

READY TO GET HER GROOVE ON



Anderson is set to heat things up at Java Joe's on Dec. 7. Catch the story in The Beacon online at vww.sdnews.com

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HOLIDAY SPIRIT, OB STYLE

Host of celebrations, activities give locals plenty to be excited about



Christmas arrived just in the "Nick" of time for locals of all ages last week with the onset of seemingly endless seasonal events and merriment. The granddaddy of the events was the 33rd annual Ocean Beach Holiday Parade, above, spotlighting area floats, bands, music and the essence of OB. Shown is the entry for San Diego Air Cooled Syndicate. Of course, there was plenty for the younger crowd to take part in over the last week, including local schoolchildren decorating the commu-



nity Christmas tree on the beach at the foot of Abbott Street. Left, the holidays wouldn't be the holidays without a visit from Santa, as 6-yearold Cameron and his 4-year-old sister, Acethia, discovered. Right, the Ocean Beach Town Council's Tree Committee and OB MainStreet Association held their annual "adults only" auction Nov. 29 at the Sunshine Company Saloon to raise money for the Town Council's annual Toy and Food Drive for disadvantaged families. The food and toys donated by the Ocean Beach community will be distributed on Saturday, Dec. 22. Noah Tafolla, documentarian and host of the KPBS "Wonderland) series, served as an auctioneer. Look for more photos of the holiday season on pages 9 and 11 and in our Beacon editions

Tough rules for oversize vehicles may finally be ready for city adoption

By DAVE SCHWAB | THE BEACON

After years of debate and delays, San Diego City Council's Land Use and Housing (LU&H) Committee unanimously endorsed a proposed two-year pilot program along city beaches toughening enforcement of existing regulations banning oversize vehicles from parking longer than 72 hours on public streets.

The committee's Nov. 28 recommendation on the neighborhood parking protection ordinance, proposed by District 2 City Councilman Kevin Faulconer, will be forwarded to the City Council for final approval.

"The proliferation of illegally parked oversize vehicles on city streets is a public safety, quality of life and environmental issue that has acute impact on San Diego's visitor-serving beach and bay communities," said Faulconer. "Constituents report vehicles parked illegally in front of homes and businesses for weeks — or even months — at a time.



Long-term parking of recreational vehicles and other oversize vehicles has long been a problem on the streets and parking lots of beach communities. The issue may finally now be addressed by the City Council.

Photo by Ronan Gray I The Beacon

taking up valuable parking spaces, blocking view corridors and limiting access to driveways and alleys. This is an appropriate time to revisit an ordinance that provides more effective tools for the city to address illegally parked

SEE ORDINANCE, Page 5



Lifeguards urge beach-loving dog owners in Ocean Beach and elsewhere around the Peninsula to exercise caution and vigilance when allowing the family pet to play in the water during the winter months because of strong swells and tidal flows. Undertows could also pose significant danger to humans who might be tempted to chase after their pets in danger-

OB, Point Loma mid-ranked in city solar installations

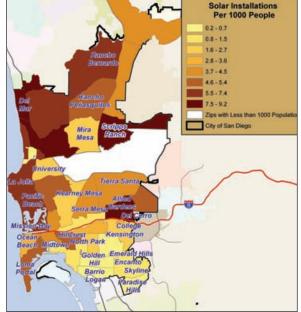
By KENDRA HARTMANN I THE BEACON

A map of San Diego parceled out by ZIP codes and color-coded shows a clear delineation distinguishing certain parts of the city from others. It could illustrate any number of things: socioeconomic status, population per square mile, level of household education. The colors bleed from a dark red in most areas in the north and west of the city to a pale yellow in the south and east — a fairly common pattern found in many of the data collected by the U.S. Census Bureau.

This map, however, depicts something the Census doesn't measure. It tracks the amount of solar installations per 1,000 people, and it was crafted by the Environmental Health Coalition (EHC) as a way of understanding what San Diego's solar profile looks like — and how it could look better.

Kayla Race, a policy advocate for EHC's

SEE SOLAR, Page 4



of the solar divide: The Ocean Beach and Point Loma areas, shown in light orange and brown, indicate where the areas rank in terms of the highest numbers of solar installations per capita. Lowerincome neighborhoods are left in the dust with light yellow indicating their dismal numbers of solar installation. Courtesy of EHC

Lifeguards issue caution to OB's winter beachgoers, dog owners

BY MARIKO LAMB | THE BEACON

Three family members in Eureka, Calif. were swept away by the ocean's swells after plunging into the water to chase after their family dog to save it from a watery fate last month. Now, San Diego lifeguards are using that case as a prime example of the caution they are issuing to local beach-loving dog owners who could face similar dangers along the Peninsula's shorelines during these winter months.

Ed Harris, a lifeguard sergeant and union spokesperson, said December's vast tidal swings can make for potentially treacherous days along San Diego's beaches in the winter.

"In November and December we get large tidal flows," said Harris. "There are

several days with a six-foot change in the tide. [This] Dec. 13, we have a high tide of 7.7 feet at 7:31 a.m. that drops down 9.6 feet to a -1.9 at 3:25 in the afternoon. Tides are complicated. Generally, we have two high tides and two low tides per day, but not always."

These rapidly fluctuating tidal changes can lead to especially strong undertows at the confluence of the San Diego River and Dog Beach in Ocean Beach, he said.

"The San Diego River backs up with those tides and you get an enormous amount of water backing up," he said. "The river is raised all the way back when the tide turns and starts flowing out, so it creates strong, strong currents along

SEE **PETS**, Page 5

THE ENVIRONMENT: MAKING A DIFFERENCE

Residents train eyes, ears on water pollution

By KENDRA HARTMANN | THE BEACON

When it comes to water pollution, San Diego Coastkeeper is at the forefront of monitoring the health of San Diego's waterways. Not surprisingly, however, the nonprofit's resources are often stretched thin, leaving potential holes in the effort to achieve total wellness in area creeks, rivers and oceans.

That's why the group is lightening its burden by asking San Diegans to step in and keep an eye on things. Enter the pollution reporting hotline.

The pollution reporting hotline is just that - a way for residents to reach out when they witness pollution and bring it to the attention of the appropriate authorities. And because knowing who the appropriate authority is can be tricky when it comes to reporting, say, runoff water flowing onto our beaches or a neighbor improperly disposing of waste, Coastkeeper acts as a liaison between vigilant residents and the city department that can address their concerns.

"We're trying to use our connections to get reports to the right people," said Jill Witkowski, waterkeeper for Coastkeeper. "Also, some people want to remain anonymous, so there's more privacy for those who maybe aren't comfortable providing names to the city. It can also be hard for the city to follow through with anonymous complaints, so we act as the go-between in those cases."

In some instances, Coastkeeper also provides a more thorough experience than the city has the resources for.

