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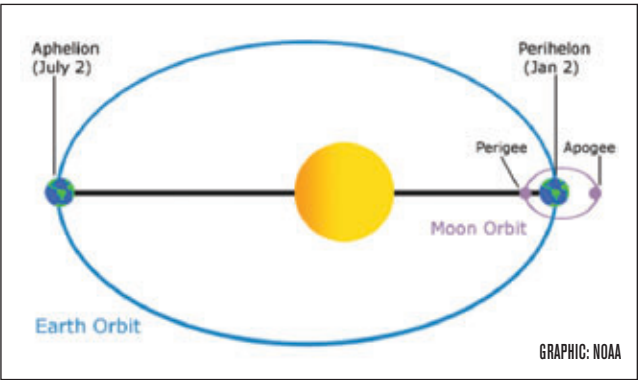
A huge wave crashes on the rocks at Sunset Cliffs Natural Park on Point Loma and nearly drenches a group of visitors. PHOTO BY JIM GRANT

## Expect extremely high and low tides in San Diego this week

Like life, there will be highs and lows with ebbs and flows this week. But unlike most weeks, the highs will be like, "I just won Mega Millions"; and the lows will be like realizing, "This is last week's ticket." The best way to deal with it? Grab a camera and document the drama.

"King tides," as the highest annual tides are called, provide a peek of what the state can expect from sea level rise in the coming years. "King tides give us a glimpse of the potential 'new normal' along the California coast," said Coastal Commission executive director Charles Lester.

"These extreme tides may become routine in coming years." After five seasons of sea-level rise outreach, the California King Tides Project now seeks to build partnerships with citizen scientists, including students and local residents, to photograph these ultra-high tides,



At perigee, when the moon is closest to the Earth, tide-generating forces are higher than usual, producing above average ranges in the tides.

which highlight the way homes, harbors, and other infrastructure, as well as beaches, wetlands, and public access to the coast, may be affected by sea

level rise. The photos that you take this week and share at [california.kingtides.net](http://california.kingtides.net) help scientists and managers better plan for flood risks, and give you a way to participate in the science that will drive decisions in your community.

'King tides give us a glimpse of the potential new normal along the California coast.'

CHARLES LESTER  
COASTAL COMMISSION DIRECTOR

## Ocean Beach loses a friend; community mourns Hardin

By THOMAS MELVILLE | THE BEACON

Mike (Bossman) Hardin was more than just hamburgers and Hodad's. He was a friend, father and favorite son of this eclectic beach community, nestled on the western edge of Point Loma.

When news broke of Hardin's death on Thursday, Feb. 5, residents of Ocean Beach started a makeshift memorial in front of the restaurant on Newport Avenue by leaving flowers, photos and messages. By Friday morning, news had spread, and mourners from all of San Diego were paying their respects.

"Mike's generosity and kindness had such a huge impact on Ocean Beach. It won't be the same without him," said Chanti Kalagian, a native of Ocean Beach, who taped a sign on Hodad's window that read "RIP Bossman. OB will miss you, Mike!"

"I wanted to show my support," Kalagian said. "He was a friend to everybody. I really can't believe it."



MIKE 'BOSSMAN' HARDIN

Hodad's Burgers, with venues in Ocean Beach, downtown and seasonal at Petco Park, were closed Feb. 6 in honor of Hardin and Feb. 7 in tribute to a co-worker who died in an auto accident.

Hardin, 56, was found in a suburban Fresno hotel Feb. 5 after he went to Northern California to visit his daughter. According to the autopsy results, Hardin died of natural causes.

Hodad's, which was already a local institution, gained national attention in 2007 when the

SEE HODAD'S, Page 2

## City Council votes to deny Pt. Loma Summit project

By DAVE SCHWAB | THE BEACON

San Diego City Council voted 6-3 Feb. 9, with council members Gloria, Sherman and Alvarez dissenting, to deny the Point Loma Summit project.

The project proposed splitting two lots into four on the old Jessop estate at La Crescentia Drive to construct three new single-family residences on site.

The motion to grant the appeal challenging previous Planning Commission approval of the Summit was made by Second District Councilmember Lorie Zapf, whose district includes the beaches from Point Loma to La Jolla.

"I agree there are concerns with fire and medical access issues," said Zapf in making her motion. "The question is what scale of development is appropriate on steep, unstable environ-

mentally sensitive land."

The project was denied by the Peninsula Community Planning Board on Aug. 15, 2012 by a vote of 12-0-1. The project, however, was recommended for approval by the San Diego City Planning Commission on June 19, 2014.

The Jessop project has been opposed by grass-roots community group Preserve Point Loma and others. Critics oppose the developer's plans to subdivide the old Joseph Jessop Estate at 414 La Crescentia Drive. The site includes the Tudor-style home built in 1926 by Joseph and Mabel Jessop.

Preserve Point Loma claims to have 700 members, including a wide range of civic leaders.

Numerous Peninsula community leaders testified against the redevelopment project at the City

SEE PROJECT, Page 12

READERS CHOICE AWARDS

Check out the retail/services winners chosen by our readers

See inside

READERS CHOICE AWARDS

RETAIL/SERVICES

2014

FEATURE

Comic Art Gallery coming to Liberty Station in June

Page 9



SPORTS

PLHS football standout to play at Harvard University this fall

Page 6





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RESIDENTIAL BROKERAGE



Ocean Beach native Chanti Kalagian tapes a sign on Hodad's window that reads "RIP Bossman. OB will miss you, Mike!".  
PHOTO BY THOMAS MELVILLE

## HODAD'S

CONTINUED FROM Page 1

restaurant was featured on the Food Network show "Diners, Drive-ins and Dives."

That led to Hardin and other "Diners, Drive-Ins and Dives" alumni working together with The Messlords – a non-profit group of chefs who travel around the world to cook for U.S. troops in spots like Japan, Guam, Egypt, and Dubai.

Begun in 1969 by Hardin's parents, Byron and Virginia, who purchased both the business and its name, Hodad's was originally located on the beach at the end of Santa Monica Avenue. In 1991, after several moves, the restaurant opened at its present location on Newport Avenue in the heart of Ocean Beach.

"Hodad's started out as just a hamburger stand on the beach, no décor or anything," said Hardin last summer in a Peninsula Beacon story marking the restaurant's 45th year. "Part of our suc-

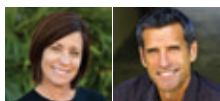
cess is that people see how genuine it is."

The eatery features historic photos, walls covered with license plates from all over the world and surfboard-shaped seats. It also features a line out the door and down the block just about every day in the summer. A giant menu board over the customer counter proclaims, "99 Gazillion sold," and it may be right.

"Hodad's has such a positive energy," said Jill Varney, an Ocean Beach resident who came out to see the memorial in front of the restaurant. "Mike and his staff were always very kind to all their customers. It's such a tragedy he's gone. It's really sad."

The name Hodad's is derived from the 1950s beach term for surfer wannabes who were into cars, music and counter-culture style, but it had become synonymous with describing Hardin, who was as original and unconventional as his restaurant.

- Dave Schwab and Martin Jones  
Westlin contributed to this story.



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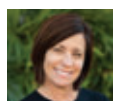
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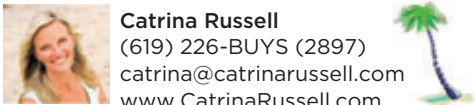
1BR/1BA top floor end unit is in small complex along the Cliffs! Remodeled kitchen & bath. Laundry hook-ups Common patio with pano ocean views & BBQ area.



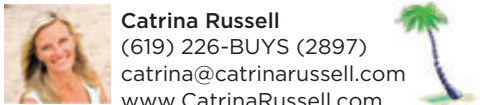
PENDING

**OCEAN BEACH | \$735,000**

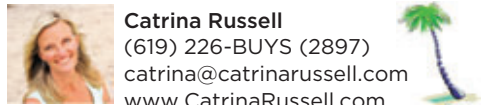
Darling 3BR/1.5BA beach home in South OB, just a block from Bermuda Beach. Private yards, hot tub and 2-car detached garage.



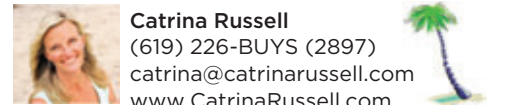
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# OBPB recommends preserving 100-year-old cottage on Niagara Avenue

By **ANTHONY S. de GARATE** | THE BEACON

Making a statement for preserving local beach cottages and the vibe they create, the Ocean Beach Planning Board (OBPB) has voted to disapprove the demolition and replacement of a more-than-a-century-old residence at 4677 Niagara Ave.

The vote to save the structure was 8-2 (with one abstention) at the board's monthly meeting Feb. 4. Like the other 40-plus planning boards sanctioned by the city, the OBPB makes nonbinding recommendations on land-use and quality-of-life matters.

The owner wants to raze the structure and build two three-bedroom detached condos on the 0.16-acre site. As a "Process 3" proposal, the project's fate will be decided by the San Diego Hearing Officer,

with appeals allowed to the San Diego Planning Commission.

"I fell in love with these cottages a long time ago," said Pat James, who chairs the Ocean Beach Historical Society. "Please don't tear our cottage down. You're destroying the character of our neighborhood. We want to keep the charm we have here."

James pointed out Ocean Beach has been designated as one of 16 historic districts in San Diego by the city's Historical Resources Board. That designation was in large part due to the work of the late Pricilla McCoy, who spearheaded a survey of beach cottages and bungalows in the original Ocean Beach subdivision, he said.

Today, 70 cottages and bungalows built between 1887 and 1931 appear on the Historic Resources Board's list of his-

toric landmarks as "contributors" to the Ocean Beach Cottage Emerging Historical District, the boundary of which was approved in 2000, that mirrors that of the Ocean Beach Planning Area.

