Repairs are ongoing at the Heritage Inn on Midway Drive after an apparent drug-lab incident caused an explosion on Jan. 30.

The Heritage Inn on Midway Drive was the scene of a horrific explosion on Jan. 30 that left three people injured. This is her first-person narrative of the event. In celebration of the longtime Point Loma resident’s impending birthday, Laine’s fan club, Team Frankie Laine, will host a centennial birthday bash for their beloved hometown superstar on March 24 at the Kona Kai Resort on Shelter Island.

TIP-OFFS TO DRUG ACTIVITY
- Strong, unpleasant chemical odor (cat urine-like, ammonia and/or other solvents)
- Containers/drum with labels painted over
- Tin foil, baking soda, cut Duracell-type battery cases, red-stained coffee filters, torn-up battery cases
- Match-striker plates, excessive empty packages of cold medicine like Sudafed
- Chemistry equipment like flasks, beakers, rubber tubing, extension cords
- Milk/water jugs filled with unusual liquids
- High-traffic location between dusk and dawn, or on weekends/holidays
- Quick-stops (multiple short visits)
- Guidelines for a disaster at a hotel/condo/friend’s house
- Identify signs of illegal drug manufacturing
- Study the situation (identify all possible exits)
- Have emergency checklist in mind (which way to escape, where family members are, what floor you’re on, where the elevator/elevator is located)
- Leave personal items behind
- If you have reason to believe you encountered an illicit drug lab, call 9-1-1 and report what you observed.
- For anonymous reports, call Crime-Stoppers at (888) 540-8477. If you have been exposed directly, leave immediately, wash hands and face. In the case of extensive exposure, contact your doctor.

A shot of the Frankie Laine, known as the ‘Prince of Point Loma,’ circa 1947.
It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy! Photos are published based on space constraints and in the order in which they are submitted.

Travis and Grayson Choy take their Beacon on a camel safari in the Moroccan Sahara desert.

Amy Ouska and her daughter, Olivia Cooper, have lived in Ocean Beach for 10 years. The ladies took their hometown newspaper to The Oval at Colorado State University on a recent trip home to Fort Collins, Colo.

Ron and Ann Brooks catch up with the latest Peninsula Beacon news in Deer Valley, Utah.

Registration for next September has begun! We serve children ages 2-5 years old and provide a well-planned, developmentally age-appropriate preschool program for children in a Christian setting, taught by qualified teachers. We have low child to teacher ratio’s and large classrooms for the children. Morning or Afternoon ½ day classes available. Please call Nicole Hage at 619-223-3327 to get more information and to schedule a tour.

This Home Embodies the True Essence of the Southern California Lifestyle

Point Loma Wooded Area
5br, 4ba, approx 4880 sf on 1/3 acre. 3558 Via Flores

Nestled in a quiet cul-de-sac, this remarkable contemporary home with a stately copper mansard roof and oversized copper and glass doors has a great presence the second you approach it. The grand entrance with mosaic marble entry and beautiful staircase lets you know you are in for something special. The expansive and open floor plan of this elegant home offers a large single-story home on 2 levels. Very large and open living room with fireplace and dining room with wet bar. It even has an elevator. $2,350,000.
On vacation with the Peninsula Beacon

Ocean Beach resident Adrienne Pettrila and her boyfriend, Wesley Dewitt, take their Beacon pools. It was a wonderful vacation. "We were on a tour of the golden triangle, Delhi, Agra, Jaipur, Ranthambore game preserve and Varanasi, “ said Karen. "This was our favorite place and it was on my birthday!"

How to get more than top dollar for your home

SAN DIEGO. 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 be prepared as possible.

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 Top Dollars.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

In this report you’ll discover how to avoid financial disaster when selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how you can get a FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

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3rd Annual Point Loma / OB Community Yard Sale Day set for April 27th

It's almost time for the third annual Big PL / OB Annual Community Yard Sale Day. This year's event is slated for Saturday April 27th. The event is hosted each year by long time Point Loma Realtor Bob Woodard of Prudential CA Realty. Last year the event was great success said Woodard. “We had nearly 75 yard sales throughout the community and the best part for sellers is it’s all FREE!” We market the event throughout San Diego County to attract buyers from all areas. The one thing that’s for sure, you never know what people will break out for the sale. Last year there was an abundance of antiques along with just about every household and sporting item you could think of and even a restored wooden Chris Craft ski boat. Master maps will be provided for buyers of all the sale locations however to be on the map you must be signed up by the 23rd. We are encouraging sellers to open from 7am-12 Noon which still provides them a free afternoon. Sign up to participate by contacting Bob Woodard at (619) 227-LIST or go to www.bigplsale.com.

The Word Man Jim Crakes demonstrates the unique sounds of the didgeridoo, a wind instrument developed by indigenous Australians, during his word lesson on Feb. 19 for students at Ocean Beach Elementary School.

A man of many words teaches more than just vocabulary at OBE

Each month, Ocean Beach Elementary School students in Cyndie Volpone’s combined third- and fourth-grade class look forward to a visit by the “The Word Man,” Jim Crakes, who items up the classroom with his fun word games and puzzles, enlightening youngsters with educational tidbits about cultures around the globe and tales about his own fascinating personal history as an avid traveler, Olympic athlete and lifelong educator.

“They love when Mr. Jim comes,” said Volpone. “All the concepts he introduces to them all year long are reinforced during the school year within the curriculum, so he’ll come in and just put a twist on it for me, which is such an advantage for me, as a teacher, because they’re with me all day long. They love when he comes.”

As part of the word lesson — which includes everything from a warm-up “word of the day” exercise to a 16-letter matrix game dubbed “little boggles” — Crakes incorporates enlightened critical-thinking skills through stories touching on subjects like history, culture and geography.

“He always brings in part of his culture, his background, his experiences,” said Volpone. “He tells them about going to the Olympics or his grandchildren or he’ll bring in writing that somebody did in his family. The students not only see him as an educator, but as a real person.”

Although Crakes’ visits to the classroom have become less frequent over recent years, shifting from twice-weekly lessons when he first started to monthly guest lessons now, it is a job he has undertaken with enthusiasm for the past two decades.

“I’d been teaching and coaching at Point Loma Nazarene University since 1967 back when it was Cal Western University,” he said. “I was a track coach and also taught kinesiology and exercise physiology.”

Although he always liked to read, write poetry and had a history of designing curricula for other coaches, Crakes’ fascination with words and word games began after his official retirement in 1994.

