$3.5M facelift in the works for Tom Ham’s

By MARIKO LAMB | THE BEACON

Tom Ham’s Lighthouse — a longstanding fixture on the westernmost point of Harbor Island — has literally been a beacon of bright light along the waterfront for mariners and diners alike for the last 40 years. When Tom Ham first purchased the property, Coast Guard regulations mandated that a beacon illuminate that point on the manmade peninsula.

Through collaboration with the Coast Guard and with a little ingenuity from Ham’s architect, Beacon No. 9 was incorporated into the design of the restaurant itself, and the enterprise was granted to the Coast Guard for the maintenance and operation of the still-functioning lighthouse.

Now, more than four decades later, Tom Ham’s daughter, Susan Baumann, husband Larry and their three adult sons — Andy, Tommy and Grant — will modernize and operate the still-functional lighthouse.

Tom Ham’s Lighthouse owners Larry and Susan Baumann and manager and son, Andy Baumann.

The new light-emitting diode (LED) lens is much smaller, but emits a more distinct, clear signal, while also saving the Coast Guard dollars each day on its utility bill.

The new Outdoor Dining Patio has a 50% of the ballot must be complete to be counted in the drawing. One ballot per person. Limited to 92106 & 92110 zip codes. Ballots must be postmarked, submitted online, or hand-delivered, by Thursday, March 29, 2013.

Tom Ham’s Lighthouse owners Larry and Susan Baumann and manager and son, Andy Baumann.

The flocks of large, green-and-red birds around San Diego may seem unusual, but they’re a part of the beach culture now.

The theft of $3,000 worth of guitars and accessories overnight from a Point Loma High School arts facility has left two young, dedicated musicians saddened and disappointed.

The theft of guitars was special to us. As artists, that’s how we speak,” Allen said. “The Stratocaster was my guitar. It was the one I felt I could express myself on. Shawn and I are both disappointed that someone would take things with such sentimental value.”

Young musician Eddy Allen plays his beloved Fender American Stratocaster guitar in a recent show. This and two other valuable guitars were stolen from an apparently locked theater at Point Loma High School on Feb. 21.

By SCOTT HOPKINS | THE BEACON

Noisy, but beautifully exotic wild parrots call San Diego home

The flocks of large, green-and-red birds around San Diego may seem unusual, but they’re a part of the beach culture now.

According to The California Parrot Project, the birds survive on seeds, fruit and nectar from tropical trees and shrubs planted in urban and residential areas in such communities as Ocean Beach, Point Loma, Pacific Beach and La Jolla.

Karen Strauss, coordinator of the San Diego Bird Festival, hosted by the San Diego Audubon Society, said the birds do not migrate, but stay in San Diego year-round. They have established communal roosts around the county that they return to each night. During the day, the birds will fly out to a variety of food sources, depending on the time of year.

“I see them often out at Lakeside because...”

SEE PARROTS, Page 6

PLHS musicians bemoan theft of guitars from campus

The theft of $3,000 worth of guitars and accessories overnight from a Point Loma High School arts facility has left two young, dedicated musicians saddened and disappointed.

Eddy Allen and Shawn Gardner were rehearsing the evening of Feb. 21 with the school Jazz Band for an upcoming performance in the campus’ Larry Zeiger Performing Arts Center. At the conclusion of the session, the boys were told by a staff member they could leave their equipment overnight.

The next morning, however, the instruments were gone, leaving Allen and Gardner wondering how their property could have been taken from the apparently locked facility.

Allen is the lead singer in two bands — Revoltage, and 140 Yards — and Gardner is a bassist for the groups.

The young musicians said they just want their instruments back.

“These guitars were special to us. As artists, that’s how we speak,” Allen said. “The Stratocaster was my guitar. It was the one I felt I could express myself on. Shawn and I are both disappointed that someone would take things with such sentimental value.”

A drum kit belonging to Allen’s brother, Alex, was left behind, as were the amplifiers.

Taken were:

• Allen’s custom Fender American Stratocaster with case
• Gardner’s 1991 custom Fender Precision bass guitar and
• Boss DS-1, Boss OD-3 and Boss ME-50 special-effects pedals, a GK bass head (bass amplifier control) along with a capo and various cables.

San Diego Unified School District police are investigating the thefts.

Anyone with information is asked to contact school police officer Brad Sato at (619) 223-3121, ext. 1110, or email him at bsato@sandl.net.

For now, Allen said he is borrowing guitars for upcoming performances.

PLHS musicians bemoan theft of guitars from campus
On vacation with the Peninsula Beacon

Judy and Gary Ewing, 45-year residents of Point Loma, make sure their Beacon goes with them wherever they go.

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ROLEX DEEPSEA CHALLENGE

THE WATCH THAT DIVED TO THE DEEPEST REACHES OF THE OCEANS.
ON DISPLAY AT BEN BRIDGE
FROM FRIDAY, MARCH 1ST THROUGH MONDAY, MARCH 11TH.
The walls and display cases. Relics at Tom Ham’s Lighthouse adorning artifacts at Bali Hai and priceless nautical memorabilia is visible throughout both the Bau mann’s family-owned and operated treasuries. Is Larry Ham always envisioned. “My grandfather was a California historian, and he really embraced the early marine tradition. The Coast Guard came out last week and changed the light out just like they did at the Point Loma Lighthouse. It’s pretty impressive,” said Andy. “It’s a bright light, and it’s a lot smaller than the other one. The old lens was big and it would put out more of a glow. This one is very distinct and sends out more of a light.” The upgrades to both the lighthouse lens and building renovation are in line with a certain ongoing trend throughout Point Loma, with many improvements at other businesses in the area also under way.

