Residents rally with simple message: ‘Respect OB’

Ocean Beach wants some respect. Residents of the funky, feel-good beach town who have always embraced the individual spirit—even when it means letting your freak flag fly—are asking everyone to "Respect OB."

Community activists got their message out April 24 during a "Respect OB" rally at the foot of the Pacific Ocean in the waning hours before sunset. The rally attracted a crowd of hundreds—including merchants, residents, families and a legion of legally leashed dogs—who filled the lawn between Veterans’ Park and the lifeguard station on Abbott Street.

"It's a pharmacological mix of free spirits, hometown pride and merchants, residents, families and a legion of legally leashed dogs who filled the lawn between Veterans’ Park and the lifeguard station on Abbott Street," said Noah Tafolla, host of "Wonderland" tele-

Lindbergh Field has reached the halfway point of its $1 billion Green Build that will include 10 new gates, a new flight tower, "smart curbs," an expanded concessions area and, shown here, an elevated departure roadway next to a new United Services Organization (USO) building.

About a year ago, airport officials unveiled plans to turn out the parking lot—all 1,300 spaces—in front of Terminal 2 at the San Diego International Airport. But, in a way, it’s still there.

The 20 acres of concrete and asphalt have been pulverized and gathered into gigantic piles on the now-dirt lot, making up much of the raw material being used for green build, the largest expansion in the history of the airport. It’s been dubbed The Green Build by the San Diego County Regional Airport Authority because of its environmental goals—low-water landscaping, reduced electricity, natural lighting, recycled materials and the like—but the term could just as easily be a reference to the cost: $1 billion.


Ready to get your Cajun on?
Three days of bayou madness—complete with Caoucou cooking, Cajun/Zydeco dancing, music and a Mardi Gras parade—will rage at Spanish Landing May 11-13.

Kobey's eyes warehouse for indoor "Storage Wars"-inspired swap meet

Chuck Petro, vice president of Kobey’s, said he has his eye on a 45,000-square-foot warehouse in the 1600 block of Karta Street on the north side of the Valley View Casino Center (formerly the San Diego Sports Arena) parking lot that could make a dandy spot for potentially dozens of vendors that sell storage auction and thrift store-type merchandise—an operation he has described as a sort of indoor, during-the-week swap meet. Petro, a member of the North Bay Community Planning Group (NBPAG), described the concept as "Lindbergh on steroids": 10 new gates will add close to 50 flights each day.

‘Storage Wars’-inspired swap meet

If you’re a fan of "Storage Wars," the hit cable show that appears on the A&E Network, you’ll give this bit of news a thumbs-up. Or you might even use the catchphrase of one of the main characters, Dave "The Mogul" Hester, and give it a hearty "Yunup!"

If Kobey’s Swap Meet has its way, you’ll be seeing more of "The Mogul," as well as Darrell "The Gamble" Sheets, because both want to expand their operations around here under the well-known Kobey’s banner.

Photo by Jim Grant | The Beacon

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Airport’s $1B rebuild hits halfway marker

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Br. TONY De GARATE | THE BEACON

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The Peninsula Beacon made it all the way to Aalborg in northern Denmark with Guido Hamacher. Guido is standing on the board-walk in front of Restaurant Elbjørn, an old icebreaker, which was restored and converted into a restaurant. The boardwalk is adjacent to the Lim-fjord, the waterway that defines the city. Its location on the Lim-fjord gives Aalborg access to both the North and Baltic Seas. Historically, the city’s main industries were shipbuilding, fishing and trading, while today technology plays an important role.

Water-related activities, like boating and fishing, still are part of Aalborg’s fabric today.

It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy!

Peninsula Beacon

THURSDAY · MAY 3, 2012

DEL MAR    LA JOLLA    RANCHO SANTA FE    CORONADO    DOWNTOWN    FALLBROOK    SANTALUZ

YOU
Take us on vacation with Peninsula Beacon!
Charming 3 bed-

Cajun and Zydeco instructors, who will

uniquely Cajun Zydeco.

Playboys, playing music ranging from

nominated Steve Riley & the Mamou

Johnny Vernazza and Grammy Award-

Headlining are Grammy Award-winning

distinguished between the festival's six stages.

- and they

- will also be making the cross-country

- pudding.

- Creole cooking, like how to make

- beignets, jambalaya and banana bread

- raw oysters all three days of

- boudin sausage, catfish, "po' boy" sand-

- will also be making the cross-country

- pounds of live crawfish will be trucked in

- complete without food. More than 8,000

- to 10,000 people are expected to

- zazz, but for the weekend of May 11-13,

- Got Cajun? Prepare for 3-day Gator by the Bay festivities

- And the music is as good as the food.

- There will also be culinary profes-

- And the music is as good as the food.

- Adventurous guests can pick up a rub

- 16-day Zydeco in one of the free

- Bay-style music and dancing are an integral part of the Gator by the Bay event.

- a dance at the nearby Sherton Marina

- On Mother’s Day, the last day of the fest-

- there’s a special Mardi Gras parade.

- and possibly win prizes.

- Among the pit stops are Performance

- Thousands of residents will pedal into

- including at least two in the Point Loma

- Bayside sets Bike to Work Day, events

- SANDAG sets Bike to Work Day, events

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- Man hurt after being run over by car

- A 46-year-old man was treated for a broken pelvis after he was run over by a car around 11:30 p.m. at Rosencrans Street and Sports Arena Boulevard on April 23, according to police.

- Investigators said the car’s driver did not see the man lying partially in a planter and partially in a parking spot. Police said the victim may have been hastening to return to the ground.

- The injuries were not considered life-

- threatening and the driver was not

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- athletes creating and demonstrating delicious

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What was happening in 1937? The Golden Gate Bridge opened in San Francisco. Franklin D. Roosevelt was President of the United States. The first issue of Look Magazine was published. And, A. L. Jacobs and Sons Jewelers opened their store in downtown San Diego.

This year marks our SEVENTY-FIVE YEAR ANNIVERSARY. We’re proud to be one of the oldest family owned businesses in San Diego. As you know, in our business, experience counts. Today we offer you the reliability, imagination, and craftsmanship that only decades of experience provide. You can count on us for the most unique and highest quality jewelry and expert repairs—your satisfaction guaranteed.

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Mention this article during may and receive a complimentary bottle of jewelry cleaner and a jewelry polish cloth. We look forward to seeing you.

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Life-saving EKGs to be offered to local students

By SCOTT HOPKINS | THE BEACON

Following the sudden, unexpected death of their son in 2009, Hector and Rhina Paredes decided to turn their pain into action.

Eric Paredes, 15, an athlete at Steele Canyon High School in Jamul, died of cardiac arrest caused by heart rhythm problems. Sadly, the pre-activity physical exam he underwent did not include an EKG exam.

“Most athletic physicals for pre-participation screening aren’t adequate enough,” said Dr. John Rogers, a heart specialist at Scripps Green Hospital.

An EKG would likely have saved Eric’s life, according to experts. And while he is gone, his parents have started the Eric Paredes Save a Life Foundation—a potentially life-saving event that will come to Point Loma High School (PLHS) on May 20.

The free program, which PLHS will offer to all students in grades 9-12—not just athletes—will provide an EKG to students, particularly those with a family history issue or previous fainting, dizziness or chest pain.

A group of 20 doctors and volunteers is prepared to administer as many as 1,200 EKGs.

“We have also invited the students from High Tech High and The Rock Academy to this event, since it is about helping all kids lead a healthier life,” said PLHS athletic director John Murphy.

Questions? Email Carey Dawidzik at pfhslac@gmail.com. For more information or to register a student online, visit http://epsavealife.org.

