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THE BIG PICTURE



WETSUIT? WHAT WETSUIT? Students and parents from the Silver Gate, Dana and Correia middle school surf teams proved they're just as hardy (or crazy) as everybody else as they rang in the New Year with their version of the polar bear plunge, which suddenly passes for something of a cultural tradition in the United States, Canada, the United Kingdom and the Netherlands. Plunges took place at several California beaches and are a major event at locations as far east as New Hampshire. Below, local participants bundle up against below-average temperatures that marked the New Year's weekend.

PHOTOS BY JIM GRANT



Kings of the deep are now granting audiences

By DAVE SCHWAB | THE BEACON

January brings rain and cooler temperatures as well as the seasonal grey whale migration along the San Diego coast, which can be captured by locals and visitors alike taking boats or even kayaks.

Since 1935, sportfishing specialists H&M Landing, at 2803 Emerson St. in Point Loma, have been escorting passengers to their destinations, whether that be fishing in the La Jolla kelp beds or glimpsing migrating whales offshore.

"We've been doing three-hour whale watching tours since 1956 in our 80-foot boats with seating inside and out and a full galley departing twice daily at 9 a.m. and 1:30 p.m.," said Katrina Coleman, H&M spokeswoman.

Whale watching started early this year. "We've been sighting quite a few grey whales coming down, as well as common dolphins and sea lions," Coleman said, noting H&M whaling-

watching captain Scott McCandliss gives a well-versed narration on the leviathans, having previously worked on boats at Scammons Lagoon in Baja California, where whales spawn.

Greys migrate annually between feeding and breeding grounds. They can grow to 49 feet in length and weigh 36 tons, living 55 to 70 years. They feed mainly on crustaceans from the sea floor.

Each October, small groups of greys in the eastern Pacific start a two- to three-month, 5,000- to 6,800-mile trip south, believed to be the longest annual migration of any mammal traveling along the west coast of Canada, the United States and Mexico.

Traveling nonstop, the grey whale averages about 75 miles per day. By late December to early January, greys begin to arrive in the calving lagoons of Baja. By mid-February to mid-March, the bulk of the population has arrived in the lagoons, filling them with nursing, calving and mating grey whales.

Those who prefer to view whales up close and personal can do so by kayak, renting them from institutions like Everyday California, at 2246 Avenida De La Playa in La Jolla Shores.

Why view whales from a kayak rather than a boat?

"It's more environmentally conscious, not disturbing whales with noise pollution from (boat) engines, and you can get closer," said Everyday tour guide Steve Anderson, who noted two guides typically host groups of ten persons each on kayak tours, paddling out for half an hour to cover the three miles needed to get out into the ocean pathways greys take migrating south.

Kayak whalewatching tours go out three times daily from 9 to 10:30 a.m., 10:30 a.m. to noon and 12:30 p.m. to 2:30 p.m., said Anderson, adding the cost is \$40 per person. H&M's Coleman said whale watching excursions are \$20 per person Mondays and Tuesdays and \$45 a head the rest of the week, with fare discounts for seniors, the military and children.

Civic engagement, volunteerism head OB Town Council's agendas for 2015

By DAVE SCHWAB | THE BEACON

2014 was a good year for Peninsula residents, whose leaders are looking ahead to an even better 2015. Meanwhile, The Beacon reached out to Peninsulans to talk about their wish lists this year and about what they anticipate happening as the new year unfolds.

Gretchen Kinney Newsom, president of Ocean Beach Town Council, said there's a plethora of things to look forward to and to strive to achieve, adding that she expects the council to be up to the task.

"The OB Town Council," she said, "will be deepening and broadening civic engagement and volunteer opportunities that promote the general betterment and beautifi-



Ocean Beach Town Council president Gretchen Kinney Newsom said homelessness and infrastructure needs are two main areas of concern to her group.

cation of Ocean Beach and the welfare of our residents. This will include working with community groups and elected leaders to apply best practices toward solving homelessness, address our community infrastructure needs, promote our local economy and enhance public safety."

The town council president said she's

SEE COUNCIL, Page 13

New laws, new mayor, new ideas marked 2014 for Peninsula residents

By DAVE SCHWAB | THE BEACON

It's time to look back to see the paths the "Pointers" chose in getting to the new year. Here's a month-by-month review of events as reported in The Peninsula Beacon in 2014:

JANUARY

A host of new laws – everything from vehicles being required to stay at least three feet clear of bicyclists to paid family leave of absence – took effect. The Point Loma Optimist Club launched a community-outreach drive. Phil's BBQ in Point Loma closed six weeks for a \$1 million renovation. Peninsula planners narrowly opted not to appeal the controversial Peeling hillside subdivision project.

Loma Portal neighbors Elaine Fotinos Burrell and Karla Lopic spearheaded research and development of a new book, "Reading Between the Lampposts: The Literary Giants of Loma Portal," about author-named streets in their area. The Midway Post Office complex went back on the auction block. Midway planners continued with the update of their community plan, the blueprint for commercial and residential development.

FEBRUARY

Point Loman and former District 2 City Councilman Kevin Faulconer defeated Council colleague David Alvarez to become San Diego's new mayor. Local planners gave thumbs up on Feb. 5 to a new \$13,000 project at OB Elementary School, creating a raised, concrete crosswalk with curb cuts. The OB Historical Society saluted The Green Store for its community activism as the store celebrated its 25th anniversary.

Point Loma High School's Cinema Arts Program did a public-service announce-

ment protesting SeaWorld's treatment of orcas as depicted in the documentary "Blackfish." The announcement renewed pressure on the marine park to change its business model and reconsider keeping killer whales in captivity. SeaWorld defended its practices in a Guest View. Birders of every feather flocked together at the San Diego Bird Festival Feb. 27 to March 2 at Marina Village on Mission Bay. Peninsula planners balked at plans by the Navy to realign a section of its jet-fuel pipeline to Miramar along Rosecrans Street.

MARCH

On March 15, Cabrillo National Monument, San Diego's only national park, celebrated its centennial with dinner and dancing after a walk in the lighthouse at sunset. The Point Loma High School girls volleyball team seized their first CIF championship in 23 years. Claudia Jack of OB was honored as Irish Woman of the Year.

Shelley Zimmerman became the first female police chief for all of San Diego. City Council passed new rules allowing mobile food trucks but required them to be at least 300 feet from residences. With the "Blackfish" backlash, a state bill that would have banned using orcas with trainers in commercial shows was unsuccessfully introduced. Midway entrepreneurs began meeting to re-establish a new business improvement district. Midway planners also shared frustration with police over illegal vehicle encampments.

APRIL

Veteran San Diego lifeguard and ex-Marine Ed Harris was tapped to finish mayor-elect Kevin Faulconer's District 2 term. Ocean Beach Community Development Corporation held a public meeting to

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CLARIFICATION

On Dec. 22, The Peninsula Beacon published an article on Pacific Beach resident and landlord John Nobel, named in several actions by the City Attorney's Office as it cracks down on illegal marijuana dispensaries. Nobel is not to be confused with John Noble, of Ocean Beach's Coastal Sage Gardening.

Immigrant licenses, bag ban among 900 new state laws



Plastic bags as we know them will be a thing of the past as of July 1. COURTESY PHOTO

California lawmakers passed more than 900 laws signed by Gov. Jerry Brown during the 2014 legislative session that ended Aug. 31.

Here's a look at a few of the more impactful measures, and the subjects they affect, that have gone into effect (or will) in 2015:

Transportation and natural resources

Immigrant driver licenses (AB 60) -- The DMV must issue driver licenses to undocumented immigrants who meet every other qualification and pass required driving tests.

About 1.4 million people without U.S. citizenship are expected to apply for the licenses in the first three years.

Health and public safety

Yes means yes (SB 967) -- To receive state funding, colleges and universities must consider sexual behavior on campus consensual only if both parties actively agree to it and are not incapacitated, throwing out the old refrain "no means no" and replacing it with "yes means yes."

California becomes the first state in the nation to use this rubric for sexual consent.

