Point Lomans unhappy about FAA’s proposed flight paths

Though confined to the waterfront, San Diego’s airport is running smoothly

By ASHLEY McGLONE  Voice of San Diego

Nearly 15 years after local politicians carved Lindbergh Field out of the Port of San Diego and created the Airport Authority, take-offs and landings are down almost 22 percent from their peak, but the air traffic is on a scale from 0 to 140. Decibels of 45-60 are moderate, 60-80 are loud, 80-100 are very loud and 100-plus is considered deafening. By comparison, rustling leaves are 10 decibels, whisper is 20 and listening to music on headphones at maximum is 100. Even with fewer planes coming and going, passengers going through the airport have risen 45 percent, from 12.9 million in 1995 to nearly 18.76 million last year, airport data show.

SEE AIRPORT, Page 17

“We have been dealing with airplane traffic for decades, but it is about to get worse.”

SANDY VALONE
POINT LOMA RESIDENT

Port’s budget has nearly tripled. Even with fewer planes coming and going, passengers going through the airport have risen 45 percent, from 12.9 million in 1995 to nearly 18.76 million last year, airport data show.

In short, planes are getting bigger and the noise of planes is the same.

San Diego's airport is running smoothly, though confined to the waterfront. The FAA has said the 500-flight changes are going to charge anyone to put their name on that wall,” Mar-tin said. "I was the one who put my foot down and said I’m not going to charge anyone to put their name on that wall," Martin said.

SEE OBTC, Page 5

A Southwest Airlines plane flies over the city and begins its descent into San Diego International Airport.

PHOTO BY THOMAS MELVILLE

San Diego Community Newspaper Group
Thursday, September 17, 2015

WWW.SDNEWS.COM  ®  VOLUME 27, NUMBER 13

PHOTO BY THOMAS MELVILLE

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Call for FREE pre-approval Today!
Bodies recovered off Point Loma and in Mission Bay

The body of a missing 77-year-old Clairemont woman was found Sept. 13 in the waters off Point Loma, authorities said.

The decomposed body of Marie Donson was found by a scuba diving charter boat, according to the San Diego Medical Examiner’s office.

Donson was last seen the morning of Sept. 8, and a missing persons report was filed with the San Diego police. She was reported as high risk because she suffered from dementia, authorities said.

The body was found about 9 a.m., according to Lt. Andy Lerum. It was recovered and taken to the lifeguard’s headquarters, at Quivira Basin on Mission Bay.

Lifeguards had also patrolled the ocean in search of Wesley Hilaire, a 21-year-old woman reported missing during a swim at 1 a.m. Sept. 14 at Crystal Pier in Pacific Beach. She was found safe at home by police.

Kevin McKay, former managing editor of Peninsula Beacon, dies after long illness

Kevin McKay, managing editor of San Diego Community Newspaper Group for seven years, died Thursday. Sept. 10, after a lengthy illness following a medical leave of absence. He was 51.

McKay was a San Diego State University graduate and a 25-year veteran of radio, television and print news during a distinguished career. He previously worked for the Freepost Journal-Standard and the San Gabriel Valley Newspaper Group. In recent times, McKay was perhaps best known as editor of the newsgroup’s biweekly Peninsula Beacon, covering Point Loma and Ocean Beach.

“Kevin was a very talented editor and journalist,” said newsgroup publisher Julie Main. “He was easy to work with, did his job quietly and efficiently. Kevin had a great sense of humor and a great laugh! He always managed to keep things light and fun in the office. Losing him is like losing a family member. He will be missed by many.”

“Kevin was always a pleasure to work with,” said Ocean Beach MainStreet Association Executive Director Denny Knox. “When we celebrated the 125th birthday of Ocean Beach (in 2012), he worked to make sure the Beacon had the best feature story on our community. We use the information in that insert all the time even today. We were so sorry to hear of his passing. Kevin McKay was a very memorable person, and we will miss working with him.”

Facebook and other tributes echoed the sentiment of Byron Wear, former San Diego deputy mayor and District 2 councilmember.

“Kevin was a great journalist,” Wear said. “And was passionate about the pubic’s interest. He lived San Diego and our community.”

“Kevin was perhaps the most polite person I’ve ever met,” newsgroup anchor reporter Dave Schwab added. “He had a lifetime of knowledge, experience and insight. He left us much too soon. He was a warm, personable and upbeat person. That, I’m sure, is how he will be remembered by others fortunate enough to have shared this journey we call life.”

Schwab recalled how McKay, a big Chargers fan, once lost a bet with a co-worker, a converted vegetarian from Denver, over which team would win a playoff game. “The bet,” Schwab said, “was that the loser would have to eat either meat or tofu. The look on Kevin’s face nimbly away at the ‘tofurkey’ — however reluctantly — was unforgettable.”

Griffith Davies worked with McKay in 1987, when the latter was fresh out of college, at a small government access channel in Rancho Cucamonga.

One day, Davies said, “It snowed. Kevin had never seen snow falling before. He was running around with a big smile, scooping up the freshly fallen snow and throwing it at us. He was incredibly happy.”

“For my 18th birthday," Davies continued, “he gave me a CD of The Beatles’ Sergeant Pepper’s album. I still have that very same disc, all these years later. Sad to hear of his passing, he was truly a great guy.”

McKay had been married twice previously and is survived by his mother Jean, 92, of University City, for whom he had been caring in recent years.

Kevin McKay
### Encinitas
- **Price**: $865,000
- **Description**: 2 story 3 bedroom 3 bath home with 2 view decks. This community consists of 98 single family homes on 12 acres.
- **Agent**: Michele Kitchin
  - Phone: (619) 518-7707
- **Website**: www.MicheleKitchin.com

### Bay Park
- **Price**: $599,000
- **Description**: Move-in Ready! 3 bedroom, 2 bath with 2 balconies & views of the greenbelt.
- **Agent**: Michele Kitchin
  - Phone: (619) 518-7707
- **Website**: www.MicheleKitchin.com

### Point Loma
- **Price**: $825,000
- **Description**: 3BRs, 2BAs, gorgeous inlaid hardwood floors, plaster walls, open beamed ceilings & 2 car garage. Tranquil backyard to a lush canyon & tree-top views.
- **Agent**: Catrina Russell
  - Phone: (619) 226-BUYS (2897)
  - Email: catrina@catrinarussell.com
  - Website: www.CatrinaRussell.com

### Point Loma
- **Price**: $695,000
- **Description**: In Escrow. 2br 1ba with remodeled kitchen with SS appliances, open concept floor plan and attached 2 car garage. Large bonus room. Pool-sized backyard.
- **Agent**: Catrina Russell
  - Phone: (619) 226-BUYS (2897)
  - Email: catrina@catrinarussell.com
  - Website: www.CatrinaRussell.com

### Point Loma
- **Price**: $899,000
- **Description**: Plan II townhouse in Sea Colony! 2br 1 ba, hardwood floors, built-in buffet, bead board, crown molding, bright & airy. Pool, spa, and tennis.
- **Agent**: Michele Kitchin
  - Phone: (619) 518-7707
  - Website: www.MicheleKitchin.com

### Mission Hills
- **Price**: $849,000
- **Description**: Fabulous Mission Hills Duplex. Two 2 bedroom, 1 bath. Garages, yards and views!
- **Agent**: Michele Kitchin
  - Phone: (619) 518-7707
  - Website: www.MicheleKitchin.com

### Mission Valley
- **Price**: $299,000-$317,000
- **Description**: Spacious 2 bedroom 2 bath condo with 3 balconies.
  - Phone: (619) 224-5111

### Point Loma
- **Price**: $339,000
- **Description**: New Listing. Upgraded 2 bedroom, 1.5 bath townhome with panoramic views of Famosa Slough.
  - Phone: (619) 225-0800

### Ocean Beach
- **Price**: $729,000
- **Description**: BUILT IN 2007. 2br 2ba home with a living room & dining room. Kitchen features a breakfast bar & pantry. 2 car attached garage with laundry room.
  - Phone: (619) 225-0800

### Pacific Beach
- **Price**: $574,000-$609,000
- **Description**: Upgraded 2br 2.5ba end unit with an open floor plan and an outside deck & “secret garden”/fenced yard!
  - Phone: (619) 224-5111

### Mission Valley
- **Price**: $299,000-$317,000
- **Description**: Close to Mission Valley Village, San Diego Yacht Club and Point Loma Village, the historical and architectural details plus modern amenities define this timeless elegant 1914 Craftsman.
  - Phone: (619) 518-7707
  - Website: www.CAmoves.com/MichelleKitchin

### Ocean Beach
- **Price**: $729,000
- **Description**: Cape Cod style home with ocean views. 2br, 1.5ba, HW floors, skylights plus a detached guest house with kitchen and bath.
  - Phone: (619) 225-0800

### Mission Hills
- **Price**: $849,000
- **Description**: COMING SOON. Fabulous Mission Hills Duplex. Two 2 bedroom, 1 bath. Garages, yards and views!
  - Phone: (619) 518-7707
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Forget all that controversy about whether Juan Rodriguez Cabrillo was actually Spanish or Portuguese – he sailed into San Diego Bay one way – and celebrate both cultures at Cabrillo Festival on Sunday, Sept. 27.

