



Beach & Bay PRESS

PB welcomes a Blast from the past

By DAVE SCHWAB

If you've ever wanted to feel like a kid in a candy store it's not too late — you can again.

A trip to Rocket Fizz Soda Pop & Candy Shop at 1414 Garnet Ave., a franchise owned by David and Tammy Anderson, is like a trip to Candy Land — or back in time to a 1950s soda fountain.

Patrons get a sugar rush walking through the Pacific Beach shop's front door. They get smacked in the kisser by the nostalgic décor, wowed by the vast assortment of soft drinks and confections that seemingly pour out of the walls.

There are also choice bits of memorabilia for sale thrown in for good measure, like cardboard cutouts of movie characters, as well as copies of concert posters and a few gag gifts, like Groucho Marx noses, Whoopie cushions, even hand-buzzers and Silly Putty.

"It's built around being a kid," said David Anderson. "Its for the kid in all of us. Whether it's truly a kid in a candy store or it's you and I and that kid inside of us in a candy store, that's the idea behind this."

Tammy Anderson agreed.

"Everybody can find something they remember from their childhood here," she said. "We've got 70- and 80-year-olds coming in and going, 'Oh my gosh, they've got Necco,' and 40-year-olds coming back and finding Astro Pops from the '60s."



SUGAR RUSH Unique sodas, concert posters and confections from times past line the walls and fill the bins of PB's newest boutique, Rocket Fizz, on Garnet Avenue. DAVE SCHWAB

What's people's reaction to the store's sweet treats?

"They love it," said Tammy Anderson. "They just come in and smile."

Patron Tim Havens of La Mesa was in Rocket Fizz on a recent with his girlfriend, who was surprised at the store's appearance.

"I wasn't expecting it to be this bright, clean, polished and sophisticated," she said.

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ELECTIONWRAPUP >>



MIKE AGUIRRE



DAVID ALVAREZ



KEVIN FAULCONER



NATHAN FLETCHER

The political showdown for mayor of San Diego reached a crescendo Nov. 19, setting up a runoff election in February between District 2 City Councilman Kevin Faulconer (R) and District 8 City Councilman David Alvarez (D).

According to semi-official results from the San Diego County Registrar of Voters Office — with 100 percent of the precincts counted — Faulconer collected 44 percent (89,043 votes), followed by Alvarez with 26 percent (52,283 votes).

Democrat Nathan Fletcher

was barely trailing Alvarez with 24 percent (49,645 votes). However, on Nov. 20, Fletcher conceded and lent his endorsement to Alvarez, even though there are still 34,500 mail-in and provisional ballots yet to be counted, said city spokesman Juan Alvarez.

Former City Attorney Mike Aguirre collected a little more than 4 percent of the vote (9,801 votes).

Voter turnout for the election was estimated between 30-35 percent.

— Dave Schwab & Kevin McKay

"You got everything you need in here," said Havens, grabbing a pack of cinnamon gummy bears he said he's been unable to find anywhere else. "This takes me back to my childhood for sure."

Havens' reaction is typical, said David Anderson.

"People walk in three or four steps ... and they are totally overwhelmed," he said. "Nostalgia is a big part of this, too, whether it's candy or concerts (posters) or soda, there's a lot of nostalgia in this store. We're talking about Dots, Hot Rocks, Abba Zaba chewy taffy bars and Milk Nips. There's so many things in this store that bring people back to their childhood, and that's the key."

The Rocket Fizz franchise started out in Camarillo north of Los Angeles and is spreading like wildfire in Southern California.

SEE ROCKET FIZZ >> PG. 11

Pacific Beach business gives the gift of dexterity

By KENDRA HARTMANN

The Control Group, Pacific Beach's answer to Silicon Valley, took a break from its exponential expansion on Nov. 15 to lend a hand to amputees through a charitable project.

Employees and owners at the web startup, creators of instantcheckmate.com, stepped away from their computer screens for an afternoon of building prosthetics to be sent overseas to landmine victims. They



invited Odyssey Teams, a training and team-building company that incorporates philanthropy into its programs, to their Mission Boulevard offices to lead the Helping Hands project.

"We were trying to think of something cool to do and we thought it would be good to do something that doesn't just involve a monetary donation," said The Control Group co-founder Kris Kibak. "We wanted something that would feel good to do, but also incorporate team

building."

Building prosthetics carries personal significance for Kibak. When he was in high school, he said, he broke his femur and had a titanium rod installed in his leg for two years. When it came time to remove the rod, he got a surprising request from his doctor.

"My doctor asked if it was okay for them to keep it," he said. "[Titanium rods] are so expensive — my insurance had paid to the tune of hundreds of

SEE PROSTHETICS >> PG. 14



HANDY UNDERTAKING The Control Group co-founder Kris Kibak, right, works with his team to build a prosthetic hand, with the added challenge of being able to use only one of their own hands. At far left, Kibak's business partner, Joey Rocco, holds a finished hand. KENDRA HARTMANN



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BEACH & BAY PRESS

6 Costly Mistakes to Avoid Before Buying a Home

Pacific Beach - A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make before buying a home.

Mortgage regulations have changed significantly over the last few years, making your options wider than ever. Subtle changes in the way you approach mortgage shopping, and even small differences in the way you structure your mortgage, can save or cost you literally thousands of dollars and years of expense.

Whether you are about to buy your first home, or are planning to make a move to your next home, it is critical that you inform yourself about the fac-

tors involved before you buy. In answer to this issue, Industry Insiders have prepared a FREE special report entitled "6 Things You Must Know Before You Buy".

Having the right information before hand can undoubtedly make a major difference in this critical negotiation.

To order a **FREE Special Report**, visit www.PB6BuyerMistakes.com or to hear a brief recorded message about how to order your **FREE copy of this report call toll-free 1-800-698-1493 and enter 1004**. You can call any time, 24 hours a day, 7 days a week.

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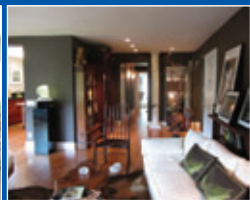
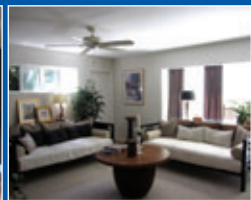
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GUEST VIEW

A day in the life, Part 4: Local resident lends a hand to No More Deaths

By JENNY GOFF

Pacific Beach resident Jenny Goff spent two weeks in August volunteering with the humanitarian aid organization No More Deaths (No Mas Muertes) in Arizona. Here is Part 4 of her account of a typical day in the lives of volunteers. Look for the first three excerpts of her experience at sdnews.com. For more information about No More Deaths, visit www.NoMoreDeaths.org.

