



THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, DECEMBER 13, 2012

WWW.SDNEWS.COM ■ VOLUME 26, NUMBER 28



WARTIME AND SWING DANCE

Cabrillo National Monument is preparing to celebrate its 100th anniversary next year and kicked off the party with a special World War II re-enactment on Dec. 8 and 9. Above, Steve Baffa of the San Diego Military History Society awaits a possible approach of Japanese planes at the Fort Rosecrans army artillery. Left, Rebecca Metzger portrays a World War II nurse. The weekend also featured a swing dance with uniforms and dresses from the era, as well as music from the period.

Photos by Mike McCarthy | The Beacon



Wesley Young, owner of Humble Hippie on Newport Avenue in Ocean Beach, said he is trying to make a difference in the community — both as a merchant and as a contributor to the neighborhood.

Photo by Terrie Leigh Relf | The Beacon

Kettenburg: Revitalization of blighted area or farewell to rich marine tradition?

By MARIKO LAMB | THE BEACON

In late November, San Diego-based residential developer ColRich finalized the purchase of the storied 1.65-acre bayfront property bounded by Scott, Carleton and Dickens streets near the entrance to Shelter Island in Point Loma.

The site, which was the 65-year home of Kettenburg Marine & Boat Works until the business closed in 1993, continues to house marine industry businesses, including The Dinghy Doctor and Richard's Marine Services — but not for long.

In 2008, developers acquired permits to construct a 40-unit collection of luxury condominiums including seven two-bedroom units, 29 three-bedroom units and four live/work commercial spaces atop a level of subterranean parking.

Proponents of the project say the new upscale condominium will transform a blighted area into a pedestrian-friendly treasure, attracting tourists to the stunning waterfront location, improving the economy by investing in the prime real estate and enhancing the attractiveness of its bayfront location.



A view from the edge of the old Kettenburg Marine & Boat Works property.

Courtesy photo

"We feel it will add to the vibrancy of that immediate and surrounding area," said ColRich COO Graeme Gabriel. "By raising the profile of the area, you have a greater investment by the community, you see a better environment for businesses, you see greater synergies and you see many more options for people — both for homeowners, renters and commercial users."

He added that ColRich, a local, family-run development company, will work to complement the area's intimate neighborhood feel, pedestrian-friendly lifestyle and idyllic waterfront location.

"It's not just about building something, selling it and moving

SEE KETTENBURG, Page 7



This rendering shows what the Point Loma Townhomes are expected to look like, once finished.

The Humble Hippie: a neighborhood-friendly blast to the past

By TERRIE LEIGH RELF | THE BEACON

Dusty Ray and Wesley Young, two life-long friends from Missouri, opened The Humble Hippie in September. Located on the northeast corner of Cable Street and Newport Avenue, what used to be a predominantly "by appointment only" interior design firm is now a welcoming neighborhood stop.

Grateful Dead, Cream and Johnny Cash tunes emanate from an old speaker. The sweet scent of nag champa incense wafts on the breeze. There's a big, comfy couch, plush rugs, bursts of color and upcycled store fixtures. If that's not enough to beckon you inside, there's a hat tree of fedoras, retro-esque dresses and jackets, band shirts, Indian bedspreads, sturdy canvas backpacks and tie-dyed baby clothes.

Ray, who has opened and sold sever-

al clothing and specialty shops in Missouri and Colorado, recently moved his family to Carlsbad and has been assisting Young, who has lived in Ocean Beach for the last eight years, in opening the store.

"We want to be part of the neighborhood where we do business," Ray said. "One of our missions is to connect people, and we're currently in the planning stages with a few get-to-know-your-neighbors events. It's amazing how often people's paths cross on the street, and they don't realize how much they have in common — especially music."

"It's also about neighborhood pride," he said. "It's the little things that make a difference. In the morning, you're sweeping up the sidewalk, feeling great. People start caring. We have customers going in and out, and it feels more like a neighborhood. We took the bars off the



The Humble Hippie is a welcoming new neighborhood shop that was once predominantly a "by appointment only" interior design firm.

Photo by Terrie Leigh Relf | The Beacon

windows so it looks more like the original 1951 black-and-white photograph."

Ray and Young said they believe in the adage of "keep it flowing" in more ways than one. They receive new inventory on a weekly basis.

"When I buy band T-shirts, I choose

SEE HIPPIE, Page 6



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DEA: Prescription drug take-backs making difference

By MARIKO LAMB | THE BEACON

Prescription drug misuse has now exceeded both motor-vehicle fatalities and illicit drug abuse as the leading cause of accidental death in San Diego County for the second year in a row, according to a report by the San Diego Medical Examiner's Office.

Last year, the coroner reported 267 such unintentional deaths, up from 228 the previous year.

"One or two times a day, my firefighter paramedics respond to a narcotic overdose somewhere in the city. That's about 500 times a year," said James Dunford, medical director for the city of San Diego at a press conference at Kellogg Park in La Jolla on Sept. 28. "Last year in San Diego, our emergency departments treated 2,931 people for prescription drug misuse."

He said about 2,500 teenagers use prescription drugs to get high for the first time each day in the United States, and 20 percent of 11th-grade students surveyed by San Diego County's Methamphetamine Task Force admitted to using over-the-counter recreational drugs.

"It's really important to underscore what spectrum of society we're talking about here. We're not talking about disadvantaged poor people who are scraping their way through. These are kids



Prescription drug misuse attributed to 267 unintentional deaths in San Diego County last year, higher than both motor-vehicle fatalities and illicit drug abuse. Courtesy photo by the Drug Enforcement Agency

that are coming from affluent communities and parents are basically not aware of what is happening," Dunford said. "The story is always the same: someone takes drugs experimentally, recreationally, oftentimes combined with alcohol. Their friends misinterpret their snoring for just a deep sleep and instead of calling 911, they come back to check on them in an hour and they're dead."

A countywide effort to counter this disturbing trend culminated on Sept. 29 for National Prescription Drug Take-Back Day, where a collaborative network of community partners, including the Drug Enforcement Agency (DEA), local law enforcement, environmentalists, healthcare providers and prevention advocates helped collect hundreds of pounds of prescription drugs at nearly 40 DEA-registered take-back sites across the county.

"These take-back days are very important because, before that, there was no way to logistically get rid of old prescription drugs that were no longer needed. It was illegal to throw them in the trash, it was illegal to throw them in the toilet because it would go into our water stream, the pharmacies weren't prepared to take them back, so what do you do with them?" said county Supervisor Pam Slater-Price during the press conference. "Basically, they stayed in the medicine cabinets, then kids found they could use some of these drugs to get high."

To date, the DEA has taken in hundreds of pounds of prescription drugs nationwide through similar take-back events across the U.S.

"We're going to continue to do these events until a system is in place and regulations are available for the end user to properly dispose of them in a safe manner. We don't want these drugs getting out to individuals who will abuse them or in the environment, into the water system," said Tom Lenox, supervisory special agent for the DEA. "We're going to continue to do these programs. We believe that these are significant in helping the communities and the environment."

