Eroded space in Sunset Cliffs being used by homeless

‘Genuine cause for concern about safety’

By DAVE SCHWAB | THE BEACON

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A hole found in the cliff face being referred to by some as a cave is actually an eroded “void space” in the manmade concrete armorning used to support the cliff face, said SDSU geology professor emeritus Pat Abbott, the author of a standard textbook on natural disasters.

“What I can tell you is there’s been erosion of a pretty heavy concrete mix that was sprayed several inches thick with a hose to armor the cliffs, which has collapsed,” said Abbott. “When you spray this heavy concrete armor on a sea cliff base, that slows down the erosion: It doesn’t stop it.”

The geologist said the primary problem with the earth and other materials there is that they are geologically young and therefore not compacted. “It’s weak material that is not well-bound or cemented together,” he said. “When you rub it with your bare hands it could be a disaster waiting to happen for nearby condo owners.”

New homeless initiative saves lives, and money

The recent transition of 36 area homeless people into permanent housing resulted in a 67 percent reduction in public resource costs, equaling $3.5 million of taxpayer dollars saved over the course of a 24-month period. These are the final outcomes for Project 25, United Way’s initiative to permanently house at least 25 of San Diego County’s chronically homeless, high-frequency users of public resources.

Annual OB Street Fair & Chili Cook-Off Festival on June 27

Thousands of visitors are expected in Ocean Beach to enjoy food, drinks, chili, live music, art and great people watching at the Ocean Beach Street Fair and Chili Cook-Off Festival on Saturday, June 27.

The 36th annual festival will include an oceanfront chili cook-off, vendor and food booths, Artists Alley, a beach-side beer garden, live music and entertainment, family-friendly activities, carnival rides and games, art, and the community mural project.

OB STREET FAIR & CHILI COOK-OFF FESTIVAL

When: From 10 a.m. to 8 p.m. Saturday, June 27

Where: Newport Avenue, the waterfront and pier lot

“As always, the Street Fair will celebrate the eclectic personality of the neighborhood,” said Denny Knox, executive director of Ocean Beach Main Street.

See gallery, Page 16

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Beacon abroad
(Right) The New York Beacon. (From left to right) Paula K., Richard G., and Annette K.G. are in the Big Apple for Annette’s graduation from Columbia University’s School of International and Public Affairs.
(Far right) On a visit to Ocean City, N.J., Fawn Ruiz reads The Peninsula Beacon to her daughter Alma. ‘Until we return to San Diego,’ Fawn says, ‘we enjoy having Uncle Greg (Staneruck) and Aunt Becky from Ocean Beach mail us ‘The Beacon.’”

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**Point Loma Volleyball Club**
2015 Summer Break Indoor Skills Clinics

Session 1 - Dates: June 16th to July 2nd
Session 2 - Dates: July 7th to July 23rd
Time: 4:00pm - 6:30pm
Location: Ocean Beach of Brighton Street
Cost: $25 per session or $135 for all 6 days
Register by emailing your information to: Info@PointLomaVBC.com

**Point Loma Volleyball Club**
2015 Summer Beach Volleyball Clinics

Session 1 - Dates: June 22nd to 26th
Time: 5:00 PM – 7:00 PM
Location: Point Loma High School
Cost: $30 per session or $125 for all 5 days
Register by emailing your information to: james@sakasegawa.com

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**Congratulations to the following Independent Sales Associates who closed homes in May:**

- Catrina Russell: 2144 Proude, Ocean Beach
- Catrina Russell: 4880 Tenecula #1, Ocean Beach
- Catrina Russell: 2229 Edwards, Ocean Beach
- Catrina Russell: 1895 Dumond #101, Pacific Beach
- Catrina Russell: 3200 6th #107, Herring
- Catrina Russell: 7542 Mount Vernon, Lemon Grove
- Catrina Russell: 6106 Paaso Topajas, Carlsbad
- Irene Masgregor: 3902 Val vista #240, Paint Loma
- Irene Masgregor (Double Ended): 4012 Valero #186, Paint Loma
- Larry Carenell (Double Ended): 3693 Paul Jones, Bay Park
- Larry Carenell: 3069 Courner, Bay Park
- Elleena Douglas: 5025-5027 Lotus
- Craig Saffarai: 5705 Pinara #34, Mission Valley
- Dennis Mitchel: 6302 Priore #225, Mission Valley
- Diana Woodside: 5533 Adobe Falls #9, San Carlos
- Max Lankin: 4115 Udall #5, Point Loma
- Ranie Azzoni: 3098 Rue D’Oricosa #217, Pt Loma
- Ranie Azzoni: 7154 Hayes, Lemon Grove
- Franco Rameo: 1115 Mariner, Chula Vista
- Franco Rameo: 4420 Troon #23, Golden Hill
- Franco Rameo: 4427 Troon #20, Golden Hill
- Rob Luciano: 528 Sholder Hills, San Marcos
- Bob Luciano: 1562 Powell, Oceanside
- Richard Wright: 701 Kathmer #170, Downtown
- Erica Franklin: 10849 2nd, San tee
- Shirley Haines: 3543 3rd, Hillcrest
- Dione Woodside: 9533 Adobe Falls #9, San Carlos
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- Shirley Haines: 3543 3rd, Hillcrest
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**Residential Brokerage**

**THE UNDISPUTED LEADER IN REAL ESTATE**

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A Bike Fiesta celebrating non-motorized travel sponsored by Point Loma Cluster Schools will be Saturday, June 13 from 9:30 a.m. to noon starting at Ocean Beach Elementary School, 4741 Santa Monica Ave.

“This will be a fun community event that encourages people of all ages to enjoy the simple pleasures of riding a bike, especially in great places like OB,” said Nicole Burgess, a member of the city’s San Diego Bicycle Advisory Committee from Council District 2 representing the Peninsula. “There will be a little something for everyone, so come join friends and neighbors by bike. Bring beach gear and make it a day by enjoying lunch locally and rolling down to the beach to start the summer of fun.”

“The day begins at the elementary school with short and long community rides lasting about 45 minutes. At 11:30 a.m. there will be an unveiling of kids bike art banners, to be followed at 11:45 with an opportunity drawing. Bicycles, skateboards, scooters and e-Bikes are all welcome and encouraged to participate in the June 13 event. The Bike Fiesta event is facilitated by a grant from iCommute and the San Diego Association of Governments, the San Diego region’s transportation planning agency.”

Join families from all over the Point Loma Cluster at OB Elementary for bike education, obstacle courses, bike maintenance, a community ride and more. “We endorse any event that encourages people, especially young people, to ride bikes or use other non-motorized means of travel,” said Andy Hanshaw, executive director of the San Diego County Bicycle Coalition, the region’s largest bicycle advocacy group.

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Roll into the Bike Fiesta in Ocean Beach this Saturday
Stricter rules on the way for short-term vacation rentals

Tighter enforcement of current regs called for

By DAVE SCHWAB | THE BEACON

San Diego International Airport has announced that, since June 4, airlines previously operating out of the Commuter Terminal have been relocated to gates in Terminals 1 and 2.

There will also be discussion of air-line-related issues at the next meeting of the Peninsula Community Planning Group (MCPC) 4 p.m. on Wednesday, June 17 at San Diego Community College-West City Campus, 3249 Fordham St., Room 208.

“We will have a presentation from the airport about the new rental car center currently under construction on Pacific Highway,” said MCPC chair Melanie Nickel. “The presentation will be specifically about the external appearance of the building, as seen from the Pacific Highway / I-5 / Bankers Hill side. It’s what the airport describes as the ‘public art’ on that side. Many of us have wondered what the facility will look like from our communities.”

