FRIENDSHIP, HONESTY FORGE FOREVER BOND

By DAVE SCHWAB | The Beacon

Griffiths still going strong after 61 years of marriage

By DAVE SCHWAB | The Beacon

There are lots of ideas out there as to what goes into creating — and sustaining — a long-term love relationship.

For Margaret and Don Griffith of Point Loma, who have been married since 1952, the key to their enduring relationship isn’t any secret.

“We’re good friends,” said Margaret.

Don mirrored the sentiment, saying being untrue to one another “is just one of those things that was just never going to happen.”

“Honesty has played a big part,” Don said.

“There has, however, always been a clear division of labor with the other. She bears the social aspects of life — the scheduling, all that sort of thing,” said Don.

Margaret replied: “He fixes the house.”

The pair retired in 1995 to a fixer-upper home in Point Loma.

Don, a handyman, has polished the residence for 61 years. Margaret has a background in social work.

“Emma’s Dad” on the back. She told him: “We’re good friends.”

He fixed the house.

They love living near Sunset Cliffs.

“Everything,” said Don.

The couple retired in 1995 to a fixer-upper home in Point Loma.

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Voluntary water conservation a good first step but enough?

Citing 2013 as California’s driest year on record, city officials echoed the San Diego County Water Authority’s claim that the region has plentiful water in storage and called on the community to do more to conserve in light of the state’s formal drought declaration.

San Diego Coastkeeper, which protects fishable, swimmable and drinkable waters, praised the city for its call to conservation, but warns voluntary measures may not be enough to ensure supply.

“As water importers, we have a responsibility to conserve when our end-of-pipe habits have devastating effects rippling throughout the western United States,” said Matt O’Malley, global policy director for the waterkeeper movement. Coastkeeper is one of a dozen waterkeeper organizations in California alone.

“We import over 80 percent of our water from outside the region, which means the low snowpack and the drying Colorado River have major implications on our water supply,” he said. O’Malley said the drought can serve as a good educational tool to inform the public as to why permanent conservation methods are a necessary part of life in San Diego. Regionally, he said, almost 60 percent of the drinking water supply is used on outdoor irrigation.

“I’d like to see the city investigate and implement permanent scheduled irrigation in San Diego as part of its Water Wise Program,” said O’Malley, who will request the city’s Environment Committee to amend municipal code chapter 6. He said he’d like the code to include mandatory and permanent irrigation scheduling of two days per week maximum, or a similarly restrictive localized schedule, and restrictive timeframes on the duration of the watering to maximize water conservation. “This restriction should be the new normal in San Diego.”

To give it perspective, O’Malley said Dallas, Texas, adopted an ordinance that made maximum twice-weekly watering mandatory in 2012. According to Dallas officials, it’s too early to share concrete numbers, but they said they have seen a reduction in consumption since enacting the ordinance in 2012.

History shows water restrictions work in San Diego, too. When the county Water Authority enacted mandatory restriction in 2009, county residents responded by conserving around 20 percent. And in 2009 to 2011, the region reduced its water use by 14 percent.

“We can no longer depend on increasing water imports from the Colorado River—it’s drying up,” said O’Malley. “While that strategy has worked for several years, and it’s why our water storage appears healthy right now, it’s not going to last.”

For more information on San Diego Coastkeeper and water-supply solutions, visit www.sdcoastkeeper.org.
Program to detail history, activism of The Green Store locally and worldwide

By MIKE MCCARTHY | The Beacon

The Ocean Beach Historical Society will host a program detailing the history and activism of The Green Store in San Diego and in OB as the store celebrates its 25th anniversary.

The free program takes place Feb. 20 at the Point Loma United Methodist Church, located at 1984 Sunset Cliffs Blvd., at 7 p.m.

Colleen Dietz, co-founder of The Green Store, will recount the two-and-a-half-decade journey to save Ocean Beach and the world. Colleen and Kris Krueger opened the Green Store on Voltaire Street on Earth Day, April 22, 1989.

Starting with a ribbon-cutting ceremony with famed environmentalist David Brower, a long journey began with ways to inform the public on how to save the environment and promote world peace. Along with the movement to help establish the Green Party, the Green Store in Ocean Beach went on to focus on social justice and environmentalism.

Colleen Dietz, co-founder of The Green Store in Ocean Beach, will speak during the Feb. 20 open meeting of the OB Historical Society about the store’s 25 years of history and activism in both the community and worldwide.

Top writers to share advice, insight at 2014 PLNU Writer’s Symposium

You know that novel you keep intending to write or that collection of poems you keep saying you’ll start! What about that blog you keep thinking about developing or that memoir your family keeps telling you to do — but you just haven’t gotten that final push to get going?

The push is heading your way short-and-sweet.

