OB Farmers Market kicks it up a notch

Image remolded in time for community’s 125th birthday

The certified farmers market in Ocean Beach has slowly transformed into one of the trendiest farmers markets in San Diego.

A cleaner appearance, new vendors and new music lineups draws impressive crowds on Wednesdays between 4 and 8 p.m. during non-winter months.

Located on Newport Avenue between Cable and Bacon streets, about 150 vendors offer a plethora of goods like flowers, local arts and crafts, jewelry and clothing. Food vendors display a variety of food and taste samples. About 10 organic produce vendors sell locally-grown fruits and vegetables. The improved look also includes llama rides and a big bounce house for children.

A recent survey by the Ocean Beach Mainstreet Association — the results of which are posted on its website — revealed that nearly 60 percent of the market’s visitors do not live in Ocean Beach. The survey also showed that about 95 percent of those surveyed also patronize a local bar or restaurant during their trip to the farmers market.

Keeping up with area trends, several vendors at the farmers market also offer vegan dishes, something that makes local Drew Cousins happy. He used to skateboard to the market on Wednesdays before changing with the growing vegan mantra.

Spike in marine-mammal rescues said typical for this time of season

In recent weeks, beachgoers in coastal communities ranging from Sunset Cliffs to Black’s Beach have reported a high number of sick sea lions and seals in need of rescue. The recent spate of distressed pinnipeds may concern local animal lovers, but animal-care specialists at SeaWorld San Diego said the upswing is actually nothing out of the ordinary. “This is our rescue season. This is the height of it,” said SeaWorld spokeswoman Kelly Terry. “We’re on track to have an average season, which is about 200 rescues a year.”

Year after year, SeaWorld’s animal-care specialists rescue hundreds of sea lions, seals and birds in Southern California, with the occasional whale or dolphin rescue added to the mix. California sea lions are the most commonly rescued marine mammals, followed by elephant seals and harbor seals, according to officials with SeaWorld’s Animal Rescue and Rehabilitation Program.

Last year, SeaWorld experienced a light season with only 60 pinniped rescues in San Diego, said Terry. Busy

Day at the Docks set to lure thousands

Family fun on the fly set to cast in Point Loma

More than 20,000 people are expected to walk the docks and trade in their land legs for sea legs during this year’s Unified Port of San Diego’s highly popular Day at the Docks event.

The free 3rd annual event is scheduled for Sunday, April 15 at the sportfishing landings in Point Loma.

“It’s the oldest and largest sportfishing show on the West Coast,” said event coordinator Vic Gamboa, “which means the all-day affair will have plenty to offer for families of all ages and sizes.”

Aside from cool fishing gear, the other obvious component to becoming a world-class sportfisher is a cool fishing boat. If guests so choose to strengthen their sea legs, be home to two local bands, a handful of seminars and three raffle drawings to win the newest and coolest fishing gear, with proceeds benefiting the San Diego Burn Institute.

Bright and early at 9 a.m., guests will be welcomed on the main stage with some classic rock ‘n roll music to get the day started. Throughout the day, the main stage will be home to two local bands, a handful of seminars and three raffle drawings to win the newest and coolest fishing gear, with proceeds benefiting the San Diego Burn Institute.

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SWYC Benefit on the Bay charity event again ready to hoist sails

By DIAN SCHAFER | THE BEACON

The Southwestern Yacht Club (SWYC) in Point Loma will host its grand, annual benefit on the Bay fundraising event beginning Saturday, April 14. To date, the SWYC and its sponsors have raised more than $500,000 through the event to support San Diego Hospice and The Institute for Palliative Medicine. The event gives supporters three sets of events in which to participate.

“Southwestern Yacht Club members look forward to this event each year and we invite the community to come out to participate in the on-the-water activities and the evening gala,” said SWYC Commodore Geoff Longmeyer. “San Diego Hospice and The Institute for Palliative Medicine have been caring for San Diegans with life-threatening illnesses since 1977, and this is our opportunity to give back.”

Both groups work to ensure that all patients facing life-threatening illnesses are “provided with the highest quality of care, regardless of their ability to pay.”

The benefit event starts Saturday, April 14 at 5:30 p.m. with the Sunset Soiree gala. The club’s signature event includes hors-d’oeuvres, hosted wine, a formal dinner, and live auction, and live entertainment. Guests can place bids on various gifts, trips and adventures like a seven-day Star Clippers cruise in the Caribbean or a week-long stay at a condo in Mammoth. Tickets for this part of the benefit are $200.

The event continues Sunday, April 15 with the annual Charity Bay Race and Regatta. Now in its 23rd year, the SWYC’s event is one of the largest charity regattas in the nation, according to organizers. Crews will compete in a 10-mile course around San Diego Bay. The race begins at noon and can be watched nearly anywhere along the coast.

Following the race, there will be an after-party at 3 p.m. The party includes a barbecue, music, raffle and awards ceremony at the club, located at 2702 Quattrough St. at San Antonio Ave. Tickets for the post-race party only are $15 each. The entry fee for the race is $75.

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Rice Pilaf & Oven Roasted Potatoes
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Atkins assesses issues in community klatch ahead of June redistricting

Local residents joined state Assemblywoman Toni Atkins for a community coffee chat at Bird Rock Elementary School on March 22 to discuss issues like education, healthcare, the state budget and keeping business in California. Atkins represents California’s 76th Assembly District, which currently spans from Point Loma to Bird Rock. After redistricting, which will take effect in June, the 76th District will shift north, spanning from Solana Beach to San Onofre State Beach. Much of the former 76th District will be represented by the 78th District, which will shift north, representing California’s 7th Congressional District, the 76th Assembly District, which currently represents the 76th Assembly District, and further away from dialogue and compromise, said Atkins. “We’re getting further and further away from dialogue and that’s unfortunate because it affects all of us.”

Healthcare

“California is one of the first states to implement the Affordable Health Care Act,” said Atkins. “We’re going to see an increase in three million people statewide that will be covered.”

Atkins urged community members who are concerned about education cuts and the recent onslaught of pink slips handed out to teachers to interact with their respective school board representatives, unions and civic leaders about their concerns. “We’re all a piece of this discussion. It has to be local solutions. It all starts here,” she said. “We’re getting further and further away from dialogue and that’s unfortunate because it affects all of us.”

“We’re trying not to do more cuts to education,” said Atkins. “There is much work to be done to educate the new recipients about their coverage, she said. “We’ll act as promising for job growth in the medical industry, promoting a healthier community and long-term monetary savings. “The healthier we get as a community, the more we save in the long run,” she said of preventative health care measures. “We’re going to create more jobs because we’re going to need more doctors, nurses and IT.”

Business

“The problem is not that we have many businesses leaving, but what they aren’t doing is expanding,” she said. “California has more regulations than any other state, and the gap is getting greater and greater. Without the access of that information through personal experience and with individual opinions.”

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The best way to invest in our economy is to invest in education,” said Atkins. “The best way to invest in our economy is to invest in education,” said Atkins, exemplifying strides in innovation, technology, science and medicine at USD.

Tami Fuller
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2 br, 1 ba townhome just ½ blocks from the beach. Laminated floors, 2 sets in both br’s, original but refinished finished floors thru-out, remodeled eat-in kitchen. Lush greenery backyard w/pool & spa, 2-car garage w/ alley access.

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Stunning custom 4 br 3 ba home. Kitchen w/cherry cabinets, slab granite counters, tile back splash & stainless appls. Open & airy floorplan, recessed lighting, long rooms, 2-1/2 car gar.
Funai was an engineer and it wasn’t his fault to describe her. She’s numb, she’s upset, she’s saddened for the loss of the gentle- man who was on the freeway that night.”

— Neal Putnam

.value

Two men arrested in ‘FBI’ agents’ scam

The FBI arrested two San Diego men on charges of impersonating FBI agents as part of a scheme to defraud. One of the men was arrested in Ocean Beach, according to authorities.

Nenad Videnovic, 22 and Brian John Murphy, 15, were arrested last week.

Videnovic was arrested in Ocean Beach by FBI agents March 27 at about 9:15 a.m. Murphy was arrested in the Mission Bay area later that same day at about 8:20 p.m.

Videnovic and Murphy were allegedly impersonating FBI agents in an attempt to defraud a San Diego woman out of more than $200,000.

