no impact, and when you fall, you fall into the water… [But] the sport is more athletic than many people realize. It takes a lot of technique and skill. And it’s great exercise, especially for the abs.”

She is an advocate for the sport and said she can get somebody up on a longboard within a half-hour.

Surfers can do as much or as little as they want when they hit the beach. While some of the “old guys” come out and just paddle around “like a coffee klatch, waiting for the big one, the perfect wave,” Shields said women don’t usually hang out in the water. “I’ll take 10 smaller waves to a perfect one.”

But in the water or out, Shields said, most women want to look their best. And that’s where South Coast Wahines Ocean Beach comes in.

South Coast Surf Shops, 5037 Newport Ave., (619) 223-8808, www.southcoast.com
Author of ‘Sh*t My Dad Says’ Launches May 19 PLHS Book Signing for His Latest, ‘I Suck at Girls’

BY SCOTT HOPKINS | THE BEACON

Perhaps the title of Justin Halpern’s new book is what most male adolescents have thought at times during the awkward, uncomfortable, mistake-prone and acne-dominated eternity that mercifully becomes adulthood: “I Suck at Girls.”

This is Halpern’s second book, following the immensely popular “Sh*t My Dad Says” (2010) that spent 50 weeks on the New York Times bestseller list, including 11 weeks at No. 1. Total sales: 1.2 million copies.

That book was a collection of the profanity-filled glimpses and advice Halpern collected growing up in his Point Loma home.

This time, Halpern’s dad is involved while Halpern shares a multitude of embarrassing moments and events from his life while attempting to win the favor of the fairer sex. Some of these involve PLHS school dances.

“I wasn’t very self-confident, so I ended up getting myself into situations that were pretty embarrassing,” Halpern said.

He is confident, though, about coming home this weekend for a book signing on the Pointer campus, part of a three-week, 11-city grind, which also involves TV and radio appearances.

Halpern will be in the PLHS gym, located on Chatworth Blvd., at 6:30 p.m. Saturday, May 19. The event is sponsored by Warwick’s Books of La Jolla, who will provide a substantial supply of copies for purchase.

Early reviews of the book have been enthusiastic, with Publishers Weekly calling it “a terrifically entertaining memoir that begs for a turn on the screen.” Indeed, Halpern has already sold the rights.

For the first time in years, Halpern returned to the Pointer campus recently to speak with local media members. He said he was thrilled when presented with a 1998 annual.

Clearly, he doesn’t take himself too seriously. “I was not a really engaged student,” Halpern said with a chuckle, “so I don’t think I took advantage of all the school had to offer. I was a wallflower.”

Sports — the baseball mound in particular — is where Halpern found his identity at PLHS.

His favorite memory was “when we beat Eastlake (High School from Chula Vista) in a CIF playoff game,” Halpern recalled. “They had Adrian Gonzalez and all these great players. It was a really amazing game, and I came in to close it out.”

Another highlight for Halpern came when, as a senior, he pitched a no-hitter against San Diego High.

“I got CIF Player of the Week,” laughed Halpern. “Baseball, he said, was the extent of his school experience. He remembers “big class sizes and a campus where it was easy to get lost or fall through the cracks,” describing how he and friends sometimes enjoyed lunch periods as long as three hours when an “open-campus” policy was in effect.

Not surprisingly, Halpern had no difficulty recalling a favorite prank.

“They were trying to promote this soft drink on campus called Surge, and they handed out keychains to all the kids with a button (making a voice) yell ‘Surge!’” he recalled. “So, of course, we took them to our Spanish class and put them under the chair legs all over the room. When the teacher walked in, there were like 20 voices yelling ‘Surge!’ and it drove her absolutely insane! She couldn’t even teach the class while she was running around the room looking for the keychains and screaming at us.”

From was a disaster for Halpern, he said.

“I went with my friend’s ex-girlfriend, and ended up drunk, and alone sitting in front of the Bah Hum, although the event was at a downtown hotel. His life apparently improved, however.

Halpern is now married.
One current Point Loma High School athlete will be playing at Dartmouth University next year while two graduates are making big contributions at their universities.

McEachern gets nod at Dartmouth

Current senior Katie McEachern has been introduced by Dartmouth University as a member of its class of 2016 softball recruit signups. The talented student has distinguished herself both in the classroom and from her position as a shortstop on the league-leading Pointer varsity squad.

