OB PROTESTS STILL ON TARGET

Residents rally to keep big-box store from Newport Ave.

By DAVE SCHWAB | The Beacon

Casual — not corporate. That was the message conveyed in a recent community letter on the behalf of Obecians urging the Minnesota-based Target Corp. not to put a proposed store in the 18,000-square-foot Antique Center building at the 4800 block of Newport Avenue. “OB means community,” the letter reads. “It means local shops and lively culture. It means flare and it means funky, pride and positive vibes … not a Target Express on Newport Avenue, directly threatening what it means to be OB. Join our fight to keep it out.”

The community letter also alleges: “This act of corporate intrusion violates the city-adopted Ocean Beach Community Plan...”

OB PROTESTS STILL ON TARGET

OB man receives truck for heroics

Former Marine drove victims to hospital

By DAVE SCHWAB | The Beacon

During the recent tragic mass shooting in Las Vegas, in which 59 people died and more than 500 were injured, Ocean Beach resident, and former Marine, Taylor Winston did what he was trained to do: He took action.

Noticing a parked truck with the keys still inside, Winston commandeered it and began shuttling injured shooting victims, along with other volunteers, to local hospitals. Winston reportedly dropped off one load of victims, then went back for more.

The truck he was using was filled to overflowing with more bodies, some barely breathing. While Winston drove, helpers in the truck bed applied pressure to victim’s wounds, attempting to keep them alive to until they made it to the hospital.

Afterwards, when asked by a local TV station if his military training had helped during the unanticipated crisis, Taylor agreed it had, adding it became his “mission to try and save as many people as possible.”

In the aftermath of the tragedy, Shane Beus, the owner of B5 Motors, a car dealership in Gilbert, Ariz., was so impressed by what Winston had done, that he...
This award-winning pumpkin will fly

Point Loma High alum Jon Berndes, who now lives in East County, “really” knows how to grow pumpkins. Every year he brings in the cream of the crop. As you can see, he didn’t disappoint again this year. “I have been growing pumpkins for almost 20 years,” Berndes said. “I have grown almost 10 tons of pumpkins.”

Berndes added, “This year’s 800-pound pumpkin is my largest. I entered it in the Irvine pumpkin weigh-off Sept. 23 and I won $1,000 for being the third-heaviest pumpkin. I also won $100 for being the prettiest pumpkin.”

Berndes said, on Halloween day, his pumpkin “will be full of candy and dropped from the 11th floor at Muir Hall at UC San Diego. I have provided the pumpkin for the drop the last eight years.”
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The Point Loma Association held its annual awards dinner titled “Gems & Jewels of Point Loma,” Oct. 4 at the Kona Kai Resort and Spa on Shelter Island.

The event included a live auction and award presentations by dignitaries. Lighthouse awards presented by Assemblyman Todd Gloria went to the Peckham and Hervey families. The Peckhams have contributed greatly to PLA beautification projects, helped update the auditorium at Dana Middle School, and funded the Cancer Center at Rady Children’s Hospital along with two ball fields at Point Loma High.

The generosity of the Hervey Family has included a $5 million grant to build the Point Loma Branch Library, among many other community donations for needed projects.

The Community Jewel Award, presented by Mayor Kevin Faulconer, went to Dorothea Laub. Laub is a champion of the Point Loma Assembly and the Point Loma Playhouse, and has been a longtime individual sponsor for the Point Loma Summer Concerts series. She also has provided $601,000 to purchase the kinetic sculpture that will be placed in the Nimitz Boulevard median at the entrance to Point Loma.

PLA treasurer Ted Walker wore the “money hat,” with real currency, in an opportunity drawing selling $5 tickets for a chance to win $2,550.

The PLA is a nonprofit organization of volunteers committed to enhance the quality of life in the Peninsula, advocating for beautification, education, communication, charitable activities and civic collaboration.

PLA chair Clark Anthony Burlingame noted that, “For 60 years, the all-volunteer PLA has improved the quality of life on the Peninsula — beautifying public spaces, and utility boxes, working to remove billboards and aboveground spaces, and utility boxes, working to improve the quality of life on the Peninsula.”

Anthony said the organization prefers “to inform and educate the community, alert them to things that could affect their lives, deliver town hall forums on important issues, interacting with our military neighbors, creating social events with our business partners and sharing ideas and plans with other community groups on both sides of the Point.”

Noting PLA “is not political and does not take sides on divisive issues,” Anthony said the organization prefers “to inform and educate the community, alert them to things that could affect their lives, deliver facts and let people decide. For our major projects, like the median improvements along Nimitz Boulevard, we use county and city grant money and donations from generous individuals,” Anthony said, “for all other operating costs — including maintenance of 17 areas that we have beautified — we rely on membership dues and one major fundraising activity, our annual dinner.”

Anthony said this year’s themed PLA dinner “highlighted places and things (Gems) that make our community unique, and people (Jewels) who make them sparkle.”
Council members Zapf, Bry offer their short-term rental proposal

A new “coastal” proposal to curb short-term vacation rental proliferation, in lieu of a less-restrictive counterproposal by inland City Council members, was voted at a Sept. 20 Pacific Beach Town Council meeting.

District 2 Councilmember Lorie Zapf told residents she was joining with District 1 Councilmember Barbara Bry of La Jolla, to present a compromise STVR plan. Zapf said that plan would help eliminate mini hotels in single-family neighborhoods. She also said their proposal will preserve property owner’s rights to supplement their income with short-term rentals, as long as they reside at the address and are not absentee owners.

The Bry-Zapf plan follows another proposal for regulating short-term rentals by City Council members David Alvarez, Mark Kersey, Scott Sherman and Chris Ward. That proposal would require three-night minimum stays, as well as set up a permitting and enforcement system for STVRs, in addition to providing renters with a code of conduct covering noise, trash and parking issues.

The City Council is scheduled to consider the two competing short-term rental proposals on Monday, Oct. 23.

Hillary Nemchik, Bry’s communications director, presented the broad outlines of the Bry-Zapf plan.

