PLHS students join outcry over whale captivity

By DAVE SCHWAB | THE BEACON

Point Loma High School’s Cinematic Arts and Video Production students have a strong reaction to the documentary “Blackfish” that was broadcast on CNN in October.

By MIKE AGUIRRE | THE BEACON

CVS ready to move in on former Apple Tree location — but not without liquor license

By TONY de GARATE | THE BEACON

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“Blackfish” was featured on CNN and became the subject of several CNN news features. The PSA, written, acted and produced by Point Loma Cinematic Arts students using the school’s state-of-the-art studio, shows several students faking in and out as they read portions of their letter to the aquatic park.

“Dear Sea World, thank you for all the amazing memories, the Shamu Show, Dolphin Point, the Penguin Encounter,” begins the PSA. “But after watching the documentary ‘Blackfish’ on CNN, all those glorious memories have totally been cheapened.”

SEE DOCUMENTARY, Page 5

SEE ELECTION, Page 7

CVS ready to move in on former Apple Tree location — but not without liquor license

CVS Pharmacy thinks the old Apple Tree grocery store, the long-vacant building at 4949 Santa Monica Ave., would make a handy spot for its 246th San Diego-area location. Corporate officials reportedly love the building. They say the available floor space and parking is quite adequate, and they admire the curved roof and other features that reveal its past as a 1960s-style Safeway supermarket, according to Steve Laub of Land Solutions, Inc., a local project management-consulting firm that is overseeing the permitting process.

What CVS doesn’t have is permission to sell beer, wine and spirits — and the prospect of a liquor license whipped up an open-ended assignment that they could watch it and write something about it, an essay or a movie review,” said Palmiotto. “One of the kids said, ‘Why don’t we make a video?’ Then we started to piece together different reactions from students in different classes. That’s how it came about.”

“Blackfish” explores the accidental deaths of SeaWorld trainers and is critical of keeping killer whales in captivity and having them perform in shows. The film premiered at the Sundance Film Festival in January, then went mainstream Oct. 24 when it was featured on CNN and 24 was the subject of several CNN news features.

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SEE DOCUMENTARY, Page 5
Multiple SDCNG writers reap journalism honors

Three of the San Diego Community Newspaper Group’s corps of reporters earned top honors during the San Diego Press Club’s 40th annual Excellence in Journalism Awards on Oct. 29 at the Market Creek Jacobs Center.

The evening was a rich mix of tradition and celebration featuring San Diego’s finest restaurants with regional wines and beers. For the honoredes, it was a fun evening of rubbing elbows with friends in the San Diego media. The San Diego Press Club is the third largest in the U.S., representing all media city and county newspapers, magazines, websites, television and radio outlets.

Writer Scott Hopkins received first place in the Photography Still Feature category for “Clash of the Classes on the Gridiron” that ran in The Peninsular Beacon. He also earned a second-place award in the Non-Daily Newspapers Series category for “PLUS graduate ID’d as shooting victim in bizarre crime spree.” In addition, Hopkins shared a third-place award in the Education category for his article, “Students defuse rat race of school life with gigantic hamster wheel.”

Mike McCarthy received a first-place award in the Investigative Reporting category for the article “Trembling with life — summer marine life unusually active,” that ran in the Peninsular Beacon. Beach and Bay Press and La Jolla Today. He also received a second-place honor in the Photography Still News category for the same article. Reporter Markitt Lamb collected second-place honors for her work at the Beach & Bay Press in the non-daily newspapers Best Gardening Story category with “Young minds Blossom with growth of school garden.”

“San Diego Community Newspaper Group is honored to have Mike, Scott and Mariko on our writing staff,” said managing editor Kevin McKay.

“These writers continue to produce insightful and meaningful stories and photos that provide the very snapshot of life in our beach communities we seek out every day. These honors are richly deserved,” he said.

Hot new trend combines yoga

Ocean Experience and Shawna Schenk of Riffs Yoga in Bird Rock are taking yoga to another level through stand-up paddleboarding yoga classes on the water. For a unique yoga experience to strengthen and connect with your body in a whole new way, try this one-and-a-half hour balancing act with a certified yoga and lifeguard instructor, who will race of school life with gigantic hamster wheel.”

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San Diego Community Newspaper Group writers Mike McCarthy, left, and Scott Hopkins savor the moment during the San Diego Press Club’s 40th annual Excellence in Journalism Awards ceremony on Oct. 29.
OBITUARY

Nelson, Robert Roy Nelson, lifeguard and Mission Bay port captain

Robert Roy “Nellie” Nelson, a lifeguard and Mission Bay port captain peacefully passed away Friday, Oct. 25th in his home in San Diego.

Robert Nelson was born on Feb. 6, 1927 in San Diego. He grew up in Ocean Beach and Point Loma and graduated from Point Loma High.

In 1949, he became a lifeguard for the county of San Diego and became a city lifeguard in 1951. Nelson served 10 years as a lifeguard lieutenant and was appointed port captain of Mission Bay in May of 1968. He retired from the city in 1976.

Capt. Nelson was instrumental in overseeing the complex operation in keeping Mission Bay — a nationally famous waterfront playground — safe and orderly.

He worked to acquire the new 36-foot Lifeguard Rescue Boat, ALERT, powered by twin 230-horsepower engines and with firefighting and pumping capability, which he skippered.

Nelson managed both the Harbor Patrol lifeguard complex as well as the Lifeguard Service Boating Safety Unit, the beach lifeguards on Mission Bay, lifeguard communications and maintenance of navigational buoys and aquatic safety equipment.

Over the years as aquatic activity grew on Mission Bay: Capt. Nelson strides for more boating safety education and had one terse bit of advice for boat owners: “Follow all safety precautions of the Coast Guard.”

Robert enjoyed swimming, fishing, swimming, handball, tennis and an occasional racquet ball game. He received many awards and trophies and was a member of the San Diego Rowing Club.

He is survived by his wife, Roberta J. Nelson; daughter, Dianna; and grandchildren, James Jr., Joseph and Alexander and nephew Eric.

A surfer and lifeguard paddle out memorial will be held Nov. 1 at 1:30 p.m. at Ocean Beach at the foot of Santa Monica Avenue.

Visit www.helmymitchell.com for updates on place and time.

Stolen PLHS generators put band in dark, help sought in recovering items

The Point Loma High School Band and Colorguard Rehearse-a-thon was in full swing — and it was getting dark. It was time to bring out the generators in order to light the field — but that was not to be. The generators were gone: they were stolen from the Music Center sometime around the beginning of October.

Resourceful band boosters drove their cars to the edge of the field and turned on their headlights so the students could continue practicing and raising money for the program. Losing two Honda EU2000 generators priced at $1,200 each is a huge blow to a program that depends on fundraising and donations to sustain its incredible growth over the past four years.

The generators, which the program had for less than a year, were also used to power electrical instruments in field competitions, and to provide lights in dark parking lots after students return from the field to change out of their uniforms.

The school is investigating the theft, and is asking for the community’s help in recovering the generators. Anyone with information or offers of help can contact music director James Sepulveda at jssepulvado@sandi.net.

Donations to help cover the loss can be made at the band’s website: www.plhsmusic.com/donate.
“Animals are integral elements of our park’s award-winning education program. Each year at SeaWorld San Diego more than 16,000 school children participate in our camp and sleepover programs.”

Speaker, SeaWorld San Diego

nothing ever happened,” he said. “They could have just kept him back and not used him in their shows.”

Teacher Palmerio said the public reaction to his student’s PSA has been a pleasant surprise. “Most of the feedback has been really positive,” he said. “We’ve gotten emails from all over the world — Russia, Germany. We had some complaints that the kids didn’t do enough research, that all the facts were from the 1970s. How much of it is propaganda? Maybe all of it. How much of it is true? Sure looks like all of it.”