Some of the nation’s top writers will be visiting Point Loma Nazarene University from Feb. 20-28 for the 19th annual Writer’s Symposium By The Sea. Dean Lamott, whose best-selling books include “Bird By Bird,” “Operating Instructions,” and “Plan B” and several novels. Also appearing is Siddhartha Mukherjee, a Columbia University cancer researcher who won the Pulitzer Prize for his book on cancer, “The Emperor of All Maladies.”

Donald Miller, author of “Blue Like Jazz,” will conduct a two-day conference starting with a ribbon-cutting ceremony with famed environmentalist David Brower, a long journey to save Ocean Beach and the world.

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**Award Given to Mike Hardin (Hodad's)**

**Last Wednesday, February 5, 2014, Mike Hardin (Owner - Hodad's) was presented an award from the San Diego Peninsular Lions Club.**

**Mike Hardin** was given the award for supporting the Peninsular Lions projects by donating burgers & (free) Hodad's shirts, hats and gift certificates for Lion Burgers on Odd Cockett & Street Fair Saturday and for our 20th Annual Spaghetti Dinner & Sauce Contest (all 20 years).**

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**Award Given to Mike Hardin (Hodad’s)**

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**From left to right, Bill Kleas, Mike Hardin & Jim Harvey**

**FREE**

**From left to right, Bill Kleas, Mike Hardin & Jim Harvey**

**From left to right, Bill Kleas, Mike Hardin & Jim Harvey**

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**Point Loma Nazarene University's Department of Literature, Journalism and Modern Languages presents**

**Samuel Freedman**

Author of "Breaking the Line"**

**Jeanette Walls**

Author of "The Glass Castle"**

**Tickets available at www.pointloma.edu/writers**

**Point Loma Nazarene University’s Department of Literature, Journalism and Modern Languages presents**

**Paul Farmer, M.D.**

**Rebuilding the World:**

A Conversation with Paul Farmer, M.D.

April 9, 7:30pm

Brown Chapel

**Tickets available at www.pointloma.edu/lerner**

**Writers CONTINUED FROM Page 3**

**called Storyline, at the end of the symposium.**

**The format for most of the events is conversational, with Nelson interviewing the writers about their work and their craft. Most of those interviews are broadcast on USCSD-TV.**

**Past guests have included Bill Moyers, Billy Collins, Mary Karr, Luis Urrea, Garrison Keiller, Dave Eggers, George Plimpton, Roy Blount Jr., Rick Reilly, Chitra Divakaruni, Kathleen Norris, Joseph Wambaugh, Christopher Buckley, Anchee Min, Chris Hedges, Rob Bell, Bill McKibben, Michael Eric Dyson, Gay Tiasle, Ott Chandler and dozens of others.**

“It’s a little like ‘Inside the Actor’s Studio,’ only it’s about writing,” Nelson said. “Our goal is to inspire, encourage and model great writing.”

**There will also be practical writing workshops during the symposium.**

**For tickets and more information, visit www.pointloma.edu/writers.**

**Staff and contribution**

**ELECTION CONTINUED FROM Page 1**

“I want to congratulate Kevin Faulconer,” tweeted Assemblyman Duncan D. Hunter Jr., who was expected to be the next mayor of San Diego. I am looking forward to working with him and interim Mayor Todd Gloria to move our city forward. Once again, thank you to all the fantastic volunteers and supporters. I am truly proud of you.”

**Cynthia Paes, assistant registrar for San Diego County, said election officials have 28 days to certify the results. She added voter turnout was nearly 18 percent.**

“We were expecting at least 45 percent,” Paes said, who adding the actual turnout number was “pretty average” compared with other counties in similar circumstances statewide.

**City Clerk Liz Maland said Faulconer’s swearing in is tentatively set for March 3 or March 10.**

**The City Council will need to appoint an interim councilmember to fill Faulconer’s seat because Faulconer is termed out after two four-year stints, said Maland. The appointed replacement will serve until Faulconer’s term officially expires in December, even though a primary election for District 2 is set for June 3. If none of the candidates in the primary election for District 2 wins, a runoff election will be scheduled for Nov. 4, Maland said.**

Meanwhile, Faulconer will serve out the remaining nearly three years of disgraced former Mayor Bob Filner. Filner resigned Aug. 30 — just nine months into his term — after numerous women came forward to allege he sexually harassed them. Faulconer’s departure to serve as mayor decreases the Republican City Council minority from 5-4 to 5-3, although the City Council is technically a nonpartisan political body. If a Democrat were to be appointed to fill the remainder of Faulconer’s term through December, that would give Democrats a 6-3 majority advantage, with the prospect of veto power to reject the new mayor’s agenda.

“What happens is there will be 30 business days, once the seat is vacant, to apply for a special appointment to fill out the term of [Faulconer’s] seat,” Maland said. “[It’s] a major process requiring the gathering of at least 50 signatures.”

Maland said the interim Council District 2 representative would likely be seated in April. The interim councilmember will not be allowed under the city’s charter to run for the fall District 2 term in the June election, Maland said.