The festival, from 11 a.m. to 4 p.m. at Ballast Point, Naval Base Point Loma (south end of Rosecrans Street) includes music, dancing, children’s activities and foods of Native Americans, Mexico, Portugal and Spain. There will be Kumeyaay basket-making, knot-tying and a 16th-century Spanish soldiers living history encampment.

The highlight of the Cabrillo Festival is the re-enactment of the explorer’s landing on the shores of San Diego Bay at Ballast Point on Sept. 28, 1542. “Cabrillo,” his soldiers and a priest sail into the bay on the San Salvador (actually The Californian, as the San Salvador replica is not Coast Guard certified as yet) and once again claim the land for Spain as the first European to land on the West Coast of what is now Point Loma. The re-enactment begins at 3:10 p.m.

The Cabrillo Festival is an event for the entire family, with educational activities, cultural demonstrations and exciting folkloric performances. Brightly colored clothing and dramatic music and dancing bring to life the traditions of the Native American, Mexican, Portuguese and Spanish cultures that are part of the Age of Exploration.

Other events leading up to the Cabrillo Festival:
- Thursday, Sept. 17, 10 a.m. – Cabrillo Festival in Ensenada, Baja California, commemorating Cabrillo’s arrival in Todos Santos Bay. 1542.
- Saturday, Sept. 26, 3:30 p.m. – Commemorative ceremony and wreath-laying honoring Cabrillo at the Cabrillo National Monument. The keynote address speaker will be a dignitary from the United States.
- Saturday, Sept. 26, 6:30 p.m. – Cabrillo Discovery Celebration Dinner Dance, S.E.S. Hall, 2818 Avenida de Portu- gal, Point Loma. No-host cocktails at 6 p.m.; dinner at 6:30 p.m., followed by dancing. The cost is $50 per person. The event is sponsored by Cabrillo Civic Club No. 16 of San Diego and Portuguese-American Social and Civic Club.
- To purchase tickets, call (619) 426-0749 or (619) 221-8084.

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The City of San Diego has been put on notice by citizens group Save San Diego Neighborhoods that if the mayor and City Council intend to change the city’s municipal code to allow short-term vacation rentals in residential neighborhoods, they must comply with the California Environmental Quality Act (CEQA).

On Tuesday, Sept. 8, Save San Diego Neighborhoods’ attorneys delivered a letter with a notice and request for a formal reply from Robert Vecchi, director of the San Diego Development Services Department.

The letter advises city officials that changing the city’s municipal code to allow short-term vacation rentals to operate in San Diego’s residential zones represents a “fundamental change” to the municipal code. Save San Diego Neighborhoods also asserts that allowing rentals into residential zones violates the city’s general plan and adversely affects all 10 elements of the plan, in particular noise, housing, traffic, community safety, and aesthetic qualities.

“The eventual adoption of an ordinance expressly allowing STRV’s in single-family residential zones will have multiple, foreseeable, direct and indirect physical impacts upon the environment and constitutes a non-exempt ‘project’ under CEQA,” the letter states.

Save San Diego Neighborhoods further contends that complying with CEQA and working through the environmental impact report process will inform the discussion regarding the appropriateness of allowing rentals to operate in San Diego residential neighborhoods.

Save San Diego Neighborhoods believes that the results of an environmental impact report will prompt the imposition of a new ordinance permitting rentals in residential zones in San Diego. On the contrary, the report will identify significant impacts that the city will be unable to mitigate, including depleting housing stock, noise pollution, air pollution, traffic congestion and additional and unmanageable stress on city services, in particular first responders – fire and law enforcement, water, trash, and parks and recreation personnel and facilities.

The Save San Diego Neighborhoods’ CEQA letter was served this week because the city is moving forward on a draft ordinance that would make short-term vacation rentals in residential zones lawful. Although the proposed draft ordinance may be modified in the coming weeks, the existing draft permits absentee-owner, commercial mini-hotels to operate in San Diego residential neighborhoods.

Residents of San Diego and members of the San Diego community planning groups have voiced strong opposition to the rentals, demanding the city enforce the municipal code and remove these mini-hotels from neighborhoods.

Earlier this year, the Pacific Beach Planning Group unanimously passed and sent to the City Council a resolution asking City Council to enforce the municipal code and reiterate that rental mini-hotels are unlawful in single-family zones.

The problem of rentals in residential zones continues unabated. Airbnb, one of dozens of online vacation rental companies, has more than 3,500 vacation rentals in the city. Of those, 6.5 percent – 228 rentals – are whole-house, absentee-owned mini-hotels located throughout San Diego’s residential neighborhoods.

Hundreds of San Diego residents packed two City Council meetings this spring to complain about the proliferation of vacation rentals and the negative impacts they create, saying, “We are the neighbors, and we’re telling you there is a problem.”

Save San Diego Neighborhoods was formed in the wake of the rental controversy. Hundreds of citizens have joined the group via savesan diegoneighborhoods.org. Save San Diego Neighborhoods is now conducting an online petition whose early results show citizens unanimously support enforcing the city’s current municipal code to ban rental mini-hotels and taking legal action against the city if needed.

More information is available at savesan diegoneighborhoods.org.

**OBTC CONTINUED FROM PAGE 1**

“These veterans have made enough sacrifices, but to maintain the integrity of the project, it seems fair to me.”

The plaza design, dubbed “Life’s Journey,” will feature Santa Monica Avenue, sunset cliffs with four 15-foot-wide granite walls attached that contain the names of honored veterans. An adjacent walkway with a sidewalk and crosswalks of stars representing those that lost battle would run from Abbott Street to the sand.

At first, the plan called for a height of seven feet. It’s now likely the wall will vary in height from four to six feet, said Steve Grosch of the OBTC.

Martin, who owns the nearby Shade’s restaurant, said patrons and others have expressed concerns about obstructed views. He said the OBTC is looking into placing poles and ribbons to provide a visual guide and demonstrate the wall will run perpendicular – not parallel – to the ocean.

“We realize people are concerned about the height. We want to make sure the community understands. Rest assured: We’re not going to allow this to be a huge monstrosity,” Martin said.

Applications for wall inscriptions are now available at obdc.org or in hard-copy form at Shades, 5083 Santa Monica Ave. Submissions from 92107 or 92106 have priority until the end of the year, but the honorees – living or dead – don’t have to reside in those zip codes, Grosch said.

Grosch said with space for at least 2,000 inscriptions, the initial deposit in the annuity could top $500,000 for maintenance funds. The application fee is voluntary, but those who donate will receive priority, according to obdc.org.

**Vacation rentals**

Beach is ready for a rip-roaring, free-flowing public debate on short-term and vacation rentals that have rapidly spilled with the advent of online tool like Airbnb. The point became obvious when four residents spoke out – two in favor, two against – on the issue.

Lori Hegerle – an opponent of the recent trend whereby vacationers obtain licenses to operate in San Diego Residential Neighborhoods – called on OBECES to get involved in upcoming short-term rental mini-hotel:_

Crossing guards needed

Summer vacation cooker: the young- sters at Ocean Beach Elementary, and the students – especially the new kindergarteners – count on adult supervision when crossing Santa Monica and Newport avenues and Sunset Cliffs Boulevard. Parent Joseph Pita, better known as “Moondogie the Crossing Guard,” has asked for more adult volunteers to give 30 minutes of their time before or after school.

Morning shifts begin at 7:15, after school shifts at 2:10. Volunteers meet at the midstreet crosswalk in the 4800 block of Santa Monica Avenue.

It isn’t hard to become a volunteer. “Just show up,” said Pita, who revived the practice years ago after the school stopped allowing students to be guards.