According to court documents, on Fri-
day, March 23, 2012, Videnovic and Murphy allegedly contacted the woman at her residence on March 23 and repre-
tended themselves as FBI agents. Both men allegedly identified themselves to the victim as FBI agents and one displayed what appeared to be FBI credentials and a gold badge.

The men told the woman she was the victim of a fraudulent scheme by her bank and asked her to withdraw money from her account and turn the money over to them so that they could put trac-
ers on the money, and find out who was defrauding her.

The woman apparently became suspi-
cious and asked for additional informa-
tion about their FBI employment. One of the men provided a business card with false FBI contact information. The woman was suspicious of both men, but indicated she was willing to assist them.

According to FBI officials, residents are urged to call law enforcement or the bank immediately if approached by someone claiming to be a bank examiner or other official requesting the resident to remove money from an account. The elderly are the primary targets of this scam.

Anyone who thinks they may be the victim of such a scheme are urged to call the FBI at (858) 565-1255 or submit a tip electronically at www.tips.fbi.gov.

A seven-board committee will oversee the elimination process and determine where to direct funds, she said.
Last year, more than 600 people took part in the event. As always, guests can live out their Food Network dreams by sampling the offerings of numerous San Diego restaurants — from signature dishes to newly inspired offerings — all within the span of a single evening. Toasters will have the chance to fill their bellies and drink in the sights of San Diego beautiful bay, while at the same time enjoying the camaraderie of fellow restaurant walk participants.

The event will run from 6 to 9 p.m., and tickets are $20 per person, with a $5 discount given to cyclists and Point Loma Nazarene University students.

The foodie festival gives restaurants the opportunity to gain exposure to potential new diners while also providing residents with the means to connect with and support local businesses.

The night kicks off with check-in at The Brigantine Seafood Restaurant, where guests may begin or explore the many other options — all at their leisure. Shuttles will be provided the entire evening to move participants from one location to the next if guests choose.

Tickets can be purchased in advance at www.peninsulachamber.com, or in the parking lot of The Brigantine on the day of the event.

The Peninsula Chamber of Commerce was founded in 1960 and comprises Peninsula businesses who have come together help promote commerce in Point Loma, Ocean Beach and neighboring communities.
**LETTERS TO THE EDITOR**

**Story a disservice to responsible dog owners**

Writer Martin Jones Westlin (“Canine pollutants marring Dog Story a disservice to those few scofflaws”), who doesn’t pick up the irresponsible owners of the 10,000 percent of the waste left behind by duct more than 16 cleanups a year at Development Corporation, bought occasionally screening the sand at Dog Story想不到。她说,她和其他关心清洁的人认为,狗主人应该遵守法律,并对其宠物的行为负责。

The city Park & Recreation Department’s beach maintenance crews do a great job of picking up trash and occasionally screening the sand at Dog Story. In 2001, Supervisor Greg Cox and the County Board of Supervisors, with the Ocean Beach Community Development Corporation, bought seven poop pickup dispensers for Dog Story. Since then, Dog Story Dog Wash has donated five free, and continues to supply more than 600,000 poop pick-up bags at Dog Story each year without help from other agencies.

As a long-time resident, I do appreciate the efforts to beautify Ocean Beach. Keep up the good work!

*Walter Bradford*  
Ocean Beach

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**Dusty Rhodes and Robb Field full of fun**

Dr. JOHNNY McDONALD (The Beacon)

It’s a huge grassy area, maybe for people who want to play the 18-hole course and enjoy the 409-square-foot concrete skate park. And, there’s a department head for that sport, Carl G. Field, Jr., who has been at the park for 10 years.

Most of the year, the area located between Nimmt and Sunset Cliffs boulevards is filled with families who’ve come to party and play.

But from December through March, snorkelers are minutes away from a 24-hour nonstop action, tackling, running and passing off a strong-looking ball. Part of the problem for parents and friends is just getting to one of the half-a-mile playing fields. Parking a car in the narrow and limited lot is an assignment in itself.

One exhausted 11-year old was asked about his team’s huge, 60-0 triumph. “It was great, but I’m really ready for Little League (season),” he said with a rather tired expression.

The eye is drawn to the entry lighting, instead of the traffic signal, creating the potential for a dangerous situation.

A simple solution may be to switch the existing lenses from clear glass to beige or brown. The lights are extreme bright and very distracting to drivers approaching the corner.

“The week is over and we hope it continues for generations of fun-loving dogs and devoted volunteers. 

**Reader agrees about OB entryway’s lighting**

A recent letter to the editor in the Beacon caught my attention. It concerns the entranceway to Ocean Beach, and the lighting problem associated with it. I concur with the reader’s complaint. The lights are extremely bright and very distracting to drivers approaching the corner.

“Some of the views we’ve seen in the last week have been debilitated, malnourished and underwear,” Terry said. “The program’s goal is to give them a veterinary examination to see if there are any other issues or infections. Typically, it’s just getting them rehydrated and getting them fattened up. They stay in our care from six to eight weeks, and we’re not showing any signs of infections.”

In most cases, dehydrated pups learn they can count on a good meal and they don’t want to leave the back on their fins in no time. Occasionally, however, the pups are victims of other circumstances. On March 9, one sea lion was rescued after becoming entangled in fishing gear. The light for the lighthouse is the sleeping sea lion — which was named “Valentine” by SeaWorld staff — with an infected bulb wound to her left flipper. Although Valentine is still under the park staff’s care, the eye is doing well and will be released in a couple weeks, said Terry.

Most recently, SeaWorld rescuers and San Diego lifeguards have rescued a 1.2-month-old pup in South Mission Beach, an elephant seal in Sunset Cliffs and two fully-grown male sea lions at La Jolla Cove. — which was named “Valentine” by SeaWorld staff — with an infected bulb wound to her left flipper. Although Valentine is still under the park staff’s care, the eye is doing well and will be released in a couple weeks, said Terry. 

It’s strongly advised not to touch the animal. It is dangerous because they can bite or have an infection. It is also a violation of the Marine Mammal Protection Act. Leave it to the experts. Contact 858/635-4581 or the Marine Mammal Hotline. 

If the animal is determined to be in distress, Terry urged bearhuggers to call SeaWorld’s animal rescue hotline at (858) 541-SEAL (7325).

The Beacons the other possibility is that the area could be a haven for those who could have easily damaged or injured ferocious predators. The problem in the dark or in foggy conditions, can send rescue numbers are still ongoing for the two grown male sea lions. 

SeaWorld, the publication, the number of sea lions and seals in SeaWorld’s care totaled 18.

 restaurant that overlooks a marine mammal that appears to be in distress, Terry recommends notifying a local marine mammal rescue group or the animal is, in fact, or in danger of losing life. 

If you observe an animal and you have doubts about the animal’s well-being, contact a lifeguard or other authority, said Terry. “I’m expressing that sometimes the mammal is simply asleep or the mother has only left her pup for a short time.”

“BREWS”

roads enhance the quality of life in our neighborhoods. I urge all San Diego residents to do their part and vote no on the Proposition A tax increase. 

In April of 1947 the club built the flatiron building and remained there until October 1941 when high tides swept the club out. Destructive waves destroyed the 200 foot long flatiron building.
**MARKET**

“...My girlfriend eats vegan. She was never able to find food she could eat. Lately, more vendors offer vegan-approved food. It’s healthier. People like the flavors in the barbeque guy. I believe he smokes the meats prior to the market.”

Coussins said he had ordered the pulled-pork sandwiches.

“It’s prime,” he said. “A great addition to the market.”

The barbeque guy Coussins referred to is Tony Coronado, owner of Ranchwood Catering & Deli.

Tony has been at the Ocean Beach Farmers Market for more than a year. Since he opened Ranchwood Deli six years ago, his experimenting resulted in a one-of-a-kind flavor.

“I got pulled pork, beef brisket and tri-tip, plain, or on a sandwich,” Coronado said. “Our newest additions are different types of side salads like our vegetarian couscous salad or our awe-inspiring pasta salad.”

People dig that. One of my favorites is the made pasta, pasta sauce and avocado oil.

The pesto guy next to them, Costa Lisko, is the owner of Lisko Artisan Deli and Fish Market.

