Looking for leprechauns

After a recent rain squall, a rainbow appeared over Saratoga Avenue in Ocean Beach. No leprechauns or pots of gold were found.

Sacre bleu! St. Patrick was actually French?

By MARTIN JONES WESTLIN | THE BEACON

I have two pub friends who swear by Ireland and the grass-roots kindnesses of its great people. I feel the same way about mes chers français, so we have a lot of notes to compare, especially when those guys or I are getting ready for a trip. (I’m leaving for Europe in June for what could be as long as five months, two of which will be spent among the French: maybe we’ll all catch up next fall, when they’ll have gotten back from the place they swear they’re moving to one of these years.)

The last time we talked, our conversation somehow fell to St. Patrick, who seems to have cornered the market on holiday personality cults – except maybe for Jesus, which is great – but as Irish

Pat was taken into slavery as a shepherd at age 16 in A.D. 403 in Northeast France’s Brittany region, not in Britain, as history originally thought.

REV. MARCUS LOSKER
AUTHOR OF REDISCOVERING ST. PATRICK

Point Loma High remodel approval at school board

Stadium lights included in Phase I

By SCOTT HOPKINS | THE BEACON

Administrators and staff members at Point Loma High School are hoping for approval of the long-awaited first phase of a proposed modernization of the 91-year-old school. The San Diego Unified School District board will list adoption of the Final Environmental Impact Report for the “Whole Site Modernization and Athletic Facilities Upgrade Project” by the San Diego Unified School District Board of Education at the April 26 board meeting.

Point Loma pockets a new park

By DAVE SCHWAB | THE BEACON

Roseville in Point Loma, one of the city’s oldest neighborhoods, will have a new pocket park thanks to a March 8 unanimous vote by the City Council.

The council action committed a total of $840,000 from Peninsula developer impact fees for design and construction of a new pocket park on a two-thirds-acre lot on Avenida de Portugal above Cañon Street.

“City parks are part of the reason why San Diego is a wonderful place to raise a family,” said 2nd District Councilwoman Lorie Zapf, whose district includes the Peninsula. “I thank my council colleagues for their support of this project.”

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Ocean Beach Street Fair and Chili Cook-Off Festival seeking contestants

The Ocean Beach MainStreet Association is searching for chili cook-off contestants for the 37th annual Street Fair and Chili Cook-Off Festival on June 25.

Contestants compete for cash prizes and the titles of Hottest Chili, Best Costumes, Booth and Decorations, Judges’ Award and the grand prize: People’s Choice Award. Chili judging will be based on International Chili Society guidelines for taste, color, aroma and meat consistency. Applicants are required to provide 10 gallons of chili on the day of the Ocean Beach Street Fair and Chili Cook-Off Festival. All chili must be heated on site to the proper Health Department–required temperature of 165 degrees Fahrenheit and ready to serve by 11 a.m. that day. Costumes and festive decorations are encouraged. Chili tasting tickets can be purchased for $2 per chili entry, or attendees can buy a master ticket to try every recipe for $20.

For more information and to apply, visit oceanbeachsandiego.com.

Run-off is causing bluff erosion, Save Sunset Cliffs spokesman says

“It’s top-down water run-off, not bottom-up wave action, that’s eroding Sunset Cliffs.”

Richard Aguirre, founder of a group known as Save Sunset Cliffs and a retired Realtor with a geography degree from UC, Berkeley, contends that’s the reason the picturesque bluffs are receding faster than a man’s middle-age hairline. “Crisis” and “emergency” are two words Aguirre uses to describe the present disintegration of the cliffs. “It’s critical to stop the erosion right now,” said the Ocean Beach resident one recent afternoon, pointing to where the cliffs used to be years ago.

“Here, you can see all the gulleys that are causing the erosion down Sunset Cliffs, water over the edge,” said Aguirre, pointing to small furrows that gradually carve through the cliffs. Aguirre gave his take on the process involved in cliff degradation.

“Only during heavy rains do we have the erosion on Sunset Cliffs,” he said. “We’ve got a velocity and volume of water that’s extreme coming right down where the streets hit the (Sunset Cliffs) boulevard. Uncontrolled surface run-off is what’s creating the entire problem.”

Aguirre also has a ready answer for what he believes will solve the problem.

“We don’t have any storm drains at all, just small pipes that go right into the cliffs,” he noted, adding the street curbs “aren’t adequate to control water coming down Froude Street. It’s like a fire hydrant jumping the road and washing straight down over the cliffs, eroding it all the way down and making the lower level now unstable.”

The Save Sunset Cliffs spokesman laid out his plan for preventing downhill water from eroding the coastal landscape.

“Everywhere the street meets the boulevard, you’ll have, in the alley running parallel to Sunset Cliffs, cattle-guard-style crossings going into a 4- or 5-foot-diameter underground pipe that will control all the water from the hillside coming down,” Aguirre said. “Then, it will take all the water collected from the entire hillside runoff into the storm drain, then out to the ocean via three outfall pipes.”

Asked why his notion of a “comprehensive storm drain system” hasn’t gained more traction, Aguirre said...

“The city is in denial. We need to state the case, say, ‘Here’s the evidence.’ We want to get a little bit of leverage, approach the City Council and get this issue on the docket.

“It’s hard to get anybody to have the guts and stand up and say no,” Aguirre added.
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United Portuguese SES Hall a cornerstone of Point Loma

BY DAVE SCHWAB | THE BEACON

United Portuguese SES Hall Inc. has been a cornerstone in the Portuguese community of Roseville since its inception in 1922. Socially, historically and symbolically, UPSES is a central focus around which the neighborhood revolves, whether it be bingo on weekdays, festivals on holidays or civic projects, like the recently approved Avenida de Portugal-Cañon Street pocket park. The new park is to have public art and other items dedicated to the community’s cultural heritage.

Daniel Silva, UPSES president, noted the Hall, as a nonprofit, is able to pursue many community projects that other civic entities might not be able to because of financial limitations.

