

THE CORONADO NEWS

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PAWS OF CORONADO



Carl is part of PAWS of Coronado's lifetime care program. Here, he is receiving fluid from registered veterinary technician Josh Millerd. Staff photos by Sofie Fransen

Program reaches 20-year MILESTONE

PAWS of Coronado is dedicated to taking in the neglected animals of Coronado. In recent years, they are dealing with overcrowding

By **SOFIE FRANSEN**
The Coronado News

Carl, an elderly dog whose cute little pink tongue sticks out consistently, comes into PAWS of Coronado's facility two to three times a week to get fluids.

These subcutaneous fluids are essential for Carl's overall health and quality of life, since he struggles with kidney disease.

He is part of PAWS of Coronado's lifetime care program.

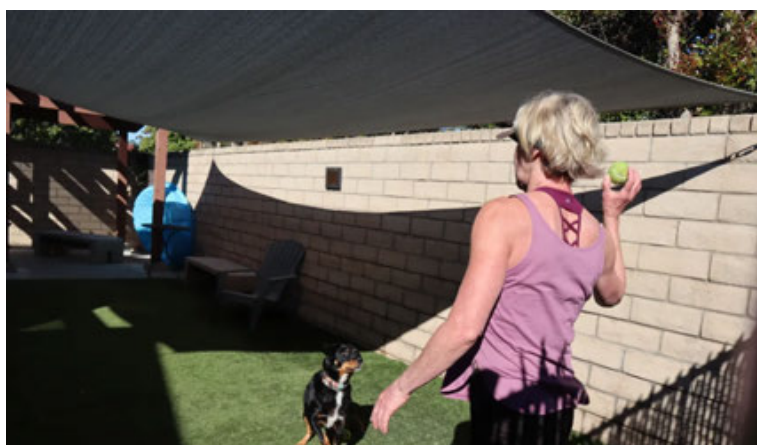
Jennifer Stein, senior manager of fund development for PAWS, said the service for Carl comes directly from donations to the Pacific Animal Welfare Society.

"It is unique to our organization, so that Carl then can have that chance at a normal life," Stein said.

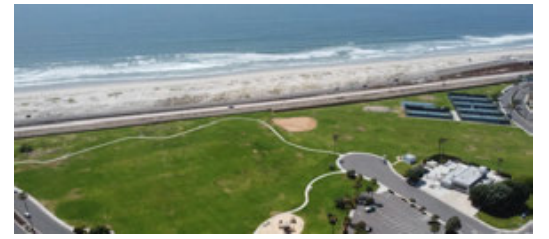
The promise of lifetime care evens out the chances for elderly animals to be adopted, as opposed to, say, a puppy, who would require less medical attention, she said.

This program is one of the exam-

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ABOVE: Board member Lisa Lombardo plays catch with a dog at PAWS. BELOW LEFT: Jennifer Stein is the senior manager of fund development at PAWS of Coronado. BELOW RIGHT: Doug Deauzat has volunteered at PAWS since 2011. He now fosters Jill (pictured) and Tucker.



Here is an aerial photo of Cays Park, which could be transformed into numerous soccer fields after a City Council vote on Dec. 5. Photo courtesy of Kevin Reilly

Cays Park to become sports fields under city master plan

The Coronado City Council following a 5-hour session voted to turn the property with an ocean view into mostly sports fields

By **MADLINE YANG**
The Coronado News

The Coronado City Council spent five hours on Dec. 5 trying to determine how much land should be dedicated to sports fields and what other amenities to keep or take away at Cays Park.

At the end of the marathon decision, the council decided that three-fourths of the park, which has a panoramic view of the Pacific Ocean, should be used for organized sports fields with the primary users being youth soccer teams.

The master plan now goes to the city's design team to draw up a preferred plan before coming back to the community for feedback.

The decision generated plenty of interest as city staff received more than 1,000 comments and emails from community members during the past six weeks about the park's renovation.

The Coronado Cays Park Master Plan has been on the Coronado City Council agenda for the last few years, and city staff finally gave their report on four different options for a reimagined 16-acre facility sitting against the ocean.

The biggest question that city staff wanted answered before being able to move forward with the master plan was to figure out how much of the park would be used for organized sports: 100%, 75%, 50% or 25%.

And then 18 other questions came after that, including how long the dog run should be, whether there should be a half-size or full-size basketball court and what theme the park should be?

To start, the city recognized that the park needed some maintenance.

Mayor Richard Bailey quipped that no good deed goes unpunished as this process originally started with the city deciding to

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Santa returns to make local gift deliveries for 94th year

Santa is coming to town on Christmas Eve to deliver gifts to local families – courtesy of the Coronado Rotary

By **SOFIE FRANSEN**
The Coronado News

Santa Claus is coming to town! Returning for the 94th year, Santa Claus will make an appearance at local Coronado homes on the night of Christmas Eve – courtesy of the Coronado Rotary.

This long-honored tradition is an effort by Rotary members, who, for almost a century, have been delivering presents to Coronado families the night before Christmas.

To make gift delivery possible, it has taken the dedicated help of Chase

» Continued on Page 6



Santa delivers gifts to the Todaro family in a prior year as part of the Coronado Rotary's Santa program. Photo courtesy of Bob Syverson

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★ ★ ★ INSIDE THIS ISSUE ★ ★ ★

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this week

15 • friday

The Coronado Public Library will present a special holiday storytime in place of the regular storytime to celebrate the holidays. It will take place in the library's children's area at 11 a.m.

Enjoy a fun holiday storytime with Ms. Natalie. She will read "The Night Before Christmas" and there will be a special visit from Santa himself!

After storytime, children can have their photos taken with Santa, as time permits. This program is designed for preschoolers, ages 3-5.

16 • saturday

PAWS of Coronado is hosting a volunteer training at 10 a.m. and an open house from 1:30 to 3:30 p.m.

The open house is a celebration of PAWS' 20th anniversary. Visitors can tour the facility and see everything that PAWS has to offer, including the animals up for adoption.

17 • sunday

Art in the Park from 10 a.m. to 4 p.m. features more than 50 top artists in every genre including oil, acrylic and watercolor painting, etching, photography, wood and metal working, stained glass, ceramics and a variety of other unusual and distinctive art forms.

CONTACT US

For news tips, story submissions and letters to the editor, contact Editor Craig Harris at craig@thecoronadonews.com or 619-539-9738

To advertise contact Ad Executive Braeden Stegman at braeden@thecoronadonews.com

STUDENTS OF THE WEEK

NJROTC cadets compete at SOCAL Aerial Drone Competition

Coronado earned first-place in programming and piloting skills of the competition

The Coronado News

Coronado High School NJROTC, in conjunction with the Robotics Education and Competition Foundation, held the first SOCAL Aerial Drone Competition NJROTC Invitational on Dec. 2.

Coronado Cadets earned first-place trophies in the programming and piloting skills portions of the competition (and are currently ranked 5th among NJROTC units worldwide).

The competition was held in the former VRC-30 Hangar on Naval Air Station North Island.

The same hangar that was used as a set for the production of Top Gun: Maverick.

"This was a great opportunity for our cadets. I am thankful to Commander Nesbitt and Sr. Chief Hell-



NJROTC cadet drone teams participate in an aerial drone race during the NJROTC SOCAL Aerial Drone Competition Invitational Drone Tournament on Naval Air Station North Island on December 2, 2023. Coronado High School JROTC earned first place trophies in the programming and piloting skills competitions. Photo courtesy of the Coronado Unified School District.

wig for the tremendous amount of work they put into this event and so appreciative of their commitment to our students and the JROTC program at CHS," said Principal Karin Mellina.

The event featured 21 competing teams from NJROTC units across Southern California in matches that involved remote-controlled flight in addition to programming the drones to navigate obstacles in autonomous

mode.

Teams were evaluated on their planning, strategy, teamwork, and communication skills by a panel of judges that included former Air Boss, retired Vice Admiral Brent Bennitt, as well as five retired Navy Captains from the local chapter of the Military Officers Association of America (MOAA).

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PET OF THE WEEK

Meet the king of pride rock. It's Simba!

The Coronado News

Simba! He's the king of pride rock! A tale of triumph and courage!

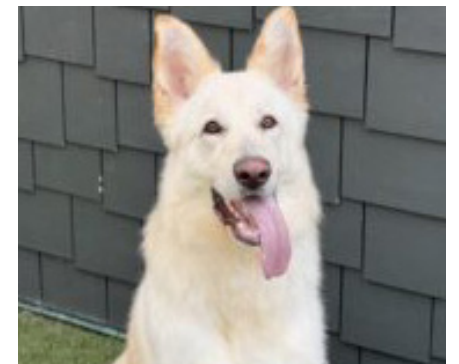
That's exactly what PAWS of Coronado has to say about Simba, who also happens to be a big goofball that's very loving and affectionate with the people he's bonded with.

