

See inside this issue OCEAN BEACH HOLIDAY PULLOUT SECTION



— www.OceanBeachSanDiego.com —

THE PENINSULA



Artist Katy Helen Stockinger brings the sterile-looking concrete barriers outside the OB Skate Park to life with a vibrant new ocean theme. Page 5

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, NOVEMBER 29, 2012

www.SDNEWS.com Volume 26, Number 26

2012 HOLIDAY SEASON SET TO DEBUT



UNITY TREE HERALDS SPIRIT, HOPE



A 24-year-old, 65-foot-tall community Christmas tree made the annual trek to Ocean Beach to signal the beginning of the holiday season for locals and visitors. The star pine, pledged by a local property owner on W. Point Loma Boulevard, made the slow, careful journey through the streets, finally reaching its destination at the foot of Abbott Street and Newport Avenue in the heart of Ocean Beach on Nov. 27. Local schoolchildren will have an opportunity to decorate the community tree on Nov. 29 from 9 a.m. to noon, and the tree itself will be lit on Saturday, Dec. 1 prior to the 33rd annual Ocean Beach Holiday Parade.

Photos by Jim Grant I The Beacon



OB Holiday Parade to jazz up heart of OB, brighten season

By BART MENDOZA | THE BEACON

While some folks start their holiday countdown around Thanksgiving Day, most in San Diego know the season of merriment really doesn't start until the first Saturday in December when the annual Ocean Beach Holiday Parade kicks off.

Now in its 33rd year, the Ocean Beach Town Council-sponsored event takes place this year on Saturday, Dec. 1, with a start time of

Holiday entertainment lineups and community fundraisers. Page 13

5:05 p.m. It's a full day of activities and fun for the whole family.

Making this an extra-special happening, this is the only nighttime parade in the area, with the twinkling lights on the floats in this year's event injecting an extra-magical feeling of the holi-

SEE **PARADE**, Page 10



Children dressed as holiday presents march down Newport Avenue during the annual Ocean Beach Holiday Parade. Photo by Paul Hansen I The Beacon

Possible new city park idea inches forward but still at snail's pace

By TONY DE GARATE | THE BEACON

-6-25-b.

If there's ever to be an official, city-sanctioned park at the southeast corner of Nimitz and Famosa boulevards, the first step — albeit a baby step — may have taken place during the September meeting of the Peninsula Community Planning Board Housing Commission.

The land has been informally used and maintained on and off over the decades by bike riders, who groomed the soil to practice

jumps and other stunts. Recently, a group calling itself Freeride Famosa developed a plan calling for bike trails, hiking trails and a community garden.

But the land is designated in the Peninsula Community Plan as multi-family residential zone, and is owned by the San Diego

The PCPB voted 11-1-1 to change the area's community plan land-use designation from residential to park and recreation

SEE PARK, Page 8



Supporters of Point Loma High graduate and shooting victim Will Barton are welcomed to the fundraiser by organizer Rhonda Pitta at St. Agnes Church

Community coalesces as shooting victim makes strides from injuries

By SCOTT HOPKINS | THE BEACON

On the day after Thanksgiving, the caring Peninsula community came together to support a local 20-year-old man and join

An outpouring of support during a fundraising dinner for critically injured Point Loma

High School graduate Will Barton on Nov. 23 raised thousands of dollars to help his family offset medical costs, as Barton himself made a major stride during his his family in giving thanks he is recovery from multiple gunshot

Nearly 300 people attended a

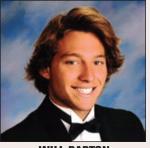
SEE BARTON, Page 8

The next fundraising event is set for Saturday, Jan. 19 from 3 to 9 p.m. at Humphreys on Shelter Island. Music will be performed by local band Temple of the Dads and two other groups to be announced. Contributions are still being collected for the "Friends of Will Barton Fund" at Chase Bank, 1740 Rose-

crans St., San Diego, 92106. Items for a future silent auction and

raffles are still being sought. Contact Rhonda Pitta: 959 Temple St., San Diego, 92106; (619) 248-1607; rpitta@cox.net.

To follow Barton's recovery on the family's blog, visit www.caringbridge.org/visit/willbarton/journal. Note: donations made to "Caring Bridge" do not go to offset Barton's medical expenses.



WILL BARTON

OBCDC reshapes board; gateway project completion tops New Year's list

BY PATRICIA WALSH | THE BEACON

The Ocean Beach Community Development Corporation (OBCDC) is getting a jump on the New Year by welcoming new members to its board and starting work on Phase II of the North OB Gateway Project, which the city currently has out to bid.

and glad it's happening," said Tom Perrotti, newly-elected president of the OBCDC. "It will give a beautiful entryway into Robb Field, probably one of the most utilized parks in San Diego."

The OB Gateway Project, which has been in the making since at least 1997. is located at Sunset Cliffs and West Point Loma boulevards. Phase I of the gateway project was unveiled in January and features a new public plaza, shade trees, bike racks, a water fountain, and sidewalk and crosswalk improvements.

Phase II of the project is to include an "We are eager to complete Phase II Americans with Disabilities Act (ADA) compliant pathway that connects with Robb Field, irrigation and lighting on the bottom half of the entryway, planting of native/drought-tolerant vegetation, removal of the fencing blocking

the entryway to Robb Field and con- tenger have both been on the board for struction of retaining walls and art stands to house local artwork, according to Ann Kelsey, OBCDC board member. When complete, the project is expected to cost \$650,000 with funds coming from the city, county, Hervey Family Fund and private donations.

The OBCDC also has a new executive board and two new members on its board of directors. The new executive board is made up of Perrotti as president, Craig Richardson as vice president, Brian Pottenger as treasurer and Jill Chorak as secretary. Perrotti and Pot-

over seven years. Pottenger is past president and he and Perrotti and have been instrumental in seeing the North OB Gateway project to fruition, according to Kelsey.

"Brian, Craig and Jill all bring landscape architecture/engineering backgrounds to the executive board and will be instrumental in the completion on the gateway, as well as on future proiects that the OBCDC takes on," Kelsey said. Two members new to the OBCDC board are Larry Wasserman and Steve Haynes. Wasserman has served on the Ocean Beach Town Council and has been a longtime OB resident. Haynes is a local attorney and will assist with the oversight of the organization's lowincome housing and other projects moving forward, Kelsey said. Other members on the board are Dave Martin, Shaina Gross, Khris Tabaknek and Kelsey.

The OBCDC meets at 6:30 p.m. on the third Tuesday of every month at the Ocean Beach Recreation Center. The public is invited to attend or contact the OBCDC with any questions. For more information, visit www.obcdc.org.

ON VACATION WITH THE PENINSULA BEACON



John and Pnina Cloughely take their Peninsula Beacon on a holiday to Rome, Italy, The couple is sitting in front of the famous Colosseum used for gladiatorial contest and public spectacles like mock sea battles, animal hunts, executions, re-enactments of famous battles and drama.



Rickie Sevadjian (far right), shows off her hometown newspaper during a Louisianna State University football game in Baton Rouge - Sevadjain's alma mater. Also shown are Jenn Patterson and Sevadjian's son, Jeffrey; Mike the Tiger; Sevadjian's daughter, Lauren and Colin Olson of Alexandria, Va. "Our tailgate on the campus started at 8 a.m. with breakfast burritos from the barbecue smoker, and lasted until the game started at 7 p.m. (LSU won!)," said Rickie. "GEAUX, TIGERS! (That's the official cheer. Geaux is 'GO' in Louisiana bayou country)."



The Beacon made its way to downtown Cleveland, where Point Loman Larry Zeiger (far right) enjoyed the famous Zach Bruell Restaurant, Cowell & Hubbard in the Playhouse Square District. Zeiger is standing next to wine expert and server, Ted (center), and general manager Sean McNeil. Zeiger lived the first 18 years of his life in Cleveland was there to attend at his nephew's wedding in early November at the Wyndham Hotel across the street.

Take us on vacation with YOU!



It's vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Don't pass up your chance to have your name and face published in The Beacon. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It's that easy! Photos are published based on space constraints and in the order in which they are submitted.



Craig and Christine Fassett of Point Loma take their Beacon along during a visit with friends in Chicago. This photograph of the couple was taken at the popular The Bean feature in downtown Chicago by Pam Voss and daughter Jennifer at the end of summer. "I'm a devoted reader of the Beacon and have loved seeing photos of people holding your newspaper all around the world!!" said Christine.



Izzy Skidmore (in blue), a longtime Point Loma resident and her family, including Mark and Diana Skidmore and Jay and Susie Skidmore, recently completed a nine-day tour of Cuba. Though there is no free press in Cuba, the family brought its own Beacon to the famous Plaza de la Revolucion, and other historic sites throughout Cuba, which they said "is a most fascinating country of contradictions."



Lisa and Bob Hartman of Ocean Beach took along the Beacon on their recent trip from Lee's Ferry to Diamond Creek on the Colorado River. During the 16 days of wilderness travel they enjoyed delightful weather and a grand adventure. The Beacon accompanied them down 238 miles of the river.



The Peninsula Beacon traveled to the "Mill City" of Minneapolis, Minnesota, for the wedding of longtime Point Loma resident Bryan Esterly (PLHS 2001) and Leah Yetka (couple in center) on Nov. 10. Also pictured in photo is lifelong Point Loma locals David Esterly (left), and best amigo, Steven Rodger. "We were catching up on the recent Beacon article about Beer Week featuring brewer friend Sean Ferrel," said Rodger. Bryan and Leah were heading to Thailand for their honeymoon. Sounds like fun, eh?



Melissa Botts and Tracy Van de Walker of Ocean Beach took a girls' getaway vacation to Maui, Hawaii, to hang out on the beach and swim in the warm tropical water with the turtles! The Beacon stayed in Kahana for the locals and other vacationers to read.



The Ocean Beach lifeguard tower makeover gets an inspection from: (far left) Chief Rick Wurts of San Diego Lifeguard Services and District 2 City Councilman Kevin Faulconer (in white shirt). Joining the inspection were lifeguard Sgt. Troy Keach and lifeguard Lt. Greg Buchanan.

Weathered OB lifeguard station gets much-needed makeover

By BIANCA KOCH | THE BEACON

A professional crew from the city's Building Maintenance/Facilities Division descended on the Ocean Beach lifeguard station on Abbott Street this month to launch into a facelift of the weathered building.