Rachael Hanson, head coach of the Dartmouth Big Green program, named only five players from across the United States invited to enroll at the Ivy League campus in New Hampshire.

“Katie’s a player that always finds a way to get it done,” Hanson said. “Every time our coaching staff saw her play, she got a hit or made a big defensive stop, often in high pressure situations. We’re looking forward to watching her take on the Ivy League.”

Indeed, McEachern’s prep career was filled with honors, including Western League Player of the Year last year as a junior. She also was a travel team that won the 2011 Adidas Futures National Championship. Academically, she earned the PLHS Advanced Placement Scholar Award.

Freshman Urban leads Cornell to title

Freshman pitcher Kellen Urbon earned the PLHS Advanced Placement Championship. Academically, she filled with honors, including Western League Most Valuable Player. She’s also being recruited by college programs, named her Cornell College baseball team. 

A natural leader on and off the field, Urbon has been an integral part of the team since her freshman year. She has started every game this season, recording 10 wins and 10 losses with a 3.45 earned run average. She has struck out 71 batters in 61 innings, allowing 63 hits and 23 walks.

Working as a closer this season, Urbon averaged 1.2 innings per appearance, but far exceeded that in the game summaries. The only unearned run was scored by each of three batters who reached base on errors. A pair of walks in the pressure-filled contest.

For the season, Urbon recorded a 0.51 earned run average, nine saves and held opposing batters to a .163 batting average, all team-leading marks.

Corrections are making big contributions at their universities.

Dana Middle School’s musical theater class will present “G2K OKLAHOMA!” in the school’s annual spring theater at 7 p.m. on Friday, May 18. The cast of 47 fifth- and sixth-graders have practiced and rehearsed their routines for months, and the show is set for “getting to know” the audience. The show has been edited for length and content to make it suitable for all ages.

Do you or a loved one have a problem getting to a dental office?  Rose M. Hall, RDHAP #357

The Anderson Medical Center

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic.

The Anderson Medical Center is located at 1945 Garnet Ave. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on Saturdays.

The Anderson Medical Center is equipped to handle minor emergencies such as sputum and cough and is designed to take care of patients of all ages as their primary care physician. Physical therapy will also be available on a scheduled basis.

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Older patients require a different coordinated approach to healthcare that balances their medical needs along with the circumstances of their lives. A majority of older patients have at least one chronic disease that they manage. At the same time a very high number of these people also have difficulty performing basic and more advanced activities of daily living, which often complicates matters.

If a doctor gives this person a prescription, it is unknown if the prescription will be filled, taken correctly if at all, which does nothing good for their disease process.

The goals of someone who is functioning well in their 80s are most likely to be different from the person who is wheelchair bound or dependent on others for their care. Addressing these concerns realistically is the responsibility of a health care advocate. A comprehensive history which includes an assessment of medical and cognitive status, determining depression, anxiety and physical abilities, along with risk and a goals/balance evaluation and home safety needs to help determine the quality of life/well being of each individual. Achieving their goals can be difficult without knowing the reality of their situations at home. Many acute situations present differently in the elderly. For instance, an older person with an infection may not have a fever or an elevated white blood cell count. A patient who is cognitively impaired might seem lethargic when they may be experiencing a stroke or a heart attack.

Geriatric care managers can assist the older population with coordinating care in a coordinated way. They make sure that all aspects of the patient’s health and well being is being addressed by all of the caregivers. Care Consultants for assistance to meet your goals. 760.733-1334, www.innovativecm.com or www.nurseinyourpocket.com.

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For more information about a free consultation, contact the office of Dr. Kenneth Anderson at 619-461-4486 or go to our website to learn more about this revolutionary procedure at AndersonMedicalCenter.com.
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in environmental science and received a special award at the state fair earlier this month.

Palmer was awarded the UC Irvine Earth System Science Award and received a $250 check. His project, which examined the potential of making charcoal from palm waste, was honored as the project best demonstrating achievement in earth systems. Palmer concluded his charcoal-making process could greatly reduce deforestation.

