



REMEMBERING KRISTAN



Friends and family gathered Dec. 7 at Sunset Cliffs to remember the life of Ocean Beach resident Kristan Stephanie Wagner, whose body was discovered at the base of the cliffs after an apparent accidental fall Nov. 30. COURTESY PHOTO BY JIM GRANT

‘Her laughter can light up a room’



Kristan Stephanie Wagner is remembered as a person who enjoyed life and loved to laugh. COURTESY PHOTO

By SEBASTIAN RUIZ | THE BEACON

News of Kristan Stephanie Wagner’s untimely death more than a week ago had spread quickly through Ocean Beach — and on Sunday, Dec. 7, dozens of friends and family who knew her gathered at a rocky point of Sunset Cliffs to share stories of her gregarious nature and memorable laugh.

Friends set flowers at the foot of her portrait near Hill Street in Ocean Beach before paddling out in honor of the 41-year-old neighbor and Ocean Beach resident who tragically died after falling from the rocky bluffs.

On Nov. 30, a passerby reportedly discovered Kristan’s body lying motionless on the rocks along the 800 block of Sunset Cliffs Boulevard, according to a statement from the medical examiner’s office website.

But even while friends and loved ones mourned the loss of a friend, they celebrated the memory of a person who enjoyed life and loved to laugh.

“Her laughter can light up a room,” Deanna Mendoza, Kristan’s cousin, said. “She was a unique person. I’m really happy people

SEE MEMORY, Page 7

City’s budget war takes center stage

By SEBASTIAN RUIZ | THE BEACON

Four new City Council members sworn into office Monday, Dec. 8, have landed in the middle of a back-and-forth budget battle between the council and the mayor’s office as they try to close an estimated \$43 million midyear shortfall.

The Council put off decisions to name a new council president and assign committee members until later in the week in light of the tragic jet plane crash in University City Monday morning.

On Tuesday, the council voted 6-2 to name District 8 Councilman Ben Hueso.

Last month, the City Council made the decision to keep fire stations fully operating as well as to keep libraries and recreation centers open until June 2009 despite calls for deep cuts by the mayor. The decisions remain intact after City Council members unanimously overrode a mayoral budget veto during a Friday, Dec. 5, council meeting.

“[City council] is solving the problem for a few months, but it’s putting us in a deeper hole for the next fiscal year,” said mayoral spokesperson Rachel Laing.

The mayor recently vetoed the City Council’s decisions to keep city community service centers open and restore three painter positions, which would have violated procedures laid out in the city charter, Laing said.

The community centers in Point Loma, Clairemont and Scripps Ranch will stay open until the end of January. Painter positions will be reinstated at the end of January as well, she said. The community service centers

act as city information centers and provide general city services such as accepting bill payments.

The City Council closed some of the gap by agreeing to a majority of the mayor’s proposed midyear budget cuts, District 2 Councilman Kevin Faulconer said.

The council was able to keep the fire stations fully operating, and libraries and recreation centers open by dipping into infrastructure funds, library system improvement funds and hotel-room rental tax revenue.

However, that still adds to an estimated \$54 million budget gap moving into fiscal year 2010, Laing said. City staff starts the

SEE COUNCIL, Page 5

“We’ve had a lot of creative ideas ... specifically in Ocean Beach.”

KEVIN FAULCONER
DISTRICT 2 CITY COUNCILMAN

”

Workers sift through debris of fatal jet crash in U.C.

By ALYSSA RAMOS | THE BEACON

Two days after an F/A-18 Hornet fighter jet crashed into a University City neighborhood, the County Medical Examiner’s Office confirmed four fatalities — those of two adults and two infants — found inside one of the five homes destroyed or damaged in the accident.

The pilot, a first lieutenant with Marine Fighter Attack Training Squadron 101 from United States Marine Corps Air Station (MCAS) Miramar, was flying Monday, Dec. 8 from the USS Abraham Lincoln off San Diego’s coast toward MCAS when one engine failed, said MCAS Commanding Officer Col. Chris O’Connor.

At about 11:58 a.m., the jet

reportedly lost its second engine, causing the plane to crash into two homes in the 4400 block of Cather Avenue in University City, two miles short of the air base. The pilot safely ejected from the plane and was found in a nearby canyon.

“The pilot was nearing the end of his training,” said USMC Miramar public affairs spokesperson Cpl. Jessica Aranda. Officials drove the pilot, identified by as Dan Neubauer, to Balboa Naval Hospital. Marine Corps officials said he is expected to make a full recovery.

Maurice Luque, spokesperson for the City of San Diego Fire-Rescue Department, said the two destroyed homes — the Yoon residence at 4416 Cather Ave. and an unoccupied house next door — immediately caught fire from the crash. Rescuers from the Fire-Res-

cue Department and MCAS Miramar discovered three victims after sifting through debris and rubble Monday evening. With the help of search dogs, the fourth victim was found the next day.

The victims were identified as Youngmi Yoon, 36; Yoon’s mother, Suk Im Kim, 60; 15-month-old Grace Yoon; and 2-month-old Rachel Yoon.

Don Yoon, Yoon’s husband and the father of the two girls, was not at home at the time of the crash.

“I really believe that my wife and two daughters are in heaven,” Yoon, 39, said the day after the crash, adding that his prayers go out to the pilot.

O’Connor said reaching out to the community and sharing as

SEE CRASH, Page 5



Emergency officials comb the site of a deadly military jet crash in University City on Monday that left at least four people dead and two homes demolished. The pilot of the F/A-18D Hornet ejected safely. PHOTO BY DON BALCH | THE BEACON

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Third sewage treatment waiver appears to have the green light



City officials appear to have secured their third waiver from the Environmental Protection Agency to bypass the implementation of a secondary sewage treatment process for at least another five years, saving an estimated \$1.5 billion.

BLAKE JONES | THE BEACON

By SEBASTIAN RUIZ | THE BEACON

With local experts and politicians claiming the city imports too much water, treating and reusing sewer water for irrigation — or even drinking — takes on a new meaning.

Meanwhile, the Federal Environmental Protection Agency is verging on granting the city another five-year pass in upgrading its sewage treatment processes to the next level of cleanliness, called secondary treatment.

At least one local environmental group has met with the mayor and city staff in an effort to tackle the problem of rethinking the city's water and wastewater infrastructure.

“We’re trying to reach an agreement [with the city] over the next month or so ... to really lay the groundwork for long-term planning for our sewage and water infrastructure in San Diego,” San Diego Coastkeeper executive director Bruce Reznick said.

The city applies for a permit every five years, allowing the city to empty treated sewage about four miles off the Point Loma coast. San Diego is one of the last big cities to keep applying for the waiver, Reznick said. This is the third waiver the city has applied for since 1995.

A public comment process for the waiver will continue over the next several months, requiring approvals from agencies such as the San Diego Regional Water Quality Control Board and the California Coastal Commission. The first public hearing takes place Wednesday, Jan. 21 at the San Diego Regional Water Quality Control Board offices, 9174 Sky Park Court, at 9 a.m.

Environmental groups such as Coastkeeper have traditionally opposed the city's application for the waiver.

They sued the city in 2000 because of it, Reznick said. The suit partly resulted in a water recycling report to the city, released in 2005.

Though another lawsuit is “not off the table,” Reznick said, now is the time to work with the city “hand in hand” to plan for future water recycling. He added that he needs a more comprehensive study of the city's water infrastructure.

Environmental groups have advocated for an upgrade to

cleaner treatment processes at the Point Loma wastewater treatment facility for environmental reasons. However, mayoral spokesman Bill Harris said upgrading to secondary treatment processes would cost too much and does too little for the environment.