“Bry’s proposed regulations for short-term rentals preserves our housing stock and laws while allowing property owners to supplement their income,” said Nemchik. “It’s a workable compromise. Bry wants to enforce current laws prohibiting STVRs in residential zones.”

Nemchik said the Bry-Zapf proposal would require STVRs to be less than 30 days. She added it would preserve property owner’s ability to homeshare, renting out a room in their home. She added new proposed home-sharing regulations would prevent outside interests from coming in to residential neighborhoods, buying property there, and then turning it into what essentially becomes a “mini hotel.”

City Attorney Mara Elliott, who has taken the stand that short-term rentals are illegal in residential areas under the city’s existing municipal code, also spoke about her stance.

Characterizing STVRs as a “hot-button issue,” Elliott said, “There are no laws on the books in the city allowing short-term rentals in residential zones. If it’s not addressed in the (building) codes — it’s not legal. That is the position I came out with.”

Of the two most-recent STVR proposals being forwarded, Elliott commented, “I feel like we’re getting nowhere.”

Zapf was strident in her commitment to resolving the STVR issue once and for all.

“You and I have property rights in a single-family zone,” Zapf said. “The goal of the city is to protect the integrity of the neighborhoods. It’s our obligation to protect neighborhood quality, character and livability.”

Arguing out-of-town investors are “coming in and buying up whole homes and renting them out,” that Zapf noted results in “opening up a hotel right in the middle of our neighborhoods. They’re disrupting our lives.”

In November 2016, the City Council voted 7-2 to reject a proposal by then-council President Sherri Lightner that would have prohibited short-term vacation rentals in neighborhoods zoned for single-family homes. Zapf was Lightner’s only colleague to support her plan.

Peninsula planners oppose land reuse project

A proposal to reconfigure three existing lots with two residences on a steep hillside containing environmentally sensitive habitat on Harbor View Drive was unanimously rejected Sept. 21 by an advisory group meeting.

The agenda item asked for permitting at 3328-3340 Harbor View Drive on a 0.27-acre site containing 0.27 acres of environmentally sensitive lands.

Several Point Lomans turned out at the Sept. 21 advisory group meeting to protest the land reuse proposal, claiming it was the wrong project in the wrong place, on a steep hillside plagued by landslides and water runoff.

PCPB planner Mark Krencik gave the group subcommittee’s position on the proposed development.

“This project is asking for three permits for three existing lots to create three reconfigured parcels,” said Krencik. “The site would allow up to nine development units per acre on three parcels totaling 27,000 square feet, with probably 7,400 square feet of sensitive habitat.”

Krencik said the applicant submitted the project for PCPB review about a year ago. He added Martinez Street in Point Loma, underneath the Harbor View Drive hillside, has a history of slope instability.

Land surveyor Tony Christensen of Christensen Engineering discussed the details of the proposed land reconfiguration.

“These are the only three lots in the entire block being reconfigured,” Christensen said. “We’re only asking to reconfigure these lots, not increase their number. There will be no grading done on any of the properties that is sloped.”

Former Community Planner Byron Wear led a community presentation against the project. Noting he participated in the last update of the Peninsula Community Plan in 1986, Wear likened this project’s proposed reconfiguration to that of the old Jessop estate located atop a 100-foot cliff. That reconfiguration, too, was successfully opposed by neighbors.

“Geotechnical engineering is challenging on this site that has lots of water runoff that has not been mitigated,” Wear said. “This project is out of character with the other houses that are on Harbor View Drive.”

Peninsular Frank O’Dwyer also testified against the project, arguing that reconfiguring the properties there would “disturb the hillside with devastating consequences to neighboring property.”
Point Lomans run neighborhood animal hospital

By DAVE SCHWAB | THE BEACON

West Coast Animal Hospital is your friendly neighborhood veterinarian.
Recently opened at 5267 Linda Vista Road in a strip mall including Ballast Beer, the animal hospital is operated by husband-and-wife team Megan and Tom Gibbings. Their sphere of influence includes the Peninsula.
Megan is the family vet. Tom handles the business and marketing aspects of the animal hospital. A third-generation Point Loman, Tom, a Point Loma High graduate, points out he’s carrying on a family tradition: His grandfather, Dr. Raymond Gibbings, was the Peninsula’s pediatrician in the ’70s and ’80s.
Megan got her career calling early on following the successful treatment of her pet by a local vet when she was about 8 years old.
“My cat’s diaphragm was ruptured after being hit by a car, and my mom took him to our family vet who did a surgery and the cat lived to be 18 years old and I had him all through college,” Megan said. “I cared for him, stitched him. It’s a very distinct memory I have growing up.
Since age 16, Megan has been working in and around animal hospitals. She noted, “My goal has always been to own my own practice.”
What’s different about being a vet as opposed to a human doctor? “You have to learn about every species, everything from reptiles to birds to mammals and wildlife,” Megan said.
Of her veterinary practice, Megan said, “I’m really involved with educating people. I feel very strongly about making sure everyone under-

SEE PETS, Page 11

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(go to RedCrossBlood.org and use sponsor code PLNU). pointloma.edu/fallfestival
Green living celebrated in Ocean Beach – innovative homes featured on annual tour

Two dwellings in the Peninsula and one in Pacific Beach are among 10 sustainable homes to be showcased in the eighth annual self-guided Green Homes Tour from 10 a.m. to 4 p.m. Sunday, Oct. 22 sponsored by the San Diego Green Build Council.

The home tour brings together hundreds of members to celebrate best practices in green building and design, while showcasing the innovative work of some of the industry’s top professionals.

The diverse projects include sustainably-constructed or remodeled single-family residences, urban multifamily developments and many projects that are GreenPoint Rated or LEED (Leadership in Energy and Environmental Design) Certified.

Attendees may visit as many of the homes as they like, meet with industry professionals and homeowners, and learn more about the latest green home design, construction and upgrade options. Each eco-friendly project features innovative, high-performance design features, including impact areas such as energy and water conservation, building materials, indoor air quality, landscaping and sustainable building sites.

