Kiss in the rain leads to a gain for OB Street Fair

By DAVE SCHWAB | The Beacon

The 36th annual OB Street Fair & Chili Cook-Off on Saturday, June 27 was a huge success despite some unexpected rain drops that failed to dampen festivities. In fact, brief rainfall may actually have added to the experience, said Denny Knox, executive director of the Ocean Beach MainStreet Association (OBMA), the community’s business improvement district (BID).

“It was just cooler out — not cold — and I think people stayed longer,” said Knox, adding rain may actually have brought more people out.

“The crowd was constant all day and there were no significant issues,” added Knox.

It was the first time in the fundraising event’s 36-year history that it had ever rained, “And it did it twice,” noted Knox, pointing out the rain was short-lived while adding, “Nobody panicked. It was just kind of fun. We’ve never had weather like that. We’ve had an earthquake before — but never rain.”

There was also another meteorological “first” at the street fair. “We had a windy moment, a dustup, that came through the funicular,” said Knox, pointing out the rain was “just kind of fun.”

“We’ve had an earthquake before — but never rain.”

DENNY KNOX
EXECUTIVE DIRECTOR OCEAN BEACH MAINSTREET ASSOCIATION

The iconic Ocean Beach seagull logo has been sold.

The seagull logo was first created by Bob Sorben in the 1960s and has been used by local businesses and organizations ever since.

“I think the seagull logo is a perfect icon of Ocean Beach,” said Knox.

“It’s something that the community can be proud of.”

The logo was sold to a local businessman who plans to use it in his business.

“We’re proud to have a local business owner come forward and purchase the logo,” said Knox.

The sale of the seagull logo is a win-win for everyone involved.

“I think it’s great for the community,” said Knox.

“It’s also great for the local businessman who gets to use the logo in his business.”

The sale of the seagull logo is good news for Ocean Beach and for Knox, who plans to use the proceeds to help fund future events.

“We’re going to use the proceeds to help fund our future events,” said Knox.

“We’re excited to see what the future holds.”
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IN ESCROW

Beacon travels
(Above) Dan and Laura Dennison with their son Fletcher and his new wife Jackie at their wedding at Skibo Castle in Scotland. According to Dan, it was an incredible event – like a storybook – the wedding ceremony was in an 11th century cathedral in Dornoch, Scotland with delivery to the castle by carriage with four black horses and bagpipes. (Below) Ocean Beach residents Mike Richards and wife Suzanne spent the summer solstice 2015 in Fairbanks, Alaska. And, they took the Beacon to the Arctic Circle.
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POINT LOMA | $795,000
Back on Market. 3br, 2baa home with an eat-in kitchen with high end appliances, open concept floorplan, hardwood floors. Huge canyon lot is over 1/4 acre.

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3716 La Cresta, Point Loma
4159 Whittier, Ocean Beach
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You could say Dennis Borlek has been preparing to own and run Fathom Bistro, Bait and Tackle on Shelter Island his whole life. A San Diego native with scuba diving in his blood, Borlek is also a music aficionado and bona fide beer and food geek. This combination makes for an uncommonly innovative, tasty, yet low-key dining and drinking experience.

Borlek’s dad, Dennis E. Borlek, a dive shop owner, and Point Loma itself were the inspirations for the bistro’s décor—a combination of vintage diving gear, classic underwater movie memorabilia, and science fiction movies (think “20,000 Leagues Under the Sea”). There’s even a black-and-white photo of Borlek’s dad in his diving gear gracing the entrance of the postage-stamped-sized dining room.

Thanks to its location on the Shelter Island fishing pier, Fathom has unparalleled views of San Diego Bay (Borlek says at sunset it is “magical”). He credits his five years at Off The Record in the College Area for the eclectic music mix playing that ranges from Rickie Lee Jones (Remember “Chuck E’s In Love”) and the Beach Boys to Lyle Lovett and the Plimsouls.

Fathom always has a selection of about 10 house-made sausages and dogs (yes, Borlek makes all the sausage himself!), like the “Chicken Pot Pie” complete with vegetables ground right into the sausage and topped with turkey gravy. He also serves bierwurst, burgers, sandwiches and homemade kimchi.

That’s not all the good stuff, though. Fathom rotates the bistro’s 15 beer taps with local, national and international craft beers. Based on his experience working in the beer industry at places like Hamilton’s Tavern in South Park, Small Bar in North Park and Laar’s Club (was in Mission Beach), he chooses the selection based on personal relationships he has cultivated with brewery owners, like his former roommate and Russian River Brewing Co.’s (creator of Pliny the Elder) Vinnie Cilurzo.

