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PLHS students join outcry over whale captivity

The Cinematic Arts and Video Production students at Point Loma High School had a strong reaction to the documentary "Blackfish" that was broadcast on CNN in October.

Courtesy photo

Pupils take SeaWorld to task after marine-mammal documentary on CNN

By DAVE SCHWAB | THE BEACON

Point Loma High students reacting to "Blackfish," an anti-marine mammal captivity documentary, have created a public service announcement (PSA) asking Sea World to stop using animals for entertainment.

Less than a minute long, the PSA, titled "Dear SeaWorld," was created by students in Anthony Palmiotto's Cinematic Arts and Video Production classes.

"We always do a documentary and when it ("Blackfish") came on basic cable television, I just gave them an

open-ended assignment that they could watch it and write something about it, an essay or a movie review," said Palmiotto. "One of the kids said, 'Why don't we make a video?' Then we started to piece together different reactions from students in different classes. That's how it came about."

"Blackfish" explores the accidental deaths of SeaWorld trainers and is critical of keeping killer whales in captivity and having them perform in shows. The film premiered at the Sundance Film Festival in January, then went mainstream Oct. 24 when it was featured on CNN and became the

subject of several CNN news features.

The PSA, written, acted and produced by Point Loma cinema students using the school's state-of-the-art studio, shows several students fading in and out as they read portions of their letter to the aquatic park.

"Dear Sea World, thank you for all the amazing memories, the Shamu Show, Dolphin Point, the Penguin encounter," begins the PSA. "But after watching the documentary 'Blackfish' on CNN, all those special memories have totally been cheap-

SEE DOCUMENTARY, Page 5

MAYORAL SPECIAL ELECTION: CANDIDATE STATEMENTS

EDITOR'S NOTE: To better inform our readers about the political views of the four most prominent candidates in the Nov. 19 mayoral special election, the San Diego Community Newspaper Group developed a seven-pronged interview for the political hopefuls. The candidates queried were former City Attorney Mike Aguirre; District 8 City Councilman David Alvarez; District 2 City Councilman Kevin Faulconer; and former state Assemblyman Nathan Fletcher. Fletcher's campaign did not respond.

Candidate: MIKE AGUIRRE (Former City Attorney)



MIKE AGUIRRE

What is the greatest challenge/challenges facing our beach communities and how do you propose addressing this/them?

A: Stormwater runoff fouls our beaches and bays every time it rains. New water-quality rules take effect in 2018. It will cost about \$2.7 billion to make the upgrades. The city wants to increase homeowners' monthly stormwater fees by more than 1,000 percent to pay for the upgrades, but the fee increase requires a vote, which will fail. The city will face up to \$37,500 in daily fines when there's runoff into the ocean. I will negotiate with the Regional Water Quality Control Board to phase in implementation of the regulations while increasing investment in storm-drain upgrades.

The homeless situation and the issues/problems associated with them continue to grow seemingly on a daily basis and are pervading nearly every neighborhood in San Diego. How do you propose to resolve the

issue?

A: Homelessness is a regional issue. The county's 18 cities and our county government should consolidate, coordinate and share efforts, including churches, nonprofits and other organizations. We can achieve higher efficiencies by working together, as well as pooling scarce resources and obtaining greater amounts of grant funding. In Orange County, funding is being provided through Proposition 10 (1998) that created a tax on cigarettes and other tobacco products to go to early childhood education. In addition, the county developed a "10-Year Plan to End Homelessness." Participants identified about \$4.5 million in additional county funds. We should explore a similar approach.

Medical marijuana dispensaries have been an ongoing controversy for years for the city, law enforcement, the dispensaries and those who believe medical marijuana is of benefit to them. How would you resolve/reconcile this controversy?

A: As a former Assistant U.S. Attorney, I support enforcing the law. In August, the Deputy Attorney General provided "guidance ... concerning marijuana enforcement," which tacitly acknowledges states' rights to permit

SEE ELECTION, Page 7

CVS ready to move in on former Apple Tree location – but not without liquor license

By TONY DE GARATE | THE BEACON

CVS Pharmacy thinks the old Apple Tree grocery store, the long-vacant building at 4949 Santa Monica Ave., would make a dandy spot for its 26th San Diego-area location.

Corporate officials reportedly love the building. They say the available floor space and parking is quite adequate, and they admire the curved roof and other features that reveal its past as a 1960s-style Safeway supermarket, according to Steve Laub of Land Solutions, Inc., a local project management-consulting firm that is overseeing the permitting process.

What CVS doesn't have is permission to sell beer, wine and spirits — and the prospect of a liquor license whipped up a

standing-room-only crowd Nov. 6 at the monthly meeting of the Ocean Beach Planning Board (OBPB).

CVS was hoping to get the OBPB to give its blessing now, while the San Diego Police Department is in the middle of an investigation that could make or break whether a liquor license is granted. Instead, with more than three dozen audience members crammed into the meeting room of the Ocean Beach Recreation Center, it voted 10-0 to put off a decision until that investigation is complete.

Police approval is crucial because the property sits in a census tract that, according to a formula used by the state Alcohol Beverage Control Department, already has too many off-premise liquor licenses. Under state law, no more licenses

can be granted without a finding that another license would serve "public convenience or necessity." Police have 90 days to make that determination, said Lt. Dan Plein of SDPD's Vice, Permits and Licensing unit.

Community approval is one of the factors police look at when they make that decision, said Plein, who was one of two vice officers at the meeting.

Obtaining that determination, or PCN finding, is the first step in CVS' plan to occupy the building. If police make a PCN finding in CVS' favor, the company will formally submit a liquor license application, Laub said, which triggers posting and notification

requirements and a public comment period.

Even though alcohol makes up only five percent of CVS' total sales, it's a critical part of the company's business, company officials said.

"Alcohol is a convenience we need (to offer) to be competitive," said Wolfgang Schiefer, district operations manager for CVS.

"It brings people in to buy other products," Laub said. "CVS wants to make it so people can come in and get their whole list of shopping items."

Nearly every citizen who spoke opposed the liquor license or had concerns. Some lament-

ed a grocery store being replaced by a retail outlet with offerings so similar to a nearby Rite Aid. Others wanted CVS to show it would be a good corporate neighbor.

Some, like Tommy Gomes, who described himself as a licensed drug and alcohol counselor, just plain don't want any more alcohol in Ocean Beach.

"We don't need more booze," Gomes said. "There's money to be made somewhere else."

Gretchen Kinney Newsome, president of the Ocean Beach Town Council, asked about the possibility of a "community benefits package" that could include things like college scholarships, community clean-up sponsorships and a pledge

SEE CVS, Page 8

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QUICKHIT

Cabrillo Centennial Celebration redux Dec. 7-8

The Centennial Celebration at Cabrillo National Monument has been rescheduled for the weekend of Dec. 7-8, with the commemorative 100th anniversary ceremony set to take place Sunday, Dec. 8 at 3 p.m.

Because of the partial government shutdown, the park's originally scheduled three-day Centennial Celebration from Oct. 12-14 was cancelled. The rescheduled centennial activities will coincide with the park's third annual "World War II — Fort Rosecrans Goes to War" event, which highlights the park's military history.

"I'm very pleased to announce the rescheduling of this special historic community event," said park superintendent Tom Workman. "Combining the centennial events with our annual military history tribute will make this a very special and memorable weekend for staff, volunteers and visitors. We invite the public to come and celebrate San Diego's only National Park."

All facilities and grounds at Cabrillo National Monument are now back open with the normally scheduled hours of 9 a.m. to 5 p.m. The tidepool area closes at 4:30 p.m. and the Bayside Trail closes at 4 p.m. The Cabrillo National Monument Foundation Bookstore is also open for business. The "Cabrillo Lights Up the Night" event has been rescheduled for March 15. For more information, visit www.cnmf.org or www.nps.gov/cabr.

Multiple SDCNG writers reap journalism honors

Three of the San Diego Community Newspaper Group's corps of reporters earned top honors during the San Diego Press Club's 40th annual Excellence in Journalism Awards on Oct. 29 at the Market Creek Jacobs Center.

The evening was a rich mix of tradition and celebration featuring San Diego's finest restaurants with regional wines and beers. For the honorees, it was a fun evening of rubbing elbows with friends in the San Diego media. The San Diego Press Club is the third largest in the U.S., representing all media city and county newspapers, magazines, websites, television and radio outlets.

Writer Scott Hopkins received first place in the Photography Still Feature category for "Clash of the Classes on the Gridiron" that ran in the *Peninsula Beacon*. He also earned a second-place award in the Non-Daily Newspapers Series category for "PLHS graduate ID'd as shooting victim in bizarre crime spree." In addition, Hopkins shared a third-place award in the Education category for his article, "Students defuse rat

race of school life with gigantic hamster wheel."

Mike McCarthy received a first-place award in the Investigative Reporting category for the article "Teeming with life — summer marine life unusually active," that ran in the *Peninsula Beacon*, *Beach and Bay Press* and *La Jolla Today*. He also received a second-place honor in the Photography Still News category for the same article.

Reporter Mariko Lamb collected second-place honors for her work at the *Beach & Bay Press* in the non-daily newspapers Best Gardening Story category with "Young minds blossom with growth of school garden."

"The San Diego Community Newspaper Group is honored to have Mike, Scott and Mariko on our writing staff," said managing editor Kevin McKay.

"These writers continue to produce insightful and meaningful stories and photos that provide the very snapshot of life in our beach communities we seek out every day. These honors are richly deserved," he said.



San Diego Community Newspaper Group writers Mike McCarthy, left, and Scott Hopkins savor the moment during the San Diego Press Club's 40th annual Excellence in Journalism Awards ceremony on Oct. 29.

Courtesy photo

Hot new trend combines yoga with stand-up paddleboarding

Ocean Experience and Shawna Schenk of Riffs Yoga in Bird Rock are taking yoga to another level through stand-up paddleboard yoga classes on the water. For a unique yoga experience to strengthen and connect with your body in a whole new way, try this one-and-a-half hour balancing act with a certified yoga and lifeguard instructor, who will

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OBITUARY

Nelson, Robert Roy Nelson, lifeguard and Mission Bay port captain

Robert Roy 'Nellie' Nelson, a lifeguard and Mission Bay port captain peacefully passed away Friday, Oct. 25th in his home in San Diego.

Robert Nelson was born on Feb. 6, 1927 in San Diego. He grew up in Ocean Beach and Point Loma and graduated from Point Loma High.

In 1949, he became a lifeguard for the county of San Diego and became a city lifeguard in 1953. Nelson served 10 years as a lifeguard lieutenant and was appointed port captain of Mission Bay in May of 1968. He retired from the city in 1976.