“There are options that do not involve spending \$1.5 billion that have to be raised in fees to cram a facility into Point Loma in order to achieve very little additional benefit. It's excruciatingly costly, almost physically impossible to construct and provides very little additional benefit to what we're currently doing,” Harris said.

Mayor Jerry Sanders is making good on his announcement to apply for the Point Loma wastewater secondary treatment waiver. He announced the decision last year after he gathered a team of UCSD scientists to study the environmental impacts of the treated wastewater on the ocean. While the report stated that more data are needed to fully understand the environmental impact, the Point Loma sewage outfall presents no significant impact to the ocean environment.

Reznick said the dearth of accurate assessments of environmental impacts is part of the problem. “I don't think we have that data,” Reznick said, “but there is a lot of information that is required for [determining] overall ocean health.”

The public comment period for the waiver closes Jan. 28.

The Point Loma wastewater treatment plant treats about 175 million gallons a day of the city's sewage, according to the city's website.



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Council to eye possible ban on the use of plastic bags

By NEAL PUTNAM | THE BEACON

A ban on the use of plastic bags by grocery stores, pharmacies and other retailers may be one of the hot issues to come before the new San Diego City Council in 2009 following a 2-1 vote by a council committee on Wednesday, Dec. 3.

Several dozen people spoke before the Natural Resources & Culture Committee on the topic with only a few opposed to a ban on plastic bags. Councilmembers Donna Frye and Scott Peters voted to send the proposed ban to new City Attorney Jan Goldsmith, who was sworn into office Monday, Dec. 8, for legal analysis before it goes to the City Council within 90 days.

District 2 Councilman Kevin Faulconer voted against the motion, saying he wanted Goldsmith to look at the proposal and perhaps send it back to the committee. He said he did not support forwarding it to the City Council even though the motion made no committee recommendation about the proposed ban.

"I don't support this ordinance. It's appropriate for the new city attorney to have a look at this, to explore options," Faulconer said. He added he felt "increased recycling is the way to go."

"I think more analysis needs to be done," he said. "I think it could be harmful to consumers, not good for business. We need more focus on recycling."

A representative from Mayor Jerry Sanders' office told the committee the mayor opposes a ban because cities which have passed a ban on plastic bags have been sued. The mayor also opposes the ban because small businesses would be adversely affected.

A proposed ordinance was already prepared for the committee by outgoing City Attorney Mike Aguirre, but it will go back to the city attorney's office as part of the motion.

The use of paper bags and reusable cloth bags that consumers would bring into the store were suggested as alternatives to plastic, which do not biodegrade easily. Several people from San Diego Coastkeeper told the council of the harm that plastic bags pose to sea life, birds, and animals.

"I've pulled plastic bags out of the water when I'm surfing," said Bill Hickman, of Ocean Beach, who added that most of the bags don't float but sink to the bottom.

"They're all over the place," said Jim Pugh, from the San Diego Audubon Society. He said plastic bags smother plants at the bottom of creeks and streams. "Please move ahead with a ban and keep them out of our wetlands," he added.

Scott Harrison, the chairman of the Surfrider Foundation, told the panel the ban is like "a train leaving the station — it's time to get on board."

Among the few opposed to the ban were representatives from the California Grocers Association and the American Chemistry Council.

Jennifer Forkish, who represents the American Chemistry Council, said the use of paper bags are "three to five times more expensive, which means higher operating costs for stores and higher prices for their customers."

Frye held up a dingy white cloth bag she said she uses for shopping and added, "It needs a bath." She urged residents to ask for paper instead of plastic when at the checkout line.

"I think more analysis needs to be done. I think it could be harmful to consumers, not good for business."

KEVIN FAULCONER
DISTRICT 2 CITY COUNCILMAN



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FDIC 

Hot chocolate charity now the 9th for Garrison Street

By JOSEPH GREENBERG | THE BEACON

A special group of girls, having realized the holiday appeal of hot chocolate, has been exploiting its popularity for the last nine years. On Saturday, Dec. 13 at 5 p.m., in front of 3631 Garrison St. in Point Loma, they'll set up shop to sell their delicious drink to hundreds of holiday faithful.

What makes their recipe extra-special is that all the proceeds will go toward various charities that have immediate community impacts.

The girls refer to themselves as The Core Four, and they include Jessica Ybarra, Meghan Zander, Adrianna Pickering and Emily Ferdyn. This catchy name calls to the fact that "they have all known each other pretty much since they were 4 years old," said Kyle Ybarra, Jessica's father.

The girls have donated to organizations such as hospitals and the Red Cross. This year will be the first year they repeat a donation, as they will again be donating to Isabella's Gift, a foundation at Rady Children's Hospital.

The girls, sophomores at Point Loma High School, are smarter than your average cookie, as they

are not selling lemonade in these cooler winter months, even though their modest little stand would have you thinking so. They sell hot chocolate at \$1 a cup, along with a selection of baked goods. Patrons can feel good about the splurge, as the proceeds have always gone toward a cause with special meaning to the girls.

Some individuals have been moved to make larger donations. "One person gave us [a] \$100 bill, and I couldn't believe it. People really get into the giving spirit," said Jessica Ybarra.

The charity usually lasts just one day a year, and the girls pull out their cart and keep things low-key. However, some changes are in order this year. "For the first time, we are getting a lot more baked goods. We have contacted a bunch of restaurants all over Point Loma that can donate food that we sell, but we definitely bake stuff as well," Jessica said.

Funds raised from the first year totaled \$75, and they went to help a young girl from Mexico who was receiving surgery on a

“Our goal is \$2,000 this year. We usually have lines going down the street, so I think we can do it.”

Jessica Ybarra
CHARITY ORGANIZER

”



The Core Four, as they call themselves, will again host their traditional hot chocolate fundraiser on Dec. 13 to benefit Isabella's Gift, a foundation set up at Rady Children's Hospital. The Garrison Street girls hope to raise \$2,000 this year.

COURTESY PHOTO

SEE GARRISON, Page 13

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CRASH

CONTINUED FROM Page 1

much information as possible was his priority. He attended Tuesday's University Community Planning Group meeting in an effort to inform residents of the military's efforts and to allay the public's fears, he said.

"We are conducting a thorough investigation. We are going to take our time," he said.

O'Connor said the military's team of first responders was on the scene immediately and will continue to work with the city. Military officials will continue to remove wreckage from the area, he said.

"We take our responsibility very seriously," he said.

O'Connor said the military stresses the safety record of its aircraft.

"As a pilot, safe operation of aircraft is our number one concern," O'Connor said. "[The F/A-18 is] a dependable aircraft. It flies a lot, every day. It's a proven performer. They're our workhorses."

According to Luque, damages from the crash totaled in excess of \$1 million. He added that the crash damaged another three homes, three vehicles and one truck.

But UC residents will not remember the monetary losses.

"I saw them every day," said neighbor Michael Rose, adding

that he was traveling to Texas when his wife phoned him, informing him a plane crashed next to their home.

"She said it was a big, loud boom," Rose said. "How short life can be. It's such a tragedy."

Though Rose said he wasn't present at the actual crash, his proximity to the Yoons' house and the site began to sink in.

"We were riding bicycles less than 50 feet away the night before," Rose said. "My girls were in school [at the time of the crash]. Thank God."

Newly elected San Diego City Councilmember Sherri Lightner said she will hold a community forum today, Dec. 11, at 6 p.m., at UC High School auditorium, 6949 Genesee Ave.

The Marine Corps is asking anyone who finds suspected debris from the wreckage not to touch it and to call (858) 577-1727.

On a related note, the Peninsula Community Planning Board's (PCPB) Airport Committee has slated a regular meeting for Friday, Dec. 12 at the Hervey/Point Loma Branch Library, 3701 Voltaire St.