But what about the bait and tackle side? Borlek runs a small shop attached to the bistro for those anglers who may have forgotten a hook or need a cup of hot coffee in the morning before the marine layer has burned off.

How did owner Borlek, come up with this eclectic combination of food, drink and atmosphere, and how did he know it would work? Borlek says, “If you build a place that you’d like to hang out at, like-minded people will come.”

Fathom is Shelter Island’s tap house and bistro on the bay.

Fathom Bistro, Bait and Tackle
Where: Shelter Island fishing pier
Hours: 3 to 9 p.m. Tuesdays to Thursdays, 3 to 10 p.m. Fridays, 10 a.m. to 10 p.m. Saturdays, 10 a.m. to 9 p.m. Sundays.
Info: www.fathombistro.com

LOGO
CONTINUED FROM PAGE 1

Loma, always liked to draw. Growing up, he and his friends, all of whom surfed, used to hang out at the foot of Newport Avenue. In the ‘60s, Sorben and his friends would buy OB stickers and letters to put on their cars to personalize them.

Sorben’s OB seagull decal was created in 1973 out of his love of Ocean Beach. In an interview with The Beacon, Sorben said he created the logo — and has since sold it — with the community strictly in mind.

Discussing the origin of the symbol he chose for the beach community, Sorben said the idea was “to come up with something that wasn’t too common.”

Admitting the seagull is common, he nonetheless said that experimenting with the size, position and details of the bird is what ultimately made it so unforgetable.

“A friend of mine and I came up with this idea and we toyed with it, placed and sized it just right.” Sorben said adding they tried other ideas for symbols that simply didn’t work.

“We tried a lot of different things, like a fireball with flames with an O and a B, and everything just seemed too trendy, and not the perfect, classic thing we wanted,” he said.

Is Sorben satisfied with the end result?

“We were amazed,” he answered but was quick to point out, “We thought it might last maybe five years. You just never know.”

It’s been 44 years now since the seagull became OB’s logo. Sorben said he was willing to sell it “at the right price to the right person.” McCoy turned out to be that individual.

“He was capable of handling it,” Sorben said. “He’s got a store right on Newport. He’s one of the few people that I had talked to about it. He was willing to

Having More Retirement Accounts Is Not the Same as Having More Money.

When it comes to the number of retirement accounts you have, the saying “more is better” is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you’re properly diversified.* At the very least, multiple accounts usually mean multiple fees.

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To learn why consolidating your retirement accounts to Edward Jones makes sense, call your local financial advisor today.

BOB MERTON
Photo by Jennifer Green

11 Critical Home Inspections traps to be aware of before listing your home sale

SAN DIEGO. According to industry experts, there are over 31 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an older home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you’re looking for, and knowing what you’re looking for can help you revert little problems from growing into costly and unmanageable ones.

To help homeowners deal with this issue before their homes are listed, a free report entitled “11 Things You Need to Know to Pass Your Home Inspection” has been compiled which explains the issues involved. To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1003. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn’t cost you the sale of your home.

THURSDAY · JULY 9, 2015
THE PENINSULA BEACON
5
Schwartz. It premiered at the 2008 Sun-Pine and Bill Pullman and is directed by California wine defeated French “dramedy.” The American comedy-blossoms.

gougeres and crispy stuffed zucchiniutto kettle corn, sage and gorgonzola chips, salted caramel and crispy prosciuttero.

The film to be seen is also something apropos: “Bottle Shock,” the classic wine “dramedy.” The American comedy-drama is based on the 1976 wine contest that included the “Judgment of Paris,” where Californian was defeated French wine in a blind taste test.

The film stars Alan Rickman, Chris Pine and Bill Pullman and is directed by Randall Miller, who wrote the screenplay along with Jody Savin and Ross Schwartz. It premiered at the 2008 Sun-dance Film Festival.

“This is something different, a movie on the patio, that we’ve always wanted to do, that we actually are going to do,” said Hanshaw, who noted wine, film and the outdoor makes for a great mix. “It will be just a big ambience, and we’re serving great food and wonderful wine. We’ve already given it a test drive and we’re good to go.”

Hanshaw said her outdoor patio seats about 40. She feared creating an outdoor cinema with her patio space “might be hard to pull off,” but was pleasantly surprised when it turned out to be “actually quite easy to do.”

