LIBERTY STATION: A KEY JEWEL IN SAN DIEGO’S CROWN

The redevelopment of Liberty Station into a sprawling civilized complex entailed the restoration and preservation of historic buildings that were once the pride and joy of the venerable Naval Training Center before being shuttered during military base closures. Credit photo

Ex-NTC site is no longer a best-kept secret

STORIES By DAVE SCHWAB | THE BEACON

The former Naval Training Center (NTC) site now known as Liberty Station is listed on the National Register of Historic Places, and many of its individual structures are designated as historic by the city of San Diego. Liberty Station’s multifaceted retail and commercial district is divided into five sections: The Marketplace, Ocean Village, NTC Landing, Harbor Square, and Fitness Club. Anchor tenants of the retail and commercial districts include Vons, Trader Joe’s and Ace Hardware. There are several dozen restaurants, including several Starbucks coffee shops, and a variety of retail shops. In May 2013, Stone Brewing World Bistro and Gardens opened on Historic Decatur Road. Several of the retail establishments, including Vons and Stone Brewing, are built inside historic structures from Naval Training Center days. The Vons

Complex’s charm, history still fueling growth of 361-acre site

In the 17 years since NTC/Liberty Station closed as a military base and was reborn as a sprawling mixed-use civilian development, it has become one of the prime city venues for hosting public and private events of all kinds. “We host about 650 events per year, ranging in size from a meeting of 10 people up to large-scale, outdoor festivals. It’s a real community event host,” said Liberty Station’s multifaceted retail and commercial district is divided into five sections: The Marketplace, Ocean Village, NTC Landing, Harbor Square, and Fitness Club. Anchor tenants of the retail and commercial districts include Vons, Trader Joe’s and Ace Hardware. There are several dozen restaurants, including several Starbucks coffee shops, and a variety of retail shops. In May 2013, Stone Brewing World Bistro and Gardens opened on Historic Decatur Road. Several of the retail establishments, including Vons and Stone Brewing, are built inside historic structures from Naval Training Center days. The Vons

A view from inside the historic Luce Auditorium at Liberty Station. Luce has been long acknowledged to be a key element of Liberty Station’s redevelopment. Courtesy photo

Liberty Station officials continue to polish Arts & Culture District gem

The NTC Arts & Culture District in Point Loma’s Liberty Station is building on a solid foundation after launching into a third phase of a long-term redevelopment project to transform the complex into a true regional arts and cultural center. “Phase 2 is completed with eight buildings done in 2013,” said Alan Ziker, executive director of the NTC Foundation.

8,000 workers expected to attack 100+ sites for Coastal Cleanup Day on Sept. 20

STAFF AND CONTRIBUTION

Online volunteer registration is now open for Coastal Cleanup Day 2014, the largest single-day volunteer event in San Diego dedicated to protecting and preserving our local environment. The event will be held Saturday, Sept. 20. Volunteers of all ages are needed from 9 a.m. to noon at more than 100 coastal and inland sites to help preserve the local environment by cleaning up these outdoor areas. Interested volunteers can sign up for the cleanup online at www.CleanupDay.org. Organized locally by environmental nonprofit I Love a Clean San Diego (ILACSD), Coastal Cleanup Day is part of the statewide Coastal Cleanup Day and International Coastal Cleanup, which has included more than 150 countries and 9 million volunteers since its inception more than 30 years ago. Locally, the event successfully brings together roughly 7,500 volunteers, local businesses, community organizations and government agencies, all working toward the same goal: a cleaner and healthier

Love ’em or not, wild parrots in OB making neighborhood nest egg

By TONY DE GARATE | THE BEACON

For all their squawking, the wild parrots in Ocean Beach sure seem to enjoy it around here. And why not? Like most of their human counterparts, the parrots are not native. They came here from elsewhere and found Ocean Beach to be their liking. The only real difference between them and your average out-of-towner is that when someone from New York or Chicago moves to Southern California, he eventually kind of blends in like your average Joe.

Not the parrots. They’ve become rock stars. Think of the outcry that would result if, for some reason, a likeness of the iconic critter did not appear on the entryway sign that greets travelers on Sunset Cliffs Boulevard. Now, that would be something to squawk about.

Yes, the creatures annoy with their untimely chattiness. But when a regional parrot advocate asked an

Members of SoCal Parrot, a Jamul-based rescue group, addressed the Ocean Beach Town Council recently to enlighten residents on the history of transplanting wild parrots in OB — and, in some cases, about their endangered plight in other parts of the world where they are native.

Photo by Tony de Garate

Learn how to generate income through rental properties.
See Ask the Real Estate Professional on page 18.
OB planners finding it no issue to fill board seats — for a change

By TONY de GARATE | THE BEACON

It’s getting crowded on the Ocean Beach Planning Board (OBPB). Plagued by chronic vacancies in recent years, there’s suddenly not a spot to be had on the 14-member board. Openings that at one time had gone begging are no more. A seat on the board is now a hot ticket. Incumbent board members had to scout over and scratch together to make room when newbies Dan Dennison and Mike Nieto took their seats Sept. 3 on the south end of the Activity Room of the Ocean Beach Recreation Center, where the board meets monthly.

It was the first time in years anyone in the room could remember a meeting in which the board had tackled its agenda at full strength. “We’re a full board again,” said chairman Pete Ruscitti.

To be sure, things get jam-packed at board events on occasion, with topics like medical marijuana, liquor licenses and, most recently, the completion of the Ocean Beach Community Plan, drawing crowds noteworthy in its fustiness and sheer numbers.

But for some reason, it’s been a different story at the tables where board members sit. Unfilled vacancies have sometimes delayed or nearly canceled meetings, with audience members waiting for enough members to arrive and achieve a quorum.

The vacancies have been more puzzling in light of this beach community’s history: Ocean Beach, often considered a firebrand community with a record of citizen input, is the very place in San Diego where community planning began in the 1970s. Today there are more than 40 communities that have boards made up of neighborhood-elected, nonpaid volunteers that make recommendations on land use and quality-of-life issues to the San Diego City Council and other local agencies.

Recent Ocean Beach elections have failed to draw a full slate of candidates to fill out the ballot, and successful office seekers have gained seats with a mere handful of votes. The current burst of enthusiasm to serve on the board — only not all positions filled, but future candidates are already known to be waiting in the wings — could signal a new era of sorts, brought about by the momentum of the recent passage of the Ocean Beach Community Plan. The document, which purports to guide growth in Ocean Beach over the next 20 years, had been shepherded by the OB PB for the last 1.2 years before its passage July 29 by the San Diego City Council.

That’s a big reason new board member Dennison said he decided to step forward. He said he was pleased to see the community come together when the San Diego Planning Commission attempted to add developer-friendly language to the plan. “You do not get a [candidate] signature easily in Ocean Beach. People are smart. They are feisty and they are proud to be from OB. And I feel the exact same way,” Mike Nieto, newly elected member of the Ocean Beach Planning Board.
Annual OB Pier Pancake Breakfast set to serve up family-friendly fun Sept. 20

By DAVE SCHWAB | THE BEACON

The family-friendly annual Ocean Beach Pier Pancake Breakfast, set to benefit the annual Ocean Beach Town Council’s Holiday Food and Toy Drive at the end of the year, will be held Saturday, Sept. 20 from 7:30 a.m. to noon.

“This is the only event of its kind for the entire year and goes a long way toward supporting our local community,” said Gretchen Newsom, president of the Ocean Beach Town Council, which sponsors and operates the annual fundraising feast, supported by community volunteers like the Ocean Beach Kiwanis Club.

“It’s a longstanding tradition,” said Newsom. “There’s no other event you can go to and have this kind of experience on the pier.”

The Town Council’s annual OB Toy and Food Drive helps more than 80 local families and seniors in need each holiday season. Breakfast starts at 7:30 a.m. and goes until sold out or noon. It includes pancakes, scrambled eggs, sausages and other fixings. The cost is $10 for adults and $5 for children. Tickets can be purchased the day of the event at the pier or beforehand at Dog Beach Dog Wash, Raglan Public House and South Coast Surf Shop.

“The event raises between $6,000 and $8,000 a year, and, hopefully, will be sold out with 1,000 people coming,” said Newsom. “We asked the affair couldn’t be carried out without the selflessness of volunteers like Kiwanians flipping flapjacks and serving sausages.”

Newsom said guests line up outside Ocean Pier Café to get their food, then are seated at 38 tables set up on the pier.

“We try to turn the tables over as fast as we can, which helps the people waiting in line to get into the café,” said Newsom.

There will be live music at the event, with a performer yet to be named.

“We also have a raffle table inside where people can buy tickets for prizes donated from local businesses,” added Newsom.

