



THE PENINSULA BEACON



Set clocks back one hour
at bedtime Saturday

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, OCTOBER 29, 2009

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A howling good time

Costumed canines and humans were out in force Oct. 25 at the fourth annual Ocean Beach Canine Festival's "Howl-O-Ween" at Dusty Rhodes Park. The event was highlighted by a parade of costumed participants, including, at right, Amanda Vino, Oscar (Yorkie) and Einstein (Schnauzer/Yorkie).

PHOTOS BY PAUL HANSEN | THE BEACON



Senator, planners huddle on airport governance ideas

By ANTHONY GENTILE | THE BEACON

Local community planners met with state Sen. Christine Kehoe at her office on Oct. 22 to discuss the future of the San Diego International Airport at Lindbergh Field. The half-hour meeting covered a variety of topics, focusing on governance of the San Diego County Regional Airport Authority.

"We're sandwiched between the industry and the quality of life," said Peninsula Community Planning Board (PCPB) Airport Committee Chair Suhail Khalil. "There are choices we need to make. How do we mitigate airport impacts?"

In addition to Khalil, PCPB Airport Committee aviation specialist Paul Grimes and four PCPB members represented the planning board at the meeting. Also in attendance were District 2 Councilman Kevin Faulconer and his representative, Matt Awbrey, as well as Ocean Beach Planning Board Chair Brittany Taylor and Kehoe's policy director, Deanna Spehn.

The main topic of discussion was the issue of airport governance. As it stands, the Airport Authority, which oversees the operations of the airport, also oversees the Airport Land Use Commission —



State Sen. Christine Kehoe makes a point during a meeting with local planners over concerns surrounding the oversight of Lindbergh Field.

PHOTO BY ANTHONY GENTILE | THE BEACON

something that Khalil said is a conflict of interest.

"The Airport Authority is the cheerleader for the operations of the airport and they also have the jurisdiction over land-use matters,"

SEE AIRPORT, Page 5

Medical pot task force not just blowing smoke

By ADRIANE TILLMAN | THE BEACON

The Medical Marijuana Task Force voted on issues of security, hours of operation and lighting for medical marijuana dispensaries at its Oct. 22 meeting. The task force's recommendations will go before City Council by January 2010.

The task force voted 10-1 to set the hours of operation for all medical marijuana dispensaries to open no earlier than 7 a.m. and close no later than 9 p.m. Craig Balben, chair of the Sabre Springs Planning

Group, was the lone dissenter. "[I] didn't feel it was necessary for pot dispensaries to be open when it was dark out," Balben said. "I would have preferred a 12-hour window (8 a.m.-8 p.m. or 7 a.m.-7 p.m.)."

The board voted 8-3 to mandate that all medical marijuana collectives provide a full-time security guard, as well as cameras and alarms, to monitor the premises.

Task force member Steven

SEE MARIJUANA, Page 4



Thousands of walkers are expected to spread across Balboa Park on Sunday for the 13th annual Susan G. Komen San Diego Race for the Cure.

COURTESY PHOTO

Breast cancer walk a tribute to life, hope

By ANTHONY GENTILE | THE BEACON

Thousands of pink-clad racers will take over San Diego this weekend. The 13th annual Susan G. Komen San Diego Race for the Cure will be held in Balboa Park on Sunday morning.

"There's lots of entertainment," said Ocean Beach resident Rachel Lipsitz. "There's all kinds of pink banners and shirts

SEE WALK, Page 5

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Kicking off a centennial milestone

Pageantry and heritage were on full display during the SES Portuguese Centennial Gala Celebrating 100 Years of Festa event at the Sheraton Hotel & Marina on Oct. 24. An estimated 600 people packed the event, which was designed to kick off the 100th year of the Portuguese Festa celebration in Point Loma. Festa, or Feast of the Holy Spirit, is San Diego's oldest ethnic tradition. Above, capes and gowns of past queens shine in magnificance. Left, past queens (and cousins) Desiree Silveira Thierry and Nazare Freitas Judd share a moment. Below, more than 300 photos were displayed capturing the rich Portuguese tradition and contributions made to San Diego's once-thriving fishing industry. Next year's centennial Festa takes place on May 23.

PHOTOS BY MARIA EPSTEN | THE BEACON



City Council to weigh boost in meter rates, hours of use

By NEAL PUTNAM | THE BEACON

San Diego City Council will consider boosting parking meter rates to \$2.50 per hour and extending their hours of use following a 3-2 vote by a council committee earlier this month.

Under the current proposal, meters would also be in use until 11 p.m., including Sundays.

Council is expected to hear the proposal in late October or in November. The Budget and Finance Committee voted 3-2 to forward it to council without specifying a recommendation. Dissenting votes were cast by councilmembers Carl DeMaio and Marti Emerald.

Councilmember Kevin Faulconer, who voted for it along with Todd Gloria and Tony Young, said the proposal could also lead to lowering parking meter rates in areas where they are not used much.

A city report claims revenue

would increase by \$8.6 million over the next three years if it is passed by the City Council. The report also said that solar-powered parking meters are in the near future, and meters would also take prepaid cards, debit and credit cards, eventually making coin-operated meters a thing of the past.

The proposal would initiate parking meter time one hour earlier, at 7 a.m., and keep the meters operating until 11 p.m. If adopted, the city would have to hire or transfer workers to enforce parking meter times, as current parking officers do not work past 6 p.m. Having parking meters work on Sundays is also an option.

The city's goal is 85 percent utilization of all meters; the current use of all parking meters is 38 percent. A city report says 72 percent of all meter revenue comes from downtown. The current maximum meter rate is \$1.25 an hour, a decision made in 2004.

OB Elementary poised to celebrate 100 years

Ocean Beach Elementary School is celebrating its 100th anniversary this year and the OB Historical Society (OBHS) is calling all Pelican alums to be a part of their presentation on Nov. 19.

Anyone who attended Ocean Beach Elementary School between 1919 and 1999 is encouraged to contact OBHS programs director Stephanie Greenwald via e-mail at luckyme3@cox.net or by calling

(619) 602-0771.

The main event itself, "The Ocean Beach Elementary School Celebrates Its 100 Year Anniversary," will be held Nov. 19 at 7 p.m. at the Point Loma United Methodist Church located at 1984 Sunset Cliffs Blvd.

For more information about the event, visit obhistory.wordpress.com.

— Anthony Gentile

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OBMA honors key community standouts, stars

The Ocean Beach business community gathered in an impressive turnout of more than 170 people on Oct. 22 to honor the community's merchants during the Ocean Beach MainStreet Association's (OBMA) annual Awards Night Celebration.

Mayor Jerry Sanders made a special appearance at the awards program despite celebrating his wedding anniversary that day, meeting participants and offering a few words. State Sen. Christine Kehoe also appeared. Sanders and Kehoe have a long history with the residents of Ocean Beach and were joined by District 2 City Councilman Kevin Faulconer and county Supervisor Greg Cox in praising the OBMA, its board and volunteers.

