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New ‘pocket park’ idea on Cañon Street draws some local resistance

By DAVE SCHWAB  |  THE BEACON

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Pointing out the Peninsula is deficient in park space, PCPB chairwoman Julia Quinn agreed it may be possible to turn the Cañon Street parcel into “a mini-park.”

Sevrens noted a 188-page document has been released on how to donate park space to the city.

“First you raise the money, then you need to meet the city’s specifications,” said Sevrens.

He added the Cañon Street parcel will be difficult to redevelop because it’s only 450 feet long and 95 feet at its widest point.

“The idea is to make it a passive park, and some neighbors suggested native landscaping, maybe a wandering, decomposed granite trail and some

The Bali Hai restaurant, an iconic Polynesian-theme dining getaway on Shelter Island, is poised to celebrate 60 years of idyllic views and sumptuous food and drinks.

Bali Hai slates Polynesian blowout in honor of its 60th anniversary

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The Polynesian-themed restaurant at 2230 Shelter Island Drive is throwing a party with live entertainment, including performances by Creepxotica, Dori Reuter, Pride of Polynesian and live painting by Norm Daniel.

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Planners absorb details on proposed conversion of vacated Cabrillo Hospital into an international language school

Transforming a former hospital into an international language school topped the agenda for the Midway Community Planning Group on Sept. 17, along with plans for a new SDG&E substation near the airport.

Representatives of the EF Language School returned to update planners on plans to convert the long-vacant, 10-story Cabrillo Hospital, a former general acute-care hospital and skilled-nursing facility on about six acres at 3475 Kenyon St., into a campus serving foreign-exchange students.

EF Education First is a privately held, international education company begun in Sweden and headquartered in Switzerland, specializing in language training, educational travel, academic degree programs and cultural exchange with 500 offices and schools in 52 countries worldwide.

“We’ve signed a purchase and sales agreement for the property and also have a purchase and sales agreement for the property and also have an international language school that we’d like to become a ‘true community partner,’ working together with Midway planners to ‘turn the site back to a beautiful place and find a way to integrate it’ with the surrounding developing neighborhood,” said EF spokeswoman Shawna Sullivan, noting foreign students typically stay six weeks.

Sullivan said students would be housed and schooled at the old hospital site, adding few students have their own transportation and heavily rely on mass transit, bicycling and walking to get around.

“We think we can fit about 450 students beds into the first and second floors,” said Sullivan, adding total campus enrollment is projected at 1,500 with no more than 600 students in class at any given time.

Sullivan said the EF Language School would like to become a “true community partner,” working together with Midway planners to “turn the site back to a beautiful place and find a way to integrate it” with the surrounding developing neighborhood.

An architect said the proposed hospital conversion project would add a soccer field, pool and volleyball court, as well as landscaping and trees.

The proposal met with the approval of Midway planner Kurt Sullivan, who said, 

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Polish Festival - Traditional food & fun for the whole family

The Annual Polish Festival in San Diego will take place on Oct. 10-12 on the premises of St. Maximilian Kolbe Roman Catholic Church located at 1735 Grand Avenue in Pacific Beach.

This annual fundraising event is one of the most popular ethnic festivals in the Pacific Beach area, attracting people from all around San Diego as well as international visitors who want to get a taste of what Poland is all about!

Delicious Polish food is definitely a must at the festival – Perogies (dumplings studded with sauerkraut or potato & cheese), Golabki (meat stuffed cabbage rolls), Bigos (Hunter’s stew), potato pancakes and famous grilled Kielbasa (Polish sausage). Polish pastries, soft drinks, coffee and tea will also be available. Adults over 21 years of age will have an opportunity to try authentic Polish beer.

Entertainment will include Polish folk dance groups – POLONEZ from San Diego, PIAST from Las Vegas and KRAKUSY from Los Angeles, Polka band featuring Grammy Nominated Vocalist and Musician John Gora, and local artists from San Diego.

For those who want to learn more about the church and also join in prayer, daily Mass and tours of the church will be offered. Veneration of the relics of St. John Paul II, St. Sister Faustina, Mother Teresa of Calcutta, St. Padre Pio and other Saints will also be offered.

All proceeds from the fundraiser will go towards supporting the St. Maximilian Kolbe Mission.

For more information and details please visit: www.polishmission.org/festival/index.php
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Governor weighs signing bill to expedite water-quality testing

Faster beach water-quality test results topped the list of bills related to three important water issues passed by the state legislature at the end of its session, according to San Diego Coastkeeper.

A water-quality monitoring bill would allow public health officers the option to choose a new technology that produces beach water-quality results in as few as two hours.

“State law mandates that public health officers monitor and issue an advisory when a beach has a high bacteria count,” said Travis Pritchard, advisory when a beach has a high bacteria count, said Travis Pritchard, adviso...
End of an era for OB barber still a happy sunset story

By GEOFF PAGE

This isn’t a sad story because there are two happy endings. It starts with a bit of nostalgia for an Ocean Beach that is no more. For years, Ron’s small shops sat on the corner of Pacific Beach Drive and Sunset Cliffs Boulevard across from the point of interest, which was the best thing about the area. It was simple and to the point. He said that he was going to visit Ron was like visiting a friend and just happening to get a haircut at the same time. Ron liked that, and he hung the story on the wall and added a note: “I like it and agreed with it and settled the goodbyes. Ron worked a few places before buying his shop. He worked for a while in Beverly Hills even. He was one of many who were going to impress anyone in Ocean Beach with that. But in 1975, he decided to have his own shop in Ocean Beach and worked out well for him — and for OB. Ron has been around long enough to have a bit of a gray hair and, later, the hair of that small boy’s own son. I don’t speak for all men, but I think I speak for a lot of them when I say that changing barbers is a traumatizing event for us. When we find a barber we like, we stick with him. I’ve been in San Diego since 1957 and have only had two barbers. My first was in La Jolla, and I drove up there regularly from Ocean Beach for years until Tony retired. The next year so or. I was lost in the wilderness, ricocheting from one unsatisfying experience to another until one day my buddy said, “You should go see Ron.” I was a bit deafful because my buddy was mostly bald, but it was my salvation. My mother once told me you have to learn to live with your parents. I want to enjoy life. I learned to do that, and I tend to gravitate toward people who I like that I enjoy the back-and-forth banter. Ron is one of those people and he gave as good as he got. That is what I will miss about Ron, the good-natured, animately gawing his scissors around, getting excited over something one minute, then quiet and pensive about something else the next. I was comfortable sitting in that chair, and so were a lot of other guys, because of the person Ron is. So, it is similar to what I said before. I’m not — we’re not — losing just a good barber. We are all losing a friend. I asked Ron what he might want to see in parting, and his response was simple and to the point. He said he was going to miss Ocean Beach. But most of all, he was going to miss his clients, because he considered them all his friends. Well, I think I can speak for most of them when I say that we miss you very much, or more, as he misses us. If he had a jersey, we’d retire his number forever.