'Some residents want a follow-up to their inquiry, to know what happened, but the city doesn't have the capacity to do that," Witkowski said. "We can follow through and keep people informed."





After a resident brought the issue of the clogged diversion drains to Coastkeeper's atten tion, left, the organization alerted the city and the problem was quickly fixed, right.

Photos courtesy of Coastkeeper and Jonathan Marx

cases of water pollution that, through Coastkeeper's hotline, were brought to the attention of city officials and quickly resolved. In one case, a resident witnessed a neighbor dumping paint down a storm drain. The resident called the hotline, and the information got passed to Witkowski, who emailed it to the city's stormwater hotline. When she hadn't heard back a week later - and when the concerned resident complained that the issue was ongoing — Witkowski decided to call the city's Think Blue hotline and requested information on the initial complaint. She found out the city's inspector hadn't been able to reach the offending resident until that day, but was finally able to get in touch and inform the resident of the policies regarding the disposal of paint. According to a writeup of the incident that Witkowski posted on Coastkeeper's website, when the resident who had filed the complaint returned home that evening, the neighbor was hard at work cleaning up the

"Reporting these issues is often a last ditch effort for people when they feel like they can't talk to their neighbors," Witkowski said. "We like to see it as a

Recently, La Jolla was the site of two way for everybody to pitch in to educate others and help change behaviors, which will lead us to better water quality. We're just trying to provide a service to help those that can't reach a solution through neighborly conversation."

In another case, a La Jollan brought to Coastkeeper's attention the build-up of sand, mud and debris that had caused the low-flow diversion drains in the community to be clogged, thus causing urban runoff to flow directly into the stormwater drains - and right on to the

Though the hotline has been in effect for quite some time, Witkowski said the number of incoming calls and emails has increased lately — heartening news for those who, no matter how badly they want to combat water pollution, simply can't be everywhere at once.

"The more we can talk about the pollution problem, the more likely it will be we can do something about it," she said. "We all contribute to pollution, and it's difficult and expensive to expect the city and county to clean up after we've caused the problem, instead of

SEE **HOTLINE**, Page 4

Volunteer training for Coastkeeper's water-monitoring program on tap

BY MARTIN JONES WESTLIN | THE BEACON

If you laid San Diego County's 4,200 square miles end to end, the line would stretch from Honolulu to Chicago. Of the nation's 3,000 counties, San Diego has the 12th largest farm economy and is the fifth most populous, with its 3.14 million population representing a 10 percent increase over the year 2000. Its coastline alone stretches 70 miles and takes about 90 minutes to drive.

The last statistic concerns San Diego Coastkeeper the most.

A 2011 study by the environmental watchdog said all that size and activity (coupled with the county's aging drainage infrastructure) has meant increased pollution levels in the county's 11 watersheds that feed into the Pacific Ocean.

But another set of numbers reflects Coastkeeper's efforts in stemming the flow of the bad stuff — and for one official, the people behind the stats make all the difference in the group's effective-

One Saturday a month, a core of Coastkeeper volunteers take to the county's waterways at 40 locations that feed into nine of the 11 area watersheds, loading up on samples for presentation of data to various state and local environmental offices and the Environmental Protection Agency. It's not as easy as it sounds, because the volunteers do more than gather water — they're responsible for the actual sample analysis, shoring up state and local governments' limited collection resources.

Coastkeeper's water-quality laboratory manager credits the program with

"Because our volunteers produce professional-leval data, they become a vital part of the Coastkeeper team and of a larger effort by many community, government and corporate stakeholders to understand San Diego County's water quality and how to improve it."

TRAVIS PRITCHARD

Water-quality lab manager, Coastkeeper San Diego

making the county's monitoring effort one of the biggest and best in the state.

"Because our volunteers produce professional-level data," Travis Pritchard said, "they become a vital part of the Coastkeeper team and of a larger effort by many community, government and corporate stakeholders to understanding San Diego County's water quality and how to improve it."

Coastkeeper recently announced its 2013 volunteer monitoring schedule, which begins with training sessions on Ian. 26 and continues March 16, May 18, July 20, Sept. 14 and Nov. 16. The last sample collection of 2012 takes place on Saturday, Dec. 15. Sample collections in 2013 take place beginning Feb. 23 and continue April 20, June 22, Aug, 17, Oct. 19 and Dec. 14.

Founded in 1995, Coastkeeper has been gathering its data since 2000 and has just signed its 700th volunteer.

The group's 2011 watershed report, its first, noted that 85 recruits collected

SEE VOLUNTEERS. Page 4



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Ask The Lawyer

Question:

How does the fiscal cliff affect my estate plan?



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home equity, life insurance and retirements plans are valued at over \$1 million in 2013 and you die, the amount over will be taxed at about 50%. If a deceased persons estate is valued at \$1.1 miliion, the federai estate tax Wiii de \$50,000. Inere are legal ways to change this scenario, but you



Virginia Weber Estate Attorney

must have the proper legal advice to do so. Income tax rates and capital gains rates are going up. This will mean that you will pay higher taxes on any dividend and earned income you have. Shifting the tax by gifting is something that you may want to consider. Irrevocable trusts can be used to move assets out of your estate while not letting your beneficiaries spend all the funds upon receipt. Marital Trusts or A-B Trusts are very important for married couples to have to ensure that each of them will be able to keep their federal estate tax exemption amount. Have you reviewed your trust lately?

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ON VACATION WITH THE PENINSULA BEACON



Margaret, an Ocean Beach resident takes her *Peninsula Beacon* to Olympia, Greece, the site of the first Olympics.



Ocean Beach resident Alex Rice holds a little piece of home on the top of Tibidabo, the highest peak in Barcelona, Spain. Alex is currently studying abroad in Barcelona.



Barrie and Dawn Pedersen of Ocean Beach take their *Peninsula Beacon* to Maui, Hawaii, where they stopped at this wonderful spot along the road to Hana.

Point Loma resident Beth Bruton took the Beacon on a 17-day Sierra Club trek in the Khumbu region of Nepal. At 18,500 feet (1,000 feet above Everest Base Camp), Kala Patthar was the highest point of the trek for the group. The peak shown in the background is Pumo Ri, which reaches 23,494 feet. "We started our climb in the dark at 5:30 and by the time I reached the top of the ridge I was so cold and tired I didn't think to put Mt. Everest in the picture," says Beth.



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.



Amanda McMillan, a health technician from Point Loma, took her *Beacon* to Sports Authority Field at Mile High Stadium in Denver to root on the San Diego Chargers, who traveled to Colorado to play the Broncos.