Capt. Nelson was instrumental in overseeing the complex operation in keeping

Mission Bay — a nationally famous water playground — safe and orderly.

He worked to acquire the new 36-foot Lifeguard Rescue Boat, ALERT, powered by twin 280 horse engines and with firefighting and pumping capability, which he skippered.

Nelson managed both the Harbor Patrol lifeguards (now known as the Lifeguard Service Boating Safety Unit), the beach lifeguards on Mission Bay, lifeguard communications and maintenance of navigational buoys and aquatic safety equipment.

Over the years as aquatic activity grew on Mission Bay, Capt. Nelson strived for more boating safety education and had one terse bit of advice for boat owners:

"Follow all safety precautions of the Coast Guard."

Robert enjoyed surfing, fishing, swimming, handball, tennis and an occasional racquet ball game. He received many awards and trophies and was a member of the San Diego Rowing Club.

He is survived by his wife, Roberta J. Nelson; daughter Teresa; and grandchildren James Jr., Joseph and Alexander and nephew Eric.

A surfer and lifeguard paddle out memorial will be held Nov. 16 at 1:30 p.m. at Ocean Beach at the foot of Santa Monica Avenue.

Visit beardsleymitchell.com for updates on place and time.

Stolen PLHS generators put band in dark, help sought in recovering items

The Point Loma High School Band and Colorguard Rehearse-a-thon was in full swing — and it was getting dark. It was time to bring out the generators in order to light the field — but that was not to be. The generators were gone: they were stolen from the Music Center some-time around the beginning of October.

Resourceful band boosters drove their cars to the edge of the field and turned on their headlights so the students could

continue practicing and raising money for the program. Losing two Honda EU 2000 generators priced at \$1,200 each is a huge blow to a program that depends on fundraisers and donations to sustain its incredible growth over the past four years. The generators, which the program had for less than a year, were also used to power electrical instruments in field competitions, and to power lights in dark parking lots after students return

from the field to change out of their uniforms.

The school is investigating the theft, and is asking for the community's help in recovering the generators. Anyone with information or offers of help can contact music director James Sepulvado at jsepulvado@sandi.net.

Donations to help cover the loss can be made at the band's website: www.plhsmusic.com/donate.

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DOCUMENTARY

CONTINUED FROM Page 1

ened. Is it true the orcas in your exhibits are kidnapped from their families? Is it true their lifespans are shortened in captivity? Is it true there have been numerous attacks on human trainers at your parks?

"The only question is 'Why?'" concludes the PSA. "So, until these questions are answered, there will be no more admission fees, no more rides, no more teddy bears. We just invite you to change your business model and stop using animals for entertainment. Free the dolphins. Free the penguins, free the orcas — today."

SeaWorld officials condemned the accuracy of "Blackfish" in its representation of what goes on behind the scenes at the parks.

"'Blackfish' is billed as a documentary, but instead of a fair and balanced treatment of a complex subject, the film is inaccurate and misleading and, regrettably, exploits a tragedy that remains a source of deep pain for [SeaWorld trainer] Dawn Brancheau's family, friends and colleagues," said David Koontz, SeaWorld San Diego spokesman. "To promote its bias that killer whales should not be maintained in a zoological setting, the film paints a distorted picture that withholds from viewers key facts about SeaWorld — among them, that SeaWorld is one of the world's most respected zoological institutions, that SeaWorld rescues, rehabilitates and returns to the wild hundreds of wild animals every year, and that SeaWorld commits millions of dollars annually to conservation and scientific research."

"Perhaps most important, the film fails to mention SeaWorld's commitment to the safety of its team members and guests and to the care and welfare of its animals, as demonstrated by the company's continual refinement and improvement to its killer whale facilities, equipment and procedures both before and after the death of Dawn Brancheau."

SeaWorld is currently involved in a legal battle in Florida, appealing a citation issued by the federal Labor Department's Occupational Safety and Health Administration, which ruled that the marine park exposed its employees to hazards in the accidental death of trainers with killer whales. SeaWorld's appeal of that ruling seeks to overturn a court order affecting all SeaWorld marine parks, including San Diego's, which would ban trainers from being in the water with killer whales unless they were physically separated.

Koontz said more than 60 Point Loma High School Students worked at SeaWorld this summer for their summer jobs. Ten, he said, still work there part time.

"Animals are integral elements of our park's award-winning education program," Koontz said. "Each year at SeaWorld San Diego, more than 15,000 school children participate in our camp and sleepover programs; nearly 100,000 students participate in our in-park educational field trips; more than 40,000 visitors take advantage of our behind-the-scenes public educational tours, and tens of thousands of guests participate in our animal interaction programs — each leaving the park with experiences that would be difficult or impossible to replicate with video or in books."

Koontz said SeaWorld's animal rescue program has spanned nearly five decades and has aided more than 22,000 animals.

"Responding to wildlife in crisis is something we are passionate about," he said. "Our rescue teams are on call seven days a week to assist animals that are orphaned, ill, injured or in need of expert care. Our goal is to successfully rehabilitate animals for return to the wild. The small percentage of animals whose injuries are too debilitating to permit release are given lifelong care. So far in 2013, SeaWorld San Diego has rescued more than 400 marine mammals and hundreds of marine birds."

SeaWorld's commitment to animals "goes beyond the boundaries of our park," Koontz continued. "Each year, we provide direct support to countless local, national and international environmental and conservation groups. Since its creation in 2003, the SeaWorld and Busch Gardens Conservation Fund has granted more than \$10 million to nearly 700 conservation organizations in more than 60 countries to assist with projects related to animal conservation, animal protection and rescue, habitat protection and conservation education."

Point Loma High cinematography students discussed "Blackfish" and their views about keeping marine mammals captive, while offering a few possible solutions for how animals in SeaWorld San Diego's care might be treated better.

"I was a little angry and disappointed with SeaWorld," said Hayley Roth. "They keep [animals] locked up in little crates all night and only let them out for shows and training. It was pretty bad."

Student Taeshon Greene had a slightly different take.

"I was touched by the trainers dying because I had a mentor from Big Brothers Big Sisters who was a SeaWorld trainer and after I watched 'Blackfish' I thought, 'What would happen if he had died?' I was thinking how my life would have been changed if he was never in my life at all. So while it's sad SeaWorld is treating animals the way they are ... having a trainer die is just as sad."

Seeing the film was a call to action for Logan Leising, who explained the group's motivation for creating their PSA.

"You just find people who have the same belief, think the same way you do, like these kids that believe the way SeaWorld is treating and capturing animals is wrong," he said, noting a particularly poignant part of "Blackfish" for him was a scene "showing fishermen capturing orcas" using an overhead plane and boats "maneuvering them into a dead end."

Student Peyton Thomas suggested SeaWorld, since it's already located adjacent to Mission Bay, might consider expanding the area orcas are allowed to roam by using fencing and electronic tracking in the bay, which would "give them a bigger area to go around, but at the same time they (SeaWorld) would still know where it (whale) is."

Pointing out SeaWorld does a lot of great research with marine animals and works to rehabilitate sick and injured animals, Kimberly Cole said the marine park probably couldn't release orcas into the wild.

"They've lived in captivity all their lives and the wouldn't know how to survive," Cole said, adding she felt SeaWorld might consider "passing them on to an organization that would be willing to take care of them."

Noah Lemercier said he was impressed most about the point made in "Blackfish" that "whales are stressed due to captivity," noting he was amazed that the marine park would continue to allow an orca to perform even after it had accidentally killed a trainer.

"They kept using him in shows as if

"Animals are integral elements of our park's award-winning education program. Each year at SeaWorld San Diego more than 15,000 school children participate in our camp and sleepover programs ..."

DAVID KOONTZ

Spokesman, SeaWorld San Diego

nothing ever happened," he said. "They could have just kept him back and not used him in their shows."

Teacher Palmiotto said the public reaction to his student's PSA has been a pleasant surprise.

"Most of the feedback has been really positive," he said. "We've gotten emails from all over the world — Russia, Germany. We had some complaints that the kids didn't do enough research, that all the facts were from the 1970s. How much of it is propaganda? Maybe all of it. How much of it is true? Sure looks like all of it."

Palmiotto and his students are uncertain where the cinematography class's PSA will go from here. But they're all certain of one thing: The conversation they've started has likely just begun.

"Some of these kids are coming up with solutions," Palmiotto said. "There's no reason why SeaWorld, a billion-dollar enterprise, can't come up with solutions."

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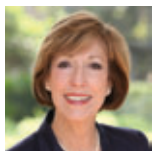
Beautifully remodeled and expanded, this 4 br, 3 ba single level home is full of charm and character. With wood floors, open beamed vaulted ceilings, a gourmet kitchen, and French doors leading to the lovely brick patio, this home offers sophisticated indoor/outdoor living. The separate studio is currently used as a master woodworker retreat, and could easily be guest quarters, an artist's studio, or in home office.

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This immaculate 4+ br, 3.5 ba traditional home in historic Loma Portal, on a corner lot, has tons of charm. Beautiful hardwood floors, a large, cozy family room with a brick fireplace, a guest suite with new bath, a spacious formal dining room, dual paned windows, two private patios, plantation shutters are just some of the exiting features!



Marie Huff | (619) 838-9400

mariehuff@aol.com
www.MarieHuff.com
CA BRE #01110179



Homecoming hoopla, doggone good time

Point Loma High School celebrated the 87th Homecoming in its 88-year history Nov. 8 with a joyous gathering attended by a large contingent of alumni. In the featured football game, Madison's Warhawks, who are defending state champions, defeated the Dogs 28-7 in a hard-fought battle. The parade of floats and dancers drew loud cheers from the crowd, with the seniors, as always, taking first place, followed by the juniors, sophomores and freshmen. It's true: "Once a Pointer, Always a Pointer!" — SCOTT HOPKINS



Homecoming Queen Madeline Garcia and King Lukas Stauderman prepare to parade past the crowd.



Members of the junior class dance group are happy with their performance.