The second happy ending to this story is that the shop remains, cleverly renamed Sunset Cliffs. The newspaper said that Ron, the good-natured, seemed to be restimg his gums, though. Ron has always liked a good conversation, which was the best thing about getting clipped at the Clip Joint.

The other happy ending is at the end of this piece. Ron’s small shops sat on the corner of Panama Monica Avenue and Sunset Cliffs Boulevard across from the library, and had a good view of the street. When I walked up for the very first time, looking desperately for a new barber home, I saw a slowly spinning, old-style barber pole.

NIMITZ

Small groups then reported back to the group as a whole with their improvement ideas.

At the end of the workshop, Wear pointed out there are about 15 different funding mechanisms for various projects could be used over time to pay for Nimitz Boulevard enhancements. “It’s going to be a phased approach, and I’ve found that it’s best to do that because

Midway business advocacy group begins to file lawsuit

By DAVE SCHWAB | THE BEACON

A business improvement district (BID) for the Midway-Pacific Highway Corridor — the catalyst to promoting and coaxing local merchants and beautifying the heavily-traveled gate- way to Ocean Beach and Point Loma was reborn this week after a long dormancy.

The first Midway Business Improve- ment District (MBID) meeting was held Sept. 24. The group was formed when the city of San Diego vacated the street, which included most of El Prado, to form the Midway/Pacific Highway Corridor BID (MBID) to revitalize the corridor and beautification and also to improve and revitalize the economic opportuni- ties we have,” he said. “The other goal is to have a good relationship with both the Point Loma and Ocean Beach communities, to really transit Midway as a gateway area into a gate- way community.

A BID is a defined area within which businesses pay an additional tax or levy to fund projects within the district’s boundaries for public improvements. Its website, www.Midwaybid.org, states the organization’s mission is to “unify the businesses within the Midway/ North Bay Area to work toward the goal of economically revitalizing District. Our efforts include marketing programs, civic beautification projects, commercial recruitment and parking and transportation improvements.”

The Midway-Pacific Highway Corri- dor is a hodgepodge of commercial, industrial, office and warehouse land uses — as well as a residential presence — in a transitional area bor- dering Old Town, Point Loma, Pacific Beach and the downtown San Diego.

Ravago said another objective in cre- ating private-public partnerships will be to “leverage some existing resources, to find out what we can do to supplement the city’s ability to help us.”

The goal of the BID’s first meeting, Sept. 24, said Ravago, was to “assess the state of the Midway area and to establish a consensus on some of the priori- ties.”

“This [priority] list is long,” said Ravago. “But in establishing short-term pri- orities, we were focusing on a long-term plan on improving Mid- way District.”

“it’s really having to think of something come forward that’s going to light the impact [on the area]. It’s a beautiful full-blown approach.”

Regarding landscaping, Midway Com- munity Planning Group chairwoman Nicole Nickel said plants in the area trees a whole lot better than palm trees.”

Doron saidestival would return in the future with more fleshed-out plans.

In other action

SDG&E representatives addressed the community Planning Group chairwoman Sandy Lippe, Scott Hopkins, Westlin, Patricia Walsh.

To see a menu that goes support the Ocean Beach community. This event, the year the festival will run from 7 to 10 p.m. Pacific Beach Club, and the festival will deliver people to the festival each day, with shuttle running Ocean Beach at 10 p.m.

For more information, visit https://obbeardaysandiego.com/attrac- tions/annual-OB-oktoberfest.
The Caton Street parcel will be difficult to redevelop because it's only 450 feet long and 95 feet at its widest point, according to one Peninsula Community Planning Board member.

Right now, no one is maintaining it.

In OTHER NEWS

Community planners also approved a letter by board member Paul Webb calling on the city to strictly adhere to the 30-foot height limit on Peninsula development projects.

Webb said he was inspired to write his letter to the city as a result of developments, like a three-story project on Avenue de Portugal, that have used “creative” methods for calculating height.

“There are projects which are drastically out of character with the community, which is why I've drafted this letter objecting to projects of this size and objecting to the reinterpretation of the 30-foot height limit in the city,” Webb said.

“It was a vote of the people to place a 30-foot height limit in coastal areas,” he added.

27 easy tips to get thousands more for your home

SANDIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to avoid financial disaster when selling your home.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for the Most Amount of Money.”

This report will help maximize your home’s income during the selling process.

In this report you'll discover how to avoid financial disaster when selling your home using a common-sense approach that will get you the best results. It is packed with details and tips that you can use to sell your home.

So, if you are thinking about selling your home, don’t make a decision until you read this report.

Anniversary celebration: Times have changed, but this timeless event hasn’t

The replica San Salvador will be launched at San Diego Bay and will be part of the museum's fleet of historic and replica ships.

After four years of work by some 200 volunteers, the scaffolding around the ship has started to come down. Over the next few months, preparations for her launch will take place. Then the rigging process will begin.