He's a smart boy too.

Simba knows his obedience commands, and he's eager to learn. Simba loves a good game of fetch in the yard

and he loves tennis balls. If you'd like to bring a fun and loving dog like Simba into your life, then apply to adopt Simba today at PAWS of Coronado.

All of the animals at PAWS are spayed/neutered, microchipped, vaccinated, and up-to-date on flea-preventative. Adoptions are by appointment only. If you are interested in adopting any of these animals, please visit our website at www.pawsofcoronado.org or scan the QR code above and fill out an adoption application.



Meet Simba, the Pet of the Week. He's at PAWS of Coronado, and needs a home.

Photo courtesy of PAWS



Give the Gift of Relaxation This Season

Help loved ones revitalize their emotional, spiritual and physical health with a gift certificate to the Sewall Healthy Living Center at Sharp Coronado Hospital.

At our tranquil, spa-like destination, guests can receive treatments for more than 40 conditions — including arthritis, back pain and headaches — in a safe environment. We offer customized Swedish, hot stone, deep tissue and sports massages; acupuncture; microneedling and more. Certified massage therapists and licensed acupuncturists incorporate clinical aromatherapy in their treatments.

The Sewall Healthy Living Center also offers personalized weight-loss programs to help people achieve their goals.

Gift certificates for all services can be purchased in person or by calling 619-522-3798. Learn more about the Sewall Healthy Living Center at sharp.com/healthylivingcenter.





Never Worry About Charging Your Golf Cart Again

OUR STORY

“Once Upon A Time” my son and I were discussing solar systems over lunch. Being licensed electricians, we were familiar with Solar Applications and its advantages.

After conducting a fair amount of research, we determined that Solar Technology had advanced to the point that adding a Solar Panel to the roof of a golf cart could significantly add to the travel range, as well as several other advantages including Green Movement Tax Credits.

I had recently moved to a golf cart community and purchased a cart of my own, after installing the best and most powerful system available, the concept of installing Solar Panels on golf carts was conceived.

We began spreading the word to our friends who owned electric carts and began installing Solar Panels on their carts in our spare time out of our garage in Oceanside, CA. Due to the publicized acceptance and popularity in Beach Communities of San Diego County, we decided to expand the business even further. Many beach cities have permitted the use of golf carts in 35 mph zones and are expanding Bike Lanes to 7 feet wide to accommodate their use.

So, there you have it. There is more to the story and we would love to discuss it with you while we install your Solar Panels on your cart.

We took the concept of Green Solar Energy and put it to practical use to lessen the carbon footprint.

We look forward to meeting you soon.

Richard Stachowicz
Ride All Day Solar Carts
Owner and Coronado Resident



ENVIRONMENTAL BENEFITS

Make the Earth Happy. Solar energy is clean. No carbon dioxide is released into the atmosphere as it is when batteries are plugged into the wall to charge. Similarly, no fossil fuels are consumed as they are in gas-powered golf carts. The sun's energy is both clean and renewable. With their renewable, clean energy and lack of generated pollution, solar charged golf carts are an Earth-friendly option. You can help ensure that golf courses will be around for a very long time.

FINANCIAL BENEFITS

While it can be costly up front to buy a solar-powered golf cart or convert your existing cart to solar, in the long run, you might save money. You might be eligible for cost incentives offered to people who go solar. Some programs include:

- Federal tax credits
- Federal grants
- State and local utility tax credits
- Rebates

Together, these can help make solar power an affordable option for your golf cart. Additionally, you will likely save quite a bit of money on your electricity bill without having an electric vehicle drawing from your home's electricity supply. Individuals aren't the only ones who benefit monetarily from solar power. When entire golf courses convert their fleets to solar-powered vehicles, they can slash their annual charging costs by about 20 percent. Whether you want to enhance the performance of your golf cart, help the environment, or save money in the long run, you're sure to benefit from changing your power to the sun.

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OPINION

A very merry “Thank You” to the Chamber and city staff

The magical night was made possible thanks to the leadership of Rena Clancy and Kerri Dowling of the Coronado Chamber of Commerce

By Richard Bailey

The start of the holiday season kicked off Dec. 1 with the 48th annual holiday parade.

Thousands of residents and visitors watched the festivities culminating in the tree and menorah lighting at Rotary Plaza.

The magical night was made possible thanks to the leadership of Rena Clancy and Kerri Dowling of the Coronado Chamber of Commerce. The two organized the parade entries, coordinated with city departments, and spearheaded the massive upgrade to the tree lights.

Thank you!

Upgraded tree lights

The upgraded tree lights are now in their second year and are made possible by funding from the city of Coronado and Discover Coronado.

Our city staff was also critical in making the event a success.

Public safety personnel marched in the parade and were on duty providing traffic control and responding to emergency calls.

We also received support from other law enforcement agencies, including the County Sheriff’s Department.

Public services assisted with event set up and clean up.

Team effort

It was a total team effort. Thank you!

Event sponsors Discover Coronado, EDCO, and



Mayor Richard Bailey extended a hearty “Thank You” to the Coronado Chamber of Commerce for putting on the Holiday Parade and Tree Lighting on Dec. 1. Photo courtesy of the Coronado Chamber of Commerce

Cal-Am made generous contributions to help cover expenses. Thank you!

And, of course, our Coronado community showed up as always. I want to extend my thanks to all of the parade entries, to our local businesses for staying open late, to Rena Clancy and Fred Eckert as fantastic emcees, to the Woiwodes leading us in carols, and to the thousands of smiling

faces that gathered around Santa and Mrs. Claus to watch the lighting of the brightest tree in southern California.

On behalf of our entire community, thank you to everyone who made the kickoff to the holiday season a success!

Richard Bailey is the mayor of Coronado.

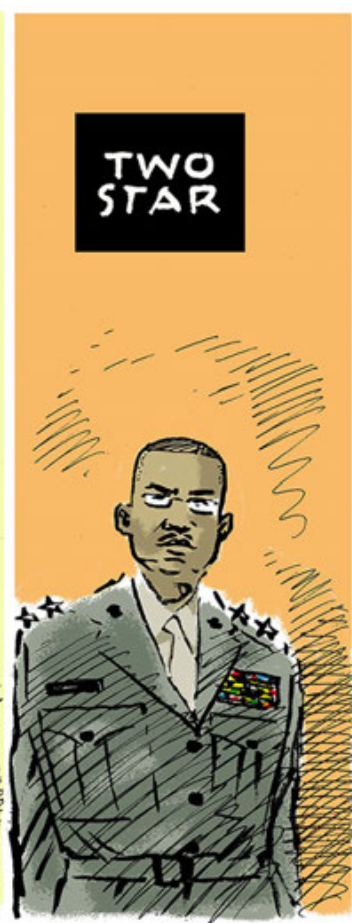
The Coronado News gladly accepts Op-Eds and Letters to the Editor. Please send them to Editor Craig Harris at craig@thecoronadonews.com.

Lisa Benson 12-7 Counterpoint Media

There was an old man who hadn't a clue,
He had so many immigrants he didn't know what to do;
He told the states to make sure they were fed,
He blamed the Republicans and went back to bed.



LISA BENSON



JACK OHMAN

CORONADO

Cays Park largely to become sports fields under city plan

» Continued from Page 1

ask the public what they might want to see besides the initial fix of the irrigation system at the park.

So, the list of maintenance and upgrades went from replacing the irrigation system to putting down new pathways and new restrooms for an estimated total cost of \$13-15 million, according to the staff report.

But, in addition to the \$13-15 million, reimagining and renovating the entire park would add \$15-20 million, bringing the total for the now new Cays Master Plan to \$30-35 million.

There was overall support from residents for using all of the park or three-fourths for sports fields, said Glen Schmidt from Schmidt Design Group, which was presenting the master plan.

According to those who spoke during public comment, redoing the park was not really an issue: It was also figuring out how much space to dedicate to sports and what amenities to keep or take away among other smaller items being presented.

However, during public comment, a few other issues arose.

A few concerned residents wanted to make sure that their views of the ocean wouldn't be obscured with shade structures possibly being built and trees being planted under the new master plan.



Public comment and council deliberations lasted a total of five hours on the Cays Master Plan. Staff photo by Madeline Yang

"I live on the park, it's one of the reasons why we bought our house. We live and breathe it every single day," said Cays resident Jessica Kelly. "People buy their houses, obviously, for those views."

Many residents also were concerned about who was going to be on the field and which sports the fields were going to be used for.