Ocean Beach residents Julie and Betty Miller, who have been OB residents for more than 50 years, take their *Peninsula Beacon* along on a Thanksgiving trip to the Poco Diablo resort in Sedona, Ariz., and the Grand Canyon. "We read [the *Beacon*] faithfully, cover-to-cover every other week! Thanks very much and we really enjoy your hard work at *The Beacon*!" says Julie.



Dennis Sampite, a Point Loma resident and San Diego native, takes his hometown newspaper on an excursion to the Giza pyramids in Egypt.



Longtime Ocean Beach resident Lisa Gibson sends greetings to other *Beacon* readers during a recent trip to Tasmania, Australia.



Michael Bukay and his girlfriend, Annie Freeman, pause with their Beacon on recent trip to the Rocky Mountain National Park in Colorado. The couple drove to the top of the mountains (about 11,000 feet in elevation) during a trip with Michael's father, Henry. "We drove to the top of the mountains on Trail Ridge Road and were lucky enough to find some bighorn sheep to include in our picture. Thanks for always providing a great paper. When we visit Colorado, we bring copies of the Beacon to share with our family there."



Alex and Dara Roxburgh took their *Beacon* to Disneyland last month as part of their staycation honeymoon! "In addition to Alex surfing every day, we decided to spend a day at the 'Happiest Place on Earth' (after Ocean Beach, of course!)." *The Beacon* stayed in another room for the honeymoon.

NEWS

QUICK*HITS*

'Broadway Bound' production set at PLHS

Point Loma High School musical theater class presents "Broadway Bound," a student showcase of the very best of American musical theater.

The performances take place Thursday, Dec. 6 and Friday, Dec. 7 from 6:30 to 8:00 p.m. in the Performing Arts Center at Point Loma High School, located Dec. 8 and a show for the Friends of the at 2335 Chatsworth Blvd. Tickets are Library on Dec. 12. \$5 for students and \$7 for adults.

Students will perform musical numbers from such hits as "Oklahoma!" "Chicago," "West Side Story," "A Chorus Line" and "The Sound of Music."

For more information, email performing arts teach Heather Pauley at hpauley@sandi.net, or call (619) 223-3121, ext. 4509.

Peninsula Singers slate annual holiday show

The popular Peninsula Singers will host their annual holiday concert event called "Sounds of the Season" with a main show on Friday, Dec. 14 and other appearances at various other venues. The Peninsula Singers will offer a diverse and festive program featuring accompanied and a cappella classical pieces by Vaughan Williams and American composer Morten Lauridsen, as well as popto Peter, Paul and Mary.

Under the artistic direction of Sarah Suhonen, the Peninsula Singers orga-

nization continues to grow musically

The main event on Dec. 14 is set to take place at 7 p.m. at the Historic North Chapel, located at 2881 Roosevelt Road in Liberty Station. Tickets are available online or at the door for \$12. For more information and tickets, visit peninsulasingerssandiego.org.

Other appearances by the Peninsula Singers include "December Nights" in Balboa Park on Dec. 7, the San Diego Botanic Garden's "Garden of Lights" on

Yacht club to host holiday help event for military

The San Diego Yacht Club is launching a community project to support San Diego's military families through an annual event called "Operation Holiday Helping Hand" on Saturday, Dec. 8.

Gifts will be distributed to military families at the yacht club, located at 1011 Anchorage Lane.

According to event organizers, many military families are in need of assistance because of unforeseen financial and/or medical issues. They are generally lower ranking, younger service members with large families, said organizers, and without community support, many service members might not even have a

Gifts will be distributed Dec. 8 at 9 a.m. SDYC members and supporters ular holiday classics from Irving Berlin are asked to arrive by 8:30 a.m. for check-in and presenter instructions.

> For more information, call (619) 221-8400, or visit www.sdyc.org.

PLHS boosters launch music fundraising drive

The Point Loma High School music program is again enjoying significant growth in terms of student participation, but with that growth comes the stretched resources to put instruments and uniforms in the hands of eager young musicians, according to James Sepulvado, director of the school's instrumental music program.

The addition of 40 new students this year stretched the marching band's inventory to the limit, using every last uniform and every single instrument belonging to the program. Next year, the band is expecting to order another 40 uniforms at a cost of \$20,000.

As a result, the PLHS Instrumental Music Boosters have responded with a special fundraising initiative called "Keep the Beat Alive" to support the needs of the award-winning PLHS pro-

If residents have an instrument collecting dust in the closet or garage, let a young musician bring it back to life. Other donations are also welcome.

On Saturday, Dec. 8 between 4 and 6 p.m., students will play holiday music at Ralph's Sports Arena and Barons Market. Then, on Saturday, Dec. 15, they will play at Stump's Family Marketplace and at Fresh & Easy between 4 and 6 p.m. Drop off donations there, or contact vanguard.parent@gmail.com to arrange a pick up.

For information about the program or to make a donation, visit plhsmusic.com or email vanguard.parent@gmail.com.

VOLUNTEERS

CONTINUED FROM Page 1

samples reflecting the health of nine watersheds for 2009-10 from the Tijuana River site to just south of Fallbrook. The majority of the watersheds' health readings fell into the "fair" category.

No county watershed scored in the "marginal" or "excellent" ranges.

While these data may not always augur well, the solutions do — and Pritchard said the volunteers play a vital role to that end for one very important reason.

"Water-quality professionals," Pritchard said, "are terrible at getting their data out to the public. I know what you mean about the [colossally thick] reports from places like the [California] Coastal Commission and the EPA. [The volunteers] make the collection process faster from our end and not adding to the backlog. They understand our way of using data to tell a story ... We are extremely grateful for them.

Meanwhile, Pritchard said, he can't overemphasize the slow but sure impact that development and farming can have on a waterway through the depletion of soils and plants.

"One slab of concrete [or] the loss of crops," he said, "diverts the natural flow so the waterway will die a death of a thousand cuts."

But the volunteers put a human face on the sea of numbers that results, quietly assuring that help is on its way.

For a look at Coastkeeper's watershed report, visit www.sdcoastkeeper.org. For information on how to become a waterquality monitor, email volunteer@sdcoastkeeper.org or call the group's community engagement coordinator at (619) 758-7743, ext. 131.

HOTLINE

CONTINUED FROM Page 2

doing our part to confront it beforehand. I think if people look at it as a pocketbook issue, hopefully that could be an effective message and they'd be prompted to do something."

Doing something, Witkowski said, can be as easy as talking about action.

"We need to get educated about the impacts of the choices we make, and we can all act on the little things to prevent pollution," Witkowski said. "Taking your car to a car wash that collects the soapy water or washing

"We need to get educated about the impacts of the choices we make, and we can all act on the little things to prevent pollution."

JILL WITKOWSKI Waterkeeper for Coastkeeper San Diego

your car in the grass if you can, making sure your sprinklers water the grass and not the sidewalk — these are all little things we can do. Once we're able to do those things in our own lives, we can talk to our friends and neighbors. It's that simple."