Palmotto and his students are uncertain where the classification status of the orca will go from here. But they’re all certain of one thing: The conversation they’ve started has already just begun. “Some of these kids are coming up with solutions,” Palmotto said. “Palmotto said, “SeaWorld is one of the biggest marine parks in the world, and guests and to the care and welfare of wild animals every year, and that SeaWorld rescues, rehabilitates and returns to the wild hundreds of wild animals every year, and SeaWorld commits millions of dollars annually to conservation and scientific research.

“Perhaps most important, the film fails to mention SeaWorld’s commitment to the safety of its team members and guests and to the care and welfare of its animals, as demonstrated by the company’s continual refinement and improvement to its killer whale facilities, equipment and procedures both before and after the death of Dawn Brancheau.”

SeaWorld is currently involved in a legal battle in Florida, appealing a citation issued by the federal Labor Department affecting all SeaWorld marine animal shows and training. It was pretty bad.”

Student Taeshon Greene had a slightly different take. “I was touched by the trainers dying because I had a mentor from Big Brothers Big Sisters who was a SeaWorld trainer and I after I watched ‘Blackfish’ I thought, ‘What would happen if he had died?’ I was thinking how my life would have been changed if he was never in my life at all. So while it’s sad SeaWorld is treating animals the way they are … having a trainer die is just as sad.

Seeing the film was a call to action for Logan Leising, who explained the group’s motivation for creating their PSA. “You just find people who have the same belief, think the same way you do, like these kids that saw the way SeaWorld is treating and capturing animals is wrong,” he said, noting a particularly poignant part of “Blackfish” for him was a scene where they kept “locking up little killer whales” in a crate all night and only let them out for shows and training. It was pretty bad.”

Student Peyton Thomas said SeaWorld, since it’s already located adjacent to Mission Bay, might consider expanding the area orcas are allowed to roam by using fencing and electronic tracking in the bay, which would “give them a bigger area to go around, but at the same time they (SeaWorld) would still know where it (whale) is.”

Palmotto said out SeaWorld does a lot of great research said, “SeaWorld could work to rehabilitate sick and injured animals, Kimberly Cole said the park probably couldn’t release orcas into the wild.

“They’ve lived in captivity all their lives and the wouldn’t know how to survive on their own,” she said. “SeaWorld might consider “passing them on to an educational enterprise, can’t come up with solutions.”
This immaculate 4+ br, 3.5 ba traditional home in historic Loma Portal, on a corner lot, has tons of charm. Beautiful hardwood floors, a large, cozy family room with a brick fireplace, a guest suite with new bath, a spacious formal dining room, dual pane windows, two private patios, plantation shutters are just some of the exiting features!

Marie Huff | (619) 838-9400
mariehuff@aol.com
www.MarieHuff.com
CA BRE #01110179

2555 Clove St

This immaculate 4 br, 3.5 ba traditional home in historic Loma Portal, on a corner lot, has tons of charm. Beautiful hardwood floors, a large, cozy family room with a brick fireplace, a guest suite with new bath, a spacious formal dining room, dual pane windows, two private patios, plantation shutters are just some of the exiting features!

Selling The Point

3727 Charles St

Beautifully remodeled and expanded, this 4 br, 3 ba single level home is full of charm and character. With wood floors, open beam vaulted ceilings, a gourmet kitchen, and French doors leading to the lovely brick patio, this home offers sophisticated indoor/outdoor living. The separate studio is currently used as a master woodworker retreat, and could easily be guest quarters, an artist's studio, or in home office.

$1,500,000

$1,100,000

Homecoming hoopla, doggone good time

Point Loma High School celebrated the 87th Homecoming in its 88-year history Nov. 8 with a joyous gathering attended by a large contingent of alumni. In the featured football game, Madison’s Warhawks, who are defending state champions, defeated the Dogs 28-7 in a hard-fought battle. The parade of floats and dancers drew loud cheers from the crowd, with the seniors, as always, taking first place, followed by the juniors, sophomores and freshmen. It’s true: “Once a Pointer, Always a Pointer!” — SCOTT HOPKINS

Honored as “Golden Pointers” at Point Loma High School’s recent Homecoming as the earliest alums in attendance were Aldena Brown, (class of 1949), Ken Harvey (1942) and Pat Dudley Goulart (1949).

Tear-away T-shirts drew a reaction from the Homecoming crowd as seniors once again dominated the event.

Members of the junior class dance group are happy with their performance.
and regulate marijuana. Regulations should be drafted that include Department of Justice concerns about preventing distribution to minors, diversion from states where it’s legal to other states, “drugged driving,” and cultivation, possession or use on federal property. Additionally, local concerns about operation and location should be revisited. However, until there is a commitment from the current U.S. Attorney to not file charges under the Controlled Substances Act, we cannot move forward.

Specifically in the Pacific Beach community, merchants and residents are divided over the issue of the proliferation of alcohol licensing for local pubs. What is your position?

A: We must adopt stricter measures for alcohol-serving establishments in the beach area. Instead of discretionary minor-use permits, the city Planning Commission should approve alcohol sales permits for bars, restaurants and liquor stores. Businesses applying for an alcohol-sales permit will be required to complete an operational management plan as a condition of the permit. Failure to comply would result in enforceable actions. Establishments that obtained liquor licenses prior to the new requirement can’t be grandfathered in. Therefore, we would adopt a “deemed-approved” ordinance placing tighter rules on new and old alcohol-serving businesses by establishing performance standards.

In La Jolla, the matter of seals versus human access to beaches rages on year after year in the courts, the Coastal Commission and at the city level. As mayor, what policy would you advocate?

A: The San Diego County Regional Airport Authority has studied expanding the existing runway or adding a second parallel runway and found both options to be infeasible. It would require significant acquisition of surrounding commercial and residential land, approximately 2,000 acres that is made up of just less than 600 acres of commercial industrial, 1,200 of institutional and 800 acres of residential, with the remainder falling into other categories. The population within the required area of acquisition is 18,600 residents. The technical study identified huge challenges with the concept, including land acquisition, social impacts, environmental impacts and operational concerns.

Candidate: DAVID ALVAREZ (City Councilman, District 8)

What is the greatest challenge/challenges facing our beach communities and how do you propose addressing this/them?

A: San Diego needs a mayor who will make government work for every neighborhood, including our beach communities. As mayor, I’ll invest in our beach neighborhoods, create jobs, support schools and give everyone the respect and dignity they deserve from our government.

What is the most crucial economic issue facing San Diego today and in the future, and how do you propose addressing this/them?

A: To address the oversaturation of alcohol licenses in particular communities, I’ll work closely with our police chief to ensure that police department review of alcohol license applications more heavily weights the number of existing licenses in the area. This review will determine the balance of community convenience and necessity for additional licenses. However, the city must be sensitive to the needs and desires of each individual community, as some neighborhoods may desire fewer licenses, while others may be looking to attract new investment through new restaurants or stores, which may need to sell alcohol. I’ll look to our community planning groups for recommendations regarding alcohol licenses.

In La Jolla, the matter of seals versus human access to beaches rages on year after year in the courts, the Coastal Commission and at the city level. As mayor, what policy would you advocate?

A: It is clear to me that the South Casa Beach deserves special protection as a habitat area for the seals that currently exist there, especially during pupping season. As such, I support the city’s current plan to install a rope barrier on Casa Beach during pupping season to protect both seals and people.

What is the most crucial economic issue facing San Diego today and in the future, and how do you propose addressing this/them?

A: San Diegans need more employment opportunities. Many have suffered during the recession and are out of work or underemployed. Our neighborhoods have been left behind because of a lack of investment and a blurred economic vision that favored only big downtown projects. In my blueprint for San Diego’s Future, I present a clear vision to support entrepreneurs and small businesses that make up the backbone of our economy. As mayor, I’ll create public-private partnership to spark neighborhood investment and revitalization, targeting employers in high-growth sectors. I’ll also present a big-picture plan to grow our cross-border economy and build partnerships with Asia.

