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THURSDAY, FEBRUARY 4, 2016

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Massive waves pound OB pier



Huge waves crashed onto the Ocean Beach Pier over the weekend due to strong wind and rain. This image was shot on Friday, Jan. 29 before SDPD and lifeguards closed the pier after a massive wave knocked down and injured a young woman who was walking on it.

PHOTO BY JIM GRANT

El Niño takes a crack at Sunset Cliffs

Winter storms accelerate erosion

By DAVE SCHWAB | THE BEACON

Sunset Cliffs is on (a) crack. So much so that part of the Ocean Beach landform, which developed a sizable split beneath Point Loma Nazarene University during the last storm event, could come tumbling down.

Perhaps soon, according to Prof. Pat Abbott. “The crack literally is wide enough to stick your arm in — if you dare,” said Abbott, a San Diego State

SEE CRACK, Page 16



Signs at Sunset Cliffs urge visitors to keep off unstable areas of the park. PHOTO BY DAVE SCHWAB

San Diego lifeguards, city agree on expanded health coverage

By DAVE SCHWAB | THE BEACON

San Diego lifeguards, who recently approved a new contract proposal with the city dealing with “presumptive illness coverage,” got some — but not all — of what they were looking for in the deal.

“But it’s a big step in the right direction,” said Ed Har-

ris, former District 2 city councilman and the lifeguards union spokesman.

Presumptive illness coverage protections feature workers compensation benefits implemented to protect employees who have high risk of injury and hazardous expo-

SEE BENEFITS, Page 16

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Where to go: Romantic spots around Ocean Beach and Point Loma

By HANNA LAUKKANEN | THE BEACON

In Ocean Beach and Point Loma there are many romantic places to take your sweetheart on Valentine's Day, and you can plan a trip to a romantic Island to escape the city with your loved one.

Sunset Cliffs

If you want to see the most beautiful

sunsets in San Diego, Sunset Cliffs is your place. Breathtaking views easily make this place a favorite among romantics. While watching the surfers, you'll take in the ocean breeze.

If you want to walk and hold hands, take the walking trail along Sunset Cliffs with your significant other. You can also take a picnic basket and blankets for a romantic date. There is plenty of parking

and benches to sit and enjoy the view.

Ocean Beach Pier

The pier is a tourist site, but also a romantic place to have a stroll with your valentine. The longest concrete pier on the West Coast is located on the south end of the beach. You'll find a casual restaurant on the pier. Take some selfies with your loved one on the pier and

watch the waves roll into the beach.

Cabrillo National Monument (Point Loma Lighthouse, tide pools)

This is arguably the best view in San Diego. You'll be awed by the spectacular view of San Diego Bay, downtown San Diego, and the mountains looming beyond the skyline.

Pose for a photo in front of the massive statue of Juan Rodriguez Cabrillo, the Portuguese explorer who sailed into port under the Spanish flag in 1542. A museum tells the story of San Diego's discovery through films and displays.

Walking along one of the trails feels like you're surrounded by the ocean. Watch one of the several short educational shows they screen in the visitors center, walk along the paths to see the whale watching lookout point or travel down to the tide pools and see the old Point Loma Lighthouse. At the lighthouse, built in 1854, you can see how life was for the lighthouse keeper and family.

Shelter Island

Shelter Island is a romantic place to

enjoy the views. Its 20 miles of coastline range from sandy beaches with shallow waters to rustic spots that offer beauty and seclusion but with a little less polish. The three town beaches are all unique and they have different characteristics.

Wades, which is on the south side of the island and fronts Shelter Island Sound, is a wide sandy beach with a gentle slope. Crescent, or Louis Beach, faces Southold and Greenport on the north and has lovely sand. It is also the only beach with any commercial establishments on it.

Romantic Get-Away

If you are looking for a romantic escape, pack your bags and take your honey to Kona Kai Resort & Spa's "Bae on the Bay" on Shelter Island. You can experience an island escape, available now through Feb. 29.

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Have a romantic Valentine's day meal in Kona Kai Resort in Shelter Island.

PHOTO CONTRIBUTED

FIREPLACE DESIGN CONTEST



Sim Bruce Richards and family photographed by Julius Shulman.

At our last architecture lecture, we heard Keith York speak about Sim Bruce Richards' artistic attention to the fireplaces he designed. Similar to his mentor Frank Lloyd Wright, Bruce Richards' believed the fireplace anchored the home architecturally and spiritually. As fireplaces have recently peaked our interest, we are holding a contest for the best designed fireplace in Point Loma. A photograph of the winner will be published in the Peninsula Beacon in March. Please include details with your photo and send to Susan Diamond at Susan.Diamond@sothebysrealty.com.

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Mothers and daughters in harmony for charity at MADCAPS annual show

By **SCOTT HOPKINS** | THE BEACON

One of the community's oldest organizations is preparing to stage its annual music and dance review involving a cast of hundreds of local teens.

This is the 56th year that MADCAPS (Mothers and Daughters Club Assisting Philanthropies) has entertained audiences while raising funds for charities selected by the young ladies themselves. Months of rehearsals will culminate in "MADCAPS, in Harmony with San Diego," the theme of this year's show, to be staged Thursday through Saturday, March 10 to 12, at Brown Chapel on the campus of Point Loma Nazarene University.

Dozens of local young men are also featured in the production.

Tickets for the popular show, which features singing, several types of dance and a farewell to graduating members, will go on sale Tuesday, Feb. 9, and range from \$5 to \$25 each. They can be purchased at sdmadcaps.org.

"We are particularly excited about this year's theme," said Kate McKenzie, 2016 benefit communications chair of the group. "It focuses on our local community, where our boots are on the ground making a difference. An exciting new feature of the show is stage appearances by representatives of the philanthropies we support. This year, we are very pleased to welcome



Members of MADCAPS rehearse musical numbers for the group's 56th annual music and dance show Thursday through Saturday, March 10 to 12, at Point Loma Nazarene University. Tickets for the popular performances go on sale Feb. 9. PHOTO CONTRIBUTED

San Diego Habitat for Humanity, St. Vincent de Paul and San Diego Therapeutic Recreational Services to say a few words to our patrons."

MADCAPS is also supporting an outreach to homeless kids led

by PLNU and San Diego First Church by collecting items for kits to be distributed to those in need. Patrons are asked to bring items such as tube socks and small shampoo bottles.

Community sponsors this year

include Meguiar's Inc., Erin and Jim Schabarum, the Brick Youth Group of Point Loma Community Presbyterian Church and the MADCAPS Class of 2016.

MADCAPS is a group of about 180 mothers and their daughters

in grades 7 through 12 who live in the Point Loma, Ocean Beach, Mission Hills and Hillcrest areas. They provide direct services and donations to many area charitable organizations.

Each year's new class selects

MADCAPS

When: 7 p.m. Thursday, March 10, 7 p.m. Friday, March 11, 5 p.m. Saturday, March 12.

Where: Brown Chapel, Point Loma Nazarene University.

Tickets: On sale Feb. 9 at sdmadcaps.org.

'(The show) focuses on our local community, where our boots are on the ground making a difference.'

KATE MCKENZIE
COMMUNICATIONS CHAIR OF MADCAPS

charities to assist as they grow, contributing thousands of volunteer hours each year.

Since its inception in 1960, the group has raised more than \$828,000 in addition to the invaluable volunteer services of its members.

All MADCAPS members also volunteer annually at the Susan G. Komen Breast Cancer 3-Day Walk and Autism Speaks.

More information is available at the group website above or by contacting McKenzie at (619) 399-9839 or kate.mckenzie@cox.net.

