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SAN DIEGO COMMUNITY NEWSPAPER GROUP

Thursday December 4, 2014

WWW.SDNEWS.COM ■ VOLUME 27, NUMBER 13



**SIGNS OF THE SEASON** Nobody's ever seen this classic Christmas greeting that hangs over Ocean Beach's Newport Avenue this time of year, but we thought we'd shoot it anyway as a serious signal that Christmas is near. Meanwhile, crews busied themselves Dec. 1 with planting the neighborhood's annual Christmas tree. Local schoolchildren are set to decorate the tree and meet with Santa at noon today, courtesy of organizer Ocean Beach Town Council. This year's entry came from a lot on Curtis Street in Loma Portal. In a related item: Don't forget about the 35th annual OB Holiday Parade, beginning Saturday, Dec. 6, at 5:05 p.m. along Newport Avenue, with everything from eye-catching costumes to classic cars.

Photos By Dave Schwab



## City's District 2 'the best,' Harris tells community in final speech

By DAVE SCHWAB | THE BEACON

Proclaiming District 2 as “absolutely the best in the city,” and with a nod to his family, staff and community volunteers, lifeguard turned legislator Ed Harris closed the book on his eight-month City Council term in his State of the District address Dec. 1.

“The state of the district is strong,” said Harris before an audience at Dana Middle School, noting that “without my staff, I wouldn’t have been able to serve you.”

The outgoing councilman pointed out that his office had an “all-hands-on-deck approach” to problem solving, noting that community volunteers “helped make their neighborhood better.

“It’s humbling to have worked with you,” said Harris, who will return to life-guarding after the holiday break. He has announced his intent to run for Toni Atkins’ termed-out State Assembly seat in 2016.

Harris singled out cycling enthusiast Nicole Burgess for her advocacy in “ensuring people get their kids on bikes and safely to school” and for promoting nonmotorized travel and a more healthful lifestyle. He also credited the Optimist club for decorating the Peninsula with American flags and the Point Loma Association for “beautifying the entire district.”

Harris said he had four goals when taking office: protecting quality of life, pro-



ED HARRIS

moting community engagement, protecting taxpayers and supporting veterans.

A short slideshow titled “What We Accomplished Together” followed Harris’ opening remarks.

Afterward, Harris credited Ocean Beach merchants for “providing private bicycle security” to enhance public safety.

Harris cited the Pacific Beach community for installing “pedestrian-activated painted crosswalks,” for performing a “newsrack audit” on Garnet Avenue, removing unsightly or unused racks, and for planting community medians with

SEE DISTRICT, Page 23



Even though it’s a site of weddings, Point Loma’s Portuguese chapel seats about 18.

## National recognition sought for Portuguese community's religious anchor

By DAVE SCHWAB | THE BEACON

The tiny chapel at 2831 Avenida de Portugal – the crown jewel of Point Loma’s Portuguese community – is one step closer to national recognition, a place on the National Register of Historic Places.

The United Portuguese S.E.S. Association has filed the paperwork seeking historic recognition for the chapel, which is typical of countryside praying chapels in Portugal’s Azores and is the only one of its kind standing in Southern California.

In 1921, San Diego’s Portuguese

enclave had been established for 30 years or more. The waterfront landscape was drab, with few trees and buildings sparse and well-separated.

The Portuguese wanted to build a tiny chapel like the countryside praying chapels they had known in the Mother Country. Massive construction debt (by 1921 standards) was incurred. Two construction loans of \$500 each were taken out and had to be repaid. At a time when tuna fishing was done only with poles and was a rigorous and dangerous occupation, fishermen started giving up a day’s catch to help pay off the debt.

Today, that little clapboard chapel built in 1922, measuring just 12 feet by 20 feet, is surrounded by larger buildings that include a social hall next door. It was built with donations (both monetary and labor) from the Portuguese-American fishing community of San Diego. The primary builders were Joseph Athaide (carpenter), Frank Brown (painter) and John Lucas (stone mason), each from the Azores islands, a Portuguese possession.

The chapel was built using a late 19th-century Gothic Revival architectural style influenced by designs from the Azores. The exterior walls are painted

wood clapboards with trimmed corners and portals. The raised foundation is built of red bricks. The facade is of symmetrical design, incorporating a classical triune style (symbolizing the Holy Trinity). The centered entry doors are flanked by stained-glass windows featuring a centered crown motif.

The chapel helps uphold a 700-year-old tradition, the annual Portuguese Fest of the Holy Spirit, and is the place where the Crown of the Holy Spirit is displayed. The yearly procession along Avenida de

SEE CHAPEL, Page 8



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# Midway plan group OKs hospital conversion, mulls pot shops

By DAVE SCHWAB | THE BEACON

In November, Midway planners endorsed turning the old ten-story Sharp Cabrillo Hospital into an international language school and heard about a "greening" plan and an update on the status of prospective marijuana dispensaries.

"The earliest we could open [the school]," EF Education First spokesperson Shawna Sullivan told planners, "would be June of 2016."

EF is a privately held international education company founded in Sweden

and headquartered in Switzerland specializing in language training, educational travel, academic degree programs and cultural exchange with 500 offices and schools in 52 countries. It is in escrow in its purchase of the former acute-care hospital and skilled-nursing facility, which sits on about six acres at 3475 Kenyon St.

The company plans to turn it into a campus serving foreign-exchange students, nearly all of whom rely on public transportation.

Addressing EF's plans to plant trees on the campus, Midway planner Jacob

McKean suggested palm trees not be included in the landscape plan.

"In urban environments, with loads of concrete and asphalt (that raises temperatures), palm trees provide little or no shade," McKean said, noting what's needed instead is "hardwood shade trees, especially low-water-use oaks and sycamores."

McKean added that downed palm fronds are a nuisance and said that palm trees can house rodents and other pests.

"There's some concern about the

SEE SCHOOL, Page 20



The old Sharp Cabrillo Hospital, at 3475 Kenyon St., will become a language school under an endorsement by the Midway planning group.

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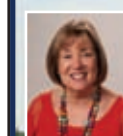
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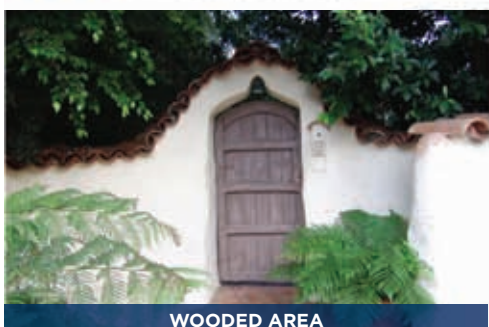
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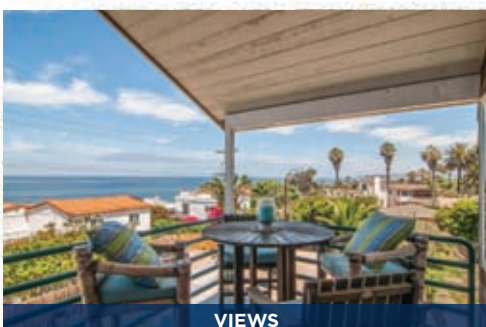
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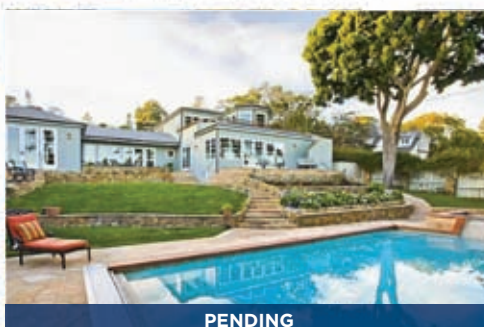
VIEWS

#### POINT LOMA | \$1,699,000

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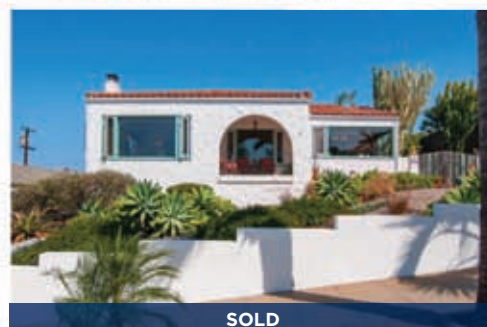
PENDING

#### POINT LOMA | \$2,595,000

Harbor side community of La Playa. Custom 5 br 5+ ba Cape Cod. 15,000 appx sq ft lot. 4,779 appx sq ft home. Panoramic view of harbor and city beyond.



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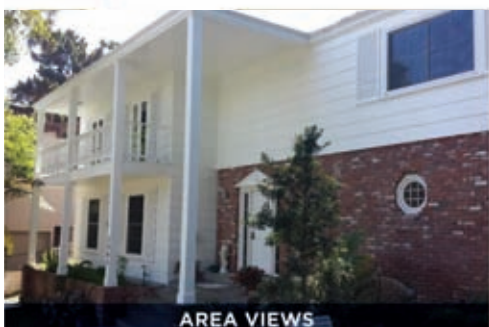
SOLD

#### POINT LOMA | \$1,175,000

3br, 2ba, hardwood floors, wood burning fireplace in living room, built-in hutch in dining room, spacious kitchen with dining, detached 2-car garage.



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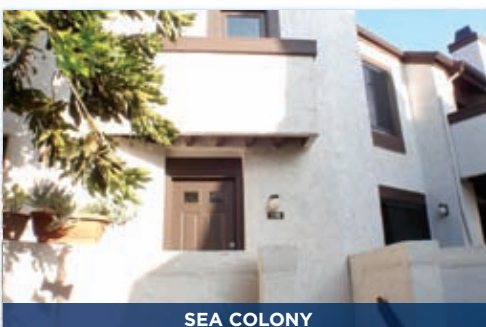
AREA VIEWS

#### POINT LOMA | \$1,180,000

5 br 4 ba with a family room on a large wooded lot with a 3 car garage. The downstairs bedroom, overlooking a patio and pool area, could be an office.



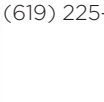
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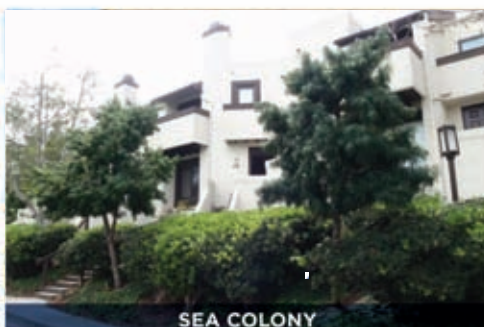
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#### OCEAN BEACH | \$435,000

2 br 2.5 ba with 2 car attached direct entry garage. Updated kitchen with solid surface counter tops and quality appliances. 12x16 private wood deck.