Groundwater management (SB 1168, 1739, 1319) -- This is a sweeping set of groundwater regulations that require local water agencies to manage how much water is drawn from wells. The legislation makes California the last Western state to bring an end to "pump-as-you-please" rules during a severe drought.

Plastic bag ban (SB 270) -- Grocery stores across California must follow the lead of cities like Los Angeles and stop bagging items in single-use plastic bags and allowing them to charge 10 cents for paper bags.

This, the first statewide plastic bag ban in the nation, is scheduled to take effect July 1.

Audrie's Law (SB 838) -- Teenagers convicted of sexually assaulting someone who is unconscious or can't give consent will face stiffer punishments. The legislation also makes sexual-offender treatment mandatory for youthful offenders.

The bill is named for Audrie Pott, a California teenager who committed suicide after photos of her sexual assault surfaced.

Selfie revenge porn rights (SB 1255) -- This expands a law that makes it a misdemeanor to distribute a naked picture of someone, often in an act of revenge, even if the photo was originally taken by the naked person.

Sex abuse rights (SB 926) -- Children who claim they're victims of a sex crime have until their 40th birthday to file charges, up from their 28th birthday.

This rights legislation applies only to crimes committed on or after Jan. 1, 2015.

Mandatory sick leave (AB 1522) -- Starting July 1, anyone who works for 30 days is eligible to accrue sick pay under this law, known as the "Healthy Workplaces, Healthy Families Act." About 6.5 million workers are estimated to be affected by the law.

Firearms and lifestyles

Massage parlor oversight (AB 1147) -- Local governments get greater oversight of massage parlors, which have been used as fronts for sex trafficking.

Gun owner welfare check (SB 505) -- This requires law enforcement agencies to encourage their officers to consult with gun ownership records when conducting welfare checks. This is something agents didn't do before Isla Vista shooter Elliott Rodger killed six people in May.

Legislation passed by State Sen. Marty Block that took effect Jan. 1 includes:

Residential Care Facility for the Elderly (RCFE) staff training and protection (SB 911) -- Protects seniors living in RCFEs by increasing requirements for administrators and prohibiting retaliation against employees who call 911 when residents need urgent care.

Water quality testing (SB 1395) -- This authorizes counties to use quicker tests to determine beach water quality if they comply with federal Environmental Protection Agency guidance.

The legislation's provisions on quicker notification to California's 238 million beachgoers will assist in protecting public health.

Other bills include mandatory reporting to OSHA (AB 326), requiring an employer's immediate report of a severe injury, illness or death to the state Division of Occupational Safety and Health; and

Prevention of abusive conduct (an expansion on 2004's AB 1825), requiring that existing sexual harassment training include training on all types of abuse; and

The elimination of California waiting periods (SB 1034), which prohibits group or HMO health insurance contracts from imposing waiting periods on individuals.

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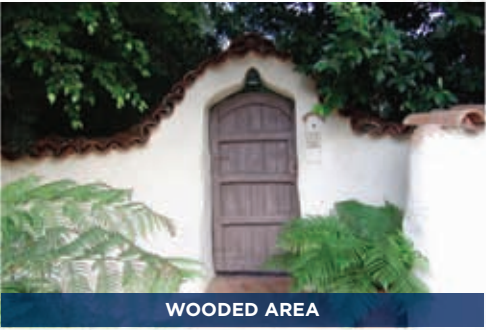


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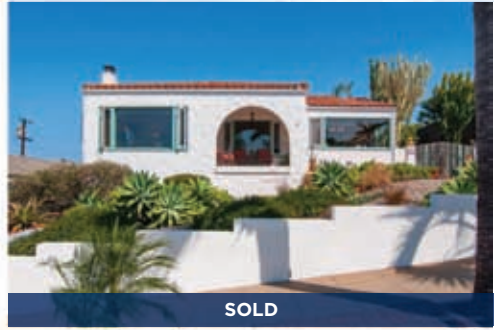


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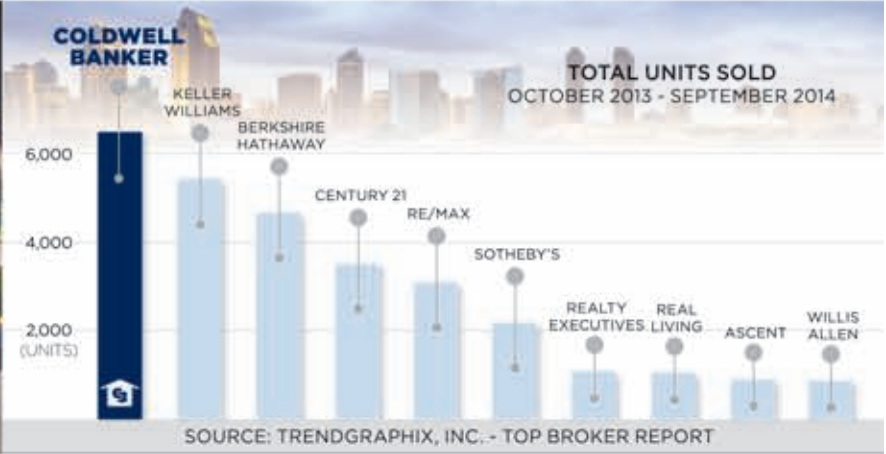
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Second Backdoor Bandit sentenced to 14 years

One of four Backdoor Bandits who participated in a series of armed holdups at restaurants and other businesses in Ocean Beach, La Jolla and Clairemont last year was sentenced Dec. 22 to 14 years and four months in state prison.

Ryan Patrick Churchill, 23, pleaded guilty last month to 13 charges, including robbery and attempted robbery.

Deputy District Attorney Jalyn Wang said 13 businesses were robbed by the four between May and August of 2013, including Roberto's Taco Shop on Voltaire Street in Ocean Beach, Rigoberto's Taco Shop on La Jolla Boulevard near Westbourne Street and the El Cotixan restaurant on Clairemont Mesa Boulevard.

Twenty-seven people were victimized, Wang said. Judge Charles Rogers ordered restitution to a number of victims totaling about \$5,000.

The judge empathized with the victims, noting their vulnerability as they were being robbed.

"You wonder if you're going to die even if you comply with the robber's demands," the judge said.

Churchill – who had dreams of being a

lifeguard or a firefighter – said he was desperate for money when he took part in the holdups.

"I feel absolutely horrible and disgusted with myself," Churchill told the judge as he apologized to the victims. "It's not the way I want to live."

Churchill, Duran Caldwell, Thomas Abel Nelson and a 17-year-old boy were arrested in August of 2013 during a traffic stop not far from the scene of an armed robbery at a Smashburger restaurant on Prospect Avenue in La Jolla. Inside the defendants' car, officers found dark clothing, a black semi-automatic replica handgun, a backpack filled with cash and a cashbox from Smashburger.

All defendants in the case have pleaded guilty.

Caldwell was sentenced to eight years in prison. Nelson and the juvenile were scheduled to be sentenced Thursday, Jan. 8.

The Backdoor Bandits moniker stemmed from the way the thieves almost always entered businesses through a rear door, according to San Diego police.

Neal Putnam

Fiesta Island leads way in coastal debris cleanups

The Surfrider Foundation San Diego County Chapter and San Diego Coastkeeper have announced that more than 7,000 volunteers removed nearly 10,500 pounds of debris from coastal areas in 2014, capturing it before it could pollute the ocean. Point Loma's Fiesta Island, the groups said, led the way in pounds of trash collected.

Cleanup organizers reported that the volunteers removed more than 207 pieces of trash, including more than 75,000 cigarette butts, 23,500 plastic pieces and 17,500 bits of plastic foam.

Haley Haggerstone, Surfrider San Diego County Chapter manager, noted that cigarette butts move with ease through stormwater systems, meaning they don't need to be discarded at the beach for them to find their way there. "As with most of the debris we remove," she explained, "their minuscule size can be misleading."