“You can see that everybody is getting to the end of their leases. Everybody’s remodeling — Pina Nova, Point Loma’s Lighthouse — everybody’s getting updated around the same time,” he said. “It’s fun to be out on the water right now.” Tom Ham’s Lighthouse, located at 2150 Harbor Island Drive, is slated to reopen on May 1. For more information, visit www.tomhamslighthouse.com.

The bar at Tom Ham’s Lighthouse will offer patrons an expansive panorama of downtown San Diego through oversize floor-to-ceiling windows in the dining area.

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there are trees in the Lindo Lake Park area that are a good food source for them,” Straus said. “So, at certain times of the year, they’ll be out at Lindo Lake, but they’re probably roosting back here [in the beach communities].”

She said the parrots have already made an appearance flying overhead at this year’s bird festival, and they’ve caused some excitement at festivals in the past.

“At the bird festival three years ago, they landed in the trees,” Straus said. “All our guests were running out of the workshops and running down to see the parrots right here at the festival.”

While there is no single explanation as to how the birds got here, Straus said there are two main theories, both of which may be true.

One is that the parrots came to California as pets. “People like to have birds, especially parrots, as pets,” Straus said. “But sometimes, maybe there’s a behavior problem with the bird or maybe [the owners] are moving and they can’t take the bird with them, so the birds are simply released into the wild or the birds may escape into the wild.”

According to The California Parrot Project, hundreds of released and escaped parrots throughout the state over time have led to wild, breeding populations today.

The other theory, Straus said, is that parrots native to northern Mexico came to California in search of a suitable habitat as areas of Mexico became deforested.

Whatever the reason, the exotic birds have established themselves as a colorful addition to more than 500 species of birds found throughout San Diego County.

“San Diego has an amazing diversity of birds, and that’s because we are lucky enough to be located on a major migration flyway,” Straus said.

Straus said anyone interested in learning more about the variety of birds in San Diego should go on a San Diego Audubon Society bird walk. Throughout the month experts guide guests through local areas like Santee Lake and La Jolla Shores to observe birds.

For more information about the walks, visit www.sandiegoaudubon.org.
La Playa Trail Association to host new talk series

The La Playa Trail Association will host another in a series of informative programs to share the history of the Point Loma area, with the next event slated for Tuesday, March 19.

The next talk at the Point Loma Assembly, 3035 Talbot St., will feature Rick Kennedy, professor of history at Point Loma Nazarene University, who will speak on Richard Henry Dana of Point Loma.

Kennedy and his family have lived in Point Loma since 1995. He has written a wide range of books and articles for the Maritime Museum and articles in coastal sailing magazines on Dana and environmental history.

For the last 10 years, he has taught a summer school course on California history in which students sail up the coast. The course emphasizes California’s maritime history and focuses on Dana’s “Two Years Before the Mast.”

The evening will begin with hors d’oeuvres at 5:30 p.m. and the program at 6 p.m. Donations of $10 will be gladly accepted at the door.

For more information, call (619) 222-1950, or email kumkel@cox.net. — Neal Putnam

Bank robber pleads to multiple heists

A Point Loma bank robber will be sentenced March 15 after he was placed on trial for allegations he attempted to commit over 50 bank robberies between 2009 and 2010.

San Diego Superior Court Judge Fredricka Craven will sentence Alex Tyler Guaderrama, 23, who will be sentenced to one year in jail and his projective has discretion to release inmates after they serve half their sentence.

Guaderrama, who moved to Alpine, his home is in Jackson, Wyo., and probate official said he was not able to be called to testify in his trial because of the duty of the bomb threat.

San Diego Superior Court Judge Laura Halgren barred Kilgore from returning to within two blocks of Robb Field and to wearing a device that monitors alcohol use when on parole or on probation.

A Mission Bay man has been ordered to stay out of Point Loma and to place his car in an enclosed parking garage.

Guaderrama admitted to assaulting two women outside a taco shop around 1 a.m. on Aug. 21 at 1190 Garnet Ave. A third woman was struck in the face.

The younger Guaderrama could handle murder and robbery cases.

A third woman was struck in the face. He wasn’t wearing a seat belt.

A Mission Bay man has been ordered to stand trial for allegedly robbing two Pacific Beach banks in 2010 that are linked to him via DNA in a hat he left behind from a Sept. 29 bank robbery.

A man who made a false bomb threat at Robb Field in Ocean Beach was released from jail Feb. 25 after credit for time served. He will be allowed to live with family in Wyoming on three years’ probation.

The bizarre incident took place July 20 when Keithgton John Kilgore, 28, told a woman he put a bomb in her mailbox and he told a responding police officer he had a bomb. He pleaded guilty to interfering with peace officers from his duty because of the bomb threat.

A man who made a false bomb threat was initially declared mentally incompetent to stand trial.

San Diego Superior Court Judge Laura Halgren barred Kilgore from returning to within two blocks of Robb Field and to wearing a device that monitors alcohol use when on parole or on probation.

Halgren barred Kilgore from returning to within two blocks of Robb Field in Ocean Beach was

Faux bomber released from custody

A man who made a false bomb threat at Robb Field in Ocean Beach was released from jail Feb. 25 after credit for time served. He will be allowed to live with family in Wyoming on three years’ probation.

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Police captain’s son gets public service in assaults

A San Diego police captain’s son has been ordered to perform 50 days of public service work after pleading guilty to three misdemeanor counts of battery on women in Pacific Beach whom he groped while drunk.

Alex Tyler Guaderrama, 23, will be wearing a device that monitors alcohol use while on terms of three years’ probation. His driver license was suspended for 30 days and he was fined on Feb. 11.

Guaderrama, who moved to Alpine, will have to apply for a restricted driver license that would permit driving to and from work, according to Gina Coburn, spokeswoman for the San Diego City Attorney’s Office. He will wear the secure continuous remote alcohol monitor (SCRAM) while on probation, she said.

