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THURSDAY, JANUARY 18, 2018

HOMELESS VETS

Our exclusive look
inside the Midway
temporary shelter

SEE PAGE 4

THE SOUND AND THE FURY

New study to
evaluate flight
paths and noise

SEE PAGE 8

POINT LOMA GRAD NAMED NFL ALL-PRO

SEE PAGE 11

This composite photo shows dozens of planes taking off from San Diego International Airport and headed over Point Loma. A new study will evaluate how flight paths and noise impacts Peninsula neighborhoods. OLIVER ASIS / CONTRIBUTOR



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**BEACON TRAVELS**

Positive Adventures CEO Ryan Shortill (back right) with his daughter Calliope (holding the Beacon), Scott Kurth (left) and Kevin Foley (right) on a recent youth excursion to Joshua Tree. Shortill has been carrying around a Beacon for 10 years of travel hoping to get a good shot.



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**BEACON TRAVELS**

The Mather family of Point Loma visited Madrid, Spain. Kirk, Kevin, Kyle (from left) and Heidi at El Clasico watching Barcelona defeat Real Madrid.



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Mike and Cathy Lewis read the Peninsula Beacon at the Taj Mahal in Agra, India.

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The temporary Midway District bridge shelter, which opened for homeless veterans in December, is designed to house up to 200 people a day.

DAVE SCHWAB / BEACON

Life inside the new homeless shelter in Midway

Veterans Village of SD has experience operating transitional housing

By DAVE SCHWAB | THE BEACON

Three large homeless tent shelters recently opened in San Diego. The domed shelter located in Midway District is the new transitional home for homeless veterans.

Opened just before Christmas, the new facility, the only one exclusively serving homeless vets and operated by Veterans Village of San Diego, opened Dec. 22 at 2801 1/2 Sports Arena Blvd.

On a recent Friday, the Peninsula Beacon dropped in on the shelter to chat with administrators — and vets — who discussed the need for the facility and its wrap-around services, as well as the quality of care being provided.

The temporary Midway bridge shelter is designed to house up to 200 veterans a day. On this particular January day, there were 117 veterans present, all but five of whom were men.

“The homeless get their meals in here and it costs nothing,” said Lisa Record, Veterans Village of San Diego development director. “They have charging stations for their phones, books and games, and a smoking area with port-a-potties and showers outside.”

“We do breakfasts and dinners at 7:30

‘The veterans deserve our support more than anybody.’

LISA RECORD
DEVELOPMENT DIRECTOR AT VVSD

a.m. and 4:30 p.m.,” noted Aaron Maggy, Veterans Village of San Diego shelter manager. “When they come in, they get storage bins to keep things as clean and organized as possible.”

Are sheltered vets free to come and go?

“There’s a curfew,” answered Justin O’Leary of Veterans Village of San Diego at the shelter’s admittance counter. “Gates open at 5 a.m. and close at 6 p.m. If you’re onsite at 6 p.m., you can’t leave. It’s important for us to know who’s onsite and who isn’t. Who decides to leave. Who doesn’t.”

Andre Simpson, Veterans Village of San Diego vice president/COO, noted this most recent iteration of the shelter is in the same location that Veterans Village of San Diego has operated temporary emergency winter shelters for 13 of the last 17 years.

“It’s a great working relationship,” said Simpson of the arrangement, pointing out the shelter is transitional, not permanent.

“It’s different for every individual,” noted Simpson, of the veterans’ shelter experience. “Some folks take a little bit longer (transitioning out) because they have their



Don (Duck) Wills, Michael Janasik, and Phillip Faustman at the veterans temporary homeless shelter.

DAVE SCHWAB / BEACON

Veterans talk homelessness, staying in new shelter

By DAVE SCHWAB | THE BEACON

Homeless veterans now housed in the tent shelter operated by Veterans Village of San Diego in the Midway District said they’re well

treated, cared for and appreciative of the chance to reclaim their lives.

On Jan. 12, the Peninsula Beacon interviewed three veterans in the Veterans Village of San Diego shelter at 2801 Sports Arena Blvd.:

Don Wills, Michael Janasik and Phillip Faustman — who talked about their experience there, and what’s its like to be on — and off — the streets.

CONTINUED ON TOP OF **Page 5**

SERVICES AVAILABLE

- 24-hour security;
- Storage;
- Meals;
- Showers;
- Bathrooms;
- Laundry services;
- Alcohol and substance abuse counseling;
- Mental health services;
- Job training;
- Health care; and
- Case managers - housing navigators to help people transition into permanent housing.

issues — substance abuse, mental illness, etc. We work with them to determine what their needs are, then get them connected to permanent housing and intervention programs.”

The homeless population can typically be divided into three categories: Those suffering from substance abuse, those mentally ill, and those eschewing structure and a rooted lifestyle.

Simpson said there’s a fourth category.

“There are people who, for one reason or another, misfortune has

caused them to end up homeless,” he said. “One car accident, one missed bill or rent payment, a substance abuse or health issue — they end up on the street.”

Simpson said the goal of the Veterans Village of San Diego temporary homeless shelter is to help its charges “find themselves and get back on the right track.”

Is helping homeless vets rewarding?

“It’s the most satisfying job I’ve ever had,” replied Record. “The veterans deserve our support more than anybody. They’ve served our

country. Any one of us could be homeless with any type of cataclysmic event. They are so grateful, and are really working hard to get back to where they need to be, regaining their lives.”

“It’s a calling,” answered Simpson who’s been with Veterans Village of San Diego 22 years. “When I first started, I was told Veterans Village of San Diego was not a career, but a job, that it was a steppingstone to a career. I disagreed with that then — and now. This is

CONTINUED ON **Page 5**

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Don (Duck) Wills, 65, a native Texan, is a veteran who served in the Air Force in 1972-73.

Wills, who described himself as “quite gay” is bisexual and has three daughters from a previous marriage. He presently has a husband, currently homeless downtown, who is bisexual whom he sees “every day.” Wills and his partner can’t be in the Veterans Village of San Diego shelter together because his partner is non-military.

Wills had been homeless on the street the last 2 1/2 years. Asked what it was like, he replied, “You don’t have money and wonder where your next meal is coming from. There are thieves ... and those who will beat you silly just because they can.”

Wills said showers are a “monthly” thing for the homeless, unless you know someone living indoors. Concerning remaining hygienic without access to sanitary facilities, Wills commented, “I’ve used plastic bags in dire situations,” adding he always disposed of them properly.

Wills preferred not living in a tent on the street.

“If you put up a tent, the first thing the police are going to say is, ‘They’re in there using drugs or having sex. Or, that woman is a prostitute.’ What went on in my tent was pure sleep. I’d just as soon roll out without a tent.”

Regarding how he landed on the street, Wills first came to San Diego from Texas in 2001 to escape a bad family situation and a tragic background.

“When I was 10 my daddy committed suicide,” he said. It was a traumatic experience that took me three years to recover. Even my mother didn’t know I was in shock. I went from a good little boy to a bad seed — mean, angry and upset.”

Wills said his siblings accused him of not caring about his father’s death because he didn’t cry at the funeral. “I had no clue you were supposed to be crying,” he said, adding, “I knew a lot about life at 10.”

Wills’ goal at Veterans Village of San Diego shelter is “to get back my responsibility, get permanent housing.”

Despite having a heart condition, diabetes and a breathing ailment, Wills’ outlook on life remains positive, partly because of the care he’s received at the shelter.