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Boating seminars slated

With summer close at hand, the Maritime Institute has launched a free monthly educational series for recreational boaters, focusing on use of GPS systems, at the Sheraton Harbor Island. “Rags” Laragione, president of Point Loma’s Maritime Institute, will lead a May 9 seminar on communications and AIS (Automatic Identification System) at the Bay Club Hotel & Marina at 6:30 p.m. All programs are free. For more information, call (619) 233-2007, or visit www.blueskynews.com.
Students connect with lure of ocean — Hawaiian style

By DON BALCH | The Beacon

The spirit of welcoming aloha was recently offered up to some lucky students of Point Loma High School. The Kanaka Outrigger Canoe Club, based next to San Diego Bay at Liberty Station, hosted its second annual outrigger clinic April 18, drawing about 40 members of the high school’s surf, physical education class, who turned out to try their hand at the venerable sport.

The long, six-man outrigger canoes have a long history in Pacific and Indian Ocean island cultures and date back to around 3000 B.C. Popular in the Hawaiian Islands for hundreds of years, modern outrigger canoe paddling became formalized in 1936, when the Hawaiian Canoe Paddling Association was founded.

Other associations have followed over the years to set bylaws, rules and racing specifications that are used in competitions today. The sport has seen increased popularity over the last 40 years and has grown to include worldwide clubs and many popular racing events — including those in San Diego.

The Kanaka Outrigger Canoe Club was founded in 2009 by a group of 55- and older guys who enjoyed what the sport offered. The club provides a chance to get some exercise, enjoy fun and-older guys who enjoyed what the sport offered. The club provides a chance to get some exercise, enjoy fun and-older guys who enjoyed what the sport offered. The club provides a chance to get some exercise, enjoy fun and-older guys who enjoyed what the sport offered.

The new branding is a way to connect with the ocean. John Murphy, Point Loma High’s athletic director, also helped promote the student session.

“This outrigger canoe clinic has been really enjoyable for the kids and easily doubled in attendance from last year,” said Murphy. “The surf P.E. class does surfing, along with other sports like basketball, racquetball, plus yoga and Brazilian jiu jitsu, and this is the only class of its type in the San Diego Unified School district.

“The Kanaka Outrigger Canoe Club has given them some outstanding exposure to a great fitness and lifestyle activity,” he said. “It was a great day for everyone.”

For more information about the Kanaka Outrigger Canoe Club, visit www.kanakaoutriggerclub.com.
Pampered Pup

Point Loma’s only self-serve dog wash and boutique, The Pampered Pup, is a great addition to the neighborhood. Located by the Harbor and Shelter Island, it provides a new local place to take care of your pup’s needs. Washes start at just $10 for self-service and $20 for full-service.

The boutique carries the newest and most innovative toys on the market to keep your pup busy and happy.

They also offer a variety of healthy food selections including: Taste of the Wild, Natural Balance, Stella & Chewy’s and Primal Raw Frozen Food.

The Leader in Golf Tournaments

If you are looking for a great way to enjoy the beauty of nature or build relationships with partners and colleagues, then a golf tournament or outing at Sail Ho is the way to go. Don’t settle for anything less than the best. Sail Ho Golf Club consistently produces successful golf tournaments and outings for local groups. Use the form below to contact our staff today and to receive further information about tournaments at Sail Ho.

Meet the Pro

Contact Tim Parun, PGA at (619) 222-4653 ext. 205

Play with PGA Professional, Tim Parun. Get four players together, for $25 each you get a nine-hole playing lesson. This is time to get some tips and have fun.

Tim Parun, PGA Teaching Professional, is a PGA Member that has improved golfers since 1986 and a top competitive golfer, earning the title of San Diego Chapter PGA Player of the Year for 2003, ’04, ’06 and ’10. He has also competed on the PGA Tour in the 2004 & 2009 Buick Invitational, the 2010 Farmers Insurance Open, the 2006 Verizon Cup, the 2015 Senior U.S. Open and the 2011 Senior PGA Championship. Look for Tim at this year’s 2012 Senior PGA Championship.

Tim’s teaching philosophy emphasizes drills to improve swing mechanics and a mental approach to “relax and react” for each shot. Tim will show you how to improve your golf game at home with quality.
BIKE PARK
CONTRIBUTED PAGE 2
Dana Middle School and one of the eight organizers named on the group’s website. They also created quite a splash: more than 600 people have signed an online petition — many attaching messages describing heartfelt experiences and sentiments. Irwin said. The concept even appears to have interna-
tional admirers: some of the petition-signers hail from as far away as Europe, he said.
But supporters hoping to keep the momentum going got a glimpse of how slowly and deliberately the wheels of the democratic process can turn.

Three imposing challenges appear to be in the path of such a park. Clay Bingham, a deputy director of the city’s Park and Recreation Depart-
ment, offered this outline of the pro-
cess:
• Changing the land-use designa-
tion would eventually require the approval of the City Council;
• Transferring the land from the Housing Commission to the city would require an appraisal and fund-
ing, unless the commission donated the land; and
• Dedicating the park for bikes would require the creation of a gener-
sal development plan from its current designation of Park and Recreation, which requires funding and public comment.

Sitting up the hurdles, resident Jim Gilhooly asked, “Is this going to hap-
pen in our lifetime?”

“Understand,” Bingham said, noting “this is going to take a lot of time,” adding that he expects “the approval of the City Council; and the process is out there to represent all citizens. [A bike park] can be done, but it takes time and public input.”

Geoff Page said, “It’s a great presenta-
tion and I think you have a lot of sup-
port here, but there’s more that needs to be done.”

Details of the plan are available at http://freeridefamosa.com.

OTHER PCPB NEWS

• Page has been unanimously elect-
ed chair. Page was the only candidate after Jones, who had been elected chairman of the planning group in the Navajo area (eastern San Diego) days earlier, declined nomination. Commenting after he termed his “tough election,” Page said, “I’m just a facilitator. I’m not up here to tell anyone what to do. The thing I like most about the planning board is that it’s a place for the community to come and have a chance to be heard.”
• Of the remaining four other offices, half remain vacant. The selec-
tion of treasurer has been postponed to offer the position to former board member Nancy Graham, Page said.

He said the trails have offered qual-
ity time and camaraderie for kids and families and the opportunity for adults to conveyed the importance of safety and outdoor activity.
Darren Miller, another Freeride Panoa famous, said the park would include three trail areas correspond-
ing to different ability levels and take advantage of existing topography.
Other features include a community garden where residents could get a plot and grow their own food, walking trails for spectators and dog walkers, shade-covered benches and native plants to provide a buffer to adjacent housing.

“This park would be so much more than just a place to ride bikes,” Miller said.

“This is a potentially trend-setting park that would bring value to our community.

Newly installed board chairman

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tion and I think you have a lot of sup-
port here, but there’s more that needs to be done.”

Details of the plan are available at http://freeridefamosa.com.
LINDBERGH FIELD GREEN BUILD: AT A GLANCE

- 10 new gates, raising airport total to 51; adding roughly 50 flights per day
- Construction of a new, elevated road at Terminal 2 dedicated to departing passengers only; existing ground-level road will be used for arriving passengers
- “Smart curb” services at two new 200-foot-by-40-foot pavilions on the elevated road for passengers to check-in, print boarding passes, check baggage and view gate information
- More security lanes to improve flow of passengers and cut down on wait times
- “Sunset Cove” dining options and expanded shopping throughout the terminal

Among the concessionaires: Stone Brewing, Pannikin Coffee and Tea, Sutton, Pho’s BBQ, Artisan Market, Shack Shack, 12th Fairway Bar and Grill, Warwick’s of La Jolla, PGA Tour Shops, Lacoste, Kids Love San Diego, Jack in the Box, Jewelry by Samantha Davimes, Sunglass Hut, Brookstone, Brighton Collectibles, In Motion Entertainment, CNBC News, Da’Neels Spa.

