

THE CORONADO NEWS

ONLINE 24/7 @ THECORONADONEWS.COM • FRIDAY, OCTOBER 27, 2023 • VOLUME 1, NUMBER 36

912 new houses came from state pressure, settlement

Gov. Gavin Newsom said city was breaking the law, and Coronado School District says plan has no influence on its site.

By **MADLINE YANG**
The Coronado News

Gov. Gavin Newsom, Attorney General Rob Bonta and Department of Housing and Community Development Director Gustavo Velasquez on Oct. 20 said Coronado's recent approval for 912 new housing units was part of a settlement with the state for violating California's Housing Element Law.

The agreement is in the form of a proposed stipulated judgment and must be approved by a court, according to the attorney general's office.

"Every single city and county in the state will be held accountable for building their fair share of housing. The state is doing more than ever to streamline construction, and we will continue working with communities to build more housing, faster in order to support Californians." Newsom said in a statement.

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The Coronado City Council, under state pressure to fulfill a California mandate to construct new homes because of the state's housing crisis, voted unanimously to add 912 housing units on Oct. 17. The city faced steep fines had it not complied.

That meeting attracted an overflow crowd of residents with many opposed to the deal.

But Bonta said Coronado has "wisely chosen to collaborate" with the state after fighting the mandate for several years.

"There's no question that this mo-

ment is long overdue — I want to thank the current Coronado City Council for finally doing the right thing," Bonta said. "The housing crisis we are facing in California is enormous, and the only way we can tackle it is if every local government follows the law and builds its fair share of housing."

The attorney general added: "If we could get it done in Coronado, an island city where a military base and a port sits on more than half of it, we can get it done elsewhere, too."

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SEX TRAFFICKING SURVIVOR'S MISSION TO HELP OTHERS RESTORE THEIR LIVES IN CORONADO



The GenerateHope leadership team is always hopeful about potential openings in the future. Courtesy of GenerateHope Philanthropic Relations Manager Wheeler Fisher.

Rewriting their stories

By **JULIETA SOTO**
The Coronado News

Anew life of freedom has created a hopeful reality for a group of women in Coronado whose lives have been restored from sex trafficking.

GenerateHope Founder and Director of Programs Susan Munsey and a team of women since 2009 have helped more than 150 survivors heal and find restoration through long-term housing, trauma-informed therapy, education, and voca-

tional support on the island and San Diego.

"Most trafficking victims will enter the life of sexual exploitation between the ages of 13 and 16, so really young," said GenerateHope Executive Director Annie Rodriguez. "Then they end up kind of trapped in that life, on average, four to six years. And so, by the time they are ready to get out, they are young adults and that's kind of the service and the population that we serve."

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Stories behind the sailors of a small boat regatta

By **SOFIE FRANSEN**
The Coronado News

The morning is bright, a thick marine layer blocking the solar eclipse, and on the front deck of the Coronado Yacht Club, sailors chat, morning coffee in hand.

Looking out over Glorietta Bay, I watch and appreciate the morning preparation specific to boating as small sailboats are unloaded and supplies are reinforced at the dock.

A woman with a kind, clear voice approaches and sits down at a table right behind me, her mobility cane guiding the way (I later learned that her cane was named Barbie).

I sit down at the table as she introduces herself to me—Tammy Airhart, one of the sailors competing in the Coronado Yacht Club's Small Boat Regatta that day, Saturday, Oct. 14.

Two sailing foundations, Challenged Sailors San Diego and the KMAC Foundation, participated in the small boat regatta.

The KMAC Foundation for Accessible Sailing in Coronado uses specially adapted sailboats and provides therapeutic, recreational and other sailing opportunities for people with disabilities to enhance their mobility, well being and independence.

» Continued on Page 12



Kai McDonald, right, and his dad, Steve, have raced together through the KMAC Foundation for two years. Staff photo by Sofie Fransen.

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this week

2 • thursday

The Coronado Chamber of Commerce and the Office of Supervisor Terra Lawson-Remer are hosting a grant workshop with Cipriano Vargas at 10 a.m. Register for free on Eventbrite to discover how to secure the support your vision deserves with your Coronado nonprofit through this collaborative workshop.

3 • friday

As the conclusion of the library's Autumn Concert Series, pianist Kenneth Brown will perform George Gershwin's Rhapsody in Blue and other pieces. The concert will begin in the Winn Room of the library at 1 p.m. and doors open 15 minutes prior to the performance.

6 • monday

Coronado author Stu Stall will discuss his new book "Hell House: True Stories From the Redheaded Stepchild" in the Winn Room of the library at 7 p.m. This is a memoir from the redheaded step-child himself. The author covers the story of his mom's tragic death and the evil stepmom and her son the bully enforcer. Three years of hell and how we survived. Tales of growing up in the late '60s and early '70s. Parties, surfing, girls and all the fun you could have growing up in Coronado.

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CORONADO LOVE LETTER

Centenarian Lois Land shares her journey to a long, healthy life

By FIONA RASAK
The Coronado News

Lois Land is a true inspiration and a treasure to her Coronado neighborhood.

She attended the Centenarian event at the Coronado Public Library on July 21, where she shared a bit about her journey to 100 years old. And she recently visited with The Coronado News about her life of perseverance.

Land was born in Los Angeles, on Feb. 12, 1923, and her first year in Coronado was 1940. She said she loves Coronado and her neighbors who threw her an epic 100th birthday party with flowers and cake.

Land said she grew up visiting Coronado because her father's sister lived in the Crown City because her husband was in the Navy.

Shortly after Land graduated from San Diego High School, she said she knew she wanted to do



Lois Land turned 100 this year. She shares her tips to a long, healthy life with The Coronado News.

Photo courtesy of Lois Land.

Land said she was dating "a wonderful man" who she met in Coronado at the time, and his name was Paul Lowthian.

Lowthian had a love for flying and had just received his pilot's license with a goal of getting into the Navy's Cadet Pilot Program.

Lowthian was accepted into the program, but that meant he was sent to Los Alamitos, where an airfield was used to train U.S. Navy pilots during World War II.

"I would take the bus up to visit him every once in a while," she said.

Lowthian later went to Corpus Christi, Texas to get his wings and was commissioned as an Ensign.

Shortly thereafter she said two were engaged and were off to Norfolk, Virginia.

"Back in those days, we had to get his CO'S (commanding officer) permission to get married," she said.

» Continued on Page 9

PETS OF THE WEEK

These kitties come in a pair

Meet some of the newest felines at Paws of Coronado.

It's Peta and Luca. These boys complement each other perfectly.

Looking for a sweet, shy guy to hang out with you after a long day at work? Luca is your guy. Need someone a little more active and ready to play? Then Peta is your man. You get the best of both worlds with this duo. They are such good buds, PAWS doesn't want to separate them.

All 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 these felines or any other these animals, please visit www.pawsofcoronado.org. Fostering, volunteering, or donating are other ways you can help our animals. Donations can be made online at www.pawsofcoronado.org/donate or can be sent directly to 124 Orange Ave., Suite 205 Coronado, CA 92118, or 1395 First Street Coronado, CA 92118.

For more information about how to get involved contact Jennifer Stein at Jennifer.Stein@pawsofcoronado.org.



Peta and Luca are the Pet(s) of the Week, and they are at PAWS of Coronado and could use a home.

Photo courtesy of PAWS

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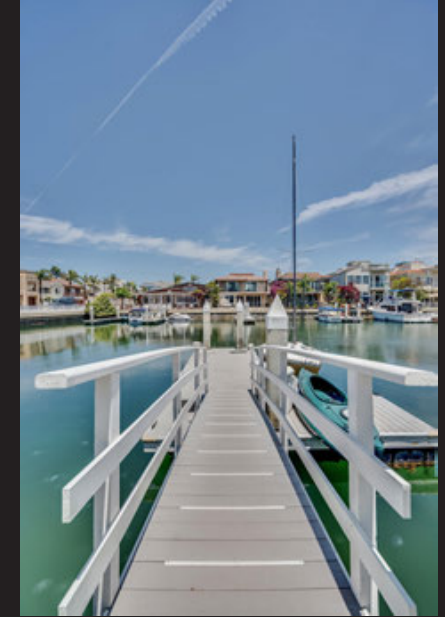
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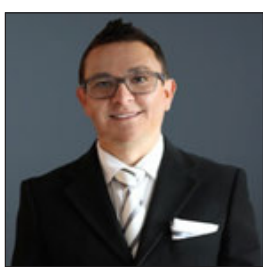
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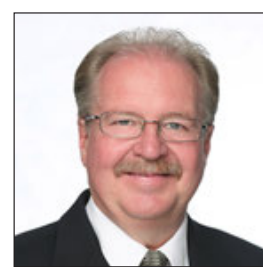
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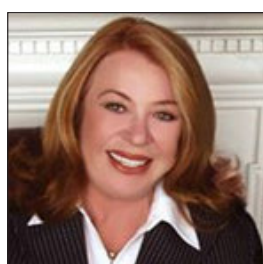
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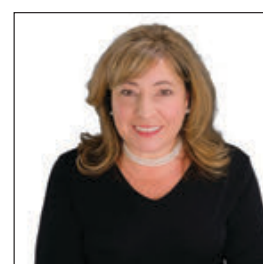
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OPINION

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CORONADO



The Coronado Rotary Club meets at the beach once a month to pick up trash. Staff photos by Sofie Fransen.