“Since I came to the tent, I’ve been able to get my prescriptions back that were stolen from me by others on the street,” he said. “I also got my walker back, which had also been stolen.”

Wills said he’d “like to get my own little apartment,” adding, “the people here care about you,” noting he’s confident Veterans Village of San Diego



The domed shelter in Midway District is the new transitional home for homeless veterans
DAVE SCHWAB / BEACON

will help him achieve his goals.

Of his nickname, Wills said it comes from Disney’s Donald Duck.

“My grandad used to remind me of the white ducks he had out on his farm, that’s how I got the name, after the cartoon.”

Asked what advice he’d give other vets to help keep them off the street, Wills replied, “Advice is like bad chewing gum. If it’s bad, it has a lousy taste. You can give advice. It’s up to the individual to accept and take it.”

In parting, Wills said, “Remember the duck.”

Michael Janasick from El Paso, Texas was a tank mechanic in the military from 1984-88. Never actually homeless on the street, Janasick is currently in-between jobs. He sought out the Veterans Village of San Diego shelter to keep a roof above his head.

“I never turned to alcohol or drugs,” said the veteran. “My income was cut off. I’ve got neuropathy (feet) so I can’t go back to my old work as a commercial mover because walking is like being on nails.”

After losing his job and going through his savings, Janasick said, “I absolutely was not prepared for the streets. I’m not equipped for that. The tent was a good thing.”

Of the tent shelter, Janasick said, “People come and go, because that’s their choice. Some work. Some get up at 4 a.m. to catch the first bus or trolley.”

Janasick has been treated well at the Veterans Village of San Diego shelter, noting the administration tries to be patient and understanding.

“People come in here drunk and high, but if they aren’t causing a problem, [Veterans Village of San Diego staff] work with them instead of throwing them out,” he said. “We have a lot of rules. You can get kicked out for not making your bed. You have to charge your phone in a particular area.”

Janasick is thankful for the tent shelter because, “I’m a person that likes structure in my life. If this place

weren’t structured, was run by people who’ve lived on the street for years, it would be chaos. It would just be a nightmare.”

With the influence of the structured existence provided by the tent shelter, Janasick said, “People step up and sweep, and clean.” He added social workers at the shelter help people turn their lives around.

Philip Faustman, 31, is gay and a recent three-year veteran of the Army who left the service following a traumatic experience.

“I got assaulted and I developed post traumatic shock syndrome from that,” Faustman said. “I’ve had four suicide attempts. I’m getting better. I’m starting to feel more stable, back to the person I was.”

Faustman is “working on getting a job,” while taking online classes on his iPhone. He talked about his immediate goals.

“I’m working on securing permanent income and permanent housing. I want my independence back and the ability to stand firm on my two feet again.”

Faustman described what it feels like to be rootless.

“Being homeless, I felt like I’d lost everything that really meant something to me,” he said. “It feels like you’re less of a person, that you’re no longer the person that you used to be. The looks from people ... to just go up to someone and have them look at you like you’re less of a person because your filthy ... it’s heartbreaking. It brought me to the lowest of the low — just not wanting to live anymore.”

The Veterans Village of San Diego tent shelter has been therapeutic for Faustman.

“This opportunity to get a chance at stable housing has meant the world to me,” he said adding services provided him “has given me hope that I can improve my circumstances, that I can be a contributing member of society. Ultimately, I want to make a difference. I’d like to help people avoid the mistakes I made.”

Record said she recently attended a Veterans Village of San Diego graduation, in which residents were transitioning out of Veterans Village of San Diego’s regular campus facility into permanent housing, many of them getting re-acquainted with, and reintegrated into, their families.

“It was a really touching, moving

moment,” she said, adding it was amazing to see the “complete change” in residents and how they’d come “full circle.”

“You could feel the love in the room,” Record said. “Everyone was so happy. There were tears. It was really an emotional evening. We were all incredibly proud of these people.”



Avoid Loosing Thousands When Selling Your Home

SAN DIEGO, 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 homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes.

As this report uncovers, most homesellers make 7 deadly mis-

takes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. I answer to this issue, industry insiders have prepared for a free special report entitled "The 9 step System to Get Your Home Sold Fast and For Top Dollar."

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CONTINUED FROM Page 4

so much more than just a job. It's a calling, a passion."

Simpson, a veteran himself, said he feels more connected with other vets, especially those downtrodden.

"I feel compelled to do whatever I can to help those who have fallen," he said.



The Wholesale Nutrition Center shop is easy to spot in the Midway District.

DAVE SCHWAB / BEACON

Wholesale Nutrition Center flexes its way into Midway

By DAVE SCHWAB | THE BEACON

"Health is wealth" is a slogan on apparel items at Wholesale Nutrition Center in the Midway District, but it could just as easily be the company's mission statement.

"We're actually the largest privately owned supplement store with apparel on the West Coast," said Nayef Amhaz, district manager at WNC, which opened recently at 3610 Midway Drive. "We are not just a sports supplement company. We carry full-on weight loss and vitamins. We are literally the store for every single consumer. You can find everything [here], including an apparel line that's patented to us."

Amhaz said WNC is a one-stop shop, while pointing to shelves lined floor-to-ceiling with products. Noting they label themselves as "the team," Amhaz said that includes everyone associated with the busi-

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Info: 619-269-7973.

ness: employers and owners, athletes and motivational speakers, everyone involved with the supplementation industry.

WNC is known for its variety. "We do carry everything from protein donuts, pizzas and popcorn to egg whites and enchiladas," said Amhaz, noting the special food products are "high in protein, low in everything else."

WNC has supplements for people on high-fat, low-carb diets, or on high-carb diets for those looking to acquire more energy or gain weight. The high-protein pizzas and popcorn sold have crust made out of chicken breasts, which allows carbs to be minimized to just 4 grams.

Why is protein so important in diet?

"Protein is necessary for the recovery of your muscle," answered Amhaz. "It's the fuel. When you train or do any kind of physical activity, your tearing your muscle. When you tear your muscle, the best way to recover is the proteins you get from your food, or powders (supplements)."

Amhaz pointed out today's highly processed foods come at the cost of loss of much of their nutritional value. He discussed the theory behind supplementation.

"It's whatever you can't get from your diet," said Amhaz, adding it's hard for athletes and others on heavy workout or diet plans to get enough protein from their typical diets. Hence, the need for supplementation.

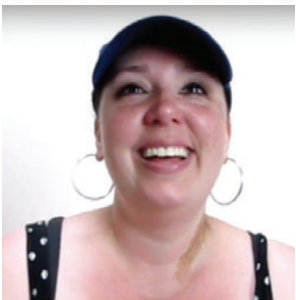
"Whatever you're doing besides sitting on your couch — you need to supplement because you can't get it just from normal food out there," Amhaz said, adding WNC is the best and least-expensive place to get supplements.

"We are wholesalers in this business, everything in this store is about 30 to 40 percent cheaper than online as well as competitors," he said. "Hence our growth. We guarantee our prices."

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Lew was skeptical but it worked "amazingly well" and lost 22 lbs.



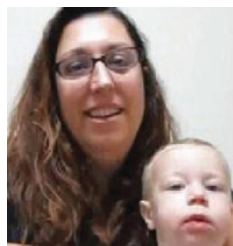
Sandy lost 20 lbs in 2 months and even her skin and hair is better!



