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THURSDAY, JANUARY 7, 2010

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Full moon powers huge tidal surge

Wave action kicked up last week as a blue moon – the second full moon in a month – contributed to unusually large swells. Counterclockwise, a lonely surfer scouts an entry point into the water at Sunset Cliffs (photo by Mike McCarthy) while waves pound the Ocean Beach Pier (photo by Jim Grant). Meanwhile, surfers wait for the perfect wave at Sunset Cliffs (photo by Paul Hansen) while surges pound a stairway at Sunset Cliffs (photo by Jim Grant).

New laws to target trans fat, mailing scams, vehicle TVs

By ANTHONY GENTILE | THE BEACON

A ban on trans fat at restaurants highlights a host of new state laws ringing in 2010. County health inspectors started enforcing the ban Jan. 1 on the artificial fats deemed harmful to the body — particularly at fast-food restaurants.

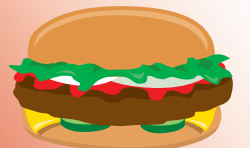
“This law is all about public health. Hopefully people can make good decisions to lead a happy and healthy life,” said Ric Encarnacion, environmental health specialist for San Diego County.

Effective Jan. 1, food establishments cannot use oils, margarines, shortenings or serve foods that contain trans fat, with the exception of deep-fried donuts. On Jan. 1, 2011, the ban will expand to include all foods.

“When there is no way to make a decision because the food is presented on a plate, the restaurant has to use food or food ingredi-

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EFFECTIVE JAN. 1



Trans fat ban



Car video screens



Mail scams

Former Pointer Anthony West comes home for Holiday Bowl

By ANTHONY GENTILE | THE BEACON

The Holiday Bowl doubled as a homecoming for University of Nebraska defensive back Anthony West. The former Point Loma High School football standout saw action at cornerback in the fourth quarter and deflected a pass on the final drive of the game to preserve the Huskers' shutout in the 33-0 win over the University of Arizona.

“It means a lot just because it's home,” West said. “I grew up here and spent all of my life here. It's special coming back and being able to play in a game like this.”

West had numerous friends and family members in attendance for Nebraska's game against Arizona. He said he divvied out 45 tickets for the game.

“A lot of friends and a lot of family were there,” West said. “I had to round up a lot of tickets to make



Former Point Loma High School standout Anthony West saw action in the Holiday Bowl in San Diego Dec. 30. West is a defensive back for the University of Nebraska. PHOTO BY ANTHONY GENTILE | THE BEACON

sure I took care of the people that were asking for some.”

After starting 10 games at cor-

SEE WEST, Page 9

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Local leaders offer 'wish lists,' projections for a positive 2010

By ANTHONY GENTILE | THE BEACON

A new year traditionally calls for new resolutions and desires, including wishes for a community. The *Peninsula Beacon* asked three local community leaders both what they would like to see happen local-

ly and what they know is going to happen in the coming year — in their own words.

Councilman Kevin Faulconer

Dock opening: "We're going to have a great opening of the NTC

Park — the final phase of about 46 acres — in the coming months. One of the things I'm working on in conjunction with that is opening up the dock there for public use and public enjoyment.

That's going to take work with



KEVIN FAULCONER

the city and the Navy and working with our community. I started that process and I intend to finish that here in the next couple months, because we really need to have that area opened as a water feature, a destination for water taxis and public enjoyment.

Methane gas: "One thing we're going to see is moving forward on recycling the methane gas from the

Point Loma Wastewater Treatment Plant and generating renewable energy without having to use trucks through our neighborhoods. It's great for the environment, the city will make money, and we protected our neighborhoods in the process. All the construction will start this year."


SEE WISH LIST, Page 7

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Swine flu vaccine makes debut to general public

By SEBASTIAN RUIZ | THE BEACON

The swine flu vaccine is now available to the general public and San Diego County Health and Human Services Agency (HHSA) officials encourage those seeking H1N1 vaccine to obtain it from their primary care physician.

Individual doses are also available from public facilities throughout the county.

"The vaccine is being distributed based upon availability," said county HHSA spokesman Jose Alvarez. "The vaccine is free at any of our public health facilities. (The doses) are primarily for those who do not have a primary care physician."

To date, the San Diego County HHSA has received about 985,000 doses of the H1N1 vaccine in various forms including nasal spray and injections, Alvarez said.

Despite a recall in past months of some lower potency vaccine, Alvarez said, the county HHSA has enough vaccine to go around and is expecting more shipments in the following months.

Those seeking the vaccine can go to one of seven public health facilities in the county. Public facilities nearest downtown or the beach-area communities include the VIP Immunizations Clinic, 3177A Ocean View Blvd.; and the Public Health Center North Central, 5055 Ruffin Road.

A full list of facilities and clinics giving the vaccine throughout the county can be found at www.sdcountry.ca.gov.

Though county facilities reportedly have enough vaccine for all, at least one private facility, Scripps Mercy Hospital, 4077 Fifth Ave, only have enough for some.

"We are giving vaccine out to

patients through the clinics and the primary care physicians offices," said Kristin Reinhardt, a Scripps spokeswoman. "Any Scripps employee who wanted a vaccine could get it, or get it today if they needed."

As of the tail end of 2009, the county HHSA reported approximately 778 cases of hospitalized people with the potentially deadly flu which, according to the Center for Disease Control, has reached "pandemic" status. The numbers continue to change daily.

Information about the flu is available by dialing 2-1-1 or visiting the immunization branch page at www.sdcountry.ca.gov.

The Center for Disease Control website offers advice on prevention including age-old common sense like washing hands frequently and getting vaccinated against other strains of flu.

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PLNU alum's film inching closer to Oscar nomination

"Short-term 12," a film by 2001 Point Loma Nazarene University (PLNU) alumnus Destin Daniel Cretton, claimed the U.S. Jury Prize for short films during the Sundance Film Festival in 2009. Now, the production may also become an Oscar nominee.

