Massive waves pound OB pier

Huge waves crashed onto the Ocean Beach Pier over the weekend due to strong wind and rain. This image was shot on Friday, Jan. 29 before SDPD and lifeguards closed the pier after a massive wave knocked down and injured a young woman who was walking on it.

PHOTO BY JIM GRANT

El Niño takes a crack at Sunset Cliffs

Winter storms accelerate erosion

By DAVE SCHWAB | The Beacon

Sunset Cliffs is on (a) crack. So much so that part of the Ocean Beach landform, which developed a sizable split beneath Point Loma Nazarene University during the last storm event, could come tumbling down. Perhaps soon, according to Prof. Pat Abbott. “The crack literally is wide enough to stick your arm in — if you dare,” said Abbott, a San Diego State

SEE CRACK, Page 16

San Diego lifeguards, city agree on expanded health coverage

By DAVE SCHWAB | The Beacon

San Diego lifeguards, who recently approved a new contract proposal with the city dealing with “presumptive illness coverage,” got some, but not all — of what they were looking for in the deal. “But it’s a big step in the right direction,” said Ed Harris, former District 2 city councilman and the lifeguards union spokesman.

Presumptive illness coverage protections feature workers’ compensation benefits implemented to protect employees who have high risk of injury and hazardous expo-

SEE BENEFITS, Page 16
Where to go: Romantic spots around Ocean Beach and Point Loma

Sunset Cliffs
If you want to see the most beautiful sunsets in San Diego, Sunset Cliffs is your place. Breathtaking views easily make this place a favorite among romantics. While watching the surfers, you’ll take in the ocean breeze. If you want to walk and hold hands, take the walking trail along Sunset Cliffs with your significant other. You can also take a picnic basket and blankets for a romantic date. There is plenty of parking and benches to sit and enjoy the view.

Ocean Beach Pier
The pier is a tourist site, but also a romantic place to have a stroll with your Valentine. The longest concrete pier on the West Coast is located on the south end of the beach. You’ll find a casual restaurant on the pier. Take some selfies with your loved one on the pier and watch the waves roll into the beach.

Cabrillo National Monument
(Point Loma Lighthouse, tide pools)
This is arguably the best view in San Diego. You’ll be awed by the spectacular view of San Diego Bay, downtown San Diego, and the mountains looming beyond the skyline. Pose for a photo in front of the massive statue of Juan Rodriguez Cabrillo, the Portuguese explorer who sailed into port under the Spanish flag in 1542. A museum tells the story of San Diego’s discovery through films and displays. Walking along one of the trails feels like you’re surrounded by the ocean. Watch one of the several short educational shows they screen in the visitors center. Walk along the paths to see the whale watching lookout point or travel down to the tide pools and see the old Point Loma Lighthouse. At the lighthouse, built in 1854, you can see how life was for the lighthouse keeper and family.

Shelter Island
Shelter Island is a romantic place to enjoy the views. Its 20 miles of coastline range from sandy beaches with shallow waters to rustic spots that offer beauty and seclusion but with a little less polish. The three town beaches are all unique and they have different characteristics. Wades, which is on the south side of the island and fronts Shelter Island Sound, is a wide sandy beach with a gentle slope. Crescent, or Louis Beach, faces Southold and Greenport on the north and has lovely sand. It is also the only beach with any commercial establishments on it.

Romantic Get-Away
If you are looking for a romantic escape, pack your bags and take your honey to Kona Kai Resort & Spa’s “Bae on the Bay” on Shelter Island. You can experience an island escape, available now through Feb. 29. Sleep in waterfront accommodations in lavish Kona Suites. Have a dinner on a secluded beach, see the sunset at a yacht cruise, go to the spa and take your Valentine up to the sky on a private helicopter ride.

Have a romantic Valentine’s day meal in Kona Kai Resort in Shelter Island. PHOTO CONTRIBUTED
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Mothers and daughters in harmony for charity at MADCAPS annual show

BY SCOTT HOPKINS | THE BEACON

One of the community’s oldest organizations is preparing to stage its annual music and dance review involving a cast of hundreds of local teens.

This is the 56th year that MADCAPS (Mothers and Daughters Club Assisting Philanthropies) has entertained audiences while raising funds for charities selected by the young ladies themselves. Months of rehearsals will culminate in “MADCAPS, in Harmony with San Diego,” the theme of this year’s show, to be staged Thursday through Saturday, March 10 to 12, at Brown Chapel on the campus of Point Loma Nazarene University.

Dozens of local young men are also featured in the production.

Tickets for the popular show, which features singing, several types of dance and a farewell to graduating members, will go on sale Tuesday, Feb. 9, and range from $5 to $25 each. They can be purchased at sdmadcaps.org.

“We are particularly excited about this year’s theme,” said Kate McKenzie, 2016 benefit communications chair of the group. “It focuses on our local community, where our boots are on the ground making a difference. An exciting new feature of the show is stage appearances by representatives of the philanthropies we support. This year, we are very pleased to welcome San Diego Habitat for Humanity, St. Vincent de Paul and San Diego Therapeutic Recreational Services to say a few words to our patrons.”

MADCAPS is also supporting an outreach to homeless kids led by Point Loma Nazarene University. Tickets for the popular performances go on sale Feb. 9.

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Purchasing, traffic and chokepoints discussed at Midway Planning

Midway Community Planning Group (MCPG) in January voiced concern that area property owners could come out on the short end of traffic and parking changes and improvements proposed in a draft mobility report presented by city officials.