Soccer was the main and most popular sport mentioned, but community members as well as Councilwoman Carrie Anne Downey were concerned that other sports might not have the same opportunities or availability for the fields as soccer.

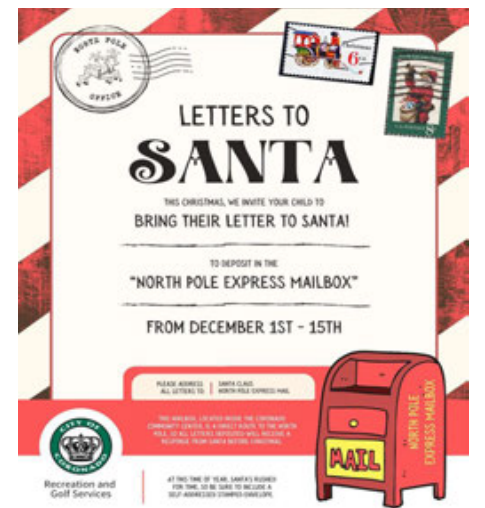
"Is there a way to have our cake and eat it too?" said Councilman Casey Tanaka. "Is there a way to

maintain our field space and add your bocce ball place, your drop-in football?"

At the end of the deliberation, all council members approved a plan to have 75% of the park used for sports fields and to take into consideration the amenities.

"I am leaning towards 75% because I want to make a division so that we have a certain space in that park which is always going to be open to something other than field use," Councilwoman Downey said.

The design team will now work collaboratively with the city to create one preferred plan with the 75% option, and will then go through a second round of additional input from the community.



Santa's North Pole Express mailbox open to gather wishes. Graphic courtesy of the City of Coronado

Santa's North Pole Express mailbox is open through today, Dec 15

The Coronado News

Santa's North Pole Express mailbox is open to gather wishes.

Kids of all ages can drop off letters at Santa's enchanted "North Pole Express Mailbox" in the Coronado Community Center, 1845 Strand Way, until Dec 15.

The City of Coronado Recreation Services is sponsoring the North Pole Express, and promises that every letter goes straight to Santa — and he promises a reply (even if you've been a bit naughty).

So, don't forget to spill the beans about your niceness to Santa and address your letters to: Santa Claus/North Pole Express Mail.

City officials, who have a direct line to Santa, say the jolly ol' fella is a bit strapped for time, so include a self-addressed and stamped envelope with your letter for Santa's speedy reply.

Questions? Call (619) 522-7342.

NJROTC cadets compete at SOCAL Aerial Drone Competition

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The Navy's Air Boss, RADM Wikoff visited the competition and spoke with students, and recognized Kyla Granados, a CHS cadet who earned the FAA Part 107 Commercial Drone Pilot License.

The event had support from the

Naval Aviation Community which provided an MQ-8 FIRESCOUT as a static display along with a pilot who explained how the Navy uses the system.

Naval Special Warfare Group ONE also provided sailors that showed students operational drones and described how the skills cadets were

using in the competition have real world benefit.

The National Director of the Aerial Drone Competition attended the competition as well as the CEO of Robolink (the company that manufactures the competition drone). Both described the cadets and the event as "fantastic."

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brunch noun

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To check out our menu or make a reservation for our brunch service, we invite you to visit our website at Chezloma.net or use OpenTable. Thank you for considering Chez Loma for your brunch plans. We look forward to welcoming you and your guests to our establishment and providing you with a truly outstanding brunch experience.

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CORONADO

Coronado 365 Magazine now in digital format

Publication moves to ad-free, reader-supported model

The Coronado News

Coronado 365 Magazine is now available on Substack (coronado-365magazine.substack.com), a publishing platform that delivers content via web, email and through an app.

The new format is entirely reader supported, and it's the same "insightful, quality stories and regular features that won the print version of Coronado 365 awards from the San Diego Press Club and the San Diego Chapter of the Society of Professional Journalists," said Leslie Crawford, the founder.

The magazine now is delivered directly into every subscriber's inbox. Beginning December, some fea-

tures will be available to paid subscribers only. Subscriptions pay the seasoned journalists who write the stories.

While the print version of Coronado 365 received many accolades from readers for its paper quality and size, weak advertising and high production costs made it impossible to continue printing, Crawford said.

She added that the digital version is not limited to geographic boundaries, reaching a broader audience of former and part-time residents. The elimination of paper and transport, also makes it a more environmentally friendly option.

Since Coronado 365 was launched on Nov. 1, 151 readers have subscribed with 43 paid subscribers, she said.

Coronado 365 Magazine was founded by Leslie Crawford and Martina

Schimitschek.

The first issue was delivered to every address in the 92118 ZIP code in January 2022.

The idea for the magazine was formulated by the two during the pandemic.

Crawford said she had been a founding partner of Crown City Magazine, and Schimitschek was Crown City's managing editor and graphic designer for a time.

Crawford, a Coronado native, was the founder of WelcomeToCoronado.com and is a longtime volunteer of many community organizations. She is a published author, award-winning writer and a UCCE certified San Diego Master Gardener.

Schimitschek is a San Diego native who started her award-winning journalism career as a news assistant and

a reporter at the San Diego Tribune.

After the merger of The San Diego Union and The Tribune, she served in a variety of roles including assistant travel editor, copy editor and features page designer. She continued her career freelancing as an editor and writer and graphic designer.

Crawford and Schimitschek believe there's a place in Coronado for a high-quality publication that explores the city and its residents on a deeper level.

Only 15 issues of Coronado 365 were printed, but the magazine won multiple awards for design, stories and headlines from the San Diego Press Club and the San Diego Chapter of the Society of Professional Journalists in 2022 and 2023.

Submitted by Coronado 365 Magazine.

Santa is coming to town on Christmas Eve to deliver gifts to local families for 94th year

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Bank and the Coronado Fire Department, co-chair Bob Syverson said.

For anyone who wants to participate, the Rotary asks parents, grandparents or guardians to drop off their presents to Chase Bank, 1000 Orange Ave. from 12 to 5 p.m. beginning Tuesday, Dec. 19 through Friday, Dec. 22.

The presents must be gift wrapped, have the child's first name, phone number and address clearly marked on the outside.

Syverson is a co-chair of the Santa Committee with his wife Debby and Tim Hodges. He said he has accumulated 15 years of involvement with the Santa program, both as a chair and as a Santa.

Dressed in a state-of-the-art Santa suit, Syverson has personally delivered gifts to people ranging from 9

months old to 90.

"It's one of the most feel-good events we do because you're actually getting a chance to visit with the person who's getting the benefit of your goodwill," Syverson said.

And he's not the only one.

Each year, 10 to 15 Santas take off around town with their Rotary elves to deliver anywhere from 150 to 400 gifts to Coronado residents and those in Naval housing.

Syverson said many Rotary Club members have been participating for 10 to 15 years, and just last year, Wayne Strickland, a former Coronado Fire Department captain, retired from being Santa after a 20-year stretch.

The Rotary elves will log all of the presents to make sure no one is left out on Christmas Eve, and families can expect a visit from Santa Claus from 5 to 7 p.m. on the 24th.



From left: Rotarian Tim Hodges, Fire Chief Jayson Summers, Santa Claus and Chase Branch Manager Katherine Moser stand in front of Chase Bank in Nov. 2023. Photo courtesy of Bob Syverson

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Canned seafood moves beyond tuna sandwiches

The country's canned seafood industry is moving well beyond tuna sandwiches in a pandemic trend that stuck

Associated Press

SAN FRANCISCO (AP) — Sardines swirling in preserved lemons. Mackerel basking in curry sauce. Char-grilled squid bathing in ink. All are culinary delicacies long popular in Europe that are now making their mark on U.S. menus.

The country's canned seafood industry is moving well beyond tuna sandwiches, a pandemic-era trend that began with Americans in lockdown demanding more of their cupboard staples.

Since then, the U.S. market has only expanded, fueled by social media influencers touting the benefits of the high-powered protein food in brightly colored metal containers.

On the TikTok channel Tinned — Fishionado, Kris Wilson posts recipes for quick meals, including one mixing leftover rice, soy sauce, avocado and a runny egg with a tin of smoked mussels from the Danish company Fangst.

Tinned fish, as it's called in Europe, is now a regular offering on menus at wine bars from San Francisco to Houston to New York, where patrons scoop the contents straight out of the can.

There are even tinned fish clubs that mimic wine clubs by sending members monthly shipments of various seafood packed in various combinations of spices, oils and sauces. Videos on tinned fish, from tastings to how-to tips on cleaning the fishy smell from cans, have generated more than 30 million views on TikTok.

U.S. canned seafood industry sales have grown from \$2.3 billion in 2018 to more than \$2.7 billion so far this year, according to market research firm Circana.