Last month, the Academy of Motion Picture Arts and Sciences announced that 10 live-action short films had advanced in the voting process for the 2010 Academy Awards. Cretton's film is among those making the cut.

The Short Films and Feature Animation Branch Reviewing Committee helped winnow the list from the 71 films originally qualified in the category to the 10 now still in the running. Committee members viewed all the eligible entries at screenings in New York and Los Angeles and made their preliminary votes.

Three to five Oscar nominees will be selected from the remaining 10 films after more screenings take place this month. The Academy Awards nominees will be announced on Feb. 2.

The 82nd annual Academy Awards will be presented on Sunday, March 7.

Other PLNU alumni involved with the film include Bekah Macias (class of 2006), production coordinator; Brad Kester (class of 2007), assistant director; Jared Callahan (class of 2005), assistant director; and Whitney Ball (class of 2005), production assistant.

'Short-term 12' is among 10 live-action short films that have advanced in the voting process for the 2010 Academy Awards.

About Short-term 12

Based on experiences Cretton had working at a residential facility for at-risk teenagers, the film stars Brad William Henke as "Denim," the supervisor of a residential facility that houses 15 teen victims of abuse and neglect. The film has won awards at numerous film festivals, including:

- 2009 Sundance Film Festival: Jury Prize in Short Filmmaking;
- 2009 Seattle International Film Festival: Grand Jury Prize;
- 2009 Cinevegas: Jury Prize, Best Short Film;
- 2009 Genart Film Fest: Audience Award, Best Short Film;
- 2009 Aspen Shortsfest: Special Jury Recognition;
- 2009 Independent Film Festival Boston: Audience Award, Best Short Film; and
- 2009 Ashland Independent Film Festival: Best Short Film Finalist.

— From staff and contribution



Everything's just ducky

Funseekers share a laugh during the inaugural Rubber Ducky Races at the Blue Parrot Bar and Grill on Dec. 14. The event was a fundraiser for the Ocean Beach Town Council's 2009 Holiday Food and Toy Drive. COURTESY PHOTO BY JOE EWING

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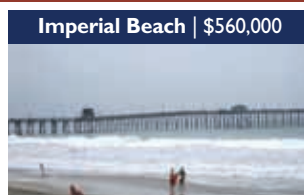
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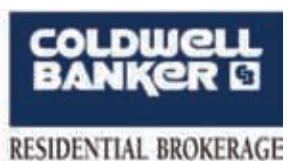
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'Intimate Cabaret Dances' to bring 'slightly naughty' fun to Liberty Station

By JOSEPH GREENBERG | THE BEACON

The Naval Training Center (NTC) in Point Loma got its start in the 1920s as the Navy's premier West Coast recruit training grounds. Over the last decade or so since

the shuttering of NTC, Liberty Station has been transformed into a center for cultural appreciation, retail and culinary delights — particularly the arts.

Creating the most recent stir at Liberty Station is the San Diego

Dance Theatre (SDDT), which will soon be filling evenings with "Intimate Cabaret Dances."

Directed by Jean Isaacs, the SDDT is located within the NTC Promenade of Liberty Station. To stir interest in the 28-acre creative district every Saturday in January, the SDDT will feature nights full of fun and sensual cabaret dancing.

"Our idea is to bring people sexy, smart art," Isaacs said. "These shows will feature dance that is not so cerebral, but easier to enjoy with more accessibility. Our venue only holds a hundred guests, so these performances will be up close and breaking the proscenium."

The proscenium is a term referring to the invisible barrier or fourth wall separating the audience from the live stage and the performers. It is broken when an actor speaks to or interacts directly with the crowd. Isaacs aims to break this fourth wall with performances in a laid-back atmosphere, mixed with food and drink. Show organizers will encourage commentary from the audience during the performance, Isaacs said.

According to Alan Ziter, executive director of the NTC Foundation, these shows will be a significant event in growing more interest in the Promenade, as these dance performances will be the first finished and professional performances put on display there.

With extra intrigue attracted by these "slightly naughty, yet light and fun" performances, the gen-



"Intimate Cabaret Dances" runs every Saturday at Liberty Station through January at San Diego Dance Theater, 2650 Truxton Road, Suite 108. COURTESY PHOTO

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The disadvantage of this trust is that it must be irrevocable. Once the trust is established, you can not change it. The Trustees will remain the same and the beneficiary cannot change until the death of the first beneficiary. At their death, the remainder of the funds can be distributed to their siblings.

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MetLife



Show organizers hope "Intimate Cabaret Dances" will give a boost to the cultural and theatrical draw of Liberty Station. COURTESY PHOTO

CABARET

CONTINUED FROM Page 4

eral public awareness in the historic NTC area and Liberty Station's bastion for the arts will be increased. Isaacs is hopeful this extra awareness will help spur the redevelopment of the dormant Luce Auditorium, which may feature future cabaret performances and a plethora of other dance, theatre and film creations as well.

The Luce Auditorium is a historic relic from San Diego's military past. It was originally completed in May of 1941 and named after Admiral Stephen B. Luce. It is a one-story structure boasting 20,000 plus square feet, a 2,305 seating capacity and an interior deemed historically significant by the city.

The auditorium was used to show films to naval recruits about life at sea, shipboard procedures, hygiene and many other topics. Bob Hope did radio broadcasts from its stage, Bing Crosby, Nat King Cole and other distinguished celebrities also performed there. On weekends, it was used as the base theater, showing the latest movies for an economical 25 cents.

"The Luce is sitting there empty and unsafe, full of asbestos and needs to be retrofitted for earthquakes," Isaacs said. "The theater has been under renovation for three years with no clear finish date in site. The full [renovation] process will take millions of dollars. We are putting on these cabaret performances because we need to dance, we want to bring the vitality home to NTC and we are taking the matter into our own hands."

San Diego Dance Theatre is widely considered to be one of the best dance companies in San Diego and all the dancers are completely professional, according to Isaacs, who previously taught dance at the University of California, San Diego for 25 years.