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Miss Cabrillo crowned

Breille Mussomeli was crowned 2016 Miss Cabrillo Festival at the 53rd annual pageant, held March 13 at the United Portuguese SES Hall in Point Loma. Breille is a 2016 Point Loma High School graduate and is planning to attend Boston’s Berklee School of Music in the fall. As Miss Cabrillo Festival, Breille will reign over the 2016 Cabrillo Festival, commemorating Portuguese explorer Juan Rodriguez Cabrillo’s discovery of the West Coast of what is now the U.S. on Sept. 28, 1542 for Spain. The judges awarded the Spirit of Cabrillo Award to Jaquelyn Neves, also a 2016 Point Loma High graduate. The pageant is sponsored by Cabrillo Civic Club No. 16 San Diego and Portuguese-American Social & Civic Club.

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Please be sure to check out our VIP Warrior Gala
Fourteen candidates vying for five open spots on the Peninsula Community Planning Board talked about themselves, their community and why they should represent it at a March 3 forum.

The advisory group election will take place from 4 to 8 p.m. Thursday, March 17 at Point Loma/Hervey Library, 3701 Voltaire St.

The terms for the five vacancies will run through March of 2019. The election will be held from 4 to 8 p.m. on Thursday, March 17 at the Point Loma/Hervey Library, at 3701 Voltaire St. The PCPB meets on the third Thursday of each month and has various subcommittees that also meet on a regular basis.

The Kiwanis Club of Point Loma will present an ecumenical Easter Sunrise Service at the Cabrillo National Monument on Easter Sunday, March 27. The services will be held in the lower parking lot, giving those who attend a great early morning panoramic view of San Diego Harbor and the city behind it. Club president Matt Lemus points out that this year’s services will mark the 67th consecutive year that the Kiwanis Club of Point Loma has staged the service.

The gates will open at 6 a.m., with the nondenominational service beginning at 6:30 a.m. There is seating for approximately 700.

Forum yields long wish list among 14 PCPB candidates

Dr. Gave Schwab | The Beacon

Easter Sunrise Service at Cabrillo Monument

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PCPB elections

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FORUM YIELDS LONG WISH LIST AMONG 14 PCPB CANDIDATES

Dr. GAVE SCHWAB | THE BEACON

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The advisory group election will take place from 4 to 8 p.m. Thursday, March 17 at Point Loma/Hervey Library, 3701 Voltaire St.

The terms for the five vacancies will run through March of 2019. Forum moderator Jon Linney thanked attendees, introduced the candidates and asked the questions.

Candidate Michael Haeggquist said he’s seen a lot of change in the community in the five years he’s been there. “I want to get my feet wet and get more involved in the community,” he said.

Patricia Clark, a Liberty Station resident, has been on the board six years. “I want to serve the community and their concerns about building and parking,” Clark said.

“We need a cohesive board that will address issues in a professional and thoughtful manner,” she added.

City planner Geoffrey Plagemann said he wants to see building done that’s “environmentally sustainable. I’ve done a lot of urban design,” he said. “I want the community to have a voice and use my experience to give back to the community.”
Pointers boys win CIF soccer title

By SCOTT HOPKINS | The Beacon

The referee’s final whistle sent a team of Point Loma High boys, their coaches and a sizable contingent of fans into a frenzy March 5 as the school won its first CIF soccer championship since 1983.

And in a match that saw four-seeded boys in field, dominating, No. 2 seed San Marcos 3-1 in the Div. II title match, played at Olympic High School in the South Bay, to end the 33-year drought.

This is the second CIF crown placed on the Pointers’ heads this year after boys water polo won its first banner during the fall sports season.

The win brought the Pointers’ record to 11-5-6 on the season after a 4-1-3-second-place-finish in the Western League.

The Knights finished the season with a record of 7-6-2 after a 4-3-1 finish to win the Avocado East League.

Pointer goals were scored by seniors Kyle Hoh, Jase Souza and Luke Rayale, who also had two assists. Junior Luis Hanc added an assist to the total tally of 10.

Goalkeeping duties were split between sophomore Marley Mascarenas and senior Trevor Eldge. Each was credited with a pair of saves during their half in goal.

And for Pointer head coach Elliott Savitz, a Pointer alumni (class of 2002), it was a time for reflection.

“As a Pointer myself, it was a special moment,” he said. “I lost in the CIF final as a player; I always wanted to get into coaching, and when I got a teaching job and started this, here, it really was a long-term dream. I’ve always wanted to see if we could win a CIF title for the boys and the community.”

Savitz sensed last season that he had the special team that could do just that.

“Last year, we had a young team,” Savitz recalled, “with a lot of sophomores. I always felt that their technical abilities and soccer IQ were good, but they were just a little younger than some of the teams we were up against. I felt that next year they were going to be a little bigger, a little stronger and a bit more mature.

When we lost to Orange Glen in the playoffs last year, we (coaches) said we couldn’t wait until this season so they could get out there and showcase their skills and intelligence.”

Savitz scheduled tough opponents for his team’s early nonleague games this season. That strategy seemed to pay off as his team proved they could play with such opponents. “It was a privilege coaching this group of young men this year,” Savitz said. “Winning the CIF title was monumental for us and the community.”

The soccer title had added sweetness because the No. 4-seeded Pointers knocked off No. 1 seed Ocean- side in a semifinal match played March 2 on the Pirates’ pitch.

The Pointers fell behind 1-0 in the first half before the Balers answered with a second-half goal off a Townsend Meyer assist to send the game to a shootout. There, the Dogs prevailed 4-3 to oust their favored opponents and move to the championship round.

Goalkeepers Mascarenas (four saves) and Eldge (three again) split time in the net, with Eldge getting credit for the win.

The Pirates entered the match with a season record of 17-1-5 and a Valley League title under their belts, outscoring opponents by an average of 4-1.

In the quarterfinals, after a first round bye, the Pointers sent the Bishop’s Knights into retreat in a 5-1 blowout, Rayale scored twice, while Hoh, junior Adrian Marmol and sophomore Tim Moorng each had a goal. Hance picked up a pair of assists.

Mascarenas and Eldge again split goalkeeping duties, each making three saves.