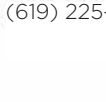
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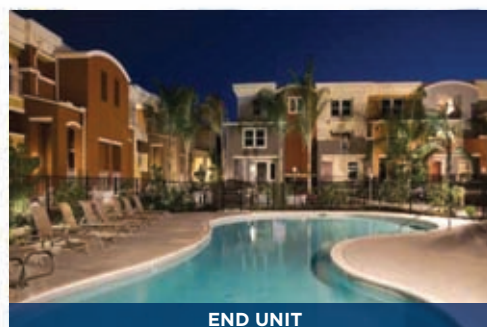
SEA COLONY

#### OCEAN BEACH | \$437,000

2br 2.5ba, remodeled kitchen, spacious living room flows to dining room which faces private lush rear patio. Private master bathroom and view balcony.



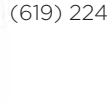
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# Municipal code changes are sought as city pursues remodel flap

By DAVE SCHWAB | THE BEACON

The city is going after the owner of an abandoned remodel on Plum Street on a corner lot in Point Loma, and the Peninsula Community Planning Board has sent a letter to city officials calling for changes in the municipal code to eliminate loopholes allowing such developments.

After years of inaction, authorities are finally going after a "perpetual" remodel at 1676 Plum St. (at the corner of Lowell Street), deputy city attorney Danna Nicholas told Peninsula planners Nov. 20.

A total of seven misdemeanor counts have been filed in San Diego Superior Court against the property's owner, Francisco Mendiola. The counts carry maximum sentences of six months in jail and \$1,000 fines.

Jerry Lohla, a neighbor of the unfinished Plum Street residence who's been working for years to eradicate it, said Mendiola is notorious for starting developments he never finishes.

The State Court arraignment for the City's criminal complaints against Mendiola has now been extended to Dec. 12, Lohla said, adding that "Until the criminal charges have been adjudicated, the City

Attorney can take no other action against Mendiola."

Lohla said he's been informed by the City Attorney's office that Mendiola "is back at Development Services applying for new permits.

"How he can request new permits while facing arraignment for criminal charges regarding his previous permits?" Lohla asked.

"My fear," Lohla added, "is that he will have new permits approved — or at least in process — by the time his arraignment is heard by the State Court and that the judge will say, 'Well, if the City is giving Mendiola a new permit, these criminal charges against him must have no merit.'"

Charges against Mendiola include maintaining a construction fence and storing materials on the street as well as maintaining steel for a retaining wall and stairs on the public right-of-way in front of the property without a public right-of-way encroachment agreement, in violation of the San Diego Municipal Code.

The seven counts also include allowing the existence of a vacant structure that created a public nuisance.

It's also alleged that the defendant unlawfully failed to obtain a new building

permit within the required 90 calendar days from the date of a written notice from the city as well as removing a public sidewalk without proper notice or permission.

Planning board member Don Sevens agreed that the time for inaction on the Plum Street abandoned residence has passed.

"The PCPB on Nov. 20 agreed to send a letter to the director of the city's Department of Development Services urging the department not to review or approve any new permits on the Plum Street property until all criminal charges on the property have been fully adjudicated," he said.

Sevens said he, Lohla and planning colleague Jon Linney are "planning a road show to engage all planning boards in City Council District 2 to urge (Councilwoman Lorie) Zapf to request that the city attorney draft a revised remodeling ordinance that is stronger as the long-term solution.

"My (unconfirmed) understanding is that there are more than 100 such cases pending in the city.

"One possible arrow in the quiver would be seeking the approval of the umbrella council of all 41 planning boards in the city," added Sevens.

Changes being sought in the city municipal code would require any residential "remodeling project" above a certain square footage or significantly altering the façade of a building have a specified completion deadline and require



Charges have been filed against the owner of this Plum Street residence amid a remodel plan that's perpetuated for years. Photo By Dave Schwab

any residential "remodeling project" above a certain square footage be subject to a completion bond to help ensure that money for completion is available in cases where the developer gets overextended.

"As you know, these often are not 'remodels' but disguised tear-downs," said Sevens. "The developer only wants to buy the dirt but does a remodel preserving token studs to skirt many of the regula-

tions that a tear-down would entail."

At the Nov. 20 meeting, Nichols told planners that "the judge cannot dismiss this case.

"It must either go to trial or a plea bargain, as this is his (Mendiola's) third go-round in defaulting on permits."

## Son allegedly murders parents in San Diego; in police custody

By NICOLE GOCHMANOSKY

SAN DIEGO, CA – Friday, Nov. 28 around 3:09 a.m. two shots, followed by five more shots, were heard in a Point Loma neighborhood just above Sunset Cliffs as Peter Haynes allegedly murdered both of his parents in their home.

Police were on a local manhunt for the young man, closing down a 4 block radius and entering homes with a Swat team, until around 8:00 a.m. that morn-

ing when they found the suspect outside of the home nearby.

The parents, Dr. David and Lissa Haynes, died early Friday morning at UCSD Medical Center from gunshot wounds, after making a 911 call around 3:10 a.m.

Sources at the scene have confirmed the murder suspect is Peter Haynes, and that he could be seen on his sister Kim-



berly Hayne's Facebook page holding the potential murder weapon with his sister in his parent's home only 14 days ago

Peter faced a judge Wednesday, Dec. 3 for his arraignment hearing. The hearing was continued to January of next year to give his attorney from the public defender's office, Richard Gates, time to have Peter's mental health assessed.

After a picture of the Haynes' siblings holding a gun together only 14 days before the shooting was published in this article, Kimberly spoke to NBC 7 San Diego about it. Kimberly explained the photos depicted a rare bonding moment between her and her brother, who can be difficult to bond with as he suffers from a severe mental illness, paranoid schizophrenia. While attempting to explain the bonding moment publicly depicted on her Facebook page, the revelation of Peter's mental illness has raised questions in the community about mental health, gun ownership, and the responsibility of the local municipalities to prevent similar future actions.

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- Lauren Gallagher, Esq.  
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## QUICKHITS >>

### PUBLIC INPUT ON NAVY'S PIPELINE FIX TO END

The United States Navy will on Dec. 6 terminate its public comment period on a draft environmental assessment to evaluate potential environmental impacts associated with the proposed repair and relocation of a portion of the Navy's Miramar fuel pipeline in the Point Loma area.

The Navy proposes to repair and relocate approximately five miles of the southern end of the pipeline to provide for the continued fueling needs of Navy ships. The area in question runs along 3.5 miles of pipeline from the La Playa waterfront area (Naval Base Point Loma to Lytton Street) to the Rosecrans Street

right-of-way to address items such as dents, corrosion and metal loss. The Navy also proposes to relocate approximately one mile of the pipeline in the vicinity of the San Diego River and install five isolation valve stations.

The 30-day public comment period began Nov. 7.

The Miramar pipeline is a Navy-owned facility extending 17 miles between Naval Base Point Loma and Marine Corps Air Station Miramar in San Diego. It was built in 1954 and provides fuel for Navy ships and aircraft.

### OB BUSINESSMAN SENTENCED IN UNDERAGE-SEX SCHEME

The owner of a real estate business in Ocean Beach has been sentenced to 10 years in federal prison for using a cell phone to arrange to have sex with a 13-year-old girl he paid on several occa-

sions.

Michael Lustig, 71, arrested in University City on Oct. 1, 2013, pleaded guilty to using cell phones in coded messages that involved interstate travel in aid of racketeering enterprises.

Although Assistant U.S. Attorney Alessandra Serano asked for a 108-month term, U.S. District Court Judge Roger Benitez imposed 120 months, as the probation department recommended a 10-year sentence. Lustig will receive credit for serving 17 months in prison.

Lustig is the owner of Real Estate License Services, which he founded in Ocean Beach in 1978. His attorney, Timothy Scott, said the business thrived for 30 years.

Lustig entered a rare "conditional guilty plea" to the charges on July 31, in which his appeal of a judge's ruling that allowed search of his cell phones will

remain active. If Lustig wins the appeal, he can withdraw his guilty pleas and face a trial without the cell phone evidence.

Lustig was arrested on the current charges following a traffic stop on Governor Drive, but his first arrest was at an Encinitas motel in 2012.

— Neal Putnam

### HOUSING GROUP ANNOUNCES PLAN FOR HOMELESS SHELTER

The San Diego Housing Commission Dec. 2 issued a request for proposals for a permanent indoor facility that would house a minimum of 350 homeless individuals and veterans on a nightly basis throughout the year. The facility would be required to provide supportive services to help homeless individuals stabilize their lives and relocate into perma-

nent housing.

The new permanent shelter, which would open July 1, would replace the emergency winter shelter in Barrio Logan (200 beds) and the veterans shelter in the Midway District (150 beds).

At least 40 percent of the beds at the new shelter would be dedicated to veterans.

Under the terms of the RFP, the Housing Commission will accept proposals from nonprofit organizations to operate the new shelter program.

Interested and qualified nonprofit organizations are encouraged to submit a proposal.

The City has roughly \$1.6 million in annual funds to contribute. That is the amount that is being spent on existing tent shelters and implementation of a Homeless Management Information System.

## Plan board rejects condo conversions amid parking flap



Apartment-to-condo conversions like this are a thing of the past in the Peninsula's Roseville area. Photo By Dave Schwab

By DAVE SCHWAB | THE BEACON

Following repeated complaints by neighbors that the practice is an end-around on parking requirements, the Peninsula Community Planning Board agreed not to approve any more apartment-to-condo conversions in the dense Roseville area.

The issue came to a head during board deliberations Nov. 20 on a request to construct four residential condos at an apartment building under construction at 3015-3021 Carleton St.

"This is a condo creation, not a condo conversion," said board planner Don Sevens after a brief presentation by developers, who noted project floor plans call for two bedrooms plus a "den with a closet."

Roseville neighbors objected that a "den with a closet" constitutes a third bedroom, alleging the project is being advertised as such, a claim developers outright denied.

Peninsula planner Paul Webb noted that apartment-to-condo conversions sidestep some aspects of community planning review. "We review rental units," he said, "but with condo conversions, the only thing we get to review is the map waiver (conversion) itself, not the original project before construction starts."

"It's a builder trick to circumvent the parking requirement," argued Roseville resident Korla Eaquinta. She pointed out that apartments are required to have more parking than condos, contending that developers are routinely doing such conversions to supply less rather than more parking.

The board was called upon by Roseville neighbors to "take a stand and deny projects like this." The group answered, unanimously turning thumbs down on the Carleton project.

Planner David Dick also suggested that if the group were truly serious about taking a stand on the apartment-to-condo conversion issue, it ought to start "sending emissaries" to public hearings when such projects are being considered.

In other action:

- Planners Jon Linney and Don Sevens updated the group on a proposal to redevelop Canon Street pocket park. Both planners said they've been going door to door in the neighborhood discussing their proposal and have encountered little or no resistance to the idea. Some neighbors, however, have turned out at previous board meetings warning that opening up the park by redeveloping it could serve as an open invitation to vagrants, thus threatening public safety.

Sevens said that if the project of acquiring the city-owned site moves forward, a fundraising effort will have to be undertaken. He said two public workshops would also be required to receive public input. He added that donations for the project would be tax-deductible. A nonprofit foundation would also have to be secured to accept contributions, he said.