The OBTC is seeking table sponsors for the event, pointing out it’s an excellent opportunity to showcase support for Ocean Beach and market businesses or organizations to 1,000 or more local guests. Table sponsors will receive 10 adult tickets to the pancake breakfast, two individualized tent cards on their table and logo placement on a large board thanking them. They’re also allowed to display eight placards on each sponsored table advertising their business.

The cost to sponsor a table is $100. To become a table sponsor and purchase 10 tickets to the OB Pier Pancake Breakfast, email gretchen.newsom@gmail.com. You can also contact her to donate a prize to the pancake breakfast raffle. Table sponsorships are available on a first-come, first-served basis, and they are 38 available.

“Your donation may not go unnoticed,” said Newsom.

To become a table sponsor and purchase 10 tickets to the OB Pier Pancake Breakfast, email gretchen.newsom@gmail.com. You can also contact her to donate a prize to the pancake breakfast raffle. Table sponsorships are available on a first-come, first-served basis, and there are 38 available.

“We’re really looking forward to seeing everyone there,” Newsom said.

The Ocean Beach Municipal Pier between Newport and Santa Monica avenues was dedicated on July 2, 1966. It extends nearly half a mile out into 200-foot deep water.

The OBTC’s mission is to express the will and represent the welfare of the community by providing a forum for discussion of community issues, acting as liaison between the community and local government while promoting the betterment and beautification of the community, fostering cooperation among community organizations and residents for their mutual benefit. OBTC meets the fourth Wednesday of the month from 7 to 9 p.m. at Mesonia Center, 1711 Sunset Cliffs Blvd.

Hungry guests get full bellies and enjoy the magnificent view from the Ocean Beach Pier during the annual OB Pier Pancake Breakfast, benefiting the Ocean Beach Town Council’s annual Holiday Food and Toy Drive.

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- Ocean views along the coastline to La Jolla.
- Family-friendly 4 bedroom, 3 bath
- 2 story home in good location
- Custom 2 story Cape Cod
- Finished basement and wine cellar
- Traffic calming effect
- Luxury living in a beautiful neighborhood

Custom 2 story Cape Cod with nautical theme complementing the panoramic harbor views. This near 5,000 sq. ft. home is on over 12,000 sq. ft. lot, features:

- Finished basement and wine cellar
- 2 story home in good location
- Luxury living in a beautiful neighborhood

SUNSET CLIFFS | $1,795,000

26.25b home features hardwood floors, kitchen w/stone counters & SS appliances, fireplace, private laundry & 2 car garage. Plus oversized view patios (over appx 600 sq ft of outdoor living space)!

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Study of coastal whales inaugurated by Navy

The Navy has inaugurated a study to document the feeding, diving and travel habits of whales of the Southern California coast. The project, which began on July 31, involves Oregon State University researchers’ attempts to attach 24 trackers to the fins of blue whales and fin whales, whose locations will be tracked for a year. In a separate project, eight whales will be tagged in an effort to learn about their deep-water foraging habits. Preliminary results will be reported to the National Marine Fisheries Service next spring. Field work is also planned for 2015 and 2016. Data will be combined with geographic information to obtain results that can only be achieved underwater. The Navy estimates that the work may kill up to 155 mammals and injure 2,000 ter. The Navy estimates that the work may kill up to 155 mammals and injure 2,000 ter. The Navy estimates that the work may kill up to 155 mammals and injure 2,000 ter. The Navy estimates that the work may kill up to 155 mammals and injure 2,000 ter. The Navy estimates that the work may kill up to 155 mammals and injure 2,000 ter.
with in the future,” she said. “It’s a chance to
them, either.”
“Immunization at a weekend writing
conference is a gift writers can give themselves,” she said. “It’s a chance to
learn about craft, meet other writers and
hang out in a writing community. For those of us who never have enough
time for our writing, weekend confer-
ences like SDWI’s Fall for Writing are a
treasure.”
For a fraction of what it would cost to
attend a class or two, she said San Diego Writers, Ink (SDWI) is offering a full
weekend of classes, workshops, and parties at the third annual Fall for
Writing Conference.
The preregistration cost is $120 for
members or $140 for nonmembers for
up to 10 sessions. At the door it’s $5
more for each or $25 a class. Membership in a 1-year plan is $50 (c) 3
nonprofit organization.

Correction

Home Owners Lose Thousands
When Selling Their Home

SAN DIEGO. A new report has just
been released which reveals 7 costly
mistakes that most homeowners make
when selling their home. A 9 Step System
that can help you sell your home fast and for the most amount of
money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and
less effective in today’s market. The
fact of the matter is that fully three
quarters of homeowners don’t get what
they want for their homes and become
diffused and disregardful when they put
their homes on the market.

As this report uncovers, most home-
makers 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. I answer to this issue, and
industry insiders have prepared for a
free special report entitled “The 9 Step
System to Get Your Home Sold Fast and
For Top Dollar.” To order a FREE special report, call toll-free 1-800-276-0763 and enter
1000. You can call any time, 24 hours
a day, 7 days a week. Get your free
digital report NOW to find out how
you can get the most money for your
home and beverage, or retail transactions
between Feb. 16 and May 13 of this
year, according to hotel CEO Richard
Bartell.

No other personal identifying infor-
mation was given up, he said. He
reported the company in the process of notify-
ing the affected guests about the breach,
which appears to be the work of a third
party intruder.

The hotel owner is providing a toll-
free information line at (877) 437-4010 to
address customer questions and con-
cerns and has contracted with AllClear
Insurance to provide identity monitoring and
protection services to affected individu-
als.

— City News Service

LA PLAYA TRAIL ASSN. TO HOST FREE
PRESENTATION ON KUMeyaYAY

The La Playa Trail Association will host
another in a series of informative pro-
grams to share the history of the Point
Loma area.

The presentation is titled “Kumeyaay
Along the Trail.” The event will feature
speakers Jamie Labrake, a member of
the Council of the Sycuan Band of the
Kumeyaay; Paul Cueva, a leader of the
Campos Kumeyaay Nation, traditional
bird singer and vice spokesperson for the
Kumeyaay Cultural Repatriation Commit-
tee; Steve Banegas, member of the
Barona Band of Mission Indians and a
founder and spokesperson of the
Kumeyaay Cultural Repatriation Commit-
tee; and Stanley Rodriguez, member of
the San Isabel Band of the Ipai Nation
and noted Kumeyaay language instructor.

In addition, Ansa Gloria (Martha)
Rodriguez, the Kumeyaay coordinator of
the Sycuan Cultural Department and
instructor at Kumeyaay Community Col-
lege, will join the lineup.

The free presentation will be at the
Point Loma Assembly, located at 3035
Talbot St. from 8:30 to 7 p.m. on Tues-
day, Sept. 16. A donation at the door of
$10 includes hour-hour refreshments.

For more information, visit www-
laplayatriail.org.

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Renee Reeves says the benefits don’t stop
there, either. “Immunization at a weekend writing
conference is a gift writers can give themselves,” she said. “It’s a chance to
learn about craft, meet other writers and hang out in a writing community. For those of us who never have enough
time for our writing, weekend confer-
ences like SDAW’s Fall for Writing are a
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For a fraction of what it would cost to
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The preregistration cost is $120 for
members or $140 for nonmembers for
up to 10 sessions. At the door it’s $5
more for each or $25 a class. Membership in a 1-year plan is $50 (c) 3
nonprofit organization.

For more information about this and
other San Diego Writers, Ink’s events
go to sandiegowriters.org.

The last time a psychiatric patient was
killed by another patient at that facility
was in 1986.

— Neal Putnam

Credit and debit card information of as
many as 55,000 guests who stayed at
five hotels in San Diego was compromised
in a security breach, the company that owns the lodging lodges announced
announced Sept. 8.

Guests who stayed at the Best Western
Plus Island Palms Hotel and Marina, Shelter Island, the Dana Inn on Mission
Bay, Humphreys Half Moon Inn & Suites on Shelter Island, the Pacific Terrace Hotel in Pacific Beach and the Days
Hotel on Hotel Circle South are being advised to check their credit and debit
cards for signs of unusual activity.

The properties are owned by San Diego-based Bartell Hotels, which said
it called in law enforcement and inde-
pendent forensic data experts to investi-
gate the breach.

The breach affected customers who
used payment cards for lodging, food

quickHITS

POlice Hunt for Midway Burger King Robbers

Police officials are asking for the pub-
lic’s help in tracking down information about two men who demanded cash from
the cashier at the Burger King fast-food
restaurant at closing time this month at
the store on Rosecrans Street.
The two men reportedly approached two employees who were
closing the restaurant. The man
branded a weapon and demanded the
employees to hand over all the cash.
They were last seen getting into a dark-colored Pontiac two-door car
that was parked in a nearby parking lot on Pacific Highway. The Pontiac sped off northbound on Pacific Highway.