Cordelia Mendoza, chair of the OBMA's Promotion Committee, presented the 2009 awards to businesses and individuals who are involved in quality of life efforts in Ocean Beach. Recognized were:

- Winston's for bringing a laugh to OB with the "OB Comedy Night";
- David Linton for his support of and involvement with the Ocean Beach community through his artwork;
- Pizza Port for its "Welcome Aboard" program and support of Ocean Beach events; and
- Gallagher's Pub for outstanding marketing efforts.

Yvonne Cruz, representing OBMA Design Committee Chair Barbara Iacometti, presented the committee's 2009 Sunflower Awards to:

- Architectural firm Hanna Gabriel Wells for excellence in the re-use of an existing building and for providing OB with an outstanding interior and exterior remodel job; and
- Sunset Cliffs Animal Hospital for the most remarkable interior and exterior remodel and positive



The Ocean Beach MainStreet Association honored community merchants and contributors Oct. 22 during its annual awards night. COURTESY PHOTO BY JOE EWING

contribution to the community.

Cruz also presented Community Volunteer Awards to:

- Point Loma Landscaping for volunteer efforts to keep Ocean Beach looking good; and
- Janis Ambrosiani for extensive volunteer efforts in designing and producing the 2009 OB Street Fair Mural.

Heather Clarke presented the OBMA's Economic Restructuring Committee awards to:

- Suzy Lambert of Crystal Visions, who earned the 2009 Business Award for marketing efforts to organize and promote Santa Monica Avenue merchants;
- Craig Gerwig of Newport Avenue Antique Center, who earned the 2009 Community Partner Award for volunteer efforts on behalf of the OBMA and the community; and
- OB Rag, which earned the 2009 Community Partner Award for outstanding coverage of the 30th annual Street Fair and Chili Cook-Off Festival.

Julie Klein, of the OBMA Crime Prevention Subcommittee, presented 2009 Community Partner awards to Capt. Walt Vasquez and Officer David Surwilo of the San Diego Police Department.

- Vasquez was recognized for his ongoing commitment to Ocean Beach while Surwilo was recognized for his ongoing commitment to Ocean Beach and work with the OB Crime Prevention Committee.

OBMA President Mike Akey presented special 2009 Community

Partner awards to:

- Point Loma Masonic Temple for a generous community partnership with the OBMA;
- OB Town Council for ongoing involvement and support of the 30th annual Street Fair and Chili Cook-Off Festival;
- Shades Oceanfront Bistro for support of the 30th annual Street Fair and Chili Cook-Off Festival by providing committee chili; and
- Union Bank for its support of and involvement with the Ocean Beach community.

Special 2009 Community Volunteer Awards went to Chuck Schiele, Joshua Utley and Yvonne Cruz.

Schiele, of StudiOB, designed and produced OB's first CD compilation called "WAVES: The Sound of Ocean Beach." Ocean Beach is known for its diverse music culture. Schiele helped distribute certificates to all the musicians involved in making the CD and presented a certificate to Jim Grant for his cover photograph.

Utley, of Intrepid Network, was recognized for dedication and donation of countless hours in redesigning the OBMA's website after joining the Promotion Committee. Visit the new site at www.oceanbeachsandiego.com.

Cruz chaired the OB Street Fair and Chili Cook-Off Festival for so long that no one can remember how long. Last year she passed the torch to Barbara Iacometti and mentored her through the 2009 event.

— From staff and contribution

OBITUARY

Moody, 80, trumpeter, longtime OB attorney

John Philip Moody, second son of Horace "Bert" and Hannah Robertson Moody, died Oct. 6, 2009.

He was 80.

An extraordinary father, husband, attorney and trumpeter, John was born on Nov. 8, 1928 at McCulloch Hospital in San Diego.

Growing up in North Park, John attended McKinley Elementary School, Roosevelt Jr. High School and graduated from Hoover High in 1946.

He attended San Diego State College for two years and then transferred to Stanford University, where he obtained his BA degree in biological sciences in 1950 and an MA degree in education in 1952. While at Stanford, he played in the university orchestra and was lead trumpet in the Stanford band.

After finishing his education, John was drafted into the Army during the Korean War. From 1952 to 1954 he served at the Presidio of San Francisco, playing lead cornet in the 6th Army band.

Having obtained his Master of Education, he taught for almost two years at Gompers Jr. High in San Diego. That experience enticed him into the field of law and he graduated from Southwestern Law School in 1960. As an attorney, he spent the rest of his 47-year career practicing in Ocean Beach. He did branch out a bit and had an office for several years in Ramona one day a week.

John started trumpet lessons with his father at the age of 9. At 16, he joined Musicians Union 325 and had been a member ever since.

He played in many venues around San Diego, primarily with the San Diego Concert Band, the La Mesa Community Band and as

lead trumpet with the San Diego City Guard Band.

Playing music was the love of his life. He joined the Elks Lodge in El Cajon so he could play, for a time, with his brother Donald's "Elktones."

He also loved building model rubber-powered planes and had almost as much of a love for unique automobiles. His pride and joy was a 1964 Morgan Plus Four. "Obecians" grew used to John tooling around town in his little black Morgan.

He was married to Phillis Rhea in 1963 and they produced two wonderful children, Philip and Laurel. Philip and Shauna's daughter, Kirra, is John's only grandchild.

In 1983, John and Louise Eckart Faye were married and Lou brought her three children into the family: Ian, Robert and Megan Faye. Subsequently, these three married and added nine grandchildren who have been bolstered and nurtured by John's love for them.

John ran twice for public office, each time unsuccessfully. He truly enjoyed the experiences, however. The first run was in 1968 for state Assembly, running as a Democrat. The second bid was as a Libertarian for a state Senate seat in 1992. He leaned away from politics when he spearheaded the fundraising for a group of doctors going to Guatemala to give immunization shots to local children. The group was called Amigos de las Americas.

This unique, warm, honest, kind, funny man is missed so much by all his family. Go with God, Big John.

Services were held on Thursday, Oct. 15 at the Point Loma Community Church on Chatsworth Boulevard.

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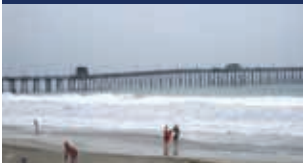
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Catrina Russell

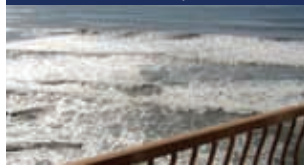
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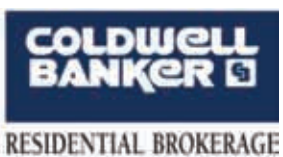
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NewsBriefs

City dumps plan to boost development oversight

The city has scrapped its plans to consider amending the municipal code to provide more community oversight regarding minor modifications to approved development.