“We’ve got all the pieces together and come up with something that, hopefully, will be a big success,” Hanshaw said noting cinema night, at least at this stage, is something of a test pilot. “We decided to do a movie with a wine theme, but if we continue to do this, we may venture out into other (film genre) areas,” she said. “But for now a wine-themed movie works well for us.”

Noting her Wine Pub is “all about community,” Hanshaw added that a movie night is just one more place where the “community can come together and enjoy a good time, maybe make it a date night or just a fun Saturday night out on the town.”

The Pub encourages movie-goers to bring their own chairs, blankets and pillows to enhance the ambience, making the event less like a restaurant and more like a night at home — but with table service.

The Wine Pub brings neighbors and friends together for a simply elegant dining experience in a cozy environment.

Midway District in transition and poised for growth

Recent activity in San Diego’s Midway District reflects a renewed interest in capital investment in the area, and is a signal of a robust economy, said Kyle Clark, senior director at The Heritage Group.

The Heritage Group, a full-service real estate management and investment advisory firm, has been involved in multiple projects within the Midway trade area, including the recent $8.2 million sale of the Midway Village Shopping Center.

The Midway District boundaries include Interstate 5 to the north, Interstate 8 to the west, Interstate 5 to the east, Laurel Street to the south, and Rosecrans Street/Midway Drive to the west.

“The Midway District faced its challenges during the recession, including large vacancies, as well as many corresponding smaller vacancies,” said Clark.

“Circuit City. The Good Guys, Tower Records, Boat US, Marine Max, Midway Fitness all closed. Now, all of the spaces have been filled and more space will be constructed to add to the inventory.”

New build-to-suit buildings include Dicks Sporting Goods, Forever 21, Old Navy, Discount Tire and Wash and Go Car Wash.

“This really speaks well for the attractiveness of this area for retailers and shoppers — and there is more on the way,” Clark said. “The effect will span from top to bottom, as this influx of new large businesses benefits the smaller tenants in the strip centers.”

Its central location with easy access from anywhere in San Diego is one of the reasons why the Valley View Casino Center chose the location nearly 50 years ago, and why it has continued to thrive in the area, according to Ernie Hahn, general manager at Valley View Casino Center.

Valley View Casino Center, located at 13500 Sports Arena Blvd., was a juggernaut for growth and development in the Midway District when it was built in 1966 as the San Diego International Sports Arena. Valley View has invested in the building with improvements to maximize the property’s use. The facility has ranked No. 1 in the world in gross dollars for facilities in the 10,000 to 15,000 seat range and consistently ranks in the top 10 each year.

The arena, which is managed by AEG Management, San Diego, hosts an average of 160 events per year, and will introduce the San Diego Gulls in the fall of 2015.

“We’re in the midst of our best year to date. Business is great and with the addition of the AHL Gulls, everyone is really excited,” Hahn said.

The San Diego Gulls are expected to bring an additional 200,000 people to the sports arena per year, which means that many more customers for existing businesses, Hahn said.

“This building is operating better than it ever has with the addition of over 1,000 LED flat screens, new locker rooms, a new HD video scoreboard and over $10 million in improvements in the past 10 years.”

The Anaheim Ducks are very excited to bring professional hockey back to San Diego and the Valley View Casino Center. We look forward to joining the great sports and entertainment history and culture of the city and the Valley View Casino Center,” said Art Segal, president of business operations for the San Diego Gulls.

“The Midway District isn’t without its challenges, there is a 30-foot height limit on the buildings, which attracts mostly big businesses, Hahn said.

“Despite its challenges, this area will continue to improve because of its many attractive attributes, including its central location,” said Mark Hokestra, managing director at The Heritage Group.

“The redevelopment of the Midway District will include mixed-use, transit-oriented, and smart growth projects.”

MARK HOEKSTRA THE HERITAGE GROUP
Hoop dreams: Dancers come full circle on hip movement

Point Loma-based The Hoop Unit performs throughout San Diego

By DAVE SCHWAB / THE BEACON

If you think hula hoops went out with the ’50s and ’60s, you’re dating yourself and demonstrating how out of touch you are with current trends.

Hula hoops are back in a big way with hoop dancing.

It’s something longtime beach resident Valentina Martin is capitalizing on with The Hoop Unit, a 13-member dance team comprised of students from hula hoop classes that she teaches regularly at Liberty Station in Point Loma.