Anyone with information about the
case and who wishes to remain anony-
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we want to fail them again? Shortly after the Trader Joe’s inci-
dent, a friend called to tell me a local radio host was on the air talking about shopping and I was speaking about me in less than flatter-
ting terms. The radio host also told his listeners that if you’re 25 years old and making minimum wage you have failed in life. I quickly jumped on the phone and called in to the station. Though the broadcast has ended, this has become, and being called “a vil-
lain” on the radio was certainly a first. Other cities like San Jose and Seattle successfully passed minimum wage ordinances to help keep their residents outside of poverty, and small businesses didn’t close their doors because of them. Why wouldn’t we want to give a mod-
est wage increase to our neighbors? We:nil the risk of keeping our working folks. People are often more for minimum wage workers. I couldn’t support the figures of $1.13 or $15/hour (that had been on the bargaining table). As a Marine veteran, it concerns me that in San Diego we have more than 10,000 veterans that are barely making the minimum wage. For over 200 years, our service men and women have not let us down. Yet, as a nation we fre-
quently fail our veterans. Why would

San Diego, the city’s Storm Water and Transportation Department launched a “Think Blue” campaign to prevent stormwater pollution. Each year, hundreds of tons of garbage end up on the beaches and in our waterways after traveling through San Diego’s stormwater system. Known for its beach cleanup stations, Coastal Cleanup Day reaches far beyond the beaches of San Diego with the help of 18 stations located along the rivers, creeks, canyons and urban areas throughout San Diego County.

Event organizers said cleaning up the inland sites prevents trash from reaching the coast, stopping pollution at the source.

In 2013, more than 9,700 volun-
tees tied the 150-mile San Diego Bay (2,000 in Tijuana) removed near-
ly 171,000 pounds of trash and recyclables from San Diego County’s 11 waterfront stations. Trash removal is just one component of the annual event. Volunteers will also continue to promote invasive, inva-
sive plant removal, native planting and me to inter-vene. I introduced myself as one of the San Diego City Councilmembers who voted in favor of the ordinance. I then asked the woman if she knew what she was signing. “Not really,” she said. When I asked her what she was signing, she said, “Hey, I’m just trying to make a living.” “Not really,” she said. When I asked her if she was aware of the comprehensive planning process, she said, “I have big shoes to fill.” Nieto said.

In other action

A long-vacant lot at the southwest corner of Voltaire and Abbott streets could be the site of three residential, one-bedroom units. The board voted 11-1 in support of the project called Three On Abbott, the 5,000-square-foot location. The units would feature a ground-level home office and bedroom upstairs. Proponents said the project would solve O.B. high-density transition between higher-dens-
ity structures to the west and the abun-
dance of one-story houses going east on

Though the Cabrillo Festival is a fun, fam-
lily-oriented event with educational activities, cultural demonstrations and exciting folkloric performances celebrating Native American, Mexi-
can, Portuguese and Spanish tradi-
tions from the Age of Exploration. The highlight of the festival each year is the re-enactment of Portuguese explorer Juan Rodriguez Cabrillo’s landing on the shores of San Diego Bay with actors in period gar-
ments representing Cabrillo, his sol-
diers and priests landing and claiming the land in the name of Spain in 1542.

The 51st installment of the two-day Cabrillo Festival in Point Loma re-
-enacting Portuguese explorer Juan Rodriguez Cabrillo’s landing on the shores of San Diego Bay in 1542 kicks off Saturday, Sept. 27 at 1:30 p.m. with a commemorative ceremony and wreath-laying service honoring the first European to land on the shores of what is now San Diego. Cabrillo is a fun, family-

In other news

• Several residents describing them-

selfs as long-time aficionados of the surf culture north of the Ocean Beach Pier are complaining about being displaced by surf schools. “The pier has always been where adventurers go. It’s not fair to our community to have surf schools with this,” said Howard Elliot, who said he has enjoyed the sport for more than a half century. The group supported mov-
ing the schools to Dog Beach, a spot they said was less coveted and safer.

• The OBTC’s Board of Directors will have a new look by the time it holds its next public meeting Sept. 24 at 7 p.m. at the Point Loma Masonic Lodge, 1711 Avenida de La Playa. Four of 11 current year terms were up for grabs in annual elections that ended this week. Candi-
dates and voters had to be dues-paying members of the Ocean Beach Business Improvement District and the health of the environment and pre-

The Cabrillo Festival nears to celebrate historic landing in Point Loma

By DAVE SCHWAB | THE BEACON

The 51st installment of the two-day Cabrillo Festival in Point Loma re-
-enacting Portuguese explorer Juan Rodriguez Cabrillo’s landing on the shores of San Diego Bay in 1542 kicks off Saturday, Sept. 27 at 1:30 p.m. with a commemorative ceremony and wreath-laying service honoring the first European to land on the shores of what is now San Diego. Cabrillo is a fun, family-

no end of the annual event. Volunteers will also continue to promote invasive, inva-
sive plant removal, native planting and

Ob plans

CONTINUED FROM Page 1

No one knows the reason for the shoot-
ing. He’s very much a wild animal. He has

The audience of several dozen people if they were fond of the birds Aug. 24 at the monthly public meeting of the Ocean Beach Town Council, the group gathered beneath a bush at the Sacred Heart Church in Ocean Beach. The wild animal was spotted up by a con-
cerned citizen and eventually transferred to SoCa Parrot, a jail-based group that asked to address the Town Council.

An X-ray revealed the bird had been shot once by a BB gun in a body-art area known as the flight girdle, rendering it permanently flightless. A necropsy report is pending for the shoot-
ing. But it’s unlikely the shooter knew he had killed the small bird—a red-crowned Ama-
azon parrot—is a species in serious trou-
bles in its native habitat, said Amanda Plante, SoCa Parrot’s development and education director.

The tropical parrots thrive locally, but in their native northeast Mexico, populations are collapsing. An effort is under way to have the parrots listed as an endangered species in the United States. The parrots are most vulnerable to habitat destruction and habitat destruction and fragmentation and poaching, which fuels a booming illegal black-market pet trade. So how did they get here? Though they have wings, they didn’t get to Southern California from Mexico by flying. Some are swanways are<table>
VENUES
continued from Page 1

store occupies two separate buildings, formerly barracks, separated by an open courtyard. Stone Brewing incorporates multiple buildings, including the former mess hall.

The NTC Promenade is a group of historic buildings being renovated for the display of arts, science, culture and technology.

The educational district of Liberty Station consists of High Tech Village, a group of public charter schools collectively known as High Tech High. The campus includes five high schools, two middle schools and one elementary school.

The residential district of Liberty Station has two main sections, one for military housing and the other a residential community developed by the McMillin Corporation. The military housing area includes 500 units, mostly townhomes, and also features children’s playgrounds and sports facilities. The exterior of the housing is in a Spanish architectural style in keeping with traditional San Diego. The civilian residential community includes townhomes, rowhomes and single-family houses.

The hotel district of Liberty Station is designated for several hotels, currently including a Homewood Suites by Hilton and a Courtyard by Marriott. A large resort hotel by Nickelodeon is in the works.

The office district is a collection of newly built office buildings whose architecture reflects the Spanish Colonial Revival style of the original NTC buildings.

The Rock Church, a nondenominational, evangelical Christian mega-church, was constructed in 2005 and opened in 2007. The building houses new Christian education facilities, office space and a 3,500-seat worship center, making it one of the largest auditoriums in Southern California.

The church currently averages 12,000 in attendance per week, making it the largest church in San Diego.

The Rock Church occupies the site of the former Technical Training Center at Service School Command San Diego.

LIBERTY
continued from Page 1

We are currently 98 percent leased in the renovated buildings,” he said. “So there is definitely more demand for space.”

Ziter would not disclose details of the long-sought-after tenant for the Luce Auditorium — where the likes of Bob Hope and other entertainment giants of the day performed for recruits — other than to say “A formal announcement will be made when preliminary plan reviews at the city are complete and there is more certainty about a timeline for renovations and opening.”

Located on the west side of Truxtun Road north of Dewey Road, the 20,000-square-foot, 1,800-seat Luce Auditorium would appear to have ample space to be an anchor performance venue. But the site has several logistical “impediments” to be overcome, including no lobby space, wall-to-wall seating that is too deep and a stage that is too small and too high, as well as marginal acoustics and insufficient, out-of-date restrooms.

Luce Auditorium’s renovation, however, has been long acknowledged to be a key element of Liberty Station’s redevelopment, as it would provide resident groups a place to perform and could offer local film festivals a permanent home.

With its seemingly endless venues, museums, arts, shopping and stunning panoramic views, Liberty Station is increasingly a major draw for concerts, entertainment, dance and community fundraisers.