City Council was scheduled to hear the proposed amendment on Oct. 27 but the Development Services Department (DSD), under the direction of the mayor's office, will instead ask City Council not to make any changes to the substantial conformance review process.

DSD decided not to go forward with the amendment because the Planning Commission, Land Use and Housing Commission and Chamber of Commerce's housing committee did not support the amendment, according to project manager Mike Westlake.

The amendment to the municipal code would have required any modifications to approved development to go through a Process 2 decision instead of the current Pro-

cess 1 decision, which is a unilateral staff decision. A Process 2 decision requires community notification and allows the public to appeal the decision.

'Back Room Bandit' strikes in Point Loma

Point Loma has been hit by the so-called "Back Room Bandit." According to police, the Oct. 22 armed robbery of Pet People on 3600 Midway Drive is believed to be part of a series of eight robberies that have taken place around San Diego in the past month. The police department's Robbery Unit is currently investigating the heists.

According to police reports, the suspect entered Pet People on Oct. 22 as three employees were working. He



Police have issued this surveillance-camera photo of the suspected "Back Room Bandit."

displayed a handgun and demanded money, which one of the employees provided in a plastic bag. The suspect then fled in an unknown direction.

According to police, the suspect is described as an Asian male between 30 and 40 years old, standing between 5 feet 5 inches and 5 feet 8 inches tall and weighing between 150 to 165 pounds. In most of the cases, the suspect is wearing a baseball cap and black sunglasses.

Detectives are asking anyone with information on the identity and/or location of the suspect to call San Diego County Crime Stoppers anonymous tip line at (888) 580-8477, or send an anonymous e-mail or text message via www.sdcrimestoppers.com. Crime Stoppers is offering up to a \$1,000 reward to anyone with information that leads to an arrest.

Police seeking help from senior volunteers

The San Diego Police Department is in desperate need of seniors willing to volunteer their time to patrol the streets as part of

the Retired Senior Volunteer Patrol (RSVP).

Candidates for RSVP must be in good health, fluent in English, possess a California driver license and pass a background check.

Volunteers will attend the RSVP academy for five days of basic training and three days of specialized training in traffic direction and control.

For more information call Bob Stewart at (858) 495-7827.

Cancer Society shop to boast holiday bargains

The annual Holiday Extravaganza put on by the San Diego American Cancer Society Discovery Shop, 3609 "C" Midway Drive, is about to begin.

The event takes place Friday Nov. 6 from 10 a.m. to 6 p.m. and on Saturday Nov. 7 from 10 a.m. to 5 p.m. On sale will be a wide variety of holiday décor items and clothing. Shoppers can join in the fun of finding that perfect item for the holiday season at bargain prices while supporting cancer education and research. For more information call (619) 224-4336.

Point Loma rear admiral earns second star

The head of one of the Navy's largest logistics organizations was promoted to the rank of rear admiral (upper half) during a ceremony held this month at the Navy Broadway Complex in downtown San Diego.

Navy Supply Corps Rear Adm. Mark F. Heinrich, a Point Loma resident, took command of Fleet and Industrial Supply Centers (COMFISCS) in June. He is the first two-star flag officer to command the Navy's global logistics organization established in 2003 and headquartered in San Diego.

Prior to assuming command of COMFISCS, Heinrich served as director of logistics operations and readiness for the Defense Logistics Agency (DLA), headquartered at Fort Belvoir, Va. He deployed to Kuwait in June 2008 as director of the U.S. Central Command Deployment and Distribution Operations Center at Camp Arifjan, and applied his deployment and distribution expertise to the planning and execution of joint and combined force military operations.

MARIJUANA

CONTINUED FROM Page 1

Whitburn voted for the security guards because he said the community needs to feel safe. Whitburn is vice-chair of the North Park Planning Committee.

"If it's a requirement necessary to ensure broad community support for dispensing cooperatives and collectives that becomes a hindrance to smaller facilities, that's

unfortunate," Whitburn said. "But I think that our role here is not to contemplate the aspects of competition among medical marijuana facilities but rather to get something open in a way that the community is comfortable with."

Finally, the task force voted unanimously that all dispensaries must illuminate the facility and its immediate surrounding area, storage areas, parking lot, front façade and adjoining sidewalk. The lighting should be deflected away from adjacent properties.

Next meeting

At the next meeting, the task force will discuss the distance requirements for dispensaries from schools, parks and other collectives.

The Attorney General's guidelines do not restrict the location of the cooperatives.

The task force will also discuss and likely vote on which city permit process dispensaries must go through in order to operate. Projects are reviewed at a Process 1,

2, 3, 4 or 5 level. At the Process 1 level, city staff decides unilaterally whether or not a dispensary meets the criteria. At the Process 3 level, staff must make findings to determine that the dispensary will not be a detriment to the public health, safety or welfare, as well as determine that the dispensary is an appropriate use at that location.

The public is able to comment on the project at a hearing before a public officer, and can appeal the project to the Planning Commission. In a Process 5 decision, the

Planning Commission makes a recommendation to City Council.

The task force will consider distinguishing between permitting levels for dispensaries that operate in neighborhoods, as opposed to dispensaries looking to open in industrial areas.

The Medical Marijuana Task Force will meet Friday, Oct. 30 from 9 to 11 a.m. in the closed session room at city hall, 202 C St.

To view the agenda, visit <http://www.sandiego.gov/medicalmarijuana>.



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FAMILY MTS

WALK

CONTINUED FROM Page 1

and hats and people are really teaming up and coming together to create a really fun environment.”

The five-kilometer run and fitness walk begins at 8 a.m. It is preceded by a survivor ceremony at 7:30 a.m. and followed by a health expo that will have booths set up by sponsors and a healthy food area.

“The race will kick off with a ceremony that honors those survivors in attendance and also celebrates the lives of those we may have lost to breast cancer,” Lipsitz said.

Of the money raised during the race, 75 percent will remain in San Diego to provide breast health research, diagnostics, screening, treatment, services and education for all women and 25 percent will go to national research. Since 1995, the grassroots organization’s San Diego affiliate has given \$8.5 million to local organizations that battle breast cancer.

“We’re helping underinsured and uninsured men and women right here get treatment and education and diagnostic services that they need,” Lipsitz said.

“So it’s really important that people come out. We hope that people will give what they can and help in any way that they can,” she said.

Lipsitz became involved in Race for the Cure because of her aunt, who died from breast cancer. She serves as public relations chair for Komen for the Cure and has participated in the last six races in San Diego.

“It’s an organization really dedicated to making a difference and I wanted to be a part of it,” Lipsitz said.

This year’s Honorary Breast Cancer Survivor is Amanda Nixon, a South Park resident. Nixon was diagnosed with breast cancer in 2005 at only 27 years old and has now fully recovered.