“I started soon after that time. First, I came just to help, then she would kind of give the class to me,” he said. “I wrote some books and things like that, but I never wrote anything but scientific stuff.”

After taking a writing class through continuing education, Crakes became more motivated to develop a structured educational tool for the students in Volpone’s classroom.

Crakes’ lessons, however, tend to extend beyond the classroom curriculum and into education about compassion and quiet philanthropy. Despite having tried to retire in 1992, Crakes’ big-hearted generosity and proactive ideas tend keep him busy one way or another.

In addition to big-picture ideas, like his concept to develop an intergenerational program for empowering children in the Point Loma and Ocean Beach area through extracurricular programs, Crakes’ day-to-day benevolence is not overlooked.

“He’s always so good about helping, and he’s very generous,” said Volpone. “He supplies the students with things when we need stuff.”

On Fridays, Crakes supplies sandwich- es for some students who might not eat as often as others over the weekend.

Through all his daily acts of generosity, Crakes seeks no accolades or recognition for his actions, which are often centered on bolstering youth and providing them with an environment of enrichment opportunities, like The Word Man’s lessons in Volpone’s third- and fourth-grade class.

“He tries not to make a big deal out of it,” said Volpone. “But he really is the king of compassion in every way.”
Two members of the San Diego Sockers — past and present — were honored Feb. 25 during the 67th annual “Salute to the Champions” event at the Town and Country Convention Center.

Brian Quinn, a Sockers standout of the past, was inducted into the Breitbard Hall of Fame. He was joined by Padres pitcher Trevor Hoffman, three-time Sover Bowl winner and former world wrestler of the year Stephen Perry, and San Diego’s Tony Gwynn, the former world wrestler of the year. Quinn was selected as one of the stars of the year.

“Stardom” competition. This was my first experiences way out to the Valley View Casino four years ago. It’s something I’ll always remember as a head start she earned through her singing, and even languages.

I thoroughly enjoyed your parrot story and the wonderful photograph atop one of the lovely coral trees planted around the city. Your story is probably too high to have the prevailing story for many years about the orig- native source of the birds.

I am in my late seventies and have lived in Ocean Beach, Loma Portal and Point Loma since my family came here in 1947 from the allergy-causing, dusty dry air of southern Ar- zona. Our first home was at the end of Nar- gamont Avenue in Ocean Beach. Two blocks away on Bacon Street was Stella’s Pet Shop, a wonder of a place for children (I was 12, my sister 9) filled with every sort of animal you could keep in a cage or pond or terrarium and all of their needed food and housing supplies.

Each time we walked two blocks over to Newport Avenue, we would stop in or at least look in the window, although the windows were usually blocked by supplies, making it necessary to go in. Stella had filled the narrow aisles with so many items at times it was diffi- cult to get around, particularly if there were other customers or lookers.

After I finished my education, married and had children, my children were quite as fascinat- ed as I had been. However, Stella was also grow- ing older, and her store was in an old building (the Bill Historical Society probably has records of it). It was difficult for me to go in, because the aging owner was not keeping the place clean and it smelled of animal excrement.

We didn’t get to Ocean Beach frequently while we lived in Loma Portal and Point Loma in the early years of their childhood. Sometime in the 1960s or ’70s, Stella’s shop burned down the ground during the night, with all the ani- mals reported as perishing. However, a pair of red-headed Mexican Amazon parrots showed up and nested in Ocean Beach short- ly after the fire, and continued multiplying, the flock getting larger and larger year after year. Residents in Ocean Beach believed that this pair escaped from the fire that destroyed Stella’s. They were called the OI parrots by many, because they are the only place where they first settled. Of course, it can’t be proven, but I like to believe it is true. The flocks, which have spread all over the city, now migrate to Men- co in the winter, and return here in early spring to nest and mate. Parrots have a very long life. I wonder if the original two are still around and how old they might be?

Shawn Jackson 
Ocean Beach

Ahhhhh ... the joy and mystery of the wild parrots in Ocean Beach

The vocalists for electro-folk band Cuman- chacha in Buenos Aires. When she returned home, Antonel took the helm as the lead singer of Velvet Cafe; a multi- genre acoustic cover band featuring jazz, country and blues renditions that cross generations — and even languages.

“It was a good influence on me. I learned so much from her,” said Chaal. “I sing everyday from jazz to blues to pop to country to Latin rock with my band. I’m a classically trained pianist, so that informs my own compositions.”

While the talented vocalist enjoys singing covers and dreams of recording an album, Chaal-covered album, she has also been creating a set of her own indie-vary-compositions, — a dream that is nearing reality thanks to a recent
to the head start she earned through her “3 Minutes to Stardom” win.

“Ultimately, bringing my own materi- al to life would be more fulfilling,” she said. “I hope to make the most of my audition with the record label, because that’s what I intend to do for the rest of my life.”

With her cash winnings, Antonel said she is enjoying paying back the fans who supported her throughout the competi- tion, planning a celebratory trip to Europe in May and recording her demo.

“If I have the opportunity to record and make my own songs.”

With her cash winnings, Antonel said she is enjoying paying back the fans who supported her throughout the competi-

A local teacher has been honored for his expertise in teaching economics.

Vivian Love, from Point Loma High, was named Economic Ed- cator of the Year. The award includes a $1,000 grant from Cox Cable and San Diego County Credit Union.

She plans to produce a 30-minute video featuring Love that will air in the fall.

— Scott Hopkins

Animal-rescue event set at Shades

Animal lovers will have a chance on Sunday, March 24 to scoop up a pet, puppies or even a new pet during a pet adoption event at Shades Ocean- front Bistro.

The event, hosted by Shades, the San Diego Humane Society, Second Chance Dog Rescue and Aussie Shepherd Rescue, will take place from 10 a.m. to 2 p.m. at 5083 Santa Monica Blvd.

The event will feature puppies, grown dogs, kittens and cats.

For more information, email jeff@shadesofsd.com or the Humane Society at cnp@sdhumane.org.

— Tim Willauer, a research chemist. “With such a large consumer market, it’s critical to plan a reliable fuel-delivery system as we consider expanding our fleet, but we also have to be aware of the environmental implications inherent in procuring fuel from foreign sources and/or maintaining long supply lines.”

The technique has been tested using seawater from the Gulf of Mexico to simulate conditions that will be encountered in an open ocean.

— Johnny McDonalP; a longtime writer and

Field editor

Ex-SD Sockers standout among those honored at Hall of Fame

TO THE POINT

BY JOHNNY MCDONALD | THE BEACON

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With her cash winnings, Antonel said she is enjoying paying back the fans who supported her throughout the competi- tion, planning a celebratory trip to Europe in May and recording her demo.