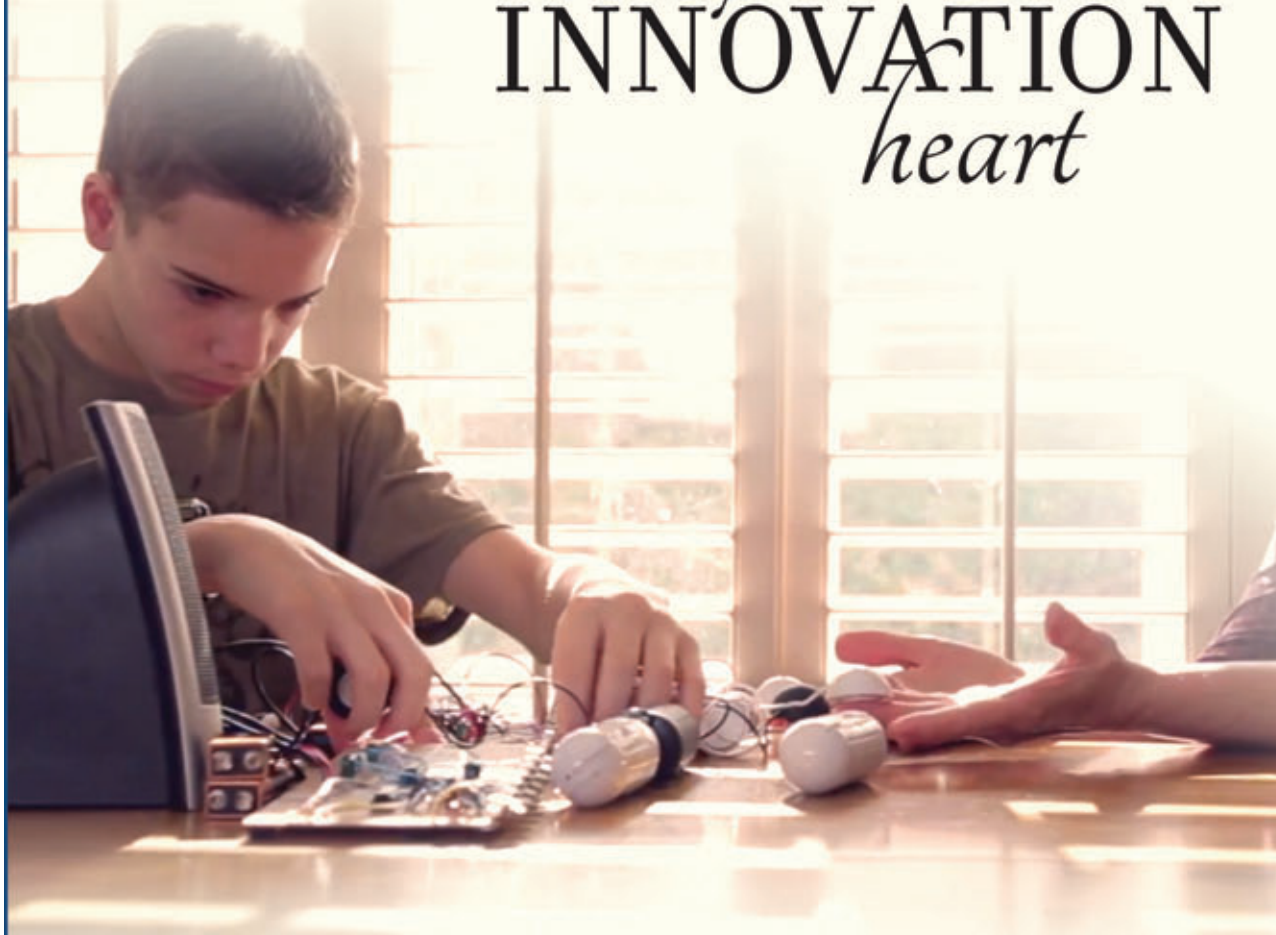


Tear-away T-shirts drew a reaction from the Homecoming crowd as seniors once again dominated the event.



Honored as "Golden Pointers" at Point Loma High School's recent Homecoming as the earliest alums in attendance were Aldena Brown, (class of 1949), Ken Harvey (1942) and Pat Dudley Goulart (1949).

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SAN DIEGO JEWISH ACADEMY OPEN HOUSE

Thursday, November 21, 2013

10:00 am – 11:30 am

Meet our teachers, speak with our administrators and learn from current parents and students what makes SDJA so special.

In addition to our Preschool – 12th Grade Open House, we also offer "Tuesday Tours" – smaller, more intimate sessions.

Registration is required.
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admissions@sdja.com or
858-704-3717

ELECTION

CONTINUED FROM Page 1

and regulate marijuana. Regulations should be drafted that include Department of Justice concerns about preventing distribution to minors, diversion from states where it's legal to other states, "drugged driving," and cultivation, possession or use on federal property. Additionally, local concerns about operation and location should be revisited. However, until there is a commitment from the current U.S. Attorney to not file charges under the Controlled Substances Act, we cannot move forward.

Specifically in the Pacific Beach community, merchants and residents are divided over the issue of the proliferation of alcohol licensing for local pubs. What is your position?

A: We must adopt stricter measures for alcohol-serving establishments in the beach area. Instead of discretionary minor-use permits, the city Planning Commission should approve alcohol sales permits for bars, restaurants and liquor stores. Businesses applying for an alcohol-sales permit will be required to complete an operational management plan as a condition for the permit. Failure to comply would result in enforceable actions. Establishments that obtained liquor licenses prior to the new requirement can't be grandfathered in. Therefore, we would adopt a "deemed-approved" ordinance placing tighter rules on new and old alcohol-serving businesses by establishing performance standards.

In La Jolla, the matter of seals versus human access to beaches rages on year after year in the courts, the Coastal Commission and at the city level. As mayor, what policy would you advocate?

A: The city should have prevented the seals from colonizing Casa Beach in the 1990s. Now, the seals have taken over the area. In 2009, legislation permitted the City Council to establish Children's Pool beach exclusively for use as a marine mammal sanctuary. Federal and state laws support closing the beach from December to May and installing a rope barrier across the beach during summer. There is not much more to be done other than ensuring that the rest of La Jolla's beaches are protected from seal

colonization.

What is the most crucial economic issue facing San Diego today and in the future, and how do you propose addressing this?

A: Budget decisions over the last four fiscal years allocated more money to be spent on 17,000 city retirees' pensions than the city's Fire-Rescue Department. The unfunded pension debt is now at \$8 billion. It currently costs every San Diego household almost \$4,500 a year. On its current course, the cost will double within five years. At the same time, our streets are budgeted below current maintenance levels. Our infrastructure needs will cost more than \$1 billion. We can't maintain basic city services if we don't deal with the pension liability that is draining our general fund budget.

Would you advocate for further expansion of the San Diego International Airport and possibly a second runway? Why or why not?

A: The San Diego County Regional Airport Authority has studied expanding the existing runway or adding a second parallel runway and found both options to be infeasible. It would require significant acquisition of surrounding commercial and residential land, approximately 2,000 acres that is made up of just less than 600 acres of commercial industrial, 120 of institutional and 800 acres of residential, with the remainder falling into other categories. The population within the required area of acquisition is 18,600 residents. The technical study identified huge challenges with the concept, including land acquisition, social impacts, environmental impacts and operational concerns.

Candidate: DAVID ALVAREZ
(City Councilman, District 8)



DAVID ALVAREZ

What is the greatest challenge/challenges facing our beach communities and how do you propose addressing this/them?

A: San Diego needs a mayor who will make government work for every neighborhood, including our beach communities. As mayor, I'll invest in the beach neighborhoods, create jobs, support schools and give everyone the respect and dignity

they deserve from their government. Our coastline is one of San Diego's most incredible resources and my Blueprint for San Diego's Future includes a vision to ensure our beaches and waterways are clean. I'll invest in water technology to stop dumping sewage into the ocean and implement low-impact development projects to clean runoff before it gets to the ocean, rivers and bays.

The homeless situation and the issues/problems associated with them continue to grow seemingly on a daily basis and are pervading nearly every neighborhood in San Diego. How do you propose to resolve the issue?

A: The city has made strides in providing additional homeless services in recent years. The temporary winter shelter and the recently opened permanent year-round shelter offer wrap-around services aimed at helping homeless toward self-sufficiency. However, these projects are not enough. We must provide year-round services throughout the entire city. As mayor, I'll put pressure on the county, state and federal governments to provide more funding for services to the homeless and help with mental health and addiction, as well as providing job training. I'll also ensure the city invests in more affordable housing to help working families afford a place to live in our city.

Medical marijuana dispensaries have been an ongoing controversy for years for the city, law enforcement, the dispensaries and those who believe medical marijuana is of benefit to them. How would you resolve/reconcile this controversy?

A: Patients with medical conditions requiring medicinal cannabis deserve to have safe access under the law. But we must fairly regulate dispensaries to provide that access while preventing any of our communities from being unfairly overburdened with them. As mayor, I would support a law that regulates and sets clear guidelines and operating standards for dispensaries. This ordinance should also address tax revenue derived from the legal sale of marijuana to provide cost recovery for city inspection and enforcement activities and set penalties for dispensaries that break the law.

Specifically in the Pacific Beach community, merchants and residents are divided over the issue of the proliferation of alcohol licensing for local pubs. What is your position?

A: To address the oversaturation of alcohol licenses in particular communities, I'll work closely with our police chief to ensure that police department review of alcohol license applications more heavily weights the number of existing licenses in the area. This review will determine the balance of community convenience and necessity for additional licenses. However, the city must be sensitive to the needs and desires of each individual community, as some neighborhoods may desire fewer licenses, while others may be looking to attract new investment through new restaurants or stores, which may need to sell alcohol. I'll look to our community planning groups for recommendations regarding alcohol licenses.

In La Jolla, the matter of seals versus human access to beaches rages on year after year in the courts, the Coastal Commission and at the city level. As mayor, what policy would you advocate?

A: It is clear to me that the South Casa Beach deserves special protection as a habitat area for the seals that currently exist there, especially during pupping season. As such, I support the city's current plan to install a rope barrier on Casa Beach during pupping season to protect both seals and people.

What is the most crucial economic issue facing San Diego today and in the future, and how do you propose addressing this?

A: San Diegans need more employ-

ment opportunities. Many have suffered during the recession and are out of work or underemployed. Our neighborhoods have been left behind because of a lack of investment and a blurred economic vision that favored only big downtown projects. In my Blueprint for San Diego's Future, I present a clear vision to support entrepreneurs and small businesses that make up the backbone of our economy. As mayor, I'll create public-private partnerships to spark neighborhood investment and revitalization, targeting employers in high-growth sectors. I'll also present a big-picture plan to grow our cross-border economy and build partnerships with Asia.

Would you advocate for further expansion of the San Diego International Airport and possibly a second runway? Why or why not?

A: I currently serve as one of the city representatives on the San Diego Regional Airport Authority where we oversee airport operations and capital improvements. I know that there is simply not enough room for an additional runway at Lindbergh Field. Our best strategy moving forward is to utilize the airport capacity we have there, much more effectively like we've done with the Green Build expansion of Terminal 2. This project involved more than 7,000 workers and more than \$415 million in con-

SEE CANDIDATES, Page 9

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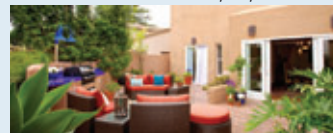
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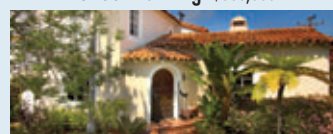
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GUEST VIEW

Much to be thankful for this Thanksgiving

By interim Mayor Todd Gloria

November is synonymous with Thanksgiving Day. I look forward to sharing a special holiday meal with family and friends and giving thanks for all my blessings. With Thanksgiving as November's main event, it's easy to lose sight of other things I'm thankful for besides food on the fourth Thursday of the month. Here are some other things for which I am truly grateful.