SOLAR CONTINUED FROM Page 1

Green Energy/Green Jobs campaign who lives in La Jolla, said she is encouraged by what she sees when she looks around at rooftops in her community: a smattering of solar panels pumping renewable

energy into the homes and businesses on which they sit.

The fact that communities like Ocean Beach, Point Loma and La Jolla enjoy a deeper red hue than many other ZIP codes on the EHC's solar map isn't really surprising. After all, they are affluent coastal communities whose residents tend to care about the health of their immediate environment and who have the means to explore the latest technology in clean energy. What is surprising is that, even given its place near the top of per capita solar installations, La Jolla is still only taking advantage of roughly 8 percent of its solar potential, while Ocean Beach and Point Loma use between 3 and 5 percent. The city as a whole, meanwhile, only uses about 3 percent of its solar capability, according to what SDG&E estimates is possible.

"Even for the amount of solar La Jolla has, there's still a huge potential for growth with rooftop solar," Race said. "As a region, there's even more room for growth. We have so much more potential for clean energy.

The fact that we're not living up to our potential isn't entirely the fault of citizens, Race said. The city and utility companies don't always cut a clear path for residents to go solar.

"There are a lot of things that the city and utilities could be doing to procure more clean energy, especially in local urban areas where there's a dearth of it," Race said, noting that AB 1990 - a state bill dubbed "Solar for All" that would have provided a set financing source for urban large-scale rooftop solar — was shot down earlier this year after extensive lobbying by utility companies.

"The utilities really fought [AB 1990]," she said. "They're resistant to bringing in more solar because it goes against their whole model. They're using an archaic system of large, dirty power plants, and they're having trouble transitioning and figuring out how to have success in an energy-efficient future. It's like they're using vinyl records in iPod generation. But it's certainly a tricky thing to get them on board, when we're still figuring it out ourselves."

So just exactly how does Race think organizations like EHC can get public utilities on board?

"We're working with a number of groups in collaboration, like the California Environmental Justice Alliance (CEJA), to see how we can bring more solar and energy efficiency in, particularly in low-income communities," she

It's not an easy task, but EHC recently won a coup with the Public Utilities Commission's approval of EHC's recommendations for energy efficient programs earlier this month. The recommendations include things like collaboration efforts between utilities and EHC to devise behavior education programs designed after the nonprofit's past successes; doubling the number of middle-income families that have access to free energy efficiency; setting higher goals for state energy efficiency upgrade programs; and developing more energy-efficiency related jobs through education and training.

Perhaps most importantly, EHC and CEJA are working toward implementing programs that make it easier for families in lower-income neighborhoods to use solar. And though some may think a world where every home has rooftop solar panels is a futuristic dream, the reality shouldn't be so far-fetched, Race said.

"Solar is becoming exponentially cheaper every year. We've seen a dramatic drop in prices over the last 10 years, and I see that trend continuing," she said. "It's becoming a more feasible option as we see more financing options, like a solar-leasing model. We're still not seeing it coming into low-income neighborhoods, so it's still not affordable there yet. but a clean energy future will happen in this lifetime. Continuing on the path of finite resources of energy, like coal, oil and natural gas is a very shortsighted solution. We could be getting energy from totally clean, infinite resources. The technology is here now."

Some might ask why they should care about increasing solar in other communities. After all, communities like Ocean Beach, Point Loma and La Jolla are on the higher end of San Diego's solar scale, so why put in the effort when it's clearly ahead of the game?

a homeowner, I have solar, so I've done my part. Why should I care that others have it?' The fact is that air pollution doesn't stop at community borders," Race said. "If SDG&E threatens one communi-"I think some in La Jolla might say, 'I'm ty with proposals for new dirty energy, it

affects the whole region. If we're not doing all we can to maximize clean air, we all feel it. We're all in this together."

For more information about EHC's solar initiatives, visit www.environmentalhealth.org.

EACH TIDE BRINGS SOMETHING NEW TO THE MARINE ROOM.

HOLIDAY LUNCHES

December 5-7, 12-14 and 19-21 from 11:30 a.m. to 2 p.m.

Featuring special holiday hours, an à la carte menu with Marine Room favorites and oceanfront views, this is a limited-time treat for family, friends or colleagues.

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Monday, December 24, beginning at 5:30 p.m. Enjoy à la carte specials including Coronado Island Wild Sea Bass, Signature Maine Lobster Tail and Filet Mignon, and Brandt toast to the New Year with a decadent

December 12-14 from 7 to 9 a.m. Tuesday, December 25, from 12 to 7 p.m.

Celebrate the season and enjoy a special à la carte menu featuring Blood Orange Olive Oil Bobwhite Quail Confit, Free Range Veal Medallions, Cervena Venison Loin, Warm Butter Pear Torte and much more.

NEW YEAR'S EVE

Monday, December 31

Choose from two unique dining options. Our first seating includes an exciting three-course holiday menu. Or, join us for second seating and Farms Prime Short Rib Osso Buco. five-course dinner, live music and dancing.





Lifeguards said dogs caught in strong undertows and tidal flows are more likely to return safely ashore than are humans, who are prone to panic in harsh currents and conditions.

CONTINUED FROM Page 1

the jetty there at Dog Beach."

Harris said the case of the Eureka family trying to save its dog from the ocean's unforgiving currents is also not an uncommon sight at local beaches.

"We routinely rescue dogs and their owners at Dog Beach during these tides," he said. "When the tide turns, the current is extremely strong. People unknowingly throw balls out and watch their dogs get swept out."

Typically, when dog owners enter the same dangerous waters as their beloved pets, they, too, find themselves in danger, fighting for their own lives amid harsh currents that push and pull them as if they were ragdolls. Although it may be heartwrenching to watch a furry family member struggling against the current, Harris said dogs are more likely to return safely ashore than are humans.

"Dogs go at one pace and they don't panic. That's what kills most people in the water is panic. They're also more resilient to the cold and have natural instincts that guide them," Harris said, likening a dog's instincts in ocean currents to deer crossing rivers at a 45-degree ferry angle.

Some beaches, like Sunset Cliffs, are neither under constant surveillance nor easily accessible by San Diego lifeguards. Harris urges caution to those who frequent San Diego's beaches in the wintertime, since lifeguards may not be able to see them in the water.

"It's very difficult for a lifeguard on duty who is watching all of Ocean Beach to pick out a head, which is all they can see," said Harris. "From the tower in Ocean Beach, you can't see most of the riverbank, so if a dog or a human is in the river and getting pulled out by the current, because of the bank and the slope of the beach in the distance, we can't see them until they get into the ocean, and with the backdrop of the dark jetty, it is difficult to spot a lone head of a $\,$ person or a dog."