Martin is an “apostle” spreading the gospel of hula hoops — and what can be done with them in dance and exercise.

“There’s been a resurgence of popularity in hula hoops the last 15 or 20 years,” said Martin, noting a new dance/exercise craze known as “hooping.”

“It’s a hobby, it’s a form of exercise, it’s a form of expression of art,” said Martin, adding hoop dancing “can be very meditative for people.”

Martin said the new dance craze is not only a throwback to earlier times, but children and adults worldwide have played with hoops, twirling, rolling and throwing them throughout history.

Native Americans use hoop dancing as a way to demonstrate their connection to nature and to show off their flexibility, strength, and skills.

“I traveled around Thailand and Bali hooping and taking workshops, and her name and her associate’s would come up again and again by respected teachers and performers,” Rogerson said, adding, “I recently moved to San Diego from the East Coast, partly because I would have the opportunity to take classes with them.”

Martin got her start performing hoop-dancing with a hula hoop on the East Coast. She formed the Hoop Unit because “it provided me the opportunity to take them,” she said. “I was determined to learn them. A year later, I started to teach people.”

Martin claims hooping has not only given her a new career direction, but changed her outlook on life.

“It’s really transformed my life,” she said. “I do it full-time teaching it, performing it and making and selling my own hula hoops.”

A hula hoop is twirled around the waist, limbs or neck. According to Wikipedia, the modern hula hoop was invented in 1958 by Arthur K. “Spud” Melin and Richard Knerr.

But children and adults worldwide have played with hoops, twirling, rolling and throwing them throughout history. Native Americans use hoop dancing as a form of storytelling, incorporating anywhere from one to 30 hoops as props.

READ MORE ONLINE AT sdnews.com
faire between 11 a.m. and noon,” Knox said. “We couldn’t see anything. It sure made everyone look up and try to figure out what was going on.”

The big “hit” of this year’s special event was the tribute band Kissed Alive, which Rock and Roll San Diego (RRSD) brought to the OB Street Fair to help make the event interactive musically.

“Everyone loved getting photographs with them, they were dressed perfectly and stayed in character the whole time,” said RRSD’s director Mark Langford. “They even performed songs with our ‘new’ student bands that we taught, and then got them up on stage and it was a hit.

Langford added, OBMA told him that “people really enjoyed our presentation and had such a good time they asked if we would do it again next year, which of course we would be honored to do.”

OBMA’s Knox agreed that Kissed Alive were this year’s headliners at the street fest.

“They (RRSD) had the center of the street fair and they gave people music lessons on all different instruments and the Kiss impersonators were hilarious, they played all day and it was so much fun,” she said. “People really enjoyed the interactive part, taking a quick lesson, then playing a little ditty they’d learned. Rock and Roll San Diego is a member of ours, and their participation really contributed to a great atmosphere.”

Thousands of visitors turn out every year at the Ocean Beach Street Fair to enjoy food, drinks, chill, live music, art and great people-watching. The festival includes an oceanfront chili cook-off, vendor and food booths, artists alley, a beachside beer garden, live music and entertainment, family-friendly activities, carnival rides and games, art and the community mural project.

At the chili cook-off on Saturday morning, 18 contestants delivered their best recipes to the judges and fairgoers. The Judge’s Choice winner was Michele Yamada and her crew from Ocean Dental Care. The People’s Choice winner was Brock Scott of Scott Brothers BBQ.

This year’s theme was “It’s All About the Music,” focusing on music and entertainment. Knox said music and entertainment turned out to be a great one-two punch that brought out the best in fairgoers.

“People were really nice,” the OBMA director said. “All day everyone, even the volunteers, were saying how nice, and what a good mood, people were in. It’s always a great pleasure to do a special event where people are in a great mood.”

Event proceeds, noted Knox, which is OBMA’s biggest annual fundraiser, go toward funding worthy community causes.

“We raised enough money for this year’s fireworks and seed money for next year’s,” Knox said. “I think we’ll also have $5,000 to $10,000 we can spend on community beautification and repair projects. We have a lot of repairs in Ocean Beach on a daily basis.” For more information, visit oceanbeachsandiego.com.