Relocation of service from the Commuter Terminal to the main airport terminals was necessitated, in part, by airlines that fly to Los Angeles from the Commuter Terminal replacing smaller aircraft with larger, more efficient planes. To better accommodate these larger aircraft and streamline the passenger experience, airlines have relocated to the following locations:

• United flights to Los Angeles operated by United Express now provide service to Terminal 2 East, using the airlines’ existing facilities in Terminal 2.
• American Airlines flights to Los Angeles operated by American Eagle have relocated to Terminal 2 East, also using the airlines’ existing facilities.
• Seaport Airlines has moved its air service to the west end of Terminal 1.
• Passengers on flights that previously used the Commuter Terminal will now have the opportunity to experience the new dining and shopping options and other amenities offered at Terminals 1 and 2.

How to save thousands when selling your home

When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home’s “first impression,” and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly as pricing too low. A recent study, which compiles 10 years of industry research, has resulted in a new special report entitled “Home-sellers: How to Get the Price You Want (and Need).” This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to sell, not sell at the price you want.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

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Point Loma High School freshmen Austin Correia and Trevor Sykes will not only be going to movies this summer. Their own 30-second film, “Water Cops,” which won the grand prize in the seventh annual San Diegans Waste No Water Film Contest, will be playing in theaters.

The Point Loma pair outcompeted some 100 other 30-second film spots about saving water made by college students. Point Loma was the only high school to enter the city-sponsored contest.

Honorable mention also goes to PLHS freshman Tyler Pasela, who came in third place for his film “Cat Possible.”

The City of San Diego’s 2015 Waste No Water Student Film Contest challenges eligible high school and college students to create 30-second public service announcements that emphasize the importance of responsible water use. The youths’ cinematic success was a big surprise — especially to them.

“I didn’t know if I wanted to enter or not; I didn’t think it (film) was good enough,” confided Correia, adding, “In the end we said, ‘We worked on it. Let’s just enter it.’ Two weeks later we found out we were in the top 10. Two weeks after that, we found out that we’d won.”

PLHS cinematic arts advisor, Anthony Palmiotto, enthused about their underdog achievement.

“It was amazing,” he said. “We worked on it. Let’s just enter it. Two weeks later we found out we were in the top 10. Two weeks after that, we found out that we’d won.”

The film’s concept, Correia noted, was to “show people you can get in trouble for wasting water. Nowadays, you can be fined for wasting water.”

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Correia pointed out that, for he and Sykes, it was an almost daunting task to pack an entire message into such a short span of time, 10 seconds of which was reserved for the title and credits.

“For us, it was a real challenge to put a whole story into 20 seconds,” said Sykes. “We took a good three or four hours of video,” said Correia. “It took us three days to edit it down, pick and choose which clips we liked. At the end, we had to have the footage cut down into 20 seconds.”

All 10 student finalist water-conservation films can be viewed from the San Diegans Waste No Water Facebook page and on YouTube.
Point Loma valedictorian and salutatorian have ambitious plans

High school’s commencement ceremony is Monday, June 15

By SCOTT HOPKINS | THE BEACON

The standard grading system used in area secondary schools consists of the five letters A, B, C, D and F.

However, the valedictorian and salutatorian of Point Loma High School’s Class of 2015 have never seen the last four on a report card. Not in required courses, not in honors, advanced placement or college credit courses.

From their entry as freshmen at PLHS in 2011, both valedictorian Jaclyn Estrin and salutatorian Kayla Meyer have earned As in every course undertaken.

Their academic records are virtually identical.

Estrin compiled a 4.85 grade point average when certain advanced placement and honors courses used a scale awarding five points for an A.

And Meyer was right behind at 4.82, the only difference being a calculus math class she took at Mesa College for extra credit that did not go on her transcript.

Estrin is the daughter of Doreen and Marvin Estrin. Meyer’s parents are Kari and Scott Meyer.

Both honorees have ambitious plans.

Estrin will enter UC Berkeley, where she plans to major in sustainable environmental design.

“I think our generation has an opportunity to make a difference in the world,” Estrin said, “and I think through this major I can add to making that difference with a career in corporate sustainability or environmental law.”

Meyer is headed to Northeastern University, in Boston, where she will major in biology with tentative plans to enter medical school afterward.

“Competing against other schools as part of the PLHS Academic League stood out in Estrin’s memory because ‘We took first in our division and region, and it was televised.’”

“I loved Spirit Week!” Meyer said. “I dressed up every day, including Harry Potter Day, when I was ‘The Snitch.’ I also loved the sports events. I’m a huge Point Loma fan, and I have so many awesome memories of being on the field hockey team.”

Both offered encouraging words for future Pointers.

“The staff is really supportive; the students are great. We all educate each other: we all work together,” Estrin observed.

READ MORE ONLINE AT sdnews.com
Earlier start times for some Point Loma cluster schools causes controversy

BY DAVE SCHWAB | THE BEACON

A recent decision by Point Loma Cluster School parents who voted in favor of an earlier start time for Dana Middle and Sunset View and Loma Portal Elementary schools for the 2015-16 school year has some parents crying foul.

The Point Loma cluster of schools includes Point Loma High and its feeder schools—Correia and Dana middle schools as well as Silver Gate, Cabrillo, Dewey, Loma Portal, Ocean Beach and Sunset View elementary schools.

Dana Middle’s hours will be changed from 9:05 a.m.-3:45 p.m. to 7:35 a.m.-2:15 p.m. Hours for Loma Portal Elementary will be changed from 9 a.m.-1:30 p.m. to 8:20 a.m.-2:40 p.m. Sunset View Elementary’s hours will change from 9:05 a.m.-3:35 p.m. to 7:40 a.m.-2:10 p.m.

Those proposed new start times, approved by the San Diego Unified School District Transportation Department, will allow all Point Loma cluster schools to be 100 percent aligned while meeting the district’s requirement to be fiscally conservative regarding bus routes.

The vote supporting changing bell times at Dana Middle was 327 votes (64.9 percent) in favor versus 177 votes (35.1 percent) against. At Loma Portal, the vote was 102 votes in favor (50.25 percent), with 101 votes (49.75 percent) opposed. As a result of the decision has been made to change the bell times for Loma Portal Elementary and Dana Middle for the 2015-16 school year.

“The principals in the Point Loma cluster schools support the proposal to align the start times within the nine schools in the cluster.”

SCOTT IRWIN
DANA MIDDLE SCHOOL PRINCIPAL

“Your goal is to use vertical and horizontal alignment to sustain and support best practices in education that empower each child with knowledge, skills and values necessary to become confident, self-sufficient adults and global citizens. This will not only meet the needs of the Point Loma families but will also optimize the educational alignment training and teaching practices between all nine Point Loma cluster schools.”

Irwin noted the new starting-time alignment provides parents, staff and students the opportunity to be better informed about previous and future expectations.

“The principals in the cluster are committed to providing professional development opportunities for staff members prior to the decision,” he said. “The alignment of start times will provide staff members from different schools with a common time after school to meet, collaboratively plan lessons and units and develop common goals and expectations both vertically and horizontally across the cluster.”

Irwin added the principals in Point Loma cluster schools are committed to “preparing students for success through the school transitions, from elementary to high school. Vertical alignment in the area of academic, social/emotional needs and executive functioning skills is critical to ensure seamless transitions and optimal growth for our students.”

The district outlined several reasons for the school start-time change, including:

- Increased vertical and horizontal alignment strengthens the instructional program.
- Families with students at multiple schools have expressed frustration with start times that vary by up to 1½ hours.
- An earlier start time provides greater access by students to after-school activities like soccer, ballet and baseball.
- The change enhances safety by supporting working parents who begin their days before 9 a.m. by reducing the number of nonsupervised students on campus before school.
- The time change will reduce the cost of providing late buses for after-school activities.
- Not all parents in the three affected schools, like George Ruth, who has a child at Dana Middle, are sold on the rationale for making the school start-time change.