Coronado Rotary Club dons buckets, reachers to clean beach



Rotary Club member Evelyn Markel walks along Central Beach to gather trash.



Dan'I Steward is a past Rotary Club president, retired Navy Seal and on the Avenue of Heroes board. He volunteers to pick up trash with the Rotary Club.

Photos By SOFIE FRANSEN
The Coronado News

Every month, the Rotary Club of Coronado meets at Coronado Central Beach to pick up trash in support their Committee to Protect the Environment. On Saturday, Oct. 14, volunteers took to the beach with buckets, reachers and Rotary vests.



Tom Fleming participates in the Rotary Club's monthly beach clean-up.



Coronado High School students from the Coronado Interact Club join the Rotary to clean the beach.



Coronado Rotary Club President Bob Rutherford picks up trash along Ocean Boulevard.

Coronado MainStreet hosting spook-tacular event on Oct. 31

The Coronado News staff

Coronado MainStreet is conjuring up its spook-tacular event “Main-Street Goes Ghostly,” a perfect haunt for families, from 3 to 5:30 p.m. in downtown Coronado on Halloween. As the veil of magic descends, Main-Street’s cauldron will be stationed at Rotary Plaza, beckoning all to submit their entry coupons for a chance to win the coveted Coronado Currency. A community-driven event, “Main-Street Goes Ghostly,” seeks to unite residents, businesses, and visitors in a celebration of Halloween’s whimsy, all while safeguarding our beloved

community, organizers said. With the support of the City of Coronado and dedicated volunteers, “MainStreet Goes Ghostly” brings together the whole town in a spine-chilling celebration. If you can’t give out treats in your own neighborhood, MainStreet is accepting cash or candy donations to purchase ghostly goodies to share with merchants and visitors at the event. Coronado MainStreet is a non-profit organization focused on enhancing Coronado’s downtown through preservation and beautification. For more information call 619-437-0254.



Coronado MainStreet is hosting a spook-tacular event from 3 to 5:30 p.m. in downtown Coronado for families on Halloween. Image courtesy of Coronado MainStreet.

CORONADO

Coronado Unified kids have top test scores in San Diego County

The middle school is piloting lessons in digital citizenship, and a new cell phone policy is increasing engagement.

By **SOFIE FRANSEN**
The Coronado News

Coronado students have some of the top academic test scores in English and math among their peers in San Diego County, and middle school students are focusing more in class thanks to a new policy to set aside their cell phones.

Those were among the highlights at the Coronado Unified School Board meeting on Oct. 19.

In addition to implementing a math lab, or math intervention class, for each grade level, and providing a wide variety of electives, the middle school is piloting lessons in digital citizenship through a program called Neptune Navigate, according to Principal Brooke Falar.

Falar said the new cell phone policy requiring students to put their phones in a cell phone pocket before class starts has increased student engagement.

And, the program Hapara, which allows teachers to regulate what is on their students' laptop screens, has been a good tool for teachers, she said.

Falar announced CMS has been recognized as a silver Positive Behavioral Interventions and Supports (PBIS) school in California.

Director of Student Services Niamh Foley presented a student services update related to the board's approval of the Program Specialists job description in 2019. Program Specialists are

mid-management positions that support the implementation of the Multi-tiered System of Supports (MTSS) and special education supports.

Education Specialists have always been located at each school site, but CUSD got enough funding this year to hire Program Specialists for each site.

"It is absolutely phenomenal to have boots on the ground where it is needed most," Foley said. "We serve almost 400 students with disabilities at all of our campuses."

District Senior Director of Learning Megan Battle presented a learning department report for the district, reviewing the most recent state and local academic assessment results.

Battle shared that 76.5% of students in Coronado Unified met or exceeded standards in English Language Arts for the California Assessment of Student Performance and Progress (CAASPP).

"I am very excited to share that CUSD is number one again, out of all the unified districts in the county for English Language Arts," Battle said.

CUSD placed No. 2 out of the unified districts in the county for math, but Battle said that overall, their state testing percentage slightly decreased in science.

"Adopting new instructional materials that are fully aligned to California Next Generation Science Standards (CA NGSS) is really that critical first step," Battle said.

During public comment, a community member expressed concern over how CUSD's assessment results stacked up nationally.

"Please, don't just care about San Diego County, care about the bigger point of view of where our kids are,"

said Coronado resident Vicki Fisk.

San Diego County Office of Education representatives on Oct. 3 led a program called Portrait of a Graduate that included the governing board and district staff, as well as some community members.

It includes planning for up to five years.

According to the district's Strategic Visioning 2023-2024 document and community invitation form, the plan will help CUSD with instructional, financial, and staffing decisions for the "graduates we want Coronado students to become over the next 12-15 years of formal education."

During the meeting, the board confirmed 64 people who will be participating in the program.

However, a community member expressed concern over the "Portrait of a Graduate" program's ability to enforce productive employment skills by improving education in math, sciences, reading comprehension and economics, as opposed to social emotional learning.

Trustee Scot Youngblood said he was reassured that the district will "get its money's worth in terms of the amount of effort put in."

Spotlight presentations

Cpt. Newt McKissick spoke at the Oct. 19 school board meeting. Staff photo by Sofie Fransen.

Earlier in the meeting there was a presentation by Cpt. Newt "Bomb" McKissick, the Navy's Commanding Officer, Naval Base Coronado.

He praised the relationship between the school district and Naval Base Coronado and mentioned their part-



Cpt. Newt McKissick spoke at the Oct. 19 school board meeting.

Staff photo by Sofie Fransen.

nerships—such as the military working with the robotics team, and the school's welcome aboard ice cream social—which make integration into the community easier for military families.

In other matters

- The board thanked Emerald Keepers for its \$2,000 donation for the Wyland Clean Water Mobile Learning Center event at Village Elementary School Oct. 24 and 25.

- Student Board Member Wyatt Riebe thanked the Optimist Club of Coronado, specifically Mark Blumenthal, for donating pink rally towels for the football pink out game on Oct. 27.

- No action was taken on an item discussed in the executive session relating to personnel matters.

- Deputy Superintendent Donnie Salamanca reported that CUSD is seeing an uptick in Public Records Act requests, and has received 10 within the first two months of school.

The next Regular Board meeting is set for 4 p.m. on Nov. 16.

