Navy eyes relocation of fuel pipeline to enhance mission

By DAVE SCHWAB | THE BEACON

The Navy has released a draft environmental assessment of its fuel pipe relocation project in Point Loma, to which the Peninsula Community Planning Board has responded with a list of concerns.

The Navy says relocating a section of its 17.3-mile fuel pipeline between Naval Base Point Loma and Marine Corps Air Station Miramar from the coastline to Rosecrans Street is essential, as about 4.5 miles of it are in need of repair or relocation to address deficiencies. The Navy said the systemic safety of the pipeline also needs to be enhanced to support its present and future fueling missions.

To address erosion issues along the La Jolla coastline, the Navy plans to relocate a portion of its fuel pipeline along the coastline from Rosecrans Street to Fairview Street right of way.

School district, YMCA sign NTC pool pact

By DAVE SCHWAB | THE BEACON

Though a Request for Proposal (RFP) on peninsula YMCA’s bid to construct and operate a new pool at NTC Liberty Station is stalled, the San Diego Unified School District (SDUSD) board recently passed a Memorandum of Understanding (MOU) that could help clear the way for the YMCA to develop a pool in Point Loma and elsewhere.

Earlier this year, the city issued an RFP for an organization to come in and develop, operate and lease out the proposed 20,000-square-foot aquatic center in building 619 in NTC (the former Naval Training Center), which was previously a child-care center.

The San Diego County YMCA, which operates about 29 pools countywide, was the only bidder to respond to the RFP.

It had originally been thought that SDUSD and the YMCA might compete for the RFP to build/operate a new NTC pool. The MOU now essentially makes it a joint venture.

The MOU, signed between the school district and YMCA establishes the framework for implementing the development of pool and recreational facilities at a dozen or more identified sites/school clusters citywide, including NTC Liberty Station.

The district and the YMCA anticipate conducting site visits within 90 days of executing the MOU.

The new MOU is a step forward, but problems remain with long-term lease conditions, said Vince Glorioso, executive director of the Peninsula YMCA.

“Problems with terms of the lease really have it on hold right now,” said Glorioso, adding that the NTC building where the pool would be built is federally owned, which complicates matters.

“Terms have to be worked out now with the federal government because they own the property,” Glorioso said. “We need to work with the Department of the Interior to find an avenue to lease the property longer.”

Glorioso said the new MOU with SDUSD to jointly pursue an NTC Pool project “pursues a vision the district has for pools at schools with a list of potential sites.”

The new MOU, said Glorioso, calls for a partnership between the two entities.

“These would now go to individual agreements per site,” he said. “So now the district is determining what sites they see as their highest priority and the YMCA is doing an analysis to determine where pockets of service are deficient, areas that are underused.”

Because the NTC pool site is federally owned, Glorioso said there’s some question in terms of how this lease would be held.

“It would actually be a concession agreement, not a typical property lease,” he said.
Small business recognizes Point Loma, Ocean Beach residents

To mark its five-year anniversary, The Wine Pub, on Point Loma’s Shelter Island Drive, recently honored four community-nominated residents for growing and unifying the neighborhood, which, in turn, allows local small businesses to thrive. Each local hero received recognition before receiving a bottle of champagne with a customized label reading, “Hero of Point Loma.”

Awardees include James Earnest, who teaches video production at Mira Mesa High School and is a lifeguard in Ocean Beach. He’s found a way to blend these passions by connecting his video students with internships at the San Diego Regional Lifeguard Academy at Mira Mesa College and create training videos.

Kristin Garrett has been with the Ocean Beach MainStreet Association to unite. “We honored these four people because their lives revolve around making Point Loma and Ocean Beach better places to live,” said Wine Pub owner Sandy Hanshaw.

“We know The Wine Pub wouldn’t have made it to five years as a small, locally owned business without the dedication and support of the community,” Hanshaw said. “We are tremendously grateful and hope to continue recognizing the everyday heroes in our neighborhood.”

Casteel cited for work with air rescue unit

The son of a Pacific Beach man was recently selected to receive the Air Rescue Association (ARA) Richard T. Kight award.

Senior Master Sgt. Brandon Casteel distinguished himself as a Guardian Angel Operations Superintendent in the United Kingdom from July 1, 2013 to June 30, 2014. During this period, Casteel was vital to the United States Air Force in Europe’s build-up of Guardian Angel forces to perform combat search and rescue in support of personnel recovery operations.

As a lead planner for U.S.-U.K. search and rescue exercises, Casteel integrated special operations and rescue forces into a five-platform scenario, strengthening coalition partnerships and refining personnel recovery techniques and procedures.

Casteel also organized a high-visibility demonstration involving aircraft, ground forces and enemy combatants, showcasing personnel recovery to 30 local leaders.

In response to a contingency deployment change, Casteel was instrumental in preparing 15 mission-ready pararescuemen, providing the United States Africa Command Commander with rescue forces for six named operations. Jane’s International Defense Review selected him to highlight personnel recovery during Operation Enduring Freedom.

Casteel is on active duty in New England. He and his wife Conchita have two daughters and a son. Gary, Casteel’s father, lives in Pacific Beach. The younger Casteel graduated from Spring Valley’s Monte Vista High School in 1990. He received a master’s degree in criminal justice from Excelsior College in 2014.

The ARA is an organization of some 2,500 dedicated retired and active duty veterans whose goal is to keep alive the spirit of air rescue. For more information, please visit the Internet site home.roadrunner.com/~airrescue/.

The Kight Trophy is presented annually by the ARA to an active-duty or reserve-component rescue man or woman who has made outstanding contributions to the Air Force’s search and rescue mission.

The winner is selected by an Air Force board.

Kight was the first commander of the Air Rescue Service in 1946 and is considered the “Father of Air Rescue.” He coined the motto “These Things We Do That Others May Live” and originated this award.