SDGBC is an environmental nonprofit dedicated to providing education, outreach and advocacy focused on green building in San Diego.

Green homes include:

- LeCase Ecovillage (835 Tournameline St., Pacific Beach) – Five residences on two urban lots designed to facilitate a more environmentally conscious communal lifestyle, with a community garden using permaculture techniques, rainwater catchment system, rapidly renewable cork flooring, recycled denim insulation, whole-house ventilation systems and a vegetated roof.

- 3 on Abbott (2185 Abbott St., Ocean Beach) – Unique three-unit residential project was efficiently pre-fabricated (factory-built) for safe, quick and efficient construction and significantly reduced building material waste. Building features include engineered bamboo flooring, ultra-low VOC content, rapidly renewable materials, tankless water heaters, daylighting and natural cross-ventilation, Energy Star appliances and xeriscape landscaping.

- O’Brien residence (4424 Algeciras St., Ocean Beach) – This GreenPoint Rated home underwent a whole-house remodel and addition and features a high-efficiency furnace and water heater, energy-efficient windows, advanced waterproofing systems, solar power system, low-water landscape, drip irrigation and extensive use of sustainable and recycled materials.

Three on Abbott was a first-time development effort by Pedro Tavares of R&S Tavares Associates Inc. and his parents, whose small firm designs and engineers prefabricated projects. “Manufactured in and shipped from Corona, Calif., these homes were built under extremely rigid constraints imposed by local zoning,” said Tavares.

“They are about 840 square feet each, a block from Dog Beach. They are very unique in terms of modular structures in that they contain balloon-framed loft spaces, a large roof deck with panoramic views of the water and Portuguese cobblestone to create the Copacabana Boardwalk pattern on the driveways.”

Tavares added most of his project’s green features “are just common sense” — engineered bamboo flooring, rapidly renewable material, tankless heat pump water heaters, daylighting and cross ventilation, Energy Star appliances and xeriscaped landscaping.

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SEE GREEN, Page 13
Kona Kai Resort & Spa, a Noble House Resort located on the tip of Shelter Island, recently announced the unveiling of its latest luxury suites, outdoor terrace event space, and a revitalized pool area featuring a pool bar inspired by “coastal revival” and “endless summer” themes. The eight coastal revival suites will be available for booking in November and the 33 endless summer suites will be available in January.

As part of the expansion, a new spacious outdoor terrace will be open for events and a new pool bar will have a fireside lounge surrounded by lush tropical plants, chic loungers, and cabanas. The new pool area will be lushly landscaped with tropical planters, intimate gardens and water fountains and the outdoor terrace will be comprised of 2,260 square feet of event space overlooking the backdrop of the Kona Kai Marina and will accommodate 250 guests for a wedding and 350 for a reception.

The new “coastal revival” suites will highlight the resort’s natural, oceanic surroundings with modern wood furnishings, including a double-sided fireplace. The guestrooms feature rustic wood beams paired with watercolor artwork, while the bathrooms will showcase tasteful hints of patterned, Spanish-inspired accent tiles.

The “endless summer” suites will evoke a lasting sense of warm summer days showcasing bright teal hues matching the surrounding Kona Kai Marina. The guestrooms are outfitted with double-sided fireplaces and vibrant pops of orange and red. The aesthetic is balanced by dark woods and warm tones, designed to set the mind at ease while resting. Each room will be comprised of 120 square feet of living space and a private balcony with views of the marina or pool. The two largest suites will offer 645 square feet.

“The Kona Kai has long been known as the perfect escape in sunny San Diego with its exceptional location and historic past,” said Scott Colee, creative director of Noble House Hotels and Resorts.
SD Humane Society leaps into action to save animals

By LUCIA VITI | THE BEACON

As hurricanes Harvey and Irma destroyed lives, homes, businesses and property, the San Diego Humane Society served as first responders to an influx of animals transported from the devastated areas of Louisiana, Texas and Florida. The San Diego Humane Society Special Response Teams, Emergency Response Teams and Animal Rescue Reserve Teams collaborated with rescue organizations, such as the Humane Society of the United States and the Humane Society of Naples, to bring 200 rescue and shelter animals to San Diego, making room for evacuees’ lost, displaced and stranded pets.

“These pets are not direct victims,” said San Diego Humane Society’s chief operating officer Jennifer Brehler. “They’re adoptable cats and dogs that were already in shelters near the affected areas that were transferred to San Diego to create room for hurricane-victim pets – the lost, stray, or abandoned. These healthy and socialized pets do not have owners who will be searching for them.”

According to Brehler, the upcoming news of Hurricane Harvey alerted San Diego Humane Society (SDHS) to extend assistance and services to Houston’s SPCA and Florida shelters.

“Asthe need grew, we, along with other shelters, responded,” she said. Seven San Diego Special Response Teams – comprised of staff and volunteers – were deployed to temporary shelters, Houston’s SPCA and Collier County Animal Services. San Diego’s Sweet Water Rescue Team – San Diego Humane Law Enforcement and Animal Rescue Reserve – was also deployed. Trained in swift water and flood rescues, these professionals work along state-side task forces in emergency response situations.

Wings of Rescue flew pets from Louisiana and Florida to San Diego where staff and volunteers transported the animals to SDHS, the Rancho Coastal Humane Society and Labradors and Friends. San Diego Humane Society’s president and CEO Gary Weitzman explained, that in addition to its Technical Rescue Team, shelter teams provided care to displaced dogs, cats, horses, pigs, cows, trapped livestock and even wildlife. Working tirelessly, teams “never hesitated” to respond to pleas to reunite pets with owners or to provide animals care and comfort.

“Working alongside animal welfare colleagues from organizations in Oregon, Georgia, Missouri, North Carolina, Texas and Florida reminded me of the importance of coming together during times of such devastation, not just for animals in need but for people as well,” he said.

Weitzman’s team also helped pets in housing adjacent to a Florida shelter. The pets belonged to hospital patients and evacuees.