Maland said whoever wins the race for District 2 — either in the primary or a runoff election — would not be inaugurated and seated until December. Faulconer will have the distinction of becoming the only Republican mayor in any of America’s 10 largest cities.
**Suspect arraigned in string of street robberies**

Police moved in to arrest one of three men suspected in a string of street robberies that ranged from Ocean Beach to La Jolla on Feb. 2.

The man, identified as Benjamin Hernandez, 23, of National City is believed to have been the getaway driver for the trio of robbers, according to police investigators. He is scheduled for a Feb. 20 preliminary hearing.

Hernandez pleaded not guilty Feb. 5 before San Diego Superior Court Judge David Stamosowski, who set bail at $500,000.

“In two or three of the robberies, guns were actually held to the head of the victims,” said Deputy District Attorney Dan Link to the judge. “This driver was identified by his license plate.”

The other two suspects are still being tracked, said police.

The crime spree, which targeted at least 10 victims, unfolded shortly before 7 p.m. on Cape May near Cable Street in Ocean Beach, when the suspects produced a handgun and a crowbar to demand cellphones and wallets, among other items, from victims, according to investigators.

The robbers then shifted locations over the next few hours, hitting more unsuspecting victims in Midtown, Hillcrest, Golden Hill and Mission Beach before turning their sights on the campus at UC San Diego. In the抢the trio robbed two students, one of whom managed to catch the getaway vehicle’s license plate.

The subsequent investigation led to the arrest of Hernandez, who also has a warrant for an outstanding parole violation in National City home on Feb. 4. He is being held on $100,000 bail.

— Kent McNeal and Neal Putnam

**Peninsula planners seek board candidates**

The Peninsula Community Planning Board (PCPB) has six board positions opening in March and is welcoming candidates to run for election to get more involved in the governance of their community.

Five of the board positions are three-year terms; the sixth position is for a one-year term.

The planning board will hold a candidates’ forum Thursday, March 6 from 6 to 7:30 p.m. at the Point Loma/Hervey Branch Library on Volaire Street. The election will be held at the same location on Thursday, March 20 from 4 to 8 p.m.

To be eligible for election, interested candidates must be at least 18 years old, live in or own a business within the PCPB’s boundary, be able to commit to a three-year term (shorter for unexpired terms) and have attended at least one regular meeting within the last 12 months (attending the candidates’ forum qualifies for this requirement).

Applications can be downloaded from the PCPB’s website at www.pcpb.net. Email applications to pcpbm@gmail.com.

**Quick Hits**

**Teen jumped by several attackers, carjacked**

Investigators are looking into a brazen attack by at least half a dozen assailants, who reportedly beat a 17-year-old at Lauder Park on Feb. 8 and carjacked his vehicle.

According to police, the boy was parked in a BMW waiting for friends to meet him at the park shortly before 8 p.m. when he was approached on foot by five or six Hispanic men and two Hispanic women — all of whom were believed to be in their mid-20s.

The driver police two of the suspects forced their way into the car and began ransacking its contents. The victim told investigators he tried to push the suspects from the vehicle as he drove away,prompting the men to beat him. He told police that when he stopped the car, all five or six of the men reportedly began kicking him in the face and head before fleeing in his vehicle.

Officers located the car about 50 yards away from the scene of the attack.

The victim was taken to a local trauma center for treatment of moderate facial injuries.

Lynch faces at least 20 years in federal prison for the holdups locally. He is currently serving a 64-month federal sentence for bank robberies in Denver, and Cheyenne, Wyo. A parole date of Dec. 10, 2015 has been set in that case, but his sentence here is expected to run consecutively.

Lynch got his nickname in San Diego because of his almost routine manner of robbery that didn’t really stand out to witnesses or tellers. He always had a demand note that said he was armed, but no weapon was ever displayed and no one was physically harmed.

After stealing more than $25,000 locally, Lynch moved on to other states and he was arrested in Denver on April 21, 2011, according to court records. The first bank he robbed was a U.S. Bank branch at 1075 Rosecrans St. on Feb. 27, 2010.

Lynch then robbed a Wells Fargo Bank branch at 7714 Girard Ave. in La Jolla and twice held up the same Citibank branch at 7900 Hershel Ave. a month apart.

According to court records, the note Lynch gave a teller at the Wells Fargo bank read: “Do what I say. This is for real. Don’t talk. Don’t move.” Lynch’s home town is Corte Madera, Calif. and he remains in custody without bail.

— Neal Putnam

**Ho-Hum Bandit** eyeing same targets

A man suspected of being the “Ho-Hum Bandit” for his nonchalant demeanor during three local bank robberies pleaded guilty Jan. 28 to three holdups in La Jolla and another on Rosecrans Street in Point Loma in 2010.

Adam Lynch, 36, also pleaded guilty to three other bank robberies in downtown San Diego and Hillcrest in 2010. A U.S. District Court judge set Lynch’s sentencing for April 21.
Larry Wing, 75, Navy veteran, respected SDSU administrator

Lawrence “Larry” Marvin Wing passed away on Jan. 4. He was 75.