Supporters said the "Intimate Cabaret Dances" will help support the ongoing effort to create a cultural and artistic beacon at Liberty Station.

The evenings will feature two performances at 6 and 8:30 pm, each lasting roughly 75 minutes. Food and drink will be offered before and in between shows to provide patrons a wider, more consumable experience.

Tickets to just the show cost \$20. For \$35, attendees will have access to a buffet of Indian cuisine with wine, beer and soft drinks available for purchase separately. For more information, visit www.sandiegodancetheater.org or www.ntcpromenade.org.

The San Diego Dance Theatre is located at 2650 Truxton Road, Suite 108. For more information, call (619) 225-1803.

NewsBriefs

City creates citizens' business committee

The city of San Diego has reached out to the public for suggestions on closing its budget deficit, and has now established a more official board of residents to help the city promote its businesses — and its revenues.

The Citizens Revenue Review and Economic Competitiveness Commission was tasked in October to research methods of retaining and attracting business; to research strategies for maximizing revenues; and to look at city surveys to better understand the services the public desires.

The commission was initiated by District 1 Councilmember Sherri Lightner, District 3 Councilmember Todd Gloria and District 4 Councilmember Tony Young.

Eight commissioners were appointed by council members to serve on the board, including Andrea Moser, vice-president for communications at Burnham Institute for Medical Research, for District 1, and Michael Morton, chief executive officer for Brigantine Restaurant Corporation for District

2. The commission will add its suggestions to a paper trail of committees gone before it, however. In the 2009 Special Citizen's Task Force report, the task force saw the city's budget crisis lay in "living beyond its means" by deferring expenses and postponing or under-funding aging infrastructure, retirement plans and retiree medical benefits. The city had masked the full cost of the latter expenses for several years. One of the Task Force's top recommendations was to cut retirement benefits.

"The city must find a way to reduce what has heretofore been deemed "vested retirement benefits," states the report. "The city must make a firm decision on whether it wants to and, importantly, can afford to grant retiree health benefits. If such benefits are to continue the city must immediately commence fully funding the actuarially required annual amount."

To view the Special Citizen's Task Force report and for more information on the Citizens Revenue Review and Economic Competitiveness Commission, visit www.sandiego.gov/crrecc.

OB planners seeking board candidates

The Ocean Beach Planning Board (OBPB) will conduct its annual election on Tuesday, March 9 from 4 to 7 p.m. at the Ocean Beach Recreation Center, 4726 Santa Monica Ave. in Ocean Beach.

Candidate petitions may be obtained from the OBPB or by e-mailing obpbelections@yahoo.com. All candidate nomination petitions must be submitted by Feb. 14.

Candidates must present to the board a nominating petition signed by at least 35 electors of the OBPB district in which he or she desires to run, must be least 18 years old and meet at least one of the following criteria:

- Has been a resident of the OBPB district for at least 30 consecutive days.
- Is the owner of real property situated in the district for at least 30 consecutive days.
- Is a business person with a business address in the district at which employees or operators of the business are located for more than 30 days.

Voters may also place advisory propositions upon the election ballot by submitting a "qualified" proposition petition at a

board meeting.

To be qualified, the proposition must be verified by the OBPB secretary as having been signed by 225 electors within the Ocean Beach planning area.

The Ocean Beach planning area is bound to the east and south by the middle of Seaside Street from Nimitz Boulevard to Greene Street, the middle of Greene Street from Seaside Street to Froude Street, the middle of Froude Street from Greene Street to Adair Street, the middle of Adair Street from Froude Street to the Pacific Ocean and extending seaward to the city limits.

The boundary to the north and east includes the south jetty of the San Diego River to the northward extension of the Famosa Slough Channel Preserve, and south to West Point Loma Boulevard, and the middle of West Point Loma Boulevard to Seaside Street.

The planning area is divided into seven districts for purposes of representation; each district is to be represented by two board members.

Copies of the map of the planning area are available at www.oceanbeachpb.com.

For more information, call (619) 224-1280 or e-mail thomas-gawronski@att.net.

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GUEST COMMENTARY

Technology is greatest weapon against graffiti

By GREG COX, San Diego County Supervisor

Most residents work hard to maintain the beauty of their homes and neighborhoods and nothing can ruin a community's image faster than graffiti.

But graffiti is not just a quality-of-life issue. It is an expensive problem for cities and public agencies that have to spend money to erase graffiti; money that could be better spent on services for the public.

Graffiti is a threat to public safety. It is an open invitation to gangs and other criminals to invade a neighborhood and create havoc and damage. It's a sign that says "Do crime here." It affects our local economy by scaring away businesses, or burdening businesses with unnecessary expenses to paint over graffiti.

Today, however, public officials around the region can arm our neighborhoods with a new weapon against graffiti — technology.

As a county supervisor, I have had the pleasure of encouraging an effort to implement a GPS-based system that can track and analyze graffiti and provide valuable information to law enforcement and prosecutors. I've asked the San Diego Association of Governments to make this a region-wide project.

A system, called Graffiti Tracker, was pioneered in Escondido. Public works crews use a GPS-enabled camera to take photos of graffiti, marking it with the date and time and exact location of the graffiti.

Because taggers often mark their work with monikers or other identifiers, the program can analyze graffiti to link it to the specific tagger who created it. That information is kept in a database that law enforcement investigators and prosecutors can search to determine patterns or particular geographic areas of that tagger.

This allows investigators to narrow down the location of a tagger. For example, in Escondido, Graffiti Tracker showed that one tagger was responsible for a series of markings along a particular street on the way to a local school. That allowed investigators to zero in on a tagger who lived near the school. Last week, Escondido police announced that they had used Graffiti Tracker again to help arrest a tagger suspected of causing an estimated \$50,000 in damages.

Very simply, we're going to target the taggers.

Since taggers often hit more than one location, it gives prosecutors a bounty of information that they can use to issue multiple counts against a tagger. The more

cases, the larger the restitution that prosecutors can seek in a court ruling for damages caused to a community.