The following are a few of the many events scheduled to take place in Liberty Station the coming year:

ARTS
continued from Page 1

funds, we still have room for growth in the corporate market, social occasions and multi-day conferences,” said Ramsey.

The 361-acre former Naval Training Center (NTC) offers much in the way of space and a 3,500-seat worship center, Fitness Together, San Diego Gymnastics, Ripride Soccer Club, Pilates By The Bay, Performing Arts & Athletics Restorative Training Specialists and Walkabout International.

An aquatic center is also planned on 1.7 acres in the active space area of NTC Park. The city is in the process of approaching a contract with an architect to begin the community input and design phase of that project.

“With its seem-

ings sky, Liberty Station is increasingly a major draw for concerts, entertainment, dance and community fundraisers.

The following are a few of the many events scheduled to take place in Liberty Station the coming year:

ARTS
continued from Page 1

The Rock Church occupies the site of the former Technical Training Center at Service School Command San Diego.

LIBERTY
continued from Page 1

store occupies two separate buildings, formerly barracks, separated by an open courtyard. Stone Brewing incorporates multiple buildings, including the former mess hall.

The NTC Promenade is a group of historic buildings being renovated for the display of arts, science, culture and technology.

The educational district of Liberty Station consists of High Tech Village, a group of public charter schools collectively known as High Tech High. The campus includes five high schools, two middle schools and one elementary school.

The residential district of Liberty Station has two main sections, one for military housing and the other a residential community developed by the McMillin Corporation. The military housing area includes 500 units, mostly townhomes, and also features children’s playgrounds and sports facilities. The exterior of the housing is in a Spanish architectural style in keeping with traditional San Diego. The civilian residential community includes townhomes, rowhomes and single-family houses.

The hotel district of Liberty Station is designated for several hotels, currently including a Homewood Suites by Hilton and a Courtyard by Marriott. A large resort hotel by Nickelodeon is in the works.

The office district is a collection of newly built office buildings whose architecture reflects the Spanish Colonial Revival style of the original NTC buildings.

The Rock Church, a nondenominational, evangelical Christian mega-church, was constructed in 2005 and opened in 2007. The building houses new Christian education facilities, office space and a 3,500-seat worship center, making it one of the largest auditoriums in Southern California.

The church currently averages 12,000 in attendance per week, making it the largest church in San Diego.

The Rock Church occupies the site of the former Technical Training Center at Service School Command San Diego.
Oktoberfest
Friday, October 10th
Saturday, October 11th,
The Ocean Hospitality Group was created by local business owners under the umbrella of OBMA to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Our mission is to work collectively, as a group, to provide the community with the best we can offer to locals and visitors.

oceanbeachsandiego.com or call (619) 224-4906

2015-16 OB Local Directory now underway!
Local business owners and members of the OB MainStreet Association be on the lookout for the upcoming 2015-16 OB Local Business Directory packets. Over 20,000 phone books were published and distributed within the last two years and the OBMA will work to get the new book published by early 2015. Thanks to OB Warehouse for hosting this week’s Business Development Series meeting where many of the merchants completed their packets. The deadline for the lottery to advertise on one of the covers is November 1st. For more information on how to participate call the OBMA at 619-224-4906.

Te Mana Cafe
Te Mana Cafe is the locals choice for the best coffee in town. An island style cafe in an old 1924 craftsman style house that feels like home to the natives. Te Mana Cafe is a place to celebrate Aloha, as well as experience the historical beauty of old Ocean Beach. We welcome you to bring your friends, your family and your ukulele. Be a part of our Ohana, Te Mana, since the beginning of time, is the universal force in all things and all beings. Te Mana is the essential bond uniting all things by ensuring perfect cohesion. A gift from God to Man, Te Mana ensures success, the form and the balance of the one who holds it. Generating from GOD and all his heavenly forces, “Te Mana” allows he who masters it to accomplish the impossible. Of Mana, man draws all his energy. Join us for OB Networking Group, Open Mic, and other events as seen on facebook.

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temanacafe.com
O.B. Oktoberfest to feature live music and beer

OCEAN BEACH, Calif. – The 10th annual Ocean Beach Oktoberfest, Southern California’s only Oktoberfest party at the beach, will feature live music, a beer garden, contests and cash prizes on Oct. 10 and 11.

The two-day festival kicks off Friday afternoon with live music in the 21 and older beer garden. The annual Brat Trot Run, an Ocean Beach Community Foundation fundraiser, will kick off the festivities on Saturday. Proceeds from the Brat Trot will benefit local youth sports. There will be a 2K Family Fun Run at 9 a.m. and a traditional 5k Beach Run at 10 a.m. Registration is available online at OBBratTrot.org.

The Saturday schedule is packed with bratwurst-eating, stein-holding and sausage-tossing contests. Once again, participants will compete for a $10,000 cash prize in the infamous, one-of-a-kind Sausage Toss competition, where contestants will compete by tossing sausages into tubs for a chance to qualify into the finals.

In addition to beachside food and craft vendors, there will be an all-ages stage on the grassy area at the foot of Newport Avenue. Saturday performances will include the traditional Oompah Band, Lobster Bob, official emcee Jose Sinatra and local music artists.

Admission to the beer garden will be a $3 donation that will support the Ocean Beach community. An event shuttle will run between 710 Beach Club in Pacific Beach and the festival on Friday. It will deliver people to the festival throughout the day Saturday from various locations with the final shuttle leaving Ocean Beach at 10 p.m.

O.B. Oktoberfest is presented by Ocean Beach MainStreet Association, Hoy Hoy Boys, the Ocean Beach Merchants Association and the Ocean Beach Community Foundation. Within the past decade, the O.B. Oktoberfest has raised more than $150,000 for local nonprofit organizations. For more information please visit OB Oktoberfest.com.

The 10th annual OB Oktoberfest will be held on Friday, Oct. 10 and Saturday, Oct. 11.

Extra....Extra!!
Read all about it
The Olive Tree Market takes over Espresso and everything is fabulous!
Check out the “Daily Deals” on page 12

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Ocean Beach Oktoberfest

Save the Dates!
October 10-11, 2014
Beer Garden Opens at 11am

THANKS for voting us the BEST!
**DAILY SPECIALS, MUSIC & HAPPY HOURS**

**PACIFIC BEACH**

**MONDAY**
- Every Day: Happy Hour 6-30pm
  - $8 for 1/4 cheeseburger, fries
  - Micro Mondays

**TUESDAY**
- $3 food, wine, well drinks, 1/2 price pitchers.
  - Open everyday for lunch at 11am
- $3 off all cocktails and drafts
- Tuesday: Super Pint Night
  - martini happy hour
  - 2/$10 Margaritas
  - $3 off Pitches
  - $5 Fridays
  - $5 Moscow Mules

**WEDNESDAY**
- Happy Hour 5 – 6pm Everyday 1/2 Price Pitchers. 28 beers / Locally crafted beers on tap!
  - $2 off All Pitches all night
  - $3 off Micros Pitchers after 6pm
  - $3 Serrano Lemonsade all night
  - Super Pint Night
  - Aloha Fridays $10 pitchers of Kona Longboard Lager all day!
  - $3 Hawaiian pints all day / night
  - $10 Purple Haze Pitchers

**THURSDAY**
- Open for breakfast and drink specials
  - 9am-1pm $2 Mimosas and $2.50 Manmosas
  - Late Night Munchies
  - 11pm-1am
  - $3 Appetizers
  - $3 off Domestic Pitchers
  - $3 all Tacos & House Margs all night!
  - $6 for 1/4 cheeseburger, fries
  - Micro Mondays

**FRIDAY**
- Happy Hour 5 – 6pm Everyday 1/2 Price Pitchers. 28 beers / Locally crafted beers on tap!
  - $2 off All Pitches all night
  - $3 off Micros Pitchers after 6pm
  - $3 Serrano Lemonsade all night
  - Super Pint Night
  - Aloha Fridays $10 pitchers of Kona Longboard Lager all day!
  - $3 Hawaiian pints all day / night
  - $10 Purple Haze Pitchers
  - Bloody mary specials. House Margaritas $5.00,记得 $3.75 $5.50

**SATURDAY**
- Open for breakfast and drink specials
  - 9am-1pm $2 Mimosas and $2.50 Manmosas
  - Late Night Munchies
  - 11pm-1am
  - $3 Appetizers
  - $3 off Domestic Pitchers
  - $3 all Tacos & House Margs all night!
  - $6 for 1/4 cheeseburger, fries
  - Micro Mondays

**SUNDAY**
- Open for breakfast and drink specials
  - 9am-1pm $2 Mimosas and $2.50 Manmosas
  - Late Night Munchies
  - 11pm-1am
  - $3 Appetizers
  - $3 off Domestic Pitchers
  - $3 all Tacos & House Margs all night!
  - $6 for 1/4 cheeseburger, fries
  - Micro Mondays

**NEWPORT PIZZA & ALE HOUSE**
- Every Day: Happy Hour 4-7pm
- $3 food, wine, well drinks, 1/2 price pitchers.
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- **SAVE THE DATES!**

**Friday, October 10th 4:20pm-10pm**
- Saturday, October 11th, 9am-10pm
- Beer Garden opens at 11am

**Monday: $1 off all cocktails and drafts**
- Monday: $1 off all cocktails and drafts
- Tuesday: Super Pint Night
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  - $3 off Pitches
  - $5 Fridays
  - $5 Moscow Mules

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**Liquid Blue to highlight city, OB Earth Dance event to promote world peace**

By BART MENDOZA | The Beacon

Anyone who even glances at the news these days can easily surmise a key thing that’s needed in the world today: peace. To help make this point, San Diegans will be able to take part in Earth Dance, a global dance for peace taking place simultaneously in more than 100 cities worldwide and aligned with the U.N. International Day of Peace.