The nonprofit group I Love a Clean San Diego also got involved in the effort to educate prescription drug owners about the inorganic substances' detriment to the environment if disposed of improperly.


"It's really common for people to flush medication down the toilet or throw them in the trash," said Pauline Martinson, executive director of I Love a Clean San Diego. "Flushing or throwing these prescription drugs releases drug residuals into our water system, which causes a health risk to people and animals in our area. These pharmaceutical elements are hazardous to wildlife and may impact groundwater, streams and drinking water sources."

In addition to the improper disposal of prescription drugs harming the environment, it is also a growing concern for the criminal justice system in San Diego and beyond.


"Many people don't understand that prescription medications can be just as bad as street drugs in the hands of an unintended user or outside of a physician's oversight," said San Diego Police Department (SDPD) spokeswoman Lt. Andra Brown. "Further adding to the

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ON VACATION WITH THE PENINSULA BEACON



Bonjour! Point Loma residents Jane Doft and Pat Fitzmorris took the *Beacon* to Paris for a week of museums, shopping and wonderful French cuisine.

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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.



Beacon points for creativity and adaptiveness! This group took *The Beacon* along on a trip to Dubai, but the maid (how dare she!!) threw the paper out before the ladies could take a picture. So they improvised and created their own hometown newspaper. Shown are Michelle Dose, Lynn Silva, Ahmed, Carol Fitzgerald and Kay Rippee.



Matt Baker and Molly Major took their *Beacon* on vacation to Seattle to visit the Lynns (former Ocean Beach residents) and to see the Lynns' new baby girl, Zobelle. "On the only sunny day, we visited the Space Needle. We love reading the *Beacon* and can't wait to get back to our home in Ocean Beach."



Lee Ann Stangl and Australian granddaughter Eleanor Jefferson hold their *Beacon* near the beach sign in Wollongong, Australia with the local lighthouse in the background. Ken and Lee Ann of Point Loma have arrived home safe and sound.

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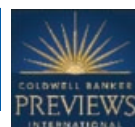
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Humphreys keeps it fresh, local to stage SD music experience

By PATRICIA WALSH | THE BEACON

Revelers ringing in the new year at Humphreys Backstage Live will have extra room to move in 2013 with an expanded dance floor. The bigger floor, an upgraded sound system and VIP seating are all part of a renovation Humphreys is undergoing to reflect the global modern cuisine created by chef Paul Murphy.

In Backstage Live, where local bands and musicians take the stage nightly, a new motif of browns and blacks culminates in a wall of sleek floor-to-ceiling granite behind the bar. Wood elements and accent lighting add emphasis to the contemporary décor. A VIP seating area has been added to give special attention to patrons willing to pay for a more personalized experience.

Complementing the remodel at Backstage Live is the bar menu, a wide-ranging selection that appeals to the diverse crowd Humphreys draws. The baked Dungeness crab portobello with a hint of fennel satisfies the more adventurous palate, while tried-and-true dishes like sliders and fries appeal to the comfort-food set. Creative cocktails abound and traditional libations like the old fashioned are served up with a twist to appeal to a younger crowd.

"We believe in changing and are always looking at new ideas and trends," said Humphreys general manager Sergio Davies.

In the main restaurant, food and beverage director Michael Blake has replaced white table cloths with zebra wood for a more modern touch. The tan hardwood with dark streaks creates a

stirring contrast to the restaurant's waterfront setting.

"We used to be the go-to special-occasion restaurant," Blake said. "Now, with chef Paul's influence and cutting-edge food we appeal to a younger generation."

To reflect Murphy's seasonal selections, the restaurant has been transformed into a waterfront winter wonderland of silvers and whites with red accents. A special prix fixe menu is being offered and includes a box of Murphy's own organic Equadorian truffles to take home.

Purchased by hotelier Richard Bartell in 1984, Humphreys is the flagship of seven locally-owned properties.

"We have endurance because of our

ownership," Davies said. "We have an owner who believes in what we do and investing in it."

For all of its effort, Humphreys has become a name synonymous with the San Diego experience. Backstage Live has nurtured the success of countless area artists from Rockola to Fattburger, Eve Selis to Jose Serrano to Reggie Smith and Ruby and the Red Hots. Outside on the lawn, Humphreys Concerts by the Bay stages star power like B.B. King, Seal, Counting Crows, Diana Ross, Ray Charles and Bonnie Raitt. The now-famous concert series, which started in 1982 with just four performances a year, had its longest running season ever last summer with shows from mid-April to Nov. 1.

"There's nothing like us," Davies said. "There's not a bad seat in the house for our concerts and many people don't know they're sitting next to hotel rooms."

While the property is ever-changing to keep its cutting edge, it has retained its original name, which is taken from the actor who played ex-patriot Rick Blaine in the Oscar-winning classic Casablanca. In the 1980s, Backstage Live was a piano bar serving cognac and cigars to echo the era of Rick's Café.

"It's definitely changed," Davies said. "We've invested, evolved and believed."

For more information about Humphreys Restaurant and Backstage Live, visit www.humphreysbythebay.com.



Humphreys Restaurant on Shelter Island has been transformed into a winter wonderland for the holidays. Humphreys recently added zebra wood table tops in the restaurant and renovated the Backstage Live music and bar venue to enhance its contemporary waterfront setting.

Courtesy photo

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TO THE POINT

Cruise industry continues to face stormy skies ahead

By **JOHNNY McDONALD** | THE BEACON

Recently, three cruise ships were in San Diego's port, which, under present travel conditions, had to be a rarity.

Coupled with a poor economy and Mexico's cartel crime wave, the cruise ship business here hasn't been that good of late. The business has dropped off 75 percent since the plush days in 2008. That year, 255 ships sailed into the bay. "The Unified Port of San Diego will have 85 cruises for the 2012-13 season," said Marguerite Elicone, manager of media relations. "However, more than 270,000 passengers are scheduled for the calendar year."

There is hope of a turnaround, but that may not occur until between 2015 and 2017, according to projections.

As an indicator of how important these vessels are to the local economy, Port District officials said each brings in about \$1 million worth of business. Total passengers from those three ships in port a few weeks ago were 8,200.

A recent feasibility study performed by the firm of Bermello Ajamil & Partners maintains that the cruise industry is still the fastest-growing tourism sector in the world and that the San Diego region can look forward to seeing more frequent cruise line calls beginning in late 2015 or beyond.

The fleets have moved to ports in Galveston, Tampa, Fort Lauderdale and even New York in search of business.

Holland America, which carried 60 percent of San Diego's market share by passenger berths sold, pulled the Oostendam ship from the West Coast and sent it to Australia. The 2,500-passenger Carnival Spirit, which has used both San Diego and Los Angeles as home-ports, also went to Australia, while Carnival's Splendor is moving to New York next year.

Elicone said cruise lines are looking

to come back to the West Coast because the European market is getting too expensive and the Australian market is becoming saturated.