Those changes, as outlined at MCPG’s Jan. 20 meeting, could include creation of small road segments interconnecting side streets. The idea is to siphon some of the congested traffic off Rosecrans Street, one of the city’s most heavily trafficked thoroughfares.

The Midway District is in the throes of a community plan update that could significantly alter traffic and parking patterns throughout the largely industrial-commercial and warehousing district.

MCPG board member Cathy Denton warned that adding road segments and making other changes to encourage bicycle and pedestrian uses could curtail on-street parking, which might have unintended, negative consequences for merchants.

“We’re light and heavy industrial and warehousing and delivery, and I wonder if you’re (city’s) taking that into consideration in your vision of our draft community plan,” Denton noted. “You’re talking about removing parking, putting in bike lanes and putting in physical barriers. There are a lot of property owners in this area that have their blood, sweat, tears and their lives invested in these properties, which are small parcels, some not even 50 feet wide. I don’t think this is what we should be doing as part of the community plan update.”

“In the future, we need to have some very sensible things done, but some of the byproducts of those (proposed changes) could amount to de facto eminent domain and impact property owners,” agreed MCPG planner Kurt Sullavan. “It says to them, ‘You’re stuck with us, and we’re going to do what we want to do, and you’re going to pay the price personally for the benefit of this entire community.’ It’s a large issue.”

“Part of the analysis for your community plan update is a traffic and mobility study evaluating the needs of the community and its land uses,” city planner Vickie White told the group, adding the mobility study amounts only to suggestions at this stage of the planning process.

White has noted the Midway Community Plan update is intended to be “viable for the next 20 to 30 years.” She added it was adopted in 1991 and “significantly amended” in 1999.

Stephen Cook of Chen Ryan Associates said the objective is to attempt to make the Midway District less “autocentric.”

“We’re trying to make biking, walking and taking mass transit more safe,” Cook said. “We want to increase the... connectivity into the community, developing a transportation network.”

Associate city engineer Tanner French said another objective of the community plan update is to establish a design manual. “We can identify places where sidewalks aren’t there that we think are needed,” he said. “We want to improve safety and public access points.”

“It’s a trade-off,” acknowledged Cook.

“The community has to weigh where they want to have parking and where they want to have sidewalks. Our job is to find out where those trade-offs lie.”

French said previously that the community plan update is “going to look at improving bicycle and transit access trying to balance all those modes.” He noted that “the whole Peninsula is constrained, with not a lot of regional access,” adding there are several “chokepoints with a lot of high-volume traffic” along Rosecrans. He added the area is also difficult for pedestrians and bicyclists to get around while pointing out there “is a lack of transit connections to the airport.”

Dr. DAVE SCHWAB | THE BEACON

Wild winds topple trees in Point Loma

About 4:30 a.m. Feb. 1, Westminster Presbyterian Church lost two giant eucalyptus trees along Talbot Street. The church hired a crew who cleared the two trees blocking Talbot. A third tree behind the church sanctuary also fell, which compromised a power line between the sanctuary and fellowship hall-theater. No one was hurt, and SDG&E was notified.

Powerful winds have downed dozens of trees and utility poles throughout San Diego County as the result of a winter storm that arrived just before noon Jan. 31.

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It is with great pleasure that Denise and Stuart Seymour announce the engagement of their daughter Kassidi Nicole Seymour to Mark E. Dittrich, Esq., son of Dr. Sharon Reed and Dr. Howard Dittrich.

The bride to be is a 2007 graduate of Point Loma High, received her BA from CSU Chico in 2011 and received her California Teaching Credential from CSU Fullerton in 2015.

The groom to be is a 2006 graduate of Point Loma High, received his BS from UCLA and received his JD from UCLA and received his JD from Georgetown University Law in 2014.

Kassidi and Mark both live in Newport Beach, CA and they and their families look forward to an October 2016 wedding in Point Loma.

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Peninsula plan group supports residents’ appeal for food market

By DAVE SCHIABBI | THE BEACON

Peninsula Community Planning Board played to a packed house at its Jan. 21 meeting as upward of 30 residents turned out in a show of support for a mom ‘n’ pop venue versus a corporate shop.

Planners also were updated on the status of another controversial issue, the so-called NextGen Metroplex plan, proposed by the Federal Aviation Administration. That proposal could allow deviations from the LOVMA Waypoint navigational marker that for some 20 years has minimized plane flights over the Peninsula.

The lease for the former Point Loma Fresh & Easy, in the small shopping center at 955 Catalina Blvd., was sold recently to CVS Pharmacy through a bankruptcy court in Delaware. There is an existing small business, Point Loma Cabrillo Drug, in the same shopping center. Outraged neighbors, who want a grocery store there, not a pharmacy, immediately started an online petition drive on change.org.

Residents at the meeting weren’t disappointed, as the city advisory group unanimously endorsed drafting a letter supporting their cause.

Planning board member Mike Ryan, spokesperson for citizens concerned about this purchase, gave a brief presentation detailing the history of the retail space, which for many years has been one type of grocery store or another.

“I have a copy of a petition with almost 3,000 signatures of local residents against this purchase,” Ryan said following his brief presentation. He argued that the existing lease “mandates a grocery store on the site.”

“We need to take this seriously,” Ryan concluded.

Community planners cut to the chase and quickly asked for a group vote endorsing a grocery store rather than a drugstore on the site. The group’s unanimous approval of that motion drew applause from the room.