A new United Services Organization (USO) building will be the largest-known USO at an airport, complete with lounge, Internet, gaming room and courtyard for troops to relax between flights or wait to get picked up and go to camp.

KOBEY’S
CONTINUED FROM Page 1

April 18 at that body’s monthly meeting. On the reality-based show, Hestor, Sheets and the other characters bid on abandoned storage units that go up for auction. Hestor and Sheets are regular vendors at KobeY’s, which is open in the sports arena parking lot Friday through Sunday. In fact, Sheets is a 25-year veteran at KobeY’s, according to the company’s website.

Pretto said vendors found out the building was available and asked him to pursue it because they have outgrown the capacity of the weekend swap meet and need room to store and sell merchandise.

“They have so much merchandise they can’t sell it,” Pretto said. “Then they have to store it and bring it back the next weekend. We would like to offer them that space close to their main operation, which continues to be Kobey’s.”

The building created by the show also makes it a good time to consider expanding, he said.

“Because of the ‘Storage Wars’ TV show that’s so popular right now, we think there’s a great opportunity to take advantage of that,” Pretto said. Pretto stressed he does not yet control the building and the owner is considering more than one offer. He said he presented the idea to gauge public interest, and because he would eventually have to ask the planning group to support a variance because he would eventually have to ask for a variance to turn the building into an L-shaped auction facility, which only allows retail of merchandise that is manufactured on site.

Though he has given the concept the temporary name of KobeY’s Indoor Swap Meet, Pretto said the eventual name would be different.

“It wouldn’t really be an indoor swap meet per se,” Pretto said. “We’re thinking about how it might be called ‘Storage Lique-uidators.’”

Though no vote was taken, planning group members seemed supportive.

“This is retaining business in the area and adding something with a community flair. It is a draw,” said Kurt Sullivan, the NBCC’s vice chair.

Planning group member Walter Anderson said he loves the idea.

“Hestor, who lets fly a few “yuuuups” on the show during auctions to confirm his winning, he said.

“Because of the success of that show that’s so popular right now, we think there’s a great opportunity to take advantage of that,” Pretto said.

CONTINUED FROM Page 1

A new United Services Organization (USO) building will be the largest-known USO at an airport, complete with lounge, Internet, gaming room and courtyard for troops to relax between flights or wait to get picked up and go to camp.
Taking a cue from rally leader Andy, the rally’s participants were collectively asked to call District 2 City Councilman Kevin Faulconer’s office in a symbolic show of strength to punctuate their message, “Respect OB.”

“Don’t litter,” he said. “Pick up after your dog. Don’t entice widows.”

He shared an affirmation to “make it happen.” The crowd, nodding in agreement, recited, “We are in a Kumara hand-shake with people to their left and right.

Indeed, the rallygoers were hardly the troubleshooters the “Respect OB” movement is targeting. Some of the mostly over-40 crowd of new-age hippies signed their names on poster board street maps of Ocean Beach. Many represented local organizations like the OB Historical Society, OB MainStreet Association, Friends of the OB Library, Sunset Cliffs Surf Club, Ocean Beach Recreation Center and the OB Geriatrics Surf Club. A contingent of San Diego police officers stood tall, too.

“Don’t litter,” he said. “Pick up after your dog. Don’t entice widows.”

Mary, who also didn’t want to give her last name to the media, handed out “Respect OB” stickers. Glyn Franks, president of the Second Chances ministry, distributed fliers listing community services like free meals, medical care and prayer services.

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Andy gave the stage to Tracie Yudichak, a veteran of the war in Iraq, who returned recently stabbed in Ocean Beach.

“We are in a Kumara hand-shake with people to their left and right.”

When your named trustee dies, moves or

Did the Guardians get a divorce? A Trustee is the per-

Members of the audience echoed the themes of the “Respect OB” rally as they packed the grassy area near Veterans’ Park on April 24.

Photo by Jim Grant / The Beacon

“Only we can save us,” Andy said. “Renew the soul of OB and protect OB for future generations.”

He closed the rally by leading the crowd in a chant.

The major reasons to amend your estate plan are births, deaths, divorces, newly acquired assets and large inheritances. Do you want to add your new child or grandchild to your plan? Did you buy another piece of property? Did a named Trustee or beneficiary die?

Virginia L. Weber, Inc.

“An Attorney You Can Trust”

Before the rally began, Mike Hardin took his turn at the microphone.

“Respecting OB is not about being against something,” said Andy. “It’s about being for OB.”

Andy introduced T.J. Johnson, who read a poem written about Ocean Beach.

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“In the event that person cannot do it and you do not change your
Grace, who also asked not to have her last name published, lives in a motorhome in Ocean Beach. "Because I’m out in the element around the clock, I’m exposed to everything that’s going on," said Grace. "The good, the bad, and the ugly. I see a lot of disturbing things, like drug use, alcohol abuse and terrible violence. People constantly beat each other up.

But Grace said she has also noticed more out-of-town gangs in Ocean Beach that appear to be bringing in more drugs and crime.

According to Grace, there are also other factors at play in the local dynamics. "There are a lot of people out there with mental disorders, alcohol addiction and drug addiction," she said. "We need to find a way to help them, rather than just trying to shuffle them around or arrest them every so often. Jail sweeps and radical ticketing are only temporary solutions."

"There is no [homeless] shelter in OB," Grace said. "There is nothing supervised available to sleep at, no place to gather. This is where we all need to step up. If we would show more respect for each other, people wouldn’t feel the need to drive us out of their town. We all need to show more respect for community property and the people we come in contact with."

Listening to the rally from across the street at Shades Bistro was a group of six Obceans. They said they unanimously agree with the ideas promoted by the “Respect OB” movement.

Among them was Ruben Flores, a property owner and director of operations for Keen Properties and Rentals: "I have over 250 properties here," said Flores. "Rules are always necessary. The guys from OBMA [Ocean Beach Main Street Association] came door to door in my neighborhood,纤维ing flyers for this gathering. I love it."

Not everyone agreed. One viewer was being represented.

Robert Stoltz said he has commuted on foot between Pacific Beach and Ocean Beach for the last six years. Originally from Virginia, Stoltz said he was shocked by the scant number of homeless present.

"Instead, it turned out very civil and very interesting," he said. "Mainly locals rallying for a safer and cleaner town."
Margaret Harvey, 82, co-owner of K&M Harvey Residential Rentals

Margaret Elizabeth Harvey was born in Elkhart, Ind. on Feb. 18, 1930. She was the youngest by 17 years of three children. In her teenage years, she would baby sit for 15 cents per hour. When she turned 18, she had saved enough money to put a down payment on a brand new Mercury convertible.

In the spring of 1947, Ken Harvey—a young man from San Diego who came back to Elkhart to learn how to make brass instruments at C.G. Conn musical instrument factories—rented a room at Mar- garet’s house, they fell in love and on Dec. 3, 1948 they were married.

In 1953, they moved to San Diego, where they purchased their first house in Ocean Beach for $3,000. In 1962, after having two boys—Jim and Doug—and Margaret was promoted to Realfor Frank Nasso as a secretary. Margaret paid keen attention to what was going on and Frank noticed and encouraged her to give investing in real estate a try. So, in the mid-1960s, Margaret and Ken bought a duplex in Ocean Beach and after that there was no stopping her. The couple invested in several properties in the late 1960s and early 1970s, and K&M Har- vey Residential Rentals was born.