Born Nov. 26, 1938 in San Antonio, Texas, he moved to San Diego after joining the Navy at age 18.

After graduating from San Diego State University, he became a loved and respected teacher and administrator for SDSU. He spent time teaching as well as enjoying family, friends and many trips to Baja California.

He is survived by his three daughters, Laura Wing, who moved to New York last year; and sisters Harvey Wing, Patsy Loschen, Norma Robinson and Laura Wing.

Legal Loophole Costs Local Homeowner $3,742 in the sale of their Home

SAN DIEGO, When you buying or selling your home their are many small but important legal issues that you may be unsure of and understand. These issues, in most cases, are not critical to understand. Resi-dential real estate is not an uncom-plicated process. When such a major investment is made, it is important to do a little research to party to another, there are subtle details to take care of that can turn into major problems if not handled correctly.

It is essential to understand the legal ins and outs that will properly protect you when you buy or sell a home. There are several issues that will certainly you if you are not properly informed. In a recent situation right here in the area, misinformation cost one local homeowners over three thou-sand dollars in the sale of their home. Don’t let this happen to you.

In answer to this issue, Industry Insiders have prepared a FREE special report entitled “Legalese 101” to Avoid When Buying or Selling a Home” to help you understand the language and what the important phrases mean to you.

In addition to David’s brilliant career, he was active in his community, serving on committees in his daughter’s schools to being an avid supporter of the Peninsula YMCA. He was a member of the Peninsula Kiwanis Club for 10 years! He loved getting out in the van with his Leica camera. He became an avid reader. He read every book in the library and collected almost 2000 jazz records. Their cat Zippy who he loved dearly still resides at their home.

He served on the Board of Directors of the Peninsula YMCA, as well as a member of the Peninsula Kiwanis Club and the Y because of David has said that if an article should be put in the paper about David it should be about the work the volunteers and their efforts. There’s a particularly cute-worthy comment some make that belies the orange cones, sandwich- board signs that say “School Crossing” and highly visible orange cross-walk bat- ch in the middle of the 4700 block of Santa Monica Avenue where mostly kindergarten-aged kids cross.

“Isn’t that a real crosswalk,” one driver said mockingly.

It’s a remark usually borne of frustration from parents who are too time-deprived to observe the school crossing rules or read the signs — when it comes to double parking, U- turns, hurried drop-offs and three-minute parkers.

But when the Ocean Beach Planning Board this month voted on what to do about that curious spot that has two parallel lines that don’t line up to be a crosswalk, the city realized it committed a violation because a mid-block crosswalk has to be accompanied by a speed bump.

A timeline was not available. Gaye Pency, the city’s senior traffic engineer for the project, said, in an email he needed time to work on the plans. “That is why the city and the school’s Streets Division. The yellow-line crosswalk that used to be there is an oddity of almost folkloric propor-tions. Immediately after it was painted, the city realized it committed a violation because a mid-block crosswalk has to be accompanied by a speed bump. That was why the board revealed it would require further design and cost more than $60,000, support for that alternative and evoked sympathy and conseguir the “to-the-mone-and-run” option, as Patsa put it.

The Thursday Board of Education approved what it said was an alternative that eliminated curb cuts, which raised, concrete crosswalk with curb cuts that will allow wheelchair access and act as a traffic stopper. The sidewalk. The design, based on a cross-walk to be a pedestrian and bike crossing, could have included landscaping and features intended to improve accessibility and stormwater runoff.

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SUCCESS
CONTINUED FROM Page 1

fiths, neither of whom puts much stock in “special occasions.” They prefer just to enjoy one another’s company each and every day.

It wasn’t love at first sight, according to the Griffiths. The pair met on a blind date as college students in Iowa back in the late 1940s.

“She was in nursing and I was in engineering,” said Don, adding both occupations are virtually inherited traits passed down respectively from one generation to the next in their family lines.

Margaret and Don were from different backgrounds. She was from a small town. He was a city boy.

Like all long-term relationships, the Griffith’s love has stood the test of time, overcoming accidents, illness—even an earthquake.

The first incident was an auto accident the pair got into while still in college, when Don spun out on a gravel road and Jill was thrown from the vehicle.

“I was in a body cast for three months,” she said. “We celebrated our first wedding anniversary in the hospital, where my mother was taking care of me.”

In 1963, Margaret, who had had three children by then, was diagnosed with lupus, an autoimmune disease where the body’s immune system attacks normal healthy tissue that causes swelling and organ damage.

Having lived with the effects of the condition the rest of her life, Don said he’s done everything possible since to keep Margaret’s lifestyle “stress free.”

Don said Margaret’s survival of a condition like that “makes you appreciative of life … and there’s some benefits of tragedy.”

The pair also survived the big Northridge earthquake in the Los Angeles area in 1994.

Don agreed, saying men with their generally shorter life spans tend to be sought after by the ladies after a certain point.