Guaderrama admitted to assaulting two women outside a taco shop around 1 a.m. on Aug. 21 at 1190 Garnet Ave. A third woman was struck in the face. He wasn’t wearing a seat belt.

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PLHS sailors once again assert nautical prowess

In what has become a local prep-sports dynasty, the Point Loma High School sailing team has once again asserted its mastery in a major event.

The Golden Bear Regatta, held Feb. 23-24 at the San Francisco Yacht Club in Lafayette, Calif., was the scene of the latest dominance, as the school’s varsity and junior varsity boats finished first and second among a 30-boat fleet.

Coach Steve Hunt uses different members of his team based on wind and sea conditions to change boat weight and balance variables. Doing so maximizes boat performance and his flexible roster appears to adapt easily.

Each Pointer boat sailed 16 races, including eight each in two series (A and B).

In the Golden Bear “A” Division event, Hunt tabbed Scott Sinko to skipper the varsity boat, Rebecca McElvain crewed for the first seven of eight races, with Greer Wattson taking her place for the final race.

The “B” Division varsity lineup listed skipper AB Reiter, with Meridee McPhee crewing all eight races. The junior varsity “A” boat was skippered by Andy Reiter, with Halco Holdeske aboard for races 1-6 and Paul Didham for the final two.

In the “B” junior varsity series, Will Ladow skippered, with Jennifer Johnson assisting.

The event was part of the PCISA (Pacific Coast Interscholastic Sailing Association) series.

Sailing in scoring is based on finish order, meaning first-place earns one point, second place is two points, etc. Low score at the regatta’s end wins.

The PLHS varsity boat captured five first places and four second places out of 16 races. Despite one 16th-place finish, the varsity easily outscored the competition for top regatta honors.

The Pointer junior varsity boat racked up four first places and five third places in their runner-up total.

Next up for the Pointer sailors is the PCISA’s Gaucho Regatta, slated for March 16-17. Co-hosted by the University of California, Santa Barbara sailing team and the Santa Barbara Yacht Club, strong winds and cold temperatures are possible.

For Hunt and his team, it’s a chance to wrap up another Roy E. Disney Trophy — awarded to the year’s top-performing PCISA school.

SULLIVAN SOLAR POWER CONTINUES TO HELP GROW SOLAR IN THE COMMUNITY

(San Diego, CA) Sullivan Solar Power announced the launch of its Sullivan Cash Reward initiative, a solar program exclusive to San Diego residents. The newly launched Sullivan Cash Reward is an incentive offered exclusively through Sullivan Solar Power and comes in addition to the federal tax credit. San Diego property owners will receive $0.20 per watt, up to $1,500 for going solar with Sullivan Solar Power. Residents can go solar for $0 upfront, save money every month on their electric bills — and get paid for doing so.

“When someone can go solar for less than what they are currently paying the utility, it makes perfect sense,” said Daniel Sullivan, founder and president of Sullivan Solar Power. “When someone can go solar for nothing out-of-pocket and receive our $1,500 Sullivan Cash Reward for it, it becomes a no-brainer.”

5 PLNU athletes honored as ‘Stars of the Month’

By SCOTT HOPKINS | The Beacon

In CIF playoffs, three PLHS teams were eliminated in first-round play.

Girls’ Basketball

The City League Champion, and 11th-seeded Pointer girls soccer team dropped a 2-0 home match to sixth-seeded Rancho Bernardo, 9-10-4 over-all (2-5-1, fourth place in the Palomar League). The Wolverines, down 16-13 after one quarter, used deadly three-point shooting in outscoring the Pointers one quarter, used deadly three-point shooting in outscoring the Pointers 23-4 in the second frame to take a 36-23 halftime lead. The visitors laid a 65-40 whipping on the hosts, ending their 20 halftime lead. The visitors laid a 65-40 whipping on the hosts, ending their

Boys’ Basketball

The Central League champion Pointers were given a No. 9 seed against No. 8 Westview, 20-8 overall (6-4 for third place in Palomar League) in their first-round Feb. 20 game in the PLHS gym. The Wolverines, down 16-13 after one quarter, used deadly three-point shooting in outscoring the Pointers one quarter, used deadly three-point shooting in outscoring the Pointers 23-4 in the second frame to take a 36-23 halftime lead. The visitors laid a 65-40 whipping on the hosts, ending their

Women’s Basketball makes a run

The PLNU women’s basketball team won 7-1 during the month of February. The Sea Lions put together a six-game winning streak, which included a road sweep of the Hawaii schools.

Callie Rhoads and Jessica Escoura each stepped up their play during the month as each averaged 17.0 points per game. The hot streak pushes the Sea Lions past Azusa Pacific into No. 2 in the NCCAA West Region rankings.

Baseball back in action

All seven spring sports teams are back in action for the Sea Lions. The baseball team has won four of its last five games to improve to 5-6 on the season.

It opened Pacific West Conference play with a four-game series against Hawaii Hilo on Feb. 15-16, PLNU and UHH split the opening doubleheader, but PLNU bounced back to take both games on Saturday and win the series 3-1. Senior pitchers Tyler Garkow and Justin Lawrence each recorded shutouts in the series. Garkow opened the series with a 6-0, six-hit shutout in game one. Lawrence came through big in game three as he delivered nine innings of two-hit baseball while striking out nine. PLNU is currently tied atop the Pac-West standings with a 3-1 record along with Fresno Pacific and Holy Names.

Track hits the ground running

The Point Loma men’s and women’s track and field programs completed their second competition last week at the Rust Relays in Claremont.