But despite its age, the house at 4677 Niagara Ave. is not on the list, records show.

The plan's architect, Craig Frieauf, said he ruled out preserving the building because it lacks significant architectural elements. He said he reached that conclusion after researching permit records, studying photos and consulting other architects.

"It had been altered so much, we didn't see any significance in it," Frieauf said, noting the addition of bathrooms and the removal of windows during a remodel sometime in the 1970s.

"I know there's a cottage feel you're

missing, but there's nothing historic," he said.

But most board members said the building's age was enough of a reason to at least consider preserving the facade.

"The New York Times has characterized Ocean Beach as one of the last beach communities because of our old cottages. And this is one of those cottages," board member Jane Gawronski said.

She said Ocean Beach homeowners have found creative ways to add square footage to their cottages and cited an instance where a house was lifted to allow a basement to be built underneath.

Vice Chairman John Ambert agreed, though he cast one of the two votes against the motion, citing his advocacy for the homeowner's property rights. "If there's a way to utilize the facade or maintain a relationship to the existing

building, you'd gain more support," he said.

Drew Wilson cast the other dissenting vote; Andrew Waltz abstained.

Though he voted with the majority, Chairman Peter Ruscitti praised the design and the applicant's willingness to work with the community. Frieauf said he met with concerned neighbors and offered to allow them to decide what species of trees to plant.

## In other Planning Board news:

The price tag for deferred maintenance and backlogged projects could be more than \$2 billion when studies conclude next month, said Conrad Wear, aide to District 2 San Diego City Councilmember Lorie Zapf. The studies could set the stage for an infrastructure bond to be placed before voters next year.

## Phil's BBQ to be open on Mondays

Phil's BBQ has opened its doors to diners on Mondays, allowing restaurant-goers to eat in, takeout and order catering seven days a week.

Phil's BBQ had been closed on Mondays for 17 years. A large and loyal Phil's BBQ fan base prompted the Monday opening at each location, which includes spots in Point Loma, San Marcos, Santee, Lindbergh Field and even two locations inside Petco Park during Padres home games.

"Our customers asked and Phil delivered," said Kevin Sheehan, director of development at Phil's BBQ.

"Phil decided that it was time to make our award-winning mesquite-grilled BBQ available to our fans seven days a week. Finally, a reason for people to like Mondays."

Phil's BBQ will be open from 11 a.m. to 10 p.m. Sundays through Thursdays, and 11 a.m. to 11 p.m. Fridays and Saturdays.

## Peninsula Community Planning Board has elections in March

The Peninsula Community Planning Board (PCPB) has six board positions opening up in March and invites any Peninsula resident who wants to get more involved in the governance of their community to run. Five of the board positions are three-year terms; the sixth position is for a one-year term.

The planning board will hold a Candidate's Forum from 6 to 7:30 p.m. Thursday March 5, at the Point Loma Library on Voltaire Street. The election will be held 4 to 8 p.m. Thursday, March 19, also at the library.

To be eligible to run, residents must be at least 18 years of age, live in or own a business within the PCPB boundaries, be able to commit to a three-year term (shorter for unexpired terms) and have attended at least one regular meeting within the past 12 months (attending the candidates forum qualifies for this requirement).

Applications can be downloaded from the PCPB website: [www.pcpb.net](http://www.pcpb.net). Email applications to: [pcpbem@gmail.com](mailto:pcpbem@gmail.com).

The Peninsula Community Planning Board is a volunteer Community Planning Group citizen organization that advises the City of San Diego on land-use-based community goals and development proposals.



Organic produce and bulk goods make up a section of the Ocean Beach People's Organic Food Market on Voltaire Street.

PHOTO BY FRANK SABATINI JR.

## Restaurant and juice bar on tap for People's Organic Food Market

By **FRANK SABATINI JR.** | THE BEACON

From its humble beginnings inside a Newport Avenue ice cream parlor, and then a nearby beach cottage in the late 1960s, the Ocean Beach People's Organic Food Market has blossomed into a two-level space designed to whet appetites.

In the coming year, its 12,000-plus stakeholders will see further development in the form of a vegetarian restaurant and organic juice bar on two adjacent properties the market acquired.

"We're responding to a growing trend and the demand from our owners for a healthy dining experience," says general manager Nancy Cassidy.

In the spirit of a true cooperative, staff and customers are termed as "owners" because they invest \$15 a year into the operation. The reward is a full-fledged grocery store brimming with more than 200 different types of organic produce and hundreds of other goods free of animal products, with the exception of dairy items. (Think Whole Foods, but

'We're responding to a growing trend and the demand from our owners for a healthy dining experience.'

**-NANCY CASSIDY, GENERAL MANAGER**

minus the meat department and with 90 percent of the edibles ranking as certifiably organic.)

Nonmembers are permitted to shop at the board-run store at "ownership prices" on their first visit. But they face a 10 percent surcharge on their total grocery bill in each subsequent visit until making the annual investment.

The co-op transitioned into the new century 14 years ago with a fresh two-level structure on the existing grounds it ultimately secured in 1973, at 4765 Voltaire St. After continued growth, the old building was torn down in lieu of an energy-efficient "green" edifice designed by local architectural firm Hanna Gabriel Wells.

Last year the market purchased a duplex on the east side of its parking lot.

More recently, it acquired Tiny's Tavern one address away.

In addition to opening a vegetarian restaurant and juice bar in those spaces, Cassidy says the expansion might also embrace a demo kitchen for cooking classes, which would serve as an extension to plant-based food lectures the market conducts regularly on its second floor, directly across from its sit-down deli and coffee lounge.

"We don't have a firm timeline yet and we haven't completely figured out what's possible with the architects and city planners," she says. "But we will be developing both properties in the foreseeable future."

The current building, she assures, will remain a hub for organic food, art shows, music events and lectures, much

like what some of the market's original founders envisioned decades ago. Among them were OB residents David and Joanna Diehl and Jim Somek, who went on to launch Jimbo Natural Foods.

In regards to what's in the aisles, Cassidy notes that "more than 90 percent of the produce comes from within a day's drive."

The store is also committed to "meeting or beating" the prices of its competitors on at least 50 percent of the stock, which spans from farm-fresh rainbow carrots and caracara oranges to organic beer and wine, smoothie boosters and nontoxic detergents.

For customers preferring to grow their own produce, organic seeds for planting things like dinosaur kale, black radishes and other vegetables are available as well.

"We're really not so much about pricing as we are about quality and our connection to the community," she adds.

The store holds customer-appreciation days about 12 times a year when special price breaks are offered.



# Students learn the challenges of being wheelchair-bound

## Point Loma High School junior created the disabled -awareness event

By DAVE SCHWAB | THE BEACON

Point Loma High School this week for the second consecutive year held "The Wheelchair Challenge" to give students a greater appreciation for logistical problems associated with being disabled.

"Yes, we often see wheelchair users, but student Valerie Crisci, a junior and wheelchair user, challenges her classmates to do more than just look," said Anthony Palmiotto, the event's faculty advisor and a theater arts instructor.

The disabled-awareness event was the brainchild of Crisci, who spoke of her motivation for starting the event. She said it was rudeness — and lack of understanding — about the problems involved with being wheelchair-bound that prompted her to come up with a way to educate her classmates on the subject.

"At school during passing period, people would jump in front of me or merge right in front of me and then blame me for accidentally running into them," she said. "In the bathrooms, someone would always be in the accessible stall when all the other ones were open."

Crisci noted it's hard for the able-bodied to understand the difficulties involved in just simply getting around in a wheelchair, until they actually do it.

"Navigation in classrooms is hard because of how close together teachers place desks, and in science classrooms participation in labs is nearly impossi-

'I thought, 'What if there's a way for students to spend their whole schoolday in a wheelchair, and be aware of all this?' And I made it happen.'

**VALERIE CRISCI**  
POINT LOMA HIGH JUNIOR

ble because of the height of lab tables," she said. "I thought, 'What if there's a way for students to spend their whole schoolday in a wheelchair, and be aware of all this?' And I made it happen."

The Point Loma High junior said that she wants those participating in The Wheelchair Challenge to experience "the differences and commonalities between people. There are a lot of different routes I have to take, and ways I have to think about doing activities, but I can still do them just like my peers. I want my peers to learn this and take away a sense of empathy, too."

Crisci added, "Even using a wheelchair for a single day will change the way you view wheelchair users forever."

The campus event is open to any student willing to take the challenge of

using a wheelchair for an entire school-day. The chairs and main-quad obstacle course used at the school for the special event were donated by event sponsor Harmony Home Medical and Remodeling (HarmonyHomeMedical.com). Harmony specializes in personal mobility equipment and home-access remodeling.

A student assembly featuring a guest speaker was held during lunch period at the high school on Feb. 18. At the conclusion of the day's event, participants convened to discuss their experiences and insights with other participants, selected staff, sponsors and media representatives.

Dedicated in 1925, Point Loma High School is the third largest of 46 high schools in the San Diego Unified School District. The first graduating class consisted of just seven students, but today the enrollment has reached nearly 2,000, with a faculty of about 90.

Point Loma includes grades nine through 12 and boasts a 73 percent participation rate in AP (Advanced Placement) classes. In 2014, the school was selected by U.S. News & World Report for their Gold List of Best High Schools.

Notable graduates include "Happy Days" Marion Ross, and former city councilmembers Bill Cleator, Byron Wear and Bill Lowery, and Academy Award-winning editors Joe Hutshing ("JFK") and Chris Innis ("The Hurt Locker").