Golfing with a view

Historic Sail Ho Golf Club's tree-lined par-three course at Liberty Station treats golfers to panoramic views of San Diego's skyline and harbor. Its well-placed bunkers can offer a stiff challenge.

This course was built in the 1920s by A.G. Spalding of the Spalding Sports company.

Historically, golf great Sam Snead served as head golf pro while in the service during World War II and Phil Mickelson and Craig Stadler played in many junior golf tournaments there.

With the new Liberty Station Development by the Corky McMillin Companies, Sail Ho went through a major refurbishment and redesign by golf course architect Cary Bickler.

Improving quality of life

The Point Loma Association is a formation of residents and businesses committed to improving the quality of the Peninsula through beautification, education, charitable activities and civic affairs.

It was organized in 1961 and originally called Point Loma Village Beautiful, primarily concerned with aesthetics.

The PLA is directly involved with federal, state and local government agencies, the Port District, San Diego Unified School District and the Peninsula Community Planning Board. Annual membership fee is \$30.

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



Andrew Garrett is credited with helping to save the life of a young seagull recently, swimming out to retrieve the exhausted bird. Courtesy photo

Writer has words of praise for young bird rescuer who didn't hesitate to jump in

I was walking along La Playa Avenue just past the yacht club this morning when a group tried to rescue a young seagull.

This nice young man, Andrew Garrett, swam out and got the exhausted bird and brought her back to shore where a group tried to get the lure out of her mouth and from her bleeding feet.

We got it loose from everywhere except her mouth. This amazing young

man took her to Project Wildlife!!

I am not sure of the outcome but if there is a chance for this animal, she will survive.

I am truly proud of this young man and it restores my faith in not only young people but in humanity and for a more positive direction of the world!

Korla Eaquinta
Point Loma

Shooting victim Barton continues to rebound

By **SCOTT HOPKINS** | THE BEACON

Will Barton, the 20-year-old 2010 graduate of Point Loma High who was severely injured in a bizarre, random shooting by a deranged gunman, continues to amaze his family, friends and the community with his fighting spirit and milestones in his recovery.

Barton, who was shot three times in the head Oct. 29 by a fugitive, passed a

"swallow test" Nov. 26 at Scripps Mercy Hospital in San Diego. Given ice chips afterward, he told his family they tasted "amazing."

Barton had not been able to eat since the shooting.

On Nov. 27, Barton was moved to an



WILL BARTON

acute-care facility in Hillcrest, where he is building strength before he is scheduled to be moved to a specially selected rehabilitation facility to begin physical therapy.

A tracheotomy in Barton's throat was fully removed Nov. 30 and he enjoyed a special treat: pancakes and eggs for breakfast.

His progress has given medical specialists and his family optimism.

LETTERS TO THE EDITOR

Grandma's book and OB's 125th anniversary

2012 marks the 100th anniversary of the Varney family's arrival from Montana to our beloved Ocean Beach. When my grandmother, Ruth Varney Held, wrote the book "Beach Town," it was purely a labor of love, inspired by the magical memories of her childhood days in OB. She was convinced no one would be very interested in the project, but pursued it nevertheless.

Here we are, now 37 years later, celebrating the 125th anniversary of Ocean Beach. The book, now in its 10th printing, by the way — and its contents are memorialized in Janis Ambrosiani's "Beach Town"-inspired mural proudly displayed on the Bacon Street wall of Newport Farms Market. It warms my heart each time I pass and see it so prominently featured. Thank you Janis, the Ocean Beach MainStreet Association (OBMA) and the many artistic Obceans who contributed at this year's community street fair. Our family is honored and humbled by your gift.

I had the recent privilege of working with the OBMA's [executive director] Denny Knox, as well as the OB Historical Society's Susan James, on the production of an audiobook version of "Beach Town," which also debuted at the 2012 Street Fair. I had read the book, of course, when Grandma first wrote it, but I was a teenager at the time and didn't fully appreciate, or even remember, its rich historical content and engaging stories.

What a pleasure it was reliving them while recording the vocal track! Truly the most rewarding voice project I've done during my involvement in voice-over work. What I appreciate the most, as a result, is the deep sense of community our Ocean Beach enjoys.

"Beach Town" is a part of the glue that binds us together. Many of today's OB residents fondly and proudly tell of ancestors noted in the book. My favorite example is in Chapter 9, "The Old Fishing Bridge." It tells the tale of precocious Dave Lewis, about how he and a couple of buddies speared a 300-plus pound sea turtle from the bridge. A gruesome endeavor, perhaps, to today's more fauna-friendly population, but an

exciting event back in the day! Dave Lewis' descendants are still here in town and it thrills me that four generations later, Dave's great-grandchildren, Sterling and Sally, are making their own OB history alongside Ruth's great-grandchildren, Eddy, Alex and Grace. Sterling and Alex are "homies" for sure, and I've no doubt they'll find a way to be immortalized in print like their ancestors. Hopefully, that will be a good thing!

Sincere thanks to the OB MainStreet Association and the OB Historical Society, Denny and Susan, for helping my vision materialize. What a wonderful adventure!

Molly Allen
Ocean Beach

Pallet-burning leaves writer doing slow burn

I carefully read the article about how many people are getting tickets for burning pallets and unattended fires at the beach firepits in Ocean Beach ("Pallet fires are fun, but you could get burned by a fine," Nov. 15 *Beacon*, Page 1).

The three alternatives we have to pallets are: 1) new lumber, which is costly and not very green-oriented just to burn without being used for something else first; 2) downed trees split, cured and dried not only a lot of work, but how many of us in the city have land and trees just to cut for firewood at home or a firepit? Come on, really?; and 3) old building demolition — depending how old the structure, will have at least one of the following on it: fiberglass insulation, lead-filled paint or — better yet — asbestos, which is found in every residential home built before 1970. In OB, that is 90 percent of structures here.

The point is that officials are trying to get rid of all the fire rings because it costs something to maintain them — although this is only a fraction of their last pay raise. What I see is a few people trying to cut out pennies from the budget when they should be aiming a lot higher. It costs more for the bulldozers to come out and put up the sand berm along most of the county's beaches and

then coming back after each high tide or storm to clean up the kelp and debris from our beaches. They delayed the Brighton Avenue bathroom two years because it suited their agenda at the time. In the meantime all of the tourists and locals were forced to use the Santa Monica facility that was way overused and poorly maintained over that three-year period, maybe longer.

In the end, they put a law into use that was badly researched or not researched at all because it fit their agenda.

Tim Sandiford
48-year Ocean Beach native

PLA thanks community, supporters for successes

Thank you to the Point Loma community and Point Loma Association friends and supporters who made the 2012 Point Loma Association Oktoberfest Dinner a sold-out success.

Special thanks to Chris Kramer from Karl Strauss Brewing Company, Jack White from Ballast Point, Greg Koch with Stone Brewing Co. and Mike Hinkley from Green Flash Brewing Company for their enlightening and entertaining program, and to every donor who helped raise much-needed funds for our community.