“Right now, I’m having fun buying dresses for all the people that know me and voted me through on the first round; Velvet Cafe fans and friends — many of whom drove all the way out to the Valley View Casino four times to see me perform,” she said.

“I’m very happy about going to use the market to record my demo.”

In the meantime, look for Antonel around San Diego singing with Velvet Cafe at Coronado-based venues like the Roadhouse or Coronado Cays Yacht Club, catching up with friends over a well-deserved drink at Tinys in Ocean Beach or catch her work at Balboa Park. Regardless of where you catch the hometown celebrity in San Diego, expect to see much more from the talent- ed young woman in the years to come.
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now open
4-8pm!

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1968 Bacon St., San Diego, 92107
OceanBeachSanDiego.com/ShopLocal

Be part of the 2013 Visitor’s Guide!

These useful, colorful, pocket-sized guides will be filled with places to eat, shop, play and stay in Point Loma, Ocean Beach, and surrounding areas. Reach local residents and the thousands of visitors who vacation here every year.

Guides will be distributed throughout San Diego to high traffic visitor locations.

For even greater coverage, advertise in the Pacific Beach, and La Jolla Visitor’s Guides at discounted rates!

Ad Deadline is April 16, 2013

Call today to reserve your space in these popular annual publications.
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Peninsula Beacon

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Free one hour Consultation with John Noble
$100 value
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of this explosion yet. I could capture these
would be the first reporter with the news,
report, getting it to my editor quickly. I
after realizing that my dogs in my room
scenario seemed unreal and in slow motion.
floor, running down stairways for cover,
folding in.
the building was under attack and now
dust followed.

debris catapulted 40 to 50 feet into the
blast from the second floor. Glass and


CONTINUED FROM PAGE 1

THURSDAY · MARCH 21, 2013

News

Laine continued from page 1
entertain Laine’s biggest fans than
those who know his work best.
The sultry sounds of singer Sacha
Boutros, who Laine discovered before his
death in 2007, will open the show.
This is Laine’s first show since the
performance by recording artist and Laine’s
friend, Bobby Arvon, along with a
big-band show featuring Laine’s former
director, Benny Holland, leading the
12-piece orchestra through his
famous book. Ben’s show features
Benny’s big band and a baby grand piano, which
Bobby Arvon will be utilizing from
time to time. There will be pictures,
appearances and appearances by the fans for
enjoy and remember,” said Jimmy Marino, Laine’s former
producer and manager.

Laine was a longtime San Diego
resident who gained fame for his
eclectic variety of songs ranging form
big band and swing to Western-themestyle.
Throughout his career, he
drew gold records and sold more than
200 million records, and for friends and fans, he will be
remembered for much more than that.
"Frankie will be remembered for his
love of San Diego, respect for his loyal
audience and leaving us with all the
great music he gave us,” said Marino.
"He was hard working, very humble
and so very talented. He was so
unique. All you had to do was hear a
couple of words and you knew who
was singing.

With an appeal to such a
widely diverse audience, Franklin
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NTC at Liberty Station is San Diego’s new Arts & Cultural District located at the former Naval Training Center in the new Liberty Station neighborhood, near Downtown on San Diego Bay. With 28 acres and 15 of its 27 buildings complete, NTC is home to nearly 50 museums and galleries, artist studios, dance companies, educational groups, multidisciplinary arts, creative retail and other organizations that showcase San Diego’s creative community and provide innovative experiences for the public. The campus also features venues for indoor or outdoor events, festivals, seminars, retreats and meetings. For information and a schedule of classes and events, go to www.NTCLibertyStation.com or call 619 573-9260.
Friday Night Liberty
is a monthly first Friday evening of FREE open artist studios, galleries and events throughout NTC at Liberty Station’s Arts & Cultural District. Free parking. Free Admission. The Freedom to explore, wander and enjoy our growing cultural campus. Schedule for April 5th

FREE Open Artist Studios, Galleries and Performances Every First Friday - Starting at 5pm NTC @ Liberty Station
2640 Historic Decatur Road, San Diego 92106

Barracks 14:
Ballast Point Gallery
ballastpointgallery.com

Richard Stergulz, a Modern Master well-recognized for his portraits and plein air oils on board. This exhibition showcases new artwork including his larger format series, Greek Gods and Goddesses, and landscape. Meet the Artist!

Barracks 15:
Atelier de Voyages
atelierdevoyages.com

Adele Richert will greet guests to her artist studio, welcoming the arrival of Spring. On display will be jewelry and art in various mediums. The studio represents the next path in Adele’s journeys, encompassing her travels and interpretations of art of the Impressionists.

FlightPath Intaglio Studio
chelseaherman.blogspot.com/p/work-in-progress.html

Prints, drawings and artist’s books by Chelsea Herman explore the mutable nature of human memory and language through the revision based process of drawing and printmaking and the multilayered structure of the book.

Ron’s Shop
See the artisan Ron Slayen at work with the “chevalet de marqueterie,” a hand tool that allows for extremely precise and delicate cutting of veneer packs. The carriage, which guides the hand-operated saw frame, keeps the blade perpendicular with the lines of the design about a tenth of a millimeter wide. The results are mini works of art.

Yellow Book Road
yellowbookroad.com

Pajama Story Time at 7pm with Steve Breen, the Pulitzer Prize-winning editorial cartoonist for the UT San Diego. Steve is promoting his children’s book, Pug and Doug. Kids! Wear pajamas and come ready for Steve to read and draw! Family Event!

Anneville Studio
annevillestudio.com
(formerly at Ray Street Annex) - Learn about private jewelry & metalworking classes, see custom mokume-gane wedding rings, handmade retro hats, photography...
Building 201: Martha Pace Swift Gallery — Presents a new exhibition All Over The Map: The Travelogue of Phillip Petrie. From one perspective Petrie's paintings look like Earth viewed from above. From another point of view they look like the maps of madness. "I work automatically like the surrealisists and the abstract expressionists," the artist explains. His paintings, all on canvas, intrigue the mind and delight the eye. Meet the Artist!

Solare Ristorante solareunpugu.com Enjoy drinks & dinner before or after Friday Night Liberty.

The Gallery Building 202: Sophie's Gallery smsc.org/shop-sophie/sophies-ntc Presents Hot Dogs by Dan Adams. A self-taught artist, captures the art of everything canine with his expressive brush strokes and develops his subject matter by photographing human and dog action at local dog parks. Dan has exhibited at the numerous museums.