Last month, Palmer earned a first-place award and several professional awards at the annual Greater San Diego Science and Engineering Fair. Besides his first-place finish in the Senior Division, Palmer’s project was selected for the prestigious San Diego Zoo Global Award and professional awards from the American Society of Materials International, General Atomics Sciences Education Foundation, the Regional American Society of Materials International, and the Regional ASM Materials Education Foundation. PLHS teacher Edwin Hedges is Palmer’s advisor. — Scott Hopkins

Loma Portal principal earns musical honor
A Peninsula school administrator received an award from the local chapter of the California Music Educators Association. Glenda Garde, principal of Loma Portal Elementary School, accepted the Elementary Administrator Award at the group’s annual Fortissimo Awards of Excellence in Music Education. The group works in conjunction with the county Office of Education to honor excellence in school music programs throughout San Diego and Imperial counties.

Sunset View again top fundraiser in program
Sunset View Elementary led all California schools in fundraising during the Fresh & Easy Neighborhood Market’s Fourth annual “Shop for Schools” program, earning itself more than $11,200. One of 72 San Diego school that earned nearly $74,000 in total from the program. Sunset View will be awarded a $5,000 bonus.

Last month, Pointer sailors swept to the overall championship of the Pacific Coast Interscholastic Sailing Association (PCISA) team competition, held at the San Diego Yacht Club. The victory gave the PLHS group its berth in the Baker Cup event. Earlier this month the team secured first place in the 2011-12 PCISA standings, defeating all state schools for the Roy E. Disney trophy, which is determined by the cumulative results of nine separate regattas during the school year.

Meanwhile, two sailing team captains will be honored next month by the San Diego Hall of Champions. Olin Paine and Jake Reynolds were selected as high school Stars of the Month by the museum and will be honored at the Prep Athletes Awards Gala on June 9.

— Scott Hopkins

Junior sailing program scores high marks
The San Diego Yacht Club (SDYC) Junior Sailboat Racing Program has earned the prestigious Garret Horder Trophy for Excellence by the Pacific Coast Yachting Association. The news comes on the heels of a recent national study concerning junior sailboat racing, where the research and survey of more than 60 programs revealed the SDYC junior program was the “most successful” in the nation.

Dennis Conneally, management advisor of the San Francisco Yacht Club, conducted the 98-page study to “identify successful junior sailing practices from around the United States.” San Diego has always been a hotbed for world-class sailors and SDYC has invested heavily in its youth programs over the years.

The award and study confirmed something special is happening at the Point Loma-based Yacht Club. The program gains its notoriety from the success of its young sailors, who perform extremely well at national events, boasting 17 high school national championships and 28 U.S. sailing championships.

SDYC has also produced more than 70 college All Americans, six college sailors of the Year, and nine Olympic Medalists. The summer program fosters something special is happening at the San Diego Yacht Club. The program gains its notoriety from the success of its young sailors, who perform extremely well at national events, boasting 17 high school national championships and 28 U.S. sailing championships.

For more information, contact SDYC junior sailing director John Freewell at (619) 758-6320, or email juniors@sdyc.org.
 rozpocząć barter by Kira Caslier, a 17-year-old from the San Diego County Fair T.F.R. 300, which is sponsored by San Diego County Barter Association, April 21, 6-10 p.m. Community Hall, 3126 Main St., Boulevard. Free.

LA JOLLA
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Free Living Activities in Old Town State Park

Old Town San Diego State Historic Park has more than 10 free museum open to the pub-
lic year-round. These museums have ongoing living history activities every Wednesday and Saturday from 10 a.m. to 4 p.m. to educate the public about what life was like in San Diego in the 19th century and how the Old Town community was formed.

On the second Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the third Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the fourth Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the fifth Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the sixth Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the seventh Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the eighth Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the ninth Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.

On the tenth Saturday of each month, the park hosts the Print Guild and Tintype Guild. Visitors may have a free photo taken on traditional large format cameras.
Looking ahead

The Point Loma Garden Club hosts its annual plant sale from 9 a.m. to 2 p.m. Admission is free. The event takes place at Westminster Presbyterian Church, 3398 Talbot St. Heirloom tomatoes, vegetables and herbs, stunning, exotic plants, succulent container plants, and many drought-tolerant landscape plants will be for sale at reasonable prices. A Garden Boutique will be filled with specialty and one-of-a-kind items, including mini-succulent containers and fairy gardens. Master Gardeners will provide information on planting, pest control and answer questions. Club Cafe will serve coffee and sell home-baked goods. The plant sale will be held in conjunction the San Diego Floral Association’s Historic Garden Tour. For information on planting, pest control and answer questions. Club Cafe will serve coffee and sell home-baked goods. The plant sale will be held in conjunction the San Diego Floral Association’s Historic Garden Tour. For information on the plant sale, visit www.plgc.org. For garden tour information and tickets, visit www.sdfloral.org.