Ken was supportive and did a lot of the work on the properties while holding down a job at Western Publishing, but it was Margaret’s vision and ability to see value at a good price that made K&M’s successful business.

The real estate business was made dominant at that time, and Margaret had to have tremendous resolve to excel—and she did. People who rented from her said she was tough when needed, but she cared about them and their families. Margaret very much enjoyed the real estate business, but she loved the activities of her two sons. Her youngest son, Doug, showed incredible ability at a young age and went up to be a concert pianist. She loved hearing him play.

Margaret also enjoyed being a member of the Peninsula Lions Club. The Children’s Hospital Silvergate Auxiliary and the San Diego Historical Society Travel Group, for which Margaret and Ken led several tours.

As the next generation of Harveys came along, Margaret (now “Oma”) loved watching her grandchildren Christopher, Elisabeth, Kimberly, Kyle, and Cody play music, dance and play sports. “Oma” and “Opa” were permanent fixtures at every one of their grandson’s events. The family thanks Oma’s wonderful caregivers: Vicky, Rosie, Mina, Eddy and Rene.

Margaret is survived by her husband of 63 years, Ken; sons Jim (Teresa), Doug (Pam); and grandchildren Christopher, Amanda, Elisabeth, Kimberly (Dan), Kyle and Cody.

Margaret’s service was held Mon- day, Dec. 23 in the Point Loma Presbyte- rian Church. The family asks that dona- tions be made in Margaret’s memory to: Sharp Hospice Care, P.O. Box 1750, La Mesa, 91944.

Margaret Harvey, 82, co-owner of K&M Harvey Residential Rentals

Margaret Elizabeth Harvey was born in Elkhart, Ind. on Feb. 18, 1930. She was the youngest by 17 years of three children. In her teenage years, she would baby sit for 15 cents per hour. When she turned 18, she had saved enough money to put a down payment on a brand-new Mercury convertible.

In the spring of 1947, Ken Harvey—a young man from San Diego who came back to Elkhart to learn how to make brass instruments at C.G. Conn musical instruments—rented a room at Margaret’s house, they fell in love and on Dec. 3, 1948 they were married.

In 1953, they moved to San Diego, where they purchased their first house in Ocean Beach for $3,000. In 1962, after having two boys—Jim and Doug—and Margaret was promoted to Realfor Frank Nasso as a secretary. Margaret paid keen attention to what was going on and Frank noticed and encouraged her to give investing in real estate a try. So, in the mid-1960s, Margaret and Ken bought a duplex in Ocean Beach and after that there was no stopping her. The couple invested in several properties in the late 1960s and early 1970s, and K&M Harvey Residential Rentals was born.

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Margaret is survived by her husband of 63 years, Ken; sons Jim (Teresa), Doug (Pam); and grandchildren Christopher, Amanda, Elisabeth, Kimberly (Dan), Kyle and Cody.

Margaret’s service was held Monday, Dec. 23 in the Point Loma Presbyterian Church. The family asks that donations be made in Margaret’s memory to: Sharp Hospice Care, P.O. Box 1750, La Mesa, 91944.
Aspiring young volleyball players throughout the Peninsula area will soon be taking part in summer camps on the sands of Ocean Beach and the hardwood of the Peninsula YMCA gym.

Both camps will be operated by the Sunset Volleyball Club and are designed to ultimately prepare players to compete at the high school level. The beach camps get under way July 9, with all sessions at Ocean Beach.

High school beach camp: July 9-12 and 16-19, $150 each, camp designed to polish skills while emphasizing competitive play. Includes full-body strength and conditioning component.

Incoming freshmen camp: July 9-12 and 16-19, $150 each, fast-paced drills and technical training with an 8:1 player to coach ratio to prepare participants for high school tryouts.

Middle school camp: July 23-26, July 30-Aug. 2, Aug. 6-9, $125 each, teaching of techniques, drills and games are designed by coaches experienced in teaching younger players. Perfect for beginners or those wanting to refine their game.

Elementary school camp: July 23-26, July 30-Aug. 2, Aug. 6-9, $125 each, fast-paced drills and technical training with an 8:1 player to coach ratio to prepare participants for high school tryouts.

Indoor action also begins July 9 with all sessions at the Peninsula YMCA's gym.

High school tryout camp: July 23-26, July 30-Aug. 2, Aug. 6-9, $150 each, for experienced high school players who want to polish skills for the upcoming season.

Incoming freshmen camp: July 23-26, July 30-Aug. 2, Aug. 6-9, $150 each, focuses on what high school coaches are looking for, six-on-six play and technical training.

Middle school advanced camp: July 9-12, 16-19, Aug. 13-16, $120 each, must have one year of club volleyball, designed for learning advanced play.

Middle school beginners camp: July 9-12, 16-19, Aug. 13-16, $120 each, emphasizes basic skills, techniques and fun.

Elementary beginners camp: July 9-12, 16-19, Aug. 13-16, $90 each, similar to elementary camp above.

For more information, and registration forms, visit www.sunsetvolleyball-club.com.

Peninsula youth prepare to dig into local volleyball summer camps

BY SCOTT HOPKINS | THE BEACON

Point Loma pitcher Jackson Leslie covers the plate, attempting to block a Madison baserunner from scoring. The throw was wide and the Warhawks flew away with a 6-2 victory. Photo by Scott Hopkins | The Beacon

Pointers struggling to overcome season of disappointments

BY SCOTT HOPKINS | THE BEACON

Uncertainties continue to abound for first-year Point Loma High School head baseball coach Jesse Nunez and his Pointers this season.

While hitting remained a team question mark from the beginning, Nunez had high hopes for the Pointer pitching staff. And why not? Few — if any — county schools have a guy like major league all-star and PLHS alum David Wells to coach them. The future shone brightly.

A cast of strong arms that promised to carry the team through many innings and games was ready, but for reasons that are as disparate as could be imagined, there has been missed time ranging from several games to large chunks of the season.

Suspensions of pitchers and other players accounted for some of those missed games. The transgressions included team matters, school and home issues.

“People have to remember that we’re teaching kids to be responsible adults, and that’s a lot more important than baseball," said Nunez. “We teach our players to be responsible for their actions, to have integrity and good work ethics. When they apply these on and off the baseball field, the wins are going to come.”

With only junior Josh Azar and senior Jackson Leslie to take the mound at times, Nunez turned to his junior varsity team. He brought up several sophomores who proved to be valuable additions to the pitching staff, including James Klueber, Joe Da Luz, Jordan Goulet and Joaquin Avalos. Freshman varsity starting first baseman Jayson Pappas also joined the mound crew when needed.

Each call-up has, to their credit, performed admirably against some tough Western League and non-league varsi-

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For more information, and registration forms, visit www.sunsetvolleyball-club.com.
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THE PENINSULA BEACON | THURSDAY, MAY 3, 2012 | PAGE 13
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The Ocean Beach Entertainment and Lodging Group (OBREL) 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.

To get listed please visit www.oceanbeachsandiego.com/obrel or call (619) 224-4906

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- **Tower Two Beach Cafe** 5083 Santa Monica Ave. • 619-223-4059
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- **The Arizona - Bar & Café** 1925 Bacon St. • 619-223-7341 thearizona.com
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- **The Tilted Stick - Bar/Food**
- **Tony’s Tavern**
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- **Shades Oceanfront Bistro** 5083 Santa Monica Ave., Ste. 1F • 619-222-0501 shadesocean.com
- **The 3rd Corner Wine Shop & Bistro** 2265 Bacon St. • 619-223-2700 the3rdcorner.com
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- **GARDEN PATIO**
- **HAPPY HOUR**
- **MOTHER’S DAY SPECIAL**
- **PARKING**
- **PARTY ROOMS**
- **RESTAURANT**
- **SPECIALS**
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**THE PENINSULA BEACON | THURSDAY, MAY 3, 2012 | PAGE 15**
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PLHS softball sees impressive resurgence

By SCOTT HOPKINS | THE BEACON

On March 14, the Point Loma High School girls’ softball team lost a 7-4 non-
league game to Bonita Vista, dropping their record to a disappointing 1-4. But that was in March. This is now.