Becca Millstein opened a Los Angeles-based tinned fish business in 2020 after eating more of it during coronavirus lockdowns.

"When we were all quarantining at home, preparing 100% of our meals day in and day out, it was very time consuming to create satiating meals," she said. "I just found myself eating so much canned fish, and at the same time, the options that I found when strolling up and down the aisles of my local grocery store just were not great."

Millstein lived in Spain in college and spent time in Portugal, both countries where tinned fish has long been a part of people's diets, so she knew there were better options to be had.

"I was eating the same canned fish that my great grandmother Rose in Brooklyn was eating in the 1930s," she said. "I thought that was just insane."

Her company, Fishwife Tinned Sea-



An order of tinned fish prepared at the DECANTsf bar is pictured, Friday, Oct. 13, 2023, in San Francisco. AP Photo/Haven Daley

"These are products that you would want to serve to people who are coming over for dinner They're not just something that you would want to maybe like mash up really quickly and feed yourself for a quick, cheap protein fix."

- Becca Millstein, founder of Los Angeles-based tinned fish company Fishwife



Becca Millstein. AP Photo/Lindsey Wasson

food Co., set out to offer high-quality, sustainably sourced seafood.

Millstein said she sought out canneries in Spain and Portugal and contacted fishers along the West Coast who connected her to canneries in Oregon and Washington.

"Our mission is really to just galvanize the canned fish industry and transform and make it what we think it can be," Millstein said, adding that means offering much more "than tuna fish sandwiches."

Priced from \$7.99 to \$10.99 per tin, Fishwife products are meant to be delicacies that can be served over rice bowls, on charcuterie boards or in salads, Millstein said. She added that her company's sales grew by 250% from 2021 to 2022, and are on track to jump about 150% this year, though she declined to release dollar figures.

To that end, Fishwife's products include smoked salmon brined in

salt, garlic salt and brown sugar then hand-packed into cans with Sichuan chile crisps crafted in the Chinese city of Chengdu. Its anchovies from the Cantabrian Sea are packed with premium Spanish extra virgin olive oil, sourced directly from farmers in northern Spain.

The company's smoked albacore tuna is caught in the Pacific Northwest, with one fishing pole at a time to minimize harm to marine species such as sea turtles, sharks, rays, dolphins and seabirds that can be caught unintentionally during commercial fishing operations.

"These are products that you would want to serve to people who are coming over for dinner," Millstein said. "They're not just something that you would want to maybe like mash up really quickly and feed yourself for a quick, cheap protein fix."

Simi Grewal, a co-founder of the San Francisco wine shop and bar DECANTsf, said her business turned to tinned fish to feed customers partly because it doesn't have a kitchen suitable for cooking.

"It's super versatile, especially when we're talking about pairing with wine," she said.

Tinned fish at the shop runs anywhere from \$8 for Ati Manel garfish, a needle-like fish offered in olive oil from Portugal, to \$36 for Conservas de Cambados 'Sea Urchin Caviar' from Spain's Galician estuaries.

"People make a lot of assumptions about, you know, tinned fish being a

cheap product. And you know, when you come here, this is a very highly curated program," she said. "I spend hours and hours a month researching these folks and trying to find what are the newest items that they have out."

Maria Finn, a chef and author in the Bay Area, said tinned fish is attracting everyone from foodies in search of the newest taste to doomsdayers stocking their bunkers. She takes the mussels from Patagonia Provisions on her annual mushroom hunts for a quick lunch and keeps packed cans of Wild Planet sardines in her bag in case wildfire threatens her home.

"I figure if anything can keep you alive for a long time, it's going to be a tin of sardines packed in olive oil," she joked.

Tinned fish can last up to five years and requires no refrigeration, offering an environmentally friendly alternative to meat, which is the largest agricultural source of greenhouse gasses and has a bigger carbon footprint than any other protein source. The way humans produce and consume food contributes nearly 30% to greenhouse gas emissions, according to scientists.

But tinned fish is not without its drawbacks.

The U.S. Food and Drug Administration has cautioned people, especially pregnant women, to avoid eating too much fish, especially tuna or swordfish that may contain high amounts of mercury. But many tins contain smaller fish like sardines and anchovies that have the added benefit of being low in mercury. The canned products, however, tend to have a higher salt content than fresh seafood, health officials say.

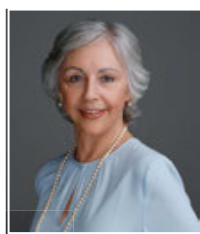
Greenpeace has expressed concerns about overfishing to meet the growing demand and cautions buyers to do their research to make sure the products are sustainable. Longlining is one of the most commonly used methods for fishing tuna, which can snare other species like turtles or dolphins, according to the environmental group.

California was once home to thriving sardine canning factories in the coastal town of Monterey, which inspired John Steinbeck's "Cannery Row." The industry disappeared decades ago as the fish population plummeted. The canneries have long been replaced with hotels, restaurants and souvenir shops.

John Field, a research fishery biologist with the National Marine Fisheries Service, doesn't see large factories ever coming back, but he said the trend could help small local canneries and sustainable fishing.

He admits thought that he's not so sure about ordering a tin off a menu.

"Personally, when I go out to an expensive dinner, I probably would prefer to have fresh fish than from a can," he said.



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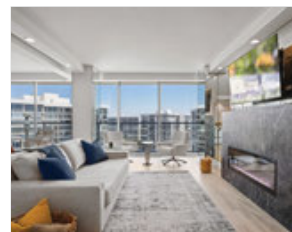
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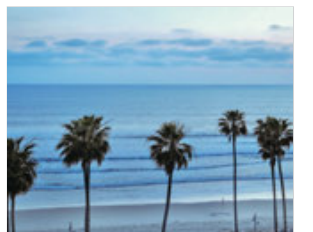
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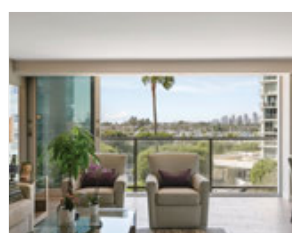
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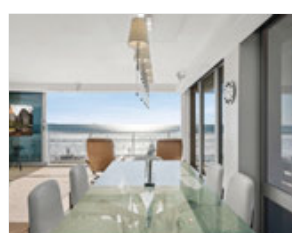
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Incarcerated men stand outside the classroom of the Peer Literacy Mentor Program at San Quentin State Prison in San Quentin, Calif., Friday, March 17, 2023. Californians released from prisons could receive direct cash payments along with help in job searches and other support under a first-in-the-nation program aimed at easing the transition out of incarceration and reducing recidivism. AP Photo/Eric Risberg, File

Some Californians released from prison will receive \$2,400 under new state re-entry program

Recipients will get the money over a series of payments after meeting certain milestones

Associated Press

LOS ANGELES (AP) — Hundreds of Californians released from prisons could receive direct cash payments of \$2,400 — along with counseling, job search assistance and other support — under a first-in-the-nation program aimed at easing the transition out of incarceration and reducing recidivism.

Recipients will get the money over a series of payments after meeting certain milestones such as showing progress in finding places to live and work, according to the Center for Employment Opportunities, which runs the program announced this week.

The goal is to give people a chance “to cover their most essential needs” like bus fare and food during the crucial early days after exiting incarceration, said Samuel Schaeffer, CEO of the national nonprofit that helps those leaving lockups find jobs and achieve financial security.

“The first three to six months are the riskiest, when many people end up back in prison,” Schaeffer said Thursday. “We want to take advantage of this moment to immediately connect people with services, with financial support, to avoid recidivism.”

The governor’s Workforce Development Board, devoted to improving the state’s labor pool, is providing a \$6.9 million grant to boost community-based organizations and expand so-called re-entry services for the formerly incarcerated.

About \$2 million of that will go directly to ex-inmates in the form of cash payments totaling about \$2,400 each. The center said the money will be paid incrementally upon reaching milestones including: engaging in employment preparation meetings with a jobs coach; making progress toward earning an industry credential or certificate; and creating a budget and opening a bank account.

Schaeffer said the new program is a “game changer” and the first of its kind in the nation, one he hopes other states will copy.

He said his group distributes money and coordinates services along with local groups that provide services including career training and mental health counseling. The program got a sort of test run at the height of the COVID-19 pandemic, when the Center for Employment Opportunities was tasked with distributing direct pay-



Incarcerated men are seen in the recreation yard with Mt. Tamalpais in the background during a media tour at San Quentin State Prison in San Quentin, Calif., on July 26, 2023. Californians released from prisons could receive direct cash payments along with help in job searches and other support under a first-in-the-nation program aimed at easing the transition out of incarceration and reducing recidivism. AP Photo/Eric Risberg, File

“The first three to six months are the riskiest, when many people end up back in prison. ... We want to take advantage of this moment to immediately connect people with services, with financial support, to avoid recidivism.”