All of your efforts and contributions help make Point Loma the community we all cherish.

Cecilia Carrick
Chairwoman, Point Loma Association

Praising 'barricade artist' outside skate park

Kudos to artist Katy Helen Stockinger ("Artist makes a splash on guardrail outside skate park," Nov. 29 *Beacon*, Page 5)!! I was thrilled a few weeks ago when I first saw the work starting on the barricades outside the skateboard park. The work is so artfully and beautifully painted. Such a good job!! It is the perfect entry welcome into Ocean Beach.

Trish Hausman
Ocean Beach



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Announcements, photos and 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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QUICK Hits

Hit, run driver ordered to pay funeral costs

A judge has ordered a jailed 19-year-old hit-and-run driver to pay nearly \$17,200 in funeral costs for an Ocean Beach man who was killed March 11 while walking on an onramp near Interstate 8 near Nimitz Boulevard.

Nikolette Kristina Gallo remains in jail after she was given a one-year sentence July 27 for causing the death of Sho Funai, 23.

Gallo will be released on Jan. 11, according to the sheriff's department. She was placed on five years' probation by San Diego Superior Court Judge Dwayne Moring and ordered to abstain from drinking alcohol for five years.

The restitution order is believed to include some money for plane tickets for relatives to and from Japan for the funeral. More than 100 people attended the two-day sentencing.

Moring set the restitution figure on Nov. 30 after all travel expenses and funeral costs were totaled.

After Gallo is released, she will need to perform 100 hours of volunteer work and her probation conditions include attending a DUI course.

She pleaded guilty to felony hit and run. Her attorney, Paul Pfingst, argued Funai was walking in the roadway in dark clothing at 4:30 a.m. and that contributed to his death. Gallo claimed she thought she hit a sofa or a coyote and didn't inform police until about a day later.

The victim's family, prosecutor and the probation department all unsuccessfully asked that Gallo serve three to four years in state prison.

— Neal Putnam

Burglar agrees to four-year prison term

A Point Loma man has accepted a four-year prison term after pleading guilty Dec. 5 to burglarizing four apartments in the Point Loma area.

Jonathan Michael Chambers, 20, and his attorney settled three separate burglary cases when he appeared before San Diego Superior Court Judge Robert O'Neill on the eve of his preliminary hearing in one case.

Sentencing was set for Jan. 31. Chambers remains in custody without bail. He was arrested Aug. 15.

The burglaries took place in April, June and July, according to court records. Deputy District Attorney Gregg McClain said Chambers lived close to some apartments he broke into near West Point Loma Boulevard. O'Neill dismissed the remaining charges of receiving stolen property.

— Neal Putnam

Probation for city worker who embezzled funds

A longtime former city employee who confessed to embezzling funds at Robb Field Recreation Center in Ocean Beach was placed on three years probation Oct. 18 and paid \$40,000 in restitution.

Rogelio Najera, Jr., 50, paid the city

back in 2011 and showed proof of community service to San Diego Superior Court Judge Eugenia Eyherabide on Oct. 18. The community service work was done with youth leagues and the YMCA.

Najera worked in the Park and Recreation Department for more than 20 years and was at Robb Field most of the time. He was a city supervisor for most of the soccer and baseball games, Little League and classes.

He pleaded guilty to grand theft on July 21, 2011, and the judge reduced the felony charge to a misdemeanor at the request of his attorney, Nancee Schwartz. The sentence was delayed for a year so Najera could be eligible to have the felony reduced to a misdemeanor. Deputy District Attorney Leon Shorr did not object to the reduction, saying Najera had paid full restitution.

No jail time was sought by the prosecutor, and Najera received credit for one day spent in jail. He could have been sentenced to a year in jail and was fined \$600.

Najera's former supervisor, Marcelina Reyes Aguilar, 48, pleaded guilty to a misdemeanor charge of obstructing the collection of revenue due the city. She performed 200 hours of work for a nonprofit group.

Aguilar, who also no longer works for the city, was placed on probation, fined \$190 and received credit for one day spent in jail on July 12. In 2006, Najera's job at Robb Field was about to be cut from the city budget, but residents signed a petition in support of him and his job was saved.

— Neal Putnam



The Drug Enforcement Agency worked with local law enforcement, nonprofits, healthcare providers and other groups to collect drugs in September for Prescription Drug Take-Back Day. Courtesy photo by the Drug Enforcement Agency

TAKE-BACKS

CONTINUED FROM Page 2

burden on public safety and law enforcement is the fact that pharmacy robberies have increased from 14 in 2010 to 26 in 2011. That is a very telling indicator that prescription pharmaceuticals are a growing problem."

As part of the local law enforcement's strategy to address the problem, SDPD has established three permanent drop-off locations at its Eastern Division, Southeastern Division and Northwest Division stations.

"Citizens are encouraged to clean out those medicine cabinets, get those unwanted, unused, expired medications out of the house and into one of these permanent spots so they are properly disposed of and don't fall into the hands of unintended users and they don't go into our landfill and harm our environment," said Brown.

Other permanent drop-off locations include the County Administration Center, located at 1600 Pacific Highway, and a number of Sheriff's Department stations across the county. For a full list of permanent drop-off locations, visit www.wastefreesd.org.

HIPPIE

CONTINUED FROM Page 1

five of each style," said Ray. "As soon as they sell, I'll purchase more with the same band, but with different shirts. It's

important to change it up."

Their sustainable business model includes the brick-and-mortar aspects of the store itself and the way they interact with their patrons. Their fixtures and interiors are mostly recycled, reconstructed or upcycled materials.

Old doors have been reused for the fitting rooms or have been refurbished as tables, shelves and benches. A 100-year-old Marston Department Store display case contains stickers and buttons. The sofa was found on Craig's list, the rugs from a garage sale, the old-fash-

ioned children's desk from an alley. Many of the records that decorate the space were found in mint condition, and there are donated lamps and speakers.

"It's important to reuse," said Young, who is also a custom acoustic guitar builder.

Ray added another layer to the methodology.

"Another one of our goals is to help the homeless and clean up the neighborhood, including the beach," said Ray. "The locals have already been coming into the shop saying, 'Thanks for cleaning up the corner,' 'Thanks for making the bus stop cooler, for cleaning up the trash, the bottles and the cans.' I'm getting to know some of the homeless teens and adults in the neighborhood, who took care of that cleanup.

I've learned they usually go hungry on Tuesdays and Thursdays, so we'd like to remedy that by feeding them in exchange for beach and neighborhood cleanups."

Ray said he's looking into local laws to ensure their proposed projects aren't violating any city ordinances.

"We want to do something positive to make a difference, but don't want to cause any ripples," he said.

The Humble Hippie is located at 4896 Newport Ave. at the intersection with Cable Street. For information, call (619) 501-5091, or visit obhumblehippie.com.

The store is open Mondays through Saturdays from 11 a.m. to 9 p.m. and Sundays from 11 a.m. to 6 p.m.

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Days of Fun Parade Circa 1970.