For example, Escondido was awarded \$185,000 in restitution last year from taggers caught using the Graffiti Tracker system.

"Leveraging this technology to join more cases together means vandals are held accountable for the totality of their crimes," said District Attorney Bonnie Dumanis.

Criminal taggers don't confine themselves to one particular public jurisdiction. Some tag in neighboring cities and communities.

That's why taking a regional approach to graffiti is so critical. Adopting a singular technology throughout the region at any given time can provide a greater wealth of information to law enforcement about taggers, and lower costs for all the participating agencies.

Currently, only three jurisdictions, Escondido, Oceanside and the County Sheriff's Department, use Graffiti Tracker. Sheriff Bill Gore made it operational in the unincorporated areas of the county and each of the nine contracted cities the Sheriff serves — Del Mar, Encinitas, Imperial Beach, Lemon Grove, Poway, San Marcos, Santee, Solana Beach and Vista.

District Attorney Bonnie Dumanis and I partnered to bring this program to the SANDAG Board of Directors, which voted recently to look into expanding such a system across the region.

The city of San Diego currently uses a different approach to graffiti abatement but I am hopeful they will become a vital participant in a regional, collaborative effort against graffiti.

As you can see, the benefits of a system like Graffiti Tracker are many. It frees up officers to spend more time on criminal investigations and that means more crimes will be solved. Vandals can be targeted to pay to clean up the damage they've caused. It reduces overall graffiti and can help law enforcement identify areas likely to be targeted for graffiti. It also provides additional benefits by giving agencies a database of information that they can use to apply for grant funding to eradicate blight.

I strongly encourage all the cities in the region, along with transportation and utility companies that also suffer graffiti damage, to join SANDAG's coordinated regional effort.

Make no mistake, graffiti is a scourge upon the community. A coordinated approach is our best weapon against graffiti.

GUEST COMMENTARY

Drinking trends put youth at risk

By STEPHEN WALLACE, M.S. Ed.

The start of a new year often brings with it a resolve to try something new, fix something old, or tackle a problem too long left unsolved. Imagine what the start of a new decade could offer.

A specific problem that has long suffered from vast national equivocation has been one that involves the health and safety of young people: underage drinking.

Curious, given a concerted federal effort to curb underage drinking. The Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD), which is chaired by the Substance Abuse and Mental Health Services Administration, supports a range of programs.

That effort, among others, seems to have made some progress. But progress may be slowing — meaning it's time to revisit the issue and the role all adults play (or don't play) in realizing the goals set out in a report from the National Research Council and Institute of Medicine of the National Academies ("Reducing Underage Drinking: A Collective Responsibility") — a critical research-based book and call to action that got the ball rolling.

According to new Monitoring the Future data from the University of Michigan, a long-term gradual decline in alcohol use among 8th-, 10th-, and 12th-graders has leveled off, with the trend continuing for only the 8th-graders.

Similar results were found for binge drinking, defined as the consumption of five (for men, four for women) or more drinks in a row at least once in the previous two weeks.

This is not encouraging news given what we know about youth and alcohol.

For example, the Institute of Medicine of the National Academies estimates the annual cost of underage drinking at \$53 billion in losses from traffic deaths, violent crime and other destructive behavior. When it comes to older adolescents, *Teens Today* research from SADD (Students Against Destructive Decisions) reveals that by 12th grade more than three in four teens are drinking.

The Center for Substance Abuse Research (CESAR) notes that 85 percent of 17-year-old drinkers get drunk at least once in a typical month.

And then there's college. In February 2009, a survey of 6,608 students at the University of Wisconsin revealed:

- 33 percent of respondents reported that they have missed classes due to alcohol;
- 24 percent of respondents reported they had unprotected sex due to alcohol; and
- 49 percent of respondents reported doing something while drinking alcohol they later regretted.

So pervasive is college drinking that teens in SADD-related focus groups cite preparing for it as a primary reason for drinking in high school.

Ralph Hingson of the National Institute on Alcohol Abuse and Alcoholism points out some of the same as well as other alcohol-related consequences for college students:

- **Death:** 1,700 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.
- **Injury:** 599,000 are unintentionally injured under the influence of alcohol.
- **Assault:** More than 696,000 people are assaulted by another student who has been drinking.



• **Sexual abuse:** More than 97,000 are victims of alcohol-related sexual assault or date rape.

• **Unsafe sex:** 400,000 have unprotected sex and more than 100,000 report having been too intoxicated to know if they consented to having sex.

• **Academic problems:** About 25 percent of students report academic consequences of their drinking, including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

• **Drunk driving:** 2.1 million drive under the influence of alcohol each year.

And yet the problem of alcohol use on or around college campuses continues to be a polarizing issue, with some in higher education advocating for lowering the minimum legal drinking age (poof ... the "problem" then disappears) while prevention experts insist that the law saves lives and serves as an effective deterrent (SADD research points to the 21-year-old minimum legal drinking age as the number one reason those younger don't drink).

Similarly, researchers at the Washington University School of Medicine credit the current law for a decline in binge drinking among 12- to 20-year-old males (females are not doing as well), although they found that college students of both genders are binge drinking more.

Knowing the scale and the cost of the problem, all Americans can begin the new decade with a renewed sense of urgency to pursue proven effective strategies to reduce underage drinking at college ... and before. A good start, as with other problems, is acknowledging that one exists. Many colleges that have cite declines in underage and high-risk drinking among students.

The time to equivocate ran out when the ball dropped at midnight on Dec. 31.