Pointers boys win CIF soccer title

By SCOTT HOPKINS | The Beacon

After winning a CIF soccer championship, Point Loma Pointer players and fans found themselves in a dark stadium at Olympic High School in Chula Vista when stadium lights were turned off before their team’s trophy presentation began following the team’s victory over San Marcos. All CIF playoff events are conducted by the CIF, including charging admission to sports like soccer that are normally free. Adults, for instance, paid $9 for admission.

A large turnout of these paying students, boosters and fans had watched the Pointers earn a 3-1 victory for their first CIF title in 33 years when, at the final whistle, many students ran onto the field to celebrate with the athletes. When security personnel asked them to leave the field, the students did so quickly and without incident, according to PLHS Principal Hans Becker.

Suddenly, the lights on the Point Loma (visitors) side of the field were turned off, and confused people began leaving the darkened stands. Meanwhile, CIF officials in attendance and in charge of the game began the on-field introduction of San Marcos players by the public address announcer, presenting them with pins as runners-up.

Then, as Pointer players and coaches stood awaiting their introduction, the remaining stadium lights turned off, leaving numerous Pointer students, parents and fans in a completely dark stadium at an unfamiliar school site.

At least one injury to a Pointer fan who fell in the dark has been rumored, while many who attended the game were upset by the chain of events that left people disoriented and scared.

Becker contacted the San Diego CIF office and his district director of athletics, seeking an explanation for the apparent snub of Pointer fans and athletes.

Last week, CIF Commissioner Jerry Schniepp visited PLHS to personally apologize for the debacle. He said the lights were turned off on the visitors side of the stadium “to move fans off the field”; however, many Pointer fans were seated, awaiting the trophy presentation.

Schniepp also said the rest of the lights were turned off “by accident” when a custodian flipped the switch. The lights were turned on again later, but only after they had gone through a mandatory “cool-down” period.

As for the CIF champion Pointer soccer team, Schniepp offered to have a ceremony for the team at any time the school selects and added the investigation of the incident continues and that “some changes” will be made.

SPORTS

Home owners lose thousands when selling their home

SAN DIEGO, A new report has just been released which reveals 7 costly mistakes that most home owners make when selling their home. A 9 Step System that can help you sell your home fast and for the most amount of money.

Homeowners make 7 deadly mistakes

Many homeowners during the period from approximately 1985 through 2010 have created, and presently live with, what they know it or not, what are frequently called “A-B” Trusts.

In an A-B Trust, upon the first spouse to die, all of the spouses’ combined trust assets are to be divided into two subtrusts, Trust B (the Decedent’s Trust) and Trust A (the Survivor’s Trust). Trust B is to consist of the deceased spouse’s 1/2 of the spouses’ community property, and/or his or her separate property, which does not exceed the then amount of the federal estate tax individual exemption amount. Trust A is to consist of all the remaining property in the trust (being the surviving spouse’s 1/2 of the community property, his or her separate property, and any of the deceased spouse’s property in excess of the above estate tax exemption amount).

Trust B is irrevocable―meaning, practical- ly, that the beneficiaries, and their respective percentage interests, as listed in the Declaration of Trust or Trust Agreement which the couple initially created, cannot be changed by the sur- vivor spouse. Also, as set forth in the initial Declaration of Trust, there are restrictions imposed upon the surviving spouse’s use of the Trust B funds. In contrast, the surviving spouse can change any of the terms of Trust A and can use all of its funds without restriction.

Being that most couples would like the sur- vivor spouse to have complete right to use of all funds and other assets in their trust following the first spouse’s death, why were trusts set up as A-B Trusts in the first place? The answer: (i) to reduce the size of the surviving spouse’s estate at his or her death, and thereby reduce potential federal estate taxes (because the assets in Trust B are not consid- ered to be part of such surviving spouse’s estate (only his or her Trust A assets), and/or (ii) if the couple had a “blended family”—such as each spouse brings by a former mar- riage—such case more of Trust B would potentially be available to the deceased spouse’s children when the surviving spouse died.

The negatives of a B Trust are: (1) its irrevocability as referred to above, (2) the restrictions upon use of its funds by the surviving spouse, also as stated above, (3) the complications and legal work required to make the division (allocation) of assets into Trusts B and A upon the first spouse’s death, (4) the need to do annual income tax returns for Trust B, and (5) the fact that the assets placed into Trust B do not receive a “step-up” in basis for income tax purposes on the death of the surviving spouse (unlike the assets in Trust A, which do).

The good news is that since 2013, the fed- eral estate tax law has become less of a burden in two major respects: (a) the estate tax exemp- tion amount has been increased to a present value of $5.45 million per individual, and (b) for exempt- ions can be doubled for use by the surviving spouse under the concept of “portability.” (But to have portability a federal estate tax return must be filed—but not due―on the death of the first spouse to die.) Thus, it may now be much less advantageous for the married cou- ple to create or maintain an A-B Trust.

The point of this article is to recommend that you review your existing Declaration of Trust or Trust Agreement, and if you discover that you have an A-B Trust type, discuss with your attorney to see if it would be better for you to convert it into a non A-B Trust type. So long as both spouses are living, such a change...
a completed Environmental Impact Report on its April 26 agenda, the culmination of several years of community meetings and input characterized by strong opposition from some community members to proposed improvements and installation of night lighting at Pete Ross Stadium on the campus.

The meeting will be held at 5 p.m. at the Eugene Brucker Education Center Auditorium, 4100 Normal St.

Known as the "PLHS Whole-Site Modernization and Athletic Facilities Upgrade Project," the first phase of planned long-range improvements also includes:

- Demolition of the existing media center/classroom building, known as the 800 building, a round two-story structure with oddly shaped classrooms and no restrooms;
- Construction of a new three-story building, containing a new media center and 20 new classrooms that meet future standards;
- Renovation of the current 200 and 300 buildings;
- Construction of new security features that will allow only one path of access to the campus during school hours;
- A new arched facade along Chatsworth Boulevard, requested by community members, that will provide some connection to the school's beloved original Spanish design;
- Construction of "turnouts" for school buses to leave more space for vehicles passing in front of the campus;
- Construction of a 150-square-foot main distribution building for better distribution of technology; and
- Installation of overall security improvements.