The San Salvador was the flagship of explorer Juan Rodriguez Cabrillo when he sailed into San Diego Bay. Cabrillo was the first European to explore the coast of California.

Once it’s finished, the full-scale galleon will be opened to visitors and for educational programs. Museum officials said it would also sail to ports throughout the state “as a traveling classroom platform and symbol of our region’s Pacific origins and maritime heritage.”

The project is partly funded by a grant from the Corporation for National and Community Service, a state agency established in 1976 to promote, strengthen and enhance California’s coastal resources.

The San Salvador construction site is open from 11 a.m. to 4 p.m. daily at Spanish Landing Park, at the north end of the port. Visitors can also watch construction progress on a 24-hour webcam at anr.ucsd.edu/cam. The public can call (619) 457-4537 for more information.

In all, Cabrillo’s expedition fleet had three ships: the 200-ton La Victoria and the lateen-rigged San Salvador, and the 24-ton San Salvador, the first navigating ship to land in California.

The San Salvador was completed in 1954 by San Diego restaurateur Tom Ham. Bali Hai was the island’s first “tiki” temple and remains one of the largest remaining original tiki temples in the United States.

Family owned and operated for more than five decades, Ham’s vision continues through his daughter, Susie Baumann, her husband, Larry, and sons Grant and Tommy. Generations of Bali Hai customers are loyal, and the family has announced plans to continue the tradition.

ева know yet whether this property is were put in, this might encourage a neighbors to come forward to voice and crime, which need to be pre-...
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*Tournaments begin at 6am

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Although the enzyme’s role in regulating cancer is known, the findings, reported in the current issue of Proceedings of the National Academy of Sciences magazine, offer hope for a cure of the lead author and postdoctoral researcher’s own cancer.

“The take-home message of the study is that we have found a way to target breast cancer metastasis through a pathway regulated by an enzyme,” said lead author and postdoctoral researcher Xuefeng Wu.

The enzyme was found to be present in breast cancer cells at two to three times the levels of healthy cells. Although the enzyme’s role in regulating normal cell growth and healthful immune system function is well-documented, the study is among the first to show a link to the spread of breast cancer.

Xuefeng and his colleagues at the UCSD Moores Cancer Center found that the enzyme regulates cancer cells’ ability to transmit signals that stimulate cell growth and survival by regulating the activity of a protein which, when “knocked down,” prevents metastasis. The researchers said a compound that inhibits the activation of this protein is already being tested for treatment of rheumatoid arthritis.

Scientists altered human breast cancer cells by silencing the proteins and injecting them into the mamma of mice. Although the primary tumors grew in these mice, their cancers did not spread.

“Primary tumors are not normally lethal,” Xuefeng said. “The real danger is cancer cells that have successfully left the primary site, escaped through the blood vessels and invaded new organs. It may be only a few cells that escape, but they are aggressive. Our study shows we may be able to block these cells and save lives.”

UCSD researchers identify enzyme that controls breast cancer spread

Researchers at the UCSD School of Medicine have identified an enzyme that controls the spread of breast cancer.

The findings, reported in the current issue of Proceedings of the National Academy of Sciences magazine, offer hope for a cure of the lead author and postdoctoral researcher’s own cancer.

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Researchers have also defined a metastasis gene signature that can be used to evaluate clinical responses to cancer therapies that target the metastasis pathway.

An estimated 40,000 women in America will die of breast cancer in 2014, according to statistics compiled by the American Cancer Society.

Their study has three Scripps research teams: Department of Marine Chemistry and Biological Oceanography; Department of Chemistry and Biochemistry; and the Department of Molecular and Cellular Biology.

Jaffe is the innovator of new technology for observing ocean phenomena and the development of inverse techniques for their interpretation. Funds will enable complete development of the Scripps Plankton Camera System (a prototype dark-field zooplankton microscope system initiated under separate funding) and support its operation for at least one year. This new funding will also support the addition of a higher-resolution phytoplankton imaging system.

The installation will consist of two side-by-side field microscopes with compact computers performing real-time image processing and object detection. Output from these microscopes will be broadcast to the Internet, where scientists, students and the public can explore and tag data from the system with real-time access.

C-Gen: power generation for remote oceanographic instruments from ambient ocean currents

With this gift, the Scripps science team will construct an electrical power generator that uses the energy of ocean currents to provide power for individual oceanographic sensors. Generating 1 to 10 watts from a compact, simple device will address a modern, practical oceanographic challenge: the power limitation of long-term oceanographic observations. The project will deploy the generator in a “clip-on” mode, where it attaches to a conventional sensor package and continually recharges sensor batteries.

Alternatively, it can be deployed within a moored string of instruments to power clusters of sensors or along optical-fiber communications lines to enable the transfer of data from remote instruments back to shore.

— Staff and contribution

Fall crafts and children’s activities a la San Diego in the 1870s will be held from noon to 4 p.m. in the central plaza at Old Town San Diego State Historic Park at this year’s Fall Festival. Sponsored by Fiesta de Reyes, guests will enjoy hay rides and pumpkin painting at this annual event. Carved jack-o-lanterns will also be on display at many of the merchants in the park. Free to the public. For more information, call (619) 220-5422.

Enjoy the beauty of Old Town

CABRILLO CELEBRATES THE SEASON WITH ITS FALL FESTIVAL OCT. 25

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The commemorative ceremony will be followed later that day from 6 to 7:30 p.m. with a Cabrillo Discovery Celebration Dinner-Dance at the Portuguese S.E.S. Hall, 2818 Avenida de Point Loma. Sponsored by Cabrillo Civic Club No. 16 of San Diego and Portuguese-American Social and Civic Club, the event costs $50 per person. Tickets are available by calling (619) 426-0769 or (619) 221-8084. On Sunday, Sept. 28, festivities continue from 11 a.m. to 4 p.m. with a free Cabrillo Festival at Ballast Point, Naval Base Point Loma, at the south end of Rosecrans Street.