Fresh & Easy, a Southern California convenience grocery store chain, recently closed its eight locations in San Diego County, including its Catalina Boulevard site. The company noted an “organized wind-down” after a failed reorganization as the reason for the closures.

The Delaware bankruptcy court has delayed until mid-February its decision on whether or not zoning on the Catalina Boulevard locale would allow its use as a pharmacy rather than a grocery store.

FAA flight plans

Meanwhile, planning board member Paul Webb, in his report on the status of the FAA’s NextGen proposal, noted that Mayor Kevin Faulconer, Congressman Scott Peters, the San Diego County Board of Supervisors and District 2 Councilmember Lori Zapf are on board with opposition to the controversial proposed airport tracking changes.

A recent meeting with the FAA on its NextGen Metroplex plan drew about 1,000 opponents to a special meeting held in Liberty Station.

Webb pointed out the Peninsula has become “sensitized” to the issue, with some alleging there has been a recent marked increase in overflights of the Peninsula.

“In August, we had 18 noise complaints from Point Loma,” Webb said. “In December, there were 1,578 complaints — more than the previous 10 years combined.”

The NextGen project is intended to improve the efficiency of airspace in Southern California by optimizing aircraft arrival and departure procedures at more than 20 regional airports, including San Diego’s. The project may involve changes in aircraft flight paths and altitude procedures, but FAA, however, claims it would not increase aircraft operations within Southern California airspace.

READ MORE ONLINE AT sdnews.com

Zika virus in San Diego: what you should know

It is everywhere in the news — the Zika virus. It’s a mosquito-driven virus new to the Americas that has been virulently harmless to most people but also linked to a serious birth defect. It’s prompted travel warnings to Mexico and several South American and Central American countries, as well as anxious questions from the media and the public.

So what should you know about the Zika virus in San Diego County? There’s no reason to panic

There are currently no local detections of the Zika virus in San Diego County. There were two cases reported here in recent years: one in 2014 and one in 2015. In both cases, the people contracted the virus when they visited tropical islands in the South Pacific and the Indian Ocean. San Diego County public health officials said neither person needed to be hospitalized. The national Centers for Disease Control and Prevention (CDC) report there have been no locally-transmitted cases of Zika in the U.S. And there have been no Zika cases reported in the regions of Mexico bordering San Diego County.

Protect yourself from mosquitoes

Start by finding and dumping out any standing water in and around your homes so mosquitoes don’t have places to breed. San Diego County’s Vector Control program has been encouraging residents to protect themselves from mosquitoes since 2003, when another virus — the West Nile virus — showed up here.

That is even more important this year because El Niño has brought increased rain and because the mosquitoes that can transmit the Zika virus like to live and breed in urbanized areas — including inside homes and backyards — and can breed in contain- ers as small as a thimble. The San Diego County Environmental Health Depart- ment’s Vector Control Program routinely monitors and works to control mosquito populations, responds to complaints and eliminates mosquito breeding grounds.

Zika virus

The CDC reports that only about 20 percent of people — one out of every five — who get infected with the Zika virus ever experience any illness. If people do get sick, their symptoms are usually mild and may include fever, rash, joint pain or conjunctivitis (red eyes). Symptoms typically begin two to seven days after being bitten by an infected mosquito. However, the CDC also reports that the Zika virus has been suspected to cause a severe birth defect — microcephaly, a condition where babies’ heads and brains are smaller than normal — in cases where mothers were infected during pregnancy. The CDC has issued travelers warnings urging pregnant women not to travel to countries where Zika is present.

Mosquitoes

The mosquitoes known to transmit the Zika virus, primarily the Aedes aegypti (yellow-fever mosquito), but also the Aedes albopictus (Asian tiger mosquito), are not native to San Diego. But they have been discovered here — the yellow-fever mosquito in 2014 and the Asian tiger mosquito in 2015.

These Aedes mosquitoes are different than the mosquito species native to San Diego County. They’re smaller and have distinctive black and white markings. And unlike our native mosquitoes, they like to feed during daylight hours. They are known to be aggressive biters.

County officials said the public should continue to remember the “Prevent, Protect, Report” slogan that has guided its fight against West Nile virus.

Prevent mosquito breeding sites. Every week, dump out and clean containers that hold water inside and outside homes. Fill planter saucers with sand or fine gravel so water won’t form pools where mosquitoes can breed.

Protect yourself from mosquito bites. Wear long sleeves and pants when outdoors. Use insect repellent, preferably containing DEET.

Make sure the screens on your win- dows and doors are in good condition, do not have holes or tears, and are secured to keep insects out.

Report if you are being bitten by mosquitoes during daylight hours, or if you find mosquitoes that match the description of the yellow-fever mosquito or Asian tiger mosquito, by contacting the Vector Control program at (858) 694-2888 or vector@sdcounty.ca.gov.

County public health officials have said anyone who planned to travel out of the country should check the CDC travel advisory website to see if there are any mosquito-borne diseases, including the Zika virus, in the country that they plan to visit. They said people should consult their doctors before traveling to a country with the Zika virus — especially if they are pregnant or may become preg- nant. In addition, they said that anyone experiencing Zika-like symptoms within two weeks of returning from a country with the Zika virus should seek medical care.

For more information about the Zika virus, go to the CDC’s Zika virus web page.
CVS pulls out of Point Loma shopping center

BY DAVE SCHWAB | THE BEACON

A proposal to turn the former Fresh & Easy into a pharmacy has apparently died for lack of a second.