Just six weeks later, the once-languid girls are riding a 12-game winning streak, sitting alone atop the Western League standings and sporting a spiffy 16-5 record.

And this winning streak could be 15 games.

That’s why there has been a date cir-
cled on the team’s calendar for the last month. April 26 marked the team’s rematch with Madison — the Lady Pointer’s only loss in their last 16 games. But last week’s rains washed out the chance to avenge an embarrassing 9-1 Warhawks win on the Clairemont cam-
pus earlier in the season.

“We didn’t play very well that day and they beat us up pretty bad,” said head coach Tom Kamfonik as he explained the importance of the matchup with Mad-
son.

And, since Madison already is bun-
dered with two league losses, a win would have likely given the Pointers at least a share of the Western League title. But the Peckham Park surface on the PLHS campus was deemed unplayable after last week’s rains, causing the big game to be postponed.

“The players are working hard.”

Kamfonik said. “We graduated a lot of players and this group just came back with intensity, really working for all the coaches.”

A case in point might be a recent home game against league rival Cathedral, which scored two runs in the top of the first inning to take an early lead.

But the lead didn’t last long. The Pointers put up four runs in their half of the first, highlighted by a bases-clearing dou-
ble by third baseman Jenna Vargas.

The final Pointer run came in the third inning when Vargas blasted a home run over the left field fence at Peckham Park.

Pitcher Danielle Batakis scattered five Cathedral hits and gave up only one earned run over seven innings to pick up the victory.

“This is one of those teams where everybody is contributing,” Kamfonik said, “from the seniors all the way down to the freshmen.”

Kamfonik gave special praise to

er.

EXTRA BASES

“We’ve got the bulls-eye on our back,”

Kamfonik said.

creates a target.

“You’re the best team in the city.”

The Cathedral game will live for a life-
time in Vargas’ mind. Her big day (double, home run and four RBIs) came on her 16th birthday. Teammates celebrated the birthday .

“We have a date circled on the team’s calendar for the last week of the season to sweep the season series.”

Pointers softball ace Danielle Batakis delivered during a crucial 5-2 Western League win against Cathedral to help her team sweep the season series.

Son by a 4-2 margin after three innings but gave up four runs in the fourth, leading to a 5-4 setback — the ninth consecutive PLHS defeat.

The Pointers’ record (1-4 in league, 5-19 overall) dropped them to sixth place in the seven-team Western League — ahead of only winless Coronado.

“It’s been tough this year,” Nunez said, “because sometimes with games on the line, our best players aren’t out there. But if we don’t hold our kids accountable now for things, we’re not doing our jobs.”

Some games were close. Five Pointer losses were by one run, three by two runs, and the team took Mira Mesa and Patrick Henry to extra innings before defeat.

As losses mounted, “the frustration has mounted for everyone,” Nunez said, “including all of the coaches, the par-
ents, the players. We (the coaches) meet every week to figure out why we’re los-
ing, and there’s really no right answer.”

But spirits remain high in the Point-
er dugout.

“The season so far has not gone the way we wanted it to,” said senior third baseman Brandon Keenan. “We have a young team and hopefully we can come out strong in our last few games.”

Keenan is one of only five seniors whose prep careers will likely conclude May 16 at around 5 p.m. on the Coron-
ado Islanders baseball field along the Silver Strand.

“I am enjoying the season because it’s baseball. It’s about having fun.”

Kamfonik said. “It’s my senior year and I want have some good memories to look back on.”

EXTRA BASES

Nunez said he has heard from peo-
ple who advocate a “win now” philoso-
phy.

• With a young varsity team and a junior varsity that has built a record of 13-4 — despite the loss of some pitchers —

Nunez sees a bright future for Point-
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BASEBALL

CONTINUED FROM Page 12

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Kamfonik said. “It’s my senior year and I want have some good memories to look back on.”

EXTRA BASES

Nunez said he has heard from peo-
ple who advocate a “win now” philoso-
phy.

• With a young varsity team and a junior varsity that has built a record of 13-4 — despite the loss of some pitchers —

Nunez sees a bright future for Point-
er baseball.

BASEBALL

CONTINUED FROM Page 12

son by a 4-2 margin after three innings but gave up four runs in the fourth, leading to a 5-4 setback — the ninth consecutive PLHS defeat.

The Pointers’ record (1-4 in league, 5-19 overall) dropped them to sixth place in the seven-team Western League — ahead of only winless Coronado.

“It’s been tough this year,” Nunez said, “because sometimes with games on the line, our best players aren’t out there. But if we don’t hold our kids accountable now for things, we’re not doing our jobs.”

Some games were close. Five Pointer losses were by one run, three by two runs, and the team took Mira Mesa and Patrick Henry to extra innings before defeat.

As losses mounted, “the frustration has mounted for everyone,” Nunez said, “including all of the coaches, the par-
ents, the players. We (the coaches) meet every week to figure out why we’re los-
ing, and there’s really no right answer.”

But spirits remain high in the Point-
er dugout.

“The season so far has not gone the way we wanted it to,” said senior third baseman Brandon Keenan. “We have a young team and hopefully we can come out strong in our last few games.”

Keenan is one of only five seniors whose prep careers will likely conclude May 16 at around 5 p.m. on the Coron-
ado Islanders baseball field along the Silver Strand.

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PLNU Spring Music Fest, all-ages offerings, Santana tribute

By BART MENDEZ

Point Loma Nazarene University will host a free, all-ages Spring Music Festival, featuring all of the Music Department’s ensembles on Friday, May 4. Among the groups taking part instrumentally will be the university orchestra, jazz band, concert band and chamber groups. Vocal groups will include the Point Loma Singers, vocal jazz ensemble, concert choir, concert choral and Choral Union. Featuring some of San Diego’s brightest up-and-coming musicians, the concert promises to be one of the year’s highlights for fans of music other than pop.

As one of the all-time lead-guitar greats, the man has his own difficult-to-replicate and very identifiable technique. It takes a special guitarist to pull off not just a song, but a set of Santana’s music, and Viva Santana has just that. Appearing at Humphrey’s Backstage lounge on May 5, the band is still going strong after 22 years.

Avradelix, which mixes everything from rock to reggae and progressive to ska, performs at the all-ages venue Electric Ladyland in Ocean Beach on Friday, May 4.

Admittedly, tribute bands have to put a lot of work into making their music sound just right. But imagine how difficult that could be when you are dealing with an instrumental virtuoso like Carlos Santana.

All-ages venues are a rare thing in San Diego, but Ocean Beach is fortunate to have Electric Ladyland. The nightspot will feature jam-band Avradelix on Friday, May 4. The band manages to mix bits of everything from rock to reggae, progressive to ska, but its best moments are the funk-inspired jam sessions with keyboards that might have been played by 1970s-era Stevie Wonder set against Jeff Beck-influenced guitar solos. The band turns in solid covers of groups like Led Zeppelin and Jimi Hendrix, but its originals are well constructed and a lot of fun.

Avradelix performs at 6:30 p.m. on Friday, May 4 at Electric Ladyland, 4944 Newport Avenue. Check out their website at www.avradelix.com.