Would you advocate for further expansion of the San Diego International Airport and possibly a second runway? Why or why not?

A: I currently serve as one of the city representatives on the San Diego Regional Airport Authority where we oversee airport operations and capital improvements. I know that there is simply not enough room for an additional runway at Lindbergh Field. Our best strategy moving forward is to utilize the airport capacity we have there, much more effectively like we’ve done with the Green Build expansion of Terminal 2. This project involved more than 7,000 workers and more than $415 million in community projects.

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Much to be thankful for this Thanksgiving

By interim Mayor Todd Gloria

November is synonymous with Thanksgiving. Today I look forward to sharing a special holiday meal with family and friends and giving thanks for all my blessings. With Thanksgiving and November’s main event, it’s easy to lose sight of other things I’m thankful for besides food. On the fourth Thursday of the month. Here are some other things for which I am truly grateful.

Our veterans whose service and sacrifice is unparalleled. Picture here is my great grandmother, Dolley Avey, standing between her sons, my great uncle, Forest, on the left and my grandfather, Charles, on the right.

Both men served honorably in the U.S. armed forces. My grandfather arrived in San Diego from Oklahoma in 1943. His move from the Midwest made me a native San Diegan. I owe them all our acting and retired service men and women my thanks for their dedication to our country.

So many service members are overseas this Thanksgiving and don’t get to pass the mashed potatoes or carve the turkey with their parents, spouses, children and siblings.

I’m thankful for our first responders, trash collectors, street crews and others making up the city’s 10,000-person workforce provide vital services we all rely on each day. Their efforts keep our city’s engine running.

I’m thankful for my City Council colleagues, who focus on improving their neighborhoods and look for ways to make San Diego’s economy more robust. They are dedicated public servants who strive every day to make San Diego an even better place to live.

I’m thankful for those who are caregivers to our elderly and homeless. By way of example, their service and big hearts remind us to practice patience and empathy toward all our neighbors.

I’m thankful for being born and raised in a city that has such a varied and vibrant cultural identity. This is the town where a Native American, Filipino, Puerto Rican, Dutch son of a maid and a gardener became the interim mayor of San Diego. This is the town where I have lumps and tanlines next to the turkey and stuffing on my Thanksgiving plate.

Finally, I am thankful for the ability to serve. I ask for your continued patience and participation as we draw closer to electing a new mayor for San Diego on Nov. 19. Happy Thanksgiving to all.

Alumni sought for water polo game

Former boys’ water polo players from Point Loma High are being sought to participate in an Alumni Game. More information and sign up will take place at Bud Kearns Pool at Morley Field, currently the Pointers’ home water, on Saturday, Nov. 16 at 2 p.m.

Water polo coach Jerry Rich has been contacted by alumni from more than 20 years ago and is expecting a big turnout. Rich is looking at the oldest alumni playing his current junior varsity team, while more recent grads would take on the current varsity squad.

There are no fees for the event. For further information, contact Rich at garciach@cox.net.

Scott Hopkins

“Save Yourself Home” which has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you’ll find 10 tips inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

The former site of Apple Tree Market has sat vacant for nearly a year. The property owner, Elliot Megdal has said he has had trouble leasing the location to other grocery stores. Former Apple Tree owner Saad Hermen has supported CVS as a tenant because he plans to open another market in the community, but wouldn’t be able to do so with more competition.

“I do not share that concern,” vice mayor Bushe said.

It’s a big box for Ocean Beach,” Kinney Newsome replied.

While not addressing the idea of a pledge to help locally, Schiefer said the 20-30 jobs, except for pharmaceutical positions, would be “open” to local applicants.

Craig Klein called on CVS to provide a security guard and alcohol sales after dark and install anti-theft devices on spicier bottles. Laub said he was open to allowing some conditions on the liquor license, but said CVS already has training procedures in place to address concerns about serving minors and allowing homeless people to congregate.

Laub also said CVS boosts high rates of employee retention and job satisfaction, and offers “great benefits and pay programs.”

“This is the kind of establishment you want,” Laub said. “CVS will be the most responsible staff you have out there.”

Former Apple Tree co-owner Saad Hermen was one of the few to speak in favor. Hermen closed Apple Tree after 25 years as of Jan. 1 when he lost his lease with the building’s owner, Elliot Megdal of Los Angeles-based Megdal and Associates.

Hermen said he plans to open a new grocery store at the former Bank of America location at 4932 Newport Ave. If another grocery store were to open at the former Apple Tree, Hermen said he’d have to abandon his plans because of the competition.

His new store will be a “brand new supermarket with the fresh products and produce you desire,” Hermen said.

Laub said Megdal had trouble finding a tenant until CVS stepped up. He said Megdal told him grocery stores weren’t interested because the site was lacking in floor space and water and electrical capacity.

He was running out of takers,” Laub said. “We can make it work for us.”

BOPB members appeared to be split on the issue.

Board member Bill Bushe said allowing the liquor license could threaten the community character others have fought to maintain.

“Pacific Beach used to look like OB. Now it’s just a party place for students,” Bushe said.

“I do not share that concern,” vice mayor Peter Ruscitti said. “Zoning will prevent us from becoming another OB.”

Ruscitti said he “reluctantly” favored the liquor license even though he would have preferred a grocery store at the location.

“It’s not fair to recommend denial because I don’t like who the tenant is,” he said.

Even though the Board tabled the action item, CVS is not obligated to return to the OBPB if police make a PCN finding in CVS’ favor. Approval is not required from the OBPB, which has only advisory powers on land use and quality-of-life issues.

But with all the concerns expressed, “I would think they’d want to come back,” OBPB chairman Tom Gavrornski said.

Other city council members have said they would like to see a pharmacy in the space.
CANDIDATES CONTINUED FROM Page 7

Candidate: KEVIN FAULCONER
(City Councilman, District 2)

What is the greatest challenge facing our beach communities and how do you propose addressing this/them?

A: The beach communities include some of San Diego’s oldest neighborhoods and, like many urban communities, have significant infrastructure challenges, including needed street and neighborhood repairs. This is because past city leaders prioritized unsustainable pensions over investments in our neighborhoods. As your councilmember, I’ve been proud to work to improve San Diego’s beach and urban communities. As mayor, I will take that approach citywide. I am committed to cutting government waste at City Hall and investing the savings not in unaffordable employee pay, but into rebuilding our streets, water and sewer pipes, streetlights and crumbling sidewalks, boardwalk and seawall. The homeless situation and the issues/problems associated with them continue to grow seemingly on a daily basis and are pervading nearly every neighborhood in San Diego. How do you propose to resolve the issue?

A: I’m proud of the work I’ve done to help solve homelessness in our community, including leading the effort to open the city’s first permanent, year-round homeless service center downtown. It’s more than a shelter — it’s a “one-stop shop” that provides medical care, job training and other rehabilitative services to end the cycle of homelessness. I also helped the Monarch school, which serves homeless students, secure a new location so it can continue to change lives. I remain committed to solving homelessness in our communities and, as mayor, I will work to create policies that achieve this goal.

B: Medical marijuana dispensaries have been an ongoing controversy for years for the city, law enforcement, the dispensers and those who believe medical marijuana is of benefit to them. How would you resolve/recall this controversy?

A: I believe we need to offer compassionate care to individuals who need treatment, while keeping marijuana dispensaries a safe distance from schools, parks and children. For years, I worked with my City Council colleagues to find a fair and sustainable solution and offered an ordinance that allowed for dispensaries — mostly in industrial zones that don’t impact our neighborhoods. Under the [resigned Mayor Bob] Filner administration, we saw a proliferation of these facilities in our communities due to a lack of regulation. As mayor, I will work for a fair solution that protects our neighborhoods and families. Specifically in the Pacific Beach community, merchants and residents are divided over the issue of the proliferation of alcohol licensing for local pubs. What is your position?