The makeover was made possible by a surprise \$20,000 boost in discretionary funds from the office of District 2 City Councilman Kevin Faulconer and a matching disbursement from San Diego lifeguards.

Until the unexpected decision, repair work on the disheveled lifeguard tower had been up in the air, but money saved in overhead costs at Faulconer's office allowed the councilman to reinvest the money into something worthwhile, according to Matt Awbrey, director of communications for Faulconer.

Faulconer himself said no one seems to remember the last time the Ocean Beach lifeguard tower got a makeover.

"This is our gift to the people of

Ocean Beach in order to make the building look nice and presentable for the upcoming holiday season," Faulconer said. "I felt strongly that this facility needed to be upgraded to reflect the pride of the men and woman who work here [at the lifeguard tower] and to protect our families and the community. [The facelift] was long overdue and it looks great."

Chief Rick Wurts of San Diego Lifeguard Services said he, too, was extremely happy with the outcome of the makeover.

"I am glad we could give my [lifeguard] team and our community what they so long deserved, an attractive building to work in and to look at," said Wurts. "Councilmember Faulconer deserves a lot of credit for his initiative, pushing this remodel of the tower. He and I communicate on a daily basis. He has a lot of concerns for all community aspects. This was great leadership on

Once the makeover funding was in

place, the city crew got to work.

Longtime city worker and professional painter Wayne Hurlbert and a crew of five set to water blasting, priming and painting the lifeguard tower, restoring it to a shiny new facade.

According to Hurlbert, salt air had caused a chalky buildup on the building, forcing workers to water blast the entire structure first. The crew worked to ensure the washed-off mix did not get into the storm drains.

After prepping the metal frames on the building in order for the primer to stick, the exterior of the tower was primed to bond the paint.

It was not immediately clear whether the structure might need one or more coats, "depending on how [the paint] covers," said Hurlbert.

"We're down to a skeleton crew of six, but we get the job done expertly," he said. "No matter what people say, we're there when a good team is needed. This is the most professional crew of painters you can get."

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Major food, clothing and toy drive returns for Rock Church

The Rock Church in Point Loma will again host its major seasonal food, clothing and toy drive for San Diego's underprivileged children.

For 16 years, the church has hosted Toys for Joy, a program founded by Rock Church Pastor Miles McPherson.

This year's Toys for Joy will be held Saturday, Dec. 8 from 9 a.m. to 2 p.m. at Lincoln High School in Southeastern San Diego. McPherson and City Council President Tony Young are expected to be present to spread the joy, flanked by a crowd of civic leaders.

Last year's event provided 9,000 needy families with 8,000 toys, 12,000 bags of groceries and 130,000 articles of clothing. This year, Toys for Joy organizers are expecting more than 12,000 family members from across the region to attend. For many of the youngsters, Toys for Joy will be the closest thing to Christmas they'll experience this year and organizers said they are trying to get the word out early to encourage San Diegans to donate whatever they can for the children.

Organizers said Toys for Joy requires the help of more than 2,300 volunteers, mostly from area churches, as well as

year-long planning. To donate, volunteer or become a sponsor, visit http://toys-for-joy.org/his-



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That's it for the advertisement portion of this announcement.

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THURSDAY · NOVEMBER 29, 2012 THE PENINSULA BEACON

Artist makes a splash on guardrail outside skate park

By PATRICIA WALSH | THE BEACON

A new display of public art that greets commuters entering Ocean Beach where Interstate 8 ends at Nimitz Boulevard has been embraced with honks of approval and appreciation from drivers.

The ocean scene of cresting blue waves that adorns the concrete guardrails in front of the Ocean Beach Skate personally," Stockinger said. "But I Park was created by artist Katy Helen thought, 'Oh, but I do take it personally. " Stockinger.

Stockinger, who got her start at the OB Farmers Market, donated her time and talent for the project while the Ocean asm while Stockinger painted. Beach Community Development Corporation (OBCDC) paid for supplies. She said people arrive in Ocean Beach, they have not enraged by honking."

an expectation of reaching the ocean. Her art brings the promise of the seashore just a little closer to the road.

When planning the project, Stockinger said Tom Perrotti, president of the OBCDC, cautioned her that changes in the Ocean Beach community can bring complaints and criticism.

"He said not to take the feedback too

But any worries about pushback appeared to be unfounded as drivers cruised past and honked with enthusi-

"People were honking and yelling 'Thank you' out their windows," she she choose a wave scene because when said. "It's the first time I was inspired and

In 2009, Stockinger started selling her paintings at the OB Farmers Market. That's when she quit her office job to work full time as an artist. There, she was inspired by the multitude of dogs, which led her to create the first of her signature Petraits, whimsical pet portraits that are her main business.

Stockinger also creates art out of retired surfboards and designs specialty hats. Her chapeaus have been honored on opening day at the Del Mar Fair, where she received a first-place grand prize and a first place in the "best flowers" category.

Stockinger has a studio in Bankers Hill and sells her work at the farmers market in Little Italy. To see Stockinger's art, visit www.katyhelen.com.



Artist Katy Helen Stockinger got her start in the art world in 2009 marketing her works at the Ocean Beach Farmers Market. Photo by Jim Grant I The Beacon

27 Tips to Drive up the Sale Price of your Home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggres-

sive marketplace.

In this report you'll discover how to avoid financial disaster when selling your home. Using a commonsense approach you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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Courtesy of Dennis DeSouza Remax Lic. 01220680



Artist Katy Helen Stockinger touches up her work at the concrete guardrails outside the Ocean Beach Skate Park.











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BRING IN THIS











News

Savory inaugural weeklong dining experience to showcase OB's best

By MARIKO LAMB | THE BEACON

This year's inaugural Ocean Beach Restaurant Week will provide the perfect excuse to venture out and experience what the scrumptious food, friendly people and hardworking merchants in OB are all

The event will run from Dec. 3 through Dec. 7.

For five mouth-watering days, Ocean Beach will transform into a foodie's paradise with more than 20 participating restaurants offering special discounts and prix fixe menu options for breakfast, lunch and dinner.

"We have it all here in OB – cafes, bistros, delis, pubs, five-star dining," said Chris Stavros, owner of the Olive Tree Marketplace and Kecho's Café. "We're inviting all of San Diego to venture out to our little beachfront community and revisit an old favorite restaurant or discover a new one."

The idea for a hyper-local week highlighting the best dining options in the coastal neighborhood stemmed from the innovative minds of Stavros: Kevin Alsobrook from Nick's at the Pier; Dave Martin from Shades Oceanfront Bistro: Steve Grosch from Ocean Beach Hotel; Mike Zouroudis from Raglan Public House and Norma Slaman from Newbreak Café and Coffee as a way to revive the nearly disbanded Ocean Beach Restaurant, Entertainment and Lodging (OBREL) group, which launched two years ago.

"Restaurant Week is an opportunity to eat delicious food and it's also a chance for our business community to come together and showcase the great things OB has to offer," said Alsobrook. "Most of the participating restaurants are locally owned and operated and have been for years, and we're very proud of that."

From coffee shops to burger joints, fine-dining restaurants to

"[Ocean Beach] Restaurant Week is an opportunity to eat delicious food and it's also a chance for our business community to come together and showcase the great things OB has to offer. Most of the participating restaurants are locally owned and operated and have been for years, and we're very proud of that."

> KEVIN ALSOBROOK Nick's at the Pier

brewpubs, Ocean Beach has a world of lip-smacking food, exquisite wines and craft beers to discover. No tickets or passes are required. Simply stop by or make a reservation at any of OB's participating restaurants. To see what the community has to offer during Restaurant Week, visit

www.obrestaurantweek.com or call (619) 224-4906.

Here are the participating restau-

- Arizona Café
- BBQ House
- Bo Beau Kitchen
- Chris' Liquor
- Daybreak Island Grill
- · Espresso Pizza Restaurant
- European Cake Gallery
- The Joint
- Jungle Java
- · Kecho's Café
- Lighthouse Ice Cream
- Newbreak Coffee & Café
- Newport Quik Stop Liquor
- Nick's at the Pier
- OB Noodle House
- Old Townhouse Restaurant
- Olive Tree Marketplace
- Pizza Port OB
- Raglan Public House
- Shades Oceanfront Bistro
- Sessions Public
- Sundara
- The Venetian

QUICKHits

Police, FBI probe bank robbery on Rosecrans

The police department's Robbery Unit and the FBI are investigating the Nov. 21 robbery of the American West Bank in the Roseville/Fleetridge neighborhood, during which the suspect claimed to have a bomb.

The man entered the bank on Rosecrans Street and demanded money around 5 p.m. before placing the device on the counter and fleeing.

Officers arrived and determined the device to be a fake.

The suspect is described as a white male in his 30s, about 5 feet 8 inches tall and thin with short brown hair. He was last seen wearing a gray beret, gray striped shirt, denim shorts, flip-flops and carrying a black backpack.

Man who robbed teens of cellphones to learn fate

An Ocean Beach man is awaiting sentencing Dec. 19 after pleading guilty to robbing two 14-year-olds of their cell phones at knifepoint on Oct. 29.

Gibran Torres Perez, 19, could get up to four years in prison under an agreement he made with San Diego Superior Court Judge Dwayne Moring, according to court records.

At the time of the robbery, Perez was on probation for a stabbing of a 20-yearold man that took place on Newport Avenue on April 14. The victim suffered injuries to the neck, hands and head.

Perez pleaded guilty to felony assault in that earlier incident and had been sentenced to 180 days in jail.

His probation has since been revoked in light of the October knifepoint rob-

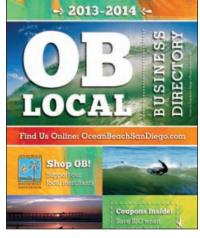
Perez could receive more jail time for violating probation, but records indicate the judge may impose only a concurrent sentence for the violation.

PLNU takes second in hunger food drive

Point Loma Nazarene University (PLNU) took second place in this year's Colleges Rock Hunger food drive, sponsored by the Hard Rock Hotel San Diego. PLNU students donated about 4,500 pounds of food, a 5,598 percent increase from last year's 80 pounds.

The dramatic increase can be partially attributed to the new opportunities for donations available through PLNU dining services and to students doing a "walk and knock" campaign in local neighborhoods. Donations were also received at PLNU's annual Fall Festival community event, online and in the local Point Loma Fresh and Easy.