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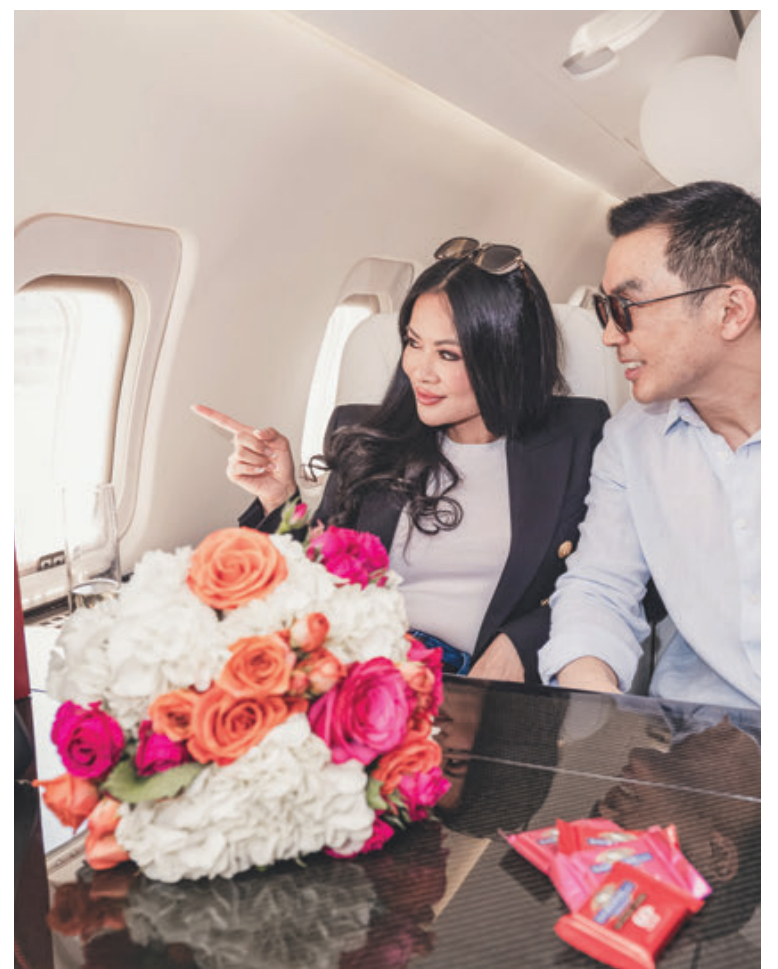


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Sex trafficking survivor's mission to help others restore their lives

» Continued from Page 1

In a series of interviews, The Coronado News found a shared commitment from the staff to pour love and rehabilitation into the women survivors.

"GenerateHope came about an answer to the issues that were going on in San Diego with sex trafficking," said Munsey, a licensed clinical social worker and psychotherapist. "It's not that we came looking at Coronado to find a place. It found us."

Embarking on this journey more than a decade ago with a "leap of faith" and a mission to serve young adult women, Munsey said the faith-based program has never looked back and considers that "God has taken care of us ever since."

"We definitely worked to adapt and grow, and make the changes that are going to be best for the residents and for the program," said Munsey. "I had been trafficked when I was 16, and I really felt drawn to work on the issue."

She said she found a church that also was drawn to work on helping women.

"So it's something that we kind of did together," she said with research and training that followed.

However, Munsey said those who are helped do not have to participate in religious services or embrace Christianity, but they are highly encouraged to read the Bible daily and attend a church.

What is sex trafficking?

Sex trafficking centers on exploitation and is different from smuggling, which centers on transportation, reports several government websites.

"Although the two can occur together," according to the San Diego County District Attorney's office, human trafficking remains a growing \$150 billion-a-year global industry, according to the state Attorney General's office.

State and county prosecutors say that California as a populous border state with a significant immigrant population and the world's fifth largest economy is one of the nation's top destinations for trafficking of human beings.

In a January 2009 report by the FBI about non-cyber sexual exploitation of children, San Diego was eighth among 13 high intensity child prostitution areas behind San Francisco and followed by Miami, Florida.

For this story, The Coronado News interviewed a survivor who agreed to speak on condition of anonymity for safety reasons. The survivor is in her 40s and her life took a hopeful turn in 2019.

"GH (GenerateHope) has helped me in so many ways," said the woman, who used the name "Jane."

"Being in a safe space has allowed me to embark on the journey of rebuilding my life free from the immediate threats of exploitation or being thrown back into human trafficking," she said.

GenerateHope's therapists help the women address the emotional and psychological scars that are left by the trafficking.

Jane said those therapists "played a pivotal role in my recovery from PTSD," in addition to creating a sense of community that she has experienced especially during holiday celebrations and personal growth retreats.

Jane said there was no "no way" she would have made it without God, and having a faith-based program made it easier to commit to the program.

The organization, led by some fellow survivors, also helped Jane obtain her college degree, she said.

Jane in May graduated from Point Loma Nazarene University with a bachelor's degree in social work. She plans to return to GenerateHope and help fellow survivors after completing her master's degree in social work.

"My story of survival began in 2019 with a pivotal decision," said Jane. "I bravely left my abuser's residence carrying only the clothes on my back and a backpack purse. I left a note on the table that said that I was going to the library and walked out the door and never looked back...I decided that I needed to be in a program that would help me heal from the inside out."

Jane said her trafficking story began at the age of 5 with immediate family members who included her mother and grandmother.

"There was no light, no hope, and no love," said Jane. "I remember enduring



Jane completed her undergraduate social work studies at Point Loma Nazarene University and graduated in May 2023. She considers that in sharing her story fellow survivors may internalize that recovery and that a bright future is possible. Photo courtesy of Jane.



GenerateHope Founder and Director of Programs Susan Munsey and Executive Director Annie Rodriguez (right). Photo courtesy of GenerateHope Philanthropic Relations Manager Wheeler Fisher.

beatings, being tortured, mutilated, and dehumanized. My sense of self-worth and being valued as a person to me was just vanished, it vanished"

Jane's sex-trafficking network throughout the years shifted from family members to an ex-spouse she said she was forced to marry, pushing her into a life of continued abuse.

"You don't really know until you're out of it," said Jane. "They even control what I see on the internet or my cell phone, so nothing was mine. ... Everything is a blur."

After seeing a television ad that came on about getting help and alerts of what to look for in sex trafficking, Jane said she realized she was stuck in a similar cycle and decided to get help by leaving the premises and contacting the 1-800 hotline.

"I found my voice, discovered inner strength, and regained wisdom," said Jane. "I feel very blessed to have this opportunity to share a little bit of my story... It's definitely a blessing to have gone through GH's program."

Jane also considers that being in the company of supportive women and a founder who understands her is empowering.

"They helped me realize I am not alone and that others have walked similar paths," said Jane. "I regard these women as influential, ...they were nonjudgmental, offering unwavering support."

Jane said the staff at GenerateHope "keep their word, they're committed, and they show up."

"Some of them, they're not survivors, but for them to show up and be ready to learn new things or give love is just wonderful," she said.

Overcoming community concerns

Munsey said that GenerateHope was able to extend its program after one "quiet, down to earth couple" who loved helping provided the organization a home in Coronado six years ago.

"Coronado happens to be where the housing has been provided for us," Munsey said. "And, it's just a pleasant place to live."

At that time, however, some community members voiced opposition

to the integration of a transition home for sex trafficking survivors because of potential dangers to Coronado, according to published reports.

In order to address concerns, Munsey said that GenerateHope held town hall meetings and the perceptions changed.

"A lot of people just decided they wanted to support us and volunteer and work with us," she said.

Since then, a group of roughly 50 volunteers have helped the organization support women residents, whether that be through transportation or other skills they are taught from professionals with distinct fields and backgrounds.

"We certainly have some great volunteers, and I don't think we could do what we do without volunteers," said Munsey. "They really keep us rolling."

One of these volunteers is Coronado resident Jennifer McKenzie, who has helped the organization since 2017.

"They're an incredibly supportive program that really tries to support the women to set them up for long-term success," said McKenzie. "It was just always a subject that has concerned me and had a special place in my heart and with an organization just right here in town, it was very easy to just connect with them to help."

McKenzie previously helped with mentoring, transportation to and from appointments, fundraisers, administrative support, cleaning, and prayer, she said.

"Volunteers are involved in all different levels of our program," said Rodriguez, the executive director. "We have some lovely Coronado locals who come out and do gardening at our home."

How the program works

The women survivors typically reside at GenerateHope for up to two years and benefit from a variety of volunteer-led support services, though they can choose to stay as long as they desire.

"We always assist a woman when she's leaving," said Munsey. "We stay in contact with the women and continue to support them if they'd like, or just stay in touch to see how they're doing."

For those, like Jane, who complete the entire residence program there are five stages. The first three focus on recovery and the last two work on transitioning from GenerateHope.

"Initially, we had exact timelines for women, but that doesn't work very well for each individual. So, it just depends on how quickly they move through the phases," said Munsey. "They come in at different times and need different lengths of stay."

Munsey said GenerateHope considers six is the magic number of women they can help at any given time.

"Coronado's a safe community to walk around in, the residents have been super supportive, and it's just a beautiful place to continue their healing and reintegrate into the community and attend church, meetings, and have that social structure," Rodriguez said.

Members in the cohort change, but the goal is to help everyone reintegrate into the larger public community with more independence gained from education, career readiness, communication, finances, and health programs.

The organization has credentialed teachers and therapists in house.