— *Stephen Wallace serves as national chairman and chief executive officer of SADD, Inc. (Students Against Destructive Decisions) and has broad experience as a school psychologist and adolescent counselor. For more information, visit sadd.org or stephengraywallace.com.*

YOUR VIEWS

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CIRCULATION
VERIFICATION
COUNCILTHE PENINSULA
BEACON

Mannis Communications
4645 Cass St. Box 9550
San Diego, CA 92169
Fax: (858) 270-9325
Ad Fax: (858) 713-0095

beacon@sdnews.com
(858) 270-3103

sdnews.com

PUBLISHER

Julie Mannis Hoisington
(858) 270-3103 x106
jmannis@sdnews.com

EXECUTIVE EDITOR

John Gregory x130
bbp@sdnews.com

MANAGING EDITOR

Anne Terhune x133
mail@sdnews.com

EDITOR

Kevin McKay x131
beacon@sdnews.com

REPORTER

Anthony Gentile x135
anthony@sdnews.com

ACCOUNTING

Heather Glynn x103
Patty Angley x120
Accounts Receivable

AD CONSULTANTS

Mike Fahey x117
Jason Gregory x116
Sheri Starko-Jones x147
Marjorie Kirby x122
Michael Long x112
Ashlee Manzo x123
Heather Snyder x115
Deborah Vazquez x118

CLASSIFIEDS MGR.

Heather Snyder x115
heather@sdnews.com

CLASSIFIEDS

Kim Donaldson x140
kim@sdnews.com
Steve Lieber x111
steve@sdnews.com

PRODUCTION MGR.

Casey Dean x107
casey@sdnews.com

PRODUCTION

Dee Kahler, David Ramsey,
Nicola Rushford, Chris Baker,
Anna Magulac

PHOTOGRAPHERS

Mercy Arcolas, Don Balch,
Maria Epstein, Paul Gallegos,
Ronan Gray, Paul Hansen,
Paul Parks, Kirby Yau

CONTRIBUTORS

Stephanie A. Alderette, Keith
Antigiovanni, Don Balch,
Charlene Baldrige, Trish
Clenney Brown, Joseph
Greenberg, Scott Hopkins,
Nicole Larson, Bart Mendoza,
Theresa Miracle, Lorelee
Olejnik, Neal Putman,
Sebastian Ruiz, Laurie Smith,
Dave Thomas, Patricia M.
Walsh, Jan D. Wellik,
Martin Jones Westlin

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SUBMISSIONS Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

DEADLINES All content must be received by 5 p.m. on the Thursday prior to publication.

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LAWS

CONTINUED FROM Page 1

ents that do not contain trans fats,” Encarnacion said. “The impact to the consumer is hopefully a more healthy meal.”

The aim of the new law is to protect consumers from eating trans fat when a meal’s nutrition facts are not readily available. It does not apply to any food being sold in its original manufacturer packaging, which already provides its nutritional information.

“Food being sold in the original sealed package made by the manufacturer are exempt because a person can make that decision by looking at the nutrition fact panel,” Encarnacion said.

According to Encarnacion, consumption of trans fat has been linked to heart disease. He said the mechanism behind the artificial fats raises bad cholesterol (low-density lipoprotein) levels while lowering levels of good cholesterol (high-density lipoprotein) — a combination health experts consider detrimental.

Penalties for eateries violating the new law will result in fines ranging from \$25 to \$1,000, depending on the severity of the violation. San Diego County Department of Environmental Health’s field staff will look for the trans fats during their normal inspections.

“Manufacturers and retailers are cooperating very greatly with the health department to provide good meals for their consumers and to allow consumers to make an informed decision,” Encarnacion said.

What else is new?

On the calendar, a bill co-authored



Trans fat, which is linked to heart disease, is targeted under a new California law that became effective Jan. 1. The bill affects the restaurant industry.

by local Sen. Christine Kehoe will designate May 22 as Harvey Milk Day throughout California starting this year. Assembly Bill 2567 celebrates Milk and encourages educational institutions to conduct exercises to recognize the first openly gay elected public official in California on May 22.

On the roadways, Assembly Bill 62 puts restrictions on having video screens in vehicles. According to the California Highway Patrol (CHP), video monitors are allowed, but any video equipment within a car must be designed, operated and configured in a manner so that the driver cannot view them while operating that vehicle.

Senate Bill 159 extends the Jan. 1 ending date for the “Move Over, Slow Down” law. This extends indefinitely the law that requires freeway drivers approaching a lane next to a stationary emergency vehicle displaying emergency lights or tow truck displaying amber warning lights to change lanes or slow down to a reasonable speed.

A final law of note that took effect on Jan. 1 aims to help property owners avoid scams. According to the San Diego County Assessor’s Office, Assembly Bill 992 helps those owning properties from being subject to scam mailers that resemble official documents when they are re-assessing the value of their property.

WISH LIST

CONTINUED FROM Page 2

Denny Knox, Ocean Beach MainStreet Association

Better business: “I would like to see our businesses start to really come out of this recession and really experience if not a surge, then a leveling out of business, so that they can depend on a stable economy. I’d like the government to get off small business’ back and let them operate and not ‘fee’ them to death.”

Businesses better: “The businesses that have survived the last year are going to run a lot more efficiently this coming year because they have really worked on their businesses to stay alive this last year. They’ve really trimmed expenses and come up with some really creative ideas to promote their businesses.”

Jim Musgrove, president, OB Town Council

Beach-y keen: “I would like to see the continued cleanup of our beaches and that the fire rings stay. Because of budgetary cuts, they’re talking about taking (fire rings) out city-wide. I know that the residents of Ocean Beach are going to be very active in the continued cleanup and the efforts to keep the fire rings in place.”



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Pointers seek new coaching blood

Point Loma High School (PLHS) is seeking two outstanding coaches to enrich the lives of Peninsula students.

Openings currently exist for a boys' golf coach and a boys' and girls' badminton coach. Previous coaching experience is desirable

but not necessary, according to school officials.

Interested persons are encouraged to contact PLHS Athletic Director John Murphy at (619) 223-3121, extension 4655.

— Scott Hopkins

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PLHS fetes cream of the crop in athletics

By SCOTT HOPKINS | THE BEACON

Hard-hitting football linebacker Anthony Joyner led an impressive list of Point Loma High School (PLHS) student-athletes who received postseason honors following the fall prep sports season.