PLNU placed second to San Diego State University. The winning schools achieved the highest amount of donations calculated as pounds-per-student. PLNU gave the equivalent of 1.3 pounds per student.



OBMA readying 2013-14 directories for merchants

As 2012 comes to a close, the Ocean Beach MainStreet Association (OBMA) is preparing the local merchant directory that OBMA produces every two years. Members of the association are given a listing in the book and listed in up to — Neal Putnam three different business categories.

The OBMA office will be distributing packets to each current member. Information will be provided based on what is

currently listed for the business. OBMA officials said it's up to each member to confirm or make changes to the paperwork and get it returned by the deadline.

New to the program this year is an opportunity to purchase web advertising through the directory signup process. As an incentive, the OBMA has decided to offer the December 2012 ad rates until the end of 2014.

Packets will be distributed in the next two weeks and will be due in December.

PLA honors outstanding community partners

The Point Loma Association (PLA). long an active beautification organization bringing dedication, civic service and cohesion to the Peninsula, honored a host of community partners and contributors during its annual PLA Awards Dinner gala on Oct. 4.

Here are winners of this year's beautification awards:

- Point Loma Seafoods outstanding architecture
- La Playa Trail Association Chinese Fisherman's Monument (Ned Daugher-
- Silver Gate Yacht Club Sailor on the Mast Sculpture (Designers P.J Dixon, Iames Nelson, Brian Thomas)
- Southwestern Yacht Club sea art-
- Sharon Zell Hope Garden
- Westy's Antiques and Tavern cre-• Dr. Dave De Rosier Dental Office
- attractive signage • Con Pane Rustic Breads and Café
- attractive signage
- Karen Davis was honored with the special Lighthouse Award for her efforts on the Mean Green Team and beautifica-

La Playa Trail Association to hosts history talks

Beginning Jan. 22, The La Playa Trail Association will launch a series of informative programs to share the history of the Point Loma area. The first in the

SEE BRIEFS, Page 7

OBITUARY

James Michalina, 61, Vietnam War veteran, loving husband

proud of his military service and was a

After getting out of the Army, Jimmy

moved to San Diego. He worked at BAE

Systems San Diego Ship Repair (former-

ly Southwest Marine) for 28 years. He

was well respected and very highly

regarded by everyone on the San Diego

proud veteran of 40 years.

James R. "Jimmy" Michalina passed away on the morning of Nov. 15 from pancreatic cancer. He fought the good fight. His wife, Liz, was at his side.

He was 61.

Jimmy was born and raised in Rome. N.Y. He enlisted in

Vietnam War as a door gunner on a



JAMES MICHALINA

Order is Beautiful

waterfront. Jimmy married the love of his life, Liz $\,$ Lemke, on Nov. 14, 1987 and the couple the Army in 1969 and served in the has just celebrated its 25th wedding anniversary. Jimmy was a wonderful

Huey helicopter. Jimmy was extremely husband, a great friend and loved to ride his Harley ("Big Blue"). He truly was one of the good guys. He will be fondly remembered and sorely missed by so

> Jimmy is survived by his wife, Liz; sister Joanne Marsh of Cicero, N.Y.: sister Cookie Izzo of Rome, N.Y.; brother Joe Michalina of Creedmoor, N.C.; son James Michalina Jr. of Kennewick, Wash.; daughter Dianna Pankey of Riverside; nieces, nephews and countless friends.

> A memorial celebration of Iimmv's life will be held at a later date.



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More parks, green technology in the future for San Diegans

COUNCILMAN KEVIN L. FAULCONER

I'm honored to work every day with San Diegans to protect our beaches, bays, clean air and environment. We've achieved several victories recently that will preserve open space and bring new parks and transportation options to our city, all of which will have a real impact on our daily quality of life.

Greater waterfront access becoming a reality

I'm proud to be at the forefront of bringing new life to San Diego Bay. As chairman of the North Embarcadero Visionary Plan Joint Powers Authority, I'm working on civic projects that replace unattractive concrete along the bayfront with trees, grass and public art. Two big coastal park projects reached major milestones this fall.

Ruocco Park, located at the corner of Harbor Drive and Pacific Highway, brings 3.3 acres of recreational space to San Diego. The park is made possible thanks to generous grants from the Ruocco family and management by the Unified Port of San Diego.

One mile north of Ruocco Park, a parking lot adjacent to the iconic San Diego County administrative headquarters is on the verge of conversion to eight acres of parkland. The Countv Administration Center Waterfront Park will feature a children's play area, garden rooms and interactive fountain. I commend the county Board of Supervisors for adding to the momentum of waterfront redevelopment.

These two parks bookend the North Embarcadero revitalization project at North Harbor Drive and Broadway. When Phase I is completed in 2013, we will enjoy a bayside linear park three times wider than today, a pedestrian and bicycle path, public art and groves of jacaranda trees. Combined, these parks will better link us to our most valuable asset — the bay — and provide public space for residents, visitors and future generations to celebrate our connection to the water.

• Council says 'no' to

power plant on open-space land

Whether a neighborhood park or Point Loma and Ocean Beach.

natural preserve, we San Diegans love open spaces. That's why I recently joined San Diego Canyonlands and other environmental groups to reject a proposal to build on 22 acres of open space in the heart of San Diego County. The Quail Brush project would have constructed a 100-megawatt gas-fired power plant near Mission Trails Regional Park and north of State Route 52. The property is designated as open space by the community plan. My City Council colleagues agreed that we must protect San Diego's limited open space, and recommended the California Energy Commission — the final decision $making\ body -- consider\ alternatives.$

• Continuing San Diego's leadership in clean technology

From biotech to wireless communication to healthcare, our city is an epicenter of technological innovation. So it should be no surprise that San Diego has the highest penetration of electric vehicles per capita among California cities. In fact, the San Diego region is one of 16 metropolitan areas selected by the Department of Energy for a nationwide rollout of electric vehicle infrastructure.

In October, the City Council approved an agreement to bring 117 new electric vehicle charging stations to the region, resulting in a nearly 50-percent increase in locations to charge up these alternative energy vehicles. This venture expands upon a public-private partnership that comes at no cost to the city.

Over the coming months, look for electric vehicle charging stations to be installed at: Pacific Beach (Reed Avenue between Cass and Dawes streets), Mission Beach (Santa Clara Place at the Mission Bay Aquatic Center), Mission Bay Park (South De Anza Cove and Bonita Cove West), Ocean Beach (Robb Field), Point Loma (Liberty Station) and other locations.

— Kevin Faulconer serves as president pro tem of the City Council and represents District 2, which includes Pacific Beach, Mission Beach, Mission Bay,

Point Loma may assume more prominent role in Navy's future

TOTHEPOINT

By JOHNNY McDONALD | THE BEACON

Naval Base Point Loma is really six bases rolled up into one. Established in 1998, it has grown with the additions of the Submarine base, Naval Mine and Antisubmarine Warfare Center, Fleet Combat Training Center Pacific, Space and Naval Warfare Command (SPAWAR) Headquarters, SPAWAR Systems Center and Fleet Intelligence Training Center

That forms a diverse hub of key naval activity, which could increase by 2020, when 60 percent of the U.S. naval forces are expected to shift to the Pacific Ocean side. The San Diego Bay shipping lanes will be busy.

According to Robert Page, base public affairs officer, under the regional command concept, base operating support functions for these bases is provided by a matrix organization directed by the commander of the Navy Region Southwest.

Regional program managers provide centralized budget management and regional policy for all base support functions. Commanding officers direct dayto-day operation of support functions to ensure their base best serves the Navy. Tenant commands serve on the regional board that develops regional policies.

HISTORY OF NBPL ANTISUBMARINE WARFARF

The Naval Mine and Antisubmarine Warfare Center began in the late 1930s to train personnel in the use of underwater sound and listening equipment. The first Fleet Sound School was established at the Destroyer Base San Diego (now Destroyer Station San Diego) in 1939.

Construction of the current location started in December 1942 and the location was called Sound School San Diego. Training for submarine sonar operations started the following year. A total of 4.020 officers and 10.854 enlisted men graduated during World War II.

Since WWII, the facility has continued to expand. Old buildings were replaced with new parking lots and stateof-the-art training facilities.

Today, about 9,000 officers and enlisted students are trained each year. Courses range from the simplest auxiliary equipment to the most sophisticated ASW (antisubmarine warfare) systems in existence.

In 1898, the Army built a coast artillery installation on the site, which remained active until 1945, and in 1959, Fort Rosecrans was turned over to the U.S. Navy.

CABRILLO MONUMENT'S **100-YEAR CELEBRATION NEARS**

Tom Workman, superintendent of the Cabrillo National Monument, reports that next year Cabrillo National Monument will celebrate 100 years as San Diego's only national monument.

He said that in celebrating this historic milestone, Cabrillo officials hope to cultivate and expand connections within San Diego, recruit 100 new volunteers and develop relationships within the county.

"In addition, we have developed new events, projects and programs for the centennial year to execute our mission and goals, such as the Dusty Socks Club, Monumental," he said.

The official kickoff will begin Dec. 8-9 (the 71st anniversary weekend of the attack on Pearl Harbor) with "Fort Rosecrans Goes to War," a World War II-era military history re-enactment and a "Liberty Swing Dance."

• HARBOR POLICE OFFICERS HONORED

Assistant chief of Harbor Police Mark Stainbrook presented lifesaving certificates of commendation to Harbor Police officers Sam Davis, David Zacchili, Daniel Giese and Kevin Seelicke for their actions during a fire on Sept. 30 at a naval housing complex near North Harbor Drive.

Officer Andres Mendoza, Navy Chief Petty Officer Joshua Erickson and San Diego police Officer Chris Harrison received awards for helping to save a woman who was found unconscious in San Diego Bay on Sept. 16.

Other awards went to corporals David Marshall and Joseph Sharp for saving a man who fell into San Diego Bay on Aug. 18. Additionally, certificates of commendation were presented to Harbor Police officers Raul Muñoz and David Zacchilli for public safety and Homeland Security efforts throughout the Port of San Diego tidelands and San Diego Bay.

Johnny McDonald is a longtime columnist and writer for the San Diego Community Newspaper Group.

GUEST VIEW

Thankful for Movember and male cancer-research message

WALTER RUSKIN

During this time of year, we often give thanks to those who have touched our lives and the events that have helped shape who we are.