Nixon first noticed symptoms of her breast cancer in 2005 following a breast reduction — loss of strength in her arm and a slight mass inside her breast.

At the time, Nixon consulted with her plastic surgeon, who said it was most likely scar tissue and not breast cancer, given her age.

“Eventually, as I was sent off for a mammogram, my breast had become completely engorged,” Nixon said. “It was purple, it kind of looked like the skin of an orange, it was dimply and my nipple had inverted.”

Nixon was diagnosed with inflammatory breast cancer, which occurs in only one of eight breast cancer cases. Her case is also unique because of her age.

“I had this image in my mind that it was a grandmother’s disease, and here I am at 27 completely bald with one boob,” Nixon said. “I was thinking this

doesn’t seem right.”

Following the diagnosis, Nixon went through multiple rounds of chemotherapy, and underwent radiation treatment, a mastectomy and reconstructive surgery all within a 3 1/2-year span. She said she had tremendous support from her mother and the Young Survivor Coalition throughout the process.

“It was one obstacle or one challenge at a time,” Nixon said. “I would get through it and then have a celebration. That’s how I dealt with it.”

Nixon will speak at the race and will be participating in her first Race for the Cure. She has done the Breast Cancer 3-Day walk three times.

Nixon recommends that all women have a clinical screening once a year and do a monthly self breast exam. She encourages them to simply be familiar with their bodies.

“My best piece of advice is that young women should just be familiar with their bodies, know what’s normal and then if something isn’t normal, go have it checked out by a professional,” Nixon said.

Although advance registration for the San Diego Race for the Cure has closed, those interested in participating in the race can register on the day of the event starting at 6:30 a.m.

For more information about the San Diego Race for the Cure event or to make a donation, visit www.komensandiego.org.

AIRPORT

CONTINUED FROM Page 1

Khalil said. “We believe the board cannot be objective when making decisions on land use. You can’t just flip a hat and say, ‘Now I’m objective because I’m deciding on land use.’”

In 2007, Kehoe drafted Senate Bill 10, which restructured the Airport Authority. At last week’s meeting, Kehoe said the issue of land use is contentious throughout the county, where the Airport Authority operates 21 airports.

“There’s a regionwide concern about the Airport Authority’s land use authority,” Kehoe said. “It’s not just Point Loma and Golden Hill.”

Kehoe, PCPB members and Faulconer agreed that a full environmental impact report (EIR) is necessary before any of the Airport Authority’s land-use compatibility plans are updated.

“That would be the only way for the Airport Authority to prove to

the public they’re objective and not subjective,” Khalil said. “If we succeed on the environmental impact reports for the land-use compatibility plans, then we will feel comfortable that the Airport Authority is objective.”

Kehoe said she would push for a full EIR. If that is unsuccessful, she would consider drafting a new bill regarding airport governance that would address the issue of land-use compatibility.

“We have to have a good solution for San Diego,” Kehoe said. “But if we put it in a bill, it’s got to be something that is plausible to the entire rest of the state. That’s another challenge in and of itself.”

The meeting also touched briefly on the issue of flight-departure fanning at Lindbergh Field, which was the focus of PCPB Airport Committee’s meeting with Congresswoman Susan Davis on Oct. 10. Khalil said he wants to know why the Federal Aviation Administration (FAA) only has a model to provide nose-exposure maps for the 275-degree departure heading (flights over

Ocean Beach Pier) when it also uses headings of 250, 290 and 310 degrees.

He also wanted to see if there was anything in writing between Lindbergh Field and the FAA regarding the use of these headings. Although Kehoe’s main focus on the Airport Authority is for it to have greater public accountability, she said she would help by asking for what the Airport Authority has in writing on this matter and, if necessary, sign a joint letter with Faulconer to the FAA in the future asking that this information be provided.

As a follow-up to their meetings with Davis and Kehoe, the PCPB Airport Committee is drafting a letter that has three formal requests for each state legislator, covering the above topics as well as Lindbergh Field traffic issues and local military airports. The specific content of the letter will be finalized at PCPB Airport Committee’s meeting Oct. 30.

For more information, visit www.pcpb.net/airport.html.



Stories of triumph and hope will abound during the 13th annual Susan G. Komen San Diego Race for the Cure in Balboa Park on Sunday. COURTESY PHOTO

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GUEST COMMENTARY

Grandchildren: how grandparents can help

By NATASHA JOSEFOWITZ, Ph.D.

I have seven grandchildren. Most of our friends have grandchildren, and we often talk about them — not only showing the latest photos but also sharing our pleasures and frustrations. This includes more than 20 grandchildren I routinely hear about. A few I see on a regular basis. I am godmother to some, am called auntie by others and generally am privy to their problems and celebrations.

Overall, the grandchildren I hear about, as well as my own, are a happy lot, doing well in school and enjoying time with their grandparents. I feel concerned and want to help when the children have problems. Here are some of the more common issues that seem to come up and how a grandparent can help deal with them.

First is the child who lies and says he saw or did something he did not see or do: that his brother hit him when he had not or inventions that sound true but are not. This child is trying to be somebody he is not, a sign that he feels uncomfortable about his position within the family or social group at school, often due to not getting enough positive feedback from others. He is trying to improve his position by manipulating the facts. Trapping these children in a lie does not help; building on their strengths and bolstering their egos does. But be aware that many children under age 6 are not lying when they make up stories; their brains live in a fantasy world, which is as real to them as the outside world.

Then there is the pessimistic child who sees only the negative side of things. This prevents her from being disappointed in case things do not turn out well. She is prepared for a negative outcome and does not dare get too happy or optimistic. Grandparents can help by recognizing all the positive things that happen as well as showing her that she is able to control some outcomes.

Oversensitive and anxious children are easy to get along with. These children are highly relationship-oriented, conscious of how others view them and eager to please. They often exhibit low self-esteem and have high dependency needs. These children often develop psychosomatic ailments, such as headaches and nervous stomachs, and are reactive to stress, so look for family routines that can reduce stress. Also, examine whether performance expectations are

too high. Grandparents can encourage communication with these children by having them talk about what bothers them.