The multi-faceted festival features music, dancing, children’s activities and ethnic foods of Mexico, Portugal, Spain and Native America. The Cabrillo Festival is a fun, family-oriented event with educational activities, cultural demonstrations and exciting musical performances celebrating Native American, Mexican, Portuguese and Spanish traditions from the Age of Exploration.

When Cabrillo landed in Point Loma in 1542, he had little or no inkling of its historical significance or that it would be celebrated forevermore as a landmark event or that Sept. 28 would be recognized as Cabrillo Day throughout what would become California.

For more information, visit www.cabrillofestival.org.

The cultures of Portugal, Spain, Mexico and Native America will be on full display at the 2014 Cabrillo Festival with food, dancing and historical narrations.

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**Point Loma Pointers fired up after 2-game win streak pushes record to 3-1**

By SCOTT HOPKINS | THE BEACON

The Point Loma Pointers football team upped its season record to 3-1 with a 14-0 victory over CIF Div. III Morse on its home turf Sept. 19.

In a non-league encounter, all of the Div. I Pointers’ points came in a span of less than five minutes in the second quarter as both teams were hurt by fumbles on a warm, dry afternoon.

With 1:11 left before halftime, Pointer defenders stalled the Tigers on a fourth-down play to gain possession.

The stop seemed to energize the Pointers. Jaylen Griffin broke free for a run of more than 50 yards before being forced out of bounds. From there, sophomore Tshombrei Carter put his team on the scoreboard with a dash through the Morse defense.

Following the kickoff, the Tigers let the pigskin escape once more, and the Pointers recovered with 0:42 left in the second quarter.

Again the Pointers marched down the field, with Tim O’Brien’s (6 feet, 7 inches) catch and run resulting in a first down at the Tiger two-yard line.

The Pointers turned to their running attack as Sergio Gallegos crossed the goal line for a 9-0 lead as the first quarter ended.

Gavin Grady touchdown run for a 9-0 lead as the first quarter ended.

With second quarter scores on runs by Jacob Ehm and Carter, the Pointers took a 23-12 lead at halftime.

Butterfly Carter put his team on the scoreboard with a dash through the Morse defense.

With numerous Pointer reserves gaining valuable playing time, the Dogs scored yet again. Backup quarterback Brenden Torrence scrambled for yardage on the drive before Sergio Gallegos crossed the goal line for the final Pointer score.

**PONTIOMA 40, LINCOLN 20**

The points came quickly and more often for the Pointers Sept. 12 when they traveled to Southeast San Diego to face the Hornets during a recent heat wave.

A pass from Grady to a leaping Carter scrambled for yardage on the drive before the Hornet down played to gain possession.

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Liberty Station: the essence of San Diego, a re-energizing ‘sense of place’

By DAVE SCHWAB | THE BEACON

What makes Liberty Station special is its “authenticity,” according to its developers and supporters.

It’s a brand that developers of the Navy’s redevelopment effort use to describe the new neighborhood of San Diego that is safe and has adequate parking,” said Nathan Cadieux, vice president of McMillin Companies, the redevelopment firm led by transfrming the former Naval Training Center into a flourishing residential, commercial and arts and cultural mecca.

“You can’t get all those things at other locations,” he said. A sense of place is essentially San Diego, what Liberty Station’s redevelopment continues to be about.

McMillin is in partnership with the NTC Foundation in a collaboration to create a seamless, authentic San Diego experience. That’s what we’re focusing on,” said Cadieux, who cited Stone Brewing Co. as one example of the kind of “homegrown” company to be found at Liberty Station.

“These are the types of local, San Diego companies that truly represent our city well,” said Cadieux, noting an announcement coming soon about “a bunch of new and exciting tenants” that will be joining the Liberty Station mix.

Cadieux said another goal of forging an “authentic” San Diego experience at Liberty Station is to make it a destination people are not only drawn to, but want to spend time enjoying.

“Our goal is for people to spend three hours here, not 15 minutes, enjoying our urban, mixed-use, pedestrian-oriented project,” he said. “We want people to be able to come out and get to an art gallery, get a beer and have dinner. That’s what we’re really trying to build on.”

Cadieux said “no more acreage is available for new development” at Liberty Station.

“The only buildings that will become available to lease are existing, but unrenovated buildings,” Cadieux said.

“Those are the buildings the NTC Foundation has plans to redevelop (Phase 3 of the Arts and Cultural District).”

“Every acre of Liberty Station has been developed, all of the public areas are done,” said Cadieux, who estimated there are between 280 and 300 businesses now located throughout the complex’s 361 acres.

Will Liberty Station be much different -- or any different -- 20 years from now? “The foundation of Liberty Station won’t change,” said Cadieux. “The hope is that Liberty Station can be a place where San Diego is best represented, an authentic San Diego community with high-quality products. We want to have that going forward.”

What is FMS (Functional Movement Systems)? And How It Can Help You.

If you are an athlete or have pain possibly caused by a faulty movement pattern, continue to read. The Functional Movement Screen captures fundamental movements, motor control within movement patterns, and competence of basic movements uncomplicated by specific skills. It determines the greatest areas of movement deficiency, demonstrates limitations or asymmetries, and eventually correlates these with an outcome and score. Once the greatest asymmetry or deficiency is observed, then specific corrective exercises are prescribed to facilitate proper movement sequence and form.

The original idea of the screen was to portray movement-pattern quality with a simple grading system of movement appraisal; it was not intended to diagnosis or measure isolated joint movement. Attempting to measure and isolate does a disservice to the pattern—the body is too complex to take isolated movements seriously in the initial stages of screening.

The FMS is comprised of seven movement tests that require a balance of mobility and stability. The patterns used provide observable performance of basic, manipulative and stabilizing movements by placing clients in positions where weaknesses, imbalances, asymmetries and limitations become noticeable by a trained health and fitness professional.