The local event takes place Sept. 21 at Winston’s Beach Club from 2 to 9 p.m.

San Diego’s event will be a part of a full day of activities, starting with a group called Global Peace Meditation at the Hippie House at noon, then heading down to a Climate March at San Diego’s City Hall. This will be followed by the concert at Winston’s.

On hand for the musical portion of the day will be some of the area’s most popular performers, including Sister Speak, The Country Rockin’ Rebels, MC Gill Sotu, DJ Leeyla and organizers Liquid Blue, which has been dubbed the “World’s Most Traveled Band.”

Liquid Blue is particularly devoted to the cause, flying back home from a Canadian road trip the night before to make this gig.

“It is important to us that we have musical talent from our neighborhood, as well as a mix of sounds,” said Liquid Blue frontman Scott Stephens.

Fans will also be treated to dancing from Adelaide Marcus, as well as speakers like Martin Eder, founder of KNSJ Radio 89.1, and James Summer, president of the San Diego chapter of Veterans for Peace.

However, as a dance, the emphasis will be on music. For this event, Stephens and his crew have put together a special set list, comprising classic tunes that celebrate peace or songs with a message. It can range from Marvin Gaye’s “What’s Going On” to Bob Dylan’s “With God on Our Side” or Cat Stevens’ “Peace Train,” but it’s important to remember that even a song like Harry Chapin’s “Tax,” has a deep social message for those who listen to the words.

The reason he gives for Liquid Blue’s involvement in the event is succinct. “Everywhere you turn today, it’s all about war, whether it’s television or a newspaper you walk by,” said Stephens. “There is very little about bringing peace. If we can shine a little bit of the spotlight on finding a hopeful alternative to what’s going on in the world, then it’s all been worth it.”

He points out the band usually loses money in staging an event like this. “It’s worth it, though,” he smiled. “It’s a win-win. And I always applaud bringing a little positivity through music. Seems like we could use it these days.”

*Rep’s “The Pianist of Willesden Lane”: Point Loma’s Hershey Felder relishes he has a date with history*

By MARTIN JONES WESTLIN | The Beacon

American theater experienced a mini-revolution in the 1970s with the modern introduction of the one-character play. “Clarence Darrow,” Henry Fonda’s portrayal of the famed Southern defense lawyer, and “Give ‘Em Hell, Harry,” a nod to President Truman starring James Whitmore, would help fuel the craze that later included figures from Golda Meir to Susan B. Anthony to country music starmit artists from Marvin Gaye’s “What’s Going On” to Bob Dylan’s “With God on Our Side” or Cat Stevens’ “Peace Train.”

Felder directed play is performed by Morna Golabek, whose novel “The Children of Willesden Lane” recounts the life of Lisa Jura, her mother, Jura was a piano prodigy who at age 14 escaped Nazi-occupied Vienna in 1938 through the so-called Kindertransport, a rescue effort that brought war-threatened children to the relative safety of London between 1938 and 1940. The play, which Felder adapted, opened in 2012 in L.A.

The musicanship is fueled by Edward Grieg’s roily “Piano Concerto,” Beethoven’s “Romantic Night in Europe” and “Ragtime,” among other top musical acts for a good cause, said Country Rockin’ Rebels frontman Michael Head. “It’s a win-win. And I always applaud bringing a little positivity through music. Seems like we could use it these days.”

**EARTH DANCE:**
Sunday, Sept. 21 at WINS ron’s Beach Club, 1921 Bacon St., 2 to 9 p.m. $5. 21 and up welcome.
topic of discussion as mom taught piano to her daughters Mona and Renee, and the book (co-authored with Lee Cohen and published in 2002) materialized from there.

L.A. native Golabek, herself a native concert pianist, contacted Felder in hopes of some kind of stage collaboration. Thing was, she had no acting experience whatsoever — which is precisely why Felder thought the idea would work.

“Trying to make Mona an actress,” 46-year-old Felder said, “is a mistake. She’s so very honest in her [portrayal], and my intent was to make her honest, not to make her act. This works here.”

“My mother told me that when the bombs started in England, she’d go down to the basement of the hostel and pound out the cadenza of the Grieg, determined to drown out the bombs.” Golabek said in a recent Wall Street Journal interview. Chords from Rachmaninoff would morph into a depiction of the D-Day bombing, with Jura creating army uniforms to the tune of a large-scale Bach entry. Jura died in 1997, having survived the Holocaust through her music alone.

“Lisa was one of the first children on the kindertransport.” said Montreal native Felder, who maintains a home in New York and is married to former Canadian Prime Minister Kim Campbell. “Because of that, the book and the play have a lot to draw from, and the story is much bigger in light of what we see in the world today. The world is a very dangerous place.” he said, adding that modern terrorism is only the latest in a legacy of violence and hate.

San Diego, Felder said, knows good theater when it sees it; audiences here “recognize the transparency in a great story and the way it’s told.” This piece, he assert-
ed, is made for such a patronage amid the triumphs and failures of the human experience and the theater’s incomparable way of making them known.

“The Pianist of Willesden Lane” runs at the Lyceum Theatre, 79 Horton Plaza, through Sept. 28. For more, call (619) 231-3586 or see sdrep.org.

— Martin Jones Westlin is editor of La Jolla Village News, a sister newspaper of The Peninsula Beacon.

Get to the Point & Rediscover Point Loma

Enjoy the beauty of Old Town

A new Taste of Old Town event, presented by Tequila Herradura, will debut on Thursday, Sept. 18, from 6 p.m. to 9 p.m. The Taste of Old Town will give food and spirit lovers the chance to blaze through the streets of Old Town sampling selections of spirits and beer paired with culinary specialties from 16 participating restaurants. Produced by the Old Town Chamber of Commerce and sponsored by Tequila Herradura, Taste of Old Town tickets are $30 if purchased in advance and $35 on the day of the event. A Food only ticket is available for $20. Most restaurants will offer samples of a signature dish, alongside a spirit or beer brand sampling in product.

“We have had similar events in the past but this year’s Taste of Old Town is sure to knock your socks off,” said event chair Chuck Ross of Old Town Family Hospitality Group, the Cosmopolitan Hotel and Fiesta de Reyes. “While restaurants have stepped up and are serving either specially created dishes for this event, or their signature favorites.”

At the Fiesta de Reyes restaurants, Casa de Reyes will be serving a taste of one of their most popular dishes ‘Mar y Tierra,’ which is a plate stuffed with crab, spinach, mushrooms and wrapped in bacon. Barra Barra Saloon will be serving mango sea bass ceviche in a mini Agaves.

Old Town Mexican Café will spotlight its carne asada street tacos, topped with grilled onions and guacamole. The Cosmopolitan Restaurant has created a mini short rib slider skewer, exclusively for Taste of Old Town.

Café Coyote will be serving its famous Cafe Coyote Carnitas Taco, featuring tender pieces of pork slow cooked in Mexico’s traditional style, topped with guacamole, salsa fresca, onion, cilantro and lime.

Miguel’s Cocina is planning to serve its Camarones Jalisco, which is jumbo shrimp stuffed with Monterey jack cheese and cafe, wrapped in bacon and grilled, then topped with its famous jalapeño white sauce.

Old Town Mexican Café will spotlight its camarones y pollo asado street tacos, topped with grilled onions and guacamole. They will also be serving Chocolat, a homemade tulip with tequila on top of moist chocolate cake.

Other participating restaurants include: Alamo Mexican Cafe, Casa Guadalupe, El Patio, Freddi Mexican Café, La Palma, Los Locos Bar & Grill, Old Town Tequila Factory and Rockin’ Baja Lobster. In addition, Cold Stone Creamery and RUST. In addition, Cold Stone Creamery and RUST.

Point Loma is historically important as the landing point of the first European expedition to come ashore in present-day California. The peninsula has been described as “where California began.”

