



SAVE THE DATE: SEPT. 6
10:00 a.m. - 3:00 p.m.
Enjoy a family friendly event
Hosted at the corner of Sunset Cliffs Blvd
& Pt. Loma in the church parking lot, and
the street along Pt. Loma Blvd.

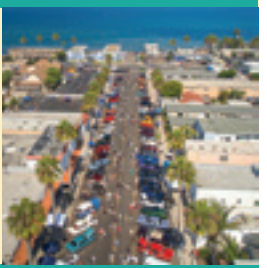
SUNSET CLIFFS AUTO SHOW
ENTER YOUR VEHICLE TODAY! CARS, TRUCKS & MOTORCYCLES!
Food trucks, vendors, music, free giveaways,
raffes. Kids Zone with power wheels drag racing.
Accepted entries receive a Sunset Cliffs
Auto Show T-shirt.



Call (619) 222-7901
sunsetcliffsautoshow@gmail.com

Sponsors: Hodads, Inn at Sunset Cliffs, Trinidad Motors, St Peters By The Sea, Ocean Beach Mainstreet Association, Intrepid Network, San Diego Automotive Museum, Brad Zemcik, Music As You Like It, Olive Tree Market Place, Service KingsHome Services, BK Printing, Efficient Working Bodies, The Harp, The Holding Com pany. **Music By:** Music As You Like It + More Pop!

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SOUTHERN CALIFORNIA NEWS NETWORK

FRIDAY, JULY 11, 2025

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INSIDE



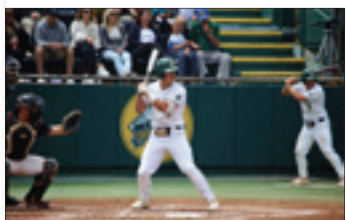
PENINSULA BEACON
WEEKLY NEWSLETTER
SCAN THE QR CODE TO SIGN UP



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Padres this weekend
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There's a 'Burning Love' for Chili Cook-Off

What do you call a group of Elvises and a hunk, a hunk of burning chili? Whatever it is, fools rushed in to taste their chili at the Taste Buds booth during the annual Chili-Cook-Off. Find out what teams won the cook-off and check out more photos of the OB Street Fair on page 3.

PHOTO BY THOMAS MELVILLE/PENINSULA BEACON

Point Loma High to celebrate a century of memories

By DAVE SCHWAB | The Beacon

POINT LOMA – One hundred shared memories are being sought for Point Loma High School's centennial celebration.

The PLHS 100th Celebration Committee is organizing the anniversary event on Saturday, Sept. 13 at Port Pavilion Broadway Pier, 1000 North Harbor Drive. The committee is looking to publish 100 personal reflections from alumni in a new book commemorating this generational milestone.

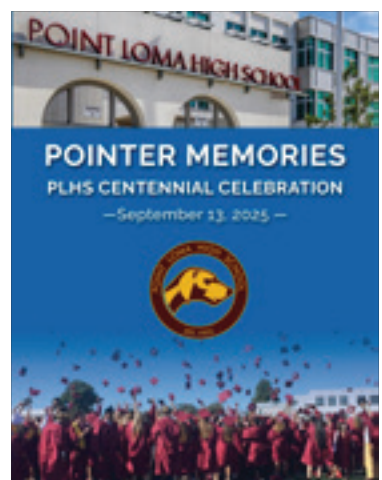
Dedicated in 1925 as Point Loma

Junior-Senior High serving grades 7-12, PLHS is the third oldest high school in the San Diego Unified School District behind only San Diego High School dedicated in 1882, and La Jolla High founded in 1922.

Titled "Pointer Memories," the new PLHS alumni book is being compiled by author-editor John Freeman (Class of '69), who is inviting his classmates to submit a few of their favorite stories for the book that will be professionally produced.

"We are hoping to get at least 100

(memoirs)," said Nancy Palmtag, who is leading the Engagement Subcommittee of PLHS's 100th Celebration Committee being co-chaired by her daughter, Alli Leitz. "At our initial meeting, Elaine Fotinos Burell brought up the idea of putting together some kind of history or memory book to memorialize the occasion. We all thought it was a great idea, and Nan Lutes volunteered to contact 1969 graduate and writer John Freeman to see if he would be interested in the



The cover of the Point Loma High School centennial book, 'Pointer Memories.'

PHOTO BY JOHN FREEMAN/POINT PR COMMUNICATIONS

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All Aboard for land or sea charcuterie and provisions in Point Loma

By DAVE SCHWAB | The Beacon

POINT LOMA – Curated with care, crafted with style, and served with passion.

That’s the motto of All Aboard Charcuterie & Provisions, which recently set up shop at 2724 Shelter Island Drive. The space was previously occupied by Paragon Deli Cafe, whose owner has since retired.

All Aboard is run by business partners Sibila Reyes and Shauna Brown, Point Loma residents for 20-plus years. According to their website at allaboardsdca.com, the business started as a small and crazy idea after Brown and Reyes had to change their professional life paths.

“It is a brand new business for both of us,” said Reyes noting Brown first started making charcuterie during COVID. She pointed out All Aboard does business on both land and sea.

“It’s so many things because you can come in-store and eat a sandwich and have a glass of wine and a small board and a beer,” said Reyes. “We have a big catering population.



Sibila Reyes and Shauna Brown, co-owners of All Aboard Charcuterie & Provisions at 2724 Shelter Island Drive.
PHOTO BY DAVE SCHWAB/PENINSULA BEACON

You can order boards or boxes or sandwich platters for boats or a party. We also have charcuterie carts with different buckets with charcuterie elements, and people prepare their platters with different meats, cheeses, crackers, and olives.”