In light of Monday's crash — and because the PCPB has regular interface with the San Diego County Regional Airport Authority that oversees Lindbergh Field — committee chair Suhail Khalil said he has invited representatives from various agencies to brief commit-



Fire Chief Tracy Jarman, above left, listens as Mayor Jerry Sanders addresses the media at the scene where a military jet crashed into two University City homes Monday, killing at least four people. Shortly before noon that day, an F/A-18D Hornet fighter jet encountered trouble over the residential area, forcing the pilot to eject. At left, Col. Chris O'Connor, the commanding officer of Marine Corps Air Station Miramar, also spoke.

PHOTOS BY RONAN GRAY | THE BEACON

tee members on airport safety matters. Representatives from Marine Corps Air Station Miramar, North Island Navy Base and Mayor Jerry Sanders' office are expected to be on hand.

The airport committee meets from 12:30 to 2 p.m. at the library. Copies of the agenda are posted there and can also be accessed by visiting www.pcpb.net.

For more information, call (619) 224-1527, or e-mail morningstar-resvc@cox.net.



COUNCIL

CONTINUED FROM Page 1

next budget process early next year, she said.

Faulconer said council committees should start analyzing the city's budget in January.

Public safety, police and fire departments are a priority, he said.

He said he's met with residents regarding potential library closures and said he would consider volunteers to augment city library staff.

"We've had a lot of creative

ideas ... specifically in Ocean Beach," Faulconer said.

Before vetoing the council's budget decisions, the mayor's office awaited a legal opinion from the city attorney's office to determine the legality of the council's decision but heard nothing, according to Laing.

The mayor had 10 days starting Nov. 24 to issue a veto, she said.

In addition to a massive pension debt contributing to the city's financial mess, the city faces massive budget cuts in part because of a receding national economy, which has resulted in

less tax revenue coming into city coffers, Laing said.

City departments have been asked to shave another 10 to 15 percent from their collective budgets and present potential cost savings to the city's administration next year, according to Laing.

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GUEST COMMENTARY

Protecting neighborhood services is high priority

By COUNCILMAN KEVIN FAULCONER

Recently, the Ocean Beach Library celebrated its 80th anniversary and the community came together to celebrate and share residents' favorite memories. The day made it clear on how the library is an integral part of the community.

Just a few weeks later, the Ocean Beach Library was proposed to be closed as part of the midyear budget cuts. I knew I needed to find a way to keep it open in a fiscally responsible way. This is why I supported the independent budget analyst's proposal to keep the libraries and recreation centers open and fire engines operational.

I believe the City Council needs to address both a short-term and long-term solution for the city's budget deficit. The short-term solution I voted for kept the libraries, recreation centers and the fire engines operational. With the short time period we had and the information we had available, it was the best decision for the short term. It will close the budget deficit while providing more time to determine what will be the best for taxpayers and for the financial stability of the city in the long term.

The long-term solution must not immediately place libraries and recreation centers on the chopping block every time the city has a budget deficit.

For next year, I think the City Council must first look to City Hall for reductions and ways to eliminate costs. There is no reason to close services our families rely on when the city has not yet even looked at enacting at least a one-week mandatory furlough [unpaid time off] in the next year. This is just one example of what I will support to balance the city's budget.

Second, we need to review city services like the library and recreation center systems. For

example, why was the Ocean Beach Library on the proposed "to be closed" list but is also on the proposed "to expand" list? We need a cohesive plan that does not waste money and serves all of the communities.

Additionally, it is critical the City Council maintains public safety services. We must develop a long-term plan and standard for fire and police that assures the public safety standards are met before I could support a proposal to enact rolling brown-outs which keep two fire engines and companies out of commission on a rotational basis. This would have slowed response times to emergencies where just one minute can literally mean the difference between life and death.

Fire stations in Downtown, the Gaslamp Quarter, Pacific Beach and the Sports Arena area are some of the busiest stations and are all located in the center of people, businesses, buildings and high-rises.

I will advocate for more community dialogue and input as we work through this challenging period. These are our tax dollars. Some communities may not use certain city services while other communities may heavily rely on those same services. We need to do what is possible to use the information to determine the best ways to balance the budget.

As we go into this tough budget year, I am committed to working with our community to balance the budget in a way that is best for our community and the city as we work to protect our neighborhoods and restore the city's financial stability.

— *City Councilman Kevin Faulconer represents District 2, including the Point Loma and Ocean Beach communities.*



Prop 8 motivation raises other social questions

Regarding: ("In retrospect, maybe Prop 8 vote was wrong," Dec. 4 Beacon, page 6):

I may be wrong, but was the letter writer who suggested her vote on Prop 8 may have been less than compassionate being facetious or perhaps sarcastic?

Was she actually rubbing salt in the wounds of those who have been denied the right to commit their lives to someone they love? Was she, perhaps, cackling over her win because people like her have decided that gay couples somehow deserve less than other people due to their inability to procreate "naturally?"

It seems this letter writer is suggesting that people who cannot produce a child "naturally" should not be allowed to marry because marriage is for procreation only. If that is the case, perhaps we need to rethink allowing infertile couples to marry, and those who do go to fertility clinics must submit to a DNA test in order to prove that the child did, indeed, come from their egg and sperm and if not, their marriage will be invalidated.

I suppose she is also of the opinion that gay couples should not be allowed to adopt because they cannot marry and, after all, the adopted child would not share their DNA. Following that reasoning, why should anyone be allowed to adopt a child — after all, the child doesn't share their DNA and that's not "natural."

God, if there is one who dutifully follows the minutiae of our

LETTERS TO THE EDITOR



lives such as helping us find our lost car keys or winning a baseball game, forgive them, for they are bigots who lack compassion.

After all, if one cannot follow your simple rules such as "Do unto others as you would have them do unto you," and "judge not lest ye be judged," then their basic right to "pursue happiness" should be struck down. And I thank you, Lord, for giving me the unassailable right to be their judge and jury. Now, could we put it to a vote?

Cherry DeLorenzo
Ocean Beach

Cancer Society shop sets Point Loma benefit sale

Winter is almost here, and so

is the Point Loma American Cancer Society Discovery Shop's Winter Wonderland Extravaganza, featuring apparel to keep you warm.

The sale is Friday, Dec. 12 from 10 a.m. to 6 p.m. and Saturday, Dec. 13 from 10 a.m. to 5 p.m. Items include coats, sweaters, scarves and gloves.

Discount coupons will be issued during the sale or at a later date.

The shop is located at 3609-C Midway Drive behind Kinkos in the Vons Shopping Center.

Proceeds go to cancer education and research.

For more information, call (619) 224-4336.

Stephanie Ripley
Discovery Shop manager

YOUR VIEWS

POLICY

- The opinion pages of The Beacon are meant as an open forum for expression. The views expressed in the Letters to the Editor and editorials within this paper are not necessarily the views of this paper, nor those of the staff. The Beacon reserves the right to exclude any Letter to the Editor, or to edit Letters to the Editor for length and prevention of libel, or for other reasons as seen fit by the editors.

TO SUBMIT

- Please send to: Letters to the Editor, P.O. Box 9550, San Diego, Calif. 92169, or beacon@sdnews.com.



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OPINIONS Signed letters to the editor are encouraged. All letters must include a phone number for verification. The editor may edit letters for clarity and accuracy. Letters should be 350 words or less. Views expressed are not necessarily the views of this newspaper or staff.

SUBMISSIONS Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

DEADLINES All content must be received by 5 p.m. on the Thursday prior to publication.

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Family and friends of Kristan Stephanie Wagner consoled one another and paused to praise her memory during a celebration of her life on Dec. 7, including from left, father Robert Wagner, mother Marie and brother Robert Jr.