Part 4

The No More Deaths camp, miles from the U.S.-Mexico border in Arizona, is buzzing with activity. A group of five migrant travelers sling on their tiny backpacks filled with granola bars, tortillas, cans of beans. I hear that M. had a full bottle of cologne in his pack and smile with the thought of the "necessities" that make us human. He hugs me in a cloud of spice and pine and wishes me "buena suerte!" (Good luck). He and I had attempted conversation across the picnic tables over many meals but our lack of language skills reduced us to laughter most of the time. I wish him "buena suerte" back and he continues his rounds, thanking every volunteer in camp. The other men do the same with hugs, handshakes and kind words.

We stand in the pooling light of the kitchen tent as they walk into the darkness of the shrub-lined trail to the north. It is surreal to watch them disappear into the night. Will they make it? They swore that they would stick together, that they wouldn't leave anyone behind. But



ROCKY PASSAGE Members of No More Deaths make their way through the precarious desert terrain. COURTESY PHOTO

what if they were "dusted" and scattered by a U.S. Border Patrol helicopter? What if someone was injured or stung by a deadly scorpion or bitten by another rattler and end up like one of the 477 (but most likely more) migrants who died in the desert last year? Would they still stay together? How long would the rest of their journey be? Days? Weeks? Will we ever know if any of them would make it? Will we see any of them when we sit in on the trial proceedings at Operation Streamline in Tucson?

Will they be one of the 70 detained migrants who will plead guilty of the criminal offense of "illegal entry" or "illegal re-entry" and be sentenced to serve time in privately owned, tax-payer funded, for-profit prisons? And if they do get caught, convicted and deported, that criminal record will prevent a path to citizenship if the currently debated immigration reform bill passes through Congress, so will they just

SEE NO MORE >> PG. 11

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NEWSBRIEFS >>

FOUR OF FIVE SUSPECTS who are charged with mailing packages of marijuana from Pacific Beach and money laundering have pleaded guilty to all charges and will be sentenced Jan. 14.

The lone suspect who hasn't pleaded guilty is Christopher Gillen, 24, of Pacific Beach, who is awaiting a Dec. 3 preliminary hearing in San Diego Superior Court.

His brother, Kyle Thomas Gillen, 25, and Matthew Schneider, 28, both of Pacific Beach, Mitchell Morris, 25, and Christopher Robin Huntsman, 28, of San Diego have all posted bond following their arrests May 29 and remain free.

Deputy District Attorney Shani Aloor said the men face different maximum penalties for their respective roles and some had more charges than others. They could go to state prison or county jail.

Christopher Gillen, an alleged ringleader, has pleaded not guilty to charges that also include possession of marijuana for sale and \$100,000 in drug proceeds. He remains free on \$150,000 bond.

— Neal Putnam

FOR THE FULL NEWS BRIEFS REPORT, VISIT SDNEWS.COM.

Students take SeaWorld to task after viewing documentary

By DAVE SCHWAB

Point Loma High students reacting to "Blackfish," an anti-marine mammal captivity documentary, have created a public service announcement (PSA) asking SeaWorld to stop using animals for entertainment.

Less than a minute long, the PSA, titled "Dear SeaWorld," was created by students in Anthony Palmiotto's Cinematic Arts and Video Production classes.

"We always do a documentary and when it ('Blackfish') came on basic cable television, I just gave them an open-ended assignment that they could watch it and write something about it, an essay or a movie review," said Palmiotto. "One of the kids said, 'Why don't we make a video?' Then we started to piece together different reactions from students in different classes. That's how it came about."

"Blackfish" explores the accidental deaths of SeaWorld trainers and is critical of keeping killer whales in captivity and having them perform

in shows. The film premiered at the Sundance Film Festival in January, then went mainstream Oct. 24 when it was featured on CNN and became the subject of several CNN news features.

The PSA shows several students reading portions of their letter to the aquatic park.

"Dear Sea World, thank you for all

the amazing memories, the Shamu Show, Dolphin Point, the Penguin encounter," begins the PSA. "But after watching the documentary 'Blackfish' on CNN, all those special memories have totally been cheapened. Is it true the orcas in your exhibits are kidnapped from their families? Is it true their lifespans are shortened in captivity? Is it true there

have been numerous attacks on human trainers at your parks?

"The only question is 'Why?'" concludes the PSA. "So, until these questions are answered, there will be no more admission fees, no more rides, no more teddy bears. We just invite you to change your business model

SEE DOCUMENTARY >> PG. 13

SEAWORLDNEWS >>

SEAWORLD ANNOUNCED THE BIRTH of a bottlenose dolphin calf on Nov. 12. After a 12-month gestation period, the calf was born to a Pacific bottlenose dolphin named Kolohe at 12:33 p.m. in a behind-the-scenes pool at the marine park. Trainers and veterinarians report the mother and baby are in good health and are swimming together and bonding.

Kolohe is a 30-year-old Pacific bottlenose dolphin. She has given birth to one other calf. The birth marks the 79th successful dolphin birth at SeaWorld San Diego. As with any birth at SeaWorld, animal-care specialists monitor the mother and baby round the clock, documenting respirations and nursing frequency. The calf is estimated to weigh



about 40 pounds. The gender will be determined in the coming weeks.

HUBBS-SEAWORLD RESEARCH INSTITUTE (HSWRI), working with SeaWorld Orlando's Animal Rescue Team,

SEE SEAWORLD >> PG. 7

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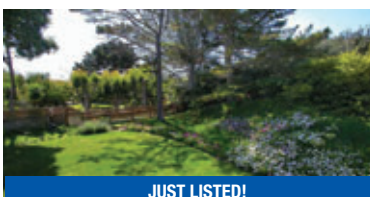


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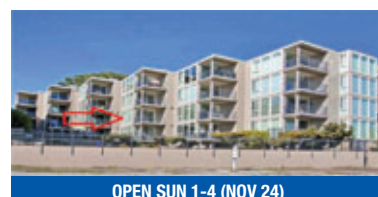


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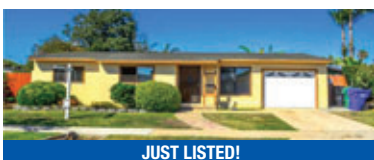


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RESIDENTIAL BROKERAGE



REMEMBER WHEN the CVS in Pacific Plaza was Drug King? "Doc" Wilding took this shot on a rainy day in March 1975. I think it evolved into Thrifty Jr and Rite Aid before becoming CVS. If memory serves, today's CVS pharmacy was Gale's Coffee Shop in Drug King days.