Pita also launched his latest crusade: restriping the crosswalks from the outdated, two-yellow-lines format to a modern, ladder-style design and calling on the Town Council for support.

**Book sale**

Your unwanted books, CDs and DVDs could be someone else’s treasure. The Ocean Beach Library, 4801 Santa Monica Ave., counts on donations for fundraising and is accepting contributions for its next book sale to be held Sept. 26, from 9:30 a.m. to 12:30 p.m., Laura Dennis of Friends of the Ocean Beach Library announced.

**OBFD 100th**

This year marks the 100th anniversary of the Ocean Beach Fire Department, and a long-sought commemoration T-shirt is ready for unveiling, announced Battalion Chief Ty Shimoguchi. He said he’ll return to the September meeting to model the shirt and provide purchasing details.

**Elections**

Ballots for eight of the 15 members of the Town Council’s board of directors ended earlier this month. Winners for the two-year terms will be announced at the next meeting, Sept. 23.

The Ocean Beach Town Council board of directors meets publicly the fourth Wednesday of each month. The next meeting takes place Sept. 23, at 7 p.m., at the Point Loma Masonic Lodge 620, 1717 Sunset Cliffs Blvd.

**Insider Secrets to get top dollar for your home**

SANDiego. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity.

Before you place your home on the market, here is a way to help you to be prepared as sellable.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

In this report you’ll discover how to avoid financial disaster when selling your home. Using a commonsense approach you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW. 

― TONY FRANCO

**Saved San Diego Neighborhoods MESSING TO CITY COUNCIL**

We are the neighbors, and we’re telling you there is a problem.

With a group of 100 or so members, and an audience of a few dozen.

The event started at 6:15 p.m. with a presentation by Brian Jager to the September meeting to model the shirt and provide purchasing details.

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Three new leaders named to San Diego Women’s Foundation

The San Diego Women’s Foundation has announced the names of three new board members who will help guide the work of the organization in the upcoming calendar year. Kate Fries, Mary-Rose Mueller and Suzanne Vanro have joined the foundation’s 18-member board.

“The impressive set of skills and experience each of these women brings will undoubtedly help create our best year yet, proving again the theme in which we all believe: Women can do more than women.”

Kate Fries, a Point Loma resident, has been a member of the foundation since 2013 and has served in all areas and groups of the foundation’s grants committee. As a certified financial planner at The Family Firm, Fries has been assisting families in making fiscal choices for their lives for more than a decade. She has served as chair for the local National Association of Personal Financial Advisors study group and as a volunteer for the Professional Alliance for Children and the Loma Portal Educational Schoolyard project.

Fries, a graduate of the University of Texas and the University of Alabama, Kate has degrees in communication and financial planning and is currently working on a program of study in behavioral finance. She lives with her partner Jeff and her 8-year-old son Wyatt.

Mary-Rose Vanro has been a member of the foundation since 2005, where she has served on the discovery team for four granting topics, on an ad hoc group on multi-year grants and with two impact-related initiatives. Mueller’s professional career included clinical nursing, social science research and teaching graduate-level courses in health policy and research methods.

Mary-Rose Mueller has served on the discovery team for four granting topics, on an ad hoc group on multi-year grants and with two impact-related initiatives. Mueller’s professional career included clinical nursing, social science research and teaching graduate-level courses in health policy and research methods.

Suzanne Vanro has served as chair for the local National Association of Personal Financial Advisors study group and as a volunteer for the Professional Alliance for Children and the Loma Portal Educational Schoolyard project. A graduate of the University of Texas and the University of Alabama, Kate has degrees in communication and financial planning and is currently working on a program of study in behavioral finance. She lives with her partner Jeff and her 8-year-old son Wyatt.

The SD Women’s Foundation has grown to an endowment size of $73 million, which helps the foundation sustain its work and grow to $75 million. The San Diego Women’s Foundation has awarded over $25 million in grants to 75 nonprofit programs for efforts to initiate or improve existing programs. As of June 1, the foundation has awarded more than $2.9 million to 75 nonprofit programs for efforts to initiate or improve existing programs. Each grant, $25,000 or greater, targets basic needs and is used to initiate or improve existing programs. As of June 1, the foundation has awarded more than $2.9 million to 75 nonprofit programs for efforts to initiate or improve existing programs. Each grant, $25,000 or greater, targets basic needs and is used to initiate or improve existing programs.

New policies for free and reduced lunches at SD Unified Schools

The San Diego Unified School District recently announced its policy for providing free and reduced-price meals for children served under the National School Lunch Program and School Breakfast Program. The Food and Nutrition Services central office has a copy of the policy, which may be reviewed by the public.

Household size and income criteria will be used to determine eligibility for free, reduced-price or full-price meal benefits. Currently, there is no charge for reduced-price meals at San Diego Unified schools, and full-price meal rates are $1 for breakfast, $2 for elementary lunch and $2.50 for secondary lunch.

Children from households whose gross income is at or below the appropriate levels are eligible for free or reduced-price meals. Households who receive CalFresh (also known as SNAP or Food Stamps), California Work Opportunity and Responsibility to Kids (CalWORKs), Kinship Guardianship Assistance Payments (Kin-GAP), or Food Distribution Program on Indian Reservations (FIPR) benefits are automatically eligible for reduced-price meals regardless of the income of the household in which they reside.

Application forms will be distributed to households with a letter informing them of the availability of free and reduced-price meals for enrolled children. Applications are also available in the school office. To apply for free or reduced-price meal benefits, households must complete an application and return it to the school office or mail it to the Central Food and Nutrition Services office for processing. Households may also apply online by going to www.sandi.net/food and then clicking on the Meal Applications & Payment Options tab on the left-hand side.

Applications must be submitted at any time during the school year. The information households provide on the application will be used to determine meal eligibility and may be verified at any time during the school year by school or program officials.

Reduced-price benefits are available to students who meet income eligibility requirements. Reduced-price benefits are available to students who meet income eligibility requirements.

Fantasy on Ice skating rink moving to Liberty Station this November

Groundbreaking is expected in September in Liberty Station on the Fantasy on Ice skating rink, which will now be located in the plaza adjacent to the Dick Laub NTC Community Center, at 2460 Historic Decatur Road. The ice rink was previously at Horton Square in downtown San Diego for 18 years.

“The impressive set of skills and experience each of these women brings will undoubtedly help create our best year yet, proving again the theme in which we all believe: Women can do more than women.”

Suzanne LaTour, the foundation’s board president.

The new rink, which will be open from Nov. 19 until Jan. 3, will be closed Thanksgiving and Christmas. Admission, which includes the rental of skates, is $14 for adults and $12 for children under 12. Season tickets with unlimited access are also available for $40. Rink hours will be 10 a.m. to 10 p.m. seven days a week through the holiday season.

Unlike the previous downtown San Diego location, the Liberty Station rink will have state-of-the-art permanent infrastructure embedded in the ground for easy set-up each year.

“We’re looking forward to welcoming Fantasy on Ice and providing an opportunity for the community to add holiday skating to their reasons for visiting the NTC Arts & Culture District at Liberty Station,” said Alan Ziter, executive director of the NTC Foundation.

“The outdoor setting is not only one of the most historic and beautiful locations in San Diego; it also provides the opportunity to showcase all the growing cultural, shopping and dining opportunities at Liberty Station while helping support Rady Children’s,” a major area pediatric health center and hospital.

Ziter also plans to work with the NTC artists and cultural groups to program holiday-related activities, performances and “Holiday Gifts with a Creative Twist” promotions. Last year, Fantasy on Ice helped raise more than $13,000 for the Cancer Center for Cancer and Blood Disorders at Rady.

Sponsors for this year’s Fantasy on Ice include Suycam Board of the Kameyass Native Association, NTC Community Center, Friends of the Mission Hills/Hillcrest Hospital Auxiliary, SENTRE Partners, SPIRE Construction, NTC at Liberty Station, NBC 7 San Diego, 101.3 KPRI and 104.5 FM Radio Latina.

For additional information about Fantasy on Ice, visit fantasyonicesd.com or ntclibertystation.com.
OBTC to hold annual Ocean Beach Pier Pancake Breakfast fundraiser

The Ocean Beach Pier Pancake Breakfast fundraiser, sponsored by Ocean Beach Town Council and benefiting the council’s year-end Holiday Food and Toy Drive, will be Saturday, Sept. 19 from 7:30 a.m. to noon at The Pier Café. Guests can line up outside Ocean Pier Café to get their food and are seated at 18 tables set up on the pier.