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Wild winds topple trees in Point Loma

About 4:30 a.m. Feb. 1, Westminster Presbyterian Church lost two giant eucalyptus trees along Talbot Street. The church hired a crew who cleared the two trees blocking Talbot. A third tree behind the church sanctuary also fell, which compromised a power line between the sanctuary and fellowship hall-theater. No one was hurt, and SDG&E was notified. Powerful winds have downed dozens of trees and utility poles throughout San Diego County as the result of a winter storm that arrived just before noon Jan. 31.

PHOTO BY SALLY RATHBONE

Parking, traffic and chokepoints discussed at Midway Planning

By DAVE SCHWAB | THE BEACON

Midway Community Planning Group (MCPG) in January voiced concern that area property owners could come out on the short end of traffic and parking changes and improvements proposed in a draft mobility report presented by city officials.

Those changes, as outlined at MCPG's Jan. 20 meeting, could include creation of small road segments interconnecting side streets. The idea is to siphon some of the congested traffic off Rosecrans Street, one of the city's most heavily trafficked thoroughfares.

The Midway District is in the throes of a community plan update that could significantly alter traffic and parking patterns throughout the largely industrial-commercial and warehousing district.

MCPG board member Cathy Denton warned that adding road segments and making other changes to encourage bicycle and pedestrian uses could curtail on-street parking, which might have unintended, negative consequences for merchants.

"We're light and heavy industrial and warehouse and delivery, and I wonder if you're (city's) taking that into consideration in your vision of our draft community plan," Denton noted. "You're talking about removing parking, putting in bike lanes and putting in physical barriers. There are a lot of property owners in this area that have their blood, sweat, tears and their lives invested in these properties, which are small parcels, some not even 50 feet wide. I don't think this is what we should be doing as part of the community plan update."

"In the future, we need to have some very sensible things done, but some of the byproducts of those (proposed changes) could amount to de facto eminent domain and impact property owners," agreed MCPG planner Kurt Sullivan. "It says to them, 'You're stuck with what you have in an undervalued position against what happens in the rest of

the area. And you're the ones who are going to pay the price personally for the benefit of this entire community.' It's a large issue."

"Part of the analysis for your community plan update is a traffic and mobility study evaluating the needs of the community and its land uses," city planner Vickie White told the group, adding the mobility study amounts only to suggestions at this stage of the planning process.

White has noted the Midway Community Plan update is intended to be "viable for the next 20 to 30 years." She added it was adopted in 1991 and "significantly amended" in 1999.

Stephen Cook of Chen Ryan Associates said the objective is to attempt to make the Midway District less "autocentric."

"We're trying to make biking, walking and taking mass transit more safe," Cook said. "We want to increase the... connectivity into the community, developing a transportation network."

Associate city engineer Tanner French said another objective of the community plan update is to establish a design manual. "We can identify places where sidewalks aren't there that we think are needed," he said. "We want to improve safety and public access points."

"It's a trade-off," acknowledged Cook. "The community has to weigh where they want to have parking and where they want to have sidewalks. Our job is to find out where those trade-offs lie."

French said previously that the community plan update is "going to look at improving bicycle and transit access trying to balance all those modes." He noted that "the whole Peninsula is constrained, with not a lot of regional access," adding there are several "chokepoints with a lot of high-volume traffic" along Rosecrans. He added the area is also difficult for pedestrians and bicyclists to get around in while pointing out there "is a lack of transit connections to the airport."

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It is with great pleasure that Denise and Stuart Seymour announce the engagement of their daughter Kassidi Nicole Seymour to Mark E. Dittrich, Esq., son of Dr. Sharon Reed and Dr. Howard Dittrich.

The bride to be is a 2007 graduate of Point Loma High, received her BA from CSU Chico in 2011 and received her California Teaching Credential from CSU Fullerton in 2015.

The groom to be is a 2006 graduate of Point Loma High, received his BS from UCLA and received his JD Magna Cum Laude from Georgetown University Law in 2014.

Kassidi and Mark both live in Newport Beach, CA and they and their families look forward to an October 2016 wedding in Point Loma.



Peninsula plan group supports residents' appeal for food market

By DAVE SCHWAB | THE BEACON

Peninsula Community Planning Board played to a packed house at its Jan. 21 meeting as upward of 30 residents turned out in a show of support for a mom 'n' pop venue versus a corporate shop.

Planners also were updated on the status of another controversial issue, the so-called NextGen Metroplex plan, proposed by the Federal Aviation Administration. That proposal could allow deviations from the LOWMA Waypoint navigational marker that for some 20 years has minimized plane flights over the Peninsula.

The lease for the former Point Loma Fresh & Easy, in the small shopping center at 955 Catalina Blvd., was sold recently to CVS Pharmacy through a bankruptcy court in Delaware. There is an existing small business, Point Loma Cabrillo Drug, in the same shopping center. Outraged neighbors, who want a grocery store there, not a pharmacy, immediately started an online petition drive on change.org.

Residents at the meeting weren't disappointed, as the city advisory group unanimously endorsed drafting a letter supporting their cause.

Planning board member Mike Ryan, spokesperson for citizens concerned about the Fresh & Easy sale, gave a brief presentation detailing the history of the retail space, which for many years has been one type of grocery store or another.

"I have a copy of a petition with almost 3,000 signatures of local residents against this purchase," Ryan said following his brief presentation. He argued that the existing lease "mandates a grocery store on the site."

"We need to take this seriously," Ryan concluded.

Community planners cut to the chase and quickly asked for a group vote endorsing a grocery store rather than a drugstore on the site. The group's unanimous approval of that motion drew

applause from the room.

Fresh & Easy, a Southern California convenience grocery store chain, recently closed its eight locations in San Diego County, including its Catalina Boulevard site. The company noted an "organized wind-down" after a failed reorganization as the reason for the closures.

The Delaware bankruptcy court has delayed until mid-February its decision on whether or not zoning on the Catalina Boulevard locale would allow its use as a pharmacy rather than a grocery store.

FAA flight plans

Meanwhile, planning board member Paul Webb, in his report on the status of the FAA's NextGen proposal, noted that Mayor Kevin Faulconer, Congressman Scott Peters, the San Diego County Board of Supervisors and District 2 Councilmember Lorie Zapf are on board with opposition to the controversial proposed airport tracking changes.

A recent meeting with the FAA on its NextGen Metroplex plan drew about 1,000 opponents to a special meeting held in Liberty Station.

Webb pointed out the Peninsula has become "sensitized" to the issue, with some alleging there has been a recent marked increase in overflights of the Peninsula.

"In August, we had 18 noise complaints from Point Loma," Webb said. "In December, there were 1,578 complaints — more than the previous 10 years combined."

The NextGen project is intended to improve the efficiency of airspace in Southern California by optimizing aircraft arrival and departure procedures at more than 20 regional airports, including San Diego's. The project may involve changes in aircraft flight paths and altitudes in certain areas. The FAA, however, claims it would not increase aircraft operations within Southern California airspace.

READ MORE ONLINE AT sdnews.com



School's Torrey pine falls

Severe winds during the area's storm on Jan. 31 took down a 60-foot pine tree at Ocean Beach Elementary School. The Torrey pine was planted shortly after the school was opened in 1909. Torrey pines are an endangered species and grow only on one of the Channel Islands and the Torrey Pines State Natural Reserve north of La Jolla.

PHOTO BY MIKE MCCARTHY

Zika virus in San Diego: what you should know

It is everywhere in the news — the Zika virus. It's a mosquito-driven virus new to the Americas that has been virtually harmless to most people but also linked to a serious birth defect. It's prompted travel warnings to Mexico and several South American and Central American countries, as well as anxious questions from the media and the public.