COURTESY PHOTOS BY JIM GRANT



Local surfers gather along Sunset Cliffs before a tribute paddle-out held Sunday to remember the life of Kristan Wagner.



Mourners toss flowers over Sunset Cliffs in memory of a lost friend and loved one during the celebration of life.

MEMORY

CONTINUED FROM Page 1

showed up."

Overlooking the cliffs and pocket beaches Kristan enjoyed walking regularly, loved ones sought comfort in each other's arms. The warmth Kristan inspired in others seemed to shine down that day as, one by one, those who knew Kristan best shared stories and laughs with one another.

A close friend read a prayer for

her before a group paddled out in tribute.

Kristan's father, Robert Wagner, said he didn't realize Kristan touched so many lives.

"As a parent, you know your daughter," Wagner said, "[but] she did so many things."

Friends comforted Kristan's father, her mother Marie, brother Robert Jr. and sister Molly in a warm embrace as friends spoke fondly of the kind woman who worked as a hair stylist in a local

salon.

Nikki van Dobben, an Ocean Beach resident, shared Kristan's circle of friends. They used to go swimming together in the neighborhood shores of Ocean Beach.

"[Kristan] was cheerful and giving, spiritual and kind. [She] loved animals and children," Van Dobben said.

The family planned services for Kristan Wednesday, Dec. 10 at the Catholic Church of Immaculate Conception in Old Town.



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Moonlight Sonata; *Archduke Trio*
Jahja Ling, piano / Jeff Thayer, violin
Jisun Yang, violin / Yao Zhao, cello
Anne-Marie McDermott, piano

JANUARY 16, 17 & 18
Jahja Ling, conductor
Anne-Marie McDermott, piano
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Symphony No. 4; *Leonore Overture No. 3*



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Curves International Inc, the world's largest franchisor of fitness clubs, has concluded a study at Baylor University led by Dr. Richard Kreider, Ph.D., FACSM, professor and director of Baylor's Exercise and Sport Nutrition Lab, who has studied the Curves program closely since 2002. Studies confirmed the Curves program is effective at helping women lose weight, increase bone density, gain muscle

strength and aerobic capacity, and raise metabolism.

The latest study focused on the intensity of the workout and the number of calories burned by study participants. Results correlated directly to the fitness level of the participants and the intensity at which they exercised. Fitness level is crucial data that correlates directly to the maximum number of calories a person is capable of burning in a given period of time. The least fit women in the study burned between 164 and 238 calories in 30 minutes. "The important thing to note here," said Kreider, "is that these women were working at 80 percent of their maximal oxygen uptake, so they simply could not have burned any more calories in 30 minutes with this or any other workout."

And the fittest test subjects? "They burned as many as 522 calories in 30 minutes," said Kreider. "As you progress and become more fit, your capacity for burning calories increases."

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- Making a family memory video
- A Personalized Calendar with family photos and birth-dates.
- Collage of family photos for their wall.

There are many more great ideas. Innovative Healthcare would be happy to talk to you. Call us at (877)731-1442 or write us at our website www.innovativehc.com. You can also get gift ideas at www.caremanager.org.

Ocean Beach People's

The holiday season is upon us and what better way to celebrate than by enjoying the organic harvest from Mother Nature's bounty. Ocean Beach People's Organic Food Market, a California consumer food cooperative, has all of the highest quality, locally grown organic produce you need to create delightfully fulfilling holiday feasts. Be sure to try our organic persimmons, fresh nuts in the shell, new crop apples and pears, dates, yams, hard squash, and sugar pie pumpkins. The grocery department is gearing up for the holiday season with sparkling beverages, organic whole cranberry sauce, organic stuffing and gravy mixes, organic seasonings and many other holiday specialties: always vegetarian and often vegan! If vegetarian fare is what you're after, be sure to come and check out our "Tofurky" and other vegetarian alternatives for your holiday dinner tables.

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A PEACEFUL OCEAN BEACH CHRISTMAS



Holiday pageantry

At the heart of the holiday season, the Ocean Beach Christmas Parade hit full tilt Dec. 6 with plenty of entries and a little something for everyone. Clockwise from left, equestrians ride into action; children flanked by candy canes experience the magic of the season; Peninsula Beacon co-publisher Julie Hoisington and advertising representative Mike Fahey kick back in a tropical setting.

PHOTOS BY PAUL HANSEN | THE BEACON



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Reprinted from Barbara Wold, Professional Speaker's email.

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A PEACEFUL OCEAN BEACH CHRISTMAS

Holiday Briefs



From left, Clare Eagle, 11, Lauren Eagle, 13, and Taylor Wagner, 12, help sort canned food with Carol Ladiges and Steve Gill at the Masonic Lodge on Sunset Cliffs Boulevard for the annual OB Holiday Food and Toy Drive last year. STAFF PHOTO | THE BEACON

Tree Committee launches yearly food and toy drive

The Ocean Beach Tree Committee, a subcommittee of the Ocean Beach Town Council, is again sponsoring its annual Point

Loma/Ocean Beach Holiday Food and Toy Drive.

According to event organizers, this year's campaign will provide families and seniors with a holiday meal and area children with toys.

Donation boxes have already been established and the food and toys will be distributed to less fortunate families after Saturday, Dec. 20. Volunteers are also needed to help wrap presents and sort food on Dec. 16, Dec. 18 and Dec. 19 from 5 to 7:30 p.m. at the Point Loma Masonic Temple, 1711 Sunset Cliffs Blvd., said organizers.

Committee members also said cash donations are being welcomed to buy turkeys, hams, milk, butter, eggs and pies.

Canned goods and new toys may be dropped off at any of the following locations:

- Union Bank in Ocean Beach;
- Ocean Beach Elementary School;
- OB People's Food Co-op;
- Pruitt Realty in Ocean Beach;
- US Bank in Ocean Beach;
- Farmers Market on Wednesday, Dec. 17 in music area;
- San Diego National Bank on Rosecrans Street;
- Prudential Real Estate on

- Rosecrans Street;
- PLOBRA office, 1231 Scott St.;
- Willis Allen Realty, 2904 Cañon St.;
- Washington Mutual in Ocean Beach.

Donations may be mailed to: OB Tree Festival/Food & Toy Drive, P.O. Box 7225, San Diego, 92167.

For more information, call Claudia Jack or Gerry Boehmke at (619) 846-6269.

OBMA hands out honors for window decorating

The Ocean Beach MainStreet Association has announced the winners of the annual OB Window Decorating Contest.

First place honors went to Vignettes, 2828 Newport Ave., for the judge's choice "Best Overall Creativity Award."

Second place honors went to Beach Sweets, 5022 Newport Ave., for "Best Holiday Theme Display."

Capturing third place was Bone Appetit Ocean Beach Pet Supply, 4845 Newport Ave., for the best merchandise display "Display of Your Products Award."

Special mention was awarded to Dog Beach Dog Wash, 4933 Voltaire St.

GARRISON

CONTINUED FROM Page 4

limb. "The girls bought her a Barbie doll with accessories, and seeing how much joy that brought, they felt really good," Kyle Ybarra said.

Garrison Street is becoming more popular every year for pedestrians in the mood for enjoying festive light displays. The street experienced a lot of traffic last year, resulting in donations of \$1,000, the most money the charity has raised thus far. This, coupled with word of mouth about how much good these girls are doing, should bring even more people around.

"Our goal is \$2,000 this year. We usually have lines going down the street, so I think we can do it," Jessica said.

Isabella's Gift is named after Isabella Maria Zouvas, who died of cancer in 2001 at age 4.

When the charity started, Isabella was too young to participate. However, she was made part of the charity, as she "was really close to our family," Jessica said.