“Our team cared for the pets so owners would have the comfort of their pets during such a difficult time,” he continued. “Imagine losing your home and being worried about being able to keep your pet. I’m so glad our teams could provide that peace of mind to these hurricane victims.”

Weitzman added that Wings of Rescue flew 49 adoptable dogs and cats from Louisiana and Southeast Texas to Gillespie Field. The pets belonged to hospital patients and evacuees. “Our staff and volunteers are willing to pack up and hit the road immediately, while their colleagues backfill their work. Our staff and shelter volunteers made three transfers from Gillespie airport to the San Diego Campus. And, the community responded with crates and gifts.”

“We all knew the storms were coming,” continued Weitzman. “When it hit, we didn’t even wait for Houston SPCA to call us. We made plans to get on the road. We’re fortunate that the community of animal lovers and those whose professional lives support them continue to do the important work we need.”

According to the SDHS, refuge adoptees will be spayed or neutered, administered current vaccines, microchipped, awarded a certificate for a free veterinary exam, along with 30 days of Trupanion pet insurance and a bag of Purina chow. Adoptions are based on a first-come, first-served. Carriers are required for pickup. Adoptions can be made at SDHS’s San Diego Campus, at 5300 Gaines St. and its Oceanside Campus at 572 Airport Road.

Brehler urges San Diegans to “spread the word about the wonderful pets looking for new homes.”

“Of course, adopting a pet allows us to continue to help even more animals in need,” she concluded.

All of the animals will remain in the care of SDHS until adopted.

San Diego Audubon works to improve least terns’ nesting sites in Mission Bay

By MATHILDE ROUSSEAU BJERREGAARD

In September every year, California least terns migrate from San Diego to Central and South America after nesting along the coast during the summer.

When they depart, scientists from San Diego Audubon collect data to assess how their hand-management restoration efforts have affected vegetation and land cover in the nesting sites.

San Diego Audubon has been collecting data from the least tern’s nesting sites for more than six years to improve the nesting sites and increase the population of the bird species. Their goal is to remove the non-native plants and preserve the native plants. They want to make sure that the birds have free spots with sand to nest on.

“We want to improve the nesting areas of the California least terns. Our goal is that there will only be native plants and only 20 percent vegetation cover,” said Megan Flaherty, who is the restoration program manager at San Diego Audubon.

The California least terns are coastal species, which means they spend most of their lives out at sea fishing. From April to September, they are nesting on the coastal sand dunes in California and Mexico.

“We have to protect them because they are an important part of the coastal ecosystem,” said Flaherty. San Diego Audubon checks the nesting sites twice a year to see how their hand-management work is going. In spring, before the birds get to the nesting sites, and in fall, after the birds leave the nesting sites.

“The problem is that islands in Mission Bay are manmade, which means that there is a lot more vegetation and a lot more non-native plants,” said Flaherty.

Scientific data collection helps San Diego Audubon, San Diego Association of Governments, and the City of San Diego in maintaining nesting sites of the least terns.

Throughout the year, San Diego Audubon leads a number of habitat restoration efforts around Mission Bay that support endangered species.

Megan Flaherty (left), who is the restoration program manager at San Diego Audubon, with volunteer Anita Crook on Fiesta Island.
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Ocean Beach resident Jessie Glessner has been at the helm of Herringbone’s well-oiled kitchen. Her role as executive chef of the La Jolla staple was not handed over on a silver platter, however. The 30-year-old Ocean Beach resident has made her way up the ranks, paying her dues at some of the most respected establishments in San Diego over the past decade.

“My mom made wedding cakes,” said Glessner of her Kauai upbringing. “Although it was completely a ‘sideline gig,’ I always enjoyed watching the process. Also, everyone in my family can cook, so it has been a presence in my life from the very beginning. My mom likes to joke that I once when I was a kid, I asked to make something – so she told me I could whip up some brownies. After she ate one, she says she knew I was on to something.”

After spending her youth on the destination isle, Glessner attended boarding school in Pebble Beach. Following high school, she continued to the University of Arizona to study nutrition – a path that led her to get to the top, you have to be the best,” so I decided to be the best.”

For nearly a year now, Kauai native Jessie Glessner has been at the helm of Herringbone’s well-oiled kitchen. Her role as executive chef of the La Jolla staple was not handed over on a silver platter, however. The 30-year-old Ocean Beach resident has made her way up the ranks, paying her dues at some of the most respected establishments in San Diego over the past decade.

“My mom made wedding cakes,” said Glessner of her Kauai upbringing. “Although it was completely a ‘sideline gig,’ I always enjoyed watching the process. Also, everyone in my family can cook, so it has been a presence in my life from the very beginning. My mom likes to joke that I once when I was a kid, I asked to make something – so she told me I could whip up some brownies. After she ate one, she says she knew I was on to something.”

After spending her youth on the destination isle, Glessner attended boarding school in Pebble Beach. Following high school, she continued to the University of Arizona to study nutrition – a path that led her to the kitchen. Upon graduation from culinary school in San Francisco, she had to complete an externship, in which she took on duties at Cisco, she had to complete an externship.

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Her introduction to cooking was similarly an adrenaline rush, albeit with a little confusion. “I thought, ‘What have I gotten myself into?’” said Glessner. “I knew pretty early on that I didn’t want to work solely on the line.”

At her first kitchen (more than 10 years ago), one of the first things she realized was that she was the only female chef that wasn’t on a pastry station. While this may have seemed commonplace in most early kitchen crews I worked with, it certainly proved to be the perfect fit for founder Brian Malarkey’s seasonal-evolving menu.

“I try to change the menu seasonally,” said Glessner. “Luckily, we are able to change our produce in our sides at least 4 to 6 times per year. Also, we are trying to change up the brunch, lunch and dinner menus as much as possible. Every 6-8 weeks, we are definitely trying to keep things new and interesting.”

In keeping with that tradition, Glessner said that Herringbone recently held an event on national oyster day, and they got such a large crowd that they brought in 4,000 oysters.