— John Fry may be reached at (858) 272-6655 or mail@johnfry.com.

"How to save thousands when selling your home"

SAN DIEGO, If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

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All Souls' Saint Nicholas Tour: A Tradition of Church Mice

The All Souls' Home Tour began in 1952. It was that same year that the tradition of creating hand-made church mice to represent something special each year began as a fund raiser for church charities. After 61 years there still is a line outside the door that opens at 1:00pm of All Souls' Episcopal Church for the lucky 100 people to buy this year's edition and add to their collection.

There are mice that are Angels, British Guards, Bakers, Hospice Nurses, Choir Singers, Point Loma Graduates, Scrooge and the list goes on.....

The wedding of Princess Diana and Charles is special for All Souls'. It includes an entry in the Book of Gifts from All Souls' for the Choir Boy Mouse sent in honor of the Royal Wedding.

It began with Elizabeth "Sport" Richards who had a vision that creating hand-made church mice to be collector's items would be a wonderful way to support the church's philanthropies. An expert in needle-point and hand sewing, she was joined in 1973 by Marian Rodgers. They were able to produce 100 church mice a year and created a following that continues today. Each year the theme of the mouse is a secret — only revealed when the door open the day of the tour.

The current "Mice Lady" is Selma Vassall. Selma has been making mice for 25 years and is still assisted by Marian Rodgers.

The All Souls' Saint Nicholas Home Tour is December 7th from 10:00-4:00. Tour five Point Loma homes, enjoy shopping at the Saint Nicholas Marketplace and lunch or tea at the café. The madrigal music of Courtney Noyse will be performed throughout the day at the church campus.

Tickets are \$25 in advance and \$30 on the day of the tour. Visit www.all-souls.com or go to Walter Andersen Nursery, To the Point Café, Mission Hills Nursery or Ace Hardware as well for tickets.



LIVE MUSIC >>

BY BART MENDOZA



ROB THORSEN

Neon Cough is definitely a pop rock trio, but that only scratches the surface. A kaleidoscope of influences, including electronica, power-pop and other musical forms high in melody, Neon Cough has crafted a unique, quirky, space-age sound. All three of the band's albums are essential listens and full of should-be classics like "World of Tomorrow," with great post-modern sounds like a cross between XTC and OMD. Appearing at The Griffin on Nov. 22, if pop is your thing, Neon Cough is one of the best combos going locally at the moment and a must to see live.

NEON COUGH: Friday, Nov. 22 at **THE GRIFFIN**, 1310 Morena Blvd. 9 p.m. 21 and up. \$8. www.thegriffin-sd.com

Classic rock will be the order of the day at the Kona Kai Resort on Nov. 22 when Arnie and Friends perform in the lounge. Led by guitarist Arnie Vilches, like many cover

MUSTHEAR >>

Jazz flugelhornist Dimitri Matheny brings his tribute to The Great American Songbook to Dizzy's on Nov. 29, 8 p.m. The one time protégé of Art Farmer will be performing works by the likes of George Gershwin, Richard Rodgers, Cole Porter, Hoagy Carmichael and Duke Ellington, backed by an all-star group consisting of pianist Nick Manson, bassist Justin Grinnell and drummer Duncan Moore. Matheny has released nine albums since his 1995 debut, each building on the one before, but live is where Matheny and band can stretch put and show off their considerable chops. If you are a fan of songcraft, this evening, featuring some of the greatest tunes ever written wonderfully recast by Matheny, promises to be magic.

DIMITRY MATHENY: Friday, Nov. 29, at **DIZZY'S**, 4275 Mission Bay Drive. 8 p.m. \$20. www.dizzysjazz.com



bands, the set list will include everything from Santana to Toto. Unlike most cover bands, however, this one's namesake has actually spent time in bands alongside the likes of Mark Farner of Grand Funk Railroad and Bobby Kimball of Toto. If you're a fan of rock 'n' roll, 1970s to '90s vintage, this free show promises to be one of the week's highlights.

ARNIE VILCHES: Friday, Nov. 22, noon at the **KONA KAI RESORT**, 1551 Shelter Island Drive, Shelter Island. www.resortkonakai.com

There are a lot of contenders for San Diego's top all-time bands, but near the top of the list would be roots rockers The Farmers and their many variations and offshoots. Led by guitarist Jerry Raney, a mainstay of the San Diego music scene since his 1964 recording debut with the Roosters, The Farmers have always delivered a blistering show that mixes elements of rock and country, with a good dose of humor. That the band also includes such local legends as bassist Chris Sullivan (The Penetrators, etc.) and Joel Kmak (The Hitmakers, etc.) shows the caliber of musicianship on hand, but

the important thing here is that this is a road-tested band that knows how to keep an audience on the dance floor and show it a good time.

THE FARMERS: Saturday, Nov. 23 at **HUMPHREYS BACKSTAGE LIVE**, 2241 Shelter Island Drive, Shelter Island. 5 p.m. \$12. www.humphreysbackstagelive.com

The 2013 Bass Summit takes place at Dizzy's on Nov. 24. Jazz aficionados as well as anyone who enjoys the sterling bottom-end fretwork will want to attend this concert. On hand will be a dream bill featuring Marshall Hawkins, who has performed with the likes of Miles Davis and Roberta Flack. Also taking the stage will be Rob Thorsen, one of the anchors of the local jazz scene. If you've been a fan of San Diego's jazz scene for very long, you've likely caught one of his sets or one of his spots alongside such luminaries as Gilbert Castellanos and Steph Johnson. Other bassists taking part in the show include Jory Herman, Barry Green, Katie Thiroux and Bert Turetzky, with pianist Joshua White and drummer Duncan Moore rounding out this impressive bill.

2013 BASS SUMMIT: Sunday, Nov. 24, at **DIZZY'S**, 4275 Mission Bay Drive. 7 p.m. \$15. www.dizzysjazz.com

Though Brick by Brick is perhaps better known for its hard rockin' or tribute shows, fans of acoustic music or singer-songwriters will want to check out a six-artist show taking place on Dec. 4, 8 p.m. On hand will be Shyla Day, Mason James, Ever J, Jaimie Goodwick, Astra Kelly and Suzanne Harper. It's a particularly strong bill, but the last two names will particularly impress. Kelly is now six albums into her career, which has seen her become one of the leading six-string strummers in town, with five SDMA nominations to her credit. Meanwhile, Harper is one of the fastest-rising stars in pretty big field with an appearance in the recent Last Waltz tribute concert and a second-place showing at the 2013 San Diego County Fair Singer Songwriter contest.