He told of a man he knew in his 90s who finally broke down after his wife died and went to live in “one of those care places.”

“He said the ladies always saw to it he sat at their table and always came afterward to visit him in his room. He said, ‘You know, you’ve almost got to lock your door at night.’”

Don doesn’t have to worry about that.

Not while he’s got Margaret, anyway.

The Griffith family, shown in this 1978 photo.

Don and Margaret Griffith on their wedding day in 1952.

The Griffith family, shown in this 1978 photo.

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THURSDAY · FEBRUARY 13, 2014

Orcas
Continued from Page 1
panel discussion in the school’s cinematic theater, which included student activist Max Guinn, founder of Kids Eco Club, and marine biologist Dr. Toni Frohoff.
Although SeaWorld San Diego officials have strongly denied the accuracy of the documentary and defended their animal care practices in a pushback to the “Blackfish” program, they were invited — but did not participate — in the panel discussion.

“Blackfish” explores the 2010 accidental death of SeaWorld’s Dawn Brancheau, trainer of the orca Tilikum, and is critical of keeping killer whales in captivity and using them to perform in shows. The film premiered at the Sundance Film Festival in January 2013, then went mainstream in October when it was featured on CNN and became the subject of several CNN news features.

Though they declined to participate in the PLHS panel discussion, SeaWorld officials issued the following statement: “As we responded a few weeks ago to the filmmaker’s debate challenge, we have no interest in helping promote a film this dishonest and manipulative,” said SeaWorld San Diego spokesman Dave Kowitz.

“Our position has not changed,” continued the statement. “We did not receive any specific invitation from the school regarding today’s screenings. We would like to thank Kearny High School for inviting us to provide a SeaWorld presentation to their students last week. We applaud the school’s desire to provide its students information on both sides of the argument so they can make a more informed decision. It’s unfortunate that we did not receive invitations from the other schools to provide a SeaWorld presentation to their students.”

PLHS students gathered in the newly built cinema arts facility on campus Feb. 3 to listen to panelist viewpoints regarding the treatment of captive marine mammals at theme parks and zoos.

During the Feb. 3 panel discussion, Cowperthwaite described herself as a “mom who’d taken her children to visit Sea World,” saying she didn’t set out with any preconceived notions or to do an expose on the marine park.

“I was making a documentary about trainers and their relationships with apex [top] predators, almost a philosophical film,” Cowperthwaite said. “It wasn’t going to be controversial.”

But as she delved deeper into the story, “I began peeling back the onion and started to realize, shockingly, the truth,” Cowperthwaite said.

Marine biologist Dr. Toni Frohoff said scientists “have an obligation when we find dolphins and whales we’re studying are dying and languishing in captivity to speak out. It’s not a matter of being animal-rights activists. It’s a matter of scientists being responsible to populations of animals and the habitats they live in.”

Asked if “Blackfish” has caused SeaWorld to make any changes in its business model, Cowperthwaite replied, “We sometimes hear rumblings that they might be changing the environment of the sea lion pool or making nicer waterfalls. [But] so far, they’re standing their ground, saying they’re proud of their history and to look at all the good things they do [animal rescues, conservation, public education].”

Cowperthwaite likened challenging SeaWorld’s business model to “poking the dragon.”

“Nobody’s talked about any of these things [orca treatment] for 40 years,” Cowperthwaite said.

She added that she and others challenging SeaWorld’s methods are being branded by some as “crazy activist scientists.”

“The Kids Eco Club teaches environmentalism and this is a really big issue, and we thought it was important for kids to hear both sides of the argument so than can decide who’s right or wrong,” said Guinn, when asked why he organized the “Blackfish” panel discussion.

Frohoff said orcas in the wild are “some of the most peaceful of all social species,” adding she felt captivity may cause some of them to become stressed and “pathological.”

Frohoff said it’s impractical to try and take orcas that have lived their entire lives in captivity and unleash them into the wild where they wouldn’t know how to take care of themselves without human care, but there might be a middle ground, she suggested, through the creation of “sanctuaries,” fenced-off, more natural habitats where people could observe them, but where orcas and other marine mammals wouldn’t be forced to perform like circus animals for human entertainment.

A student asked Cowperthwaite who they should believe in the orca debate — SeaWorld or their critics.

“Don’t trust either of us,” she said. “Go and do your own research. I want to encourage you all to do your own critical thinking.”

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Johnny ‘V’ turns lifetime of blues stage work into musical mentoring in Point Loma

By BART MENDOZA | The Beacon

Along with reggae, the blues probably has the biggest pull among San Diego music fans. True, there are only a few local venues like Patrick’s that specialize in the music, but it’s true there are few venues in towns of any size that don’t feature blues somewhere on their schedule.

As much fun as it is to listen to blues music, it’s even more so when you participate in making the music. To that end, music school Rock and Roll San Diego has started a combination jam session/group workshop on Mondays at 6 p.m. that are open to participants of all skill levels.