“I’m concerned the recent voting procedure used to change the start time for Dana fifth-to-sixth grade school was flawed and may result in a dangerous situation,” saidRutt. “There was no traffic study done prior to the parent voting for the time change, and any arguments for and against the time change were limited and not distributed to the parents prior to voting.”

READ MORE ONLINE AT sdnews.com

San Diego PTA announces climate change resolution

The San Diego Parent-Teacher Association held a press conference on May 26 at the Downtown Central Library to announce its passage of a climate change resolution.

The resolution, called “Climate Change is a Children’s Issue,” has subsequently been passed by the state association and will go to the national association late in the year.

The resolution was a joint effort between the San Diego association and the local climate watchdog organization Climate Action Campaign.

“The resolution,” said Derby Patterson, a representative with the San Diego Unified Council of PTAs, “says that California State PTA and its members should educate parents on the impact of climate change on children’s health and welfare.

“We also ask schools to support climate-safe programs and strategies in our school districts.”

E3 Civic High, located at the Downtown Library, is reportedly already working toward safe changes. Ani Little-Siria, a 10th grader at E3 Civic High, said, “We are working on implementing across the school projects that help our school through very positive and inexpensive ways like recycling, urban gardening and composting.”

Representatives of Climate Action reportedly hope that programs like those at E3 High continue to pop up in schools across the state.

Tricia Warren

7 Things You Must Know Before Putting Your Home Up for Sale

Climate change affects the cost of homeowners insurance.

A new report has just been released which reveals costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling a home have become increasingly less and less effective in today’s market. The fact of the matter is that 75% of home sellers don’t get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As the report uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is preventable. In response to this issue, industry insiders have prepared a free report entitled “The 9 Step System To Get Your Home Sold Fast and For Top Dollar.”

To hear a brief recorded message about how to order your FREE COPY of this report call toll-free 1- 800-691-9384 and then enter ID# 2000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.
Student foodies plate top dishes

Tacos and avocados win school district’s Kid’s Create Recipe Contest

By DAVE SCHWAB | The Beacon

Two Point Loma cluster students have won a San Diego Unified School District recipe contest, and their creations will be on next year’s menus.

Ocean Beach Elementary School fourth-grader Zarai Rosenzweig-Bullard took first place in the K-5 age group and won an amazon Kindle for her “Terrific Turkey Tacos.”

Correia Middle School eighth-grader Ava Marie Bunn also claimed first place in the grades 6-12 category for her “Avocado salad.”

“This is the second year we had the recipe contest in school district’s Food and Nutrition Services Department,” said Joanne Tucker, the department’s marketing coordinator, noting that the school district had previously always had students “testing new recipes and products” but never before actually creating their own dishes. The district decided to take things to the next level — and it really paid off.

“You can tell there are really some budding chefs out there,” said Tucker. “We loved the creativity of the kids who really stepped up to the plate and drew pictures, took pictures; even some of the older kids sent in videos (of their recipes). We wanted recipes that kids would like, that were different and that we could put on our menu. That’s what we got.”

The winning Avocado salad recipe includes tortilla strips and red peppers as well as garbanzo and pinto beans. Rosenzweig-Bullard’s culinary delight featured not only ground turkey but Monterey Jack and cheddar cheeses along with avocado, sour cream, lettuce and tomato.

The second annual Kid’s Create Recipe Contest was open to individuals and small groups of up to three students. The younger kindergarten to fifth-grade students were charged with creating a personal recipe for the district’s new Taco Tuesday's menu, coming next fall. Students were asked to list ingredients and provide step-by-step instructions.

The task for culinary aspirants in grades six to 12 was to create an entrée salad containing greens, fruit and whole grain pasta or whole grain rice.

Tucker added all student contest recipes submitted had to meet the school district’s new nutritional guidelines. “They had to contain some kind of whole grain and some protein source giving options and other ingredients,” she said. “They had to be fresh, healthy ingredients.”

The first-year contest recipe winner had its creator’s name immortalized on the district’s menu for this year as “Jacob’s Veggie Rice.”

“We use the student’s name in some fashion,” said Tucker.

Noting the district is “always looking for simple, fresh, healthy recipes to add to student menus,” Tucker added the kid’s recipe contest has proven to be a great way for the district to share its message with both students and the community that “it serves fresh and wholesome food daily at every school throughout the school district.”

Offered between $1,599,000 - $1,699,000.

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"Call me to see this spectacular home!"
Powder Puff

The annual Powder Puff flag football game at Point Loma High School took place last week, matching the senior girls against the junior girls. A new twist this year was scheduling the game after senior prom so the Class of 2015 girls didn’t have to hold anything back.

Coached by members of the school’s varsity football team and with energetic cheerleading provided by the boys, the senior girls romped to a decisive 34-0 victory, prompting a raucous post-game celebration.

(Top) The senior boys show off their cheerleading skills.

(Left) A junior ball carrier tries to outrun the seniors’ defense.

PHOTOS BY SCOTT HOPKINS

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sdnews.com
High Tech High softball makes history with its first CIF title  

BY TRICIA WARRENS | THE BEACON

The sun had disappeared beyond the RIMAC Annex building on the campus of UCSD. The lights were flickering to life in preparation for a night game, and 15 girls dressed in powder blue jerseys stood ready to play. "Live for this moment," said High Tech High coach Vince Ichihara. "It's not every day you get to play in a championship game."

For the Storm, that statement could not be truer. After 10 years of having a softball program, the team had reached, and then won, its first CIF championship game.

The opponent was offensive powerhouse Oceanside. Just the day before, they had handed us a landslide defeat 19-6. That loss might just have been a gift in disguise. We went into the championship game as the underdog; we weren't 'supposed' to win. Oceanside thought it had the game in the bag, but it hadn't seen the 'real' Storm the day before.

We came out and played with heart and intensity but made sure to have fun and enjoy the moment. "We were all having so much fun," said junior infielder Taylor McClintic. "We were cheering and dancing before and during the game, and I don't think that our team has ever been closer."

The victory was the first CIF title for High Tech High softball program, but more important, it was the first CIF title for High Tech High athletics. A very exciting feat indeed.

"We were all having so much fun," said junior infielder Taylor McClintic. "We were cheering and dancing before and during the game, and I don't think that our team has ever been closer."
OCEAN BEACH...ALL DAY LONG!

An eagerly anticipated yearly community tradition and it’s FREE! Help us celebrate while we raise money for our July 4th Fireworks.

FIVE STAGES of continuous music provide a tune for every ear! CHECK our WEBSITE FOR BAND LISTINGS: OceanBeachSanDiego.com

ARTISTS ALLEY will host two full blocks of unique handmade creations by lots of talented artisans.

2 COMMUNITY MURAL PROJECTS – Join in the fun and paint a square on these murals - this year the theme for one of the murals is… it’s all about the Beach! The other mural will be a tribute to food and drink! Children and adults of all ages are welcome in creating these masterpieces! Remember, the spaces sell out very quickly so come early to buy your space.

WONDERLAND CHILDREN’S AREA - Named after the first amusement park in OB! Tons of fun for the little ones next to US Bank. Lots of new rides, games and slides. Don’t miss the fun!

THE CHILI COOK-OFF (they have their own hours: 11am-2pm) at the foot of Newport Ave. Amateur cooks with original recipes compete for prizes. OB Town Council helps us man this signature event. Shades Oceanfront Bistro hosts the ‘Committee Chili’ signature event.