"Those are the kinds of things that other programs might send the women out to do, and whenever they have to go out they are faced with dangers," Munsey said.

She added that Coronado also has plenty of jobs for those who go through the program and many can get around on bikes if they don't have a car.

And in Coronado, the focus becomes "applying such life skills in a more independent setting while also participating in school," which may include higher education or a trade school to gain a job and be self sufficient.

Apart from learning independence, Munsey said most residents decide to enroll in college through scholarship opportunities to attend universities like Point Loma Nazarene University.

In addition to helping over 150 women to this date, Munsey said GenerateHope has a 75% success rate of women who have not returned to human trafficking.

She notes that the other 25% does not mean they returned to the trafficking life but are "women who are lost to the system, we don't know where they are."

GenerateHope found that 29% of the women within the first three to six months of the program show a decrease in PTSD and depression while simultaneously increasing self-esteem.

"Recovery from sex trafficking, as you can imagine, takes a long time," Munsey said. "Two years is really a drop in the bucket, but it's a good start. And then we give them referrals to continue that recovery when they leave us."

In 2018, CNN recognized Munsey as a 2018 CNN HERO among nine other nonprofit founders working to transform the world through respective organizations.

"She pours her soul into this and is just transforming these women's lives and making long-term impacts that will affect generations to come and just stopping this horrible cycle that's happening in a long-term transformational method," said McKenzie. "It's meeting a need that doesn't exist and that nobody else is supplying."

GenerateHope was the beneficiary of the sold out 8th annual Fiesta de Coronado for its service to survivors of human trafficking during a Sept. 9 fundraiser hosted by the Rick and Katie Moore Foundation.

"That was just a great partnership and a beautiful evening," said Rodriguez.

In the last couple of years, GenerateHope has expanded to a third location in Colorado which houses all services under one roof with additional acreage that may allow for continued growth and expansion to continue its mission to serve women across the country.

"When we first launched, it was all volunteers and as we grew our program and as we understood the need, we were able to get the funding to hire staff," added Rodriguez. "I would say about 80% of our staff started as volunteers, including myself."

And volunteers have witnessed the program's success in recent graduate celebrations.

"I've learned more about myself and more about just what amazing people are in the world through this organization," said McKenzie, one of the volunteers who lives in Coronado. "If you have the skill, they can use it."

To learn more about GenerateHope visit, <https://www.generatehope.org/>.

912 new houses came from state pressure, settlement

» Continued from Page 1

What's in the settlement

- The city will adopt a compliant housing element by no later than April 16, 2024.
- Coronado must modernize its zoning code and local coastal plan by May 7, 2024 in order to meet the housing targets set forth in its compliant housing element.
- The state agrees that the 374 planned housing units on the Naval Amphibious Base Coronado can be credited towards the City of Coronado's 912 units, based on the Navy's current plans.
- The city agrees to comply with the Affirmatively Furthering Fair Housing statute, which requires local governments to take meaningful actions that overcome patterns of segregation and foster inclusive communities, free from barriers that restrict access to opportunity based on protected characteristics.
- The city acknowledges that, until the time it adopts a substantially compliant housing element, it will not deny housing projects on the basis of zoning or general plan inconsistencies.
- If the city fails to abide by the settlement, it may lose its authority to approve or deny certain types of development. Additionally, monetary penalties will be imposed if Coronado remains noncompliant 12 months after the effective date of the stipulated judgment.

Community members not happy

Many community members at the recent city council meeting said they were upset at the lack of notice from an Oct. 12 special meeting where city staff first outlined where the new homes could be built in Coronado, while others said the new homes would increase traffic and hurt the city.

And one area – owned by the Coronado Unified School District at 201 Sixth St. – has become a key hotspot. The district on Oct. 19 issued a statement saying its governing board

has not discussed or considered selling the property, and the city council's action has “no influence on the current or future plans for CUSD and carries no authority.”

Coronado for more than two years had fought the state to have additional low-income homes in the island community.

However, after numerous political and legal losses including the settlement, City Manager Tina Friend and other staff have laid out 10 sites for new homes that now need state approval.

- They are:
- Christ Church
 - A city owned property on 517 Orange Ave.
 - El Dorado Square
 - Crown Shops
 - The Smart & Final center
 - The 2nd Street parking lot
 - Bayside Apartments
 - The Coronado Police Department
 - A former elementary school on 6th Street
 - Navy Housing on 3682 Tulagi Road

The state is requiring Coronado and other California municipalities to add low-to moderate-income homes as housing prices have skyrocketed in recent years and higher interest rates have made it more challenging to purchase a house.

The city is not required under the state mandate to build the housing units.

Under the state's Housing Element Law, every city and county in California must periodically update its housing plan to meet its Regional Housing Needs Allocation (RHNA) – the municipality's fair share of regional and statewide housing needs, according to Newsom's office.



Read the full story online. Scan the QR code with your smartphone camera, and tap on the link.

Centenarian Lois Land shares her journey to long, healthy life

» Continued from Page 2

Land and her husband got married when she was 20, while he was 22, in the Chapel in the Administrative Building at North Island.

Unfortunately, six months after they were married, Land's husband had gotten orders to fly to England and ferry a bomber back to the United States so that they could perform repairs.

On the flight home, the plane Land's husband was on crashed into sea. There were no survivors.

Land's husband was a part of the first group in Coronado to be selected for the recognition of the “Avenue of Heroes.”

Land decided that it was time to move home to Coronado, where she got a job at NAS North Island.

After eight years went by, Land started dating Lee Land Jr., whom she said was also a “Coronado boy” who also worked at North Island.

The two were married in 1951, and Land stopped working to stay at home and raise their two children, Barbara and Laurie.

During these years of Land's life, she began playing Bridge and joined the Coronado Woman's Club of which she said she's the longest standing member. She's also a member of St.

Paul's United Methodist Church.

When Land's children were off to college, she started working again.

Lands' old boss at North Island was still there so after 22 years, she was hired and was put into the Naval Air Rework Facility.

Land said she was a very hard and determined worker and became a personnel assistant, doing that job for 11 years until retiring in 1985.

Land stated that she is a people person and truly loved the work.

Land and her husband spent their retirement life traveling to many foreign countries. Land stated that her favorite trip was to Kenya.

Land lost her husband, Lee, in 2013. They were married for 62 years.

Land noted how weird it is to start losing friends to old age and that it's an odd feeling being older than everyone.

Land noted that physical activity is important to remain healthy and live to an old age, and she still drives around Coronado.

Land added she's an 11th generation member of the Pilgrims Society, an organization of people who have documented their descendants from one or more passengers on the Mayflower.

“I've had a wonderful life. I've had tragedy, yes, but you have to move forward,” said Land.

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brunch noun

'brʌnʃ

: a meal usually taken late in the morning that combines a late breakfast and an early lunch.

Also defined as: An excuse to have breakfast at 11 am; a reason to look chic on Saturday or Sunday morning; the reason the Mimosa's exist.



Chez Loma is now offering brunch service every Saturday and Sunday from 9:00 am to 1:30 pm. Our brunch dining space on the second floor is designed with sophistication and style in mind, featuring an abundance of natural light and a refined, white linen classic ambiance.

Our brunch menu is carefully curated with the finest ingredients and flavors to bring you a memorable and satisfying dining experience at a great value. From classic breakfast dishes to innovative seasonal creation. Our bar will be open as well and will feature specialty cocktails for you to enjoy. Our menu truly offers something for everyone to enjoy.

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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NAVY

Rear Admiral Paula Dunn, 11th U.S. Navy vice chief of information, retires after 30 years of service

DVIDS

U.S. Navy Rear Adm. Paula Dunn, the 11th U.S. Navy Vice Chief of Information (VCI), retired from military service during a ceremony aboard the USS Midway Museum in San Diego on Oct. 13, ending a career spanning more than 30 years.

Vice Adm. John Mustin, Chief of Navy Reserve, presided over the ceremony that hosted more than 100 Navy officials and guests.

“A retirement ceremony doesn’t truly mark the end of one’s service, and I know that it won’t, certainly, for Paula, who’s got plenty of gas in the tank, and is going to continue to make a mark on this great world,” said Mustin. “But it does represent a transition, a passing of a baton to a new generation of leaders who will carry forward the torch of progress.”

Dunn is the first woman to serve as the Navy’s top reserve public affairs officer in the 73-year history of the role.