TODD GLORIA

Our veterans whose service and sacrifice is unparalleled. Pictured here is my great grandmother, Dolly Avery, standing between her sons, my great uncle, Forest, on the left and my grandfather, Charles, on the right.

Both men served honorably in the U.S. armed forces. My grandfather arrived in San Diego from Oklahoma in 1943. His move from the Midwest made me a native San Diegan.

I owe them and all our acting and retired service men and women my thanks for their dedication to our country.

So many servicemembers are overseas this Thanksgiving and



A historical family shot from interim Mayor Todd Gloria, as explained in his guest view.

Courtesy photo

don't get to pass the mashed potatoes or carve the turkey with their parents, spouses, children and siblings.

I'm thankful for our first responders, trash collectors, street crews and others making up the city's

10,000-person workforce provide vital services we all rely on each day. Their efforts keep our city's engine running.

I'm thankful for my City Council colleagues, who focus on improving their neighborhoods and look for ways to make San Diego's economy more robust. They are dedicated public servants who strive every day to make San Diego an even better place to live.

I'm thankful for those who are caregivers to our ill, elderly and homeless. By way of example, their service and big hearts remind us to practice patience and empathy toward all our neighbors.

I'm thankful for being born and raised in a city that has such a varied and vibrant cultural identity.

This is the town where a Native American, Filipino, Puerto Rican, Dutch son of a maid and a gardener became the interim mayor of San Diego. This is the town where I have lumpia and tamales next to the turkey and stuffing on my Thanksgiving plate.

Finally, I am thankful for the ability to serve. I ask for your continued patience and participation as we draw closer to electing a new mayor for San Diego on Nov. 19. Happy Thanksgiving to all.

Alumni sought for water polo game

Former boys' water polo players from Point Loma High are being sought to participate in an Alumni Game.

The event will take place at Bud Kearns Pool at Morley Field, currently the Pointers' home water, on Saturday, Nov. 16 at 2 p.m.

Water polo coach Jerry Rich has been contacted by alums from more than 20 years ago and is expecting a big turnout.

Rich is looking at the oldest alums playing his current junior varsity team, while more recent grads would take on the current varsity squad.

There are no fees for the event. For further information, contact Rich at garich@cox.net.

— Scott Hopkins

LETTER TO THE EDITOR

Dog owners must be more vigilant when it comes to reining in viscious canines who can kill smaller dogs

I was horrified to learn of the death of my friend's beautiful Yorkshire terrier at Dog Beach in October.

This little creature was an absolute joy, a sweet bundle of love. She was fatally bitten by a large dog.

For many years — since the '80s — I have brought my own dogs to Dog Beach to romp and play in the sand and surf, while I enjoyed the sea air and fun of watching dogs run freely with my family and friends.

Dog Beach is supposed to be a safe

place for all dogs to enjoy. I implore every dog owner to not bring dogs who cannot interact harmlessly with other dogs, both large and small, to the beach.

Dangerous dogs have no place on a public dog beach. It is sad to think someone has to be fearful of bringing their small dog to what should be a beautiful and happy part of our community.

Rita Kafalas
Ocean Beach

REAL-ESTATE ROUNDUP

First half of 2013 commercial real-estate results: a seller's market

By Tony Franco

The first half of the 2013 commercial real-estate transactions and results for apartments and office/retail buildings are in. Using various online tools and interviewing real-estate brokers who specialize in coastal commercial real estate, I have analyzed the first half of 2013's apartment and office/-retail markets for commercial properties located in the 92106 and 92107 ZIP codes.



TONY FRANCO

Apartments in the 92106 and 92107 ZIPs: five sold transactions totaling \$8,473,000, with an average capitalization (CAP) rate of 4.59 percent, and an average price-per-unit equal to \$201,738. The average market time was 50 days. In 2012, there were 11 transactions with an average price per unit of \$186,055.

Office/retail buildings in the 92106 and 92107 ZIPs: only one sold transaction totaling \$800,000 at 4932 Newport Ave. The price per square foot was \$229. In 2012, there were a total of eight sold transactions in the 92106 and 92107 ZIPs. There are currently only four office/retail buildings for sale in the 92106 and 92107 ZIPs.

For both apartments and office/-retail buildings, the low CAP rates, high prices and low velocity of transactions are clear indicators that we are in a seller's market, meaning there is a low supply of apartments and office/retail buildings listed for sale and there are a lot of buyers looking to invest.

If you're considering selling your commercial real estate in a favorable market by the end of 2013, contact your local broker and get started with a free opinion of value.

— Tony Franco is a coastal commercial real-estate expert. He can be reached at (858) 717-1697.

“How to save thousands when selling your home”

SAN DIEGO, If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

After all, with the proper information, selling a home isn't easy. Perhaps, you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has

been prepared especially for home sellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

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Courtesy of Dennis DeSouza Remax Lic. 01220680

CVS

CONTINUED FROM Page 1

to hire locally — an agreement similar to those requested by communities in response to Wal-Mart Supercenters.

"This is not a 'big box' store," Laub said.

"It's big box for Ocean Beach," Kinney Newsome replied.

While not addressing the idea of a pledge to hire locally, Schiefer said the 20-30 jobs, except for pharmaceutical positions, would be "open" to local applicants.

Craig Klein called on CVS to provide a security guard, restrict alcohol sales after dark and install anti-theft devices on spirits bottles. Laub said he was open to allowing some conditions on the liquor license, but said CVS already has training procedures in place to address concerns about serving minors and allowing homeless people to congregate.

Laub also said CVS boasts high rates of

employee retention and job satisfaction, and offers "great benefits and pay programs.

"This is the kind of establishment you want," Laub said. "CVS will be the most responsible staff you have out there."

Former Apple Tree co-owner Saad Hermez was one of the few to speak in favor. Hermez closed Apple Tree after 25 years as of Jan. 1 when he lost his lease with the building's owner, Elliot Megdal of Los Angeles-based Megdal and Associates.

Hermez said he plans to open a new grocery store at the former Bank of America location at 4976 Newport Ave. If another grocery store were to open at the former Apple Tree, Hermez said he'd have to abandon his plans because of the competition.

His new store will be a "brand-new supermarket with the fresh products and produce you desire," Hermez said.

Laub said Megdal had trouble finding a tenant until CVS stepped up. He said Megdal told him grocery stores weren't



The former site of Apple Tree Market has sat vacant for nearly a year. The property owner, Elliot Megdal, said he has had trouble leasing the location to other grocery stores. Former Apple Tree owner Saad Hermez said he supports CVS as a tenant because he plans to open another market in the community, but wouldn't be able to do so with more competition.

interested because the site was lacking in floor space and water and electrical capacity.

"He was running out of takers," Laub said. "We can make it work for us."

OBPB members appeared to be split on the issue.

Board member Bill Bushe said allowing the liquor license could threaten the community character others have

fought to maintain.

"Pacific Beach used to look like OB. Now it's just a party place for students," Bushe said.

"I do not share that concern," vice chairman Peter Ruscutti said. "Zoning will prevent us from becoming another PB."

Ruscutti said he "reluctantly" favored the liquor license even though he would have preferred a grocery store at the location.

"It's not fair to recommend denial because I don't like who the tenant is," he said.

Even though the Board tabled the action item, CVS is not obligated to return to the OBPB if police make a PCN finding in CVS' favor. Approval is not required from the OBPB, which has only advisory powers on land use and quality-of-life issues.

But with all the concerns expressed, "I would think they'd want to come back," OBPB chairman Tom Gawronski said.

CANDIDATES

CONTINUED FROM Page 7

fracts awarded to local businesses, while utilizing available space to increase productivity.

Candidate: KEVIN FAULCONER (City Councilman, District 2)



What is the greatest challenge/challenges facing our beach communities and how do you propose addressing this/them?

KEVIN FAULCONER **A:** The beach communities include some of San Diego's oldest neighborhoods and, like many urban

communities, have significant infrastructure challenges, including needed street and neighborhood repairs. This is because past city leaders prioritized unsustainable pensions over investments in our neighborhoods. As your councilmember, I've been proud to work to improve San Diego's beach and urban communities. As mayor, I will take that approach citywide. I am committed to cutting government waste at City Hall and investing the savings not in unaffordable employee pay, but into rebuilding our streets, water and sewer pipes, streetlights and crumbling sidewalks, boardwalk and seawall.

The homeless situation and the issues/problems associated with them continue to grow seemingly on a daily basis and are pervading nearly every neighborhood in San Diego. How do

you propose to resolve the issue?

A: I'm proud of the work I've done to help solve homelessness in our community, including leading the effort to open the city's first permanent, year-round homeless service center downtown. It's more than a shelter — it's a "one-stop shop" that provides medical care, job training and other rehabilitative services to end the cycle of homelessness. I also helped the Monarch school, which serves homeless students, secure a new location so it can continue to change lives. I remain committed to solving homelessness in our communities and, as mayor, I will work to create policies that achieve this goal.

Medical marijuana dispensaries have been an ongoing controversy for years for the city, law enforcement, the dispensaries and those who believe medical marijuana is of benefit to them. How would you resolve/reconcile this controversy?

A: I believe we need to offer compassionate care to individuals who need treatment, while keeping marijuana dispensaries a safe distance from schools, parks and children. For years, I worked with my City Council colleagues to find a fair and sustainable solution and offered an ordinance that allowed for dispensaries — mostly in industrial zones that don't impact our neighborhoods. Under the [resigned Mayor Bob] Filner administration, we saw a proliferation of these facilities in our communities due to a lack of regulation. As mayor, I will work for a fair solution that protects our neighborhoods and families.

Specifically in the Pacific Beach com-

munity, merchants and residents are divided over the issue of the proliferation of alcohol licensing for local pubs. What is your position?

A: As mayor, I will work with state regulators and the police department to ensure that any establishment that has an alcohol license is acting responsibly. There are many well-run restaurants and bars in the area — the key is full enforcement of the regulations for any establishments that aren't following the rules. San Diegans will always have a seat at the table in my administration, and I'm committed to working together with beach businesses and neighbors to protect our quality of life.

In La Jolla, the matter of seals versus human access to beaches rages on year after year in the courts, the Coastal Commission and at the city level. As mayor, what policy would you advocate?