So what should you know about the Zika virus in San Diego County?

There's no reason to panic

There are currently no local detections of the Zika virus in San Diego County. There were two cases reported here in recent years: one in 2014 and one in 2015. In both cases, the people contracted the virus when they visited tropical islands in the South Pacific and the Indian Ocean. San Diego County public health officials said neither person needed to be hospitalized. The national Centers for Disease Control and Prevention (CDC) report there have been no locally-transmitted cases of Zika in the U.S. And there have been no Zika cases reported in the regions of Mexico bordering San Diego County.

Protect yourself from mosquitoes

Start by finding and dumping out any standing water in and around your homes so mosquitoes don't have places to breed. San Diego County's Vector Control program has been encouraging residents to protect themselves from mosquitoes since 2003, when another virus — the West Nile virus — showed up here. That is even more important this year because El Niño has brought increased rain and because the mosquitoes that can transmit the Zika virus like to live and breed in urbanized areas — including inside homes and

backyards — and can breed in containers as small as a thimble. The San Diego County Environmental Health Department's Vector Control Program routinely monitors and works to control mosquito populations, responds to complaints and eliminates mosquito breeding grounds.

Zika virus

The CDC reports that only about 20 percent of people — one out of every five — who get infected with the Zika virus ever experience any illness. If people do get sick, their symptoms are usually mild and may include fever, rash, joint pain or conjunctivitis (red eyes). Symptoms typically begin two to seven days after being bitten by an infected mosquito. However, the CDC also reports that the Zika virus has been suspected to cause a severe birth defect — microcephaly, a condition where babies' heads and brains are smaller than normal — in cases where mothers were infected during pregnancy. The CDC has issued travelers warnings urging pregnant women not to travel to countries where Zika is present.

Mosquitoes

The mosquitoes known to transmit the Zika virus, primarily the *Aedes aegypti* (yellow-fever mosquito), but also the *Aedes albopictus* (Asian tiger mosquito), are not native to San Diego. But they have been discovered here — the yellow-fever mosquito in 2014 and the Asian tiger mosquito in 2015.

These *Aedes* mosquitoes are different than the mosquito species native to San Diego County.

They're smaller and have distinctive black and white markings. And unlike our native mosquitoes, they like to feed

during daylight hours. They are known to be aggressive biters.

County officials said the public should continue to remember the "Prevent, Protect, Report" slogan that has guided its fight against West Nile virus.

Prevent mosquito breeding sites. Every week, dump out and clean containers that hold water inside and outside homes. Fill plant saucers with sand or fine gravel so water won't form pools where mosquitoes can breed.

Protect yourself from mosquito bites. Wear long sleeves and pants when outdoors. Use insect repellent, preferably one containing DEET.

Make sure the screens on your windows and doors are in good condition, do not have holes or tears, and are secured to keep insects out.

Report if you are being bitten by mosquitoes during daylight hours, or if you find mosquitoes that match the description of the yellow-fever mosquito or Asian tiger mosquito, by contacting the Vector Control program at (858) 694-2888 or vector@sdcounty.ca.gov.

County public health officials have said anyone who planned to travel out of the country should check the CDC travel advisory website to see if there are any mosquito-borne diseases, including the Zika virus, in the country that they plan to visit. They said people should consult their doctors before traveling to a country with the Zika virus — especially if they are pregnant or may become pregnant. In addition, they said that anyone experiencing Zika-like symptoms within two weeks of returning from a country with the Zika virus should seek medical care.

For more information about the Zika virus, go to the CDC's Zika virus web page.

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I will be inheriting some money and a home, do I need a will or trust?

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Inheritances and gifts are separate property, which means that you do not need to put your spouse's name on them. In the event that you have already put the asset into your spouse's name jointly, then you have already commingled them and they may be community property.

If you receive real estate valued over \$50,000 (no kidding) or the funds you inherit are valued over \$150,000, then you should put them into the name of the trust to avoid probate. Probate is a court procedure that takes about a year and costs a bundle of cash.

One of the reasons that you have to sit down with me to discuss all the facts, is that the advice depends on your particular situation. The first consideration is whether or not the assets should be in an existing living trust. Do you have one? If so, title of these assets can be in the name of your trust. However, I advise many married folks to have me prepare a Separate Property Trust for them. Your spouse can be the beneficiary of that new trust, but you control the ultimate distribution yourself forever.



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CVS pulls out of Point Loma shopping center

By DAVE SCHWAB | THE BEACON

A proposal to turn the former Fresh & Easy into a pharmacy has apparently died for lack of a second.

Numerous sources, including Point Loma and attorney Andrew M. Greene, are reporting that CVS Pharmacy withdrew its bid Jan. 29 for the Fresh & Easy lease in the shopping center at 955 Catalina Blvd. in Point Loma.

The proposal, in the past several weeks, has drawn strident opposition from nearby residents, 3,000 or more of whom signed an online petition at change.org to oppose a drug store going in at that site. The site already includes a local pharmacy, Point Loma Cabrillo Drug, as well as a Subway, Cup of Yo and Peet's Coffee & Tea.

"Never underestimate the power of the people when they are wronged and are angry," said Jon Linney, a Peninsula community planner speaking on his own behalf. "I do believe the 3,000-plus signatures was a big part of why CVS backed down."

Linney was referring to the effort by Mike Ryan and other organizers to gather a change.org petition with upwards of 3,000 petitions, which he noted "was the bulk of the effort."

Linney believes "the landlord's opposition and legal intervention took the fight to a higher level."

"The unanimous vote of the Peninsula Community Planning Board – an easy vote, by the way – showed how united the community was and how senseless a second pharmacy instead of a grocery would be," he said. "Finally, the Beacon's front-page story with the latest developments was a fine moment in community journalism."

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Discounted household goods at Black Friday Outlet

By DAVE SCHWAB | THE BEACON

It's Black Friday every day at the Midway District outlet store of the same name.

Open about three months, Black Friday Outlet, at 3610 Midway Drive, offers a plethora of household goods, including TVs, refrigerators, coats, washing machines and even Hoverboards at as much as 25 to 75 percent off.

Refrigerators sell for \$999 to \$2,000. TVs go for \$200 to \$999. Beds are in the \$275 to \$400 range for full, queen and king sizes. Washers and dryers are discounted, selling for between \$499 and \$999.

The store name references the day following Thanksgiving, which since 1932 has been regarded as the start of the Christmas shopping season in the United States. Most major retailers on the first holiday shopping day of the year open very early (some overnight) with promotional sales.

"Black Friday is a shopping day where discounts are given on those days from major stores," noted outlet co-owner Kevin Kunz, who runs the shop along with his brother-in-law, Jared Quintanilla. "So we figured, 'Why limit customers to one day a year for those sales when we can give it every day?'"

The duo had a couple of restaurants, lunch trucks and a Black Friday in Hawaii. They rebooted Black Friday after relocating to San Diego.

Kunz grew up in Pacific Beach, is a Mission Bay High School alum and sells real estate locally. He said he loves being in the outlet trade.

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Where: 3610 Midway Drive (Midway District)

Hours: Mondays through Sundays, 10 a.m. to 8 p.m.

Info: (619) 888-2681
blackfridayoutletsandiego.com

Kunz said, noting the shop offers something else most retailers don't – the option to purchase items on layaway.

"Not everybody can afford a refrigerator or a washer and pay for it all at one time," Kunz noted. "If, say, you want to buy a washer for \$600, we have them put 20 percent down as a deposit, then pay 20 percent more every two weeks on layaway, rather than putting it on their credit cards, where they're charged 20 percent interest. If they do 20 percent every two weeks, they have it paid off in 10 weeks."