She led the global force of nearly 500 Navy Reserve public affairs officers and enlisted mass communication specialists.

“Joining the Navy was the most consequential decision of my life,” said Dunn. “In my youth, the Navy taught me resilience, leadership, and the tenacity to succeed in any arena. But more than that, I was given the opportunity to serve. I am very proud to be part of an organization dedicated to providing a safer and more secure nation for future Americans.”

During her historic four year tenure from October 2019 through September

of 2023, Dunn led through a period of unprecedented internal and external challenges including the COVID-19 pandemic, five Secretary of the Navy (SECNAV) transitions, and the Chief of Naval Operations (CNO)-directed transformation of the entire 59,000 person Navy Reserve organization.

Responsible for the critical undertaking of adapting her worldwide force to align with the National Defense Strategy, Dunn orchestrated the largest transformation of the Navy Reserve public affairs force in nearly two decades.

Realigning resources and leadership roles impacting 12 Navy Reserve units and more than 120 positions and shifting focus to the Navy’s fleets, she ushered the conversion of the Navy Reserve public affairs force from a post-9/11 response force to one poised to deliver warfighting readiness for a rapidly evolving future operating environment.

As VCI she started an aggressive recruiting and retention campaign to mitigate historic recruiting challenges and raised both officer and enlisted manning from 88% to 97% during a period when most other military communities were declining.

“Leading the men and women of the elite Navy Reserve Public affairs force has been the privilege of a lifetime,” said Dunn. “This remarkable team includes Emmy award-winning producers, social media executives, broadcast journalists, professors, members of the national media, world-class photographers and videographers, and CEOs. I will forever be grateful



Rear Adm. Paula Dunn, Vice Chief of Information, is piped aboard as the guest of honor during a retirement ceremony onboard Naval Air Station North Island November 5, 2022. Dunn retired during a ceremony aboard the USS Midway Museum in San Diego October 13, 2023 after 30 years of Navy service. U.S. Navy photo by MC2 Kyle Carlstrom.

that these high-caliber professionals chose to serve their nation and dedicate their time, skills, and expertise to the U.S. Navy.”

Prior to her promotion to Rear Admiral and final post as the Navy’s VCI, Dunn served as a Special Assistant for Public Affairs to the Chairman of the Joint Chiefs of Staff. Over the course of her 30-year career, Dunn deployed in support of missions around the world. Notable senior public affairs leadership deployments included Joint Special Operations Task Force-Arabian Peninsula in Iraq; Operation Nomad Shadow in Ankara, Turkey; Exercise Talisman Saber in Rockhampton, Australia; Joint Investigation Group for the sinking of South Korean frigate Cheonan in Pyeongtaek, Republic of Korea; Operation Tomodachi following the major earthquake, tsunami and nuclear crisis in Japan; and, two crisis missions countering aggression in the Arabian Sea.

“You have earned not only my respect, but the respect of a grateful nation,” said Mustin. “It is my distinct honor and privilege to extend my heartfelt congratulations to you on this momentous occasion. From your first days on the CHINFO News Desk, to being forward-deployed in Iraq, to leading the Chief of Naval Operations Strategic Communication, you have shined like a beacon for your team and the public affairs enterprise, nearly five hundred reserve sailors and countless active duty sailors across our great Navy.”

Dunn is the first VCI to hold Accreditation in Public Relations + Military Communication (APR+M) through the Public Relations Society of America, and the first to be fully joint qualified (JQO), a military credential earned through a combination of education and experience intended to prepare officers for unified action at the operational and strategic levels.

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NAVY

First Class Petty Officer's Association hosts clothing drive

The organization collected approximately three postal bins full of clothing.

DVIDS

The NAVSUP Fleet Logistics Center San Diego First Class Petty Officer's Association said it had a successful September clothing drive, which aimed at engaging the community and making a meaningful difference in the lives of others.

The clothing drive garnered support from both Sailors and civilian employees, showcasing the power of teamwork and compassion within the Navy community, organizers said.

First Class Petty Officer Geoffraymond Franco, Industrial Support Department Leading Petty Officer NAVSUP FLCSD, took the lead in coordinating with the Alpha Project, a nonprofit 501(c)(3) human services organization that operates a Temporary Bridge Shelter Program near their office.

Franco worked closely with the organization to determine their specific needs and set up the collection.

"The response from the command was incredible. We collected all types of donations, from winter coats and pajamas to hygiene kits and sleeping bags," said Franco. "The weather changes drastically at night, so these items can make a big difference to those who may be unsheltered or in temporary housing."

The NAVSUP FLC San Diego First Class Petty Officer's Association collected approximately three postal bins full of clothing and delivered them to the Alpha Project's 325-bed Temporary Bridge Shelter Program.

This program provides emergency housing and wrap-around support services for single adults.

"We greatly appreciate the FCPOA for organizing this donation drive to



NAVSUP FLC San Diego Sailors deliver clothing donations to the Alpha Project, showcasing the Navy's dedication to both defense and community outreach, in San Diego, Oct. 2, 2023. Photo by Tristan Pavlik.

benefit the individuals and families we serve," said Alpha Project Program Manager Crishawna Honeycutt during the donation drop-off. "There are approximately 10,000 homeless individuals who live in San Diego County, and this assistance enables us to sustain and enhance our services, especially during challenging economic times. Over the past year, generous donations like these have been instrumental in our continued efforts.

The Alpha Project daily programs serve over 4,000 individuals, including children.

Upon delivering the clothing, they

informed the FCPOA that the items would be immediately used, and any surplus would be distributed among their numerous programs.

"This clothing drive is a testament to the impact of outreach initiatives, regardless of their scale. The First Class Petty Officer's Association at FLCSD upholds its Service and Respect core values," said NAVSUP FLCSD Command Master Chief Larry Gordon. "It is inspiring to watch our Sailors grow and understand how much of a difference they can make when they come together as a community."

NAVSUP FLC San Diego is one of

"The response from the command was incredible. We collected all types of donations, from winter coats and pajamas to hygiene kits and sleeping bags. The weather changes drastically at night, so these items can make a big difference to those who may be unsheltered or in temporary housing."

First Class Petty Officer
Geoffraymond Franco

eight FLCs under Commander, NAVSUP. Headquartered in Mechanicsburg, Pennsylvania, NAVSUP employs a diverse, worldwide workforce of more than 25,000 military and civilian personnel.

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SPORTS

Maske, Ayan top runners at Jaguar Invite



Sophomores Nathan Ayan (left) and Morgan Maske were the top runners for Coronado High School at the Jaguar Invitational on Oct. 20. Photo courtesy of George Green.

Coronado's cross country runners competed with nearly 60 other schools at the Jaguar Invitational at Kit Carson Park in Escondido on Oct. 20, with sophomores Nathan Ayan and Morgan Maske being the top placers for the Islanders.

Coach George Green said the courses at Kit Carson were challenging, and it was hot.

Yet, the girls' team continued to do well and placed third in its division, and sixth overall behind larger schools.

Green also noted that the coaches poll listed Coronado's girls third behind La Jolla and Classical Academy.

Coronado's top finisher in the girls' 2.75-mile varsity race was sophomore Morgan Maske, who finished 10th with 19:06.

Overall, Maske placed 15th out of nearly 400 runners from all the girls' races.

Coronado's next runner was Carly DeVore, with a time of 19:59, followed by Gwynne Letcher (20:00), Jaya Jost (20:55), and Maesan Everitt (21:10) to finish the scoring. The team's pusher (sixth finisher) was Natalia Amkie (21:54).

The Islanders only entered three boys in the 3.05-mile varsity race, Green said.

He noted Nathan Ayan was the top finisher with a time of 19:01, followed by Jack Letcher (19:52), and Jack Shumaker.

In the boys' combined teal/black freshmen race, Xavier Marsh placed 29th out of 147 finishers in 20:40, followed by Tyler Horton with 21:50.

In the boys' JV race, there were two under 23 minutes, with Oscar Alicandri clocking 22:20 and Anton Youngblood at 11:25.

Story submitted by George Green.

Stories behind the sailors of a small boat regatta

» Continued from Page 1

KMAC has close ties with Challenged Sailors San Diego (CSSD), both of which are foundations with the strong belief that people from all walks of life and with disabilities should have the opportunity to experience sailing.

Airhart is on the board of directors for CSSD and has been sailing with them every Saturday since 2009.

Sitting on the front deck of the yacht club, she shared with me pieces of her story.

