

#### **SENIOR LIVING**

In our Senior Living special section, columnist Natasha Josefowitz discusses the importance of being a grandparent. We also look at ways that seniors can keep their homes safe.





SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, FEBRUARY 25, 2016

**BEACHANDBAYPRESS.COM** 

#### RIDE A GLIDER, SEE DESERT SCULPTURES, EAT AUTHENTIC TACOS, AND PET A WHALE

# Take a leap and try something new on your extra day

Since leap day is Monday, Feb. 29, we asked people in Pacific Beach and La Jolla if they have any special plans



Learn how to do a cartwheel. Maybe I'll do that.



It's an extra day at work so an extra day of pay for me.

Antonio Santillan



I would like to go to Tijuana to my house with my dog.

Laura



It's just day for me, because I'm retired.

## Here are a few of our bucket list suggestions

By DAVE SCHWAB

You may live an additional 24 hours this February due to the leap year, but will you live it up? What you would do if you only had one more day left?

There are all the usual things the San Diego Zoo, Balboa Park, Gaslamp, et cetera – that you could do. But what about being a little more adventurous during your extra 24 hours?

• Pet a gray whale. Every winter, gray whales migrate from Alaska to Baja to breed. At nearly 50 feet long (babies are 16 feet!), these graceful creatures are a sight to behold.

In Guerrero Negro, Baja California Sur, panga boats bring guests right to the gray whales and their calves in the lagoons. If you're lucky, the whales will allow you to pet them and pose for photos as they swim around the boats.



Gray whales visit the boats in the Guerrero Negro lagoons and allow tourists to pet them and take photos. PHOTO BY THOMAS MELVILLE

• **Ride a glider at the Torrey** be just as breathtaking. **Pines Gliderport.** Take in a view of vantage point as you paraglide the clothing-optional beach. above Black's Beach. Feeling a little phobic? The view as a spectator can you don't have your Instagram or

- And while you're at Black's
- Hike to Potato Chip Rock. If

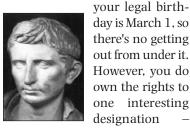
Facebook post posing on the Potato Chip Rock, you may lose your San the Pacific from a totally different Beach, why not go au naturel at Diego membership card. The steep trail on Mount Woodson above

SEE BUCKET LIST, Page 10

## Leap day was almost more trouble than it was worth

By MARTIN JONES WESTLIN

Sorry. If you were born on Feb. 29, (which this year lands on Monday), you're not really a quarter of your actual age, like you've been telling your enemies and friends. Statute says most of the time that



behind leap day. leapling, kind of

there's no getting out from under it. However, you do own the rights to one interesting designation Julius Caesar is popular culture the central figure calls you a

an endearing lit-

tle kiss on the cheek to those born on a day with nothing else to show

Yeah, compared with everything else, your leap day is about as inspiring as a clearance on Kaopectate - but many centuries ago, you'd have thought it ruled the skies. It took no less than Roman strongman Julius Caesar to set the ancient Roman calendar to rights, as his astronomers and officials had seriously screwed up in their observations of the solar year. By the time he became top man, the calendar allowed for only 355 days - 10 and a quarter days behind its solar counterpart.

Stay with me here.

SEE **LEAP DAY**, Page 11

## Residents upset after Maruta Gardner's tragic death

By DAVE SCHWAB

The tragic loss of community activist Maruta Gardner, struck and killed by a suspected drunken driver Feb. 12, has touched a nerve — and prompted a call for action from beach residents.

At Pacific Beach Town Council's Feb. 17 meeting, a moment of silence was observed in honor of Gardner, killed a few days before her 69th birthday in a road rage incident while painting out graffiti in the 600 block of San Diego Place in Mission Beach. A memorial with flowers and cards

#### **CELEBRATION OF LIFE**

- The Mission Beach Women's Club will hold a Celebration of Life for Maruta Gardner 4 to 5 p.m. Friday, March 4 at the South Mission Bayside Jetty.
- Locals are requested to dress casually, walk or bike to the jetty, bring their own chairs and wear their women's club shirts or something red, Gardner's favorite color.

has been created at the jetty wall where Gardner lost her life.

The Mission Beach Women's Club, in which Gardner was a member, is hosting a Celebration of Life for her Friday, March 4 from 4 to 5 p.m. at

the South Mission Bayside Jetty. Locals are requested to dress casually, walk or bike to the jetty, bring their own chairs and wear their women's club shirts or something red, Gardner's favorite color.