ASTRA KELLY, ET AL: Wednesday, Dec. 4, at **BRICK BY BRICK**, 1130 Buenos Ave. 8 p.m. 21 and up. \$5. www.brickbybrick.com

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ROLEX



THINK LOCAL. SHOP LOCAL.

When people think of an enjoyable shopping experience, they usually don't imagine cookie-cutter stores or malls that look alike from state to state and city to city. Shopping at locally owned businesses in Pacific Beach and Mission Beach can be a lot more fun.

The ambiance of small, local shops is charming and quaint. Storefronts and display windows each have a unique take on the holidays, usually incorporating the distinct merchandise the store offers. Take a trip along Garnet Avenue, Mission Boulevard or North PB and you'll be pleasantly surprised at the selection and value you can find in many of the local shops.

Instead of being ambushed by a pushy salesperson, the shopper is instead greeted by jovial owners.

The shopping experience itself can be a lot of fun. You get to interact more with the "boss" at small mom-and-pop shops, so you're treated like a real person, rather than cattle-herded through a chute. Merchants along Garnet Avenue, Mission Boulevard and adjacent streets in the community encourage shoppers to take their time and meander through

the store, perusing item after item until the right one captures their attention. While they are in business to earn money, they generally will not pressure the shopper to buy a lot of extra impulse buys.

Local shops also frequently go that extra mile for their customers by doing things like gift-wrapping and providing coffee or donuts at no additional charge.

The owners of local shops are in business because they love it. It's a passion for them, not just a step on the career ladder. They buy products they feel will best represent their vision, instead of having to answer to a corporation. It's this unique feeling that makes shopping so enjoyable when you spend your time and money close to home.

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EVENTS CALENDAR

Don't miss it!

FOR MORE NEWS AND EVENTS IN PACIFIC BEACH, VISIT
SDNEWS.COM



DEC. 3: ROSE CREEK MURAL UNVEILING

WHERE: Mike Gotch Bridge, 11 a.m.
HOW MUCH: Free
WHAT: The formal unveiling of the mural, which was painted by participants in the Rose Creek Fest in February. Situated on the back of the Mission Bay High School racquetball courts, the community-created mural features scenes of the flora and fauna present in the Rose Creek Watershed. A team from Campland on the Bay helped install the mural. saverosecreek.org



NOV. 27: DOOR OF FAITH ORPHANAGE FUNDRAISER

WHERE: FIREHOUSE American Eatery & Lounge, 722 Grand Ave., 7 p.m.
HOW MUCH: Suggested \$10 donation
WHAT: Located about one hour south of the border, Door of Faith works to provide a home for orphaned children in Baja. The event will feature a hosted bar from 7 to 8 p.m., raffle prizes and live music. For more information, call the Firehouse at (858) 274-3100. For more information about Door of Faith, visit www.dofo.org.

PB HOLIDAY EVENTS ROUNDUP



DON BALCH

DEC. 7: CHRISTMAS AT CRYSTAL PIER

WHERE: Crystal Pier,
HOW MUCH: Free admission
WHAT: Get photos taken with Santa and watch as the Christmas tree is lit up at the end of the pier. The pier will be lit and decorated all throughout December.



DEC. 7: SEASIDE FARMERS MARKET HOLIDAY STROLL

WHERE: 2475 Grand Ave., 9:30 a.m. to 3 p.m.
HOW MUCH: Free admission
WHAT: Pancake breakfast with Santa, gift-wrapping, face painting and more. 100 percent of proceeds benefit MBHS. seasidefarmersmarket.org.

DEC. 15: SANTA MILE GALLOP ON GARNET

WHERE: Garnet Avenue, 10:30 a.m. (first wave)
HOW MUCH: \$15-\$20
WHAT: Takes place just before the holiday parade. Runners can choose their wave group – competitive, fun run, run with your dog and more. santamile.com



DEC. 15: PB HOLIDAY PARADE

WHERE: Garnet Avenue, 2 p.m.
HOW MUCH: Free admission
WHAT: This year's theme is "Ever 'Green' Holiday," celebrating eco-friendly holidays.

THROUGH DEC. 15: WINDOW-DECORATING CONTEST

WHERE: Throughout Pacific Beach
WHAT: Businesses can decorate windows to reflect the community's holiday theme, "Ever 'Green' Holiday." Judging will take place on Dec. 15. To participate, email alexandra@pacificbeach.org.

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SEAWORLD >>

CONT. FROM PG. 3

was able to successfully reintroduce an adult male dolphin to open waters on Nov. 12 near Melbourne Beach, on Florida's east coast.

On June 13, the dolphin was found stranded. HSWRI research scientists stabilized the animal until SeaWorld Orlando's Animal Rescue Team transported the dolphin to the park's marine-mammal rehabilitation facility.

The dolphin was in critical condition and appeared thin, weighing only about 350 pounds. He was also suffering from a respiratory disease. Over nearly five months of rehabilitation at SeaWorld Orlando, the dolphin gained 140 pounds and his respiratory disease cleared.

SEAWORLD RECENTLY LAUNCHED ANIMALVISION, allowing visitors to connect with animals through 24/7, on-habitat cameras from the comfort of home.

Fans can check out graceful sea turtles; enjoy the antics of Antarctic penguins; and see a school of stingrays



Scientists attach a radio tag to the dolphin's dorsal fin to track him and ensure he acclimates well following his return to open waters.

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- ✦ The addition of more animal species in the near future

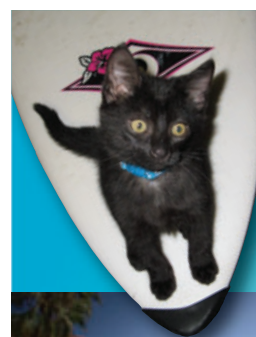
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Conception Wellness offers an alternative to women's health By KENDRA HARTMANN

For Lisa Pugliese, health is a many-sided concept. And women's health — particularly fertility, which is Pugliese's area of expertise — is something that she feels needs to be approached from as many angles as possible.