Kunz said he and Jared are able to offer such good prices because of their extensive networking.

"We're able to give such deep discounts because we buy from people who buy in bulk at such low prices that we can buy it and still make a profit reselling it," he said. "We can sell TVs at or below amazon prices."

Black Friday also offers an assortment of discounted coats and jackets and expects to soon expand many of the lines it carries.

"We're going to get dresses. We're going to expand the store," he said, adding they're going to make a business trip to Las Vegas soon to explore expanding their merchandising lines.

Midway's Black Friday also offers other recreational items, like Hoverboards. Kunz noted they have a military contract to sell them at local bases.

Of his location on Midway Drive, Kunz said, "Twenty thousand cars pass by here every day. It's a great location."

Kunz said Black Friday is also involved in giving back to the community.

"We want to start working with different local organizations to raise money (for them)," he said. "We raffled off a 50-inch TV the other day, with proceeds going to Mission Bay's basketball team. We're in talks with another school right now to do a fundraiser for them."

For more information, visit blackfridayoutletsandiego.com or call (619) 888-2681.



The shop offers a plethora of household goods, including TVs, refrigerators, coats, washing machines and even Hoverboards.
PHOTO BY DAVE SCHWAB

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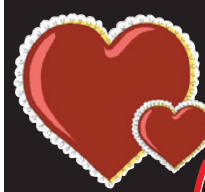
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At O.B. People's Organic Food Market, a California food cooperative and San Diego's only customer-owned grocery store, we've been selling organic food since 1972. The market specializes in organic produce and grocery items, full spectrum vitamins, bulk herbs and dry goods, aromatherapy products, and cruelty-free body care items. And at People's, you don't need to be owner of the co-op to shop, everyone is welcome! Stop by on Valentine's Day to enter our Valentine's Gift Basket Raffle. We'll be giving great gifts away all day long!

Ocean Beach People's Organic Food Market is open daily from 8 a.m. to 9 p.m. at 4765 Voltaire Street. Please call (619) 224-1387 for more information. Visit us on the web at obpeoplesfood.coop or on Facebook at facebook.com/oceanbeachpeoples

People's Broccoli Soup

Chef's tip: Of all the commonly consumed cruciferous vegetables, broccoli stands out as the most concentrated source of a premiere antioxidant nutrient—vitamin C. You need vitamin C for the growth and repair of tissues in all parts of your body.

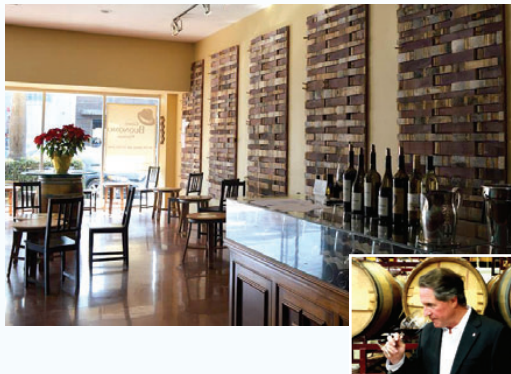
- 1 Tbsp. olive oil
- 1 cup carrots, diced
- 1 cup onion, diced
- 1 cup celery, diced
- 1 Tbsp. garlic
- 1 sprig thyme
- 3 tsp. sea salt
- 1 tsp. black pepper
- Zest of 1/2 lemon
- 4 cups vegetable broth
- 5 cups broccoli, stems chopped small for sauté, the rest small florets
- 1 cup chopped spinach

In a soup pot, sauté the carrots, onion, celery, and broccoli stems in oil for 20 minutes, then add the garlic and sauté for 1 more minute. Add the thyme, salt, pepper, and broth. Bring to a boil, then simmer for 10 minutes. Add the broccoli florets and cook for 5 more minutes. Remove from heat and add the spinach. Use an immersion blender and blend until smooth. Add zest to each bowl of soup before serving.



The Ocean Hospitality Group was created by local business owners under the umbrella of OBMA to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Our mission is to work collectively, as a group, to provide the community with the best we can offer to locals and visitors. oceanbeachsandiego.com or call (619) 224-4906

San Diego's First Beach Winery Celebrates Grand Opening in Ocean Beach



Gianni Buonomo Vintners has opened the doors to San Diego's first beach winery. The brand-new, on-site winery and tasting room in Ocean Beach is just steps from the beach on Newport Ave. Known by locals as OB, Ocean Beach is regarded by many as the last "old school" beach town in California. It's also known as more of a beer drinking surfer community than a wine community.

"You can still drink fine wine wearing flip-flops," jokes winemaker and managing partner Keith Rolle who is a long-time Ocean Beach resident.

Gianni Buonomo Vintners obviously doesn't grow grapes at the beach. The majority of the grapes are

brought to Ocean Beach from top vineyards in Washington State. The balance of the grapes are sourced from two vineyards in El Dorado County CA.

Gianni Buonomo Vintners produces around 1500 cases of wine per year. "We have to work harder to keep it small," said Rolle. "It's pretty high density down here by the beach, but we'll have just enough room to manage our small wine operation."

The Grand Opening of Gianni Buonomo Vintners is scheduled for Friday, February 19, 2016 from 7:00 to 10:00. Select wines from the Gianni Buonomo line-up will be paired with small plates from some of Ocean Beach's finest restaurants.

Tickets are only available online on Yapsody. giannibuonomo.yapsody.com/event/index/27027?ref=elink

For information: www.GBVintners.com

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iPads stolen from OB school

Pioneer Day School, a special-needs school in Ocean Beach, was robbed over the weekend of Jan. 29, and the thieves took the most important things inside. They stole more than a dozen iPads customized for each student's particular needs.

On Feb. 1, however, there was some great news. A local real estate developer heard about the robbery, contacted a

local television station and said he wanted to donate money to replace the machines.

Along with replacing the specialized computers, officials also have to replace two doors and install a new security system. Meanwhile, no love is lost between school officials and the robbers.

"This is like removing a section of [a student's] brain, in a sense," said Jim Leiner, Pioneer founder.

Stem cells discussion at PL Library

Dr. Larry Goldstein, head of UCSD's Sanford Stem Cell Clinical Center will discuss the revolutionary progress of stem cell research in San Diego on Wednesday, Feb. 10 at 6:30 p.m. in the Community Room of the Point Loma/Hervey Library.

Goldstein is a distinguished professor in the Department of Cellular and Molecular Medicine at UCSD School of

Medicine. The speaker is the co-author of "Stem Cells for Dummies," an examination of the potential for therapeutic intervention through the use of adult stem cells.

Goldstein's Sanford Center was host to the 2015 "Stem Cell Meeting on the Mesa," a conference on the latest innovations in gene therapy and stem cell technologies which hold promise to unlock therapies for host of diseases.

Writers Symposium by the Sea

Point Loma Nazarene University's 21st annual Writers Symposium by the Sea is set for Tuesday through Saturday, Feb. 16 through 19.

Speakers this year include poet Nikki Giovanni, sportscaster Dick Enberg, Robin Jones Gun and Sarah Bessey. Giovanni was prominent in the Black Arts movement during the 1960s, and she is active in the current Black Lives Matter movement. Giovanni will also recite some of her spoken word poems. Oprah Winfrey named her one of her 25 living legends. To see the entire program, visit pointloma.edu/writers.

PCPB elections in March

The Peninsula Community Planning Board will be holding elections in March to fill five vacancies for terms that are set to expire in March. The term for the five vacancies will be through March 2019. Requirements for those who may be interested in becoming a board member: Board terms are three years. There may also be shorter unexpired terms that need to be filled.