A: As mayor, I will work with state regulators and the police department to ensure that any establishment that has an alcohol license is acting responsibly. There are many well-run restaurants and bars in the area — the key is full enforcement of the regulations for any establishments that aren’t following the rules. San Diegans will always have a seat at the table in my administration, and I’m committed to working together with beach businesses and neighbors to protect our quality of life.

C: In La Jolla, the matter of seals versus human access to beaches rages on year after year in the courts, the Coastal Commission and at the city level. As mayor, what policy would you advocate?

A: I believe this beach is one of San Diego’s greatest assets, and seals and humans should be able to coexist peacefully. I support closing the beach during pupping season to protect the health and safety of the baby seals. I also support preserving — and improving — public access during other parts of the year.

D: What is the most crucial economic issue facing San Diego today and in the future, and how do you propose addressing this?

A: The lack of regulatory certainty facing San Diego businesses is harming our ability to grow our economy and create good-paying jobs. We must streamline the permitting process so that businesses can thrive. As mayor, I will update the city’s community plans to stimulate economic development through streamlined review processes and building incentives. I will also fight against tax increases that would negatively impact the expansion of small businesses and cost us jobs. I will continue to work to protect the jobs we have, including in the tourism economy, life-sciences sector and on the working waterfront.

Would you advocate for further expansion of the San Diego International Airport and possibly a second runway? Why or why not?

A: I have strongly opposed the misguided concept of adding a second runway at Lindbergh Field because of the devastating effects it would have on nearby homes and businesses. I would continue that approach as mayor. San Diego’s airport is key to local economic activity, I support improvements to Lindbergh Field, but, unfortunately, the geographical constraints around the airport make additional expansion difficult.

At press time, the Peninsula Beacon did not receive responses to our Q&A from candidate Nathan Fletcher.

Pure Thai Opens

Pure Thai is a new Thai restaurant in Point Loma that was founded on the dream of Apisith Dischan, who grew up in a family that is accustomed to Thai food. His Father was a manager of food and beverage for over 30 years at the 5 star Dusit Thani Hotel in Bangkok. His mother also owned a Thai restaurant in Bangkok. He started cooking as an apprentice cook helper for his mom. This experience taught him a wide range of cooking techniques. He learned how to keep up with a busy kitchen and soon cooking became almost second nature. When he got older, he joined the Dusit Thani hotel in the food and beverage department and refined his skills for more than five years before he left to pursue his dream in America. He has spent time studying the eating habits of Americans for many years. And when the time was right, he founded Pure Thai in Point Loma.

One of Apisith’s main goals is to share with Americans the taste of authentic Thai food. His key to making Thai food are to avoid MSG, use fresh ingredients and also rice variatbles when available, keep everything clean and healthy, offer reasonable prices and be sure his food is always tasty. He sincerely hopes that everyone will love eating his food as much as he loves preparing it and will develop a love for Thai food as a result.

Chef’s Suggestion: Lettuce Wrap, HOR – MOR, Golden Basket, Crab Fried rice and Spicy B.F.F.

Relax in our Sun Splashed Patio

Thursday, November 28th

Enjoy our traditional Thanksgiving Dinner

Including:
Turkey, stuffing, mashed potatoes, yams, veggies, dinner rolls & pumpkin pie

All for $17.95

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Chef’s Suggestion: Lettuce Wrap, HOR – MOR, Golden Basket, Crab Fried rice and Spicy B.F.F.
Pointers fall just short of Homecoming victory

By SCOTT HOPKINS | THE BEACON

You couldn’t say Point Loma’s Pointers were bad hosts at the Nov. 8 annual Homecoming football game.

Hamburgers and hot dogs sized on snack bar grills, there was plenty of seating in Pete Ross Stadium for visiting fans from Madison High School and the Pointers went out of their way to make their guests feel at home.

The Pointers even gave the Warhawks a couple of gift-wrapped touchdowns.

As a share of the Western League championship, as a Pointer victory would have left them tied with the Warhawks and Mission Bay with identical 3-1 records.

But this wasn’t the Pointers day, as the Hawks, who happen to be defending state champions, spoiled the party with a 24-7 victory that left them alone atop the league standings at 4-0 (10-1 overall).

The Pointers ended the regular season 2-2 in league, 5-5 overall.

CIF playoff pairings: The Pointers were seeded No. 9 in Div. 1 and will play at No. 8 seed El Camino in Oceanside on Nov. 15 at 7 p.m. The Wildcats finished 4-6 overall, 0-4 in the Avocado-West League. The winner will play at No. 1 seed San Pasqual in the quarterfinals on Thursday; Nov. 21 at 7 p.m., followed by semifinals on Wednesday, Nov. 27 at 7 p.m. and finals on Monday, Dec. 2 in Qualcomm Stadium at 2 p.m.

But the spirit of Pointer players was intact during a post-game session in the team’s locker room. “We talked after the game,” said Pointer head coach Mike Hastings, “and a lot of seniors really spoke from their hearts and said how much the team means to them and how much they are looking forward to continuing on. Anytime you have leaders that you like that you want to keep the season going as long as you can.”

On the field, the Warhawks set the tone early, needing only 1:11 to score their first touchdown.

Starting on the 20-yard line following Jaime Medina’s touchback kickoff, the visitors covered the 80 yards in several plays with quarterback Kareem Nolasco sprinting the final 26 yards.

On their first drive, beginning on their 8-yard line, the Pointers mounted a nice drive that featured senior Dirk Lacy’s running and a fine one-handed catch on the visitors covered the 80 yards in several plays with quarterback Kareem Nolasco sprinting the final 26 yards.

On their first drive, beginning on their 8-yard line, the Pointers mounted a nice drive that featured senior Dirk Lacy’s running and a fine one-handed pass reception. The drive ended 77 yards later with Madison intercepting a Gavin Grady pass at the Warhawks’ 15-yard line.

Grady figured prominently in the lone Pointer touchdown later when he sprinted downhill on a high punt from Medina to yank and distract a ‘Hawk player signaling a fair catch at his own 10-yard line. When the rattled returner dropped the ball, Pointer Jonathan Cook recovered the ball at the 4.

From here, Jalen Griffin swept to the right for the score that tied the game 7-7 on the final play of the first quarter.

The next Warhawk drive took them deep into Pointer territory before a host of Pointers appeared to stop them on a fourth-down play at the 10-yard line. But a chop-block penalty was called on the Dogs and Madison jumped back in front, 14-7 on a two-yard run with 8:54 left before the break.

SEE HOMECOMING, Page 15

ENJOY AN ALL-DAY THANKSGIVING FEAST AT THE COSMOPOLITAN RESTAURANT IN OLD TOWN

For a Special Holiday Treat, Visit the Cosmopolitan on Turkey Day--

The rustic Cosmopolitan Restaurant in Old Town San Diego State Historic Park is hosting a lavish Thanksgiving buffet on November 28, starting at 11 a.m.

Executive Chef José Pulido and Chef Niko de la Riva have prepared a special menu that features traditional favorites and nonconventional dishes inspired by fall flavors and seasonal comfort foods.

Stated Cosmopolitan Proprietor Chuck Ross: “Fall is a special time in Old Town and there is no better way to warm the soul than sitting by our outdoor fire pits or in our historic dining room and eating a delicious Thanksgiving feast.”

The all-you-can-eat buffet features oven-roasted turkey breast and herb-crust roast beef carving stations, along with favorite accompaniments such as sage-bread stuffing, mashed potatoes, candied yams, green beans with rainbow carrots, cranberry sauce and rich turkey gravy.

The Thanksgiving feast also features musical entertainment from a Spanish guitarist and percussion duo from 12:30 p.m. to 4 p.m.

A salad-and-soup station will feature cobb salad, mixed greens salad, turkey and feta cheese pasta salad, and tomato basil bisque. Some not-so-traditional desserts will be offered such as eggnog parfait, mustard-crusted salmon, peel-and-eat shrimp, seafood pasta salad and green-lipped mussels.