Pugliese, a registered nurse and licensed acupuncturist, runs Conception Wellness in Pacific Beach. The clinic, which specializes in women's health and fertility, focuses on nutritional counseling, lab work analysis, vitamin supplement plans and acupuncture. In a nutshell, Pugliese said, Conception Wellness patients are treated with a "comprehensive wellness approach that covers everything."

"Because we focus on women's health, with that comes a huge population of women with fertility difficulties," Pugliese said. "We see everything from a difficulty getting pregnant to pregnancy loss. We try to look at the full picture and help them get into good health. We find that for a lot of women who correct those imbalances in their health, those difficulties go away."

The range of services offered at Conception Wellness can, indeed, improve a woman's chances of conceiving, even without treatments like invitro fertilization, Pugliese said. Others who may already be undergoing invitro find the treatment to be much more

effective with additional measures like fertility acupuncture. Pugliese said she works closely with patients' medical doctors to devise a wellness plan that will optimize success for each individual. Working with doctors who focus almost solely on Western medicine seems like it might generate resistance, but Pugliese said she has fostered cooperative relationships and has found nearly all the doctors she works with to be open to additional treatment plans.

"A study came out that showed women who did acupuncture had higher chances [of getting pregnant] than just through IVF," she said. "After that, a lot of doctors started opening their doors, and they want to work with acupuncturists like us who understand the fertility process."

"Time and time again, we have seen patients who have done only IVF and were unsuccessful," she continued. "Then they come in and follow our conception wellness treatment, in addition to their Western treatments, and have success."

Pugliese wasn't always a champion of combining Eastern medicine with Western techniques. She



ALL-AROUND HEALTH Conception Wellness' Lisa Pugliese combines her past in western medicine as a registered nurse with her experience in eastern medicine as a licensed acupuncturist to treat women's health in a holistic manner. COURTESY PHOTO

worked for years as an RN, until one day in 1995, when she crossed paths with an acupuncturist at a seminar. Pugliese said she had suffered from severe sinus problems her entire life. The acupuncturist — Loisanne Keller, who Pugliese eventually went into business with at the Keller Clinic, which eventually became Conception Wellness after Keller retired — explained that her problems were probably related to imbalances in her body, which were probably fueled by her diet.

"I thought my diet was healthy. I was a vegetarian," Pugliese said.

"But we changed my diet and she gave me acupuncture, and I have never had another sinus infection since then. I was just blown away that something I was dealing with for so long could be fixed like that. It inspired me to start studying Chinese medicine."

Pugliese didn't abandon her roots in Western medicine, but rather combined her new knowledge of wellness with her previous training. The concept, she said, is that people will benefit more from focusing on their health in a complete, holistic way rather than only looking to solve problems once they arise.

"What we try to emphasize is whole wellness, as opposed to a disease-based approach with a regular doctor," Pugliese said. "Many Western doctors take the stance that if you're not sick, you're fine. We're different. We don't wait for that disease to develop to help you achieve wellness. You might not have a disease, but you might not be well either."

Pugliese is careful to make sure her patients know that optimal health doesn't come instantaneously.

"Working with us is team approach," she said. "There's no

FOR WOMEN WHO AREN'T SURE about committing to a comprehensive wellness approach but who still want to take advantage of the clinic's fertility acupuncture, Conception Wellness offers what it calls "Fertility Fridays." Open to the public, as well as established patients, the weekly treatments feature a two-hour program consisting of fertility acupuncture and a fertility massage for \$129. "It's a nice program for women who are interested in the acupuncture part of [our treatment], but not necessarily interested in our other treatments," Pugliese said.

magic pill, no magic needle. It comes from people working together on a plan of health and wellness, and that's how we get the best results. We have had some cases where a patient comes in and gets two treatments and gets pregnant, but that's not usually the case. It's usually a matter of making changes at home and in life and that's where we'll get big results."

For more information about Conception Wellness or to schedule a consultation, visit www.conceptionwellness.com.

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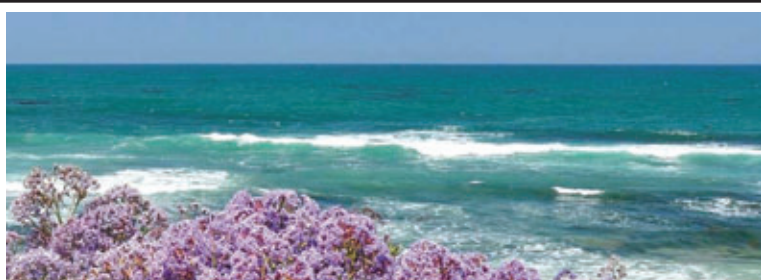
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Truckstop fills empty Eggery patrons' bellies

By DAVE SCHWAB

The Eggery, Etc., a longtime staple of the Pacific Beach restaurant scene that went out of business this summer, was reborn under new ownership and management as Truckstop on Nov. 1.

"When local restaurant owner Aaron Phillips heard about the restaurant's closure, he knew he had to carry on the tradition," said Cassandra "Kassie" Dague, Truckstop's general manager. "Just like the rest of us, he'd eaten there innumerable times and always remembered it as the place around the corner where you could go get a great pancake breakfast and as much coffee as your heart desired."

Dague said Phillips was determined to give disheartened locals a place to call home again.

"So he decided to open Truckstop, a no-fuss, no-frills eatery that still offers great taste and craft," she said, noting Truckstop's menu offers pancakes "as big as a pie" and benedicts "to repent for."

Formerly a bartender, Phillips has since become a full-on restaurateur.

"I was a bartender in PB at 10 or 15 different bars, including Hennessy's, Moondoggies and PB Bar & Grill," said Phillips, who saved his money and bought his first establishment, The Wood (formerly Hooters) at 4190 Mission Blvd. about six years ago.

"I turned that around from losing money to doing fairly well," said Phillips, claiming networking as his key to success.

"I brought along the best bartenders in town and trained a lot of new ones," he said. His objective, he said, was to create "a friendly neighborhood vibe."

"It's all about the atmosphere,



FILLING A HUNGRY VOID Though residents and regulars at The Eggery were disappointed when the restaurant closed its doors this summer, Truckstop has stepped in to provide food "your grandma makes," said owner Aaron Phillips. COURTESY PHOTOS

having good food and drinks and a friendly staff, people that care," he said.

Phillips has since purchased and is operating the Red Saloon below The Wood, a country bar in a space that was once a fitness boxing gym.

Phillips also owns Woody's Breakfast and Burgers (formerly Woody's on the Boardwalk) at 4111 Ocean Blvd. in Mission Beach.