Today, Point Loma houses two major military bases, a national cemetery, a national monument, and a university, in addition to residential and commercial areas.

Enjoy the beauty of Old Town

Barnsdall Art Park

The Majestic La Jolla Playhouse

The Old Globe

The San Diego Symphony

Off-Off Broadway Theatre

NEW STRUCTURE AT OLD TOWN AT 1800 W. AURORA

Visit www.tasteofoldtown.com for more information and to purchase tickets.

Did you know...

that the old Point Loma Lighthouse at Cabrillo National Monument was one of the first lighthouses on the West Coast?

There are no real beaches on Point Loma and the swimming opportunities are poor and possibly dangerous. But it’s one of the best places in San Diego to meditate on the cliffs and watch the sunsets in the rocky reefs full of marine life. Drive out to Sunset Cliffs for a magnificent sunset, where the sandstone bluffs blaze with color, and the waves sparkle like gold. If you’re game for a little adventure, drive out to the old Cabrillo Lighthouse and hike out to the tide pools by the point. If you’re looking for great sunsets, Point Loma offers some great breaks that are frequented by locals.

Point Loma has been described as “where California began.”

Today, Point Loma houses two major military bases, a national cemetery, a national monument, and a university, in addition to residential and commercial areas.
Medication Mistakes Can Be Dangerous

Every year 1.5 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 everyone to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

Confusing two medications with similar names accounts for up to 25 percent of errors. Sometimes the doctor’s handwriting is misread, the wrong medicine name is put into the computer or the wrong drug is pulled from the pharmacy shell but it happens. Drugs that could be confused might be Adderall (a stimulant for ADHD) with Inderal (a beta-blocker for high blood pressure), or Paxil (an antidepressant) with Taxol (a cancer drug) or Plavix (an anticoagulant medication). Ask your doctor to write on the prescription what it’s for as well as the name and dosage. If the pharmacist sees high blood pressure but the name of the drug is an antidepressant, it should be a red flag for the pharmacist.

Sometimes drugs can interfere with each other because of their side effects. One drug can magnify the other or one drug can magnify a side effect of the other. If you take one medication that says a side effect can raise blood pressure and then you take a second medication with the same side effect, the two together could cause your blood pressure to get dangerously high. So ask your pharmacist and doctor about side effects, read the written printouts and review and compare them.

The RN Care Manager at Innovative Healthcare Consultants is experienced and knowledgeable about reviewing all medications to ensure 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 view our website at www.innovativehc.com for more information.

San Diego Grab Bars Provide Security

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home. We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stair case, in the hall or outside the back door.

When we visit you, we bring along a great selection of products for same day installation. Decide what diameter and texture feels best before you buy. We can match the finish of your existing hardware.

Falls are one of the main reasons people leave home and move into assisted care. Let us help you prevent falls and stay in the home you love.

September is National Organic Harvest Month

“Organic” refers to the way agriculture products – including foods and fibers – are grown and processed. Organic farmers, in general, use no chemical fertilizers, herbicides, pesticides or defoliants and use only non-synthetic pesticides on their crops when absolutely necessary.

“Certified Organic” labels stand for a commitment to a system of agriculture that strives for balance with nature. When you buy organic foods, your choice protects the health of future generations, yourself, and farm workers by keeping cancer-causing pesticides off of plates and out of farm environments. This choice also protects water quality by supporting farms with no petrochemical runoff; preserves topsoil because organic farmers build soil using natural fertilizers; helps keep small family farming alive; supports a true economy with no hidden costs from subsidies and environmental damage; preserves biodiversity through the cultivation of heirloom varieties; and provides you and your family with better-tasting fruits and vegetables.

The choice is yours! Every purchase you make is really a vote for the way that your food is grown and processed. Why not vote in favor of protecting your own health and the health of our environment?

For a large selection of organic produce and groceries, stop by O.B. People’s Organic Food Market at 4765 Voltaire Street. The Market’s staff will be happy to discuss the benefits of organic farming with you and give you a taste of some of our extraordinary organic produce. Once you experience the difference, we’re sure you’ll agree that organic is the way to be! Find us on the web at www.obpeoplesfood.coop
RETREAD & NEW 4 walls, ceilings, flooring, exterior, and gardens. Free estimates. Quality work! 858-674-5030

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**SPORTS**

**Pointers split first two games of early gridiron season**

By SCOTT HOPKINS | THE BEACON

In Point Loma’s annual home-opening Kickoff Game on Sept. 6, the kickoffs weren’t the problem.

But two crucial kicking-game errors cost the Pointers (1-1) dearly as they dropped a hard-fought 7-6 decision to tough Ramirez (2-0) squad in front of the home crowd.

The first miscue came as the Pointers’ initial possession of the game ended with a punt attempt by junior Jaime Medina. A Bulldog player dashed past the protection and blocked the kick.

After recovering the loose ball in excellent field position, the Bulldogs cashed in the gift on an 11-yard pass play to take a 7-0 lead with 1:54 left in the opening quarter.

That small margin stood for most of the game as the teams staged a spirited battle that found neither side able to put points on the board.

Just when it appeared Ramirez might be about to hang a shutout loss on the Pointers, senior defensive end Jake Vuritsmo snatched an errant Bulldog pass attempt, the interception coming with just 4:58 to play in the game.

After several good runs by the Pointer trio of Jaylen Griffin, Romeo Epperley and Jacob Ehm that took their team into the red zone, the Pointers found themselves facing a fourth down at the Bulldog 18-yard line.

The Pointers clawed for the first down, and, several plays later, quarterback Gavin Grady tossed a swing pass into the right flat. Epperley gathered it in and sprinting 11 yards for the touchdown.

Point Loma running back Caleb Johnson (No. 11) goes up to grab a pass from quarterback Gavin Grady against Ramirez’s Christian Dominguez during the Pointers home opener on Sept. 6. The Bulldogs won 7-6. Photo by Scott Hopkins

Point Loma head coach Mike Hastings elected to go for the one-point kick to tie the game, but once again a Ramirez player was left free to block Medina’s attempt, and the Bulldogs ran out the remaining 2:34 after the kickoff to seal the Pointers’ fate.

Earlier in the fourth quarter, a Pointers drive died near the Bulldog goal line when they failed to convert a fourth-down play. The drive was kept alive when alert senior wide receiver Sergio Gallegos was able to pounce on a Pointer fumble as the loose pigskin tumbled toward the goal line.

A tense sequence took place in the second quarter when the Pointers staged a goal-line stand, halting a Ramona drive on fourth down just inches from a touchdown. However, when an apparent catch of a Grady pass by junior Caleb Johnson was ruled incomplete after the ball dislodged from his hands as he hit the turf, the Pointers were forced to punt from the end zone.

Medina’s punt, into an unusually strong westerly breeze, allowed the Bulldogs to start their short-field drive from the Pointers 30, and they quickly moved toward a second score.

But a called pass play by Bulldog coaches failed as Johnson, now playing defensive back, intercepted a tipped ball and returned it nearly to midfield, thwarting the visitors’ drive.

“It was a hard-fought game,” Hastings said. “especially defensively. Our kids defended short fields and only gave up one touchdown. Our offense didn’t get going until the fourth quarter.

“The game is played in all three phases and, unfortunately, we didn’t win in special teams today,” Hastings said. “But we’ve got a resilient team, and we’ll bounce back from this and get better.”

The Pointers travel to Lincoln High on Sept. 12 for a 6:30 p.m. kickoff and return to Pete Ross Stadium Sept. 19 for a 3 p.m. start, themed a “First Responders Salute Game” to honor local emergency-service providers.

**POINTERS, EL CAMINO 28**

The Pointers gave up a 79-yard punt return in the first minutes of their 2014 season on Aug. 29, falling behind El Camino 14-0 before awakening to outscore the Wildcats 18-14 the rest of the way en route to a 38-28 victory on the seaside field.

The victory avenged a 14-13 loss on the same turf last November that ended the Pointers’ disappointing 5-6 season in the first round of CIF Div. I playoffs.

**EXTRA POINTS**

• The Pointers made a new entrance to their stadium by waiting in the school’s weight room just steps away from the field on Sept. 6 against Ramirez. When they were ready to take the field, the team emerged from the stadium tunnel, led by linebacker Dan O’Beirne wearing an American flag.

• The Pointer junior varsity team stands at 2-0 after defeating the Wildcats 13-10 and Bulldogs 20-13. The freshmen team (1-1) lost 28-0 to the Wildcats and toppled the Bulldogs 13-6.

• Point Loma High has added two assistan coaches with NFL experience, Linebacker coach Chris Washington played eight seasons for Tampa Bay, San Francisco and Arizona. Strength coach N’Ill Diggs spent 12 seasons with Green Bay, Carolina, St. Louis and the Chargers.