While opponents of the Athletic Facilities Upgrade component of the project have resumed a letter-writing campaign, members of Point Loma Cluster Schools group (pointlomacluster.com), which represents all Peninsula public schools, is hoping that community input to board members reflects the actual opinions of all community members.

In a recent email newsletter, the group asked those supporting the upgrades to write to Michael McQuary, school district board president and trustee for the Peninsula area, at mm cquary@sandi.net. In addition to night lighting, the athletic field upgrades include Americans With Disabilities Act upgrades to existing concrete bleachers and other areas of the facility.

PLHS
CONTINUED FROM Page 1

An artist's rendering of the school after the "PLHS Whole-Site Modernization and Athletic Facilities Upgrade Project" is complete.
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Hurry! Deadline May 1st!
Concierge personal trainer makes house calls

By HANNA LAUKKANEN | THE BEACON

“I can see that you have more strength left,” says Rachel Stoltz, personal trainer. “Six more!”

Stoltz is training with me in my gym, which is the place I wanted to work out. The training is very efficient, and I truly can feel the fat burning. Meanwhile, Stoltz’s business is founded in availability—to come where her customer wants to work out.

“When I come to wherever they want to, they don’t have any excuse left not to train. In many cases, people don’t have time to work out or they can’t drive to the gym because they have small children to take care of. I help them to train,” Stoltz says.

She also helps older and insured people to train in their houses. Seniors want to maintain their abilities inside solved. “Outside shows what is inside,” she says. “The real reason to work out has to be something that they value in life, for example be able to play with your grandkids or maintain the relationship with your significant other or live longer.”

Stoltz’s life goal is to help people live healthy lifestyles by creating balance in appearance and well-being. Stoltz helps them work out how they want; training depends on what they want to achieve. Some want weight loss, some want good abs and some want to learn how to use a new exercise machine.

“It’s great if something truly motivates a customer to train,” she says. “The main reason to work out has to be something that they value in life, for example be able to play with your grandkids or maintain the relationship with your significant other or live longer.”

Stoltz’s office is prepared for families can’t afford to buy a beautiful prom dress. “The organization is prepared for families struggling with financial problems, and sometimes they can’t afford to buy a prom dress,” said Karen Martin-Spellerberg, spokesperson for Princess Project. “Princess Project releases the financial burden from families. We provide free dresses and jewelry that are new or gently used.”

High school prom is a tradition, and that usually puts a lot of pressure on young women. They want to look nice, and because some families can’t afford to buy a beautiful dress, some girls have to think twice and maybe will not be able to go to prom.

“When girls find their prom dress with us, they are grateful, happy and smiling. Some say they wouldn’t be able to find a dress like that if they themselves,” Martin-Spellerberg said. She strongly recommends that girls book an appointment beforehand at princessproject.org so that the organization is prepared for them.

Girls can bring one female companion with them for the dressing and have a personal dress shopper with them, as they have one hour to find a perfect dress.

Princess Project finds the beauty inside the prom dress

By HANNA LAUKKANEN | THE BEACON

You name a dress style, they have it. Last year, more than 1,500 high school girls from San Diego visited Princess Project’s fitting room, and just about all of them found their prom dress.

Every year, more girls need help finding and paying for a prom dress. Princess Project offers dresses styles that vary from traditional to modern, from goth to princess; girls often say, “I have never had a dress that looked so nice!”

“Families struggle with financial problems, and sometimes they can’t afford to buy a prom dress,” said Karen Martin-Spellerberg, spokesperson for Princess Project. “Princess Project releases the financial burden from families. We provide free dresses and jewelry that are new or gently used.”

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READ MORE ONLINE AT sdnews.com
Point Loma native – and former Miss Cabrillo – stars in new reality show spoof

By KAI OLIVER-KURTIN | THE BEACON

Starring in the new real estate reality show “Bajillion Dollar Properties,” Mandell Maughan, from Point Loma, can be seen on NBCUniversal’s new streaming comedy channel Seeso beginning Thursday, March 17.

The 30-minute, eight-part, semi-scripted reality show spoof follows seven real estate agents as they navigate the cutthroat nature of high-end real estate in Los Angeles. Maughan graduated from the University of San Diego High School before going on to train with The Upright Citizens Brigade Theatre and The Second City in L.A. Here’s what she had to say about her newest role.

The role you play as Victoria King on “Bajillion Dollar Properties.”

Mandell Maughan: Victoria King could be described as the villain of the show. That being said, I think what makes her entertaining is her continual attempt and failure at being a successful villain. Our creator describes her quite accurately as a “bully with daddy issues.” She is overly confident and highly insecure. But what I love about Victoria is her blind confidence.

She could be wrong a million times and still believe with absolute confidence that she’s always right. There’s something so funny to me about that kind of blind faith in herself. Later in the season, you’ll start to see how her relationship with her father has really shaped who she is and why she acts the way she does.

PB: Since the show is semiscripted, how much of it is improvisation?

MM: Our writers are incredible. They have written the plot lines, scenarios and ideas. Before shooting a scene, we’re given an outline with ideas of dialogue and direction for the scene. After that, it’s up to the actors. They’ve given us a lot of freedom. Most of the dialogue is improvised. The producers are also particularly patient in letting us have 25 minutes of improving before eventually getting to the point of the scene. To say our job is fun is an understatement!

PB: Did you take theater or acting classes while living in San Diego?

MM: I did community theater in high school. I was also part of San Diego Children’s Choir and the American Ballet when I was younger. Somehow, I was always doing something onstage, even if that stage was my family room with my dad’s 40-pound VHS recorder.

PB: How did growing up in Point Loma influence your acting career?

MM: I grew up in a very strong Portuguese community in Point Loma, a community that still exists today. My great-grandfathers came to San Diego and were founders of the American tuna industry. I was fortunate to be raised and immersed in my culture. In 2001, I won the title of Miss Cabrillo. It was a wonderful opportunity to use my voice and love for the stage while honoring the Portuguese community.