Joyner, a senior, tackled Western League First Team Defense honors and the league's Defensive Player of the Year award. His prep career was crowned when he was named to the all-San Diego Section First Team, placing him among the most elite players in talent-rich San Diego County.

Tight end Jordan Sparkman, a six-foot-six-inch PLHS senior, caught a First Team Western League Offense award and pulled in all-Section Second Team honors.

Other all-League members from the Pointers' Division III Championship runner-up team with class standing include First Team Offense: senior Davis Callejon and Sparkman. Second Team honors went to seniors Keegan Fitzgerald and Maurice Smith.

Five players received defensive honors, including First Team Defense players Zach Gemmill (senior), Christian Heyward (junior) and Joyner. Second Team members are seniors Mike Montesano and Curtis Dietz.

Two Pointer ladies were named as the best Eastern Leaguers in their sports.

Cross country runner Meghan Breadmore (junior) led Point Loma High, racing to First Team league honors and breaking from the pack as Athlete of the Year. She was also named to the All-Section Second Team.



Point Loma High School's Anthony Joyner capped an outstanding prep football career with honors including all-Western League First Team Defense, league Defensive Player of the Year and the prestigious all-San Diego Section First Team Defense.

PHOTO BY SCOTT HOPKINS | THE BEACON

In tennis, Carley Cooke (junior) aced First Team honors and netted Player of the Year recognition.

In ladies' golf, two future stars teed up. Savannah Knox, a freshman, drove to Western League First-Team honors and an All-Section Second Team listing. Sophomore Melissa Nou putted her way to a Second Team league award.

In men's water polo, Bartlett Carlton (senior) netted Eastern League First Team honors, while junior-class teammates Bryan Valone and Graham Scribner swam to Second Team awards.

Men's cross country runner Duncan Swain (junior) sprinted to the Eastern League First Team finish line.

"We are super proud of all the athletes who were recognized and their families," said PLHS Athletic Director John Murphy. "It's an exciting time right now for Point Loma High School. We have great school spirit and many students participating in all of our sports programs."

The selections are made by league coaches under the hall's guidance.

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Nebraska crushes Arizona in first-ever Holiday Bowl shutout

By ANTHONY GENTILE | THE BEACON

In one of the most dominant performances in Holiday Bowl history, the University of Nebraska controlled the game from the opening possession and never looked back. The No. 22 Huskers rolled to a 33-0 victory over No. 20 University of Arizona on Dec. 30 at Qualcomm Stadium.

"Finishing with a win makes it pretty special," said Nebraska head coach Bo Pelini. "We took the momentum early and I thought we executed our plan from start to finish. It was a complete win against a really good football team."

Nebraska won the opening coin toss and deferred, putting their defense on the field. On the game's third play from scrimmage, Huskers defensive back Matt O'Hanlon intercepted a pass from Arizona quarterback Nick Foles and returned it to the Wildcats' five-

yard line.

"That was a huge way to start the game," Pelini said. "It set the tone for the rest of the game."

Two plays after the interception, Nebraska quarterback Zac Lee ran for a four-yard touchdown for the game's opening score. Lee's score came 1 minute and 15 seconds in, the fastest score in Holiday Bowl history.

Nose tackle Ndamukong Suh and the Huskers' defense dominated the rest of the first half, keeping Arizona off the scoreboard and holding the Wildcats' offense to 32 yards and just one first down. Arizona's spread attack could not find a rhythm.

"They did everything we expected them to do," Foles said. "It just came down to them outplaying us."

On the other side of the ball, the Nebraska offense that came in ranked 102nd in total offense could seemingly do no wrong. The

Huskers got points on five of their six drives in the first half and led 23-0 at intermission.

"We came out there and showed them that we can play ball," said Nebraska receiver Niles Paul. "Everybody doubted the offense but we just wanted the opportunity to go out there and show them what we can and will do."

On the opening drive of the third quarter, Nebraska drove deep into Arizona territory and Huskers kicker Alex Henery nailed his Holiday Bowl record fourth field goal of the game. After a Wildcats punt, the Huskers put an exclamation on their victory when Lee found Paul for a 74-yard touchdown strike midway through the third quarter.

"The corner was biting on a lot of the short routes and he was just sitting there," Paul said. "We talked to coach about running a double move route and it worked."

Nebraska's 396 yards of offense

would be more than enough for their defense. The Huskers' black-shirt defense kept Arizona off the scoreboard, recording the first shutout in Holiday Bowl history.

"We wanted the opportunity to do that," Suh said. "It's a great offense that we went against, but we're a great defense as well. We wanted to hold them to (limited) yardage and hopefully keep them out of the end zone. That was a part of our gameplan."

Nebraska (10-4) won its fourth straight bowl game and first Holiday Bowl, having lost to Arizona in 1999 in their only previous appearance here. In the win Dec. 30, the Huskers played their most complete game of the season.

"I think this program has come a long way," Pelini said. "Where we are right now, we can compete with anybody in the United States. I'm excited about the future of this."

Arizona (8-5) finished with eight wins for the second season in a row, including victories over University of Southern California and Stanford University. The Wildcats are 1-1 all-time in the Holiday Bowl, with this trip resulting in a bit of a setback on an otherwise great 2009 campaign.

"It has been a long time since we played like this. I don't know if we were just content getting here, but we certainly didn't show up in any way," said Arizona head coach Mike Stoops. "I can't remember the last time we were dominated like this."

WEST

CONTINUED FROM Page 1

nerback for the Huskers in 2008, West came into the 2009 season as the incumbent starter. After starting the first five games of the season, he lost his job to sophomore Alfonzo Dennard and has played a reserve role in the secondary while keeping his famed blackshirt practice jersey that denotes first-team status.

"It's been something you got to get used to. Competition in the secondary has been strong," West said. "You have a lot of good guys back there and you just have to come

every day and work hard."