Approached by a beachfront landlord, who prefers to remain anonymous, about a business opportunity when The Eggery in the Promenade at Pacific Beach strip mall on Mission Boulevard became available, Phillips said he jumped at the chance. He bought The Eggery and finished out the summer before closing the last few

weeks for remodeling.

Truckstop was chosen as the new name for the establishment, said Phillips, because he just wanted to "get something real American" in the name.

Promising to bring something new and different to Pacific Beach, Phillips said he intends to offer comfort food at Truckstop.

"It's stuff your grandma makes,"

Phillips said of offerings like braised short ribs and mashed potatoes with carrots and peas, fried chicken and sugar-and-spice salmon.

"It's all-American cuisine," he said. "It's all stuff that makes you feel good like your grandma cooked it."

Speaking of which, Phillips said his grandmother was a great cook whom he learned and borrowed



from and whose recipes live on in Truckstop's menu.

Dague pointed out the Truckstop menu is loaded with new flavors like a tri-tip skillet and a peanut butter and jelly French toast.

But Phillips decided to keep a few of the old favorites on the menu "as a tribute to The Eggery and so that the regulars had something familiar to come home to."

Unlike The Eggery, Truckstop will be open for dinner, as well.

"Day by day, we can give Pacific Beach something new to talk about," said Phillips. "Hopefully, the Truckstop will be another example of what a little elbow grease and a great menu can do for a place."

The Truckstop is located at 4150 Mission Blvd. Call (858) 274-8785 for more information.

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EDUCATIONNOTEBOOK >>

MISSION BAY HIGH SCHOOL

- MBHS Principal Coffee: Friday, Nov. 22, 7:30 a.m.
- MBHS Blood Drive: Friday, Nov. 22, 9 a.m. to 2:30 p.m.

PACIFIC BEACH MIDDLE SCHOOL

- PBMS Tour: Thursday, Dec. 5, 8 a.m. in the library. Sign in at the front office.
- PBMS Holiday Toy Drive: Nov. 12 through Dec. 13. Benefits Hope in the City, an organization in City Heights that helps refugee families, and Ronald McDonald House. Students are encouraged to bring new toys to their fifth-period class.

PACIFIC BEACH ELEMENTARY

- Students grades K-5 present "Blackbeard the Pirate," Saturday, Nov. 23 at 2:30 and 5:30 p.m. Tickets are \$4 for children and \$6 for adults in the office or at the door. For more information, contact Zoe Sidell at zoesidell@gmail.com
- PBE fundraiser: Friday, Nov. 22, Table 926, 926 Turquoise St.
- SSC/GSC meeting: Dec. 2 in the library, 2:30 p.m.
- Friends of Pacific Beach Elementary meeting: Dec. 4, 6 p.m., Room 9, childcare provided for school-age children.

CROWN POINT JUNIOR MUSIC ACADEMY

- Kindness Assembly and shoe drive: Saturday, Dec. 23. Students will attempt to gather 2,000 pairs of gently worn shoes to send to orphanages in Kenya.
- Book Fair: Nov. 18-22. Funds raised will help purchase books for classroom libraries and students.

KATE SESSIONS ELEMENTARY

- DonorNation is now at Kate Sessions. PB residents and Kate Sessions families are welcome to shop local PB businesses and service providers online at www.donornation.org. Find Seaside Farmers Market vouchers, La Jolla Playhouse tickets, salon services, restaurants and more.

FRIENDS OF PACIFIC BEACH SECONDARY SCHOOLS (FOPBSS)

Friends of Pacific Beach Secondary Schools' cash fundraising goal for the 2013/14 school year is \$11,200, and is currently 63 percent of the way there. FOPBSS provides funds to enhance athletics, arts, music, campus beautification, special events and more. Already this year, FOPBSS has funded books for classrooms and libraries, art supplies, and science and athletic equipment. Big items still on the wish list include an ice machine for the MBHS Athletic Department, increased selections in the PBMS library and a golf cart for the PBMS custodial staff. If you or your business is interested in supporting the

efforts of our local schools, visit www.fopbss.org or contact Elkie Wills at ewills2008@hotmail.com.

MISSION BAY CLUSTER NEWS

- Mission Bay Cluster Meeting: Thursday, Dec. 5, 6 p.m. at Barnard Asian Pacific Languages Academy in the auditorium.

MISSION BAY HIGH ALUMNI ASSOCIATION

Pancake breakfast with Santa hosted by the new lacrosse team at MBHS. For \$6, get all-you-can-eat pancakes and sausage with Santa. Have holiday photos taken by the MBHS girls' softball team and visit the free gift-wrap booth.

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--For A Special Holiday Treat, Visit the Cosmo on Turkey Day--

The rustic Cosmopolitan Restaurant in Old Town San Diego State Historic Park is hosting a lavish Thanksgiving buffet on November 28, starting at 11 a.m.

Executive Chef José Pulido and Chef Niko de la Riva have prepared a special menu that features traditional favorites and nonconventional dishes inspired by fall flavors and seasonal comfort foods,"

stated Cosmopolitan Proprietor Chuck Ross. "Fall is a special time in Old Town and there is no better way to warm the soul than sitting by our outdoor fire pits or in our historic dining room and eating a delicious Thanksgiving feast."

The all-you-can-eat buffet features oven-roasted turkey breast and herb-crusted roast beef carving stations, along with favorite accompaniments such as sage-bread stuffing, mashed potatoes, candied yams, green beans with rainbow carrots, cranberry sauce and rich turkey gravy.

The Thanksgiving feast also features musical entertainment from a Spanish guitarist and percussion duo from 12:30 p.m. to 4 p.m.

A salad-and-soup station will feature cobb salad, mixed-greens salad, turkey and feta cheese pasta salad, and tomato basil bisque. Some not-so traditional dishes will be offered such as eggplant parmesan, mustard-crusted salmon, peel-and-eat shrimp, seafood pasta salad and green-lipped mussels.

Seasonal dessert favorites such as pumpkin pie, blueberry bread pudding, pecan pie, apple crisp and fresh fruit will finish off the four-course meal. As always, the bar will be stocked with craft beers, local wines and specialty cocktails.

The holiday buffet is \$29.95 per person and \$12.95 for kids 12 and under. The brunch begins at 11 a.m. and ends at 8 p.m. For reservations, call 619-297-1894 or visit www.oldtowncosmopolitan.com.



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GIRL SCOUTS BECOME MARINE BIOLOGISTS FOR A DAY – More than 40 aquatically adventurous Girl Scouts in grades 6-12 recently participated in You Can Be ... a Marine Biologist.