"I knew I wanted to make changes after I had my 2 year old and get rid of my baby fat. Dr. Wong guided me along the way and was very supportive and

I've lost 23 pounds in 2 months. I've met my goals and I'm happy! I feel a lot better, healthier and I have more energy. I've noticed that I've had to get new clothes!"

Mandy C. — San Diego



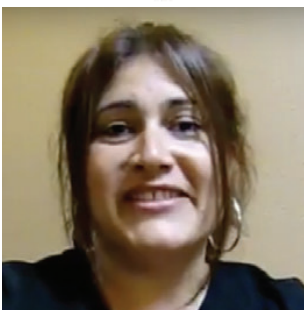
"After being on Dr. Wong's program for **2 months, I've lost almost 40 pounds.** I was lethargic and couldn't keep up with my kids but I've found an answer to my energy problems and I wake up with energy, I feel better, I've been eating healthier and I've been more active. Thank you Dr. Wong!"

Rachel R. — San Diego



"Before I came to see Dr. Wong, I had a lot of health concerns. I had extreme knee pain, I was over-weight and I also had a lack of energy. After I had a consultation with Dr. Wong, he told me what was wrong. Everything we did involved no pain and **in 8 weeks, I have lost 32 pounds without doing exercise!** I am a lot more energetic and I feel like working out. I am stronger, more alert, more flexible and limber so I appreciate everything about Dr. Wong. If you're ever in need of optimal health, come see Dr. Wong because he'll make you strong!"

Rodney W. — San Diego



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New study to evaluate flight paths and noise in Point Loma neighborhoods

By DAVE SCHWAB | THE BEACON

A new study titled “Part 150” has been green lighted to evaluate flight-path improvements and noise reductions in and around San Diego International Airport.

Noise has been a real sore spot for coastal residents from the Point to La Jolla, who allege flight-path changes the past couple years have negatively impacted their lifestyles.

Recently, District 2 Councilmember Lorie Zapf spoke before the Airport Authority on the merits of the Part 150 study.

“As your council member, I have advocated for reduction in airport noise in our communities,” Zapf said. “As part of my support for the Part 150 study, I have requested the FAA be a proactive partner to improve the quality of life in surrounding communities.”

Part 150, a federal aviation regulation, guides and controls planning for aviation noise compatibility on and around airports. The federal regulation establishes procedures, standards and methodologies to be used by airport operators for preparation of Airport Noise Exposure Maps.

Such exposure maps are used in the Quieter Home Program, the San Diego County Regional Airport Authority’s Residential Sound Insulation Program. The FAA has determined that residences within the 65-plus decibel-level limit around SDIA may be eligible for sound-insulation treatments to miti-



A plane flies over the Peninsula as the sun sets.

JIM GRANT / BEACON

gate aircraft noise. The FAA has set a goal of reducing interior-noise levels for eligible residents by at least five decibels inside the home, providing a noticeable noise reduction.

But not everyone is certain the Part 150 study will be a cure-all for decreasing airport noise in communities directly impacted from alleged flight-path changes.

One skeptic is Gary Wonacott, Mission Beach Town Council president.

“Clearly, the FAA modifications benefitted some areas of Mission Beach, mainly the north, and negatively impacted South Mission Beach,” Wonacott said. “According to responses from residents in PB and La Jolla, they were also negatively impacted by some of the flight path changes.”

“The key point here is that Part 150 cannot be used to assess the benefits of the procedural changes proposed for Mission Beach and La Jolla, because

these communities are not in the 65-decibel area. As you know, currently, the majority of our noise complaints come outside our 65-decibel contour,” Wonacott said.

Wonacott admitted, however, the FAA is showing a willingness to compromise. “The FAA has demonstrated that they are willing to look at procedural changes that reduce noise outside the 65 decibel limit,” he said.

Point Loman Casey Schnoor has been a watchdog for the NextGen and airport noise situation for more than two years. A citizen’s representative on a 15-member airport subcommittee, Schnoor and his colleagues came up with 21 recommendations for “quieting” airport noise in coastal communities in the airport’s flight path, following a year of deliberations.

‘Part 150 is a process. It appears to be the best vehicle to execute all those changes.’

CASEY SCHNOOR
POINT LOMA WATCHDOG

Schnoor talked about the goal of those 21 recommendations.

“The goal is to mitigate the impacts to the communities of any of those flight paths, or adjacent to those flight paths,” he said.

Is the Part 150 a step in the right direction? “I am cautiously optimistic,” Schnoor replied. “Part 150 is a process. It appears to be the best vehicle to execute all those [recommended] changes.”

Schnoor noted Part 150 is an 18- to 24-month process.

“We don’t want to sit on our hands for two years, when a lot of these things are problems today,” Schnoor said, adding, it’s also important to continue monitoring “day-to-day issues and procedures” with airport operations. That needs to be done, he said, to hold the federal agency accountable for its operations, and to ensure the Airport Authority remains responsive to citizens’ concerns and complaints about aircraft noise.

Schnoor said the airport points to noise issues remaining relatively stable the past couple years. But he’s quick to caution: “You need to look at the multi-year picture, year over year. At a quick glance (at recent data), nothing has changed. But if you go back to 2014 and see the data on missed approaches, early turns, curfew violations, etc. you’ll see where the current figures have come down from.”

Sunroad Boat Show returns to Harbor Island Jan. 25-28

By NICOLE SOURS LARSON | THE BEACON

This year’s San Diego Sunroad Boat Show returns to Harbor Island, Jan. 25-28, with more than 200 boats on display. It’s now the largest boat show on the West Coast, with something for everyone in the recreational boating world. Offerings range from trailerable boats and inflatables, kayaks and stand-up paddleboards shown on land to sail and powerboats from 30- to 90-feet exhibited in the water.

The 28-year-old ever-larger winter boat show, now in its 9th year at Sunroad, debuts on Thursday, Jan. 25 and runs through Sunday, Jan. 28 at Sunroad Resort Marina, located at 955 Harbor Island Drive, at Harbor Island’s east end. Show hours are noon to 6 p.m. Thursday and Friday and 10 a.m. to 6 p.m. Saturday and Sunday.

The show provides guests the

chance to tour both new and used sail and powerboats in every price range, style and size. The show is split about 60-40 between power and sail boats, with more new boats than previous years, explained show director Jim Behun, who doubles as the marina’s general manager.

“This is a show organized by boaters for boaters of all kinds. Exhibits and vendors are all boating-related,” Behun said, explaining that show has expanded to more temporary docks.

Among the dealers exhibiting are South Coast Yachts, showing the Bénéteau sail and power lines and debuting the Monte Carlo 6, Sun Country Marine displaying Sea Rays and Boston Whalers, JK3 Nautical Enterprises’ Hanse sailing yachts and Alexander Marine’s Ocean Alexanders and Hatteras yachts. Numerous sailing catamarans are also featured.



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OBMA marketing breakfast highlights area merchants and business branding

By DAVE SCHWAB | THE BEACON

Maximizing online presence was the main topic at Ocean Beach MainStreet Association's annual marketing breakfast Jan. 9 at Wonderland.

Denise (Denny) Knox, OBMA's executive director, asked participating merchants to identify themselves, then pointed out the broad cross-section of businesses represented made OB a "one-stop shop."

Recapping accomplishments from 2017, Knox described it as a "busy year." She added the farmers market, one of the beach community's signature events, celebrated its 25th anniversary last year.

"It really put us on the map," said Knox of the market held year-round on Newport Avenue, Wednesdays from 4 to 8 p.m. featuring locally grown produce, art and live music.