The Holiday Bowl was not West's first time playing Qualcomm Stadium. He also appeared at the home of the Chargers as a member of the Point Loma's 2005 football team that lost to St. Augustine in the Division III section finals.

"That's one of the first things I thought about once I knew we were going to the Holiday Bowl — how it's crazy that I played there in high school," West said. "It seems like it was just yesterday."

West was one of seven Californians in his recruiting class and one of three San Diegans on the Huskers' current roster. He said even in

his fourth year living in Lincoln that he is still adjusting to the change in climate.

"The main thing is that the snow and the wind out there is really bad," West said. "We just left a blizzard. We got about 10-12 inches of snow in a matter of a half a day."

Besides nice weather, West said what he misses most about Point Loma is friends and family.

"[I miss] just being around all my friends, everybody I played with and my family — just being at home," West said. "It's a great city, a great part of town and I just miss it."



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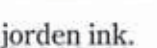
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The Venetian

Try our new happy hour menu, 4-6 p.m. daily. Featuring food & drink specials. If visuals get your Italian-cuisine appetite in gear, The Venetian is your restaurant forevermore. The food has best been described as California-Italian, which simply means you can expect great fare without a lot of heavy sauce, the way some other places think Italian should be done. The pastas and chicken entrees will command your serious attention, as will the tidy bar and the family-style menu. Anything else you could ask for probably doesn't exist. And did we mention the great service?

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In the Golden Triangle

Candye Kane fits 'The Toughest Girl Alive' role

By BART MENDOZA | THE BEACON

Candye Kane, who performs at Humphrey's Backstage Lounge on Jan. 9, might well be San Diego's greatest musical ambassador. On the road worldwide for up to 250 dates a year, Kane has led an amazing life.

A songwriter, playwright, former adult film star and activist, her biggest challenge to date has been a 2008 bout with a neuroendocrine tumor, which sidelined her for several months. She has been able to overcome the disease, however, ramping up her live performances to a level even more intense than was true before her illness. It all lends credence to the title of her first play, "The Toughest Girl Alive."

Though Kane is a mainstay of local stages and has played the Humphrey's outdoor summer festival stage numerous times — opening for the likes of The Temptations — she hasn't performed at the Backstage Lounge in well over a decade.

Kane arrived in San Diego in 1986, following love and her soon-to-be first husband south from Los Angeles. She released her first album "Burlesque Swing" the following year, setting in motion a career now 10 albums and countless compilations deep.

While Kane is known today for her blues singing, she started out at the opposite end of the musical spectrum: opera.

"I had a scholarship when I was 14 to the USC music conservatory," Kane said. "It was their junior music program for people who didn't have money. They wanted me to sing opera then."



Cancer survivor Candye Kane will belt out her blues favorites at Humphrey's Backstage Lounge on Jan. 9. COURTESY PHOTO

"My teacher was really into it and gave me lots of records at the time — Maria Callas, Beverley Sills etc.," she said. "But I really wasn't into it, I like singing the songs I heard on radio."

She said her first key influence was Linda Ronstadt.

"Once I discovered her, I discovered writers like Hank Williams Sr. and Lowell George," Kane said. "From that, I started discovering different types of music."

The blues were still a little ways off, as Kane first made a stop as a country singer with her debut group, The Armadillo Stampede, along side noted guitarist Will Ray, later of the Hellacasters. Kane scored a record deal with CBS, only to lose it when the company began to make demands.

"I lost the deal because I wouldn't lose weight or compromise my integrity by lying about my past," Kane said. "I preferred to be honest,

and the price I paid was I lost my \$150,000 deal with CBS. But honesty was very important to me."

Though that was definitely a low point in Kane's career, she said ultimately it was the right decision.

"I feel like I did the right thing," Kane said. "Right after that, I found my home in the blues. And right after that, I ended up pregnant with my son Tommy, who is now 21."

While Kane today has a dedicated fanbase in the U.S., it's in Europe where she has made the biggest impact.

"I think Europeans, in general, love American roots music," Kane said. "Also, music and art are irreplaceable elements of cultural life in Europe. It's really important to them to bring their children and grandchildren and their grandparents and parents to live music shows and it's a far more inclusive family event to see shows."

"There is also no bar age, so you can go in a bar with your parents or family members and see live music," she added. "It makes music more of an interactive thing and I think that's partially why Americans tend to be successful in Europe."

Upcoming plans for Kane include a new production of "The Toughest Girl Alive," set for this fall at the Moxie Theatre, along with more recording. But touring will take a large part of her time over the next 12 months.

"Superhero' is only six months old, so we'll be working hard promoting that for another year," Kane said. "Our plan is to make another record in 2010. I'm doing collaborations with musician Skip Heller."

SEE KANE, Page 12

Happy 90th Birthday Ray!



Ray Medina, owner of the Pacific Shores in Ocean Beach turned 90 in December. He was born to a farming family in San Jose, CA. In the 1920s, when Ray was still a young boy, his family moved to San Diego and became key players in the tuna fishing industry eventually owning two fishing boats of their own.

During World War II, Ray served his country as a Chief Boatswain's Mate in the Navy. He was raised to this rank (the highest enlisted rank at that time) due to his seamanship knowledge. At one point, he even commanded his own Navy vessel. He saw combat action in the Pacific where he spent the bulk of his tour of duty. After the Navy, Ray went back to work for the family's tuna business.

In 1954, Ray and his brother Oliver decided to leave the family tuna fishing business and start something new. Their joint venture was the acquisition of the Pacific Shores cocktail lounge in Ocean Beach. After 55 years, the Pacific Shores is still in business and Ray Medina is still the owner!

Happy Birthday Ray!



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January

A Look Ahead

ARTS & ENTERTAINMENT

Through Jan. 17, Quilt Visions/Visions Art Quilt Gallery hosts a new exhibit, "Interpretations 2009." An opening reception takes place Saturday, Nov. 14 from 5 to 7 p.m. The admission to the gallery, located at 2825 Dewey Road, is free. Gallery hours are Tuesdays through Sundays from 10 a.m. to 4 p.m. For information, call (619) 546-4872, or visit www.quiltvisions.org.