Numerous sources, including Point Loman and attorney Andrew M. Greene, are reporting that CVS Pharmacy withdrew its bid Jan. 29 for the Fresh & Easy lease in the shopping center at 955 Catalina Blvd. in Point Loma.

The proposal, in the past several weeks, has drawn strident opposition from nearby residents, 1,000 or more of whom signed an online petition at change.org to oppose a drug store going in at that site. The site already includes a local pharmacy, Point Loma Cabrillo Drug, as well as a Subway, Cup of Yo and Peet's Coffee & Tea.

"Never underestimate the power of the people when they are wronged and are angry," said Jon Linney, a Peninsula community planner speaking on his own behalf. "I do believe the 3,000-plus signatures was a big part of why CVS backed down."

Linney was referring to the effort by Mike Ryan and other organizers to gather a change.org petition with upwards of 3,000 petitions, which he noted "was the bulk of the effort."

Linney believes "the landlord’s opposition and legal intervention took the fight to a higher level."

"The unanimous vote of the Peninsula Community Planning Board – an easy vote, by the way – showed how united the community was and how senseless a second pharmacy instead of a grocery would be," he said. "Finally, the Beacon's front-page story with the latest developments was a fine moment in community journalism."
Discounted household goods at Black Friday Outlet

It’s Black Friday every day at the Midway District outlet store of the same name. Open about three months, Black Friday Outlet, at 3610 Midway Drive, offers a plethora of household goods, including TVs, refrigerators, coats, washing machines and even Hoverboards at as much as 25 to 75 percent off.

“Black Friday is a shopping day when discounts are given on those days from major stores,” noted outlet co-owner Kevin Kunz, who runs the shop along with his brother-in-law, Jared Quintanilla. “So we figured, why limit customers to one day a year for those sales when we can give it every day?”

The duo had a couple of restaurants, lunch trucks and a Black Friday in Hawaii. They rebooted Black Friday after relocating to San Diego.

Kunz grew up in Pacific Beach, is a Mission Bay High School alum and sells real estate locally. He said he loves being in the outlet trade.

“We’re here for the everyday person,” Kunz said, noting the shop offers something else most retailers don’t – the option to purchase items on layaway.

“Not everybody can afford a refrigerator or a washer and pay for it all at one time,” Kunz noted. “If you want to buy a washer for $600, we have them put 20 percent down as a deposit, then pay 20 percent more every two weeks on layaway, rather than putting it on their credit cards, where they’re charged 20 percent interest. If they do 20 percent every two weeks, they have it paid off in 10 weeks.”

Kunz said he and Jared are able to offer such good prices because of their extensive networking.

“We’re able to give such deep discounts because we buy in bulk at such low prices that we can buy it and still make a profit reselling it,” he said. “We can sell TVs at or below amazon prices.”

Black Friday also offers an assortment of discounted coats and jackets and expects to soon expand many of the lines it carries.

“We’re going to get dresses. We’re going to expand the store,” he said, adding they’re going to make a business trip to Las Vegas soon to explore expanding their merchandising lines.

Midway’s Black Friday also offers other recreational items, like Hoverboards. Kunz noted they have a military contract to sell them at local bases.

Of his location on Midway Drive, Kunz said, “Twenty thousand cars pass by here every day. It’s a great location.” Kunz said Black Friday is also involved in giving back to the community.

“We want to start working with different local organizations to raise money (for them),” he said. “We raffled off a 50-inch TV the other day; with proceeds going to Mission Bay’s basketball team. We’re in talks with another school right now to do a fundraiser for them.”

For more information, visit blackfridayoutletsandiego.com or call (619) 888-2681.
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It is hard to miss the problems arising in the wake of the conventional food system: toxic exposures, birth defects, obesity, water pollution, and destruction of wildlife habitat to name just a few. While dozens of labels promise undefined and unverified benefits, the certified organic label stands apart in delivering what people need—nutritious food, grown using methods that minimize the use of toxins while building soil quality and protecting water quality.

When you choose to eat certified organic food, you join a growing and dynamic food sector that stimulates valuable change; changes that benefit all of agriculture, as well as everyone dependent on the American farmer for three square meals a day.

At O.B. People’s Organic Food Market, a California food cooperative and San Diego’s only customer-owned grocery store, we’ve been selling organic food since 1972. The market specializes in organic produce and grocery items, full spectrum vitamins, bulk herbs and dry goods, aromatherapy products, and cruelty-free body care items. And at People’s, you don’t need to be owner of the co-op to shop, everyone is welcome!

At People’s, you don’t need to be owner of the co-op to shop, everyone is welcome!

**People’s Broccoli Soup**
Chef’s tip: Of all the commonly consumed cruciferous vegetables, broccoli stands out as the most concentrated source of a premiere antioxidant nutrient—vitamin C. You need vitamin C for the growth and repair of tissues in all parts of your body.

1 Tbsp. olive oil
1 cup carrots, diced
1 cup onion, diced
1 cup celery, diced
1 Tbsp. garlic
1 tsp. black pepper
2 tsp. sea salt
2 cups vegetable broth
2 cups broccoli, stems chopped
1 cup chopped spinach

In a soup pot, sauté the carrots, onion, celery, and broccoli stems in oil for 20 minutes, then add the garlic and sauté for 1 more minute. Add the thyme, salt, pepper, and broth. Bring to a boil, then simmer for 10 minutes. Add the broccoli florets and cook for 5 more minutes. Remove from heat and add the spinach. Use an immersion blender and blend until smooth. Add zest to each bowl of soup before serving.