Seasonal dessert favorites such as pumpkin pie, blueberry bread pudding, pecan pie, apple crisp and fresh fruit will finish off the four-course meal. As always, the bar will be stocked with craft beers, local wines and specialty cocktails.

The holiday buffet is $29.95 per person and $12.95 for kids 12 and under. The brunch begins at 11 a.m. and ends at 8 p.m. For reservations, call 619-297-1894 or visit www.oldtowncosmopolitan.com.

SEE HOMECOMING, Page 15

LIVE FROM KONA KAI RESORT & MARINA

NOVEMBER 15 (FRL) Kona Kai Lounge with Missy Andersen 7:00pm

NOVEMBER 16 (SAT) Kona Kai Lounge with Patti Zlaket 7:00pm

NOVEMBER 17 (SUN) Sunday Brunch with Lorraine Castellanos 11:00am Sunday Night Jazz with Stella 7:00pm-10:00pm

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OBREL is changing its name to Ocean Beach Hospitality Group

The Ocean Beach Restaurant, Entertainment and Lodging Group is changing its name to Ocean Beach Hospitality Group. The Group will still be under the umbrella of OBMA and will continue to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Their mission continues to be to work collectively as a group to provide the community with the best in hospitality services to locals and visitors. To get listed please visit:

www.oceanbeachsandiego.com/obrel or call (619) 224-4906
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THE PENINSULA BEACON | THURSDAY, NOVEMBER 14, 2013 | PAGE 13
### DAILY SPECIALS, MUSIC & HAPPY HOURS

<table>
<thead>
<tr>
<th>PACIFIC BEACH</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>Oscar’s Mexican Seafood 5060 Newport Ave.</td>
<td>$3 food, wine, well drinks, 1/2 price pitchers.</td>
<td>$3 off wings</td>
<td>Late Night Margarita Specials 11pm-1am</td>
<td>$4 Smirnoff shots anytime</td>
<td>Try our new stuffed burgers!</td>
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<tr>
<td>Thai Time Bistro</td>
<td>$3 off Micro Pitchers after 6pm</td>
<td>$3 off Margaritas</td>
<td>$3 Longboard Lager all day!</td>
<td>$3 $2.50 Domestic Pints, $3 Micros</td>
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<tr>
<td>OB Noodle House &amp; Sake Bar</td>
<td>$3 off Martinis</td>
<td>Super Pint Night</td>
<td>$3 off Domestic Pitchers</td>
<td>$3 Bloody Marys and Mimosa, $2 Miller High Life</td>
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<tr>
<td>OB Eatery, Pho &amp; Seafood</td>
<td>$2 off All Pitchers all day</td>
<td>Smokin' Hot Margarita Specials all night</td>
<td>$3 Paradise Margarita</td>
<td>$3 Bloody Margos and Mimosa, $2 Miller High Life</td>
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<tr>
<td>Elsbree House &quot;A Beach Bed &amp; Breakfast&quot;</td>
<td>$2 off Pitches all day</td>
<td>$3 Aloha Margarita</td>
<td>$3 Longboard Lager all day!</td>
<td>$3 $2.50 Domestic Pints, $3 Micros</td>
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<tr>
<td>Hostelling International - Point Loma</td>
<td>$2 off All Pitchers all day</td>
<td>$3 Aloha Margarita</td>
<td>$3 Longboard Lager all day!</td>
<td>$3 $2.50 Domestic Pints, $3 Micros</td>
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<td>Inn at Sunset Cliffs 1370 Sunset Cliffs Blvd.</td>
<td>$2 off Pitches all day</td>
<td>$3 Aloha Margarita</td>
<td>$3 Longboard Lager all day!</td>
<td>$3 $2.50 Domestic Pints, $3 Micros</td>
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<tr>
<td>Ocean Beach Hotel 5080 Newport Ave. • 619-223-7191 obhotel.com</td>
<td>$2 off Pitches all day</td>
<td>$3 Aloha Margarita</td>
<td>$3 Longboard Lager all day!</td>
<td>$3 $2.50 Domestic Pints, $3 Micros</td>
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<tr>
<td>Ocean Beach International Hostel</td>
<td>$2 off Pitches all day</td>
<td>$3 Aloha Margarita</td>
<td>$3 Longboard Lager all day!</td>
<td>$3 $2.50 Domestic Pints, $3 Micros</td>
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<tr>
<td>Our Place on the Beach</td>
<td>$2 off Pitches all day</td>
<td>$3 Aloha Margarita</td>
<td>$3 Longboard Lager all day!</td>
<td>$3 $2.50 Domestic Pints, $3 Micros</td>
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  - **Wednesday:** Happy Hour 6-9pm
  - **Thursday:** $2.50 domestic all day
  - **Friday:** Happy Hour 6-9pm
  - **Saturday:** $2.50 domestic all day
  - **Sunday:** $2.50 domestic all day

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By SCOTT HOPKINS | THE BEACON

As the Peninsula community continues to debate the merits of a proposal to install night lighting at the Point Loma High School football field, the Peninsula Beacon asked John Murphy, the school’s athletic director, to share challenges faced by the PLHS Athletics program and difficulties the school must deal with on a daily basis to provide the quality program everyone wants for students.

**Point Loma: What does the term “PLHS Athletics” encompass?**

**John Murphy:** We now field a total of 71 teams in 19 different sports, band, cheer and NJROTC when you include boys and girls teams in the athletics department. An estimated 1,280 roster spots are taken by more than 800 students.

**Point Loma: What are the biggest challenges facing PLHS Athletics?**

**PB:** What must athletes do before they may begin participation?

**JM:** Every coach must meet all the necessary requirements to qualify to teach. They need to pass a background screening, complete an Athletics Packet, which includes their physical, complete per district regulations, which is then submitted, verified and cleared. The student must have insurance (also sold by the school to non-covered students). They also have to have eligibility, which includes academic citizenship standing.

**Point Loma: What are the greatest challenges facing PLHS Athletics?**

**JM:** One, of course, is funding. As we’ve addressed the financial issues of Title IX, we now have to look at the capital resources to fund our programs. We have to do fundraising or count on donations and our booster clubs since we don’t charge fees for our programs. We’ve also taken on the challenge of fundraising athletic trainers (“Protect Our Players”) to be present for all athletic events.

The other challenge at PLHS is space. We’re on 16.7 acres with approximately 1,900 students. I’ve been told by the district that we need 23.6 acres. The field hockey field would require 56.6 acres. This would include multiple practice fields. We have a very vibrant athletic program, yet we face serious space constraints. We have the largest physical education classes and athletics practices on one field, which makes it very difficult to facilitate everything. Luckily, our coaches are so dedicated, they work together, with a lot of very creative scheduling to make all the teams fit and rotate on the field. Since the implementation of Title IX legislation in 1979, we’ve added many girls’ sports. During fall, for example, football has the field for a limited time. Then the girls’ field hockey team begins their practice. In winter, we have four soccer teams on the field at one time and if football or field hockey is still in the playoffs, they need space too. So we go until dark. We’re competing against schools that have a full field for each sport to use.

**Point Loma:** How would the addition of stadium lighting help athletes and coaches?

**John Murphy:** If we had lights, we could let kids stay in school and not have them pulled out of academic classes for games. We could attend tutoring sessions we offer every day from 2:30 to 3:45. Our recent field hockey game was called off five minutes into the second half because of darkness. We could start practices later, allowing kids to take a seventh period academic class. Even though it’s still only one field, we could stagger practice times to give boys’ and girls’ teams equal time.

Now, if one team has a game, no other team can practice, but we could conduct practices before or after games with lighting as an option. I foresee our practices ending by 7:30 p.m. with lighting, maybe the band staying out until 8. Times have changed … with Title IX and the additional programs, it makes it almost a necessity to have lights. Limited use is what I support, the coaches and community supports. Lights would be out by 8 p.m. on weekdays, would be limited daytime Saturday use and no Sunday use ever.