The screen’s usefulness is its simplicity, practicality and ability to fill a void in the toolbox we use to judge performance and durability. It is not intended to determine why a dysfunctional or faulty movement pattern exists. Instead, it’s discovery of which patterns are problematic. The FMS exposes dysfunction or pain—or both—within basic movement patterns.

Those who score poorly on the screens are using compensatory movement patterns during regular activities. If these compensations continue, sub-optimal movement patterns are reinforced, leading to poor biomechanics and possibly contributing to a future injury.

Nike, Tustle and the NFL combine now all incorporate FMS into their athletes training protocols. There has been a dramatic shift in the physical therapy world over the past decade in now attempting to improve movement patterns with corrective exercise versus just trying to strengthen weakened, isolated muscle groups.

For more information on how FMS can help you improve your athletic performance or alleviate pain, contact Greg Sterner, Board Certified Orthopedic Clinical Specialist in Physical Therapy, Owner

San Diego Sports Physical Therapy
2750 Dewey Rd, Ste 101
San Diego, CA 92106
PLNU athletics communications dept.

Fuller takes title at PLNU Fall preview

Haley Fuller did not shy away from the opportunity that awaited her entering the final round of the Point Loma Nazarene University Fall Preview at Torrey Pines last weekend. The Sea Lion freshman came into the round just one shot off the lead, and she seized the individual championship by one stroke with a 1-over 149 over the 36-hole tournament.

Fuller posted a 73 (-1) in the opening round Sept. 15 and then backed it up with a 76 (+2) on Sept. 16. Both days Fuller registered three birdies. After posting the second-best score among all individuals in the opening round, she tied for the fifth-best score in the final round. She finished one stroke ahead of Sonoma State’s Haley Whitebeck for the victory.

The Sea Lions also had to fight to climb the team leaderboard between the opening round and the final. PLNU shaved five strokes off its score in the second round to post a 118 (+22) and finish with a 641 (+49).

Kathleen Crossley, Alyssa Orito and Anmika Nousainian led the way by each finishing in the top 25. Crossley was the top scorer for Point Loma with a 10-over 158. She shot a 77 (+5) in the final round after posting an 81 (+7) on Monday to finish tied for 18th. Orito shot an 80 (+6) in both rounds to finish tied for 22nd. Nousainian was tied for 24th with a 161 (+13). Mariah Fuller, Haley’s sister, placed right back up the top 25 as she finished tied for 26th with a 14-over 161.

Sonoma State won the team title by nine strokes with a 611 (+19). The Seawolves held the lead after the first round with a 308 (+12) and they never relinquished their advantage as they posted a best score of second round as well with a 103 (+7).

Cross country hits ground running

Sixteen Point Loma cross-country runners took part in the 2014 Adidas/UC Irvine Invitational to open the season on Sept. 6. The Sea Lions took eighth place with 257 points. Freshman Alexandria Hernandez paced the Sea Lions by placing 22nd in the 157-person field. Hernandez posted a time of 19:25.7 on the 5K course.

“Alex opened her college career very well,” said PLNU head coach Jerry Arvin. “She got out and ran today and I hope she would. She had great credentials coming to PLNU and she did very well. But I think she’ll get even better.”

Hallie Swenson placed 50th with a time of 20:19.4 to give Point Loma two finishers in the top 50. As a team, Point Loma’s 157 points placed it just ahead of Cal State Los Angeles in the final standings and just behind Cal State San Bernardino. Arizona won the race as its nine runners took the first eight spots and 10th place.

“Overall, it was a very good showing,” said Arvin. “We competed well with the other NCAA Division II regional teams in the race and there is a lot of good reason for hope, I know we are still going to get better.”

PLNU draws tough competition in opening tourneys

The Point Loma volleyball team is off to a 3-1 start.

The Sea Lions, who were picked to win the Pacific West Conference after going 30-7 last season and winning the NCCAA title, opened the year by going 3-1 while hosting their annual Seaside Invitational. PLNU then went to the GNAC-PacWest Crossover Challenge in Riverside and stumbled against the top four teams in the Great Northwest Conference. The Sea Lions fell to sister school Northwest Nazarene and dropped matches to No. 9 Western Washington, No. 13 Central Washington and Alaska Anchorage.

PLNU is now prepared for the opening of PacWest play.

Packed house expected for Mission Beach centennial finale

By Dave Schwartz / The Beacon

It’s been a year of great celebrations as Mission Beach caps its 100th anniversary observance this month with a Centennial Festival & BBQ Competition between Belmont Park and Ventura Boulevard — an event that will spill out onto the streets Sept. 27 from 11 a.m. to 7 p.m.

More than 15,000 people are expected to swell the centennial festival, which will take San Diegans “through the decades” of this beach community, starting from the roaring 1920s. Guests will enjoy a “Bathing Beauties Fashion Show” with an all-female bikini contest in 1920s, sponsored by Pilar’s Beachwear. The event will also feature a walking museum filled with Mission Beach memorabilia.

Entertainment in and around 3146 Mission Blvd. will include local live music performed by Split Finger, Ian Basilio and the Roosters, The Soulside Players, The Jackstrads, Fred Thompson Ukulele Majesty, Sue Palmer and the Euphoria Brass Band.

Adults will be able to dive into drinks at a craft-style beer garden. The little ones will have their own party too, with a “Kids’ Zone set up inside Belmont Park to entertain youngsters of all ages. Inside the Kids’ Zone, families will find plenty of activities, include The Boo Hoo Crew, the Hullabaloo Band, magicians, balloon art, free face painting, rides and attractions.

To date, the Mission Beach centennial celebration has featured nine community-based events: a monument dedication and resident walk, a pub crawl, a “Meet The Legends Surf Classic,” a Father’s Day classic car show, a “Dive In” movie featuring the 1975 thriller “Jaws,” a horseshoe tournament put on by the Old Mission Beach Athletic Club, a hands-on sandcastle-building demonstration and a volleyball tournament.

“What’s ahead?”