A: I believe this beach is one of San Diego's greatest assets, and seals and humans should be able to coexist peacefully. I support closing the beach during pupping season to protect the health and safety of the baby seals. I also support preserving — and improving — public access during other parts of the year.

What is the most crucial economic issue facing San Diego today and in the future, and how do you propose addressing this?

A: The lack of regulatory certainty facing San Diego businesses is harming our ability to grow our economy and create good-paying jobs. We must streamline the permitting process so that businesses

can thrive. As mayor, I will update the city's community plans to stimulate economic development through streamlined review processes and building incentives. I will also fight against tax increases that would negatively impact the expansion of small businesses and cost us jobs. I will continue to work to protect the jobs we have, including in the tourism economy, life-sciences sector and on the working waterfront.

Would you advocate for further expansion of the San Diego International Airport and possibly a second runway? Why or why not?

A: I have strongly opposed the misguided concept of adding a second runway at Lindbergh Field because of the devastating effects it would have on nearby homes and businesses. I would continue that approach as mayor. San Diego's airport is key to local economic activity. I support improvements to Lindbergh Field, but, unfortunately, the geographical constraints around the airport make additional expansion difficult.

At press time, the Peninsula Beacon did not receive responses to our Q&A from candidate Nathan Fletcher.

Pure Thai Opens



Pure Thai is a new Thai restaurant in Point Loma that was founded on the dream of Apisith Dischan, who grew up in a family that is accustomed to Thai food. His Father was a manager of food and beverage for over 30 years at the 5 star Dusit Thani Hotel in Bangkok. His mother also owned a Thai restaurant in Bangkok. He started cooking as an apprentice cook helper for his mom.

This experience taught him a wide range of cooking techniques. He learned how to keep up with a busy kitchen and soon cooking became almost second nature. When he got older, he joined the Dusit Thani hotel in the food and beverages department and refined his skills for more than five years before he left to pursue his dream in America. He has spent time studying the eating habits of Americans for many years. And when the time was right, he founded Pure Thai in Point Loma.

One of Apisith's main goals is to share with Americans the taste of authentic Thai food. His keys to making Thai food are to avoid MSG, use fresh ingredients and organic vegetables when available, keep everything clean and healthy, offer reasonable prices and be sure his food is always tasty. He sincerely hopes that everyone will love eating his food as much as he loves preparing it and will develop a love for Thai food as a result.

Chef's Suggestion: Lettuce Wrap, HOR – MOK, Golden Basket, Crab Fried rice and Spicy B.E.F.

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Pointers fall just short of Homecoming victory

By SCOTT HOPKINS | THE BEACON

You couldn't say Point Loma's Pointers were bad hosts at the Nov. 8 annual Homecoming football game.

Hamburgers and hot dogs sizzled on snack bar grills, there was plenty of seating in Pete Ross Stadium for visiting fans from Madison High School and the Pointers went out of their way to make their guests feel at home.

The Pointers even gave the Warhawks a couple of gift-wrapped touchdowns.

At stake was a share of the Western League championship, as a Pointer victory would have left them tied with the Warhawks and Mission Bay with identical 3-1 records.

But this wasn't the Pointers day, as the 'Hawks, who happen to be defending state champions, spoiled the party with a 28-7 victory that left them alone atop the league standings at 4-0 (10-1 overall).

The Pointers ended the regular season 2-2 in league, 5-5 overall.

CIF playoff pairings: The Pointers were seeded No. 9 in Div. I and will play at No. 8 seed El Camino in Oceanside on Nov. 15 at 7 p.m. The Wildcats finished 4-6 overall, 0-4 in the Avocado-West League. The winner will play at No. 1 seed San Pasqual in the quarterfinals on Thursday, Nov. 21 at 7 p.m., followed by semifinals on Wednesday, Nov. 27 at 7 p.m. and finals on Monday, Dec. 2 in Qualcomm Stadium at 2 p.m.

But the spirit of Pointer players was intact during a post-game session in the team's locker room.

"We talked after the game," said Pointer head coach Mike Hastings, "and



Running back Dirk Lacy (No. 3) of Point Loma tries to elude a Madison defender during last week's Homecoming football game. Tim O'Brien (No. 67) attempts to help.

Photo by Scott Hopkins | The Beacon

a lot of seniors really spoke from their hearts and said how much the team means to them and how much they are looking forward to continuing on. Anytime you have leaders like that you want to keep the season going as long as you can."

On the field, the Warhawks set the tone early, needing only 1:11 to score their first touchdown.

Starting on the 20-yard line following Jaime Medina's touchback kickoff, the visitors covered the 80 yards in several plays with quarterback Kareem Coles sprinting the final 26 yards.

On their first drive, beginning on their 8-yard line, the Pointers mounted a nice drive that featured senior Dirk Lacy's running and a fine one-handed pass reception. The drive ended 77 yards later with Madison intercepting a Gavin Grady pass at the Warhawks'

15-yard line.

Grady figured prominently in the lone Pointer touchdown later when he sprinted downfield on a high punt from Medina to yell and distract a 'Hawk player signaling a fair catch at his own 10-yard line. When the rattled returner dropped the ball, Pointer Jonathan Cook recovered the ball at the 4.

From here, Jalen Griffin swept to the right for the score that tied the game 7-7 on the final play of the first quarter.

The next Warhawk drive took them deep into Pointer territory before a host of Pointers appeared to stop them on a fourth-down play at the 10-yard line. But a chop-block penalty was called on the Dogs and Madison jumped back in front 14-7 on a two-yard run with 8:54 left before the break.

SEE HOMECOMING, Page 15



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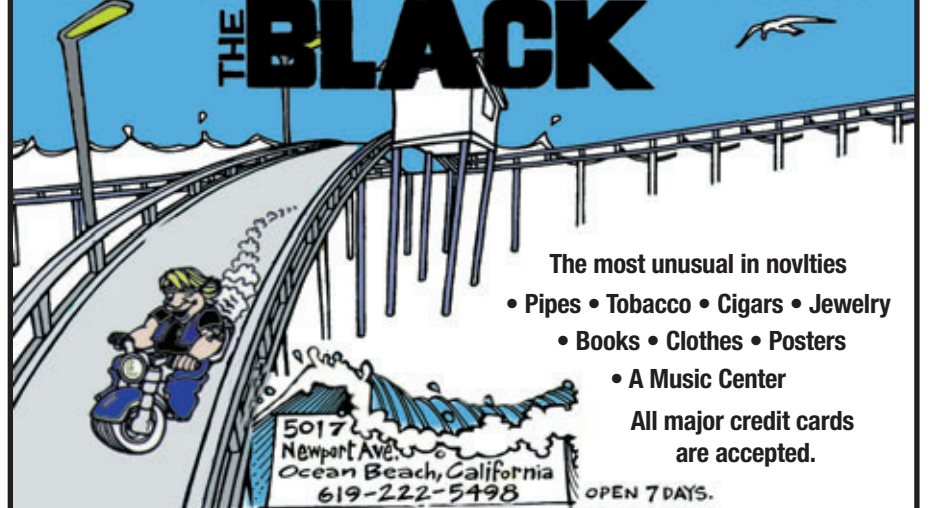
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Athletic director expounds on state of sports at PLHS

By **SCOTT HOPKINS** | THE BEACON

As the Peninsula community continues to debate the merits of a proposal to install night lighting at the Point Loma High School football field, *The Peninsula Beacon* asked John Murphy, the school's athletic director, to share challenges faced by the PLHS Athletics program and difficulties the school must deal with on a daily basis to provide the quality program everyone wants for students.

Peninsula Beacon: What does the term "PLHS Athletics" encompass?

John Murphy: We now field a total of 71 teams in 19 different sports, band, cheer and NJROTC when you include boys and girls teams, varsity, junior varsity and freshman teams. An estimated 1,280 roster spots are taken by more than 800 students.

People see each of these teams at games, but they're not aware of the background that goes on, whether it's hiring coaches, raising funds for equipment, scheduling games, coordinating on-campus practice and game times, arranging transportation and paying for referees. There are a lot of pieces that go into it, including an emergency action plan in the event of injury or an event that might occur at the school.

Pointer pride is a big thing here. The history of the school, having integrity and I think our sense of community is very important. We have generations of alums coming out to our games, and we want to do things the right way, which is to instill values in our program and students.

PB: What must athletes do before they may begin participation?

JM: Every athlete must complete an Athletics Packet, which includes their physical, completed per district regulations, which is then submitted, verified and cleared. The student must have insurance (also sold by the school to non-covered students). They also have to have eligible academic and citizenship standing (2.0 or "C" grades).

PB: You oversee about 65 coaches, many of them not PLHS staff members, working with PLHS students. How are they screened?

JM: Every coach must be processed. They have to have a tuberculosis test, a CPR card and take a coaching class at the district, which is two hours in the classroom and two additional hours online. They must pass a knowledge-of-concussions test and become certified that they know the concussion protocols. Most of them will work in our fitness center, and there is another curriculum clearing them to instruct our students there. After they provide all of this documentation, they must be fingerprinted by the district, which sends the prints on to the FBI for clearance so we know they are appropriate adult supervisors. We strive for community commitment and

continuity to produce successful programs. These people are not doing this for the money, but to make a positive impact on kids' lives.

PB: Why is athletics important in today's curriculum?

JM: We've all heard about obesity and other issues we have in our society. Athletics is a way to combat this. Over the course of time, athletics is a constant way to teach human experiences and values. It's a great learning experience in how to overcome adversity. Everyone is going to have adversity in their lives, and teaching these young people how to handle adversity — especially with class — is an incredible teachable moment. The friendships you make and the memories ... I know as a person I've had some wonderful teachers, but the coaches tend to stick out in my mind, the ones that spent additional hours to mentor us as young people. We all take that very seriously here at PLHS and understand our impact on these young people's lives and try to help shape them on and off the field.

We have a number of at-risk kids, whose home lives are full of drama and turmoil. I believe athletics is a way to build their self-esteem, make them feel part of a family and connect them to school. We've really made an effort to connect the freshmen to the school early so they'll continue in a healthy way.

If you ask me how the kids are doing, I would say, "Ask me in 10 years when they come back as productive citizens" because that's what we are trying to produce here.

PB: What are the greatest challenges facing PLHS Athletics?

JM: One, of course, is funding. As we've added programs, the district has not had the resources to fund them. We have to do fundraising or count on donations and our booster clubs since we don't charge fees for our programs. And we've also taken on the challenge of funding athletic trainers ('Protect Our Pointers') to be present at all practices and games.