He said he, too, prefers to personally work the Ocean Beach Farmers Market. He said he normally needs a couple of helpers because he always has a crowd at his booth. His specialties for the market are the freshly prepared pesto and hummus, a selection of gourmet cheeses, a selection of olives and fine European pastries.

New on Lisko’s menu is the vegan garlic spread made of plain garlic, garlic curry and garlic-basil.

For information about the Ocean Beach Farmers Market, contact manager David Kleman at (619) 279-0032. For music schedule and schedules, contact Michael Haid at (619) 316-5539. For other general information, visit www.oceanbeachfarmsunday.com.

**YACHT CLUB**

$70 and will also include the admission to the barbecue.

The benefit and its festivities begin again the next month with the 42nd annual Anglers’ Bottom Fishing Tournament on Saturday, May 5. The tournament begins with a complimentary breakfast for all entrants and concludes with a day of fishing. The day ends with a weigh-in and fish fry. The entry fee to participate is $70.

For more information about the events or to purchase tickets, call (619) 222-0438 or visit www.southwest-encyr.org.

Free Living History Activities in Old Town State Park

Old Town San Diego State Historic Park has several free museums open to the public year-round. These museums house ongoing living history activities every Wednesday and Saturday from 10 a.m. to 4 p.m. The public about what life was like in San Diego in the 1800s.

The park also hosts free tours daily at 11 a.m. and 2 p.m. that begin at the Robinson-Rose Visitor Center.

Every Saturday of the month, the park offers a different taste of historic trades and craft guilds for visitors. The first Saturday of every month, the park hosts the Print Guild and Tandy Guild. Visitors can have their names or photograph of how print and photography was executed in the early days of California.

On the second Saturday of each month, the park hosts California Day. Between 1921 and 1948, people who lived in Southern California were called Californios. The unique cultural heritage and activities of the Californios will be shared and celebrated with visitors.

The third Saturday boasts presentations from the Quilt Guild, Fiber Arts Guild and the Mormon Battalion. Guest of the park will learn about the traditional methods of quilting, spinning, weaving and other fiber arts techniques. Visitors will also learn about the famous military unit, the Mormon Battalion, and how the impact of their service changed the history of San Diego.

On the fourth Saturday, the park hosts the Mountain Men and the Soap Makers Guild. Park visitors will learn about the historic mountain men and the discoveries they issued as well as learn the art of soap making.

In conjunction with the different events every Saturday, the park also showcases the Blacksmith Guild’s presentation every Wednesday and Saturday morning and the Quilt Guild’s presentation every Wednesday afternoon. For more information about the guild schedules of the day and their location in the park, visit the board outside the Robinson-Rose Visitor Center.

The Visitor Center and museums are open daily from 10 a.m. to 4 p.m. October through April and 10 a.m. to 5 p.m. May through September. To confirm hours of operation or for more information call 619-220-5422 or visit http://www.parks.ca.gov.
ON THE MENU: NEW DELIGHTS WITH AN OCEAN ON THE SIDE.

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Available nightly in April from 5 to 10 p.m.
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Celebrate local, sustainable and organic ingredients with the three-course Mother Earth menu featuring Houmamade Linguine alla Carbonara, Beer Battered Local Fish & Chips and Meyer Ranch Argus Beef Flat Iron Steak entrée options—all alongside perfectly paired wines.

EASTER BRUNCH BUFFET
Sunday, April 8, from 10 a.m. to 2:30 p.m.
$46 per person, $33 children 12 to 6 years, $4 per year children and under.
Savor a delicious brunch with a relaxing ocean views this Easter Sunday. This buffet includes Passion Fruit Marinated Mahi Mahi Ceviche, Oven Roasted Prime Top Sirlon, Lavender Honey Glazed Bone-In Iowa Ham, a Children’s Station plus decadent desserts like Chef Amy’s Chocolate Peanut Butter Truffles.

6 FOR $6 HAPPY HOUR
Monday to Friday from 4 to 6 p.m.
Take advantage of the temperature change, and wind down your day with our 6 for $6 Happy Hour! Choose from six appetizers and six drink specials—each only $6. Menu highlights include Steamed Black Mussels, Baja Fish Tacos and a Zesty Blood Orange Martinis.

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PLHS: Sports

Former Pointer baseball star Andy Martin has been named Pitcher of the Week in the Landmark League. Martin plays for the U.S. Merchant Marine Academy Mariners.

Martin scores collegiate baseball honors
A Point Loma High School baseball alumnus has earned honors playing at the collegiate level.

Andy Martin, class of 2008, was named Pitcher of the Week in the NCAA Division III Landmark League.

Pitching for the U.S. Merchant Marine Academy Mariners, Martin did not allow a run in 10 innings of work over two games last month. In his team’s league-opener, Martin, a 5-foot 10-inch, 180-pound senior, tossed a complete-game shutout, scattering seven hits and striking out two.

Earlier in the week, Martin came on in relief and struck out two others during a three-inning appearance.

Martin’s younger brother, Jake (class of 2009), is also on the Mariners team.

The Mariners are currently in second place in the Landmark League standings with a 5-1 record. Overall, the team is currently 10-6.

Martin’s parents, Jim and Mary, were mainstays of the Pointer baseball Booster group while their sons attended PLHS.

PLHS grappler earns ‘Wrestler of the Year’
A four-year veteran wrestler at Point Loma High School has wrapped up his prep career by earning the title of Eastern League “Wrestler of the Year.”

Kevin Desta, a senior who wrestles in the heavyweight division, was named the top wrestler and leads an impressive group of teammates named to All-League teams last week.

Joining Desta on the first team are senior Alex Blea and juniors Keegan Bell, Baily Dugdale and Jovanny Sanchez.

Named to the second team were sophomore Daniel Harris, brother Michael Harris and Anthony Melfi, both juniors.

“I would have never gotten this award without my teammates,” said Desta. “It is their award as much as it is mine.”

Desta also praised Pointer coaches Phil Moore and Miles Doughty, calling them “the best coaches there are.”

The All-League selections validate the hard work put in by Pointer wrestlers and coaches Moore and Doughty in recent years. This year’s Pointer team lost only one dual meet, that coming at the hands of league champion Mira Mesa.

With the Pointers returning six All-League wrestlers next year, Moore, Doughty and their squad will be looking to hang a league championship banner in the Lee Trepanier Gym.

PLHS: Sports

In Brief

A lone paddleboarder takes advantage of some calm water as he spends some time reflecting amid the setting sun in Ocean Beach.

Photo by Jim Grant I The Beacon

PLHS: Sports

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4941 Newport Ave. • 619-222-1800 oldtownhouserestaurant.com
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4927 Newport Ave. • 619-223-7549
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barbquehouse.com
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nickatthepier.com

**CALIFORNIA CUISINE**

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619-222-0501
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**The 3rd Corner**
Wine Shop & Bistro
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the3rdcorner.com

**The Pearl Hotel**

**BEACH**

**Beach Sweats**
5022 Newport Ave. • 619-222-3322
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**Surfside Cuisine**
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**Little Chef Chinese to Go**
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619-222-6471
newbreakcafe.com

**Newbreak**

**Coffee Co. & Cafe**
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pbeachcafe.com

Poma’s Italian Delicatessen
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pomaitaliandeli.com

Sea Trader Liquor & Deli
Stump’s Market
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stumpssandiego.com

Subway
Sandwiches & Salads
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THE PENINSULA BEACON | THURSDAY, APRIL 5, 2012 | PAGE 11
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Concert event to kick off fundraising series for PLHS class of 2014

Event intended to help soften escalating costs

By BART MENDOZA | The Beacon

While the cost of an education can be expensive, this is oftentimes more true where extracurricular activities are concerned. Getting a head start to help the graduating class of 2014 of Point Loma High School, the school’s Boosters have decided to host a series of fundraisers, with the first event scheduled for Saturday, April 14 at Humphrey’s Backstage Lounge.

“Kind of forecasting ahead, our children are graduating in the class of 2014,” said Caroline Costa, spokesperson for the Boosters for the class of 2014. “Every year, graduation time comes up and there are things, such as Grad Night at Disneyland and The Senior Breakfast, which are really expensive for the children to participate in.