The breakfast raises $6,000 to $8,000 annually for the toy and food drive, which helps more than 80 local families and seniors in need each holiday season.

“The OB Pancake Breakfast is a fun-filled time that couldn’t take place without the support of dozens of awesome volunteers like the Kiwanis,” said event organizer Anthony Palmiotto, a Point Loma High School instructor. “We love Ocean Beach, and this event shows that. So come out and enjoy the beautiful ocean views and some tasty breakfast and support the OB community at this lovely family event.”

“This is the only event of its kind for the entire year and goes a long way toward supporting our local community,” said Gretchen Newcomb of the town council. “It’s a longstanding tradition. There’s no other event you can go to and have this kind of experience on the pier.”

Admission tickets are $10 for adults and $5 for children age 12 and under. Tickets can be purchased the day of the event at the Pier or at Dog Beach Dog Wash, South Coast Surf Shop or the Ocean Beach MainStreet Association.

OBTC to hold annual Ocean Beach Pier Pancake Breakfast fundraiser

Annual United Cerebral Palsy Celebrity Waiters Luncheon set for Sept. 25

You won’t want to miss this crowd pleasing event where celebrity waiters and volunteers from the San Diego Fire Department compete for tips. The event takes place at the Coronado Island Marriott Resort and Spa.

“The event is covered and the view is spectacular,” said publisher Julie Main. “It’s loads of fun for adults to have a bit of afternoon fun. I don’t know of any other event quite like it. You might have to buy back your place setting from the waitress or be the recipient of a foot massage that another guest has paid for — all in good fun to support a very worthwhile charity. There is all kinds of antics going on plus a silent and live auction.”

Tickets start at $75 per person. Reservations can be made by calling the UCP office at (858) 571-5365, ext. 112, or by visiting the UCP website at ucpsd.org.

One of the celebrity guests this year is Tony Dow, legendary big brother Wally in the iconic “Leave It to Beaver” TV series, turned 70 this year. No big deal in and of itself, except that you’ll be able to wish him a happy birthday.

The event is set for 11:30 a.m. Friday, Sept. 25 at the Coronado Island Marriott Resort and Spa, 2000 Second St., in Coronado.

The luncheon features a host of local and Hollywood celebrities to wait on some 400 participants. Last year, it raised $60,000 for United Cerebral Palsy. Funds support the services that the group provides to cerebral palsy patients, including parent/sibling support groups and training and counseling programs.
Liberty Public Market, a 22,000-square-foot culinary bazaar, has added eight new vendors to its growing list of 30.

The new marketplace, now under construction in Building 1 at 2816 Historic Decatur Road, is scheduled to open in late October.

New entries on the public market’s menu include Le Parfait Paris, French pastry and bakery; Fishbone Kitchen, fresh and local seafood retail; Dessert Smoke, barbecue sauces; Parana Empanadas, Argentinian cuisine; Pasta Design, homemade Italian food; Stuffed, grass-fed burgers and gourmet cheese; Point Loma Tea, international tea and accessories; and Local Greens, seasonal fare and local produce.

The goal of the new marketplace, announced more than a year ago, is to open with 34 vendors of local origin. Vendors are to include a butcher, fishmonger, baker, cheese specialist, juicer, tortilla maker and more. Two separate areas have also been reserved for wine and beer merchants.

Alongside the planned 30 purveyors, Liberty Public Market will also feature a shop called Liberty Public Market Pantry. The Pantry will be an oversize space within the marketplace, operated by Blue Bridge Hospitality. It will showcase a variety of local products from many San Diego artisans, including local makers of jams, sauces, spices, oils and the like. Weekly demonstrations and classes will further activate the space, giving local merchants a chance to engage directly with the public and a chance for local marketers to meet the artisans behind these goods.

The venture was inspired by local restaurateur David Spatafore’s visits to Redding Terminal Market in Philadelphia and Granville Island Public Market in Vancouver, British Columbia, Canada. Spatafore was impressed by the "temple" of Building 1 at 2816 Historic Decatur Road, originally built as the Naval Training Center’s commissary in 1921. His vision for turning the vacant space into a public co-op of artisan food vendors won approval from the property’s management firm, Corkey McMillin Cos.

Spatafore promises that Liberty Pub- lic Market will deliver something much different than a shopping mall. His partnership with McMillin is designed to bring about $3 million worth of infrastruc- ture revisions to the space as well as an outdoor patio area, though imple- mented without using modern design elements that would alter the historic integrity of the structure.

The principles at Blue Bridge Hospitality have spent nearly $5 million into the mixed-use retail and commercial market — a public arena for locals and tourists alike to embrace the city’s finest handcrafted food and signature specialty items.

Earlier this summer, Blue Bridge pre- sented the public market’s first 10 ven- dors.

They include Venissimo Cheese: The WestBean Coffee Roasters; Fully Loaded Juice: Moo/Time Creamery, a ‘50s- style diner; The Pantry: The Beast Shop; Mastiff Sausage Company; Pho Realz Southeast Asian food; Wicked Maine Lobster; Can Patch Pies and Cecil’s Taqueria.

Eight new tenants added to Liberty Public Market

The Pantry will be an oversize space

Find flexibility and spirituality at Yoga Arts

In Point Loma, yoga instructor Amy Pachowicz is putting a modern spin on an ancient art form.

Pachowicz, owner/operator of Yoga Arts, at 3017 Canon St., said that though it may not be for everyone, yoga is a discipline of potential benefit to most.

"It's an individual experience," said Pachowicz, who has taught yoga for nearly 30 years, 10 in the Peninsula. She is also in the process of training to receive her certification soon in Iyengar yoga, based on the method created by BKS Iyengar.

Yoga is a mind-body art that's evolved in nature and purpose over time, said Pachowicz.

"A long time ago, when life was harder and people were working the land, they were looking for something that would be more restorative, more restful, which is what their bodies and psyche really needed," she said. "But now we’re a sedentary society. We need more activity. So it (yoga) was a little differ- ent in the past."

Yoga, a discipline that originated in India, means "unison" and is said to be a discipline for uniting the mind, body and spirit. One way that is accomplished is through meditation. Other ways involve using body postures and exercises, which build strength and flexibility. Besides prac- ticing poses, yoga may also involve instruction on breathing, call-and-response chanting, meditation or an inspir- rational reading by the instructor.

Pachowicz said people can customize the practice to meet their own needs and goals.

"Personally, I use yoga to soothe my mind and keep my emotions in balance," she said. "But I have a lot of men here doing yoga for the fitness aspect. We have pregnant women doing yoga. I also have people in here doing it for medical (post-surgery) issues. For others, it’s a spiritual quest."

An other artist, Pachowicz has some of her own work exhibited at the venue as well as paintings and other multimedia offerings, including jewelry and gifts, from other local artisans.

Yoga Arts charges by the class or by the month, offering group and individu- al instruction. "There are a lot of differ- ent packages," said Pachowicz, noting cost is $15 per class or less per class if purchased in a package.

Though instruction is given in her studio, Pachowicz said she "likes to help students figure out how to do a little bit at home for themselves. If someone’s a little heavier, they can use a chair. That’s also really helpful for those who’ve had hip surgery, or who can’t put weight on their legs. Or with pregnant women, they can stretch out on an apparatus that’s called a horse."

Whatever form or variation of yoga is involved, self-improvement — and dis- covery — is what the art form is all about.

"Yoga is used for a variety of reasons and by people old and young who want to improve their flexibility, for (addressing) medical issues, or who just want to work out," said Pachowicz. "Yoga soothes the nerves and quiets the mind, kind of as a byproduct. That’s what brings them back."

‘The roots of banking in San Diego lead to Point Loma.’

Banker and Point Loma resident Richard Bregman is active in the commu- nity in which he lives as he is in the industry in which he works.

Bregman is a commercial banking executive with Bank of America, overseeing the bank’s specialized indus- try teams for the Western United States. He leads a team of financial professionals responsible for delivering comprehensive debt, treasury management and capital- raising solutions for healthcare, higher education and not-for-profit clients.

He is dually employed by Merrill Lynch, Pierce, Fenner & Smith as a licensed investment professional and principal.