Sean Lewis won the 400-meter hurdles with a time of 53.41. Lewis, who is the defending NAIA National Champion in the 400-meter hurdles, also won the 100-meter and 200-meter races at the PLNU-Fresno Pacific Dual Meet to open the season.

Breeelan Matranga also picked up a win at the Rust Relays as she recorded a time of 10:17.76 in the 3k.

Multiple PLHS teams eliminated in first round of CIF play

By SCOTT HOPKINS | The Beacon

In CIF play-offs, three PLHS teams were eliminated in first-round play.

Girls’ Soccer

The City League champion and 11th-seeded Pointer girls soccer team dropped a 2-0 home match to sixth-seeded Rancho Bernardo, 9-10-4 over-all (2-5-1, fourth place in the Palomar League). The Pointers posted a final record of 11-8-3 after soaring to a 6-0-2 league record (2-5-1, fourth place in the Palomar League).

Son, tying sophomore Taylor Hopkins

Grayson Choy gave her five for the sea-mark. 11-8-3 after soaring to a 6-0-2 league record (2-5-1, fourth place in the Palomar League).

Despite a good effort by PLHS hooper Wilburn (second team). Fitzmorris was named “Player of the Year.”

Fitzmorris and Jamal Agnew (first team, All-Central League) and Grant Wilburn (second team). Fitzmorris was named “Player of the Year.”

Canyon twice in October, while leading the Pointers to an overall record of 18-8 (12-0 in league). The Pointers finished 12-8 overall, 7-5 (fourth place) in Central League standings.

Breelan Matranga also picked up a win at the Rust Relays as she recorded a time of 10:17.76 in the 3k.

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Kids experience performing arts at Junior Theatre Camp

Join Junior Theater this summer and experience the wonderful world of performing arts where campers will take classes in acting, dance, and singing.

Traditional, performance, specialty and advanced camps available in Balboa Park.

Junior Theatre also provides K-3 camps in La Jolla. Camps run June 10- Aug 30.

To register or for a list of camp dates, descriptions and pricing visit juniortheatre.com. Register early as our camps fill quickly.


For more about San Diego Jr. Theatre call (619) 239-1311.

Nike Golf Schools & Junior Camps 2013

Nike Golf Schools and Jr. Camps offer a variety of programs designed to meet the needs of each camper. Every facet of the game is covered during morning instruction and afternoon course play. Beginning, intermediate, high school and advanced players can immerse themselves in the sport for an entire week.

Our camps are led by directors who are nationally recognized PGA/LPGA professionals and college coaches and are joined on staff by other teaching professionals, college assistant coaches, renowned high school coaches and former/current college players.

Enroll in a Nike Jr. Golf Camp today and see why over 150,000 junior golfers have participated in what we believe are among the best junior programs in the country.

The Peninsula YMCA

The Peninsula YMCA offers day camps all summer long beginning June 12 through August 30. Day camps range from a variety of choices and for youth ages 5-16. There are many new camps to choose from and some returning favorites including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more.

Kids will grow, discover and explore while making lasting friendships and memories.

Camps fill up fast, so please sign up early. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need.

To register to either spring or summer camps, please visit peninsulaymca.org or call (619) 226-8888 for more information.

Pacific Beach United Methodist Church Extends a Warm Welcome

Chartered in 1947 and still celebrating the grace of God, the Pacific Beach United Methodist Church (PB UMC) is a faith community which people of many ages, stages, and backgrounds call home. Some have claimed PB UMC as “their” church since the 1950’s; others have just arrived. The church is known for excellent music, uplifting messages, opportunities for compassionate service, creativity in putting everyone’s gifts to work, and a beautiful courtyard complete with what must be Pacific Beach’s largest living Christmas tree!

PB UMC has long-held commitment to supporting families by sponsoring kids to participate in a resident summer camp in Julian; organizing week-long youth service projects which prove inspiring and eye-opening to teens, and mentoring young people. This year the church will add an arts day camp to its array of youth opportunities.

More information is available at www.myPBchurch.org.

To find out more about the Spring & Summer Camp special section, call Kim at (858) 270-3103 x140.
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Established in February 2013, OB KABOB is a family owned and operated restaurant that brings exquisite Middle Eastern cuisine to Ocean Beach. All of their dishes are homemade and use the freshest ingredients in all of their dishes including quality beef, lamb, and chicken. The Shawarma is mouth-watering, delicious and a must-have! Ocean Beach Kabob uses only top cuts of beef and lamb, making their kabobs the most tender and juicy, and the chicken is made of white meat (breast) only.

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THE PENNSILVA BEACON | THURSDAY, MARCH 7, 2013 | PAGE 13
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Before they get married in July, Zack Meyer, 23, and Stephany Cunanan, 24, decided to start their own business. The O.B. Dollar Store, located at 1919 Cable St., opened Feb. 7. The shelves are stocked with a large variety of items ranging from beach toys to tools, and to stay true to the name, everything is priced at $1 or less.

Meyer has lived in Ocean Beach for about three years. After Cunanan came to visit a few times, she realized there was no dollar store in the vicinity and she wanted to open one.

“We’re trendy; we’re up to date. We’re not like other dollar stores. You can go in here and get what you need and you can grab stuff that you didn’t realize you could go to the dollar store for.”

She said they want to cater to the wide range of people in Ocean Beach and carry something for everyone. For them, serving the community is a top priority.

“It still has that mom-and-pop feel, but it’s run by two young people, so we bring a new twist to it,” Cunanan said.

Meyer said customers have given them a lot of good feedback, and it’s the store’s customer service that really sets it apart from other dollar stores.

“It’s O.B., so we definitely keep it O.B. and bring in things that the community would want and need.”

Meyer said customers have given them a lot of good feedback, and it’s the store’s customer service that really sets it apart from other dollar stores.

