PLHS students collect 25,000 pounds of food for distribution

By SCOTT HOPKINS | THE BEACON

Last year, students in the NJROTC program at Point Loma High School collected more than 16,000 pounds of food for area families in need over the holidays. But they weren't satisfied and thought they could do better than the eight tons they helped deliver to the Ocean Beach and San Diego Food Bank.

So what did the 150 teens do for an encore? “The cadet leadership really took ownership and wanted to improve on it and do a lot more than last year,” said Christina Pickett, senior naval science instructor, who was overjoyed at the achievement of her cadets who took it upon themselves to organize this year’s drive.

With final donations arriving, the total this year is expected to soar to more than 25,000 pounds, an increase of more than 50 percent from last year.

Key to the drive’s success was the cooperation of Stump’s Market on
Federal judge finds officer acted reasonably in Midway shooting

A federal judge on Dec. 18 dismissed a lawsuit filed against the City of San Diego, its police chief and a police officer who shot a man who had been threatening people in the Midway District in August 2015.

The United States District Judge William Q. Hayes found the officer reasonably believed the man, Fridoon Rashan Nehad, posed a risk of serious injury or death to the officer and others. Nehad, who had convinced multiple people that he was armed with a knife, was shot in an alley as he advanced on the officer.

Hayes’ ruling was on a motion for summary judgment filed by the San Diego City Attorney’s Office. In ruling on such motions, the court is required to construe all the facts before it in the light most favorable to the plaintiffs, in this case the Nehad family.

The judge also found no evidence that Nehad’s constitutional rights had been violated, as the plaintiffs had alleged, and no evidence, “based on the undisputed facts in this case,” to support the plaintiffs’ claim that San Diego Police Department policies or training was a “moving force” behind the officer’s actions.

Hayes also dismissed San Diego Police Chief Shelley Zimmerman and the officer, Neal N. Browder, from any liability, whom the Nehad family had separately named as defendants.

In his 18-page order, which is attached, Hayes wrote:

“In this case, construing the facts in the light most favorable to the Plaintiffs, the Court concludes that Officer Browder had a reasonable belief based upon the objective facts that Nehad posed a risk of serious injury to himself or others. Browder had information that Nehad had threatened others with a knife, encountered Nehad advancing toward him in a threatening manner, and warned Nehad to “Stop. Drop it.” While experts may offer the opinion that Browder should have waited another second or allowed Nehad to advance a few feet before using deadly force, Browder could have reasonably believed that Nehad posed a risk of serious injury or death. The court concludes that Browder’s use of force was not obviously unlawful.”

“In reviewing this tragic death of a homeless man with mental health issues, the judge was correct to not compound the tragedy by finding fault with the police officer who acted to defend himself and others,” City Attorney Mara W. Elliott said. Our police officers put their lives on the line every day to keep us safe.”

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Ocean Beach | $649,000
Private gated townhouse. Remodeled 3 bed 2 bath & 2 patios, chef’s kitchen, separate dining room and the master has a balcony and walk in closet.

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This adorable 2 br 1 ba has a remodeled kitchen w/stainless steel appliances, remodeled bathroom, French doors, F.P. hardwood floors, 1 car garage + carport.

Point Loma | $764,900
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Point Loma | $389,000
Move-in ready! 3 bedroom 2 bath with updates everywhere and remodeled kitchen. Master suite includes spacious upgraded bath and large walk in closet.

Point Loma | $869,000
Move-in ready! 3 bedroom 2 bath with updates everywhere and remodeled kitchen. Master suite includes spacious upgraded bath and large walk in closet.

Point Loma | $2,389,000
Two story 2 br 1.5 ba corner unit w/WD in unit and quieter home program. Perfect for first time buyers, or could be rented easily to generate income.

Point Loma | $389,000
This is the largest design model in the Point Loma Tennis Club. 2 bedroom 1.5 bath townhome with upgraded flooring throughout, even on the stairs.

Point Loma | $2,389,000
Rare Traditional Coastal Design residence. Features a gourmet kitchen w/ 2 islands, butler’s pantry, top off line appliances & custom cabinetry.