Bregman is also involved as a commu- nity volunteer, currently serving on the board of directors and finance commit- tee of the San Diego Regional Chamber of Commerce. CONNECT and the Zoologi- cal Society of San Diego (Foundation). He is also a member of the San Diego Chair- man’s Competitiveness Council, an organiza- tion focused on maximizing the compet- itiveness of San Diego as an economic region. He has also served on the boards of the YMCA of San Diego County and United Way of San Diego.

Bregman grew up in Point Loma attending Sunset View Elementary and Point Loma High schools. He said his first job was as a lifeguard at Ocean and Mision beaches.

Pierce, Fenner & Smith as a licensed investment professional and principal.

Point Loma families led big local banks to prominence

The principles at Blue Bridge Hospitality have spent nearly $5 million into the mixed-use retail and commercial market — a public arena for locals and tourists alike to embrace the city’s finest handcrafted food and signature specialty items.

One of the most important things he’s done in banking is to help guide “reinvest- ment in our community,” Bregman said, adding, “We’ll continue to try to do that.”

In Bregman’s view, San Diego is not only America’s finest city but also its “most innovative city.”

And Point Loma and OB are the crown jewels of San Diego because of their diver- sity,” added Bregman.

Bregman noted Point Loma leads the way for San Diego in several other import- ant respects.

“The roots between the San Diego Zoo, where I am on the foundation, and Point Loma also go way back, as many of the zoo’s animals on their permanent guest list are still in Point Loma,” he said, adding, “And Liberty Station is a place deeply committed to the military, which still has a huge presence in Point Loma in terms of the Marine Corps Recruiting Depot, with many military families still living here.”

Noting he and his family are “big water people,” Bregman said his ideal time-off day remains spending time in the sun and at Sunset Beach and at Sunset Cliffs, then having brunch somewhere along Newport Avenue.

“That’s as ideal as it gets for us,” Bregman said, adding, “We live in an amazing place. It’s all been good, just an amazing 50 years in San Diego. And the last 25 years with banking — that’s just been a blessing.”
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Ocean Beach Oktoberfest
Thursday, September 17, 2015 | Page 9
Ocean Beach’s Brian Reilly is a kinetic performer

By BART MENDOZA | THE BEACON

It’s no secret that Ocean Beach is a hotbed of musical activity. The focus tends to be on reggae and singer-songwriters, but plenty of top-flight rock ‘n’ roll also has a following in the area. Reilly, of the New Kinetics, who perform at the Adams Avenue Street Fair on Sept. 26 at 4 p.m., is one artistic expression that has blossomed in that community.

Like his manic stage persona, Reilly’s musical career is in constant motion – the New Kinetics might be considered his main group, he’s also played with Höstel St. George as well as The Little Richards, currently for the Diddley Daddys, and has a side project dubbed the Hiroshima Mockingbirds. An Ocean Beach resident for two and a half years, Reilly considers the area to be unique. “There is still a small-town feel but it’s more than that. Carmel Valley is a smaller level than in past decades.”

The New Kinetics formed in 2010 with a blistering mix of punk, blues and ’60s influences – if you enjoy a cross-section of artists such as late-period Yardbirds, The MC5 and Bobby Blue Bland backed by a high-energy performance, you’ll want to hear this quartet.

Releasing their first EP, “Rock ‘n Roll Has Got to Go,” in 2010, the group quickly found favor with the local garage and indie rock scene. Like many, Reilly cites Jimi Hendrix as an influence, but he goes much deeper when it comes to exploring music, also citing the likes of Jefferson Airplane guitarist Jorma Kauken in his playing.

“I listen to a lot of different artists. It might not seem to make its way directly into my playing, but it’s all intertwined in my music,” he said.

Reilly is joined in the New Kinetics by his wife, Birdy Bardot, who has a solo career going, and keyboardist Jorma Kauken in his playing.

“There has been so much cross-pollination and support among the groups; it’s great to see musicians to coordinate activities,” he joked.

“Yeah, there is a lot going on,” he laughed. “It always works out, but I have to double-check sometimes, because there is a lot to coordinate. But it’s definitely better than when there isn’t enough to do,” he joked.

Reilly plans on releasing a third New Kinetics album in 2016. “Our previous disc, ‘In Stereo’ (2012), was recorded in San Francisco with John Vander- slice, and it was a really good experience. But we did a couple of other tracks later with Mike Kamoo at Earthling Studios (in El Cajon), and those ended up being our favorites, so the next album is being recorded there.”

While some consider the music business to be losing a little steam, Reilly, now a veteran of national and international touring, notes the opposite, albeit on a smaller level than in past decades.

“Maybe 10 years ago,” Reilly remarked, “there wasn’t as much interest in a lot of older music beyond the bigger acts like the Animals or the Velvet Underground and so on. Now, you have bands influenced by and listening to a lot of earlier artists, but it’s more than that. Cama- raderie is also important. There really is a nice scene happening. There has been so much cross-pollination and support among the groups; it’s great to see musicians hanging out at each other’s shows.”

San Diego Film Festival announces lineup of films

The San Diego Film Festival (SDFF), produced by the nonprofit San Diego Film Foundation, announced earlier this month its Gala, Competition, Spotlight and Short Film sections. Now in its 14th year, the five-day cinematic event will run from Sept. 30 through Oct. 4 in San Diego.

“We are excited to debut this year’s diverse selection of films to our enthusiastic film-loving community,” said Tonya Man- tooth, executive vice president and director of programming for the San Diego Film Festival.

“Our 2015 film slate has it all, from Hollywood’s most buzzed-about award-season contenders to first-time film-makers looking to make their mark on the festival scene – this year’s lineup has something to offer for everyone.”

Leaving the program are gala presentation screenings, which include Daniel Alfredson’s “Go With Me” starring Anthony Hopkins, Julia Stiles and Ray Liotta; Paolo Sorrentino’s “Youth” starring Michael Caine, Harvey Keitel, Rachel Weisz, Paul Dano and Jane Fonda; Reed Morano’s “Meadowland” starring Olivia Wilde, Luke Wilson and John Charles, and Oscar winner Davis Guggenheim’s documenta- ry “He Named Me Malala.”

In addition, SDFF is proud to present narrative, documentary and short films, both in and out of competition, vying for top award honors. The lineup below includes 80 films total: seven Gala films, 15 Narrative Compe- tition films, seven Narrative Spotlight films, nine Documenta- ry Competition films four Documentary Spotlight films and 46 Short films.

Screenings will be held at the Reading Theater in San Diego’s Gaslamp Quarter and ArcLight Cinemas in La Jolla. The complete list of 2015 San Diego Film Festival titles is available at sdffilmfest.com.

PHOTO CONTRIBUTED
Point Loma Sports Club presents “Workout for Charity,” taking place at Point Loma Sports Club in Liberty Station on Wednesday, September 30th, 5-6PM.

Point Loma Sports Club has partnered with Sweat Angels, an online organization which specializes in connecting local fitness facilities with their surrounding communities to support different causes or charities each month using the power of social media. Together, Point Loma Sports Club and Sweat Angels are proud to bring “Workout for Charity” to Liberty Station for the very first time. “Workout for Charity” will benefit H2OpenDoors, a project of the Peninsula Sunrise Rotary Foundation (a 501(c)3 charitable foundation) that raises funds to install water purification units in third world country villages. “Workout for Charity” participants will have the opportunity to directly impact the global water crisis by simply using Facebook to “check in” at Point Loma Sports Club. For every Facebook “check in,” 150 gallons of purified water will be donated to families in need.

“Workout for Charity” is a free event open to the San Diego community (membership at Point Loma Sports Club is not required). “Workout for Charity” will include a combination of indoor cycling and functional circuit training, followed by a cool-down with gentle yoga. Participants can register online at Facebook.com/PLSportsClub on the “Workout for Charity” page.

H2OpenDoors project team in their community. As a result, many become sick and many die...H2OpenDoors endeavors to find villages and schools that are suffering from contaminated water sources, and provide a solution for the next ten years. “H2OpenDoors impacts close to 10,000 hill tribe people who live on less than $1 each day,” states the H2OpenDoors project team in their online documentary. “These people have to work for 3 hours on average in order to afford the bottled water they need to survive. As a result, many become sick and many die.” H2OpenDoors endeavors to find villages and schools that are suffering from contaminated water sources, and provide a solution for the next ten years.”