Wishing everyone on the Peninsula a Merry Christmas & a Happy New Year!

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Harbor side community of La Playa. Custom 5 br 5 ba Cope Cod. 10,000 sq ft of lot, 4,779 sq ft of home. Panoramic views of harbor and city beyond.

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2br 2.5ba, remodeled kitchen, spacious living room flows to dining room which faces private lush rear patio. Private master bathroom and view balcony.

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POINT LOMA | $1,375,000
3br 2ba, hardwood floors, wood burning fireplace in living room, built-in hutch in dining room, speakers, kitchen with eating area, detached 2-car garage.

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POINT LOMA | $429,000-$449,000
2 br, 2.5 ba features a huge 2 car tandem garage, fireplace, balcony and a spacious eat-in kitchen. Laundry room within the unit. Approx 1400 sq ft

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natalie@natalieharris.com
www.natalieharris.com

END UNIT
Third-strike defendant given 65 years following rape conviction

A rapist who sexually assaulted and brutally beat a maid at a Sports Arena Boulevard hotel was sentenced Dec. 12 to 65 years to life in state prison.

The sentence handed down to Christopher Stevens, 46, was tripled because he is a third-strike defendant, having been convicted of committing three robberies in 1988 and 1989 and auto theft and burglary in 2004.

The victim at the Wyndham Garden Hotel attack in the Midway area lost at least eight teeth in the Dec. 21, 2012, assault. Stevens stomped her with a pillow during the attack, the victim wrote in a letter read out loud by Deputy District Attorney Trisha Amador.

Stevens was a guest at the hotel.

The victim has not been able to work since the incident, and collection agencies have been repeatedly calling her to pay her medical bills. Amador said. She said the victim had difficulty breathing, during the attack and thought she would die. She now has insomnia.

San Diego Superior Court Judge Louis Hanzian said the state crime victims compensation fund should pay for all her medical bills. The victim has not yet applied to the fund and does not speak English. Hanzian suggested the DA's office help her apply to the fund.

The victim asked the judge to impose a lengthy sentence, saying Stevens was a danger to others.

Hanoian gave Stevens credit for serving 826 days in jail since his Christmas eve arrest in 2012. He ordered him to register as a sex offender if he is paroled. He also fined Stevens $10,524.

“I feel remorseful for everything that took place,” Stevens said in court. “I apologize to the victim. I take full responsibility for my actions. I made a lot of bad choices because of my environment. My past haunted me, and I made bad choices.”

Stevens will also be sentenced Dec. 22 for assaulting a 93-year-old woman in an El Cajon retirement facility in an incident a day before the rape. He pleaded guilty to elder abuse and faces another eight years in prison, said prosecutor Amy Colby.

The victim was covered with a pillow, and Stevens tore rings off her fingers that were worth $19,000, according to court records.

Neil Putnam
McQuary supremely qualified for SDUSD's Subdistrict C leadership amid his resume

Dr. DAVE SCHWAB | THE BEACON

The baton of leadership was recently passed from Scott Barnett to Mike McQuary in San Diego Uni-

ified School District’s (SDUSD) Sub-
district C, which includes all coastal schools west of Interstate 5 between Point Loma and Del Mar.

“We’re the second largest school district in the state and the 18th largest in the nation,” said McQuary of SDUSD, which he added has responsibility for 130,000 students and 15,000 school district employ-

ees.

“The district has a $1.2 billion budget with 1,000 vehicles, of which 500 are school buses, serv-
ing 200 schools on 187 school sites,” noted McQuary, a lifelong educator.

Subdistrict C includes 38 elementary schools, five middle schools, four senior high schools and a dozen atypical charter schools.

McQuary understands what it’s like to be a Whos Who. He’s been a teacher, a principal, a union member and now a school board member.

He acquired his elementary and secondary teaching credentials at San Francisco State and has taught in inner city schools in San Francis-
cos, rural schools in Tulare County and suburban schools in Santa Cruz County.

He’s the father of three and the grandfather of five. His two dau-
thers have master's degrees.

His son is serving in the military. He recently completed tours of Korea and Kosovo and Iraq.

McQuary also was president of a local teachers union, has been a member of several administrative bargaining teams and has taught courses at the college level (College of the Canyons and Fresno Pacific Col-
lege).

“I know what a good school looks like, and I’m excited to be a player (in making that happen),” he said.

McQuary and Barnett have been working together for months to ensure a smooth transition in the school district leadership.

“We wanted to make sure that I could catch all the balls that got thrown in the air,” said McQuary of Barnett’s tutelage.

“There’s a few projects we’re (Sub-
district C’s) still working on, he’s (Barnett’s) still a player and we’re teaming together. It was a great handoff,” McQuary applauded Barnett as a “singular voice on the board” and for being passionate about his role, noting “he’s accomplished a great deal.”

McQuary pointed out SDUSD con-
tinues to face a funding dilemma, given that the state of California, during its current fiscal crisis, has slashed education funding.

“We’re re-examining our budget less funding from the state than 10 years ago and have about the same num-
ber of students,” noted McQuary, adding.

“Any business would be chal-

lenged to take a 50 percent cut and do the same job.”

Funding cuts have forced the SDUSD board to “make tough deci-
sions,” said McQuary in carrying out the district’s “Vision 2020,” a long-term strategy for moving the district forward.

“We’re implementing that (Vision 2020) with excellent instruction in every classroom and quality schools in every neighborhood with the high expectations for every student in every school district in the United States,” McQuary said, adding the district’s vision needs to be extended even fur-
ther.

“We need to make sure students in the district are globally competitive, making sure students are multiblingual and multicultural,” he said.

McQuary pledged to “work to make a difference” as a school dis-

tric board member.

“We need to take the funding we

get and spend it more wisely as well as having greater transparency and accountability,” he said.

Subdistrict C’s new leader said SDUSD also needs to redouble its efforts to involve the public in its decision making.