Of the gathering's purpose, Knox commented, "Our mission is to promote and support local business and economic vitality in the Ocean Beach community. By putting on events like the marketing breakfast, we're able to provide the members with free tools they can use to enhance their promotional efforts and help them succeed."

Knox stressed the need to draw out-of-towners to OB's business district. She cited the draw at the weekly farmers market as one prime example.

"About 50 percent of the people that go to the farmers market are visitors," she said adding, "We have a population that is very static. You can't really grow. So we need to push to get visitors to come from outside the area to support these businesses."

The business improvement district chief noted there's one other big anniversary upcoming.

"This year is the 40th anniversary of this organization," she said adding, "Someone told me when we started,



OBMA's breakfast marketing meeting drew a large crowd at Wonderland. TROY OREM / BEACON

'It will never work.' It's been a great run for 40 years. We'll have a lot more years to go."

Knox said a promotional passport program encouraging guests to visit local businesses on Small Business Saturday, offering a chance to compete for a raffle prize, was a big success. Small Business Saturday was founded by American Express in 2010 on the Saturday after Thanksgiving to promote small businesses.

"American Express pays for all the advertising, and we'd like to make it bigger and better this year," Knox said of OBMA's participation.

Along with Knox, presenting at the OBMA breakfast Jan. 9 was Shannon Brown, president of Brown Marketing Strategies. Brown talked about the overwhelming importance of using all the various vehicles — Facebook, Twitter, Instagram, Yelp, Linked In, Mapquest, etc. — available on social media to cross-promote business.

Brown cited web roaming, researching an item online before actually going to a brick-and-mortar store to check it out in-person, as one of the lat-

est marketing trends.

"During Black Friday/Thanksgiving weekend, 69 percent of shoppers surveyed said they were web roaming," said Brown adding, "Content is still king," when it comes to what shoppers are looking for in website ads.

Brown added other growing marketing trends include the increasing significance of mobility, content, outsourcing, reliance on websites for information, data and authenticity as important considerations in promotional marketing.

Brown said the top five most-searched business types were clothing lines, restaurants, food trucks, record labels and daycare. She added the most common small businesses searched were bookkeeping, computer repair, car repair, web design and restaurants/cafes/bakeries.

The 39th annual OBMA Awards Celebration will take place Thursday, Jan. 25 at the Point Loma Masonic Center, 1711 Sunset Cliffs Blvd., from 6 to 8 p.m. The celebration is for OBMA member businesses, their families and special guests.

What a long strange trip it's been for Electric Waste Band

By BART MENDOZA | THE BEACON

There are quite a few bands in San Diego that fall in to the category of "long lived," but nothing compares to Electric Waste Band, who have a Monday night residency at Winston's. Dedicated to the music of the Grateful Dead, the band has been together since 1990, though there have been many line-up changes in the ensuing decades.

"I'm the only original member left," said guitarist Robert Harvey. "But I was out of the band mid '98 to '02. The current lineup has been together for about four years, but we all had played with one another in different settings for years going back to at least the '90s if not before." The current edition of the band also includes Ed Fletcher and Danny Campbell on drums, guitarist Mark Fisher, keyboardist Dave Chesavage and bassist Bob Rosencrans.



Electric Waste Band plays Mondays at Winston's, 1921 Bacon St. in Ocean Beach.

In what is one of the longest residencies in San Diego history, February will mark 26 years of Monday night shows from the band at Winston's. "We're throwing a party on Friday, Feb. 16," Harvey said.

"Though we have the residency, many of our fellow deadheads can't make it out on Mondays, thus the Friday."

SEE **BAND**, Page 16

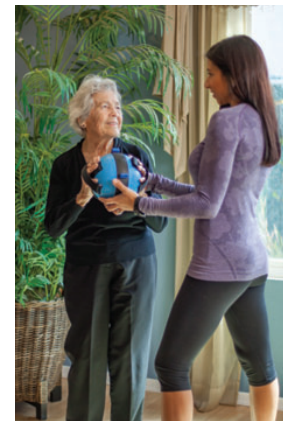


Baby Boomers Hit the Weights

by Michelle Class

Baby boomers are discovering the benefits of weight training. A study done by Centrum University Medical Center concluded that muscular strength decreases 17-41% per decade after age 40. No dangerous jump roping or tire flipping required. Silver strength training is specifically designed for senior safety and balance. I asked senior in-home training specialist Rachael Stoltz, a leader in senior health and author of the book "Your Past Is Not Your Future," "What are the benefits of senior strength training?" Stoltz answered, "The key to decreasing joint pain, building bone density, and decreasing injuries is building lean muscle. Lean muscle gives you better balance, strength, and burns fat at rest."

For me it's not just about strength training. It's a combination of weight training, balance training, nutritional counseling with grocery lists, pain management through foam rolling (myofascial release), and stretching in order to maintain activities of daily living. Anyone can be strong and feel good!"



Rachael Stoltz has a bachelor's degree in Kinesiology with an emphasis in Physical Therapy. I asked Stoltz's long time client about his experience with weight training. Roger Beale said, "I'm 83 years old. I had been training with Rachael for a while to gain strength and balance. I tripped and fell and caught myself in a push up position. I jumped my legs in and stood up! Rachael has changed my life and she's given me confidence in my abilities so that I can keep my independence." Concierge Personal Training is a business founded by San Diegan Rachael Stoltz. Stoltz offers a Free In-Home Initial Workout and Consultation. For more information call (858) 284-8004 or visit www.conciergepersonaltrainingsd.com



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Tripower Yoga is under new ownership! Natasha Mulholland acquired the business last June.

While there are several excellent studios nearby, I hope to offer something different. I had surgery for a labral tear in the hip joint over a year ago, and it changed me drastically. I can no longer do all the things the svelte ladies in class can do. It got me thinking that I want to create a space that is not intimidating in any way, and truly welcoming to all, even if you're just in it for the stretch. We recently put in a new floor and we offer Muay Thai, Pilates, and dance! Take advantage of our amazing deal for a 25 class package for \$200! That is only \$8 a class! Or get an unlimited monthly pass for \$80 a month! Natasha and Team Tripower look forward to meeting you!

Pointers basketball heads into league play

By SCOTT HOPKINS | THE BEACON

Success in coaching often leads to increases in strength of schedule, upgrades to tougher leagues and CIF divisions.

Last year young Josh Aros, then 28, was hired to lead the Pointer basketball program after spending 10 years being mentored by previous coaches. And Aros proved his readiness, leading a young and inexperienced CIF Div. III team to a 19-8 overall record to go with a 7-3 Central League mark, good for second place.

As a reward for his success, Aros saw his team moved to the higher level Eastern League and also elevated to CIF Div. II.

Does that bother Aros?

"We're in a new league and I see us finishing towards the top," Aros said after a rigorous practice last week. "When we play our basketball we can play with the best."

Aros offered as evidence his team's recent tournament game against Mission Bay, the county's No. 1 team. "We were only down by four points going into the fourth quarter," Aros recalled. "And there were times in the game when we were up by four."

In early league play, the Pointers dropped a home game against top-rated Christian by 10 points, but Aros isn't backing down on his team's chances as they gain more experience.

"We have lots of young players, lots of new kids who need more minutes,

Aros explained, "and that's something we're trying to iron out. It's a work in progress and I think towards the second half of league play and towards the playoffs we'll get straightened out and be a team to be reckoned with."