The other challenge at PLHS is space. We're on 16.7 acres with approximately 1,900 students. I've been told by the district that a similar new school built today would require 56 to 58 acres. This would include multiple practice fields. We have a very vibrant athletic program, yet we must have all of our physical education classes and athletics practices on one field, which makes it very difficult to facilitate everything. Luckily, our coaches work well together, with a lot of very creative scheduling to make all the teams fit and rotate on the field. Since the implementation of Title IX legislation in 1978, we've added many girls' sports. During fall, for example, football has the field for a limited time, then the girls' field hockey team begins their practice. In winter, we have four soccer teams on the field at one time and if football or field hockey is still in the playoffs, they need space too. We go



Point Loma High School athletic director John Murphy, center, checks up on some of the 800 students who participate in the school's athletic program.
Photo by Scott Hopkins | The Beacon

until dark. We're competing against schools that have a full field for each sport to use.

PB: How would the addition of stadium lighting help athletes and coaches?

JM: If we had lights, we could let kids stay in school and not have them pulled out of academic classes for games that must begin at 3 p.m. Athletes could attend tutoring sessions we offer every day from 2:30 to 3:45 p.m. A recent field hockey game was called off five minutes into the second half because of darkness. We could start practices later, allowing kids to take a seventh-period academic class. Even though it's still only one field, we could stagger practice times to give boys' and girls' teams equal time.

Now, if one team has a game, no other team can practice, but we could conduct practices before or after games with lighting as an option. I foresee our practices ending by 7:30 p.m. with lighting, maybe the band staying out until 8. Times have changed ... with Title IX and the additional programs, it makes it almost a necessity to have lights. Limited use is what I support, the coaches and community supports. Lights would be out by 8 p.m. on weekdays, there would be limited daytime Saturday use and no Sunday use ever.

As for games, the number of events would be limited and equal for girls and boys. The district is looking at limiting

night competitions to 19 events total, with an "event" defined as one that draws 300 or more spectators. I think the field would have to be restricted to the high school under that format. It has to meet the needs of our students and athletes here at PLHS first. And I would like to see a district policy prohibiting the overuse of artificial turf fields, not just the natural grass ones. Our field is the heaviest-used classroom on campus, hosting all P.E. classes, plus games, conditioning, band, NJROTC, cheer and even graduation.

The only other activity that would draw 300 fans is Pop Warner football on Saturdays. And if a group is using one facility on campus, I don't allow any other activity so that it will minimize parking issues. Also, no outside groups are allowed to use the stadium P.A. system.

PB: When would the stadium be available for rental?

JM: A use policy will be created giving PLHS first priority, the Point Loma Cluster schools second priority and youth or community groups third priority.

PB: Where else might the many youth and community groups find playing space?

JM: One of my dreams is to see the Correia (Middle School) project become the pinnacle sports complex in Point Loma. It's a great location with a lot more parking than we have here at the high school.

At the present time, we are looking at Correia having three multi-purpose fields, all artificially turfed, for field hockey, football, lacrosse and soccer plus a baseball field, all lighted. There would be team rooms, restrooms and an after-school tutorial center for students. I think for the youth and community, with its proximity to Bill Cleator Park and the Peninsula YMCA, that would make a perfect sports complex. The Correia kids would have priority during the school day and for their after-school programs and then all the youth programs could rent space. The youth and community groups will have everything right there. This would leave Point Loma High just for high school students, with very limited use by other groups and only after the needs of the high school have been met.

PB: I understand you live near PLHS.

JM: I live in Loma Portal, my daughter graduated from PLHS in 2010, and I completely understand the issues. There are wonderful, talented and intelligent neighbors on both sides of this topic making great points. I believe people reading this can make up their own minds as to what they feel is appropriate. I have no problem with people's opinions one way or the other. We've done this without lights for 88 years, but times have changed, and with all the new sports and programs, it's almost a necessity to have lights at this point.

HOMEcoming

CONTINUED FROM Page 10

Those were the last points the Pointer defense would give up as two miscues by the Dogs' offense in the final minutes of the half broke a close game open.

Miscue #1: On the next Dogs drive the 'Hawks snared another pass interception that became a 60-yard "pick-six" to increase the lead to 21-7.

Miscue #2: On the final play of the first half, the ball was punched from a scrambling Grady's grip and it flew directly into the arms of surprised Madi-

son defender Dotun Ogundeji. With the ruled fumble, the 6-1, 252-pound senior rumbled to the end zone for a 28-7 lead that ended scoring.

"We knew we couldn't make errors against a very good team like Madison, a top-10 rated team," Hastings said. "Unfortunately, we gave them 14 points, but I thought our kids battled hard and was proud of their effort. Offensively, we moved the ball pretty well, but you've got to put it in the end zone and score more points against a team like that."

Mission Bay 26, Point Loma 22

Two weeks ago, the Pointers dropped their first Western League decision

when visiting Mission Bay scored a touchdown with four seconds remaining in the game to escape with the win in a classic battle that saw the lead change hands several times in the fourth quarter alone.

The Bucs had scored with 7:55 left in the game and, after Pointer Sean Gardocki blocked the extra point attempt, the Pointers clung to a 14-13 lead.

The Bucs scored again with two minutes left to take a 19-14 lead.

But the Pointers battled back, Grady connecting with running back Jalen Griffin on a 67-yard touchdown pass that sent the home crowd into a frenzy when a two-point conversion pass to

Jake Wambaugh gave their team a 22-19 lead with 1:28 left to play.

Unfortunately, the Bucs drove the length of the field in 84 seconds for the win.

EXTRA POINTS

• The San Diego Chapter of the National Football Foundation selected the Pointer-Warhawk game as its Game of the Week. Each team named a Most Valuable Player, who will be a guest of the organization at a future Chargers game and invited to attend the chapter's annual banquet March 29 at the Scottish Rite Masonic Center in Mission Valley. Recipients must have earned all-

league honors, a 3.0 or better GPA and display outstanding citizenship on and off campus. Senior Wambaugh was named to represent the Pointers.

• While walking to the Voltaire Street stadium entrance for the Homecoming game, a Pointer football parent, who happens to be a local college official, spotted a woman at the corner of Voltaire and Clove streets with a notepad and camera, videotaping students approaching the stadium. When asked if there was a problem, the woman replied that she was attempting to collect "evidence" of disruptive behavior by teens on behalf of the Save Our Neighborhood organization.

Sister Speak brings its varied musical tastes to Humphreys

By BART MENDOZA | THE BEACON

It's no secret that San Diego's vibrant music community, not to mention its great weather, has been a major draw for musicians around the world to relocate to America's Finest City. This has been particularly noticeable at the annual San Diego Music Awards, where transplants from Belgium, Scotland and Canada have not only been nominated for trophies, they've won. One such combo is Sister Speak, appearing at Humphreys Backstage Live on Nov. 15, 5 p.m.

Originally from Canada, Sister Speak performs under various lineups, up to four people, with the core duo of singer/songwriter Sherri-Anne and

drummer Lisa Viegas augmented by guitarist Tolan Shaw and bassist Jacob Miranda. Influences range from acoustic music to beats and funk.

"It's kind of a mesh of old school analogue Beatles and more acoustic stuff like Ben Harper," said front woman Sherri-Anne. "I love clever simplicity."

Following up a series of three demos, the group recently finished recording its debut album, "Rise Up From Love," in analog sound, at Santee's acclaimed Analog Chew Studios. With Grammy Award-winning producer Alan Sanderson, who has also worked with the likes of Fleetwood Mac and Elton John, at the board, the 10 songs feature Sister Speak, as well as notable guest players like Leo

Dombecki (keyboards), Pedro Talarico (guitar) and Todo Mundo multi-instrumentalist Meir Shitrit.

"This is a group with real strength," said Sanderson. "They have great songs that touch on roots rock, blues and more. They play with real passion and that's a big part of what music is about."

The album will be released digitally in December, with hard copies out in the spring.

Like many musicians today, Sister Speak went to a state-of-the-art studio that was modern, but also knew how to capture old-school sounds.

"It was real important to us to work in a room that had analog recording capabilities," Sherri-Anne said. "Analog just has a warmth that is lacking in so much music today. That's a really good room and being able to record with our regular band and bring in some great musicians, as well, really made for a great album."

While the music biz has been in doldrums for some time, Sherri-Anne said things are changing rapidly.

"I think it's a good time for music," she said. "We've already sold a couple of hundred CDs in advance, and the support from our friends and fans has been great. This is our livelihood and at this rate, it's been going very well. I feel that the longer that we go, the more experience we're getting. I'm seeing that a lot of independent artists are making headway."

She said that to make it in music these days, an artist must immerse themselves



Sister Speak core duo Sherri-Anne, left, and Lisa Viegas will bring their eclectic sound to Humphreys Backstage Live on Nov. 15.
Courtesy photo

completely in their art.

"We are working every day," she said. "Writing, rehearsing recording, booking, communicating with fans. It's a full-time thing, but it helps that we really love what we do."

Plans are for the band to hit the road for a tour up the West Coast and into Canada, with more recording on the horizon, but for her part, Sherri-Anne is thrilled to have the album finished.

"I went through a lot in the last year and a half — a major injury and intense

heartbreak, things that we all go through," she said. "In the end, some of the songs talk about social issues and some of them talk about relationship issues, but they all show that you can rise out of anything, if your heart is in the right place."