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

For more information, visit us on the web at obpeoplesfood.coop or on Facebook 1387 for more information. Visit us on the web at obpeoplesfood.coop or on Facebook.

**San Diego’s First Beach Winery Celebrates Grand Opening in Ocean Beach**

Gianni Buonomo Vintners has opened the doors to San Diego’s first beach winery. The brand-new, on-site winery and tasting room in Ocean Beach is just steps from the beach on Newport Ave. Known by locals as OB, Ocean Beach is regarded by many as the last “old school” beach town in California. It’s also known as more of a beer drinking surfer community than a wine community.

“...and you can still drink fine wine wearing flip-flops,” jokes winemaker and managing partner Keith Rolle who is a long-time Ocean Beach resident. Gianni Buonomo Vintners obviously doesn’t grow grapes at the beach. The majority of the grapes are brought to Ocean Beach from top vineyards in Washington State. The balance of the grapes are sourced from two vineyards in El Dorado County CA.

Gianni Buonomo Vintners produces around 1,500 cases of wine per year. “We have to work harder to keep it small,” said Rolle. “It’s pretty high density down here by the beach, but we’ll have just enough room to manage our small wine operation.”

The Grand Opening of Gianni Buonomo Vintners is scheduled for Friday, February 19, 2016 from 7:00 to 11:00. Select wines from the Gianni Buonomo line-up will be paired with small plates from some of Ocean Beach’s finest restaurants.

Tickets are only available online on Yapsody: giannibuonomo.yapsody.com/event/index/271027/ref=elink

For information: www.GBVintners.com

Winery Address: 4906 Voltaire St. (corner of Voltaire & Cable) Ocean Beach

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www.theazcafe.com

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Inn at Sunset Cliffs hosts Open House & Mock Wedding February 21st 2016 10am-2pm

The Inn at Sunset Cliffs is holding our annual “Sea. Sky. Sun. Celebrations” an open house/mock wedding event for locals, friends, family’s, brides, and grooms to come view our beautiful location with a few personally suggested vendors displaying their services on-site. You will have the opportunity to view our property fully setup for your wedding. Complete ceremony packages will be displayed with decorations from our suggested designers. Rooms are open for touring and the property up for viewing. Try some delicious food and tour our property for your wedding or a future stay. We are holding a Golf Giveaway for the grooms. Hole-In-One contest. RSVP now to enter into our GRAND GIVEAWAY! Also a chance to win a free night, just show up! Don’t miss out! Rooms are being given away

RSVP to: 619-222-7901 or email weddings@innatsunsetcliffs.com
1370 Sunset Cliffs Blvd. San Diego, CA 92107

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Pack up your tastebuds!
AND HEAD TO O.B. FOR VALENTINE’S DAY
iPads stolen from OB school

Pioneer Day School, a special-needs school in Ocean Beach, was robbed over the weekend of Jan. 29, and the thieves took the most important things inside. They stole more than a dozen iPads customized for each student’s particular needs. Two doors and install a new security system. Meanwhile, no love is lost between school officials and the robbers.

On Feb. 1, however, there was some great news. A local real estate developer wanted to donate money to replace the machines. Along with replacing the specialized computers, officials also have to replace two doors and install a new security system. Meanwhile, no love is lost between school officials and the robbers.

“Is this like removing a section of [a student’s] brain, in a sense?” said Jim Leiner, Pioneer founder.

Goldstein, a distinguished professor in the Department of Cellular and Molecular Medicine at UCSD School of Medicine, is the co-author of "Stem Cells for Dummies,” an examination of the potential for therapeutic intervention through the use of adult stem cells.

Goldstein’s Sanford Center was host to the 2015 "Stem Cell Meeting on the Mesa," a conference on the latest innovations in gene therapy and stem cell technologies that hold promise to unlock therapies for host of diseases.

STEM cells discussion at PL Library

Dr. Larry Goldstein, head of UCSD’s Sanford Stem Cell Clinical Center will discuss the revolutionary progress of stem cell research in San Diego on Wednesday, Feb. 10 at 6:30 p.m. in the Community Room of the Point Loma Hervey Library.

Along with replacing the specialized computers, officials also have to replace two doors and install a new security system. Meanwhile, no love is lost between school officials and the robbers.

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# BRIEFS

The suggested Ocean Beach Historical Society program donation is $5, but any donation is appreciated.

PCPB elections in March

The Peninsula Community Planning Board will be holding elections in March to fill five vacancies for terms that are set to expire in March. The term for the five vacancies will be through March 2019. Requirements for those who may be interested in becoming a board member:

- Board terms are three years. There may also be shorter unexpired terms that need to be filled.
- To be eligible, a candidate must be 18 years of age; reside, own property or operate a business within the PCPB boundaries; and have attended one regular meeting within the previous 12 months.
- Attending the candidates forum would also qualify for this requirement.

The PCPB meets on the third Thursday of each month and has various subcommittees that also meet on a regular basis. The election will be held 4 to 8 p.m. on Thursday, March 17 at the Point Loma Hervey Library, located at 3701 Voltaire St.

The candidates forum will be held 6 to 7:30 p.m. Thursday, March 3 at the Point Loma Hervey Library, located at 3701 Voltaire St. Applications can be downloaded at pcpb.net under the elections tab. Email applications to: pcpbem@gmail.com and jonlinney11@gmail.com. For additional information, contact Jon Linney at jonlinney11@gmail.com or (619) 929-6258.