READ MORE ONLINE AT sdnews.com

Join us to celebrate Hispanic Culture in the 2nd annual Latin American Art Festival

It is the only festival of its kind in Southern California. It takes place during the month of March with the aim of bringing all residents of San Diego County, Orange County and Los Angeles, the artistic expressions of the Latin American community. Latin American Art Festival highlights the cultural richness of Latin America to strengthen the heritage and sense of belonging among the Hispanic community, showing the diversity of the community to art enthusiasts, collectors and gallery owners on both sides of the border.

Kids & Adults... “Make” your memories with us!

Plan your next party or outing at The Hot Spot... no studio fees. Same day or next day turnaround! Come in, relax to great music in our spacious studio and enjoy creating unique, one-of-a-kind, personalized gifts and keepsakes that you will cherish forever. We are a drop-in studio where you can paint your own pottery and create chunky candles... Fun for kids AND adults!

Pottery items are ready the next day if turned in by 5pm. Candles ready the same visit. Great Activity for any Group (team, corporate events, Team Building, Office Parties, Bridal Parties, Scout Troops, Field Trips, Teacher & Coach Gifts, All Ages ~ No Experience Necessary), Drop-in or Reserve. Take candles home the same day, they only take about 20 min. Potteries is ready the next day. Use our non-fired glitter paints and take pottery the same day (great for birthday parties). No studio fees. Prices range from $15 - $60 average is $20, Spacious, bright studio. Great Music, a great spot to get off the couch and create something, Open 7 days a week. We sell gift certificates

It’s not just fitness; it’s an emotionally uplifting experience.

If you’ve ever walked along Liberty Station’s eastern outskirts on any given morning, chances are you’ve heard the energetic shouts and upbeat music emanating from the gymnasium-like building that stands at the corner of Roosevelt and Cushing Road.

With its front doors overlooking the community’s scenic backyard, Point Loma Sports Club welcomes hundreds of local residents each day for their customary workouts. The 23,000 sq. foot premises houses a state-of-the-art weight room, cycling studio, yoga studio, and functional training arena. It also hosts over fifty various group exercise classes weekly. Since its establishment in 2012, the club has been rated among San Diego’s top fitness facilities.

However, what ultimately differentiates this club is its unmistakably welcoming atmosphere. It’s more than a gym - it’s a haven where people of all fitness levels go to be recharged, and to enhance their physical, emotional, and spiritual wellbeing.
The San Diego Watercolor Society Presents
“Art Adventures” April 1 – May 1, 2016 Weds through Sunday, 10 a.m. – 4 p.m.

San Diego, CA – The San Diego Watercolor Society presents “Art Adventures” a watermedia exhibition juried by award-winning San Diego artist, Marilyn Grame. Marilyn's special affection for animals is evident in her realistic renderings of wildlife. “Painting wildlife is an exciting experience for me. As the picture evolves, so does a personality, and I feel a special kinship with the subject.” The exhibit runs from April 1-May 1 at our Gallery in The Arts District Liberty Station. The Opening Reception is Friday April 1 from 5-8 pm with food, wine, music and the fellowship of other art enthusiasts. Don't miss what should be a great adventure! The Gallery is open Weds-Sun, 10 am – 4 pm and is free to the public.

San Diego Watercolor society is located at 2825 Dewey Road, Studio 105, San Diego, CA 92106 (Arts District Liberty Station)

About The San Diego Watercolor Society
The San Diego Watercolor Society, a non-profit art organization, celebrates over 50 years of being a promoter for the appreciation of and involvement in watermedia painting. With a dedicated, all volunteer staff, SDWS operates a major Gallery and Education Center at the Galleries at NTC in Liberty Station and provides a wide array of services and activities that benefit the over 700 members and the public. These include monthly member art exhibits, an extensive art library, a full program of workshops, classes and artist demonstrations (open to members and non-members) and artist-led plein air painting opportunities.

Experience the artistry of tea

If you want to know about Point Loma Tea, you need to get to know its owner, Cheryl Graf. Cheryl is a life-long tea enthusiast, really – since childhood. Some of her earliest memories are of spending time with her Grandmothers in the Midwest having tea parties. Her Mother, as a Minister's wife, was well known for her hospitality, welcoming visitors to her home with fresh-baked goodies and tea. Cheryl's first job as a teenager was assisting the British owner of a Boarding House in Bellflower, CA provide afternoon teas for her guests, serving tea, polishing the silver, and more. As a wife and mother, she often worked in Church Hospitality and Women's Ministries, and helped organize many tea events, from a dozen participants in a home, to kid's tea and etiquette events, to hundreds of women in hotel ballrooms. In 2000, after a successful career in office administration, Cheryl had the opportunity to “retire” from that career, and follow her passion for tea and hospitality as a full-time career. And that journey over the last dozen years culminated in the opening of Point Loma Tea in October 2012. For Cheryl, it is all about the experience you will have when you explore the awesome specialty teas and related accessories in our store, and in your home, with your family and friends.

Point Loma TEA

www-pointlomatea.com
Liberty Station NTC

San Diego Watercolor society is located at 2825 Dewey Road, Studio 105, San Diego, CA 92106 (Arts District Liberty Station)
luck would have it, one noted researcher says Patrick was actually born in France. Seriously. France.

Rediscovering St. Patrick: A New Theory of Origins, published in 2013 by Ireland’s Columba Press and written by an Irish guy, says that Pat (real name Maewyn Succat) was taken into slavery as a shepherd at age 16 in A.D. 403 in Northwest France’s Brittany region, not in Britain, as history originally thought.

Church of Ireland clergyman the Rev. Marcus Losker, the author, recalled that Patrick’s writings say he was kidnapped by Saxon forces “when Irish pirates attacked his father’s house at ‘Bannavem Tiburniae,’ in Latin. The names bear an uncanny resemblance (to Bonavenna de Tiberio, name of the house), and three other place names mentioned in St. Patrick’s writings also tie in with areas around (Brittany’s) Chateau de Bonaban.”