Point Loma | $389,000
Historic single level 3 bedroom 2 bathroom home with a back separate entry large 1 bedroom apartment above the rear 2 car garage with a private patio.

Ocean Beach | $3,195,000
Move-in ready! 3 bedroom 2 bath with updates everywhere and remodeled kitchen. Master suite includes spacious upgraded bath and large walk in closet.

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Feeding the Hungry Ministry
in OB nears 11 years of service
BY PAIGE FULFER | The Beacon

Sacred Heart Church of Ocean Beach celebrates the season of giving year-round. Their Feeding the Hungry Ministry hosts dinners every Tuesday throughout the year and has been a staple to those in need throughout the OB community for the last 11 years.

The program, led by OB native and former San Diego Police Department member Jack Hamlin, provides meals for seniors, low income, disabled, and homeless members of the community. The dinners are served by a volunteer staff, and guests can expect to be treated to a delicious, nutritious meal in the parish hall. Their next meal will be their “Day After Christmas Meal.”

Hamlin has been involved in the ministry since 2010, and even learned his cooking skills from Dan Coulon (owner of OB’s beloved Belgian Lion) before Coulon retired as head chef of Feeding the Hungry Ministry.

“One of the things I enjoy most is watching the volunteers grow in the ministry,” says Hamlin. “Young folk who learn how to become more self-reliant and how to reach out to those who are much different than them. And then, there are the more mature volunteers, stepping out of their comfort zone, to learn how to love and engage in compassion, again.”

Hamlin joyfully explains they experience many success stories from members of the community. “There are those who need our ministry as a stop gap until they can get back on their feet. I will see them at the store, dog park, or around the beach and they have told me how much they appreciate our help,” Hamlin said.

“But there are other types of success. I cannot count the number of folks who are truly damaged emotionally who, over time, open up to us. Going from ‘Don’t touch me,’ to initiating something as simple as a handshake or a hug is truly heartwarming.”

The Feeding the Hungry Ministry goes above and beyond just feeding the community. When the hepatitis A outbreak occurred, not only did Sacred Heart immediately enhance their cleaning protocols to limit the chances of exposure to the virus, they partnered up with the County Health Department. The county came and provided more than 100 vaccinations to guests and volunteers and will return in February for a second round of vaccinations.

Hamlin points out that while the program does face some backlash from the community, “Not a single property within two blocks of our ministry has suffered a loss of value in the 11 years we have been in service.”

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27 Fast & easy fix up tips to get the best price 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.

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.

Avoid financial disaster when selling your home. Using a common-sense 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.

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THE PENINSULA BEACON
THURSDAY - DECEMBER 21, 2017
2017 Holiday Storefront Winners

The Ocean Beach MainStreet Association (OBMA) sponsored its popular Holiday Storefront Decorating Contest in Ocean Beach’s shopping, dining, and business districts. Thirty-two merchants competed for three Judging Committee awards (Most Festive Inside, Most Festive Outside, Best Use of This Year’s Theme [California Dreamin’ in the Season of Love]), and the coveted People’s Choice Award, chosen by Facebook likes and loves. Of course, the best way to experience Ocean Beach’s holiday atmosphere is to come in person to see the decorations and lights, but you can get a taste of the festivities on the OBMA Facebook page (www.facebook.com/OBMA92107) or on the OBMA website (www.OceanBeachSanDiego.com). Congratulations to the winners and all those who decorated!

BEST USE OF THIS YEAR’S HOLIDAY THEME: A tie between Car’s Jars and Seams to Me

Most Festive Inside: Raglan Public House

People’s Choice: Ortega’s Cocina

Most Festive Outside: Raglan Public House

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LOOK FOR WINNERS TO BE ANNOUNCED IN THE JANUARY 4TH, 2018 BEACON!
As another holiday shopping season draws to an end, merchants in Ocean Beach and throughout the Peninsula remind year-end shoppers that area small businesses have the wherewithal to satisfy every need — and whim.