As for games, the number of events would be limited and equal for boys and girls. The district is looking at limiting night competitions to 19 events total, with an “event” defined as one that draws 100 or more spectators. I think the field would have to be restricted to the high school under that format. It has to meet the needs of our students and athletes here at PLHS first and I would like to see a district policy prohibiting the overuse of artificial turf fields, not just the natural grass ones. Our field is the best-used classroom on campus, hosting all PE, classes, plus games, conditioning, band, NBRCT, cheer and even graduation.

The only other activity that would draw 300 fans is Pop Warner football on Saturdays. And if a group is using one facility on campus, I don’t allow any other activity so that it will minimize parking issues. Also, no outside groups are allowed to use the stadium P.A. system.

**Point Loma:** Will the stadium be available for rental?

**John Murphy:** A use policy will be created giving PLHS first priority, the Point Loma Cluster schools second priority and youth or community groups third priority.

**PB:** Where else might the many youth and community groups find playing space?

**JM:** One of my dreams is to see the Correia (Middle School) project become the pinnacle sports complex in Point Loma. It’s a great location with a lot more parking than we have here at the high school.

At the present time, we are looking at Correia having three multi-purpose fields, all artifici-turfed, for soccer, field hockey, baseball, lacrosse and soccer plus a baseball field, all lighted. There would be team rooms, restrooms and an after-school tutorial center for students. I think for the youth and community, with its proximity to Bill Cleator Park and the Peninsula YMCA, it would make a perfect sports complex. The Correia kids would have priority during the school day and for their after-school programs and then all the youth programs could rent space. The youth and community groups will have everything right there. This would leave our field empty for campus use, in the afternoons, and we could use this for other things we have in our society. Ath-letes would have priority over everything else.

**PB:** I understand you live near PLHS.

**JM:** I live in Loma Portal, my daughter graduated from PLHS in 2010, and I completely understand the issues. There are wonderful, talented and intelligent neighbors on both sides of this topic mak- ing great points. I believe people thinking this way can make up their minds as to what they feel is appropriate. I have no problem with people’s opinions one way or the other. We’ve done this without lights for 88 years, but times have changed, and with all the new sports programs and our after-school programs, it’s almost a necessity to have lights at this point.
It’s no secret that San Diego’s vibrant music community, not to mention its great weather, has been a major draw for musicians around the world to relocate to America’s Finest City. This has been particularly noticeable at the annual San Diego Music Awards, where transplants from Belgium, Scotland and Canada have not only been nominated for trophies, they’ve won. One such combo is Sister Speak, appearing at Humphreys Backstage Live on Nov. 15, 5 p.m.

Originally from Canada, Sister Speak performs under various lineups, up to 5 p.m. Humphreys Backstage Live on Nov. 15, San Diego Music Awards, where they’ve won. One such combo is Sister Speak, appearing at Humphreys Backstage Live on Nov. 15.

For trophies, they’ve won. One such combo is Sister Speak, appearing at Humphreys Backstage Live on Nov. 15.

“Sister Speak brings its varied musical tastes to Humphreys Backstage Live on Nov. 15,” says a promotional poster.

“The album will be released digitally in December, with hard copies out in the spring. Like many musicians today, Sister Speak went to a state-of-the-art studio that was modern, but also knew how to capture old-school sounds. “It was real important to us to work in a room that had analog recording capabilities,” Sherri-Anne said. “Analog just has a warmth that is lacking in so much music today. That’s a really good room and being able to record with our regular band and bring in some great musicians, as well, really made for a great album.”

While the music bit has been in dol- drums for some time, Sherri-Anne said things are changing rapidly. “I think it’s a good time for music,” she said. “We’ve already sold a couple of hundred CDs in advance and the support from our friends and fans has been great. This is our livelihood and at this rate, it’s been going very well. I feel that the longer that we go, the more experience we’re getting. I’m seeing that a lot of independent artists are making head- way.”

She said that to make it in music these days, an artist must immerse themselves completely in their art. “We are working every day,” she said. “Writing, rehearsing recording, book- ing, communicating with fans. It’s a full- time thing, but it helps that we really love what we do.”

Plans are for the band to hit the road for a tour up the West Coast and into Canada, with more recording on the horizon, but for her part, Sherri-Anne is thrilled to have the album finished. “I went through a lot in the last year and a half — a major injury and intense heartbreak, things that we all go through,” she said. “In the end, some of the songs talk about social issues and some of them talk about relationship issues, but they all show that you can rise out of anything, if your heart is in the right place.”

Sister Speak: Friday, Nov. 15 at Humphreys Backstage Live, 2241 Shelter Island Drive, Shelter Island. 5 p.m. www.humphreysbackstagelive.com

O. B. People’s Food Market - Arts & Crafts Fair

A natural, organic diet can make a world of difference when it comes to keeping yourself and your planet healthy, and Ocean Beach People’s Organic Food Market is the perfect place to explore all the elements of a healthy lifestyle. We are all “food activists” on every shopping trip we make. Consciousness about where and how we spend money is a way in which we promote our personal values and vision; we can all work together to support a healthier community, environment, and planet of people living in harmony with nature. Established in 1972, Ocean Beach People’s is a member-owned California food cooperative that specializes in organic produce, grocery and perishable vegetarian foods, vitamins, herbs, aromatherapy products and cruelty-free body care items. Our friendly and educated staff can provide you with all the support and information that you need on your path to total wellness. Start your holiday shopping early at People’s Fall Arts & Crafts Fair at the Co-op! The Fair will take place on Saturday, November 2nd from 11 a.m. to 4 p.m. and will feature a unique selection of gift items hand made by Co-op owners. Check out People’s Market from 8 a.m. to 9 p.m. at 4765 Voltaire Street, where “Everyone Can Shop and Anyone Can Join.” Please call (619) 224-1387 or visit us online at www.obpeoplesfood.coop for more information. Like us on Facebook at facebook.com/oceanbeachpeoples
items 4 sale/trade 300

brand new carpet! Tempo! Reg $249 for 300 sf , corporate, family, etc. $160

Carpet Distribution. Sells your used or new carpet for $100 per roll, in stock. 619-544-7901. 303-808-9569. 50 to 200 sf

fast food discount cards Fast Food Discount Cards that never expires. 24 restaurants including, Apple, Wendy, Pizza Hut, Krispy Kreme and more. Cost: $30. R. 886-423-3707. 911-894- 2911. 14508 Ramona Road PMB 177, Greenville, SC 29611. 843-256-5051

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new colemain road trip grill Porta-field fun, perfect for camping, sporting events, beaches. 619-584-7579


Outlet center doors windows We have warehouse full of Doors, Windows, Floors, Mattresses, etc. 619-549-1080. 619-549-1080.

Queen Mattress set 510 sf for sale. $199. 621-781-2613

Recent JELC Giveaway helps students of all ages with $851 for a $100 Target gift card, for free at www.PaperbackSwap.com. Get old comic books! Local collector. Free paperbacks from 1950s and older. Let's make a JELC fan club. READ1ON@comcast.net

Roons rummage sales accessories, shoes, jewelry, etc. 863-969-6700

$20 ford explorer XL. Sleek, leather interior. 3rd row seat, sway wheels, excellent condition, only 75K miles. 619-546-1215

Health Services 375

If you used the blood thinner warfarin and authorized internal bleeding, hemoptysis, required hospitaliza- tion or a blood disorder, take Pradaxa® between October 2010 and the present and you may be entitled to com- pensation. Call Attorney Charlie H. Johnson for a free evaluation. 800-495-5977

adoption services

UNPLANIFIED PREGNANCY THINKING OF ADOPTION? Open or closed adoption. You'll choose family. Living expenses, full knowledge of a biological family. $15,000. 619-454-6125

Pets & Pet Services 400

English Bulldog Female For sale. MCA health. Last owner Litter, had 1st shots/worming, and Health Guarantee. Cost $700. Email: kennelby79@hotmail.com (619) 785- 7011. 9536 Rainbow Drive, San Diego, CA 92121. 619-785-7011

Furniture Sale 400

Ford Explorer XLT SUV, leather interior, 3rd row seat, sway wheels, excellent condition, only 75K miles. Cost $15/hr.