- Peninsula resident Meg Newcomb turned out to warn the board about plans for an apartment complex proposed for the now-fenced, vacant lot where Barnard School used to be, at 930 Barnard St. in Point Loma.

"There's been no traffic study. This was ministerially approved," Newcomb said, adding that "traffic in the area is bad already."

- Planners unanimously approved drafting a letter to the City requesting crosswalks on Sunset Cliffs Boulevard, which they noted is a busy thoroughfare in an area with a significant number of pedestrians and bicyclists.

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# Pointers end football season with loss to 'a really good team'

By **SCOTT HOPKINS** | THE BEACON

Point Loma's much-improved football season came to an abrupt end with a frustrating second loss to league rival Madison in a hard-fought CIF quarterfinal battle two weeks ago that saw the Warhawks score 21 points in just 27 seconds of play.

Playing each other for the second time in three weeks, the Division I No. 5 seed Pointers played far better against the No. 4 seed Warhawks, but several costly errors led to a 49-28 final score that didn't reflect many areas of improvement the Dogs made in their second foray up the I-805 freeway.

"I thought our kids came out with a lot of energy and gave it their very best

shot," said Pointer head coach Mike Hastings. "They played hard, but we ran into a really good team."

The loss left the Pointers with a 9-3 record. Other than Madison (now also 9-3), the Dogs' only other defeat was by one point (7-6) to powerful Ramona. The 2014 team reversed a 5-6 record by last year's squad.

When the Dogs and Hawks first met early in November, the Western League title was at stake. Madison blew the game open, scoring on their first six possessions en route to a 36-14 win.

But after the Pointers pinned a 47-35 loss on Mt. Miguel in opening-round CIF play, they were ready to give the Warhawks a dogfight.

The first Hawk possession failed this



Pointer running back Jaylen Griffin (21) turns the corner past Madison defenders during a CIF quarterfinal game. Luke Legerton (53) and Jacob Ehm (hidden) assist during a 49-28 loss. Photo By Scott Hopkins

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time as the Hawks lost a fumble near the Pointer goal.

But after the Warhawks started their second drive on the Pointer 48 and took a 7-0 lead, a critical sequence followed.

On the Pointers' first play following the kickoff, a pitchout from quarterback Gavin Grady ended up on the ground, with the Warhawks pouncing on the ball at the Pointer four-yard line.

On the next play, the Warhawks scored, taking a 14-0 lead only 16 seconds later.

Grady's pass to a leaping Tim O'Brien led to a 1-yard touchdown run by Romeo Epperley, but the Warhawks started a drive with under two minutes left in the first half, scoring with just three seconds left to take a 21-7 lead.

The Pointers got to within 21-14 with a second-half kickoff drive that featured a 25-yard Grady to Jaylen Griffin pass. Griffin then ran 10 yards for the score with 7:18 left in the third quarter, giving the Dogs hope.

But following the kickoff, Madison star Isaiah Osborne romped 80 yards on the first play, and after 11 seconds, the Pointers were once again down by 14 points.

On their next drive, the Pointers lost another fumble on the second play, and Madison upped the lead to 35-14 several plays later with 3:00 still left in the

third period.

When the Warhawks scored again early in the fourth quarter, the Pointer seniors and most underclassmen played out the game for pride. Epperley finished his prep career with a 67-yard touchdown scamper up the middle and also caught Grady's 24-yard pass for the team's final points of the season with just eight seconds remaining.

"Our turnovers gave them some very short fields that led to pretty quick scores," Hastings said.

"We came out hard," he added, "and made them punt more than the first game to give ourselves more opportunities. I was happy with our effort but think we just ran into a really good Madison team."

Hastings praised his team for many reasons and noted that the emergence of team leaders was one key reason for the Pointer turnaround.

"We developed and nurtured leadership skills during the off-season, not only with the seniors but all the returning kids," Hastings said.

"With kids like Grady, O'Brien, Epperley, Sergio Gallegos and others," Hastings added, "it's a lot of kids that were either vocal leaders or led by example. They led by their actions, by their work ethic and by not letting each other down."

"I think (all our players) realized they could have some success, and if you take away a couple Madison games, we had a very successful season," Hastings noted. "And because of the leadership and buy-in, it made the season special."

Looking back, Hastings recalled: "When we beat El Camino and came so close to Ramona, I knew this team could play with most anybody."

And the Warhawks proved to be no fluke. They eliminated top-seed La Costa Canyon in the semifinals last week, and they are currently favored to win the CIF title over No. 3 seed St. Augustine this week.

## EXTRA POINTS:

As the game became beyond reach, Madison continued to play its starters.

The Pointers went 6-1 in their Pete Ross Stadium home, the loss to Ramona being the only blemish.

The Pointers' deceptive fly offense averaged nearly 33 points per game this season.

On defense, the Pointers yielded about 24 points per game. Madison, however, accounted for 85 of those in the teams' two encounters.

With his 17th season concluded, Hastings' overall record rises to 122 wins, 73 losses and two ties.

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# Point Loma's Lady Pointers volleyballers bring CIF banner home



Lady Pointer volleyball players celebrate the moment of victory as they win Point Loma High School's first CIF volleyball championship. The Lady Pointers swept top-seed La Costa Canyon in the final round. Photo By Brant Brockett

By SCOTT HOPKINS | THE BEACON

For the second consecutive year, a team of Lady Pointers has brought a CIF championship banner to Point Loma High School.

This time, it was the volleyball team that entered the Division I playoffs as the No. 2 seed before eliminating No. 15 Carlsbad, No. 7 Santa Fe Christian and No. 11 Rancho Buena Vista before a thrilling 3-0 set sweep over No. 1 seed La Costa Canyon in the championship round of the 16-team field.

The CIF record book shows the Lady Pointers reached the volleyball finals in 1983 against La Jolla and in 2000 against University City, but this is their first championship.

The girls, who feed off a loud, male-dominated cheering section known as the Dog Pound, utilized a blend of tough, talented and unselfish players to win the section title by scores of 25-19, 25-23 and 25-20. The final round of all divisions was played at Cathedral Catholic school.

The most tense set of the match was the second, which featured six lead changes before the Lady Pointers finally prevailed.

Outside hitter Courtney Justus led her team in the finals with 12 kills, while Yuliya Ushakova had nine and Madilyn Yeomans added seven.

Senior setter Faith Smith played a major role in the victory, racking up 33 assists, and also led her team with three service aces.

"We were not nervous going into the finals," said head coach Davis Ransom. "The mood was, 'Let's see how well we can do and give it our best shot.'"

The Mavericks, on the other hand, may have felt some pressure, since this was their 12th appearance in the finals in the last 13 years. They won eight consecutive CIF championships from 2004-2011 but have not won since then. "But I felt like we were [a] more confident team," Ransom said.

Ransom said three qualities characterized his squad.

"First is selflessness," he said. "These girls didn't care who got the credit – they

just wanted to win. Being OK with what worked best for the team was very important.

"The second is toughness," Ransom added. "They were willing to grind things out and do things that didn't pay dividends right away, such as diving on the floor 100 times a day.

"They showed both mental and physical toughness."

Lastly, Ransom cited harmony.

"The team just got along great," Ransom noted. "They loved each other, there was no fighting, and they let me make choices that were best for the team."

Perhaps another benefit for the Lady Pointers was playing the Mustangs Nov. 5 in the final regular season match, won by La Costa 3-1.

"We saw what they were trying to do and they saw what we were trying to do," Ransom noted. "They didn't adjust much [in the finals], but we adjusted very significantly."

When the match ended, the Lady Pointers, coaches and fans were elated.

"We were just stoked," Ransom said. "It's been a long time coming, and the community has wanted us to be successful. We were proud and validated to know that everything we have been doing is on track."

Following the victory, Ransom received congratulatory text messages from coaches around the county who knew it was the Lady Pointers' first title.

A large crowd of supporters attended the Saturday finals.

"The community has really embraced our team," Davis said. Caught up in pre-game warmups and early game action, he finally turned around to see the assembled throng about 10 points into the first set.

## EXTRA POINTS:

• The Lady Pointers were also selected to represent San Diego's Division I in the state playoffs but lost their first match to Mater Dei, of Santa Ana, 3-0.

• The Lady Pointers helped prove their Western League the toughest in town. First place Scripps Ranch and second place La Jolla both were selected for Open Division play. Each was eliminated early, but both also went on to state playoffs, winning one match before dropping

the next.

• The Pointers compiled a perfect 11-0 record on their home court at Lee Trepanier Gym.

• Senior Morgan Maclean is the only student at PLHS who played on two CIF

championship teams during her prep days. A middle hitter in volleyball, she was also a key member of last year's CIF basketball title squad.

• Ransom will welcome back 10 girls next year from this season's 15-girl roster.

## MEET JULIE ANDERSEN



An award winning watercolor artist and new president of Point Loma Artists Association.

Julie and artist Roberta Dyer along with 20 artists will be showing Sat. December 6th at our annual Holiday Show and Sale at 3636 Curtis St.

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## Point Loma Artists Association Upcoming Events



### Annual Holiday Show and Sale

December 6, 10am-3pm  
3636 Curtis Street

#### Art Tour

May 2, from 10am-3pm

#### Art in the Park

Point Loma Library  
August 22, from 10am-3pm

For more details about the events see [www.pointlomaartists.com](http://www.pointlomaartists.com)



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# Josefowitz to be inducted into SD County Women's Hall of Fame



Doing  
it  
Better

By Natasha Josefowitz, Ph.D.

Educator and author Natasha Josefowitz, who writes the biweekly "Doing It Better" column for The San Diego Community Newspaper Group's La Jolla Village News, has been selected as an inductee into the San Diego County Women's Hall of Fame. Her induction ceremony is set for Sunday, March 1.

Josefowitz was selected as one of six women who have worked to improve the lives of other women and made changes in their communities. The selection committee comprises the San Diego County Commission on the Status of

Women, the Women's Museum of California, the UCSD Women's Center and the Department of Women's Studies at San Diego State University.

La Jolla Village News is a sister paper of The Peninsula Beacon.

Josefowitz, 88, has spent her life as an educator. She taught the first course in the United States for women in management at the University of New Hampshire; her book "Path to Power, a Woman's Guide from First Job to Top Executive" became a bestseller. She worked as a consultant to government and profit and nonprofit organizations to help women enter male-dominated places of work. Her latest project focuses on how men and women grieve and heal differently and takes a new approach to the different stages of grief. Her latest book, "Living Without the One You Cannot Live Without," is a reflection of her research

and personal experiences on the subject.

Josefowitz was a professor of management for 30 years and is an internationally known business consultant and keynote speaker. For 10 years, she had her own weekly program on public radio and a monthly segment on television. She has also been a guest on numerous radio and TV shows, including "All Things Considered," "The Larry King Show" and "The Dr. Ruth Show," to name a few.