Aros listed his team's strengths as working the ball into the post, transition play bringing the ball up court and using his team's size to get the ball close to the basket.

"We have five seniors coming back," Aros said. "Kyle Johnson, a 6-foot 6-inches tall guard who has received an offer from Cal State Monterey Bay. We'll be leaning on him." Johnson, who will serve as team captain, scored 11.6 points per game and led the team with 12.8 rebounds per game.

Also back are Grayson Kelle (6-foot 4-inches tall, 1.4 ppg, 3.6 rpg), Carlos Torres (6-foot 7-inches tall, 7.5 ppg, 10.4 rpg), Bryce Morris (6-foot 4-inches tall, 2.8 ppg, 3.9 rpg) and Jordan Flores (6-foot 4-inches tall, 3.0 rpg).

"Kelle had a lot of minutes, we counted on Torres as a big man in the post and for rebounds and Morris and Flores are senior leaders who are getting more minutes and doing a lot for our team now," Aros said.

Also returning is sophomore Tyler Morris (6-foot 6-inches tall, 2.3 ppg, 3.5 rpg) "who started a lot of our games last year," Aros noted, and juniors JL Skinner (6-foot 4-inches tall, 1.7 ppg, 2.8 rpg) "who is playing a lot more minutes this year and doing a lot of good things on offense

and defense," and Riley Wagstaff (6-foot tall, 3.3 ppg, 1.8 rpg).

New Pointers this year include freshmen Trent Bell (5-foot 9-inches tall, 8.2 ppg, 2.3 rpg), Gabe Harrison (6-foot tall, 6.4 ppg, 2.0 rpg), Devyn Sanchez (6-foot 3-inches tall, 0.5 rpg), sophomore Jakob Tonnear-DiCarlo (5-foot 7-inches tall, 1.1 ppg, 0.6 rpg) and juniors Wes Windmiller (6-foot 1-inch tall 1.3 ppg, 2.0 rpg), Dane Warlaumont (6-foot 2-inches tall, 1.0 ppg, 1.0 rpg) and Seamus Mulvaney (6-foot 1-inch tall, 1.4 ppg, 0.6 rpg).

Extra points

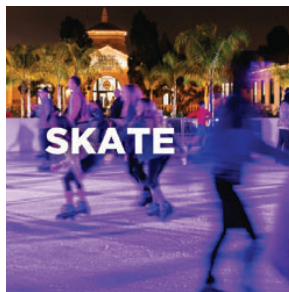
■ Other members of the Eastern League besides Christian include Morse, Serra, Mira Mesa, Scripps Ranch and Pointer rival Coronado.

■ Efforts have begun to revive Lee Trepanier Gym, the Pointers' home court. New, brighter lighting has been installed. Wood panels along walls has been refinished and reports are that the entire gym is due to receive new seating to replace the current/original wooden set that is about 65 years old.



Point Loma freshman Gabe Harrison brings the ball up court during a league game against Mira Mesa last week. He hit a three-point buzzer-beater at the end of an overtime period to give his team a 67-64 victory.

SCOTT HOPKINS / BEACON



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Point Loma High grad Agnew named first-team NFL All-Pro

By SCOTT HOPKINS | THE BEACON

Local football star Jamal Agnew, playing for the Detroit Lions, was named to the NFL's All-Pro first team last week, capping an incredible rookie season.

Agnew has heard scouts and others call him "too small" since his high school career at Point Loma High School where he was a first-team All CIF defensive player. Yet he has proven them wrong at every level, now including professional football.

Following his breakout career as a Pointer, few Div. I colleges showed interest in him so Agnew elected to play locally at University of San Diego. There, he set records for number of passes defended and was an all-Pioneer Football League selection.

The Lions used a fifth-round selection in the 2017 draft on

Agnew, and since he first arrived at the team headquarters, he has impressed coaches, teammates and fans with his abilities and quick smile.

Agnew's breakout moment came Sept. 18 during a "Monday Night Football" game against the host New York Giants when he fielded a punt and returned it 88 yards for a touchdown.

Later, Agnew returned another punt for a score against a different opponent and the Lions began using his talents in other ways.

During the season, Agnew logged 10 tackles on defense, caught two passes for 18 yards and gained nine yards on two carries on offense, returned 11 kickoffs 196 yards, returned 11 punts for 447 yards and the two touchdowns and recovered three fumbles, establishing himself as an all-around threat in a sport of specialists.



Jamal Agnew (left) of the Detroit Lions sprints toward the end zone on an 88-yard punt return during a Monday Night Football game in September. A PLHS alum, Agnew was named to the NFL's All-Pro first team as a return specialist after a sparkling rookie season.

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LEGAL / CLASSIFIEDS ACCOUNTING

OB Town Council board of director election

The OB Town Council board of directors is now accepting candidate statements for the election. If you would like to take your community involvement to the next level, here's an opportunity to do so. As an OBTC director, you would serve as an elected voice communicating the views and needs of the community to the appropriate agencies, be at the forefront of community discussions, take appropriate action on community issues and be a leader in promoting the general betterment of OB.

There are 15 seats on the OB Town Council board of directors. OBTC members elect board members for two-year terms. Half of the board stands for election every year. This year, seven seats are up for election. If you would like to be considered for candidacy, submit your candidate statement to info@obtowncouncil.org by Tuesday, Jan. 23.

Eligible candidates must be over 18 years of age, paid-in-full OBTC members (as of Jan. 20), and either live, work, own property, or operate a business in Ocean Beach. Voting for this election will take place from Monday, Jan. 29 to Friday, Feb. 9. For more information, visit obtowncouncil.org.

Democratic Club meeting

Point Loma Democratic Club will hold its next meeting 4 to 5:30 p.m. on Jan. 21 at Point Loma Assembly, 3035 Talbot St. The primary focus of this meeting will be

considering who the club will endorse in a run against Lorie Zapf in City Council District 2 race. Members will have the opportunity to hear the candidates speak, and ask questions of them.

Ocean Beach Historical Society program

Ocean Beach Historical Society presents "San Diego's Naval Disaster and the Zeal for Conviction" by Karen Scanlon 7 p.m. Thursday, Jan. 18 at Water's Edge Faith Community (formally P.L. United Methodist Church), 1984 Sunset Cliffs Blvd.

It was business as usual along San Diego's waterfront in the early morning of July 21, 1905. But a boiler explosion aboard the patrol gunboat USS Bennington, at anchor in the stream of the bay, plundered the ordinary and remains one of the deadliest peacetime disasters in the history of the United States Navy.

Immediately, a Court of Inquiry convened in San Diego. In October, the Courts Martial of Bennington's commanding and engineering officers took place at Mare Island Naval Yard. What caused the explosion that stole the lives of 66 men? The pursuit of conviction was intense.

Sol e Mar to play Point Loma Library

On Wednesday, Jan. 31 the Friends Point Loma/ Hervey Library will be presenting the acclaimed local percussion

group Sol e Mar at 6:30 p.m. in the community room of the library, at 3701 Voltaire St. This free concert is made possible by donations from the Friends of the Point Loma/ Hervey Library, The National Endowment for the Arts, and San Diego State School of Music and Dance.

March to Empowerment at Women's Museum

The Women's Museum of California will be opening their newly revised exhibit, March to Empowerment, highlighting the fight for Women's Suffrage with interactive components and historical artifacts to bring the exhibit to life. There will be a party at 6 p.m. Friday, Jan. 19 for guests and museum members.