“We need to be more collaborative in talking to stakeholders to ensure we have ground-up, school-based decision making, ensuring parents and communities have the opportunity to state their concerns,” McQuary said.

McQuary said the school district ought to extend its efforts out more into the community, suggesting the district should work together with organizations like beautifulSD, which is in the process of imple-
menting an ecodistrict to make the beach community more environ-

mental, sustainable and more pedestrian friendly.

For McQuary, leading a school dis-

tric should be about collaboration.

He said his administration will “be an opportunity for all the commu-
nity players to work together, form partnerships and do collective plan-
ning.”

Flu shot piece was irresponsible journalism

I read the article “Flu shots: No, thanks—better safe than sorry” in the Dec. 4 issue of The Peninsula Beac-
con with great dismay.

First, there is no evidence to sub-
stantiate that Maryse Greene con-

tacted DEM because she received a flu vaccine. Her parents being “per-

suaded” that their daughter contract-

ed the disease has not been evidence that she did so; history shows us that people are often per-

suaded one’s conclusion based on

teetar.

Author Martin Jones Westlin tells us “that some 5-20 percent of American-

icans will get the flu this year despite the shot,” but he fails to explain how

such that 86 percent of diphtheria cases have been avoided because of the diphtheria vaccine; that polio was

eradicated in the U.S. because of the polio vaccine; that smallpox has been eradicated globally because of the smallpox vaccine and that the chick-

enpox, measles, and mumps that I and all of my peers had as children are now a rarity in the U.S. today

because of the MMR vaccine — and the examples go on.

Westlin’s article appears not only to cater to fear mongering but also seems to be representative of irre-

sponsible journalism.

One of the great barriers to the effectiveness of vaccinations is not the vaccines but that people are per-

suaded by anecdotes and opinions to avoid them.

Even though everyone is entitled to his own opinions, he is not entitled to his own facts, and he should not mislead people in a direction that could endanger the public health.

Keith Fink
The relocation proposal has sparked fear from some residents and planners because they say the pipeline relocation project could pose a serious public-safety threat, adding to parking woes and area traffic congestion, since it is likely to be disrupted.

In her written comments to the Navy command on behalf of the planning board, chairwoman Julia Quinn noted there are inconsistencies in the plan document, like a discrepancy in two different sections of the document, one of which says the pipeline relocation will entail 5 miles and the other saying only 3.5 miles. “This inconsistency in project descriptions has ramifications on the impacts to transportation/circulation along Rosecrans Street and needs to be addressed in a revised DEA that is circulated for public review,” said Quinn, adding the document “does not address how access along Rosecrans Street and intersecting roads will be maintained during construction, which is required for the public to determine impacts to transportation/circulation in our community.”

“The planning group, and the community at large, share other concerns about the pipeline project,” said Quinn. “The DEA states access to a significant number of residential and commercial properties will be impacted during project construction but does not address how access will be maintained to these existing residences and businesses during construction to ensure minimal disruptions to the traveling public as well as emergency response (fire and paramedics) during the construction phase,” she said. “Delays in emergency response vehicles could result in loss of life and property and is an impact that has not been addressed in the DEA.”

Quinn said the lack of a fleshed-out traffic control plan in the DEA is a glaring omission. “The DEA should contain the traffic control plan at this time to justify the conclusion in the DEA that impacts to transportation and circulation will be less than significant,” Quinn wrote in her letter on behalf of the board.

According to the assessment, the first portion of the pipeline repair and relocation under the proposed project would occur on the portion of pipeline that runs from Naval Base Point Loma to Lytton Street, “where the majority of anomalies have been found during past inspections.”

However, the assessment does not identify the precise locations of identified anomalies. If the Navy pipeline realignment is approved, the project would be put out to bid and awarded during fiscal year 2015. The project is anticipated to have a two-year timeline, finishing sometime during 2016-17, the Navy said.
grant,” said Nelson, adding, “Lots of good things are happening at our school during our centennial celebration of education excellence.”

Nelson noted most computers throughout San Diego Unified School District (SDUSD) are PCs.

“Our kids will now be ‘cross-trained’ with IBM/PCs in the classroom with netbooks and then each week they will be learning MAC OS in the computer lab to complement our iPads purchased by our Loma Portal Foundation (parent fundraising association),” she said. “I’m in the process of finding out exactly how long it will take to order and deploy the Macs on campus.”

Kids really need the technical skills a computer lab can teach, said Nelson, adding the school’s existing computers are “really old” and constantly breaking down, requiring students often to “double up on terminals,” spending much of their time getting them to work rather than using them to learn.

Nelson said she got involved in grant writing because it was a void that needed to be filled.

“No one was writing grants the last two years, so I started,” she said, noting funds are needed in the elementary school “to fill in gaps” for things SDUSD no longer pays for.

And the education grants continue to keep flowing in to the Point Loma Elementary School. Most recently, Nelson said, Loma Portal was notified of its qualifying for yet a third windfall: a community grant for the creation of an outdoor classroom/native habitat garden.

“It’s a landscape design award from the San Diego Chapter of the American Society of Landscape Architects, to put together a native habitat at the school,” Nelson said. “This grant is going toward moving that project along.”

For more information about Loma Portal, visit the school’s website at sandi.net/lomaportal.

**Christmas Worship Guide**

**ST. PETER’S BY THE SEA**

Please join us:

Christmas Eve Worship
5:30 p.m. and 7:30 p.m.

Christmas Day Worship at 9:30 a.m.