• The Point Loma Kiwanis Club hosts a Pancake & Egg Breakfast from 8 a.m. to noon at the Ocean Beach Recreation Center, 4726 Santa Monica Ave. All the pancakes you can eat, plus ham and juice or milk. Adults $6; children $4. For more information, call (619) 519-3812, or visit www.pointlomakiwanis.org.

WEDNESDAY, May 23

The Point Loma United Methodist Church will host a free event, “Mediation for Stress, Illness and Pain.” The class helps participants find their natural ability to relax and breathe easily and discover inner resources for being flexible and generous with life’s challenging circumstances. The class runs from noon to 12:45 p.m. at the church, 1984 Sunset Cliffs Blvd. For information or to register, call 786-4838, or email info@dharyoga.com.

TUESDAYS and SATURDAYS

Relax the body, mind and spirit with Praise Moves, a Christian alternative to yoga. These are free weekly stretch/relaxing classes at Rock Church, located at 2277 Rosecrans St. Classes include a Tuesday evening co-ed session and a Saturday morning session for women only. For more information, email spiritualwellness@sdrock.com or visit www.sdrock.com and check under sports ministries for other classes.

IN THE NEIGHBORHOOD

I Love Poke Festival will return to Bali Hai with impressive new lineup

The third annual I Love Poke Festival will again tempt guests with the popular Hawaiian seafood dish on Wednesday, May 30 — and feature an impressive lineup of competing chefs and favorites from 80 restaurants and food purveyors. The large-scale Hawaiian food and cultural festival takes place from 6 to 9 p.m. at the Bali Hai Restaurant on Shelter Island. The event’s main focus will be a competition between 14 top San Diego chefs to create the best poke dish in the city. The event benefits the Kona-California Scholarship.

Competing chefs include Justin Shea of Hapa exterior; Karin Rich of Food Farm Truck; Kurt Metger of Kona 401; Antonio Friaúz of Gajin; Simon Dolinsky of Saltbox; Syd Marshall of Sushi Foods Catering; Johnny Duran of Top Of The Market; Paul Murphy of Humphrey’s Restaurant and Marc Britolm of Blue Water Grill.

With the price of admission, guests can taste each competing chef’s poke creations in both the “Tradition-al” category (use of tuna required) and the “Any Kind” category (anything goes). Poke is a Hawaiian delicacy traditionally made with raw ahi tuna, cut into cubes and lightly seasoned. A bony of San Diego’s best restaurants and food trucks will provide partygoers with complimentary tastes of Hawaiian, Asian and South Pacific Island-inspired cuisine in an assortment of savory and sweet categories, which the festival has named “Food Land” and “Sweet Land.” Participating restaurants and food vendors of the savory (“Food Land”) variety include Gabardine, Isabel’s Cantina, Da Kine’s Catering, Bad Ass Coffee Company, Cups Culinary, Quality Time Catering, King’s Hawaiian Bread, Casanova Fish Tacos, Chico’s Oxtail Jerky, Popeye Cakes and Honest Tea. Dishes will include Kaua pig and cabbage, musubi, coffee from Kona, braised bowls with carnitas, fish tacos, chicken wings, macaroni salad and seafood. King’s Hawaiian Bread will also serve hot dogs in the company’s newest item debuting at the I Love Poke Festival: hot dog buns.

Sweet-oriented restaurants and food vendors include Kam Sushi Inc., Choo Choo Chocolate, Specialty Produce, Sweet Lay-ers, Wahine Kai Shave Ice, Ho’onani Cakes, Kona Kakes, CUPS and more. The Bali Hai is located at 2.20 Shelter Island Drive. Single tickets are $50 and are available at http://ilovemusubi.com. Connect with the festival at www.facebook.com/lovemusubi or https://twitter.com/ilovemusubi.

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— Staff and contribution