While she spends plenty of time in Herringbone’s kitchen, the chef is proud to call Ocean Beach home. “I’m a beach bum – I’ve been in Ocean Beach for my entire existence personally,” said Glessner. “It’s just me, my fiance Eric and my dog, Duke.”

Her role as executive chef at Herringbone.

For nearly a year now, Kauai native Jessie Glessner has been at the helm of Herringbone’s well-oiled kitchen. Her role as executive chef of the La Jolla staple was not handed over on a silver platter, however. The 30-year-old Ocean Beach resident has made her way up the ranks, paying her dues at some of the most respected establishments in San Diego over the past decade.

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Stop me if this sounds familiar. You’re at a party on the beach. All your friends are there, and plastic bottles crowd the table. You crack open a drink and take a sip, but set it down when your friend calls you over for a game of volleyball. Later, you return to the table to find that your original drink has been lost in a sea of duplicates.

Shrugging, you grab another from the cooler. By the time the party’s finished, you and your friends have dozens of half-empty bottles to clear away.

Bottle waste is a national epidemic. Forbes estimates that more than a million plastic bottles are consumed each minute. A portion of that, at least, can be attributed to the situation above — half-finished drinks, thrown out because no one can remember who they belong to. Now a San Diego startup takes aim at a solution.

Sipsee, a product of Garcia Hanson Innovations Inc., offers buyers a way to both preserve and distinguish their bottled drinks.

The company’s founders, Dan and Kirsten Hanson Garcia, of Point Loma, are committed to their goals of sustainability and waste reduction. Kirsten is a former Oracle employee, while Dan is a Navy veteran who hit upon the idea during a disaster relief project when he noticed the number of water bottles going to waste.

Dan and Kirsten are motivated by a desire to “eliminate unnecessary waste and bring awareness to the prevalent ‘throw away culture.’” They believe that a business should have a positive impact on the society that supports it — as a result, they donate a portion of the profits to charity.

The company’s efforts have been recognized by the larger sustainability community. The California Resource Recovery Association, a group dedicated to achieving environmental stability, recently awarded Sipsee the Outstanding Waste Prevention award for evaluating its waste stream and making a concerted effort to reduce it.

Not only are all Sipsee stoppers made from recyclable materials, but the plastic used by each stopper is less than that of the average water bottle — if a single Sipsee stopper is used to save a single bottle, it’s a net gain for the environment.

Dan and Kirsten are thrilled so far by the reaction to their product. Earlier this year, they presented at Earth Day in Balboa Park to an enthusiastic crowd. Their plan is to bring their message to a larger audience. “Most people don’t bring bottle stoppers with them naturally,” Dan explained. “We’re hoping to create a shift in mindset.”

Learn more about Sipsee at www.mysipsee.com.

By Ronan Elliott | The Beacon

Point Loma couple earn accolades for customizable, sustainable bottle stopper

One local brewery has found a way to blend the great outdoors with craft beer that tastes like it was just tapped – even when you’re nowhere near a brewery.

With its new, state-of-the-art machine, Bay City Brewing Co. now offers crowlers – the latest way to enjoy its craft creations and special releases on the go.

“Up until recently, people could only indulge in Bay City Brewing in our tasting room, at a local bar or from a growler,” says Ben DuBois, co-owner of Bay City Brewing. “As a portable and environmentally-friendly alternative to traditional glass growlers, crowlers empower craft beer lovers to enjoy the many adventures San Diego has to offer without sacrificing the freshness of a locally made craft beer.”

According to DuBois, the addition of a crowler to its lineup of beer accessories marks a major milestone for the brewery whose beers are not yet available for sale in bottles or cans.
Suzi O’Brien, interior designer/owner, EcoLux Interiors, speaking about her home tour project at 4424 Algeciras St. in Sunset Cliffs, said doing sustainable architecture is increasingly getting less and less expensive.

“It used to be very much more expensive, but nowadays, not so much, if you put in things that are going to save energy like solar panels and systems that reuse water from your shower to use in your garden,” O’Brien said. “Stuff like that saves water over the long haul.”

Regarding LeCase EcoVillage, on Tourmaline Street, owner Daniela Carpano, said, “It’s more than just a green building, it is green life. It’s not limited to features of the home. We installed a ‘cool’ roof that absorbs heat and stays much cooler. You are very comfortable without any need of A/C.”

LeCase EcoVillage is two adjacent lots with four buildings on it with four families sharing garden and common spaces. “Green features are in the garden with rain harvesting creating a sustainable environment: That’s the whole mission,” said Carpano.

Tour cost for San Diego Green Building Council members is $10 and non-members is $15. Students are $5 (with ID) and children under 18 are free. Tickets are available now at usgbc-sd.org/event-2547926.
Local woman inspired by travel, creates new versatile and comfortable yoga pants

By LUCIA VITI | THE BEACON

Necessity is often noted as the mother of all invention—and rightfully so. But what happens when you tag on dedication, resolve and the determination to succeed? Larissa Miller, the driving force behind PI Yoga Pants, that’s what happens!

PI Yoga Pants, the newest sensation in namaste apparel, was crafted from Miller’s need for comfort. Lightweight, versatile, breathable, and most importantly, comfortable, the Balinese-inspired garment was conceived from the lightbulb moment of “I can design a yoga pant more comfortable than the uncomfortable one I’m wearing.”

While travelling in Thailand, on the first leg of a tour through South East Asia, former Pacific Beach resident Miller wore conventional, tight, black yoga pants that “clung and chafed my skin, blocked and irritated my pores and drove me absolutely insane.” She quickly purchased a soft, flowy pair that were “cute, but didn’t fit right.” Frustrated, she knew she could do better. “I was so excited to be in Bangkok, I walked 13 miles my first day in tight black yoga pants,” she said. “I was so overheated, I was miserable. I bought a lighter, flowy pair that were cute but I had to twist them to fit. I knew I could design a better pant that would fit everyone. So I did!”