Jonathan Domingo Garcia, 23, is accused of causing the late-afternoon crash that killed Gardner, who according to police was cleaning up graffiti at the entrance to the jetty. Garcia and another motorist became involved in a road rage incident, police said, with Garcia fatally striking Gard-



A makeshift memorial to Maruta Gardner takes shape at the jetty wall in the 600 block SEE GARDNER, Page 2 of San Diego Place, site of the fatality. PHOTO BY DAVE SCHWAB

ner and driving from the scene. He was stopped by officers nearby.

According to police, Garcia's bloodalcohol level was measured at .06 percent, and marijuana and depressants were also allegedly found in his sys-

Garcia's bail was set at \$550,000. If convicted, he faces 15 years in prison. A readiness conference was set for March 10 and a preliminary hearing for April 20.

A retired former principal at Mission Bay High School, Gardner was honored by San Diego City Council last year, which declared Nov. 3 "Maruta Gardner Day."



Gardner's tragic death has beachfront resident proclaiming no more.

"It took a riot at the beach for the city council to listen to the community on beach alcohol," said Scott Chipman, a community planner and activist representing San Diegans for Responsible Planning. "What will it take for them to apply proven alcohol business policies to get some local control? We have already had several drunk drivers up on the sidewalks and through crosswalks killing/injuring people. Here is another one."

Chipman said Gardner "was one of the finest women and community members in our area. She was a fantastic principal of MBHS and loved the community and worked nonstop to improve it. This is terribly ironic. A community activist becomes victim to one of the worst characteristics of our community.'

"We need to get word out to the entire community, not just through our websites, blogs and community meetings but through personal emails, talking to neighbors, parents PB," said Brian Curry, president of Pacific Beach Planning Group. "Then I suggest we coordinate a public protest, as large as possible, with press, community leaders, children, citizens, business owners, residents et cetera."

Beach Town Council head up the protest effort with assistance from other community groups. "This needs to be a communitywide effort," he



of school age children, everyone in Community activist Maruta Gardner with her graffiti-removal cart, a staple in her efforts at neighborhood clean-ups. PHOTO BY DAVE SCHWAB

concluded.

"Maruta will be remembered for that smile and positive attitude as well as her passion for graffiti removal," said Sara Berns, executive director of Curry recommended that Pacific Discover PB. "It always struck me every time I learned something new of her accomplishments it was never from her, as she was so humble and community minded. I was always

surprised to learn of her many accolades."

"Maruta's kindness, thoughtfulness and cheerfulness will be deeply missed by everyone who knew her in Mission Beach," said Debbie Watkins, Mission Beach Precise Planning Board chair. "She worked tirelessly

SEE GARDNER, Page 12





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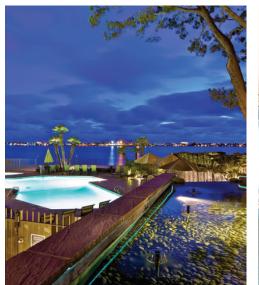


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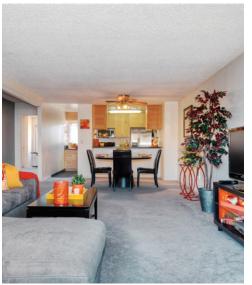
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## Amgen Tour of California to start, finish in Mission Bay and ride through Pacific Beach

The 2016 Amgen Tour of California route was recently released, revealing a scenic but challenging course across nearly 800 miles of California's most beautiful terrain, where the world's most accomplished cyclists will compete for the overall title May 15 to 22.

The race will begin in first-time host city San Diego, the birthplace of California and the state's second largest city.

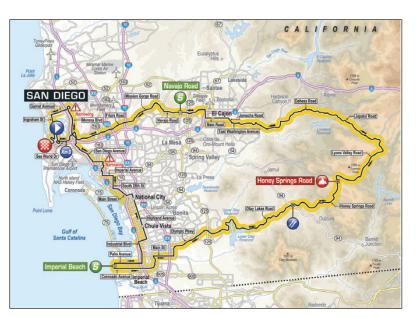
A natural fit for the nation's premier cycling race, San Diego features a vibrant beach-oriented community whose residents are passionate about living a healthful lifestyle.

The first day of racing will start and finish in Mission Bay. The peloton will depart Mission Bay, traveling through Balboa Park before heading south toward downtown and the harbor, with views of the historic Gaslamp District and Coronado Bridge.