FAIR

CONTINUED FROM Page 1

Kids experience performing arts at Jr Theatre Camp

Join Junior Theatre this summer and experience the wonderful world of Performing Arts

where campers will take classes in acting, dance, & singing, Traditional, Performance and Advanced camps available in Balboa Park. Junior Theatre also provides K-4 camps at La Jolla Country Day School. Camps run June 8-September 4. To register or for a list of camp dates, descriptions & pricing visit juniortheatre.com or call (619) 239-1311.

The Point Loma Artists will be holding a “Summer Breeze” Art Reception at the Point Loma/Hervey Branch Library Community Room, Saturday July 11, 3-5 PM. Come for a fun time with appetizers and live music! 3701 Voltaire St. For more info, pointlomaaartists.com

Glass on Glass Mosaic by Anne Jackson

This Buffalo Bills fan receives a guitar lesson at the Rock and Roll San Diego booth during the OB Street Fair on June 27.

PHOTO BY JIM GRANT

The chili cook-off drew thousands of fans looking to sample the entries at the OB Street Fair. (Below) Fairgoers have fun dancing to a band.

TOP PHOTO BY JIM GRANT, BOTTOM PHOTO BY THOMAS MELVILLE

Kids experience performing arts at Jr Theatre Camp

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

The Point Loma Artists will be holding a “Summer Breeze” Art Reception at the Point Loma/Hervey Branch Library Community Room, Saturday July 11, 3-5 PM. Come for a fun time with appetizers and live music! 3701 Voltaire St. For more info, pointlomaaartists.com
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Lighthouse Ice Cream Celebrates National Ice Cream Day/Month & 18 years in OB

Lighthouse Ice Cream opened its doors for the first time on June 10, 1997. The ice cream business wasn’t new to Dick & Carol Ladiges. Dick was the original owner of the OB Big Olaf’s in October of 1982. This is where he met his wife, Carol when she walked inside as a customer. The rest is history.

Serving up Bud’s Ice Cream from San Francisco, was the reason why everyone called the shop “Buds” and thought Dick’s name was Bud. It’s always been Lighthouse, named after a church the couple were attending at the time. There is even a prayer request box out front.

The shop is known for its great customer service, high quality ice cream and the famous Hot Waffle Ice Cream Sandwich. Lighthouse also serves Julian Apple Pie, Oasis Fruit Bars, Cravory Cookies, “Snowie” Snow Cones, and Flavor Burst Soft Serve (coming soon).

National Ice Cream Month is July and National Ice Cream day is July 19th...hope to see you at the Lighthouse!
Thank You to our 2015 Firework Donors!

County of San Diego
Lighthouse Ice Cream
OB Noodle House - Bar 1502
Ocean Dental Care

South Beach Bar & Grill
Western Towing
Wonderland Ocean Pub
Zed Electric

...and all who contributed to the donation cans!
OceanBeachSanDiego.com

Summer's here and it's time to hit the beach! (Ocean Beach that is)

Now that Summer is finally here, head on down to Ocean Beach and enjoy some amazing dining options that are designed for this time of year. You'll find plenty of restaurants that offer a place to enjoy your meal and favorite drink in a sunny setting. Choose a full patio, deck or an open-window front and enjoy the cool ocean breezes as you dine. And the people watching doesn't get any better!

And if you prefer a place with an ocean view, there are lots of options to choose from. The perfect way to spend a summer day (or evening)! Take in the breathtaking Pacific as you dine and sip. Of course, if al fresco is not your thing, there are even more choices for inside dining. Be sure to check out the numerous special menu items and specials designed to make it a delicious summer! For a complete list of Ocean Beach restaurants, go to OceanBeachSanDiego.com.

JOIN US THIS SUMMER ON THE PATIO FOR HAPPY HOUR

• Import Beer $3.50 • American Beer $3.25
• ½ Price Select Appetizers
• Regular Margaritas & Well Drinks $3.99

Monday - Friday 3:00 PM - 5:00 PM
*Certain restrictions apply

Now that Summer is finally here, head on down to Ocean Beach and enjoy some amazing dining options that are designed for this time of year. You'll find plenty of restaurants that offer a place to enjoy your meal and favorite drink in a sunny setting. Choose a full patio, deck or an open-window front and enjoy the cool ocean breezes as you dine. And the people watching doesn't get any better!

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Supporting the arts by crowdfunding a musician

BY BART MENDOZA | THE BEACON

Technology has in a way made it far easier for a musician to record, but getting it released, that’s a whole different story. Without the support of record labels, as is the past, musicians are left to their own devices, leading to a wave of crowdfunding, where a performers fans, friends and family help pay for the music through donations.