Program on 1916 flood

One hundred years ago, the drought-fearing city councilmen of San Diego hired a rainmaker. For a handshake pledge of $10,000, Charles Hatfield built a wooden tower, set up equipment at Lake Morena, and began "milking the skies." In the days that followed, San Diego was deluged with nearly 30 inches of rain. Mission Valley flooded, reservoirs filled and dams collapsed, roads and bridges washed away.

Did the rainmaker produce the epic storms of January 1916? Or was this massive deluge an act of God? In words and pictures, this presentation by the Ocean Beach Historical Society, at 7 p.m. Thursday, Feb. 16 at St. Peter’s by the Sea Lutheran Church, 1371 Sunset Cliffs Blvd., will revisit the famed rainmaker Flood and look at the strange story of an itinerant sewing machine salesman turned rainmaker, who claimed the historic rainfall as "an act of Hatfield.'""Presenter Rick Crawford is the supervisor of special collections at the San Diego Public Library. He is the former archives director at the San Diego Historical Society, where he also edited the Journal of San Diego History. He has degrees in history and library science, and has written extensively on local history, including articles for the San Diego Union-Tribune, and the books "San Diego Yesterday" and "The Way We Were in San Diego."

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The suggested Ocean Beach Historical Society program donation is $5, but any donation is appreciated.
Things have been going well for Ocean Beach singer-songwriter Skyler Lutes. Perennially on the road, Lutes returns to San Diego for a CD release show at the PB Cantina on Monday, Feb. 15, celebrating his new album, “After the Rain.” The past few months have seen the producer/musician widen his horizons with increased production at his home studios for artists ranging from reggae favorites Through the Roots to indie rockers Falling Doves, with whom he will be touring Europe this fall.

“The tour fell into place naturally,” Lutes said. “I’ve been helping Doves frontman Chris Leyva with his new album. We get along so well; it’s a good fit and something I’m really looking forward to.”

While Lutes is a prolific writer, no one will have heard anything from the new album until the actual release show. “I’ve kept this a complete secret for a year,” he said. “I haven’t played any of these songs, which were written all over the U.S. and South America while on tour, outside of my room.” His reasons are succinct. “I see everyone going to open mics and so on to play new material, but I wanted to unveil everything at once, give it to everyone in bulk,” Lutes remarked.

Music fans will want to stick around post CD release set, as Lutes has a special open mic directly after his performance. It’s a half dozen of his musical friends to play ent, so after I play, I plan on inviting a few songs, open mic style. It’ll be eclectic and a lot of fun.”

For this album, his influences include “a lot more reggae,” he said. “I’ve been listening to quite a bit with the band Through the Roots, and they’ve been a big influence.” While he is thrilled that his production work has increased, he notes he gives the edge to playing his own music. “I actually got started (in) playing covers. “It’s a great learning tool,” he explains, “and it’s fun to adapt your own style.” He cites the Beatles’ “Come Together” as a particular crowd-pleaser, and it’s also notable that he covers locals, including a Through the Roots song, “The Weekend.”

“I do a lot reggae rock,” he says, “songs by groups like Iration, and those songs are also really popular.”

While he is spending increasing time on the road, with shows in Utah and Nevada in the coming weeks, he plans to continue with Ocean Beach as his home base. “I couldn’t imagine being anywhere else,” he said. “I love the OB scene; it’s been great. Honestly, it was one of the best places to grow up because there is a lot of talent to pull from. There is a lot of inspiration.” An avid surfer and skater, he’s made many connections this way. “A lot of musicians I first met came up through that scene, so there is a lot of crossover,” he remarked.

Lutes is hopeful his new album will be the one to take him and his music to the next level, but in the meantime, he’s enjoying himself. “Music has been great for me. It’s all I do, producing, writing and playing,” he explained. “I especially love the traveling and the playing a stage every night. Being able to do something fun during the day, and my job is playing at night! It doesn’t get any better.”

Enjoy the Beauty of Old Town

mention Old Town San Diego and most folks will start talking about Mexican food. And rightly so. It’s one of the best places to go for shopping and entertainment at Fiesta de Reyes, home to 19 unique specialty shops featuring authentic, historically themed, one-of-a-kind items that are perfect for gifts or for yourself from hot sauces to silver jewelry, from unique garden items to unique garden items. From unique garden items to unique garden items, you’ll love the traveling and the playing a stage. For more on the shopping, dinning and entertainment at Fiesta de Reyes, go to fiestadereyes.com or just visit in the northeast corner of Old Town San Diego State Historic Park. 2734 Calhoun Street, San Diego, CA 92110.

Ocean Beach’s Skyler Lutes to release new CD

BY BART MENDOZA | The Beacon

A Tragic Loss
San Diego lost a major talent on Jan. 31 with the passing of drummer Nicki Carano (above). Carano was killed when a falling tree hit her car as she drove down Ingraham Street near Crown Point on the way to a gig. A highly respected musician, actor, teacher and dancer who taught at the Academy of Performing Arts, Carano touched many lives with her music, which included stints with TIR NO NIG, Christopher Dain, The Carval Tones, In My Humble Opinion, Nectarine, Haute Flash, 3DVA and Radio Rage.

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Happy Valentine’s Day
Vegan fast-food restaurant Plant Power opens in Ocean Beach

ZACH VOUGA VP OF OPERATIONS AT PLANT POWER

There are many more options for eating plant-based these days.