The race's first Visit California Sprint will take place in bike-friendly Imperial Beach before heading east toward the rolling hills of East County. With only one Lexus King of the Mountain point on Honey Springs Road, fans can expect a fast finish as the riders race west back through Pacific Beach to Mission Bay.

"We have an epic route in store for the 11th annual Amgen Tour of California," said Kristin Klein, president of the Amgen Tour of California and executive vice president of AEG Sports.

"Competitors and fans are in for thrills – in particular, one of the longest routes ever with lots of



The 2016 Amgen Tour of California Stage 1 route through San Diego County.

south to north across the state, four new host cities, our first team time trial (women), and a can't-miss race Stage," Klein said.

For only the second time in Amgen Tour of California history, the race will progress south to north, beginning in San Diego and traveling through 10 additional host cities (four new this year) before a new champion is crowned in the state capital of Sacramento. The peloton will endure nearly 65,000 feet of climbing, including the race's first ascent up the infamous Gibraltar Road in Santa Barbara County.

"The level of competition will highlight why the Amgen Tour of Califor- READ MORE ONLINE AT sdnews.com

climbing, our second time riding nia is America's greatest race and also one of the international season's most challenging," Klein said.

Presented by Visit California, a finish with the first-ever Gibraltar route video with details of each of the Road climb during the Queen eight stages is viewable at amgentourofcalifornia.com/stages.

> Cyclists of all levels will have the chance to join public preview rides of several Amgen Tour of California stages, including the sixth annual L'Etape California on April 24 from Thousand Oaks to Santa Barbara County, and other free community rides with new race ambassador and four-time national champion Freddie Rodriguez in Monterey County (Feb. 3), Santa Rosa (March 19), and San Diego (April 30).



## Homeless Coalition in PB discusses outreach, hurdles for 'tiny homes' providers

By DAVE SCHWAB

A dialogue about "tiny homes" as one conceivable solution to homelessness was conducted Feb. 19 by the Pacific Beach Homelessness Coalition.

The coalition was formed last fall under the stewardship of Simon Mainwaring, rector of St. Andrews by-the-Sea Episcopal Church in Pacific Beach.

The group is refining its mission statement, which defines the group as a "volunteer gathering of service providers, users and the local community" aimed at "identifying homeless needs and developing solutions" while "managing impact by improving relationships between community homeless, residents, businesses and leaders."

"Our objective is to start a positive conversation with people listening and sharing their views with clarity and kindness," noted Mainwaring. "Those two go together," he said. Pointing out that coalition meetings are a "democratic process," the rector noted his role as group facilitator was to "keep things moving" in a positive direction.

An audience member said "the homeless should be invited to this gathering," adding that "they should have a voice here as well." The response cited an open invitation for anyone from the homeless community to attend coalition meetings.

PB resident Marcella Teran suggested that the coalition "might want to go out to other community groups to let them know what's going on" with homelessness.

Forester Chris Scott, who created a prototype of a tiny home on display outside the church at 1050 Thomas Ave., gave a slideshow presentation.

"This is just one option in the

SEE **HOMES**, Page 12

## Things get ReWild as PB Town Council gets Audubon's updates

By DAVE SCHWAB

In February, Pacific Beach Town Council was updated on plans to resurrect Mission Bay wetlands and fight alcohol-related and other crimes along the beachfront.

Town council also heard from a Mission Beach bike rental operator, who plans to take his fight against DecoBike boardwalk stations directly to the bikeshare operator's San Diego headquarters.

Rebecca Schwartz, San Diego Audubon's conservation program manager, clued the council in on

ReWild Mission Bay, a three-year project to enhance and restore up to 170 acres of wetlands in the northeast corner of Mission Bay.

"The vision is to enhance and restore wetlands at the mouth of Rose Creek," said Schwartz, noting the remaining marsh, known by various names including the Kendall Frost Reserve, has shrunk to about 40 acres, which she said is "nonsustainable."

Schwartz noted Mission Bay is actually a "misnomer."

"It wasn't a bay at all," she said. "It's actually a salt marsh estuary of about 4,000 acres."

In a slideshow presentation, Schwartz showed old aerial photographs of Mission Bay depicting just how much it has been altered, encroached upon and manipulated by man. She pointed out, nonetheless, that Mission Bay is the "largest aquatic recreation facility in the United States, with 14 million users a year."

Schwartz said the bay is also home to thousands of migrating and shorebirds as well as a host of federally threatened and endangered species.

A public workshop on ReWild is set for 5 to 8 p.m Wednesday,

March 16 in Mission Bay High.