Building the Wall play

Pulitzer and Tony-winning playwright Robert Schenkkan presents a dystopian drama about life in the Donald Trump era for six performances only at the Point Loma Playhouse starting Friday, Jan. 19.

'Entangled in America'

At 2 p.m. Sunday, Jan. 21, La Playa Books will be hosting author and Kenyan immigrant Wanjiru Warama as she gives a discussion of her current memoir, "Unexpected America" and her new book, "Entangled in America," the second installment of her memoirs which discusses Wanjiru's struggles and triumphs as an African woman.



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LEGAL ADS 900

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO
330 W. BROADWAY, SAN DIEGO, CA 92101 CENTRAL DIVISION
CASE NO: 37-2017-00048341-CU-PT-CTL FILE DATE: December 15th, 2017, PM 2:39
PETITIONER OR ATTORNEY, Dave Edward Gadong Sto Domingo. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: DAVE EDWARD GADONG STO DOMINGO TO DAVE DARMIN GADONG. 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 FEBRUARY 15TH, 2018 TIME: 10:00 AM, DEPT- 27 AT 220 WEST BROADWAY, SAN DIEGO, CA 92101. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Beach & Bay Press. ISSUE DATES: JANUARY 4th, 11th, 18th, AND 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030811 Fictitious Business Name(s) STARIDE INC. Located at: 6189 UNIVERSITY AVE., SAN DIEGO, CA 92115. Is registered by the following: STARIDE INC. This business is conducted by: A CORPORATION. The first day of business was: 12/20/17. Registrant Name: ABBASHEIKH MOHAMED. Title of Officer, if Limited Liability Company/Corporation, Title of Signor PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 20TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO
330 W. BROADWAY, SAN DIEGO, CA 92101 CENTRAL DIVISION
CASE NO: 37-2017-00049227-CU-PT-CTL FILE DATE: December 21st, 2017, AM 10:15
PETITIONER OR ATTORNEY, Fernando Enrique Navarro. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: FERNANDO ENRIQUE NAVARRO TO FERNANDO DAVID COPPEL. 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 FEBRUARY 15TH, 2018 TIME: 10:00 AM, DEPT- 27 AT 220 WEST BROADWAY, SAN DIEGO, CA 92101. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: La Jolla Village News (FKA) La Jolla Today. ISSUE DATES: JANUARY 4th, 11th, 18th, AND 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030672 Fictitious Business Name(s) SAN DIEGO WUSHU CENTER. Located at: 8898 CLAIREMONT MESA BLVD., STE. G, SAN DIEGO, CA 92123. Is registered by the following: XIAO TANG LIU. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/13. Registrant Name: XIAO TANG LIU. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 19TH, 2017 ISSUE DATES: JANUARY

4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030404 Fictitious Business Name(s) a. SOCIAL CARPENTRY, FINISH CARPENTRY b. SO CAL CARPENTRY. Located at: 2150 PACIFIC BEACH DR., #130, SAN DIEGO, CA 92109. Is registered by the following: BARRY CANTRELL INDUSTRIES, INC. This business is conducted by: A CORPORATION. The first day of business was: 08/31/15. Registrant Name: BARRY A. CANTRELL. Title of Officer, if Limited Liability Company/Corporation, Title of Signor RMO/PST PRESIDENT, SECRETARY, & TREASURER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 14TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017
FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9031413 Fictitious Business Name(s) TRIGIDAE Located at: 10053 JONBELL PL., SANTEE, CA 92071. Is registered by the following: BLAKE BENJAMIN DARBY. This business is conducted by: AN INDIVIDUAL. The first day of business was: 12/21/2017. Registrant Name: BLAKE BENJAMIN DARBY. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 27TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030434 Fictitious Business Name(s) a. MILITARY FAMILY REPORT b. BLUE LEAF ENTERPRISES c. KOMIXX. Located at: 8690 AERO DRIVE UNIT 115-69, SAN DIEGO, CA 92123. Is registered by the following: BLESSED HEARTS, INC. This business is conducted by: A CORPORATION. The first day of business was: 08/03/2017. Registrant Name: JEN KOGAK. Title of Officer, if Limited Liability Company/Corporation, Title of Signor PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 15TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030669 Fictitious Business Name(s) a. PACIFIC RECOVERY CENTER b. PACIFIC RECOVERY CENTERS. Located at: 4683 CASS STREET, SAN DIEGO, CA 92109. Is registered by the following: LOCAL 92109, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was: 12/22/2017. Registrant Name: THOMAS HATHORN. Title of Officer, if Limited Liability Company/Corporation, Title of Signor MANAGING MEMBER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 22nd, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030669 Fictitious Business Name(s) L & M COATING THE PAINT PRO'S. Located at: 3789 CITRUS STREET, LA MESA, CA 91941. Is registered by the following: HEATH JOHN WHITE. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: HEATH JOHN WHITE. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 19TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017
FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000033 Fictitious Business Name(s) THE SALES PRODUCERS. Located at: 4640 CASS ST., STE. 9713, SAN DIEGO, CA 92109. Is registered by the following: KRISTINA MARIE STANBERY. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: KRISTINA MARIE STANBERY. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 2nd, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

NOTICE OF PETITION TO ADMINISTER ESTATE OF (IMAGED FILE) Robert Arthur Walshe, deceased CASE NO. 37-2017-00049482-PR-LA-CTL ROARH-1 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise

be interested in the will or estate, or both, of: Robert Arthur Walshe, deceased A PETITION FOR PROBATE has been filed by Bernadette C. Hilgeman in the Superior Court of California, County of SAN DIEGO. THE PETITION FOR PROBATE requests that Bernadette C. Hilgeman be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with full authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on 02/15/2017 at 01:30 pm in Dept. 503 Room No: 503 located at 1100 UNION ST. SAN DIEGO CA 92101 CENTRAL COURT-HOUSE. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice (DE154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Elizabeth G. Blust SEN 265232 401 B St., Ste. 2010 San Diego, CA 92101-4234, Telephone: 619-607-0235. ISSUE DATES: JANUARY 4th, 11th and 18th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030706 Fictitious Business Name(s) SHAKA CHAKRA. Located at: 3071 SUNSET CANYON DR., SAN DIEGO, CA 92117. Is registered by the following: IVORY MELONE. This business is conducted by: AN INDIVIDUAL. The first day of business was: 12/19/17. Registrant Name: IVORY MELONE. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 19th, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017
FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000060 Fictitious Business Name(s) THREE TINY BEES PHOTOGRAPHY. Located at: 2333 BLOM STREET, SAN DIEGO, CA 92109. Is registered by the following: BRIDGET KATHLEEN BADSTUEBNER. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/2018. Registrant Name: BRIDGET KATHLEEN BADSTUEBNER. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 2ND, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030799 Fictitious Business Name(s) a. CALIFORNIA BBQ AND OVEN CLEANING b. CALIFORNIA BBQ & OVEN CLEANING. Located at: 3104 GERONIMO AVE., SAN DIEGO, CA 92117. Is registered by the following: a. NICHOLAS P. MCEWEN b. ZACHARY TAYLOR MANNIS. This business is conducted by: A GENERAL PARTNERSHIP. The first day of business was: 11/01/17. Registrant Name: NICHOLAS MCEWEN. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 20TH, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000209 Fictitious Business Name(s) CUSTOM COMMODITY. Located at: 7201 OCOTILLO STREET, SANTEE, CA 92071. Is registered by the following: IRFAN JANJUA. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: IRFAN JANJUA. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 3rd, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000080 Fictitious Business Name(s) ACUSPORT EDUCATION. Located at: 4760 ADAIR STREET, SAN DIEGO, CA 92107. Is registered by the following: ACUSPORT SEMINAR SERIES, INC. This business is conducted by: A CORPORATION. The first day of business was: 5/12/16. Registrant Name: MATT CALLISON. Title of Officer, if Limited Liability Company/Corporation, Title of Signor OWNER/PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 2ND, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2017-9030602. Fictitious Business Name to be Abandoned: CATALINA REALTY. Located at: 909 CATALINA BLVD., SAN DIEGO, CA 92106. The Fictitious Business name referred to above was filed in San Diego County on: 05/22/2015 and assigned File No. 2015-013685. Fictitious Business name is being abandoned by: PAUL D. VADNAIS. 1551 CALLE DE CINCO, LA JOLLA, CA 92037. This business is conducted by: AN INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000.) Registrant name: PAUL D. VADNAIS. Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: December 18th, 2017. Issue Dates: JANUARY 11th, 18th, 25th, AND FEBRUARY 1st, 2017