*Josefowitz is the best-selling author and award-winning poet of 20 business and poetry books. Her articles and poems have been published in more than 100 journals and magazines, including The Harvard Business Review, The Wall Street Journal, Psychology Today, The London Times and most major newspapers in the United States.*

## CHAPEL

CONTINUED FROM Page 1

Portugal across Rosecrans to St. Agnes Church begins and ends there.

"Achieving this designation in the National Registry," said association president Carl Silva, "has long been sought by the generations of Portuguese in the community. They are extremely proud of the chapel, as evidenced by its preservation and use over nearly 100 years."

Outside, pause on the steps and take in the trappings of middle 19th-century Gothic Revival architecture: an arched entry, pyramidal roof ornaments, stained glass windows and the muted clapboard walls. Step inside into a structure so narrow that two men standing together with arms outstretched could touch the walls. This is a chapel suitable for solitary praying, not for services for massive congregations.

Try to picture a wedding in a church so tiny it might seat only 18 or so. And yet, this chapel does accommodate one or two weddings each year. This month, Point Loma Nazarene University will show off the treasure to 42 visiting architectural professors.

The listing on the registry, if it comes, will serve as a seal of recognition. It also will serve as a layer of protection against forced relocation should progress ever clash with 700-year-old tradition.

This landmark chapel is part of the oldest ethnic celebration in San Diego. The Festa celebrated its 104th year in 2014, and at 92, the chapel is fast approaching 100 years of age. The pageantry and tradition along with displaying the Crown during the Festa do Espírito Santo are examples of the chapel's importance.

During the Festa celebration, up to six crowns are displayed in the chapel. The Festa unifies the community helping to raise funds to care for its members by helping the sick, feeding the poor and specifically providing food to an orphanage in San Diego. High school student bands participating in the Festa receive donations to offset their expenses and continue their musical programs. Various organizations in the community participate, including city and county officials, military officers and local firefighters. The chapel hosts wedding receptions as well as civic and private events. The entire celebration is funded by donations.

The chapel is maintained by and under the authority of the board of directors of the United Portuguese S.E.S., Inc. of San Diego. The organization's stated purpose is to encourage religious and civic activities; promote, further and support the welfare of the community; and foster sociability and develop a united spirit among the people of the community.

## The All Souls' Saint Nicholas Home Tour

**Saturday, December 6, 2014** from 10:00 to 4:00. This year's theme is "From Past to Present". Each home on the Tour was designed by San Diego architects and have undergone renovations in the years since. Get a rare look *inside* San Diego's most beautiful homes and support local community programs! Featured this year are homes designed by Homer Delawie, Don Edson, Gustav A. Hanssen, Richard Requa and Richard George Wheeler. See presentations reflecting the transformation and enjoy traditional Christmas music as you tour the unique homes. See a classic boxcar style home, the house built for the Principal of Point Loma High school in 1926, a mid-century family home now an elegant entertainment venue, a residence designated as a historical site, and what was once a cottage now with a 360 degree view of San Diego.

Order tickets on line at [www.all-souls.com](http://www.all-souls.com).

## Flu shots: No, thanks – better safe than sorry

By MARTIN JONES WESTLIN | THE BEACON

*Martin Jones Westlin is editor of La Jolla Village News, The Beacon's sister paper.*

Last November, little Marysue Grivna reportedly survived the prospect of a rare disease long enough to play a game of tag. Four days later, the 10-year-old Tampa girl fell ill with Acute Disseminated Encephalomyelitis (ADEM), a brain infection that manifests symptoms similar to multiple sclerosis. Marysue is now confined to a wheelchair and has a limited vocabulary – and after some research, her parents are persuaded that the cause lay in something the doctors will neither confirm nor deny.

Influenza season – marked by that peskiest of perennial contagions – is in full swing, and the medical profession is trotting out its complement of vaccines accordingly. It's estimated that some 5 to 20 percent of Americans will get the flu this year despite the shot, and in any event, it appears that their level of protection varies wildly (the Centers for Disease Control reports 60 to 70 percent effectiveness in recent seasons, while last year's vaccine against a more virulent strain was only 9 percent effective in those 65 and older).

That's why Marysue's illness is so noteworthy. It took hold following a simple flu shot – and while the medical jury's publicly out on the cause and effect in her case, stories like hers persist every year. In 2013, a healthy 19-year-old Utah boy died after taking the vaccine a week earlier; a 7-year-old Vermont girl died four days after her shot in 2011. The Department of Justice says that 55 flu vaccine-related settlements were awarded for a three-month period earlier this year, including compensation for one death. (Such vaccines are part of the



Marysue Grivna's dilemma may stem from something millions of Americans get every year.

Scripps Research Institute's stock in trade. And Scripps reportedly is working on a vaccine that will last a lifetime, eliminating the yearly shot.)

According to Sherri Tenpenny, things are a lot worse. Flu vaccines, the Cleveland-area osteopath says, are loopy with animal cells, detergents, formaldehyde, mercury and other problematic elements that compromise effectiveness and can lead to much greater illness; the vaccine is further contaminated by latex and rubber stoppers in the vials; flu viruses in circulation are actually a lot less prevalent than we're led to believe; the selection process for a given year's target strain is fraught with holes; and on and on.

"We are so used to taking medications for prevention and treatment," Tenpenny has written, "that it is difficult to comprehend that [other] recommendations are really the most powerful ways to minimize the likeli-

hood of getting the flu." You can see more about Tenpenny and her work at [drtenpenny.com](http://drtenpenny.com).

I've never had a flu shot in the 40-odd years it's been publicly available – and I've also contracted an influenza virus only once in that time (for two weeks after New Year's of 1996, death would have been a welcome relief). I've also been told I'm criminally youthful and healthy for my age, but I'm also 64, on the cusp of elderliness, when flu patients might exhibit serious complications from the illness (remember the 9 percent vaccine protection level for people around my age).

But I'll take my chances again this year, preferring to tough out whatever comes my way. The flu's a bitch, but I'll trade its discomfort for the prospect of something far more debilitating and irreversible down the line. Sadly, that's a choice Marysue may never have had a chance to make.

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## The Ocean Beach Town Council is proud to bring you the 35th Annual OB Holiday Parade on Saturday, December 6th at 5:05pm!

For more than 30 years, our quaint little surfing village of Ocean Beach has hosted one of the best Christmas Parades in SoCal. On Saturday, December 6th, Newport Avenue is lined with colorful OBceans and visitors all eagerly awaiting the commencement of the 35th Annual OB Holiday Parade at 5:05pm. This year's theme is 35 Years of Peace, Love, and OB.

For some, it's the excitement of seeing the Point Loma Marching Band strut their way down the street or the SD Roller Derby Dolls in their eye-catching costumes. For others, it's watching the VW Beetle club and classic Woodies roll down Newport Ave. Some prefer the motorcycles, bright-lit floats and countless bands that fill the beach with live music. So, in other words, whatever your pleasure, OB has it all in our rendition

of the Christmas March. And...of course...the big man himself, Santa Claus, will be making his appearance.

After the festivities, the nightlife of OB takes off as the locals and visitors celebrate and spread even more Holiday Cheer in one of the many local bars and eateries. People of all ages are invited join us at this fun-filled event – costumes, cheering and laughter are not only welcomed, they are encouraged!

Come find out what the locals have known for over 30 years - Santa would rather be in OB! Be sure to RSVP and invite all your friends.

Buy your commemorative t-shirts from the James Gang!



Take a break from your holiday shopping at the OB Christmas Parade, set for Saturday, Dec. 6 at 5:05 p.m. (exactly) and to run down Newport Avenue from Sunset Cliffs Boulevard to the beach. The lighting of the neighborhood tree at the foot of Newport will begin the event. Sights and sounds include classic cars, music and, of course, a very busy Santa.



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## 2014 Ocean Beach Holiday Events

- Dec. 4**
  - \* Santa & Children Decorate Tree 9am - noon
  - \* OB Holiday Auction Sunshine Company Saloon 6:30 - 9pm
- Dec. 5-15**
  - \* OB Storefront Decoration Contest (facebook.com/OBMA92107)
- Dec. 6**
  - \* Craft Fair at Beach 9am-4pm
  - \* 35th Annual OB Holiday Parade 5:05pm, Newport Avenue
- Dec. 10**
  - \* Farmers Market 4-7pm
- Dec. 13**
  - \* Craft Fair at Beach 9am-4pm
- Dec. 15**
  - \* Holiday Homes Decoration Contest Call 619-316-3403 for more info.
- Dec. 16-19**
  - \* Food & Toy Drive - Masonic Center, 5:00pm - Volunteer & Bring Donation
- Dec. 17**
  - \* Farmers Market 4-7pm (NO Farmers Market Dec. 24 or 31)
- Dec. 20**
  - \* Craft Fair at Beach 9am-4pm
  - \* Food & Toy Drive Distribution 9am



Out of the blue and into...  
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**The most unusual novelties in San Diego.**

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**THE PENINSULA BEACON** OCEAN BEACH

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**Runs in the December 11th, 18th, 23rd issues**

Sample Gift Guide Ad

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# Ocean Beach

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\$25 each or \$20 when you purchase more than one.



Buy them online at [www.oceanbeachsandiego.com](http://www.oceanbeachsandiego.com) or at the **OBMA Office** at 1868 Bacon St., Suite A in OB Monday – Friday from 8:30am-5:00pm.



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Comes in Green! **\$20**

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### PLL Thanks OB1502, OB Parade Participants, Sponsors and Claudia Jack.

PLL is pleased to announce the following Awards received by Tony George for his volunteer work in OB, 2014 OBMA Business Award, 2014 Certificates of Recognition from The California State Senate and The California State Assembly



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- Construction
- Maintenance division Habitat 1502
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## Vote for your favorite storefront Holiday decorations

Be on the lookout for festive holiday decorations throughout your favorite businesses this holiday season and VOTE for your favorite by LIKING their photo that will be posted to the OBMA Facebook page between Dec. 5-15th! Visit OB Main-Street on Facebook at [www.Facebook.com/OBMA92107](https://www.facebook.com/OBMA92107).

Enjoy the decorations and celebrate the season – businesses will be awarded cash prizes and celebrated in the special holiday issue of the Beacon on Thurs., Dec. 23rd.



## PEACE • LOVE • JOY • OB

OB Holiday Parade: Saturday December 6th, 5:05pm





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**READERS CHOICE AWARDS**  
2012

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Please help with the Dog Beach Holiday Clean-Up, Dec. 13, 9am - 11am

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All dishes are prepared **FRESH TO ORDER!**

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## Little Chef Chinese Food, a hot commodity

Stepping into Little Chef Chinese Food is a lot like a stroll through OB itself – you're definitely inside a San Diego landmark, one whose longevity justifies its place in the public mind. And don't let the lack of space fool ya. The venue accommodates about three single-seat tables, but there's plenty of Newport Avenue people-watching to entice you, and the real action sizzles in the back, where the cooks work their magic in serving up some of the best Chinese in town.