Airhart said she started losing her vision in 2007 because of diabetic retinopathy. Two years later, she lost all vision in one eye after falling face first on the concrete.

"So now, I only have about 25% vision," Airhart said.

Because of this, she lost her job of 33 years at Sharp Healthcare as an administrative assistant.

"I really just thought my life was over," Airhart said. "But, I'm resilient and the first thing I thought of is, 'I've got bills to pay' and for some reason that kind of made me overcome it."

Airhart started taking classes at the San Diego Center for the Blind to learn how to live with vision impairment.

She is now a contract closeout specialist forighthouse for the Blind, and she sails with Challenged Sailors San Diego.

She said she started sailing to overcome two fears.

"One was a fear of just wrapping myself into my disability and not doing anything. The other was a fear of deep water," Airhart said.

The spooky sound of ghosts wafts over the deck.

A few yards away, the face of KMAC, Kai McDonald, 5, is playing with the yacht club's motion-sensored Halloween decor on repeat.

Kai is in a wheelchair due to spina bifida. He has been racing with his dad, Steve McDonald, for the past two years.

"I like that there's Halloween," Kai said after his dad asked him what he liked about sailing in the regatta.

In fact, Kai said he's going to be a ghost for Halloween this year.

For Steve, he said that sailing with KMAC has been a great opportunity for the father-son duo to get outside and do something competitive.

"We're kind of limited in a lot of other aspects. He's not out there playing soccer or T-ball," Steve McDonald said. "For us, KMAC has really been one of the best opportunities for me and him to get out here and bond, race, be competitive and have a good time."

After all of the sailors finished setting up, everyone took to the water, Kai and his dad in KMAC's bright greet boat named "Maverick."

I hopped in the committee boat captained by Jamie McArthur, the man in charge of starting the KMAC Foundation, which was named after his son, Lt. Junior Grade Kyle McArthur, who was involved



The Coronado Yacht Club hosted the small boat regatta on Oct. 14 and adaptive sailboats participated. Staff photos by Sofie Franssen.



From left, Hanyan Wang and Tammy Airhart are getting ready to set sail.

in a fatal automobile accident in 2013.

McArthur said that KMAC has a big picture goal, one that would take a lot more funding.

"We want to build a world class, community-based sailing center of excellence for the Coronado Juniors, for accessible or disabled sailors and community outreach," McArthur said. "That's the big goal."

While we chatted about big picture plans, we also prepared everything for the start of the race. And that first meant orienting the course to the wind.

Smaller boats approached the committee boat with tetrahedron buoys to set up the starting line, which was 20 yards wide.

And once all of the gates were set up, the racers came to the committee boat to check in before Mc-

Donald fired the fog horn for the start of the first race.

The racers needed to go around the orange tetrahedron buoys stretching the length of the part of the Glorietta Bay inlet, twice.

Like Kai and his dad, each sailor had a companion sailor with them in the boat for assistance, and the boats are wired with assistive technology to cater to various needs.

Airhart said that her companion sailor, Hanyan Wang, is her eyes.

After she is told what the course looks like, Airhart makes a mental map of it in her head. On the course, Wang talks Airhart through the marks to prepare her for how much to turn the sails. But Airhart is still the skipper.

"Because the person with the disability becomes the skipper in charge of the boat, it really enhances your self-confidence, because when you're in that boat, you're just like anyone else," Airhart said.

At one point during the five races, something went wrong with Airhart and Wang's sail, and I assisted pulling them into the dock on another small boat.

The "pit-crew" at the dock assessed the issue, fixed the problem and Airhart flew back on the course for the next race, like Amelia Earhart herself.

After five races, the boats caravanned into the dock to unload.

Tired and sunburned after a full day on the reflective glare of the water, everyone joined back together on the deck for food and drinks.

SPORTS

Long Shot World Series: Diamondbacks–Rangers is a Fall Classic few saw coming

Associated Press

Tell the truth: How many people picked Arizona and Texas to meet in the World Series?

A Rangers–Diamondbacks matchup had 1,750 to 1 odds when wagering opened last fall.

But in an era when 12 teams make the playoffs, sustained excellence over the six-month regular season has become a boarding pass, not the journey, leading to a long shot Series that opens Friday night at Globe Life Field.

“Once you get into the big dance, anything can happen,” Diamondbacks manager Torey Lovullo said before Tuesday night’s 4-2 win at Philadelphia advanced Arizona to its first World Series since 2001. “Throw it all out the window. The teams that get in deserve to be in.”

All the glamour teams are watching at home: the Los Angeles Dodgers and Atlanta Braves stumbled in the Division Series, defending champion Houston was ousted by Texas, and the New York Yankees didn’t even make it to the postseason.

Instead, Major League Baseball has its third all-wild card meeting, a Grand Canyon vs. Lone Star finale of second-place teams played in air-conditioned ballparks under retractable roofs — potentially the first all-indoor Fall Classic.

“I thought it would take a little more time,” Diamondbacks rookie outfielder Corbin Carroll said. “So to be able to do it in this first year just makes it all the more special.”

Both prior all-wild card matchups went seven games. The Los Angeles Angels beat the San Francisco Giants in 2002, and Bruce Bochy’s Giants defeated the Kansas City Royals in 2014 for their third title in five years.



The Arizona Diamondbacks celebrate their win Tuesday against the Philadelphia Phillies in Game 7 of the baseball NL Championship Series in Philadelphia. AP Photo/Matt Rourke

Texas and the Diamondbacks are both two years removed from last-place finishes and 100-loss seasons. Arizona is a No. 6 seed and Texas a No. 5.

“Sometimes, one of the last hurdles to get over is that winning feeling, attitude, when you’ve been losing for a few seasons,” Bochy said.

Bochy, 68 and in his 26th year as a big league manager, joined the Rangers last October. He is going for his fourth title, which would tie Walter Alston and Joe Torre for fourth-most behind Joe McCarthy and Casey Stengel (seven each) and Connie Mack (five). All prior managers with three or more are in the Hall of Fame.

“I don’t think about me. I’m riding their backs, trust me,” Bochy said. “It’s unreal that I’m here, to be honest. Sitting at the house for three years, and think here I am going to a World Series.

Yeah, that’s special. But it’s more about them and trying to find a way to get a ring for those guys.”

Texas started play as the expansion Washington Senators from 1961-71 and has played 10,028 games without a title (9,964 regular-season games, according to the Elias Sports Bureau, plus 64 in the postseason). That’s the second-longest drought behind Cleveland, which last won in 1948.

After losing in the World Series in 2010 and ’11, the Rangers are among six teams without a title, joined by Colorado, Milwaukee, San Diego, Seattle and Tampa Bay.

Arizona’s only title came on Luis Gonzalez’s ninth-inning single off Yankees closer Mariano Rivera in Game 7 in 2001.

Texas headed into the playoffs with the sixth-highest payroll at \$228 million. Arizona was 20th at \$127 million.

Bob Melvin leaves Padres to manage division rival

Associated Press

SAN FRANCISCO — The San Francisco Giants are hoping a recent division rival can turn them back into a contender.

Bob Melvin, a Bay Area native and former Giants player who also managed a decade in Oakland, was formally announced as San Francisco’s new manager Wednesday.



Melvin

That completed a whirlwind few days in which the Giants received permission to interview him from the division rival

San Diego Padres, where the veteran skipper had one more year on his contract.

“I could not be more excited to come back to the Bay Area and manage this great organization,” Melvin said in a statement. “I’d like to thank Greg Johnson, Farhan Zaidi and Larry Baer for giving me the opportunity to add another chapter to my Giants career. This is a tremendous opportunity and a great responsibility to lead this organization and I’m eager to get started.”

Melvin, a three-time Manager of the Year who has won the award in both leagues, went 171-153 with the big-spending Padres and will enter his 21st season as a manager next year.

He has a career record of 1,517-1,425 with eight postseason appearances while guiding Arizona, Seattle, Oakland and San Diego.

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SPORTS

A coach, mentor, friend and driving force for runners

In dedicating his post-retiree years to cross country and track, Coach George Green's impact extends to past and current Coronado runners.

By JULIETA SOTO
The Coronado News

While professionally retired, Coach George Green still remains busy with the Coronado High School running community.

Now in his 32nd year of coaching runners on the island, Green is rebuilding the cross country program after stepping away as the head track coach. Green, however, continues to assist distance runners in the spring.