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO
330 W. BROADWAY, SAN DIEGO, CA 92101 CENTRAL DIVISION
CASE NO: 37-2018-00000032-CU-PT-CTL FILE DATE: January 2nd, 2017, PM 12:19
PETITIONER OR ATTORNEY, Ashraf Aziz and Hanan Aziz for change of name of Mario Namroud. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: MARIO NAMROUD TO MARIO AZIZ. 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 1ST, 2018 TIME: 9:30 AM, DEPT- 27 AT 220 WEST BROADWAY, SAN DIEGO, CA 92101. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Beach & Bay Press. ISSUE DATES: JANUARY 11th, 18th, 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030375 Fictitious Business Name(s) RELIANCE FINANCIAL SERVICES. Located at: 1350 ROSECRANS STREET, SAN DIEGO, CA 92106. Is registered by the following: RONALD COTA. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/2005. Registrant

Name: RONALD COTA. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 14TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017
FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000074 Fictitious Business Name(s) LIZ FITNESS. Located at: 645 PASEO RIO, VISTA, CA 92081. Is registered by the following: a. TINA LIZ THOMAS b. ANOOP R. THOMAS. This business is conducted by: A MARRIED COUPLE. The first day of business was: 01/15/2017. Registrant Name: TINA THOMAS. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 02ND, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000303 Fictitious Business Name(s) BAREFOOT BAKERY AND MARKET. Located at: 3852 MISSION BLVD., SAN DIEGO, CA 92109. Is registered by the following: CHOP SHOP TERYAKI, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was: NOT APPLICABLE. Registrant Name: AMALIA HUFFMAN. Title of Officer, if Limited Liability Company/Corporation, Title of Signor CO-OWNER/MANAGER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 04TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000485 Fictitious Business Name(s) SAN DIEGO SAVANNAHS. Located at: 10175 ARROW ROCK AVE., SAN DIEGO, CA 92126. Is registered by the following: KELLI NICOLE WILLIAMSON. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/08/18. Registrant Name: KELLI NICOLE WILLIAMSON. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 08TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000119 Fictitious Business Name(s) DIRECT BUY AUTOMOTIVE GROUP. Located at: 6904 MIRAMAR RD., #106, SAN DIEGO, CA 92121. Is registered by the following: BJAN RASTEGARI. This business is conducted by: AN INDIVIDUAL. The first day of business was: 02/10/2006. Registrant Name: BJAN RASTEGARI. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 02ND, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000417 Fictitious Business Name(s) CAPTAIN DON MARINE. Located at: 2787 W. CANYON AVE, #28, SAN DIEGO, CA 92123. Is registered by the following: DON ROGER GRIGG II. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/2018. Registrant Name: DON ROGER GRIGG II. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 05TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030302 Fictitious Business Name(s) UNDERGROUND FURNITURE.COM. Located at: 3117 OGALALA AVE., SAN DIEGO, CA 92117. Is registered by the following: UNDERGROUND FURNITURE.COM, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was: NOT APPLICABLE. Registrant Name: COREY PAGANO. Title of Officer, if Limited Liability Company/Corporation, Title of Signor CEO. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 13TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030105 Fictitious Business Name(s) BEST

FRIEND BEES. Located at: 323 20TH STREET, SAN DIEGO, CA 92102. Is registered by the following: TRAVIS LEE WOLFE. This business is conducted by: AN INDIVIDUAL. The first day of business was: 04/20/17. Registrant Name: TRAVIS LEE WOLFE. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 11TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030664 Fictitious Business Name(s) a. DVD YOUR MEMORIES b. MEDIA TRANSFER LABS. Located at: 8305 VICKERS STREET, #206, SAN DIEGO, CA 92111. Is registered by the following: PRIMROSE VENTURES, LLC. This business is conducted by: A CORPORATION. The first day of business was: 12/01/12. Registrant Name: SEAN WILLIAMS. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 19TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000622 Fictitious Business Name(s) a. DUP-A-KEY, INC. b. DUP-A-KEY. Located at: 1478 GARNET AVE., SAN DIEGO, CA 92109. Is registered by the following: DUP-A-KEY, INC. This business is conducted by: A CORPORATION. The first day of business was: 01/01/18. Registrant Name: WESTON D. FISK. Title of Officer, if Limited Liability Company/Corporation, Title of Signor PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 9TH, 2018 ISSUE DATES: JANUARY 18th 25th, FEBRUARY 1st, AND 8th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000509 Fictitious Business Name(s) SUPPLY. Located at: 1384 THERESA WAY, CHULA VISTA, CA 91911. Is registered by the following: LORNA DAWN MAY-STALCUP. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/2018. Registrant Name: LORNA D. MAY-STALCUP. Title of Officer, if Limited Liability Company/Corporation, Title of Signor OWNER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 8TH, 2018 ISSUE DATES: JANUARY 18th 25th, FEBRUARY 1st, AND 8th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000921 Fictitious Business Name(s) WHISPERING WINDS LASH & SKINCARE. Located at: 4747 MISSION BLVD., STE. 3B, SAN DIEGO, CA 92109. Is registered by the following: DIANA LEE HOFF. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/11/2018. Registrant Name: DIANA LEE HOFF. Title of Officer, if Limited Liability Company/Corporation, Title of

Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 11TH, 2018 ISSUE DATES: JANUARY 18th 25th, FEBRUARY 1st, AND 8th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000771 Fictitious Business Name(s) SEASIDE SAWVY. Located at: 4643 TIVOLI STREET, SAN DIEGO, CA 92107. Is registered by the following: MARGARET PATRICIA COOPER. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/10/18. Registrant Name: MARGARET PATRICIA COOPER. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 10TH, 2018 ISSUE DATES: JANUARY 18th 25th, FEBRUARY 1st, AND 8th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030770 Fictitious Business Name(s) IGNITE LEARNING CENTER. Located at: 7440 GIRARD AVE., LA JOLLA, CA 92037. Is registered by the following: a. JAMIE LYNNE EVANS b. HANNAH OBRADOVICH. This business is conducted by: CO-PARTNERS. The first day of business was: NOT APPLICABLE. Registrant Name: JAMIE L. EVANS & HANNAH OBRADOVICH. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 20TH, 2018 ISSUE DATES: JANUARY 18th 25th, FEBRUARY 1st, AND 8th, 2017

SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO 1100 Union St., San Diego, CA 92101 NEW CENTRAL COURTHOUSE CASE NO: 37-2018-00001277-CU-PT-CTL FILE DATE: January 10th, 2017, PM 2:58 PETITIONER OR ATTORNEY, Aljon Aquino Arreola. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: ALJON AQUINO ARREOLA TO ALJON ARREOLA AQUINO. 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 1ST, 2018 TIME: 9:30 AM, DEPT- 27 AT 1100 UNION ST., SAN DIEGO, CA 92101. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Beach & Bay Press. ISSUE DATES: JANUARY 18th, 25th, FEBRUARY 1st, AND 8th, 2017

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BAND

CONTINUED FROM Page 9

Although the band is a firm festival favorite, they consider Winston's their favorite venue. "It's the perfect size, big enough but still intimate, big stage, built in PA system with a soundman, lights, everything you could ask for. But, the best part is the people. Ownership, staff, just everybody takes great care of us. We've even had our same soundman for nine years and we consider him part of the band. It's really a magical place, and it's in OB. Playing Grateful Dead music in OB just seems like such a natural fit."