Items made of plastic or plastic foam took second place to cigarettes as the most prevalent type of debris removed

from county beaches. Most of these small pieces were less than one inch in diameter, and many of them were composed of nonrecyclable Styrofoam.

"This trash doesn't necessarily start at the beach," said Kristin Kuhn, Coastkeeper community engagement coordinator; "its path is one of wind and rain from the far reaches of inland San Diego County. Each year, I'm alarmed by the number of items and their weight, and I'm also reminded how these small pieces of debris indicate a much larger issue to solve."

Fiesta Island had the most trash collected, with 3.43 pounds per volunteer. Fiesta also had the most trash removed overall, with 1,127 pounds total, and the highest average pounds removed per cleanup.

Some 40 cleanups are planned for 2015. For more information on them, please visit sandiego.surfrider.org or sdcoastkeeper.org. The groups ask volunteers to bring their own reusable bags, gloves and water bottles.

County grand jury seeks applicants for duty in 2015-16

The San Diego Superior Court is seeking dedicated residents with sound judgment from throughout the county to serve on the 2015-16 San Diego County Grand Jury.

The grand jury investigates citizen complaints and performs its traditional function as a "watchdog" over government agencies. It does not conduct criminal investigations.

Applications are now available by telephone at (619) 450-7272 or in person at the San Diego Superior Court in the Jury Services Office at the central (downtown) branch and the Jury

Lounges at the north, south and east branches of the court. You may also download an application from the San Diego Superior Court's website at www.sdcourt.ca.gov or the grand jury's website at www.sdcounty-ca.gov/grandjury.

The 19-member body will work four days a week, about six hours a day, from July 1, 2015 through June 30, 2016 at the Hall of Justice, located in downtown San Diego. A small stipend per day, plus mileage, and downtown parking are provided.

All application forms must be received

by Jan. 16.

Qualified candidates will be nominated for a random drawing tentatively scheduled for June 5. The random drawing gives each supervisorial district equal representation by population.

Candidates must be U.S. citizens, be at least 18 years old, have sufficient knowledge of the English language and have lived in the county for one year prior to selection. All candidates will be required to pass a criminal background check. Individuals meeting the above requirements are encouraged to apply.

Driver killed, passenger hurt in Ocean Beach cliff crash

A 28-year-old man died at the scene and his female passenger was hospitalized after the vehicle in which they were riding ran over a cliff in Ocean Beach early Jan. 3.

The crash occurred in the 1700 block of Bacon Street at 12:25 a.m., said San Diego police officer Robert Heims.

Heims said the SUV was being driven south at a high speed on Bacon and missed the left turn onto Coronado Avenue. The vehicle crashed through the guard rail and a chain-link fence, landing upside down after a fall of about 100 feet, Heims said.

The 24-year-old female passenger sustained non-life-threatening injuries, Heims said.

Neighbor Stan Bolle said he is not surprised this happened.

"It's a dangerous area and a dangerous time of night around here," he said, "[a] high-speed situation going down Bacon and ... not being able to make the turn. I guess you go back to the old adage that nothing good happens after midnight."

Police said they believe the vehicle was going faster than 50 miles an hour. They do not believe alcohol or drugs contributed to the crash.

KUSI

City awarded state DUI prosecution grant

Motorists arrested in San Diego for driving while impaired by drugs and alcohol will soon face prosecutors with special expertise in combating the problem.

The \$263,000 grant from the California Office of Traffic Safety to the City Attorney's Office will fund an Alcohol and Drug Impaired Driving (ADID) prosecution team that will work DUI cases from arrest through sentencing.

"Too often, we're seeing drivers impaired by drugs, combinations of drugs or alcohol and drugs," City Attorney Jan Goldsmith said. "This grant will help our prosecution teams recognize signs of drugged driving, anticipate defense tactics and deploy the latest advances in drug toxicology to keep dangerous motorists off the streets."

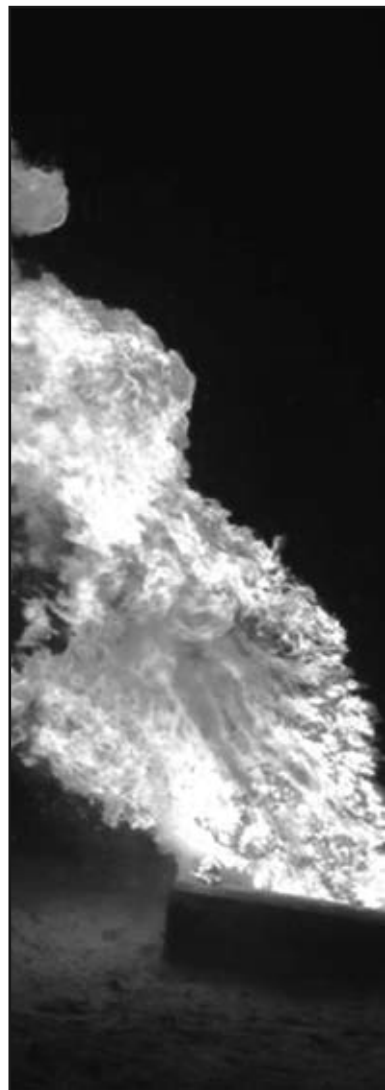
"By dedicating an experienced prosecutor and investigator to our most challenging cases, we expect to achieve stronger cases and stiffer sentences," Goldsmith said.

The City Attorney's Office receives all misdemeanor DUI arrest reports occurring within the city, excepting its South Bay communities, as well as Poway and 4-S Ranch. In 2012, it issued 5,752 cases involving charges of driving under the influence of alcohol and/or drugs.

Funding from this DUI prosecution grant will aid the City Attorney's Office in handling cases throughout each step of the criminal process, prosecuting both alcohol- and drug-impaired driving cases.

Prosecution team members will work with the state's Traffic Safety Resource Prosecutor Program to expand knowledge and resources.

The purpose of the program is to prevent impaired driving and reduce alcohol and drug-impaired traffic fatalities and injuries. In 2012 there were 86 deaths and 2,317 serious injuries as a result of alcohol-involved crashes in San Diego County.



IT DOESN'T TAKE MUCH It's a cinch there are a few stragglers who haven't disposed of their Christmas trees yet, in which event we thought we might run these images by you. Photographer Don Balch took them as he happened by a discarded tree on Fiesta Island Jan. 3, reporting that the item went up in seconds at the touch of a match "like a Roman candle." The end result needs no explanation – but we'll issue the warning anyway: Take heed.

PHOTOS BY DON BALCH

Tom R. Gibbings

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Portuguese-American whaling fete set for Jan. 25 at Cabrillo

Cabrillo National Monument will host the next leg of Yankee Baleeiros! The Shared Legacies of Luso and Yankee Whalers, New Bedford Whaling Museum's traveling exhibit, with a public opening on Sunday, Jan. 25.

The exhibit celebrates the interwoven Portuguese-American stories of the Azorean, Cape Verdean and Brazilian communities in the United States from their early immigration in the 18th century through the latter half of the 20th century.

"The importance of Cabrillo National Monument to the Portuguese diaspora makes San Diego an equally significant destination to this share this rich, cultural narrative," said James Russell, president of the New Bedford Whaling Museum.

The United States Census data suggest that 3 million American citizens identify with Portuguese, Cape Verdean or Brazilian ancestry. These distinct cultures are linked historically through heritage, language and the pursuit of opportunity afforded by the international network of Yankee whaling.

It was on whaling voyages during the 1800s that mariners from the Azores and Cabo Verde first interacted with, and often joined the crews of, New Bedford whaling ships. New Bedford, Mass. became the veritable Portuguese Ellis Island from the time of Yankee whaling through the Industrial Revolution as job opportunities arose and as families joined the growing Portuguese communities in the area.

On the Pacific coast, Brazil also became an influential Portuguese-speaking connection through the industry of commercial whaling. Many whalers left their ships to pursue the Gold Rush and fishing and agricultural careers, forebears of the extensive Portuguese-speaking community of California.