To be eligible, a candidate must be 18 years of age; reside, own property or operate a business within the PCPB boundaries; and have attended one regular meeting within the previous 12 months. Attending the candidates forum would also qualify for this requirement.

The PCPB meets on the third Thursday of each month and has various subcommittees that also meet on a regular basis. The election will be held 4 to 8 p.m. on Thursday, March 17 at the Point Loma Hervey Library, located at 3701 Voltaire St.

The candidates forum will be held 6 to 7:30 p.m. Thursday, March 3 at the Point Loma Hervey Library, located at 3701 Voltaire St.

Applications can be downloaded at pcpb.net under the elections tab. Email applications to: pcpbem@gmail.com and jonlinney11@gmail.com. For additional information, contact Jon Linney at jonlinney11@gmail.com or (619) 929-6258.

Program on 1916 flood

One hundred years ago, the drought-fearing city councilmen of San Diego hired a rainmaker. For a handshake pledge of \$10,000, Charles Hatfield built a wooden tower, set up equipment at Lake Morena, and began "milking the skies."

In the days that followed, San Diego was deluged with nearly 30 inches of rain. Mission Valley flooded, reservoirs filled and dams collapsed, roads and bridges washed away.

Did the rainmaker produce the epic storms of January 1916? Or was this massive deluge an act of God?

In words and pictures, this presentation by the Ocean Beach Historical Society, at 7 p.m. Thursday, Feb. 18 at St. Peter's by the Sea Lutheran Church, 1371 Sunset Cliffs Blvd., will revisit the famed Rainmaker Flood and look at the strange story of an itinerant sewing machine salesman turned rainmaker, who claimed the historic rainfall as "an act of Hatfield."

Presenter Rick Crawford is the supervisor of special collections at the San Diego Public Library. He is the former archives director at the San Diego Historical Society, where he also edited the Journal of San Diego History.

He has degrees in history and library science, and has written extensively on local history, including articles for the San Diego Union-Tribune, and the books "San Diego Yesterday" and "The Way We Were in San Diego."

The suggested Ocean Beach Historical Society program donation is \$5, but any donation is appreciated.

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Ocean Beach's Skyler Lutes to release new CD

By BART MENDOZA | THE BEACON

Things have been going well for Ocean Beach singer-songwriter Skyler Lutes. Perennially on the road, Lutes returns to San Diego for a CD release show at the PB Cantina on Monday, Feb. 15, celebrating his new album, "After the Rain." The past few months have seen the producer/musician widen his horizons with increased production at his home studio for artists ranging from reggae favorites Through the Roots to indie rockers Falling Doves, with whom he will be touring Europe this fall.

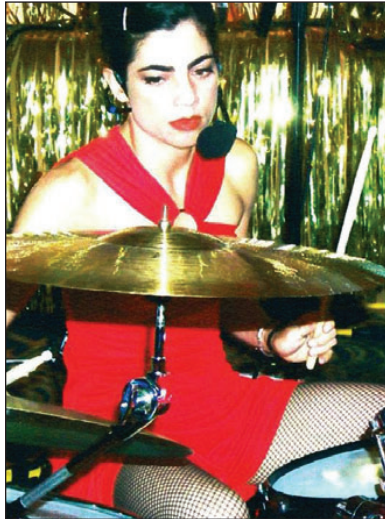
"The tour fell into place naturally," Lutes said. "I've been helping Doves frontman Chris Leyva with his new album. We get along so well; it's a good fit and something I'm really looking forward to."

While Lutes is a prolific writer, no one will have heard anything from the new album until the actual release show.

"I've kept this a complete secret for a year," he said. "I haven't played any of these songs, which were written all over the U.S. and South America while on tour, outside of my room." His reasons are succinct. "I see everyone going to open mics and so on to play new material, but I wanted to unveil everything at once, give it to everyone in bulk," Lutes remarked.

Music fans will want to stick around post CD release set, as Lutes has a special open mic directly after his performance. "I wanted to do something a little different, so after I play, I plan on inviting a half dozen of my musical friends to play a few songs, open mic style. It'll be eclectic and a lot of fun."

For this album, his influences include "a lot more reggae," he said. "I've been



A Tragic Loss

San Diego lost a major talent on Jan. 31 with the passing of drummer Nicki Carano (above). Carano was killed when a falling tree hit her car as she drove down Ingraham Street near Crown Point on the way to a gig. A highly respected musician, actor, teacher and dancer who taught at the Academy of Performing Arts, Carano touched many lives with her music, which included stints with TIR NO NOG, Christopher Dale, The Camel Tones, In My Humble Opinion, Nectarine, Haute Flash, 3DVA and Radio Rage.

PHOTO CONTRIBUTED

working quite a bit with the band Through the Roots, and they've been a big influence." While he is thrilled that his production work has increased, he notes he gives the edge to playing his own music. "I actually got started (in) production so I could record my own music, but I just love music in general, so it's worked out. Music is all I do. I try to

play every night I can."

Until recently, Lutes' focus at his shows has been on original music. "I've been doing a lot more dinner shows and that sort of thing," he says, "and that sort of audience likes to hear some familiar tunes in there, so I've started including as wide a range of songs as possible." He does not see a negative side to playing covers. "It's a great learning tool," he explains, "and it's fun to adapt songs to your own style." He cites the Beatles' "Come Together" as a particular crowd-pleaser, and it's also notable that he covers locals, including a Through the Roots song, "The Weekend."

"I do a lot reggae rock," he says, "songs by groups like Iration, and those songs are also really popular."

While he is spending increasing time on the road, with shows in Utah and Nevada in the coming weeks, he plans to continue with Ocean Beach as his home base. "I couldn't imagine being anywhere else," he said. "I love the OB scene; it's been great. Honestly, it was one of the best places to grow up because there is a lot of talent to pull from. There is a lot of inspiration." An avid surfer and skater, he's made many connections this way. "A lot of musicians I first met came up through that scene, so there is a lot of crossover," he remarked.

Lutes is hopeful his new album will be the one to take him and his music to the next level, but in the meantime, he's enjoying himself. "Music has been great to me. It's all I do, producing, writing and playing," he explained. "I especially love the traveling and the playing a stage every night. Being able to do something fun during the day, and my job is playing at night? It doesn't get any better."



Skyler Lutes returns for a CD release show at the PB Cantina on Monday, Feb. 15.

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Increasingly, though, people are discovering what locals have known for years. Old Town is also the place to go for shopping and Fiesta de Reyes is the place to hit up if you're in the market for a unique gift or specialty item you just can't find anywhere else.

Fiesta de Reyes is home to 19

unique specialty shops featuring authentic, historically themed, one-of-a-kind items that are perfect for gifts or for yourself. From hot sauces to silver jewelry, from olive oil to toys, from unique garden items to original artwork, books to wine to jerky all of the specialty shops of Fiesta de Reyes are locally owned and independently operated.

Of course, if you really want authentic Mexican food with your shopping, Fiesta de Reyes also features three fantastic restaurants that celebrate San Diego's rise from a Mexican village to a thriving culinary and commercial mecca. Add to that, the nightly entertainment

and Fiesta de Reyes is not just a shopping center, it's a vibrant shopping and dining experience.

For more on the shopping, dining and entertainment at Fiesta de

Reyes, go to fiestadereyes.com or just visit in the northeast corner of Old Town San Diego State Historic Park. 2754 Calhoun Street, San Diego, CA 92110.