SEACAMP San Diego hosted the one-day career exploration event in Mission Bay. The Girl Scouts began in SEACAMP's labs, where they learned about 31 species of native fish and invertebrates. They touched live sea stars (star fish) and sharks in the lab aquariums, examined preserved specimens, discovered how to distinguish male from female sharks and found out why lungfish can survive outside of the water.

Donning snorkels, they explored Mission Point, searching for marine creatures in their natural habitats. The girls encountered purple sea urchins, giant limpets and – to their delight – a California sea hare, one of the world's biggest gastropods. The girls also tried their hand at seining – using a long net to collect shoreline sea creatures for study before releasing them safely back into the bay.



"I learned that I'm very adventurous," said Caylee Von Houten of Girl Scout Troop 6456.

"My favorite part of the day was meeting sea creatures in the water," said Girl Scout Nadia Zuñiga, a member of Troop 5965. The event was part of Girl Scouts San Diego's "You Can Be ..." series, designed to introduce girls to STEM (science, technology, engineering and math) professions. To learn more about Girl Scouting opportunities, visit www.sdgirlscouts.org.



SEA RENDEZVOUS
Girl Scout Rebecca Reeves encounters a purple sea urchin while snorkeling during You Can Be ... a Marine Biologist.

Courtesy photo

ROCKET FIZZ >>

CONT. FROM PG. 1

The Andersons credit their four children with getting them started as nostalgic candy store franchisees.

"Our kids are the ones who inspired us to do this," David Anderson said. "They're big fans, obviously, of the product and concept. My wife and I looked at each other and said, 'Let's do this.'"

Classic rock 'n' roll and pop music plays in the background, like Michael Jackson's "Thriller," as visitors scan the store. Browsing down the aisles there's every imaginable kind of candy, includ-

ing a huge taffy section, as well as British- and sugar-free displays.

"The British table is insanely popular," said David Anderson.

Tammy said British chocolate is richer than American, as it is made with less sugar and more cocoa.

Sign plaques with whimsical and humorous sayings stand out. One depicts a roadside chicken that reads, "Chickens can cross the road without having their motives questioned," another with a "Wizard of Oz" take showing ruby slippers, proclaiming, "It's still about the shoes," while yet another from the "Mom Cave" series states, "I'd shop less but the economy needs me."

"It's been very interesting and

just a lot of fun," said David Anderson of the business venture, adding the best time to be around is Friday after PB Middle school lets out when, he said, it's just like Halloween as the candy store is deluged by kids — and their parents.

"This place is a madhouse because all these kids come in and they just freak out," he said. "The parents come in and they eat more (candy) than the kids. Their baskets are even bigger than their kids because they get so excited about finding stuff they haven't seen in years since they were a kid."

Rocket Fizz is open seven days a week. For more information, visit www.rocketfizz.com.

NO MORE >>

CONT. FROM PG. 2

try this perilous journey again and again to get to the U.S.?

How many of these folks are trying to get back home to California, or specifically San Diego to be with their families? How many neighborhoods in my own city are being ripped apart by these misguided policies? More than 400,000 deportations occurred in 2012. How many of those were parents and family breadwinners trying to get back to their established lives and had no other realistic choice than to cross illegally? How is sealing off the entire border, doubling the amount of Border Patrol and jailing more migrants going to help anything when it's obvious that stopping

people from crossing the border is not the real priority as a group of scratched-up volunteers seems to have a better grasp on where people are in the desert than the government agencies? What is really going on here?

We stare at the spot where they disappear through the brush until the yawns involuntarily begin to leapfrog through our dusty and tangle-haired group. Our day is over. I climb into my sleeping bag and dream of cactus, of water jugs, of freedom. I want to wake up to a day where this sort of work isn't necessary, where this sort of privilege is irrelevant, where there is not fear and pain and desperation with every blistered step.

I may be naïve, overly optimistic, foolish. But at least I (we) am (are) doing something out here in the beautiful, tragic, life-giving and life-taking desert where the invisible wander, work and dream every day.



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DOCUMENTARY >>
CONT. FROM PG. 3

and stop using animals for entertainment. Free the dolphins. Free the penguins, free the orcas — today.”

SeaWorld officials condemned the accuracy of “Blackfish” in its representation of what goes on behind the scenes at the parks.

“‘Blackfish’ is billed as a documentary, but instead of a fair and balanced treatment of a complex subject, the film is inaccurate and misleading and, regrettably, exploits a tragedy that remains a source of deep pain for [SeaWorld trainer] Dawn

Brancheau’s family, friends and colleagues,” said David Koontz, SeaWorld San Diego spokesman. “To promote its bias that killer whales should not be maintained in a zoological setting, the film paints a distorted picture that withholds from viewers key facts about SeaWorld — among them, that SeaWorld is one of the world’s most respected zoological institutions, that SeaWorld rescues, rehabilitates and returns to the wild hundreds of wild animals every year, and that SeaWorld commits millions of dollars annually to conservation and scientific research.

“Perhaps most important, the film

fails to mention SeaWorld’s commitment to the safety of its team members and guests and to the care and welfare of its animals, as demonstrated by the company’s continual refinement and improvement to its killer whale facilities, equipment and procedures both before and after the death of Dawn Brancheau.”

Koontz said SeaWorld’s animal rescue program has spanned nearly five decades and has aided more than 22,000 animals.

“Responding to wildlife in crisis is something we are passionate about,” he said. “Our rescue teams are on call seven days a week to assist animals

that are orphaned, ill, injured or in need of expert care. Our goal is to successfully rehabilitate animals for return to the wild. The small percentage of animals whose injuries are too debilitating to permit release are given lifelong care. So far in 2013, SeaWorld San Diego has rescued more than 400 marine mammals and hundreds of marine birds.”

Point Loma High cinematography students discussed “Blackfish” and their views about keeping marine mammals captive.

“I was a little angry and disappointed with SeaWorld,” said Hayley Roth. “They keep [animals] locked up

in little crates all night and only let them out for shows and training. It was pretty bad.”

Student Taeshon Greene had a slightly different take.

“I was touched by the trainers dying because I had a mentor from Big Brothers Big Sisters who was a SeaWorld trainer and after I watched ‘Blackfish’ I thought, ‘What would happen if he had died?’ I was thinking how my life would have been changed if he was never in my life at all. So while it’s sad SeaWorld is treating animals the way they are ... having a trainer die is just as sad.”