- Samuel Schaeffer, CEO Center for Employment Opportunities

ments to about 10,000 people struggling with financial difficulties.

Schaeffer said to promote equitable access to the funds, the center is recommending its partners impose limited eligibility criteria for receiving payments. Aside from meeting the agreed-upon milestones, there are no rules for how the money can be spent.

Advocates say people returning from incarceration often struggle to find places to live and work as they try to reintegrate back into their communities. Around 60% of formerly incarcerated individuals remain unemployed within the first year of being

home, the center estimates.

Assemblyman Tom Lackey, a Republican from Palmdale who often focuses on justice system issues, said he applauds any attempt to reduce recidivism. But he worries this new program lacks a way to track progress and make sure taxpayers are getting their money’s worth.

“If we are going to issue stipends without parameters for accountability I worry about the return on our investment as it relates to outcomes and community safety,” Lackey said in a statement Thursday.

Schaeffer said he expects his organi-

zation will be flexible as the program rolls out, “to keep on refining it and keep on getting smarter on how to use it” and make sure every dollar counts.

“I wish this partnership had existed while I was in re-entry,” said Carmen Garcia, who was formerly incarcerated himself and is now director of the Root & Rebound, a nonprofit offering legal advocacy for people leaving prison.

He said the expanded program will allow groups like his to “offer these expanded services to more people who are working to rebuild their lives after incarceration.”

PAWS of Coronado hits 20 year milestone, dedicated to taking in neglected animals

» Continued from Page 1

ples of PAWS' overall mission: "To advocate for animal welfare by providing adoption and rehabilitation services."

And, it's only one of the services that PAWS has offered for many years.

Louise Shirey founded PAWS of Coronado 20 years ago as a direct response to deal with the plight of unwanted animals in Coronado.

She started the organization to be more than just a shelter, but a space where neglected animals could get care, attention and opportunities for adoption.

As a rescue, PAWS can provide more specialized care for their animals and an alternative to euthanasia through hospice care and long-term fostering, Stein said.

She added that following a "legal stray hold and ID trace," PAWS administers core vaccines and parasite prevention to all animals that come into its care. Additionally, all animals undergo spay and neuter surgeries.

"And, we offer necessary medical intervention," Stein said.

Stein explained the process to administer vaccines and parasite preventatives is done by the staff of one veterinary doctor, three registered veterinary technicians and six animal care attendants.

From there, they take the animals to veterinary appointments out of town for imperative surgeries, such as spay and neuter surgeries.

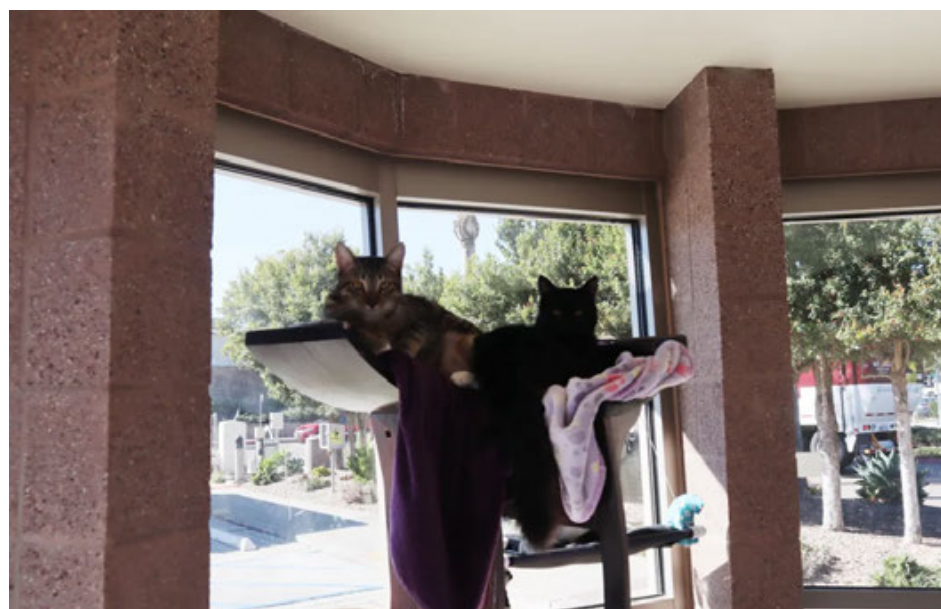
This process happens with every animal that PAWS adopts out, which is over 400 animals a year.

PAWS currently houses 21 dogs and nine cats in its building at 1395 First Street. The numbers fluctuate weekly or even daily, said Stein. These animals are all up for adoption.

In addition, they have five dogs in foster homes and two cats, one of which is a medical foster.

Overcrowding has been a serious issue for PAWS in recent years, considering the building was initially designed for nine dogs and 12 cats.

"We try to provide them with as



PAWS currently houses 21 dogs and nine cats. Staff photo by Sofie Fransen

much space as we possibly can that fits in our building to accommodate," Stein said. "Ideally, we get them out to different rescues or foster homes the best we can."

PAWS accommodates the extra animals gracefully, however the overcrowding is less than ideal, she said.

The shower room was turned into a place for a dog and the garage space was filled for more dog locations.

Daniel Barbour, the doctor of veterinary medicine on site at PAWS, said the overpopulation of pets at PAWS is a microcosm of what is going on with animal shelters at a national level.

"It's not just a Coronado thing. It's not just a San Diego thing. It's not just a California thing. It's a national issue," Barbour said.

One of the things Barbour attributes the overpopulation of stray animals to is the increase in veterinary care deserts.

According to the American Veterinary Medical Association, the working definition for a veterinary care desert is "a geographic area (census tract) where accessible, affordable and available veterinary care is limited."

These significant barriers in access to veterinary care directly lead to overcrowding in animal shelters.

"People are just not able to get veterinary care," Barbour said. "They're not able to afford veterinary care, so it's easier for people to really kind of just let these animals go. Or, people think that, oh this is an affluent community; they'll be taken care of here."

While Barbour said that this assumption is not necessarily untrue, it is a huge undertaking to take on animals with unknown medical and behavioral conditions, and more resources are necessary to fill the need.

Barbour said it is important for pet owners to understand that there are plenty of resources available to help with ownership, as opposed to abandonment, such as owner surrender programs, solutions in preventive care, vaccine clinics, and behavior training.

"A lot of people don't think about animal shelters and their communities being a resource center, but that's absolutely what they are," Barbour said.

In addition to these resources, PAWS has a dedicated staff and volunteers who take care of the day-to-day needs of the animals.

While the board of directors volunteer their time to oversee the organization, the small staff is always keeping the best interest of the animals in mind, Stein said.

PAWS also is supported by the help of 30 to 40 volunteers each month.

Doug Deauzat is one of them.

Deauzat began volunteering at PAWS in 2011 after seeing someone walking a dog for PAWS as he was sitting on a bench. He said his wife had just passed away that year, and volunteering at the organization seemed like a good use of time.

"So I started walking dogs," Deauzat said. "Sometimes two a day, sometimes five days a week. I mean, it was giving me something to do. And then they needed help at the desk, so if I wasn't working here, I was walking dogs."

Deauzat now fosters two cats - Jill and Tucker - in their 20s.

"I was bringing the dog back when I went by and I saw her," Deauzat said about Jill. "She's black and white and I went, 'Oh, what a pretty cat,' and I looked at the writing and I thought, 'nobody's going to adopt these. They're too old.'"

So he took in the sibling pair as foster cats. Jill still comes into PAWS twice a week so she can get fluids.

Each animal gets 20 to 30 minutes outside two to three times a day and goes on multiple walks a day, so volunteers are essential to fill this role.

To best support PAWS as a volunteer, community members can spend time with the animals to help them acclimate to people and assist the staff in cleaning and caring for them.

For those interested in volunteering at PAWS, there is a volunteer training at 10 a.m. on Dec. 16.

The training will be followed by an open house from 1:30 to 3:30 p.m. to celebrate PAWS' 20th anniversary.

Those interested in adoption should start by checking out the PAWS' website and completing an adoption application.

Bradley Thomas, the adoption and foster coordinator, will review the applications and set up a consultation.

In addition to adoption and fostering, individuals can support PAWS with monetary donations or by providing supplies from their Amazon wishlist.

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California faces record \$68 billion budget deficit

It's the biggest deficit by dollars in state history, but previous deficits have been larger as a percentage of state spending

Associated Press

SACRAMENTO, Calif. (AP) — California is facing a record \$68 billion budget deficit, state officials announced Thursday, forcing hard choices for Democratic Gov. Gavin Newsom in his final term as he works to build his national profile.