Peninsula-area events, Sept. 25 to Nov. 12

Thursday, Sept. 25

• St. Paul’s Senior Homes and Services will host its “Connect for a Cause” at 57 Degrees, the spectacular downtown location of “The Silver Hair Tsunami” on the Kona Kai Resort, 1551 Shelter Island Drive.

By donation to benefit St. Paul’s Senior Homes and Services. For more information, visit www.missionsbeachcentennial.org or call (858) 488-1549.

Saturday, Sept. 27

The Ocean Beach Friends of the Library will host its final book sale of the year. The sale will feature gently used books, DVDs and CDs. In addition, the team behind the production of a slick new book just released called “Ocean Beach” — produced in the Images of America series — will be on hand to sign the books. The event runs from 9:30 a.m. to 12:30 p.m. at the library, located at 11 a.m. to 7 p.m., parking is free.

“Connect for a Cause” is a fun opportunity to network with fellow San Diegans professionals and support a great cause. Proceeds support the many programs at St. Paul’s Senior Homes and Services. For more information, visit www.stpaulseniors.org.

“It’s an opportunity to network with fellow San Diegan’s community-minded residents and today.”

The festival wouldn’t be complete without tasty grub. Visitors will be able to grab the best barbecue taste treats at the sanctioned cook-off area, with samplings starting at 11 a.m. until they’re gone. Some San Diegans favorites like Brazen BBQ, Holy Mole, Chillin & Grillin and Rubbed the Right Way will be competing.

San Diego’s finest festival food and vendors will also be attending. “This is a festival and a Mission Beach birthday celebration that San Diegans cannot miss out on,” said Wendy Crain, co-chairwoman for the Mission Beach Centennial. “San Diego棋牌游戏 are celebrating 100 years of service as well, and we’ll incorporate this into the festival.”

For more information, visit www.missionsbeachcentennial.org or call (858) 488-1549.
Local musicians will get their due at the SD Music Awards

By BART MENDEZ | THE BEACON

The 24th annual San Diego Music Awards is set to take center stage Oct. 6 at Humphreys Backstage Live. While the event is open to the public, for local musicians it’s the social event of the year, with pretty much every musician of note in town making an appearance at the festivities.

Awards in 28 categories will be handed out this night, with the Lifetime Achievement Award going to bluesman Tomcat Courtney and live performances from The Donkeys, Euphoria Brake Band, Joshua White, The Midnight Pine, Robin Henkel Band with Horns featuring Whitney Shay, Todo Mundo and Tribal Theory.

Proceeds from the event benefit the San Diego Music Foundation’s Guitars for Schools program, bringing music back into local classrooms, so even just attending is doing a good deed. But for area musicians nominated, it’s also an opportunity to validate for the previous year’s hard work.

“It’s more than an honor,” said Celtic fiddler Patric Petrie, who is nominated in the Best World Music category. “It recognizes my work, it feels great. So when an organization like the SDMA acknowledges us, it feels great. We’ve dreamed of winning Grammys. So this feels like a step in that direction. Baby steps.”

At 16, Best New Artist nominee Cody Lovas is the youngest of the contenders. “I am passionate about my music and music in general, but I had never thought about awards before my nomination by the SDMA,” he said. “Once I did, I can tell you how special it is to be recognized for something that you are so passionate and give so much for music.”

Percussionist Nathan Hubbard, a Best Jazz nominee, notes it’s nice to be selected alongside his peers to be a great way to introduce his band to new audiences. “It’s always rad to be nominated,” he said. “It comes in handy when you’re telling new non-music people about your band. When you tell them you’ve been nominated for an SDMA, all of a sudden they’re interested. The Touchies even considered where to keep the award on the off-chance the band wins. “It would go on top of our Marshall Amp fridge in our practice studio. It gives us a better reason to keep the award on the off-chance the band wins.”

For more information, visit www.sandiegomusicawards.com.

Local musicians will get their due at the SD Music Awards gala on Oct. 6 at Humphreys Backstage Live.

Friday Night Liberty to boast awesome lineup Oct. 3

Liberty Station will be brimming with family entertainment, music, food and activities during the next installment of Friday Night Liberty on Friday, Oct. 3. There will be two dance performances, including Malashock Dance showing excerpts from its annual Malashock RAW show at 6 and 7 p.m. San Diego Dance Theater will also be showing excerpts from its wildly popular Trolley Dances at 6:30 and 7:30 p.m. in the White Box Live Arts space.

In addition, there will be two international exhibitions: The San Diego Watercolor Society presents its world-renowned international exhibition with more than 95 paintings; and Visions Art Museum: Contemporary Quilts + Textiles, which will show its 13th annual international biennial to highlight selected works from over 524 submissions.

The San Diego Museum Council will host the Gaslamp Players as they present historic vignettes based on the early history of San Diego. These costumed performers portray some of San Diego’s most interesting characters, from Alonzo Horton, “Father of New San Diego,” to Chief of Police Keno Wilson and to Ida Bailey, the popular madame who ran the high-class brothel Canyon Cottage.

Other highlights of Friday Night Liberty:

- “Cuban Captives: The Cars of Cuba,” a new photo exhibit at Outside the Lens, Barracks 15
- Italian culinary perfection at Solare Ristorante, Building 201
- The fresh sounds of Joey Carano, live at Barracks 19 from 5:30 to 8 p.m.
- A new exhibition by Jennifer George at the Women’s Museum, Barracks 16
- Paint your own ceramic or make a candle at Hotspot, Barracks 14

Friday Night Liberty is the biggest gallery night in San Diego, with a chance to meet working artists, see free performances and stroll the beautiful campus of the historic former Naval Training Center. For more information, visit www.nclibertystation.com/what.php.
Health BRIEFS >>

Medication Mistakes Can Be Dangerous

Every year 1 million people are injured or become seriously ill when a medication mistake happens and 100,000 people a year die from the mistake. It is important for every- one to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

Confusing two medications with similar names is a common mistake. Sometimes the doctor’s handwriting is misread, the wrong drug is pulled from the pharmacy shelf but it happens. Drugs that could be confused might be Adderal (a stimulant for ADHD) with Xanax (a beta-blocker for high blood pressure), or Paxil (an antidepressant) with Taxol (a cancer drug).