BEACHSIDE BEER GARDEN & LIQUORLAND (sponsored by Winstons) will be located right next to the Main Stage for all those thirsty adults! Check them out in the morning for the Bloody Mary Contest with local bars & restaurants participating and a Hodad’s Burger-eating Contest and the afternoon! New this year… A major SKATEBOARDING SHOW in the Hodads parking lot. A must see and do this year!

HUNGRY? A tantalizing array of terrific Food Vendors to please any appetite. Lots of new food vendors this year plus our spectacular local restaurants.

VENDOR BOOTHS full of colorful merchandise will line all three blocks and the side streets!

There is always something new and interesting. Check out our local merchants too!

ROCK & ROLL SAN DIEGO Booth located in the center of the event (in front of Wings) and learn to play an instrument and sing in less than 10 minutes.

TELL YOUR FRIENDS AND FAMILY ABOUT THESE EASY TIPS TO GET TO OB!

BIKE VALET: park your bike securely at our bike corral on Bacon St. sponsored by Clif Bar and the SD Bicycle Coalition.

FREE SHUTTLES: Ride to the Festival for free! Park near Robb Field or on Sea World Drive (at Pacific Highway) from 9:30 am to 9 pm. Trolleys run every ½ hour from North OB and every hour on the hour from Sea World Dr.

SAN DIEGO VISITORS SPENT OVER 6 BILLION DOLLARS LAST YEAR. Did your business get its fair share?

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HURRY! DEADLINE JUNE 18TH!
On this Father's Day Sunday, June 21, treat your dad to a braat and a brew at a sports bar, or go all out and toast the town with him at any one of a number of great Peninsula eateries. Whether your dad's tastes are simple or more cultivated, you can find just the right place to take him to celebrate his special day in OB.

THE VENETIAN
3663 Voltaire St, Point Loma, (619) 223-8197, venetian1965.com
Treat Dad to The Venetian’s award-winning Italian cuisine (including what critics call some of San Diego’s best pizza), in a relaxed setting and casual atmosphere. Highlights of the menu include bruschetta, seafood pastas, chicken and veal piccata, and thick or thin-crust pizzas with either traditional or trendy toppings. A full bar and extensive wine list are also available. Whatever Dad chooses, he’s in for a delicious Father’s Day. Having a Grad party? Reserve our Banquet room for parties up to 16.

WONDERLAND OCEAN PUB
5083 Santa Monica Ave., 619-255-3358, wonderlandob.com
If dad would like a great view dining out on June 21, Wonderland overlooking Ocean Beach is hard to beat. The eatery is an American restaurant and sports bar whose menu features burgers, seafood, craft beers and margaritas, with beach and ocean views to die for.

WOW CAFE
On the pier at the end of Newport, (619) 226-3474
Make it a special Father’s Day-treat Dad to Breakfast, lunch or dinner on WOW Cafe. He’ll love the Mango Pancakes for breakfast or the “Hasselhoff” white pie with tomatoes, basil and ricotta cheese. You won’t be disappointed. And if he likes beer, there are 24 craft brews to choose from and 100 bottled beers!

PIZZA PORT
1956 Bacon St., 619-224-4700
The Pizza Port family’s reputation for great foods and craft beer continues to grow. Bring dad here on Father’s Day and discover why this establishment has become the talk of the town.

THE 3RD CORNER WINE SHOP AND BISTRO
2265 Bacon St., 619-223-2700, the3rdcorner.com
This sophisticated neighborhood restaurant has a unique and affordable concept combining a retail wine shop with a true California Bistro menu. Guests can choose from more than 800 international wines and champagnes with a $5 corkage fee. The restaurant offers Saturday and Sunday brunch from 10 a.m. to 3 p.m. now with bottomless champagne mimosas. On Father’s Day 3rd Corner will be serving its usual Sunday brunch and pre-fix menu.

OB WAREHOUSE
4839 Newport Ave., 619-222-1700, cohnrestaurants.com/obwarehouse
Celebrate Father’s Day at OB Warehouse, Sunday, June 21st treating him to Chef Elia’s scrumptious Sunday brunch classics like the Linguica Frittata and the Croque Monsieur.

NEWPORT PIZZA & ALE HOUSE
5050 Newport Ave., 619-224-4540
If dad likes pizza he’ll find plenty of choices here. Try the “Hasselhoff” white pie with tomatoes, basil and ricotta cheese. You won’t be disappointed. And if he likes beer, there are 24 craft brews to choose from and 100 bottled beers!

OB BEAU KITCHEN BAR
4996 W. Point Loma Blvd., 619-223-7381
Bigger kitchen, bigger bar and  extensive wine list are also available. Whatever Dad chooses, he’s in for a delicious Father’s Day. Having a Grad party? Reserve our Banquet room for parties up to 16.

Reserved our Banquet room for parties up to 16.

Celebrate Father’s Day at OB Warehouse, Sunday, June 21st treating him to Chef Elia’s scrumptious Sunday brunch classics like the Linguica Frittata and the Croque Monsieur.
Summer boat show returns to Harbor Island June 18-21

BY NICOLE SOURS LARSON | THE BEACON

Mexican boating seminars, multiple sportingfish exhibits and superyachts galore, plus sailboat lessons aboard the Sailing Simulator, highlight the annual summer in-the-water interna-
tional boat show.

The Progressive Insurance San Diego International Boat Show splashes into the Sheraton Harbor Island and Spanish Landing Park on Thursday, June 18, continuing through Sunday, June 21.

Show hours are noon to 7 p.m. Thursdays and Fridays, 10 a.m. to 7 p.m. Saturdays, and 10 a.m. to 6 p.m. Sunday. Tickets are $12 for adults, with children 15 and under free and active military, police and fire personnel free with ID. Advance tickets purchased online are $10.

This year’s bigger boat show boasts about 140 boats, over 100 vendors, more than 30 educational seminars and about 15 superyacht exhibits ranging from 70 to 125 feet.

“We’re seeing a resurgence in the recreational boating market. People are getting back into boating in a bigger way. There’s a boat for every budget at the show,” said Dave Geoffroy, vice president of sponsoring organization National Marine Manufacturing Association.

“Boats are becoming greener, more efficient. You can take a boat out now and run it all day, whereas 10 years ago you’d have to refuel its tanks two or three times,” he added.

NMMA’s boat show emphasizes inter-
activity. Geoffroy explained, including kids’ activities. People can take power-
boating or sailing lessons or learn about fishing, SCUBA, kayaking or stand-up paddleboarding.

Expect to see vessels ranging from per-
sonal watercraft, paddleboards, kayaks, dinghies, inflatables and trailerable boats to midsize sail and powerboats through luxury superyachts.

South Coast Yachts will be doubling its exhibit space, showing eight new Beneteau yachts, both sail and power, ranging from 35 to 55 feet, explained Barrett Canfield, South Coast’s president. Four new boat models will debut at the show, and all are available for immediate delivery.

“We’re very excited having this show to start off the summer. It brings out more people encouraged by the warm weather who know they can now take their newly purchased boats right away,” Canfield said.

This year, over 100 vendors will exhibit under tents in Spanish Landing Park, offering an array of boating accessory-
s such as electronics, canvas, anchors and other marine gear as well as boating services.

Attendees can choose from dozens of educational seminars and skill-building clinics, on the water, land, focusing on boating in Mexico, sportingfish and both sail and power boating sub-
jects, including boat-handling and sea-
manship, docking and maintenance and repair.

The show website lists both free sem-
inars and Discover Boating’s hands-on skills training, for which advance regis-
tration is recommended and extra charges apply. Fees for each Discover Boating clinic include same-day boat show admission.

The family-friendly boat show offers food for sale from the floating Fiddler’s Green Tiki Bar, the Rotary Club’s BBQ and gourmet food trucks. Paid parking is available at the lot adjacent to the hotel. The town is located near the Sheraton Harbor Island Hotel & Marina, 1380 Harbor Island Drive.