The nation's most populous state — with an economy that is the fifth largest in the world — has been struggling since last year because of the rising prices of most goods and services and how the U.S. government has been trying to control it.

It is now much more expensive for people and businesses to borrow money, meaning fewer people are buying homes and fewer businesses are hiring workers. That is leading to fewer tax collections for the state.

A series of damaging storms last winter have made the problem worse. The storms were so bad that state officials decided to give people and businesses more time to pay their taxes this year. Californians did not have to pay their 2022 taxes until November of this year. That meant Newsom and the Legislature had to come up with a budget over the summer without knowing how much money the state had to spend.

It turns out that they badly misjudged how much taxes people and businesses would pay. The nonpartisan Legislative Analyst Office said tax collections were off by \$26 billion, a major driver of the deficit. When combined with the economic slowdown California has been facing since last year, it leads to a predicted deficit of \$68 billion, Legislative Analyst Gabriel Petek announced on Dec. 7.

That is the biggest deficit by dollars in state history, but previous deficits have been larger as a percentage of state spending. California's current



Legislative Analyst Gabriel Petek, left, discusses Gov. Gavin Newsom's proposed 2020-21 revised state budget during a hearing at the state Capitol in Sacramento, Calif., May 26, 2020. AP Photo/Rich Pedroncelli, Pool, File

budget tops \$300 billion, the largest by far of any state.

Newsom and the state Legislature now must come up with a plan to cover this deficit. Newsom will present his plan in January and then negotiate with state lawmakers through June. The next budget year begins July 1.

Newsom's first term in office was buoyed by record-smashing surpluses of more than \$100 billion in some years. The money allowed him and his Democratic allies in the state Legislature to greatly expand government, including paying for guaranteed health insurance for all low-income adults regardless of their immigration status and free lunches for all public school students.

Now in his second term, growing budget deficits could threaten some of Newsom's accomplishments at a time when he is building his national profile that could lead to a run for president beyond 2024. The Legislative Analyst Office says their projections, from 2022-2023 through 2027-2028, show a cumulative deficit of \$155 billion.

Still, even in the face of deficits, Newsom and the state Legislature last year gave a lucrative tax break to the

state's film and television industry while also agreeing to gradually raise the minimum wage for health care workers to \$25 per hour. That wage increase will cost the state about \$20 billion this year in increased labor costs and Medicaid payments to hospitals.

"Republicans cautioned that this level of spending would lead to greater deficits, and it would be more prudent to show restraint. Unfortunately, the majority party ignored those warnings," said state Sen. Roger Nello, a Republican from Fair Oaks and vice chair of the committee that oversees the state budget.

California is still in a strong position to weather the deficit compared with previous years, including the Great Recession more than a decade ago when the state struggled to have enough cash to pay its bills.

For one thing, the state has more than \$37 billion in various savings accounts. Petek, the legislative analyst, suggested Newsom and lawmakers could use some — but not all — of that money to help balance the budget. In particular, Newsom could use the reserves to protect public schools from painful spending cuts.

Petek also said lawmakers could

cancel about \$11 billion of planned one-time spending. But even if they do all of that, it likely still wouldn't be enough to cover the deficit.

"The state remains in a good cash position," Petek said. "I would stop short of calling it a crisis."

Assembly Speaker Robert Rivas, a Democrat from Salinas, pledged to craft a budget that "protects classroom funding and prioritizes support for core programs."

Toni Atkins, the Democratic president pro tempore of the state Senate, vowed to pass a budget "protecting middle class taxpayers and the programs and resources that help Californians and families."

A spokesperson for Newsom said the governor will propose a budget that "protects vital services and public safety."

The economic downturn has had a greater impact in California than other states, mostly because of its size and that it relies heavily on taxes paid by the wealthy.

The number of unemployed workers has risen by nearly 200,000 since last year, enough to increase the state's unemployment rate to 4.8% from 3.8%. The national unemployment rate is 3.9%.

Layoffs have hit the tech sector particularly hard, which has been the backbone of the state's economic growth and revenue, said Sung Won Sohn, an economics professor at Loyola Marymount University.

"They expanded greatly during the pandemic and now they are finding that they have too many people and they need to cut back expenses," Sohn said.

Home sales in California have been cut in half compared with two years ago as average monthly mortgage payments have jumped to more than \$5,500 from \$3,700, said Oscar Wei, deputy chief economist for the California Association of Realtors.

Wei said he expects interest rates to fall slightly in 2024 to around 6.5% — still well above the 3% rates seen during the pandemic.

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NAVY

Centenarian survivors of Pearl Harbor attack return to honor those who perished 82 years ago

Servicemen from that historic day returned Dec. 7, the anniversary of the attack, to remember the more than 2,300 killed

Associated Press

PEARL HARBOR, Hawaii (AP) — Ira “Ike” Schab had just showered, put on a clean sailor’s uniform and closed his locker aboard the USS Dobbin when he heard a call for a fire rescue party.

He went topside to see the USS Utah capsizing and Japanese planes in the air. He scurried back below deck to grab boxes of ammunition and joined a daisy chain of sailors feeding shells to an anti-aircraft gun up above.

He remembers being only 140 pounds as a 21-year-old, but somehow finding the strength to lift boxes weighing almost twice that.

“We were pretty startled. Startled and scared to death,” Schab, now 103, said. “We didn’t know what to expect and we knew that if anything happened to us, that would be it.”

Eighty-two years later, Schab returned to Pearl Harbor on Dec. 7, the anniversary of the attack, to remember the more than 2,300 servicemen killed.

He was one of five survivors at a ceremony commemorating the assault that propelled the United States into World War II. Six of the increasingly frail men had been expected, but one was not feeling well, organizers said.

The aging pool of Pearl Harbor survivors has been rapidly shrinking. There is now just one crew member of the USS Arizona still living, 102-year-old Lou Conter of California.

Schab, the oldest of those who attended this year’s ceremony, arrived in a wheelchair with his son, daughter and other family.

A crowd of a few thousand invited guests and members of the public joined them in holding a moment of silence at 7:55 a.m., the same time bombs began falling decades ago.

Four F-22 jets flew overhead and broke the quiet, one splitting away from the rest in a “missing man formation” that honored the fallen.

The Dec. 7 ceremony was held on a field across the harbor from the USS Arizona Memorial, a white structure that sits above the rusting hull of the battleship, which exploded in a fireball and sank shortly after being hit.

More than 1,100 sailors and Marines from the Arizona were killed and more than 900 are entombed inside.

David Kilton, the National Park Service’s interpretation, education and visitor services lead for Pearl Harbor, noted that for many years survivors frequently volunteered to share their experiences with visitors to the historic site. That’s not possible anymore.

“We could be the best storytellers in the world and we can’t really hold a candle to those that lived it sharing their stories firsthand,” Kilton said. “But now that we are losing that generation and won’t have them very much longer, the opportunity shifts to reflect even more so on the sacrifices that were made, the stories that they did share.”

The U.S. Department of Veterans Affairs doesn’t keep statistics for how many Pearl Harbor survivors are still living.

But department data show that of the 16 million who served in World War II, only about 120,000 were alive as of October and an estimated 131 die each day.

There were about 87,000 military personnel on Oahu at the time of the attack, according to a rough estimate compiled by military historian J. Michael Wenger.

Schab never spoke much about Pearl Harbor until about a decade ago. He’s since been sharing his story with his family, student groups and history buffs. And he’s returned to Pearl Harbor several times since.

The reason? “To pay honor to the guys that didn’t make it,” he said.

Harry Chandler, 102, recalled raising the flag at a mobile hospital in Aiea Heights in the hills above Pearl Harbor in 1941. He was a Navy hospital corpsman 3rd Class at the



The USS Arizona Memorial is seen during a ceremony to mark the 82nd anniversary of the Japanese attack on Pearl Harbor, Thursday, Dec. 7, 2023, in Honolulu County, Hawaii. Pearl Harbor Survivors, World War II veterans and their families gather in Pearl Harbor to commemorate those who perished 82 years ago. AP Photo/Mengshin Lin

“Now that we are losing that generation and won’t have them very much longer, the opportunity shifts to reflect even more so on the sacrifices that were made, the stories that they did share.”

- David Kilton, the National Park Service’s interpretation, education and visitor services lead for Pearl Harbor

time.

Sitting in his front row seat on the ceremony grounds overlooking the harbor on Thursday, Chandler said the memories of the USS Arizona blowing up still come back to him today.

“I saw these planes come, and I thought they were planes coming in from the states until I saw the bombs dropping,” Chandler said. They took cover and then rode trucks down to Pearl Harbor where they attended to the injured.