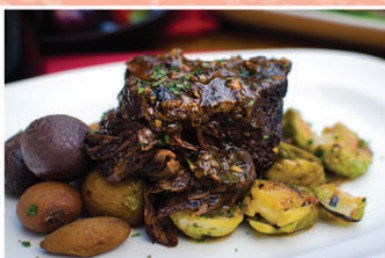
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Happy Valentine's Day

Vegan fast-food restaurant Plant Power opens in Ocean Beach

By HANNA LAUKKANEN | THE BEACON

Plant Power Fast Food opened Jan. 26 at 2204 Sunset Cliffs Blvd. in Ocean Beach. Featuring burgers, shakes, fries, smoothies and wraps, the menu might look familiar. But on closer inspection, you'll notice that there's no meat on the menu.

Zach Vouga, the restaurant's vice president of operations, has been a vegetarian for 12 years and a vegan for the last four. He thinks that buying plant-based food is getting easier in San Diego, as the demand for it has continued to grow. According to Vouga, more people have become aware of the health and environmental benefits of a plant-based diet.

And Vouga, whose firm plans to open a venue in Encinitas later this year, thinks that a meal with no meat might be much tastier than you think.

"There are many more options for eating plant-based these days," Vouga said, "and it's no longer necessary for us to sacrifice taste. It's a win/win. People are generally surprised that our dishes are

'There are many more options for eating plant-based these days.'

ZACH VOUGA
VP OF OPERATIONS AT PLANT POWER

100 percent plant-based. Most people just assume that vegan food is tofu and vegetables. That's a huge misconception."

For those who haven't eaten plant-based food, Vouga recommends the buffalo chicken sandwich or the wake & bacon cheddar burger.

Meat and dairy production is reportedly the single largest contributor to the greenhouse gas storehouse. Consumption of animal products is also understood to be a key contributor to a rising number of health problems.

Vouga and his associates wanted to reimagine the fast food environment and provide a more healthful alternative. Knowing how much people want their



Plant Power Fast Food opened at 2204 Sunset Cliffs Blvd., Ocean Beach. PHOTO CONTRIBUTED

food on the go, his company has fashioned its offerings around the traditional fast-food model. In addition to indoor

and outdoor patio dining, Plant Power Fast Food boasts a "sonic" drive-up option. There, customers can order

POWER PLANT FAST FOOD

Where: 2204 Sunset Cliffs Blvd, Ocean Beach.

Hours: Open 7 days a week, 11 a.m. to 9 p.m.

Menu: Burgers, wraps, burritos, tacos, sandwiches, salads, desserts, smoothies and menus for kids.

Info: plantpowerfastfood.com.

through a kiosk, pay with their credit card and relax in their car until a staffer delivers their food.

The owners hope to blaze a new trail, eventually building Plant Power Fast Food drive-thrus all over the nation. For now, they're hard at work on the beginnings of a regional chain here in California that they hope will improve the lives of those looking for a more healthful version of traditional fast food.

The Ocean Beach venue is open from 11 a.m. to 9 p.m. seven days a week. To learn more about Plant Power Fast Food, visit www.plantpowerfastfood.com.



Zino and Son Nicholas with picture of his grandparents looking over his shoulder

Zino's International Hair Designers is a Family Affair Second Generation Family Business Moves Closer to Home in Point Loma

On August 1, 1985, Zino Bongiovanni opened his first hair salon, Zino's International, in a space much smaller than that at his new location. Now, Zino is going back to his roots by relocating as a small neighborhood

hair salon, at 2168 Chatsworth Blvd., between Voltaire Street and Nimitz Boulevard, close to his home in Point Loma.

Zino is a first-generation Sicilian, and his work as a hair stylist and business owner was foreign to his family. Yet family is a priority in his life and the key theme for what makes his business special. His booth is decorated with pictures of his family. A blown-up picture of his parents is hung in a place of prominence, as if they are watching over his shoulder, looking down with pride, even though they are no longer with us. If they were, they would look on with joy as Zino

trains his son Nicholas in haircuts, styles and colors, as he is an apprentice and will one day take over the salon.

Some may recognize the name Zino's International Hair Salon, as it was a large and well known salon in Mission Valley's Hazard Center for 25 years. Others might recognize Zino as the brother-in-law of Giacalone brothers Joey and Frank, who own the Venetian restaurant, conveniently located nearby. His wife, Elena, the Giacalone brothers' sister, warmly welcomes you at the front of the salon, and Nicholas is quick to assist customers with great attention to detail

and care as he shadows his father. It's a wonderful family setting.

Zino is supported by an excellent team from the former location and plans to do something great in Point Loma. Meanwhile, the new location also comes with parking – something rare in that part of the neighborhood.

Family has always been important to Zino. His business enabled him to provide for his family, be available for his kids and let his wife stay home and raise them. His love and passion for family truly make Zino's service great. His client Elmer discusses his relationship of more than 30 years with Zino. When asked why he keeps coming after all these years, he says with a smile, "We raised our kids together. We got married together. He's family. He's like my brother." Elmer currently commutes from La Jolla to Point Loma to get his haircut from Zino. Elmer confidently stated, "Wherever Zino goes, I will go, even if it's to Fallbrook. Even L.A. Well, maybe not L.A." He also said he admires Zino's perspective and that Zino gives good advice. Not only did Elmer get a great haircut that day; he got to catch up with a good friend, confidant and brother.

Zino said that "The current trend is going back to the neighborhoods. People aren't wanting to leave, get in their car and go to corporate places – they want to walk in their communities. I'm excited to be back in my neighborhood, Point Loma. I look forward to giving back to the community (Zino has also always been involved in helping charitable organizations).

After opening only two months ago, the new place already feels like home and Zino and his team continue to excel every day at making customers feel like family.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000186 Fictitious Business Name(s): CREATE-HEALTHY-AMTIS.COM located at: 1467 BERVL ST. SAN DIEGO, CA 92109 is registered by the following: STEPHANIE ANTIN This business is conducted by: AN INDIVIDUAL The first day of business was: 01/04/2016 Registrant Name: STEPHANIE ANTIN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2016 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-032775 Fictitious Business Name(s): E AUTO-MOTO SALES located at: 4009 PARK BLVD. SUITE 1 SAN DIEGO, CA 92103 is registered by the following: ENERIUS ILANO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ENERIUS T. ILANO Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 23, 2015 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-032950 Fictitious Business Name(s): ENTERPRISE ZING located at: 10440 MAYA LINDA RD. SAN DIEGO, CA 92126 is registered by the following: MYLO DELK-HENDERSON This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MYLO DELK Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 29, 2015 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000461 Fictitious Business Name(s): CARE OF LIFE, CARE OF LIFE CHIROPRACTIC, CARE OF LIFE, SAN DIEGO located at: 4535 FANIEL ST. SAN DIEGO, CA 92109 is registered by the following: STEPHANIE LIBS This business is conducted by: AN INDIVIDUAL The first day of business was: 04/01/2015 Registrant Name: STEPHANIE LIBS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 07, 2016 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-033094 Fictitious Business Name(s): BARE BRUSH TAN, LLC. located at: 3843 MISSION BLVD. SAN DIEGO, CA 92109 is registered by the following: BARE BRUSH TAN, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY BARE BRUSH TAN, LLC. 3843 MISSION BLVD. SAN DIEGO, CA 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: PERRIN COOK Title: FOUNDER / MANAGING MEMBER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 30, 2015 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION 330 W. BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2015-00042968-CU-PT-CTL PETITIONER OR ATTORNEY, ELLEN ZIEGLER WARD 2227 DENVER ST. SAN DIEGO, CA 92101-3335 619-787-9162. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM ELLEN ZIEGLER WARD TO ELLEN LOUISE ZIEGLER 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 FEB 19, 2016 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA 92101 ISSUE DATE(S): JAN 14, 21, 28 AND FEB 04, 2016