Cabrillo Park superintendent Tom



Mike Noon, one of the last whalers of California's Monterey Bay, sits on a pile of whale bones, circa 1880 to 1895. COURTESY PHOTO

Workman said, "We are proud to partner with the New Bedford Whaling Museum to bring this engaging and culturally relevant exhibition to San Diego. Today, California is home to the largest Portuguese population and the fifth largest Cape Verdean population in the United States. Yankee Baleeiros! reveals how the Lusophone migration is integral to the American story. See how distinct cultures and communities who share similar languages are linked by maritime commerce as well as by similar motivations for coming to America."

The exhibit will open at Cabrillo National Monument in the View Building, 1800 Cabrillo Memorial Drive, on Sunday, Jan. 25. The public is invited to attend an opening reception from 1 to 4 p.m. hosted by the National Park Service and the Cabrillo National Monument Foundation.

The reception will feature remarks by Christina Connett, curator of collections and exhibitions at the New Bedford Whal-

ing Museum. The exhibition will be open daily from 9 a.m. to 5 p.m. and will be on display through April of 2015. It will close Sunday, April 12 with a free public lecture presented by James Russell, president of the New Bedford Whaling Museum.

Cabrillo National Monument is the first venue to host Yankee Baleeiros! in 2015. The San Diego "leg" of this exhibition is a partnership among Cabrillo National Monument and Foundation, the New Bedford Whaling Museum, the Consulates of Portugal in New Bedford and in California, the Maritime Museum of San Diego, the United Portuguese S.E.S. Inc., PALCUS, the Portuguese Historical Center and the School of Leadership and Education Sciences (SOLES) at the University of San Diego.

The New Bedford Whaling Museum is the world's most comprehensive museum devoted to the global story of whales and the history and culture of the South Coast region. For more information, visit whalingmuseum.org.

REVIEW

CONTINUED FROM Page 1

discuss conceptual plans to construct Saratoga park improvements at the foot of the avenue. Plans for a new Point Loma pool in Liberty Station paddled ahead in fits and starts but eventually were stalled by contract issues.

A Creek-to-Bay cleanup by I love A Clean San Diego drew 6,000-plus "helpers" on April 26. More than a dozen prospective medical marijuana dispensaries lined up for review by planners in the Midway District, one of the few spots in the city where they will be allowed under new City Council-approved rules.

Ocean Beach-opoly, created by Ocean Beach MainStreet Association BID as a fundraiser, scored big with merchants and customers. The Point Loma Association completed the first phase of its Nimitz Grand Entryway project improving medians with drought-resistant plants in early April.

MAY

OB Kite Festival, sponsored by Kiwanis, marked its 66th year. Naval Base Point Loma commander Scott Adams defended the Navy's plans to relocate a section of its 17.3-mile pipeline to Rosecrans Street, describing it as an "operational imperative." Peninsula planners heard about a new bikeshare program coming to Liberty Station. Ocean Beach MainStreet Association (OBMA) rolled out its new and improved website. Memorial Day services were held at Fort Rosecrans National Cemetery, the Point Loma Optimist Club planted flags communitywide and Cabrillo National Monument opened to celebrate the military

holiday.

JUNE

OB's new community plan got a thumbs-up from local residents and later got the go-ahead from City Council. On May 29, local residents and public officials gathered at Robb Field Skate Park in OB to honor professional skateboarder Tony Hawk for his philanthropy. The Point Loma Association held its annual Town Hall meeting at the United Portuguese S.E.S. Hall May 21 to elect officers and hear updates on the Unified Port of San Diego, a planned Navy fuel pipeline relocation and San Diego International Airport's north-side redevelopment.

Point Loma High School alum and former major league baseball star pitcher David "Boomer" Wells was officially appointed head coach of his alma mater's baseball team. Ocean Beach Town Council launched "Mallow Out," a publicity campaign to discourage the annual Fourth of July "Marshmallow War" tradition that had gotten out of hand, leaving the community a sticky mess after the holiday.

JULY

Major upgrades to a trio of athletic fields at Dana (now David Wells Field) Middle, Point Loma High and Correia Middle schools were officially launched. The annual Ocean Beach Street Fair and Chili Cook-Off Festival delighted crowds with food, fun and an array of arts and crafts booths. The Mallow Out campaign worked, as authorities reported the annual marshmallow battle following the Fourth of July fireworks was indeed much mellowed than in years past.

SEE REVIEW, Page 16

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MEETING ANNOUNCEMENT

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Future Meeting Date

Tentatively set for April 15, 2015 at 4:00pm

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Three Pointer boats sail formidably through Rose Bowl Regatta

By **SCOTT HOPKINS** | THE BEACON

Point Loma High School's acclaimed sailing team sent a message to other West Coast schools at the season's first regatta last weekend: "We're baaaack!"

The defending national champions entered three boats in the Rose Bowl Regatta, all three finishing in the top ten of a 30-boat fleet. While the Pointers'

eight-year reign as regatta champions came to an end, their three-boat performance showed a team strength and balance that should serve them well as the 2015 season unfolds.

Hosted by the U.S. Sailing Center in Long Beach, the teams battled in 13-foot, 3-inch CFJ dinghies, each with a captain and one crew member. CFJ refers to the

crafts' design class.

The regatta consisted of eight races each in Divisions A and B, with each team's place finish becoming points, totaled for the score.

The Pointer varsity boat, with seniors Andy Reiter and Jennifer Johnson aboard for the A races, scored 45 points. Juniors Steve Leuck and Megan Lansdale in Division B scored 62 points. The total of 107 points was good enough to capture third place.

Newport Harbor High School grabbed the trophy with a 61-point performance, highlighted by an impressive 19-point total in Division B that included four wins, two second-places and a third-place in the eight races.

The second Pointer craft, labeled "Pointers JV 1," took seventh overall. Junior Jack McGraw and senior Mercedes

McPhee (74 points) sailed Division A races with junior Paul Didham and sophomore Remy Reynolds (81 points) aboard in Division B, for a 155 point total.

The third PLHS entry, "Pointers JV 2," grabbed sixth overall.

Seniors Johannes McElvain and Rebecca McElvain (78 points) sailed the Division A races, while freshman Jack Reiter and junior Katharine Bowman (70 points) manned Division B, for a 148 point score.

Veteran coach Steve Hunt has led the Pointers to national prominence.

High school sailing is conducted by the Interscholastic Sailing Association (ISSA), with districts covering the Northeast, Mid-Atlantic, South Atlantic, Southeast, Midwest, Northwest and Pacific Coast areas of the United States.

Leuck represented the Pointers and the

Pacific Coast region at the Cressy High School Singlehanded Championships, held in early November in Bellingham, Wash.

The other main events of the season include the Doublehanded Championship (Mallory Trophy), to be held in May, hosted by the U.S. Naval Academy, and the Team Racing Championship (Baker Trophy), coming up in May and hosted by the Chicago Yacht Club.

The Pointers are the defending Baker Trophy champions, having won in 2012, 2013 and 2014.

The 2014 Mallory Trophy regatta, won by the Pointers, was sailed last May on San Diego Bay. The team finished fourth in 2013 and 2012.

The three major events are rotated annually among the seven ISSA regions.

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High school sailors from West Coast schools jostle for position during a Rose Bowl Regatta race last weekend in Long Beach. Point Loma High's national championship team placed three boats in the top 10 among 30 entrants.

PHOTOS BY BRONNY DANIELS, JOYSAILING



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This exhibition was developed by the Albright-Knox Art Gallery, Buffalo, New York, and was organized by Albright-Knox Chief Curator Emeritus Douglas Dreishpoon. It is supported by an indemnity from the Federal Council on the Arts and the Humanities.

Paul Gauguin, Spirit of the Dead Watching (detail), 1892. Oil on burlap mounted on canvas. Albright-Knox Art Gallery, Buffalo, NY. A. Conger Goodyear Collection, 1965. Photograph by Tom Loonan.