He remembers sailors trapped on the capsized USS Oklahoma tapping on the hull of their ship to get rescued, and caring for those who eventually got out after teams cut holes in the ship.

“I look out there and I can still see what’s going on. I can still see what was happening,” said Chandler, who today lives in Tequesta, Florida.

Asked what he wants Americans to know about Pearl Harbor, he said: “Be prepared.”

“We should have known that was going to happen. The intelligence has to be better,” he said.

Schab’s ship, the Dobbin, lost three sailors, according to Navy records. One was killed in action and two died later of wounds suffered when fragments from a bomb struck the ship’s stern. All had been manning an anti-aircraft gun.

Marine Corps. Capt. Daniel Hower, the 29-year-old grand-nephew of Conter, the last remaining USS Arizona survivor, delivered the keynote address, reading from a podium as he faced the survivors seated in the front row, Pearl Harbor sitting still behind them beneath a light blue sky and scattered white clouds. Hower ac-



Ira Schab, right, who survived the attack on Pearl Harbor as a sailor on the USS Dobbin, talks with reporters while sitting next to his son, retired Navy Cmdr. Karl Schab, on Dec. 7, 2022, in Pearl Harbor, Hawaii. Eighty-two years later, Schab returned to Pearl Harbor on the anniversary of the attack to remember the more than 2,300 servicemen killed. AP Photo/Audrey McAvoy



Pearl Harbor survivors Harry Chandler, 102, left, and Herb Elfring, 101, talk to each other during the 82nd Pearl Harbor Remembrance Day ceremony on Thursday, Dec. 7, 2023, at Pearl Harbor in Honolulu, Hawaii. Pearl Harbor Survivors, World War II veterans and their families gather in Pearl Harbor to commemorate those who perished 82 years ago. AP Photo/Mengshin Lin

knowledge the collective humility of their military service.

“Whenever my Uncle Lou or any other veteran of World War II is recognized or thanked for their service, they humbly answer: ‘We just did what we had to do,’” Hower said.

Hower then hailed their sacrifice, determination, heroism and courage. “The legacy that you all built remains unmatched and a lesson that keeps on teaching,” Hower said.

That Sunday morning had started peacefully for Schab. He was expecting a visit from his brother, who was also in the Navy and was assigned to a naval radio station in Wahiawa, north of Pearl Harbor. The two never did get together that day.

Schab spent most of World War II in the Pacific with the Navy, going to the

New Hebrides, now known as Vanuatu, and then the Mariana Islands and Okinawa.

After the war, he worked on the Apollo program sending astronauts to the moon as an electrical engineer at General Dynamics.

Schab has slowed down in recent years. But he still gets together each week for cocktails over Zoom with younger members of his fraternity, Delta Sigma Phi. He drinks cranberry-raspberry juice.

At his age, he’s thankful to still be able to return to Pearl Harbor with his family and caregivers. The family has a GoFundMe account to help them raise money for the pilgrimage.

“Just grateful that I’m still here,” Schab said. “That’s really how it feels. Grateful.”

Medal of Honor awardee, iconic leader highlight NPS Hall of Fame

Retired U.S. Navy Capt. Thomas Kelley and retired Adm. Robert Natter, also a decorated Vietnam War veteran, were honored

DVIDS

The Naval Postgraduate School (NPS) welcomed two new inductees into its prestigious Hall of Fame during a ceremony in Herrmann Hall on Dec. 1.

Retired U.S. Navy Capt. Thomas Kelley, a recipient of the Medal of Honor during the Vietnam War, and retired Adm. Robert Natter, also a decorated Vietnam War veteran who rose to command the U.S. Seventh Fleet, U.S. Atlantic Fleet and U.S. Fleet Forces Command, were recognized by a standing-room-only audience on the Herrmann Hall quarterdeck, honoring their significant contributions to the nation and to national security.

Founded in 2001, the NPS Hall of Fame recognizes the accomplishments of its most distinguished alumni who through the attainment of positions at the highest levels of public service have made the greatest contributions to national defense, society, and the world.

“These extraordinary alumni represent the very best of NPS. They served in active service in war but also were heroes after that,” said retired Vice Adm. Ann E. Rondeau, President of NPS. “They were heroes in the leadership of the fleet and force; they have been and are heroes in how they were exemplars as husbands and fathers and brothers and sons; they are living exemplars at never failing in their duty, their honor and their character.”

A day prior to the ceremony, Kelley and Natter participated in a Secretary of the Navy Guest Lecture (SGL) at King Hall auditorium, discussing their careers and offering leadership lessons during an hour-long dialogue with NPS students and faculty.

In fact, over the course of several days both men said the opportunity to interact with current NPS students in multiple academic and social settings was a highlight of their visit.



Retired U.S. Navy Capt. Thomas Kelley, left, and retired Adm. Robert Natter address the audience during their induction into the Naval Postgraduate School (NPS) Hall of Fame on Dec. 1. U.S. Navy photo by Mass Communication Specialist 2nd Class Andrew Langhoff

Kelley, a 1972 NPS graduate in management, dedicated his professional life to the defense of the United States and to the support of veterans as a civilian leader.

He is the first Medal of Honor recipient to be inducted into the NPS Hall of Fame.

“It’s kind of overwhelming, but a real honor,” said Kelley, who then focused his remarks on attendees in uniform. “You serve this country. You’re the best and the brightest we have right now. Keep your ears and your mind open, ask the right questions, and we’ll be a much better world for that down the road.”

Commissioned in 1960, Kelley served as a Surface Warfare Officer. Following his early assignments, he volunteered to serve in Vietnam as a lieutenant commanding River Assault Division 152.

On June 15, 1969, Kelley was in charge of a column of eight river assault craft which were extracting a U.S. Army infantry company on the Ong Muong Canal in Kien Hoa Province when it was ambushed by enemy forces.

Kelley boldly maneuvered the monitor vessel on which he was embarked directly into the line of fire and commenced firing. Despite being severely wounded by an enemy rocket, Kelley continued to direct the other boats until the enemy attack was silenced and the boats were able to move to an area of safety. His actions that day earned him the Medal of Honor as well as the Purple Heart.

Despite his injuries, Kelley contin-

ued his Navy career for another two decades across a variety of command and staff positions. Retiring as a captain in 1990, Kelley continued to serve the Department of Defense and the veteran community in a variety of senior leadership positions, culminating in his service as the Massachusetts Secretary of Veteran Services.

Kelley retired from public service in January 2011. His more than 40 years of naval and state service were recognized in a tribute attended by 500 people which raised \$300,000 for the Massachusetts Soldiers’ Legacy Fund, which pays the educational expenses for children of those soldiers who died in the Global War on Terror.

In January 2023, Secretary of the Navy Carlos Del Toro announced that a future Arleigh Burke-class guided missile destroyer, USS Thomas G. Kelley (DDG 140), would be named in his honor.

Natter, who graduated from NPS in 1982 with a master’s degree in management, completed a distinguished 41-year Navy career in 2003 having served as the last commander of the U.S. Atlantic Fleet, the first commander of U.S. Fleet Forces Command, the first commander of all U.S. Navy and Coast Guard homeland defense forces under the newly created U.S. Northern Command (USNORTHCOM), and commander-in-chief of NATO Western Atlantic Command.

“This is a great honor,” said Natter. “The real heroes, however, are those who aren’t here now, who died in combat.”

Natter enlisted in the Naval Reserve

at age 17. Following one year of enlisted service and graduation from the U.S. Naval Academy, Natter saw continuous duty in operations in the rivers and coastal waters off Vietnam for three years, after which he became the officer in charge of a SEAL boat support detachment in the lower Mekong Delta.

Three months into Natter’s assignment, his small craft was caught in a Viet Cong ambush and all aboard were killed or wounded. Seriously injured, Natter swam ashore and then back with one other crewman, directing suppressing fire to bring the damaged boat through a hail of enemy fire. For his actions, Natter was awarded the Silver Star and Purple Heart medals.

Following his graduation from NPS, Natter would serve in multiple ashore and afloat assignments, commanding the destroyer USS Chandler (DDG 996) and cruiser USS Antietam (CG 54) before his selection to flag rank.

As Commander, U.S. Atlantic Fleet, on Sept. 11, 2001, Natter quickly ordered Aegis guided missile cruisers up Chesapeake Bay to provide an anti-aircraft shield over Washington, D.C., and USS George Washington (CVN 73) to New York with a hastily sorted complement of fighter aircraft.

Since his retirement from the Navy, Natter has continued to make significant contributions to national defense in the defense industry, serving in executive roles on multiple companies and leading his own consulting service.