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San Diego, CA – VEDC (Valle y Económic Development Center) will be joining forces with Action San Diego and the CDC Small Business Finance to bring the 3rd Annual Where’s the Money™ Access to Capital Business Expo to struggling business owners in the San Diego area. The event will take place on Saturday, May 5th, 2012 at the Doubletree Hotel San Diego – Mission Valley, 7450 Hazard Center Drive, San Diego, CA from 8:00 a.m. to 3:00 p.m. VEDC is excited to return to San Diego, last year this event was huge success in San Diego with over 200 small business owners attending, searching for the financing they needed to stay in business or to expand. This year promises to be no exception.

Where’s the Money™ is a comprehensive access to capital fair ideal for business owners looking for money for expansion, working capital, inventory, commercial real estate or equipment purchase.

This year’s event includes a networking breakfast and a luncheon featuring Keynote Speaker Ruben Garcia, U.S. Small Business Administration District Director, San Diego.

“Navigating the federal and state loan system can be daunting for many small business owners seeking capital,” said Colleen Van Horn, CEO of Innovative Healthcare Consultants. “The Where’s the Money™ event is an ideal opportunity for business owners to meet directly with loan lenders and learn about financing options in a more confidential setting.”

This expo is open to the public. Registration is only $10 and includes the networking breakfast, expo, luncheon, workshops and a one-on-one consultation. For more information or to register please contact the Action office at (619) 795-7250 or visit www.vedc.org and check the Where’s the Money™ box.

Where’s the Money™ is sponsored by Wells Fargo Bank and supported by Bank of America, U.S. Bank, City National Bank, and Provident Bank to name a few.

VEDC is the largest non-profit small business lender in metro Los Angeles and offers direct micro and small business loans as well as SBA 7(a) and SBA 504 loans. VEDC has a $2.20 million loan portfolio and almost $80 million under management and originates loans totaling more than $35 million annually to businesses locally and statewide. With six locations throughout the Los Angeles area and Oakland, VEDC has supported the small business owner for 35 years with the goal of creating and sustaining jobs in business and in low to moderate income communities by providing high-quality small business services. For more information visit www.vedc.org

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ACCOUNTING CAREER SCHOOL

One program trains you for multiple job opportunities!
Be ready-made in 6 months for many job positions – accounting and finance, AP, credit managers, bookkeepers, QuickBooks consultants, or start your own bookkeeping practice.

ACCOUNTING ACADEMY

Call Jeff George at (619) 541-4250
Next classes begin May 12th
www.thecountingcousins.com


BOUNDLESS OPPORTUNITIES: If you’re retired, laid-off, want to work, looking to help others, want to help others but don’t need the hours of those in the trenches, need home care experience, wish to work locally, need to work part-time, or have a talent you can share, please get in touch with Andrea at (626) 424-3217 ext 555.

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If you’re happy with your dentures, don’t read this!

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**WHY SUFFER WITH DENTURES?**

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

Care and comfort aside, those with dentures also are prevented from eating many of the foods and participating in many of the activities they enjoy.

With today’s science, there’s simply no reason for anyone to struggle with dentures. **In fact, many of the problems denture wearers struggle with can be solved in just one day** with the help of your ClearChoice team of dental implant professionals.

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**Denture wearers tend to struggle with:**

- Shame or embarrassment when smiling
- Feeling limited in social situations
- Maintaining a fully active lifestyle
- Appearing older due to bone loss
- Health issues related to their teeth

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**THE SOLUTION IS DENTAL IMPLANTS.**

Dental implants provide far better results than do dentures, because implants can prevent potential bone loss. Because they’re anchored into the jawbone, the fusion of the implant and bone provides stability, just as the natural teeth did. Implants perform and are cared for just like natural teeth!

If you’re missing some or all of your teeth, dental implants can stimulate the bone, protect against atrophy and help preserve your natural facial features.

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Unlike dentures, dental implants are fixed in place, perform like your natural teeth, and can last a lifetime!

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**CHOOSE A BETTER LIFE TODAY.**

Most people who choose dental implants report the decision to be life changing. Not only do dental implants look great and boost your confidence, but they can also restore you to the active lifestyle you’ve been missing. Swim, ski, laugh and sing. Give business presentations. Eat what you like. Do it all without worrying about how your smile looks, or that your teeth will slip or fall out!

---

**WHY TRUST CLEARCHOICE?**

In addition to being the No. 1 provider of dental implants, ClearChoice has industry-leading customer satisfaction and success rates. In fact, an independent study of thousands of patients showed that those who chose ClearChoice would overwhelmingly recommend ClearChoice to others.

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The ClearChoice team of specialists provides 21st century solutions to people struggling with dentures or bad teeth.

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All patients benefit from the following ClearChoice advantages:

- Team of oral surgeons and prosthodontists
- A single, convenient location for all services
- Advanced 3D dental imaging technology
- IV sedation during procedure for your comfort
- On-site implant lab to custom make your teeth
- Financing options made to fit your budget
- Your complete treatment fees on one bill
- A new and beautiful smile in just one day!

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Arshiya Sharafi, DDS • Scott Perkins, DDS

ClearChoice Dental Implant Centers are locally owned and operated by licensed dental dentists, and are part of a professional affiliation of implant practices operated by oral surgeons, prosthodontists and restorative dentists across the U.S. Qualified patients can have their procedure in one day after initial workup without additional bone graft surgery. Results may vary in individual cases. Limited services available at satellite offices. *Independent Dental Implant Survey March 2011, America’s #1 Choice determined by an Independent Patient Survey 2011. © 2013 ClearChoice Dental Implant Centers*
PLNU students learn to live on $2 a day to stimulate awareness of poverty life

Looking Ahead

PLNU’s student Microfinance Club spearheaded the third such event for students.

“The 'Two Dollar Challenge' is exactly that — a challenge on different levels,” said Joseph Davis, PLNU senior and president of the Microfinance Club.

“Every year, PLNU students face the $2 challenge.”

Students had to abide by rules designed to simulate poverty. Participants were not allowed to shower or bathe, could only have two outfits of clothing and couldn’t use their campus meal plans or accept free food from others.

“The ‘Two Dollar Challenge’ asked students to live on the same amount of money that many lives in poverty around the world do every day, according to PLNU officials.

This year marked PLNU’s third time the university participated in the annual challenge as a part of the Month of Microfinance movement.

The “Two Dollar Challenge” asked students to live on just $2 or less a day.

Throughout the three-day experience, students collected donations to purchase a motorcycle for Hope International, a Christian microfinance institution, so loan officers can reach clients in more remote areas of Haiti.

--- Staff and contribution

In The Neighborhood

Sexual Dysfunction

Depression

Bipolar Disorder

Depression with Sexual Dysfunction

Qualified participants will receive study related medical care, medication, and could be eligible for compensation for time and travel.

Transportation is AVAILABLE

866-4STUDY1 • 866-478-8391

Overwhelmed? Need some help?

Clinical innovations is enrolling NOW for volunteers in clinical research studies providing confidential professional psychiatric care.

Wednesday, May 16

The Point Loma Peninsula Republican Women hold their monthly meeting at 10 a.m. at the Point Loma Cafe, 4865 Harbor Drive.

The program’s featured speakers will be Shirley Kalkenborn, former president of the San Diego County Federation of Republican Women and Nancy Eisenhart, the federation’s southern division president. A no-host lunch follows and visitors are welcome. For more information, call Marilyn at (619) 222-9512.