“So we thought that we would start fundraising now and holding a few benefits to gather some money together to help hold down the cost of the tickets for the parents and students who attend some of these events,” she said.

Prices will more than likely increase by the time the class leaves school, but for now it’s estimated the class of 590 students will need between $12,000 and $15,000 to help partially cover activities. As an example, each ticket to Grad Night now costs $12.50. With other costs like testing guides and prom, fees add up quickly.

The April 14 fundraiser will feature live music from blues and rock quartet The Blonde Brothers, comprised of students from the school. Headlining the gig will be Temple of the Dad, a local rock band that donates its time and concert proceeds to help area schools.

Everyone involved is pitching in. The bands will donate their time and the show will be staffed by volunteers, while Humphrey’s has donated the venue. This way, every penny of the funds coming in will go directly to the students.

Plans are for three such events to take place each year with a different talent lineup, including some sort of student combo each time. According to Costa, the intent was to stay away from traditional high-ticket dinner-and-dancing-type fundraisers, sticking with a less expensive and shorter option.

“I’ve noticed that a lot of parents of a certain age prefer this more casual format,” Costa said. “They might not want to stay out all night and an early show now is perfect. Basically though, we wanted to put the ‘fun’ back in fundraiser. We wanted to give the adults a chance to go out and do something that was fun, quick and inexpensive, as well as contributing to a good cause.”

The inspiration for getting involved comes from close to home.

“One of my friends, Lucy Devito, had her son just graduate last year,” Costa said. “She became aware when his grade came around, ‘Oh my gosh, we should have been fundraising for this two years ago.’ It’s quite a bit to come up with, but in a few years we’re going to have to do so. That’s why we’re thinking if we start now, we can do it.

Costa has fundraising experience, but said she is particularly happy to be involved with this effort.

“It’s just wonderful to see so many people involved, helping from the heart,” she said.

She’s said she’s hopeful the mix of music, Humphrey’s harborside scenery and the good cause involved will be enough of a draw to help the class.

“It’s a nice way to try to give children an opportunity to go to these special events when so much money is already being spent on them as they prepare to graduate,” Costa said.

Point Loma Class of 2014 Fundraising Concert event to kick off fundraising series for Point Loma High’s class of 2014 on Saturday, April 14 at Humphrey’s Backstage Lounge.

Peninsula-based band The Blonde Brothers will perform in a fundraising concert event for Point Loma High’s class of 2014 on Saturday, April 14 at Humphrey’s Backstage Lounge.

Photo by Jim Grant | The Beacon

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Photo by Jim Grant | The Beacon

With warmer temperatures likely on the way soon, Obi Wan Kenobi practices his lounging in advance of the dog days of summer. Obi, as he is referred to for short, is owned by a gentleman named Johnathan, who lives in Ocean Beach. Johnathan said Obi 1 loves wearing the sunglasses and is the mellowist of dogs.

By BART MENDOZA | The Beacon

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Gabardine

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

Broken Yolk

The Broken Yolk Café is a favorite among local San Diegans and hungry visitors alike. With a strong dedication to good food and equally good service, the Broken Yolk has built a reputation for its large menu, ample portions and freshly-made flavor. Real shredded hash browns - not dehydrated potatoes. Salsa made fresh daily - never from a can or jar.

With over twenty different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast, Broken Yolk satisfies even the 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.

Get Your Tickets

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Ticket Prices

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Taste of Shelter Island 2012

FREE PIZZA NOVA & MORE
 Origins of city’s jails steeped in many oddities

By JOHNNY MCDONALD | The Beacon

It has been well-documented historically that San Diego’s city government got its infant start in Old Town — lock, stock and a jail to match — in the 1850s. Joshua H. Bean was appointed as the first mayor, and among his initial duties was to select a sheriff. Of all people, it went to a Hungarian count by the name of Agoston Harasany de Mokcsa.

Urruty town inhabitants made life miserable, however, so the next major move in 1853 was to find a jail to corral them. This monument to law and order still stands next to the Sheriff’s Museum in Old Town.

As the jail-building process began, the novice City Council sought bids for the construction of a suitable facility for the undesirables. Although a pair of brothers offered $3,000 to build the first city jail, they lost out to Haraszthy’s higher bid of $5,000.

The fact the bidder’s father was the council’s president and that Haraszthy himself was sheriff and town marshal were, of course, major factors.

Haraszthy hired D.B. Kurtz to build the jail, a room that measured 20 feet by 50 feet, constructed of cobblestone that was set in common mortar — not cement — and covered by a wooden roof. If a man was arrested for any crime, including murder, he would be visited in the jail three times a day by the sheriff. Then, prisoners would be escorted to a hotel where, along with the sheriff, the inmates would take a few belts of booze at the bar.

They might play a friendly game of poker for the drinks and consume a substantial meal at the county’s expense. There was also a question about the justice of the peace, a fellow named Patrick Reed, who apparently couldn’t read or write. His signature came in the form of a big X.

Unhappy with what Haraszthy deemed as poor workmanship on the part of the construction company, he refused to pay D.B. Kurtz.

Several years later, a strange cage-like cell was bought for a jail, although it was actually more of a holding cell for prisoners set to be transported to a Los Angeles facility. It was escape-proof, but then, the prisoners were also in plain sight of everyone. Often, small boys would throw stones at the inmates.

This second jail facility became outdated and was preserved and later transported to Ramona where it can now be seen at the Guy H. Woodward Museum on Main Street. Haraszthy was only in office for two years. He moved to Sonoma and purchased a parcel of 16 acres called Vineyard Farm which had been planted in 1834 by Salvador Vallejo.

He was noted for the introduction of the internationally famous Zinfandel.
Point Loma Seafoods reopens with lighthouse icon

Point Loma Seafoods, next to Shelter Island, has long been a popular landmark for locals and visitors to America’s Finest City.

March 19 marked the beginning of a new era for Point Loma Seafoods, with the opening of a newly remodeled building, which includes an attached lighthouse. A lighthouse art dedication ceremony is slated for April 5 at 10 a.m., hosted by the San Diego Unified Port District.

Since 1963, Kelly Christianson, along with sons, Jack and John, has developed what was once a small fish store into a thriving market and restaurant business. For the last 10 months, Point Loma Seafoods has been operating out of a temporary facility awaiting the completion of the restaurant’s remodeled site at 2805 Emerson St.

The floor plan basically remains the same as its original incarnation, with the addition of a second-story dining area, complete with a beautiful bay view of downtown San Diego.

The high beam ceiling and overall architecture gives the building a flavor of Monterey’s famous Cannery Row.

The main attraction is the attached, 30-foot lighthouse that has a working lantern to light up the boardwalk. Christianson’s wife, Beverly, was a co-designer in and around San Diego.

The Port District requires that all improvements to property bordering the bay include some form of art appropriate to the coastal community. Point Loma Seafoods complied by commissioning Jon Koehler, a Point Loma artist, to design and build a lighthouse that would be included in the new construction.

Koehler is well known, having designed several stainless-steel sculptures in and around San Diego.

The lighthouse art project is modeled after the old Cabrillo, located at the Cabrillo National Monument at the end of Point Loma.

Point Loma Seafoods has long been a part of the fishing community in San Diego. Over the years, the business has grown into one of the most visited seafood restaurants in town.

The family business continues to serve the freshest fish, shrimp and crab meat, along with homemade sourdough bread, tarter sauce and clam chowder. The business also continues to process, fillet and custom-smoke fish for local sport fishermen.

Kelly Christianson said that with the new building, Point Loma Seafoods’ mission remains the same as it has for almost 50 years — to serve and sell "The freshest thing in town."

For more information, call (619) 223-1199, or visit www.pointlomaseafoods.com.

Put your fingertips with sanctuate! — yes, that’s the spelling and no, you won’t find it in the dictionary — in the new generation of massage. It combines techniques from the traditional shiatsu discipline based on reflexology, with “intelligent massage technology” to help men and women recharge and rebalance themselves.

The spa in the Point Loma Plaza shopping center is the brainstorm of founder and CEO Karima Zaki.

The former vice president of development at the Hilton San Diego Bayfront who has more than two decades of experience in the hospitality industry, Zaki conceived the idea for her spa at a trade show, where her painful sciatica had been acting up.