Sister Speak: Friday, Nov. 15 at Humphreys Backstage Live, 2241 Shelter Island Drive, Shelter Island. 5 p.m. www.humphreysbackstagelive.com

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SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2013-00071329-CU-PT-CTL PETITIONER OR ATTORNEY, PETER JAMES TILLACK 575 S STREET #11 CHULA VISTA, CA. 91910 619-476-7380 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME PETER TILLACK AND LIZBETH GARCIA ON BEHALF OF SIENNA CHILLI TILLACK FROM SIENNA CHILLI TILLACK TO CHILLI SIENNA TILLACK THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before

the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON DEC 06, 2013 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): OCT 24, 31 NOV 07 AND 14, 2013

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-027911 JUST LISTEN ENTERTAINMENT, LLC located at: 3429 YOSEMITE ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): JUST LISTEN ENTERTAINMENT, LLC This business is being conducted by: A LIMITED LIABILITY COMPANY JUST LISTEN ENTERTAINMENT, LLC 3429 YOSEMITE ST. SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: 04/26/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: SEP 27, 2013 ISSUE DATES: OCT 24, 31 NOV 07 AND 14, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-030079 GOLDEN STATE TRAFFIC SCHOOL located at: 3077 CLAREMONT DR SUITE 103 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): GOLDEN STATE DRIVING SCHOOL This business is being conducted by: A CORPORATION GOLDEN STATE DRIVING SCHOOL 3077 CLAREMONT DR. SUITE 103 SAN DIEGO, CA. 92117 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 24, 31 NOV 07 AND 14, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-028093 SOTOMAYOR MARINE SERVICES located at: 917 THOMAS AVE. #12 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): SEBASTIAN SOTOMAYOR This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 01, 2013 ISSUE DATES: OCT 24, 31 NOV 07 AND 14, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-027772 TGA PREMIER JUNIOR GOLF OF CENTRAL SAN DIEGO, TGA OF CENTRAL SAN DIEGO located at: 962 THOMAS AVE. SUITE 3 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): PACIFIC JUNIOR GOLF ASSOCIATION LLC This business is being conducted by: A LIMITED LIABILITY COMPANY PACIFIC JUNIOR GOLF ASSOCIATION LLC 962 THOMAS AVE. SUITE 3 SAN DIEGO, CA. CALIFORNIA The transaction of business began on: 08/01/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: SEP 27, 2013 ISSUE DATES: OCT 24, 31 NOV 07 AND 14, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-029275 SERVANDO'S MAINTENANCE located at: 3570 CLAREMONT MESA BLVD. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): SERVANDO CARILLO ROSALES This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 10/14/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: OCT 14, 2013 ISSUE DATES: OCT 31 NOV 07, 14 AND 21, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-027962 ON-SITE COMMON CORE CONSULTANTS, HAWAIIAID located at: 3737 NOBEL DR. 2113 SAN DIEGO, CA. 92122 is hereby registered by the following owner(s): ON-SITE COMMON CORE CONSULTANTS This business is being conducted by: A LIMITED LIABILITY COMPANY ON-SITE COMMON CORE CONSULTANTS 3737 NOBEL DR. 2113 SAN DIEGO, CA. 92122 CALIFOR-

NIA The transaction of business began on: 09/30/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 14, 2013 ISSUE DATES: OCT 24, 31 NOV 07 AND 14, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-030378 SAGE BEVERAGES located at: 2386 FARADAY AVE. SUITE 105 CARLSBAD, CA. 92008 is hereby registered by the following owner(s): SABEMOS BEVERAGES LLC This business is being conducted by: A LIMITED LIABILITY COMPANY SABEMOS BEVERAGES LLC 2386 FARADAY AVE., SUITE 105 CARLSBAD, CA. 92008 DELAWARE The transaction of business began on: 08/19/2010 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 24, 2013 ISSUE DATES: OCT 31 NOV 07, 14 AND 21, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-030565 PACIFIC COAST LIGHTING located at: 1804 GARNET AVE. #37L SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): TIM MC MULLEN This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 28, 2013 ISSUE DATES: OCT 31 NOV 07, 14 AND 21, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-029660 THE ROSENBAUM GROUP located at: 406 NINTH AVENUE, SUITE 308-309 SAN DIEGO, CA. 92102 is hereby registered by the following owner(s): FIRST CALIFORNIA MORTGAGE COMPANY This business is being conducted by: A CORPORATION FIRST CALIFORNIA MORTGAGE COMPANY 1435 NO. MCDOWELL BLVD., #300 PETALUMA, CA. 94954 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 17, 2013 ISSUE DATES: OCT 31 NOV 07, 14 AND 21, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-030289 THE GINNAMON SPOON located at: 4099 HUERFANO AVE. #203 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): KELLEY COULSON This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 24, 2013 ISSUE DATES: NOV 07, 14, 21 AND 28, 2013

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2013-00073088-CU-PT-CTL PETITIONER OR ATTORNEY, MELISSA D. BRYANT 1825 HANCOCK ST. APT. 102 SAN DIEGO, CA. 92110 619-621-1809 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME MELISSA D. BRYANT ON BEHALF OF MINOR KYREIRA M. RILVERIA FROM KYREIRA M. RILVERIA TO VERONICA KATERINA BRYANT THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON DEC 13, 2013 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): NOV 07, 14, 21 AND 28 2013

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2013-00073429-CU-PT-CTL PETITIONER OR ATTORNEY, MELISSA D. BRYANT 1825 HANCOCK ST. APT. 102 SAN DIEGO, CA. 92110 619-621-1809 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME MELISSA D. BRYANT ON BEHALF OF MINOR CARISSA N. RILVERIA FROM CARISSA N. RILVERIA TO CARISSA N. BRYANT THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON DEC 13, 2013 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): NOV 07, 14, 21 AND 28 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-029976 VB ENGINEERING located at: 410 WEST 30TH UNIT C NATIONAL CITY, CA. 92166 is hereby registered by the following owner(s): VINCENT BLOCH This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 12/01/2008 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 21, 2013 ISSUE DATES: NOV 07, 14, 21 AND 28, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-029294 HOLISTIC TIDES located at: 4966 SANITA MON-

CA AVE. SUITE E SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): NATALIA ROMANO-WILLIAMS This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: OCT 14, 2013 ISSUE DATES: NOV 07, 14, 21 & 28, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-030719 DETAILS SALON SPA, INC located at: 4993 NIAGARA AVE. #205 SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): DETAILS SALON SPA, INC. This business is being conducted by: A CORPORATION DETAILS SALON SPA, INC. 4993 NIAGARA AVE. #205 SAN DIEGO, CA. 92107 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 29, 2013 ISSUE DATES: NOV 07, 14, 21 AND 28, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-030183 WANNABE MOBILE located at: 4629 CASS ST. #52 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): JOHN SCOTT BISHOP, JANET HAYDEN BISHOP This business is being conducted by: A MARRIED COUPLE The transaction of business began on: 05/01/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: OCT 22, 2013 ISSUE DATES: NOV 07, 14, 21 & 28, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-031168 BICON SERVICES located at: 3052 CLAREMONT DRIVE STE 12 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): ALAAELDIN DEBAZ This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/01/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 04, 2013 ISSUE DATES: NOV 07, 14, 21 AND 28, 2013

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL 1350 Front St., Room 5056, San Diego, CA. 92101 (619) 525-4064, Filing Date: October 24, 2013 To Whom it May Concern: The Name(s) of the Applicant(s) is/are: CHAD WILLIAM CLINE, MAJIA KALIA CLINE The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverage at: 4705 POINT LOMA AVE. SAN DIEGO, CA. 92107-3824 Type of license(s) applied for: 41-ON SALE BEER AND WINE-EATING PLACE Issue Date(s): NOV 14, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-030361 TRATTORIA AMIO MEI located at: 865 GRAND AVE. UNIT 3 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): LOO TOP DOG LLC This business is being conducted by: A LIMITED LIABILITY CORPORATION LOO TOP DOG, LLC 865 GRAND AVE. UNIT 3 SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 24, 2013 ISSUE DATES: NOV 14, 21, 28 AND DEC 05, 2013

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2013-00073419-CU-PT-CTL PETITIONER OR ATTORNEY, RYAN DANIEL RAMP 6690 DORIANA STREET APT 100 SAN DIEGO, CA. 92139 310-402-6765 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM RYAN DANIEL RAMP TO JUBILEE NUNNALLEE SHONFELT THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a

OB resident named as 'Healthcare Hero'

Dr. Susan Kaweski, an Ocean Beach resident, has been selected for a 2013 Healthcare Hero award from the Grossmont Healthcare District (GHD).

Kaweski is a practicing plastic surgeon with a private practice in La Mesa. Since 2010, she has donated her time and expertise as a volunteer physician for the San Diego County Medical Society Foundation's Project Access San Diego (PASD), a program that helps uninsured patients receive specialty medical care. She is one of PASD's most active volunteers, performing an average of one or two surgeries nearly every month at her surgery center in La Mesa.

Recent donated surgeries have included the removal of two lipomas and the correction of a deviated nasal septum. According to the San Diego County Medical Society Foundation, Kaweski is known by her patients for her empathetic demeanor, reducing the fears that patients may feel as they face often debilitating medical conditions. GHD officials said Kaweski was presented with the award because of her commitment to caring for the medically uninsured and underserved in any way possible.

Founded in 2009, PASD is the San Diego County Medical Society Foundation's flagship volunteer physician program that has helped more than 1,200

uninsured patients receive specialty medical care through a network of volunteer physicians, hospitals, surgery centers and other ancillary health services.

In addition to PASD, Kaweski serves as a board member of the San Diego County Medical Society and as a district delegate to the California Medical Association's (CMA) House of Delegates. She served as 2010-2011 president of the San Diego County Medical Society. She continues to serve as a member of CMA's Council on Judicial Affairs and on the board as treasurer of the CMA's Political Action Committee.

A retired Navy captain in the Medical Corps, U.S. Naval Reserve, Kaweski served as plastic surgeon advisor for the Surgeon General of the Navy. She also served as chief of plastic surgery at Sharp Memorial Hospital and chair of the Technology Assessment Committee for the American Society of Plastic Surgery. She is a past president of the San Diego Plastic Surgery Society.

Kaweski was among a group of six 2013 GHD Healthcare Hero award recipients, which included two physicians, a financial planner, community supporter and a high school senior.

For more information, visit www.grossmonthealthcare.org.

— Staff and contribution



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GUEST COLUMN

Questions about retirement? Ask the Concierge

SHARONANN
HAMILTON

In the next 10 years, nearly 80 million people will be stepping into retirement of some kind. Most are woefully unprepared financially,

mentally and physically to have a happy life. This regular column will address the information that people ought to know about if they only knew the questions! Good information enables intelligent people to make good decisions for themselves.

Q: Is it better to take Social Security and IRA payouts as soon as I retire or wait?

This is a huge question. Seventy-four percent of all people taking Social Security leave money on the table because they do not understand their options. Did you know that a widow's or widower's benefit is entirely a function of the initial Social Security choice and certain choices can enhance your benefit?

By visiting www.socialsecurity.gov/estimator, you will see the estimator only covers a few of the more than 200 possible outcomes based on the choices you make. There can be a difference of as much as \$200,000 in benefits paid over a lifetime depending upon your choices. It pays to educate yourself!

There are books that can help you evaluate your best answer and your financial professional should have software that helps you make the best decisions. Ultimately YOU are responsible for your own best outcome, so learn as much as you possibly can before you decide.

Q: I went in for my annual check-up and the doctor said I am at borderline hypertension. She said I would have to take blood pressure medication if I cannot lower it. How do I lower my blood pressure using natural methods?

When I looked at the side effects possible with medication and the position of being a slave to the medication, it scared me into action.

I am not offering medical advice here but lifestyle advice. Some medicines may not be optional for

continuing good health but in my opinion if a problem can be fixed using self-discipline I would be foolish not to try.

Research tells us that to lower our blood pressure we must lower stress, cut out the salt and lose weight. This is easy to say but hard to do.