Visions Art Museum visions.org/ — A series of quilts conceived and curated by Martin Brakensiek's gift to Visions Art Museum and developed his subject matter by photographing human and dog action at local dog parks. Dan has exhibited at the numerous museums.

PULSE Gallery pulsogallery.org Presents Illuminated, a high energy, whimsical story illustrated by artist Iren Darby. Darby experiments with layers of imagery that transcend the norms of painting ENTRY into a mixed media performance in the second and third dimensions. Be (dimensions) transport into a world of the fantastical!

San Diego Watercolor Society cws.org Presents Spring Gestures, a show Juried Friday Night Liberty.}

Quarters D: SCOUT at Quarters D recreationalsanantonio.com/pulse/control/index Towers: A Series of Contrast Photography by Roy Kerchkoffs. Kerchkoffs specializes in stark black & white photographs (with a tad of color here and there), inspired by the beach, industry and history. Roy conveys a story of a place with a history in which multiple scales receive special attention. He hand colors most of his larger black & white photos with a transparent paint.

Financial support for Friday Night Liberty is provided in part to the NTC Foundation by The Irving Group irvinggroup.com, The City of San Diego Commission for Arts & Culture sandiego.gov/arts-cultural, the County of San Diego sandiego.gov/arts-cultural, the County of San Diego sandiego.gov/arts-cultural, and the City of San Diego sandiego.gov/arts-cultural.
Camp Hot Spot: Pottery Painting, Candle Making & More!

Paint a portrait plate, a super cool ice cream bowl, build a chunky scented candle, paint on canvas and more! Learn basic painting techniques & tour our kiln room! All Summer...Camp will be held every Mon thru Thurs. Ages 6 and up. Dates and times tbd. Pre-register or drop-in. Limited seating up to 20 kids so pre-registering is recommended. $40/day or $150/week. Details at: www.thehotspotstudio.com or call 619-223-1139

All Children Love Tea Parties and Books

Point Loma Tea will be presenting a series of Children’s Teas this Spring and Summer in collaboration with The Yellow Book Road Children’s Book Store. Watch for announcements of specific dates and times for events for kids and their parents to experience a fun tea party along with readings from great kid’s books relating to tea, etiquette, friendship and more! Point Loma Tea and Yellow Book Road are neighbors in NTC at Liberty Station. 619-884-4370

EXTRA! EXTRA! READ ALL ABOUT IT!

Bravo School of Art and Theatre Arts School of San Diego team up this summer to immerse your creative child in Visual and Performing Arts Camps at Liberty Station! We offer week-long full and half day camps for ages 7-11. Campers can “Globe Trot with the Arts” June 24-28 and “Dream Big” July 15-19 as they explore the world of visual and performing arts taught by professional artists/teachers. Don’t miss the fun! Register now!

For more information: BravoSchoolOfArt.com (619) 223-0058 TheatreArtsSD.org (619) 786-6068 Create • Explore • Play • Hands-on • Fun!!

Happy Easter

Coloring Contest

Color the Bunny
Submit to Peninsula Beacon
1621 Grand Avenue
Suite C
San Diego, CA 92109
Your name + age
Contact Phone

Enter to win 4 Burgers/Sandwiches @ Slaters 50/50

Please submit by March 29, 2013 (Postmarked)
Two recent graduates of Point Loma High School have been selected to participate in the inaugural edition of a major sailing event.

Jake La Dow and Jake Reynolds, both 19, will spend the summer preparing for the Red Bull Youth America’s Cup, to be sailed along the Embarcadero in San Francisco Bay Sept. 1-4. A third local, Nevin Snow, a Cathedral Catholic High alum, was also selected.

The youth series will be sailed in AC 45 catamarans, boats called “exciting” and “challenging.”

“The Jakes” began sailing at age 6 in a San Diego Yacht Club program. Their sailing pedigree includes grandparents who were part of the Stars & Stripes America’s Cup run.

“We see this event as a direct pathway leading to the (traditional) America’s Cup,” La Dow said.

La Dow and Reynolds were both skippers for the national champion PLHS sailing team during their prep days. Both are now in college, La Dow at St. Mary’s College of Maryland and Reynolds at College of Charleston in South Carolina.

“We have so many people behind us,” La Dow said. “People at the San Diego Yacht Club are excited there is a strong team coming from the club.”

Reynolds agreed.

“We’ll be spending all summer in San Francisco as soon as our college classes end,” Reynolds said.

Both will be sailing for the USA45 Racing Team, representing the entire U.S. Another boat in the competition (American Youth Sailing Force) will represent the city of San Francisco.

“Our team is comprised of sailors from all around the country,” Reynolds said. “There are people from Florida to Virginia and Newport Beach, along with the three of us from San Diego.”

“We’re all blown away,” La Dow concluded. “We don’t even realize how big an event this will be. Everyone is superexcited for us.”

EXTRA NOTES

- The America’s Cup is the oldest active trophy in international sports, first awarded in 1851 and most recently won in 2010 by the Golden Gate Yacht Club, host of this summer’s defense.
- Veteran sailor Charlie Ogletree, most recently skipper of China’s America’s Cup entry, was named last week as the head coach of Team USA45 Racing Club, host of this summer’s defense.
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by SCOTT HOPKINS | THE BEACON

PLHS grads earn spots in inaugural Red Bull Youth America’s Cup race

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The 2013 gridiron schedule getting ready for kickoff
By SCOTT HOPKINS | THE BEACON

The 2013 football schedule for Point Loma High School has been released with some new twists and a Homecoming matchup to close the regular season.

Head coach Mike Hastings announced Point Loma Community Bank has stepped up to sponsor lighting for the ninth annual “Light up the Point” Homecoming game. His Pointers will kick off at 6:30 p.m. on Nov. 8 against the defending Western League champion and 2012 state champion Madison Warhawks.

The cost for rental for those lights that surround Bonnie Edens Field is $3,500, and a crew of volunteers must tow each generator/light tower to the field and return them early the next morning.

In addition, every home game will feature a theme designed to pack the stands at Pete Ross Stadium, with three of those home battles being played as part of triple-header on fans-friendly Saturday afternoon.

In addition, the new building under construction at the Voltaire Street site to cash barriers will be completed, featuring a new ticket booth, snack and restroom facility. The entryway will also be newly fenced, surfaced and upgraded as part of a $1 million project.

Players on next year’s team will also benefit from a full year in the school’s versatile new weight training facility.

Among returnees to the 2013 varsity team are Jake Wambaugh, an All-Western League first-team offense player; Dirk Lacy, second team offense and Jake Virissimo, named second-team defense as a sophomore last season.