COMMUNITY/CIVIC

Saturday, Jan. 9, 9 a.m. to noon, Friends of Famosa Slough host a work party to plant and care for California native plants and remove invasive species. Participants are asked to meet at the southeast corner of W. Point Loma and Famosa boulevards. For more information, call (619) 224-4591, or visit www.famosaslough.org.

Wednesday, Jan. 13, 6:30 p.m., the Hervey/Point Loma Branch Library hosts "Frank Lloyd Wright and the Teliesin Fellowship," a presentation by Dr. Clare Crane. The free event takes place at the library, 3701 Voltaire St. For more information, call (619) 531-1539.

Wednesday, Jan. 13, 10 a.m., regular monthly meeting of the Point Loma Garden Club. The featured speaker will be Kathleen Shawl Parkes of Monrovia Nurseries, who will speak on the replacement of water-hungry landscapes. The meeting takes

place at the S.E.S. Portuguese Hall, 2818 Avenida de Portugal. For more information, call (619) 223-2051, or visit www.plgc.org.

Thursday, Jan. 21, 6:30 p.m., Naval Base Point Loma's Restoration Advisory Board meets at the S.E.S. United Portuguese Hall, 2818 Avenida de Portugal. The meeting is open to the public. For more information, call Navy Project Manager Allison Basche at (619) 556-0193.

Thursday, Jan. 21, 7 p.m., the Ocean Beach Historical Society hosts Ocean Beach photographer Steve Rowell, who will present "Our Local Wildlife." The event takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit www.obhistory.wordpress.com.

Sunday, Jan 24, 7 p.m., annual meeting of the United Portuguese S.E.S., known as "Contas." All members and prospective members are welcome. The meeting takes place at the United Portuguese Hall, 2818 Avenida de Portugal. For more information, call (619) 895-6348.

SCHOOLS

- Today, Jan. 7, 6 to 7:30 p.m.,
Correia Association meeting.
- Thursday, Jan. 14, 4:15 to
5:45 p.m., SSC meeting.
- Tuesday, Jan. 19, Martin
Luther King, Jr. Day observance
— no classes.

POINT LOMA HIGH

• Thursday, Jan. 21, 6 p.m., informational meeting for prospective students and their parents. This is a chance to meet the administrators, coaches, counselors, parents, students and teachers of Point Loma High, 2335 Chatsworth Blvd. For more information, call (619) 223-3121, ext. 1129, or e-mail mtolpen@sandi.net.

SILVER GATE

- Friday, Jan. 8, 7:45 a.m., principal's chat with parents of students in kindergarten and 1st grade.
- Wednesday, Jan. 13, 9 a.m. and 6:30 p.m., new student open house with introductions, school overview and classroom visits. Principal Sandy McClure available to field questions from 10:15 to 10:45 a.m. and again from 7:30 to 7:45 p.m.

ST. CHARLES BORROMEO

- Tuesday, Jan. 12, Geography Bee finals; Art to Remember fundraiser begins.
- Thursday, Jan. 21, Spelling Bee finals.
- Friday, Jan. 22, grade 5 to San Diego Food Bank.
- Sunday, Jan. 24, 11 a.m., open house for prospective kindergarten through 8th-grade students and their families; SCBA accepting applications for prospective students now.

SENIORS

- Tuesday, Jan. 12, 10 a.m. to noon, Sharp Senior Resources Center hosts “Living a Brain Healthy Lifestyle” with Dianne Beach of the Alzheimer’s Association. The free seminar takes place at the Sharp Memorial Outpatient Pavilion, Classroom B, 3075 Health Center Road. Registration is required by calling (800) 827-4277.



400,000 washes ... and counting

Dog Beach Dog Wash celebrated its 400,000th dog wash Dec. 22 with Chuck and Stacey Grady and their 22-month-old black Labrador retrievers "A.J." and "Ariel." The Gradys were treated to free washes, champagne and a gift bag of grooming supplies, toys and treats. Dog Beach Dog Wash began its do-it-yourself dog wash business in 1993 and is open daily from 7 a.m. to 9 p.m. at 4933 Voltaire St. in Ocean Beach. For more information, call (619) 523-1700, or visit www.dogwash.com. COURTESY PHOTO

KANE

CONTINUED FROM **Page 11**

She is also nominated for three national Blues Foundation Awards — “Entertainer of the Year,” “Best Blues Contemporary Female Singer” and “Best Blues Album” for her album *“Superhero.”*

Kane acknowledges that dealing with her tumor has made things slightly more difficult for her, but she said she's up to the challenge.

"Cancer was a blessing for me," Kane said. "It really has changed the way I view my life and my relationship with food. I think about that a lot now."

Kane still belts out the blues with fervor in concert, but she notes that there has been a subtle change in the audience since her cancer struggle was revealed.

"My show has taken on a healing element," Kane said. "People come and share stories about their own cancer situation. It's like cancer's a dirty word or something."

"I feel really lucky to be alive," Kane said. "So every day that I am blessed to open my mouth and make music is amazing."

Kane performs Saturday, Jan. 9 at 9:30 p.m. at Humphrey's Backstage Lounge, 2241 Shelter Island Drive. Tickets are \$12. For information, visit www.candyeckane.com.



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**Wednesday, January 20, 2010
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Sat 1-4pm	361 Prospect St.	3BR/3BA		Greg Noonan • 858-551-3302
Sat 1-4pm	475 Marine St.	3BR/3BA	\$2,150,000	Jim Holland • 858-405-6442
Sat 1-4pm	8101 Prestwick	4BR/4BA	\$2,580,000	Brant Westfall • 858-922-8610
Sat 1-4pm	1590 Coast Walk	5BR/4BA	\$7,500,000-\$8,500,000	Bobby Graham • 619-379-9668
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