Another exhibitor offered her a massage in a robotic chair that fully reclines and hugs the client as it kneads, vibrate, rolls, undulates and squeezes. And, in the midst of all the commotion and traffic of the trade show, an idea was born. By the time the massage was finished, the entrepreneur and single mother had the seed of a business plan in her relaxed and unchilled brain.

At the end of January, she opened her first spa, built around the Inada Sogno DreamWave recliner bed, and aimed at stressed-out individuals who don’t otherwise take the time to pamper and rebalance themselves when needed.

“I decided to open sanctuate! in response to a call for a way to find peace of mind, body and soul in a world where stress levels are high, time is short and the number of demands placed on individuals at work and in the home are increasing rapidly,“ Zaki said.

She believes sanctuate! will redefine the traditional massage studio with the use of the cushy, leather Inada recliner bed. Actually, she has four of them in the 1,000-square-foot space once occupied by Help-U-Sell.

Zaki gutted the place and rebuilt it as women of all ages, she said. She’s decorated in pale turquoise, gray and silver, and the 1109, or visit www.pointlomaseafoods.com.

sanmediasales.com.

San Diego Bahá’í Center

Informal gatherings every evening of the week.

Call for more information: (858) 454-5201 • (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 Introductory Talk

10:30 am – 12:00 pm Multi-Faith Devotional Program & Discussion

Please call 858-268-3999 for more information and visit our websites: www.sandiegobahi.org • www.bahai.org

Where’s the Money?

Friday, April 6, 2012

10:45 am – 1:45 pm

FIND • MANAGE • GROW Your Business Capital Expo

Sponsored by:

WELLS

FARGO

Find your capital.

ONCE-IN-A-LIFE- TIME OPPORTUNITY TO MEET WITH THE

Largest Capital Markets Professionals

In San Diego County

Largest Capital Markets Professionals

San Diego Business Expo

10:45 am – 1:45 pm

FREE:

A full day of information, networking opportunities and tools.

Register Here:

www.sandiegomoney2012.eventbrite.com

San Diego Business Expo

10:45 am – 1:45 pm
Mobile Dental Hygiene Care

Get Your Flu Shots Now at Anderson Medical Center

Now is the time to get your flu vaccine. Influenza is a virus that causes fever and body aches. The flu can last for up to a week and make it difficult to get out of bed. The best defense against this is a flu vaccine.

The vaccine is formulated to fight the most likely types of influenza that are affecting people this year. Flu shots contain no active virus and cannot make you sick. Flu vaccine immunoassays do contain the live virus. Flu vaccines are recommended for all ages. Anyone who has contact with a lot of people will benefit from the vaccine. Flu shots are especially important for the elderly, children and people who are involved in healthcare.

Anderson Medical Center is offering the vaccine with no appointment necessary. Come in today and get your flu shot. We are located at 1945 Garnet Avenue. For more information you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

Beauty by Judy
Help for Thinning Hair – Adding Volume is the Number 1 Requested Service!

According to the Women’s Institute for Fine and Thinning hair, there are 10 million women who are currently experiencing hair loss. It can begin as early as puberty, although it usually occurs between 15 and 55 years of age. In the past several years effective treatments have become available for fine, thinning hair. Professional hair loss treatments are most effective when used at the first signs of thinning or hair loss. After analysis of hair type and problem a personal treatment program should consist of the following:

• Prepare – with massage and essential oils
• Shampoo – treatment shampoo for your hair type
• Condition – for dry or damaged hair
• Treat – apply products
• Style – choose your style

Hair Color
Q. Should you color your hair if your hair is prematurely gray, or could gray hair help your business? A. Gray can be a matter of self-esteem. You may not be presenting your most professional, attractive self. By the way, the old adage grey hair means distinguished, women are old doesn’t hold true. Gray is a growing issue, not a gender issue. A good rule of thumb is to go one shade lighter than the natural color so it does not look harsh and goes with the skin tone. Low-lighting colors gray hair and leaves some natural hair showing, which makes gray hair less apparent. All white hair can make some women look washed out. Warm, tan, or golden tones can add color to the hair and skin tones.

Extensions
Volume and length can be added with extensions. A unique patented process using real human hair attached with a protein bond does not damage your hair. The bonds are so discreet you can style your hair any way you choose. Most women who want this service suffer from thin, weak, and damaged hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook! Extensions come in 40 different shades. Call for your FREE consultation and receive $200 off on your first full head of hair replacements.

858-456-2344 or go to www.beautybyjudyinfo
Judy Judy Judy Hair Salon
7714 Herschel P.O. Box La Jolla

Why Would You Need a Geriatric Care Manager?

Judy’s father lived several hours from him and Jim was concerned. He knew his dad needed more help but wasn’t ready for assisted living and wanted to continue living in his home. Jim went to The National Association of Professional Geriatric Care Managers and did a search for a care manager in his father’s area. He found Innovative Healthcare Consultants located, interviewed and hired one of our RN geriatric care managers and has been very satisfied. Since Jim didn’t have experience or the area, the care manager was able to get Jim’s father into a daily meal program, through the VA, she got Jim’s father his social security and SSI and has been coordinating the care for his father’s needs. She reports back to Jim, with his father’s permission.

Dental hygiene at home!
Do you or a loved one have a problem getting to a dental office? (Service limited to nursing facility or homebound patients)

Don’t risk their dental hygiene. Have a dental hygienist come to them! Call today 619.997.3895

Judy Judy Judy
Judy Judy Judy Hair Salon is located in downtown La Jolla 7734 Herschel Ave. Suite P, 858.456.2344 • www.beautybyjudyinfo

Earth Day at OB People’s Food

This month in honor of Earth Day Ocean Beach People’s Organic Food Market offers the following suggestions on surviving global climate change. First, try to eat less meat. Meat is very efficient at converting carbon dioxide to carbon monoxide. Second, lower your carbon footprint by replacing your petroleum-based plastic with bio-degradable plastic. Third, resist the urge to buy new coal production. Coal puts more CO2 in the atmosphere than all other causes combined! Fourth, replace coal with wind and solar power. We would do well to grow kitchen gardens and enjoy sit-down dinners. Last on this list: Establish peace and win-win solutions as the defining principles for conflict resolution. Sure we can. Really, we have to insist on it. Peace is inevitable. Whether humans are around to enjoy it is up to us.

Stop by People’s this month on Saturday, April 21 and celebrate Earth Day by entering the Food Truck raffle to win a Schwinn bicycle. At People’s – San Diego’s only customer owned grocery store – we’re open daily from 6 a.m. – 9 p.m. at 4763 Voltaire Street. Please call (619) 224-1387 for more information or visit us at www.obpeoplesfood.com

MIND BODY & SOUL

Healthcare.

Influenza is a virus that causes fever and body aches. The flu can last for up to a week and make it difficult to get out of bed. The best defense against this is a flu vaccine.

The vaccine is formulated to fight the most likely types of influenza that are affecting people this year. Flu shots contain no active virus and cannot make you sick. Flu vaccine immunoassays do contain the live virus. Flu vaccines are recommended for all ages. Anyone who has contact with a lot of people will benefit from the vaccine. Flu shots are especially important for the elderly, children and people who are involved in healthcare.

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Point Loma Arts Academy 2012 “Handspun Dreams”
Pt. Loma Arts Academy has been engaging children ages 5-13 in a unique hands-on marriage of visual arts, including clay, printmaking, music, guest artists, stories, and delicious homemade snacks...for 32 years! Classes are small with creative teachers, teen assistants, and a welcoming atmosphere which keeps our children coming back year after year.

Calling All Kids!
July 23-27 9 to noon
Christ Lutheran Church
4761 Ca's St.
in Pacific Beach
858.483-2300
www.christpb.org

Point Loma Arts Academy
Spring & Summer Camps
Pt. Loma Arts Academy has been engaging children ages 5-13 in a unique hands-on marriage of visual arts, including clay, printmaking, music, guest artists, stories, and delicious homemade snacks...for 32 years! Classes are small with creative teachers, teen assistants, and a welcoming atmosphere which keeps our children coming back year after year.