Second Generation Family Business Moves Closer to Home in Point Loma

On August 1, 1985, Zino Bongiovanni opened his first hair salon, Zino’s International, in a space much smaller than that at his new location, now. Zino is going back to his roots by relocating as a small neighborhood hair salon, at 2168 Chatsworth Blvd., between Voltaire Street and Nimitz Boulevard, close to his home in Point Loma.

Zino is a first-generation Sicilian, and his work as a hair stylist and business owner was foreign to his family. Yet family is a priority in his life and the key theme for what makes his business special. His booth is decorated with pictures of his family. A blown-up picture of his parents is hung in a place of prominence, as if they are watching over his shoulder, looking down with pride, even though they are no longer with us. If they were, they would look on with joy as Zino trains his son Nicholas in haircuts, styles and colors, as he is an apprentice and will one day take over the salon.

Zino’s International Hair Designs is a family affair and care as he shadows his father. It’s a wonderful family setting.

Zino is supported by an excellent team from the former location and plans to do something great in Point Loma. Meanwhile, the new location also comes with parking – something rare in that part of the neighborhood.

Family has always been important to Zino. His business enabled him to provide for his family, be available for his kids and let his wife stay home and raise them. His love and passion for family truly make Zino’s service great. His client Elmer discusses his relationship of more than 30 years with Zino.

When asked why he keeps coming after all these years, he says with a smile, “We raised our kids together. We got married together. He’s family. He’s like my brother.” Elmer currently commutes from La Jolla to Point Loma to get his haircut from Zino. Elmer confidently stated, “Wherever Zino goes, I will go, even if it’s to Fallbrook. Even L.A. Well, maybe not L.A.” He also said he admires Zino’s perspective and that Zino gives good advice. Not only did Elmer get a great haircut that day; he got to catch up with a good friend, confidant and brother.

Zino said that “The current trend is going back to the neighborhoods. People aren’t wanting to leave, get in their car and go to corporate places – they want to walk in their communities. I’m excited to be back in my neighborhood, Point Loma. I look forward to giving back to the community (Zino has also always been involved in helping charitable organizations).

After opening only two months ago, the new place already feels like home and Zino and his team continue to excel every day at making customers feel like family.
sures on the job. The San Diego Police and Fire departments enjoy these benefits. Life-guarders have been denied the same coverage. “It falls far short of what we were told by the mayor we were going to get in 2013,” said Harris of the latest agreement, adding, “It is not consistent with police and fire. But it will provide better protection than we have had in the past.” Harris pointed out lifeguards “are going to be protected again for things like meningitis, tuberculosis, hernia and pneumonia. That’s a very good thing.” Noting lifeguards “are part of the fire department,” Harris added, “It is our continued position that we fall under state law and should be fully covered under the Labor Code.”

After months of intensive negotiations, Teamsters Local 911 and the Lifeguard union leadership received their most recent proposal from the City of San Diego on Pre-emptive Illness Coverage protections following City Council closed session. The Lifeguard union has been engaged in a public information campaign for the last six months. With the El Niño season fast approaching and the potential for severe health exposures to lifeguards skyrockeeting, the local belief was in membership’s best interest to consider the city’s most recent offer.

That offer, now approved, will provide coverage for short-term illness and injury. But it does not address the lifeguards’ need for the long-term health effects of exposure to contaminated water, sewage and chemicals. The offer also fails to provide coverage for other things.

“The bad side of it,” Harris said, “is things that are more serious and could kill you, like heart attack and cancer, we don’t get. But that are more serious and could kill you, like heart attack and cancer, we don’t get. But we’ll keep trying for it. This doesn’t end the conversation or the effort.”

Harris said this most recent contract vote “makes it very clear that members of the fire department are covered presumptively, though it’s a choice on how that’s interpreted.”

Harris said San Diego is “the first lifeguard agency to get presumptive coverage in California.”

This most recent ratification will be an addendum to the current contract between the City of San Diego and the Lifeguards.

The membership of 9,000 members across Southern California is an affiliate of the International Brotherhood of Teamsters.

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

A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System 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 entirely 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”. It 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.
Your Valentine deserves a great meal

By Hanna Launakanen | The Beacon

Here are some romantic restaurants in Ocean Beach and Point Loma where couples may enjoy a wonderful dinner on Valentine’s Day.

Bo-Beau Kitchen + Bar

At Bo-Beau Kitchen + Bar, for example, you can have a dinner at a rustic and romantic restaurant. The eatery takes reservations only four times a day, and Valentine’s Day is one of them. Would your sweetheart like a pistachio-crusted salmon or a Persian herb gnocchi as part of the three-course meal?

Bo-Beau Kitchen, 4996 West Point Loma Blvd., Ocean Beach, (619) 224-2864.

Bali Hai Restaurant

Bali Hai is a nice place for dinner with your loved one. If you like exotic and fresh menu entries, the restaurant serves Polynesian cuisine, and for Valentine’s Day, it has shrimp and lobster soup dumplings, pan-seared filet mignon and lobster risotto.

Dessert lovers can enjoy Lovers Desert, which is a passion fruit sorbet, coconut Florentine cookie, mixed berries and warm fudge sauce white chocolate.

“Our Valentine’s menu is from Friday, Feb. 12 to Tuesday, Feb. 16, so that people can enjoy it the whole weekend,” manager Tommy Baumann says.

Bali Hai Restaurant, 2230 Shelter Island Drive, Shelter Island, (619) 222-1118.