There are records of Patrick having escaped Ireland and landing at France, visiting Tours, Lerins and Auxerre before returning to Ireland and his remaining life as a bishop; there’s no reason to believe he wasn’t familiar with the locales in which he found his freedom. Moreover, Patrick’s admitted lack of education and communication style (he apologizes many times for his lousy writing in his two known works) fueled Losker’s theory that Patrick simply misspelled the name of dad’s house.

“I was dumbfounded,” Losker told the Belfast Telegraph, adding that he has called for an excavation of Patrick’s remains at Downpatrick’s Down Cathedral so Roman Catholic Church officials can get to the bottom of things.

I told my friends that this is yet another story reflecting France’s and the British Isles’ star-crossed paths. Both countries sometimes remind me of a rumpled couple resentfully struggling to get through the same doorway—and like that couple, both countries have always come out talking. If Patrick was truly born in France, the French will likely seize on it as another feather in its feather-laden cap. If the story of his birth holds true, my tub-thumping Ireland partisans will say they told us so. Both nations will thumbs-up the other, however begrudgingly—and both we partisans will recount the supreme irony of having discussed St. Patrick in an Irish bar—now, which one was it, The Harp or Gallagher’s?
Children in the United States need to get moving, and a nonprofit program in San Diego wants to help. San Diego residents Marco Anzures and Natasha LaBeaud Anzures co-founded 2nd Recess with one goal in mind – to inspire children to get moving, and a nonprofit program in San Diego wants to help.

When the Anzureses started five years ago, they had five children in a training group. Now they have 500 children exercising in groups and different events from Mission Bay Park to University City to Chula Vista. They also participate in running races, where kids have the opportunity to see how races work. Children run with adults at their own speed.

“They have the same finishing as adults, and their time is tracked, so it’s a really genuine experience of racing,” Anzures said.

2nd Recess is looking for more volunteers, some of whom get a stipend for coaching. If you are interested, visit 2ndrecess.org.

BellaMia Skincare joins Zino’s International Hair Designers

BellaMia Skincare joins Zino’s International Hair Designers

Zino’s International Hair Designers is pleased to announce the addition of BellaMia Skincare to the salon.

Owner and licensed Esthetician Amanda Trompas, a life long Point Loma resident and local business woman is thrilled to be a part of the team Zino’s and to start a new chapter in her life that she is passionate about.

BellaMia will be offering a wide variety of skincare services for both men and woman as well as teens.

Specializing in custom signature treatments such as Anti-aging, Anti-acne, Illuminating facials, Back treatments, O2 Lift facial, OrMedic, Micro peels, and a full waxing menu including paraffin wax treatments for hands and feet.

The name BellaMia is a nod to Amanda’s pride and joy, her 15 year old daughter Mia, who has been her biggest supporter in this new venture.

Mia is currently a freshman at Point Loma High School. Mia will be working her first summer job at Zino’s doing marketing and promotions.

Pamper yourself and get great results, call Zino’s at 619-222-0122
Zombie comics artist Jeremy Cox to try standup comedy

By BART MENDOZA | The Beacon

It’s hard enough to be a success in one field, but acclaimed comics artist and colorist Jeremy Cox is making a major shift in his career strategy, going from paint brush and easel to trying his hand at standup comedy. Appearing at Winston’s on April 1 as part of the 11th annual Ocean Beach Comedy’s Funniest Person Contest, Cox, a San Diego native, has worked on many notable comic book titles, starting with his own, “Zombie Love,” in 1992, kicking off a career that has seen him work on such top titles as Spider-Man and the Batman-themed, Detective Comics as well as his latest title, “Vampyrates.”

While he has dealt with the public at comic book conventions and the like, he quickly realized this was considerably harder. “Live performance on a stage is the most difficult thing I’ve ever undertaken...” he said. “I’ve always had a knack for art and storytelling, but stage work, acting, controlling a crowd... not so much,” he joked.

The original intent for Cox moving into comedy was work related. “Besides enjoying live standup and improv comedy, I’ve read so much about writing, and a number of my favorite writers have ties to standup comedy,” he said. “So as a writer, I wanted to give it a try to see how it would effect my writing. It had the expected affect of making my writing more concise. I now try even harder to get a point across with fewer words, and I’ve learned how much physical action or facial expressions can do the work of hours of writing.”

He plans to channel some of his comedy into a new project. “I’ve been drawing cartoons of all my jokes and I’ve done well over 200,” he said. “I post some of the safer jokes on Twitter and I printed up an ash can that collected some of these to sell at this year’s Comic Fest to see if people would be interested. I sold out of all my copies, so the plan is to Kickstarter a collection of my first year in stand up.”

He notes there is a more direct connection as well. “Part of comic books is reading scripts all day and developing pacing and timing, even with what I do, the actual coloring of the comics. Telling a story in comics, animation, video games or now standup comedy, all shares things,” he continued.

While he has done a few one-off attempts at stand up, he has only been at it full time for a year, with nearly 100 performances under his belt to date. “I went up at the Comedy Palace in Kearny Mesa,” he recalled. “I read on Facebook, that a friend from Atlanta was in town and had gone on. I was mad and jealous and then realized, you’re thinking about this too much. I told my friend and he insisted that we go up the following week.”

READ MORE ONLINE AT sdnews.com
7 Things You Must Know Before Putting Your Home Up for Sale

A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling a home have become increasingly less and less effective in today’s market. The fact is that the majority of people sell their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As the report uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In response to this issue, industry insiders have prepared a free report entitled “The 9 Step System to Get Your Home Sold Fast and for Top Dollar”.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-931-8344. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.
Students' Coffeehouse show highlights local talent

Coffeehouse, a wild ride of comedic sketches and the best of Point Loma High School students as singers, dancers and actors, will be held Thursday through Saturday, March 17 through 19, at 7 p.m. in the Larry Zeiger Performing Arts Center, 2335 Chatsworth Blvd. in Point Loma.

The show, in its 26th year, is unique in that it is a student production – auditions and casting, writing and directing are handled by PLHS thespians. Theater and dance director Christina Fulcher oversees the students’ rehearsals and produces the show. Three student directors, Krysten Chermak, Sofia Scafidi and Brooklyn White, are leading actors through rehearsals and also starring in the skits.