Harris urges beachgoers to be aware of their surroundings, remain vigilant and call officials quickly if it appears that someone has been swept out by the tide.

"If you see something at Dog Beach or Sunset Cliffs, call 911 quickly," he said. "Don't assume that we're seeing it because it's difficult for us."

CONTINUED FROM Page 1

oversize vehicles."

The proposed ordinance requires drivers of RVs and large trucks, as well as vehicles towing boats, to obtain permits available online to park overnight in beach and bay neighborhoods.

The proposed program implementing the new oversize-vehicle ordinance mandates four parking enforcement officers to watch for vehicles at least 22 feet long or 7 feet high. The ordinance would allow officers to issue citations immediately, without directly confronting vehicle occupants, if vehicleparking permits are not visible.

Councilmen Todd Gloria and David Alvarez, representing districts 8 and 3, respectively, expressed concern the pilot program would only affect beach areas, noting the problem exists inland as well. Both, however, sided with the committee majority in favoring the ordinance after being told by Matt Awbrey, Faulconer's deputy chief of staff, that San Diego police favored restricting the pilot program to beaches only initially due to significant additional costs involved with providing signage, enforcement personnel and public outreach to expand it citywide.

"The neighborhood parking protection ordinance is meant to be costrecoverable," said Awbrey, adding it could be expanded citywide later if the two-year trial period is successful.

LU&H Committee chairwoman and District 5 Councilwoman Lorie Zapf attached an additional condition to the new proposed ordinance calling for it to include boats and trailers.

"A lot of our public right-of-way is being used and abused, almost to the point of there being free storage on our public streets," said Zapf.

A number of beachfront residents. most from Pacific and Mission beaches,



Campers and motorhomes like these parked in Ocean Beach have long been a thorn in the side of residents and visitors.

testified at the LU&H hearing about safety, environmental and crime hazards as well as obstruction of public views posed by illegally parked oversize vehicles in their neighborhoods.

"Thomas Edison once said, 'There's a better way to do everything — find it," said Pacific Beach resident Louis F. Cumming, who petitioned the LU&H committee to support the new ordinance. "This could be the theme of today's meeting."

Cumming testified the ordinance, as proposed, doesn't go far enough in defining — and restricting — oversize vehicles.

"This ordinance should include all non-motorized vehicles including trailers, campers, boats, dune buggies, ATVs and jet skis," he said.

The issue has been discussed since December 2004 when it was first heard at LU&H. In 2008, a pilot program and citywide ordinance were brought before the City Council for consideration, but the item was never voted on due to city budgetary constraints.

The cities of Encinitas, Del Mar, Coronado, El Cajon and the Unified Port of San Diego have ordinances in place regulating parking of oversize vehicles.



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SPORTS

PL Nazarene men's hoopsters drop two tight ones to fall to 2-4 record

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MEN'S BASKETBALL

Point Loma is 2-4 on the season after dropping two tight games last week. The Sea Lions fell 68-63 in overtime to San Diego Christian on Nov. 28. The Sea Lions never trailed in the game until overtime. They led 54-36 with just under six minutes to go when the Hawks began their comeback. In overtime, PLNU had the chance to take the lead with 30 seconds remaining, but Arren Wells' shot rolled off the rim and SDC hit three throws down the stretch to seal the

Free throws would also spell doom for PLNU on Saturday in their PacWest opener against Azusa Pacific. San Diego native Troy Leaf hit two shots from the charity stripe with 4.5 seconds left to lift the Cougars over the Sea Lions 51-50. Point Loma had just taken the lead on Todd Campbell's tip-in. Oivind Lundestad came off the bench for PLNU to score a season-high 13 points. He hit 4-of-6 from behind the arc to reach double figures for the second straight game.

WOMEN'S BASKETBALL

The Sea Lions opened PacWest play with a 61-42 win over Azusa Pacific last week. Jil Haentges came off the bench to score a career-high 16 points and Savannah Erskine also reached a new career-high with 14 points in the win. Haentges hit 4-of-5 shots from behind the arc and 6-of-10 overall to shatter her previous career-high of nine points. Erskine put together her best game to date as a Sea Lion with career-highs in points (14) and assists (seven). She added three steals to help PLNU force APU into 22 turnovers as the Sea Lions won the turnover battle by eight. Point Loma did not attempt a free throw in the entire game. The win pushes the Sea Lions over .500 to 3-2 on the season. They also moved to 1-0in the conference.

WOMEN'S VOLLEYBALL

Point Loma outside hitter Kelli

LeClair capped off a stellar freshman season by being named to the All-Pacific West Conference third team by the conference coaches.

The native of Yucaipa led Point Loma and placed sixth in the PacWest with 3.71 kills per set. She recorded 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 set.

LeClair saved her best two matches of the season for nationally ranked Grand Canyon as the Sea Lions swept the season series. First, in Phoenix when the 'Lopes were ranked No. 16, LeClair had a .273 hitting percentage, 24 kills and 16 digs. She then followed that up five days later with 21 kills, 17 digs and four services aces in a fiveset victory in San Diego.

RADIO PARTNERSHIP

XTRA Sports 1360 AM and Point Loma Nazarene University will team up this winter to broadcast Sea Lion men's basketball.

XTRA Sports, also the radio home of the San Diego Chargers and Los Angeles Lakers, will make the games available worldwide on their website at xtrasports1360.com.

"We are very excited to begin this relationship with XTRA Sports 1360," said PLNU athletic director Ethan Hamilton, "As we continue our move to the NCAA Division II level, this is another piece to our branding effort in the San Diego community. To be able to partner with one of the top sports stations in town is a terrific step for us."

Coverage will feature 17 games, which began with PLNU's Nov. 17 Homecoming battle with Northwest Nazarene. This week, a home game will be broadcast Saturday against Azusa Pacific at 4 p.m. Each broadcast will include a 15-minute pre- and post-game show.

PLNU's men's and women's basketball games will also continue to be available via pay-per-view video stream at www.plnusealions.com. Visit the site for a complete broadcast schedule of 2012-13 games.

Audiologist, Owner

Pointers were always in contention against the best SEASON**IN**REVIEW

By SCOTT HOPKINS | THE BEACON

While Point Loma's Pointer football team finished the season with a respectable 8-4 record, a look at the just-concluded San Diego Section CIF playoffs shows the Dogs were a tougher breed than many might have realized when sizing up local championship teams and how they stacked up against Point Loma during the season.

Lincoln's Hornets ended the Pointers' season Nov. 16 in a quarterfinal game played at Lincoln. The score of that game was 21-17, with the Hornets having to fight back from a 17-14 deficit in the game's final five minutes.

Earlier in the season when the two teams met — again at Lincoln — and when the Pointers committed numerous turnovers.