This year, San Diego resident Chad Little and other men around the world have chosen to raise money for testicular and prostate cancer research by growing mustaches in part of a statement known as Movember.

Movember mustaches are a way to show solidarity and raise awareness of

is to "change the face of men's health."

Movember started in 2004 in Australia and New Zealand. The Movember Foundation charity has run Movember events every November to raise awareness and funding for men's health

In 2007, events were launched in Ireland, Canada, the Czech Republic, Denmark, Spain, the United Kingdom, Israel, South Africa, Taiwan and the United

In 2012, the Global Journal listed men's health issues. The goal each year Movember as one of the top 100 NGOs

(non-government organizations) in the

If you had to pass on growing a stache this year, you can still support the cause! Visit mobro.co/chadgetsbored and make a contribution today. The life you save could be your own!

I want to thank you all for remembering all that is good and for the strength to make a difference. God bless.

- Walter Ruskin is an guest columnist and writer for the San Diego Community Newspaper Group.



OB'S 125TH ANNIVERSARY

OB Christmas Sand Sculpture





The Ocean Beach sand sculptures were a memorable part of O.B.'s Christmas past. They were discontined as they became too costly to create each year due to city permits, the cost of security, etc.

The Ocean Beach Historical Society has preserved Ocean Beach History with their collection of photos and other memorabilia. Photos and stories will be shared both on the Ocean Beach Main Street Association (OBMA) website (www.OceanBeachSanDiego.com) and through the SD News / Peninsula Beacon. People are encouraged to share their memories and photos and become a part of the celebration. Please email them to info@OceanBeachSanDiego.com Check the Event Calendar on the OBMA website for details on all annual events and be sure to check with OMBA's online store for merchandise!

CONTINUED FROM Page 6

bimonthly series will be at the Point Loma Assembly, located at 3035 Talbot St., and will feature Dr. Stephen A. Colston discussing "The End of the Trail."

The La Playa Trail begins or ends at Ballast Point, depending on your viewpoint. The Kumeyaay Indians long used the trail to go to the coast from their

inland settlements. European ships moored at Ballast Point and the sailors walked into Old Town along the trail.

Colston, a member of the Department of History of San Diego State University, is a specialist in the history of Colonial Spanish North America and will share a perspective from the Spanish artillery battery at Ballast Point.

The evening will begin with light refreshments at 5:30 p.m. and the program at 6 p.m. Donations of \$10 will be

accepted at the door.

The focus of the La Playa Trail Association is the area between Ballast Point and Presidio hill, where one original marker has been refurbished and two new monuments built. The most recent monument honors the 19th century Chinese fisherman who lived and built their junks at a site along the trail.

For more information, www.laplayatrail.org.



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ask that content be sent at least one week prior to publication and include valid contact information.

OPINIONS

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NEWS

CONTINUED FROM Page 1

After paying \$10 each for dinner, the crowd swarmed over dozens of silentauction items and purchased hundreds of raffle tickets toward other merchandise and services.

Barton, who was shot three times in the head by a deranged 40-year-old former firefighter on Oct. 29, has fought back with consistent, small but dramatic improvements daily — much to the relief of family, friends and supporters.

"We all thought he was going to die," said Corev Husted. Barton's close friend and fellow PLHS class of 2010 member.

Instead, Barton has improved to the point he is asking for one of his favorite treats: a frosty from Wendy's. He has also begged for coffee, able to sense the aroma when brought into his room by visitors. But ingesting regular food remains a distant goal.

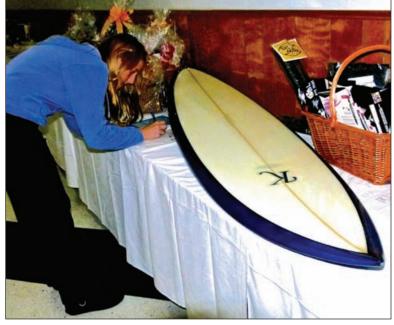
For now, Barton's communication is restricted to faint whispering as doctors work to restore his vocal chords and other vital systems following crucial surgery to repair his skull and other procedures.

After two weeks in Scripps Mercy Hospital's intensive-care unit and another week of hospital care, Barton has advanced to the point he is beginning physical therapy and was moved last week to a temporary physical-ther-

Here. Barton will work to build his strength before embarking on more strenuous therapy.

"They want him to be capable of doing three hours a day of physical therapy," said Barton's father, also named Will, during the fundraiser.

Well-wishers hovered around the elder Barton and Will's mother. Marie Najera, who both attended the event and thanked everyone for their help.



One of Will Barton's supporters places a silent auction bid on a custom surfboard during the Nov. 23 fundraising dinner to help the family offset medical bills for the injured Point-Photo by Scott Hopkins I The Beacon

group of tireless volunteers spent days securing donated food items, silent auction and raffle items, all of which became much easier when Barton's story was first brought to the community's attention in an exclusive frontpage story in the Nov. 15 Peninsula Bea-

"When the Beacon story came out," Pitta told the crowd, "my phone started ringing day and night and donations soared."

Those donations included stays at local hotels and a spectacular Colorado condo, a custom surfboard, restaurant gift certificates up to \$250 and other items. Dozens of items filled tables on both sides of the lengthy church hall and 50 additional items have been reserved for an upcoming January event. Pitta said.

Buyers were also generous, bidding Event organizer Rhonda Pitta and a all items well past their stated value.

And one supporter, while checking out with about \$300 in purchases, handed over a check for \$500. Others handed checks to Pitta and other organizers throughout the night.

Pitta said every cent collected went to Barton's fund, and all meal items were donated.

Hodad's donated all the meats, while Stump's Market offered all other meal components. And a volunteer chef from the recently opened Burlap Restaurant in Del Mar played a huge role in the event, Pitta said.

Andrew Bent, a 2003 Pointer alum, brought barrels of avocados and specialty produce from Burlap, along with a \$100 certificate to sister restaurant Gabardine in Point Loma.

PLHS alumni director Kim Jessop was also credited for informing thousands of former Pointers about the

Park

purposes, which doesn't mean a park will sprout up anytime soon.

The PCPB plays an advisory role to the city and has no authority to change the community plan. But the city requires local planning boards to weigh in on any changes to the community plan, and the matter can now advance to the San Diego Planning Commission and City Council for formal action.

Board members also stressed the vote doesn't mean they favor Freeride Famosa's plan. In fact, the board voted unanimously in April against explicitly supporting the Freeride Famosa plan, citing concerns like liability, maintenance and the environmental impact to the neighboring Famosa Slough.

But Mike Patton, aide to District 2 City Councilman Kevin Faulconer, confirmed discussions have taken place between the Housing Commission and the city's Park and Recreation Department about a long-term lease in the event the commission decides it no longer needs the land

It's unlikely the city would buy the land because the Housing Commission's bylaws require the land be sold for fair market value, Patton said. It's more likely the city might lease the land for a token perhaps \$1 a year, he said.

PCPB member Jarvis Ross called the vote an "indication of what the community wants. All of us know there's a shortage of parkland here."

IN OTHER NEWS

• Planners still question the legitimacy of the conditional-use permit the city issued in 2004 that allows the Rock Church to operate at Liberty Station, but they've decided to let it go until Mayor Jerry Sanders is out of office. No vote was taken during the September PCPB meeting, but planners agreed not to for-

mally respond to Sanders' decision last month to overrule a finding by the San Diego County Grand Jury. The grand jury in May issued a report calling on the city to suspend the permit and investigate whether it was issued properly in the first place. The PCPB subsequently passed a resolution in support of the grand jury's finding. But PCPB Chairman Geoff Page said Sanders is too close to the church to consider reopening the permit, which has no sunset clause, and it would be better to wait for a new mayor next year.

· As the saying goes, half of life is showing up. But showing up has been a bit of an issue lately for neighbors who win seats on the PCPB. The board voted 6-5-2 to install Matt Traino over Cal Jones to fill a vacancy, but Traino unlike Jones — wasn't there in case he won, and was unable to take his seat among the other members. Ironically, Traino will complete the term of Tyson Hempel, who won a three-year term in annual elections last March but never attended a meeting and has reportedly left the state. Traino and Jones presented their candidacies during the board's July meeting.

• The Corky McMillin Cos. are neglecting Building 271, the former Navy "Fit for Life Center" at Liberty Station, according to board members who authorized a letter of protest to the land developer by a vote of 12-1. Dominic Carnevale, who chairs the PCPB's Liberty Station Subcommittee, presented 30 photos showing signs of peeling paint, rusted hand rails, broken windows, boarded entryways and damage to concrete. Kimberly Elliot, senior vice president for McMillin, said the company is negotiating with a potential buyer for the 70-year-old building, where recruits once did swimming drills.

"We've landscaped the building and responded to many of the concerns," Elliot said. "It doesn't make sense to paint the building when we're close to having a buyer for it."

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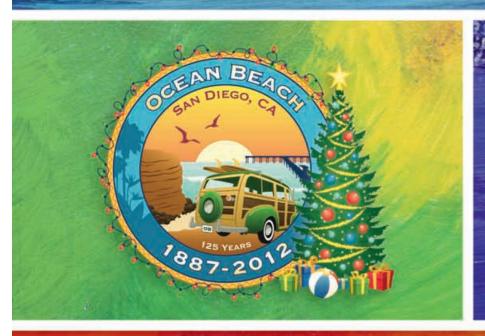




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PARADE

The parade gets the biggest headlines, but it's just a part of the proceedings. With more than 10,000 people expected on Dec. 1, there will be no shortage of entertainment. The opening of the parade coincides with the lighting of the Ocean Beach community Christmas tree at the foot of Newport Avenue, with holiday activities all over the area until 9 p.m.

Visitors will find a plethora of options, with music, food and a full-fledged Fun Zone taking place in the adjacent Ocean Beach Pier parking lot from 9 a.m. to 9 p.m. Highlights include a skateboard contest sponsored by OB Surf and Skate.

There will also be a crafts fair with more than 20 artists participating at Veteran's Plaza (Newport Avenue and Abbott Street) running from 9 a.m. until 4 p.m.

"We draw a good crowd for this," said Claudia Jack, associate director of the Ocean Beach MainStreet Association. "Just about 80 percent of what's on offer is local. There are a lot of handmade crafts from people with wonderful talents, ornaments, clothing, surfboard items, something for everyone, all at reasonable prices."