All Aboard is also available for rent for events like baby showers and dinners.

Brown talked about how she and Reyes acquired their new space. “We knew we wanted to work together and we knew we wanted to do our own business,” she said. “At first we thought we wanted to do catering that deals with the (boat) charter companies and the yacht clubs and people around here.”

But the business duo initially

didn’t have access to a kitchen. “We were looking for a ghost kitchen, but all the ghost kitchens were in East County so it didn’t make sense,” Brown said.

“We do a lot of walking, and this (space) was on our path. One day, we saw a rent sign on Paragon, and we were familiar with it. We knew it was a great location, and we called. The previous owner had retired, closed the doors, and gone to Europe for a few weeks. It was meant to be because it was a great deal for us. We’re next to all the charter companies and the yacht clubs. Now we have a storefront that we didn’t count on.

“Then we got creative and now it’s all aboard,” said Brown, noting All Aboard is “really unique in what we do as we do charcuterie, the sandwiches, the wine, and the beer. But we also do the catering, and we do the rental of the venue as well.”

Of their wine selection, Reyes noted: “We are proud because we have taken the time to select wines that are special at different price points. We want people to know that if they

ALL ABOARD CHARCUTERIE & PROVISIONS

Where: 2724 Shelter Island Drive.
Info: allaboardsdca.com, 619-871-3735.

Charcuterie is a branch of French cuisine devoted to prepared meat products, such as bacon, ham, sausage, terrines, galantines, ballotines, pâtés, and confit, primarily from pork. Charcuterie means "cooked meat" in French. It also refers to a shop that sells prepared or cured meats. It often describes a platter or board of prepared meats, cheeses, and other accompaniments.

get a bottle of wine with us, it’s a ‘good’ bottle. We don’t have 100 (wines). But the ones we have, most of them are organic wines. We have wines from Spain and Italy and good quality canned wines for the boats.”

“We’ll refresh our wines, as well as what goes on our charcuterie boards with the season,” Brown said.

“Living here, we love the community,” said Reyes. “We know the boat people, and the house people, need certain things and we want to work with the community. There is nothing set in stone. That’s the fun part of this. We can work with whatever people need, whether it’s a big or small board, a vegetable board, or a cart for desserts.”

“We will work with everybody. We say ‘yes,’” Brown said.

“And we love that every day is different and we get to meet more people from this community and everybody has been wonderful,” Reyes added. “It’s good for us and for them.”

Public Notice

Opening of McGrath Outpatient Pavilion and Expansion of Specialized Services

Hillcrest Medical Campus at UC San Diego Health will be opening McGrath Outpatient Pavilion in summer 2025. This action is being taken to address the region’s growing demand for specialized services. The six-floor, 250,000-square-foot advanced medical facility, located at 4250 1st Ave, San Diego, CA 92103, will house key clinical programs that will either relocate or expand from their current locations. Outpatient clinical staff will also be relocated to the new pavilion.

Services at McGrath Outpatient Pavilion will include audiology, the Breast Center, digestive diseases (colorectal), neurology, neurosurgery, otolaryngology, plastic, burn, and trauma surgery, vascular clinic, radiology and advanced imaging, infusion clinic, multi-specialty cancer clinic, orthopedics, outpatient surgery, perinatology, endoscopy, radiation therapy, and urology.

The closest comparable facilities, who are also contracted with Medicare/Medi-Cal, are:

Scripps Mercy Hospital San Diego (0.4 miles)
4077 Fifth Avenue, San Diego, CA 92103

Sharp Memorial Hospital (4.7 miles)
7901 Frost St., San Diego, CA 92123

Jacobs Medical Center at UC San Diego Health (14.1 miles)
9300 Campus Point Drive, San Diego, CA 92037

This notice is required by the Health and Human Services Agency with the California Department of Public Health, in accordance with Health and Safety Code sections 1255.1 and 1255.25, and Assembly Bill 2037 (Chapter 95).

For additional information, please contact UC San Diego Health at **858-657-7000** or visit health.ucsd.edu/about-us/hillcrest-redevelopment.

UC San Diego Health

SPILL THE BEANS

Spill the Beans introduced its fifth and first drive-thru location in Ocean Beach now open from 6 a.m. to 8 p.m. at 4805 Newport Ave. at the corner of Sunset Cliffs Boulevard. Serving coffee and bagel enthusiasts, or “Pot Heads” as Spill the Beans calls its longtime fans, the 900-square-foot space features a walk-up window with outdoor seating for approximately 50 people.

Spill the Beans’ signature bagels, crafted by chef Karina Orozco ahead of the team’s original opening in the Gaslamp in 2017, have remained a fan favorite. Made with five simple ingredients and boiled in agave syrup, these bagels stand out for their larger size and softer texture. They are available in creative flavors such as Sundried Tomato and Cheese and Bacon and White Cheddar.

The menu also features a variety of “bagel sandos” like the popular San Diego, two over-medium fried eggs, peppered bacon, American and pepper jack cheese, and cayenne aioli. Other items include chia berry bowls, avocado toast, and lunch options like the B.B.L.(t) with peppered bacon, tomato, lettuce, and garlic aioli. Stay caffeinated with a wide variety of cold brew, specialty coffee drinks, teas, juices, and fan favorites like matcha and chaga. Available milk alternatives include oat, almond, coconut, and macadamia.