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## **Pieology Pizzeria opens in Pacific Beach**

opening of its newest location in Sangmeister. Pacific Beach, at 1656 Garnet Ave., giving guests the opportunity to create a made-to-order pizza or salad using fresh, unlimited toppings.

"We're excited to introduce Pieology's unique experience to the Pacific Beach community, where guests can express their creativity in the form of a delicious pizza or fresh causes for years to come." made-to-order salad, for one afford-

Guests have the opportunity to create a made-to-order pizza or salad using fresh, unlimited toppings.

Pieology Pizza has announced the able price," said franchisee John herbs and spices. The customized

"There's no question how fun it is to create your perfect pizza and salad, but our fans say that it's Pieology's signature crust and sauce selections that keep them coming back for more. We also look forward to partnering with local organizations to support their charitable

The Pieology experience starts with housemade dough pressed into thin pizza crusts. Guests select from eight signature sauces and more PHOTO CONTRIBUTED than 40 meats, cheeses, vegetables, pizzas are then stone-oven fired in less than three minutes.

Guests have the option to add after-bake "Flavor Blast" sauces, including buffalo, pesto and BBQ. Pieology also offers gluten-free crust, whole wheat crust and a selection of seven signature pizzas that can be customized upon request.

Guests can create made-to-order salads by choosing from three fresh lettuce options - organic field greens, romaine hearts or spinach. Guests then select from any of Pieology's variety of toppings, including sunflower seeds, garbanzo beans and candied walnuts, along with a choice of five dressings made inhouse.

Pieology also offers a Classic and Caesar salad, which can be personalized with additional ingredients upon request.

Pieology Pacific Beach features an industrial-chic and friendly environment where inspirational quotes decorate the walls, menus and employee uniforms.

The restaurant is open Sundays through Thursdays from 11 a.m. to 9:30 p.m. and Fridays and Saturdays from 11 a.m. to 10:30 p.m.

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The small business buys, sells and trades high-quality, gently used infant, toddler and children's clothing, shoes, books, toys and baby gear.

PHOTO BY DAVE SCHWAB





# Tula Ru Boutique not looking to change its tune, just its owner

By DAVE SCHWAB

Named for an Irish lullaby, Tula Ru children's resale boutique's present owner is looking for someone to sell to, who wishes to continue the beachfront retail shop's legacy.

"I would like to find someone who has the same vision as I have, which is to be a place where moms can gather in the community, meet each other, support each other, learn about parenting and have fun with their kids," said owner Joan Patton, who has run Tula Ru at 5005 Cass St. in Pacific Beach for six years.

The family-owned small business buys, sells and trades high-quality, gently used infant, toddler and children's clothing, shoes, books, toys and baby gear. Patton said Tula Ru benefits customers.

"Kids grow out of their things quickly before they're worn out," she noted. "So their moms and dads can bring their stuff here and sell it on consignment. It's a winwin all the way around. They can save money.

"They bring in all the clothing their kids have outgrown and they can either get cash, or store credit. They get rid of old stuff and they get new stuff. And their kids are happy. The kids come in and play — and they never want to leave."

Patton said items in Tula Ru can be marked down as much as 50 percent from the cost of buying them new.

Case in point: Patton picked a Ralph Lauren girl's dress off a rack of items she acquired for consignment that day.

Busine hurry.

READ N

"This lady was moving and she didn't want to pack up all the stuff that her child had outgrown," said Patton. "I pay 20 percent cash for what I can sell it for. This dress, which I can probably sell for \$11 or \$12, I paid \$2.50 for. New it would cost maybe \$28. Customers save money. I'm making money. It's a win-win."

Tula Ru is divided into two halves. The lower half is the children's resale boutique. Half the upper level is a kids play area, while the other half is being converted as future classroom space.

"We're going to have parenting and music classes, yoga or whatever," Patton said.

A former special education schoolteacher who raised her own children in Pacific Beach, Patton noted the Tula Ru space hasn't changed much over the years.

"This corner has always been a children's resale store — Sunset Kids, Forget Me Not — as long as I can remember," Patton said, noting she chose Tula Ru as her store name because "my daughter-in-law's dad used to sing that lullaby for her, and we just wanted something that was catchy, cute, childoriented: something people could remember."

Most of Patton's clients come from PB or La Jolla. She added moms today "are savvy" knowing how — and where — to shop for bargains.

Though she wants to sell her business, Patton is in no particular hurry.