The two losses to Lincoln were by a combined total of nine points.

annihilated Ramona 42-14 Dec. 2 to win the Div. III CIF title at Escondido's Chick Embrey Field. The Pointers came closer to defeating the Hornets than any other playoff opponent.

On Nov. 2, the Pointers faced rival Madison with the Western League championship at stake. The Warhawks topped the Pointers by 14 points (28-14) to claim the crown.

But those same Warhawks who were



Pointer defenders apply pressure to Lincoln quarterback Tajon Mondy (11) during CIF playoff action. From left, Steven Arreola (56), Jake Wambaugh (19) and Jake Virissimo (14) close in. The Hornets edged the Pointers 21-17 enroute to the Div. III championship.

Photo by Scott Hopkins I The Beacon

the Hornets escaped with a 19-14 win underdogs against a favored St. Augustine team then went on to win the CIF Div. IV title also by a 14-point margin (35-21) on Dec. 2.

The fourth Pointer loss, coming in That's the same Hornet team that the season's second week at South Bay's Olympian, was the most lopsided of the season. The Dogs came up on the short end of a 38-10 final in that game. But the Eagles went on to an 11-0 record under the leadership of 71-year-old coach Gil Warren before falling to Lincoln 20-7 in the CIF semifinals.

Following Olympian's loss to the Hornets, Warren announced his retirement after 28 seasons that began in

While it does not change their final record, it is notable that three of the Pointers losses were to eventual CIF champions, and all of these losses were by a total of just 23 points.

EXTRA POINTS

The Pointers will get another opportunity against the Hornets in a preseason game next season, tentatively set for Pete Ross Stadium.

Several varsity players have traded in their football equipment for basketball jerseys, while others will join a talented wrestling team. The soccer team will also benefit from the addition of the football place kickers.

Girls' tennis team follows through with another winning season

By SCOTT HOPKINS | THE BEACON

The Point Loma High School lady Pointers tennis team has concluded another successful season on its home courts of Peninsula Tennis Club at Robb Field.

The team finished in third place in the Eastern League behind undefeated Patrick Henry and second place Mira Mesa, compiling an 8-3 league mark.

The team's overall record was 9-8.

In both league and CIF playoffs, tennis includes both individual and team

In Eastern League individual play, Pointer freshman Emily Schabarum won the singles consolation round in fifth place.

Junior Kate Schabarum, who is in her second year of CIF play, teamed with sophomore Halea Holasek to win the league doubles consolation in fifth place.

In early CIF team action, the girls were seeded sixth and were rewarded with a long road trip to play Brawley Union High. They advanced with a win over the Wildcats.

Their reward was playing Cathedral Catholic's recruited squad, which ended the PLHS team's season in a secondThe 2012 Point Loma High girls' tennis team enjoyed another winning season with an over-

all record of 9-8 and 8-3 in Eastern League play. Shown are, front row, from left: team manager John Martinez, Taylor Phillips, Rochelle Mooney, Breanna Gabriel, Halea Holasek, Marin Magers, Emily Schabarum, Miranda Barfield and coach Mark Truver. Back row, from left: Alexa Rowland, Marlee Horwitz, Nikki DeNamur, Kalina Nelson, Zoe Klein, Sydney Ganem, Kate Schabarum. Courtesy photo by Susan Cooper Photography

round meeting.

In CIF individual play, Emily Schabarum won her first-round match before a 10-8 loss in the third set tiebreaker of her second-round match.

The Schabarum-Holasek doubles team won its first-round match before a straight-set loss in the second round to a determined San Dieguito Academy duo.

Team coach Mark Truver announced

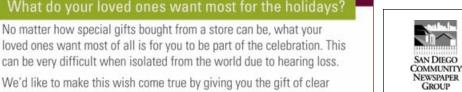
the following team awards:

Most Valuable Player: Emily Sch-

Pointer Pride Award: Rochelle Mooney **Most Inspirational Award:** Holasek

Pointer Team Award: Co-Captain Sydıey Ganem

Most Improved Player: Marin Magers Four-Years-A Pointer Award: Captain



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story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

OPINIONS

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

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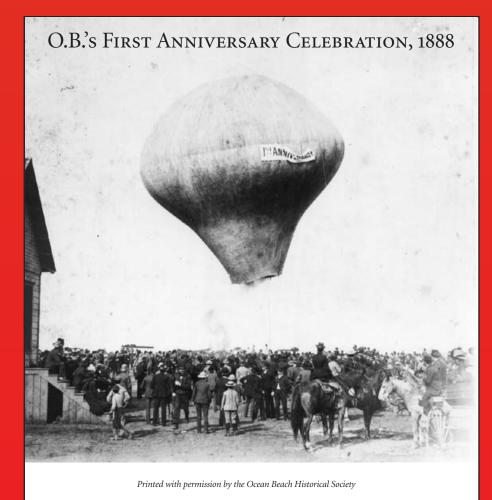


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The Ocean Beach Historical Society has preserved Ocean Beach History with their collection of photos and other memorabilia. Photos and stories will be shared both on the Ocean Beach Main Street Association (OBMA) website (www.OceanBeachSanDiego.com) 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!

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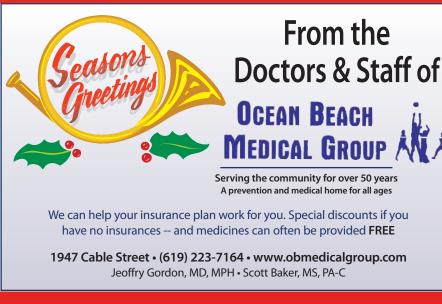
Snow in Ocean Beach? How about the Snowflake Gala II. Put on your best party clothes and come on over to the Pacific Shores on Saturday, December 15 for their Annual Snowflake Gala from 6-9 pm. Tickets are \$25 and all proceeds benefit The Ocean Beach Town Council's Food and Toy Drive, to help support the under served families in our community.

This sparkling evening under the stars and snowflakes will include food, music, a silent auction and more. Limited tickets available at Pacific Shores only. For more information call 619,223,7549.















Winners named in OB's Holiday Storefront-Decorating Contest

Judges fanned out to imaginative entries by Ocean Beach merchants on Jan. 1 during the Ocean Beach Town Council's annual Holiday Store-Here are this year's

winners:

Corner Store, 4873 Newport Ave. — painted windows, different animatronic Santas, snow and other items

• OB 125th Anniversary pick the fanciest, most Theme: Raglan Public whimsical and most House, 1851 Bacon St. this year's OB Holiday Parade theme was "125 Years of Holiday Fun"

• Celebrate With Lights: — businesses with the front-Decorating Contest. best lights, two categories **Individual Business:**

Pirates Cove Tiki Port, • Most Unique Window: 4896 Voltaire St.