"I did a lot of running when I was in college and I can talk to them on a having done this before," said Green "I know what it's like to go to a state meet, to win championships, and feel what they're feeling."

Green began as volunteer coach during the 1992-93 school year, and he took over the track program in 1997. But after a quarter century, Cameron Gary took the helm.

"His being the head coach and my being the distance coach is really perfect for me because now I don't have to hang around the track," said Green "We can go all over the place with the distance runners, so it's a perfect situation for me."

Since 2005, Green has been the cross country head coach.

He looks forward to his continued participation on both teams and helping a cross country squad of about 30 runners and roughly 50 track athletes. The ultimate goal, he said, is to get them to the CIF finals.

And, the connections he makes during the fall roll into the spring as about 40% of the students who run cross country at the high school also



George Green has coached cross country and track at Coronado High School since the 1990s and looks forward to continuing to help kids become great athletes. Photo courtesy of Green, by fellow CHS Coach John Downey.

participate in track.

He also has no intention of leaving coaching any time soon

"I'll probably be around for a couple more years," said Green about his commitment to the running teams, especially cross country.

He said the only way he would truly retire is if "somebody came along that I think would really benefit the program and can take both the track and cross-country programs."

Yet, his athletes say Green loves the sport way too much to become idle.

Dubbed a candidate for "Coronado's Most Interesting Man" by one local publication 10 years ago, Green's continued passion for coaching ensures a mirrored intrigue in 2023.

During his undergraduate career, Green studied Geology and Marine Biology at Old Dominion University, where he established an admirable cross country and track distance run-

ning trajectory and was inducted to the school's Hall of Fame at the turn of the century in 2001.

Green also holds a Double MBA from National University in Accounting and Computer Information Systems.

Upon completing the Navy's Officer's Candidate School (OCS) on the East Coast in 1967, Green moved to Coronado, which has since been his home.

"When I got out of the Navy, I started the Coronado Half-Marathon," said Green. "It proved to be a huge race still going on today."

Along with the Coronado Half Marathon, Green has been the official timer for major races in Coronado and San Diego, including two races in partnership with PepsiCo.

Green in an online published article wrote that the first Half Marathon race took place on Independence Day in 1974 and the last Coronado Half Marathon he organized was in 1982.

At 80, Green continues to make significant contributions to the running community in Coronado, including his role as a timer and publishing meet results on sports websites available to all runners, coaches, and recruiters.

"I'm the guy who uploads all the results to Athletic.net," added Green.

In the last and current season, Green timed all of the Eastern League cross country meets and uploaded those results as well as the South Coast Middle School League for cross country and track programs. That means runners not even connected to Coronado had access to their results.

This meticulous record keeping began during his Coronado Half Marathon days, and he said he continues to do it to help athletes keep track of their progress and showcase their accomplishments.

"He might be old, but he has the energy of an 8-year-old," shared current Coronado High freshman Carly

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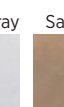
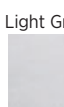
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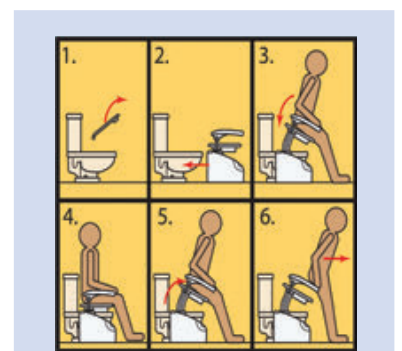


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Coach George Green and Teresa Perez. Photo courtesy of Perez.

DeVore, who runs on the varsity cross country team.

Through photography and videography, Green captures event milestones for his students, a quarter of which have gone to run at some of the top schools in the country.

“My goal is to get the kids that have potential to compete in college into events where they’ll be noticed,” said Green. “I do a lot of videoing... the goal is to get those videos on YouTube and get the kids into bigger meets, where they’re going to be seen.”

With the help of Green and other assisting coaches, including parents of top performing students who share impressive athletic backgrounds, six to 10 athletes each year transition to collegiate running, with a majority earning full ride scholarships, Green said.

“It’s just great to watch them develop over time,” said Green. “You can take a freshman boy who can barely run a seven-minute mile, and he can wind up running the CIF finals by the time he’s a senior. So, it’s watching them progress.”

And although Green’s current and former runners have worked hard

to secure a spot on minor and major division college teams, he considers a connection among the teammates extends well beyond the athlete’s rigorous training.

“Because the training is so intense at times, there is a great sense of comradery among the team members,” Green said. “They tend to stick together at events outside of the sport.”

While recruiters often look for athletes who excel in cross country and track, Green adds that “coaches are more interested in track performances than they are in cross country performances,” which points to the impact distance training may have for runners.

Amy DeVore, parent to Carly, considers that her daughter’s first high school sports experience has been a good one and that is due to Green being so positive.

“He never gets mad or disappointed with the kids’ performance, no matter what,” Amy DeVore said. “He knows when to push hard and when to have the kids take a step back. He rides his bike right alongside the kids, coaching them and encouraging them.”

Green also has produced weekly write-ups that he shares with local newspapers in Coronado ever since the start of his coaching career.

“I figured that the more exposure they get, the better,” said Green. “I’ve written stuff for magazines here and there, but it’s never been a profession for me.”

According to Green, this separate form of documenting his runners takes him no more than one hour, depending on the amount of information.

“I look at the results of the meet,” said Green. “Then I just look at the marks, improvements, I’ll make a rough sketch of all the points, then I just brush it out. Walk away from it, look at it the next day, and then send it to the news.”

Several of Green’s top performing Islanders started off on the middle school track team, excelling through high school running and outperforming personal records at the collegiate level.

“Coach Green has positively affected my life by staying so consistent through my middle school and high school track career,” said senior track star Lindsey Balsley, who also participates in volleyball, soccer and football. “He will continue to make a difference in other runners’ lives in the future by continuing to inspire more runners and support them in their journeys.”

According to Green, nearly every year from 1991 to 2019, at least one of his runners qualified for the state meet. The only exceptions were in 1999 and 2020 (COVID).

Green added that the pandemic really hurt the program.

“Since then we’ve been rebuilding and didn’t qualify anyone in 2021 or 2022. However, prospects are looking good for the future,” added Green. “Historically, the cross-country team has been strong.”

As part of the Eastern League, Coronado competes against Clairemont, Crawford, High Tech High, La Jolla, Our Lady of Peace, Saint Augustine, and San Diego.

Green anticipates his current girls team, with a majority of underclassmen and including DeVore, can advance to the state meet.

vance to the state meet.

Green added that despite Coronado’s relatively small school size, the Islanders have consistently had a handful of top athletes.

And in 2018, the girls’ team won the Division Two CIF Championship with all nine of the girls who scored points recording at least one school record, Green noted.

That was the school’s best girls team, according to the Islander Track website.

The squad included Alysah Hickey, Teresa Perez, Victoria Perez (no relation to Teresa), Ruthie Grant-Williams, Abigail Whittemore, Madison Shanks, Madden Hundley, Abigail Hundley, and Sofia Van Arsdale.

Perez, who went on to star at the University of Portland, said Green played an instrumental role in shaping her collegiate running trajectory by helping her recognize her innate speed and instilling courage to push beyond limits.

She said Green continues “to fuel my success in running and my professional and personal life.”

“Coach Green’s brilliance extended beyond the track,” said Perez. “He possessed a profound understanding of training methodologies and cutting-edge techniques, always striving to provide us with the best possible preparation. His ability to calculate time and speed was remarkable, and he had an uncanny knack for predicting our race-day potential based on our training.”

Perez added: “Coach Green is more than a coach; he is a mentor, a friend, and a driving force behind the success and unity of our team...His dedication, passion, intelligence, creativity, and caring nature make him the embodiment of inspiration, a true guiding light.”

“As the Coronado girls secured a hard-fought victory, the team, brimming with excitement, sprinted towards our coach. We enveloped him in a joyous, heartfelt group hug, nearly knocking him off his feet. He wobbled momentarily but stood tall, symbolizing unwavering strength and support. A very proud moment!!!!”

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LIFE ON THE ISLAND

Carolynn Towbin, honorary chair of CIFF, raves about local film fest

The meditation teacher, life coach, and motorcar dealer is a big promoter of the Coronado Island Film Festival.

By **MADLINE YANG**
The Coronado News

Carolynn Towbin is a woman of many ventures in life.