He notes that the original concept

for the band was not to focus on one act's music. "We didn't set out to be a Dead tribute band, and I'm not sure we qualify as a tribute band," Harvey said. "We started by playing our favorite songs, which would qualify as classic rock today. But we soon realized we were all Deadheads and between audience requests and our love of the Dead, we gravitated toward playing more and more Dead tunes."

The band has roughly 200 Dead and Jerry Garcia songs in their repertoire, and play many of the songs they covered. "However, there are a ton of songs at our disposal, from the Allman Brothers, Beatles, Pink Floyd, Hendrix, SRV, Clapton, Stones, Phish, Santana, and many

others. We did some Petty in his honor upon his passing. We did some Bowie in his honor. Our guys have all been playing a long time and have accumulated a wealth of tunes," he said.

For his part, Harvey questions whether they are really a tribute band. "Here's where I question it — When the dead covered a song, they didn't try to sound like the artist they were covering," he pointed out. "Instead they brought out the particular aspects of the song they enjoyed, but it was clearly the Dead's version of that song. Understanding this, we imitate the Dead by not imitating the Dead. So to answer the question, we play our interpretations of the songs and we are not

trying for any exact recreation," Harvey said.

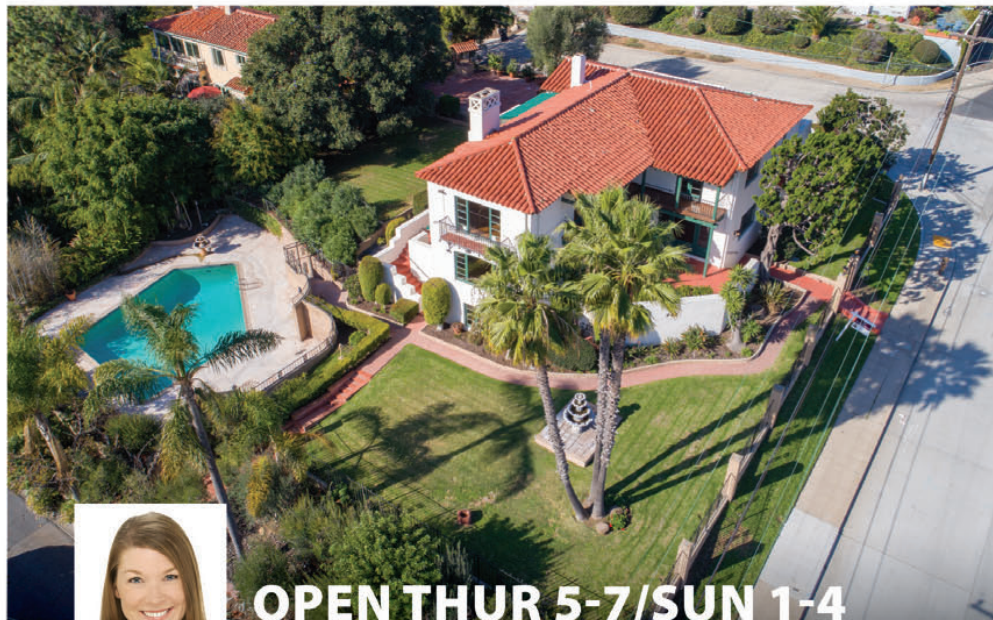
"Now, the marketplace seems to favor bands that sound very much like the Dead. But that seems to me to be very unDead like. It also seems very limiting. I want my guys to have the freedom to play whatever they feel like playing in the moment, and not having to contain themselves to fit within a particular part," he continued. "When Mark and I go off on a double solo, and the drums are wailing away, the bass is digging deep and the keys are lifting the music toward the heavens, it's not recreating the Dead. It's what's happening now, in this moment, in this venue, with this crowd and the combined energy of all involved. I like to

think we're not recreating anything from the past but creating in the moment in the present."

After 28 years of playing in Ocean Beach, Harvey is clear on his favorite part of Electric Waste Band's long run. "There's the 26 years of Monday nights at the best venue in town," he remarked.

"But for me, it's all the kind people, friends old and new, that have come into my life as a result of this band playing the music I love. We have an amazing crew of fans and fellow Deadheads who come to support and share in the music. The support and friendship, is something I can't say enough about. I feel blessed," Harvey said.

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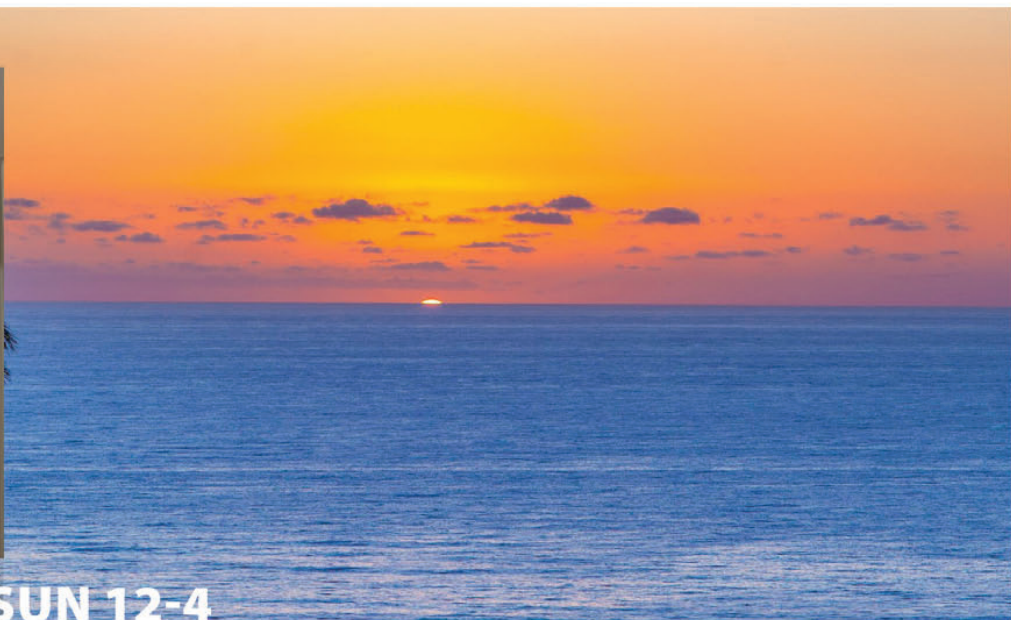
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