St. Peter’s by the Sea Lutheran Church
1371 Sunset Cliffs Blvd  619-224-2894
www.stpetersbythesea.org

**Westminster Presbyterian Church**

3588 Talbot Street, San Diego
(cross of Talbot & Canon)
619-229-3195

**ALL SOULS’ EPISCOPAL CHURCH**

Dec 21, 5pm
Advent Lessons and Carols

Dec 24, 5pm
Family Christmas Eve Service

Dec 24, 10pm
Christmas Eve Midnight Mass

Dec 25, 9:30am
Christmas Day Mass

Dec 28, 10:15am
Christmas Lessons and Carols with Eucharist

1475 Catalina Boulevard
San Diego, CA 92107
www.allsoulspointloma.org

**San Diego First Church of the Nazarene**

IN POINT LOMA

Services
Christmas Eve Service
Tuesday, December 24th 5:00pm

3901 Lomaland Drive
San Diego, CA 92106
(619) 849-3100
dfcnaz.com

**Bethany Lutheran Church**

Christmas-Eve CandleLight Service
8:00pm

Christmas Day Service
10:30am

619-222-7295
2051 Sunset Cliffs Blvd., Ocean Beach
BethanyLutheranOB.org

**You’re Invited**

To Christmas Eve at Newbreak Church
Dec 24 at 3:30p & 5:00p

Ocean Beach Campus
4694 Cape May Ave.
San Diego, CA 92107

newbreak.org/christmas

**REMEMBRANCES OF THINGS PAST**

As advertised, here are a few more shots from the Ocean Beach Holiday Parade of Dec. 6, the neighborhood’s 35th annual nod to the season. All were taken along Newport Avenue; we think the best is the one on the left, which features a replica of a snowman—something you don’t ordinarily think of as festooned in lights.

**PHOTOS BY MIKE MCCARTHY**
Wishing You & Your Furry Friends a Happy Holiday!

Merry Christmas and The Best New Year.
PLL thanks our customers for their continued support.

Special Holiday Thanks to my People...Gina G., Santiago M., Luis H., Exxon Ernie, Little John, Biker John, Sister Sue, Viola G., Chet Rich (Home Depot), Leah & Kelsie Rich, Neb Keeton (Horizon Irrigation), Brandon Livingston (SouthWest Boulder), John & Mike (A-1 Soils), Les & Steven (OB Automotive), Heather Long (Beacon), Claudia Jack (OBMA), Friends and Family and Jesus Christ.

PLL is pleased to announce the following Awards received by Tony George for his volunteer work in OB, 2014 OBMA Business Award, 2014 Certificates of Recognition from The California State Senate and The California State Assembly.

Complete Ocular Health Evaluation including exam for glasses $58

Contact Lens Package
• Complete Eye Exams
• All follow up visits
• 6 month supply of disposables
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$156

Do-it-yourself washing, drying & grooming with top quality products

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Wide selection of canine floating toys, holiday squeakers, soft cuddly toys, and plenty of ropes and chews

Unique gifts for dog lovers such as games, puzzles and Pet Blinkers

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CA LIC# 720545
*Source: American Society of Landscape Architects

Merry Christmas and The Best New Year.
P.L.L. thanks our customers for their continued support.

Special Holiday Thanks to my People...Gina G., Santiago M., Luis H., Exxon Ernie, Little John, Biker John, Sister Sue, Viola G., Chet Rich (Home Depot), Leah & Kelsie Rich, Neb Keeton (Horizon Irrigation), Brandon Livingston (SouthWest Boulder), John & Mike (A-1 Soils), Les & Steven (OB Automotive), Heather Long (Beacon), Claudia Jack (OBMA), Friends and Family and Jesus Christ.

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Do-it-yourself washing, drying & grooming with top quality products

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CA LIC# 720545
*Source: American Society of Landscape Architects
Celebrate the Season in Ocean Beach!

**Designs that Inspire**

This holiday season we are debuting our charm and birthstone collection. Each piece has been designed and handcrafted by us from start to finish. We carve, cast, polish and set each stone by hand, creating truly unique, quality jewelry.

The Birthstone Necklace featured here is available in 14K Yellow Gold, 10K Rose Gold, Sterling Silver and Yellow Gold Dipped, all are available with the Birthstone of your choice.

Come in and see these and many other wonderful gift ideas.

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**Holiday Indulgence**

Celebrate this holiday season with a delicious box of holiday themed chocolates from Beach Sweets.

Indulge in our Gourmet Festive Chocolates Treats that are handmade on site daily, perfect for gift giving, stocking stuffers or perfect hostess gifts! We have something special for everyone on your list and for every budget.

Beach Sweets offers a wonderful mix of sweets including hard to find candies, unique chocolates, gummis galore and an impressively large assortment of nostalgic candy. Our store is overflowing in every nook & cranny with candy, treats and sweets from the classics to classics-in-the-making.

Beach Sweets truly delivers on the idea of having “something for everyone.”

---

**For the Art Lover on your list**

Give a gift that is truly one of a kind-an original painting by local artist James Tunney. John Baker Picture Frames also features other local artists so you are sure to find a painting that is perfect for that art lover on your list. Give an original local painting at an incredible value.

You can also custom Frame that special memory of a loved one—a gift that will last forever! Plus, you can take advantage of their Custom Framing special now till Christmas **SAVE 25%** off the entire job. Just mention this Gift Guide. Gift Certificates are also available.

---

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The Thérapie Holiday Gift Box is Back!

Give the Gift of Thérapie this Holiday Season.

Looking for the perfect gift for that special someone on your list? Pre-wrapped and ready to go under the tree, our signature Gift Box includes:

- 50-minute Swedish massage
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**20% OFF GIFT CERTIFICATES** Go to www.therapiedayspa.com and use referral code Beacon20 for your discount. Plus, check out our Boutique for other thoughtful gift ideas.

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2014 Winners Storefront decorating contest!