Point Loma Sports Club is a premier fitness facility that strives to create an experience so positive for its members, guests, and staff, that a life of abundance is the natural result. Founded in 2012, Point Loma Sports Club is fully equipped with a state-of-the-art weight room, cross training facility, cycling studio, yoga studio, and personal training department. For additional information contact: Aly Brown Point Loma Sports Club, 2751 Roosevelt Rd. Suite #100, San Diego, CA, (619) 582-2582, aly@plsportsc.com
**New members elected to PLHS Alumni Hall of Fame**

**By SCOTT HOPKINS | The Beacon**

With Point Loma High School’s 90th Anniversary Celebration rapidly approaching, a dozen new members have been elected to the school’s Alumni Hall of Fame, including an honorary member.

The new inductees include 11 prominent alumni, each highly accomplished in his field. Also, a teacher who produced many popular student music and dance shows was made an honorary member.

They join nine original Hall of Fame members, named 35 years ago, after which the process was allowed to lapse until this year.

Alumni Director Kim Jessop Moore headed a nomination and selection process covering three months, culminating when a committee met last month to tackle the difficult task of sifting through a highly qualified field of 17 nominees.

Moore and co-chair Scott Hopkins oversaw a group that included alumni from several decades and a current PLHS administrator who were charged with making extremely difficult decisions after examining passionately written nominations and letters of support. These new Alumni Hall of Fame members will be inducted at the 90th Anniversary Gala, set for Oct. 24 at the San Diego Hilton, 1775 E. Mission Bay Drive.

New members, with graduation year and category, include:

- James Wiesner (1945) professional (business)
- Dan Larsen (1945) professional (community service)
- Carleton Bingham, Ph.D (1946) professional (science/medicine)
- Albert Frowiss (1957) science (medicine/philanthropy)
- Carlos LeGerrette (1961) philanthropy (community service)
- Bob Magnusson (1964) arts (music)
- Dr. Stephen Waterman (1969) science (medicine)
- Dr. Asa Dan Morton (1975) science

**SEE MALL, Page 13**

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**Young and talented surfer earns national recognition**

**By SCOTT HOPKINS | The Beacon**

When the new freshman class of 2019 at Point Loma High School stepped onto campus last week for the beginning of classes, neither staff nor other students may have realized one of those Pointers newbies achieved national recognition over the summer.

Brooke Young, 14, is an up-and-coming surfing star who was selected Surfer of the Week by the National Scholastic Surfing Association (NSSA).

She is also a third-generation Pointer who should have the school’s surf team coaches totally stoked.

Young drew attention in a recent Southwest Explorer doubleheader surf meet in Pacific Beach with an appearance in the finals of all four divisions.

But that attention exploded when she followed this performance by sweeping all four divisions, including both Girls and Women’s categories, of the NSSA Gold Coast season-opening event at C Street Pipe in Ventura. She posted the highest wave and total score on the final day with a nine-point ride, earning a 16.5 point total in the final.

Young rides a local board, a 5-foot, 3-inch model from South Coast Surfboards in Ocean Beach.

Her sponsors are many, including Volcom, South Coast, Matsu, DaKine, Electric, Headhunter, Sticky Bumps, DFS, Wax Trax, Julie Designs and The Young and Brave Foundation.

Young’s favorite local surf spot is Sunset Cliffs. She hopes to win a national championship.

NSSA is a nonprofit organization whose mission is to encourage and assist its members in their interest to learn and develop the fundamentals and skills of surfing competition while competing in structured and quality events.

It is one of the few national youth sports organizations that requires its participants to maintain academic standards. For information about NSSA, go to www.nssa.org.

**PHOTO CONTRIBUTED**

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**Gulls new head coach focused on winning**

**By SCOTT HOPKINS | The Beacon**

New San Diego Gulls head coach Dallas Eakins is a man with a plan.

The Gulls, who will play as the Anaheim Mighty Ducks’ top affiliate in the American Hockey League, the final steppingstone for players to the National Hockey League, introduced Eakins last week to the local media.

Eakins, with an intense and focused look, outlined his goals of winning games while helping each player develop his potential in a team environment, which he said begins with discipline.

“Discipline means doing the right thing the right way the first time and all the time,” he said.

He stressed a sense of urgency he will instill in his players.

“We don’t want any wasted days in development, and we don’t want to waste days by not winning,” he added.

“Discipline and commitment are critical.”

And, when their time on the ice ends, Eakins emphasized the Ducks and Gulls organization places a priority on their players being active members of the city.

“We want to be embedded in the community 365 days a year,” Eakins said, and getting out in the community will be mandatory, “whether it is partnerships with the military, schools or hospitals.”

**SEE GULLS, Page 14**

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**Pointers quiet the Hornets in 21-0 win; hold on to beat Ramona**

**By SCOTT HOPKINS | The Beacon**

Anyone jostling a hornet’s nest would expect an immediate and aggressive attack by theorney insects.

But Lincoln’s Hornets weren’t able to muster such an attack on the Point Loma Pointers, whose defense did a lot more thanistle the visiting Hive in a 21-0 victory on a scorching Benjie Edens Field last Saturday.

The win left each team with a 2-1 record in nonleague games. Pointer coaches had reason to be concerned, but top running back Jaylen Griffin, injured the previous week at Ramona, sat out this game on the sidelines.

The play of others on offense and their teammates on defense befuddled the Hornets from the opening kickoff.

After thwarting the Hive’s first drive, the Pointers marched downfield on a 55-yard drive that featured two big pass completions from senior quarterback Brendan Torrence to a pair of 62” receivers.

The first, to senior wideout Caleb Johnson, covered 27 yards, and several plays later, junior tight end Patrick Rutledge gathered in a pass on the left side, turning it into a 32-yard touchdown with just over four minutes elapsed in the game.

After losing a fumble on their next possession, a bad snap on a Hornet punt attempt gave the Pointers a short-field gift, starting on the Hive’s 41-yard line.

Early in the second quarter, the Pointers doubled their lead when Thombre Carter, a durable 5’4” junior who weighs in at 150 pounds, scored on a three-yard run to end a 78-yard drive. Carter, filling in for Griffin, averaged nearly five yards on 14 carries during the game and also scored on a three-yard run to end a 78-yard drive. Carter, filling in for Griffin, averaged nearly five yards on 14 carries during the game and also scored on a 32-yard drive in the fourth quarter.

Cael Johnson, Rutledge, Julius Agho, Matthew Fa’alele, Cameron Callcott, Dan Berry, Avery Pranger, Brian Kerl and Arthur Daniels,
Summer racing season ends as American Pharoah says goodbye to Del Mar

Del Mar Thoroughbred Club finished its 76th summer season on Labor Day, completing a 40-day stand that saw total handle figures rise by nearly 10 percent, field size hold firm despite more racing and its new dirt track receive positive feedback from local horsemen.

The track had two exceptional racing highlights during its season. The first saw the track’s premier race – the $1 million TVG Pacific Classic – win in smashing fashion by the champion mare Beholder, the first time a female had beaten males in the 25-year history of the mile and one-quarter.

In addition, Del Mar basked in the return of Triple Crown winner American Pharoah, who set up shop for training at the seaside course for the summer following his run to glory this past spring. The handsome colt, winner of the Del Mar Futurity in 2014, highlighted his summer activities with a special parade for the racing fans on Sunday, Sept. 6, when nearly 33,000 fans turned out to see racing’s newest hero.

Beholder and American Pharoah could give Del Mar fans one extra thrill this fall: It now appears quite possible that the two could meet at Keeneland, Ky., in the $5 million Breeders’ Cup Classic, a possible showdown that would have the racing world beside itself in sweet anticipation of a battle royale.

Del Mar stretched its summer season out to eight weeks for the first time – running between July 16 and Sept. 7 – and added four more racing days to its agenda beyond the 2014 schedule. In the process, the track increased its cumulative handle from $443 million in 2014 to $486 million this year, a jump of 9.8 percent.

Field size stayed at a California high of 8.8 horses per race for the third year in a row, even in light of the track running 354 races in 2015 as opposed to 326 the summer before.

The new dirt main track, installed over the winter at a cost of approximately $5 million, performed well throughout the season, even overcoming freakish rainstorms in the first weekend of the meet by utilizing its freshly installed drainage system to good advantage.

“Both tracks performed very well,” said Del Mar Thoroughbred Club president and CEO Joe Harper.

“We had a strong racing product and generated momentum going into the fall season. There is a new normal, not just for Del Mar, but with California racing in general.

“More racing here means more opportunities, but also less immediacy for our fans. We will continue to adapt as Del Mar plays a larger role in the industry,” he said.