There will be also be a storefront decorating contest on Newport Avenue and the surrounding area, beginning at dusk on Dec. 1. Indeed, just about everywhere you turn on Ocean Beach that day, there will be holiday fun to be had.

While the day offers plenty of opportunities for fun and shopping, it's also a chance to help the less fortunate during these holiday times. The Ocean Beach Town Council is again hosting its annual Food and Toy Drive, and participants are encouraged to donate canned food or an unwrapped toy with drop-off bins located throughout the area.

This year, everything donated during the Food and Toy Drive will be distributed

"The event is important on many different levels," Jack said. "I think it brings people together. I think people realize there are others in need and it's time to give back. Last year, we adopted 70 families, 13 seniors and 13 women who live in a gated community here in Ocean Beach."

With more than 100 participants in this year's OB Holiday Parade, there is always the chance for some disorganization. But with 33 years of experience for local organizers, that rarely happens. Jack pointed out the Ocean Beach Town Council and OB MainStreet Association have parade marshals to keep things running



Floats galore will explode with sights, sounds and colors during this year's 33rd annual Ocean Beach Holiday Parade down Newport Avenue shortly after 5 p.m. on Dec. 1. Photo by Paul Hansen I The Beacon

smoothly, with the parade ending the traditional way - Santa's arrival by fire

According to Jack, all the activities are coordinated by an Ocean Beach Town Council committee of 10, with an addi-



The stores on Newport Avenue will come alive with festive creations during the annual storefront-decorating contest, with judging beginning at dusk on Dec. 1.

tional 75 volunteers on the day.

"All the hard work is very much worth it," Jack said. "It's wonderful when people realize they can reach out and help somebody else, but there is also the twinkle in the eye of all the children watching the parade and tree lighting. People absolutely love it."

Jack said it's all about the giving.

"I always tell people at this time of year, don't buy me a gift — I already have what I need," said Jack. "Buy me a can of corn or some food item instead. Then I can

donate it to the Food and Toy Drive."

Looking ahead, the OB Town Council is also preparing to host its annual Holiday Homes Decorating Contest on Sunday, Dec. 16 to get locals into the holiday spirit and energize them about the message of the holiday season. The contest will highlight the best-of-the-best home decorations in the 92107 ZIP code. For more information, call Mike at (619) 316-











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Newport Avenue is being prepped for fun with all things holiday in advance of the 33rd installment of the Dec. 1 Ocean Beach Holiday Parade – the only nighttime holiday parade in San Diego. Photo by Mike McCarthy >>



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Source: Small Business Administration. Reprinted from Barbara Wold, Professional Speaker's email.

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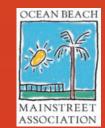
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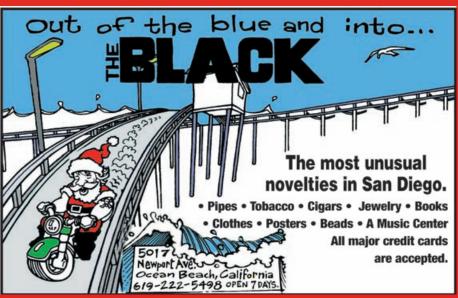


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Slate of holiday entertainment to boost spirits, give lift to disadvantaged

By BART MENDOZA | THE BEACON

The annual parade and tree lighting may get the lion's share of attention each year, but when it comes to the holidays, there is no shortage of entertainment options in Ocean Beach - each for a good cause or an uplifting seasonal experience for participants.

Though the prime part of the season officially gets under way Dec. 1 with the It's always important to help. I do think parade and tree lighting, there will actually be a precursor to the main event at the OB Christmas tree location at the foot of Abbott Street on Nov. 29 from 9 a.m. to

"School children from the area will help decorate the tree that morning," said Claudia Jack, associate director of the Ocean Beach MainStreet Association. "They'll have a chance to come down and see Santa, bring an ornament and put it on the tree.'

Later that evening, beginning at 6 p.m., there will be an auction to benefit the Ocean Beach Town Council Holiday Food and Toy Drive at the Sunshine Co. Saloon.

"This is a great opportunity to give back to the community, with lots of great items from local merchants," Jack said.

One of the most popular activities each year is the OB Farmers Market Holiday Concert Series, promoted by Michael

"This year, I am expanding the music and fundraising," he said. "I am having a 'December Concert Series' with a food, toy and money drive benefiting needy OB families through the MainStreet Association."

Artists performing include Trevor Green on Dec. 5, Joey Harris and The Mentals, plus the Midnight Pine with Alfred Howard from Heavy Guilt/Black Sands on Dec. 12 and King Legend with the Country Rockin' Rebels on Dec. 19.

"We also put on all of the holiday events free of charge and really try to provide OB with a sense of community spirit," Head said. "We collect food, toys and money and the occasional new clothing.

"Hopefully, the donations will help some of the children enjoy their holidays a little more. We're glad to help Winston's raise money and offer a spot for toy/food collection."

TTO NOZAL Frontman for Dazed and Confused

the need is still out there. And the tradition of community events brings everyone

He said he's particularly pleased with the support Ocean Beach residents have given to these efforts to help the less fortu-

together."

"The fundraising efforts are pretty successful," said Head. "There are a lot of generous, anonymous donors in OB. I've seen it."

Head said his favorite thing about the season is much the same as many participants say on the day of the event.

"My favorite part of the holidays in OB is the lighting of the famous OB tree and the parade," he said. "It's the signal the holidays have truly begun."

Meanwhile, one of the city's most unusual holiday happenings takes place minutes after the end of the parade on Dec. 1 with Holidazed and Confused, a musical celebration featuring the songs of Led Zeppelin that takes place at Winston's Beach Club. Featuring top area cover band Dazed and Confused, the event features three sets of music, starting with an acoustic reading and featuring guest musicians. Admission is \$8 or \$4 if guests bring an unwrapped toy or can of food.

Event organizer and Dazed and Confused frontman Jason Ott said he believes the night is important for more than just classic rock fans.

"Toys on Christmas made me ecstatic as a kid," he recalled. "Hopefully, the donations will help some children enjoy their holidays a little more. We're glad to help Winston's raise money and offer a spot for toy/food collection."



One of the ultimate goals of the entertainment-based activities in Ocean Beach this holiday season is to bolster the OB Town Council's annual Food and Toy Drive for disadvantaged families. The volunteer drive takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd., on Dec. 17, 18 and 20. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

He said he believes the holidays are the best time of the year and that he is thrilled to be able to give something back to the community.

"It's about getting together with friends and family that you don't usually get to see," said Ott. "Also, the holidays seem to bring out the best in people."

Led Zeppelin's music may not be particularly holiday oriented. And Ott agrees - to a point.

"I don't think Christmas music is our style, but it is definitely going to be a celebration day," said Ott. "Does it count as Christmas music if we play with Santa hats on? I think our crowd would lynch us if we went into 'I'm Dreaming of a White Christmas' or something."



Local Led Zeppelin tribute band Dazed and Confused will perform just minutes after the end of the Ocean Beach Holiday Parade on Dec. 1. The show takes place at Winston's Beach

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www.oceanbeachsandiego.com/obrel or call **(619) 224-4906**

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The Ocean Beach Restaurant, Entertainment and Lodging Group announced the inaugural Ocean Beach Restaurant Week will take place Monday, December 3rd through Friday, December 7th. For 5 days, over 25 participating Ocean Beach restaurants will offer special discounts or prix-fixe menus for breakfast, lunch or dinner.

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There are no tickets or passes to purchase for the self-guided dining adventure. Diners can show up at any participating location or call to make a reservation. A complete list of participating restaurant is on www.obrestaurantweek.com "Restaurant week is an opportunity to eat delicious food and it's also a chance for our business community to come together and showcase the great things OB has to offer," says Dave Martin, owner of Shades. "Most of the participating restaurants are locally owned and operated and have been here for years, and we're very proud of that."





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Watch the NFL Games Here!

Pointers stung by Hornets in final minutes, bounced from playoffs

By SCOTT HOPKINS | THE BEACON

Thanksgiving Day didn't go as planned for the Point Loma High Pointers football

The day was supposed to begin with a spirited practice on Bennie Edens Field in preparation for their CIF semifinal football rematch the next day against undefeated Olympian — a team that had defeated the Pointers 38-10 in the regular season's second game.

Yet the wind had already been taken out of their collective sails a week earlier.

After practice ended, an annual tradition known as the "Turkey Shoot" was to occur, a highly-anticipated water-balloon fight between helmeted coaches and their players.

Instead, warm winds blew across an

coaching staff gathered with family and loved ones for an uninterrupted holiday.

"This is my first Thanksgiving in 14 years where we haven't had a playoff game the next day," said Pointer head coach Mike Hastings.

A week earlier, the Pointers were eliminated from the playoffs by Lincoln High in a 27-17 battle on Nov. 16 on the winner's field — a loss that left Pointers players, coaches and fans feeling the Hornets' sting and leaving team members shaking their heads in frustration.

Much of this frustration had a name: Tyrell Robinson, the 6-foot-4-inch twoway threat for the Hornets, who hauled in all three Lincoln touchdowns and whose diving tackle prevented one Pointer touchdown.

And part of the Pointers' exasperation empty stadium Nov. 22 as players and was based on the 10-0 lead the Dogs built

in the second quarter after a 28-yard field goal by Miguel Alcantar and 14-yard touchdown run by Jamal Agnew. It appeared the Dogs were snarling and ready to avenge a 19-14 loss to Lincoln in the regular season's third week.

"We were moving the ball so well," Hastings said.

But with just 1:41 left before halftime, the first real Hornet drive of the night ended with Robinson leaping above a Pointer defender to bring down a 38-yard scoring pass, cutting the Pointer lead to

More frustration came on the Dogs ensuing drive when Robinson's shoestring tackle of Agnew, who had caught a pass from Branden Martin out in the open, changed what had all the

SEE **POINTERS**, Page 18



Pointer senior Jamal Agnew (No. 35) leaps over a tangle of players to score a fourth-quarter touchdown to give the Pointers a 17-14 lead over Lincoln in round 2 of CIF playoff action on Nov. 16. The Hornets scored with 1:44 remaining in the game to end the Pointers' season. Mike Serrano (No. 78) and Jake Wambaugh (No. 19) assist.