Shopping local is important year-round, especially during the year-end holidays as we turn the corner toward New Year’s Day revelry and celebrations.

While looking ahead to 2018, here are a few suggestions for places to go — and things to do — in Ocean Beach and elsewhere in the Peninsula while ringing in the New Year:

**Super Max Food & Discount Store, 4991 Newport Ave.:** You’ll find everything you need for the holidays at Supermax, from wrapping paper to toys. Heck, even Santa showed up to take photos with kids this year. Now that’s a pretty good recommendation. Plus, you’ll find the items you shop for every day. Right now, shoppers can save up to 75 percent off selected items and get an extra 10 percent off with the ad in this Peninsula Beacon.

**OB Brewery, 5041 Newport Ave.:** This expansive brewpub for house-brewed beer in a soaring, three-story space with a large rooftop patio is ringing in the New Year early again this year. The ball drops at 9 p.m. with a toast for the whole family. Enjoy a complimentary champagne, draft beer or sparkling cider toast at 9 p.m. Have a relaxing family night out with delicious food and beer-paired specials without the midnight hangover. Games are on the second floor, with star gazing on the rooftop bar. Need we say more? All ages welcome and there is no cover.

**Ocean Beach People’s Organic Foods Market, 4765 Voltaire St.:** During the hustle and bustle of the holiday season, it can often be difficult to want to spend the time to meal plan and cook. With stresses and flu season, we know this is a time of year when it’s very important to feed ourselves and our loved ones wholesome, quality foods. Between shopping, parties, family obligations, everyday obligations and increased pressures, fast-food options may be increasingly tempting and good intentions for eating healthfully can go out the window. But with just a few ingredients and minimal prep time, you can have a healthy, home-cooked soup. Warm and comforting on a cool winter day, soups can easily be turned into a

---

**Decorate your Tree with a touch of OB**

2017 ornament - $25 each or 2 for $40 (past years are available as well)

Celebrating the Farmers Market 25th Anniversary

The ornament is two sided.

Farmers Market Tote Bag - $15 each

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Wishing you and your furry friends a Happy Holiday!

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Modern and affordable pet care

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BY THE SEA

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5:30 p.m. and 7:30 p.m.

Christmas Day Worship at 9:30 a.m.
St. Peter’s by the Sea Lutheran Church
1371 Sunset Cliffs Blvd 619-224-2894
www.stpetersbythesea.org

O, HOLY NIGHT!
Christmas Eve ♦ December 24 ♦ 7 PM

Hear the story of Jesus’ birth in a new way as we celebrate God who is with us past, present, and future.

Enjoy hot chocolate and a band playing favorite Christmas carols.

CHRISTMAS AT NEWBREAK OCEAN BEACH
DECEMBER 24TH - 26TH, 2017
3:30PM & 5:30PM
NEWBREAK CHURCH
4694 CAPE MAY BLVD. SAN DIEGO, CA 92107
www.newbreakchurch.org

Christmas Services
San Diego First Church of the Nazarene

* Christmas Eve Morning Service
December 24, 10:30am
Nursery & Children’s Church Available

* Christmas Eve Candlelight Service
December 24, 5-6pm
All Children Welcome in Service
* New Year’s Sunday Breakfast
January 1, 10:30am
All Children Welcome in Breakfast

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Christmas Events
Westminster Presbyterian Church
3598 Talbot Street, Point Loma — www.westministersd.org

It’s A Wonderful Life: A Live Radio Play – December 1,2,3,8,9,10
Fridays, Saturdays @8:00 PM – Sundays @ 2:00 PM
A delightful holiday radio show filled with the Christmas magic!

Christmas Eve Worship – Sunday, December 24 @ 7:00 PM
A candlelight service taking joy in the wonder of Christmas Eve.
This is a tradition enjoyed by Point Loma families for years.
meal by serving them with a loaf of crusty, whole-grain bread and a fresh tossed salad.