Group/Block Award -(must be in same building or on the same block):

• 5000 Block of Newport Ave.

· Special mentions for Tony's, Lighthouse Ice Cream, Cheswick's West, South Coast Surf Shop, Gallagher's, Beach Sweets and Wahine's

• Honorable Mentions:

- OB Hardware, 4871 Newport Ave. – painted window by Children's **Energy Center**
- Pruett Realty, 1845 Sunset Cliffs Blvd.
- John Baker Framing, 4735 Pt. Loma Ave.



Dee from The Corner Store, won the Most Unique Window category (interior and exterior) during this year's Holiday Storefront-Decorating Contest. Courtesy photo

Randi from Raglan Public House holds the storefrontdecorating award for best OB 125th Anniversary Theme.



Ocean Beach 125th Anniversary Ornaments Now Available



ebration of the 125th anniversary of the community, the Ocean Beach Main-Street Association's Promotions Committee developed an ornament based on the anniversary seal, artwork originally created by Ashley Lewis, Dog Beach Design. Each ornament comes with its own tin collectors box. The ornaments are fun way to not only celebrate the holidays but the community's anniversary as well. "We've found

As part of the ongoing cel-both really enjoy the piece. They're great for a Christmas tree, to hang in your kitchen window - they just look great anywhere," says Tevia Oskin, Chair of the Promotions Committee for the OBMA. The ornaments are sold at the OBMA store and through their online store at: OceanBeach-SanDiego.com/OBMAStore. The ornaments are \$25 each, or if you purchase more than one the cost goes down to \$20 each. The ornaments are another part of the anniversary fundraising project. Call the office if you have any that visitors and residents questions 619-224-4906.





happy OB holidays!



OB XMAS PARADE 1



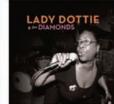
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OB parade: bringing a little more joy to the world



Members of the "Nuns on Drums" entry, above, ham it up during the 33rd annual Ocean Beach Christmas Parade down Newport Avenue on Dec. 1. Right, the parade, as always, was brimming with music and smiling faces as participants and spectators alike sought to seek the spirit of the season.



District 2 City Councilman Kevin Faulconer gets the crowd fired up with a float full of smiling young faces during the holiday parade.





Even non-Obecians got into the act during the parade, as we see here in these visitors from Long Island, Ken and Carol Ellis.

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Calendar of Events in Old Town San Diego State Historic Park

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Holiday in the Park

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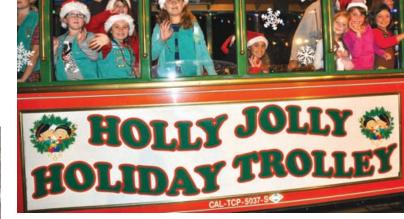
62nd Anniversary Las Posadas

the season to

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 proces-DATE: Saturday, December 15 - All of the muse-sion starting promptly at 5 p.m. A piñata party ums, stores and restaurants in Old Town San Diego and bonfire follows at 6 p.m. Make this a new State Historic Park will be open and richly decoratholiday 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





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"Organic" refers to the way agriculture products—including foods and fibers—are grown and processed. Organic farmers, in general, use no synthetic chemical fertilizers, herbicides,

pesticides or defoliants, and use only natural pesticides on their crops when absolutely nec-

The "certified organic" label stands for a commitment to a system of agriculture that strives for balance with nature. When you buy certified organic food, your choice protects the health of future generations, yourself, and farm workers by keeping cancer-causing pesticides and herbicides off of plates and out of farm environments. This choice also protects water quality by supporting farms that do not contribute to petrochemical runoff; preserves topsoil because organic farmers build soil using natural amenities rather than synthetic fertilizers; helps support small family farms; preserves biodiversity through the cultivation of heirloom varieties; and provides you and your family with better tasting fruits and vegeta-

For the best selection of organic produce and grocery items in San Diego stop by Ocean Beach People's Organic Foods Market, at 4765 Voltaire Street. Open Daily 8 a.m. - 9 p.m. call us at (619) 224-1387 or visit us on the web at www.obpeoplesfood.coop



Mobile spray-tan service brings sun to you safely

By MARSHA KAY SEFF | THE BEACON

A San Diego entrepreneur is helping locals beat the ill effects of the sun in a community that worships it. And with cooler, grayer winter days upon us, now is as good a time as ever to take advantage of it.

Cheat the Beach and its sister company, Bikinis-N-Martinis, offer mobile tanning services in the comfort of customers' homes. The companies specialize in one-on-one airbrush tans for competitors at bodybuilding and fitness events, as well as group tans at bachelorette — and bachelor — parties, weddings, showers, proms, holiday gatherings and photo shoots. Not only does the spray tan result in a natural-looking color, but it blends in blemishes and camouflages veins, cellulite and stretch marks, according to founder Laurie

She supplies all the necessary equipment, including a tent for mess control and privacy, since most people prefer to be sprayed in the buff. Revelers can supply their own martinis or beverages of choice.

In an era when savvy tan-lovers eschew the sun and its damaging rays and might be wary about tanning beds, more people are turning to airbrush tanning, Hagstrom said. Though towel tans have become increasing popular, too, she said she believes the spray offers more even and fuller coverage.

According to the American Academy of Dermatology, more than 2 million cases of skin cancer will be diagnosed this year — and that's just in the United States.

"Most people get skin cancer from too much sun — or tanning beds," according to academy officials. "Research shows that indoor tanning (e.g. tanning beds, sun lamps) increases a person's risk of getting melanoma



Laurie Hagstrom spray tans Emily Reynolds, a World Bodybuilding & Fitness Federation bikini professional. Photo by Marsha Kay Seff I The Beacon

"Most people get skin cancer from too much sun - or tanning beds. Research shows that indoor tanning ... increases a person's risk of getting melanoma by 75 percent." AMERICAN ACADEMY OF DERMATOLOGY

by 75 percent."

With an art degree from San Diego State University, Hagstrom started her tanning business in 2007. She also offers a line of skincare products custom-made by her own chemist.

"I didn't like the color of the products on the market and how they dried," she said.

She completes a full-body tan in 10 to 15 minutes using a high-pressure, low-velocity sprayer with an odorless spray solution of DHA (dihydroxyacetone) and mineral salt bronzers. Hagstrom offers seven customized levels of color, depending on each client's skin tone and the desired level of tan.

Knowing the correct level of DHA to

use is important because too much DHA can turn the skin orange, Hagstrom said.

"People think they can get super, super dark, but a fair-skinned person can only get so dark without turning orange," she said.

The trick is for the tan to end up looking natural, she said.

"You can't tell a good spray tan from the real thing," said Hagstrom.

Her tans last up to a week or more, depending on skin type and how well clients follow her tanning tips, she said. Regular moisturizing and tan-extension products can prolong the life of the tan.