He is a staunch supporter of naval education, having graduated from the Naval Academy, Naval War College and NPS, and remains engaged in all three institutions through philanthropic and leadership support on boards and respective foundations. Natter’s leadership and performance in peacetime and war were instrumental in the success of the Navy and outstanding support for naval forces.

The full ceremony can be seen on the NPS YouTube channel.

Story by Matthew Schehl, Naval Postgraduate School.

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SPORTS



The Coronado High School cross country MVPs were senior Rafael Roos and sophomore Megan Maske. Photo courtesy by George Green

Roos, Makse honored as MVPs for cross country

Senior Rafael Roos and sophomore Morgan Maske were honored as the 2023 boy and girl cross country MVPs for Coronado High School, Coach George Green said.

The Coronado News

The two were honored at the recent cross country banquet.

Roos also an All-Eastern League runner, while Maske made the All-CIF and All-Eastern League first teams.

Six other girls received awards for qualifying for the state meet this season.

Freshmen Gwynne Letcher and

Carly DeVore qualified for the All-League and All-

CIF second teams, while freshman Maesan Everitt was on the All-League team.

Freshman Nadia Roos, junior Jaya Jost, and senior Natalia Amkie were also on the qualifying team that placed third in the Eastern League and CIF championships.

Coaches awards for the boys included a senior award to Jack Shumaker, most improved runner of the year to junior Jack Letcher, Rookie of the Year to sophomore Nathan Ayan (also an All-League finisher), and freshman of the year to Xavier Marsh.

Dallas Turner, actress Issa Rae invest in Team USA

Associated Press

SAN DIEGO (AP) — Alabama line-backer Dallas Turner and actress/producer Issa Rae are part of a diverse group of investors joining founding Uber engineer Ryan McKillen and professional sailor Mike Buckley in buying the United States SailGP Team in tech titan Larry Ellison's global sailing league.

Turner said he is using some of his name, image and likeness income to buy into the group that also includes Tennessee Titans wide receiver DeAndre Hopkins and former heavy-weight champion and Olympic bronze medalist Deontay Wilder.

Avenue Sports Fund, led by former Milwaukee Bucks co-owner Marc Lasry, is the lead investor. Other investors include NFL players Roquan Smith and Kayvon Thibodeaux, and DJ and producer Gryffin.

The purchase has been in the works for several months and was announced Nov. 29.

Previously, former Team USA CEO and skipper Jimmy Spithill told The Associated Press he was leaving the squad and will start a new Italian team for Season 5 that will begin after the 37th America's Cup ends in mid-October 2024.

Seven-time world champion Taylor Canfield takes over as skipper. Team USA is currently third in the 10-team league after five of 13 regattas in Season 4. The next regatta is in Dubai on Dec. 9-10.

SailGP uses a souped-up version of the 50-foot foiling catamarans that were introduced in the 2017 America's Cup. Powered by a wingsail, the cats skim over the waves at highway speeds.

Ellison and Coutts intended SailGP to be commercially sustainable with its regular schedule of TV-friendly



Dallas Turner



Issa Rae

regattas around the world, whereas the America's Cup often has gaps of up to three or four years in between regattas.

SailGP includes most of the world's top sailors, many of whom also compete in the America's Cup and Olympics. It offers a \$1 million, winner-take-all season championship, which has been won three straight times by Tom Slingsby and Team Australia.

The new group said this is the biggest acquisition in SailGP history but declined to give a valuation. By comparison, when British sailing star Ben Ainslie helped take his team private a year ago, the valuation was announced at \$40 million. Ellison originally covered the league's costs but intended for it to eventually move to a franchise ownership model.

Turner is part of a syndicate of athletes put together by LifeLine Investment Group. He declined to say how much his investment is.

"It was definitely new for me," Turner told the AP. "I was kind of surprised at first but it's still a good opportunity so I couldn't really miss out on it."

Rae, who was in the movie "Barbie" released last summer, attended SailGP's Los Angeles regatta in late July. "I fell in love with the fan experience and loved the competitive global aspect," she said. "After that, it was a matter of expressing interest."

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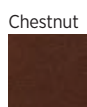
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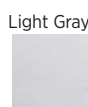
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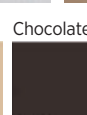
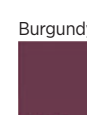
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LIFE ON THE ISLAND

San Diego Zoo Safari Park protects the heart of critically endangered gorilla patriarch

Wildlife health and care experts provide comprehensive geriatric care to 51-year-old silverback named Winston

The Coronado News

In 2017, a team of medical experts—including specialists in the treatment of both human and wildlife patients—gathered to assess an esteemed elder resident of the San Diego Zoo Safari Park.

His name is Winston, a critically endangered silverback gorilla.

Today, at 51, he is considered one of the world's oldest male gorillas in managed care.

Winston, who has lived at the Safari Park since 1984, is admired by guests and team members alike.

As the troop leader within the Gorilla Forest habitat, he fathered nine offspring and adopted two unrelated male gorillas—behavior seldom seen in silverbacks.

Winston's wildlife care team has worked extensively to build and maintain his trust, and to deliver excellent medical care throughout his lifetime, zoo officials said.

As he aged, Winston predictably began to show signs of decline, but in 2017, his unusual lethargy and reduced appetite prompted concern.

His team decided to perform a series of diagnostic tests to identify the cause.

“Winston has always been an amazingly strong primate, but older great apes—particularly male gorillas—are susceptible to heart disease, a primary cause of mortality,” said Matt Kinney, DVM, DACZM, senior veterinarian at the San Diego Zoo Wildlife Alliance. “Given Winston's symptoms that year, we opted for an echocardiogram. The check-up was very limited, but it allowed us to address immediate clinical concerns and establish a baseline for Winston's cardiac care.”

Although the overall results were promising, they still showed heart function irregularities.

The findings were shared with the Great Ape Heart Project, a cardiac health initiative for great apes in human care, and monitoring of Winston's condition continued.



In a group, or “troop” of gorillas, one adult male called a “silverback” (for the gray hair on his back) leads the rest. Winston is considered the silverback.

Photo courtesy of San Diego Zoo Wildlife Alliance

Fast forward to January 2021 and Winston's heart health once again became a central concern—and a prominent media story. Winston and his troop were diagnosed with SARS-CoV-2, making them the first known great apes in the world to contract COVID-19.

Given his age, cardiac history, and the nature of the virus, a comprehensive medical team—including cardiologists, anesthesiologists, veterinary specialists and San Diego Zoo Wildlife Alliance health and care professionals—was formed to evaluate the senior ape.

A series of extensive tests over the span of six months led to diagnoses of heart, dental and kidney diseases, and other conditions. The team implemented a comprehensive treatment plan, including cardiac medications, supplements and a heart monitor implant.

“The heart monitor is a remarkable innovation, offering invaluable data on Winston's cardiac health,” said Kinney. “Along with his overall clinical condition and weight, we can make frequent adjustments based on the information received from his cardiac monitor.”

Winston also underwent monoclonal antibody

therapy, a synthetic defense against COVID-19, which was crucial to his recovery.

Since then, the Safari Park's wildlife health and care teams, alongside Centers for Disease Control staff, have been monitoring Winston and his troop for potential long-term effects of COVID-19 on gorillas.

“Caring for Winston throughout the years have been an extraordinary honor for our wildlife health and care teams,” said Kristi Burtis, vice president of wildlife care at the Safari Park. “He is undeniably the beloved member of our conservation park. His thriving exemplifies our commitment to conservation and the deep passion of those who care for him.”

For more information about Winston, visit stories.sandiegozoo.org/2023/09/19/heart-to-heart/

Learn about the Alliance's efforts in the African Forest Conservation Hub, including gorilla conservation, at sdzwa.org/conservation-hub/african-forest.

Story submitted by the San Diego Zoo Wildlife Alliance.

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- 1 Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- 2 The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- 3 Freebies: Fill in single-box cages with the number in the top-left corner.

TODAY'S ANSWERS

4	1	2	3
2	4	3	1
1	3	4	2
3	2	1	4

3	2	5	6	1	4
2	4	1	3	5	6
6	2	1	4	3	5
1	5	3	4	2	6
4	3	1	2	6	5
5	1	6	3	4	2

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HAVE YOU USED ROUNDUP WEED KILLER AND BEEN DIAGNOSED WITH CANCER?

YOU MAY BE ENTITLED TO COMPENSATION.

Bayer, the makers of Roundup, allegedly hid the health risks associated with their product. They have agreed to a \$10 billion settlement to resolve outstanding cancer lawsuits. If you or a loved one were affected, there is a limited window to file your claim. Call Consumer Attention to see if you qualify.

SEE IF YOU QUALIFY: 877-637-2159

CALL FOR YOUR FREE EVALUATION.

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