Del Mar’s second fall session, which will consist of five weeks instead of four this year, will run between Oct. 29 and Nov. 29. It will feature the two-day Breeders’ Cup meet on Oct. 30 and 31 being held at Keeneland.

The track’s new dirt course drew mainly positive reviews. Hall of Fame trainer Richard Mandella was one of its fans. “I think it’s a very good track,” he said. “One of the best dirt tracks we’ve ever seen.”

Another Hall of Famer, jockey Mike Smith, joined with Mandella in his track evaluation.

“It’s a good track, a safe track,” Smith said. “I’ve heard they’re going to add a bit more sand to it after the meet is done and I think that will be a good thing. They’ll make a good thing even better.”

Del Mar’s purses, the best in California and among the very best in the country especially in light of the track not having any additional casino or outside supplements – totaled an estimated $26.2 million for the full session, putting the amount at $655,600 per afternoon.

On-track attendance for 2015 was off by 12 percent, averaging 14,558 for the 40 days as opposed to 16,535 for last year’s 16. Total attendance for 2015 was 582,324. Total handle increased $45.4 million, or 9.8 percent. California off-track betting handle increased 17.2 percent. Out-of-state wagering was up 9.7 percent. However, total on-track handle decreased 5.1 percent.

Daily average handle at Del Mar finished off at $12.1 million for the 40 days. Last year’s 16-day stand saw the daily average at $12.2 million.

82% Reduction in Dementia?

With all the talk these days about Dementia you could be forgiven for thinking it’s an infectious disease. Don’t laugh… I actually had a client ask me if it was! The thing is, in years past everything (medicine/philanthropy; academics; science; production during his tenure from 1974-2007 was named an Honorary member of the Hall of Fame.

“The committee’s decisions were made after much discussion and careful consideration,” Moore noted. “There were many more candidates than we could induct this year. It was a very strong group of nominees, and all were deserving.”

Nominees not elected this year will automatically be entered into next year’s Hall of Fame selection process.

Another member of the Hall of Fame.

82% Reduction in Dementia?

With all the talk these days about Dementia you could be forgiven for thinking it’s an infectious disease. Don’t laugh… I actually had a client ask me if it was! The thing is, in years past everyone knew some older person who was a bit ‘senile’ but now it seems hardly a day goes by without hearing of a friend, family member or some famous person with Dementia.

Much of the research points to the simple fact that people are simply living longer, which is great, but who wants to be around and have the most important part of your body failing miserably? Naturally this begs the question of ‘What can I do to minimize my chances of getting the disease?’

In a recent 10 year study by the Institute of Public Health at Cambridge University they have established that regular exercise can reduce your risk of Dementia by up to 82%. So what do they mean by ‘regular exercise’? Here’s what they recommend:

1: A week of moderate activity for 30 minutes and the best example of this is walking.
2: A week of vigorous exercise for 20 minutes with examples including jogging and swimming.
3: A week of moderate activity for 20 minutes with examples including jogging and swimming.
Fall Activities Kick Off with Annual Fall Festival in Old Town

The different classes of boats will race on the famed Bill Muncey Memorial Race Course, in honor of the sport’s greatest unlimited driver, with 62 unlimited wins.

Fall Festival in Old Town San Diego will provide fun for the whole family. The festival will feature entertainment, vendors, and a variety of activities, including craft fairs, live music, and a pumpkin carving contest. Visitors can also enjoy fall-themed food and beverages.

Enjoy the Beauty of Old Town

The Gulls will play 34 home dates at the Valley View Casino Center, including 13 Fridays, 12 Saturdays, seven Wednesdays and single games on Tuesdays and Sundays. See the full schedule and check ticket information on sandiegogulls.com.

The team will train at a still-under-construction rink in Poway while team offices remain in Hazard Center.

Training camp

The Ducks will begin populating their roster in a training camp that began last week in Anaheim. Drafted players, entry-level prospects and free agents are attempting to impress Ducks and Gulls coaches this week.

The best of this bunch will join the Ducks NHL training camp on Thursday, Sept. 17, beginning a process in which they will compete for a spot on the Ducks team that will be assigned to San Diego. They will then join five players already signed to play here.

The Ducks also have a team (Salt Lake) in the lower East Coast Hockey League.

The Gulls have already sold more than 2,500 season tickets at the Valley View Casino Center, where fans will see new boards, new curved NHL-quality glass and a new scoreboard. Behind the scenes will be renovated locker rooms and a new compressor system to produce a better ice surface.

Extra points

Pointers head coach Mike Matthias was elected as Week 3 San Diego high school Coach of the Week by the San Diego Chargers. The award comes with a $1,500 check for the football program.

The Ducks travel to Serra this week for a game with the wireless Conquistadors, who lost to Lincoln 60-0 and have been outscored 155-6 in three games. The Pointers return home on Sept. 25 for a 3 p.m. game against Olympic (2-1).

The Pointers scored a sweep on all three levels last week, winning the JV game 20-0 and a freshman game against Cathedral, who sent a team to fill in for the Pointers who are unable to field a freshman team.
Notice of Trustee Sale

The name of the property to be sold is the real property described as: 2180 GARNET AVE., STE 1-i, SAN DIEGO, CA. 92103.

The forms and information are available at the following location: Superior Court of California, Civil Division, 330 W. Broadway, San Diego, CA 92101.

The sale will be conducted on October 13, 2015, at 10:00 a.m. in the courtroom of Judge [Name], located at the above address.

The sale is subject to the jurisdiction of the court and all persons interested in the property should appear at the sale and state their objections or file a notice of appeal with the court. All persons interested in the property should appear at the sale or file a notice of appeal with the court.

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bigger, the airport is getting nicer and more connected. A dual-termi
now has been added. Fallout continues to hit San Diego Interna-
tional Airport on North Harbor Drive. Now there is something for
everybody. On Tuesday, 9/22/2009, the airport counted the
airport's operating expenses today top $136.8 million, up from $47.3
million.

Airport CEO Thella Bowens said port budgets don't accurately
reflect all the airport's allocated costs and staff support. About 200
port employees became Airport Authority employees when the
split occurred, but the Airport Authority quickly hired another 100
needed positions, she said. "We didn't have a facilities
maintenance department. We didn't have a finance depart-
ment. We didn't have an HR department. We didn't have
nothing," said Bowens, who joined the port as senior director of
the former aviation division in January of 1996 and continues to
lead the Airport Authority today.

"This is a much larger, more complex operation than it was the
day we left the port," said Bowens. "The legislation required a public
vote, which we did, and the public said no. So now our job is really
to focus on how to make this airport work as long as it possibly
can." With relocation off the table and fewer passengers on fewer flights,
focus has turned to pricey infra-
structure projects aimed at making the airport's existing location at
Lindbergh Field more roomy and
comfortable for passengers.

Terminal 2 was recently rebuilt,
with 110 new gates and energy effi-
ciency in mind, becoming the
world's first commercial airport
terminal to achieve platinum-level
LEED certification from the U.S.
Green Building Council. A dual-
level roadway was also built, separating drop-offs and pick-
ups, and concession areas were
expanded. Those projects cost $1 billion. In January, rental
areas will relocate from Harbor
Drive to a new $316 million
facility on Highway 56 near
Southwest streets. A new three-story
parking garage is also under construction near the
airport.

Next up is deciding how to
refresh the aging Terminal 1.
Board members will be asked to
choose between five plans priced between $2.1 billion and $2.6
billion this fall. Until recently, though, attention was focused on not improving
Lindbergh – the busiest sin-
gle-runway commercial airport in the country – but on ditching
it and finding a new location
where an improved airport with
two runways could be built.

"Early on, when we did the fore-
cast that drove the site selection that talked about this airport reaching its capacity, the big push
at that time in the industry were
small regional jets" with 50 to 75
seats, said Bowens. But airlines have turned to larger fleets of Boeing
737s and Airbus A320s instead that can seat 150 or more.

"A lot has happened since that
time," Bowens said. "There was a
huge recession that no one ever
counted on ... What happens to
airports during the recession is
people don't fly because that
becomes a luxury and not some-
ting that's a necessity. Because of
the recession and other changes in
the industry since 9/11, airlines
did shift to larger aircraft."

That shift was predictable, said
USCD economics Prof. Richard
Carson, long a critic of the air-
port's "numbers that were implau-
sibly high for passenger demand."
The airport even hired a consul-
tant to rebut Carson's arguments
in 2006 for $300,000.