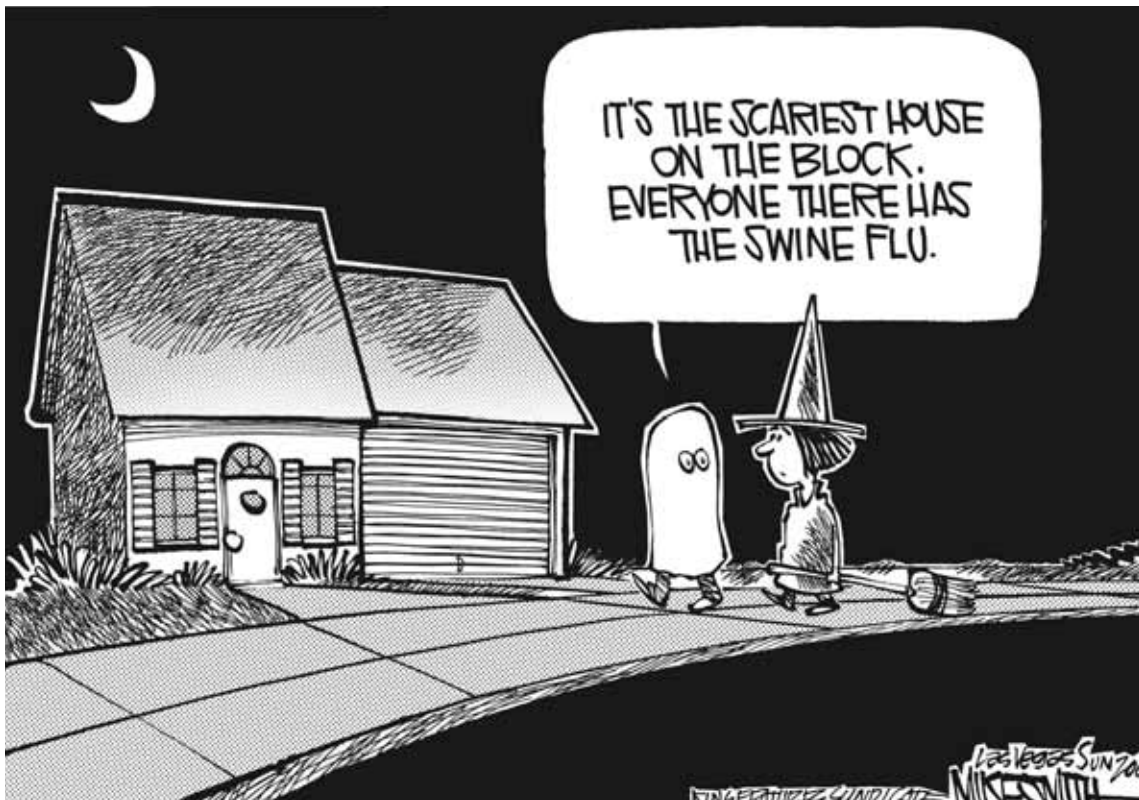
Then there is the oppositional child who is a source of frustration and bewilderment to parents. These children are argumentative, uncooperative and often aggressive, either overtly or covertly. Nothing seems to help: yelling, reasoning, threatening punishment. This kind of child wants control over his life. Control helps us feel that our lives are ordered, predictable and secure. When children feel they have little control in a world run by adults, they seize control by any means they can. Frustrating parents is one way of doing it, because it controls the emotional atmosphere of the home. This child is crying out to have her real needs met — even negative attention is better than none. Grandparents should not fall into the trap of getting angry. Be sure to give enough positive attention and acknowledge the feeling of wishing to control.

Another child may be under-achieving for a variety of reasons: low self-esteem, feelings of dependency or rebelliousness. First, eliminate any disability such as hearing, vision or dyslexia. The most common problem, according to teachers, is kids who do not complete their assignments. If the child is work-inhibited, working together with another child often helps, and being involved in team projects is a step in the right direction.

When children are overachievers and get themselves exhausted in the process, it is up to the parents to set limits on the number of activities and make sure the child gets enough sleep and down time. This is where the grandparent may be able to help the parents have more realistic expectations.

The most important thing a grandparent can do is be there for the grandchild, not judging but accepting in a way a parent cannot be, providing nurturing and fun. But grandparents should never undermine a parent's authority; they, after all, have the final word. That's not always easy to accept, so helping a parent, who is after all our child, is also part of a grandparent's job. It is a privilege indeed to be there for our families.

— *Natasha Josefowitz, Ph.D., is a regular columnist for La Jolla Village News, a sister publication of The Peninsula Beacon.*



LETTERS TO THE EDITOR

Parking space allotment at MBP not proportionate

The new Mission Bay Park Committee is reported to be up and running next, according to District 2 City Councilmember Kevin Faulconer's guest column ("Doing what's right for Mission Bay Park," Oct. 15 Beacon, page 6).

Let's hope the new committee can influence the city to fix the parking mess in the lot north of the visitor's information center. This is a major entrance to Mission Bay and the city shamefully uses it to give parking tickets to unwary non-boating visitors.

It's natural for a newcomer to assume the lot was meant for all users of Mission Bay and park in one of the spaces. However, the parking spaces are predominantly for boaters.

There are 139 double-length spaces and you can get a \$40 ticket if you park in one of these spaces without a boat trailer. There are signs stating the spaces are for cars with boat trailers, but the signs barely meet the legal requirement for giving notice. Moreover, the boaters park near the ramp, so there are never cars with trailers anywhere in sight at the other end of the lot.

Given reasonable expectations of a car owner in a public parking lot, and the poor notice, some attorney might even be able to get parking ticket refunds in a class-action lawsuit.

There are other ramps, and there have never been anywhere close to 139 boaters using the spaces at this one. Up

to 20 is more likely. If resources were to be allocated reasonably, there would be, say, 39 double-length spaces near the boat ramp. The city could add small dividers on the remaining spaces to make two normal spaces for each of the rest of the spaces. This would add 200 car spaces since there would be two new spaces for each of the remaining 100 double-length spaces.

[A part of] Mission Bay Park is in Donna Frye's council district but all city councilmembers should support a change in the parking allocation at this prime Mission Bay lot since it affects all users who desire to use the great shared resource of Mission Bay.

Lief Hendrickson
Point Loma

Government-run health care not the answer

So, you think that government-run health care is an option? Let's take a look at government-run programs like Social Security and education as current examples. Social Security is set to run out; education is taking a hit like I can't believe. We actually think they can handle public-option health care?

I'm ready to jump on the school voucher bandwagon. According to the latest Census Bureau statistics, California spends \$9,152 per student for public education. Well, give me \$8,000 of that for my students and I will choose the private school I want to send

my kids to. If the federal, state and local governments can't figure out how to pay for education, then let the parents figure it out.

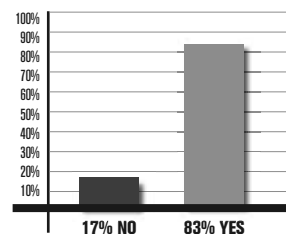
I'm just amazed that we, the people, sit back and watch our national debt rise and do nothing. Yes, change needs to be made, but not on the back of our national debt. Change the way we provide programs — let middle America small business audit big government-run programs and watch how much fat can be cut, red tape can be eliminated and unnecessary spending be stopped. I would love a chance at that.

Pat Hom
Pacific Beach

poll

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Student-athletes get boost from ATLAPA

SEE RELATED STORY,
PAGE 9

By MICHELLE HACKNEY | THE BEACON

Now serving San Diego from the heart of Liberty Station, the group ATLAPA has launched a unique student-athlete enrichment program that offers a continued commitment to academic excellence from middle school through high school and beyond.