Schedule:
- Aug. 23 — 6 p.m. M.Hills-Catholic/Edinal/Mission Hills (scrimmage)
- Aug. 31 — 7 p.m. Olympian/Point Loma #1 (scout to military/police/first personnel)
- Sept. 6 — 7 p.m. Ramona
- Sept. 20 — 6:30 p.m. Lincoln/Point Loma #2 (player association kick-off game)
- Oct. 4 — 6:30 p.m. Scripps Ranch

The San Diego Canoe Kayak Team (SDCKT), based in Mission Bay, is hosting a racing event on a local Olympic course.

The 2013 Silver Bluff Regatta takes place Saturday, April 6 at the USA Canoeing and kayak Center in Chula Vista. Canoeing, kayaking, ocean surfski and SUP (stand-up paddleboarding) will be included in the all-day event that begins with registration at 9 a.m.

The regatta includes races of 200 meters, 2,000 meters and a 200-meter relay.

The USA Olympic Training Center is located at 2600 Olympic Parkway. The SDCKT is a 15-year-old nonprofit organization focused on developing young athletes in Olympic-style racing and the exciting new sport of SUP. It was founded by Chris Barlow, a USA Olympic canoer. The team includes paddlers of all skill levels and ages. Members travel to regional, national and international competitions.

For more information, visit www.sdcKent. Write to info@kayak-fast.com or call (858) 273-0063.

FIESTA DE REYES SPRING ENTERTAINMENT SCHEDULE SET

This spring, Fiesta de Reyes offers live, free entertainment every day of the week. The stage, located in the Fiesta de Reyes courtyard, will host a variety of authentic folk-culture performances for the pleasure of diners, shoppers and passers-by. All performances are free and open to the public.

Folklorico dancing will be performed on the Fiesta de Reyes stage Monday through Saturday from 5:30 to 7:45 p.m. and Sundays from 6 to 9 p.m. The term folklorico means “folk dance” in Spanish and is a collective term for traditional Latin American dances that celebrate local folk culture. Dancers wear brightly colored costumes including traditional Spanish influence and dance to music featuring horns and guitars. The dancing groups at Fiesta de Reyes consist of professional dancers, students and young children.

On Wednesdays, Mariachi Divinas, the only all-women Mariachi group in San Diego, will occupy the Fiesta de Reyes stage from 5:30 to 7:45 p.m. On Fridays, the Fiesta de Reyes stage will welcome Luis Max & Blue Moon from 5:30 to 8:30 p.m. The band features music straight from the heart and was influenced by growing up in Mexico. Its sounds are a fusion of Latin, rock and pop music. Rich in Latin percussion with a hint of jazz, it will satisfy even the most sophisticated of musical tastes.

Last but surely not least, Fiesta de Reyes also has a towering mariachi band. Los Rios performs every Monday, Tuesdays, Thursdays and Fridays from 12:30 to 3:30 p.m., Thursdays at 5:30 p.m. and Saturdays at 3:30 p.m. Los Rios sings traditional mariachi songs, Santa, Kool and the Gang and even Pink Floyd tunes.

Fiesta de Reyes is a lively experience with a permanent party ambiance. It is located at Juan and Calhoun streets, a one-block stroll from the Old Town Trolley Station. For more information call (619) 297-3100 or visit www.FiestaDeReyes.com.

Enjoy the beauty of Old Town

PLAYING IT STRAIGHT

THURSDAY · MARCH 21, 2013

THE PENINSULA BEACON

Thursday - March 21, 2013

THE PENINSULA BEACON

Sports

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**Easter Worship Services 2013**

You are invited to worship with us

**Holy Week & Easter**

- **Maundy Thursday, Mass of the Institution**
  5:30 p.m. March 28
- **Good Friday Liturgy with Stations and Veneration of the Cross**
  12:00 noon, March 29
- **The Great Vigil and First Mass of Easter**
  5:30 a.m. Easter Sunday, March 31
- **Solemn High Mass of Easter**
  8:00 a.m. Easter Sunday, March 31

**Holy Trinity Anglican Parish**
2051 Sunset Cliffs Blvd, Ocean Beach
(619) 222-0365
Meets at Bethany Lutheran Church

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**First Church of the Nazarene in Point Loma**

**Palm Sunday Service**
March 24 – 10:15am

**Good Friday Service**
March 29 – 7:30pm

**Easter Sunday Services**
March 31 – 8:30am, 9:00am & 10:15am

3901 Lamaland Dr, San Diego, CA 92106
(619) 494-3100
churchonthe-point.com

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**Holy Week**

- **Palm Sunday, March 24**
  Worship at 8:30 and 10:15 a.m.
  New Covenant and Children’s Choirs
  Processional with Palms
  Coffee Service: 10:15 a.m.
  Easter Family Gathering / 9:30-11:30 a.m. – Plaza

- **Stations of the Cross, March 25-28**
  Featuring the artwork of Kevin Kudy
  Mon-Thurs: 9:00 a.m. – 7:00 p.m., Chapel

- **Maundy Thursday, March 28**
  6:00 p.m.: Apples & Oil, Rogers Presbyterian Church
  7:00 p.m.: The Sacrament of Communion – PCC
  All-Night Prayer Vigil 7:00 p.m. – 7:00 a.m. Friday

- **Good Friday, March 29**
  7:00 p.m. Service
  Grove City College Touring Choir
  Grove City, Pennsylvania

- **Easter Sunday, March 31**
  Easter Worship at 8:00, 9:30 and 11:00 a.m.: New Covenant Choir, Rogers Presbyterian and Solitude
  Symphony Brass, Piano, Organ, Percussion, Worship Band
  The Rev. Dr. John Paul Powell, Senior Pastor
  The Rev. Karla Shaw, Associate Pastor

**Point Loma Community Presbyterian Church**
2338 Chatworth Blvd, San Diego, CA 92107
(619) 222-5615
www.pointloma-church.org

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**St. Peter’s by the Sea Lutheran Church**
1371 Sunset Cliffs Blvd.
(between Point Loma Avenue & Adidas Street)

- **Maundy Thursday Service**: 7:00 p.m.
- **Good Friday Service**: 7:00 p.m.
- **Easter Sunday Services**:
  7:00 a.m. Cliffs Service
  8:45 a.m. + 10:30 a.m. in Sanctuary

**The Oasis Christian Fellowship of Ocean Beach**

- **Easter Celebration**:
  March 31
  9am
  2063 Sunset Cliffs Blvd.
  (The Episcopal Church Fellowship Center)