Investments properties

New on the market! North Park office building for sale. 5501 33rd St., San Diego, CA 92103. 619-272-5435. F.A. owner will sell or exchange for home. Contact: Cheryl S. Donovan, 619-556-8459.

REAL ESTATE 600

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OB resident named as ‘Healthcare Hero’

Dr. Susan Kaweski, an Ocean Beach resident, has been selected for a 2013 Healthcare Hero award from the Grossmont Healthcare District (GHD).

Kaweski is a practicing plastic surgeon with a private practice in La Mesa. Since 2010, she has donated her time and expertise as a volunteer physician for the San Diego County Medical Society Foundation’s Project Access San Diego (PASD), a program that helps uninsured patients receive specialty medical care. She is one of PASD’s most active volunteers, performing an average of one or two surgeries nearly every month at her surgery center in La Mesa.

Recent donated surgeries have included the removal of two lipomas and the correction of a deviated nasal septum. According to the San Diego County Medical Society Foundation, Kaweski is known by her patients for her empathetic demeanor, reducing the fears that patients may feel as they face often debilitating medical conditions. She served as chief of plastic surgery at Sharp Memorial Hospital and chair of the Technology Assessment Committee for the American Society of Plastic Surgery. She is a past president of the San Diego Plastic Surgery Society. Kaweski was among a group of six 2013 GHD Healthcare Hero award recipients, which included two physicians, a financial planner, community supporter and a high school senior.

Founded in 2009, PASD is the San Diego County Medical Society Foundation’s flagship volunteer physician program that has helped more than 1,200 uninsured patients receive specialty medical care through a network of volunteer physicians, hospitals, surgery centers and other ancillary health services.

In addition to PASD, Kaweski serves as a board member of the San Diego County Medical Society and as a district delegate to the California Medical Association’s (CMA) House of Delegates. She served as 2010-2011 president of the San Diego County Medical Society. She continues to serve as a member of CMA’s Council on Judicial Affairs and on the board as treasurer of the CMA’s Political Action Committee.

A retired Navy captain in the Medical Corps, U.S. Naval Reserve, Kaweski served as plastic surgeon advisor for the Surgeon General of the Navy. She also served as chief of plastic surgery at Sharp Memorial Hospital and chair of the Technology Assessment Committee for the American Society of Plastic Surgery.

There are no “do-overs” when caring for your parents

When caring for an aging parent or other family member becomes overwhelming, it may be time to call the geriatric care managers at Innovative Healthcare Consultants. After all, a “do-over” isn’t something you want to risk with your loved one.

You may need a geriatric care manager if:

✓ Your time is limited or you’re not in the area.
✓ You need direction about available services.
✓ Your parent has multiple medical or psychological issues.
✓ It isn’t safe for your parent in their current environment.
✓ You are confused about care solutions.
✓ You don’t have any expertise in dealing with your parents’ chronic care needs.
✓ Your family is at odds regarding care decisions.
✓ Your parent is not pleased with their caregivers and needs advocacy.
✓ Your parent is confused about financial and/or legal matters.
✓ You need education and/or direction in dealing with behaviors associated with dementia.

The RN Geriatric Care Managers at Innovative Healthcare Consultants are all geriatric experts who can help with these issues and more. They are professionals trained in all aspects of geriatric care. Call (760) 731-1334 or visit our website at www.innovativhec.com for a nurse in your area.

Attention Baby Boomers, Seniors, Friends And Family Members:

You do not want to miss the 2013 Golden Future 50+ Senior Expo which will take place on Saturday, November 23rd, from 10am – 3pm at the McMillen Event Center at Liberty Station. This event will offer one full day of information, education, and fun for Baby Boomers and Seniors 50 years of age and older. It will feature FREE Health Screenings, Informative Speakers and Seminars, Door Prizes, Entertainment, a Mini Job Fair, and More! Free Admission & Parking! Be sure to tell your friends, family, colleagues, neighbors, and social/professional organizations about this event! For more information and to pre-register for a chance to win a 1-year membership to Ancestry.com, go to www.goldenfutureresesnorexpo.com.

INTERESTED IN EXHIBITING? Golden Future 50+ Senior Expo is a great opportunity for you to increase your organizations visibility and reach the 50+ demographic. Call us directly at 818-763-4197.

Enjoy Chateau La Jolla!

Whether your travels bring you to La Jolla for an overnight visit or an entire seasonal escape, or make it your new home, Chateau La Jolla Inn is your best senior retirement value in the Mediterranean style village of La Jolla.

Located just a short stroll from the Pacific Ocean and a few blocks from the heart of the Village, Chateau La Jolla Inn offers a variety of amenities for independent seniors 55 years of age or better.

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✓ Great social programs ♦ Free parking ♦ Home health services available ♦ Courtesy transportation
✓ NO "BUY-IN" OR "ENTRANCE" FEES

Annual, Seasonal or Monthly Leases Available

For your quick pass & to pre-register online:
www.GoldenFutureSeniorExpo.com
You can register at the door. We do not accept phone registrations.
Information Line Only: 818-763-4197

Health BRIEFS

There Are No “Do-Overs” When Caring For Your Parents

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Questions about retirement? Ask the Concierge

In the next 10 years, nearly 80 million people will be stepping into retirement of some kind. Most are woefully unprepared financially, mentally and physically to have a happy life. This regular column will address the information that people ought to know about if they only knew the questions! Good information enables intelligent people to make good decisions for themselves. Some choices can enhance your benefit?

SHARONANN HAMILTON

Q: Is it better to take Social Security retirement or wait?

Q: If I lower my blood pressure using medication if I cannot lower it. How do I lower my blood pressure using natural methods?

When I looked at the side effects possible with medication and the position of being a slave to the medication, it scared me into action. I am not offering medical advice here but lifestyle advice. Some medicines may not be optional for continuing good health but in my opinion if a problem can be fixed using self-discipline I would be foolish not to try.

Research tells us that to lower our blood pressure we must lower stress, cut out the salt and lose weight. This is easy to say but hard to do. It became a personal challenge and I was able to do it, but it took 18 months. I sold a stressful business, stepped away from a stressful relationship, acquired two small dogs that I walk twice a day, began eating lean and green meals and dismissed 35 pounds, and cut out the salt 100 percent. Last week, my reading was 120/81 instead of 145/95.

The bottom line is when you set your mind to getting your blood pressure to a normal range, you will learn and do everything necessary to accomplish the task. It really is your own mindset.

— SharonAnn Hamilton is author of The Retirement Concierge, a baby boomer’s playbook for navigating the future. Questions are welcome via email to guidesharonann@gmail.com or www.TheRetirementConcierge.com.
On vacation with The Peninsula Beacon

It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don’t pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy! Photos are published based on space constraints and in the order in which they are submitted.

Point Loma residents Maria Inarto and David Cruickshank took their Beacon to Imlil, Morocco, south of Marrakech. After trekking here in the High Atlas Mountains, they travelled to the imperial cities of Fez and Meknes.

Helen Greberc of Point Loma holds her favorite hometown newspaper at her brother’s vineyard in the wine country of Niagara-on-the-lake Ontario, Canada.

Point Loma and Ocean Beach residents Tina Remley, Tina Ball and Geralyn Schulkind took their Beacon along to Baltimore during their Nerium conference.

Dana Middle School student Jane Lubsen spent her 10th birthday on the campus of UC Berkeley enlightening others of the news inside the Peninsula Beacon. News. Go Bears!

Jon and Mary Davis took the Beacon to Italy recently, where they stayed at Castello Di Tomano in Gaiole in Chianti, Tuscany.

Pam and Doug Harvey celebrated their 30th anniversary in Orvieto, Italy with the Beacon. Doug’s dad, Ken, photo-bombed on the cover.