“We’re not just a store,” Meyer said. “We converse with our customers. If customers find something that they want us to sell, we’ll get it for them. If they need something that’s more than a dollar, but at a cheap price, we’ll get it for them.”

Meyer said they plan to always keep prices low. This is the couple’s first time running a business. And so far, it has been an exciting learning experience, Meyer said. He said they’ve been getting used to everything that goes into it, in addition to working behind the counter.

“We’re looking to help everybody out,” Meyer said. “We’re opening a store and that’s exciting for us, and at the same time we want to have low prices so that helps out other people.”

Young entrepreneurial couple opens new Dollar Store in OB
Acoustics galore; island rhythms and The Hips

LIVE MUSIC

By BART MENDOZA| The Beacon

Though a number of San Diego’s bigger music venues have closed in recent months, including such well-known nightspots as Anthology and 4th & B, the Ocean Beach and Point Loma area’s music scene appears to be doing just fine, with more music than ever on offer each week. Here are five top entertainment options in the area this time out.

Fans of acoustic music will want to check out the Ocean Beach People’s Organic Foods Co-Op Deli, which offers free music twice a week. The music happens on Fridays from 5:30 to 7:30 p.m. and on Sundays from 11 a.m. to 1 p.m. A great place to take in a meal or a quick break while shopping by catching up-and-coming talent, the venue presents an eclectic mix of artists performing folk, jazz, blues and bluegrass music. Between the great music, fresh food and ocean breezes, this could just about be the quintessential Ocean Beach spot.

• Acoustic music: Friday, March 8 at 5:30 p.m. and Sunday, March 10 at 11 a.m. at Ocean Beach People’s Organic Foods Co-Op Deli, 6765 Voltaire Street, Ocean Beach. Free. www.obpeoplesfood.coop.

One of San Diego’s best-known reggae-influenced artists, Quino makes a rare appearance March 9 at Humphreys Backstage Live. If you’re a fan of reggae or Hawaiian music, this show is for you.

Quino first came to national attention in 1994, when his band, Big Mountain, scored a No. 4 hit with a cover of the Peter Frampton song “Baby, I Love Your Way.” While nothing he’s released since has climbed to those heights, his groove-filled music continues to be a major draw. Quino hasn’t released an album since his solo debut in 2010 with “La Ofrenda,” but whether he plays new creations or old favorites, anyone who wants an aural pick-me-up during the gloomy days of March will enjoy Quino’s island rhythms.

• Quino performs at 9 p.m. on Saturday, March 9 at Humphreys Backstage Live, 2241 Shelter Island Drive. $12. www.humphreysbackstagelive.com

Anyone wanting to squeeze in a last bit of weekend fun before the reality of Monday hits should head to Gallagher’s on Sunday, March 10 for a set from The Hips. Specializing in funk, soul and R&B, the band performs from 3 to 6 p.m. making this the perfect way to top off a Sunday. The Hips’ set list includes excellent takes of hit tunes from the Motown 1960s to the funky 1970s, the perfect soundtrack for dancing or just winding down the afternoon.

• The Hips perform at 3 p.m. on Sunday March 10 at Gallagher’s, 5046 New Port Ave. 21 and up. For more information, visit www.gallagherspubob.com.

Patterson after classic rockers circa 1970 to 1980, Locked Out of Eden is built on four excellent musicians. Frontman David Hermann has a superb voice at times, reminiscent of a young, edgy Neil Diamond, while guitarist Guy Aachelman may be the band’s secret weapon, with an arsenal of cool riffs. If you’re bored with bands playing the same old covers, Locked Out Of Eden’s well-crafted original songs, cut from the same cloth as the classics they take their inspiration from, should be enough to satisfy any rock fan.

• Locked Out Of Eden performs at 8 p.m. on Friday, March 15 at Riley’s Music Lounge, 2901 Nimitz Blvd. No cover. 21 and up.

To help improve the quality of life. For more information, visit www.gallagherspubob.com.

Therapy for Alzheimer’s Patients Improves Life

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

Notepad Computers – These same lightweight touchscreen computers, with puzzles, games and apps, are being used to exercise the person’s mind, help them improve their dexterity and even help remind them of things. The games help the person feel that they’ve accomplished a task and are successful.

Bright Lights – A study that was published in the Journal of the AMA found that either intensive light therapy or UV light therapy has helped a person with Alzheimer’s disease, researchers have been looking into therapies that can improve a person’s quality of life, possibly lessen some of their symptoms and help them function better.

Arts – This is increasingly being seen at museums around the country, where there are programs for people with Alzheimer’s to view and create art. The result of this therapy lasts well past the therapy session.

“Comfort Food” – It is being researched that letting the person have that extra piece of pie or that nighttime drink makes the person more content and peaceful. This could cause them to need less medication.

Tell a Story – Having the Alzheimer’s patient in a group, looking at pictures and making up a story about that picture helps the person be creative, as well as helping them socialize.

No therapy at this time can reverse Alzheimer’s, but more people are working to help improve the quality of life. For more help in dealing with an Alzheimer’s patient, call the RN care managers at Innovative Healthcare Consultants at 1.877.731.1442 or see us online at www.innovativehc.com.
Las Olas offers up tasty Mexican fare on Point Loma with new venue

Since 1981, Las Olas has been serving great Mexican Food by the beaches of North County. In January, the commute ended for residents of Point Loma and surrounding residents craving a meal from San Diego’s fish taco pioneers with the opening of a new restaurant at 3924 W. Point Loma Blvd., at the corner with Sports Arena Boulevard.

Owners Dave Murphey and Pete Johnson, both originally from the area, said they are excited about the new venue, which offers plenty of parking.