"The chance San Diego
would need to launch two 747s simultaneous-
lly at multiple times of the day, it
was an event that just wouldn't happen," Carson said. "There was no plausible rationale by any sane
person that said they needed two
runways."

PHOTO BY THOMAS MELVILLE

It's rare, but sometimes planes fly over OB to the land from the west - it depends on the wind.

CONTINUED FROM Page 1

"We have been dealing with airplane traffic for decades, but it is about to get worse.

"The FAA is quietly trying to move the airplane patterns that will allow planes to take off and land directly over many Point Loma homes (no longer having to fly to the end of the point before turning left... This will affect all houses in Sun-
set Cliffs, south Sunset Cliffs and the Wooded Area... It is cru-
sial that the word gets out and everyone writes letters to the FAA to try to get this stopped."

Matthew Naaman, who lives on Charles Street in the Wood-
ed area of Point Loma, said he's not worried about direct
noise impacts to his neighborhood. "But I am concerned about how the new proposed plan will impact the Cabrillo National Monument in redirecting much of the outbound Lindberg air traffic directly over the monument," he said.

"It may be possible for the bean counters at the FAA to put a value on jet fuel savings. But I'd also like to know what the cost would be to all of us if the serenity of a large coastal
park, nature preserve, education center and major regional tourist attraction is spoiled by what can at times be almost con-
stant overhead jet noise," he added.

"We moved to a home near Point Loma Nazarene Univer-
sity 29 years ago because we knew that this area in Point Loma is not under the flight path and we would not be affect-
ed by airplane noise as those north of Point Loma Avenue are," said Linda Gregor. "Now we hear the FAA is going to change the route so that planes turn over the ocean further north and much closer to us, disturbing our peaceful neigh-
borhood with their noise. I've written an email to the FAA protesting this and hope they hear my voice and the voices of others who live here."

"The Airport Authority has had no involvement in the
development of the FAA's SoCal Metroplex project," said Air-
port Authority spokeswoman Rebecca Bloomfield. "We learned of the project's proposed flight procedures a few months ago along with the general public. We submitted our comments to the FAA on Sept. 4.

"We will be monitoring the implementation of SoCal Metro-
plex to determine if there are any changes in noise impacts to the
Point Loma community. But because the project is still being
developed by the FAA, the Airport Authority cannot at this
time speak to what potential impacts it may or may not have."

"As the national aviation infrastructure expands to meet the NextGen goals, the FAA has a difficult and critical task of balancing the needs of all those affected," wrote the San Diego County Regional Airport Authority in its letter to the FAA on
SoCal Metroplex... "Aircraft are on the 'front line' with the community and we directly and regularly interact with people that are most impacted by FAA projects such as Metroplex..."

"The SoCal Metroplex project would improve the efficiency of air
space in Southern California by optimizing aircraft arrival and departure procedures at more than 15 regional airports, including San Diego's. The project may involve changes in aircraft flight paths and altitudes in certain areas but would not result in a long-term change in the number of aircraft operations within the Southern California airspace.

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"The Draft EA for the SoCal Metroplex project was released June 10. The public comment period on it has been extended, and written comments will be accepted by the FAA until Thursday, Oct. 8. The full text of the Airport Authority's FAA letter can be viewed at www.san.org/metroplex.
The San Diego Housing Federation says the report released this summer, Linking Innovation with Inclusion: Demography, Equity, and the Future of San Diego, shows “linking people and place” through affordable housing policies moves San Diego forward equitably and sustainably.

Conducted by University of Southern California Program for Environmental and Regional Equity, the report highlights how a lack of diverse, equitable communities impacts the region’s long-term economic, environmental and social well-being, and it identifies challenges lower-income San Diegans face—particularly the communities of color, immigrants and youth.

“These data show that, without a college degree, San Diegans are making less than the regional housing wage and, even with a college degree, black and Latino workers still make less than the regional housing wage,” says Bruce Remak, executive director of the San Diego Housing Federation, the region’s leading voice for affordable housing.

The regional housing wage is the average income that a person needs to make to spend no more than 30 percent of his/her take-home pay on rent or mortgage, nearly $27 an hour in San Diego. “San Diego’s economy relies on these hardworking individuals, so we need more affordable and transit-friendly housing to lift all of San Diego,” Remak said.

In addition to identifying these types of issues that affect the region as a whole, the report provides solutions to the long-term threats, many of which directly relate to affordable housing. This isn’t surprising, says the Housing Federation, as the nonprofit knows that affordable housing is underutilized in San Diego in solving many of the current and projected problems that this report highlights.

The report’s recommendations for a more equitable, sustainable San Diego include:

- Establishing stable funding sources for affordable housing: Policies such as linkage fees that create resources for affordable housing units to help keep the cost of living balanced throughout the city, ensuring the region’s growth and the future middle class.

- Protecting current residents from displacement: More affluent populations are moving to the urban core, driving lower-income communities to our suburbs that often lack transit and other infrastructure to serve these communities.

- Forcing these lower-income communities away from job centers and into cars results in more congestion, pollution and lost productivity. Policies that are responsive to the needs of existing residents and that protect these residents from displacement pressures are vital in combating this trend.

- Focusing on more mixed-income communities: By utilizing policies such as inclusionary housing, where housing developers dedicate a certain amount of housing units for low-income residents, ensures more balanced communities.

- Increasing civic engagement among emerging populations: By providing programs as affordable housing communities and involving these residents in local decisions that impact their communities, we can help develop leadership and break cycles of poverty.

- Addressing social and economic inequality: The report also has many other recommendations aimed at promoting greater equality, such as investing in education to serve our growing high-tech sector, which are bolstered by having safe, stable and affordable housing.
Pagan Pride Day
The San Diego Pagan Pride Day will take place 9 a.m. to 5 p.m. Saturday, Sept. 19, at Liberty Station NTC Park.

Pagan Pride is nondenominational and strives to treat each pagan or neo-pagan tradition with equal measures of respect. By “pagan. Oct. they include Wiccans, Asatruars, Druids, Heathens, Shumans, eclectic, witches, and various other traditions. They create a welcoming environment to all who come in peace.

This is a family-friendly festival celebrating the autumnal equinox that is open to everyone—not just pagans. The events of the day will include: Rituals performed by Coast Oak Grove, Griffin Ced, and Ravenhawk with Lady Brenda McCoy.


Pet adoption
The next San Diego Humane Society pet adoption at Shades Oceanfront Bistro will take place 10 a.m. to 2 p.m. Sunday, Sept. 20. San Diego Spanish Rescue, Animal Rescuers Without Borders, Dogs For Days Rescue and St Paco’s Second Chance Dog Rescue will also be there with great dogs looking for forever homes. Upcoming adoption events: Dec. 6, and in 2016 March 20, June 12, Sept.

Sweet fundraiser
The Cravory cookie company in Point Loma has partnered with Boys and Girls Club to help raise money for the clubs as the first few weeks of school get rolling and kids are back spending time at the clubs.

For three days, Sept. 25, 26, and 27, 10 percent of all sales of half-dozen Boys and Girls Club special mix boxes, which includes three birthday cake cookies and three chocolate chip cookies, both online and at the cookie shop, will be donated directly to the Boys and Girls Club.

The special Boys and Girls Club mix is based on two of The Cravory’s most beloved flavors in the hope that cookie lovers all over will want to support the amazing work provided at the Boys and Girls Club.

Fashion trends event
Fashion Valley Mall’s fall fashion event Make A Date With Style at LOOKBOOK Live, will take place on 1 to 5 p.m. Saturday, Sept. 19 in Center Court in collaboration with Glamour and GQ magazines. LOOKBOOK Live translates fall’s hottest fashion trends from the runway into real lifestyle shows where you to shop for the looks you love—the place in which you love to shop...

The LOOKBOOK Live Event Series will bring the best of fall fashion to Fashion Valley, providing shoppers with one-on-one interactions and consultations with style experts, along with...

Stage Events: Style experts from Glamour and GQ will showcase and discuss fall fashions worn by models.

Night Friday Liberty
Friday Night Liberty at the Arts District at Liberty Station will take place 5 to 9 p.m. Oct. 2, at 2640 Historic Decatur Road. Friday Night Liberty is packed with live performances and unique exhibitions.

San Diego Dance Theatre previews their iconic Trolley Dances then shows off work by Yolande Snath; happening at the White Box Live Arts. 5:30 and 7:30 p.m. at Barracks 17 Plaza.

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