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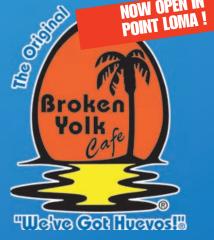
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PL Nazarene's men's basketball squad off to 2-2 start

COLLEGE Roundup

PLNU ATHLETICS COMMUNICATIONS MEN'S BASKETBALL

Point Loma is 2-2 on the season and 1-1 at home. The Sea Lions recently defeated Claremont-Mudd-Scripps at the buzzer, 42-40, on a jumper by Weston Elhers. That shot capped off a late Sea Lions comeback in which they were trailing by three points with just 45 seconds remaining.

The Sea Lions have now held their opponents to under 60 points in all four games. PLNU's opponents are averaging just 50.5 points per game and shooting only 37 percent from the field, including 25 percent from behind the arc.

Arren Wells is averaging 7.3 points and 5.7 rebounds as a freshman to lead the team in both categories. Fellow freshman Todd Campbell has done a bit of everything for Point Loma early in the



Carlotta Kloppenburg leads the lady Sea Lions so far this season with 14.7 points per game. The women are currently 2-1.

Courtesy photo by Will MacNeil

season. He leads the team in assists (15), free throws (11) and total rebounds

WOMEN'S BASKETBALL

The Sea Lions are 2-1 on the season. They opened the year with a 59-46 win over Biola then went 1-1 at the Cal State Los Angeles Thanksgiving Classic.

Carlotta Kloppenburg is leading the

team with 14.7 points per game. She scored a career-high 18 points in Point Loma's 70-43 win over Cal State Dominguez Hills.

Nyla Bailey continues to be a force for the Sea Lions. The senior is averaging 12.3 points and 5.0 rebounds a game. As a team, PLNU is allowing just 53.7 points per game and its opponents are shooting just 29 percent from the field.

WOMEN'S VOLLEYBALL

Kelli LeClair, Natalie Hamill and Nicole Eiler were each named to the National Christian College Athletic Association (NCCAA) All-West Regional volleyball team. LeClair picked up firstteam honors, while both Eiler and Hamill represented the Sea Lions on the second team.

LeClair was also named to the All-

SEE SEA LIONS, Page 19

CONTINUED FROM Page 17

makings of a quick touchdown by the Dogs into a 46-yard scoreless gain. The drive stalled with 19.8 seconds left and a field-goal attempt by Alcantar sailed wide.

Hopes soared again, though, when the Pointers pounced on a Lincoln fumble another moment of frustration, Alcantar's next field-goal attempt also missed splitting the uprights.

So, instead of sitting at 17-7 or 13-7 at halftime, the Pointers were up by only three at the break.

Perhaps re-energized, the Hornets first drive of the second half gave them their first lead of the game. Robinson again out-jumped a Dog defensive back for a 26-yard score as Lincoln took a 14-10

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lead.

But Pointer Zach Eischen stepped in front of a Hornet pass as the third quarter came to an end, returning it 10 yards to put his teammates back in business.

This drive also stalled, but when Alcantar's punt bounced off a Hornet leg, teammate Raymond Goncalves recovered the live ball at midfield.

After this turnover, the Pointers again with just 1.8 seconds on the clock. But in caught fire with a key 15-yard pass reception by Jake Wambaugh and key runs by Ja'Markus Watkins leading to Agnew's Superman-like dive over a goal-line mountain of players, giving the Pointers a 17-14 lead with just 5:25 remaining.

But the Hornets' Robinson wasn't fin-

Lincoln moved the ball downfield, and with 1:44 left to play, he clutched his third scoring pass of the night from 12 yards out to send the Hornets to the CIF semifi-

"I was really proud of our kids," Hastings said. "That was a pretty good Lincoln team and the game could have swung either way. I'm sorry we won't have our seniors anymore. That hurts the most, and we all feel heartbroken for them.

EXTRA POINTS

- The Pointers varsity finished the 2012 season with an 8-4 record. After 15 seasons, Hastings' Pointer record is 109 wins, 68 losses and two ties.
- · Hastings said he is optimistic about next season when he adds players from an undefeated (9-0) junior varsity. He is also expecting to have several others move up from a talented freshman (8-1) team. Both were league champions.
- · Look for a number of Pointer players to appear on upcoming All-Western



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Sockers lay claim to all-time sports consecutive win streak

By JOHNNY McDONALD | THE BEACON

They entered the Valley View Casino Center sports arena floor on Nov. 23 as Toros de Mexico but became sacrificial lambs against the San Diego Sockers, who ended up posting the all-time record sports consecutive win streak at

With swift matador finesse, the Soccers taunted and dispatched the Bulls amid loud approval. Final score: 14-4.

If the Sockers' dominance continues to be a season-long trend, they could push the record beyond anyone's approach and be placed in perpetuity.

Even the local media gave the team attention it deserves, and because of it, long lines of the curious formed at the ticket windows.

The remarkable soccer team has surpassed other notable win streaks in history in various sports: the Sioux Falls Storm's previous record of 40 consecutive United Indoor Football victories between 2005-08, the Los Angeles Lak-

ON A MAJOR RUN

The sports arena serves as the scene of the 41st straight victory for the steamrolling indoor soccer team.

ers' 33 straight wins, the Washington Kastles' 31 consecutive victories and the Salt Lake Trappers' 29 wins in a row.

To witness the frenzied support for each goal scored brought back a bygone arena era when the Sockers shared space with the talented minor league San Diego Gulls hockey team — a time when 9,000 spectators would jam the place. That was big sports news in the

Fittingly, Juli Veee, a Hall of Fame Sockers player of the past, was called upon to handle the ceremonial kickoff.

The young season has been a onesided operation for the home team thus far. In four games, the Sockers have outscored the opposition, 58-14, encountering little resistance to their continued attack, whether it's because

they are just that superior or just that the league opponents lack sufficient mannower.

If it could be listed as one disappointment, the career-high eight goals scored against the Bulls by Kraig Chiles fell one short of tying the all-time record. Chiles netted a hat trick by halftime and he scored four goals in the fourth quarter, finishing with a league-leading 19 goals in four games.

Eduardo Velez added a hat trick with an assist as the Sockers jumped out to a 8-0 lead before conceding their first

The outcome was a forgone conclusion by halftime with a 6-0 margin. With so much of an early lead, even the announcer had to goad the crowd to keep up the enthusiasm.

The Toros managed to put some points on the board in the second half, but goalkeepers Riley Swift and Chris Toth were too tough to get past.

The Sockers play next in Tacoma on Dec. 1 against the Stars.

SEA LIONS

CONTINUED FROM Page 18

Pacific West Conference third team. The freshman outside hitter from Yucaipa (Yucaipa High School) led Point Loma in points and kills. She ranked sixth in the PacWest with 3.71 kills and 4.17 points per set. She had double-figure kills in 22 of the Sea Lions' 27 matches. She also registered 12 double-doubles and finished the season with 2.51 digs per

WOMEN'S SOCCER

Point Loma advanced to the finals of the National Christian College Athletic Association (NCCAA) West Regional by winning the shootout with Azusa Pacific in the 12th rounds. The match was scoreless until the 75th minute when Azusa Pacific grabbed a 1-0 lead.

The Sea Lions got the equalizer in the 83rd minute on a header goal from Krista Gregory. The match remained at 1-1 through the second overtime, sending the teams to a shootout for the right to advance in the regional.

PLNU went on top in the shootout 3-1 after three rounds but missed each of their next two attempts to let APU back in. The shootout would continue into the 12th round where PLNU's goalie. Tiffany Kracy, stopped the Cougars' shot and Kaycie Hanlin converted her second penalty kick of the shootout to send Point Loma to the NCCAA West Region final against Cal Baptist.

In the NCCAA West Region final, Cal Baptist midfielder and 2012 PacWest Player of the Year Bernadette Witz scored in the 23rd minute and the Lancers held on for a 1-0 win. They will now advance to the NCCAA National Tournament in Kissimmee Fla

The Sea Lions ended their first season in Division II with a 12-5-3 record and a third-place finish in the PacWest (9-3-2).

All-PacWest Team: Goal keeper Tiffany Kracy, midfielder Kallie Caldwell and forward Amanda Mitchell were all named to the All-PacWest third team. Nicole Craft joined them as an honorable mention selection.

Moving Mom and Dad to Assisted Living

Almost everyone hopes as they grow older that they will be able to spend the rest of their lives in their own home enjoying the comfort and memories that go along with having a long life. Sometimes parents tell their adult children "I want to stay in this house forever. Promise me you'll never put me in a home." This promise can put undue stress on the children when the parent's good health begins to change.

Joan's parents, John and Anna, had been married more than fifty years and were doing well. Then Anna began having short-term memory loss and then she broke her hip which put her in a rehabilitation facility for three months. Joan was at a loss of what to do when her mother was ready to leave the facility.

She contacted Innovative Healthcare Consultants, a Geriatric Care Management company, who met with the entire family. Even though Anna wanted to stay in her home forever, it wasn't practical as John could not manage the demands of her illness at home. The nurse at Innovative was able to help Joan find an assisted living home with specialized dementia care for Anna with a senior apartment complex for her dad. It's working out well. Anna is being safety taken care of and John sees her every day but still can golf and do all the things he loves without the worry of leaving Anna. Call Innovative Healthcare at (877)

731-1442 to talk to a nurse or view our website at www.innovativehc.com.

Anderson Medical Emergency Center

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic.

The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walkin basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on

weekends and holidays.

The Anderson Medical Center is equipped to handle minor emergencies such as suturing and casting. It is designed to take care of patients of all ages as their primary care physicians. Physical therapy will also be available on

a scheduled basis.

Most insurance will be accepted. For more information you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

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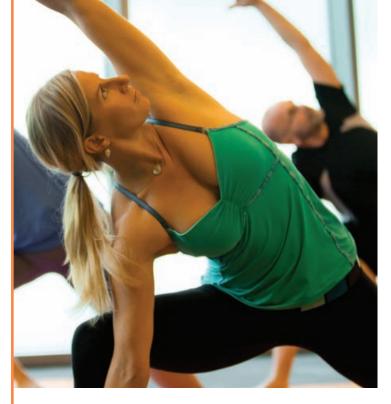
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popular condition many are facing during Dr. Riso's

for this special event: 619.569.1937. See you there!