Photos courtesy Mike Akey.



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 OBMA's online store for merchandise!



KETTENBURG

CONTINUED FROM Page 1

on. It has a legacy, so we're mindful of that," he said. "Our intention is to move very much in step with the overall majority of the Point Loma residents. We feel that if we do that, that is what will lead to a successful project there."

Despite the promising notion, opponents of the permitted project contend that the new development will, in fact, displace a unique and longstanding marine industry that exists — and can only exist, opponents said — at its location on Shelter Island.

"That property is perfect for marine business," said Point Loma resident Christy Schisler. "It's going to be tough for them to find something that's 120 feet from the waterfront to work."

Breaking up the unique concentration of marine industry businesses in the area might just make the entire seafaring industry in Point Loma crumble, said Debbie Pedersen, a fellow Point Loman who fought with Schisler throughout the five-year process.

"I can't imagine they won't just go out of business," she said. "Because this is so concentrated, everyone supports everyone else. It all perpetuates itself. Everything you need is right here. It's really going to affect the economy, and not just these people, but sailors will not come to San Diego to get their sail repairs done. It's such a one-of-a-kind atmosphere and really one of the only places on the West Coast like it."

Five years ago, Schisler and Pedersen — both novices in the realm of community planning and permitting — boldly stepped into the complex world of land use policy with an aim to urge developers and community planners to protect the marine tradition that has existed on that harbor for decades.

What the duo discovered, however, was disappointment in the process and a lack of support from the marine merchants they say are most impacted by this project.

"I really tried to rally the marine industry. At a couple of community meetings, people showed up, but it was really tough a lot of times because there were just two of us at the Coastal Commission meetings," said Schisler. "The marine industry needs to step up. They were horribly absent from this whole process."

The ladies were also shocked by the system in which the permitting process took place — the fact that Coastal Commission meetings were all over the state and always during the day, the concept that developers had "all the time in the world" to speak and the public just three minutes, and the negative portrayal of the local marine industry folk.

Pedersen called her experience with the city like swimming upstream, battling professionals, city representatives and lawyers along the way.

Schisler agreed, calling the ordeal "business as usual" for the city and the California Coastal Commission.

"The ongoing disappointment for me, as a political neophyte of the San Diego city development system, is how the city's development services department clearly works for the developers. Shouldn't they be working for the community as well?" she queried at both organizations' decision to amend the general plan to change the site from a marine industrial zone to a commercial-residential one in 2008.

Spirit of Adventure Charters owners Mike and Annemarie Keating also issued concern that their sportfishing vessel business, which has sailed in and out of H&M Landing for 27 years on late night trips, will suddenly receive noise complaints from the new neighbors.

"Most sport fishing trips leave between 10 p.m. and midnight. Bright lights, traffic, loudspeaker announcements and carts pushed up and down

metal ramps are sure to cause friction between townhome owners and the sportfishing business," the couple stated in an email.

Schisler, Pedersen and a handful of others in the area said they will continue to fight for the preservation of the marine industry in Point Loma on behalf of marine industry merchants. Now, with more of a handle on the process, they said they will continue with more gusto than ever before.

"The city needs to be taken into the spotlight and say why the city and Coastal Commission are allowing this to happen. All of these merchants are going to be displaced," said Pedersen. "Condos can be built anywhere, but marine businesses can't."

Gabriel's response to the ladies' claims was that the project is, in fact, moving in step with the desires of a majority of Point Lomans.

"We are very mindful of the surrounding community, and we always feel that our best foot forward is working with the community as to what the overarching majority of the community's short-term and long-term needs are," he said. "The trends of the change in use of the area going from more of a marine industrial to commercial residential has been a long-term trend that was set in place long before this site was planned for redevelopment."

For better or for worse, it is out with the old, in with the new. ColRich and real estate investment partner, Resmark, will break ground on the property starting in mid-2013.



An aerial view of the Kettenburg site and future home of the Point Loma Townhomes highlighted.

Courtesy photo





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Point Loma racing wiener dog goes to Hollywood

By **MARIKO LAMB** | THE BEACON

The 2012 Olympics may be only a memory now, but another sporting competition surfaced in San Diego in September — and this one is a whole different animal.

The 16th annual Wienerschnitzel Wiener Nationals kicked off with a fun — but fierce — dachshund racing competition at Qualcomm Stadium in August. The event brought 330 dachshunds to the field to vie for just 16 coveted spots at the final race in Del Mar on Sept. 3. Typically, many of the same veteran names populate the finals, making for a close race that is often distinguished by just a nose.

One such dachshund racing veteran, 6-year-old Mila Miesner, has made it to the finals the last three years in a row. This year, however, Mila chose to temporarily hang up the old racing cleats in lieu of another career path — acting.

When Point Loma-based owners Denise and Chris Miesner responded to an ad for the upcoming movie, “Wiener Dog Nationals,” they never imagined Mila would take on Hollywood and land the movie’s lead role.

“We just hoped Mila would get a little

cameo. Now, she’s the main dog,” said Chris.

In the film, Mila plays the role of Shelley, an abandoned runt dachshund who was chosen from the animal shelter by the Jack family, which unites to cheer on its newly adopted wiener dog as she races for the national title.

Although Mila is a natural at racing — just like Shelley — the trainers use stunt doubles for the racing portion of the movie.

“They don’t want to wear them out because it’s 90 degrees up there where they’re filming,” said Denise.

Instead, Mila learned new tricks like taking a hat off on cue, hitting specific place markers for a scene and faking a limp — and all with unspoken signals from her on-set trainer.

“She picks up tricks quickly because she’s got a lot of the basics down already,” said Denise. “She loves to show off, she loves to ad lib and she loves to act.”

Denise, who has trained dogs her entire life, gauges and embraces each dog’s individual personality when she teaches new tricks.

“I try to see what they are naturally good at doing, and that’s the easiest way to train tricks quickly,” Denise said. “A lot

of people, like her [on-set] trainer can get her to go beyond that. She’ll usually try whatever is put in front of her. I even had her skateboarding and had her sitting up on the skateboard. She just trusts me.”

The Miesners first realized Mila had exceptional talent and agility when she was less than a year old.

“One of the reasons we got Mila into so many things is that she had so much energy as a puppy,” said Chris. “Denise just had to channel that. She did a lot of exercise, dog obedience, long walks — all sorts of stuff. Then we started realizing all of the stuff that she could do. We just did the dog racing because we had [brother] Biscuit trying to do it, and Mila just turned out to be really good at it.”

Despite their size, dachshunds — a member of the hound family — are actually hunting dogs. They were originally bred and trained to scent, chase and flush out prey from burrows. For that reason, activities like Earth Dog — a complex obedience, agility and skill test in a maze of tunnels — turned out to be a perfect fit for Mila.

“She didn’t fail one test. For the master one, you have to pass five times, and she’s [so far] passed four. Just one more to go,” said Chris. “For the master test, they start



Mila Miesner, a Point Loma dachshund, was naturally born to be a race dog, according to owners Chris and Denise.
Photo courtesy of Robert Ochoa, PawMazing

out about 500 yards from where the rat is, and then they scent the trail, so the dogs have to go along and follow the scent.”