It is important for everyone to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

The RN Care Manager at Innovative Healthcare Consultants is experienced and knowledgeable about reviewing all medications to insure against drug interactions and errors. Her job is to make sure these errors don’t happen for the client. If you’re concerned about a loved one and the possibility of a medication mistake, call us at 760-731-1334 or www.innovativemhc.com.

Bird’s surf scoop

With summer in the rear-view mirror and with the water temperature being in the low 70s, it may seem like an odd time to talk about full winter wetsuits. My reasons are pretty simple: supply, demand and cost.

In past seasons when the water has been warm for this long, it has a tendency to continue to stay that way all through October and possibly into November. With the warm water as much as any- one, it can be wreak havoc for both the wetsuit manufacturers and the retailers who sell them.

Neither of these groups of business people want to overproduce or stock just to have the latest and greatest cold winter gear hanging around warehouse floors and retail stores. The end result usually means fewer suits built, so a decent supply will be limited.

This also means that with a lower inventory level, deals on wetsuits will be unlikely. My advice is to shop early and be prepared for the weather temperature to drop down, which always happens. Wait too long and you run the risk of having to wear your old suit throughout the season. Color and style options will be limited as well.

Speaking of wetsuits, seriously consider what you really need before you plunk down big bucks for a suit with a limited lifespan. Is all that super-stretch, triple-stitched technology really going to be needed or used? With decent suits ranging in price from around $150 to $550, serious consid- eration is in order.

All suits will keep you warm, some longer than others. The same is true for flexibility. Most often, the higher-end suits can be a bit warmer with more stretch, but don’t expect to get much more than a season out of them if you surf on a regular basis.

For my money, I stick to the mid-price suits in the $195 to $300 range. This means plenty of warmth and stretch for me, with at least twice as long a lifespan.

Do not buy a top-branded suit, as all are not created equal.

A bit of common sense and a rinse-out on a regular basis will help to pro- tect a suit, which in turn protects you from that cold winter water.
VOTE FOR YOUR FAVORITE OCEAN BEACH RETAIL STORES & SERVICES!

Submit this ballot for a chance to Win Dinner for Two ($100 value) at one of the Peninsula's finest restaurants.

92107

ENTRY RULES: You choose your favorite! Tell us who the best of the best is and you’ll be entered into our free drawing. Mail or hand deliver your ballot to: The Peninsula Beacon, Readers Choice Awards 1623 Grand Ave., 2nd Floor, Ocean Beach, CA 92109 or vote online at: www.sомнews.com or peninsulabeacon.com. Please complete at least 50% of the ballot. One person per ballot. Ballots must be postmarked, submitted online, or hand-delivered by Monday, September 29, 2014.
On vacation with the Peninsula Beacon

It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! 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! Photos are published based on space constraints and in the order in which they are submitted.

Kiwanis Fishing Derby poised to cast from OB Pier Oct. 4

The Ocean Beach Kiwanis Club is readying to reel in the fun with the annual lure of its free fishing derby off the OB Fishing Pier on Saturday, Oct. 4.

The derby, which shines the spotlight on youngsters up to the age of 12, features a morning of family fun and the challenge of fishing competition as children compete for prizes in several categories, including Most Fish, Smallest Fish, Biggest Fish, Ugliest Fish and Most Unusual Fish, Shiniest Fish, Most Guitar-Shaped Fish and Floppiest Fish.

Families are encouraged to fish together, but only those fish caught by youngsters count toward prizes. There will be ice cream prizes courtesy of Lighthouse Ice Cream, along with free refreshments.

Participants provide their own fishing gear, but bait will be provided by the Pier Bait and Tackle Shop.

The derby begins at 8 a.m. and runs through 11 a.m. The derby is co-sponsored by the Ocean Beach Recreation Center.

For more information, visit www.oceanbeachkiwanis.org or call the rec center at (619) 531-1527.

— Staff
The United Way of San Diego County will honor Malin Burnham and Steven Northcote for their ongoing commitment to voluntarism and accomplishments as community leaders at the nonprofit’s annual community kick off on Thursday, Sept. 25 at UCSD’s Great Hall.

United Way’s kickoff will also recognize local organizations that have made significant efforts to give back to the community through their campaigns.

Burnham, of Point Loma, is the recipient of the fifth annual James F. Mulvany Community Leadership Award, given to a local leader who has demonstrated long-lasting, exceptional service to the community.

The award is named for James “Jim” Mulvany, who maintained involvement in numerous nonprofit boards and organizations for 50 years.

The high heat and humidity didn’t deter about 80 adults and children of two adjoining Loma Portal Neighborhood Watch “cells” from coming together for a festive block party; potluck, sunset watching and camaraderie recently to support the citywide “National Night Out.”

This was one of several like gatherings on the Point, designed to underscore crime awareness and the benefits of an organized law enforcement/neighborhood connection.

Two community relations officers from the police department’s Western Division, who initiated these events with local Neighborhood Watch block captains, dropped by to meet and greet partygoers and to thank them for banding together and organizing 120 homes as the watchful eyes and ears of this particular neighborhood. Since 2010, these cells have seen a welcome drop in crime thanks to their enhanced connections, social gatherings and an e-newsletter.

“I love our Neighborhood Watch program,” said Loma Portal resident Elaine Burrell. “I have gotten to know so many more of our neighbors because of our Neighborhood Watch block. I feel safer about my kids going around the neighborhood. Since 2010, these cells have seen a welcome drop in crime thanks to their enhanced connections, social gatherings and an e-newsletter.”