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Italy lives at The Venetian

San Diego's Italian community is among the city's most storied and resilient, from its post-World War II days as a major fish harvester to its present place as a business namesake (don't forget, it has an entire downtown neighborhood named after it). Cuisine, as you might imagine, also figures in its many legacies, thanks to one Vincent Giacalone, who in 1965 opened a restaurant serving up as original a fare as Giacalone could make it. Giacalone did the rest, fueling the venue's ambience while TV personalities, food writers, pro athletes and chefs passed through its doors – and today, The Venetian stands as Point Loma's hallmark to the authentic Italian experience amid 50 years worth of family recipes and strict adherence to the mechanics that make the food some of the area's best. Chances are you'll run into someone here who you or your companion knows, in which case the three of you will revel in the savory shrimp Puttanesca over linguini, the hearty eggplant Milanese or the dizzying choices of classic pastas. Owners Frank and Joe Giacalone will delight in the camaraderie, as important to them as the quality of the food. "We appreciate the local business," they say, "and enjoy meeting the people in the community that help our restaurant prosper."

Italian cuisine and Italian esprit de corps are one and the same at The Venetian, located at 3663 Voltaire St. For more on this neighborhood staple, see venetian1965.com or call (619) 223-8197.

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For Sandi Shaner, annual songwriters tilt is more than a contest

The Performing Songwriters Competition is Sandi Shaner's way of giving back to the local arts community. COURTESY PHOTO



By BART MENDOZA | THE BEACON

When it comes to your favorite tune, virtuoso playing is just the icing on the cake. At the foundation is songcraft. The best tunes are instantly memorable, hook-filled ear worms that a listener wants to hear time and again. While the general public tends to assume these things are created out of thin air, in fact with rare exception, virtuosity is a skill to be honed and built upon over a lifetime of playing.

Since 2007, music-oriented San Diegans have had the opportunity to take part in the Performing Songwriters Competition, an annual contest organized by Sandi Shaner. Try-outs for this year's event take place on Jan. 11 and Feb. 22 (both Sundays) at Winston's from 5 to 8 p.m. There is no fee to enter the contest.

A panel of judges, including promoter Victor Nieto and guitarists Kisag Solis and James Steele, will award a top prize that includes \$300, a demo session, a pro photo shoot, graphic design, a new guitar and a one-year membership in the songwriters guild. "We're adding prizes daily," Shaner said. "This is just part of what the top winner will get, with the lower tiers getting really cool shwag bags."

Shaner is a longtime advocate for local tunesmiths, performing with Top 40 band Get Groovin' and running event planner Speaker Events. But even with a packed schedule, she's stepped back a bit from the music side of her life.

Recently, she's set up a nonprofit foundation to help autistic children and nonverbal physically disabled children. "My daughter (Carly) is both," she said.

"We get iPads to kids and get them the apps," she added. "(We) teach them how to use that to talk. My daughter, who is 5, never talked to me until she got an iPad. I never knew what she wanted."

Even as caring for her daughter takes up much of her time, the competition remained important to Shaner.

"I love the San Diego songwriting community," she said. "Even though I had to step away because of Carly's special needs, I just keep coming back to do the contest. It's a way for me to be giving back to the community. I don't make money on this; I put my own money into it. But it's worth it, because it's enabling people who are just starting out to get their songs out there."

The contest attracts all levels of performers, which Shaner admits can make for interesting listening in the early rounds. "Performers get to do three songs," she explained; "seven- or eight-minute songs are not going to cut it." While melody is important, she points out there is no set way to bring your music to the stage.

"A guy at one event got up and did a song on bass, using his toe to keep the beat," she said. "I'd never seen anything like it. If he'd sung a harmony line to the bass, maybe it



would have been better, but I just applauded him for being different. It was wonderful and it was weird at the same time," she said.

Now that she's firmly established in the local arts community, what's Shaner's favorite thing about being a musician?

"At this point, I like getting paid when I perform," she joked. "And it took a long time to be able to say I can do that. But as far as songwriting goes, it's promoting the art and craft so that it doesn't disappear. We've got to keep it local. We've got to keep it going."

The 2015 songwriters competition begins Sunday, Jan. 11, at 5 p.m. Winston's is at 1921 Bacon St. in Ocean Beach. \$5, 21 and up.

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Fitness Massage Therapy has now been opened a year at Shelter Island Medical Group (Suite C). Manager Cynthia Shen, is a state licenced Medical Massage Therapist. She has many years of experience relieving some muscles, aching backs, necks and joints. Cynthia has with her many years of experience developing her own special way of delivering massage that is most suited to the personal needs of that person.

Herbal therapy and prenatal massage are available along with deep tissue Swedish and sports.

Cynthia wishes all of you a happy and healthy New Year and thanks to all of our customers and friends for their help and support.

Many of you have written reviews on line at Yelp and referred friends and family. Thanks again, we are pleased to have been able to provide comfort, release pain and provide relaxation.

Can Pre-Diabetes be Treated with Physical Therapy Using Your Health Insurance Coverage?

Historically, patients who develop diabetes mellitus and/or cardiovascular disease (CVD) are frequently observed to possess a similar array of risk factors. These risk factors, which include dyslipidemia, hypertension and hyperglycemia, have been grouped into a syndrome with a pathogenesis hypothesized to be rooted in insulin resistance and central obesity. Various labels referring to this constellation of risk factors have included Metabolic Syndrome, Insulin Resistance Syndrome, and Syndrome X. While the majority of individuals exhibiting this array of risk factors do not become frankly diabetic, they do have an increased risk of developing CVD and other adverse consequences associated with insulin resistance. Logically, one would want to implement a primary prevention strategy targeting pre-diabetes and metabolic syndrome to try and avoid these adverse consequences. Currently, CVD and diabetes persist as the number 1 and number 6 leading causes of death in the U.S.

Exercise is a cornerstone of treatment for pre-diabetes and metabolic syndrome. Regular physical activity is essential for weight loss and has been shown to improve all of the elements that comprise metabolic syndrome. As recommended in the Diabetes Prevention Program, the goal is to perform exercise 150 minutes a week. Patients will benefit from access to resources that can deliver an individualized exercise safety assessment and prescription.

Metabolic Syndrome: How Is It Diagnosed? A diagnosis of metabolic syndrome requires three or more of the criteria listed: Abdominal Obesity (with a waist circumference of over 40 inches for men and over 35 inches for women); Triglycerides mg/dl (over 150mg/dl or on drug treatment for high Triglycerides); HDL or "good cholesterol" (less than 40 mg/dl for men and less than 50mg/dl for women or on drug treatment for low HDL); Blood Pressure, mmHg (systolic blood pressure over 135 mmHg or diastolic blood pressure less than 85mmHg, or on drugs to treat for hypertension); and lastly Fasting Glucose, mg/dl (Fasting Blood Glucose of over 100mg/dl).

An appropriate and consistent exercise program can have a positive effect on all five criteria for avoiding a diagnosis of Pre-Diabetes as

described previously. A licensed physical therapist can administer a prescribed exercise program under a prescription from a patient's doctor documenting a diagnosis of Dysmetabolic Syndrome X (Metabolic Syndrome). This diagnosis is recognized by health insurance companies which would reimburse for patients skilled physical therapy sessions positively changing patient's poor initial Metabolic Syndrome testing results with a consistent bout of prescribed exercise.

If interested in learning more about Metabolic Syndrome and the how supervised exercise under the direction of a licensed physical therapist can benefit you please contact: Greg Sturner, Board Certified Orthopedic Clinical Specialist in Physical Therapy and Owner of San Diego Sports Physical Therapy, 2750 Dewey Rd. Ste 101, San Diego, CA 92106.

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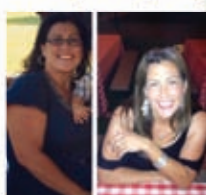
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Jennifer Martin

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031176 Fictitious Business Names(s): CREATE, THE GRAPHIC DESIGNS GROUP, CREATE, THE TRANSLATORS GROUP located at: 12636 HIGH BLUFF DRIVE UNIT 400 SAN DIEGO, CA. 92130 is registered by the following: CRISTAL CHEN, PAUL CHEN This business is conducted by: A MARRIED COUPLE The first day of business was: 04/21/2014 Registrant Name: CRISTAL CHEN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: DEC 01, 2014 ISSUE DATES: DEC 11, 18, 23 AND JAN 08, 2015

SUPERIOR COURT OF CALIFORNIA CENTRAL DMSION P.O. BOX 120128 SAN DIEGO, CA.