READ MORE ONLINE AT sdnews.com

Beacon’s amateur photo contest is back

The Peninsula Beacon’s annual Amateur Photo Contest is back. Enter your best photo portraying the Penin-
insula area taken since June 2014 and let our readers decide its fate.

Photos will be displayed at the Penin-
insula Beacon booth during the Ocean Beach Street Fair and Chili Cook-Off Festival on Saturday, June 27. The pub-
lic will vote for its favorite pictures. Prizes will be awarded for the top three photos, which will be published in the Beacon.

Deadline to receive entries is Tuesday, June 23.

Contest rules:

• Photos must be taken by an ama-
teur photographer and must have been shot in the 92106 or 92107 ZIP codes between June of 2014 and June of 2015. Possible locations include Ocean Beach, Point Loma, Shelter Island, Loma Portal or the Sports Arena/Alway District. The subjects of eligible photos may include anything in the area suitable for public viewing.

• Do not email photos. Instead, drop them off or mail them to: The Peninsula Beacon, Attn: Photo Contest, 1621 Grand Ave., Suite C, San Diego, CA 92109.

• Retouched, photoshopped or computer-enhanced photos will not be accepted.

• Color or black-and-white prints are eligible. Slides are not accepted. Entries should be no larger than 8 by 10 inches and no smaller than 3 by 5 inches. Please don’t send a framed photo.

• Only one entry per photographer is allowed.

• Amateur photographers only, please. A professional category may be on display but is not a part of the judging.

• Include photographer’s name, address, phone number, date the photo was taken and a brief description of the subject.

• The safe return of entries is not guaranteed. Remember, these photos will be mounted for public display—expect some wear and tear.

Photos may be picked up at the Beac-
on office beginning Wednesday, July 1.

As long as you’re visiting the Ocean Beach Street Fair and Chili Cook-Off Festival, be sure to come by and check out the Peninsula Beacon’s booth and say hello.

COMMUNITY

GALLERY

continued from page 1

into the creation of a pop culture sensa-
tion.

“Thanks a pleasure for us to have our first exhibit around Ken in Eastman,” said IDW CEO and publisher Ted Adams at
the grand opening ceremonies on June 4.

For IDW to be a part of NTC Arts & Culture District is just going to absolute-
ly transform our company in significant ways to Harbor Island June 18-21

San Diego’s only gallery completely dedicated to sequential comic book art, which makes it a perfect extension to the city’s annual Comic-Con International event.

“For IDW to be a part of NTC Arts & Culture District is just going to absolutely transform our company in significant ways,” said Adams, whose grandfather went through NTC while training for

June of 2014 and June of

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COMMUNITY

THURSDAY · JUNE 11, 2015
THE PENINSULA BEACON 15

GALLERY

by Alan Ziter, NTC Foundation executive
director, noted that from 1923 to 1997
women did their basic training here for
military service. “It’s a place that helps
heroes come from.”

And also, apparently, where a group of stealthy terrapins would feel at home. It seems that running beneath the path-
ways to hang out,” said Ziter.

During the past 15 years, IDW has
grown by leaps and bounds and in April
relocated their headquarters, due to busi-
ess expansion, from Pacific Beach to the historic NTC in Liberty Station. As part of this move, IDW made plans to create the San Diego Comic Art Gallery and include it as part of its offices. The space is San Diego’s only gallery completely dedicated
to sequential comic book art, which makes it a perfect extension to the city’s annual Comic-Con International event.

“The opportunity to be a part of the
development of the Arts & Culture Di-

saniegointernationalboatshow.com.

INFORMATION:
1-888-999-7757

WHERE: Sheraton Harbor Island and Spanish
Landing Park

WHEN: Thursday, June 18, continuing
through Sunday, June 21.

SHOW HOURS: Noon to 7 p.m. Thursday and
Friday, 10 a.m. to 7 p.m. Saturday and 10 a.m. to 6 p.m. Sunday.

TICKETS: $12 for adults, with children 15
and under free and active military, police
and fire personnel free with ID. Advance
tickets purchased online are $10.

READ MORE ONLINE AT sdnews.com
James Gartland, a marine safety lieutenant for San Diego Lifeguards, said authorities were first alerted to the presence of those so-called caves by nearby condo owners who were concerned that the depression may have been created by someone deliberately digging out the cliff face. He said that’s unlikely.

“They (homeless) may have flattened it out, but there’s no way they dug it out,” Gartland said. “It looks pretty clearly eroded.”

Abbott concurred that homeless people probably didn’t dig out the site, but rather “scooped out the sand and stuff that was inside.”

Gartland noted last time of that site is illegal under any circumstances.

“It is illegal to sleep on the beach overnight,” he said. “It’s illegal to deface the cliff by carving into it.”

Gartland noted no one to date has been cited in connection with the cave because no one has been actually witnessed using the site. He noted it’s obvious from litter left there that it has been used as a habitation.

Abbott added it would also be difficult to bar anyone from going to the site unless you actually posted someone there to keep people out.

He added if offenders are witnessed by authorities using the cave they will be cited.

Abbott said the erosion of that cliff face is probably not a big problem short-term. But he pointed out there is genuinely cause for concern about the future safety of that bluff.

“The homeowners association, or whoever, better get busy and get the permits necessary to come in and repair the erosion damage that has occurred,” Abbott said, adding, “If we get some heavy rains or big storms, that’s likely to accelerate the erosion.”

READ MORE ONLINE AT sdnnews.com

Stagecoach Days: Celebrating the Wild West in San Diego

Free Event Every Saturday in July and August in Old Town.

Old Town San Diego State Historic Park is celebrating travel and transportation in the era of real horsepower during “Stagecoach Days” kicking off on July 11. Come join in the old-fashioned fun from the mid-1800s from 4 to 4 p.m. on seven Saturdays in July and August.

Sponsored by Fiesta de Reyes and Boosters of Old Town, the free event features a different theme each Saturday such as Days of the Vaqueros, Women of the West, Soldiers and Citizens, Train, Ice Cream and Taste of the Past.

Attendees will enjoy afternoons filled with activities that reflect life in early San Diego and celebrate the West on the move. Through living history activities and demonstrations, stories and songs, visitors will gain an appreciation for early modes of transportation and daily life. All activities are geared toward children and adults of all ages.

This year’s Stagecoach Days will feature “The best in our parks history,” stated Event Coordinator Gregg Giangrandi. “We have added many more family-friendly activities to the event this year so visitors will get a true taste of what Old Town was like in the 1800s.”

The Stagecoach Days schedule is as follows.

July 11 - “Taste of the Past” - What do we eat? How do we live? How do we prepare it? The line up of the day will be a quilt walk that features quilts celebrating the 150th anniversary of California State Parks.

July 25 - “Days of the Vaqueros” - Vaqueros were the first cowboys in California. Highly skilled horsemens and cattle herders, they were an integral part of the early cattle trade in California. The day will celebrate their natural horsemanship techniques and other aspects of California culture.

Old Town San Diego State Historic Park, with the support of Boosters of Old Town and Fiesta de Reyes, is proud to offer these free activities for adults and children of all ages.

The park is located on San Diego Avenue and Briggs Street in San Diego, and is conveniently located next to the Old Town Transit Center, with Coaster, Trolley, and MTS bus service. Free parking is available at the Caltrans headquarters, just two blocks from the park at 4050 Taylor St.