There are many places in San Diego to learn blues and even a few venues that hold jam sessions, but the combination of the two, under the tutelage of slide guitarist Johnny “V” Vernazza, makes for a rare opportunity to learn about playing — as well as performing.

Vernazza is key to this. San Diego has many great guitar players, but few have reached the heights of Vernazza at his 1970s prime. As a member of the Elvin Bishop Group, he scored gold in 1976 with the No. 4 hit, “Fooled Around and Fell In Love,” regularly performed at stadiums to more than 40,000 people and became the most frequent guest on NBC-TV’s show “The Midnight Special,” where he appeared 14 times, including a spot backing Van Morrison.

“To get lessons from someone like Johnny, who has been out there and has a lifetime of experience is great enough, but to be able to play with him in a group setting and trade guitar licks and ideas, that’s really something.”

He points out that learning chords and progressions is only part of the equation.

“I’m approaching it more on how to improve your playing around other players,” he said. “It’s about how to complement the musical conversation, more so than just learning chords.”

He’s played some of the world’s biggest stages, as well as some of the most intimate. But Vernazza said the differences in such concerts can be relatively minor.

“I enjoy a big stage. In the stadium days, you really had room to move around and that can make for a better show,” he said. “But the amount of work and preparation you put into a performance itself, whether the draw is 10 people or 10,000, it’s the same.”

He also teaches his students the importance of preparation.

“Like playing with other musicians, when to lay in, what I’m happiest about is being able to improve your playing around other players.”

Blues icon Johnny “V” Vernazza takes musicians of all skill levels under his wing during jam sessions/group workshops or Mondays at Rock and Roll San Diego on Sports Arena Boulevard.

The jam session runs from 7 p.m. to 11 p.m., in the school’s Hendrix Hall, with lessons in everything from scales to blues turn-arounds, beginning at 5 p.m.

“I wanted this to be more than the sum of its parts,” said Vernazza. “Yes, prior to the jam, I’ll give a short seminar about the blues and show various techniques and I’m happy to give individual lessons if that’s needed, but what I’m happiest about is being able to showcase some of the other skills necessary in music, as well, including how to work with other musicians, when to lay back in a song and so on.

In addition to touring, Vernazza also devotes time each week to working with the Wounded Warrior Battalion West at Camp Pendleton and will next appear at the Belly Up Tavern on Feb. 18 as part of the “Concert for Heroes,” a benefit for the SEAL NSW Family Foundation.

“It’s a wonderful opportunity to give back a little and help these brave men and women,” he said. While he said he’s happy to still be touring around the world, he’s also pleased to make the transition to teaching.

“I do enjoy passing on things I’ve learned over the years,” Vernazza said. “You get the right folks around and it’s a lot of fun to show them what I know.”

He’s played some of the world’s biggest stages, as well as some of the most intimate. But Vernazza said the differences in such concerts can be relatively minor.

“I enjoy a big stage. In the stadium days, you really had room to move around and that can make for a better show,” he said. “But the amount of work and preparation you put into a performance itself, whether the draw is 10 people or 10,000, it’s the same.”

The Cosmopolitan Restaurant and Hotel, a bed-and-breakfast inn in Old Town, is a rarity because of its long history as well as its place as one of the most historically significant buildings in California. The Cosmopolitan is recognized by local restoration to return the building to its original state and outdoor seating, two saloons, 10 hotel rooms on the second floor, and private dining rooms.

The Cosmopolitan Restaurant and Hotel is located on the corner of Calhoun and Market streets in Old Town and there is ample free parking along Juan Street. After 5 p.m., visitors can also park for free in the Caltrans headquarter’s at 1000 Main and Taylor streets.

For more information on this special offer please call 619-297-1874 or visit www.oldtowsanpedrocafe.com.
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- Assists with many activities of daily living.
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- Can deal with medical issues and can advise you on resources available in services, housing or long-term care.
- Coordinates care – In this day and age where the elderly may have many different specialists, doctors and hospital staff.
- Oversees caregivers. The care manager will make sure your parent is being well cared for.
- Helps families discuss options. They are expert in helping the family come up with viable options for their parents.

Innovative Healthcare Consultants has been providing Geriatric Care Managers to the San Diego Community since 1997. They are locally owned and all care managers are RNs and certified in geriatrics. Call them at (760) 731-1336 or visit their website at www.innovativehc.com.

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It is hard to miss the problems arising in the wake of the conventional food system. Toxic exposures, birth defects, obesity, water pollution, unacceptable suffering by farm animals, to name a few. While dozens of labels promise undefined and unverified benefits, the certified organic label stands apart in delivering what people need–nutritious food, grown using methods that minimize the use of toxins while building soil quality and protecting water quality. When you choose to eat certified organic food, you join a growing and dynamic food sector that stimulates valuable change; these changes benefit all aspects of agriculture, as well as everyone dependent on the American farmer for three square meals a day.