92112-0128 CASE NO: 37-2014-00041029-CU-PT-CTL PETITIONER OR ATTORNEY, OLGA BRIGITTE GONZALEZ 6466 AMBROSIA DR. #5102 SAN DIEGO, CA. 92124 619-980-0154 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM OLGA BRIGITTE GONZALEZ TO BRIGITTE GONZALEZ MAXWELL 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 23, 2015 TIME: 8:30 AM DEPT C-46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): DEC 11, 18, 23 AND JAN 08, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031785 Fictitious Business Names(s): MAISON DU BONBON, RON'S SUGAR CREATIONS located at: 1104 JOSHUA CREEK PLACE CHULA VISTA, CA. 91914 is registered by the following: VERONICA PLASCENCIA This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: VERONICA PLASCENCIA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: DEC 08, 2014 ISSUE DATES: DEC 11, 18, 23 AND JAN 08, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031889 Fictitious Business Names(s): AEV MOBILE COMPUTER REPAIR located at: 4776 LAMONT ST APT. 2 SAN DIEGO, CA. 92109 is registered by the following: AWUDZI AGBOTTAH This business is conducted by: AN INDIVIDUAL The first day of business was: 08/30/2009 Registrant Name: AWUDZI AGBOTTAH Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 09, 2014 ISSUE DATES: DEC 11, 18, 23 AND JAN 08, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031454 Fictitious Business Names(s): BIG DATA GROUP located at: 245 COAST BLVD. B-1 LA JOLLA, CA. 92037 is registered by the following: CHRIS MOSSINO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: CHRIS MOSSINO Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: DEC 03, 2014 ISSUE DATES: DEC 11, 18, 23 AND JAN 08, 2015

SUMMONS (Family Law) NOTICE TO RESPONDENT: BILL WILLIAM CASLAR Petitioner's name is: LESLIE JANE RHONEY CASE NUMBER: D 551522 HLP You have 30 calendar days after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.gov/couple/selfhelp), at the legal services Web site (www.lawhelpca.org), or by contacting your local county bar association. NOTICE: The restraining orders on page 2 are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. 1. The name and address of the court are SUPERIOR COURT OF CALIFORNIA, 1555 SIXTH AVENUE San Diego, CA 92101 2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are: SANDRA L. MAYBERRY, CFLS 8325 UNIVERSITY AVENUE LA MESA, CA. 91942 619-697-0201 Date: OCT 10, 2014 Clerk, by L. ALVAREZ, Deputy ISSUE DATES: DEC 18, 23 JAN 08 AND 15, 2014

DECLARATION OF DISCLOSURE Petitioner's Preliminary CASE NUMBER: D 551522 HLP **DO NOT FILE DECLARATIONS OF DISCLOSURE OR FINANCIAL ATTACHMENTS WITH THE COURT** In a dissolution, legal separation, or nullity action, both a preliminary and a final declaration of disclosure must be served on the other party with certain exceptions. Neither disclosure is filed with the court. Instead, a declaration stating that service of disclosure documents was completed or waived must be filed with the court (see form FL-141). In summary dissolution cases, each

spouse or domestic partner must exchange preliminary disclosures as described in Summary Dissolution information (form FL-810). Final disclosures are not required (see Family Code section 2109). In a default judgment case that is not a stipulated judgment or a judgment based on a marital settlement agreement, only the petitioner is required to complete and serve a preliminary declaration of disclosure. A final disclosure is not required of either party (see Family Code section 2110). Service of preliminary declarations of disclosure must not be waived by an agreement between the parties. Parties who agree to waive final declaration of disclosure must file their written agreement with the court (see form FL-144). The petitioner must serve a preliminary declaration of disclosure at the same time as the Petition or within 60 days of filing the Petition. The respondent must serve a preliminary declaration of disclosure at the same time as the Response or within 60 days of filing the Response. The time periods may be extended by written agreement of the parties or by court order (see Family Code section 2104(f)). Attached are the following: A completed Schedule of Assets and Debts (form FL-142) or A Property Declaration (form FL-160) for (specify): Community and Quasi-Community Property. Separate Property. I declare under penalty of perjury under the laws of the State of California that the foregoing is true and correct Date: 11/20/14 Leslie Rhoney ISSUE DATE(S): DEC 18, 23 JAN 08 AND 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031696 Fictitious Business Names(s): GASH AUTO located at: 8025 CLAIREMONT MESA BLVD. #2800 SAN DIEGO, CA. 92111 is registered by the following: GARO MOUTAFIAN This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: GARO MOUTAFIAN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 05, 2014 ISSUE DATES: DEC 18, 23 JAN 08 AND 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-030938 Fictitious Business Names(s): MY BUDGET FURNITURE located at: 7854 RONSON RD #B SAN DIEGO, CA. 92111 is registered by the following: BUDGET FURNITURE CORP This business is conducted by: A CORPORATION BUDGET FURNITURE CORP. 7854 RONSON RD #B SAN DIEGO, CA. 92111 CALIFORNIA The first day of business was: 10/01/2012 Registrant Name: ANDRE LAFORET Title: PRESIDENT / CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 05, 2014 ISSUE DATES: DEC 18, 23 JAN 08 AND 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032303 Fictitious Business Names(s): GREEN WAVES REALTY located at: 4442 MORAGA AVE. SAN DIEGO, CA. 92117 is registered by the following: JENNIFER WALKER This business is conducted by: AN INDIVIDUAL The first day of business was: 08/03/2009 Registrant Name: JENNIFER WALKER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: DEC 12, 2014 ISSUE DATES: DEC 18, 23 JAN 08 AND 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-030664 Fictitious Business Names(s): ASHLEY'S POOL SERVICES located at: 29937 CORTE CRUZADA MENIFEE, CA. 92984 is registered by the following: MARIO R. PORTILLO, GLADYS PORTILLO This business is conducted by: A MARRIED COUPLE The first day of business was: 11/01/2014 Registrant Name: JENNIFER WALKER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: NOV 20, 2014 ISSUE DATES: DEC 18, 23 JAN 08

AND 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032291 Fictitious Business Names(s): LEMONGRASS FARM PLATES, LEMONGRASS ASIAN PLATES located at: 9500 GILMAN DRIVE. SAN DIEGO, CA. 92093 is registered by the following: LEMON-GRASS ASIAN PLATE LLC This business is conducted by: A LIMITED LIABILITY COMPANY LEMONGRASS ASIAN PLATE LLC. 1738 HARTWRIGHT ROAD VISTA, CA. 92084 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: PHETSAVANH SENGASEUTH Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 12, 2014 ISSUE DATES: DEC 18, 23 JAN 08 AND 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032104 Fictitious Business Names(s): SKINTIMATE BEAUTY located at: 1122 EVERGREEN RD. ENCINITAS, CA. 92024 is registered by the following: JESSICA THOMA This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: JESSICA THOMA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: DEC 10, 2014 ISSUE DATES: DEC 18, 23 JAN 08 AND 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031486 Fictitious Business Names(s): SOUL THERAPIES CENTER located at: 1465 MORENA BLVD. SAN DIEGO, CA. 92110 is registered by the following: MICHAEL ROBERT KRAMER This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MICHAEL ROBERT KRAMER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 03, 2014 ISSUE DATES: DEC 18, 23 JAN 08 & 15, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032428 Fictitious Business Names(s): PAPER TALES located at: 3960 W. POINT LOMA BLVD. SUITE N SAN DIEGO, CA. 92110 is registered by the following: MICHELLE MAGARIAN WHITE This business is conducted by: AN INDIVIDUAL The first day of business was: 05/01/08 Registrant Name: MICHELLE MAGARIAN WHITE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 15, 2014 ISSUE DATES: DEC 23 JAN 08 ,15 AND 22, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031923 Fictitious Business Names(s): MUSTAP FRESH, SUNSHINE SANDWICH located at: 1146 GARNET AVE. SAN DIEGO, CA. 92109 is registered by the following: NAHUM RAZ This business is conducted by: AN INDIVIDUAL The first day of business was: 12/09/2014 Registrant Name: NAHUM RAZ Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: DEC 09, 2014 ISSUE DATES: DEC 23 JAN 08, 15 AND 22, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032841 Fictitious Business Names(s): OZ COMPANY located at: 3646 INGRAHAM ST. SAN DIEGO, CA. 92109 is registered by the following: ERAN UZERI This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ERAN UZERI Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: DEC 18, 2014 ISSUE DATES: DEC 23 JAN 08 ,15 & 22, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032441 Fictitious Business Names(s): WES CHESTER, EXPRESSIVE ARTS located at: 2820 ROOSEVELT RD. #204 SAN