On Feb. 18 Point Loma High School students participated in "The Wheelchair Challenge" for the second consecutive year. The event is held to give students a greater appreciation for logistical problems associated with being disabled.

COURTESY PHOTO

## 27 easy tips to get thousands more for your home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's

tough, aggressive marketplace.

In this report you'll discover how to avoid financial disaster when selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home.

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# Beach communities are hotbeds for Airbnb; but what does that mean for San Diego hoteliers?

By LISA HALVERSTADT | VOICE OF SAN DIEGO

Tourists have tens of thousands of options to consider when they visit San Diego — and many of the newest ones aren't in traditional hotels or in parts of the city with lots of spare hotel rooms.

The city's now home to more than 3,100 short-term rentals registered on Airbnb, and more than 1,100 are in the San Diego neighborhoods of Pacific Beach (395), Mission Beach (330), La Jolla (256), Ocean Beach (140), and Point Loma (61), according to San Francisco-based Beyond Pricing, which optimizes pricing for short-term rentals and Airbnb hosts.

Two factors bind each of the city's Airbnb hotspots. They're known for high hotel occupancies or relatively few hotels, or both.

The map raises an obvious question: What do all these Airbnb digs mean for San Diego hoteliers?

No one seems to know yet.

"Everybody realizes there is an impact, but has anybody identified it and quantified it? I don't think so," said Namara Mercer, executive director of the San Diego County Hotel-Motel Association.

There certainly hasn't been a dramatic drop in hotel occupancy rates. In fact, San Diego posted record numbers last year.

That may be partly due to where Airbnb's been most successful. There aren't lots of spare hotel rooms in San Diego's Airbnb meccas, particularly those close to tourists' favorite beaches, said Bruce Baltin, a Los Angeles-based

senior vice president of hospitality consulting firm PKF Consulting.

The overall number of Airbnb options, though, still pales in comparison to the tens of thousands of hotel rooms in the city. There are about

17,000 hotel rooms in downtown San Diego alone, Baltin said.

Yet there's evidence that Airbnb could hit hoteliers hard if the company's presence continues to grow here.

A 2014 Boston University study was one of the first to address how that might play out. The study analyzed more than 22,000 Airbnb stays in Texas and compared them with quarterly hotel revenue. Their conclusion was that a 1 percent spike in Airbnb listings translates into a 0.05 percent decrease in hotel revenues.

Lower-end hotels and those that don't cater to business travelers were hit hardest, the researchers found.

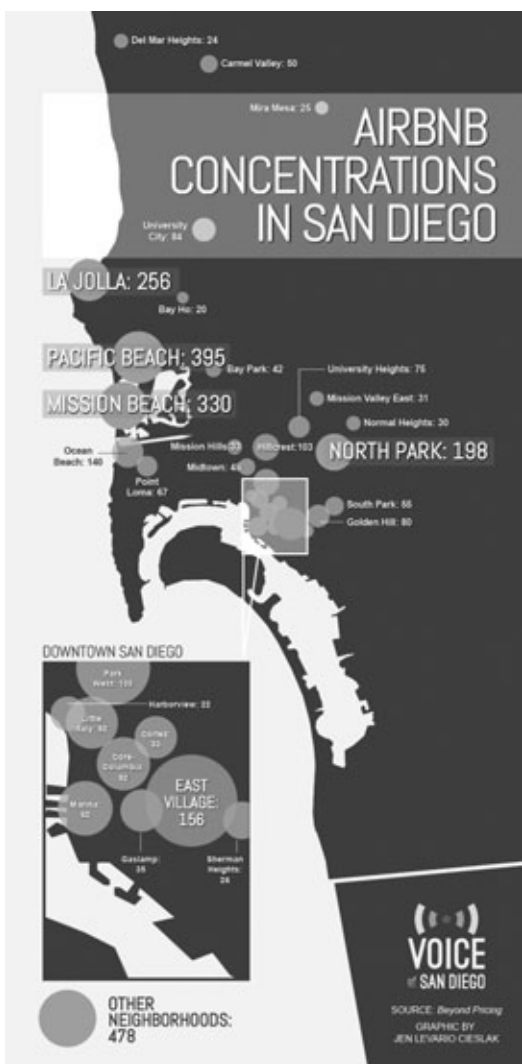
One of the study's authors drove home what that could mean for the industry in a February 2014 interview with industry site Hotel News Now.

A 0.05 percent revenue hit may sound inconsequential, but Airbnb's massive growth changes the game, researcher Davide Prosperio said. "Sure, if Airbnb was growing slowly, 0.05 percent would be negligible, but this isn't the case."

Indeed, a recent Barclays report predicted Airbnb bookings could triple in the next year.

The Barclays study does note a hail of regulatory crackdowns — such as the letters and warnings going out in San Diego — could at least somewhat stifle the company's trajectory.

Lisa Halverstadt is a reporter at Voice of San Diego. Know of something she should check out? You can contact her directly at [lisa@vosd.org](mailto:lisa@vosd.org) or (619) 325-0528.



## Ask The Trust & Estate Attorney

**Question:** What are the consequences to not having a Living Trust and a Healthcare Directive?

**Answer:** The court will have to appoint a guardian of the person and the estate of your minor child. You do not get to choose who will be caring for your child or for their funds. There are court costs, the minor will have their own attorney and the guardian will have an attorney. Both attorneys and the guardian will be paid from the minors' assets every one or two years when the accountings are filed with the court. Your child will receive their inheritance at the age of 18 years of age. You do not have a Children's Trust in place to permit them to get the funds over a number of years, for example, 1/3 at 21 years of age, 25 and thirty years of age.

Your home and other real estate will go through the court process of probate which means the values and sales will be public and available for everyone to see. The fees are set by state law and are high. The assets will be held in the probate for about a year, until the final court hearing.

You do not get to choose which one of your trustworthy (or not!) relatives are in charge of the your estate of your child. If you have no relatives, the County will be in charge of the assets and where your child is placed. You will remain on life support as you have not stated in writing that you do not want to be kept alive by tubes and plugs.

Give me a call to discuss whether the cost of a Living Trust is going to be less expensive than dealing with the courts.

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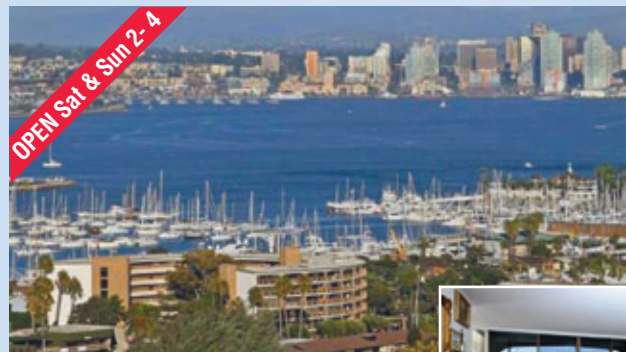




**POINT LOMA ALUMNI GAME**  
Point Loma High School alumni game will kick off the start of the baseball season at the recently renovated field at Dana Middle School 1 to 4 p.m. Sunday, Feb. 22. It will be the current team coached by David Wells (left, in sunglasses) versus alumni players. Food and PLHS Pointer gear will be available for purchase.

PHOTO BY JIM GRANT

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## PLHS football standout heading to Harvard O'Brien a leader on the field and in the classroom

By SCOTT HOPKINS | THE BEACON

A senior at Point Loma High, who has achieved great success in the classroom and athletics, will be carrying a cherished memento to Massachusetts after signing a national letter of intent earlier this month to play football at prestigious Harvard University.

Tim O'Brien, who stands 6 feet 8 inches tall and weighs in at 260 pounds, will pack a special dictionary he received a decade ago from his second grade teacher at Grant Elementary School in Mission Hills.

When Valerie Goodpaster gave her young student the gift, she penned a message inside that has motivated O'Brien ever since.

"Spelling was my weakest subject," O'Brien recalls, "and she wrote me a little note telling me to always pursue the highest level I can achieve and not to settle for anything less. I've kept that dictionary with me throughout middle school and high school as a reminder always to do my best."

And that he has.

O'Brien carries a 4.6 grade point average, tutors both as part of the school's Link Crew program mentoring freshman students and in math classes. He also interns in the sports medicine program on campus in conjunction with Point Loma Nazarene University.

Ironically, O'Brien never played football until his freshman year at Point Loma, where he enrolled after his K-8 years at Grant.

"My first contact sport was in eighth grade when I started playing rugby," O'Brien noted, "and I had a blast. That

**'I fell in love with the sport, with the team.'**

**TIM O'BRIEN**  
PLHS SENIOR

sparked my interest, and I thought high school football would be a good chance to meet new people, after coming from a small school."

The Pointers successful football program proved a great fit for the new freshman. "I fell in love with the sport, fell in love with the team in all aspects," O'Brien said. But O'Brien never thought of himself as an emerging star.

"I've just always wanted to help the team," O'Brien said. "I've never viewed myself as different from any other athlete."

But Pointer head football coach Mike Hastings saw something special in the first team All-CIF player he calls "Big Tim."

"Having him on the field was like having another coach," Hastings said. "He not only knew every one of his assignments perfectly but those of every other player."

"Listening to the coaches at practice allowed me to pick up everybody's assignments," O'Brien explained. "I knew every play from every spot. It really helped me communicate on the field and gave me an edge."

O'Brien, who earned honors as a defender, also was utilized as a tight end in the Pointer offense, where his height allowed him to reach over smaller defenders to make catches. He led the Dogs with 14 receptions for 317 yards



**TIM O'BRIEN**

(22.6 average) and two touchdowns, accounting for 54 percent of the team's passing yardage in the 2014 season.