She's a meditation teacher, life coach, motorcar dealer and honorary chair of the Coronado Island Film Festival, which runs Nov. 8-12.

Towbin over a Zoom interview sits in her chair in her Las Vegas office where she's run Towbin Automotive for the last 35 years with her late husband, Danny, who passed away about 15 years ago.

Her high energy and bright smile fill the screen as she talks about Coronado and her little slice of heaven.

Based mainly in Las Vegas, she manages to escape the brown desert ecosystem that she also loves, to her home in Coronado for the beaches and greenery at least once a month.

This gave her "the best of both worlds" and is how she started attending the Coronado Island Film Festival.

Now in her early 70s, as the honorary chair, Towbin says she does what she can to promote CIFF.

"To hear that my favorite place in the world is going to have a film festival, I was so excited. So, I've been going since the first year, and every year we've gotten better," Towbin says of the multi-day event launched in 2016.

Towbin has always had a deep interest in film and theater which she says stems from her mother, and she says being able to just watch great movies



Honorary Chair Carolynn Towbin (left) and Leonard Maltin (right) at the 2022 Coronado Island Film Festival. Photo provided by Lisa Stafford.

all day and be in such an iconic town is among her favorite things.

She was a fashion model working in New York in her earlier years and was surrounded by the film industry, which also led to her love of movies.

"It's a world-class event...and we are the most well-attended film festival in San Diego," Towbin says. "Coronado is easy. It's such an accessible town, you can catch everything...I actually don't drive for the festival."

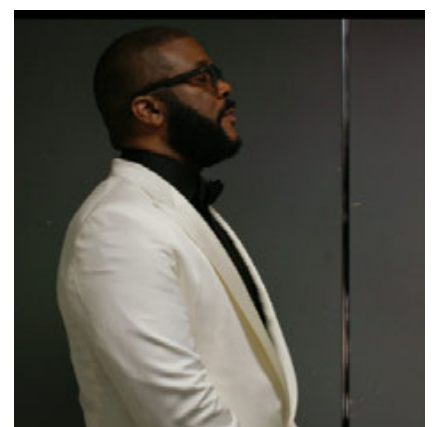
And this year, she's excited to catch Tyler Perry's film "Maxine's Baby," "Past Lives" with Greta Lee and "The Nana Project" from director Robin

Givens, just to name a few.

In her life coaching, she says she gravitates towards mentoring young women and imparting her years of experience and wisdom to them.

"What can I do to channel what I know?" Towbin says, as she thinks about what is her purpose in this stage of life right now.

"It's so empowering being more involved, and we have more directors and writers that are women now. So, between being a sponsor and a donor and empowering our women in leadership that's happening...it's amazing," Towbin says.



"Maxine's Baby: The Tyler Perry Story" will be the centerpiece film for the 2023 Coronado Island Film Festival. Photo from festival.coronadofilmfest.com.

Tyler Perry film to premiere at Coronado Island festival

The Coronado News staff

The centerpiece film of the 2023 Coronado Island Film Festival has been announced: It's "Maxine's Baby: The Tyler Perry Story" from Amazon Studios and Bekele Films.

Writer, actor, filmmaker, studio head and media titan, Tyler Perry, is America's consummate multihyphenate. But underneath this entertainment behemoth is a man working humbly to heal his childhood trauma by transforming his pain into promise.

"Maxine's Baby" is a nod to his mother's love and is an intimate portrait of his harrowing but faithful road to the top of an industry that didn't always include him.

The premiere will be on Nov. 10 at the Village Theater with doors opening at 6:30pm. There will be welcoming remarks at 7:00pm before the film screens.

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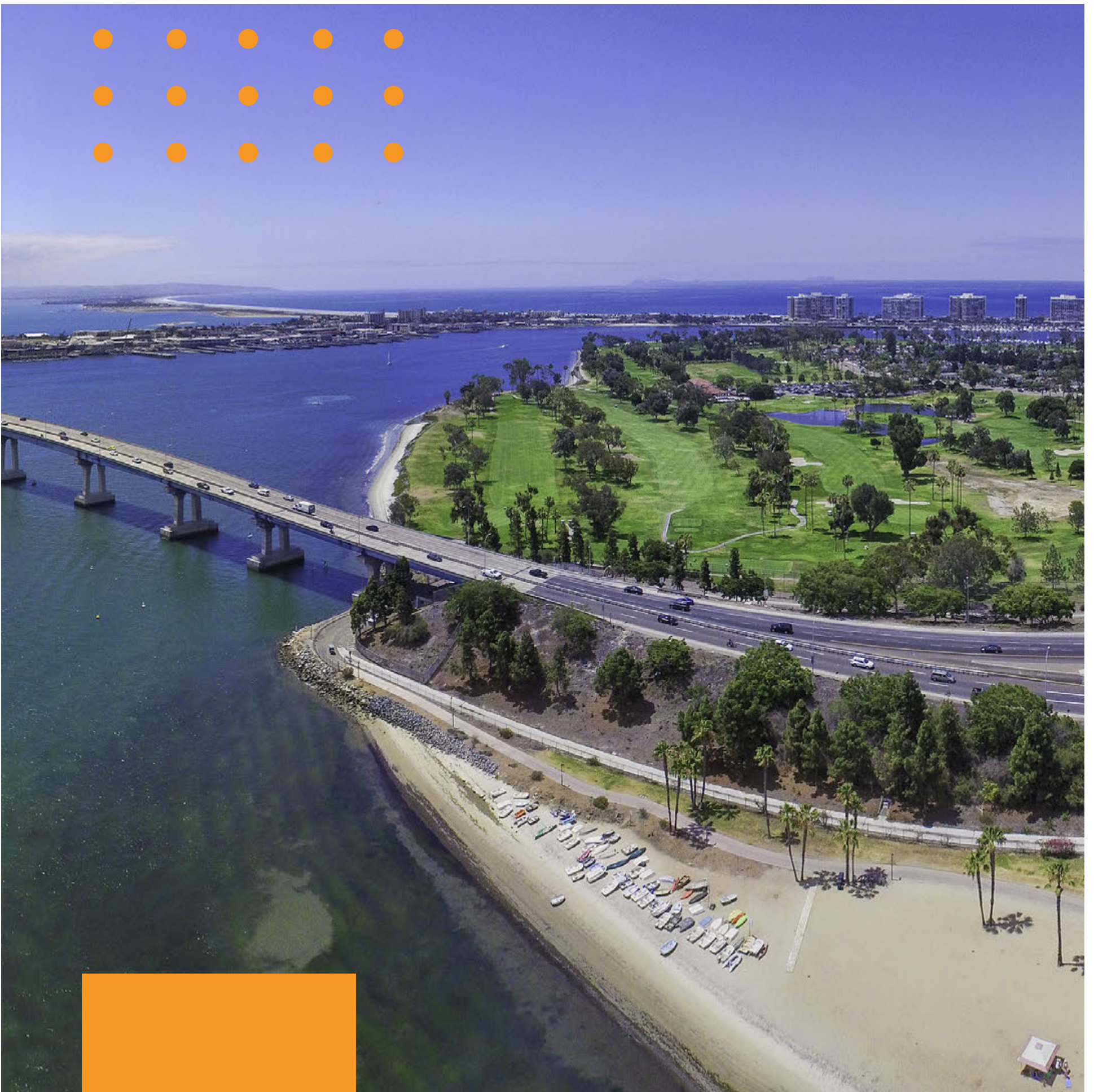
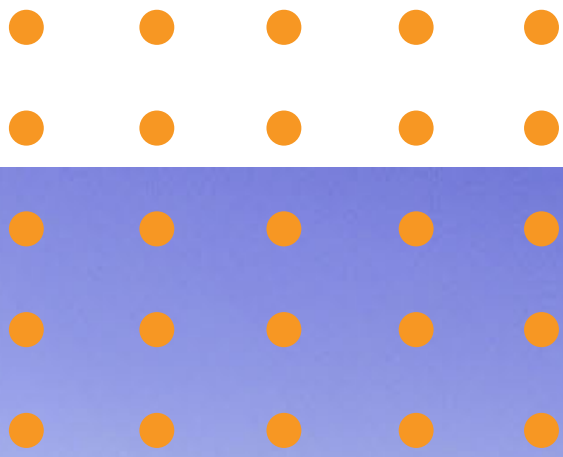


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