“It’s not easy going, indeed a large percentage of such endeavors fail, but for artists such as Ocean Beach resident and indie rock singer-songwriter Ariel Levine, who is crowd funding his new album, “Let the Machine Get It,” through website Indiegogo, it’s really the only way to make the dream of recording and releasing music a reality.

Levine, a New York transplant who arrived locally five years ago is a full time musician, a member of eight different bands and a recording engineer, but that’s not enough to do the music in his head justice.

“In the past, I’ve always had access to studio time in the off hours,” he said. “That usually meant midnight until sun rise, and sessions would be spread so far and wide that it would take me some time to complete an album. For this album, I have to pay for everything out of pocket. Living off a musician’s budget, I realized it would take even longer to complete this album... years."

So Levine decided to take a risk and reach out to his fans. “I was very reluctant about it at first,” he confirmed. He acknowledges there is a little stigma still about it at first,” he confirmed. He acknowledges there is a little stigma still attached to using this source of revenue. “I honestly have very mixed feelings about crowdfunding. I believe there are so many other worthy causes in this world for which to donate your time, money and attention. And here I am, some perfectly healthy white guy, living on the beach asking for your hard earned dollars to make his songs.

“But I was convinced by certain people that it would be a worthy experiment, that there are people out there who genuinely love to support the arts, and I had something that people would want to contribute to. So I took the risk.”

So far the experience has been positive. “I have to say I’m grateful I was convinced to do it. I’m pleasantly surprised with the reception it’s been getting, and I’m completely flattered and moved by the outpouring of support and donations. It’s gone above and beyond my initial expectations.”

Were other financial options considered? “I thought about looking for private investors, sponsorship, etc. But I am not smart enough to put a business proposal together, and I didn’t want to have to make compromises in order to appease a private investor’s ‘creative spark.’ I have a clear vision, and my contributors on Indiegogo seem to admire and respect that,” he said.

READ MORE ONLINE AT sdbnews.com

Sunset 5K at Cabrillo National Monument Saturday, July 25th 6pm-9pm

The Sunset 5K at Cabrillo is sure to be an exhilarating outdoor experience. The Cabrillo Challenge route takes you down 200 feet to the tide pools with a pristine ocean view to enjoy while running/walking the route. Runners will compete for first place awards in both the Men’s & Women’s division which will guarantee free admittance into the America’s Finest City Half Marathon.

Run, walk or cheer. All participants will receive a numbered bib, event t-shirt and an inaugural commemorative medal. $25. Space limited to 350 so register today!

Costume and Exaggerated photo contests, prize wheel too. After the race, relax and enjoy DJ Mike, on the mile music, and dance as the moon comes up. This will truly be a “Park After Dark” experience that you will not want to miss!


Ocean Beach resident and indie rock singer-songwriter Ariel Levine.

PHOTOGRAPH BY BILL GRISWOLD CARRILLO ARTIST IN RESIDENCE 2013

Inaugural Cabrillo Sunset run set for July 25

Cabrillo National Monument Foundation will hold its first-ever Cabrillo Sunset 5K run-walk from 6 to 9 p.m. Saturday, July 25 at the national park at 1800 Cabrillo Memorial Drive.

The Cabrillo race route is challenging, descending on a paved road downhill about 200 feet to the tide pools offering a pristine ocean view for runners/walkers. The race then continues back up a steep incline. There will also be an alternative fun run/walk up to the lighthouse. Both events qualify for event T-shirts and medals.

“It’s a day completely dedicated to health and getting out in the outdoors and experiencing our parks,” said Eileen Martinez, Cabrillo spokesperson.

The Cabrillo Sunset 5K is part of the National Park Service’s (NPS’s) centennial of “America’s best idea,” the national parks.

Runners in the Cabrillo Sunset 5K will compete for first place awards in both the men’s and women’s division, which guarantees them free admission into the America’s Finest City Half Marathon.

All participants will receive a numbered bib, an event T-shirt and an inaugural commemorative medal. After the race, participants can chill, relaxing and enjoying a DJ and music and dance. This will truly be a “park after dark” experience as the event is being held on the night of a full moon.

First lady Michelle Obama and former first lady Laura Bush are co-chairing the Challenge campaign, which calls on Americans to “Find Your Park” to enjoy their public lands.

Sustaining the national parks and keeping them relevant to visitors for another 50 or 100 years is a growing challenge.