Audiologist, Owner



WHERE: Peninsula Hearing Center, Inc. 1310 Rosecrans Street, Suite A San Diego, California

TINNITUS SEMINAR

December 4th & 5th 11:00 am to 12:30 pm

WHAT:

WHEN:

People in the **News**

HTH student earns 'Spirit of Leadership' award

A host of young ladies — including one from High Tech High in Point Loma — were honored with distinction on Nov. 3 during the annual Jenna Druck Foundation "Spirit of Leadership" awards gala and leadership conference.

Among the recipients will be Jessica Coyne of High Tech High.

Each year, hundreds of extraordinary San Diego County middle school and high school-age girls are nominated by the community to receive the "Spirit of Leadership" award. Nominations came to a close on Oct. 12.

Among the awards to be handed out are those in the areas of community leadership, student leadership, academic leadership, creative leadership, athletic leadership, family leadership, personal integrity and the "undiscovered leader."

The Spirit of Leadership Conference is one of the highlights of this year-round which the center gives back to the young girls in our community.

For more information on the Jenna Druck Foundation, visit www.jennadruckcenter.org.

Brown wins honors for small-business support

Shannon Brown, founder of Brown Marketing Strategies, was among six individuals and organizations recognized with honors during the 22nd annual South County Economic Development Council (SCEDC) Summit recently.

Brown, a Point Loma resident whose company is based in Ocean Beach was named the winner of the Corky McMillin Companies/Best of South County Award

during the summit.

The summit was held to discuss some of the San Diego South Bay and Baja region's latest business development and economic outlook news.

The Corky McMillin/Best of South County Award, sponsored by the Corky

McMillin Companies, is presented to a business that has a history of consistent excellence in products/services, customer satisfaction and overall performance.

Marketing Brown Strategies was also recently named as the Ocean



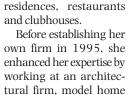
SHANNON BROWN

Beach Business Improvement District business of the year. She has worked in both volunteer roles and strategic business development roles to support the growth of numerous South Bay businesses including Neighborhood National Bank, Kid Ventures and the Border View YMCA, to name a few.

Point Loman elected to head local ASID chapter

Point Loma resident Robin Wilson Carprogram, and just one of many ways in rier has been elected president of the San Diego chapter of the American Society of Interior Designers (ASID) for the 2012-13 term. Carrier, principal of Robin Wilson Interior Design of San Diego, is an

award-winning interior designer who specializes in the design of custom residences, restaurants and clubhouses.



ROBIN WILSON

and residential design firms, and a hospitality design firm.

Her work has been published in numerous national, regional and local publications, including Better Homes &

Gardens, Forbes.com, Log & Timber Style, Luxe Interiors + Design, Professional Builder, Ranch & Coast, San Diego Home/Garden Lifestyles, San Diego Magazine, and UTSan Diego.

Carrier has been honored with seven ASID Design Excellence Awards, including one unprecedented Grand Award, which was created for her renovation of the historic Point Loma home she shares with her architect husband, Gordon Carrier, FAIA. She also won the People's Choice Award for Best Interior Design at the Tour d'Elegance, and the Best of Las Vegas Award for the Allegro at La Entrada Clubhouse.

For more information, visit ASIDSan-Diego.org, or call (858) 274-3345.

Local attorney presented with State Bar award

Point Loma business and real-estate attorney Whitney Skala was presented the "Spirit of CEB" award at the State Bar's annual convention on Oct. 11 in Monterey. The award is given in recognition of outstanding contributions as an author and editor of articles and books published by Continuing Education of the

Bar (CEB), a joint venture between the University of California and the State Bar of California.

Skala was the only San Diegan to receive the award this year.

Skala's first article (of several) for CEB was in 1995, when he authored,

"Ten (or More) Pitfalls in Incorporating a Business." Since then, he has authored and annually updated a chapter on the formation of S and C Corporations in CEB's two-volume series, "Selecting and Forming Business Entities." Skala is the reviewing author of two other chapters in that book, making him the only author in the publication to contribute to three chapters. Additionally, Mr. Skala is the

WHITNEY

reviewing author of a chapter on corporate buy-sell agreements in CEB's book, "Business Buy-Sell Agreements."

Point Loman cast in 'The Nutcracker' ballet

Britt Marin Heramb, a 14-year-old from Point Loma, will dance the role of Clara when the San Diego Ballet Company (SDB) launches its presentation of "The Nutcracker" beginning Dec. 1. Heramb, who attends Point Loma High School, has been dancing with the SDB for 10 years.

"I have been a ginger snap, a Russian

bear, a candy cane, almost every other role. And finally I get to dance Clara!," said Heramb. "I am deeply honored to have been selected for the role of Clara and I am very excited that I will get this opportunity to fulfill BRITT MARIN this long-time dream." Heramb will share the role with Sabina Schaffer, 15, of La Jolla.



The San Diego Ballet's Nutcracker features an international cast from China, Japan, Russia, South Africa and Mexico as well as San Diego School of Ballet's children from all over San Diego County. The SDB is located on Truxtun Road in Liberty Station.

Performances are: Dec. 1 (7:30 p.m.) and Dec. 2 (2:30 p.m.) at the Birch North Park Theater and Dec. 16 (2:30 p.m.) and Dec. 21 (7:30 p.m.) at the Mandeville Auditorium in La Jolla. For tickets and information, call (619) 294-7378, email sandiegoballet@aol.com, or visit www.sandiegoballet.org.

Kim of Liberty Station earns academic honors

Thomas Kim, a sophomore boarding student at St. Andrew's-Sewanee School, was recently named to the Tennessee school's Honors List. Thomas is the

daughter of Sue Na of San Diego. In addition to his outstanding academic achievement, Thomas is a member of the school's varsity football team, which is currently ranked first in its division. THOMAS KIM



St. Andrew's-Sewanee School is a private college preparatory day and boarding school in Sewanee, Tenn. For more information about St. Andrew's-Sewanee School visit www.-

Point Loma's Forster joins **Peace Corps in Romania**

Kelly Anne Forster, a 2005 graduate of Point Loma High School, joined the Peace Corps in Romania over a year ago and is making contributions in a big way. After her graduation from PLHS, Forster went on to the University of California, Irvine, where she graduated in 2009.

Forster moved to Alaska's northern most point. Barrow, where she ran a middle school library for two years. But one of her life objectives was to serve in the Peace Corps, and she left her good-paying job in the spring of 2011 to volunteer to teach English at an elementary school while living in a small remote rural community called Focuri.

Having worked in a library, and being the daughter of a librarian, she noticed the sad state of the school library collection in Focuri. She decided to do something about it. Through months of effort and weaving through the bureaucracies of both Romania and Peace Corps, she set up a fund jointly financed by members of her Romanian community and contributions from outside to buy books.

To support this tax-deductable effort, visit donate.peacecorps.gov/index.cfm?shell=donate.contribute.projDetail&projd esc=403-144.

ENJOY THE BEAUTY OF OLD TOWN

Calendar of Events in Old Town San Diego State Historic Park

November Shop N' Dine

DATE: Kicks off Nov. 23 until Jan. 6, 2013 - 'Tis the season to Shop N' Dine at Fiesta de Reyes and the Cosmopolitan Restaurant! For every \$20 you spend at one of the 19 boutique shops in Fiesta de Reves, vou'll receive \$5 dollars off at Barra Barra Saloon, Casa de Reyes, or The Cosmopolitan in Old Town. Guests may use one \$5 coupon for every \$20 worth of food and beverage purchased. Not valid with other offers. One card per person. Visit fiestadereyes.com for more info.

December

Holiday in the Park

DATE: Saturday, December 15 - All of the museums, stores and restaurants in Old Town San Diego State Historic Park will be open and richly decorated. Enjoy special holiday treats, activities and night you will remember.

extended shopping hours, along with strolling car- Bonfire Nights olers on this evening and do some holiday shopping at the same time. Guests will also be able to view gingerbread houses in the merchant shops and enjoy s'mores by the bonfire.

62nd Anniversary Las Posadas

DATE: Sunday, December 16 - This centuriesold tradition is being celebrated in Old Town San Diego State Historic Park for the 62nd consecutive year. Please join the Park Merchants Association as they reenact the biblical journey of Mary and Joseph through the town of Bethlehem. The event begins at 2 p.m. with a musical pre-show in the state park, with the live theatrical procession starting promptly at 5 p.m. A piñata party and bonfire follows at 6 p.m. Make this a new holiday tradition for your family. It is sure to be a

DATE: The week between Christmas and New Year's Eve, Dec. 26 through 30 - Winter evenings are a reason to celebrate in Old Town San Diego State Historic Park. Join carolers and other performers Fridays and Saturday in December from dusk to 9 p.m. Free s'mores 'round the bonfire are the highlight of the evening.





The holiday festivities are on at Fiesta de Reyes!

SHOP and DINE:

For every \$20 you spend at a Fiesta de Reyes shop from Nov. 23rd, 2012 to Jan. 6th, 2013 you'll receive a coupon worth \$5 off at Barra Barra, Casa de Reyes, or The Cosmopolitan in Old Town. You may use one \$5 coupon for every \$20 of food and beverage you purchase.

Coupons valid through Feb. 2013. Not valid with other offers. 1 card per person per visit.

Open 10am - 9pm daily 619-297-3100 www.FiestaDeReyes.com

Shoppers: Enter to win 1 of 10 Gift Baskets! Drawing held on Dec. 22nd.

Looking

Peninsula-area events, Nov. 29 through Dec. 22

THURSDAY, Nov. 29

· Local schoolchildren will help decorate the Ocean Beach community Christmas Tree. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• Ocean Beach Town Council hosts its annual OB Tree Auction at Sunshine Company Saloon (21 and older) with exciting auctioneers. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

FRIDAY, Nov. 30 and Saturday, Dec. 1

The 10th annual Cider Celebration Christmas Show at Point Loma Nazarene University will feature Concert Choir, Extol and Chorale and will cert Choir and Chorale, under the direction of conductor Dr. Dan Jackson, will perform both inspirational and entertaining music throughout the event. Additional performances will include solos, duets and quartets of Christmas favorites. This hour of family entertainment will linclude such songs as "Sing We Now of Christmas," "Joy to the World," "Rudolph the Red Nosed Reindeer" and many other Christmas favorites accompanied by a live orchestra. Come share some music and a cup of hot apple cider to welcome this holiday season. The program takes place at 6 and 8 p.m. at the Crill Performance Hall, 3900 Lomaland Drive. Tickets are For ticket information, call (619) 849-2325, or visit www.pointloma.edu/music.