Residents got a chance to mingle with two of San Diego’s finest during a community-based “National Night Out” get-together for Loma Portal residents and first responders recently. Above, officer David Surwilo (left) and Capt. Joe Ramos (center) share a moment with early arrivals to the party with San Diego Bay in the background. At left, ever-smiling Labradoodle named Molly shows some love to the firemen of Station 15 in Ocean Beach who stopped by to mingle with residents after responding to an emergency call nearby.

MALIN BURNHAM

Burnham has chaired nine major nonprofits and has co-founded 14 organizations throughout his career. He now serves as chairman of John Burnham and Co. and is active on several boards.

The United Way of San Diego County is designed to bring people and resources together to spark community action. Its efforts include the City Heights Partnership for Children, Vista Partnership for Children and Live United.

“United Way works to promote social change,” said United Way president and CEO Kevin Howard, “harvesting the collective impact of all San Diegoans for long-term sustainable solutions. Mr. Burnham and Mr. Northcote are model citizens for their contributions to local communities and dedication to the greater San Diego area.”

To learn more, visit uwsd.org.

— Staff and contribution

Residents first responders link arms in fight against crime

People

People

Ask the Real Estate Professional

Question: I’m planning to sell my home at the beginning of next year and know that the process can be challenging. How can I best prepare to sell my home fast and for the most amount of money?

Answer: Shannon and I have created a report that includes the seven costly mistakes we see home sellers make when selling their home.

Mistake #1: Waiting. Many people put off the home-selling process, costing them tens of thousands of dollars.

Mistake #2: Not hiring the best agent you can. An agent’s inexperience, over promising and lack of financial resources may cost you time and money.

Mistake #3: Limiting the home’s exposure and the buyer’s ability to gain information.

Mistake #4: Undervaluing the power of the team approach. A team offers the highest level of service in which each member has their own expertise.

Mistake #5: Signing a long-term listing without a written, specific performance guarantee.

Mistake #6: Rejecting early offers and/or taking offers personally.

Mistake #7: Simply hiring the agent who promises you the highest price. An over-priced home will lose its appeal and freshness as it takes longer to sell.

For a free copy of this detailed report, contact our recorded line at 800-691-9384 X 1000 or contact us directly at 619-500-3222. Visit us online at www.MyPointLoma.com.

People in the News

Point Loma Resident David Noonan, founding partner at Kirby Noonan Lance & Hoge, has won the 2015 Best Lawyers in America® list for the 20th year. He was selected for his accomplishments as a leading defense attorney in legal malpractice law, as well as for commercial and bet-the-company litigation.

Kirby Noonan Lance & Hoge attorneys selected as The Best Lawyers in America® 2015.

A complex, high-stakes practice where the survival of a company is at risk, bet-the-company litigation is a specialty of Noonan and founding partner Michael Kirby.

Kirby has tried more than 40 jury trials throughout his career and obtained total recoveries valued in excess of $75 million as lead counsel.

"Best Lawyers is the most effective tool in identifying critical legal expertise," said Best Lawyers president and co-founder Steven Naifeh. "Inclusion on this list shows that an attorney is respected by his or her peers for professional success." Kirby, Noonan and James R. Lance were recognized by Best Lawyers for their achievements in and out of the courtroom for the third consecutive year.

Lent for the past 20 years in Best Lawyers, Noonan was selected for his accomplishments as a leading defense attorney in legal malpractice law, as well as for commercial and bet-the-company litigation.

Best Lawyers has published its list for more than three decades, earning the respect of the profession, the media and the public as the most reliable, unbiased source of legal referrals.

Lawyers on the Best Lawyers in America® list are divided by geographic region and practice areas. They are reviewed by their peers based on more than 5 million detailed evaluations.

Founded in 1976, Kirby Noonan Lance & Hoge is a law firm based in downtown San Diego and specializing in real estate, intellectual property and professional liability litigation, among a variety of practice areas. For more information, visit www.knlh.com.
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<tr>
<td>3634 Oleander Dr</td>
<td>$1,179,000</td>
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**LA JOLLA**

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<tr>
<td>1055 Alexandria Dr</td>
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**UNIVERSITY CITY**

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<tr>
<td>1452 Arian Way</td>
<td>$1,199,995</td>
<td>Jamieson Jonathan</td>
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**CARDIFF BY THE SEA**

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<tr>
<td>5061 Camplano Place Portofino</td>
<td>$870,000</td>
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**A Homeowner: Let me show you how.**

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through sept. 30
The art glass association of southern California will host “secrets of art glass revealed” during a special exhibit through sept. 30 at the Harvey/point loma branch library’s community room, 1701 voltaire st. this educational exhibit focuses on several art-glass techniques. Technical explanations have been provided by each artist to explain how their piece was made. Twelve artists, including three from point loma — Leslie perlis, Cathy Coveley and Carolyn moore — are exhibiting their work. For more information, call the library at (619) 531-1559 or perlis at (619) 890-8776, or visit www.agasc.org.

wednesday, oct. 1
The Sharp senior resource center will host a senior Health & wellness fair, featuring flu shots for adults age 60 and over and adults with chronic illness. The event also features health screenings, health and community information and other offerings. The event runs from 9 to 11 a.m. at the point loma community Presbyterian church, 2128 Chatsworth Blvd. No appointments are necessary. For more information, visit www.sharp.com.

looking ahead

4801 Santa Monica Ave. Volunteers are
needed to help before, during and after the sale.

california legal services is offering free legal advice,

san diego county on: SEP 04, 2014
issue dates: sept 25 oct 02, 09 and 16, 2014

The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 04, 2014

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issue dates: sept 25 oct 02, 09 and 16, 2014

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registrant name: MICHAEL TIM SEELEY Title: PRESIDENT SEELEY PMC This business is conducted by: A MARRIED COUPLE

san diego county on: SEP 18, 2014
issue dates: sept 25 oct 02, 09 and 16, 2014

The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 18, 2014

registrant name: JEFFERY R. CARINCROSS Title: PRESIDENT CARINCROSS PMC This business is conducted by: A MARRIED COUPLE

legal ads 000

the legal ads section can be found on page 13.