It became a personal challenge and I was able to do it, but it took 18 months. I sold a stressful business, stepped away from a stressful relationship, acquired two small dogs that I walk twice a day, began eating lean and green meals and dismissed 35 pounds, and cut out the salt 100 percent. Last week, my reading was 120/81 instead of 145/95.

The bottom line is when you set your mind to getting your blood pressure to a normal range, you will learn and do everything necessary to accomplish the task. It really is your own mindset.

— SharonAnn Hamilton is author of *The Retirement Concierge*, a baby boomer's playbook for navigating the future. Questions are welcome via email to guidesharonann@gmail.com or www.TheRetirementConcierge.com.

Senior Community Centers ask public support to 'Fill A Plate' to help feed low-income seniors

Senior Community Centers has joined the first-ever "Fill A Plate" campaign aimed to reduce food insecurity among San Diego seniors who live at or below the federal poverty level. The campaign began Nov. 1 and aims to raise much-needed funds to provide nutritious meals to thousands of San Diego seniors served by Senior Community Centers during the upcoming holidays.

Senior Community Center's "Fill A Plate" campaign asks restaurants and bars around San Diego County to donate a percentage of sales on a designated day or sales period to the agency's nutrition program.

Senior Community Centers serves 2,100 meals a day at 10 dining sites and to homebound clients in neighborhoods across the city. The nutrition program addresses hunger and food insecurity and is one of the agency's core programs that meets the highly specialized needs of thousands of low-income seniors in San Diego County.

"Many of the tables at our congregate dining sites are filled with seniors who have to choose between buying food or medication," said Paul Downey, CEO and president of Senior Community Centers. "The average income of the clients we serve is just \$850 a month. They have to budget very carefully. By eating nutritious meals, seniors can live healthier, more independent lives. Plus, by eating with friends, the nutrition program is an opportunity for seniors to socialize

"Many of the tables at our congregate dining sites are filled with seniors who have to choose between buying food or medication. The average income of the clients we serve is just \$850 a month. They have to budget very carefully. By eating nutritious meals, seniors can live healthier, more independent lives."

PAUL DOWNEY
CEO/president of Senior
Community Centers

with one another. This reduces isolation that many struggle with and helps seniors stay active and engaged."

The first to sign up for the 2013 Fill A Plate Campaign is Azucar in Ocean Beach. The Cuban-style patisserie offers fresh desserts and specialties seven days a week. In November, Azucar will ask all customers to make a \$2 donation toward the nutrition program at Senior Community Centers.

"We are very grateful for the support of Azucar in our 'Fill A Plate' campaign," said Downey. "They believe in what we do and they are helping us educate others to protect and support low-income seniors in San Diego."

To learn more, visit www.serving-seniors.org, or call Sheona Richardson Som at (619) 487-0605.

— Contribution



Ken Harvey (right) recently presented Dave Smith of Honor Flight a check for \$1,000 from the Peninsula Lions Club. The occasion was the 68th anniversary of the end of World War II held by the "Kissing Statue" next to the Midway Museum. Honor Flight is a nonprofit organization which flies World War II Veterans to Washington, D.C. to visit the World War II Memorial and to be honored for a weekend at no charge to the veteran.

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ON VACATION WITH *THE PENINSULA BEACON*

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



Point Loma residents Maria Iriarte and David Cruickshank took their *Beacon* to Imlil, Morocco, south of Marrakech. After trekking here in the High Atlas Mountains, they travelled to the imperial cities of Fez and Meknes.



Helen Grebenc of Point Loma holds her favorite hometown newspaper at her brother's vineyard in the wine country of Niagara-on-the-lake Ontario, Canada.



Joey Izidoro, a Point Loma native of Portuguese descent, ran the Rock 'n' Roll Half Marathon in Lisbon, Portugal and took the *Beacon* along for the entire 13.1 miles.



Dana Middle School student Jane Lubsen spent her 10th birthday on the campus of UC Berkeley enlightening others of the news inside the *Peninsula Beacon*. News. Go Bears!



Brian and Carol Grant of Point Loma show off their favorite hometown newspaper with friends Cress and Beverly Bernard at the Blue Mosque in Istanbul.



Point Loma and Ocean Beach residents Tina Remley, Tina Ball and Geralyn Schulkind took their *Beacon* along to Baltimore during their Nerium conference.



Pam and Doug Harvey celebrated their 30th anniversary in Orvieto, Italy with the *Beacon*. Doug's dad, Ken, photo-bombs on the cover.



Jon and Mary Davis took the *Beacon* to Italy recently, where they stayed at Castello Di Tornano in Gaiole in Chianti, Tuscany.



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What's ahead

Peninsula-area events, Nov. 20-Jan. 8

FRIDAY, Nov. 15 and SATURDAY, Nov. 16

The Point Loma American Cancer Society Discovery Shop at 3609 Midway Drive will hold its Holiday Boutique on Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 5 p.m. Featured will be a large variety of holiday decorations, gifts and clothing. Proceeds go to cancer research and education. Donations and volunteers are welcome. For more information, call (619) 224-4336.

WEDNESDAY, Nov. 20

Regular meeting of the Naval Base Point Loma's Restoration Advisory Board to discuss relevant issues. The meeting takes place at the Southwestern Yacht Club, 2702 Qualtrough St. at 6 p.m. The meeting is open to the public. For more information, call (619) 556-0193.

TUESDAY, Dec. 3

The Ocean Beach Town Council sponsors the arrival of the OB Community Christmas Tree at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.

WEDNESDAY, Dec. 4

The Ocean Beach Town Council hosts the decoration of the OB Commu-

nity Christmas Tree at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.

THURSDAY, Dec. 5

• The Ocean Beach Town Council welcomes students from all local schools to visit with Santa at the OB Community Christmas Tree at the foot of Newport Avenue from 9 a.m. to noon. For more information, call (619) 846-6269 or (619) 515-4400.

• The Ocean Beach Community Christmas Tree Auction takes place at the Sunshine Saloon with great auctioneers and helpers from Temptress Fashion. The event raises proceeds toward the Ocean Beach Town Council's annual Food and Toy Drive to aid disadvantaged families and children.

The event takes place from 6 to 9:30 p.m. To donate, call (619) 994-8539 or (619) 846-6269.

SATURDAY, Dec. 7

• The Ocean Beach Town Council hosts the annual Ocean Beach Christmas Parade down Newport Avenue, beginning at 5:05 p.m. For more information, call (619) 846-6269 or (619) 515-4400.

• The Ocean Beach Craft Fair takes place from 9 a.m. to 2 p.m. at Veterans' Plaza at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.

WEDNESDAY, Dec. 18

The Point Loma/Hervey Branch Library will be the site of a free perfor-

mance by the Point Loma Singers in a holiday concert engagement. The concert takes place at the library, 3701 Voltaire St. For more information, call (619) 531-1539.

WEDNESDAY, Jan. 8

Free presentation by speaker C.E. Poverman, who will discuss his fifth novel, "Learning by Drowning." The work is an acutely intelligent, psychological thriller involving a volatile bond between two brothers and the mysterious woman who consumes their lives. The presentation takes place at 6:30 p.m. at the library, 3701 Voltaire St. For more information, call (619) 531-1539.

OBITUARY

Ocean Beach resident Thomas David Minor, 63, ardent golfer, artist, traveller

Tom Minor, avid outdoorsman, athlete, artist and devoted family man passed on Nov. 3 at the age of 63.

Tom is survived by his loving wife, Jennie, son Michael, grandchildren Seth and Vanessa, sister Chris, and brother Bob, as well as an extended family and friends. Tom will be remembered as exceptionally loving, generous and tal-

ented.

As a child Tom's athletic prowess was recognized, especially in golf. He won many tournaments and titles as a junior golfer. He held the title of Junior Club Champ at Candlewood Country Club in Whittier the same year as his father, Hank, held the title Senior Club Champ. In addition to golf, Tom swam on sever-

al club swim teams as a child.

Tom attended St. Mary's Elementary School in Montebello, Calif. and graduated from Cantwell High in 1968 where he was a four-year letterman in golf. Tom was offered golf scholarships at Stanford, Ohio State, Arizona State and University of San Diego.

He attended San Diego State University on a full golf scholarship where he played in the No. 1 spot for all four years and was All American. He also received a master's degree in education with a major in counseling from the University of San Diego.

While at SDSU, Tom lived in Ocean Beach and this is where he developed a passion for the ocean and surfing.

Tom taught for 30 years in the San Diego Unified School District. He had several credentials and taught math, art, English, U.S. history and physical



THOMAS DAVID MINOR

education. He retired from teaching in 2004.

Tom was very intelligent. I don't think he bought a textbook throughout college. He was able to attend lectures and ace the tests.

He knew facts and figures on many topics and he constantly amazed me with wonderful stories.

Tom will be remembered for his joy, love of life, his generous spirit and the way he opened up his heart and home to everyone.

Tom was a bright light that brought fun and optimism to everyone. Tom was passionate about the ocean — he surfed, kayaked and paddle boarded off his home on Sunset Cliffs. If not in the ocean or on the golf course, he would be hiking or bike riding.

One of his favorite sayings was, "You're never too old to have a happy childhood."

Tom was also a truly gifted artist and his drawings adorn his walls and those of family and friends. The subject of

much of his artwork was Hawaii — a place dear to him. His trademark signoffs were a drawing of a hibiscus and the expression "Much Aloha."

Tom loved to travel and had been to Hawaii several times, as well as to Colorado, Mexico, sailing in the Northwest, cruises to Alaska and the Caribbean, and from the West to the East Coast frequently.

In addition to San Diego, Tom had a home in Palm Springs and loved the life and friends he has at Outdoor Resorts there. Tom Minor was a bright light that went out too soon. Much aloha, Tom.

Funeral services will be held Friday, Nov. 22 at 10 a.m. at St. Hilary's Church, 5465 Citronell Ave, Pico Rivera, Calif., 90660.

A memorial paddleout will take place Saturday, Dec. 7 at 11 a.m. Participants will meet at the stairs at Sunset Cliffs and Ladera Street.

If you would like to sign the memory book for Tom, go to www.Dignity-Memorial.com.

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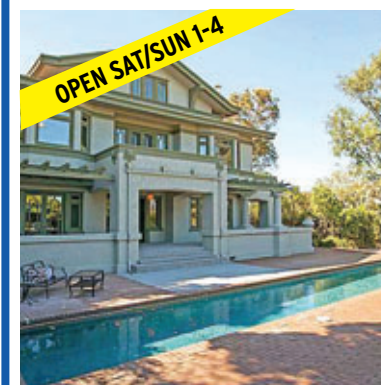
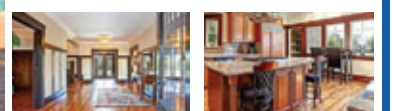
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