1st: Edward Jones – Natalie Chappius
2nd: South Coast Surf Shop
3rd: The Balanced Bear: A Chiropractic Studio
4th: San Diego’s Ocean Beach International Hostel

Ocean Beach Christmas Holiday Home Decoration Contest

This is an annual contest hosted by the Ocean Beach Town Council and a fun way to encourage the community to celebrate the holiday season. Don’t miss these winning homes as you check out the local home decorations

Best use of lighting: 4610 Newport Ave.
Judges Choice: 4311 Del Mar Ave.
Most Original Decoration: 4634 Greene St.

Ocean Beach Holiday Gift Guide

Decorate your Tree with a touch of OB

Ocean Beach Commemorative Ornament. Celebrating the art from the custom Ocean Beach-opoly game.

Measures 3.5”W x 2”T and comes in a decorative storage tin. $25 each or $20 when you purchase more than one. Buy them online at www.oceanbeachsandiego.com or at the OBMA Office at 1868 Bacon St., Suite A in OB Monday – Friday from 8:30am-5:00pm.

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Ocean Beach Holiday Gift Guide

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Doing the Right Thing in OB

Toys for Tots, the Salvation Army Toy Drive, the St. Jude House Campaign, and so many more: These wonderful organizations outdo themselves every season with their compassion for those less fortunate and their fervent desire to help build better lives. That’s why the annual OB Food & Toy Drive is so no less important on the popular landscape – it localizes the theme of selflessness and caring for which its larger counterparts are famous around the world.

The bigger lesson isn’t lost on the residents of Ocean Beach, legendary areawide for their helping hands and their creativity in finding ways to lend a shoulder. This year, in fact, the OB Town Council came up with a twist to its annual silent auction to benefit the drive: On Dec. 4, it auctioned off the original Ocean Beach entryway sign, on the neighborhood’s far west side! The town council and Supervisor Ron Roberts replaced the sign earlier this year amid termites and weather damage – so somebody walked off with a little piece of OB history, termites at no extra charge.

The proceeds benefit more than 80 underprivileged families and children across the community, with the OB Tree Committee sponsoring the event. The group assembles care packages and new gifts and toys, and volunteers spend a week meeting to sort the goods and get them delivered. The event is in full swing, ending Dec. 19 – but if you’d like to donate to the drive or volunteer your time, contact the OB Town Council through its website (obtowncouncil.org) or call them at (619) 515-4400. The drive is held at the OB Masonic Hall, 1711 Sunset Cliffs Blvd. Off-street parking is available.
HAPPY OB HOLIDAYS!

Holiday Dining in Ocean Beach

Whatever you’re hungry for, you’ll find it in OB. Ocean Beach offers more than 90 restaurants, entertainment and lodging venues.

**NATI’S MEXICAN FOOD**

**FELIZ NAVIDAD - HAPPY HOLIDAYS!**

Take a break from shopping and enjoy lunch or dinner at Natí’s. Bring the whole family; we love kids and large parties. Last minute gifts! We have gift certificates and a large selection of Natí’s logo T-Shirts.

We will close at 3:00 PM Christmas Eve so staff can enjoy the holiday with their families. We will be closed Christmas Day and re-open December 26 at 11:00 AM.

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**BEST OVERALL RESTAURANT** 2009-2010-2011-2012-2013-2014

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**Merry Christmas**

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We deliver to Ocean Beach & Pt. Loma.

**THE PENINSULA BEACON**

**THURSDAY · DECEMBER 18, 2014**
Peninsula-area events, Dec. 20 to Jan. 14

THURSDAY, DEC. 18
The annual meeting of the United Portuguese S.E.S., Inc., known as the Contas, will be held at the United Portuguese Hall, 2818 Avenida de Portugal in Point Loma, on Sunday, Jan. 25, at 7 p.m.

SATURDAY, DEC. 20
The Ocean Beach Town Council will host a craft fair to raise proceeds for the Town Council Community Tree Committee’s holiday Food and Toy Drive. The craft fair takes place from 9 a.m. to 4 p.m. at the Veterans’ Plaza and lawn area at the foot of Newport Avenue. For more information, call (619) 515-4400, email info@obtowncouncil.org or visit obtowncouncil.org.

MONDAY, DEC. 22
A special schedule for the city’s Public Library and its branches will be in effect from Wednesday, Dec. 24, through Thursday, Jan. 1. The schedule is as follows:
• Monday and Tuesday, Dec. 22 and 23
All libraries will be open regular hours.

Wednesday, Dec. 24
All libraries will be open from 11:30 a.m. to 6 p.m., with the Central Library open from 10 a.m. to 6 p.m.

Thursday, Dec. 25
All libraries will be closed.

What's Ahead?

Peninsula-area events, Dec. 20 to Jan. 14

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Thursday, Dec. 25
All libraries will be closed.

Friday and Saturday, Dec. 26 and 27
All libraries not specifically listed below will be closed.
• Central Library, 310 Park Blvd., is open 12 to 6 p.m.
The following branch libraries are open 9:30 a.m. to 6 p.m.:
• City Heights/Weingart Branch, 1795 Fairmount Ave.
• La Jolla/Riford Branch, 7555 Draper Ave.
• Logan Heights Branch, 567 South 28th St.
• Mira Mesa Branch, 8405 New Salem St.
• Mission Valley Branch, 2123 Fenton Pky.
• Point Loma/Hervey, 3701 Voltaire St.
• Rancho Bernardo, 17110 Bernardo Center Drive
• Valencia Park/Malcolm X Branch, 5148 Market St.

Sunday, Dec. 28
All libraries not specifically listed below will be closed.
• Central Library, 310 Park Blvd., is open 12 to 6 p.m.
The following branch libraries are open 12:30 to 5 p.m.:
• City Heights/Weingart Branch, 1795 Fairmount Ave.
• La Jolla/Riford Branch, 7555 Draper Ave.
• Logan Heights Branch, 567 South 28th St.
• Mira Mesa Branch, 8405 New Salem St.
• Mission Valley Branch, 2123 Fenton Pky.
• Point Loma/Hervey, 3701 Voltaire St.
• Rancho Bernardo, 17110 Bernardo Center Drive
• Valencia Park/Malcolm X Branch, 5148 Market St.