A lot of that has to do with the prices, which have been raised very little or not at all in the last seven years. Anywhere from 6 to \$8 will get you sweet and sour chicken with cream-cheese won-tons, orange chicken, Mongolian beef, Szechuan chicken, barbecue pork, broccoli beef and stir-fry; add a measly \$2.50 or so for stuff like dumplings and soup. You literally will be out of luck if you try to finish your meal on premises; the portions are so gigantic that you almost have a spare lunch the next day.

To top it off, there's owner Mary Ann, always with a smile as wide as her dinner plates. It's amazing how she works the room without looking like she's getting anything done – there she stands, rattling your name off the top of her head and chumming it up with the friendly staff as the bounty rolls off the grills and ovens in the back room.

In the face of a certain amount of public criticism, be warned: Little Chef takes cash only. On the other hand, there's an ATM at the front of the building, located at 4910 Newport Ave. See? Little Chef thinks of everything, including the food. Go here immediately – the Great Wall was never like this!

– Martin Jones Westlin



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**FELIZ NAVIDAD - HAPPY HOLIDAYS!**

The Holiday Season is here and Nati's is here to help. We can help you plan that Holiday get together, large or small. We have a separate dining room available for large party luncheons, and our take-out items make your home entertaining easy. Our great food, great drinks and reasonable prices will make your event a hit.

Holiday gifts...how about a Nati's Gift Certificate, available in all denominations. We also have a large selection of Nati's logo T-shirts in various styles.

Cocktails • Plenty of Parking  
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YOUR NEIGHBORHOOD BAR

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**HAPPY HOUR - EVERYDAY 4-7PM**

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**THE PENINSULA BEACON**  
**READERS CHOICE AWARDS**  
BEST RESTAURANTS  
2014

Voted a favorite for Bar & Bartender (Juli)



Celebrating  
21 Years

## Don't Miss the Farmer's Market

Every Wednesday from 4pm-7pm on the 4900 block of Newport Avenue between Cable & Bacon Street in the heart of OB! Locally grown produce, fresh flowers, baked goods, art, music and more!



## The Taste of Success!

OB Restaurant Walk, on Nov. 11, was a huge success by all accounts as everyone voted for their favorite restaurant or bar. Full disclosure: 42 restaurants/bars participated, and absolutely no one made it to all of them.

Winners with the most emailed votes were Espresso Cucina and Mother's Saloon (first-place tie) and Shades Oceanfront Bistro and 3rd Corner (tied for second). Meanwhile, everyone had a wonderful time, although they were too full to carry on a long conversation.

OB MainStreet Association was happy to

participate by signing up all the restaurants and bars as well as managing the pre-sale of the tickets. Funds raised go towards the town council-sponsored OB Food and Toy Drive, as more than 70 local families and seniors will receive boxes of food and toys. Thank you to all the generous businesses that helped raise money and to all those who bought tickets and made it a memorable night for the community. Ocean Beach rocks!

## Planning a holiday get-together for family, friends or business?

Nati's Mexican Restaurant, voted No. 1 in OB, is the perfect spot to hold your holiday luncheon. Whether dining indoors or on the patio, Nati's can accommodate up to 50, and their reasonably priced menu fits everyone's budget. Margaritas, cocktails and beers are available; ask about the party menu, designed specifically for larger groups. Take-out is also available for your party at home or the office. Nati's also has gift certificates and T-shirts. Located at 1852 Bacon St., Nati's is one block from the OB Pier. Ample parking is available. Call (619) 224-3369.

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\$109+Tax Sun-Thurs - \$119+Tax Fri & Sat night (2 night minimum) Expires 12/18/2014

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\$50 & \$100 HOLIDAY GIFT CERTIFICATES AVAILABLE

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Ocean Beach & Point Loma  
Thank you for supporting us for 25 years  
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*Bring your family down to Ocean Beach this Holiday Season!  
Enjoy great food and great music by the ocean for the holidays.*



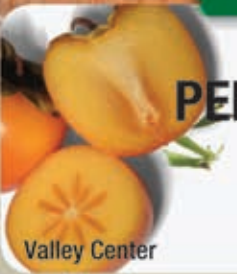
Don't forget the 35th Annual  
OB Holiday Parade is on Saturday,  
December 6th at 5:05pm!



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Belching Beaver Peanut Butter Milk Stout.....	\$6.99	22 oz bot
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## ITEMS WANTED 325

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## ▼ pet services

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## BUSINESS OPTS. 550

## ▼ income opportunities

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## LEGAL ADS 700

**NOTIFICATION TO POTENTIAL FATHERS** PURSUANT TO A. R. S. 8-106G In re the Matter of: BABY POPYACK an unborn child, NOTICE IS HERE- BY GIVEN TO "John Doe", a caucasian male, that you have been identified by Koryn Lacy Popyack, the natural mother, who resides at 3777 E McDowell Rd #1136, Phx, AZ 85008, as a potential father of a child to be born February2015, in Maricopa County, Arizona. You are hereby informed as follows: 1. That the natural mother plans to place the child for adoption. 2. Under sections 8-106 and 8-107, Arizona Revised Statutes, you have the right to consent or withhold consent to the

adoption. 3. Your written consent to the adoption is irrevocable once you give it. 4. If you withhold consent to the adoption, you must initiate paternity proceedings under title 25, chapter 6, article 1, Arizona Revised Statutes, and to serve the mother within thirty days after completion of service of this notice. Service will also be accepted by Kerry B. Moore, Esq., P. A., 3200 N. Central, # 1 6 0 0 , Phoenix, Arizona 85012, (602) 271-9899. 5. You have the obligation to proceed to judgment in the paternity action. 6. You have right to seek custody 7. If you are established as the child's father, you must begin to provide financial support for the child. 8. If you do not file a paternity action under title 25, chapter 6, article 1, and do not serve the mother within thirty days after completion of the service of this notice and pursue the action to judgment, you can not bring or maintain any action to assert any interest in the child. 9. The Indian child persede the Arizona Revised Statutes regarding adoption and paternity. 10.You may wish to consult with an attorney to assist you in responding to this notice. DATED this 20th day of November, 2014 KERRY B. MOORE, ESQ., P. A. Attorney at Law BY: Kerry B. Moore 3200 N. Central Ave., #1600 Phoenix, Arizona 85012

## REAL ESTATE 800

## ▼ investment properties

**NEW ON THE MARKET** North Park office building @ 3930 Utah St @ \$1.85 mil. F&C, owner will sell or exchange for? Will carry all financing. Other properties available. Geo. Jonlonis Rltr @ 619 454 4151

## ▼ land for sale

## 3-4 ACRES VISIT

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## LEGAL ADS 900

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029195 Fictitious Business Names(s): THE LEAN MACHINE** located at: 5663 BALBOA AVE #389 SAN DIEGO, CA 92111 is registered by the following: LEROICO, LLCThis business is conducted by: A LIMITED LIABILITY COMPANY LEROICO, LLC 5663 BALBOA AVE. #389 SAN DIEGO, CA 92111 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: ANTHONY LERO Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: OCT 31, 2014 ISSUE DATES: NOV 13, 20, 27 & DEC 04, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029397 Fictitious Business Names(s): TROT RIDE, TROT** located at: 3882 JEWELL ST. #G103 SAN DIEGO, CA. 92109 is registered by the following: MAGGIE RICHMANThis business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MAGGIE RICHMAN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: NOV 06, 2014 ISSUE DATES: NOV 13, 20, 27 AND DEC 04, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029391 Fictitious Business Names(s): GRACEFULLY POLISHED, REFINED GRACE** located at: 4747 67TH ST. UNIT B SAN DIEGO, CA. 92115 is registered by the following: ELAINE TAYLOR This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ELAINE TAYLOR Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 06, 2014 ISSUE DATES: NOV 13, 20, 27 AND DEC 04, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029423 Fictitious Business Names(s): MIGHTY DOGGS** located at: 4002 PARK BLVD. #A SAN DIEGO, CA. 92103 is registered by the following: STEVEN D CRAWFORD II, SHARON MATSUOKA This business is conducted by: A JOINT VENTURE The first day of business was: 11/06/2014 Registrant Name: STEVEN CRAWFORD Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 06, 2014 ISSUE DATES: NOV 13, 20, 27 AND DEC 04, 2014

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY, RM 225 SAN DIEGO, CA. 92101 CASE NO: 37-2014-0003768-CU-PT-CTL** PETITIONER OR ATTORNEY, AMIR MAHMOUD KHORRAM PANAH, ELAHEH ALVI 8689 WARMWELL DR. SAN DIEGO, CA. 92119 619-761-4533 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM AMIR PARSA KHORRAM PANAH TO PARSA PANAH FROM SINA KHORRAM KHORRAM TO SINA PANAH FROM AMIR MAHMOUD KHORRAM PANAH TO AMIR PANAH ALL MINORS ON BEHALF OF THEIR PARENTS AMIR MAHMOUD KHORRAM PANAH, ELAHEH ALVI. 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 19, 2014 TIME: 9:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): NOV13, 20, 27 AND DEC 04, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029100 Fictitious Business Names(s): ACCLAIM REAL ESTATE** located at: 7445 GIRARD AVE. SUITE 2 LA JOLLA, CA. 92037 is registered by the following: ACCLAIM REAL ESTATE SAN DIEGO, INC. This business is conducted by: A CORPORATION ACCLAIM REAL ESTATE SAN DIEGO, INC 7445 GIRARD AVE. #2 LA JOLLA, CA. 92037 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: RICHARD ROSLEDO Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 04, 2014 ISSUE DATES: NOV 13, 20, 27 AND DEC 04, 2014

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2014-00037974-CU-PT-CTL** PETITIONER OR ATTORNEY, YOUSAF AHMER HUSAIN 4054 NOBEL DRIVE, UNIT #202 SAN DIEGO, CA. 92122 714-417-3329 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM YOUSAF AHMER HUSAIN TO YOUSAF MUNIZ JAFFRI 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 19, 2014 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): NOV13, 20, 27 AND DEC 04, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029090 Fictitious Business Names(s): BEST DIAMONDS** located at: 861 6TH AVE. SAN DIEGO, CA. 92101 is registered by the following: SIMON HAROSH This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: SIMON HAROSH Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 04, 2014 ISSUE DATES: NOV 13, 20, 27 AND DEC 04, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-027179 Fictitious Business Names(s): ECOLEAN FREAKS** located at: 3980 FAIRCROSS PLACE #7 SAN DIEGO, CA. 92115 is registered by the following: CAROLINA DORING RODRIGUEZ, PAULA OLIVER ROGERS This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: CAROLINE DORING ROGERS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 13, 2014 ISSUE DATES: NOV 13, 20, 27 AND DEC 04, 2014