This year’s Coffeehouse has a cast and crew of nearly 50 students, a quarter of whom are International Thespian Society members. Twenty dancers from PLHS Dance Company will perform, and students in Theatre I and II will be featured in the production.

Students began preparations in January, soon after their fall production of the “Addams Family Musical.” After several days of nerve-wracking auditions, where more than 40 students tried out, the thespians began writing skits and choreographing dances.

Coffeehouse has a long tradition of fun, with skits that include student impressions of teachers. It is also a main source of income, benefiting from ticket sales, concessions and an opportunity drawing, with help provided by parent volunteers.

Advance tickets are $7 for students and $8 for nonstudents. $10 for adults and $20 for VIP seating at the door online. Tickets may be purchased online at PointLomaHigh.com or at the PLHS Finance Office.

Senior Lifestyle >>

BayView Senior Assisted Living

Point Loma’s BayView Senior Assisted Living is truly a home away from home. It is nestled on a hill in the premier Roseville Heights neighborhood of the Peninsula, overlooking beautiful Shelter Island, downtown and the San Diego Bay. It offers 17-beds, which is smaller and more intimate than larger institutional facilities, but smaller and more intimate than larger institutional facilities.

Point Loma’s BayView Senior Assisted Living specializes in memory care, serving individuals with all forms of dementia. The well-appointed rooms, casual yet-refined atmosphere, dietician formed menu, and thoughtful activity calendar are just some of the reasons so many San Diegans have decided to become part of the BayView family over the past many years. Please call 619-225-5616 to schedule your tour of BayView today!

Seniors Supplement Retirement while Helping Other Seniors

A recent Gallup survey found that 63 percent of workers planned to work part-time when they reached retirement age. Seniors return to work after retiring for financial reasons but others are looking for opportunities to give back. A local company, Seniors Helping Seniors, offers a unique opportunity for retirees to supplement retirement income and help other seniors. The company matches active seniors with seniors who need some assistance to remain independent. The senior caregivers are employed by Seniors Helping Seniors and provide a variety of services including companionship and socialization, rides to doctors, shopping, help around the house and medication reminders. The services often allow a senior to remain in their own home instead of moving to an assisted living setting. If you have a heart for helping fellow seniors, want to earn some extra income and have your own car, call Seniors Helping Seniors. They are hiring and provide free training. Call 800-481-2488 or visit the company website at seniorshelpingseniors.com to learn more.
What have a modern U.S. Coast Guard cutter and a bygone-days lighthouse keeper to do with Point Loma’s Cabrillo National Monument?

Displayed in the rehabilitated Assistant Keepers Quarters, beside the Old Point Loma Lighthouse, is a 1936 photograph showing a pleasant scene of families enjoying a picnic. The unique setting is within the compound of Point Loma Light Station, activated March 23, 1891. The skeleton-style lighthouse tower stands in the background.

Seated at the round table are two assistant keepers, James Dudley (far right) and Millford Johnson, and their families. The handsome man wearing his United States Lighthouse Service uniform cap, wife Theodora beside him, is George Douglas Cobb, Head Keeper and the co-subject of this story.

Cobb was born in Kent, England in March of 1873. At 16, he went to sea and soon after immigrated to America, where it is believed he traveled some 8,000 miles and soon after immigrated to America, where it is believed he traveled some 8,000 miles and immigrated to America, where it is believed he traveled some 8,000 miles.

It is believed that Cobb may have begun his lifelong career with the United States Lighthouse Establishment/Service as assistant keeper at the Oakland Harbor Lighthouse in San Francisco Bay in 1896. The lighthouse was positioned on 11 piles mid-channel in the bay.

The day after Christmas in 1896, Cobb was on watch at the Oakland Lighthouse when he witnessed a small boat with three young men capsized in the bay. Two managed to cling to the overturned boat; the third swam to the south “training” wall (jetty). Cobb lowered the lighthouse boat from its davits, exposing himself to the fury of wind and sea in a heavy boat designed for two oarsmen.

At Cobb’s peril, as he “maintained the poise of his boat” past the rocks, he reached the two men, who were numbed by the cold and nearly unconscious and helpless, and managed to get them aboard. Cobb then rowed 200 yards among jagged rock to the wall to retrieve the battered, unconscious third man. A witness to Cobb’s heroic deed testified that the three would surely have perished without Cobb’s selfless actions.

“Regulations for the Lighthouse Service as noted by Department of Treasury, Circular 46, 1900” states that life-saving medals could be awarded “to persons making signal exertions in rescuing and succoring shipwrecked or drowning persons in United States waters.”

As federal government machinery would have it, it was not until March of 1903 (while stationed at Point Bonita Lighthouse, San Francisco) that Cobb was honored with the Silver Lifesaving Medal he had earned seven years earlier. The medal would be worn on his uniform.

It is further recorded that Cobb was commended by the secretary of commerce, through the commissioner of lighthouses, for rendering assistance with the Coast Guard on December 14, 1916 in the rescue of 27 men from U.S. Submarine H-3. It had run aground seven miles north of Humboldt Fog Signal Station, and “the work of rescue [by breeches buoy] was attended with great difficulty.”

Having served at the California light stations of Oakland, Point Bonita, Point Arena, Fort Point and Humboldt Fog Signal Station, Cobb was transferred to Point Loma Light Station in 1934, from where he retired in 1918. He died in December of 1940.

In the 1990s, the United States Coast Guard commissioned a new keeper-class cutter, USCGC George Cobb (WLM-564) in honor of Cobb’s heroism as the commander of the ship, two bells are sounded, and a crewmate calls out, “George Cobb arriving/departing!”

“California’s Keeper” is the term Coast Guard personnel use to refer to their former Point Loma Light Station keeper James Dudley, remembers Mr. Cobb may be reviewed on the USCG website, uscg.mil.

For more information, contact Cabrillo National Monument at (619) 557-5450.