According to the owners, the menu offers many options, like “build your own tacos” with seafood, chicken, pork, along with carne asada taco platters and favorites like flame-roasted chili rellenos stuffed with fall-off-the-bone-tender carnitas or seasonal grilled vegetable enchiladas. The owners boast honest food, prepared fresh daily from scratch with wholesome ingredients.

A full bar also features margaritas and other fine drinks, along with a 10-tap draft selection of Mexican brews and San Diego’s home-grown craft beers.

Sign up at www.lasolasmex.com to become a Compadres Club member to receive monthly promotions and other great deals sent directly to you.

For more information, call (619) 222-6600. — Staff and contribution

Las Olas has opened a third location on West Point Loma Boulevard with plenty of savory food and drink.

Las Olas Point Loma

$1 MARGARITA GRAND OPENING SPECIAL

$1 House Margaritas or beer soda with purchase of any regularly priced Locales Favorites or Taco Platter!

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Monday-Friday ALL day till 6PM and Tuesday ALL day till we close!

HOT WEEKDAY SPECIALS
Hot Week Day Deals Monday - Friday 11AM - 6PM!
Fantastic Combination Plates For Only $7.50!

Savory steak tacos at Las Olas.

Pineapple margarita.

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 flavors. 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 heartiest of diners - all in a clean, comfortable and casual atmosphere. Breakfast is served all day long, but if it’s lunch you’re craving, try one of our signature salads, juicy half-pound burgers or street taco plates. Whenever you’re hungry, Broken Yolk is your place for fresh food served everyday of the week.

$2 OFF ANY BREAKFAST OR LUNCH ENTREE

$2 off purchase per online plus beverage per person, Limit 4 per coupon. Not valid on weekends or holidays or with any other coupon, specials or private groups.

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Las Olas Point Loma

Now Open in Point Loma!
On Jan. 26, Gwyneth (Gwyn) Curry, Charlie Grenis and Rachel Loeffler from Point Loma Venturing Crew 500 were inducted into the National Youth Leadership Society (NYLS) class of 2012 during the annual San Diego/Imperial Council Venturing and Sea Scout Awards Dinner. Venturing is a co-ed program of the Boy Scouts of America (BSA), which emphasizes leadership, outdoor skills, character development and citizenship. The program is geared to high school and early college-age young women and men. The purpose of NYLS is to recognize youth members of BSA who have learned and practiced outstanding leadership skills — the elite of Scouting.

There to present the awards on behalf of BSA's National Council was Sean Roy, San Diego-Imperial Council's director of field services, who said, “We’re very proud of all three of them. They have been a longtime contributors to the Venturing program at the unit level in Crew 500 and to Scouting in general.”

Loeffler, a senior at Coronado High School, has been a member of Venturing Crew 500 for nearly four years, and is currently the crew’s guide, having previously served as crew secretary and crew president. She is also currently serving as secretary of the Venturing Officer’s Association (VOA) within the San Diego/Imperial Council, which oversees Venturing activities throughout San Diego and Imperial counties. Just a week after completing eighth grade, Rachel drove to Idaho as the newest member of Crew 500, where the crew spent six days at the Salmon River High Adventure Base near Idaho Falls, and completed Kodiak, a leadership skills course taught while the crew was hiking, white-water rafting and rock climbing. Rachel went on to complete Kodiak X and BSA’s National Youth Leadership Training (NYLT).

Curry, a junior at University City High School, is vice president of administration in Venture Crew 500, and boatswain (equivalent to president) of Sea Scout Ship 1886. Sea Scouting is a specialized segment of the Venturing program, focused on maritime skills and heritage. Curry has completed Kodiak and Kodiak X leadership programs, NYLT and the National Advanced Youth Leadership Experience and has served on the staff of NYLT teaching leadership skills to other youth.

Grenis is a junior at California State University in Chico and has been a member of Venturing Crew 500 since 2005, and a member of Boy Scouts since 2001, when he joined Pack 546. Grenis is an Eagle Scout and has previously served as the senior patrol leader of Troop 500, as well as vice president of Crew 500. He has also completed Kodiak, Kodiak X and NYLT while a member of Crew 500. Grenis was back at college and unable to attend the dinner, but the award was accepted on his behalf by the current Crew 500 president Hannah Olson.

Olson was also presented the council’s Venturing Leadership Award for exceptional contributions to Venturing and exemplifying the Venturing code. Olson is a sophomore at Point Loma High School. She is also a member of Crew 500 and Ship 1886. Crew 500 is chartered through Saint Agnes Catholic Church in Point Loma, while Ship 1886 is chartered through the San Diego Yacht Club.

Venturing Crew 500 advisor Stan Miller was on hand for the presentations during the awards dinner.

About his Crew, Stan said, “The heart and soul of what we do in the Boy Scouts of America, including Venturing, is produce leaders for tomorrow. Charlie, Rachel, Gwyn and Hannah have learned and practiced outstanding leadership skills.”

— Staff and contribution
ENTERTAINMENT WHILE MAKING A DIFFERENCE IN THE COMMUNITY

Eleventh-grade members of MAD-CAPS (Mothers and Daughters Club Assisting Philanthropes) rehearse for their “Singin’ in the Rain” number at the charity group’s upcoming show “Camera, Lights, Dance.” The 53rd annual show, at Correia Middle School, runs from Mar. 7-9. The same girls will also perform to “Hello, Dolly” and “All That Jazz.” Tickets are available by visiting the group’s website at www.madcaps.us.