Saturday, May 19

• The Point Loma Garden Club hosts its annual plant sale from 9 a.m. to 2 p.m. Admission is free. The event takes place at Westminster Presbyterian Church, 3598 Talbot St. Here are plants for sale: rare succulents, exotic plants, succulent container plants, and many drought-tolerant landscape plants will be for sale at reasonable prices. A Garden Boutique will be filled with specialty and one-of-a-kind items, including mini-succulent containers and fairy gardens. Master Gardeners will provide information on planting, pest control and answer questions. Club Cafe will serve coffee and sell home-baked goods. The plant sale will be held in conjunction the San Diego Floral Association’s Historic Garden Tour. For information on the plant sale, visit www.plgc.org. For garden tour information and tickets, visit www.sdcfloral.org.

• Justin Halpern, a 1998 graduate of Point Loma High School, will be discussing and signing copies of his latest book, “I Suck at Girls.” His appearance in the school’s gymnasium at 6:30 p.m. is presented by Warwick Books of La Jolla, the PLHS Pointer and PLHS Alumni. Reserved seating is available by visiting www.warwicks.com. Halpern reached #1 on the New York Times bestseller list in 2010 with his first book, “Sh*t My Dad Says,” which spawned a television sitcom starring William Shatner.

Tuesdays and Saturdays

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

Thursdays

Shelter Island Walk & Talk Luncheon meets every Thursday at 10 a.m. near the Bali Hai restaurant for a 2.2-mile walk to the end of Shelter Island and back. The two-mile walk is 60-70 minutes. Optional lunch at The Cafe will serve coffee and sell home-baked goods. The plant sale will be held in conjunction the San Diego Floral Association’s Historic Garden Tour. For information on the plant sale, visit www.plgc.org. For garden tour information and tickets, visit www.sdcfloral.org.
Ask the Audiologist!

**Question:** What do I do if I just don’t like my hearing aids?

There are a lot of factors that go into a great hearing aid fit. 1. The hearing practitioner’s education background. 2. The manufacturer that designs the hearing aid. 3. The style of hearing aid you choose: Big! Small! In-the-ear? Behind-the-ear? 4. The level of technology that you choose: How sophisticated is the computer chip in your hearing device? 5. How many follow-up appointments have been completed. The hearing aid needs to be fine tuned regularly. 6. How fast your brain is adjusting to the new sound quality. Depending on how much change in quality the hearing aid is providing and how long the patient has compensated for hearing loss, it may take one week to one year to adjust to the new sound quality.

With so many options, there is a lot of room for error. Because your hearing aids are most likely digital (there are very few analog hearing aids out there), start from scratch! If it has been longer than 6 months, return to your Audiologist and ask to be reevaluated. Return to the basics: hearing your hearing aids recalculate can make all the difference in the world. If you are still unhappy, get the advice from another Audiologist. Sometimes you have been on the wrong track from the beginning. The six factors listed above are probably the most common reasons why it comes to hearing well!

Send us your questions!

1310 Rosecrans Street, Suite A
San Diego, CA 92106
619-756-7848
Peninsulahearingcenter.com

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**World’s Best Massage Chair**

Sanctuate! offers luxury chair massage that’s both convenient and affordable. Massage is provided by the Inada Sogno DreamWave, “The World’s Best Massage Chair™.”

Stress? Fatigue? Sore muscles? No problem. sanctuate! has the massage you need when you need it. This is massage therapy on your terms. Drop in today. Our 15-minute massage starts at just $5. At this price, you can’t afford NOT to treat yourself! Sogno starts at just $15. At this price, you need when you need it. This is problem. sanctuate! has the massage you need when you need it.

**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 immune system does 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 Carret Avenue. For more information you can call 858-224-7977 or visit our website at Anderson-medicalcenter.com.

**Quarterbacking Health Care**

Older patients require a different coordinated approach to healthcare that balances their medical needs along with the circumstances of their lives. A majority of older people have at least one chronic disease that they manage. At the same time a very high number of these people also have difficulty performing basic and more advanced activities of daily living, which often complicates matters. If a doctor gives a person a prescription, it is unknown if the prescription will be filled, taken correctly if at all, which does not do any good for their disease process. The goals of some who are functioning well in their 80-90’s are most likely going to be different from the persons who are wheelchair bound or dependent on others for their care. Addressing these concerns realistically is the responsibility of a healthcare advocate. A comprehensive history which includes an assessment of medical and cognitive status, determining depression, anxiety and physical abilities, along with fall risk and a gait/balance evaluation and home safety needs help to determine the quality of life worth of each individual. Agering their goals can be difficult without knowing the reality of their situations at home. Many acute situations present differently in the elderly. For instance, an older person with an infection may not have a fever even with a white blood cell count. A patient who is cognitively impaired might seem lethargic when they may be experiencing a stroke or a heart attack. Geriatric care managers can assist the older population with quarterbacking their healthcare. They make sure that all aspects of the patients health and well being are being addressed. Call Innovative Healthcare Consultants for assistance to meet your goals. 760-731-1334, www.innovativehc.com or www.marysinapocket.com.

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**Keeping Healthy with OB People’s Food Market**

A natural, organic diet can make a world of difference when it comes to keeping yourself, the ones you love, and your planet healthy. Ocean Beach People’s Organic Food Market is the perfect place to explore all the elements of a healthy lifestyle. At People’s we feed the healthy heart and soul. Established in 1971, as a California food cooperative, Ocean Beach People’s Organic Food Market is San Diego’s only customer-owned grocery store. The market specializes in organic produce, organic vegetarian grocery perishable foods, vitamins, herbs, aromatherapy products and cruelty-free bodycare items. Our educated staff can provide you with all the support and information that you need to start on your journey to total wellness. In addition People’s boasts an award winning Deli - complete with a soup and salad station, sumptuous hot and cold entrees, baked goods and much more! People’s Market also has a Community Room with free monthly lectures and workshops. For a full listing of events stop by and pick up a free newsletter at the checkout stand or, visit us on the web at www.obpeoplefood.coop or, call 619-997-3895.

**Mobile Dental Hygiene Care**

Edentulous patients often have difficulty with the latest technology.

**Are you Injured or Ill?**

Don’t settle for the same old urgent care. Come check out our modern facility equipped with the latest technology.

---

**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

Rose M. Hall, RDHAP
rosenhallrdhap@gmail.com

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**Health & Beauty**

THURSDAY · MAY 3, 2012

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**Ocean Beach People’s Organic Food Co-op**

Open Beach People’s Organic Food Co-op is open daily from 8 a.m. to 9 p.m. at 4765 Volunteer Street. For more information please call (619) 224-1387.

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**Peninsula Health & Beauty**

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**Peninsula Health & Beauty**

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**Peninsula Health & Beauty**
Surf Diva’s La Jolla Surf Camp & Academy

Awarded Nickelodeon’s Parents’ Choice for surf schools, Surf Diva’s La Jolla Surf & American Surf Academy provide the best kids co-ed surfing program in San Diego. Girls 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 surf camps include: surfing, beach games, beach culture and are supervised by Surf Diva certified/ First Aid/ CPR and Lifesaving 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). Full day session: $500 (plus 10% City beach fee). Register now by calling 858.454.8273 or by logging on to www.surfdiva.com.

Vacation Bible School
Christ Lutheran Church in Pacific Beach, 4761 Cass Street, is hosting SonQuest Rainforest Vacation Bible School July 23-27, 9:00 a.m. to 1:00 noon for children age 3 to grade 4. 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 picnic for the whole family on Friday, July 27th at 5:00 p.m. For information and registration forms, please go to www.christpb.org or call the office at 858-483-2100 and speak with Tallin.