But the “I did” part included diligence. Miller first committed herself 100 percent to growing a brand-new small business, an easy transition during this respite from corporate San Diego. She then researched a myriad of materials to ensure comfort and breathability in temperatures reaching 100 degrees with 100 percent humidity. Research included many “wear tests.”

According to Miller, selecting the proper material was important because skin becomes sensitive in heat and humidity. Cotton sticks to the skin when hot, silk insulates heat, polyester’s thick and uncomfortable, and Lycra and spandex were automatic no’s. Rayon, a premium, non-synthetic material, was the softest and most comfortable to wear in tropical weather. The highly-breathable material is also flame retardant. “It doesn’t spark static electricity and doesn’t pill like cotton,” she continues.

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Ocean Beach Historical Society program

The Ocean Beach Historical Society will present “Read the Book Before You Fly ‘Em” by Karen Scanlon 7 p.m. Thursday, Oct. 19 at Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. Point Loma’s Jack Allen Davis Jr. wanted to fly airplanes. And fly ’em he did! This high-flying speculator bought and sold World War II surplus aircraft with daring competence. Davis was a local boy who learned to fly at age 14 with Gibbs Flying Service. “Old Bill Gibbs turned me loose on an old Piper Cub,” Davis bragged. Flying drama, to be sure, but Davis also left his mark as Shelter Island began to take shape in the early 1950s. He built and operated Red Sails Inn and later, Palomar Airport. Come and hear more about this adventurous fellow, and enjoy photographs of his airplanes and zest for the San Diego waterfront. Scanlon is a freelance writer, historian, and early childhood educator who writes extensively on the maritime history of San Diego, particularly of Point Loma Lighthouse and the explosion aboard USS Bennington. In another direction are Scanlon’s published works in children’s curriculum, and stories about people. She is a volunteer at Cabrillo National Monument and works with her twin sister, Kim, tending the Fresnel lenses in its collection. The two co-authored a book titled Lighthouses of San Diego. Karen is a contributing member of La Playa Trail Association and Maritime Museum of San Diego, and the proud recipient of The Martha Washington Medal, awarded by the Sons of the American Revolution.

Halloween festival

A Halloween Family Fall Festival will take place 5 to 9 p.m. Friday, Oct. 27 at Westminster Presbyterian Church, 3598 Talbot St. in Westminster Park behind the church. Activities include trunk or treat, crafts, cake walk, costume contest, and at 7 p.m., a viewing of “Hocus Pocus!”

OB Canine Carnival

Dogs get their own “Howl-O-Ween” party in Ocean Beach at the 12th annual Ocean Beach Canine Carnival on Saturday, Oct. 21. The carnival takes place at Dusty Rhodes Park from 10 a.m. to 4 p.m. Attendance is free. There is a small charge, $7 for an individual dog, $10 for groups of dogs or floats, to register for the costume parade. Local pooches dressed as angels, lobsters, pirates, bananas, and anything else their owners can think of, will parade and win prizes.

Registration is available from 11 a.m. to 1 p.m. The parade starts at 1:30 p.m. and runs to 2:30 p.m. Prizes are announced around 3 p.m. Prizes range from the standard “Best in Show” to the goofy “Dog Better Dressed than Owner,” “Most OB-like.” There is also a doggie-themed craft fair, as well as games and food. The event is put on by the Kiwanis Club of Ocean Beach. For information, visit email oceanbeachkiwanis@gmail.com for information.

Maritime Museum’s new ghost tales

Maritime Museum of San Diego, home to one of the world’s finest collections of historic vessels, has created a new Halloween event that any aspiring ghost, goblin, pirate, and princess will enjoy. Guests will gather on the Star of India, the world’s oldest active sailing ship, for lantern-led tours to hear eerie legends of Star’s past Oct. 21 and 28 from 6 to 10 p.m.

Bike for Boobs

One local breast cancer survivor plans to paint Point Loma pink for the fifth year in a row. Sandy Hanshaw, owner of The Wine Pub and The Coffee Hub, announces the return of her bike ride and celebration – Bike for Boobs. Hanshaw brought Bike for Boobs to life in San Diego in 2013 as she underwent treatment for stage-three breast cancer. On Sunday, Oct. 15 at 3 p.m., dozens of pink-adorned supporters will grab bikes and join the San Diego County Bike Coalition for a casual ride around Shelter Island.
Ocean Beach residents protested the proposed Target Express at the intersection of Abbott Street and Newport Avenue on Oct. 4.

Kimmy McGinley, described by some as one of the leaders of the “No Target in OB” protests, was on the megaphone at the Oct. 4 evening protest at Newport and Abbot, which drew about 50 people holding signs and chanting.

“I’ve lived in OB for 15 years and am strongly opposed to a Target coming to OB,” said Jon Wain, “I go to the Farmers Market weekly to gather signatures for the boycott, and I can tell you that the anti-Tar-get sentiment is strong to the tune of about 50 signatures per hour, consistently.”

After the protest rally, supporters submitted a letter with 778 signatures to Target, OB Town Council—and anyone who would listen.

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“Target has said they reserve the right to reconsider, and were taking the community’s feedback,” said McGinley, who added the argument against the corporate chain coming to town is a matter of economics.

“A Target would be a tragedy, upsetting local mom-and-pop businesses,” McGinley said. “They can’t compete with [Target’s] prices, and they don’t have their buying power. As local mom-and-pop businesses suffer, our local economy suffers. The money that would go into a Target would not stay in our community, but go into a Minnesota corporation legally bound to make money for their shareholders. They don’t care about our community.”

Noting “landlords have done everything correct,” Tony Franco, of Tony Franco Realty Inc., who is brokering the Target negotiations, said during the long hunt for new tenants in the prime Newport Avenue commercial space that, “We brought this deal to all types of businesses including bowling alley operators, breweries and other grocery stores such as Trader Joe’s and Whole Foods, and received many offers to lease only a small portion of the space.”