For the best selection of organic produce and grocery items in San Diego stop by Ocean Beach People’s Organic Foods Market. Open daily from 8 a.m. to 9 p.m. Call 619-224-1387 or obpeoplesfood.coop.

### People’s Easy Squash Soup

1/2 Tbsp. olive oil or butter; 1 cup onion, chopped; 2 1/2 cups winter squash, peeled or not, seeded and chopped; 3 cups vegetable stock; 1/2 tsp. fresh thyme, chopped; 1 tsp fresh sage, chopped; 1 tsp fresh parsley, chopped; Sea salt; Freshly ground black pepper. Sauté the onion and squash in oil in a large pot on high heat stirring frequently until lightly caramelized, about 10 minutes. Add herbs and broth, bring to a boil, and simmer covered until the squash is soft, about 20 minutes. Puree and season with salt and pepper to taste.

Garnish options: Add dried sage leaves, chopped parsley, diced and cooked root vegetables, onion sprouts or microgreens, or croutons. Variation: Try roasting the squash before cooking the soup.

### Sunshine Company Saloon

Sunshine Company Saloon, 5028 Newport Ave.: Their New Year’s Eve party will take place Sunday, Dec. 31, starting at 9:30 p.m. with DJ Unite and DJ Green T. No cover.

### Bali Hai Restaurant

Bali Hai Restaurant, 2230 Shelter Island Drive: The restaurant on Shelter Island is one of the oldest classic, mid-century Tiki establishments still thriving. The eatery occupies multiple rooms and event spaces, featuring more than 100 pieces of Polynesian artifacts. On New Year’s Eve on Sunday, Bali Hai will host its annual holiday brunch from 9:30 a.m. to 1:45 p.m., with regular dinner service beginning at 5 p.m. Highlights on the brunch menu, which offers free-flowing champagne, include: Eggs Benedict with smoked Hollandaise, Belgian waffles, French toast and more; lunch features a fish and pasta dish, Korean short ribs and vegetable stir fry.

Also available for brunch are hand-carved prime rib and Hawaiian-style omelets. Desserts are out of this world with a build-your-own sundae bar, seasonal fruit tarts and fresh cookies and brownies. Holiday brunch cost is $40 for adults, $18 for children ages 6-12 and free for children under age 5.

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**SUNSHINE COMPANY SALOON**

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OB DECORATED FOR THE HOLIDAYS

THE OB Christmas Holiday Home Decoration Contest winners are:

Judges Choice (top left)
Kira Stofer
3811 Wildwood

Best Use of Lighting (top right)
Charles Kenkade
4554 Leon St.

Most Original Decoration (left)
Ray & Zsa Zsa Sweeney
4680 Santa Monica

Home decoration winners

Do you have family coming into town? Treat them to Nati’s and relive old memories or make new ones! Bring the whole family; we love kids and large parties.

Last minute gifts! We have gift certificates and a large selection of Nati’s logo T-Shirts.

We will close at 3:00 PM Christmas Eve so staff can enjoy the holiday with their families.

We will be closed Christmas Day and re-open December 26 at 11:00 AM.

Join us New Year’s Eve - open regular hours. Closed New Year’s Day.

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Don’t Miss the Farmer’s Market

Every Wednesday starts at 4pm on the 4900 block of Newport Avenue between Cable & Bacon Street in the heart of OB! Locally grown produce, fresh flowers, baked goods, art, music and more!
Whatever you’re hungry for, you’ll find it in OB. Ocean Beach offers more than 90 restaurants, entertainment and lodging venues. Plus, you’ll find catering and banquet venues for all your holiday parties!
38th annual Ocean Beach Holiday Parade winners

Individual (tie): Taylor Winston - Grand Marshal, Steve Yeng - Citizen of the Year.

Merchant: Ocean Beach Hotel and the San Diego Woodies (top, left).

Neighbors: OB Pause (top, right).

Organization (tie): St. Charles Borromeo Academy (top, middle), OB Merpod – Love the Ocean, Love Your Local Merpod! Award will be presented with a plaque at the Ocean Beach Town Council meeting on Wednesday, Jan. 24.