O'Brien had decided he wanted to go to a smaller, liberal arts college with a high academic profile, but the recruiting process still proved challenging.

"It was definitely a roller coaster," he said. "It started in April or May of my junior year. Coaches would stop by the school, talk to Coach Hastings, meet me in class and watch me work out. They took my highlights (video) and went back to decide where I sat in their recruiting ranks."

During his senior year, O'Brien sent updated video highlights on a weekly basis to Cornell, Columbia and University of Pennsylvania, along with Harvard.

On the last day of school before winter break, O'Brien received his first offer — from Cornell.

"That was the craziest time. I had not been in contact with Cornell, but they gave me an offer the first day I met with

SEE HARVARD, Page 10

## Call for auditions!

## POINT LOMA SUMMER CONCERTS



Point Loma Summer Concerts is holding auditions for anyone interested in:

- Singing a patriotic song to kick off the concert
- Playing on the Junior Stage\*
- Junior Stage emcee\*

\*high school age and under

Auditions will be held on **March 21, 10AM - 4PM** at the **Pt. Loma Assembly Hall**, 3035 Talbot St. Participants must work or live in Pt. Loma.

### Bands:

- There will be a PA system and drum set provided at the audition.
- Prepare 15 minutes of music to perform.
- If you are chosen to perform at a concert, you will need to prepare a 45 minute set.

**Patriotic singers:** Please prepare a song.

**Emcees:** You will be provided with a sample script to read at the audition.

To receive an audition application form, contact Junior Stage Manager, Clint Bruce, at [cbuce@southwestappraisal.com](mailto:cbuce@southwestappraisal.com).

## Call for Sponsors!!

Fun, free Friday night concerts have become a beloved Point Loma tradition. Supported primarily by community donations, the Point Loma Summer Concerts are entering their 15th year! You can help keep the tradition alive by becoming a sponsor!

A variety of sponsorships are available, from Sound Sponsor at \$6,000 to Shuttle Sponsor at \$2000. Individual donations at any level are welcome.

Contact Martha Phillips at (619) 300-1961 or [mjpsandiego@cox.net](mailto:mjpsandiego@cox.net).

Point Loma Summer Concerts is a California Registered 501(C)(3).



## Lady Pointers soccer wins City League title

The Lady Pointers soccer team has accomplished its first goal by winning its City League championship with an undefeated 6-0 record.

Overall, the team has turned in a remarkable 16-2-3 record (including a 10-0-1 record on their home pitch), scoring 60 goals and allowing only 14.

The Pointer girls also find themselves atop the section-wide Div. II standings with four more wins than any of the other 16 teams.

The league title was clinched last week with a 4-1 victory over second-place San Diego High. Goals went to a member of each class as freshman striker Iyana Zimmerman, sophomore striker Riley O'Toole, junior striker Jaquelyn Neves and senior midfielder Taylor Hopkins all scored.

The Lady Pointers finished their league schedule last week against Morse and Clairemont, each the winner of only one league match.

Head coach John Murphy and assistant Alex Van Heuven coach the team. CIF play-off action for the ladies begins later this month.

-Scott Hopkins

## Rustamzada earns honors

For the third straight week, and fifth time this season, Point Loma's Roya Rustamzada has been named the PacWest Women's Basketball Freshman of the Week.

Rustamzada averaged 9.0 points, 8.0 rebounds and 5.7 assists per game for the Sea Lions as they went 2-1 at home against the Hawaii schools. She recorded her second straight double-double against Hawai'i Hilo with 12 points and 10 rebounds. She had a career-high seven assists against UHH and BYU-Hawaii.



# Dental Express keeps oral care on track

By DAVE SCHWAB | THE BEACON

The train has arrived at Dental Express, and the new family-run business wants you to get on board.

Dr. Casey Ashmore, DDS, originally from Oklahoma, is the “conductor” of the new dental practice at 4110 W. Point Loma Blvd. He’s owned and operated the retail space, formerly a Chinese restaurant, since the first of the year.



Dr. CASEY ASHMORE

The brand-new totally remodeled office has an actual model train circling the ceiling on a track every 2 ½ minutes.

“They completely gutted the inside and started from scratch,” said Teresa Williams, the dental practice’s director of operations. “He (Ashmore) and his family are big train fans. He wanted to bring the same idea out to the West Coast.”

“It makes the whole experience better for everybody,” said Ashmore, the son of a dentist, of his office’s train motif. “My family had offices back in Oklahoma and Texas that looked like a train station. But it was Midwestern style. Ours is art deco.”

“It’s a little trendier, really a whimsical, nice distraction for people,” agreed Williams.

“Having a warm, more homey environment, not a clinical medical environment, it’s a little more inviting,” noted Ashmore, adding, “it makes the experience smoother for everybody.”

Ashmore said he’s a generalist in his practice.

“We pretty much specialize in taking care of everything that anybody would need,” he said, though adding Dental Express doesn’t do braces, patients for which are referred out to orthodontists.



Dental Express is open at 4110 W. Point Loma Blvd. A second location is planned to open in Clairemont Mesa.

PHOTO BY DAVE SCHWAB

He also doesn’t do work involving children being sedated or accept patients covered by HMOs.

“We’re keeping it affordable for people,” Williams said.

“We’re here to work with most insurances and budgets and finances and find the treatment plan that works for them,” said Ashmore, noting “we’re taking care of what they need to get through and try to make them as healthy as they can be and give them what they want.”

Touring the office, there are a dozen modern, well-lit spacious examining rooms (several with street views) and state-of-the-art x-ray and other equipment.

Ashmore said the whole idea behind Dental Express is to make it a one-stop place to serve the needs of all patients and their kin.

“This practice is geared for the whole family,” he said, adding, “Everyone can

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get everything done, and we don’t have to send them out to three or four different doctors. We’ve got the space to accommodate whole families.”

Asked about the difference between practicing dentistry in Oklahoma and San Diego, Ashmore replied, “It’s healthier here. People have a larger desire to fix and take care of their problems, rather than just take things out as they hurt. There’s a larger desire to fix it rather than get rid of it.”

Ashmore suggested patients be proactive rather than reactive with their dental care. He added, that if patients wait to come in until something hurts, it’s “usually too late” to repair it.

In terms of helpful dental hints, Ashmore offered this advice “Drink water and see your dentist regularly.”

In front of Dental Express is a metal mock train manufactured in Las Vegas that Ashmore brought in to have as a play area for kids and a conversation piece.

“This is an added benefit for the kids going to the dentist,” said Williams, noting Dental Express recently had “Shipping Wars,” a reality TV series on A&E, come out to shoot a segment for their program, which will air soon.

Will Dental Express be franchised? That train’s already left the station. “We’ve got a second location in Clairemont Mesa that we’re getting permitting for now,” said Ashmore.

For more information, visit [www.thedentalexpress.com](http://www.thedentalexpress.com) or call (619) 701-6622.



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## Valenzuela named music director at All Souls’ Episcopal Church

Acclaimed early music specialist Ruben Valenzuela will lead All Souls’ Episcopal Church, Point Loma, music program beginning Feb. 21.

As director of music, Valenzuela will be All Souls’ organist and choir director. He will provide leadership for music within the parish as well as in “music as mission” outreach to the larger community.

He will support and build on All Souls’ tradition of worship and music, including special services such as fourth Sunday Evensongs and Saturday evening Celtic services. In addition, he will be the director of All Souls’ “Music on the Point” concert series. He will also develop an after-school music program for young people.

Valenzuela will play his first services at All Souls’ on Feb. 21 during the 5 p.m. Celtic service and Sunday, Feb. 22 at the 10:15 a.m. service and 5 p.m. Evensong.

“We are thrilled and excited to welcome Ruben Valenzuela as our director of music,” said The Rev. Joseph Dirbas, rector of All Souls’. “And we look forward to the continued growth and development of our music program for the church and for the community.”

Valenzuela will be the third All Souls’ organist since the church commissioned its Fritts-Richards organ. This three-rank instrument was handcrafted with the voice and temperament of German baroque organs from the time of Johann Sebastian Bach and George Frideric Handel.

Valenzuela is a noted conductor, keyboardist, musicologist and church music

director, most recently at St. Peter’s Episcopal Church, Del Mar. He is founder and director of the Bach Collegium San Diego, which specializes in providing historically informed performances of

repertoire from the Renaissance, baroque and early Classical eras. He regularly collaborates with many of the outstanding musicians working today in early music.

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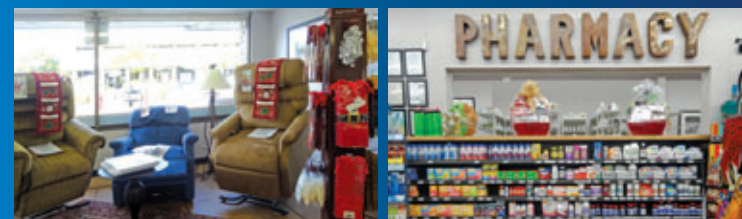
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## Soda & Swine expanding to Liberty Station in April

In partnership with executive chef Jason McLeod, the hospitality collective CH Projects announces an expansion of the group's popular mom-and-pop-style meatball and apple pie shop in Normal Heights, Soda & Swine, with a second location slated to open at Point Loma's Liberty Station in April.

The 4,700-square-foot space, vacated by the former Roseville Cozinha in late 2013, will undergo a complete overhaul led by designer Paul Basile of BASILE Studio.

The new Point Loma locale will assimilate details from the original 1920s-era Liberty Station structure.

Basile also plans to merge past with present through a variety of custom fabricated, modern finishes – including a sleek, curved copper-wrapped bar façade built to emulate an airplane wing, and a 20-foot handcrafted Foosball table.