DIEGO, CA. 92106 is registered by the following: DAVID WESLEY CHESTER This business is conducted by: AN INDIVIDUAL The first day of business was: 12/15/2014 Registrant Name: DAVID WESLEY CHESTER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: DEC 18, 2014 ISSUE DATES: DEC 23 JAN 08 ,15 & 22, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032405 Fictitious Business Names(s): DAEDALUS KREATION located at: 2637 VILLAS WAY SAN DIEGO, CA. 92108 is registered by the following: DANA KAY DIFRANCESCO This business is conducted by: AN INDIVIDUAL The first day of business was: Registrant Name: DAVID WESLEY CHESTER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 18, 2014 ISSUE DATES: DEC 23 JAN 08, 15 AND 22, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-031616 Fictitious Business Names(s): THE REDWOODS MUSIC located at: 4677 SARATOGA SAN DIEGO, CA. 92107 is registered by the following: MATTHEW BLAINE MOLARIUS, ALFRED OMAR HOWARD This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: Registrant Name: MATTHEW MOLARIUS Title: GENERAL PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 04, 2014 ISSUE DATES: DEC 23 JAN 08 ,15 AND 22, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032399 Fictitious Business Names(s): SYNCHRONIZE WITHIN, HEALTH & WELLNESS located at: 2615 CLOVIS ST. SAN DIEGO, CA. 92107 is registered by the following: KARINA ANTONOPOULOS This business is conducted by: AN INDIVIDUAL The first day of business was: Registrant Name: KARINA ANTONOPOULOS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 15, 2014 ISSUE DATES: DEC 23 JAN 08, 15 AND 22, 2015

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE NO. 2014-018071 (1) FICTITIOUS BUSINESS NAME(S) OF PARTNERSHIP: a. BLUSH SALON AND BRIDAL STUDIO (2) LOCATED AT: 7760 FAY AVE. SUITE H LA JOLLA, CA. 92037 (3) THE FICTITIOUS BUSINESS NAME REFERRED TO ABOVE WAS FILED IN SAN DIEGO COUNTY ON: 05/14/ 2014, and assigned File No. 2014-03559 (4) THE FOLLOWING GENERAL PARTNER HAS WITHDRAWN: ROSA A. PERAZA 3742 FLORENCE ST. SAN DIEGO, CA. 92113 (5) The statement was filed by Ernest J. Dronenburg, Jr. San Diego County Clerk / Recorder on: DEC 08, 2014 ISSUE DATE(S): DEC 23 JAN 08, 15 AND 22, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032995 Fictitious Business Names(s): LEILAN'S LEIS located at: 5105 CASS ST. SAN DIEGO, CA. 92109 is registered by the following: ROMEO VALERO, TYSON CAMARAO This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: TYSON CAMARAO Title: PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 22, 2014 ISSUE DATES: JAN 08 ,15, 22 AND 29, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-032795 Fictitious Business Names(s): MIRAGE AUTO SERVICES located at: 2667 CAMINO DEL RIO SOUTH #309 SAN DIEGO, CA. 92108 is registered by the following: FAISAL ALSAWAF This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant

Name: FAISAL ALSAWAF Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 18, 2014 ISSUE DATES: JAN 08 ,15, 22 AND 29, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000085 Fictitious Business Names(s): PROMAX PLUMBING located at: 1440 HOTEL CIRCLE N STE 201 SAN DIEGO, CA. 92108 is registered by the following: DANIEL KOLEV This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: DANIEL KOLEV Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 02, 2015 ISSUE DATES: JAN 08, 15, 22 AND 29, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-033669 Fictitious Business Names(s): LIFT LIFE RESULTS located at: 2710 GARNET AVE. STE 206 SAN DIEGO, CA. 92109 is registered by the following: LOBUE FITNESS This business is conducted by: A LIMITED LIABILITY COMPANY LOBUE FITNESS 2710 GARNET AVE STE 206 SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: ISRAEL LOBU Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: DEC 31, 2014 ISSUE DATES: JAN 08 ,15, 22 AND 29, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-033078 Fictitious Business Names(s): BRICK WOOD BBQ'S Located at: 1309 MARIA AVE. SPRING VALLEY, CA. 91977 is registered by the following: CHRISTOPHER MATTHEW DEL RIO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: CHRISTOPHER MATTHEW DEL RIO Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 22, 2014 ISSUE DATES: JAN 08, 15, 22 AND 29, 2015

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2014-030996 (1) FICTITIOUS BUSINESS NAME(S): a. THE OCEAN BEACH PLAYHOUSE b. ELECTRIC PLAYGROUND (2) LOCATED AT: 4944 NEWPORT AVE. #A SAN DIEGO, CA. 92107 (3) THE FICTITIOUS BUSINESS NAME REFERRED TO ABOVE WAS FILED IN SAN DIEGO COUNTY ON: 07/31/2012, and assigned File No. 2012-020485 (4) IS (ARE) ABANDONED BY THE FOLLOWING REGISTRANT(S): STANLEY PAUL BOLTON The statement was filed with Ernest J. Dronenburg, Jr., County Clerk of San Diego County on: JUN 26, 2013 Issue date(s): NOV 27 DEC 04, 11 AND 18, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000339 Fictitious Business Names(s): MAURO FACCIOLLA DESIGN located at: 2150 PACIFIC BEACH DRIVE #217 SAN DIEGO, CA. 92109 is registered by the following: MAURO CARVALHO FACCIOLLA This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MAURO CARVALHO Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 06, 2015 ISSUE DATES: JAN 08 ,15, 22 AND 29, 2015

The Peninsula Beacon

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Announcements, photos and story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

OPINIONS

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LA JOLLA VILLAGE NEWS
BEACH & BAY PRESS
PENINSULA BEACON



PUBLISHER

MANAGING EDITOR

PENINSULA BEAC

RESTAURANT WEEK: OB Warehouse's décor looks good enough to eat

By MARTIN JONES WESTLIN | THE BEACON

Looks kinda like a boatload of work went into the design at the fledgling OB Warehouse, from the oversize floor plan to the rafters that oversee every manner of light fixture and the vibey, quasi-industrial, sort-of-retro-but-sort-of-not color scheme and appointments. It opened only last August at 4839 Newport Ave. in Ocean Beach, former home of the Portugalia restaurant, but the comfortably cluttered, artsy-craftsy interior is one reason it's a proud participant in the latest San Diego Restaurant Week, which runs Jan. 18 to 24 at nearly 180 eateries citywide.

Off-menu items and prix fixe fare pepper the eateries' offerings, as with every restaurant week – and OB Warehouse is no different as it sets to showcase two five-course entrees alongside the hip

interior.

Your first shot includes artichoke hearts, a roasted baby beet salad featuring wild argula and goat cheese, a mixed green salad consisting of pears and pomegranate, buttermilk fried chicken oysters featuring shishito peppers and buffalo sauce and slow-braised carnita sopes drowning in avocado.

The second choice features a red wine-braised shortrib, grilled mahi mahi with cauliflower, royal goan shrimp with basmati rice, chimmichurri chicken with fingerling potatoes and boeuf triple-crown flatbread.