3rd Annual Point Loma / OB Community Yard Sale Day set for April 27th

It’s almost time for the third annual Big PL / OB Annual Community Yard Sale Day. This year’s event is slated for Saturday April 27th. The event is hosted each year by long time Point Loma Realtor Bob Woodard of Prudential CA Realty. Last year the event was great success said Woodard. “We had nearly 75 yard sales throughout the community and the best part for sellers is it’s all FREE!” We market the event throughout San Diego County to attract buyers from all areas. The one thing that’s for sure, you never know what people will break out for the sale. Last year there was an abundance of antiques along with just about every household and sporting item you could think of and even a restored wooden Chris Craft ski boat. Master maps will be provided for buyers of all the sale locations however to sign up you must be signed up by the 23rd. We are encouraging sellers to open from 7am-12 Noon which still provides them a free afternoon. Sign up to participate by contacting Bob Woodard at (619) 227-LIST or go to www.bigplsale.com.
Making book on the past: OB group seeks memorabilia

BY MARTIN JONES WESTLIN | THE BEACON

It was a piece of local history fit for Hol-lywood, so Hollywood made a movie out of it. “The Rainmaker,” a 1956 film star-ring Burt Lancaster, centered on Charlie Hatfield’s groundbreaking efforts in some-thing called cloud seeding. S.C. firm has churned out nearly 20 houses, aircraft, Coronado, Central Park, leg-ends of the neighborhood. Community involvement took over from there, with Blavatt suddenly becoming one of 17 contesting for a City Council seat vacated in 2005 in connection with some of the stuff with NTC [the former Naval Training Center] was becoming a big bait-and-switch, and SeaWorld was expand-ing. I went to a lot of council meetings and hit the Ocean Beach area particular-ly hard. Some of the best photos, so we’re asking for any-thing anybody has about OB, on older blavatt said. “You have the Christmas parade. You have the chili cook-off [every year], Leonard Peltier and indigenous-rights issues. The free event takes place at 4843 ‘B’ Voltaire St. For more information, call Collet at (619) 225-1083.

Looking ahead

THURSDAY, March 7

Film night at The Green Store at 7 p.m. with the feature film “Trudell,” a documentary on the life of John Trudell, a poet, musician, actor and indigenous rights activist. A discussion follows on “Idle No More,” Leonard Peltier and indigenous-rights issues. The free event takes place at 4843 “B” Voltaire St. For more information, call Collet at (619) 225-1083.

SUNDAY, March 10

Sacred Heart Academy in Ocean Beach will host an open house from 10:30 a.m. to 1 p.m., with a kindergarten information session at noon. The school is located at 4895 Saratoga Ave. For more information, call (619) 222-7252, or visit www.sha.org.

WEDNESDAY, March 20

Regular meeting of the Naval Base Point Loma’s Restoration Advisory Board to discuss relevant issues. The meeting takes place at 6 p.m. at the Southwestern Yacht Club, 2702 Qual-trough St. The meeting is open to the public. For more infor-mation, call (619) 556-0191.

FRIDAY, March 22

Silver Gate Elementary School will hold its “Masked Gala & Auction” to raise funds for Friends of Silver Gate Elementary for school programs. RSVP by contacting fsgauc-tion2013@gmail.com.

The event takes place from 6 to 11 p.m. at the Hyatt Regen-cy Mission Bay-Mission & Bayview Ballroom, 1441 Quivera Road. The event will include a silent auction and masked gala. The evening will feature food and dancing. Cocktail attire is suggested and masks and costumes are optional. Self-parking is complimentary and valet is $10. RSVP by March by contacting fsgauc-tion2013@gmail.com.

This image shows three generations of Blavatt women cruising Ocean Beach in 1924. Photo courtesy of the Ocean Beach Historical Society

BY MARTIN JONES WESTLIN | THE BEACON

The historian in Blavatt fuels her activist bent. The Pala Alto native’s been an Ocean Beach resident since 1965, tak-ing the community’s real-life history in stride — but the lessons hit home nine years ago, when she discovered a picture of her grandmother and great-grandmother cruising Ocean Beach in a 1924 Model T. Community involvement took over from there, with Blavatt suddenly becoming one of 17 contesting for a City Council seat vacated in 2005 in connection with some of the stuff with NTC [the former Naval Training Center] was becoming a big bait-and-switch, and SeaWorld was expanding. I went to a lot of council meetings and felt the power of the developers in this town. It just was disheartening.

But there’s more to San Diego than its City Council, which can never dispel Ocean Beach’s impenetrable sense of place. “The feel for history has remained part of the public process in Ocean Beach,” Blavatt said. “You have the Christmas parade. You have the chili cook-off [every June]. You have the Town Council. You have the [merchants] MainStreet Association. You have the activist groups. You have the People’s food co-op. It’s such a ‘cure’ for tuberculosis one visitor experi-enced as early as 1905. The neighbor-hood is a crazy-quilt of the best and worst of San Diego — and the Ocean Beach His-torical Society seeks your help in design-
OPEN HOUSES

LA JOLLA
Sat & Sun 1-4pm ... 6356 Via Calabria ..... 3BR/2BA ..... $750,000-$819,000 ..... Natasha Alexander / Charles Scheibler #858-336-9051
Sat & Sun 12-4pm ... 8007 Crown Lane ..... 3BR/2BA ..... $825,000 ..... Natalie Hartis / 858-926-9343
Sat 1-4pm. ... 333 Midway St. ..... 3BR/2BA ..... $1,206,000 ..... Carol Coly / 619-997-8151
Sun 2-4pm ... 6356 Via Calabria ..... 3BR/2BA ..... $750,000-$819,000 ..... Monica Lesnick / 858-752-7854
Sat 1-4pm ... 1341 Camino Antigua ..... 3BR/2BA ..... $1,499,000 ..... Gary Kowalewski / 619-227-8727
Sun 1-4pm ... 5632 Rodgers Rd. ..... 3BR/2BA ..... $1,295,000 ..... Tammy Davis / 858-689-7365
Sat 1-4pm. ... 333 Midway St. ..... 3BR/2BA ..... $1,901,000 ..... Rod Davis / 858-353-7856
Sun 1-4pm ... 3711 Hillside Dr. ..... 4BR/3BA ..... $2,599,000 ..... Patty Cohen / Susan Compan #858-414-4555
Sun 1-4pm ... 7777 Exchange Pl. ..... 4BR/3BA ..... $2,750,000 ..... Irene Chandler / 858-775-6782
Sun 2-4pm ... 1944 Little St. ..... 5BR/5.5BA ..... $4,860,000 ..... Sarah Flynn Tudor / 619-813-6609