At O.B. People's Organic Food Market, San Diego's only customer-owned grocery store, we've been selling organic food since 1972. The market specializes in organic produce and grocery items, full spectrum vitamins, bulk herbs and dry goods, aromatherapy products, and cruelty-free body care items. At People's you don't need to be an owner to shop at the market, everyone is welcome! Stop by on Valentine's Day to enter our Valentine's Gift Basket Raffle. We'll be giving great gifts away all day long!

Ocean Beach People's Organic Food Market is open daily from 8 a.m. to 9 p.m. at 4765 Voltaire Street. Please call (619) 224-1387 for more information. Visit us on the web at www.obpeoplesfood.coop

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- Our RN's specialize in Alzheimer's, dementia, post-operative and rehabilitation care.
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- GCM's expertise provides answers at a time of uncertainty.
- GCM's help elders remain independent.
- Personalized and compassionate services focusing on the individual wants and needs.

**Why Choose San Diego People's Organic Food Market?**

- Customer-owned store since 1972.
- The market specializes in certified organic produce and grocery items, full spectrum vitamins, bulk herbs and dry goods, aromatherapy products, and cruelty-free body care items.
- The market is open daily from 8 a.m. to 9 p.m.
- Stop by on Valentine's Day to enter our Valentine's Gift Basket Raffle.
- Everyone is welcome to visit the market, even if you're not an owner.

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HEYWARD, right.

Former Point Loma High School star Christian Heyward is coming home.
The former star defensive lineman at Point Loma High (class of 2013) has signed a letter of intent to continue his collegiate career as a San Diego State University Aztec.

Heyward was one of the most heavily recruited prep players in the nation following his senior season at PLHS, and his signing with University of Southern California (USC) was covered by ESPN.

The 6-foot-3, 300-pound Heyward held the Broncos without a base run—on a huge selection of Upholstery, Drapery, Dress Fabric and Much, Much, More! — Staff

Christian on Tuesday, Feb. 11 and then this week before hosting San Diego State on Thursday, Feb. 13.

Besides the “Kickoff Game” and Homecoming, the three other home games will again honor first responders, PLHS staff and Point Loma cluster-school students.

The location of the Mission Bay game is in question because the Bucs are in the midst of an installation of their first-ever artificial turf field and construction of a new stadium. The project may not be finished until after the season, meaning the game may be moved to another site. Even still, the contest will remain a home game for the Bucs.

The regular season ends for the Pointers on the road against 2013 Western League champion Madison.

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Pro athletes share how to live like champions at Rock Church SuperFest 2014

Eighteen professional athletes representing multiple pro sports drew about 1,500 aspiring young athletes and participants to the 2014 SuperFest event, a sports-themed, free community event presented by the Rock Church in partnership with Point Loma Nazarene University (PLNU).

Held on the campus of PLNU, SuperFest included a speed camp by its premier sponsor SKLZ, as well as golf, soccer, football, baseball, tennis, volleyball and basketball clinics.

“SuperFest is a great opportunity for families, friends and teams to simply come together and have a great time, while getting some great insight on how to play — and more importantly — live like champions,” said Marcus Preciado, pastor of strategic outreaches for the Rock Church.

This year’s SuperFest began with a pep-rally atmosphere that included a disc jockey, giveaways and a chance for guests to win autographed prizes while getting some great insight on how to play. The event also included a speed camp by its premier sponsor SKLZ, as well as a variety of clinics with PLNU athletes and the pro athletes. Children stood in line for their chance to have Gonzalez or Hundley work with them on baseball fundamentals as the rest of the SuperFest team engaged kids in various other clinics.

— Staff and contribution

Ex-PLHS baseball players set to pit themselves against current team

With spring approaching, a bunch of old guys are gathering their baseball gloves and cleats in anticipation of a Point Loma High School tradition.

Though a date has not been confirmed, the annual Alumni Game is held one day each year. For many former Pointer baseball players, it is a chance to take the field to relive their days of glory on the diamond, a chance to swing a bat, field some grounders — and likely pay a painful price later.

These veteran Pointers will play against what will likely remind them of their former selves in the person of the 2014 varsity team and new head coach Joe Radovich.

The game signals the start of the season for the current varsity and, ironically, may signal the final appearance for some alumni.

The game first came about decades ago as a contest between the Pointers’ 1973 CIF championship team and the newest Pointers. Now: 41 years later, many members of the 1973 team are pushing 60 years of age.

— Scott Hopkins

Heyward continued from Page 17

Heyward is among 25 recruits announced by Aztec head coach Rocky Long.

The Aztecs are coming off an 8-5 season in which they went to their fourth consecutive bowl game, winning the Famous Idaho Potato Bowl in a 49-24 romp over Buffalo University. Besides Heyward’s signing, three members of the Pointers class of 2014 also signed letters to play at the collegiate level, according to athletic director John Murphy.