Former Point Loma lighthouse keeper honored for rescues at sea
OPEN HOUSES

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Sat & Sun 11-4pm  3109 Panvelio  4BR/4BA  $1,195,500  -  Robert Reilly • 619-852-8827
Sat & Sun 11-4pm  1963 Tentor Drive  3BR/2BA  $1,470,000  -  Mini McCay 619-459-1550  Pas Realty 619-561-3328
Sat & Sun 11-4pm  800 Armasde Terrace  3BR/2BA  $2,250,000  -  Robert Raish • 619-862-4827
Sat & Sun 2-4pm  1314 Trieste  5BR/3BA  $2,750,000  -  Jim Gross • 619-804-3700
Sat & Sun 1-4pm  1963 Tentor Dr.  4BR/4BA  $1,470,000  -  Marc Lyman • 619-663-5000
Sun 1-4pm  2921 McCall Street Unit A  2BR/2BA  $719,000  -  Sharon Ryfresnick • 619-927-4466

LA JOLLA
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Sat 11-3pm  5778 La Jolla Corona Dr  4BR/3.5BA  $2,450,000  -  Rachael Kaiser • 619-920-2363
Sat 11-4pm  7765 Via Capri  5BR/4.5BA  $2,650,000  -  The Reed Team • 858-395-4033
Sat 11-4pm  8110 Camino De La Costa St  3BR/3.5BA  $1,660,000  -  Ross Clark • 858-442-2643
Sun 1-4pm  7560 Earl Unit 10  3BR/2BA  $892,000  -  Carlee Blanner 858-989-2083  •  Susan Diamond 619-977-9190
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Sun 1-4pm  5690 Coast Blvd #26  2BR/2BA  $1,250,000  -  Nancy Mitchell • 619-450-0283
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Sun 1-4pm  1768 El Paseo Real  5BR/5.5BA  $3,500,000  -  Claire Melbo • 619-551-3349
Sun 1-4pm  2402 Rue Denise  4BR/4BA  $3,675,000  -  Claire Melbo • 619-551-3349
Sun 2-4pm  6036 Woody Ave  5BR/5.5BA  $3,995,000  -  Gina Hinson & Elaine Robbo • 619-405-9100
Sun 1-4pm  1329 West Murrieta  7BR/7.5BA  $4,700,000  -  Gina Hinson & Elaine Robbo • 619-405-9100
Sun 1-4pm  5625 La Jolla Farms Rd  4BR/4.5BA  $4,900,000  -  Brent Winstead • 619-922-8613

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Sat 11-4pm  623 Alex Way  5BR/4.5BA  $1,295,000  -  Claire Melbo • 858-551-3349
Sat 11-4pm  7765 Via Capri  5BR/4.5BA  $2,650,000  -  The Reed Team • 858-395-4033
Sat 11-3pm  5785 Via Capri  5BR/4.5BA  $2,650,000  -  The Reed Team • 858-395-4033
Sat 11-4pm  8110 Camino De La Costa St  3BR/3.5BA  $1,660,000  -  Ross Clark • 858-442-2643
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to promote worthy causes, like supporting development of a new community pocket park.

“We’re sponsors, have a park account and have an agreement with the park committee to actually head up its fundraising effort,” said Silva. “We think it’s a great project to beautify our city and Point Loma.”

Silva said UPSES’s main mission is to “serve as a community hall.” A highlight of the hall’s calendar each year is the Festa do Espírito Santo, this year to be held on Sunday, May 15. The festa dates back to the time when the first families settled in Point Loma in 1884 and was formally organized in 1910.

Today, as it has been since 1922, the chapel next door to the UPSES hall is used to house the Crown of the Holy Spirit during the festa. On Pentecost Sunday devotees of the Holy Spirit visit the chapel to pray and offer a donation of monies or Portuguese sweetbreads (sold to raise funds) to assure the continuation of this unique ethnic and religious celebration.

Since 1922, the Portuguese colony has made a procession (now a full parade) from UPSES Hall chapel with the annual Queen Saint Isabel personage holding the community’s Crown of the Holy Spirit, up to St. Agnes Church for a celebratory Mass followed by another procession/parade back down to the hall afterward.

“We (UPSES) serve about 3,000 traditional Portuguese meals at the festa, including about 300 to the homebound and ill, which are delivered,” noted Silva.

A Portuguese market, open Tuesday through Sunday located at the back of the Portuguese Hall, carries numerous Portuguese products like linguicas, cheeses from Pico and Madeira, different flours and condiments, as well as a wide variety of fish and liquors. Staffed by community volunteers and UPSES board directors, market proceeds fund the Portuguese Hall.

Silva said UPSES is a slice of the past in the present.

“We’re a little Portugal, a little Roseville, bringing back what our ancestors and the founders of our city tried to do — bring a little of history to our society,” said Silva, noting the hall is governed by 24 directors who hold an annual meeting in January, when an annual report is given to the community on how the organization is faring.

Silva said there are about 3,500 core members in the UPSES organization located throughout the city.

In the future, Silva said. UPSES will be hosting a Taste of Point Loma restaurant walk along with the community’s chamber of commerce.

And don’t forget weekly bingo at Portuguese Hall held every Thursday night starting at 6:30 p.m., with doors opening at 4 p.m. Friends and family can buy into a full evening of fun for as little as $2.10 vying for hundreds of dollars in payouts weekly.

Correia Middle students win prizes in C-SPAN’s StudentCam competition

C-SPAN television recently announced that seventh grade students at Correia Middle School are winners in the channel’s national 2016 StudentCam competition.

Tristan Cooper has won honorable mention and will receive $250 for his documentary, “Syrian Refugee Crisis.” Stella Bruce and Jacqui Power have won honorable mention and will receive $250 for their documentary, “Oceanic Pollution.”

The national competition, now in its 12th year, invites middle school and high school students to produce a five- to seven-minute documentary on a national policy issue.

This year, students used video cameras to address the theme “Road to the White House: What’s the issue you most want candidates to discuss during the 2016 presidential campaign? In response, C-SPAN received a record 2,887 video submissions from almost 6,000 students in 45 states and Washington, D.C.

“With the presidential campaign in the forefront of people’s minds, we wanted to hear from students across the country about the issues that matter to them,” said Craig McAndrew, C-SPAN’s manager of education relations.