Sign up for La Jolla YMCA Summer Camp
The La Jolla YMCA offers day camps all summer long, beginning June 1st – August 31st. Day camps range from a variety of choices and for all ages. There are more than 100 camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will learn, grow and thrive 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. Also, it’s not too late to sign up for our spring camps. April 2-6. To register for either spring or summer camps, please visit lajollaymca.org or call (858) 453-1348 for more information.

Westminster Presbyterian Preschool
Westminster is a preschool that started simply – just a mother (ex 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.

In the summer Programs feature bimonthly themes such as Kid Olympics or Underground Adventures. Also available is “Success in Kindergarten,” 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) 224-7401, or visit www.sdpreschool.com.

For more information on Surf & Summer Camps, please visit www.surfdiva.com.
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 safety and valuable educational opportunities, including knowledge of the ocean and surfing etiquette. Surf Camps start June 4th and include surfboards, wet-suits, snacks, t-shirt, pizza Friday Summer Camp 2012 Specials ONLINE at www.sandiegosurfschool.com (limited space available). Call 858-207-7683 or e-mail us: sandiegosurf-school@gmail.com

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

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

Peninsula YMCA Camps
The Peninsula Family YMCA offers day camps all summer long beginning June 1 through August 31. Day camps range from a variety of choices and 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 to either spring or summer camps, please visit peninsulaymca.org or call (619) 226-8888 for more information.

Playtime at Claytime
Claytime Ceramics Camps offer a good balance of indoor and outdoor activities. Children begin their day with a walk by the telepods (one block away from the studio), followed by warmup exercises at the studio. On Mondays and Wednesdays we work on ceramics painting projects in which children learn ceramic painting techniques (color blending and use of puffy paints).

On Tuesdays and Thursdays the kids work on mosaic projects. Children create their own patterns, learn to apply adhesive and grout their own pieces.

On Fridays we include fabric painting or sketching or jewelry making. And the week ends with an ice cream party in which the kids get to use the ice cream bowls they painted on Monday.

All supplies are included. For reservations call 619-223-6050.

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 at Robb Field in Ocean Beach, 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 Knott's Berry Farm, San Diego Zoo and Sea World. 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 campboogie.com, or contact Brian Lozoskie, Camp Boogie’s director and a California credentialed teacher, at 619-990-6192.

Camp Wave House offers the ultimate California beach experience

“Camp Wave House, San Diego’s coolest camp offers the ultimate California beach lifestyle experience for boys and girls between the ages of 7-11. Our focus is having fun and we’re going to pack your week full of wave riding, beach activities, swimming and activities in The Plunge indoor pool, amusement rides and attractions, sports, and everything Wave House and Belmont Park has to offer. Don’t miss the camp that all the kids are talking about!”

Westminster Presbyterian Preschool
Come join the Summer and Fall Adventures at Westminster Presbyterian Preschool, a place where children flourish!

Part and full time schedules are available. The Summer programs feature bimonthly themes such as Medieval Times, Underground Adventures, and Kid Olympics. Also available: “Day in Kindergarten,” a class designed for children entering Kindergarten in the fall. Full programs include original monthly themes, cooking projects, Creative Kids Art Program, literature and alphabet activities, math and science themes for each age level, gardening, Kid Fitness Program and even a make believe trip to India in May.

For registratio n & Prepayment:
For more information visit our website kamigardens.org  or call (619) 239-1311.

Enroll Now for Summer 2012!
Ocean Beach
Campboogie.com 619.990.6192

Spring & Summer Camps

Le Tour du MONDE 2012
AROUND THE WORLD, 2012

Children will enjoy the excitement of new languages – French, Chinese & Spanish. Learn about other cultures in theme-based activities. SUMMER CAMP! June 25 to July 27
Sewing • Art • Surfing
Archery • Skateboarding
Sciences and more!

9am-4pm for ages 3-5 and 6-13
$15 discount on full-time camp with ad

For Registration & Prepayment:
858.205.7683
www.sandiegosurfschool.com

Semi-Private Lessons are available! Call for details.

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Cinco de Mayo Weekend Kicks off with a night of Misa Azteca

Southwestern College Concert Choir will fill Old Town San Diego State Historic Park with the sounds of Joseph Julian Gonzalez’s Misa Azteca Friday, May 4 from 7:30 to 9 p.m., following a preshow that begins at 6 p.m.

Meaning ‘Aztec Mass,’ Misa Azteca is based on the traditions of Roman Catholic Mass yet features verses from the Cantares Mexicanos - a manuscript collection of Aztec songs and poems recorded in the 16th century at around the time of the Spanish Conquest of Mexico. An orchestra, choir, soloists and pre-Columbian percussion instruments will accompany the spoken and sung portions of the celebration, which will be carried out in Latin, Spanish and Nahua the language of the Aztecs.

“Misa Azteca is going to kick-off the Cinco de Mayo weekend in Old Town San Diego State Historic Park like never before,” said Chuck Ross, owner and operator of Fiesta de Reyes who is sponsoring the free event. “Misa Azteca is the perfect way to celebrate Mexico’s heritage and pride and I think visitors will enjoy seeing this distinguished concert in the middle of the state park.”

Presently in its 48th consecutive season, the Southwestern College Concert Choir is comprised of 65 singers including members of the greater San Diego community, faculty, staff and alumni. The Southwestern College Concert Choir was most recently featured with the New England Symphonic Ensemble at New York City’s Carnegie Hall. The choir has also graced the stage of Notre Dame Cathedral, Sorbonne University in Paris and Australia’s renowned Sydney Opera House.

Fiesta de Reyes in Old Town San Diego State Historic Park is located at Wallace and Calhoun streets, a one-block stroll from the Old Town Trolley Station in the northeast corner of the state park. In addition to the dining establishments – Casa de Reyes and Barra Barra Saloon – Fiesta de Reyes boasts 19 specialty stores open daily from 10 a.m. to 9 p.m. For more information call (619) 297-3100 or visit FiestaDeReyes.com.

Misa Azteca is part of the celebration for Cinco de Mayo weekend in Old Town San Diego, Fiesta Cinco de Mayo. The 28th Annual Fiesta Old Town Cinco de Mayo is the largest Cinco de Mayo celebration north of the border. For more information, visit http://www.fiestadecin deity.com.

Folklorico Competition May 6

The preliminaries of the Fiesta de Reyes Folklórico Competition last Saturday and Sunday produced four teams that will go on to battle for a $1,000 grand prize during the finale performance May 6 from 11 a.m. to 2 p.m. The Folklórico finale is one of the main attractions of the Fiesta Cinco de Mayo weekend, happening throughout Old Town San Diego State Historic Park May 4 through 6.

Everyone was impressed with the talent showcased at last weekend’s preliminary competition, said Chuck Ross, owner and operator of Fiesta de Reyes, who sponsored the free event. “The best teams from Southern California gave outstanding performances and the top two teams from each day were invited back to compete for the grand prize next Sunday.”

Free Living History Activities in Old Town State Park

Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums have ongoing living history activities every Wednesday and Sunday from 10 a.m. to 4 p.m. that bring 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 Petal Guild and Tintype Guild. Visitors can have a first-hand experience of how printed word and photography was recorded in the early days of California.

On the second Saturday of each month, the park hosts California Day. Between 1821 and 1848, 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 Gilt 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 and California.

On the fourth Saturday, the park hosts the Mountain Men and the Soap Makers Guild. Park volunteers will learn about the historic mountain men and the discover to how soapmaking as well as learn the art of soap making.

In conjunction with the different events every Saturday, the park also encourages the Blacksmith Guild’s presentation every Wednesday and Saturday morning and the Quilt Guild 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 www.parks.ca.gov/oldtowndesandiego.