For registration information, visit http://www.active.com.
PHOTO CONTEST WINNERS

First place
This photo (left), titled ‘Holy Crab,’ was taken by Mike Woodruff at Dog Beach in Ocean Beach in June. Woodruff wins a $100 gift certificate from Donovan’s restaurant in La Jolla.

Second place
This photo (right) of a sunrise at the Ocean Beach Pier was taken by Cameron Pettit in February. Pettit earned a $50 gift card to The Sanctuary Day Spa for second place.

Third place
This photo (below) of dogs playing in the surf at sunset was taken by Barbara Finan. She earns a day at the museums with two tickets each to five different Balboa Park museums.

Stagecoach Days: Celebrating the Wild West in San Diego

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

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

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

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

The Stagecoach Days schedule is as follows.

July 11 - “Taste of the Past” - What we eat, how we acquire it, who prepares it, how it is prepared are part of our cultural make up. This day will explore what was part of the dining experiences for people in early San Diego. While you learn about the foods of the past you will be able to sample modern tastes that evoke that time provided by the food purveyors in the park. There is a small fee to partake in the food tastings throughout the park this day.

July 18 - “Women of the West” - Women played an important part in the development of the West. Some of their daily activities will be demonstrated on this Saturday. One of the highlights of the day will be a quilt walk that features quilts celebrating the 150th anniversary of California State Parks.

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

Old Town San Diego State Historic Park, with the support of Boosters of Old Town and Fiesta de Reyes, is proud to offer these free activities for adults and children of all ages. The park is located on San Diego Avenue and Twiggs Street in San Diego, and is conveniently located next to the Old Town Transit Center, with Coaster, Trolley, and MTS bus service. Free parking is available at the CalTrans headquarters, just two blocks from the park at 4050 Taylor St.

For more information, go to www.parks.ca.gov/oldtownsandiego

Photo by Mike Woodruff

ENJOY THE BEAUTY OF OLD TOWN

Stagecoach Days: Celebrating the Wild West in San Diego

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For more information, go to www.parks.ca.gov/oldtownsandiego
New city codes have greatly reduced the number of vehicles that can park there. “We ask your support to maintain the parking as is, for which we will have the billboard removed. The plans we are going to submit to the city create a major problem for us, and the people who presently park on the street. Our plans call for a handicap space. If the designated room is rented to a non-disabled person, the guest has to park on the street.”

Contacted by The Beacon, Alan Murdock, speaking on his father’s behalf, said: “Other than to agree that there are two sides to every story, until we work through and resolve some legal issues in regard to this situation, it would be premature and inappropriate to comment any further.”

A recent application filed with the city on May 26 is asking for a site development permit to remove from a prior site development permit “the requirement to re-examine the number of vehicles that can park on the street.” This situation, it would be premature and inappropriate to comment any further.

Continued from Page 1

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

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-691-9384 and then enter ID# 2000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.
Your Child’s First Dental Visit, What You Should Know:

Here are several memorable milestones in a child’s life: the first words, the first steps and the first tooth … which means the first trip to the dentist. Getting your child ready for the dentist can be a daunting task, and to some, it seems unimportant. After all, the child is going to lose the “baby teeth” anyway. So how important is a first trip to a dentist?

Very important! Baby teeth set the stage. Baby teeth are so crucial that the American Academy of Pediatric Dentistry suggests that children should see a dentist when their first tooth appears and no later than their first birthday. Decay in baby teeth can increase the risk of decay in permanent teeth, and baby teeth help form a path that permanent teeth will follow.

No one wants to have an unpleasant experience at the dental office. At Dental Express, we offer the convenience of being able to care for your entire family—our dental professionals specialize in treating both adults and children, so we are sensitive to the needs of our younger patients.

By making your child’s first trip to the dentist a positive one, you set the stage for a lifetime of good dental health. Here are some tips to help prepare your child for his or her first dental checkup:

Tips For Your Child’s First Dental Visit

- Provide a list of any medical conditions your child has or any medication he may be taking.
- Practice brushing your child’s teeth. Not only will this help establish good dental habits, but it will get your child used to the feel of a toothbrush in his or her mouth.
- Introduce your child to the dentist on the first visit. It may help for the dentist to show the tools that will be used.
- Bring a security blanket or a favorite toy to help your child feel more comfortable.
- Sometimes letting the child see and hear certain dental tools before a cleaning can be helpful, particularly if these tools—such as the suction cup/spitting cup and rotary toothbrushes—make loud noises.
- Reward good behavior by allowing the child to get a small prize from a grab bag.