Basile also increased overall seating capacity with the addition of a massive new outdoor trellis structure, creating coverage for the overexposed exterior.

Guests will gain access to the new patio via a giant flip door with standard swing door built in – essentially, a door



The classic meatball slider at Soda & Swine. COURTESY PHOTO

within a door.

Soda & Swine's original outpost on Adams Avenue most recently received the San Diego Architectural Foundation's Orchid for Interior Design in 2014.

McLeod's menu will feature his housemade staples that have earned the eatery a spot on some national publications' lists, including "America's Best Apple Pies" in Food & Wine and "Best Sandwiches in America" in Restaurant Hospitality.

With the added kitchen space of the shop's new location as well as a pre-existing wood-fired oven, McLeod looks forward to experimenting with an expanded menu and other meatball variations, including a seafood-inspired version and vegan ball.

The restaurant's old-fashioned, hand-ground meatballs — served à la carte or in a build-your-own format — are complemented by housemade sauces, sides, slow-churned ice cream and apple pies.

The restaurant will feature a cocktail component based on different renditions of the Negroni.

The menu also includes sides of potato puree, mac and cheese or Anson Mills grits, which can be added on to order. Small plates or salads like a Scotch egg, Chipotle Coleslaw or fried pizza balls are served à la carte.

## Great News offers a gourmet cooking school within a retail store setting

By DAVE SCHWAB | THE BEACON

Great News in Pacific Beach is a tool store for a cook. That's how founder Ron Eisenberg described the cookware and cooking school at 1788 Garnet Ave.

"We're in our 38th year," said Eisenberg about his strip-mall establishment, which has been in business since 1977.

Eisenberg said Great News started out as more of a "housewaresy, functional giftware store with a greeting card department," and has morphed over the years to include a full-on cooking school in a retail store selling, "high-quality cookware and gadgets, kitchen tools for the home chef."

What's really unique about Great News is the approximately 135 classes taught each quarter, nine a week and both days on the weekend, said Eisenberg. He noted that class subject matter includes everything from "how to stock your pantry, to a skills class

taught by a sophisticated restaurant chef, to everything in between."

Cooking classes are 2 ½ hours long with an intermission and cost \$49 to \$65. Great News is also the only cooking school of its type with a legal permit to serve wine with meal preparation.

Cookware and cooking classes at Great News mirror trends happening outside in the field. Right now, what's really popular is the farm-to-table trend.

"We teach a farm-to-table class where we bring a farmer's bag in of specialty produce and then show people how to cook from it," said Eisenberg. "They walk out with recipes for the unique items they got that day in their basket. Instead of having to guess what to do with it, we show them how to do it."

"We have an educated staff that know what they're selling. That makes us different," he said.



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### February is National AMD and Low Vision Awareness Month

Low vision, or sight that cannot be fully corrected, is NOT a natural part of getting older, and it can happen to people of any age. One reason it occurs most often in older adults is that they are most likely to contract the diseases that cause low vision, including macular degeneration. Age Related Macular Degeneration (AMD) is a disease that blurs the sharp, central vision you need for activities such as reading, sewing, watching TV, and driving. While there is no cure for AMD, there are treatment options to stabilize the vision loss if caught early. Prevention is the key to minimize the risk of AMD by following a healthy, low fat diet and wearing sun glasses for protection from ultraviolet rays. See your eye care professional annually. Call Point Loma Optometry (619-523-9990) in Liberty Station to schedule your examination.



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# Comic Art Gallery; comic book publisher coming to Liberty Station

Comic-Con may be months away, but the NTC Arts & Culture District in historic Liberty Station is already gearing up for a comic explosion and the arrival of Ninja Turtles.

IDW Publishing has announced it's relocating its headquarters and creative team, as well as opening a groundbreaking new San Diego Comic Art Gallery, to Liberty Station. The grand opening is scheduled for June 1.

IDW's new offices and a gallery will be located in two renovated former barracks buildings, among the first buildings constructed in 1923 for Naval Training Center San Diego. At 18,300 square feet, IDW will become the largest tenant in the already vibrant arts district.

The San Diego Comic Art Gallery (SDCAG) will be a unique, new and dynamic space located within the IDW offices, designed to educate and engage visitors with the sequential comic book and graphic arts.

The SDCAG will create a permanent home in San Diego as a showcase for this celebrated art form, already associated with San Diego, thanks to Comic-

## COMIC ART GALLERY

The gallery will exhibit original art from comics and animation, have working artists on the premises, and include a retail space. It will be located in two renovated former barracks buildings and open June 1.

Con International.

With a retail space, a gallery of original art from comics and animation and actual working artists on the premises, the SDCAG is an entirely new kind of venture. Through events, author and artist appearances, art installations and celebrations, the SDCAG will become a destination to worldwide fans of the medium and cement San Diego's status as a capital of the comic arts.

"The NTC Foundation welcomes IDW Publishing and their creative team to the NTC Arts & Culture District at Liberty Station," said NTC Foundation executive director Alan Ziter. "IDW joins more than 80 artists, dance companies, museums, galleries, music groups and art schools in San Diego's largest cultural district outside of Balboa Park. Their



An artist's rendering of what the San Diego Comic Art Gallery will look like at the NTC Arts & Culture District in Liberty Station. COURTESY GRAPHIC

new San Diego Comic Art Gallery will be a great addition to the numerous art galleries and museums already at NTC, and we look forward to the creative collaborations ahead."

Ziter said it's anticipated that SDCAG will be a San Diego landmark destination for comic and animation art lovers

from all over the world and "help draw new visitors to our district."

The time for IDW to move had come. "We've been expanding rapidly and simply have run out of room," said Ted Adams, IDW CEO/publisher. "We've been looking for a space that more accurately reflects who we are as a company.

When we started talking with NTC, it became evident immediately that this would be a perfect fit.

"And with the gallery, we're going to be able to show the community — and the world — just who IDW is. This move is the perfect next step in the evolution of our company."

The design and build out of IDW's move into the historic buildings is being made possible with the assistance of San Diego-area businesses Good & Roberts LLC and obrARCHITECTURE inc.

The first installation in IDW's remodeled space will be an extensive showcase of the work of Kevin Eastman, co-creator of the "Teenage Mutant Ninja Turtles", and a San Diego resident.

Harry L. Katz, former head curator in the Prints and Photographs Division at the Library of Congress, has been named the curator of SDCAG.

IDW is an award-winning publisher of comic books, graphic novels and trade paperbacks, based in San Diego. Renowned for its diverse catalog of licensed and independent titles, IDW publishes some of the most successful and popular titles in the industry.



## HEALTH FITNESS & FUN

### Yoga & Tea Workshop

Saturday, February 28, 2015

from 10:00 AM to 11:30 AM

**Tickets are \$25.00 Includes workshop, Dosha assessment, and one ounce of Ayurvedic Tea.**

Wellness Coach and Yoga Instructor Barbara Lyon will lead a workshop inside Point Loma Tea. Barbara and Cheryl Graf, the owner of the shop, will also discuss several Ayurvedic Teas, including a tasting of each. This will be a fun and informal event where participants can learn, experience and enjoy the basics of yoga combined with Kapha, Pitta and Vata teas. And you might even discover your personal Dosha!! Bring your own Yoga Mat if available and other props will be provided. And each of you will take home a free sample of tea!



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### High-Impact Resistance Training and Its Effect on Countering Bone Mineral Density Loss

Nondrug approaches to preserving bone mineral density (BMD) in postmenopausal women can be effective—but only if the training includes high-impact or weight-bearing exercise in addition to progressive resistance training. This is according to a new meta-analysis of 24 studies. Participants were limited to women who did not engage in regular exercise prior to study enrollment, and who were not receiving hormone replacement therapy or antiresorptive treatment. These studies substantiated that resistance training alone did not generate significant effects on BMD. The training-related increase in BMD effectively prevented bone loss and greatly benefited postmenopausal women at risk for fracture. Researchers included activities such as jumping, skipping, dancing, and hopping among the high-impact, weight-bearing activities that contributed to increases in BMD when combined with progressive resistance training.

Caution should be taken for any population beginning a high-impact resistance training program and especially for older women, but the research demonstrates that the incidence of injury in the studies reviewed was "very low," possibly due to the fact that most of the training was supervised.

Exercise tips for women or men attempting to increase their BMD include: checking with your health care provider before you start an exercise program; Remember to warm up before starting and cool down at the end of each exercise session; for the best benefit to your bone health, combine several different weight-bearing exercises; as you build strength, increase resistance, or weights, rather than repetitions; add more physical activity to your day; take the stairs vs. the elevator, park further way, and walk to your co-worker's office rather than emailing.

An easy acronym to remember is to put L.I.V.E into action. L - Load or weight-bearing exercises make a difference to your bones; I - Intensity builds stronger bones; V - Vary the types of exercise and your routine to keep interested; E - Enjoy your exercises. Make exercise fun so you will continue into the future!

For information on ways to implement high impact and safe resistance training to your osteoporosis prevention plan please contact: Greg Sterner, Board Certified Orthopedic Clinical Specialist in Physical Therapy, Owner of San Diego Sports Physical Therapy, 2750 Dewey Rd. Ste 101, San Diego, CA 92106.



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**ALEXIS DE TOCQUEVILLE MEMBERS**

The United Way of San Diego County recognized its Alexis de Tocqueville Society Members – the nonprofit's highest end donors – at San Diego Yacht Club on Feb. 5. From left are Tocqueville Society member and event host Malin Burnham, StriveTogether Managing Director Jeff Edmonson, United Way of San Diego County President and CEO Kevin Crawford and Vista Unified School District Superintendent Dr. Devin Vodicka at the event.