Monday, Dec. 29
All libraries not specifically listed below will be closed.
• Central Library, 310 Park Blvd., is open 10 a.m. to 7 p.m.
The following branch libraries are open 9:30 a.m. to 6 p.m.:
• City Heights/Weingart Branch, 1795 Fairmount Ave.
• College-Rolando Branch, 6600 Montezuma Road
• La Jolla/Riford Branch, 7555 Draper Ave.
• Logan Heights Branch, 567 South 28th St.
• Mira Mesa Branch, 8405 New Salem St.
• Mission Valley Branch, 2123 Fenton Pky.
• Point Loma/Hervey Branch, 3701 Voltaire St.
• Rancho Bernardo, 17110 Bernardo Center Drive
• Valencia Park/Malcolm X Branch, 5148 Market St.

Wednesday, Jan. 14
Take a splash into kindergarten at Loma Portal Elementary. Kindergarten tours will be on held Jan. 14, 21 and 28 at 9:15 a.m. in the auditorium. Space is limited. Visit the school website to register at www.sandi.net/lomaportal. Meet Loma Portal’s teachers and staff, learn about the programs, tour the campus and find out what makes Loma Portal Elementary such an amazing school. Loma Portal is located at 3341 Browning St. For more information, call (619) 223-1683.
A.L. Jacobs & Sons celebrates 78th anniversary
A family legacy continues into the third generation in Point Loma

Longtime San Diegans remember the locally owned A.L. Jacobs and Sons Jewelers, which was founded in downtown San Diego. In 1937, after managing another local jewelry store, A.L. Jacobs, Sr. opened his own store. With the help of his growing family, the store had two locations on Fifth Avenue. In 1960, the store moved to its third location at the corner of Seventh and C Streets. In 1982, the store moved to its final downtown location at the corner of Seventh and B Streets.

Third generation family member Chris Jacobs, born and raised in Point Loma, joined the family business in 1975. Chris closed the last downtown location in 1996 and travelled nationally and internationally buying and selling estate jewelry over the next seven years.

Valuing education, Chris earned the title of Graduate Gemologist (in residence from the Gemological Institute of America in 1977), is a Certified Senior Member of the National Association of Jewelry Appraisers and a Senior Accredited Gemologist with the Accredited Gemologists Association. He also has a Certified Gemological Laboratory from the AGA.

Celebrating the store’s 78th anniversary, Chris Jacobs continues the family’s legacy of providing fine quality jewelry to fit all budgets. A.L. Jacobs and Sons Jewelers provides expert repair of jewelry, watches and clocks, watch battery replacement, along with a complete jewelry appraisal service. They also buy unwanted gold, silver, diamonds and jewelry, including sterling silver flatware and hollowware.

Drop in and say hello to Chris at A. L. Jacobs and Sons Jewelers, located in the Marketplace at Liberty Station in Point Loma. Special holiday hours are Monday through Friday, 10:30 to 6:00, Saturday and Sunday, 11:00 to 5:00.

How Resistance Training Can Reverse the Aging Process

Human aging is associated with a loss of muscle mass, a deficit in muscle strength and impairments in performing some activities of daily living. Typically these changes start to occur at about age 40 and progressively worsen with aging. "Sarcopenia" can be defined as natural age-related loss of muscle mass, strength and muscle function. 7% of adults over 70 years old and 20% over 80 are affected by very debilitating sarcopenia. Causes are multifactorial, with theories and research suggesting it is related to resistance stress, cell death, inflammation and inactivity. Resistance training, with older populations as been shown to reduce markers of muscle inflammation and increase antioxidant enzyme activity.

Melov and colleagues (2007) investigated whether resistance training actually affects some of the gene expression associated with muscle aging; thus reversing the aging process. They used muscle biopsy testing pre- and post-study of 396 differently exercised genes. After 26 weeks of the 100 genes showed a reversal of their gene expression. This means quite literally that the resistance training was not only slowing but also reversing the aging process at the gene level. Seniors now have evidence on a molecular level that progressive resistance training can reverse aspects of aging at the gene level.

The top five training tips for mature clients are as follows:

1. Learn correct lifting mechanics.
2. Educate yourself/family concept of progression overload.
3. Pain free range of motion with controlled joint movements with all exercises.
4. Ensure breathing patterns remain normal.
5. Begin with minimal training loads (lifting joint/connective tissue to adjust to training loads).

Again, weight training, even just 2x/week is an essential part of a total wellness program. Weight training can 1) Change your body 2) Boost your mood 3) Keep you looking younger. Other benefits include: improving muscle tone, bone density, athletic performance and strength (about 30% to 50% more after 3 to 6 months of training). Resistance training is essential for weight loss or preventing weight gain. Since muscle burns an estimated 500 more calories than fat adding two to four pounds of muscle can translate in an extra 100 calories burned each day. A high intensity strength routine has been shown to bump metabolism by 20% for several hours post workout.

Does yoga or Pilates count as resistance training? Doestes of these disciplines say that they get all the lean muscle they need from their own teachings, but experts disagree "you will build some muscle with yoga poses that have you supporting your body weight against gravity but eventually you’ll reach a plateau and will need to add weights or some other form of resistance. Reformer training offers progressive resistance, but they at least partially support your body weight, so you’re still getting the same weight-bearing benefits of many standing strength exercises. For more information on supervised resistance training please contact: Greg Sterner, Board Certified Orthopedic Clinical Specialist in Physical Therapy, San Diego Sports Physical Therapy, 2730 Doney Rd. Ste 101, San Diego, CA 92106.
POOL
CONTINUED FROM PAGE 1

Currently, the district has only one swimming pool (at La Jolla High School) which was built with private funds. There is a significant need for swimming pool facilities to serve district sports teams as well as for neighborhood recreational uses. In recent years, there have been significant cuts in the operational hours of municipal pools. Pool operations and maintenance require significant ongoing funds, which San Diego Unified does not have and is unlikely to have in the foreseeable future.