Surf Diva’s La Jolla Surf Camp & Academy
Awarded Nickelodeon’s Parents’ Choice for surf schools, Surf Diva’s La Jolla Surf Camp & American Surf Academy provide the best kids co-ed surfing program in San Diego. Gifs and boys aged 5 to 10 and 11 to 17 learn to surf and participate in awesome activities emphasizing ocean & beach awareness. The surf camp takes place at La Jolla Shores, a sandy bottom beach. This prime San Diego location is the perfect place to learn how to surf.

The afternoon theater program is designed for drama-loving kids ages 7-13 and will be performing Peter Pan, directed by the talented Billy Stevens. This program is limited to 10 children. Each program is 3 weeks long running from July 2-27 and includes all supplies, daily snacks, and an original tee shirt. The fee for each program is $400. Space is limited. Pre-registration is required. For more info call 619-804-6648 or visit our website: ARTS.ORG, and register today!!

Surfing includes: surfing, beach games, beach culture and are supervised by Surf Diva certified/ CPR and first aid/surfer trained and qualified surf instructors. Whether your child is a beginner or has some surfing experience, the small groups allow our surf instructors to provide your child with the proper coaching.

Morning and Afternoon sessions $297 (plus a 10% City beach permit fee for full day session) $500 (plus 10% City beach fee)
Register now by calling 858.454.8273 or by logging on to www.surfdiva.org.

Vacation Bible School
Christ Lutheran Church in Pacific Beach, 4761 Ca’s Street, is hosting Son-Quest Rainforest Vacation Bible School July 21-27, 9:00 a.m. to 12:00 noon for children age 3 to 5 years old. The program will feature music, Bible stories, craft time, snack time and more fun! The week will end with a closing program at noon and a family beach picnic on July 27th at 5:00 p.m. For information and registration forms, please go to www.christpb.org or call the office at 858-483-2300 and speak with Talia.

Spring and Summer Camps
San Diego Camps
San Diego Family Directory
Discover why San Diego Families have chosen San Diego Surf School as the place to be year after year. Our popular weeklong half day surf camps are unique with small class sizes, specializing in personal surf instruction for campers of all levels. A 3:1 surfer to instructor ratio ensures that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need. Also, it’s not too late to sign up for our spring or summer camps, please visit lajolla.ymca.org or call (858) 453-3483 for more information.

Join Junior Theatre this summer to experience the wonderful world of Performing Arts. Campers will take classes in acting, dance, & singing. Traditional, Performance & Advanced camps are available at Balboa Park. Junior Theatre also provides K-3rd grade camps in La Jolla. Camps run June 13-Aug 11. For a list of camp dates, descriptions & pricing visit Junior Theatre.com. Register early as our camps fill quickly.

San Diego's Premier Surf School: Safe-Fun-Friendly-Professional-Educational
Discover why San Diego Families have chosen San Diego Surf School as the place to be year after year. Our popular weeklong half day surf camps are unique with small class sizes, specializing in personal surf instruction for campers of all levels. A 3:1 surfer to instructor ratio ensures that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need. Also, it’s not too late to sign up for our spring or summer camps, please visit lajolla.ymca.org or call (858) 453-3483 for more information.

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Nike Golf Schools & Jr. Camps

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. Advanced players can immerse themselves in the sport for an entire week.

Qualities include:

- Fun, Energetic Staff
- Affordable
- Safe
- Boys & Girls
- Enroll Now!

Call: (619) 238-1211 for Information | www.juniorthetheatre.com

Menehune Surf School

The Menehune Surf School has been providing surfing instruction for over 10 years. Founded by San Diego schoolteachers, our program offers 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.

- Transitional Kindergarten
- Ages: 2-5 years old
- Hours: 7:30am to 5:30pm M-F
- Days available: June 13 - August 31
- Day camps range from $120 to $220
- Half- and Full-Day programs offered.
- Group discounts and special pricing available!
- Best of all...we hold a free surf board giveaway every week of camp!
- Register now - register now at www.menehunesurf.com or call (619) 445-7209.

Surf Camps are offered at three locations: La Jolla Shores, Del Mar, and Mission Beach. Basic theory is rehashed, but it's all hands-on, fun, and experiential opportunities, including knowledge of surf etiquette. It begins by introducing the ocean and surfing etiquette. It is a full immersion experience. The Menehune Surf School has an outstanding reputation within the surfing community. You have an outstanding reputation within the local community. Our summer program includes trips to the beach, a variety of arts and crafts, group activities and games, and a weekly field trip. Field trips include such places as Knots' Ferry Farm, Soak City, and the SD County Fair. All of these activities are included with enrollment! Campers have an opportunity to create new friendships, play outdoors, and have fun in a closely supervised environment.

For more information visit our website campsboogie.com, or contact Brian Lazorksi, Camp Boogie’s director and a California-certified teacher, at 619-990-6192.

Peninsula YMCA Camps

The Peninsula Family YMCA offers day camps all summer long beginning June 13 through August 31. Day camp ranges from a variety of choices and fun for all ages. There are more than several camps to choose from, 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 as soon as possible. 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 either for summer or summer camps, please visit peninsula-ymca.org or call (619) 226-8888 for more information.

Camp Boogie Rocks

For over 10 years, Camp Boogie has provided a safe, affordable, and fun day camp program for children ages 6 to 12. Located in a beachfront community, we have an outstanding reputation within the local community. Our summer program includes trips to the beach, a variety of arts and crafts, group activities and games, and a weekly field trip. Field trips include such places as Knots’ Ferry Farm, Soak City, and the SD County Fair. All of these activities are included with enrollment! Campers have an opportunity to create new friendships, play outdoors, and have fun in a closely supervised environment.

For more information visit our website campsboogie.com, or contact Brian Lazorksi, Camp Boogie’s director and a California-certified teacher, at 619-990-6192.

Westminster Presbyterian Preschool

Westminster is a preschool that started simply—a mother (or kindergarten teacher) looking to educate her two-year-old—has matured into a local institution of sorts. “It brings joy to my heart,” said Judy Stephens, founder of the school. “I love what I’m doing and I’m very enthusiastic about education for children.” The school offers part and full time programs for ages 18 months to 6 years of age.

Since Westminster opened, its approach has been to create a hands-on, fun experience that prepares children for kindergarten with science, language arts and math curriculums. For example, a recent lesson plan took students on an imaginary trip to Italy complete with a plane, luggage, and even a mini-Pompeii created in the school’s sandbox.

The summer Programs feature bimonthly themes such as Kid Olympics or Underground Adventures. Also available is “Money Preschool,” a class designed for children starting kindergarten in the fall. “We give the kids an ‘I Can Do’ attitude,” said Stephens. “They’re excited about school and the learning process.” This is the mindset that I want our kids to have.

For more information, call (619) 224-7403, or visit www.sdpsradesh.com.

Sanctuate!

The spa welcomes walk-ins and reservations. “Our massages are time-efficient,” Zaki said, explaining that 38 minutes is equivalent to 90 minutes once a week. “It’s a huge step up from the massage-spa concept as interest has been increasing with word-of-mouth recommendations. She figures there are 315,000 people living within five miles of the place. ‘And I need less than 5 percent of them to make this a booming business.’”

Zaki indulges herself in a robotic massage about every other day. Not only is the therapy relaxing but it’s helped her chronic sciatica, she said. She recommends short, frequent massages, rather than infrequent, longer ones.

“If a 15-minute massage once a week is good, she said, “the next step is 30 minutes once a week.”

Caring for your body with regular massages, she said, only means different from going to the gym.

“You can’t go once a month and stay fit and healthy.”

The massage recliner-bed offers eight programs, which can be combined. The most popular is a 15-minute full body; a full-body air massage, which Zaki said is great for pregnant women; or DreamWave, the signature massage for relaxation; an eight-minute Stretch, with special attention to the back and torso; the Morning, to kick-start the day; and Night, to wind down.

A sanscature! massage just “feels amazing,” Zaki said. A 15-minute session is $15; 30 minutes for $20 and 45 minutes for $30. The addition of Stretch is $15. A combination of two treatments plus Stretch, for example, is $25. A $75 monthly membership with no contract consists of five, 30-minute sessions. There are also week- ly specials, including a two- for- one-day or two-week reservation from Thursday from 9 to 11 a.m.