For more information, go to www.parks.ca.gov/oldtownsandiego
Craft beer and bacon cookies for dad at The Cravory in Point Loma

The Cravory in Point Loma has found a way to give your pops a pint (sort of), along with bacon and pancakes this Father’s Day. Throughout June the bakery has been creating specialty flavors with dad in mind, which includes the IPA, a cookie made with Ballast Point’s Dorado Double IPA, a bit of orange zest and caramel. A sweet “Dad’s Dozen” includes two IPA cookies, two Chocolate Chip Peanut Butter Cup, two German Chocolate Cake, two Almond Joyous, two Cookies and Cream Milkshakes, one Pancakes and Bacon, and one Ultimate Chocolate Chip for $24.

The ‘Dad’s Dozen’ is a popular choice.

The cookie shop is located at 3960 W. Point Loma Blvd. For more information, call (619) 795-9077 or visit thecravory.com.

Iconic Nati’s Mexican Restaurant has been serving Ocean Beach for 55 years

By FRANK SABATINI Jr. | THE BEACON

Anchored two blocks away from the Ocean Beach Municipal Pier is one of the neighborhood’s oldest restaurants, where the recipes for chili rellenos, cheese enchiladas and beef tacos haven’t changed in 55 years.

Nati’s Mexican Restaurant shows off its longevity on a memorabilia wall containing vintage photographs of staff and customers at a time when Ocean Beach was much sleepier. Interspersed within the arrangement are original menus, media accolades and a photo from the early 1970s of teen heartthrob Shaun Cassidy donning a Nati’s T-shirt.

But despite the restaurant’s loyal patronage spanning four generations, a critical piece of its past remains a mystery.

Longtime co-owner and general manager Marilyn Thomas says little is known about the restaurant’s original founder, Nati, including her surname and background.

“She’s been deceased for many years, and we have no idea prior to 1960 exactly when she opened the restaurant,” says Thomas.

Nati sold the business in 1960 to Vern Lontz, who had operated a gift shop on the property for several years. He, too, is deceased.

“After selling to Vern, she may have moved to Arizona, but we’re not really sure,” adds Thomas.

Lontz ran the restaurant until 1973, at which point employee Dennis Kerr and a friend of his took over. When Kerr’s partner eventually left, Thomas stepped in as manager before becoming a stakeholder.

“Dennis and I had originally started working at Nati’s at a young age,” Thomas says, “while each attending Point Loma High School and then going through college. We’ve been the owners ever since.”

Kerr, who became an attorney along the way, is now retired. He lives half the year in Idaho. Thomas, a registered dietitian, earned her degree in food and nutrition from San Diego State University and oversees Nati’s year-round.

In addition to upholding the primary recipes that were established long ago by Nati, the duo has adhered to the operational policies implemented originally by Lontz, who had also added a second dining room, expanded the patio and the building during his tenure.

“We still bonus our employees and give them paid vacations, which is especially rare in small restaurants,” notes Thomas, adding that a handful of staff have been working at the restaurant for 45 years.

Numerous menu draws have remained firmly intact as well. Nati’s is among the few Mexican restaurants in San Diego that uses ground beef in its tacos and burritos, although the kitchen obliges customers requesting the shredded version.

The hand-battered chili rellenos are still made with fresh Anaheim peppers, as opposed to the canned varieties used lately in many other places. And to those who might scoff at the inclusion of lard in refried beans, Nati’s makes no apologies for using it as a traditional flavor booster.

Combination plates remain the biggest sellers. They feature two or three items such as tostadas, tamales, burritos and machaca as well as rice and beans.

For vegetarians, the No. 7 appæues with a guacamole tostada, a lard-free Black bean taco and a cheese enchilada spiked with raw onions.

Carnitas are missing from the menu “because we prefer keeping it streamlined with customer favorites,” says Thomas in referring to the restaurant’s spotlight on Angus carne asada marinated in a secret blend of dry-rub spices. The flavorful steak appears prolifically in plates, burritos, tacos and enchiladas.

Right down to the four varieties of salas and the white sauce draping tilapia fish tacos, everything is made in-house, with the exception of tortillas, sourced daily from two different local vendors.

A variety of margaritas and boozy coffee drinks are also in the offering, along with beer and wine. Ranking as the most popular libation is the kooky and traditional Puerto Vallarta margarita, constructed with a shot and a half of Cuervo gold tequila. The drink list extends also to “Kahlua Coladas” and “Tequila Roses.”

READ MORE ONLINE AT sdnews.com

Point Loma’s The Hole will raise its last glass July 5

Owners looking to relocate due to terminated lease

The Hole has announced it is being forced to leave its current location at 2820 Lyon Ave. in Point Loma due to a lease termination. The popular bar’s last drink will be poured on Sunday, July 5. Meanwhile, the owners are looking for another space to call home.

We are very upset that we are being forced out and deeply saddened over the loss of this location, where he have been for 17 years,” said Steve Rock, who owns the bar with his wife, Deb Williams. “We have made some great friendships over the years that we sincerely hope to continue in the future.” Rock added.

Rock said the recent lease termination notice was a shock to his customers. “Our regulars are as devastated as we are over our closing,” Rock commented.

Rock said The Hole has been a melting pot for different and diverse groups within the LGBT community.

“Televi Leather, The Bears, The Drag Queens, The GSCRA Rodeo Group and Friends Unlimited, to name a few; have held countless events here to raise money for charities over the years,” Rock said. “There are numerous couples who have met at The Hole, some more than 30 years ago, which predates when we bought the business. We sympathize with how the closing of this bar will impact the community.”

While Rock and Williams are planning a huge “closing our doors party,” they are also busy looking for the right place to relocate.

“We want our next location to be special and not a watered-down version of The Hole,” Rock said. “We are open to suggestions and can be contacted on our Facebook page and through our website, thehole.com.”

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Call for reservations!

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Mon-Fri 2pm-6pm
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$3.50 Imports & Micros
$3 Well • $4 Calls
$3 Domestic Beer

From Our Menu

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WHERE: 1852 Bacon St. (Ocean Beach)
HOURS: 11 a.m. to 8 p.m. Sundays through Thursdays, until 9 p.m. Fridays and Saturdays
INFO: (619) 224-3360; natisrestaurant.com

PHOTO BY FRANK SABATINI Jr.

PHOTO CONTRIBUTED

THURSDAY · JUNE 11, 2015
THE PENINSULA BEACON
Celebrate Men's Health Month

On June 21, we will all celebrate our fathers, uncles, grandfathers and brothers by giving gifts and showing our love and appreciation for all they do. Why not honor them by celebrating men’s health all month long? Whether you’re looking for herbs to enhance mental clarity, natural hair loss treatments, saw palmetto for a healthy prostate, hawthorn for a healthy heart or herbal creams and Lotions to help the tootsie...you can find them at People's Bulk Herbs and Spices dept.

People's Creamy Curried Zucchini Soup

Ingredients:
- 1/4 cup brown mustard seed
- 1/4 cup sunflower oil
- Sea salt
- 1 bunch cilantro, chopped
- 4 cups zucchini, quartered
- 1/4 cup ginger, chopped
- 3 table spoon garlic, minced

Dad will love this creamy soup when you serve it alongside some whole grain crackers and a tangy green salad. The recipe calls for brown mustard seed, cilantro seed, cumin seed, cumin powder, and curry powder. If you don’t already have these spices, you can pick up just the amount you need from People's Bulk Herbs and Spices dept.

2 jalapenos, diced
4 cups potatoes, diced
1 bunch cilantro, chopped
1 cup onion, chopped
8 cups zucchini, quartered
2 jalapenos, diced
3 table spoon garlic, minced

Sea salt

In a large pot, cover potatoes with water and boil until very mushy. Do not drain. Saute all other ingredients, except the cilantro, in oil until soft. Add saute and cilantro to the potatoes and stir to mix. Puree with an immersion blender until smooth. Dig in.

How Healthy are your Teeth?