**Bethany Lutheran Church**

- **Maundy Thursday**: 7:30pm
- **Good Friday**: 7:30pm
- **Easter Sunday**: 10:30am

**The Lutheran Church Missouri Synod**
619-222-7295
2051 Sunset Cliffs Blvd, Ocean Beach
BethanyLutheran0B.org

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**Easter at Newbreak**

**Easter Services**

- **Ocean Beach**: SAT. MARCH 30 5:00P
- **Pacific Beach**: SUN. MARCH 31 9:00A • 10:45A

**Good Friday at 7:00P**

*PB will meet at 0B campus*

**NEWBREAK.ORG/EASTER**
PLNU ATHLETICS DEPT. COMMUNICATIONS

Rhoads named to All-PacWest Team
Callie Rhoads capped off a fantastic junior season for the Point Loma Nazarene University women’s basketball team by being named to the All-Pacific West Conference second team. Jessica Escorza also picked up an honorable mention.

Rhoads led Point Loma and ranked ninth in the PacWest with 14.4 points per game. She led the conference with 2.5 treys per game while ranking second in 3-point percentage (44.2). The shooting guard from Poway High School scored in double-figures in 20 of 24 games, including reaching the 20-point plateau five times. Rhoads also hit a 3-point shot in all but one game, and connected for four or more 3-pointers in six games.

Escorza was the second-leading scorer on the season for PLNU with 10.5 points per game. The sophomore from Virginia came on strong in the second half of the season to average 16.5 points per game over the Sea Lions’ last 13 contests. She shot 46.9 percent from the field and 75.7 percent from the charity stripe. Escorza also posted the Sea Lions’ season-high of 32 points in a win over Fresno Pacific.

This is Point Loma’s first season as a member of the PacWest. Rhoads’ second-team honor is the highest for any Sea Lion to date. She joins PLNU women’s soccer student-athletes Tiffany Kruey, Kallie Caldwell, Amanda Mitchell and Kelli LeClair of the volleyball team, who were all named to their respective third teams, as the Sea Lions’ all-conference selections during the 2012-13 year.

PLNU captures titles at San Diego Collegiate Challenge
Sean Lewis helped bring home two titles back to Point Loma Nazarene University at the San Diego Collegiate Challenge. He ran the second leg on the men’s 4x100-meter relay team, which won the race with a time of 42.79. Josh Su ran the opening leg, while Eddie Morrow was the third and Jonathan Tiggs ran the anchor. Lewis also won the men’s 100-meter dash by a thousandth of a second over Keith Rose of UCSD with a time of 11.02. Agnes Faaleaoga grabbed third place in the Sea Lions’ all-time record list with a throw of 43.03m.

Rhoads and Garkow named “Stars of the Month”
Callie Rhoads and Tyler Garkow have both been chosen to represent Point Loma Nazarene University as San Diego Hall of Champions Breitbard “Stars of the Month” for February. Rhoads averaged 17.0 points per game to lead the Point Loma women’s basketball team to a 7-1 record during the month of February. The junior guard from Poway helped the Sea Lions open the month on a six-game winning streak, which included a four-game sweep of the Hawaii schools on the road. During the month, Rhoads shot 49 percent from the field and 46 percent from 3-point range, while averaging 5.4 rebounds and 1.4 steals per contest.

Garkow went a perfect 3-0 in February with a 1.44 ERA over 25 innings. In four starts, the right handed senior from Glendora struck out 16 batters and allowed just 21 hits. He has not allowed a run in his last 16 innings pitched, including tossing a six-hit shutout against Hawaii Hilo (6-0) to lead the Point Loma baseball team to its first-ever win in the PacWest.
For wheelchair-bound dancers, mobility is a way of life

By MARSHA KAY SEFF | THE BEACON

A wheelchair hasn’t kept 29-year-old Lindsey Shaw from learning to dance. Neither has it deterred the Hill Rock resident’s dance-class friends from enjoying the freedom, fun and exercise of gliding their wheels around a polished wooden floor to the sound of upbeat music.

The wheelchair-dance group is searching for sponsors and donations that will defray event costs, as well as help support classes and other activities. The group also needs volunteer walkers, as well as more venues for classes.

“My quest is to inspire other challenged people and show how wheelchair dancing can make a positive impact on one’s body, mind and spirit,” said Beverly Wurdinger, a dancer before she was diagnosed with muscular dystrophy who founded the Wheelchair Dancers Organization. “There are no limitations, except the ones we place upon ourselves.”

Shaw, who was born with spina bifida and began taking dance classes about six months ago, agreed. She said she doesn’t let her physical challenges get in her way. In fact, she’s been bonding from her chair for the last seven years and she said she doesn’t think of herself as disabled.

The Wheelchair Dancers Organization got its start in 2009 with an assist from a ballet-room-dance program at Sharp Grossmont Hospital. National grants for the hospital’s rehabilitation center helped expand its wheelchair ballroom-dance program throughout San Diego County and cover costs for 11 custom-built sports wheelchairs. The hospital continues to support local wheelchair-dance lessons.

Joe Torres, organization director and choreographer for this week’s showcase, has been teaching ballroom dance for two decades. He started teaching wheelchair dance almost three years ago after attending an expo and seeing the enthusiasm of the participants.

“I was hooked. I never got that enthusiasm from my other classes,” he said. “It is a really good feeling — and I like feeling good.”

He points out that wheelchair dancing offers such physical benefits as increased strength, endurance and range of motion, as well as greater emotional well being.

Torres, who thinks of himself as the “dance whisperer,” teaches wheelchair dance-Mondays from 5 to 6 p.m. at Better Life Mobility, 8130 Parkway Drive; Thursdays from 11 a.m. to noon at the War Memorial Building, 1125 Zoo Drive, at the north end of the Zoo parking lot; and Saturdays from 11 a.m. to Noon for Dance for Life Mobility. 8130 Parkway Drive.

Though Torres admitted there are some limits to dancing in a wheelchair — “You can’t count steps out and there are no lifts or drops” — the impediments were fewer than some might think.

“They’re great people who just happen to be in wheelchairs,” he said of his dancers, some of whom he said find the classes to be so important that they’ll take up to three hours to get ready and take the bus to class. “And they don’t miss a class.”

It’s no coincidence that one of the group numbers at this week’s exhibition will feature a dance to “Stand By Me,” said Torres, pointing to both his enthusiastic rollers and the men and women who stand by them.