“Our massages are time-efficient,” Zaki said, explaining that 38 minutes at sanctuate! is equivalent to 90 minutes of traditional massage. “A massage is just a massage, it’s a massage — you don’t have to be a 22-year-old to get a massage, you don’t have to be a 22-year-old to get a massage.”

A massage at the spa is “full immersion,” Zaki said. “It’s something that is fully relaxaton and quiet the chatter in their heads, according to Zaki. In addition to the feel-good massage, there’s the “unixness” of white tea fig, relaxing music on headphones, restful images on a flat-screen TV and, for taste, a gourmet chocolate at the end of the experience. That makes it become walk-ins and groups, including bridal parties.

Zaki said she hopes to sell franchis- es nationally and internationally.

Someday, she believes, the quick, no- frills massages will be in every neighborhood, she said. According to Zaki, in addition to the feel-good massage, there’s the “unixness” of white tea fig, relaxing music on headphones, restful images on a flat-screen TV and, for taste, a gourmet chocolate at the end of the experience.
PLHS dance team takes first-place honor

A dance team formed at Point Loma High School claimed a first-place award at a recent performance.

The team, which goes by the name of Universal Motion Dance Company (UMDC), took top honors in its division at the Thunderstruck Dance Competition last month in Coronado.

UMDC is the first Pointer group to dance competitively in a decade, and their victory came against 19 other teams. UMDC alumni Marissa Eriksen choreographed the challenging routine, which originally overwhelmed some current dancers. But the group was determined to master it. “We’ve been working for months to get there, and to actually get there and hold the trophy... it’s great,” said team member Brittni Hammett, a PLHS junior.

The first-place award has motivated the team to continue working and exploring other dance styles to showcase at future contests.

PLHS librarian Sarah Sine is the dance team’s advisor. She said the group was constantly evaluating its progress and working to improve.

— Scott Hopkins

Loma Portal asks auction items, sponsorships

Every year the Point Loma Radiant Foundation holds a fundraising auction to support our capital improvements as the computer lab, the amphitheater, academic and athletic programs, equipment, improvements to the physical plant, and enhancement of the physical structures.

This year’s event is an auction and dinner, themed “Set Sail at SL Loma Portal” on April 20.

The school is appealing to community members and businesses for auction items. For more information or to help with donations, call Katherine Faulconer at (619) 726-2977 or Stephanie Dufhe at (619) 846-0087, or email katherine@restaurantentertainment.com or stephanie@encompass.net.

Silver Gate Elementary School third-grade teacher Kathryn Awanski dresses up in a 1950s theme to help promote the school’s “Hot Rods and Hogs” fundraiser. The Hot rod and motorcycle-themed silent auction, dinner and dance takes place Friday, April 20 at 5:30 p.m. at the Liberty Station Conference Center, 2600 Laving Ave.

The event is the school’s biggest fundraiser of the year and all proceeds go to 1950s theme to help promote the school’s academic and athletic programs, equipment, improvements to the physical plant, and enhancement of the physical structures.

The Kiwanis Club of Point Loma will again present an ecumenical Easter Sunrise Service at the Cabrillo National Monument on Sunday, April 8. The services will be held in the lower parking lot, receiving a $5,000 NABE Scholarship for the Arts last fall.

— Staff and contribution

PLHS slates production of ‘Grease’ in April

“Grease” is the hottest word around the Point Loma High School campus these days. The school’s drama department is presenting the Broadway hit musical on April 12, 13, 14, 20 and 21 in the school’s Larry Zeiger Performing Arts Center. Curtain time is 6:30 p.m. each night.

Tickets are $9 for adults and $7 for students and can be purchased in advance at the PLHS Financial Office. They can also be purchased for $10 online at www.pointlomalohi.com.

The show is intended for mature audiences and is rated PG-13.

— Scott Hopkins

Annual Easter Sunrise Service set at Cabrillo Monument

The Kiwanis Club of Point Loma will again present an ecumenical Easter Sunrise Service at the Cabrillo National Monument on Sunday, April 8. The services will be held in the lower parking lot, receiving a $5,000 NABE Scholarship for the Arts last fall.

In addition to the conference, the group met with Rep. Mick Mulvaney (R-S.C.) for dinner and with Rep. Duncan D. Hunter (R-Calif.).

One PLNU student in the group, Amy Eriksen, was also one of the gold sponsors for the event. “PLNU’s participation at this conference will represent another step in enhancing our recognition both nationally and globally,” said Reeser. “Our meetings with various policy leaders will also be another way that our program offers a truly unique experience for our students.”

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The San Diego County chapter of the Surfrider Foundation will hold a “lawn patrol neighborhood walk” on Sunday, April 15 from the corner of Sunset Cliffs Boulevard and Hill Street in Point Loma.

Surfrider Holds a Lawn patrol neighborhood walk” on Sunset Cliffs on April 15

The San Diego County chapter of the Surfrider Foundation will hold a “lawn patrol neighborhood walk” on Sunday, April 15 from the corner of Sunset Cliffs Boulevard and Hill Street in Point Loma.

Led by landscape designer Morgan Vondrak, the lawn patrol will run from 9 to 11 a.m. Surfrrider members, volunteers, advocates and those interested in improved water management policies are invited to enjoy an informative walk around an area of San Diego suffering from significant erosion issues, resulting in damage to nearby Sunset Cliffs Natural Park.

The proximity of the lawn patrol route to the park and bluffs will help highlight how the choices residents make in gardening and water use directly impact the environment.

Participants will walk the neighborhood, utilizing Ocean Friendly Garden criteria to determine which properties have the best conservation elements. Flyers and information will be left with properties close to being in the service will be provided by the Navy Band Southwest and the Naval Base Point Loma Color Guard will open the ceremony.

The visitor and parking fees imposed for the Easter Sunrise Services. A fellowship time with coffee, tea and pastries follows the services.

For more information, call Barry Kothler at (619) 519-3812, or visit www.pointlomakiwans.org.

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OPEN HOUSES

LA JOLLA
Sat 11-4 Sun 12-4pm . . . .240 Coast Blvd. #1-D . . . . . . .2BR/2BA . . . $999,999 . . . . .Adam S. Allerton  619-223-1234
Sat & Sun 1-4pm  . . . . . . . 333 Coast Blvd. #16 . . . . . . . 2BR/2BA . . . $1,050,000. . . Charles Schevker  858-449-8250
Sat 2-5 Sun 12-4pm . . . . . .8386 El Paseo Grande . . . . . . . 2BR/2BA . . . $1,495,000 . . . . .Elizabeth Potter 858-922-6929
Jim Holland 858-405-6442
Sat 12-3pm . . . . . . . . . . . 743 Nautilus St.  . . . . . . . . . .3BR/1.5BA . .$795,000 . . Karla & Mark Stuart  619-981-3574
Sat 12-3pm . . . . . . . . . . .  549 Bonair Place . . .  . . . . . .  3BR/2.5BA . . $1,235,000 . . . . . . . Cindy Eyer  619-755-8757
Sat 1-4pm . . . . . . . . . . . . 5383 Chelsea #301 . . . . . .. . .2BR/2BA . . . .$1,250,000 . . . .Jan Mc Kusick  619-994-8846
Sat 1-4pm  . . . . . . . . . . . . .375 Coast Blvd. #C . . . . . . . . .2BR/2BA . . . $1,695,000 . . . Karen Hickman  858-229-7773
Sat 1-4pm . . . . . . . . . . . . .4767 Ocean Blvd. #1202 . . . . 3BR/3BA . . . $1,895,000 . . . . James Shultz  858-354-0000
Sat 1-4pm . . . . . . . . . . . . .1629 Calle De Cinco . . . . . . . .3BR/2BA . . . . . . . . . . . . . . . . . . . . . . . . Robin Borrelli  619-368-9373
Sat 1-3pm . . . . . . . . . . . . 1944 Little St. . . . . . . . . . . . . 5BR/6.5BA . $4,399,500 . . . . . Terri Andrews  619-517-8277

PACIFIC BEACH / MISSION BEACH / CROWN POINT
Fri 1-5 Sat 11-5pm . 4076 & 4080 Morrell St. . .4BR/3.5BA $799,000-$839,000 each . . . Kathy Evans  858-488-7355
Sat 11-4 Sun 1-4pm1263 & 1265 Oliver Ave. . . .4BR/4BA  .$949,000-$959,000 each . . . Kathy Evans  858-488-7355