For dessert, you have your pick of bread pudding, cranberry apple crisp and a bittersweet chocolate affair.

Your meal will run you \$30 per person, excluding tax and gratuity.

Any meal this sumptuous calls for compatible surroundings – and as the accompanying picture shows, the interior looks good enough to eat. In fact, one guy took a nibble out of a table leg, having mistaken it for a breadstick; he swore he'd soon be back for more.

You don't have to go quite that far – the eclectic, globe-inspired menu that embraces everything from lamb burgers to ahi tartare (and a to-die-for happy-hour gin and vodka cocktail) is at your disposal anytime.

Ocean Beach funk and its architectural counterpart go together well here, with the great food holding considerable sway.

For more about OB Warehouse, see cohenrestaurants.com/obwarehouse or call (619) 222-1700.



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From the rafters on down, OB Warehouse has the vibey look you'd expect from a place in Ocean Beach.

COURTESY PHOTO

Dine here with your valentine!

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OLD TOWN SAN DIEGO STATE HISTORIC PARK HOSTS THE 6TH ANNUAL BLESSING OF THE ANIMALS

Old Town San Diego State Historic Park will host the 6th annual Blessing of the Animals on Sunday, Jan. 18, from noon to 3 p.m. The main event will be the ever-popular pet blessing by Monsignor Mark Campbell between 12:30 p.m. and 1:30 p.m.

A Blessing of the Animals event has been happening in Old Town for more than 300 years. In San Diego's past, the annual Benediction of the Beasts celebrated St. Anthony of the Desert, the Patron Saint of Animals. Activities for both animals and families make this modern interpretation of an historic event quite moving to all who participate, according to event producer Chuck Ross of Fiesta de Reyes.

The event in the central plaza of Old Town San Diego State Historic Park will have activities for adults, children and their pets. The pet expo will have pet treats for tasting, adoption opportunities from various rescue groups and educational information on rescuing, rehabilitation and supporting the animals in your area.

A pet costume contest will take place at 2:30 p.m. featuring prizes for several categories including best dressed and best pet-owner look alike.

Participating exhibitors, lined up by press time, were Chihuahua Rescue of San Diego, Dogs on Deployment, Emergency Animal Rescue, Helen Woodward Animal Center, Parrot Education and

Adoption Center, Paws Into Grace Animal Hospice, Pridley Girl Petcare, Rancho Coastal Humane Society, San Diego Happy Dogs and Sky Hunters. Chopper the Biker Dog will be on hand to entertain the crowd.

Sponsored by Fiesta de Reyes, the Blessing of the Animals event invites people and animals of all faiths and convictions to participate. Last year's event attracted more than 500 attendees was the highest attendance recorded in the modern event's five-year history. From a blue tongued lizard to a wolf hybrid dog, all animals were blessed by Monsignor Mark Campbell.

Admission to this event is free. For more information, call 619-297-3100.



The doggie costume contest is sure to delight attendees of Blessing of the Animals in Old Town San Diego on Sunday, Jan. 18.

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Sat 1-3 Sun 1-4pm	2107 Calle Guaymas	5BR/4.5BA	.. \$2,375,000	Monica Baxter • 858-752-7854
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Sun 1-4pm	1781 Calle Delicada	5BR/4BA	.. \$2,079,886	Kevin Bennett • 858-353-4436
Sat 1-4pm	5354 Vickie Drive	3BR/2BA	.. \$1,075,000	Vince Crudo • 858-518-1236

Arts enthusiasts purchase OB Playhouse



TES KEMPNER AND STU SCHREIBER

The Ocean Beach Playhouse – anchor tenant among a series of businesses located at the site of the former Newport Avenue VFW post – has been sold for an undisclosed amount to two likeminded owners whose 23 years' creative training spans locales from Los Angeles to New York.

Tes Kempner and Stu Schreiber have assumed control of the space, at the rear of 4944 Newport Ave., site of Ocean Beach's most recent effort at establishment of a permanent live theater venue. Recent productions there included John-Michael Tebelak and Stephen Schwartz's "Godspell" and a locally written musical send-up called "Life Is a Cabernet."

The locale was the site of Ocean Beach's VFW Post 1392 thrift shop and lounge until 2010, when merchants Lynne and Paul Bolton assumed the space. Paul Bolton's Electric Chair hair salon is located at the same address, as is Lynne Bolton's Primitive Kool art gallery. The 100-seat playhouse fronts a small recording studio for rent by members of the community.

Kempner and Schreiber sport extensive backgrounds in acting, directing, dance, arts education and songwriting.

"This project," reads a post on the venue's Facebook page, "has totally become (taken over?) our lives, and we have had to recalibrate our consciousness to a genuinely, delightedly joyous vibration... as we approach the profound opportunity to draw humans together for the purpose of feeling, awakening, expression and celebration."

For more information, visit obplayhouse.com or facebook.com/obplayhouse or call (619) 222-0836.

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REVIEW

CONTINUED FROM Page 5

Social service providers and police held a community meeting July 10 to detail efforts to curb homelessness, an increasing problem throughout the Peninsula.

The Loma Club (formerly Sail Ho Golf Club) at NTC got a new name and

rebranded itself. Apparently bowing to public pressure, the city reversed itself in allowing under-21 participants in the 61st annual Over-The-Line (OTL) tournament, with City Attorney Jan Goldsmith noting the weekend beach tournament "is a San Diego tradition that the city welcomes." Supporters rekindled efforts to start community fundraising to expand OB's small branch library on

Santa Monica Avenue. Point Loma Nazarene University declared itself an active member of the National Collegiate Athletic Association (NCAA). Hodad's hamburgers in OB marked its 45th anniversary.

AUGUST

Roseville residents in Point Loma began ramping up a campaign against

high-density development in their neighborhood. As the drought dragged on, the city pushed for — and got — tougher restrictions on watering. The San Diego County Regional Airport Authority was awarded for its Green Build terminal-expansion project. Peninsula planners received an update on Point Loma Village, a mixed-use condo project at Roserans and Byron streets.

PETA animal-rights activist protested SeaWorld's orca shows by putting up a 20-foot-long banner at the airport discouraging incoming Comic-Con attendees from going to the popular marine park while they were in town. A giant abandoned remodel on Plum Street in Point Loma drew the ire of residents, planners and city officials. More than 500 guests swarmed the Cabrillo Lighthouse Aug. 25 to explore the lighthouse during free admission day as part of the National Park Service's 98th birthday celebration.

SEPTEMBER

The annual Cabrillo Festival on Balboa Point in Point Loma Sept. 28 commemorated the European explorer's first step in the New World in 1542 claiming the spot for Spain. An idea for a new pocket park on Canon Street was floated at the Peninsula Community Planning Group's meeting. Bali Hai Restaurant on Shelter Island held a blowout to celebrate its 60th anniversary. The Point Loma Association hosted a community workshop Sept. 17 to allow local residents to weigh in on prospective Nimitz Boulevard improvements.

OCTOBER

The iconic Ocean Beach Youth Hostel changed ownership but not its mission as one of the pre-eminent hostels in San Diego. The Peninsula YMCA, sole bidder on a request for proposals to build a new public pool in Liberty Station, was rejected in its initial bid to build/operate a new facility. City Council voted Oct. 20 to go to "drought alert" status, requiring mandatory water-use restrictions at the end of the month in response to the severe statewide drought. Kiwanis Club of OB held its 9th annual Howl-o-Ween canine carnival pet costume contest Oct. 26 at Dusty Rhodes Park. OB's 10th annual Oktoberfest, held Oct. 10-11, drew more than 7,000 guests.

NOVEMBER

U.S. Rep Scott Peters narrowly outlasted contender Carl DeMaio in the race for his 52nd Congressional District seat. Ocean Beach Community Development Corporation began a revamp of Veterans Plaza by launching a community fundraiser. New Naval Base Point Loma commander Capt. Howard Warner assumed the helm and shared his vision and mission in a Beacon interview.

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