PACIFIC BEACH / MISSION BEACH / CROWN POINT
Sun 1-4pm ... 1031 W. Birdfield ..... 3BR/2BA ..... $2,700,000-$2,990,000 ..... Dunlee / Schoedl #858-381-9089

POINT LOMA / OCEAN BEACH
Sat & Sun 1-4pm ... 2076 Cable St. ..... 2BR/2BA ..... $499,000-$539,000 ..... Matthew Jennor / 858-603-1812
Sat & Sun 11-4pm ... 1153 Plum St. ..... 2BR/2BA ..... $1,199,000 ..... Robert Realty / 858-652-8827
Sat & Sun 11-4pm ... 1647 Harbor View Pl. ..... 3BR/2BA ..... $2,495,000 ..... Robert Realty / 858-652-8827
Sat 12-4pm ... 3001 Orleans East ..... 3BR/2BA ..... $425,000 ..... Philip Canuto / 858-241-5884
Sat 3-9pm ... 1566 Cove St. ..... 4BR/3BA ..... $1,395,000 ..... Tami Fuller / 619-226-8264
Sun 2-4pm ... 3480 Coastline Pl. ..... 3BR/2BA ..... $425,000 ..... Judy Klotzgen Chayka / 619-997-3012
Sun 1-4pm ... 430 San Antonio ..... 2BR/2BA ..... $575,000-$605,000 ..... Justin Salbato / 858-405-2405
Sun 1-4pm ... 3406 Lotus Dr. ..... 3BR/2BA ..... $675,000-$750,000 ..... Claire Merlo / 858-551-3349
Sun 1-4pm ... 3406 Breakfast ..... 2BR/2BA ..... $429,000 ..... Sue Fitzgerald / 619-241-5884
Sun 1-4pm ... 2702 E. Bahnhof ..... 3BR/2BA ..... $879,000 ..... Judy Klotzgen Chayka / 619-997-3012
Sun 12-5pm ... 3594 Caron ..... 3BR/2BA ..... $999,000-$1,096,000 ..... Gary Kent / 858-457-5367
Sun 1-4pm ... 4451 Newport Ave. ..... 4BR/4BA ..... $1,250,000 ..... Kent Date / 619-336-2828
Sun 1-4pm ... 879 Rosecrans ..... 3BR/2BA ..... $1,295,000 ..... Michelle Kicen / 858-518-7707
Sun 1-4pm ... 3624 Via Flores ..... 4BR/3BA ..... $2,550,000 ..... John Reis / 858-272-1348

UNIVERSITY CITY
Sat & Sun 1-4pm ... 5382 Renaissance Ave. ..... 3BR/2BA ..... $1,100,000 Cindy Ever 619-795-8757 Gery Burchard 619-206-2811
Sat 12-3pm ... 3491 Tony Dr. ..... 4BR/3.5BA ..... $799,000 ..... Tony Francouer / 858-775-6782

NORTH PARK
Sun 1-4pm ... 2309 Laurel #103 ..... 2BR/2BA ..... $399,000 ..... Annette Schultz / 619-838-9673

RENTAL
RENTAL PROPERTY ... 2049 Pasado Donato ..... 3BR/3BA ..... $7,500 Mo. ..... La Jolla 619-813-6609

Wait Free DMV
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PACIFIC BEACH
858.270.1471
5010 Cass St., Suite G
San Diego, CA 92109
Monday to Friday 9-6 Saturday 10-2

For instant DMV renewals or transfers call 858-270-1471.

San Diego Bahá’í Faith
Informal gatherings every evening of the week.
Call for more information:
(858) 454-5203 • (858) 274-0178
Or join us on Sunday at the
San Diego Bahá’í Center
6545 Alcala Knolls Dr. (Off Linda Vista Rd)
9:30 am – 10:00 am Multi-Faith Introductory Talk
10:30 am – 12:00 pm Devotional Program & Discussion
Please call 858-268-3999 for more information and visit our websites:
www.sandiegobahai.org • www.bahai.org

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Get GREEN with Bargains!

Saturday, March 16th
12:30 pm - 3:30 pm

Join Sam the Cooking Guy at the brand new Point Loma Grocery Outlet for a FREE treasure-filled event for the whole family!

Sam will share some of his finest, frugal-friendly and delicious dishes while the kids can enjoy the COOL ZONE ice cream station and custom balloon animals.

Feeling lucky? Spin our Wheel of Bargains for a chance to win great prizes including Grocery Outlet gift cards!

Save your pot o’ gold and get GREEN with Bargains!

Visit our Facebook Page for details on how YOU can also win an exclusive VIP meet & greet with Sam himself: facebook.com/PointLomaGroceryOutlet

A big THANKS to the following for celebrating with us!

These are some of the prizes we’ll be giving away on March 16th!

Win What You Save!
2 winners chosen every month. Prize awarded as a Grocery Outlet Gift Card.

3948 W. Point Loma Blvd.
San Diego, CA 92110
(619) 704-1440
8am - 9pm Every Day!

Like us on Facebook! facebook.com/PointLomaGroceryOutlet