Headlines across the country declare how unhealthy Americans are, and this information is not just limited to nutrition or weight. The National Institute of Health indicates that our dental health also needs something to be desired. According to a recent study, 92% of adults ages 20 to 64 have had dental caries (cavities or tooth decay) in their permanent teeth. Even worse, approximately 3% of adults age 20 to 64 have no teeth at all. In addition, studies indicate that families with higher incomes and those with higher levels of education actually had a higher incidence of tooth decay than those of other socioeconomic groups. So how healthy are your teeth? This quiz can give you some insight.

Answer the following questions based on your own personal experience.

1. Do you smoke or chew tobacco?
   - Write down 1 point for "yes" and 0 points for "no."
2. Do you chew ice?
   - Write down 1 point for "yes" and 0 points for "no."
3. Do you drink several sodas during the day (diet or regular)?
   - Write down 1 point for "yes" and 0 points for "no."
4. Do you have sensitive teeth?
   - Write down 1 point for "yes" and 0 points for "no."
5. Do you have loose or missing teeth?
   - Write down 1 point for "yes" and 0 points for "no."
6. Have you had a regular dental checkup within the last six months?
   - Write down 0 points for "yes" and 1 point for "no."

Scoring:
- 0 points: This is one time when a zero is good news. This means you probably have a good grasp on what it means to have healthy teeth. Still, continue your regular checkups with your dentist.
- 1 to 3 points: You have an understanding of what is needed to have a healthy mouth, but there are still areas for improvement.
- 4 to 6 points: You have several possible risk factors for developing cavities or gum disease. Schedule an appointment with your dentist.
- 7 or more points: You have done well, however, there are a few quick facts for you to consider:
  - Chewing tobacco and smoking cigarettes can lead to gum disease which, in turn, can lead to tooth loss.
  - Chewing ice can damage the enamel and weaken teeth.
  - Sodas, as well as citrus drinks and citrus fruits, are acidic, and can weaken the enamel, leaving your teeth vulnerable to tooth decay.

While there are several things that can cause breed
ging, gums, it is never normal for your gums to bleed. Blood could mean gingivitis or it could simply mean that you are brushing or flossing too hard. Make an appointment to speak to your dentist.

Sensitive teeth may be a sign that a cavity is develop
ing.

Finally, it is difficult to ascertain your dental health if you haven’t had a regular dental checkup. Be sure to contact Dental Express at 619-701-6622 to schedule an appointment today or visit our website at thedentalexpress.com.

Local Company Employs Seniors Wanting to Give Back

Many seniors retire from one career and immediately jump back into the workforce. Seniors often continue to work for financial reasons, to supplement their retirement income and make it last longer, but others are returning to the workforce to give back and feel productive. A recent Gallup survey found that 63 percent of workers planned to work part-time when they reached retirement age, the majority saying they would do it because they wanted to.

Seniors returning to work are very focused on work/life issues, pursuing employment that is personally satisfying and allows them time to pursue travel, enrichment and family activities. A local company, Seniors Helping Seniors, offers a unique opportunity for retirees to remain active in the workforce, supplement retirement income and help other seniors. The company matches active seniors with seniors who need some assistance to remain independent.

Visit www.homecareforseniors.com or call 800-481-2488 to learn more about the program.

Wine, Walking & Gardening?

Where was the last time you did any gardening...had an alcoholic drink or took a walk...? If you have to think about it then I suggest you read on as these three activities are believed to have merit for reducing the incidence of Dementia in over 60s.

Firstly, my passion is gardening which I firmly believe helps me now in my 50s and will continue to help me into my old age. I do however expect my garden to get smaller as the years go on and for that matter I’ll probably end up dead head of my geranium in my last days, no pun intended.

The point is, no matter how large my garden is, I have an active, mental and physical interaction with whatever I’m growing. Whether it’s ornamental trees and shrubs, a vegetable patch or just a window box, studies have shown gardening reduces the risk of Dementia.

For example, the “Dubbo Study” which took place from 1988-2004 in Australia, credits gardening with a 36% reduction in the incidence of Dementia in over 60s. In these studies, they struggle to explain why something like gardening helps reduce Dementia but I think you would be silly to ignore their findings!

And finally, that glass of wine and walking... How about a 38% reduction in Dementia for daily walking (men only) and a 34% reduction for daily moderate alcohol intake (men & women)?

Your thoughts?
Ssmith@comforcare.com 858.900.5257
Mary in Ocean Beach. Tickets can be purchased for $20, which allows you to sample each entry and vote for your favorite.

Children and adults of all ages are welcome to purchase a $10 square to contribute to this year’s mural project. The Ocean Beach Community Mural Project was recently awarded the 2015 Coastal Living Magazine Design Award for exceptional seaside style in the year abroad. An Artists’ Alley will host accomplished artists and their handcrafted items.

There will be five stages of nonstop music throughout the day. Music genres include acoustic, rock, blues, alternative, Americana and more.

Part-time attractions include the Wonderland Children’s area – located in the parking lot adjacent to US Bank near Sunset Cliffs Boulevard and open to the public all day, every day. The free attractions include a face painting, clifffinger slide, bounce house, kids’ mechanical shark and more, and will be some of the various inflatable obstacle courses.

The street fair will take place from 10 a.m. to 6 p.m. in the 4800-5000 blocks of Newport Avenue, along the waterfont and in the pier parking lot and along the cross-streets of Newport Avenue at Ocean Beach Street.

Free trolley services will run from the Knights of Columbus parking lot on Bacon Street between West Point Loma Boulevard and the San Diego Volcanic Range (every 30 minutes) and the parking lot at the intersection of SeaWorld Drive and Pacific Beach Drive (every hour) from 9:30 a.m. to 9 p.m.

There will also be a free bike valet at the intersection of Bacon Street and Newport Avenue, courtesy of the San Diego County Bicycle Coalition.

Admission to the event is free. For more information, visit oceanbeach-sandiego.com.

POINTERS CONTINUED FROM Page 11

Urban were “bleeders,” poorly struck balls that became infiel.d hits, a fact not lost upon first-year Pointer head coach David Wells.

“We didn’t get beat today, we got bled to death,” said Wells of his team.

Last year’s series saw the Vaqueros lose upon first-year Pointer head coach Todd Huber blasted a 360-foot, two run homer over the left field fence and struck the scoreboard in a 3-1 Pointer victory.

Philip Wilson, Matt Innis and Mason Verhees.

Playing their final games as Pointers Urban had three hits, scored twice and drove in runs with a hit and as he runs for an RBI.

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Three “Intentionally Awesome” properties in San Diego County, one in the mountains for summer adventures, one exclusively for horseback riding near Julian CA and one on the Pacific Ocean. Enjoy the overnight camp experience year round at YMCA Camp Marston, YMCA Camp Campground, and YMCA Camp Commissioner’s House. Camps offer an opportunity to learn, grow and have fun! Campers will enjoy a sense of accomplishment as they climb a little higher, laugh a little louder, and share stories of their successes. Join us at camp for a summer to remember! www.lajolla.ymca.org or peninsular.ymca.org.

Kids experience performing arts at Jr Theatre Camp
Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, and singing. Traditional, Performance, and Advanced camps available in Balboa Park. Junior Theatre also provides K-4 camps at La Jolla Country Day School. Camps run June 8 - September 4. To register or for a list of camp dates, descriptions & pricing visit juniorthetheatre.com or call (619) 239-1311.