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Tom Minor, avant outdoorsman, athlete, artist and devoted family man passed away on Nov. 3 at the age of 63.

Tom is survived by his loving wife, Jenie, son Michael, grandchildren Seth and Vincenta, sister Chris, and brother Bob, as well as an extended family and friends. Tom will be remembered as exceptionally loving, generous and talented.

As a child Tom’s athletic prowess was recognized, especially in golf. He won many tournaments and titles as a junior. Tom was a bright light that brought passion for the ocean and surfing. Tom taught for 30 years in the San Diego Unified School District. He had several credentials and taught math, art, English, U.S. history and physical education. He retired from teaching in 2004.

Tom was also a truly gifted artist and the subject of his drawings adorn his walls and those of family and friends. The event takes place from 6 to 9:30 p.m. To donate, call (619) 994-8539 or (619) 846-6269.

THURSDAY, Dec. 7
• The Ocean Beach Town Council hosts the annual Ocean Beach Christmas Parade down Newport Avenue, beginning at 5:05 p.m. For more information, call (619) 846-6269 or (619) 515-4400.

The Beach Town Council will meet at Sunset Cliffs. If not in the ocean or on the golf course, he would be at home in Palm Springs and loved the life and friends he has at Outdoor Resorts there. Tom was a bright light that went out too soon. Much aloha. Tom.

Funeral services will be held Friday, Nov. 22 at 10 a.m. at St. Hilary’s Church, 5465 Citronell Ave, Pico Rivera, Calif. 90660.

A memorial paddle out will take place Saturday, Dec. 7 at 11 a.m. Participants will meet at the stairs at Sunset Cliffs and Ladera Street. If you would like to sign the memory book for Tom, go to www.Dignity-Memorial.com.
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Fri 12-3pm . . . . . . . . .8325 Castenjo Dr..........................5BR/4BA  . . . . .$2,485,000-$2,795,000..............Suzanne M. Gunella • 858-248-6398
Fri & Sat 1-4pm . . . . .7830 Roseland Dr........................3BR/2.5BA  . . . . .$2,199,900.............................................Natalie Harris • 858-926-9343
Sat 12-3 Sun 2-4pm . .2521 Via Vista..............................4BR/3.5BA  . . . . .$2,299,000.............................................Monica Lesnick • 858-732-7854
Sat 1-4pm . . . . . . . . .1482 Cotton Tail Lane..........................4BR/4.5BA  . . . . .$2,495,000...........................................Eugenia Garcia • 858-987-4851
Sun 1-4pm . . . . . . . . .7811 Eads Ave. #210......................2BR/2BA  . . . . .$540,000.............................................Olivia Moore • 858-357-4675
Sun 1-4pm . . . . . . . . .605 Armas St..............................2BR/1BA  . . . . .$749,000.............................................Melissa Mate • 858-242-2468
Sun 1-4pm . . . . . . . . .2243 Caminito Preciosa Norte....3BR/2 BA . . . . . .775,990..........................................Gaia Frager Hixon • 858-450-9100
Sun 1-4pm . . . . . . . . .2283 Caminito Preciosa Sur ...3BR/3BA  . . . . . .819,000.............................................Karen Rockwell • 858-361-2441
Sun 1-4pm . . . . . . . . .1721 Calle Deltaca.............................6BR/4SA . . . . . .1,995,000.............................................Eugenia Garcia • 858-987-4851
Sun 1-4pm . . . . . . . . .2403 Corana Ct..........................5BR/5BA  . . . . . .1,995,010-2,395,000..............Suzanne M. Gunella • 858-248-6398
Sun 1-4pm . . . . . . . . .7830 Roseland Dr........................3BR/2.5BA  . . . . .$2,199,900.............................................Barbara Leineweber • 858-981-0002
Sun 1-4pm . . . . . . . . .6325 Castenjo Dr..........................5BR/4BA  . . . . .$2,495,000-$2,795,000..............Suzanne M. Gunella • 858-248-6398
Sun 1-4pm . . . . . . . . .7666 Peppa Way.............................4BR/3.5BA  . . . . .$2,985,000-$3,200,000.........Louis Beacham • 858-245-3105
Sun 1-4pm . . . . . . . . .1350 Virginia Way..........................5BR/6BA  . . . . .$1,995,000-$2,395,000............Suzanne M. Gianella • 858-248-6398
Sun 2-4pm . . . . . . . . .5879 Peppa Way.............................6BR/5BA  . . . . . .3,000,000..........................................Virginia Luscomb • 858-245-3105
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Sat & Sun 12-3 Sat 11-4pm 1368 Oliver Ave......................3BR/2BA  . . . . . .899,000.............................................Kathy Evans • 858-775-1575
Sat & Sun 1-4pm . . . . .1372 Oliver Ave. .......................4BR/4BA  . . . . . .897,000.............................................Kathy Evans • 858-775-1575
Sat & Sun 1-4pm . . . . .1372 Oliver Ave. .......................4BR/4BA  . . . . . .897,000.............................................Terry Moby • 858-939-9751
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Sat & Sun 1-4pm . . . . .3818 Kellogg...............................1BR/2BA  . . . . . .675,000.............................................Sal De Maria • 858-813-6400
Sat & Sun 1-4pm . . . . .3964 Del Mar.............................3BR/2BA  . . . . . .950,000-$1,000,000..............J. Michael Fimbres • 858-796-5631
Sat & Sun 1-4pm . . . . .1031 Leroy St............................5BR/4BA  . . . . . .2,695,000-$2,895,000..............Elisa Steve • 619-277-5848
Sun 1-4pm . . . . . . . . .4623 Santa Monica Lane ..........1BR/1BA  . . . . . .399,000.............................................Carina Russell • 619-226-2897
Sun 2-4pm . . . . . . . . .2844 Chatsworth Blvd..................3BR/2 BA . . . . . .799,000.............................................Judy Chayka • 619-997-3012
Sun 1-4pm . . . . . . . . .7817 California Blvd.....................6BR/4BA  . . . . . .678,000.............................................Caroline Gassner • 858-950-2093
Sun 1-3pm . . . . . . . . .1378 Abdon St..........................4BR/3BA  . . . . . .895,000.............................................Suzanne M. Gianella • 858-248-6398
Sun 1-4pm . . . . . . . . .1310 Willow..............................3BR/2BA  . . . . . .899,000.............................................Blanca Romani • 858-993-7862
Sun 11-2pm . . . . . . . . .1150 Anchorage Lane #612....3BR/3BA  . . . . . .1,090,000-$1,150,000.............J. Paul Yancey • 619-993-7862
BAY PARK / CLAIREMONT
Sun 1-4pm . . . . . . . . .2690 Grandview St. ....................4BR/4BA  . . . . . .795,000-$835,000..............Susan Diamond • 858-997-9190

My name is Diane Sullivan and I have lived in our great Peninsula Community since 1983 and have been working hard to help Clients Buy and Sell Real Estate since 2004.
With the Holiday Season upon us, many Realtors will say it is time to take your home off the market, but Buyers are still out there looking to purchase a home before the end of the year. My record speaks for itself and I would like the opportunity to review it and the Real Estate Market in general with you. Please contact me if you are looking to Purchase or Sell Real Estate.
I am here to help.

My Point Loma is sold on Patti Adams

Patti Adams commitment to her clients and the community is unsurpassed. She has served the Point Loma Community as Director and Chair of the Point Loma Association, President and Director of La Playa Real Estate Association, President of Point Loma Assembly, Vice President of Point Loma Ocean Beach Realty Association, and much more.
When you are thinking of selling your Point Loma property, call her well in advance for helpful advice. Her Certified Staging skills will help you prepare your property for sale to save you time and money.

Contact Patti Adams, your Point Loma Realtor does it all! Call today!
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Deadline: Monday, December 2nd, 2013
Winners will be notified 12/3/13
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