PHOTO BY THOMAS MELVILLE

**HARVARD**

CONTINUED FROM Page 6

them. Harvard, who I'd been in contact with the most, kind of disappeared, but came back after the New Year and they offered. There were lots of curveballs."

Harvard coaches project their new recruit as an offensive tackle with the possibility of time as a tight end.

"My attitude is to work hard over the summer and show up, come August, and see where they need me," he said.

The Ivy League is an NCAA Div. I conference, but member schools do not offer athletic scholarships.

"Their offer entails supporting your application," O'Brien explained. "All athletes at the school go through the normal admission profiles."

Athletes who have received offers, however, are identified during the

screening process, providing "an extra bonus," according to O'Brien.

Financially, Harvard operates on a need basis, O'Brien says, and he will be submitting aid applications to offset some of the enormous costs.

O'Brien's undergraduate goals involve a focus on applied mathematics and chemistry, while utilizing Harvard's extensive network of summer internship opportunities preparing for a possible career in lab work or designing new algorithms in math.

And O'Brien will not be the first university athlete in his family.

"I come from a family of swimmers," O'Brien said with a grin. "My mom (Valorie Seyfort) was a two-time national champion swimmer at USC, my dad (Pat O'Brien) was a scholarship swimmer at the University of Denver, and my brother Jason is a freshman currently swimming at USC."

Sharing his many talents has been a highlight of O'Brien's time at PLHS.

"I get personal satisfaction seeing a kid finally get an answer that's been bugging him for awhile," O'Brien said. "I have a gift, and I see it as something to help others get to where I am."

While "everyone (at PLHS) has had an impact on my life," O'Brien identified English teacher Cynthia Hedges, Hastings, football assistants Tom Kamfonik and Paul Lawrence, as key figures.

In addition, O'Brien cited biology teacher Sylvia Maas who "changed my view on what I could do in the classroom. She took my skills to a whole other level."

O'Brien has excelled and matured at Point Loma High School into a young man who will bring many talents and gifts to Harvard University this summer.

Along with that treasured dictionary from his past.

**ENJOY THE BEAUTY OF OLD TOWN****OLD TOWN GIFT CO. TO HOST SERIES OF BOOK SIGNINGS IN 2015**

Old Town Gift Co., one of 19 shops in the Fiesta de Reyes courtyard in Old Town, will host a series of book-signing events this year, featuring author and native San Diegan Raquel Perez. The first event will be held Saturday, Feb. 21, from 4 to 6 pm and Perez will be signing her historical profile of San Diego called "Legends of the Californios; Nana's Stories of our Family Roots."

A descendent of the original settlers of the pueblo in San Diego, Perez was inspired by

the history of her birthplace to write a fictional collection of stories that capture the culture of her ancestors. In Legends of the Californios, Perez takes one on a journey through time. The three legends, set in different time periods throughout California history, are filled with vengeance, lust, betrayal, love, heartache and grief. Perez's stories weave through twists and turns with mysteriously scary happenings and outcomes that are not expected.

The event will be held in the front of the Old Town Gift Co. store, 2754 Calhoun Street in San Diego. Perez will be discussing what inspired her characters, settings and stories. Books will be available for purchase at the event.

Raquel Perez is an American of Mexican descent and has identified with Hispanic literature since childhood. She is a member of the San Diego History Center and The Writer's Center. She has combined her love of Hispanic lit-

erature and California history in her first compilation of stories. She lives in San Diego with her husband and three children.

Admission to the event is free. For more information, call (619) 252-8282.



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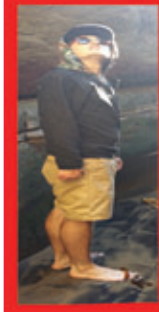
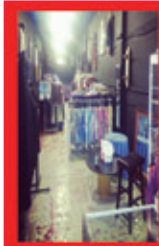


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Point Loma

## David Linton, master of watercolor and pastel

David Linton passed away unexpectedly Jan. 30, 2015, in San Diego. David and his wife, Carol, had been Ocean Beach residents for many years. David was very engaged in the Ocean Beach and Point Loma communities and generously donated many beautiful works of his art to local charity fundraisers throughout the years. Every day was a good day for David, because he was doing what he loved.

David's journey as an artist began at age 12 when his mother saw his artistic talent on his bedroom walls and ceiling. She promptly took him and purchased his first painting set and canvases. As his artistic talents became fine-tuned and more in demand, he started participating and selling his paintings at street fairs and art festivals.

David's art combines the very best of color and light with a precise detail that renders all of his paintings to realism. He developed a unique "masking" technique resulting in sharper, more col-



DAVID LINTON

orful images, taking the form of surrealistic reflections of light.

This award-winning artist exhibited in some of the leading galleries in Boston, New York, Hartford, Los Angeles and San Diego. He was commissioned to do paintings and design work for the 1987, 1992 and 1995 America's Cup events, painted Bob Dole's portrait at a GOP convention in San Diego; portraits of Cher and Arthur Ashe, murals and his illustrations were featured in many monthly San Diego maga-

zines. He did in-store demonstrations and taught color theory for companies such as Sennelier, Windsor & Newton, daVinci and many more.

After moving into the world of online promotion, social media and television, he began making regular appearances on Barry Chappell's FineArtShowcase.com, on DirectTV and Artand CoinTV.com where his work was viewed by more than half a million viewers. More information about David, his paintings and reproductions may be found at DavidLintonArt.com.

David was a devoted husband and father to Sherry and her husband Pete. He will be missed not only by the local community but others he touched around the world with his talents. A celebration of life will be held at a later date. Memorial donations can be made to the Ocean Beach Community Foundation, 501(c)3 non-profit #33-0871198, Post Office Box 7412, San Diego, CA 92167.

## PROJECT

CONTINUED FROM Page 1

Council hearing. Former Second District City Councilman Ed Harris exhorted the Council to "listen to the community."

"What struck all of us who've visited the site is (lack of) fire and emergency accessibility and servicing of the project, particularly in the case of seismic disruption of the hillside," said Jarvis Ross, a member of the Peninsula Community Planning Board (PCPB).

"The project was rejected because of inconsistencies with the overall community plan and its goals," testified PCPB chair Julia Quinn.

"There is a fair argument that the Jessop estate is historical," argued PCPB planner Bruce Coons, who is also executive director of SOHO,

Save Our Heritage Organisation. "This project (Summit) should have gone through proper review with the city's Historic Resources Board."

"Development on this steep hillside is extremely risky and a lot of liability for the city," said Robert Tripp Jackson, president of the Point Loma Association.

Attorney Robin Madaffer, representing developers, noted the proposed site's density is "lower than zoning allows."

"The pattern of development on this lot is characteristic of much of the whole Peninsula area," Madaffer argued, adding, "We're not looking at reinventing something or doing something that's out of character with the area."

Jessop detractors have argued that the steep, narrow access and concerns for

fire safety with the project could change the community's character. This, they say, has led to creation of a groundswell of opposition, including several members of the extended Jessop family — Jim Jessop, Anne Jessop Hill, Linda Jessop Fox, Jim Hervey and Matthew Hervey.

"This project violates our adopted Peninsula Community Plan and contains deviations to the existing zoning code regarding access, setbacks and height," said Bill Moody, a member of Preserve Point Loma.

The mission of Preserve Point Loma is to work to maintain the integrity of the Peninsula Community Plan from ill-conceived development.

For more information, visit [www.preservepointloma.org](http://www.preservepointloma.org).

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**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001490 Fictitious Business Names(s): ARGENT SKY BUSINESS CONSULTING** located at: 1778 BACON ST. SAN DIEGO, CA. 92107 is registered by the following: LTOZ, INC. This business is conducted by: A CORPORATION LTOZ, INC 1778 BACON ST. SAN DIEGO, CA. 92107 SOUTH DAKOTA The first day of business was: NOT APPLICABLE Registrant Name: KENNETH LEBLANC Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 16, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001682 Fictitious Business Names(s): OAK TREE PROPERTIES** located at: 3246 GOLD-SMITH ST. SAN DIEGO, CA. 92106 is registered by the following: ELIZABETH E. REED, MARK W. HOLST This business is conducted by: A MARRIED COUPLE The first day of business was: NOT APPLICABLE Registrant Name: MARK HOLST Title: CO-OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 20, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000561 Fictitious Business Names(s): PREMIER PARLOR** located at: 3802 ROSECRANS STREET #5 SAN DIEGO, CA. 92110 is registered by the following: ZACK MOSS This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ZACK MOSS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001669 Fictitious Business Names(s): SOFT TOUCH DENTAL GROUP** located at: 3735 CLAIREMONT MESA BLVD. SAN DIEGO, CA. 92117 is registered by the following: ALI FAKHIMI, D. M. D., INC. This business is conducted by: A CORPORATION ALI FAKHIMI, D. M. D., INC. 3735 CLAIREMONT MESA BLVD. SAN DIEGO, CA. 92117 CALIFORNIA The first day of business was: 03/11/05 Registrant Name: ALI FAKHIMI Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 20, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001428 Fictitious Business Names(s): SD CREATIVE MEDIA, SDCM** located at: 722 GRAND AVE. SAN DIEGO, CA. 92109 is registered by the following: KEX MANAGEMENT GROUP This business is conducted by: A CORPORATION KEX MANAGEMENT GROUP 722 GRAND AVE. SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: 01/08/2015 Registrant Name: TYLER CHARMAN Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 15, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001977 Fictitious Business Names(s): OB LANDSCAPE ARCHITECTURE** located at:

48801/2 ORCHARD AVE. SAN DIEGO, CA. 92107 is registered by the following: SUSAN MARIE VACHERT This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: TYLER CHARMAN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 22, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001852 Fictitious Business Names(s): THE ART OF Acai** located at: 5160 BRIGHTON AVE, APT C SAN DIEGO, CA. 92107 is registered by the following: ROBERT ALLEN DOMCZYK This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ROBERT ALLEN DOMCZYK Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 21, 2015 ISSUE DATES: JAN 29 FEB 05, 12 AND 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-033389 Fictitious Business Names(s): REFINED TRANSITIONS, TRANSITIONS REFINED** located at: 4445 EASTGATE MALL RD 200 SAN DIEGO, CA. 92121 is registered by the following: WILLIAM FELTY This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: WILLIAM FELTY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 29, 2014 ISSUE DATES: JAN 22, 29 FEB 05 AND 12, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-002029 Fictitious Business Names(s): ALEXA MARIE SKINCARE** located at: 3405 KENYON ST. SUITE 211 SAN DIEGO, CA. 92110 is registered by the following: ALEXA MARIE DELAO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ALEXA MARIE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 23, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000561 Fictitious Business Names(s): PREMIER PARLOR** located at: 3802 ROSECRANS STREET #5 SAN DIEGO, CA. 92110 is registered by the following: ZACK MOSS This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ZACK MOSS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 08, 2015 DATES: JAN 29 FEB 05, 12 & 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001837 Fictitious Business Names(s): I S T SERVICES, INC. INNOVATIVE SEWER TECHNOLOGIES** located at: 11211 SORRENTO VALLEY RD, SUITE Y SAN DIEGO, CA. 92121 is registered by the following: 1ST SERVICES, INC., INNOVATIVE SEWER TECHNOLOGIES This business is conducted by: A CORPORATION I S T SERVICES, INC. 11211 SORRENTO VALLEY ROAD SUITE Y SAN DIEGO, CA. 92121 CALIFORNIA The first day of business was: 01/01/2015 Registrant Name: JOERG KRUSE Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 21, 2015 DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000824 Fictitious Business Names(s): MANN CONTRACTING** located at: 4127 INGRAM ST. SAN DIEGO, CA. 92109 is registered by the following: MARILYN MARIE MANN This business is conducted by: AN INDIVIDUAL The first day of business was: 04/01/2010 Registrant Name: MARILYN MARIE MANN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 12, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000203 Fictitious Business Names(s): PACIFIC MOBILIZATION, PACIFIC SCIENCE, PACSO** located at: 4349 SANTA CRUZ AVE. SAN DIEGO, CA. 92107 is registered by the following: RYAN GRISWOLD This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MARILYN MARIE MANN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2015 ISSUE DATES: JAN 29 FEB 05, 12 & 19, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-002864 Fictitious Business Names(s): HIGH PLAINS PUBLICATIONS** located at: 8875 COSTA VERDE BLVD #1511 SAN DIEGO, CA. 92122 is registered by the following: SIDNEY C. WALKER, 111 This business is conducted by: AN INDIVIDUAL The first day of business was: 03/01/1988 Registrant Name: SIDNEY C. WALKER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 30, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 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, JOSHUA DAVID RICE 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. 2015-002596 Fictitious Business Names(s): KEY PACIFIC, KEY PACIFIC A INSTALLATION CO.** located at: 705 SALEM CT. APT 4 SAN DIEGO, CA. 92109 is registered by the following: JASON ROBERT HICKEY This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: JASON ROBERT HICKEY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk

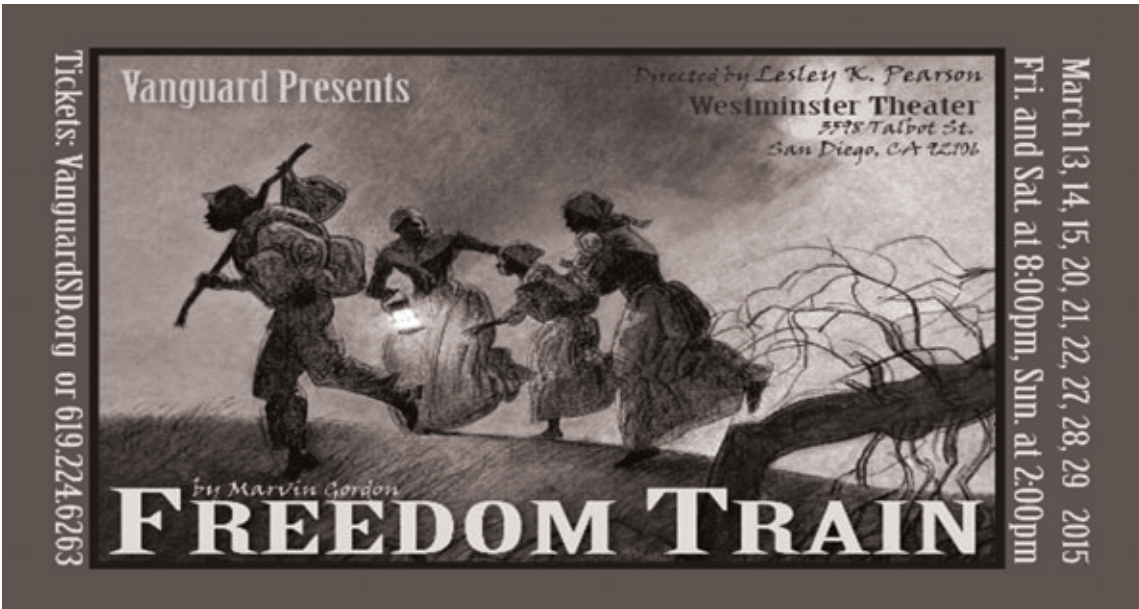
## 7 Things You Must Know Before Putting Your Home Up for Sale

A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling a home have become increasingly less and less effective in today's market. The fact of the matter is that 75% of home sellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As the report uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In response to this issue, industry insiders have prepared a free report entitled "The 9 Step System to Get Your Home Sold Fast and for Top Dollar".

To hear a brief recorded message about how to order your **FREE** copy of this report call toll-free **1-800-691-9384** and then enter ID# 2000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.



of San Diego County on: JAN 28, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-002587 Fictitious Business Names(s): SOCIAL MOBILE CAFE** located at: 2727 DE ANZA RD, SPC R5 SAN DIEGO, CA. 92121 is registered by the following: THEODORE EUGENE MABBATT, BILL JO MADISON This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: THEODORE E. MADDATT Title: PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 28, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003163 Fictitious Business Names(s): HOME AND LOAN FINDERS.COM** located at: 6310 GREENWICH STE 150 SAN DIEGO, CA. 92122 is registered by the following: FINLEY PROPERTIES CORPORATION This business is conducted by: A CORPORATION FINLEY PROPERTIES CORPORATION 6310 GREENWICH DR. STE 150 SAN DIEGO, CA. 92122 CALIFORNIA The first day of business was: 11/01/2007 Registrant Name: JON FINLEY Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 03, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-002452 Fictitious Business Names(s): UNFOLDED CREATIONS** located at: 4061 KENOSHA AVE. SAN DIEGO, CA. 92117 is registered by the following: DAVID SCHRADER This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: DAVID SCHRADER Title: SOLE PROPRIETOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 27, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001547 Fictitious Business Names(s): BINGS SPORTFISHING** located at: 3322 MT. TAMILANE SAN DIEGO, CA. 92111 is registered by the following: JAMES H. BINGHAM This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: JAMES H. BINGHAM Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 20, 2015 DATES: FEB 05, 12, 19, 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-002596 Fictitious Business Names(s): KEY PACIFIC, KEY PACIFIC A INSTALLATION CO.** located at: 705 SALEM CT. APT 4 SAN DIEGO, CA. 92109 is registered by the following: JASON ROBERT HICKEY This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: JASON ROBERT HICKEY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 28, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-002872 Fictitious Business Names(s):**

**PROFESSIONAL FLOORING SERVICES** located at: 4375 TEMECULA ST. SAN DIEGO, CA. 92107 is registered by the following: MICHAEL DEAN SOULES This business is conducted by: AN INDIVIDUAL The first day of business was: 01/30/2015 Registrant Name: MICHAEL DEAN SOULES Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 30, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003250 Fictitious Business Names(s): MB MESSAGE AND BODYWORK** located at: 10611 ROSELLE ST. STE 100 SAN DIEGO, CA. 92121 is registered by the following: MARICEL BALANZA This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MARICEL BALANZA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 03, 2015 ISSUE DATES: FEB 05, 12, 19 AND 26, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003088 Fictitious Business Names(s): THE PENNANT** located at: 2893 MISSION BLVD. SAN DIEGO, CA. 92109 is registered by the following: RICHARD A. KOVALCHECK This business is conducted by: AN INDIVIDUAL The first day of business was: 07/15/1979 Registrant Name: RICHARD KOVALCHECK Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 02, 2015 DATES: FEB 05, 12, 19, 26, 2015

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2015-001146 (1): FICTITIOUS BUSINESS NAME(S) TO BE ABANDONED** EMESOH LOCATED AT: 601 KIRKWOOD PLACE LA JOLLA, CA. 92037 (2) THE FICTITIOUS BUSINESS NAME REFERRED TO ABOVE WAS FILED IN SAN DIEGO COUNTY ON: 01/14/2013, and assigned File No. 2013-001267 (3) FICTIOUS BUSINESS NAME BEING ABANDONED BY: MARK HOSTETLER, SUSAN HOSTETLER (4) THIS BUSINESS WAS CONDUCTED BY: A MARRIED COUPLE REGISTRANTS NAME SUSAHA HOSTETLER TITLE OWNER The statement was filed by Ernest J. Dronenburg, Jr. San Diego County Clerk / Recorder on: JAN 14, 2015 DATE(S): JAN 22, 29 FEB 05, 12, 2015