**Undies for Travel**

Your neck, also called the cervical spine, begins at the base of the skull and contains seven small vertebrae, each of which is connected to its neighbor. The cervical spine supports the full weight of the head, which is on average about 12 pounds. While the cervical spine can move your head in nearly every direction, this flexibility makes the neck very susceptible to pain and injury.

The neck’s susceptibility to injury is due in part to biomechanics. Activities and events that affect cervical biomechanics include extended sitting, repetitive movement, accidents, falls and blows to the body or head, normal aging, and every day wear and tear. Neck pain can be very bothersome, and it can have a variety of causes. Here are some of the most typical causes of neck pain: Injury and Accidents; Growing Older (degenerative disorders such as osteoarthritis, spinal stenosis, and degenerative disc disease directly affect the spine); and Daily Life (posture, obesity, and weak abdominal muscles often disrupt spinal balance, causing the neck to bend forward to compensate.

Head and neck posturing with a habitual ‘poking chin’ (cervical protrusion) can result in adaptive shortening of the occipital muscles. It also causes the cervical spine to change alignment resulting in increased stress of the facet joints and posterior discs and other posterior elements. ‘Upper Crossed Syndrome’ shows the effect of a ‘poking chin’ posture on the muscles. With this syndrome, the deep neck flexors are weak, as are the rhomboids, serratus anterior, and often the Pointers Opposing Muscles. Opposing Muscles are the muscles that are pectoral major and minor, along with upper trapezius and levator scapulae.

A Licensed Physical Therapist after evaluating the neck region and the body globally would use his/her fine-tuned skills to perform any of these varied treatments: Therapeutic Exercises (focusing on strengthening deep neck and paraspinal muscles); Manual Therapy (to include soft tissue massage, joint mobilization/manipulation, and manual traction); Postural/Kinetic Mechanics Retraining, and Modalities (such as mechanical traction, electrical stimulation, and cold laser).

**How to Get Rid Of That Pain in Your Neck?**

**Answer: Physical Therapy**

For information on how to relieve neck pain for good contact:

Greg Sterns, Board-Certified Orthoepic Clinical Specialist in Physical Therapy, Owner
San Diego Sports Physical Therapy
2750 Point Loma Blvd., Ste 101
San Diego, CA 92108

**PLNU volleyball program picked to win PacWest**

The Point Loma Nazarene University’s (PLNU) women’s volleyball team has been named the Pacific West Conference preseason favorite to win the league in 2014, according to the coaches’ poll released Aug. 26, PLNU received 160 points to narrowly edge defending conference champions BYU-Hawaii.

The Sea Lions also had three student-athletes named to the seven-person Preseason All-PacWest Team. Savannah Wedemeyer was named the preseason Setter of the Year, while Alyssa Dwyer and Heather Leavitt joined her on the preseason all-conference team as a middle-blocker and outside hitter, respectively.

Point Loma received five of the 13 first-place votes and was ranked second or better on 12 of the 13 ballots to accumulate its 160 points. BYU-Hawaii received seven first-place votes, while Fresno Pacific received the other.

— Point Loma Nazarene University Athletics Communications Dept.
The inaugural San Diego Paws FUR Pink® 5K and 1-mile run/walk will be held on Sunday, Sept. 21 at Liberty Station in San Diego. This dog-friendly event partially benefits Susan G. Komen San Diego to support local breast health services and celebrates the unconditional love owners share with their four-legged family members.

Produced by Book That Event, LLC, Paws FUR Pink® has had a presence in Orange County for the past two years and is now expanding to San Diego. "Breast cancer has affected my life in a very unusual way," said Jennifer Terieau. "My dog, Roxy, theposter dog for San Diego’s Paws FUR Pink, recently underwent a triple mastectomy after five hard lumps were discovered in her mammary tract."

"This event is such a great way for owners to get outdoors and exercise with their four-legged friends to make a difference in the lives of women in San Diego that are affected by breast cancer," she said.

Partial proceeds from Paws FUR Pink® will benefit Susan G. Komen San Diego to support education, outreach, free mammograms, financial and food assistance, transportation and more.

A donation of $5 per 5K and 1-mile entry fee, all fundraising pledge money raised and 5 percent of net proceeds will be allocated post-event. Whether participants are walking to celebrate their own survival, in honor of another survivor or in memory of someone who lost their battle, each runner/walker can expect a memorable, fun-filled morning.

In addition to the 5K and the 1-mile run/walk, the event features a FURever Yours Expo, Lassie Loop Lil’ Kids Dash, and a Pawsitively Pink Costume Contest. Participants and their four-legged friends are challenged to raise $125, the average cost of a Komen-funded mammogram. Participants who raise $125 will earn a Paws FUR Pink doggy bandana.

All events will start and finish at 2640 Historic Decatur Road at Liberty Station. Registration and packet pickup opens at 7 a.m. For more information or to register, visit www.PawsFurPinkSD.com, or send an email to info@bookthatevent.com.

-- Staff and contribution

The San Diego Yacht Club (SDYC) will host the inaugural Race for Rady, a benefit event for Rady Children’s Hospital’s Peckham Center for Cancer and Blood Disorders on Saturday, Sept. 20. The Sept. 20 portion will feature a Beach Bash Fundraising Party at the yacht club, with silent and live auctions, dinner and dancing to live entertainment by the Beach Boys-theme band Surf’s-UP. The live auction will feature participation by nationally recognized yachtsmen/women.

The Sept. 21 portion will feature a Buy Race/Purse Sponsorship sponsored by the SDYC.

The Peckham Center at Rady Children’s Hospital is the largest pediatric hematology/oncology program serving San Diego, Imperial and Riverside counties. The center is rated as one of the top 20 pediatric oncology programs by U.S. News & World Report.

The Race for Rady is an expansion of the SDYC SailsFest event, which will be held during the day Sept. 20. The San Diego Yacht Club SailsFest Regatta was founded in 1996 by member Troy Sears with the vision of bringing children with life-threatening illnesses and are undergoing treatment at Rady Children’s Hospital Peckham Center to the San Diego Yacht Club to share a fun day on the water.

2014 will mark the 18th annual Point Loma SailsFest event, and organizers invite more than 60 families from Rady Children’s Hospital-San Diego and Balboa Naval Medical Hospital.

For more information, visit www.sdyc.org/raceforrady.

Paws FUR Pink run/walk debuts to aid breast-cancer battle

San Diego business and community leader Craig Irving and his wife, Rebecca, will open their home on Saturday, Sept. 13 for a special evening to raise funds for The Rosie Network (TRN) during the annual Point Loma Dinner at their beautiful cliffside home in Point Loma.

The Rosie Network is a San Diego-based nonprofit organization founded by U.S. Navy SEAL spouses to address the high unemployment rates of military spouses and transitioning veterans with the goal to strengthen today’s families through entrepreneurship.

Built on the iconic “Rosie the Riveter” figure of the 1940s, the evening will honor the original “Rosies” on the eve of the 70th anniversary of the end of World War II and celebrate the work of today’s “Rosies,” who continue the tradition of hard work and sacrifice on the homefront.

The dinner will be held from 5:30 to 10 p.m. and will feature two special guest speakers from the U.S. Navy SEAL community to share the importance of strengthening today’s military families who sacrifice so much for the love of our country. Navy SEAL Derek Van Orden, known as the character Chief in the movie “Act of Valor,” will share his behind-the-scenes look at representing SEALs in movies and bringing his real-life experience to the big screen.

Thom Shea, a retired Navy SEAL and author of the recently released “Unbreakable: A Navy SEAL’s Way of Life,” will discuss the strength and power of families in supporting the work of the SEALs in the field and the sacrifices these “quiet warriors” make here on the homefront.

“The annual Point Loma Dinner will introduce the important work of The Rosie Network and the impact our programs and services make by directly supporting and strengthening our military families today,” said Stephanie Brown, the organization’s founder and CEO, who is also a military spouse.

“We are fortunate to have community and business leaders like Craig Irving, who are passionate about creating a relationship between our business community and our military families living right here in San Diego,” she said.

Tickets are $250 individually, and table sponsorships are $2,500. Sponsorship opportunities are still available by visiting The Rosie Network website at www.therosienet.org and clicking on the annual Point Loma Dinner event banner.

Ask the Real Estate Professional

Question: I would like to acquire real estate to generate enough income to purchase more rentals and replace my work income. I have friends who are using rental properties as an asset to offset the stock market. Some are doing well, but others are facing rent, renter and maintenance problems. How can I avoid these issues?

Answer: If you are new to real estate, an ensemble of experts can help you develop a process to ensure you experience the same issues as your friends. Find a Realtor or real estate group that lists and sells at least 100 homes per year and has experience in rental property purchases. They can help guide you and provide access to an inventory of homes. They can refer you to a financial planner who knows how to plan a real estate acquisition as an asset class. Once your plan is in place, use your expert Realtor to find a rental.