Old Venice

Like Italian food? This is your place. In the restaurant’s garden patios and bar featuring live music, you will immediately be captivated by the European ambience.

Old Venice Restaurant, 2910 Cañon St., Ocean Beach, (619) 222-5888.

South Beach Bar and Grille

For burger and taco lovers, this will be love at first sight. Enjoy also special plates like the fried combo (calamari, shrimp, wahoo, mushrooms) or fried shrimp and fries and slab.

South Beach Bar and Grille, 5059 Newport Ave., Ocean Beach, (619) 226-4577.

Tom Ham’s Lighthouse

Winner of the 2015 Diner’s Choice Awards, Tom Ham’s has a beautiful seafood menu. Bay scallops, Baja tiger shrimp and oysters are waiting for you.

Tom Ham’s Lighthouse, 2150 Harbor Island Drive, Point Loma. (619) 291-9110.

OB Sushi Sushi

Want an Asian breeze for Valentine’s Day? OB Sushi Sushi offers its namesake dish and creative daily specials plus a full line of imported Japanese beer and sake.

OB Sushi Sushi, 4967 Newport Ave., Ocean Beach. (619) 222-3288.
OPEN HOUSES

PACIFIC BEACH / MISSION BEACH / CROWN POINT

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Address</th>
<th>Beds/Baths</th>
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POINT LOMA / OCEAN BEACH

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<td>Sat &amp; Sun 11-4pm</td>
<td>820 Armasa Terrace</td>
<td>3BR/3BA</td>
<td>$2,250,000</td>
<td>Robert Realty</td>
</tr>
<tr>
<td>Sat 2-4pm</td>
<td>1965 Froste St</td>
<td>3BR/2BA</td>
<td>$1,095,000</td>
<td>Jack &amp; Patty</td>
</tr>
<tr>
<td>Sat 11-30pm</td>
<td>3238 Brunswick St</td>
<td>3BR/2BA</td>
<td>$1,195,000</td>
<td>Linda Plassa</td>
</tr>
<tr>
<td>Sat 1-4pm</td>
<td>960 Harbor View Dr</td>
<td>3BR/2BA</td>
<td>$1,200,000</td>
<td>Davis Lasty</td>
</tr>
<tr>
<td>Sat 11-1pm</td>
<td>1083 Taranto Dr</td>
<td>3BR/2.5BA</td>
<td>$1,500,000</td>
<td>Anna Thomas</td>
</tr>
</tbody>
</table>

LA JOLLA

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Address</th>
<th>Beds/Baths</th>
<th>Price</th>
<th>Realtor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat &amp; Sun 1-4pm</td>
<td>7505 Sads Ave #2</td>
<td>3BR/2.5BA</td>
<td>$1,250,000</td>
<td>Thomas Carroll</td>
</tr>
<tr>
<td>Sat 1-4pm</td>
<td>6516 Manana Place</td>
<td>3BR/2BA</td>
<td>$2,550,000</td>
<td>Chris Baker &amp; Yvonne Steele</td>
</tr>
<tr>
<td>Sat 1-4pm</td>
<td>6106 Camino De La Costa</td>
<td>3BR/3BA</td>
<td>$1,650,000</td>
<td>Akila &amp; Vince Cruz</td>
</tr>
<tr>
<td>Sat 1-4pm</td>
<td>7765 Via Capri</td>
<td>3BR/2BA</td>
<td>$2,650,000</td>
<td>The Reed Team</td>
</tr>
<tr>
<td>Fri Sat Sun 1-4pm</td>
<td>6707 Neptune Place</td>
<td>3BR/2BA</td>
<td>$2,850,000</td>
<td>Team Cairncross</td>
</tr>
<tr>
<td>Sat 1-4pm</td>
<td>946 Coast #3</td>
<td>3BR/2BA</td>
<td>$2,950,000</td>
<td>Eric Eaton</td>
</tr>
<tr>
<td>Sat 1-4pm</td>
<td>6423 Camino De La Costa</td>
<td>3BR/4BA</td>
<td>$6,900,000</td>
<td>George Daglas</td>
</tr>
<tr>
<td>Sun 1-4pm</td>
<td>909 Coast Blvd #4</td>
<td>2BR/2BA</td>
<td>$1,250,000</td>
<td>Maria Tapia</td>
</tr>
<tr>
<td>Sat 3-4pm</td>
<td>7024 Rancho Peay</td>
<td>4BR/4BA</td>
<td>$4,650,000</td>
<td>David Schroedl</td>
</tr>
</tbody>
</table>

RANCHO SANTA FE

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Address</th>
<th>Beds/Baths</th>
<th>Price</th>
<th>Realtor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat 12-3pm</td>
<td>6151 Rancho Diegueno</td>
<td>6BR/6BA</td>
<td>$2,195,000</td>
<td>Scott Appleby</td>
</tr>
</tbody>
</table>

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We know that Valentines Day was created by Satan because he’s a majority shareholder of Hallmark, but not everyone feels that way. It’s impossible to know if the absurd holiday is important to your partner. For that reason you must perform. Even though we know you’re going to crush it, let’s be honest, most of the night is going to SUCK. That’s why it’s so important to start the day off right, with bottomless mimosas and free waffles for the kids, at Harbor Town Pub. Show up in your pajamas for a special discount. God knows the rest of the evening will be spent wearing something uncomfortable.

Like taxes, Valentines Day comes once a year and it’s important to be ready/buzzed.

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