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY mSAN DIEGO, CA. 92101 CASE NO: 37-2014-00038358-CU-PT-CTL** PETITIONER OR ATTORNEY, YING JIANG, YUNONG MA 4924 PEARLMAN WAY SAN DIEGO, CA. 92130 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM CODY PEILIN JIANG A MINOR ON BEHALF OF HIS PARENTS YING JIANG, YUONG MA TO CODY PEILIN MA 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 JAN 09, 2015 TIME: 8:30 AM DEPT 46 3RD FLOOR 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): NOV 20, 27 DEC 04 AND 11, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029859 Fictitious Business Names(s): BUDDHI BOX INC** located at: 5022 CAPEHART ST. SAN DIEGO, CA. 92117 is registered by the following: BUDDI BOX INC This business is conducted by: A CORPORATION BUDDI BOX INC. 5022 CAPEHART ST SAN DIEGO, CA. 92117 DELAWARE The first day of business was: 09/17/2014 Registrant Name: MAXINE CHAPMAN Title: FOUNDER & CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 12, 2014 ISSUE DATES: NOV 20, 27 DEC 04 AND 11, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029915 Fictitious Business Names(s): AFRANS** located at: 1110 TORREY PINES RD. STE M LA JOLLA, CA. 92037 is registered by the following: AFRADE INTERNATIONAL This business is conducted by: A CORPORATION AFRADE INTERNATIONAL 1110 TORREY PINES RD. STE M LA JOLLA, CA. 92037 CALIFORNIA The first day of business was: 09/15/2001 Registrant Name: MUSA EL-JOF Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: N O V 12, 2014 ISSUE DATES: NOV 20, 27 DEC 04 AND 11, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029992 Fictitious Business Names(s): TRAITORIA AMICI MIE, LU PIZZETTA** located at: 4508 CASS ST. SUITE B SAN DIEGO, CA. 92109 is registered by the following: LOO TOP, LLC This business is conducted by: A LIMITED LIABILITY COMPANY LOO TOP, LLC 4508 CASS ST SUITE B SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: LUCA GIORGIANTONIO Title: TREASURER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 13, 2014 ISSUE DATES: NOV 20, 27 DEC 04 AND 11, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-030015 Fictitious Business Names(s): KABOB LOUNGE** located at: 11375 EL CAMINO REAL, SUITE 170 SAN DIEGO, CA. 92109 is registered by the following: KL INVESTMENT GROUP LLC This business is conducted by: A LIMITED LIABILITY COMPANY KL INVESTMENT GROUP LLC 11375 EL CAMINO REAL SUITE 170 SAN DIEGO, CA. 92130 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: SAEED JALALI Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 13, 2014 ISSUE DATES: NOV 20, 27 DEC 04 AND 11, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029593 Fictitious Business Names(s): COASTAL DREAM HOMES REALTY, COASTAL DREAM HOMES** located at: 7050 FRIARS RD SUITE 100 SAN DIEGO, CA. 92108 is registered by the following: CENTRAL SD REAL ESTATE SALES, INC. This business is conducted by: A CORPORATION CENTRAL SD REAL ESTATE SALES, INC. 7050 FRIARS RD. SUITE 100 SAN DIEGO, CA. 92108 CALIFORNIA SAN DIEGO, CA. 92108 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: TONDIANE DONNET Title: SECRETARY The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 07, 2014 ISSUE DATES: NOV 20, 27 DEC 04 AND 11, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029619 Fictitious Business Names(s): THE ORANGE SKATEBOARDS** located at: 5060 LA JOLLA BLVD. #2 SAN DIEGO, CA. 92109 is registered by the following: RAPHAEL GOMES This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: RAPHAEL GOMES Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 07, 2014 ISSUE DATES: NOV 27 DEC 04,11 AND 18, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029774 Fictitious Business Names(s): MY PUPPY PLAYTIME** located at: 1021 EMERALD ST. APT C SAN DIEGO, CA. 92109 is registered by the following: KEIRY ALFARO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: KEIRY ALFARO Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 07, 2014 ISSUE DATES: NOV 27 DEC 04,11 AND 18, 2014

**SUPERIOR COURT OF CALIFORNIA NORTH COUNTY DIVISION 325 SOUTH MELROSE DR. VISTA, CA. 92081 CASE NO: 37-2014-00038360-CU-PT-NC** PETITIONER OR ATTORNEY, OLIVER AND KELLEY GERTZKI 6217 SHAM-ROCK PLACE CARLSBAD, CA. 92009 949-412-2841 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM PENELOPE ANNE GERTZKI TO EMMELINE ANNE GERTZKI A MINOR ON BEHALF OF HER PARENTS OLIVER AND KELLEY GERTZKI 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 JAN 27, 2015 TIME: 8:30 AM DEPT 26 SAME AS NOTED ABOVE ISSUE DATE(S): NOV 27 DEC 04, 11 AND 18, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-029868 Fictitious Business Names(s): ANGEL HEALING ARTS** located at: 2254 MOORE ST. SAN DIEGO, CA. 92110 is registered by the following: ANGELA LYNN HOWLEY This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ANGELA LYNN HOWLEY Title: M.T. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: NOV 12, 2014 ISSUE DATES: NOV 27 DEC 04,11 AND 18, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-030688 Fictitious Business Names(s): CHILL OUT BODYWORKS** located at: 3156 SPORTS ARENA BLVD. SUITE #106 SAN DIEGO, CA. 92110 is registered by the following: RACHEL JEAN MAU This business is conducted by: AN INDIVIDUAL The first day of business was: 11/01/2014 Registrant Name: RACHEL JEAN MAU Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 20, 2014 ISSUE DATES: NOV 27 DEC 04,11 AND 18, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-027880 Fictitious Business Names(s): A DAY OF ELEGANCE** located at: 1709 CRIPPLE CREEK DR. CHULA VISTA, CA. 91915 is regis-

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tered by the following: PATTY BONILLAS This business is conducted by: A JOINT VENTURE The first day of business was: 10/22/2014 Registrant Name: ELIZABETH PINA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 22, 2014 ISSUE DATES: NOV 20, 27 DEC 04 AND 11, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-030776 Fictitious Business Names(s): WEEDDELIVER** located at: 2175 CABLE ST. #4 SAN DIEGO, CA. 92107 is registered by the following: SHANE SMITH, CHAD HURST This business is conducted by: CO-PARTNERS The first day of business was: 11/21/2014 Registrant Name: SHANE SMITH Title: CO-OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 21, 2014 ISSUE DATES: NOV 27 DEC 04,11 AND 18, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-030777 Fictitious Business Names(s): SHANE'S PROCESS SERVICE** located at: 2175 CABLE ST. #4 SAN DIEGO, CA. 92107 is registered by the following: SHANE SMITH This business is conducted by: AN INDIVIDUAL The first day of business was: 11/21/2014 Registrant Name: SHANE SMITH Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 21, 2014 ISSUE DATES: NOV 27 DEC 04,11 AND 18, 2014

**SUPERIOR COURT OF CALIFORNIA NORTH COUNTY REGIONAL CENTER 325 SOUTH MELROSE DR. VISTA, CA. 92081 CASE NO: 37-2014-00037389-CU-PT-NC** PETITIONER OR ATTORNEY, JUSTIN KELLY LYN AND MITCHELL MACOON CHO LAM 4490 BRISBANE WAY UNIT 3 OCEANSIDE, CA. 92058 510-798-9738 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME JUSTIN KELLY LYN TO JUSTIN KELLY LYNA FROM MITCHELL MACOON CHO LAM TO MITCHELL MACOON CHO LYN 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 JAN 20, 2015 TIME: 8:30 AM DEPT 26 SAME AS NOTED ABOVE ISSUE DATE(S): NOV 27 DEC 04, 11 AND 18, 2014

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2014-00039528-CU-PT-CTL** PETITIONER OR ATTORNEY, LAW OFFICES OF GISSELLE M. AMINI [285827] 11801 PIERCE STREET STE 200 RIVERSIDE, CA. 92505 951-710-3119 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM WENDY BEVERLY LOPEZ-MILLER TO NATALIE ELIANA MONTENEGRO GARCIA 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 JAN 16, 2015 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): NOV 27 DEC 04, 11 AND 18, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-028768 Fictitious Business Names(s): PACIFIC COAST DENTAL SLEEP MEDICINE** located at: 3222 GOVERNOR DRIVE SAN DIEGO, CA. 92122 is registered by the following: ANDREW

SETH FIRTEL This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ANDREW FIRTEL Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: OCT 30, 2014 ISSUE DATES: NOV 27 DEC 04,11 AND 18, 2014

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA**



## WHAT'S AHEAD?

Peninsula-area events, Dec. 4 to Dec. 30

## THURSDAY, DEC. 4

The OB Town Council Community Tree Committee hosts the OB Tree Auction at the Sunshine Company from 6:30 to 9:30 p.m., with fun, excitement and your chance to start your holiday shopping. For more information, call (619) 515-4400, email [info@obtowncouncil.org](mailto:info@obtowncouncil.org) or visit [obtowncouncil.org](http://obtowncouncil.org).



## SATURDAY, DEC. 6

The Point Loma Artists Association will host a Holiday Show and Sale from 10 a.m. to 3 p.m. at 3636 Curtis St. Enjoy the latest works from the group's artists, including paintings, photography, jewelry, woodworking, fabric and glass art, sculpture and more. For more information, visit [pointlomaartists.com](http://pointlomaartists.com) or call (619) 222-9825.

• The Ocean Beach Town Council will host a craft fair to raise proceeds for the Town Council Community Tree Committee's holiday Food and Toy Drive. The craft fair takes place from 9 a.m. to 2 p.m. at the Veterans' Plaza and lawn area at the foot of Newport Avenue. For more information, call (619) 515-4400, email [info@obtowncouncil.org](mailto:info@obtowncouncil.org) or visit [obtowncouncil.org](http://obtowncouncil.org).

• The annual Ocean Beach Town Council OB Holiday Parade begins at 5:05



p.m. and runs from Sunset Cliffs Boulevard to Abbott Street at the beach. For more information, call (619) 515-4400, email [info@obtowncouncil.org](mailto:info@obtowncouncil.org) or visit [obtowncouncil.org](http://obtowncouncil.org).

## SATURDAY, DEC. 13

The Ocean Beach Town Council will host a craft fair to raise proceeds for the Town Council Community Tree Committee's holiday Food and Toy Drive. The craft fair takes place from 9 a.m. to 4 p.m. at the Veterans' Plaza and lawn area at the foot of Newport Avenue. For more information, call (619) 515-4400, email [info@obtowncouncil.org](mailto:info@obtowncouncil.org) or visit [obtowncouncil.org](http://obtowncouncil.org).

## SATURDAY, DEC. 20

The Ocean Beach Town Council will host a craft fair to raise proceeds for the Town Council Community Tree Committee's holiday Food and Toy Drive. The craft fair takes place from 9 a.m. to 4 p.m. at the Veterans' Plaza and lawn area at the foot of Newport Avenue. For more information, call (619) 515-4400, email [info@obtowncouncil.org](mailto:info@obtowncouncil.org) or visit [obtowncouncil.org](http://obtowncouncil.org).

## MONDAY, DEC. 23

A special schedule for the City of San Diego Public Library and its branches will be in effect from Wednesday, Dec. 24, through Thursday, Jan. 1. The schedule is as follows:

## Monday and Tuesday, Dec. 22 and 23

All libraries will be open regular hours.