Throughout the test, obstacles like false dens, blocked exits and dead ends are just a few challenges the dog has to contend with.

“She does so many other things, too, like the Hunt Hound, work horsing and now the movie,” he said.

Mila started off channeling her agility with lure coursing, an activity where

dogs — typically sight-hounds — chase an operated lure, like a bag in a field.

“We took her to Wags for Wishes and they had this,” said Denise. “We tried her at it when she was under a year old, and she just loved it. Doing that, she built up her running speed and her endurance.”

Although Mila might not be the biggest dog on the racetrack, she is certainly not one to underestimate.

“She does very well. She always makes it to the finals, and she’s won at various little events,” said Chris. “At the races, a lot of the other dogs start out turned around and calm, but Mila is ready to go. She just runs straight. She knows what to do.”

At larger venues, however, the competition is often bigger and — at times — more cutthroat.

“When you get to Del Mar, they’re all focused,” said Chris. “None of them are going to turn around and go back to their owner. You’re going to see 16 dogs that know what they’re doing. You typically know which ones are going to go. Every year, at least eight of the 16 [finalists] I’m very familiar with.”

At last year’s Wiener Dog Nationals at the Los Alamitos racecourse, Mila won her preliminary race and advanced to the finals. In the finals — true to form — Mila set the pace by taking the lead. Halfway along the 50-yard track, however, Mila got bumped by one of her racing friends, which sent her tumbling into the soft dirt. Yet Mila got right back up and continued on her way, even surpassing several other racers before crossing the finish line.

Although Mila would undoubtedly want to bounce back this year, she was forced to take a temporary racing hiatus because of her busy schedule in Hollywood.

“She’s done the race every year, but this year, she just came back and was really kind of tired,” said Denise. “Plus, they got her weight down because they wanted all the dogs to look the same, and she was sort of on the bigger side, so she needs to get her weight back up and build her muscles back up before she races.”

After a humble start in Dog Beach 16 years ago, the Wienerschnitzel Wiener Nationals has really hit the ground running, with hundreds of participants flocking to the racing event at Qualcomm stadium year after year.

“We hope to continue both racing and acting, but probably more just acting because she’s getting older. I really like racing her, but I guess it depends on what happens. There have been dogs that have raced until they were pretty old,” said Denise.

Only time will tell for the little racing dachshund from Point Loma-turned-Hollywood star.

“Maybe if the movie does well, *Maxim’s* Top 100?” said Chris.

“Wiener Dog Nationals” has completed filming and is currently in postproduction. The movie is slated to debut early next year. For more information about Mila, visit www.milamiesner.com or “like” her on Facebook at www.facebook.com/MilaMiesner.

This story originally appeared in San Diego Pets Magazine.

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They're (skate) jamming in the streets



What would Christmastime in Ocean Beach be without some skate action? Youngsters got a great taste of the action during the eighth annual Holiday Skate Jam and Wall Ride Contest at the Fun Zone in the Ocean Beach Pier parking lot prior to the holiday parade on Dec. 1. The event is put on by OB Skate 'n' Surf and AWOL Productions. Among the skaters catching air and attention was Toby Ryan (in white helmet, above and right).

Photos by Jim Grant | The Beacon



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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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Reprinted from Barbara Wold, Professional Speaker's email.

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Pacific Shores Snowflake Gala to benefit OB Town Council Food & Toy Drive

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.

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The parade of hits continues ...

Photos by Mike McCarthy | The Beacon

Girl Scout Troop 3759 enjoys a ride down Newport Avenue on Dec. 1 during the 33rd annual Ocean Beach Holiday Parade in its Holly Jolly Holiday Trolley.



In one of his last acts and appearances as outgoing city mayor in December, Jerry Sanders shares a parade ride with his "posse."

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Ocean Beach 125th Anniversary Ornaments Now Available



Ornament Front

As part of the ongoing celebration of the 125th anniversary of the community, the Ocean Beach MainStreet Association's Promotions Committee developed an ornament based on the anniversary seal, artwork originally created by Ashley Lewis, Dog Beach sign. Each ornament comes with its own tin collectors box. The ornaments are a fun way to not only celebrate the holidays but the community's anniversary as well. "We've found that visitors and residents both really enjoy the piece. They're great for a Christmas tree, 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 questions 619-224-4906.



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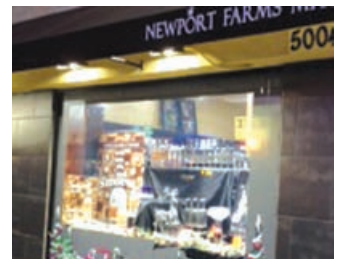


Madison Wigler and Trinity Walsh with Santa on top of the firetruck. Both Photos taken by Todd and Tabitha Barry.

OB Storefront decorations light up the town



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Some of the winners from the Group / Block Award for Celebrate with Lights in the 2012 Holiday Storefront Decorating Contest. Photos by Carol Ladiges,

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Wine & Food Festival wows San Diego foodies

By **LORALEE OLEJNIK** | THE BEACON

Foodies from near and far converged in America's Finest City for the ninth annual San Diego Wine & Food Festival Nov. 14-18. The second-largest festival of its type in the country, the week highlighted local, as well as national and celebrity culinary talent.

"Each year, we strive to bring attendees an extraordinary lineup of the nation's top celebrity chefs, San Diego's best restaurants, and award-winning wineries, breweries and spirit companies," said Michelle Metter, event organizer. "This year's festival experience was nothing short of spectacular."

A week-long series of events, including cooking classes, fundraiser lunches

and a "grand tasting" held at Marina Park North, where upward of 5,000 people gathered to sip wine and sample fare from San Diego's top restaurants, helped boost San Diego as a destination that is as desirable for its sautés as its sunny days.

Beach-area culinary talent was one of the many stars at the festival, including several local chefs placing in the "Chefs of the Fest" competition. In the top ten were chef Stephen Window from Roppongi Restaurant & Sushi Bar in La Jolla, chef Amy DiBiase from The Shores Restaurant and Jaison Burke from the Pearl Hotel in Point Loma. Burke took the People's Choice Award.

Chef Bernard Guillas of The Marine Room also helped host a festival lun-

"[Small plates, high energy environments are] part of a revolution across the U.S. People want to have an experience, to eat in a room that feels good. You should have the right space that brings people together."

JAMES CAMPBELL CARUSO
Chef/owner of La Boca
in Santa Fe, N.M.

cheon to benefit culinary scholarships for the next generation of chefs.

One of many highlights of the festival was its array of cooking classes. Held at the Macy's School of Cooking in Mission Valley and The San Diego Wine &

Culinary Center downtown, guests were taken on a culinary world tour.