“There’s nothing I want to do that I can’t do,” said Shaw. “None of my friends are surprised that I can do this,” she added, grabbing her partner’s hands and spinning her chair.

For more information, visit www.wheelchairdancers.org.

PLHS BASEBALL ALUMNI: A SCRAPPY BUNCH

By SCOTT HOPKINS | THE BEACON

Forty years ago, a scrappy group of Point Loma High School players won the 1973 CIF baseball championship. Now in their late 50s, the team has remained in touch and members cherish the lifelong friendships formed on what was then a nameless and rather plain diamond.

But for this special group, it was their very own Field of Dreams. For the past 15 years, they have formed the core of a Pointer alumni team that returns annually to take on the newest version of the Pointer varsity squad. This year’s game was played Feb. 16, and while their competitive natures are ageless, they confide that, despite lengthy stretching and warm-ups before each year’s game, they will be “sore as hell” the next day. Perhaps these aging ballplayers best illustrate the school’s motto: “Once a Pointer, Always a Pointer.”

“What’s been created here (David Wells Field) is phenomenal for Point Loma High School,” said 1973 team spokesperson Steve Grimes. “Fifteen years ago when we started this, we had no idea either the field or alumni game would look like this. Now, we have all these people (1973 to 2012) coming back and, hopefully, the youngsters on the varsity see they can be part of this at some point in time. Point Loma is like a big family and we’re very fortunate to be able to get together and still do this.”

Members of the 1973 Pointers CIF champion baseball team who played in the Feb. 16 alumni game were, front row, from left: Tommy Evans, Terry Greaves, Steve Grimes and Paul Contreras. Back row, from left, are Mark “The Bull” Connors, Kevin Stafford, Brian Silano, Steve Vargas and Jim “Hammo” Harvey. A tenth player, Gary Beck, had to leave before game’s end.

Alumni catcher Bobbie Event prepares to put the tag on sliding varsity player Kye Miranda during the alumni game. The varsity team outscored the alumni in a nine-inning game.

For more information, visit www.pointlomahs.org.
140 Yards uses up-and-comer status to make a name for itself

There are few institutions in San Diego that have had as big an impact on music as Point Loma High School. Beginning in the late 1950s, the school has churned out a multitude of prominent musicians, including the likes of pianist Mike Wofford, several members of reggae rockers Slightly Stoopid, and songwriter Carl Rusk of the Nashville Ramblers and Chicago frontman Jason Scheff.

The school is known for its music programs and continues to produce aspiring artists, including a reggae, ska and R&B band called 140 Yards, which performs at The Harp on March 24. The seven-piece band includes frontman and guitarist EddyAllen, lead guitarist Matt Alcantara, bassist Seth Irlby, drummer Alex Allen, alto saxophonist Ilish Gedestad, soprano saxophonist Cole Van den Helder and tenor saxophonist Spencer Gedestad, all of whom are students at Point Loma High School, with the exception of Alcantara, who graduated last year.

Originally performing under the name Taco Tuesday, the band has been gigging for about six months, though the core of the group, the Allen brothers and Alcantara, have been playing together for two years. That is a considerable length of time when you consider that drummer Alex Allen — the youngest member of the band — is only 15 years old.

According to Alex, he’s not sure what the band’s current name really means, though it comes via a major celebrity.

“I don’t know. It’s kind of between our guitarist and Will Farrell,” Alex said. “Our guitarist, Matt, went golling with Will Farrell out of luck. And that’s how the inside joke started.”

In truth, it was only natural that the Allen brothers found their way into a band. Alex points out he comes from a musical family. His mother was a bust and his father was a guitarist. While a band with two brothers might seem ripe for turmoil, as seen in such famous cases as the Gallagher brothers of Oasis and the Everly Brothers, Alex considers the situation to be quite the opposite in this case.

“Playing in a band with my brother is great,” Alex said. “We connect with each other musically because we live together. So we’re really tight.”

Ironically, though, Alex is making his name as a drummer, that wasn’t his first option. “My mom wanted me to play piano as a kid, so I started out playing the drums. I didn’t really like it much, so I tried a bunch of different instruments. But I always wanted to play the drums and when I tried it, I loved it.”

Though the band occasionally throws in a cover tune like “Badfish” by Sublime or “Sissy Strut” by the Meters, 140 Yards is primarily about its original music, with inspiration taken from the likes of Slightly Stoopid and The Red Hot Chili Peppers. The band has recorded an EP’s worth of tunes, with more recording ahead.

Though Allen is just starting out in music, he said he likes what he’s experienced so far.

“Being a musician at 15 is great, because it’s one of the best creative outlets,” Allen said. “For all the creativity I have playing, drums are the main way that I get it all out, and it gives me something to do all the time, which is pretty cool.”

While he said he hopes 140 Yards continues its upward trajectory, Allen is also realistic.

“I love everybody in the band, and playing with them and everything. But I don’t have high expectations, even though I think a lot of our songs are really good. I’m just going to go with the flow. And if it gets big, that would be pretty cool,” he said.

• 140 Yards: Sunday, March 24 at The Harp, 4935 Newport Ave. 3 p.m. 21 and up www.facebook.com/Cali-Roots-Music

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Growing up in San Diego, years of hard work at his parents’ popular coffee shop, Harry’s in La Jolla, helped 35-year-old John Rudolph acquire the necessary know-how to open a restaurant of his own.

The newly opened Newport Yacht Club is located at 5060 Newport Ave. in Ocean Beach, below Ace Tattoo, filling the space left by the Mexican restaurant El Rodeo.

Newly remodeled, with new equipment and under new ownership, the Newport Yacht Club opens daily from 11 a.m. to 9 p.m.

The menu offers a variety of fresh-grilled fish and seafood items, fish tacos and sandwiches, tortas and fresh salads. The restaurants’ unique specialty is cioppino soup, a mix of fresh fish (salmon, mahi-mahi, halibut and other seafood) and fresh vegetables in a hearty tomato base broth.

“We try to have a different fresh-fish selection available every day,” said Rudolph. “We let the customer choose the type of fish and the flavor of the fish marinade before we grill the fish to their liking.”

To stay with the healthy trend, none of the fish is fried.

John Rudolph
Owner of newly opened Newport Yacht Club restaurant in OB

Avenue tend to cater to a clientele of 21 and over.

“The Newport Yacht Club welcomes families with children and has no age limit,” he said.

Also dog friendly, the sunny, non-smoking patio sports solid wooden benches, seats and tables; two big orange umbrellas provide plenty of shade.

“We try to have a different fresh-fish selection available every day. We let the customer choose the type of fish and the flavor of fish marinade before we grill the fish to their liking.”