Isabella's Gift honors Isabella's memory by providing pajamas for children entering the hospital for a night's stay — when Isabella was visiting the hospital in 2001, warm and comfy pajamas went a long way in making the overnight stay a little more tolerable.

Standard-issue hospital gown pajamas pale in comparison and do not make the hospital setting any less intimidating for the children. "They are young and scared and don't receive a lot of comfort from the hospital gowns," Kyle Ybarra said.

Last year's proceeds went toward clearing out the children's pajama section at local stores such as Target and Mervyns. This year will feature a repeat, with the hopes of donating more.

Come to Garrison Street to drink some hot chocolate, support a great cause and enjoy some of the impressive light displays that have tripped their fare share of fuses.

For more information on Isabella's Gift, visit www.isabellagift.org.

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OB Craft Fair
Dec. 13th & 20th 9-3pm
Newport Ave. at Abbott



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HOLIDAY EVENTS

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COURTESY PHOTO BY JOE EWING
The Ocean Beach Christmas tree is decked out for the holidays at the foot of Newport Avenue with the iconic OB Pier as a backdrop.

Seasonal Family Events

This year’s holiday season will feature a plethora of fun and memorable events. Mark your calendar with some of these activities that are sure to add fun to your holiday season. There should be something for everyone!

Through Dec. 24
• The world’s largest LEGO Christmas tree lights up LEGOLAND California, followed by nightly tree lightings until Dec. 24. Call (760) 918-LEGO or visit www.legoland.com.

Through Dec. 27
• Compass Theatre’s “A Tuna Christmas,” the sequel to “Greater Tuna.” Tickets: (619) 688-9210; information www.compass theatre.com.

Through Dec. 28
• Lamb’s Players Theatre brings back the “Angel’s Arms” installment of its holiday play cycle. Tickets at the LPT box office, (619) 437-0600, or online www.lamb-players.org.

Through Dec. 28
• Cygnet Theatre Company presents “It’s a Wonderful Life: A Live Radio Play,” based on the Frank Capra film and adapted for the

stage by Joe Landry.
• Cygnet Theatre Company presents the reopening of the newly renovated Old Town Theatre with its production of Charles Dickens’ “A Christmas Carol,” adapted and directed by artistic director Sean Murray. Tickets for both shows: Cygnet’s Web site, www.cygnettheatre.com or (619) 337-1525.

Through Jan. 4
• Del Mar Fairgrounds’ 14th annual Holiday of Lights, a spectacular 1.5-mile light show with more than 400 lighted and animated scenes. Information: www.holidayoflights.com.

Dec. 13 and 20
• Ocean Beach Craft Fair, 9 a.m.-3 p.m., on the Veteran’s Plaza lawn. From 11 a.m. to 1 p.m., Santa Claus visits OB at the end of Newport Ave.

SEE EVENTS, Page 16

Gaslamp Quarter is your place to Shop, Dine & Play for the Holidays

Dec 11 - 5 pm

Blue Christmas

Dec 14 - 3 pm

Gaslamp Pet Parade

Dec 21 - 6 pm

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Every Day: Happy Hour 4:30-6:30pm \$3 food & drink specials, 1/2 price pitchers						
 1925 Bacon St. O.B. 619-223-7381	Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers	\$3 Turkey Tacos & House Margs all night!	\$4 wings \$7 Domestic Pitchers	Late Night H.H. 11pm-1am \$3 Appetizers	\$4 Smirnoff shot anytime	ESPN GAME PLAN NFL SUNDAY TICKET
 5028 Newport Ave. O.B. 619-222-0722	Happy Hour 5-6pm 1/2 Price Pitchers \$2 off All Pichers all night MONDAY NIGHT FOOTBALL	Happy Hour 5-6pm 1/2 Price Pitchers \$11 Micro Pitcher after 6pm	Happy Hour 5-6pm 1/2 Price Pitchers \$2.75 Sunshine Lemonade all night!	Happy Hour 5-6pm 1/2 Price Pitchers Super Pint Night	Happy Hour 5-6pm 1/2 Price Pitchers ESPN GAME PLAN	Happy Hour 5-6pm 1/2 Price Pitchers \$2.75 Bloody Marys \$3.75 Margs, \$2 PBR's \$8 Bud Pitchers
Every Day: Happy Hour 5-7pm \$1 off well drinks, \$2 off all martinis, 1/2 price pitchers						
 5034 Newport Ave. O.B. 619-223-0558	\$1 off U-call it 8pm-1am	Super Pint Night	\$2 off anything on our menu all night!	\$3 off pitchers after 7pm	PBR & Miller High Life bottles \$2.50 Shot of the Week \$3	PBR & Miller High Life bottles \$2 Shot of the Week \$3 ESPN GAME PLAN
 5083 Santa Monica Ave. 619-222-PIER	Nightly Specials: Happy Hour 4pm –Close	Nightly Specials: \$2 Tacos and \$5 Tequila Happy Hour 4pm –7pm	Nightly Specials: \$5 Whiskey Drinks Happy Hour 4pm –7pm	Nightly Specials: \$5 Burger and a Beer Happy Hour 4pm –7pm	Nightly Specials: 25% off bottles of wine	Every Saturday \$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm –7pm
 4934 Voltaire St. 619-223-2202	Nightly Specials: YES, WE ARE OPEN with nightly specials in a quiet,warm, clean setting with a full bar	Nightly Specials: Free chips & salsa for every pitcher of beer	Stop in for a Quick Shot of Cheer...coffee drinks, that is. We'll even take a \$1. off any concoction with alcohol & whipped cream.	Nightly Specials: 1/2 albacore tuna sand- wich with a cup of clam chowder all day \$8.25	Happy Hour Specials: Food Only 10pm - midnite \$2.00 off sushi rolls, other menu items available, too	Happy Hour Specials: Food Only 10pm - midnite \$2.00 off sushi rolls, other menu items available, too
 5050 Newport Ave. 619-224-4540	Every Day: Happy Hour 3-6pm \$1 off pints, \$3 off pitchers, \$2 off whole pies, \$6 beer & slice, \$4 soda & slice, \$2 off 22oz and 750ml bottles.					
	Extended Happy Hour for Monday night football game	OB Industry Night w/ proof of OB employment. 8pm-close. \$1.50 off pints, \$3 off pitchers, \$3 off whole pies, 1/2 off 22oz and 750ml bottles.	Extended Happy Hour for Farmers Market 3-8pm	OB Locals Night: 7-10pm \$2 off pints, \$4 off pitchers, \$10 whole cheese pies, 1/2 off 22oz and 750ml bottles	Normal happy Hour 3-6pm	Normal happy Hour 3-6pm
						Chargers game extended Happy Hour and Random Touchdown Specials

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COURTESY PHOTO BY JOE EWING

A procession of woodys lines Newport Avenue during the 29th annual Ocean Beach Christmas Parade on Dec. 6. This year's parade theme was "A Peaceful Ocean Beach Christmas"

EVENTS

CONTINUED FROM Page 15

Dec. 12-14

• City Ballet's "The Nutcracker" at the historic Spreckels Theatre in downtown San Diego. Ticket prices and showtimes: www.cityballet.org.

Wednesday, Dec. 17

• The Ocean Beach Farmers Market on Newport Avenue between Cable and Bacon streets hosts the annual Holiday Magic Food and Toy Drive. From 4 to 7 p.m., nine top local acoustic musicians play 20-minute sets to collect nonperishable food items and new unopened toys. Information: www.myspace.com/beachmusicmafia or www.obtowncouncil.org.

Today, Dec. 11

• Mingei International Museum and JAZZ 88.3 present "Caravan! – A Holiday Jazz Party," 5-8 p.m. Music by the Jazz 88 All-Stars, no-host wine and beer, hors d'oeuvres and the exhibition "Nomadic Legacy – Tent & Textiles from Central Asia & Iran." Information: (760) 735-3355 or www.mingei.org.