Cabrillo National Monument fees to increase

Cabrillo National Monument will be increasing the daily park entrance fee on Jan. 1 for non-commercial vehicles. The commercial vehicle fees are not changing.

The new rates for vehicles will be $15 per vehicle (good for everyone in the vehicle,) walk-ins/bicyclists $7 per person and motorcycles will be $10. Entrance fees are valid for seven days. The annual Cabrillo Park Pass will be $30. The NPS began collecting entrance fees at Cabrillo in 1987. This is only the second increase in 31 years.

Eighty percent of the entrance fees collected at Cabrillo stay at the park. These funds preserve natural and cultural resources, improve visitor facilities, and provide educational and recreational opportunities. Projects funded with entrance fees include the development of a curriculum-based education program for the San Salvador Ship in partnership with the Maritime Museum of San Diego; construction of restroom facilities at the intertidal area; and construction of the Whale and Kelp Forest Overlook.

Projects planned for the future include installation of 38 new wayside exhibits; repair of the damaged Bayside Trail; production of a new signature film for Cabrillo; improved accessibility to park structures and resources; and an upgrade of informational displays for the WWI and WWII bunkers.

Entrance fees are never charged for visitors under 16 years of age, or holders of the America the Beautiful Pass, Federal Recreational Senior Pass, Access Pass, Military Pass or 4th Grader Pass.

READ MORE ONLINE AT sdnews.com
Pointer freshman wins CIF girl's golf title

BY SCOTT HOPKINS | The Beacon

Proud fathers have been known to place objects in the cribs of their newborns indicating the sports, activities or hobbies they hope their children will excel in as they grow.

As tiny Lauren Gomez lay in her crib, father Rick Gomez placed something in his precious daughter's crib.

"I first started playing golf when I was 7 or 8," Gomez recalled during a recent interview on the Pointer campus. "My dad and I would always go out and play. I had a really good time."

That score was good for a four-stroke victory over Navarrosa. "I noticed the TV cameras were following me towards the end," she said, explaining how she knew she was about to get the win.

For her feat, Gomez was named CIF's Girls Golf Player of the Year. Earlier, Gomez led her team to an undefeated Eastern League championship, an overall fifth-place finish among 35 Div. I teams and a seventh-place CIF team standing.

"My home course is Riverwalk in Mission Valley," Gomez said, "And I love to practice, and the people at Riverwalk know us, so we just get a key and take a cart." Looking ahead, Gomez hopes to repeat her individual CIF championship before moving on to college.

"Stanford is my dream school," she said, noting the Cardinal has the No. 2 rated golf program in the nation.

"And definitely another dream is to make the LPGA (Ladies Professional Golf Association) tour," she added.

"It's a big goal, and I'm taking it one day at a time." One day, and hours of practice.

Christine was skeptical but lost 33 lbs and 2 sizes in 60 days.

"I knew I wanted to make changes after I had my 2 year old and got rid of my baby fat. Dr. Wong guided me along the way and was very supportive and I've never noticed that I've had to get new clothes!"

Mandy C. — San Diego

Lew was skeptical but it worked "amazingly well" and lost 22 lbs.

"After being on Dr. Wong's program for 2 months, I've lost almost 40 pounds. I was lethargic and couldn't keep up with my kids but I've found an answer to my energy problems and I wake up with energy, I feel better, I've been eating healthier and I've been more active. Thank you Dr. Wong!"

Rachel R. — San Diego

Sandy lost 20 lbs in 2 months and even her skin and hair is better.

"Before I came to see Dr. Wong, I had a lot of health concerns. I had extreme knee pain, I was overweight and I also had a lack of energy. After I had a consultation with Dr. Wong, he told me what was wrong. Everything we'd involved no pain and in 8 weeks, I have lost 32 pounds without doing exercise! I am a lot more energetic and I feel like working out. I am stronger, more alert, more flexible and limber so I appreciate everything about Dr. Wong. If you're ever in need of optimal health, come see Dr. Wong because he'll make you strong!"

Rodney W. — San Diego

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