We have found that children (and adults!) enjoy looking at the trains in our waiting areas. Visiting the office before your actual appointment can help introduce the child to a new building with new sights, sounds and smells, therefore reducing anxiety before the actual appointment.

If you have questions about children’s dentistry or how to prepare your child for his or her first checkup, feel free to speak with us! We have provided dental care for entire families. We are happy to work with parents to ensure a positive experience and to help you teach your child about the importance of good dental hygiene.

Wine, Walking & Gardening?

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

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

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

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

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

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Your Investment is our TOP Priority
Jaw-dropping bay and city views
are yours from this inspirational
classic Spanish Hacienda!

The attention to detail and quality is unsurpassed. Hand-painted Mexican tiles are found throughout the house from the kitchen, and bathrooms, to the stair risers, and even the baseboards. Handcrafted distressed wood doors add to the ambiance and authenticity. An abundance of windows and doors drench the home in natural light and capture the incredible views.

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Open July 11th & 12th 1-4 pm
OB Historical Society

On Thursday, July 16 at 7 p.m. the Ocean Beach Historical Society presents: “Newport Ave.-Thru-The-Decades” by Craig Gerwig and Judy Parry at the P.L. United Methodist Church, 1984 Sunset Cliffs Blvd.

Gerwig (owner of the Newport Avenue Antique Center) and Parry will talk about popular businesses that lined Newport Avenue over several decades. They will talk about the businesses and properties their family owned/own on the 4800 block of Newport Ave. Don’t miss this family’s interesting history in OB. This program is free.

Heroes Brew Fest

Heroes Brew Fest, showcasing more than 40 breweries and 80 craft brews and featuring a caped crusader costume contest with prizes as well as live music, will be held from 3 to 6 p.m. Saturday, July 11 at Loma Club Golf Course in Liberty Station.

“Guys and Dolls”

Vanguard Productions presents “Guys and Dolls” on July 31, Aug. 1, 2, 7, 8, 9, 13, 14, 15 and 16 on Thursdays, Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. Tickets: adults $18, seniors, military, students $14 (12 and under $11). For more information, visit vanguardsd.org or contact the box office at (619) 224-6263.

Lee Coulter and Dawn Mitschele, two acclaimed local San Diego artists, are releasing new albums with a joint release concert at the Belly Up in Solana Beach on July 9 at 7:30 p.m. Mitschele will release “All of Our Days” and Lee Coulter will debut his album “People Like You.” San Diegans are invited to enjoy an exclusive show with never-before-heard tracks.

“‘All of Our Days’ is one of my most intimate albums so far, so it means the world to me to be able to share this special collection of stories with my fans,” said Mitschele. “Some of the songs on the album were written years ago and are very dear to my heart. I’m happy to finally be sharing them.”

Coulter’s latest album, “People Like You,” captures a wide variety of feel-good sounds—from folk and reggae to blues and acoustic stylings. “People Like You” is more than catchy tunes and crafty lyrics. It also addresses social issues and gives voice through song. Coulter’s favorite track and music video, “Boss Señorita,” is packed with feminist punch, featuring three-time U.S. women’s boxing champion Danyelle Wolf.

San Diego Gulls name Eakins as head coach

The San Diego Gulls have announced that the American Hockey League club has named Dallas Eakins head coach.

“We are very pleased to name Dallas as head coach for our inaugural AHL season in San Diego,” said Bob Murray, Anaheim Ducks executive vice president/general manager and San Diego Gulls president of hockey operations. “He brings experience in hockey at all levels, both as a player and head coach. We feel fortunate to be able to bring him on board.”

Eakins was most recently the head coach of the NHL’s Edmonton Oilers from 2013 to 2014, helming 113 games. Prior to Edmonton, Eakins was a member of the Toronto Maple Leafs organization for eight seasons and served as Toronto’s assistant coach from 2006 to 2008.

As a head coach of the Toronto Marlies, Eakins led the team to a 157-114-41 record in 312 contests. The Marlies finished atop the division during Eakins’ final two seasons behind the bench and won four of six playoff series. While with the Marlies, Eakins was named as one of two head coaches representing the Western Conference for the AHL all-star games for the 2011-12 and 2012-13 seasons. During the 2011-12 season, Eakins led the Marlies to a division-best 44-24-8 record.