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PHOTO BY THOMAS MELVILLE
OB OKTOBERFEST
Karen Howes (above) celebrates winning the stein holding contest moments before being named Ms. Oktoberfest 2017 and earning $400 cash. The Ocean Beach native, and Point Loma High grad, held the steins for six minutes, which was two minutes longer than the male winner. Howes is a trainer at World Gym. (Right, below) Several attendees dressed up in Bavarian-style costumes to add to the fun at the festival in Ocean Beach. (Bottom) Ms. Oktoberfest contestants participate in the stein holding contest.

PHOTOS BY THOMAS MELVILLE
Pointers outscored on night of big plays by St. Augustine

By SCOTT HOPKINS | The Beacon

Nobody was busier during Point Loma's Western League opening game last week than those charged with keeping game statistics.

The Pointers met St. Augustine in a football game that saw the two teams combine for 87 points, more than 1,000 yards of total offense and many long plays as the Saints roared to a 53-34 victory before a surprisingly small crowd of Pointer fans who made the trip to Mesa College.

Both teams now have 3-3 records. When Pointer quarterback Kyle Grady drove up the middle for a dramatic touchdown on a fourth down play with just 2.4 seconds left in the first half, the teams went to halftime tied at 21 after the Saints had taken an early 14-0 lead just minutes into the game. The spirited comeback by the Pointers had fans anticipating a second-half nail-biter.

But a relentless Saints offense combined with a Pointer defense that lost several key players to injuries from a 35-player roster, allowed the hosts to add five more touchdowns against a Pointer pair to outscore the Dogs 32-13 over the second half.

"My arm got caught underneath my body when I was sliding and my shoulder popped out," Fierro said after the game. "The trainers helped me out and I'm very appreciative and grateful for them."

Josh Ball's four-yard run kept the Pointers even at 27 in the third period before the Saints victimized Pointer defenders by scoring on a 65-yard run and a 24-yard pass to widen the gap to 41-27 after three periods.

Brian Yepez's five-yard run early in the fourth quarter brought the Pointers back within seven at 41-34, but the Saints answered with scoring passes of 27 and 46 yards to widen the margin of victory.

For the Pointer faithful, the game was an amazing experience and just a glimpse into his next opportunity.
Point Loma resident competes on ‘Steve Austin’s Broken Skull Challenge’ TV show

San Diego is currently going through a musical renaissance, with exciting new performers emerging seemingly weekly. One of the most promising new combos in town, The King Taylor Project, who perform at The Holding Company on Oct. 18, is comprising its first full-length album. The group has already put together a mix of blues, soul and funk to a national level. Barely a year and a half old, the group has already played nearly 200 shows, toured four times and is working on their debut album. Led by singer Sandi King and guitarist Josh Taylor, the band includes bassist David Ryan Norgren, drummer Eric Strickler, keyboardist Josh Weinsteiner and violinist Jay Zhu. Kind is a lifelong San Diegan, while Taylor arrived locally in 2011, after returning from Afghanistan and leaving the Navy. The group’s first show was Valentine’s Day 2016. "We are a full eight-piece band tribute night for Natalie Cole," King recalled. "We have been a fan of her since I was young and she had passed that New Years Eve," King recalled. "I met through the SD music scene and started dating," said King. "After we got engaged we joked about our lives being a 'King Taylor Project',” she laughed. "We then decided to actually start a musical project together and so KTP became a reality." The pair married Oct. 14, making this show an extra celebratory event for friends and fans.

Both King and Taylor have been mainstays of San Diego’s music community for the past five years: King performing with Americana duo, 22 Kings, and Taylor as a solo artist. Notably he released his debut solo album, "About Time," in 2015, with Weinstein a part of that record. "During my time in 22 Kings I learned a lot about how to be a DIY musician," King recalled. "We recorded two full-length albums, I built five national and regional tours. I basically just learned how to navigate being a full-time musician by diving in and doing it," she said.

According to Taylor, writing in The King Taylor Project is a collaborative process. "We do play originals, but the band is actually only beginning to write new material. So far we've performed my own songs as well as original songs from some of our other members' solo projects. Our process is likely to continue with Sandi and I as primary writers, with lots of arrangement input from the band."

He notes that as a group, who can play up to four hours, they do include covers in their sets. "We tend to avoid doing Top 40 for its own sake," he said. "So our cover material is really professional to work with and that it was an overall good experience to compete against some of the top athletes in the world."

"If I could do anything different, I would have done some more strength training," said Siraco. "To prepare herself, Siraco did her daily workout as she normally does, adding more obstacle course racing and high-intensity training. She also hiked in the desert a week before the show was filmed to prepare for the heat at the location where the program is filmed. She thought working out in the desert would give her some benefits doing the challenges. At the location where this episode was filmed, it was 104 degrees that day." A casting director from "Steve Austin’s Broken Skull Challenge" found Siraco through social media and asked her to participate in the program. At first, she was a little skeptical about participating because she had never done any hand-to-hand combat stuff, but eventually she decided to compete in the program.

"It was just a very good experience and a challenge to be a part of the program," said Siraco. "Steve Austin’s Broken Skull Challenge" is a reality television competition show that is created and hosted by former professional wrestler Steve Austin. Each episode of the program brings a group of eight contestants, either all men or all women, to the "Broken Skull Ranch" to compete in a series of physical challenges.

"The series features world-renowned athletic contenders, including supercross, crossfit, power lifters, professional athletes, MMA fighters and everyday heroes who face off against each other and the desert heat in a series of intense challenges.

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Dr. Mathilde Rousseau-Bierregaard

On Tuesday, Oct. 3, the second episode of season five of “Steve Austin’s Broken Skull Challenge” aired, with Point Loma resident Stephanie Siraco as one of the participants.

Siraco, a former nuclear engineer in the Navy, is used to taking on plenty of challenges.

She is a wellness expert and fitness coach and is also the founder of two companies: TheAteElite and SKFitLife. Plus, she writes a blog, hosts two podcasts and teaches fitness classes.