POINT LOMA / OCEAN BEACH
Sat & Sun 11-4pm .885 Armada Terrace  . . . . . .2BR/2BA . . . . . .$895,000 . . . . . . . . . . .Robert Realty  619-852-8827
Sat & Sun 11-4pm .3751 Wilcox St.  . . . . . . . . .4BR/4BA . . . . . .$1,395,000  . . . . . . . . .Robert Realty  619-852-8827
Sat & Sun 11-4pm .876 Armada Terrace  . . . . . .4BR/4BA . . . . . .$2,275,000  . . . . . . . . .Robert Realty  619-852-8827
Sat & Sun 11-4pm .867 Harbor View Pl.  . . . . . .4BR/4BA . . . . . .$2,500,000  . . . . . . . . .Robert Realty  619-852-8827
Sat 1-4pm . . . . . . .5038 Saratoga Ave.  . . . . . .2BR  . . . . . . . . $399,000  . . . . . . . . . . . .Tami Fuller  619-226-8264
Sat 1-4pm . . . . . . .4878 Pescadero Ave. #105 . 2BR/2BA  . . . . $549,999  . . . . . . . . . . . .Tami Fuller  619-226-8264
Sun 2-4pm  . . . . . .475 San Gorgonio . . . . . . . .2BR/2BA  . . . . $1,388,750  . . . . . . .Leslie Reynolds  619-987-4156
Sun 2-4pm  . . . . . .3145 Kellogg  . . . . . . . . . . .3BR/3BA  . . . . $1,945,000  . . . . . . .Leslie Reynolds  619-987-4156
Sun 2-4pm  . . . . . .3109 Lawrence  . . . . . . . . .5BR/5BA  . . . . $1,985,000  . . . . . . .Leslie Reynolds  619-987-4156

NORTH PARK
Sat 1-4pm . . . . . . .3408 Bancroft St.  . . . .3BR/1BA  . . . $579,000 . . . . . . . . . . . . . . . . . .Krista Bell  619-209-9953

UNIVERSITY HEIGHTS
Sun 2-4pm  . . . . . .475 San Gorgonio . . . . . . . .2BR/2BA  . . . . $1,388,750  . . . . . . .Leslie Reynolds  619-987-4156
Sun 2-4pm  . . . . . .3145 Kellogg  . . . . . . . . . . .3BR/3BA  . . . . $1,945,000  . . . . . . .Leslie Reynolds  619-987-4156
Sun 2-4pm  . . . . . .3109 Lawrence  . . . . . . . . .5BR/5BA  . . . . $1,985,000  . . . . . . .Leslie Reynolds  619-987-4156

MEETING ANNOUNCEMENT
Please join us for the quarterly meeting of the
Airport Noise Advisory Committee
San Diego International Airport
Wednesday, April 18, 2012
4:00–5:30 p.m.
Commuter Terminal
Airport Noise Monitoring Room
3225 N. Harbor Drive, San Diego, CA 92106
Future Meeting Date
July 18, 2012
PLEASE CALL AIRPORT NOISE MITIGATION AT
(619) 400-2781 FOR DIRECTIONS

MAKE IT A GREAT SHOWING!
GO ON LINE TO PLACE YOUR LISTINGS OR CALL KIM AT 858.270.3103 X140
www.sdnews.com
City honors Portuguese Immigrant Week

**Portuguese Immigrant Week in San Diego**

San Diego Spanish Street held a special presentation at City Hall. The presentation, made ahead of the 102nd annual Portuguese Festa in Point Loma on May 27, honored nearly 20 past and current Festa presidents, including some from the 1930s—a half-dozen past and current Festa queens. The event was held at 3:30 p.m. at the Point Loma Café, 4865 Hillside Drive.

**Fiesta presidents.**

*April 12-14*

Mozuna Beans & Stones shop sponsors a two-night camping and mining experience at the Opal Hill mine south of Indio.

*Camping at the mine is free and the two Bureau of Land Management campgrounds close by. Participants will mine for fire agate, opal, chlorophyll, and many other native Southern California minerals. The charge at the mine is $25 per person, per day.*

For more information, visit Mozuna Beans & Stones at 4198 Voltaire St., or call Janice at (619) 757-6547.

**MONDAY, April 16**

The Point Loma United Methodist Church hosts a free program, "Ento to Chair Yoga." Experience how chair yoga can offer flexibility and inner harmony for special conditions. The program takes place from 11:30 a.m. to 12:15 p.m. at the church, located at 1984 Sunset Cliffs Blvd. For more information or to register, call (619) 784-4838, or email info@dharyoga.com.

**WEDNESDAY, April 18**

*The Point Loma/Hervey Branch Library hosts a free presentation, "A Girl, A Guy and a Piano: Broadway's Golden Age" at 7 p.m. The library is located at 3701 Voltaire St.*

For more information, call head librarian Christine Gonzalez at (619) 531-1539.

*• Cupcakes Squared is celebrating its four-year anniversary with four day fun and giveaways. The store is located at 3772 Voltaire St. For more information, call (619) 226-1485.*

*• The Point Loma United Methodist Church offers a free program, "Gluten-free and Vegetable Grains." The presentation addresses how to easily prepare and replace the gluten in your diet with scrumptious whole grains that provide a wealth of nutrients and fiber. The presentation takes place from noon to 12:45 p.m. at the church, located at 1984 Sunset Cliffs Blvd. For more information or to register, call (619) 788-4838, or email info@dharyoga.com.*

**FRIDAY, April 20**

*Father Joe’s Villages Fiesta de Flores 29th annual Children’s Charity Dinner to benefit homeless children and teens of St. Vincent de Paul Village and Toussaint Academy. The event takes place at the Kona Kai Resort, 1551 Shelter Island Drive. Dockside cocktail hour and a silent auction beginning at 5:30 p.m.*

*With dinner at 7 p.m., followed by entertainment and a live auction.*

*Tickets range from $300 to $1,000; $10,000. Village Ladies Guild members and one guest are admitted for $250; young professionals are admitted for $200. For information or to register, call (619) 446-2308, or visit www.myneighbor.org/fiestadeflores.*

**SUNDAY, April 22**

*A Guy and a Piano: Broadway’s Golden Age*

*Library hosts Bruno Leone, presenting “Legends of Broadway and Other Tales.” The free event takes place at 6 p.m. at the library, 3701 Voltaire St. For more information, call head librarian Christine Gonzalez at (619) 531-1539.*

*• The Point Loma Peninsula Republican Women’s Club holds its monthly meeting at 10 a.m. at the Point Loma Café, 4865 Harbor Drive. The program follows at 11 a.m. with featured speaker Mano Bakh of Iran, who will speak on the topic of “Shariah Law and Women in America.” A no-host lunch follows and visitors are welcome.*

*For more information, call Marilyn at (619) 222-9512.*

**THURSDAY, April 19**

*The Ocean Beach Historical Society presents speaker Richard Dhu, program manager for the San Diego River Park Foundation. Dhu’s topic will be “A Tour of the Historic San Diego River.” The presentation takes place at 7 p.m. at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit www.obhistory.word-press.com.*

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*With dinner at 7 p.m., followed by and the music of Society Beat at 8 p.m. Attire is black tie or fiesta finery. Individual tickets range from $300 to $1,000; tables for 10 range from $3,000 to $10,000. Village Ladies Guild members and one guest are admitted for $250; young professionals are admitted for $200. For information or to register, call (619) 446-2308, or visit www.myneighbor.org/fiestadeflores.*

**SUNDAY, April 22**

*The Dana Unit of Rady Children’s Hospital Auxiliary presents the 11th annual Point Loma Garden Walk to benefit the hospital’s Craniofacial Services Department. The walk, which takes place in the elegant La Playa neighborhood of Point Loma, will run from 10 a.m. to 4 p.m. The event also showcases local artisans and features a special plant sale. Tickets are $25 and can be purchased online or at various merchant outlets. For tickets or information, call (619) 518-8663, email info@pointlomagardenwalk.com or visit www-point-lomagardenwalk.com.*

**LOOKING AHEAD**

**Thursdays, April 11-28**

**Fiesta presidents.**

*April 11-28*

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