Visit sdnews.com for the full story.

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PROSTHETICS >>

CONT. FROM PG. 1

thousands of dollars for everything — and they said if they could keep it, they would send it to someone in Africa who would never have access to this kind of advanced medical equipment. This is similar in that we're sending these prosthetics out to Third World countries where people are getting injured by walking into unexploded ordnance or landmines and who usually don't have a budget for a \$3,000 minimum prosthetic."

Kibak joined his employees in building a hand for the project, during which participants were split up into groups of three, each group building one hand. Todd Demorest of Odyssey Teams, who led the project, threw a twist into their efforts, however: every person had to wear a compression sleeve on one hand, rendering it nearly unusable. The rule forced participants to work together, each one helping build a prosthetic hand using only one working real hand.

"We want people to learn, not just do. We're hoping they walk away from this with some wisdom, as a company and as people," said

Demorest. "We've found that with an emotional component, they'll remember what they learned from it longer. They might be struggling building this hand right now with just one hand. They're total beginners. They'll look at their hands differently for a long time."

Demorest said Odyssey Teams got involved with prosthetics several years ago when the company struck up a partnership with LN-4, or the Ellen Meadows Prosthetic Hand Foundation. Odyssey spreads the foundation's mission through its team-building seminars, after which it sends the finished hands back to the foundation, which dis-

tributes them around the world to amputees. For those who fear they might not possess the expertise to build a prosthetic someone will use day in and day out for everyday tasks, rest assured, Demorest said.

"[The hands are] designed to be easy to build, cost effective, functional and durable," he said. "And they are."

As team members at The Control Group worked together to fit components together — a process akin to building furniture from IKEA, Demorest said — working limbs began emerging, the telltale "click" of functioning prosthetic fingers signaling a near-finished

product. The teams weren't finished when they produced a hand, however. The project also involved hand-decorating a carrying case for the prosthetic, along with a team photo to be included with the hand, putting a human face on the donation for the recipient to see who contributed to his or her new dexterity.

For more information about Odyssey Teams or to order a prosthetic-building kit for a group of 30 or more, visit odysseyteams.com. For more information on The Control Group, visit thecontrolgroup.com or instantcheckmate.com.



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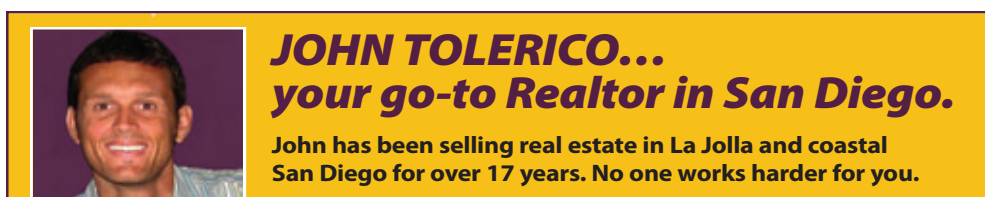


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Sat 1-4pm	.7830 Roseland	3BR/3BA	..\$2,199,000	Clifford A. Francouer • 858-459-3851
Sat 12-3pm	.2521 Via Viesta	4BR/3.5BA	..\$2,299,000	David Mora • 619-994-2438
Sat 1-4pm	.1350 Virginia Way	4BR/5.5BA	..\$3,800,000	Vince Crudo • 858-518-1236
Sun 1-4pm	.7811 Eads Ave. #210	2BR/2BA	..\$540,000	Olivia Moore • 858-357-4675
Sun 1-4pm	.5538 Caminito Consuelo	3BR/3BA	..\$699,000-\$799,000	David Schroedl • 858-459-0202
Sun 1-4pm	.605 Arenas St.	2BR/1BA	..\$749,000	Melissa Mate • 858-242-2468
Sun 1-4pm	.324 Playa Del Norte	1BR/1BA	..\$900,000	Eugenia Garcia • 619-987-4851
Sun 1-4pm	.1374 Caminito Arriata	4BR/3BA	..\$1,275,000	Jim Sayour • 858-344-4851
Sun 2-4pm	.1114 Skylark Dr.	3BR/2BA	..\$1,339,000	Cassandra Altmann • 858-449-6966
Sun 1-4pm	.2521 Via Viesta	4BR/3.5BA	..\$2,299,000	Candi DeMoura • 858-900-1333
Sun 1-4pm	.1350 Virginia Way	4BR/5.5BA	..\$3,800,000	Maira Tapia • 858-337-7269
Sun 1-4pm	.7857 Eads Ave.	3BR/3BA	..\$4,300,000-\$4,775,000	Cassandra Early • 858-354-7033
Sun 1-4pm	.2330 Calle Del Oro	5BR/4.5BA	..\$4,950,000	Monica Leschick • 858-752-7854

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Sat & Sun 1-4pm	.3940 Gresham St. #142	2BR/2BA	..\$850,000	Philip Carrillo • 858-243-5884
Sat & Sun 11-4pm	.1372 Oliver Ave.	4BR/4BA	..\$979,000	Terry Mobley • 619-933-9751
Sat 1-4pm	.3962 Sequoia St.	2BR/2BA	..\$619,000	Marilyn Sobilo • 619-985-2028
Sun 12-4pm	.3962 Sequoia St.	2BR/2BA	..\$619,000	Zack Mark • 818-421-8573
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RE/MAX® Coastal Properties

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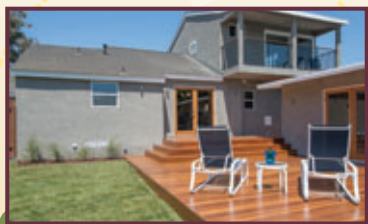
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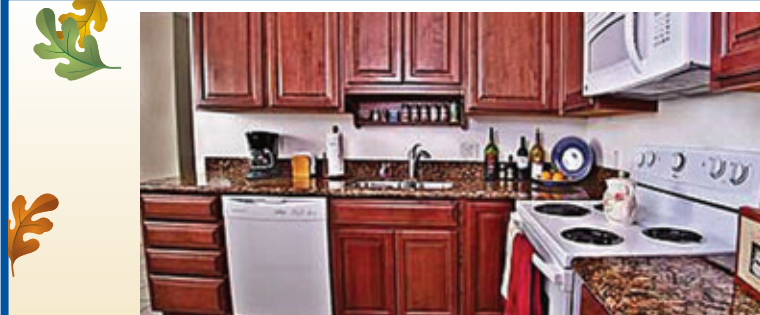
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