Swimmer Andrew Brady will swim in the University of Florida pool, while teammate Jason O’Brien will take his stroke to the University of California. Top soccer player Eddie Gallardo will continue his career at Point Loma Nazarene University.
## OPEN HOUSES

### LA JOLLA

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<td>Sun 1-4pm</td>
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<td>4BR/3BA</td>
<td>$1,275,000</td>
<td>Natasha Alexander 858-336-9551</td>
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<td>$649,000</td>
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### PACIFIC BEACH / MISSION BEACH / CROWN POINT

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<td>1346 Thomas Ave.</td>
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<td>Alex Rojas 858-863-4141</td>
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### POINT LOMA / OCEAN BEACH

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<td>2BR/2BA</td>
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<td>Sharon Bythewood 619-227-4465</td>
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<td>2BR/2BA</td>
<td>$649,000</td>
<td>Jerri Walters 858-354-1900</td>
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**Open Houses**

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<td>Sat &amp; Sun</td>
<td>1344 San Diego Ave.</td>
<td>2BR/2BA</td>
<td>$850,000</td>
<td>Mike Long 619-777-6122</td>
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<td>Sat &amp; Sun</td>
<td>3322 Zola Street</td>
<td>2BR/2BA</td>
<td>$649,000</td>
<td>Jerri Walters 858-354-1900</td>
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Jerri Walters 858-354-1900 jwaltersrealtor@gmail.com CalBRE #01412019
WHAT’S AHEAD?

THURSDAY, Feb. 13, 2014

THE PENINSULA BEACON

IN THE NEIGHBORHOOD

THE POINT LOMA/HERVEY BRANCH LIBRARY will host a series of free tax-assistance sessions through the American Association of Retired Persons Tax Aide program. No appointments are necessary during the sessions on Tuesdays from 1 to 4:30 p.m. and Thursdays from 10 a.m. to 4 p.m. through April 11 at the library, 3701 Voltaire St. For more information, call (619) 531-1539, or visit www.sandiegolibrary.org.

THROUGH APRIL

The Point Loma Art Association will host its popular art show at the Point Loma/Hervey Branch Library, 3701 Voltaire St. The show runs through April. A reception is planned for March 5 from 5:30 to 7:30 p.m. For more information, call (619) 222-9825, or email sfelswick@cox.net.

FRIDAY, Feb. 14

A fundraising comedy night will take place at the San Diego First Church of the Nazarene Family Life Center at 6:30 p.m., themed “Laughter is the Best Medicine.” The event will raise money to aid impoverished Hondurans by developing medical training. Tickets are $10 and can be purchased at the door at 3901 Lomaland Drive. For tickets and more information, call Paul Pate at (619) 223-1407, or emailpaul@bluesdceanwindowcleaning.com.

SUNDAY, Feb. 16

Bethany Lutheran Church in Ocean Beach will host premier traditional Scottish band The Tannahill Weavers. The concert takes place at Bethany Lutheran Church, 2011 Sunset Cliffs Blvd. at 7:30 p.m. Tickets are $25. For reservations and more information, call (619) 222-0365, or email concerts@holytrinityob.com.

TUESDAY, Feb. 18

The Sharp Senior Resource Center will host free blood-pressure screenings by reg. nurses at the Peninsula Family YMCA, 4390 Valeta St., from 9:30 to 11 a.m. No appointments are necessary and the public is welcome. For more information, call (800) 827-4277.

THURSDAY, Feb. 20

• The San Diego Foundation will launch a public-event series called “Meet the Artists,” which will showcase several of the San Diego-based professional artists who received a total of $203,000 in grants through the Creative Catalyst program to support the creation and development of new work. “Meet the Artists” installations will be held through April 17 at The San Diego Foundation in the Hoffman Room at 2508 Historic Decatur Road at Liberty Station. For more information, visit www.sdcsf.org.

MONDAY, Feb. 24

The Peninsula Shepherd Senior Center (PSC) will hold its Monday Lunch Club at noon to provide a social and support environment for ambulatory and non-ambulatory seniors. The event will be sponsored by Fleetridge Estate, located at 1941 Liggitt Drive. Fleetridge provides a home-style menu and shuttle service is available for a suggested $5 donation. RSVP by Wednesdays, Feb. 19 by calling (619) 223-1640. For more information, visit www.sdpsf.org.

TUESDAY, Feb. 25

• The Ocean Beach MainStreet Association and Natalie Dietsel of Edward Jones financial services will host a “Business and Technical Schooling” seminar at the Ocean Beach Playhouse to enlighten residents and merchants about business taxes and to help them better understand the inner workings of the Social Security program. Registration begins at 8 a.m., including breakfast and coffee. The seminar takes place at 4944 Newport Ave., Suite E. Munchies and drinks will be provided through the Creative Catalyst program to support the creation and development of new work. “Meet the Artists” installations will be held through April 17 at The San Diego Foundation in the Hoffman Room at 2508 Historic Decatur Road at Liberty Station. For more information, visit www.sdfoundation.org.

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MONDAY, Feb. 24

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