JOHN RUDOLPH
Owner of newly opened Newport Yacht Club restaurant in OB

“When this spot became available, I immediately jumped on it,” he said.

Rudolph said he wants his restaurant to look and feel completely different from El Rodeo.

“I’d like for my guests to know that this place is totally different — different menu, different atmosphere, different dining experience,” he said.

Rudolph said he is also planning to cater to the late-night crowd in the near future.

“We’re looking to stay open until 2:30 a.m., Thursdays through Saturdays.”

A grand-opening party at the Newport Yacht Club is scheduled for April.
BEEFING UP CORREA’S MIND FACTORY

In the Correia Middle School Library, Steve Cuato, left, senior vice president of City National Bank, presents a certificate for $1,765 in store credit for use at Barnes and Noble stores. The two companies partnered during the recent holiday season to collect books for the school’s library. Customers donated 265 books, while the bank and “The Way Up,” a non-profit bank affiliate, matched the value of the donated books. Accepting the certificate is Correia vice principal Evelyn Fitzpatrick. Cuato is a Peninsula resident whose children attended Correia. Library technician Julie McKay reports the new books are a big hit with students. Courtesy photo

LINDA HOPKINS

PLHS gridiron player earns prestigious honor

By SCOTT HOPKINS | THE BEACON

A graduating Point Loma High football player has been named to a prestigious list of top scholar-athletes in the county.

Greg Verdugo, a linebacker for the 9-4 Pointers last season, was named a scholar-athlete leader by the National Football Foundation’s Walter J. Zable/San Diego Chapter, one of 120 chapters nationwide.

Verdugo joins 25 others who received the honor and will be honored at the group’s 43rd annual banquet March 29 at the Scottish Rite Masonic Center in Misson Valley.

Criteria for the award include maintaining a high grade-point average while being leaders and outstanding players on their teams. Citizenship at school and in the community is also evaluated.

Verdugo’s grade-point average is 4.5 and he was named to the All-Western League first-team defense.

Verdugo led the Pointers last season with 94 tackles and was among the leaders in sacks with three.

This isn’t Verdugo’s first honor from the group. At a Pointer home game last season, several foundation representatives were on hand to select a most valuable player in the contest. Verdugo was selected that day, and he joined 21 other MVPs in attending a San Diego Chargers game where the group was introduced on the field.

Also honored at the banquet will be others involved in prep football, including top team physicians and referees.

Looking ahead

Peninsula reunions. March 23 through April 7

THURSDAY, March 21

The Frequency Film Festival will run from March 21-23. March 28-30 and April 1-6. The event will screen narrative and documentary features films from around the world. The opening night film from Portugal, “The Baron,” will have its North American premiere on March 21 at The Ocean Beach Playhouse, 4944 Newport Ave. The film will also screen on April 2. Film selections will be available soon. For information, visit frequencyfilmfestival.com.

FRIDAY, March 22

Silver Gate Elementary School will hold its “Masked Gala & Auction” to raise funds for Friends of Silver Gate Elementary for school programs. RSVP by contacting fgsauction2013@gmail.com. The event takes place from 6 to 11 p.m. at the Hyatt Regency Mission Bay-Mission & Bayview Ballroom, 1441 Quivira Road. The event will include a silent auction and masked gala. The evening will feature food and dancing. Cocktail attire is suggested and masks and costumes are optional. Self-dancing. Cocktail attire is suggested and a silent auction and masked gala. The evening will feature food and dancing. Cocktail attire is suggested and masks and costumes are optional. Self-dancing. Cocktail attire is suggested and a silent auction and masked gala.

SUNDAY, March 24

A free Easter Fest at Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd, will be held between 9:30 and 11:30 a.m. and will include a petting zoo, crafts, face painting, games and a bounce house. For more information, email Cindy Davis at cindy-pointlomachurch@gmail.com, or call (619) 223-1633.

TUESDAY, March 26

The Hervey/Point Loma Branch Library will host “Reading with Honey Bear” at 4 p.m. in the children’s storytime area. The library is located at 3701 Voltaire St. For more information, call (619) 531-1539.

WEDNESDAY, March 27

“Pajama Story Time” at the Hervey/Point Loma Branch Library at 6:30 p.m. in the children’s storytime area. The library is located at 3701 Voltaire St. For more information, call (619) 531-1539.

Gabe Sekela, program manager at the San Diego History Center, presents “Holdrick’s to Whitsett’s: Celebrating San Diego’s Shoes and Hats.” The talk, which runs from 1 to 2 p.m. at the Hervey/Point Loma Branch Library, will explore the variety of stylish hats, shoes and accessories created for San Diego society by everyday designers by Mabel Whitsett to remarkable creations for ‘Sally’ Tippett for such events as the Del Mar Horse Races. For more information, call (619) 531-1539.

FRIDAY, March 29 and SATURDAY, March 30

The Point Loma American Cancer Discovery Shop at 2609 Midway Drive, Suite C, is having its Whirligig Spring Event on Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 5 p.m. Featured will be spring tops, dresses, shorts, skirts, shoes and accessories, plus an array of whirligigs and whimsical items. All proceeds go to cancer education and research. Donations are welcome, as are volunteers. For more information, visit cancer.org/discovery or call (619) 224-4336.

SUNDAY, April 7

Humphreys Backstage Live, 10 a.m. to 2 p.m. Brunch with award-winning bluesmasters Robin Hendel (guitar) and Billy Watson (harp) from 10 a.m. to 2 p.m. Brunch price is $43.50 per adult. Humphreys is located at 2303 Shelter Island Drive. For more information, call (619) 226-1411.

Are Your Elderly Parents Resistant To What You Suggest?

Has this happened to you before? You are pretty sure that your Mom and Dad aren’t eating right, aren’t getting out for shopping or doctor’s appointments and just seem to be having more problems than usual. You want to help but they always say, “I’ll think about it” or “maybe later.”

Sometimes approaching them in a different manner makes all the difference. Success may happen when you suggest change by taking into account their value system or needs.

1) They worry about the cost. Pay for the caregiver as a gift to them. Ask all the siblings to chip in a little each month.

2) They don’t think it’s necessary. Having more problems than usual. You want to help but they always say, “I’ll think about it” or “maybe later.”

3) They don’t want help and answer their fears with factual answers. Sometimes approaching them in a different manner makes all the difference. Success may happen when you suggest change by taking into account their value system or needs.

4) They worry about the cost. Pay for the caregiver as a gift to them. Ask all the siblings to chip in a little each month.

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