Stops included a sherry and Spanish tapas class hosted by chef/owner James Campbell Caruso of La Boca in Santa Fe, N.M., and a celebration of Julia Child with modern twists on her classic French cooking by former "Iron Chef America" stars Katsuya Fukushima and RJ Kooper. This was not your mother's apple Charlotte and chicken liver mousse. Fukushima and Kooper count cooking for Julia Child before her death in 2004 as one of their memorable culinary career accomplishments.

The festival was also a way to catch up on trends in the restaurant industry. For example, it captured the trend of moving toward small plates and high-

energy eating environments.

"It's part of a revolution across the U.S. People want to have an experience, to eat in a room that feels good," said Caruso, who has extensive knowledge of Spanish culinary culture and features a wide variety of tapas and wines at his restaurant. "You should have the right space that brings people together."

The San Diego Wine & Food Festival has been growing and adding new features every year and is already gearing up for 2013.

"We are looking forward to topping this year with our 10-year anniversary in 2013," said Metter. "We've got some exciting things in the works for 2013, so stay tuned."

Check Out Our New Menu!

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OB Farmers Market musical madness to tout holiday food, toy drive

By **BART MENDOZA** | THE BEACON

Ocean Beach has an incredible number of options when it comes to listening to live music, with such respected venues as Winston's Beach Club and Java Joe's among the local favorites.

That said, one of the most popular spots to catch a set from area musicians is outdoors at the Ocean Beach Farmers Market. It's literally a spot in the street at the intersection of Newport Avenue and Bacon Street, with a small public address system for sound. Yet week after week, hundreds of San Diegans stop by and take in music from some of San Diego's best-loved musicians, courtesy of local producer, promoter and musician Michael Head.

Guitarist in the Country Rockin' Rebels and owner of Head Trapp Studios, Head has been behind the farmers market music for the last three years. He will be performing with his band on Wednesday, Dec. 19, which also happens to be the final chance to donate canned food or unwrapped toys to the annual Ocean Beach Town Council's annual Holiday Food & Toy Drive before the Christmas holiday.

"We will take donations right through the end of year," Head said. "The bulk of the giving, however, will be before Dec. 25 with this the final big push before Christmas. But there is always ongoing generosity here in OB. Donations started a little slow but they are picking up overall. Every little bit helps."

After three years of coordinating the farmers market music, Head said he has things down to a science.

"The hardest part about the FM shows is all the coordination and getting bands on same page," he said. "It's all in the bands' best interest. I book 45-60 days in advance just so I never have to worry the week of, or really the month of shows.

I get plenty of performers, more bands than spots available. But I eventually get to pretty much everyone who wants to perform."

Though the gig is relatively low key, it's begun to pick up notice nationwide.

"We welcome bands from all over — not just OB or San Diego. Trevor Green is a regular and is from Huntington Beach. Other out-of-towners will hit me up when they are coming through. I try to accommodate a band that I think will do well."

Head points out that for this performance, the Country Rockin' Rebels will be ramping things up a bit.

"We always have something special planned at a Rebel show; CD and T-shirt giveaways, artists sitting in, new covers to throw in," he said. "Certainly with Christmas around the corner we will be in a giving mood."

Fans of the Country Rockin' Rebels can expect a handful of crowd-pleasing classics in the set.

"We throw in a mix of covers and originals, depending on the crowd, and like to say we rip through the history of music," he said. "We try to find less-worn covers that are still crowd pleasers. 'Money' by Pink Floyd is a good example lately — not many bands cover it and the crowd loves it. 'Rusty Cage' Johnny Cash-style is always big; we mash it with 'Voodoo Chile' by Hendrix to give it our own flavor. Other lesser-worn artists we like to cover are Link Wray and Freddie King."

He notes the band is in the midst of recording its third album.

"We've begun recording a new CD, 'Ride Rebel Ride,' due out next summer," Head said. "It is the third in a CD cycle concept singer Tristan Luhrs and I came up with over five years ago (the first two being 'Sketches of San Diego' and 'Country Rockin' Rebels)."

While many bands struggle with plans for recording, Head and his bandmates



Guitarist Michael Head, left, is the man behind the music during the Ocean Beach Farmers Markets. His band, the Country Rockin' Rebels, plays a gig there on Wednesday, Dec. 19.

are already looking ahead.

"We have at least two more CDs mapped out — we are just trying to keep up with ourselves. We've recorded a song called 'Too Rock for Country (and too country for rock),' which is sort of our band motto. We really like it and think it may have appeal."

Though the band has made an impact countywide, Head said he considers his Ocean Beach gigs special.

"OB is like an idyllic artist community by the beach," he said. "The people there just really appreciate and good song, a dynamic artists a great performance. I stage shows right on the streets of OB and it's one of the most gratifying crowds you could ever imagine. They just appreciate it because Obeceans 'get it.'"

Head concedes coordinating all his musical doings can get hectic, but he said it's a life he loves.

"I do enjoy working at the market," he said. "I often liken it to working with the circus. It ain't for everybody, but for some of us, it's the only place we belong."

• **The Country Rockin' Rebels** perform at 6 p.m. on Wednesday, Dec. 19 at the **Ocean Beach Farmers Market**. All ages. www.oceanbeachsandiego.com/events/-farmers-market-wednesdays

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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.

Grab Bars Provide Safety for Seniors

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home. We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is

where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stair case, in the hall or outside the back door.

When we visit you, we bring along a great selection of products for same day installation. Decide what diameter and texture feels best before you buy. We can match the finish of your existing hardware.

Falls are one of the main reasons people leave home and move into assisted care. Let us help you prevent falls and stay in the home you love.

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The NuAge Facelift procedure is a minimal incision approach for facial rejuvenation of the lower face and neck. Compared to the traditional facelift the NuAge Facelift is less invasive with quicker recovery time. Grossmont Oral & Facial Surgical Center takes pride in the vast scope of services they offer their patients. With three main focuses of practice: Oral

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As oral and maxillofacial surgeons, Dr.'s Varboncoeur & Caldemeyer are recognized specialists who are surgically trained in a hospital based residency program for a minimum of four years. There they rotate alongside medical residents in internal medicine, general surgery and anesthesiology, and also spend time in otolaryngology, plastic surgery, emergency medicine and other specialty areas. Their training focuses, though, on the hard (ie, bone) and soft (ie, skin, muscle) tissue of the face, mouth, and jaws. Dr.'s Varboncoeur & Caldemeyer's knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and esthetic conditions in the maxillofacial anatomical area.

For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center. Call 619-463-4486 or go to their website to learn more about this revolutionary procedure at vchoms.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 walk-in 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-



EX-PADRE-TURNED BANDMEMBER RETURNS HOME

Former San Diego Padre Tim Flannery, left, played for the hometown crowd recently — this time in his role as a bandmember with Lunatic Fringe. The show at Java Joe's was dedicated to a U.S. Marine who Flannery met. The soldier lost both legs and an arm. About 150 people turned out for the performance, during which Flannery told stories about baseball and sang a new song by the band titled "21 Days" — a song about the San Francisco Giants and their 2012 World Series championship.