ATLAPA is a nonprofit organization that offers a holistic approach to mentoring by focusing on the whole student-athlete through a social-emotional curriculum. ATLAPA introduces methods for dealing with emotions that life as a student-athlete brings and implements them through a "life-skills program" in which instructors assist students in setting short-term and long-term goals with an inherent notion that well-roundedness comes with growth.

"There is so much emotional and social stress as an athlete," said Ilka De Leon, founder of ATLAPA. "I don't want to just offer student-athletes more tutoring and more modular learning. ATLAPA helps make students well-rounded from the beginning so that they have what it takes to deal with the stresses that they will experience in college and in life."

Participants attend a semester-long series of classes targeting

“There is so much emotional and social stress as an athlete”

ILKA DE LEON
FOUNDER, ATLAPA

time management, organizational strategies and stress management. Positive study habits are developed through academic subjects tutoring and test-taking strategies. Enrichment mentors offer problem solving and act as liaisons between college and athlete while sharing useful insight being that each was a student-athlete and personally understands the pressures that their mentees feel.

By creating a triad of communication between student-athletes, parents and teachers, ATLAPA provides support and services that address the changing needs in student-athletes' lives, according to organizers.

"I feel really prepared because ATLAPA has helped me with practice tests, but more importantly, has helped so much with test taking strategies and stress management, and has helped me realize and believe that I can do this and that it is in my hands," said Tyler Bassler, a high school athlete and

ATLAPA participant. "My ATLAPA mentor and I have focused so much on helping me realize that I know the information that now I just have to relax and take the ACT."

Cindy Borkum, Bassler's mother, agrees.

"I am so relieved and I feel like the world has been lifted off my shoulders," said Borkum. "ATLAPA has taken this all on, and they are on my side. They are helping Tyler be empowered and independent in this journey and I have noticed changes in his attitude. He is calm, confident, respectful and seems to know he and I are a team."

There are two ATLAPA programs that students-athletes can choose from:

- A group program of no more than 10 participants, in which students can communicate openly and develop relationships with other athletes. Mentorship includes academic tutoring of subjects, stress management and a life-skills program with social and emotional management curriculum.
 - One-on-one sessions that can be customized to meet specific needs and where students meet mentors in a familiar environment such as home.
- "ATLAPA is a manifestation of all the support I felt student-athletes were lacking," said De Leon. "I want to offer fundamental assis-



Students participate in group mentoring, one of the two programs that ATLAPA offers. The class is conducted by Rachel Ching, left, one of the ATLAPA mentors who is also a 10th-grade math/science teacher at High Tech High International and a student-athlete who now coaches girl's basketball. COURTESY PHOTO

tance for parents and students by creating a resource that prepares the athlete for college completely. With lack of education, your options are limited and with lack of support, your education experience could be unbearable."

De Leon was a student-athlete herself and has a degree in psychology. She has researched extensively to find fields that teach about athletics and cognition. There is neural biological proof that athletes experience the same

neural learning that musicians do. Muscle memory is no longer seen as an empty response. Experts now believe it is a mental process that takes place.

The group program for ATLAPA meets every Friday from 4 to 5 p.m. at the United States Karate Academy in the Liberty Station Promenade at 2950 Truxtun Road, Suite 200. For more information, visit www.ATLAPA.org. Sponsorship questions may be e-mailed to info@ATLAPA.org.

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- Make sure your shoes are tied properly, and that your costume doesn't drag on the ground.
- Make sure swords and other props are flexible, and avoid wearing a mask while walking.
- Wear bright or reflective clothing, adding reflective tape if necessary.
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Pointers take UC High to task, 28-5

By SCOTT HOPKINS | THE BEACON

The Point Loma High School (PLHS) football team buzzed to a victory Oct. 23, stinging host University City High School 28-5 in a Western League match that also served as the Centurions' Homecoming.

But it was the Pointers who were nearly stung — literally — as a nest of ground-burrowing yellowjackets was discovered before game time, residing below the one-yard line at the stadium's east end. The nest was not exterminated until halftime and the insects flew freely across the playing surface throughout the game.

The victory upped the Pointers' season record to 4-3 (1-1 in Western League). The Centurions dropped to 0-7 (0-2).

Playing only their second game since the return of offensive starters Keegan Fitzgerald (QB) and Leslie Rogers (RB), the Dogs struggled through much of the first half. Morris Mathews, however, scored on a 5-yard, second-quarter run to give Point Loma a 7-0 half-time lead.

"We made some offensive adjustments at halftime," said Pointer head coach Mike Hastings. "Our offensive line, I thought, stepped up, took it a little personal and in the second half started to get off the ball and moved (their man) a little bit more."

The Pointers scored three touchdowns in the third quarter.

First it was the team's scoring leader, Zach Gemmill, jamming the final two yards to up the lead to 14-0.

Next, it was Fitzgerald passing to Davis Callejon in the left corner of

the end zone from five yards after the same combination connected on a 28-yard play to set up the score.

Finally, senior Emilio Diaz lugged the pigskin in from two yards out to finish the Pointers' scoring.

"We had a lot of good things we can build on," Hastings said.

Defensively, the Centurions were held without a first down running or passing until midway through the third frame. Led again by PLHS' team tackling and sacks leader Anthony Joyner, Sean Stepina, Mike Montesano, Eric Bueno, Curtis Deitz, Michael Boxell, Christian Hayward (suffering from the flu), Diaz and Callejon, the Centurions were unable to score until the last two minutes of the game.

First, a Pointer punter's knee touched down in the end zone while attempting to field a low snap. The resulting safety and a field goal with one second left in the game provided the final score.

"I thought our defense played exceptionally well all day. Except for that late field goal against our second unit, (we) shut them out,"

Hastings said.

Offensively, Fitzgerald completed 4 of 11 passes for 105 yards and ran for another 36. Three of his passes were caught by Callejon for 88 yards, with the longest pick-up 55 yards.

Rogers ran 15 times for 62 yards to lead the ground game, with Mathews (37 yards) and Gemmill (30 yards) also turning in good performances.

Another bright spot for the Pointers was the strong foot of sophomore kicker Ruben Diaz. On several kickoffs, Diaz put the ball into the end zone for touchbacks and he also was perfect on four extra point kicks.

"It feels good to get back, getting a win again," Hastings said.

Next up for the Dogs is a crucial home league game Friday, Oct. 30 against rival Serra. Both teams appear evenly matched, although the Conquistadors sport a 5-2 (2-0 in league) record. Serra is led offensively by senior running back Brandon Johnson (122 yards per game) and defensively by junior defensive back Nick Kelly (12 tackles per game). Kickoff at Bennie Edens Field is set for 3 p.m.