• The Pioneer Players present a joyful Christmas celebration including the Hand Bells Choir, Greek dancing and musical theater presentation of "Grease" and "Little Shop." To donate or make reservations: www.firstgiving.com/projectturnaround or (858) 481-3998.

Dec. 11-23 and 26-30

• The Garden of Lights at the Quail Botanical Gardens, a dazzling winter wonderland with more than 100,000 sparkling

lights. Information: www.qbgardens.org or (760) 436-3036, ext. 206.

Friday, Dec. 12

• 13th annual Alpine Village Christmas Parade of Lights and snow festival, 6:30 p.m. Santa makes an appearance on a bright red Alpine Fire Department truck to lead the colorful community parade. Information: (619) 445-2722 or visit www.alpinechamber.com.

Dec. 12-13

• Country music stars Lee Ann Womack and John Michael Montgomery headline the 19th annual Carols by Candlelight concert, joined by other guests to help raise money for the Make-A-Wish Foundation of San Diego. Tickets: (800) 98-TICKET or visit the calendar section of www.wish-sandiego.org.

• Historic Old Town Community Foundation presents the second annual Fiesta Navidad, which includes one of the oldest Las Posadas pageants in the country, holiday music, food and more. Information: www.oldtown-sandiegoguide.com.

• Old Town's 1800s Winter Holiday Celebration with candlelight tours. Costumed dancers will waltz you back 150 years, live holiday music, caroling, candlelight tours, refreshments and more. Information: (619) 220-5422 or visit the events calendar at www.parks.ca.gov.

Dec. 12-14

• San Diego Chamber Orchestra performs the annual Handel's Messiah concert series. Tickets, showtimes or information:

SEE HOLIDAY, Page 17

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Entree (Choice of One)

Grilled Swordfish
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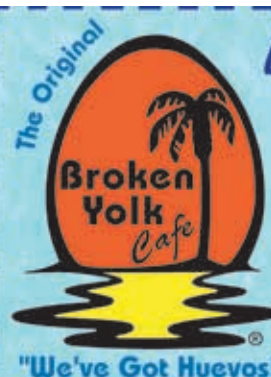
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HOLIDAY

CONTINUED FROM Page 16

www.sdco.org or www.artcenter.org.

Saturday, Dec. 13

• The Pug Rescue of San Diego nonprofit organization’s annual Christmas party at Harry Griffen Regional Park in La Mesa, 10 a.m.-1 p.m. Free to the public. Opportunities for shopping, socializing and snacking to raise funds for the rescue organization. Information: www.pugbutts.com.

• Storyteller Harlynn Geisler shares Christmas legends and Hanukkah tales at the Timken Museum of Art. Morning story about Kwanzaa. The event starts at 11 a.m., free admission. Information: www.timkenmuseum.org.

• The San Diego Archeological Centers presents Family Day Children’s Holiday Workshop. Young participants ages 4 and up learn about the archaeology, history and natural environment of San Diego with hands-on lessons on pottery, cordage making and Victorian era activities. Information: www.sandiegoarchaeology.org.

Dec. 13-14

• Gay Men’s Chorus of San Diego presents “Holiday Toons,” starring your favorite seasonal cartoon characters and featuring the award-winning children’s story “Oliver Button is a Sissy.” Tickets: www.gmcSD.com; information: (619) 57GMCS.

Sunday, Dec. 14

• Irish Christmas at the Balboa Theatre with Irish music, song, dance and storytelling. Tickets (619) 570-1100; information www.sandiegotheatres.org.

• The San Diego Model Railroad Museum’s annual holiday season family day, 11 a.m.-3 p.m. Participants journey through various holiday cultures and traditions spanning the globe. Information: www.sdrM.org.

• Kids and adults alike invited to greet board short-wearing Santa when he arrives at Seaport Village around noon. Following a lively parade along the boardwalk, visitors can take photos surfing with Santa. Information: www.seaportvillage.com, or (619) 235-4014.

• Pacific Beach Concerts on the Green special free holiday concert, 3-6 p.m. at Kate Sessions Park featuring the tunes of Sue Palmer and her Motel Swing Orchestra. Contact Katie Keach, (858) 245-7673, for information.

• Swedenborg Hall’s free annual Christmas pageant, a distinctive “living picture” style that church members will enact as the original scriptures are read to the audience. For information contact Rev. Mark Perry, (858) 610-9673, or visit www.sandiegoneWchurch.org.

Dec. 14 and 21

• The San Diego Bay Parade of Lights begins at 5:30 p.m. both Sundays and starts out at the south end of Shelter Island. More information: www.sdparadeoflights.org/.

Dec. 14-28

• Lamb’s Players Theatre and the Hotel del Coronado take a trip back in time to 1908 with “An American Christmas,” three-hour performance in the hotel’s beautiful Grand Ballroom. Tickets: (619) 437-0600 or www.lambplayers.org.

Dec. 15

• Winter Pops Special Concert with Chris Botti, 7:30 p.m., San Diego Symphony Hall. Tickets and information: (619) 235-0804.

Dec. 16-17

• Anthology jazz holiday concert featuring nine-time Grammy nominee Spyro Gyra performing from new CD “A Night Before Christmas.” Call (619) 595-0300 or visit www.anthologysd.com.



Christmas isn’t just for humans anymore

Echo, center, got an early Christmas treat during a sit-down with Santa at the Sandy Claws event at Dog Beach. The annual event is organized by the Ocean Beach Town Council Dog Beach Committee. PHOTO BY MARIA EPSTEN | THE BEACON

Dec. 17-21

• Holiday Pops concert with San Diego Master Chorale, San Diego Children’s Choir, California Ballet Co., various times. Tickets and information: (619) 235-0804.

Dec. 18-21

• San Diego Ballet’s “The Nutcracker” at UCSD’s Mandeville Auditorium. Tickets: (619) 294-7311 or www.sandiegoballet.org.

Friday, Dec. 19

• Mercy Hospital Foundation presents a special evening with

“The Nutcracker” to benefit Scripps Cancer Center. Exclusive VIP reception at the Westgate Hotel followed by the performance at the San Diego Civic Theatre. Tickets: (858) 678-6393.

Monday, Dec. 29

• Big Bay Balloon Parade takes over Harbor Drive at 9 a.m. with more than 20 giant balloons, 16 marching bands and 22 specialty units. Information: www.thebigbay.com/index.html.

Wednesday, Dec. 31

• La Jolla Playhouse hosts a New Year’s Eve event to celebrate the run of its musical comedy “Xanadu.” Performance and dance party from 9 p.m.-1 a.m. Information: www.lajollaplayhouse.org or (858) 550-1010.

Jan. 1

• Copley Symphony Hall’s “Salute to Vienna,” an unforgettable and uplifting performance of music, song and dance. Visit www.salutetovienna.com for information.

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Dec./Jan. A Look Ahead

COMMUNITY/CIVIC

Friday, Dec. 12, 12:30 to 2 p.m., regular meeting of the Peninsula Community Planning Board's airport committee. Briefings are expected by officials with Marine Corps Air Station Miramar, North Island Naval Base and Mayor Jerry Sanders' office. Agendas are posted at the Hervey/Point Loma Branch Library, 3701 Voltaire St., and can be viewed by visiting www.pcpb.net. For more information, call (619) 224-1527.

Wednesday, Dec. 17, 10:30 a.m., monthly meeting of the Point Loma Peninsula Women's Federated with a no-host lunch to follow. Visitors are welcome. The event takes place at the Point Loma Cafe, 4865 N. Harbor Drive. For more information, call (619) 224-0714.