Though she makes the process seem easy, it's not, she said. She works with both hands, spraying and blow-drying as she goes.

"A good spray tan is 90 percent person and 10 percent product," Hagstrom said.

Originally from Minnesota, Hagstrom said she loved to bake in the sun when she was younger.

"I used baby oil and tin foil," she

But after she had some pre-cancerous spots removed, "I said I'm done with the sun."

The cost for a tan party for five or more is \$45 each, and the hostess or host tans free.

Hagstrom said she's busiest during the spring wedding season. But people call her year-round seeking spray tans "instead of baking in the sun." The fall season in San Diego is busy because it's still warm enough "for people to show skin," she said.

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Supporters and organizers of the San Diego Lifeguard History Project, including District 2 City Councilman Kevin Faulconer (third from left), stand in front of the envisioned bronze statue tribute to San Diego lifeguards and a memorial to 13 Army servicemen who died in 1918 in Ocean Beach during a mass drowning. The statue and memorial may be installed next spring or summer at the Ocean Beach lifeguard station.

Bronze tribute to lifeguards, memorial to drowning victims moving forward

sunset barbeque dinner fundraiser nia beaches. recently to establish a San Diego lifeguard bronze statue and historic marker at the Ocean Beach lifeguard station.

The statue and historic marker are designed not only to honor past and present lifeguards, but also to memorialize 13 victims — all Army servicemen who lost their lives in Ocean Beach in 1918 during a mass drowning.

The project will be submitted to the state of California for a historical designation marker. According to organizers, about half of the \$30,000 has been raised toward the cost of the statue and

If all goes as planned, organizers hope to have the statue and memorial finalized by next spring or summer.

Among the organizers behind the fundraising event was former City Councilman Byron Wear and attended by such notables as District 2 City Councilman Kevin Faulconer and KPBS "Wonderland" series host and documentarian

Funds raised will be used to establish a 6-foot 2-inch lifeguard bronze statue meant to honor the history of San Diego's city lifeguards and memorializing the 1918 victims whose fate created

Organizers of the San Diego Lifeguard a cry for improved lifeguard protection History Project hosted an oceanfront along San Diego and Southern Califor-

> The sculpture created by artist and Point Loma High graduate Richard Arnold was envisioned by Judge Bob Baxley, a former Ocean Beach lifeguard and author. The project is part of the Ocean Beach Lifeguard Station Safety and Enhancement Project, in cooperation with the city and community groups of Ocean Beach, including the Ocean Beach MainStreet Association. Ocean Beach Town Council, Ocean Beach Foundation. Ocean Beach Historical Society, Sunset Cliffs Surfing Association, San Diego Lifeguard Alumni, San Diego Lifesaving Association, San Diego Junior Lifeguard Foundation and citizens across San Diego.

> Tax-deductible donations may be made by checks to: San Diego Lifesaving Association (SDLA), P.O. Box 99025. San Diego, 92169; or call (619) 224-0560 or (619) 840-1403.

> Program supporters hope to have the statue and memorial installed for unveiling at the Ocean Beach lifeguard station in the near future

> For more information about the San Diego Lifeguard History Project, visit www.sdlifeguardhistory.org

- Staff report



Hungry guests got a helping hand from a host of volunteers during a Thanksgiving feat organized by Second Chances Bread of Life in Ocean Beach.

Ocean Beach church, outreach groups feed hundreds of hungry guests on Thanksgiving

By BIANCA KOCH | THE BEACON

This year's annual Thanksgiving feast organized by Second Chances Bread of Life drew several hundred hungry people to the Sacred Heart Church in Ocean

Supporters of this year's feast were OB1 Baptist Church, Newbreak Assembly of Ocean Beach and the Episcopal Church of Ocean Beach.

More than 1,000 full meals were served by more than 100 volunteers.

Accountant Extraordinaire.

The 8,000 pounds of food needed to prepare the feast was donated by Feeding America San Diego, Stump's Market, the San Diego Food Bank and many individuals. Sycuan Casino also donated 984 whole pumpkin pies.

Musical entertainment was provided by Edison Riggs of Cowboy Angels, Armand Bernheim and the Christine Stevens Orchestral Symphony.

To volunteer for future needs, call Glyn Franks @ Second Chances Bread of Warm winter clothing was supplied Life (619) 886-4275 or email secondby volunteers from Sharon Gonzalez chancesob@yahoo.com

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Sotheby's

Suggested headline: Get a Flu Shot – Not the Flu

Sat & Sun 11-4pm 6542 Del Cerro Blvd.

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

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

- 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.
- · 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.

For information, more www.medicare.gov/share-the-health or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. You can also visit www.flu.gov for specific information about the flu. More information is available at www.healthcare.gov.

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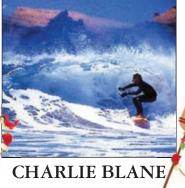
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HOLIDAY CALENDAR

Looking whead

Peninsula-area events, Dec. 7 through Ian. 27

FRIDAY, Dec. 7

· Check out "Holiday Gifts with a Creative 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.ntclibertysta-

• Point Loma Nazarene University's (PLNU) Twist" at the Friday Night Liberty event at NTC at 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 re-enactment 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 two-day 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.
- The popular Peninsula Singers perform a free holiday concert at 7 p.m. at the Point Loma/ Hervey Branch Library, located at 3701 Voltaire St. For more information, call (619) 531-1539.
- The Point Loma Garden Club hosts its annual holiday tea and bazaar from 10 a.m. to noon at the United Portuguese S.E.S. Hall, 2818 Avenida de Portugal. The annual event features holiday decorations, homemade gifts, unique wreaths and table décor, as well as potted plants, hostess gifts, jams and baked goods. Tea and finger foods will be served by the club members. The event is free and open to the public. For more information, visit www.plgc.org.

THURSDAY, Dec. 13 and WEDNESDAY, Dec. 19

Correia Middle School's award-winning music department performs a two-night 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, 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 more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

Peet's Coffee & Tea will match up to \$1,000 in contributions to the Point Loma Association as store employees collect contributions from customers, primarily through product giveaways. For information, visit www.peets.com, Peet's Coffee & Tea is located at 955 Catalina Blvd., Suite 103.

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 information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

THURSDAY, Dec. 20

Ocean Beach Town Council hosts its annual Food and Toy Drive, 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 more information, call the Town Council 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.

SUNDAY, Jan. 27

The United Portuguese S.E.S. annual meeting, also known as "the Contas," will be held at the United Portuguese Hall, located at 2818 Avenida De Portugal in Point Loma on Sunday, Jan. 27 at 7 p.m. All members and prospective members are invited to attend. For more information, visit www.upses.com, or email upses.manager@amail.com.





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