For more information and access to local experts, I suggest you and your friends attend the upcoming real estate event.

Irving’s to host annual Point Loma Dinner Sept. 13 for military families
An exceptional standard of care when you work with us.

THE NEXT STEP IS YOURS:
CALL US

Wilfredo Soria
619.977.3615
wilfredosoria.com

Catherine Maxfield
858.866.6559
catherine@maxfield.com

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Robert Reilly • 619-852-8827

Sun & Sat 11-4 
3375 Ulman
4BR/3BA 
$1,500,000.00
Robert Reilly • 619-852-8827

Sun & Sat 11-4 
3640 Pic Pic St.
5BR/7BA 
$2,975,000.00
Robert Reilly • 619-852-8827

Sun & Sat 11-4 
2262 Carmenita Pajaro Pkwy
3BR/2BA 
$409,000.00
Lee Caudill • 619-224-7753

Sun 1-4 
3208 Miroku RD. Blvd.
3BR/2BA 
$760,000.00
Joe Oltis • 619-261-9304

Sun 1-4 
3649 Kingley.
4BD/3BA 
$1,099,000.00
Tami Fuller’s Team • 619-226-8264

Sun 1-3 
1122 Marena,
3BD/2.5BA 
$1,149,000.00
Tami Fuller’s Team • 619-226-8264

Sat & Sun 11-4 
855 Golden Park Ave,
3BR/3BA 
$2,950,000.00
Carina Russell’s Team • 619-225-2008

Sun 1-4 
1055 Alexander Dr
4BR/2BA 
$1,195,000 - $1,300,000
Wilfredo Soria • 619-977-3615

Sat & Sun 1-4 
8608 Park Run
3BD/2BA 
$599,000
Maxon Balahad • 858-220-3632

LA JOLLA

Sat & Sun 1-4 
5519 Chelsea
3BR/2BA 
$825,000.00
Irene and Jim • 619-775-6782

Sun 11-2 
2254 Carmenita Casado
4BD/2BA 
$899,000.00
Teresa Schumacher • 619-995-2132

Sun 1-4 
3457 Amorita Marana
4BD/2BA 
$1,775,000.00
Kate Adams/Craig Gagliardi • 619-813-9557

Sun 1-4 
2355 Sally Gajyman
5BD/5BA 
$2,950,000.00
Monica Leschick Baxter • 858-752-7854

LA JOLLA BEACH

Sun 1-4 
622 Avenida La Reina
3BR/2BA 
$1,650,000.00
Michelle Silverman • 619-980-2738

Sun 1-5 
2029 Caminito Ciruelo Sur
3BR/2BA 
$760,000.00
Erin Smith • 619-414-6637

Sun 1-4 
1720 Nautilus Street
3BD/3BA 
$1,865,000.00
Colleen Anne County • 858-367-3454

Sun 1-4 
6858 Prestwick Drive
5BR/3BA 
$3,500,000.00
Barbara Leineweber • 619-981-0002

Sun 1-4 
1500 Virginia Way
5BD/5BA 
$2,990,000 - $3,390,000
Tami Fuller’s Team • 619-216-3739

Sun 1-4 
1914 Via Casa Alta
5BD/5BA 
$6,800,000 - $7,400,000
Ted Isern • 619-756-3434

Sun 1-4 
1781 Calle Delicada
5BR/2BA 
$2,340,000.00
Kevin Bennett • 858-929-6818

CARDIFF BY THE SEA

Sun 1-4
1347 Summit Avenue
4BD/2BA
$1,575,000.00
Tony Francoeur • 619-699-1177

SOUTHPARK

Sun 1-4, 1-5
1404 Ferri St
4BR/2BA
$795,000-$825,000
Jane Austin • 619-508-6800

FALLBROOK

Sat 1-4 
629 Oak Grove Dr
4BR/2BA
$599,000.00
Dietra Sorenson • 760-622-4293

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3056 Malaga St. • Point Loma • 3BD/1.5BA • Reduced to $599,900

Point Loma Beauty! Complete remodel on this lovely 4 bedroom 3 FULL bath 2200+ sf home with Bay Views! A very large family room w/ bamboo floors and tile throughout the main level. Comes fully furnished with all new, top quality furniture. So much to see. New roof, new windows, new appliances, new bathrooms, new master suite, new kitchen, new foundation. Everything has been done! Just turn the key and move in! This is turn-key and affordable! Call Lisa today for pricing and opening the next day!

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619.804.4885
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858.775.5725
SCOTT BOOTH
858.775.0280
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619.807.5966
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Peninsula-area events, Sept. 11 to Sept. 30

THURSDAY, Sept. 11
The League of Women Voters’ (LWV) Ocean Beach/Point Loma Unit will host a meeting at 10 a.m. at the Point Loma Library, 1703 Voltaire St. The topic will be “The Pros and Cons of the State Propositions.” The program will last until questions are answered. All are welcome. The LWV is a nonpartisan organization. For more information, visit www.lwvsandiego.org.

SATURDAY, Sept. 13
Shades Oceanfront Bistro will host its quarterly pet-adoption event with the San Diego Humane Society, Second Chance Dog Rescue, Labrador Rescuers, San Diego Spaniel Rescue and Almost Home Animal Rescue. Organizers hope to beat Shade’s previous adoption record of 32 puppies, dogs, kittens and cats. The event runs from 10 a.m. to 2 p.m. at the restaurant, 5083 Santa Monica Ave. For more information, visit www.shadesob.com.

TUESDAY, Sept. 16
The Sharp Senior Resource Center will host a free blood-pressure screening by registered nurses at the Point Loma Presbyterian Church, 2128 Chatsworth Blvd., from 9:30 to 11 a.m. No appointment is necessary, and the public is welcome. For more information, visit www.sharp.com.

THURSDAY, Sept. 18
The League of Women Voters of San Diego will co-sponsor a Lunch With League event at Tom Ham’s Lighthouse restaurant from 11:30 a.m. to 1:30 p.m. The topic will be “Climate Change and Its Challenges.” Speakers will be Timu Gallien, UCSD Chancellor’s Fellow and postdoctoral scholar, Scripps Institution of Oceanography; Nicola Hedge, director of the Climate Initiative for The San Diego Foundation; and Karla Rice, policy advocate for the Environmental Health Coalition. The cost for the lunch is $30 for members and $35 for nonmembers. Guests may register on the website, www.lwvsandiego.org.

SATURDAY, Sept. 20
• Come out to the Ocean Beach Pier in the heart of Ocean Beach, and enjoy a great breakfast while overlooking the ocean with views in all directions. The annual Ocean Beach Pier Pancake Breakfast is a family-friendly tradition that kicks off the big fundraising season for the Ocean Beach Town Council’s Holiday Food and Toy Drive for disadvantaged seniors and families. Breakfast begins at 7:30 a.m. and goes until sold out or until noon. The menu includes pancakes, scrambled eggs, sausages and other fixings. There will also be music and raffle prizes. The cost is $10 for adults and $5 for children. Tickets can be purchased the day of the event at the OB Pier. For more information, visit obtowncouncil.org
• The Point Loma/Hervey Branch Library will host “Art Alive” and an open house, featuring members of the Art Glass Association of Southern California and the Point Loma Garden Club, who have prepared a display of paintings and floral exhibits. Fun and treats will be provided. Displays open at 9:30 a.m., followed by the open house from 11 a.m. to 1 p.m. at the library, 3701 Voltaire St. For more information, call Christine Gonzalez and library staff at (619) 531-1539.

THURSDAY, Sept. 25
• St. Paul’s Senior Homes and Services will host its “Connect for a Cause” at 57 Degrees, the spectacular 16,500-square-foot wine facility at 1735 Hancock St. The event will run from 5 to 7 p.m., and parking is free. “Connect for a Cause” is a fun opportunity to network with fellow San Diego 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.
• The Silver Hair Tsunami, an ensemble of expert advisers, will teach retirees and those entering retirement age information they need to make sure their hard-earned money doesn’t fall through the cracks, covering topics like taxes, estate and income impacts on their investment or lifestyle decisions. The free event takes place at the Kona Kai Resort, 1551 Shelter Island Drive, from 6 to 8 p.m. For details, visit thesilverhairtsunami.com.

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 Hervey/Point Loma Branch Library’s Community Room, 1701 Voltaire St. This educational exhibit focuses on several art-glass techniques. Technical explanations that explain how each piece was made was provided by the artists. Twelve artists, including three from Point Loma — Leslie Perlis, Cathy Coverley and Carolyn Moore — are exhibiting their work. For more information, visit the library at (619) 531-1539 or perlis at 619) 890-8776, or visit www.agasco.org.