SATURDAY, Dec. 1

• Fun Zone in the Ocean Beach Pier parking lot with music, skateboarding and many other activities from 9 a.m. to 9 p.m. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• Ocean Beach Craft Fair, 11 a.m. to 1 p.m. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• Ocean Beach Storefront Decorating Contest judging at dusk. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269.

• Ocean Beach Christmas Tree Parade at 5:05 p.m. For more information, call the Town Council at (619) 515-4400. or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• The Point Loma Artists will have their annual Holiday Art Show at the home of Roberta Dyer in Point Loma at 3636 Curtis St. from 10 a.m. to 3 p.m. Visit with friends and share in refreshclimax with a choir of 140. The Conments. For more information, visit www.pointlomaartists.com.

SUNDAY, Dec. 2

Point Loma Nazarene University's (PLNU) Music Department continues its fall/winter concert series with "Messiah," now being performed for 60-plus years at the university. Conductor Keith Pedersen brings Handel's "Messiah" to life and is performed by Choral Union and Orchestra. The 160-voice choir consists of PLNU students, faculty, staff and a large number of dedicated community singers and the soloists are PLNU students chosen by audition. The orchestra is anchored by PLNU's string program and augmented by members of the wind program, headed by Philip Tyler and Prof. John Dally respectively, as well

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doesn't get a hold of any Thanksgiving scraps, and ask your guests not to feed your dog or cat any leftovers. • Garbage Ready Items: Would you eat the raw, removed gizzard of your Thanksgiving Turkey? No? Well neither should your have the tendency to sneak your pet. If you wouldn't serve it to company, then don't give it to your dog. You'll prevent bouts of diarrhea and vomiting from ruining

• **Desserts:** Besides the already known toxins for dogs and cats, xylitol and chocolate, desserts that are heavy in fats can be disastrous for your pet's digestive track. Avoid giving your pet any human desserts, but do consider giving her one of these special holiday treats instead.

· Onion-y Things: Onion does make things taste good, but it

Nothing can ruin Thanksgiving weekend faster than a cat or is toxic to dogs and cats. In addition to the vomiting and diarrhea dog that gets a hold of turkey day leftovers. To make this holiday that will occur if your pet gets a hold of your onion-infused stuffeasier on you, your pet and your purse, here is a list of ing, a larger medical emergency may occur as onions (garlic, leeks, and chives too) are poisonous to the red blood cells of cats

> • Bony Things: This applies to humans, too! To avoid a choking incident, do not give your pets any food that is hard, sharp, and big enough to get stuck in your cat or dog's throat. To appease your pet's need to chew, try a Bingo Natural Chew or Nylabone product.

Finally, friends and family scraps some Thanksgiving, even if you've made it clear to them you'd prefer they didn't. To prevent the under-the-table hand off, consider keeping your pets sequestered in another room as you enjoy your holiday dinner.





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WWW.CUTTINGEDGEK9.COM CUTTING EDGE K9 REHAB Has Been Featured On Local & National News, Radio, A Number Of Local Papers & Magazine Articles. Swimming is one of our strongest recommendations for most K9's. It is an ideal form of exercise for a many reasons. Our rehab services offer assisted swimming in a warm water environment. The benefits are: • Non-weight-bearing (reducing stress on joints) • Facilitates full use of the front and hind legs vs. partial use as seen with underwater treadmills · Dogs are often able to actively swim although unable to move their legs on land (due to stroke/ spinal injury) . Allows manual techniques by therapist/ manual resistance to an affected limb · Swimming in a controlled environment is the safest way for clients to exercise. . Sneeds recovery following injury/ surgery . Improves function & quality of life • Works reciprocal muscle groups (helps correct muscle imbalances) • Reduces pain & inflammation . Reduces canine obesity thus decreasing the risk of other healthrelated problems . Increases strength, range of motion & cardiovascular conditioning . Prevents overheating through proper water temperature • Increases tolerance for extended cardiovascular training • Decreases recovery time • Reduces post-exercise soreness • Provides good cross training for the competitive, athletic dog (619) 227-7802

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Bottle A

On Your 1st Order!

Get a Flu Shot – Not the Flu

By David Sayen

Now is the time to protect yourself against the flu by getting your flu vaccine early, before flu season hits full force. Medicare covers the flu vaccination, along with many other preventive-health services.

People with Medicare can get the flu shot at no cost to them. There's no coinsurance, copayment, or deductible.

Keep in mind that the flu shot helps prevent the flu; it doesn't give you the flu. Getting the vaccine is the best way to avoid getting sick this flu season. Also, by protecting yourself, you're protecting those you care about from getting the flu from you.

Who should get a flu shot? All adults, especially those 65 and older. People under 65 should get vaccinated if they have chronic illness, including heart disease, lung disease, diabetes, or End-Stage Renal Disease (permanent kidney failure).

Here are some tips to follow during flu season: • Cover your nose and mouth with a tissue when you cough or sneeze - and throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

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· Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.

• Don't touch your eyes, nose, or mouth. Germs spread this way.

• Try to avoid close contact with sick people.

• Stay home if you're sick. Wait at least 24 hours after you no longer have a fever (100° Fahrenheit or 37.8° Celsius) or signs of a fever without using a fever-reducing medicine.

In addition to flu shots, Medicare also covers vaccinations for pneumonia and hepatitis B (if you're at medium to high risk for hepatitis B.)

And while we're on the subject, don't overlook other Medicare-covered preventive services such as cancer screenings (mammogram, colorectal, prostate) and cardiovascular screenings.

Each of these services is critical to your overall health and can help you prevent diseases or detect them early, when treatment works best, Check with your doctor or other healthcare provider to see if you might need other vaccines, in addition to the flu vaccine.

For more information, visit www.medicare.gov/ share-the-health or call 1-800-MEDICARE (1-800-633-4227). months or older that qualifies for



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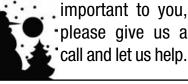
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Sun 1-4pmz	.5632 Rutgers Road	4BR/4BA	\$1,625,000	Greg Phillips	858-999-6000

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Jared Davis 858-353-7854
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HOLIDAY CALENDAR

CONTINUED FROM Page 20

as a few professionals as needed. Admission is free. The event takes place at 3 p.m. at Brown Chapel, 3900 Lomaland Drive. For information, visit www.point-loma.edu/music.

WEDNESDAY, Dec. 5

Ocean Beach Farmers Market, with singing in the streets and annual Food and Toy Drive, 4 to 7 p.m. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

FRIDAY, Dec. 7

• Check out "Holiday Gifts with a Creative Twist" at the Friday Night Liberty event at NTC at Liberty Station from 5 to 8 p.m. The event will feature discounts from unique retailers, art galleries and artisan foods; something for everyone on your list. Stop by for special exhibitions from High Tech High Students and check out "Walk in the Clouds," the world's first grass-filled gallery installation. Keep an eye out for the Peace On Earth Carolers who will stroll NTC until 7:30 p.m. The event takes place at 2640 Historic Decatur Road. For more information, visit www.ntclibertystation.com.

• Point Loma Nazarene University's (PLNU) Music Department continues its fall/winter concert series with its 12th annual winter concert, led by conductor Philip Tyler, who is a tenured violin professor and orchestra director. The evening will include Gustav Holst "St. Paul's Suite" for string orchestra and Johannes Brahms Symphony No. 1 in C Minor, Op. 68. The program takes place at 7:30 p.m. at the Crill Performance Hall, 3900 Lomaland Drive. Admission is free. For more information, call (619) 849-2325, or visit www.pointloma.edu/music.

SATURDAY, Dec. 8 and SUNDAY, Dec. 9

Two-day "Fort Rosecrans Goes to War" event at Cabrillo National Monument. The event will be chock full of World War II military history and a Pearl Harbor commemoration and reenactment from 10 a.m. to 4 p.m. In conjunction, a "Liberty Swing Dance" will be held Saturday, Dec. 8, featuring Sue Palmer — the "Queen of Boogie-Woogie" — and her 1940s-era swing band. There will be a free dance lesson at 5:30 p.m.; the dance takes place from 6 to 9 p.m. Tickets are \$15 presale or \$20 the day of event, and can be purchased at the Cabrillo Bookstore (619) 222-4747, or by visiting www.cnmf.org. The dance is hosted by the Cabrillo National Monument Foundation. For more twoday information, visit www.cabrillocentennial.org.

WEDNESDAY, Dec. 12

Ocean Beach Farmers Market, with singing in the streets and annual Food and Toy Drive, 4 to 7 p.m. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

THURSDAY, Dec. 13 and WEDNESDAY, Dec. 19

Correia Middle School's award-winning music department performs a twonight Holiday Music Extravaganza at the Correia auditorium. Under the direction of music instructor Marc Dwyer, Correia's Symphonic Bands, Orchestra and Jazz Band will perform in Holiday Extravaganza I on Dec. 13 at 6:30 p.m. and his guitar students will perform at the Holiday Extravaganza II on Dec. 19 at 6:30 p.m. Refreshments and raffle tickets will be sold with proceeds going toward Correia instrumental music. For more information, visit www.correiamiddle.com.

SUNDAY, Dec. 16

Ocean Beach Town Council hosts its annual Holiday Homes Decorating Contest, highlighting the best of the best home decorations in the 92107 ZIP code. For more information, call Mike at (619) 316-3403.

MONDAY, Dec. 17 and TUESDAY, Dec. 18

Ocean Beach Town Council hosts its annual Food and Toy Drive in earnest, calling on volunteers to package up food and toys for delivery to disadvan-

taged families. The volunteer drive takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. Volunteer or bring a donation. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

WEDNESDAY, Dec. 19

Ocean Beach Farmers Market, with singing in the streets and annual Food and Toy Drive, 4 to 7 p.m. For more

(619) 846-6269, or visit www.obtowncouncil.org.

THURSDAY, Dec. 20

Ocean Beach Town Council hosts its annual Food and Toy Drive in earnest, calling on volunteers to package up food and toys for delivery to disadvantaged families. The volunteer drive takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. Volunteer or bring a donation. For

(619) 515-4400, or Claudia Jack at cil at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

SATURDAY, Dec. 22

Delivery of food and toy packages for the Ocean Beach Town Council Food and Toy Drive to aid disadvantaged families. Distribution begins at 8:30 a.m. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.





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