Point Loma's Keegan Fitzgerald (12) flings a pass downfield against University City last Friday as Centurions' Nathan Poole (34) defends. Pointer Gerardo Mota (62) protects his teammate.
PHOTO BY SCOTT HOPKINS | THE BEACON

Point Loma High student-athletes groomed for leadership roles

By SEBASTIAN RUIZ | THE BEACON

With the help of former professional football players and athletes, high school freshman and sophomore student-athletes are learning to become student leaders through a new pilot program offered by the San Diego Hall of Champions Sports Museum's Champions Sports Academy, located in Balboa Park.

The Champion's Sports Academy is a youth educational sports training program developed by the Hall of Champions. Point Loma, Cathedral Catholic and Hoover high schools currently participate in the program that is administered through four, 90-minute workshops peppered throughout the fall sports season. If the program is found to be successful, it may be expanded to other seasonal sports.

A group of about 20 students, three from each sport, are chosen by seasonal sports program coaches to participate in the new Champion Sports Corps student leadership program at each of the three schools. The program helps students set goals, identify personal leadership styles and includes a

The 2009 San Diego Costume Ball Charity Fundraiser

Local Ocean Beach Band, Dead Flowers (A Rolling Stones Tribute), will headline a benefit concert on Sunday Nov. 1 at 4th & B. Other local acts include The Corvelles, A Dull Science, Ronnie Peer & local PLHS student/musician Mason James. (Mason received 4th place honors out of 43 entries at the annual Humphreys San Diego Songwriter's contest held on Sept. 20th)

This year, we are spearheading a fundraiser to benefit The Challenge Center (A Non-Profit Organization TAX ID #23-7396641). The Challenge Center is a term rehabilitation/fitness facility that specializes in treating children and adults with severe physical disabilities who have exhausted their insurance coverage for physical therapy. The Challenge Center's approach leads to improved outcomes; often achieving results not thought possible!

Our 2009 San Diego Costume Ball Charity fundraiser will be held on Sunday, November 1, 2009 at 4th & B at 7 p.m. Tickets are only \$10. An exciting night is planned for this event including, live music, no-host bar, silent auction featuring an autographed guitar from the EAGLES, autographed albums from ELTON JOHN, THE ROLLING STONES plus local artwork. For more info contact Rhonda Frisbie/A Music Syndicate. rhondafrisbie@cs.com.

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Let us tickle your funny bone soon!

Drew Barrymore continues family tradition in 'Whip It'

By JAMES COLT HARRISON | THE BEACON

It seems to be a tradition among Texas mothers that their daughters enter and win beauty pageants. Oscar winner Marcia Gay Harden is no different as her character Brooke Cavendar dotes on her daughter Bliss (Oscar nominee Ellen Page) and has high hope of her winning. But Bliss, age 17, is a modern, today kind of girl and she wants nothing to do with her mom's "'50s housewife view of the world."

In the Drew Barrymore-directed film "Whip It" from Fox Searchlight Pictures and Flower Films, young and bubbly Bliss wants to escape her small town of Bodeen, Texas and live her own life beyond mom's pageants and apple pies. She sees her liberation through the roller derby, which she is persuaded to join. Keeping it a secret that she has become a terrific skater in the athletic, rough-and-tumble world of the derby, Bliss is torn between love of her family and the desperate need to express

herself with the other derby girls (Kristen Wiig, Juliette Lewis, Zoe Bell).

Page called the film "a mix of different genres and worlds and energies, and it seems like every moment is so crucial to Bliss's growth and development."

"What's great about this film is that it's got this rock 'n' roll, cool sporty aspect about it, but behind that is an honest story of a young woman going through a lot of changes," she said. "The challenge was molding all that together and Drew did it brilliantly, with her high energy and positive spirit."

The film is actually a lot of fun, and the catfights between the girls on the track are always a treat. Lewis (upcoming: "The Baster" with Jennifer Aniston) plays the wise "old" derby gal on the opposing team who is out to get Bliss. With lots of arms and legs flying through the air, one wishes this funny movie had been filmed in 3D to give more impact to the action. There's nothing like getting a skate in the face!



Ellen Page is Bliss Cavendar in the new film "Whip It," directed by Drew Barrymore.

PHOTO COURTESY FOX SEARCHLIGHT

Jimmy Fallon (yes, that Fallon) plays the amusing part of the floor announcer at the rink. Fallon made his film debut in Cameron Crowe's rock musical "Almost Famous," which was shot right here in San Diego's Sports Arena.

Although Barrymore has been in films since she was a toddler, this is the first time she has ever taken the directing reigns. She formed Flower Films with her best friend Nancy Juvonen. The two Hollywood firecrackers produced hit films such as "First Dates" (\$195 million gross), "Never Been Kissed" (\$125 million box office), and the Ben Affleck starrer "He's

Just Not That Into You" (\$168 million so far). Their two biggest films were the "Charlie's Angels" pair with more than \$500 million combined earned worldwide.

Barrymore has probably the most famous show business family name since the Fondas and the Carradines. She is the daughter of the late actor John Drew Barrymore and Ildiko Jaid. Her dad was the son of the most famous of the Barrymores — until Drew was born in 1975 — the original John Sidney Blyth Barrymore (of MGM's "Grand Hotel") and film star Dolores Costello. The acting dynasty became prominent with

the siblings John, Ethel and Lionel, all of whom became famous on the stage and in films. There are so many Drews, Blyths and Colts strewn about the family that it is hard to keep track of all the variations of their names. The Colt name came into the family when the current Drew's Great Aunt Ethel married Russell Colt in 1907 (and divorced in 1919) and produced Samuel Colt, Ethel Barrymore Colt and John Drew Colt. My head is spinning.

Anyway, our Drew's father became a sort of also-ran actor and starred in many B pictures. He never came up to his own father's prominence as an actor. But John Jr. had a goldmine in his daughter, and she has recaptured the glamour and acting chops of her ancestors (grandpa) John, his sister Ethel and brother Lionel. All three of them made films for MGM, but Lionel is probably the mainstay film star, having been under contract there for many years in the '30s and '40s.

Modern-day film fans know Drew from her adorable performance in "E.T. Extraterrestrial" from Steven Spielberg. That film kicked off her becoming a huge child star who grew into a very lovely young woman, despite some detours along the way.

Drew Barrymore has produced and directed a funny, touching and entertaining film in "Whip It." It's pure entertainment; it's not Shakespeare, but a little giggling never hurt anybody's psyche.

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Ott finds home going solo Friday nights at Gallagher's in OB

By BART MENDOZA | THE BEACON

For many band musicians it's the million-dollar question. As enjoyable as time can be onstage with their combos, many wonder what they can do musically with their off time. For a growing number of area frontmen, the answer is to play solo acoustic.

Such is the case with Ocean Beach musician Jason Ott, frontman for Led Zeppelin tribute group Dazed and Confused. In addition to his regular band gigs, Ott can now be heard in acoustic format every Friday at Gallagher's Pub, playing an "All Request Acoustic Show."