**SUPERIOR COURT OF CALIFORNIA CENTRAL DM-SION 330 W. BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2015-00003657-CU-PT-CTL PETITIONER OR ATTORNEY, NINENNA LILLIAN AKANDU 759 8TH AVE. SAN DIEGO, CA. 92101 619-642-6618 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM NINENNA LILLIAN AKANDU TO CATHERINE CHIOMA GODFREY 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 MAR 20, 2015 TIME: 9:30 AM DEPT C-46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): FEB 12, 19, 26 AND MAR 05, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003399 Fictitious Business Names(s): SPREADING THE LOVE PB** located at: 4449 OCEAN BLVD. SAN DIEGO, CA. 92109 is registered by the following: APRIL D. THORP This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: APRIL D. THORPE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 04, 2015 ISSUE DATES: FEB 12, 19, 26 AND MAR 05, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003583 Fictitious Business Names(s): PHIL'S DIVE SERVICE, HIGH TIDE DIVE SERVICE** located at: 819 DEVON CT. SAN DIEGO, CA. 92109 is registered by the following: PHILIP HUNTER COX This business is conducted by: AN INDIVIDUAL The first day of business was: 02/06/2015 Registrant Name: PHILIP COX Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 06, 2015 ISSUE DATES: FEB 12, 19, 26 AND MAR 05, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003045 Fictitious Business Names(s): GOLD STAR CLOTHING** located at: 4303 BANNING ST. SAN DIEGO, CA. 92107 is registered by the following: SEAN MICHAEL This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: SEAN GUINN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 02, 2015 ISSUE DATES: FEB 12, 19, 26 AND MAR 05, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003501 Fictitious Business Names(s): OCEAN REALTY CO. INC.** located at: 1543 GRAND AVE. SAN DIEGO, CA. 92107 is registered by the following: OCEAN REALTY CO. INC. This business is conducted by: A CORPORATION OCEAN REALTY CO. INC. 1543 GRAND AVE. SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: 01/05/1970 Registrant Name: JAMES D. PORTMAN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 05, 2015 ISSUE DATES: FEB 12, 19, 26 AND MAR 05, 2015

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-003216 Fictitious Business Names(s): CONTINUOUS CURRENT** located at: 2320 RISING GLEN WAY #108 CARLSBAD, CA. 92008 is registered by the following: KCAU, INC. This business is conducted by: A CORPORATION KCAU, INC. 2320 RISING GLEN WAY #108 CARLSBAD, CA. 92008 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: KYLE KRUGER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 03, 2015 ISSUE DATES: FEB 12, 19, 26 AND MAR 05, 2015

**SUPERIOR COURT OF CALIFORNIA CENTRAL DM-SION 330 W. BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2015-00004475-CU-PT-CTL PETITIONER OR ATTORNEY, MELISSA DUFEK 4860 BELLA PACIFIC ROW #250 SAN DIEGO, CA. 92109 858-220-8259 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME MELISSA L. DUFEK ON BEHALF OF DESERIE MAIRE ALLEN A MINOR. FROM DESERIE MAIRE ALLEN TO DESERIE MAIRE DUFEK 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 MARCH 27, 2015 TIME: 9:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): FEB 12, 19, 26; MAR 05, 2015**

**SUPERIOR COURT OF CALIFORNIA CENTRAL DM-SION 330 W. BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2015-00004682-CU-PT-CTL PETITIONER OR ATTORNEY, KRISTI MARIE BORCHERT 1164 SORRENTO DR. SAN DIEGO. 92107 619-550-7134 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM KRISTI MARIE BORCHERT TO KRISTI MARIE JOHNSON 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 MARCH 27, 2015 TIME: 9:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): FEB 19, 26 MAR 05 AND 12, 2015**

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-004094 Fictitious Business Names(s): CARING DOCTOR MEDICAL CLINIC** located at: 1675 MORENA BLVD. STE 201, CA. 92110 is registered by the following: TATIANA NEUMANN This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2014 Registrant Name: TATIANA NEUMANN Title: DO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEB 12, 2015 ISSUE DATES: FEB 19, 26 MAR 05 AND 12, 2015



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## Health BRIEFS >>

### Hiring A Private Or Non-Professional Caregiver

Piecing together care for your older parent can sometimes be a puzzle. Hiring a private caregiver from your own search or asking friends and family to help are short-term solutions for a long-term issue. It can have adverse effects for everyone involved. Hiring a caregiver privately is probably going to be cheaper. Do you want to tell your Mom you hired the cheapest caregiver you could find to care for her in her "golden" years? And the cheapest could end up being costlier in the long run. Consider these possibilities:

Your private caregiver calls in sick or takes a vacation or just doesn't show up. Are you going to have to take off work or cancel appointments to fill in?

Was a national background check done and verification of prior employment done?

Is there a professional Geriatric Care Manager to supervise and mentor?

Are you providing workers' compensation insurance in case your caregiver falls or strains her back? This is extremely expensive but a required expense.

Are you paying her payroll taxes and submitting the proper documents required by the government?

Have you verified that the caregiver has a social security card and is legally permitted to work in CA?

Now maybe "cheap" has gotten a little more costly. At Innovative Healthcare Consultants, all potential employees undergo a background check. All employees are fingerprinted. You can reach a live person 24/7. You will have a substitute if your caregiver is ill. You will have access to Care Management services for advocacy, elder care consulting, crisis management and care coordination. Call us at (877) 731-innovativehc.com.

Falls are one of the main reasons people leave home and move into assisted care. Let us help you prevent falls and stay in the home you love.

### Don't Risk Skipping Your Dental Appointment

Skipping dental treatment is a big mistake, and ignoring necessary dental work — like a cavity — can have dangerous consequences.

**Ignoring a Cavity Will Lead to Inflammation**

Eventually, ignoring a cavity will cause the inside of your tooth to become inflamed. This condition can sometimes be reversible and treated with a simple filling. If a cavity has been left too long, a root canal will need to be performed. This treatment is much like a cavity filling located inside the nerve chamber of your tooth. Your tooth should no longer feel the pain after the procedure.

**When Tooth Pain Goes Away Without Treatment**

Sometimes the pain seems to go away. This is not a good sign. When you no longer feel nerve pain, your tooth could be infected and you wouldn't even know it. If you had a bad toothache that went away over time, you should still get your teeth checked for possible infections.

**A Dental Infection Can Spread**

An infection starting in your mouth can spread. When you ignore a dental abscess, the infection could get into your jaw. Without antibiotics, the infection can become dangerous to your overall health.

Don't skip checkups or ignore regular dental work—visit a dental office, such as **Dental Express**, often to maintain good oral health. Call them at 619-701-6622 or visit online at [thedentalexpress.com](http://thedentalexpress.com).

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ISRAEL MALDONADO

# Gifted guitarist Israel Maldonado's jam session

By **BART MENDOZA** | THE BEACON

One of the most under-rated guitarists in San Diego, Israel Maldonado, performs at Winston's on Feb. 19. Beginning at 6 p.m., he'll host the venue's weekly open jam session.

Maldonado is a full-time musician and a gifted guitarist in electric or acoustic styles. His electric lead work is both fluid and biting, but it's particularly in acoustic mode that he shines, with his particularly inspiring samba and Bossa Nova fretwork.

Unfortunately, his public performances are rare. Instead, Maldonado has a schedule full of mostly private performances such as weddings, corporate events and so on. Likely the only reason Maldonado hasn't been more in the public eye is his devotion to craft over

business. "The thing about me is that I don't knock on doors," he said good naturedly. "I've been working for so long that I'm asked to play a lot of these private parties. So I haven't really been asking to play anywhere. I don't really have the go-getter attitude," he joked. "If I did knock on doors, I'm sure I would be doing better. I have to ask myself, do I spend time looking for gigs or do I practice and try to make music? I'm struggling with trying to juggle both," he said.

Born in Tijuana, Mexico, Maldonado was already heavily into music by the time he moved to Carlsbad at the age of 14. "I started performing in a kids band in Tijuana at age 7; my mom and my uncle Felipe were huge influences and inspiration," he recalled.

Now a Point Loma resident, Maldonado has performed with numerous top-flight groups which specialize in Latin sounds, including San Diego Music Award-nominated bands such as Sam-brasil, Sol E Mar and Agua Dulce, recording and touring nationally. As glamorous as that sounds, he notes things don't always go according to

plan. "I fainted one time when I was in Iowa playing with Agua Dulce after going on a run that same day in super-humid weather," he laughed.

Currently he plays mostly solo dates with occasional performances from his band Puente and a trio, Tres con Todo. He also DJs. "I prefer band shows, but what pays the bills are the solo gigs," he commented.

Although he had appeared on several releases as a member of a band, with his own projects, to date, Maldonado has released only an EP, "Triste Distancia" and an album, "Grateful," writing all of the music on both. "I really should have more of my own music out," he said. "I'm like the most underachieving musician in San Diego, probably. I've never really gone into the studio, and no one's ever asked me to," he said. "I've always kind of been floating on my own, you know what I mean?"

With such a variety of gigs on his schedule, which might range from a sales meeting of Realtors to a family gathering across generations, he also has a large set of covers at the ready, depending on venue and event. He notes his band's biggest crowd pleaser isn't a song but a rhythm. "It's when we play a samba drumming section at the end of our show," he said.

Even after decades of making music, Maldonado remains driven to improve on his craft. "Sometimes it's hard to devote the time I should to the business side of things," he said. "I'd rather be spending that time working on a riff, working on something musical. What motivates me is learning new songs and putting on better shows." He remains focused on why he loves music in the first place. "Entertaining people," he said. "It's like having a superpower sometimes."

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