The pool RFP states the city is seeking a concessionaire to provide an aquatic center on the former NTC site for the use and benefit of the general public.

The proposed site design calls for an aquatic center complex with a 50-meter pool, a 25-meter instruction pool and a family area with interactive water-play elements. The pool plan also includes locker rooms, offices, restrooms, storage and a concession stand.

RFPs for the proposed new Liberty Station pool were required to include a conceptual plan for the property along with any proposed changes or additions to the existing facilities.

Among other things, proposals had to offer a preliminary site and floor plan; a pro- gram plan providing a description of planned programs/activities and/or services, including hours of operation, proposed fees and charges; a financing plan; and assurances that the applicant can provide the necessary fixtures and equipment needed to provide aquatic center services.

Concern has been expressed by some that, regardless of who ultimately builds and operates the new NTC pool, that it would not be big enough. Some have said the pool should be 50 meters, not 25 meters, in order for it to be truly considered a world-class aquatic complex with the capability of hosting competitive events.

The city’s NTC Pool RFP is being handled by the city’s Real Estate Assets Division.
Health BRIEFS

Senior Friendly Home

Health BRIEFS

As we age, we may begin to notice that our homes are not as accommodating as they once were. The toilet may seem too low, the cabinetry seems too high and steps and throw rugs pose a real risk. Sometimes major overhauls to make your home safe are necessary but other times there are easy and inexpensive fixes to new problems.

Are you having more difficulty reaching for your plates and glassware? Stop reaching up into the cabinets. Move the things you use every day to a lower cabinet or drawer.

The RN Geriatric Care Managers at Innovative Healthcare Consultants are knowledgeable in helping make your home comfortable and safe for years to come. They can give you an in-home assessment with ideas and improvements to help you continue your comfortable lifestyle.

Call them at (877) 731-1442 or visit our website at www.innovativehc.com.

San Diego Grab Bars

Provide Security

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home.

We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stair case, in the hall or outside the back door.

When we visit you, we bring along a great selection of products for same day installation. Decide what diameter and texture feels best before you buy. We can match the finish of your existing hardware.

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

Colleen Van Horn
RN, BSN, PHN, CC

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“Assisting with care needs when you need a little help”

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■ Our Companion Caregivers work hourly or as live-ins.
■ The RN GCM’s guidance leads families to the actions and decisions that ensure quality care.
■ GCM’s expertise provides answers at a time of uncertainty.
■ GCM’s help elders remain independent
■ Personalized and compassionate services focusing on the individuals wants and needs

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California’s best
Innovative
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Wildlife photographer Mangelsen has seen it all; now you can too

BY DAVE SCHWAB | THE BEACON

He’s taken some four million photographs of animals in their natural states — and wildlife photographer Thomas Mangelsen’s new book, “The Last Great Wild Places,” is a compendium of the finest work from one of the most prolific and award-winning nature photographers of our time.

“It’s a 40-year retrospective,” said Mangelsen, 69, who was in town recently at his Images of Nature Gallery at 7916 Girard Ave., one of eight Mangelsen galleries nationwide. “It includes all my classic images from the beginning to very recently.”

The Grand Island, Neb.-born photographer, the son of a 5-and-dime store owner, grew up on the American plains hunting and observing wildlife. His hands-on approach in part explains his uncanny ability to capture candid wildlife photographs.

“I rely heavily on my experience to put me in the right place at the right time and watch for the right moment,” he said.

Like the picture on Eastern Africa’s Serengeti Plain of a pride of lions sauntering toward him on a dirt road.

“I was in a Land Rover early in the morning, and lions, 20 or 30 of all different age groups, were coming out of the marsh towards the road,” he said. “I realized this was kind of a cool shot because you could see all their legs coming right at us, the whole man-versus-lion thing.”

Noting he didn’t get his first camera until he was 21 (extremely late for a photographer), Mangelsen added his association “just started out as fun and grew into a profession.” He’s captured rare moments and vast panoramas during photographic shoots on all seven continents, from shots of Arctic polar bears to images from the deep jungles of South America to pictures of the tigers of India to shots revealing the diversity of wildlife in the American West.

Mangelsen talked about his art, wildlife conservation, climate change and future destinations, saying there’s a method to his madness in choosing locales.

“I try to choose new places every year and go back to old haunts I’ve become familiar with and fell in love with,” he said.

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PLHS players and coach named to All-CIF, All-League teams’ fall honors

By SCOTT HOPKINS | The Beacon

Three Point Loma High senior athletes and a coach received the highest all-San Diego Section California Interscholastic Federation honors, and others were named to All-League Teams as awards were announced Dec. 9 for fall sports.

In girls volleyball, star Faith Smith, a leader of the Div. I champion Pointers, captured All-Section First Team honors. Smith, a setter, was steady and dependable all season, drawing countywide attention to her game as she led her team to its first federation title. Smith, who was also named Western League Player of the Year, has signed to play for Gonzaga University next year.

Lady Pointer coach Davis Ransom was honored as county Coach of the Year.

In football, senior defensive lineman Tim O’Brien was awarded First Team All-Federation honors, while senior teammate Jacob Virissimo, a linebacker, received second team recognition. The Pointers presented a dominant defense, with O’Brien stopping runs up the middle and Virissimo coming from the left side. Both gave opposing quarterbacks fits all season.

The San Diego Section and San Diego Hall of Champions coordinate the awards.

ALL-LEAGUE TEAMS

Girls tennis
Senior tennis players Anika Lopes, Emilie Folsom and Halea Holasek along with freshmen Shelby Smith and Lexie Koby earned first team Eastern League honors.