SCHOOLS CORREIA

• Today, Dec. 11, 9 to 11 a.m., combined Correia Association

meeting and meet with the principal event.

- Saturday, Dec. 13, surf team participates in ISF contest at Moonlight Beach.
- Thursday, Dec. 18, 6 to 7 p.m., student art exhibition.
- Thursday, Dec. 18, 6:30 to 9 p.m., winter concert.
- Dec. 22-Jan. 4, winter break.

LOMA PORTAL

- Through Dec. 12, Holiday Gift Fair.
- Friday, Dec. 12, 9:15 to 10 a.m., coffee talk with Principal Gerde in library.
- Wednesday, Dec. 17, 5:30 to 6:30 p.m., PTA meeting in library.
- Dec. 22-Jan. 2, winter break. Classes resume Jan. 5.
- Thursdays through December, 1:05 to 1:30 p.m., pizza and bake sales after school.
- Tuesdays through December, 3:35 to 4 p.m., popcorn sales after school.

OCEAN BEACH ELEMENTARY

- Today, Dec. 11, Bank Day.
- Friday, Dec. 12, 6 to 8 p.m., Rock Paper Scissors sponsors Family Craft Night in the school courtyard area.
- Monday, Dec. 15, 1:30 p.m., music sing-along in auditorium.
- Tuesday, Dec. 16, 2:30 p.m., SGT/SSC meeting; cookie dough pickup day.

POINT LOMA HIGH

- Tuesday, Dec. 16, 7 p.m., Point Loma High School (PLHS) Holiday Music Concert put on by the award-winning PLHS music department. The vocal/instrumental concert takes place at the Dana Middle School auditorium. Tickets are \$5. For more information, call (619) 223-3121.

SACRED HEART ACADEMY

- Friday, Dec. 12, 3rd-graders to Natural History Museum.
- Monday, Dec. 15, 5 to 9 p.m., Jog-a-Thon Bowling Night at the Marine Corps Recruit Depot for grades 5-8.
- Tuesday, Dec. 16, progress reports online for grades 4-8.
- Wednesday, Dec. 17, grades 4 and 5 host Christmas program at ActivCare.
- Thursday, Dec. 18, 8 a.m., all-school Mass at Sacred Heart Church; grades 1, 2 and 3 host Christmas program at Wesley Palms.
- Friday, Dec. 19, noon dismissal.
- Dec. 22-Jan. 5, Christmas break.

SUNSET VIEW

- Jan. 12, Jan. 26, Feb. 2 and Feb. 23, 9:45 a.m., kindergarten tours in auditorium. This is an informational meeting for parents who have children turning 5 by Dec. 2, 2009. In addition to teachers, staff, principal and volunteers, nonresidents of Sunset View may obtain Choice and VEEP applications. For more information, call (619) 223-7156.
- Friday, Dec. 12, 9:10 a.m., flag ceremony led by World Language.
- Monday, Dec. 15, 7 p.m., Foundation meeting.
- Wednesday, Dec. 17, 1:30 p.m., 4th-grade winter concert.

- Thursday, Dec. 18, 1:45 p.m., SSC meeting.
- Friday, Dec. 19, kindergarten winter sing-along.
- Dec. 22-Jan. 2, winter break.

SENIORS

Tuesday, Dec. 16, 10:30 a.m. to noon, Sharp Cabrillo Senior Resource Center hosts a free support group for families with a loved one dealing with Alzheimer's disease. The event takes place at the resource center, 3475 Kenyon St. For more information, call (619) 221-3779.

HEALTH

Monday, Dec. 15, 11:30 a.m. to 4:40 p.m., Computer Sciences Corporation hosts the San Diego Blood Bank's bloodmobile in the parking lot of 4045 Hancock St. For more information, call (800) 479-3902, ext. 0.

ARTS & ENTERTAINMENT

Through Dec. 26, the San Diego Watercolor Society opens a new exhibition themed "Holiday Lights." The exhibit will feature displays and sales of original watercolors by local artists. A public reception is scheduled for Friday, Dec. 5 from 5 to 8 p.m. The gallery is located at 2825 Dewey Road, #105 at the NTC Promenade of Liberty Station. The gallery's hours are Wednesdays through Sundays from 11 a.m. to 5 p.m. For more information, call (619) 876-4550 or visit www.sdws.org.

Friday, Dec. 12, 7 p.m., the historic North Chapel at Liberty Station presents "A Christmas Festival in December" with the Peninsula Singers and the Southwestern College chorus presenting Vivaldi's "Gloria." Tickets are \$10 for general admission and seniors; free for uniformed military and children under 12. The event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Friday, Dec. 19, 5 p.m., the historic North Chapel at Liberty Station presents "A Christmas Festival in December" featuring John

Cochran performing "A Christmas Story." Donations welcomed. The event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Saturday, Dec. 20, 11 a.m., the historic North Chapel at Liberty Station presents "A Christmas Festival in December" featuring Cherubs and Joyful Praise children's choir. The free event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Saturday, Dec. 20, 1 p.m., the historic North Chapel at Liberty Station presents "A Christmas Festival in December" featuring a Capoeira Brazilian dance performance. Donations welcomed. The event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Saturday, Dec. 20, 7 p.m., the historic North Chapel at Liberty Station presents "A Christmas Festival in December" featuring the San Diego School for the Creative & Performing Arts choir. The free event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Through Dec. 20, varying dates, 8 p.m., Point Loma Actors Workshop presents "Romantic Fools," a comedy examining love, lust, dating and romance. Show dates are Friday, Dec. 12; Saturday, Dec. 13; Friday, Dec. 19 and Saturday, Dec. 20. Tickets are \$10 for general admission, \$8 for students and military and reservations are recommended. The shows take place at the Point Loma Assembly, 3035 Talbot St. For information or reservations, call (619) 225-0044 or visit www.pointlomaactors.com.

Through Jan. 4, Quilt Visions presents a new exhibit, "Playing with a Full Deck, Art Quilts from the Warren and Nancy Brakensiek Contemporary Art Collection" at Visions Art Quilt Gallery at the NTC Promenade of Liberty Station. The exhibition was originally organized by Sue Pearce and circulated by the Smithsonian Institution Traveling Exhibition Service and features 54 quilts by renowned quilt artists. The exhibit is located at 2825 Dewey Road, Suite 100. For more information, call (619) 546-4872, or visit www.quiltvisions.org.

VENUES

Canes Bar and Grill, 3105 Ocean Front Walk, (858) 488-1780

- Today, Dec. 11, 8 p.m. XIV performs with Beautiful Trouble, Sheila Sondergard and A Scribe Amongst the Lions. Tickets are \$6.
- Saturday, Dec. 13, 9 p.m., Revival performs with Bredren, Project Out of Bounds and A Conscious Few. Tickets are \$10.
- Monday, Dec. 15, 8 p.m., Glasgow, Scotland-based Franz Ferdinand performs.
- Wednesday, Dec. 17, 8 p.m., The Carlos Blues Experience. Tickets are \$8 in advance and \$10 at the door.
- Thursday, Dec. 18, 8 p.m., Pac 10 performs with Thumbtack, After School Special and Swisher Streets. Tickets are \$6.

Winston's Beach Club, 1921 Bacon St., (619) 222-6822

- Today, Dec. 11, 10 p.m., Charlie Hunter performs. Tickets are \$18.
- Saturday, Dec. 13, 9:30 p.m., Blue Turtle Seduction performs. Tickets are \$10.

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Janice Anderson launched her innovative new product, the Mall-A-Holic™ Cart, in Coronado on Sunday October 19, 2008. The launch party was a huge success and generated lots of sales.