Her competitive background includes running, triathlons, duathlons, physique competitions and obstacle course racing. Siraco has also participated in season nine of “Ninja Warrior” and in season one of “Spartan.”

“A few years ago, I said to myself that I wanted to be as strong as I look, and I thought competing in the ‘Steve Austin’s Broken Skull Challenge’ was the ultimate test,” Siraco said.

Siraco made it to the second round in the program and thinks that it was a good challenge for her. She said the program’s staff was really professional to work with and that it was an overall good experience to compete against some of the top athletes in the world.

“Steve Austin’s Broken Skull Challenge” is a reality television competition show that is created and hosted by former professional wrestler Steve Austin. Each episode of the program brings a group of eight contestants, either all men or all women, to the “Broken Skull Ranch” to compete in a series of physical challenges.

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Dr. Bart Menendez

According to Taylor, writing in the new year and support more local and national acts Nick Crook, Kyle Phelan, Kevin Begin, Candace Devine, Jason Yamaoka, and Trent Hancock. "We hope to continue this event for friends and fans." He said the program’s staff was really professional to work with and that it was an overall good experience to compete against some of the top athletes in the world.

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San Diego is currently going through a musical renaissance, with exciting new performers emerging seemingly weekly. One of the most promising new combos in town, The King Taylor Project, who perform at The Holding Company on Oct. 18, is comprising its first full-length album. The group has already put together a mix of blues, soul and funk to a national level. Barely a year and a half old, the group has already played nearly 200 shows, toured four times and is working on their debut album. Led by singer Sandi King and guitarist Josh Taylor, the band includes bassist David Ryan Norgren, drummer Eric Strickler, keyboardist Josh Weinsteiner and violinist Jay Chu. Kind is a lifelong San Diegan, while Taylor arrived locally in 2011, after returning from Afghanistan and leaving the Navy. The group’s first show was Valentine’s Day 2016. “We are a full eight-piece band tribute night for Natalie Cole," King recalled. "We have been a fan of her since I was young and she had passed that New Years Eve," King recalled. "I met through the SD music scene and started dating," said King. "After we got engaged we joked about our lives being a ‘King Taylor Project’,” she laughed. “We then decided to actually start a musical project together and so KTP became a reality.” The pair married Oct. 14, making this show an extra celebratory event for friends and fans.

Both King and Taylor have been mainstays of San Diego’s music community for the past five years: King performing with Americana duo, 22 Kings, and Taylor as a solo artist. Notably he released his debut solo album, “About Time,” in 2015, with Weinstein a part of that record. “During my time in 22 Kings I learned a lot about how to be a DIY musician,” King recalled. “We recorded two full-length albums, I built five national and regional tours. I basically just learned how to navigate being a full-time musician by diving in and doing it,” she said.

According to Taylor, writing in The King Taylor Project is a collaborative process. "We do play originals, but the band is actually only beginning to write new material. So far we've performed my own songs as well as original songs from some of our other members' solo projects. Our process is likely to continue with Sandi and I as primary writers, with lots of arrangement input from the band."

He notes that as a group, who can play up to four hours, they do include covers in their sets. “We tend to avoid doing Top 40 for its own sake,” he said. “So our cover material is really professional to work with and that it was an overall good experience to compete against some of the top athletes in the world.”

“Steve Austin’s Broken Skull Challenge” is a reality television competition show that is created and hosted by former professional wrestler Steve Austin. Each episode of the program brings a group of eight contestants, either all men or all women, to the “Broken Skull Ranch” to compete in a series of physical challenges.

The series features world-renowned athletic contenders, including supercross, crossfit, powerlifters, professional athletes, MMA fighters and everyday heroes who face off against each other and the desert heat in a series of intense challenges.

Celebrate Halloween at Liberty Station

Liberty Station will host Liberty a Halloween Celebration in partnership with San Diego Comic Art Gallery and Comicrack Comics Books and More from noon to 4 p.m. on Sunday, Oct. 29 in the North Promenade. Liberty Station is inviting the community to join in on a free family-friendly Halloween celebration.

The daytime festivities will include free comics, a costume contest, trick-or-treating throughout the district, ghoulish arts and crafts, a play area presented by Kid Ventures, music and live entertainment, a Hollywood car show, and more.

“The event will be the perfect place for families to celebrate Halloween with a few extra surprises.” All ages are encouraged to come decked out in their most elaborate costumes. There will be a costume contest, and the winner will receive a prize.

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Pants

CONTINUED FROM Page 14

continued. "And it even protects the body from mosquitoes."

Versatility for yoga, other workouts and travelling followed suit on the material checklist.

"I wanted to design more than just a pair of yoga pants," she said. "I envisioned chic boutique pants that would be great for travelling without making you look like a traveler and cute pants for socializing at night. Rayon’s lightweight, easy to wash, dried faster than cotton and wrinkles easily disappeared when hung to dry."

Miller then searched for a seamstress. While travelling through Bali, she shared her new venture with a taxi driver who graciously offered to introduce her to a friend—a seamstress and Bingo! Collective ideas led to a variety of prototypes. She found a designer and dug roots in San Diego and "plunged her life savings" into PI Yoga Pants, named after one of her favorite spiritual readings, "For the Love of Flowers" into PI Yoga Pants, named Dead Sea and "plunged her life savings" into PI Yoga Pants, named San Diego and "plunged her life savings" into PI Yoga Pants, named Evergreen Flower of Life, Ground Goddess, and Yacht Week. Future plans also include sharing her love for travel, her "gateway to personal growth," and the friendship of a like-minded philanthropist at heart does- not stop there. Miller devotes energy and profits into conservation efforts for sea turtles, coral restoration and beach cleanup. While diving in Bali, she fell in love with sea turtles and soon discovered that only one out of every 100 turtles reaches maturity. The philanthropist at heart does-not stop there. Miller devotes energy and profits into conservation efforts for sea turtles, coral restoration and beach cleanup. While diving in Bali, she fell in love with sea turtles and soon discovered that only one out of every 100 turtles reaches maturity.

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