Girls volleyball
In volleyball, second-team honors went to junior Madilyn Yeomans, while...
HONORS

CONTINUED FROM Page 18

honorable mention was awarded to
senior Courtney Justus and junior Yulia
Ushakova.

Football

In football, all-Western League
offensive first team honors went to
seniors Gavin Grady, Seth Irby and
juniors Jaylen Griffin and Jaime Medi-
nia, who were selected as Kicker of
the Year.

Second team honors went to seniors
Romeo Epperley, Jacob Elum and Ser-
gio Gallegos.

Senior Cole Kidd joined O’Brien and
Viristimo on the All-Western League
defensive first team. O’Brien was also
named defensive Player of the Year.

Second team defenders included
seniors Dan O’Brien and Jonathan
Cook and junior Caleb Johnson.

No other All-League information
was available.

Other fall sports news:

CROSS-COUNTRY:

Top finishers at the Eastern League
meet were boys Lukas Hane (5th),
Robert-Joseph Sanchez (9th) and
Cooper Bates (10th).

Top girls were Hallie Pullum (8th)
and Taylor Doonan (senior).

The coach is Keith DeLong.

Boys Water Polo

The team finished 1-5-4 overall (5-
3, third place in Central League).

Top scorers were sophomore Bren-
dan McMahon (41 goals, 14 assists
for 55 points) and freshman Max Glaser
(27, 25, 52).

The coach is Ken Toma.

Field hockey

The team finished 6-1-2-2 overall (3-
5, fifth place in Western League) under
coach Lisa Hanick.

Girls golf

Coach Frank Joseph led the team to
an 11-7 overall record (6-6 in Western
League).

Five girls earned a berth in City Con-
ference individual finals.

Top golfer was senior Jordan LaRoc-
co. The team’s captain made it to the
finals of City Conference play, finish-
ing third in a field of 6-4. She improved
her handicap by five strokes to par this
year and earned Medalist (low score)
honors in eight matches. She also
played in the federation tournament.

Senior co-captain Jessica Safford
improved her handicap to par by more
than 30 strokes this season, played in
both City Conference and the feder-
a tion tournament.

Others who played in the City Con-
ference tournament were juniors Lau-
reno Rodriguez and Susana Zerbe and
sophomore Savannah Brady, who also
played in the federation event.

LaRocco, Safford, Zerbe and Brady
earned spots in City Conference Match
Play.
Many of you know me from traveling throughout the community by bike; my name is Nicole Burgess, and I am passionate about bikes and being outdoors in this beautiful city.

I am an advocate for our youth and for active transportation, and I am hopeful that more people will be inspired to hop on a bike or take a walk and enjoy their community by actively commuting to their destinations. I am excited to be able to represent District 2 for the City’s newly formed Bicycle Advisory Committee, and I appreciate all the support.

Along with other great active transportation leaders throughout our city, we look forward to supporting San Diego in its quest to become a world-class biking city.

The Dana Bike Train is on course for its sixth year of success. This year, we are seeing a large increase of fifth and sixth graders taking charge and enjoying their commute to school by bike or foot. It’s fun and easy to find friends in the neighborhood who also enjoy walking or riding to school. Meanwhile, studies show that students benefit and do better in school if they have some form of physical activity prior to learning, and adults do better at work if they get a little morning fitness to begin their day.

There are many students that walk and roll to Correia and Point Loma schools as well. Don’t be fooled; it is actually very cool to bike and walk to school.

Being fit, feeling energized and protecting our environment should be a cool thing. Imagine if the students on the Peninsula commuted by bike or foot; there would be much less vehicular traffic to worry about, and we would be surrounded by energized and smiling students engaging and enjoying their community.

There is also the benefit of more time for parents, more independent children, less money on car expenses and stronger and healthier children; athletes will only benefit with the extra cross-fit training with an active commute. This is beautiful San Diego, and every reasonable commute can and should be enjoyed by bike. You’ll feel great and ready to go when you reach your destination while protecting and enjoying the outdoors. The benefits to all are so rewarding.

Here are a list of bike trains and walking school buses on the Peninsula, which I welcome all to join.

Bike Trains to Dana Middle: Ocean Beach Elementary at 7:45 a.m.; Long Branch and Guisel at 8:10 a.m.; Park Point Loma at 8:10 a.m. Thursday Club at 8:20 a.m.

Walking School Bus to Dana Middle: Point Loma Harvey Library at 8:30 a.m.; Midblock Coronado between Catalina and Chatsworth at 8:30 a.m.

For those of you who choose the vehicle as your means of transportation, I hope you will find patience and respect for the growing number of young cyclists among the Peninsula and throughout San Diego. We ask all to please share the road wisely and avoid idling when picking up students.

If you’re ready to make the switch to an active lifestyle and looking for some support, feel free to contact me at nicole23@cox.net. You may also send me any comments, recommendations or suggestions for District 2, and I will do my best to address your concerns at the monthly City Bicycle Advisory Committee meetings.

Speaking of polar bears, Mangelsen spoke of a wildlife shoot he was on with the late Spence Wilson, who operated the downtown theater The Cove, which many La Jollans of today remember. “Spence saved our lives,” he concluded, noting Wilson’s observational skills as he stood watch with the Navy for enemy subs during World War II. “I was with a National Geographic crew photographing a polar bear mother and her cubs, and a whiteout snowstorm just came up out of nowhere, Mangelsen said. “I didn’t see them. Spence did and waved his arms (to warn us). There was a polar bear coming, stalking us very intently, and we grabbed our gear and pulled the (truck) ladder up just before the polar bear got there.”

Asked when — or even if — he’ll retire, Mangelsen, who lives near Yel- lowstone National Park in Wyoming, answered, “Just when I die,” adding, “I’d like to die in the field.”

To order Mangelsen’s new book, or for more information about him or his galleries, visit www.mangelsen.com.