Photo by Jim Grant | The Beacon

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SHOWING OFF THEIR STRIPES

The Abbott Street parking lot next to the lifeguard tower was closed for on Dec. 6 for several hours to be restriped again after an initial restriping about 10 months ago.

Two workers from Statewhite Stripes Inc., an independent subcontractor out of Mission Gorge finished the job within three hours.

Next up for restriping work are the Ocean Beach Pier parking lot and the Dog Beach parking lot on Monday, Dec. 12 and Tuesday, Dec. 13.

Both lots will be closed for traffic on both days from 5 a.m. to noon.

— Bianca Koch



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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 Reyes, you'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

extended shopping hours, along with strolling carolers 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 centuries-old 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 night you will remember.

Bonfire Nights

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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20 Tips: Talking to your kids about tough financial times

Fact: 30% of children ages 7-17 years old said their stress levels are higher this year than last year due to financial reasons.

Signs of stress in children/teens: change in eating habits, change in sleeping habits, change in academic grades, loss of interest in hobbies and/or leisure activities

Physical signs: stomachaches, headaches, low immune system - frequent illnesses

* If a child internalizes their stress/worries they can become depressed and have anxiety disorders. Kids can have panic attacks too.

Here are 20 tips for talking to your children about tough financial times:

- 1. It's okay to talk** to your children about finances.
- 2. Discuss who makes the financial decision** in your home.
- 3. When discussing the financial situation**, make it clear that it's not their fault. Be empathetic to your child's feelings.
- 4. Normalcy** - try not to make drastic changes or big changes in their schedule. Try to keep everything as normal as possible with their schedules. This will keep the fear level down.
- 5. Age does not equal maturity** - an age/number doesn't mean a child is mature. The more mature they are, the more they can handle.
- 6. If a child becomes fearful**, overwhelmed, stressed and/or anxious, they can act out. A child can become depressed as well. We now see depression as early as 3 - 4 years old. Children can act out and become angry or guilty like it's their fault.
- 7. Reassurance** - even if you are worried about the financial future of your family, don't let it show. Reassure your kids everything will be okay. Watch how you express your fear both NON-VERBALLY & VERBALLY. Kids learn through imitation and role modeling. They absorb like sponges; if they see your worried and stressed, they will feel the same way.

Also remember - positive and negative behaviors/attitudes are contagious. If your family is in a bad mood constantly it will rub off on the kids. Happier people handle situations better, they are more realistic and recover from negative situations quicker. The more optimistic and happy the parents are, the easier it will be for the family to remain calm and intact. Kids don't understand what a recession is, but they can sense fear and stress.

8. Tell the kids what you're doing to make the situation better: looking for a job, collecting unemployment, the wife or husband took on more hours at work, or you have a good savings. ALWAYS STRESS THAT THIS SITUATION IS TEMPORARY!

9. Basic needs - let the kids know that everything will be okay and nothing much will change. All their basic needs will still be there. There will be food on the table, a house to come home to, a car to pick them up from school, etc.

10. It's good to use past experiences or real life experiences from your family on how you dealt with these types of situations.

11. If you do need to make drastic changes in the kids life. Follow these steps:

- Change one thing at a time
- Let the children be involved in what changes they have to make. So, if they can only keep one extra school activity or sport out of three, let them pick the one they want.

12. Don't ever lie to your kids. You will feel worse about yourself. You will feel guilt. The kids can lose respect towards you. When you lie, you are teaching your kids it's okay to lie!

Instead, be honest, clear, simple and concise. Examples: Dad is losing his job. I wish he wasn't, but his company is going out of business or Dad is losing his job, but it's okay because I work full-time and we have savings. Then express what is good and safe in their life. Love, family, friends, good community, etc.

13. Q&A - let your child express their concerns and ask questions. Don't dismiss them - answer them as honestly as possible. Allow your child to express his or her concerns about the changes in their life and how they feel about it. As a parent explain that you have to make changes and sacrifices as well. Example: I wanted a new outfit for work, but due to our budget I couldn't get it. This will show the child that the new rules/budget are for everyone

14. Don't send mixed messages - don't say you can't buy or afford something for the kids and then buy it out of guilt. This will confuse the kids. They need consistency. As a parent/role model don't use such phrases as: I want ____ or I wish I had _____. Don't be too materialistic or try to "keep up with the Jones's."

15. Don't bribe your kids with materialistic items. Use positive reinforcement like praise and compliments.

16. Altruism - teach your kids to pay it forward. Teach them about volunteering/charity. Volunteer as a family; this is a good way to spend quality time together. Spend no money and be a good role model. Helping others is a key factor to happiness. Example: Meals for wheels - the whole family can drop off meals at senior centers or homes.

17. Frugal - is not a bad word. Teach your kids about abundance. Kids should have abundance of love, affection, quality time with friends and family, etc. Frugal does not equal cheap. Example: We want to save gas and electricity so we have oil left for the next generation. We want to recycle to protect the environment. We garden to have fresh veggies because it tastes better and is healthier for us - no pesticides or chemicals. Teach your kids to live an abundant lifestyle filled with fresh air; quality time with loved ones; a good, safe location/environment and lots of fun and smiles.

18. Give and Take - discuss with your kids the give and take method while budgeting. They can buy _____, but then you can't buy _____.

19. Elementary age kids can't understand the meaning of a recession, but they can understand that the economy has its ups and downs. Middle school and older can grasp the meaning of a recession.

20. Media - kids are smarter than we think. Even young kids watch TV, go on computers, listen to their peers and teachers and they know more than we think. My daughter has asked questions about money, economy, etc. since five years old.

BIO: Diane Lang - Positive Living Expert and psychotherapist - is a nationally recognized author, educator, speaker, therapist and media expert. Lang is extremely media-genic and offers expertise on a variety of health and wellness topics about creating balance and finding happiness through positive living. Lang offers expertise in multiple mental health, lifestyle and parenting needs. In addition to holding multiple counseling positions, Diane is also an adjunct professor at Montclair State University and Centenary College.

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Looking
» ahead

Peninsula-area events, Dec. 13 through Jan. 27

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. Proceeds go toward Correia instrumental music. For more information, visit www.correia-middle.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.

- San Diego First Church of the Nazarene on the campus of Point Loma Nazarene University will be the site of "Joyful Sounds of Christmas" at 6:30 p.m. Choir, handbells, drama, orchestra and carol-singing will all be a

part of the celebration. Dessert will be sold starting at 6:30 p.m. to support camp scholarships for teens in the The Naz Youth Group, while old-time carolers sing. The free program begins at 7 p.m. For more information, call the church office at (619) 849-3100.

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 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.

Dec. 17-24

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.obtown-council.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 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.ob-towncouncil.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@gmail.com.

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HELPING HANDS

First-graders from Ocean Beach Elementary School weren't ones to sit idly by when it came to adorning the Ocean Beach community Christmas tree. Here, the children get into the act by putting their own unique decorations on the tree. Photo by Mike McCarthy | The Beacon