## Wednesday, Dec. 24

All libraries will be open from 11:30 a.m. to 6 p.m., with the Central Library open from 10 a.m. to 6 p.m.

## Thursday, Dec. 25

All libraries will be closed.

## Friday and Saturday, Dec. 26 and 27

All libraries not specifically listed below will be closed.

## Central Library,

330 Park Blvd., is open 12 to 6 p.m.

The following branch libraries are open 9:30 a.m. to 6 p.m.:

City Heights/Weingart Branch,  
3795 Fairmount Ave.

La Jolla/Riford Branch,  
7555 Draper Ave.

Logan Heights Branch,  
567 South 28th St.

Mira Mesa Branch,  
8405 New Salem St.

Mission Valley Branch,  
2123 Fenton Pky.

Point Loma/Hervey,  
3701 Voltaire St.

Rancho Bernardo,  
17110 Bernardo Center Drive  
Valencia Park/Malcolm X Branch,  
5148 Market St.

## SUNDAY, DEC. 28

All libraries not specifically listed below will be closed.

## Central Library,

330 Park Blvd., is open 12 to 6 p.m.

The following branch libraries are open 12:30 to 5 p.m.:

City Heights/Weingart Branch,  
3795 Fairmount Ave.  
La Jolla/Riford Branch,

7555 Draper Ave.

Logan Heights Branch,  
567 South 28th St.

Mira Mesa Branch,  
8405 New Salem St.

Mission Valley Branch,  
2123 Fenton Pky.

Point Loma/Hervey,  
3701 Voltaire St.

Rancho Bernardo,  
17110 Bernardo Center Drive  
Valencia Park/Malcolm X Branch,  
5148 Market St.

## Monday, Dec. 29

All libraries not specifically listed below will be closed.

## Central Library,

330 Park Blvd., is open 10 a.m. to 7 p.m.

The following branch libraries are open 9:30 a.m. to 6 p.m.:

City Heights/Weingart Branch,  
3795 Fairmount Ave.

College-Rolando Branch,  
6600 Montezuma Road

La Jolla/Riford Branch,  
7555 Draper Ave.

Logan Heights Branch,  
567 South 28th St.

Mira Mesa Branch,  
8405 New Salem St.

Mission Valley Branch,  
2123 Fenton Pky.

Point Loma/Hervey Branch,  
3701 Voltaire St.

Valencia Park/Malcolm X Branch,  
5148 Market St.

## Tuesday, Dec. 30

All libraries not specifically listed below will be closed.

## Central Library,

330 Park Blvd., is open 10 a.m. to 7 p.m.

The following branch libraries are open 11:30 a.m. to 8 p.m.:

City Heights/Weingart Branch,  
3795 Fairmount Ave.

College-Rolando Branch,  
6600 Montezuma Road

La Jolla/Riford Branch,  
7555 Draper Ave.

Logan Heights Branch,  
567 South 28th St.

Mira Mesa Branch,  
8405 New Salem St.

Mission Valley Branch,  
2123 Fenton Pky.

Point Loma/Hervey Branch,  
3701 Voltaire St.

Valencia Park/Malcolm X Branch,  
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I've checked my list. I know who has been naughty or nice.  
...and I want to see who made reservations for **Christmas Eve** and for **New Years Eve**:  
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# Sink your grill into this cheesy delight

By MARTIN JONES WESTLIN | THE BEACON

I've always thought it would be pretty cool—and innovative—for some entrepreneurial types to throw their weight behind an eatery that specializes in grilled cheese sandwiches. Nothing but grilled cheese sandwiches. Grilled cheese sandwiches are the hot-fare counterpart of peanut butter and jelly; nobody doesn't like them, and the planet's glut of bread and fillings can only fuel countless ideas for new combinations and ways to make 'em.

After all, look what happened to Starbucks. In its 40 years on earth, it's chopped and channeled the world's most innocuous beverage into a commercial art form, with 17,000 stores

worldwide that sell scores of coffee blends to the tune of about \$10 billion annually.

Theoretically, the grilled-cheese idea is already in its infancy, and you have only to visit Con Pane Rustic Breads & Café to cop to the particulars. Any eatery that can whip up that little bit of nirvana called the Almost Grilled Cheese (\$6.75) has its heart and head for such a venture in exactly the right place. The sandwich's triple-cream Brie and Gorgonzola is an absolutely killer team, especially mounted on warmed Rosemary and olive oil bread. Bread is Con Pane's signature item, as many of you already know ("pane" is Italian for "bread"). Management has made a long-term study of the stuff and knows the science

and art involved in baking it. If you're looking for proof, try the raspberry scones. Then sink inexorably into a slough of despair in your feeble attempt to replicate the orgasm that follows.

It's been about four years since Con Pane moved to Point Loma's Liberty Station (specifically 2750 Dewey Road) from nearby Rosecrans Boulevard, its cult following intact. You'll find it there between 7 a.m. and 6 p.m. every weekday but Wednesday, 8 a.m. and 6 p.m. Saturdays and 8 a.m. and 4 p.m. Sundays (phone is 619-224-4344). If I do say so myself, the grilled-cheese franchise idea is a pretty good one—if you visit Con Pane and score an Almost Grilled Cheese, you might just bear witness to its beginning.



Con Pane's Almost Grilled Cheese is a serious little bit of nirvana.



## ENJOY THE BEAUTY OF OLD TOWN

Popular Shop and Dine Promotion to be held at Fiesta De Reyes again this Holiday Season

For the third year in a row, Fiesta de Reyes is offering San Diegans a special treat this holiday season. When you do your holiday shopping at Fiesta de Reyes, you will be rewarded with a discounted lunch or dinner.

The ever-popular Shop and Dine promotion will kick off on Thursday, Nov. 20. For every \$20 spent at one of the 19 boutique shops in Fiesta de Reyes

between November 20 and January 4, guests will receive \$5 off their meal at Barra Barra Saloon, Casa de Reyes or The Cosmopolitan Restaurant in Old Town. Guests may use one \$5 coupon per person, per visit.

The \$20.00 expenditure can be a combination of purchases throughout Fiesta de Reyes shops. From children's gifts, garden

decor, ethnic-inspired clothing, and accents for any home, you're bound to find something for everyone on your holiday list at Fiesta de Reyes.

In addition, gift baskets will be on display throughout the Fiesta de Reyes plaza this holiday season and guests can enter to win each one at no cost. The winners will be drawn from all entries on January 5.



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<b>DECEMBER 21 (SUN)</b> Vessel Live Singer Songwriter Showcase 4:00pm - 7:00pm	<b>JANUARY 18 (SUN)</b> Vessel Live Singer Songwriter Showcase 4:00pm - 7:00pm
<b>DECEMBER 28 (SUN)</b> Vessel Live Singer Songwriter Showcase 4:00pm - 7:00pm	<b>JANUARY 25 (SUN)</b> Vessel Live Singer Songwriter Showcase 4:00pm - 7:00pm

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# SCHOOL

CONTINUED FROM Page 2

(school's) lighting and noise from recreational facilities (pool, tennis courts, playing fields) impacting neighbors next door that need to be addressed," said Midway board member and merchant Kathy Denton.

Denton also asked a question regarding Education First's capacity to accommodate its maximum potential of about 1,500 students onsite.

"We've been successful using this model for 25 years in California," answered Sullivan, who additionally pointed out that "There is a huge potential for host families in the Peninsula neighborhood."

She said that this would go far in alleviating the number of students living on campus.

"MTS (Metropolitan Transit Service) may also create a program for us focused on Midway," added Sullivan.

Chair Melanie Nickel asked Sullivan if the site would be fenced or otherwise cordoned off once the school comes in.

Sullivan replied that it probably would not, but she added that "We will have 24/7 security through cameras and a guard to keep occupants safe."

Melissa Garcia, of the City of San Diego, gave a presentation on prospective streetscape improvements contained in a North Bay Greening Plan.

"We're here to come up with a street tree palate in draft form for your input," said Garcia. Garcia also noted that the city's received grant money to be used to improve nonmotorized travel, including connecting bike and pedestrian pathways.

"We are going to have a street tree master plan," Garcia added.

"It will not conflict with the community plan update you're doing," she said.

In other matters:

- Chair Melanie Nickel noted the first of a dozen or more prospective Midway medical marijuana dispensaries, at 3990 Hicock St., was not approved by a city hearing officer on Oct. 29 because it was "too close to Mission Bay Park."

"They may appeal," she noted, adding that more dispensaries are in the pipeline for administrative review.

There are presently 38 applications citywide for new proposed legally permitted medical-marijuana dispensaries, in line with a new ordinance adopted earlier in the year. Eighteen of them — nearly half — are in City Council District 2.

City Council District 2 includes all the beach areas from Point Loma and Ocean Beach north to Mission Beach and Pacific Beach.

A new city ordinance allows medical marijuana dispensaries in industrially zoned areas.

They are not allowed within 1,000 feet of churches, public parks, schools, child-care centers, city libraries, minor-oriented facilities, residential-care facilities or other medical-marijuana consumer cooperatives.

The city also requires an initial deposit of \$8,000 from all marijuana medical-dispensary applicants.

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Are you having more difficulty opening and shutting the door or turning on faucets? Replacing doorknobs and faucets with a lever handle helps as you are using your whole hand to turn inside of possibly stiff fingers.

Are you afraid of falling in the shower or bathtub? A curbless shower or a walk-in bathtub is a major change but a simpler idea could be a shower chair so you can sit while showering. Add a hand-held showerhead and cleaning yourself becomes a breeze.

Are you having a harder time getting up and down from the toilet? A new higher toilet will help but another idea might be to purchase a raised toilet seat. Remember to have some grab bars installed next to the toilet or shower to also help. As we get older, our extensor muscles that allow us to straighten our knees get weaker so getting up and down is harder.

Are you having more difficulty reaching for your plates and glassware? Stop reaching up into the cabinets. Move the things you use every day to a lower cabinet or drawer.

The RN Geriatric Care Managers at Innovative Healthcare Consultants are knowledgeable in helping make your home comfortable and safe for years to come. They can give you an in-home assessment with ideas

and improvements to help you continue your comfortable lifestyle.

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## Easy Winter Squash Soup

During the hustle and bustle of the holiday season, it can often be difficult to want to spend the time to meal plan and cook. With stresses and flu season, we know this is a time of year when it's very important to feed ourselves and our loved ones wholesome, quality foods. Between shopping, parties, family obligations, everyday obligations and increased pressures, fast-food options may be increasingly tempting and good intentions for eating healthfully can go out the window. But with just a few

ingredients and minimal prep time, you can have a healthy, home-cooked soup. Warm and comforting on a cool winter day, soups can easily be turned into a meal by serving them with a loaf of crusty, whole-grain bread and a fresh tossed salad.