"It's a gig I look forward to every week," Ott said, "although it can get a little crazy when one person is asking for Metallica and another Neil Young."

He notes that it can be a balancing act to play to the whole room, but he has a secret weapon — a seemingly endless set list.

"I have over 900 songs I can play at this point, but there's always something else to learn," Ott said.

Ott said one of the keys to his success is his willingness to adapt. "If I don't know the requested song, I'll often take it home and learn it," he said. "It has opened my eyes in a big way. I am now a fan of so many artists I never

thought I'd be into. There's so much good music out there."

Since he is more known for his work with Dazed and Confused, he said requests for Led Zeppelin tunes are common.

"I play lots of them, but some I avoid because they just don't sound right with one dude on a guitar," Ott said. "I love all of Zep's music, the fast and the slow stuff. Playing solo let's me play some of the tunes I wouldn't play with the band."

In 2007, looking to expand his horizons beyond Dazed and Confused, he approached a bartender at Gallagher's and asked if he could try out an acoustic show there. He was told to come by that Sunday and give it a shot.

"At the time, I had a set list of about 40 songs and played most of them at my first show," Ott said. "Gallagher's was a new bar then and the crowd was pretty thin. They had a small, collapsible stage against a wall in the back where I played for a few hours. I guess I did OK because the bartender asked the owner to rehire me. (They) started booking me one show at a time on Fridays from 6 to 9 p.m."

His show quickly morphed into the all-request format.

"I had a set list of songs that I personally enjoyed playing, but there was no shortage of people coming up to me and asking me if



JASON OTT

I knew this song or that song," Ott said. "Or 'Free Bird,' always 'Free Bird!'"

He admits the requests bothered him at first.

"I had hoped that people would appreciate my genius and just sit there intent on listening to everything that I played," Ott said. "Wrong! As it turns out ... I don't necessarily know what people want to hear. I checked Wikipedia and there are 80 billion songs in this world and 6.769 billion people. That's a lot of music and a lot of opinions."

The gig eventually became a residency, now entering its third year.

"I enjoyed playing at Gallagher's and wanted to figure out a way to keep a decent crowd there so I could justify a weekly show," Ott said.

He quickly began listening to the audience and learning the songs they asked for.

"If I saw a person that had requested something, I played their song and they were pleasantly surprised," Ott said. "When the audience is having fun, so am I. I live for this stuff."

"Taking a cue from the dueling pianos at The Shout House, I decided to print song-request slips and present them to the audience," he continued. "We originally went with the title 'Acoustic Jukebox' but another local performer was using that name, so I came up with the amazingly creative name 'All Request Acoustic Show.'"

Today, Ott puts song-request slips on the tables, though people still also yell out their requests.

"My favorite genres to play are rock and classic rock," Ott said. "Led Zeppelin are gods to me and I grew up musically in the '80s hair-band era."

Ott said getting requests has opened his eyes.

"I was never really a Bob Dylan, Johnny Cash or Grateful Dead fan, but I am now," Ott said. "There's so much great music out there that I

just never got into until I started this show. I've found that some of the people who come to the show feel the same way."

Ott said some songs are perfect for a show of this type and others have no business being done acoustically.

"But that doesn't stop me," Ott said. "Sometimes, breaking down an intense, multi-instrument song produces a really cool acoustic version. Some of these include 'Bohemian Rhapsody' (Queen), 'Dead Skin Mask' (Slayer) and 'Oops, I Did it Again' (Britney Spears)."

He said it's this type of risk-taking that he finds the most satisfying.

"I once thought these songs should NEVER be done on acoustic, but I guess I was wrong," Ott said.

Ott cites a Queen cover as the high point of his gigs to date.

"When I played 'Bohemian Rhapsody' for the first time, I was met with the loudest, longest round of applause I've ever had," Ott said. "I love that."

Ott performs from 6 to 9 p.m. on Fridays at Gallagher's, 5046 Newport Ave. The show is for those 21 and up.

For more information, visit www.gallagherspubob.com.

LEADERSHIP

CONTINUED FROM Page 9

lesson on giving back to the community, said Aly Josephs, marketing account executive for the San Diego Hall of Champions.

"It's our hope that as [the students] progress through high school, they'll turn around and help mentor and be good role models for other students," Josephs said.

The program includes working with professional athletes who are also giving back to their communities. La'Roi Glover, a former defensive tackle for the St. Louis Rams and a 1992 Point Loma High School (PLHS) alum, will help coach Pointers freshman and sophomore students. Former professional football player Gary Lee Shirk will also participate in the program at one of the schools, Josephs said.

PLHS athletics director John Murphy said his students are excited about the program, which begins its second workshop this week.

"We feel very blessed to be able to do the program with the Hall of Champions," Murphy said. "I'm grateful that we could do that with our kids."

Miguel Angel Saucedo, a 15-year-old sophomore who is a member of the PLHS boys' cross country team, said he likes the leadership program.

"It makes me feel honored and great that I was selected ... that people believe in me and that I can be successful," Saucedo said.

Ella Verhees, a 14-year-old PLHS freshman girls cross country runner, said the program has helped her establish big goals.

"I set to work harder during training and to set better times and distances," Verhees said.

A teammate, 14-year-old Jewell Roth, said the Champion Sports Corps is helping her on the field and off.

"[The program] motivates you to do something more," Roth said. "It's not just to run a race, it's 'Oh, I have to push myself because it's something more beyond just running.'"

Roth said the skills she learned during the first part of the program

helped her motivate herself in everyday life in the way of writing essays and term papers, she said.

Fourteen-year-old Caelle McKaveney, another PLHS cross country runner, said she was looking forward

to the next session at Point Loma High. McKaveney said she wants to set a good example for other students.

"I'm really honored and proud not only for myself but for my team

and my teammates and my school," McKaveney. "To see so many leaders come out of it, it's amazing actually."

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Pet owners can obtain these decals by visiting protectionone.com/pets. We can supply a picture upon request.

In addition, Protection One also offers the following tips to help protect your pets from fire and other hazards while they're at home:

- Implement a fire-safety plan that includes your pets, and be sure your plan accounts for pets confined to crates.

- Pets have been known to chew through electrical wires. Keep these wires out of reach if possible.

- Don't leave open flames unattended. Curious pets can knock over candles or disturb fireplaces.

- Give a key to a trusted neighbor and tell them where you keep your pets, so they can relay the information to fire-fighters.

- Put your pet's license and other ID tags on its collar in case you become separated. Consider a microchip ID for easy, fast identification.

- Consider keeping your pet on the ground floor when you're not home so it's easier to rescue in case of an emergency.

- Consider installing a pet door so pets have a chance to escape if fire breaks out while you're not there.

- Ask Protection One about pet-door sensors that allow you to receive an e-mail or text message each time the door is used.

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