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION 330 W. BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2016-00000334-CU-PT-CTL PETITIONER OR ATTORNEY, MAN DIEP 10149 LEAVESLY TRL. Santee, CA. 92071 858-436-5252 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM MAN DIEP ON BEHALF OF MINOR CHILDREN QUI N DIEP TO JULIE DIEP FROM THU LE OYEN DIEP TO SAMMIE DIEP 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 FEB 26, 2016 TIME: 8:30 AM Dept: C Room: 46 220 WEST BROADWAY SAN DIEGO, CA 92101 ISSUE DATE(S): JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-032536 Fictitious Business Name(s): SMILE NAILS & SPA located at: 1759 OCEANSIDE BLVD #B. OCEANSIDE, CA. 92054 is registered by the following: PHONG NGUYEN This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: PHONG NGUYEN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 21, 2015 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000720 Fictitious Business Name(s): AMJR PROPERTY MANAGEMENT located at: 5645 LORD CECIL ST. SAN DIEGO, CA 92122 is registered by the following: PHONG NGUYEN This business is conducted by: A MARRIED COUPLE The first day of business was: 11/15/2015 Registrant Name: ALVARO MUNIVEAR JR., JEANNINE LAINE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2016 ISSUE DATES: JAN 14, 21, 28 & FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-033231 Fictitious Business Name(s): HARLAND PROPERTY MANAGEMENT, HARLAND MANAGEMENT, HARLAND REALTY, HARLAND ESTATES located at: 920 KLINE ST. #202 LA JOLLA, CA. 92037 is registered by the following: KAYNON & ASSOCIATES INC. This business is conducted by: A CORPORATION KAYNON & ASSOCIATES INC. 920 KLINE ST. LA JOLLA, CA. 92037 CALIFORNIA The first day of business was: 11/08/2003 Registrant Name: KAYVAN HOMAYOUN Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 31, 2015 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000779 Fictitious Business Name(s): VOLARE: A POLE ART & AERIAL YOGA STUDIO located at: 5026 CASS ST. B SAN DIEGO, CA 92109 is registered by the following: VOLARE: A POLE ART & AERIAL STUDIO, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY VOLARE: A POLE ART & AERIAL YOGA STUDIO 5026 CASS ST. B SAN DIEGO, CA 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: ELISE MICHELLE WATERS Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2016 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000696 Fictitious Business Name(s): TEALE VR located at: 2726 SHELTER ISLAND DR. SAN DIEGO, CA. 92106 is registered by the following: SIMON TEALE This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: SIMON TEALE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2016 ISSUE DATES: JAN 14, 21, 28 AND FEB 04, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001015 Fictitious Business Name(s): STERLING PHOTO located at: 2950 CLAIEMONT DR. UNIT 4 SAN DIEGO, CA. 92117 is registered by the following: MEGAN KELLY This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MEGAN KELLY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2016 ISSUE DATES: JAN 21, 28 FEB 04 & 11, 2016

VIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MEGAN KELLY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2016 ISSUE DATES: JAN 21, 28 FEB 04 & 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000789 Fictitious Business Name(s): SHELL SHOCK located at: 3360 SPORTS ARENA BLVD. SUITE A SAN DIEGO, CA. 92110 is registered by the following: DREW KOLTUN, OFER ZIGNER This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: DREW KOLTUN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2016 ISSUE DATES: JAN 21, 28 FEB 04 & 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000727 Fictitious Business Name(s): IDAS DELI located at: 701 B STREET STE 110 SAN DIEGO, CA 92101 is registered by the following: ESCALADE INVESTMENTS LLC. This business is conducted by: A LIMITED LIABILITY COMPANY ESCALADE INVESTMENTS LLC. 6895 PACO IAGO RANCHO SANTA FE, CA. 92067 CALIFORNIA The first day of business was: 01/11/2016 Registrant Name: EGBAL SAEED Title: OWNER / MANAGER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2016 ISSUE DATES: JAN 21, 28 FEB 04 AND 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001135 Fictitious Business Name(s): UPCYCLE A BARREL located at: 3825 MT. BRUNDAIGE SAN DIEGO, CA. 92111 is registered by the following: KEITH M. ROYCE This business is conducted by: AN INDIVIDUAL The first day of business was: 01/11/2015 Registrant Name: KEITH M. ROYCE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 14, 2016 ISSUE DATES: JAN 21, 28 FEB 04 & 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000925 Fictitious Business Name(s): BAY SPA AND MASSAGE located at: 4961 DIANE AVE. SAN DIEGO, CA. 92117 is registered by the following: XIAOMIN VASQUEZ This business is conducted by: AN INDIVIDUAL The first day of business was: 01/08/2016 Registrant Name: XIAOMIN VASQUEZ Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 12, 2016 ISSUE DATES: JAN 21, 28 FEB 04 & 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000203 Fictitious Business Name(s): BONE APPETIT located at: 1785 SUNSET CLIFFS BLVD. SAN DIEGO, CA. 92107 is registered by the following: AUDREY DOG, INC. This business is conducted by: A CORPORATION AUDREY DOG, INC. 1785 SUNSET CLIFFS BLVD. SAN DIEGO, CA 92107 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: EMILY HASTINGS Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2016 ISSUE DATES: JAN 21, 28 FEB 04 & 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001124 Fictitious Business Name(s): MINT SKIN located at: 3594 5TH AVE. SAN DIEGO, CA. 92103 is registered by the following: DIANA HARRISON This business is conducted by: AN INDIVIDUAL The first day of business was: 01/11/2016 Registrant Name: DIANA HARRISON Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 14, 2016 ISSUE DATES: JAN 21, 28 FEB 04 AND 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001477 Fictitious Business Name(s): ZEN-DIP TY HOLISTIC HEALTH located at: 8534 SUGARMAN DR. LA JOLLA, CA. 92037 is registered by the following: KIM KAHN This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: KIM KAHN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 19, 2016 ISSUE DATES: JAN 28 FEB 04, 11 & 18, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-000998 Fictitious Business Name(s): CAPTAIN FITCH'S, CAPTAIN FITCH'S MERCANTILE, CATANIA OF CALIFORNIA, HOLIDAY TRADITIONS, BEADS FROM AROUND THE WORLD located at: 2627 SAN DIEGO AVE. SAN DIEGO, CA. 92110 is registered by the following: HOLIDAY TRADITION'S INC. This business is conducted by: A CORPORATION HOLIDAY TRADITIONS, INC. 4290 ROUS ST. SAN DIEGO, CA 92122 CALIFORNIA The first day of business was: 08/01/1995 Registrant Name: CHUCK CATANIA Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2016 ISSUE DATES: JAN 28 FEB 04, 11 & 18, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001242 Fictitious Business Name(s): JOSEPHINA'S CLEANING SERVICES located at: 3444 CLAIREMONT MESA BLVD. SAN DIEGO, CA 92117 is registered by the following: JOSEFINA MELIA This business is conducted by: AN INDIVIDUAL The first day of business was: 01/14/2016 Registrant Name: JOSEFINA MELIA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 14, 2016 ISSUE DATES: JAN 28 FEB 04, 11 AND 18, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001401 Fictitious Business Name(s): PACIFIC PARADISE REALTY, PACIFIC PARADISE REALTY AND PROPERTY MANAGEMENT, PACIFIC PARADISE PROPERTY MANAGEMENT, THE TEAM ADVANTAGE located at: 4931 CASS ST. SAN DIEGO, CA 92109 is registered by the following: PACIFIC PARADISE REALTY AND PROPERTY MANAGEMENT This business is conducted by: A LIMITED LIABILITY COMPANY PACIFIC PARADISE REALTY AND PROPERTY MANAGEMENT 1110 OPAL ST. SAN DIEGO, CA 92109 CALIFORNIA The first day of business was: 01/01/2011 Registrant Name: MICHAEL D. DODGE Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 19, 2016 ISSUE DATES: JAN 28 FEB 04, 11 & 18, 2016

SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) All Persons Unknown, Claiming Any Legal or Equitable Right Title, Estate, Lien or Interest in the Property Described in the Complaint Adverse to Plaintiff's title, or any Cloud Upon Plaintiff's Title Thereto; and DOES 1 through 100 THE PROPERTY DESCRIBED IN THE COMPLAINT ADVERSE TO PLAINTIFFS TITLE, OR ANY CLOUD UPON PLAINTIFFS TITLE The first day of business was: NOT APPLICABLE Registrant Name: MEGAN KELLY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 21, 2016 ISSUE DATES: JAN 28 FEB 04, 11 AND 18, 2016

TIFF'S TITLE THERETO; AND DOES 1 THROUGH 100; YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE) David Guzman, an Individual NOTICE You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. Tene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia. Hay otros requisitos legales Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), o pidiéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos extensos por imponer un gravamen sobrecualquier recuperación de \$10,000 o mas de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que corte pueda desear el caso. The name and address of the court is: (El nombre y dirección de la corte es:) SAN DIEGO SUPERIOR COURT - 330 W. Broadway, San Diego, CA 92101 CASE NO: 37-2015-00018444-CU-OR-CTL The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es:) Grant G. Teeple, Teeple Hall, LLP Towne Centre Dr., Ste. 500, San Diego, CA 92121 858-622-7878 DATE: JUN 03, 2015 Clerk, by C. BOYLE, Deputy, ISSUE DATES: JAN 21, 28 FEB 04 AND 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001743 Fictitious Business Name(s): CENERGYX.COM located at: 1765 GARNET AVE. SAN DIEGO, CA 92109 is registered by the following: DANIEL H. REEDY This business is conducted by: AN INDIVIDUAL The first day of business was: 01/21/2016 Registrant Name: DANIEL H. REEDY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 21, 2016 ISSUE DATES: JAN 28 FEB 04, 11 AND 18, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001009 Fictitious Business Name(s): NURSING NOAH located at: 3401 ECOCHIEE AVE. SAN DIEGO, CA. 92117 is registered by the following: SARA GUENTHER This business is conducted by: AN INDIVIDUAL The first day of business was: 01/13/2016 Registrant Name: SARA GUENTHER Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2016 ISSUE DATES: JAN 28 FEB 04, 11 & 18, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001386 Fictitious Business Name(s): GIL'S AUTOMOTIVE located at: 2437 AUTO PARK WAY ESCONDIDO, CA. 92029 is registered by the following: HO AUTOMOTIVE, INC. This business is conducted by: A CORPORATION HO AUTOMOTIVE, INC. 11462 MC DOWELL COURT SAN DIEGO, CA 92131 CALIFORNIA The first day of business was: 01/16/2016 Registrant Name: GILBERT HO Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 16, 2016 ISSUE DATES: JAN 28 FEB 04, 11 & 18, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-033138 Fictitious Business Name(s): THE GARNER JAMES GROUP located at: 2261 SOLEDAD RANCHO ROAD SAN DIEGO, CA 92109 is registered by the following: THE GARNER JAMES GROUP This business is conducted by: A CORPORATION THE GARNER JAMES GROUP 2261 SOLEDAD RANCHO ROAD SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: 12/01/2015 Registrant Name: EMILY O'GORMAN Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 16, 2016 ISSUE DATES: JAN 28 FEB 04, 11 & 18, 2016

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-001307 Fictitious Business Name(s): THE GAFFE, T



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Your valentine deserves a great meal

By HANNA LAUKKANEN | THE BEACON

Here are some romantic restaurants in Ocean Beach and Point Loma where couples may enjoy a wonderful dinner on Valentine's Day.

Bo-Beau Kitchen + Bar

At Bo-Beau Kitchen + Bar, for example, you can have a dinner at a rustic and romantic restaurant. The eatery takes reservations only four times a year, and Valentine's Day is one of them.

Would your sweetheart like a pistachio-crusted salmon or a Parisian herb gnocchi as part of the three-course meal?

Bo-Beau Kitchen, 4996 West Point Loma Blvd., Ocean Beach, (619) 224-2884.

Bali Hai Restaurant

Bali Hai is a nice place for dinner with your loved one, if you like exotic and fresh menu entries. The restaurant serves Polynesian cuisine, and for Valentine's Day, it has shrimp

and lobster soup dumplings, pan-seared filet mignon and lobster risotto.

Dessert lovers can enjoy Lovers Dessert, which is a passion fruit sorbet, coconut Florentine cookie, mixed berries and warm hibiscus white chocolate.

"Our Valentine's menu is from Friday, Feb. 12 to Tuesday, Feb. 16, so that people can enjoy it the whole weekend," manager Tommy Baumann says.

Bali Hai Restaurant, 2230 Shelter Island Drive, Shelter Island, (619) 222-1181.

Old Venice

Like Italian food? This is your place. In the restaurant's garden patios and bar featuring live music, you will immediately be captivated by the European ambience.

Old Venice Restaurant, 2910 Cañon St., Ocean Beach, (619) 222-5888.

South Beach Bar and Grille

For burger and taco lovers,

this will be love at first sight. Enjoy also special plates like the fried combo (calamari, shrimp, wahoo, mushrooms) or fried shrimp and fries and slaw.

South Beach Bar and Grille, 5059 Newport Ave., Ocean Beach, (619) 226-4577.

Tom Ham's Lighthouse

Winner of the 2015 Diner's Choice Awards, Tom Ham's has a beautiful seafood menu. Bay scallops, Baja tiger shrimp and oysters are waiting for you.

Tom Ham's Lighthouse, 2150 Harbor Island Drive, Point Loma, (619) 291-9110.

OB Sushi Sushi

Want an Asian breeze for Valentine's Day? OB Sushi Sushi offers its namesake dish and creative daily specials plus a full line of imported Japanese beer and sake.

OB Sushi Sushi, 4967 Newport Ave., Ocean Beach, (619) 222-3288.



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Sat 2-4pm 1965 Froude St. 3+BR/3BA \$1,095,000 Jack & Patty • 858-518-5060
Sat 11:30-3pm 3238 Browning St. 4BR/4BA \$1,199,000 Linda Pasas • 619-977-4650
Sat 1-4pm 960 Harbor View Dr. 3BR/2.5BA \$1,200,000 Dawn Leahy • 619-992-4413
Sat 11-3pm 1063 Tarento Dr. 3+BR/4BA \$1,550,000 Anna Thomas • 619-301-0907

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Sat 1-4pm 6106 Camino De La Costa 3BR/3.5BA \$15,600,000 Alida & Vince Crudo • 619-990-2365
Sat 1-4pm 7765 Via Capri 5BR/4.5BA \$2,650,000 The Reed Team • 858-395-4033
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We know that Valentines Day was created by Satan because he's a majority shareholder of Hallmark, but not everyone feels that way. It's impossible to know if the absurd holiday is important to your partner. For that reason you must perform. Even though we know you're going to crush it, let's be honest, most of the night is going to SUCK. That's why it's so important to start the day off right, with bottomless mimosas and free waffles for the kids, at Harbor Town Pub. Show up in your pajamas for a special discount. God knows the rest of the evening will be spent wearing something uncomfortable.

Like taxes, Valentines Day comes once a year and it's important to be ready/buzzed.

HARBOR TOWN PUB

Good Food and Drinks.

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