## Easy Winter Squash Soup

1/2 Tbsp. olive oil or butter  
1 cup onion, chopped  
2 1/2 cups winter squash,  
peeled or not, seeded and chopped  
3 cups vegetable stock  
1/2 tsp. fresh thyme, chopped  
1 tsp fresh sage, chopped  
1 tsp fresh parsley, chopped  
Sea salt  
Freshly ground black pepper

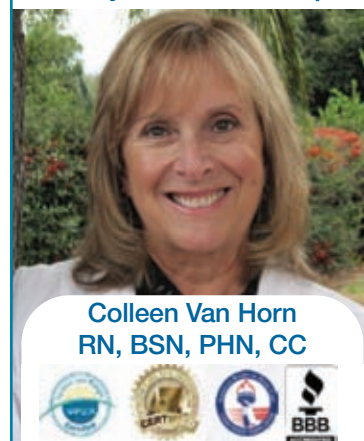
Sauté the onion and squash in oil in a large pot on high heat stirring frequent-

ly until lightly caramelized, about 10 minutes. Add herbs and broth, bring to a boil, and simmer covered until the squash is soft, about 20 minutes. Puree and season with salt and pepper to taste.

Garnish options: Add dried sage leaves, chopped parsley, diced and cooked root vegetables, onion sprouts or microgreens, or croutons. Variation: Try roasting the squash before cooking the soup.

For the best selection of organic produce and grocery items in San Diego stop by Ocean Beach People's Organic Foods Market, at 4765 Voltaire Street. Open Daily from 8 a.m. – 9 p.m. call us at (619) 224-1387 or visit us on the web at [www.obpeoplesfood.coop](http://www.obpeoplesfood.coop), [facebook.com/oceanbeachpeoples](https://www.facebook.com/oceanbeachpeoples) and [twitter.com/PeoplesOrganic](https://twitter.com/PeoplesOrganic).

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## Spinal Conditioning for Athletes with Lumbar Spondylolisthesis

Low back pain is a very common problem in an athletic population, especially amongst adolescents. Participating in certain sports leads to specific anatomical changes to the lumbar spine. Specialized, prescribed therapeutic exercise and training programs should incorporate spinal stabilization, functional/dynamic core training, and sport-specific flexibility.

Low back pain accounts for 40% of athletic injuries. Athletes typically are more prone to degenerative and spondylolytic related injuries versus a non-athletic population. Spondylolisthesis is basically a forward slippage of one vertebrae on another. This slippage is seen commonly with gymnastics, tennis, football and other sports that require a powerful movement from extremes of range of motion, flexion and extension of the lumbar spine. Gymnastics in particular requires 4x the amount of force to the spine versus a normal female population. In general females are 4x as likely to suffer from spondylolisthesis. These spinal changes are especially prevalent with adolescent growth spurts.

A physical therapist or Sports Medicine doctor can typically diagnose a spondylolisthesis from a patient's history and special testing. However, plain x-ray films will validate these findings and should be performed, especially when symptoms are not being progressing alleviated with skilled physical therapy treatments. A slip of less than 50% is considered mild and treated conservatively. Slips of over 50% should be referred for a surgical consult.

A licensed physical therapist will typically focus treatment of spondylolisthesis with dynamic stabilization exercises. The major muscles involved in spinal stabilization are: lumbar multifidus, transverse abdominus, paraspinals, internal/external obliques and lastly the rectus abdominus. The intrinsic muscles, multifidus and transverse abdominus locally stabilize or support the weakened/slipped vertebral seg-

ments thus preventing excessive movements and hypermobility. There is even a co-contraction effect between these two muscles, which further aides in lumbar stabilization. Often exercises will involve conscious effort to contract/brace these muscles while performing small range of motion movements. Exercises are progressed to more functional/sport specific movements that acti-

vate these muscles in a subconscious fashion.

If you would like more education regarding skilled physical therapy treatment of spondylolisthesis please contact: Greg Sterner, Board Certified Orthopedic Clinical Specialist in Physical Therapy at San Diego Sports Physical Therapy, 2750 Dewey Rd. Ste 101, San Diego, CA 92106 or call 619.756.7500.



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## Holidays Can Add to Stress for Family Caregivers

Family members who care for cognitively impaired or disabled seniors may find the approaching holiday season to be more stressful than joyful. Caregivers may already feel overwhelmed by their day-to-day responsibilities and view holiday preparations as an additional source of stress. Family dynamics at the holidays can also be challenging. Primary caregivers may feel resentful toward visiting family members who they feel have not helped out enough. Family members returning home after a prolonged absence may be surprised and depressed by the decline in their senior loved one and feel that the caregiver hasn't communicated well enough leading to arguments and discord among family members. Planning ahead and modifying holiday routines to accommodate the needs of the caregiver and the person being cared for can foster peace and good will instead of anger and frustration.



The Alzheimer's Association ([www.alz.org](http://www.alz.org)) suggests alerting family members and guests ahead of the visit to the current condition of a loved one with Alzheimer's or other Dementia. This can be achieved through a letter or email explaining what to expect and offering suggestions for effective communication while educating them about daily routines. Being prepared allows family and guests to arrive with realistic expectations and an understanding that changes in behavior and functioning are caused by the disease and not the person.

It is also important for the primary caregiver to let family and friends know that their caregiving responsibilities may limit how much they can do in terms of holiday festivities. It is ok for caregivers to let others pitch in and only take on what they can reasonably manage. The Alzheimer's Association suggests involving the person with Dementia in holiday plans, building on old traditions and adjusting activities as needed to stick to the person's daily routine.

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## Humane society groups stoke reward pool in rash of area sea lion shootings

The Humane Society of the United States and The Humane Society Wildlife Land Trust are offering a reward up to \$5,000 for information leading to the arrest and conviction of the person or persons responsible. This adds to an existing reward of \$2,000 offered by San Diego Animal Advocates.

The National Oceanic and Atmospheric Administration is also investigating the shooting and injuring of sea lions in the area.

Over the past year, eight sea lions had to be euthanized due to severe injuries from gunshot wounds to their faces and bodies.

Bullets were found lodged in the spines, lungs, abdomens, eyes and flippers of the sea lions, who were stranded on San Diego beaches. The animals were paralyzed, blind, sick with infection and shattered joints or unable to eat or swim. Six of the animals were shot in the last two months.

Scott Beckstead, Western regional director for the humane society, said, "These intelligent, social creatures experienced immense suffering from such senseless shootings. We are grateful for NOAA's work to investigate these heinous crimes and implore anyone with information to come forward."

Harming a sea lion is a violation of the Marine Mammal Protection Act and is punishable by criminal penalties up to \$100,000 and one year incarceration. Civil penalties up to \$11,000 per count may also be assessed.

Anyone with information concerning the shootings is asked to call NOAA Special Agent Michelle Zetwo at (619) 557-5494 or the NOAA hotline at (800) 853-1964. Callers may remain anonymous.

— San Diego Humane Society



Two more Humane Society groups are offering up to \$5,000 to anybody who has this guy's back.



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## DISTRICT

CONTINUED FROM Page 1

drought-tolerant vegetation. Regarding the Midway district, Harris noted the city, businesses and residents are all working together to "encourage a lease extension" for Valley View Casino Center (formerly the Sports Arena).

On the environmental front, Harris noted his strong support for eliminating single-use plastic bags to avoid ocean pollution, a new state law taking effect in summer 2015, and for his advocacy of water conservation measures recently passed by the City Council calling for more reclamation and less dependence on imported sources.

"A lot of things have happened in the last eight months because of your engagement and love for the community," Harris told the audience, exhorting Peninsula residents to "be vigilant in protecting our quality of life."

Harris said the best way for Peninsula residents to protect their community is to "participate in the (City's) budget process prioritizing issues."

Harris urged residents to enhance their "collective political influence."

"The City Council exists to work for you," he said.

Noting voter turnout has plummeted in the last election, to what he deemed "an abysmal low" of 30 percent, Harris exhorted the public to improve on that. "It's the most important voice you have in a democracy," he noted.

Harris said that while attending more than 70 community meetings during his tenure, he's noted residents "are experiencing frustration about traffic control, petty crime and nuisance issues such as noise and homelessness."

"One common theme is our need for more police officers and code enforcement," Harris said, noting public safety "will always be a top priority."

Encouraging the community planning groups that make recommendations to the city, Harris said, "I feel they should weigh in on every development project, because every project has an impact on the community's character."

In closing, Harris thanked the community as a whole for "making my experience as a councilmember a meaningful one."

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# Council OKs plan to cut reliance on imported water

By DAVE SCHWAB | THE BEACON

San Diego City Council Nov. 18 unanimously endorsed a water recycling program, backed by a broad coalition of environmental and business groups, that seeks to provide one-third of San Diego's potable water by 2035, reducing reliance on costly imported water.

Mayor Kevin Faulconer urged the council to support renewed water reuse efforts aimed at "gaining water independence and the ability to control our own water supply for the very first time."

The mayor described cultivating alternative local water supplies as "vitally important to our economy and maintaining our quality of life."

The Pure Water San Diego program is designed to purify enough wastewater to provide one-third of San Diego's water supply after all three phases are fully operational in 2035.

Lauding the city's Pure Water Project

as "an investment in our future," Faulconer thanked environmental, business and community leaders for coming together to "create environmentally friendly and cost-effective solutions to our water challenges."

First District Council member Sherri Lightner, representing La Jolla, urged the city to "provide incentives encouraging homeowners and businesses to use grey water and private (water) reclamation projects for commercial developments. We want to ensure a sustainable water supply for our region."

U.S. Rep. Scott Peters, of the 52nd Congressional District (which includes La Jolla), also weighed in on council's favorable water recycling vote.

"Actions by the San Diego City Council," he said, "are a huge step in the right direction as we adapt to the prolonged drought and work to diversify our community's water supply. Safely recycling wastewater into drinking water is not just the environmentally friendly thing

to do but makes financial sense as we become less reliant on imported supplies."

The 20-year capital improvement project calls for the construction of a nearly \$2 billion water-purification plant on Harbor Drive and the installation of advanced purification at the North City and South Bay water reclamation plants. The three facilities would eventually produce 83 million gallons per day.

The project would divert wastewater flows away from the Point Loma wastewater treatment plant, which treats wastewater before it's piped into the ocean. That would allow for a higher level of treatment for wastewater and would negate the need for billions of dollars to outfit the Point Loma plant with a secondary water treatment system.

The City currently imports 85 percent of its water from Northern California and the Colorado River. A recent water reuse study project determined that it is feasible for San Diego to use water purifi-

cation technology to produce one-third of San Diego's drinking water supply locally by 2035.

The City Council vote ratified a cooperative agreement with environmental groups laying out steps to achieve both the significant reduction in discharges of treated sewage to the ocean and production of at least 83 million gallons per day of drinking water by 2035, enough to meet about 40 percent of the City's current use.

Faulconer and city officials have been working together over the past 16 months with a diverse group of stakeholders, partners and local environmental groups to reach consensus on a strategy to submit the modified permit renewal application for the Point Loma plant, implement Pure Water San Diego and work to obtain approval of secondary equivalency for the Point Loma plant.



City Council approved a wastewater-purification plan to provide one-third of San Diego's drinkable water by 2035.

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