Playtime at Claytime
Claytime Ceramics Camps offer a good balance of indoor and outdoor activities. Children begin their day with a walk by the tidespools (one block away from the studio), followed by warmup exercises at the studio. On Mondays and Wednesdays we work onceramic painting projects in which children learn ceramic painting techniques (color blending and use of fuffy paints). On Tuesdays and Thursdays the kids work on mosaic projects. Children create their own patterns, learn to apply adhesive and grout their own pieces. On Fridays we include fabric painting or sketching or jewelry making. And the week ends with an ice cream party in which the kids get to use the ice cream bowls they painted on Monday. All supplies are included. For reservations call 619-223-6050 or go to claytime-ceramics.com for more information.
The living is easy in this impressive, generously proportioned residence conveniently located in the heart of Point Loma. The floor plan encompasses four spacious rooms with plenty of space for study, sleep and storage. There are three luxurious bathrooms, and the much-desired neighborhood of Crown Point & Sport Fishing & San Diego Yacht Club. A/C, brand new Whirlpool appliances, open beam ceilings, new wood floors in living room, new triple pane windows and A/C, open beam ceilings, new wood floors in living room, huge inside laundry room, 907,000-930,000.

The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling. The 20 ft. beamed ceilings & large windows off of the living room give the home a bright & spacious feeling.

The master bedroom, with fireplace & wet bar * huge inside laundry room * 907,000-930,000.

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<td>1225 Scott St Unit 221</td>
<td>$280,000</td>
<td>Luna &amp; Britt Nordie 619-846-4886</td>
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<td>2310 Lucerne Dr</td>
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<td>3465 Hill St</td>
<td>$929,000</td>
<td>Judith Cohen 619-766-7343</td>
</tr>
<tr>
<td></td>
<td>3118 Elliott</td>
<td>$1,420,000-$1,520,000</td>
<td>Tami Fuller's Team 619-226-2986</td>
</tr>
<tr>
<td></td>
<td>1876 Sefton Place</td>
<td>$1,749,000</td>
<td>Bob Woodard 619-227-5478</td>
</tr>
<tr>
<td></td>
<td>3625 Dupont</td>
<td>$2,799,000</td>
<td>Lisa Moffet 858-776-4738 28 James Vossard 619-524-4147</td>
</tr>
<tr>
<td></td>
<td>885 Rosarcrea St</td>
<td>$3,320,000</td>
<td>Michele Kichla 619-518-7707</td>
</tr>
</tbody>
</table>

**PACIFIC BEACH / MISSION BEACH / CROWN POINT**

- **Sun 1-4pm**: 1620 Los Altos Rd
  - **Price**: $2,400,000-$2,700,000
  - **Contact**: Helen Spear 619-813-8503

- **Sun 1-4pm**: 7723 Hawthorne Ave
  - **Price**: $1,265,000
  - **Contact**: Frank Canese 619-699-4614

- **Sun 1-4pm**: 7001 Terra Gorda
  - **Price**: $1,290,000
  - **Contact**: Linda Kline 858-204-4167

- **Sun 1-4pm**: 7069 Purfield Dr
  - **Price**: $1,245,000
  - **Contact**: Deborah Greenman 619-972-5060

- **Sun 1-4pm**: 4930 Rancho Grande
  - **Price**: $1,185,000-$1,995,000
  - **Contact**: Mike Lemon 619-483-3500

- **Sun 1-4pm**: 8388 Scott St Unit 221
  - **Price**: $2,400,000-$2,700,000
  - **Contact**: Helen Spear 619-813-8503

**UNIVERSITY CITY**

- **Sun 1-4pm**: 4016 Caminito Suero
  - **Price**: $675,000
  - **Contact**: Ross Craig 619-367-7877

- **Sun 1-4pm**: 14219 Mango Dr
  - **Price**: $1,290,000
  - **Contact**: Gene Marzou 760-898-3664

- **Sun 1-4pm**: 7635 Eads Ave #207
  - **Price**: $798,000
  - **Contact**: Barbara Lerner 619-991-9002

- **Sun 1-4pm**: 3311 Ramblin St
  - **Price**: $1,195,000-$1,995,000
  - **Contact**: Marc Lemon 619-483-3500

- **Sun 1-4pm**: 3712 Jennings St
  - **Price**: $925,000
  - **Contact**: Angela Eric 619-483-3500

- **Sun 1-4pm**: 3640 Pine Pico St
  - **Price**: $1,795,000
  - **Contact**: Robert Realty 619-852-8277

- **Sun 1-4pm**: 3211 Keats St
  - **Price**: $1,695,000-$1,950,000
  - **Contact**: Marc Lemon 619-483-3500

- **Sun 1-4pm**: 2077 Cable St
  - **Price**: $849,000-$899,000
  - **Contact**: Tam Fuller’s Team 619-226-2986

- **Sun 1-4pm**: 3465 Hill St
  - **Price**: $929,000
  - **Contact**: Judith Cohen 619-766-7343

- **Sun 1-4pm**: 3118 Elliott St
  - **Price**: $1,420,000-$1,520,000
  - **Contact**: Tami Fuller’s Team 619-226-2986

- **Sun 1-4pm**: 1876 Sefton Place
  - **Price**: $1,749,000
  - **Contact**: Bob Woodard 619-227-5478

- **Sat & Sun 1-4pm**: 5551 Camdelitch Dr
  - **Price**: $1,799,000-$1,899,995
  - **Contact**: Pete Middleton 619-456-7155

- **Sun 1-4pm**: 484 Prospect Rd
  - **Price**: $2,295,000
  - **Contact**: Mona Tapia 619-387-7269

Price reduced, priced to sell! - 2143 Bacon St • $795,000

Embrace the beach lifestyle in this newly built home just steps from the sand in OB! Constructed from the ground up in 2012, this modern beach house features 10 foot ceilings, stone flooring, large open-concept kitchen/dining/living room, gourmet kitchen with top-of-the-line appliances, en-suite bedrooms, and large master bathroom. Extended driveway large enough for 3 tandem parking spaces.
Ocean Beach is fortunate to have many great musicians, but few have had the adventures of drummer Bill Ray. As drummer for legendary R&B pioneer Ike Turner between 2001 and Turner’s death in 2007, he toured the world and played on the Grammy Award-winning album “Risin’ with the Blues.” But that’s just a small part of a background that has seen him play as a sessions man for studio and live recordings with countless local artists and teach several generations of players.

From Sunday to Friday, June 21 to 26, Ray will be an instructor at the first Guitar Workshop Plus in the United States, at Cal State, San Marcos. Based in Canada, the music camp features learning opportunities from world-class musicians across genres. This year’s teachers include rock guitarist Paul Gilbert, bass legend Stu Hamm and Rhonda Smith, blues hero Duke Robillard, jazz legend Mike Stern and local guitar hero Wayne Riker.

“For me, there’s just a bit of a distance and still continue to teach,” Ray said. “But, I’m truly excited (about this) on a lot of levels: it’s a chance for me to do one of the things I’ve been wanting to do for a long time, be involved with a curriculum and organization, to inspire others in the field of music.”

For Ray, teaching at this level is the culmination of a life that’s been immersed in music since as far back as he can recall.

“I remember hearing the drums when I was about a year old,” he said. “My father was a working drummer, and I would seek out his kit. It became a game of sorts, to find the loud things. I think the first drummer I ever heard was James Gadson. It was the 2-and-4 beat of the snare drum that grabbed me.

“When I was 4, I watched the local drum guru play a drum solo when he was getting his photo done at my parent’s photography studio, and from that moment, I was pretty much relegated to the fact that music was something that I would do for a very long time. And here we are, 40-something years later.”

Ray did give other instruments a try, but to no avail. “The drums chose me,” he says; “I’m thoroughly convinced. I dabbled with guitar and bugle and even took some guitar lessons. However, the guitar lessons turned into me playing the drum set for my guitar teacher, and we would talk about phrasing and tempo and all the things a guitarist would want to teach a drummer.”

READ MORE ONLINE AT sdnews.com