Ms. Anderson recalls "Eight years ago, I was Christmas shopping at the mall. All the moms were pushing strollers with their purchases stuffed in the pockets, drinks in cup holders and purses hanging from the stroller handles. Older women hung their packages and purses from their walkers. I'm not a young mother or old enough to need a walker, so I couldn't help but think—why isn't there something out there for the rest of us? Someone needs to invent something . . . and so I did!"

The Mall-a-Holic™ Cart is both chic and functional. It's lightweight, portable, collapsible, and durable. It maneuvers easily through those tight areas to access the best sale items!

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- 27 Sheer fabric
- 28 Revealed
- 29 Come in last
- 30 Atlas, e.g.
- 32 Raze
- 34 Boxers' place
- 35 Capital of New Jersey
- 39 Dwelled
- 41 Small cup for coffee
- 43 Henry — Thoreau
- 45 Stair post
- 47 Doctrine
- 48 "Six-pack" muscles
- 51 Poverty
- 53 Bathing or running
- 55 JFK's predecessor
- 56 Name for a bystander
- 59 Old instrument
- 61 Verne's captain
- 62 Dressed
- 64 Greek goddess
- 66 Sketches
- 68 Wise
- 70 Rang out
- 72 Stops
- 73 Things of value
- 75 Man of Spain
- 77 Like a dunce cap in shape
- 79 "Superman" girl
- 80 Menace
- 82 Metal fastener
- 84 Early bird's opposite (2 wds.)
- 86 Eager
- 88 Turf chunk
- 90 Mud
- 91 Young rooster
- 95 Supermarket sign
- 97 Lumber
- 101 — Ness
- 102 Happen again
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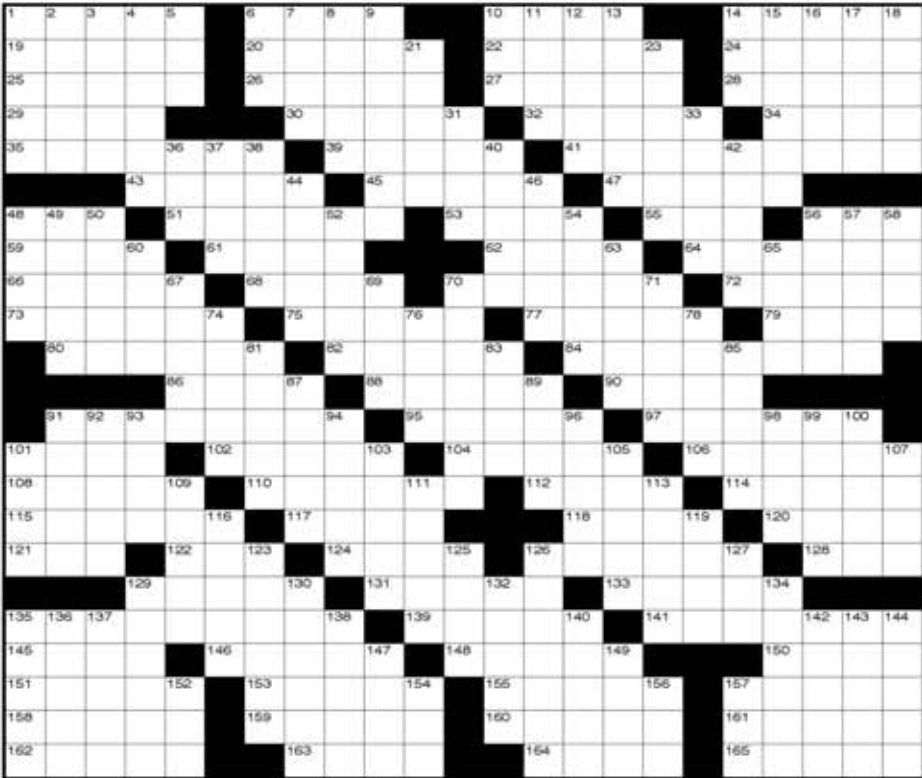
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- 122 Bite
- 124 Too hasty
- 126 Hawn the actress
- 128 Thirsty
- 129 Kind of lily
- 131 Bloodsucking creature
- 133 Car type
- 135 Old movie presented again
- 139 Store events
- 141 Went to bed
- 145 Wicked
- 146 Pickles
- 148 Flits
- 150 Underground chamber
- 151 — syrup
- 153 Bridge fees
- 155 Short dramatic pieces
- 157 New
- 158 Standard of perfection
- 159 Say
- 160 Heaps
- 161 Wide awake
- 162 Fabric for bathrobes
- 163 A Deadly Sin
- 164 Hawaiian goose
- 165 Five (prefix)

DOWN

- 1 Food fish
- 2 Maid of —
- 3 Efface
- 4 Go up
- 5 Soak, as flax
- 6 Skill
- 7 Large open wagon
- 8 Benefit
- 9 Fate
- 10 Toward the stern
- 11 Stringed instrument
- 12 Like college walls

- 13 Silky fabric
- 14 Seize
- 15 Where the ark rested
- 16 "— Godunov"
- 17 Portents
- 18 Sheriff's star
- 21 Use a razor
- 23 Appeared to be
- 31 Tidings
- 33 Lavin or Ronstadt
- 36 Spigot
- 37 Baking chamber
- 38 Dressed to the —
- 40 Card with two pips
- 42 Molars
- 44 "Three Musketeers" writer
- 46 Pastel color
- 48 Actor Alan — of "MASH"
- 49 Exploded
- 50 Hidden supply
- 52 Jolly —
- 54 Claw
- 56 Underneath
- 57 As far as
- 58 Singing voice
- 60 Pitcher
- 63 Jeans fabric
- 65 Nimbus
- 67 Cookout fare
- 69 Town in Oklahoma
- 70 Predominate
- 71 Finger or toe
- 74 Frugal one
- 76 Old Roman poet
- 78 Rock or Evert
- 81 Worn out
- 83 Labor
- 85 Entice
- 87 Decorative transfer
- 89 Threesome

- 91 Terra- —
- 92 Musical group
- 93 Burn the surface of
- 94 Of the moon
- 96 Popular web site
- 98 Coffin stand
- 99 Goofed
- 100 Less common
- 101 Endure
- 103 Competitor
- 105 Parts of watches
- 107 — -in-waiting
- 109 Of the kidneys
- 111 Facilitates
- 113 Command
- 116 Lubricated
- 119 Facet
- 123 Weaves into braids
- 125 Leader
- 126 Pickled cucumber
- 127 Dine
- 129 Place for wine storage
- 130 Slanting
- 132 Hold tightly
- 134 Kidman the actress
- 135 Send payment
- 136 Avoid
- 137 More mature
- 138 Burstyn or DeGeneres
- 140 Set of steps
- 142 Poe's bird
- 143 Turn inside out
- 144 Greek letter
- 147 Eastern European
- 149 — gun
- 152 Isle of —
- 154 The firmament
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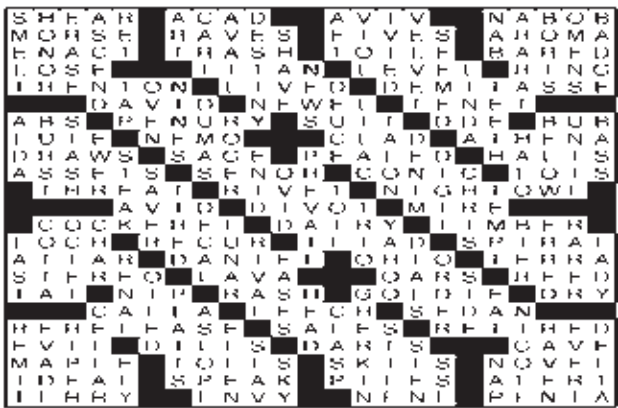

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