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## Seniors

## Grandparenting: 'Far away and always in heart'

By HANNA LAUKKANEN

Humans are one of the rare species that have three or even four generations alive at the same time. This is important because human children are dependent on their parents longer than any other mammal species. Grandparents hold an important role taking care of the children when parents aren't avail-

Natasha Josefowitz has been a grandmother for 35 years and soon will be a great-grandmother. All four of her biological grandchildren and three step-grandchildren live across the country, far away from San Diego and still close to her heart.

"It is totally different to be a parent than a grandparent," Josefowitz said. "As a parent, you're responsible for the behavior of your children. As a grandparent, your only duty is to admire and support them. Criticism should always be about a specific behavior, not a general term. For instance, it is better to say 'When you were late yesterday, I was upset because we missed doing what I had planned' as opposed to angrily stating 'You're always late.' It is equally important to be specific with praise instead of 'you are wonderful,' state a specific behavior worthy of praise."

Josefowitz has lectured on various topics, including grandparenting. One of the favorite lectures of her cruise ship audiences was about living with your children who are not raising their children the way you know they should be raised. Josefowitz sums it up in two words: "Shut up." She believes in serving as an example of being a vital and fun senior. As a model, the grandchildren will remember when they are old and will hopefully follow suit.

When Josefowitz's grandchildren were young, they spent summers at



'Grandparents have more time and longer life experiences than parents to talk with the children about life, problems and solutions.'

**NATASHA JOSEFOWITZ** GRANDMOTHER

her home. She told them stories about the time when their parents were young as well as stories from great-great-grandparents never met so the children would know where they come from. She also wrote about the things her children did when they were little, and she gave these notes to them when they had their own children. It was a lot of fun to compare behaviors across the generations.

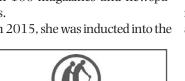
Josefowitz and her grandchildren email, call, Skype and sometimes visit each other.

Grandparents, she said, are the haven children can always turn to. Even if there are problems with their parents, children can always get support and comfort from grandpar-

"Grandparents," she said, "have more time and longer life experiences than parents to talk with the children about life, problems and solutions. Some issues are embarrassing to discuss with parents but may be easier to talk [about] with grandparents."

Josefowitz lives in La Jolla, raised two children and has four grandchildren. She has written 20 business and poetry books. Her articles and poems have been published in more than 100 magazines and newspa-

In 2015, she was inducted into the



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Natasha Josefowitz has been a grandmother for 35 years and soon will be a greatgrandmother. Josefowitz and her grandchildren email, call, Skype and sometimes visit. PHOTOS CONTRIBUTED

San Diego Women's Hall of Fame. She taught the first course in the U.S. on women in management. She has worked as a consultant for government agencies and several for-profit and nonprofit organizations.

She writes a biweekly column, "Doing It Better," for La Jolla Village News and is a regular blogger on Huffington Post. She also is also featured on an international website, sandiegojewishworld.com com.



## California Senior Legislature announces top legislative priorities for this year

recently hosted its annual meetand-greet for members of the senior legislature and members of the California State Legislature. Leaders from across California showed ticed by state leaders. strong support for California's strongest voice for senior citizens.

"We in the Legislature recognize the California Senior Legislature is a valuable voice for seniors. They provide to us the information and direct connection to seniors and some ideas that help us make the lives of seniors up and down the state that much better," said Donald Wagner (R., Irvine).

In California, the senior population will grow at twice the rate of the state's overall population, and more than half the counties in Cal-

The California Senior Legislature ifornia will see a 100 percent increase in the elderly population by 2020. With the help of the senior legislature, the growing needs of seniors has not gone unno-

"Seniors have so many needs and so many concerns. We have to continue to make sure we look out for our seniors. Seniors need transportation, they need housing and they need to pay for their medicine," said Cheryl Brown (D., San Bernardino), Assembly chair, Aging and Long-Term Care Committee.

"The SSI and SSP that many seniors have does not stretch far enough, so we have to work with the Legislature to make sure their needs are taken care of," Brown

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## How seniors may make their homes safer and more secure

By HANNA LAUKKANEN

Citizens of the United States have longer life expectancies than 10 years ago, and more seniors need a safe and secure place to live. The problem is that there aren't as many places to spend your senior life as there are people in need, according to a report from Harvard University's Joint Center for Housing Studies.

But a housing problem is avoidable by creating new models for housing, services, construction and technologies. Such innovations will create long-term benefits for the

"With the right innovation and policy attention, this transition can bed even when they are exhausted be beneficial for the long-term health of the housing market," realtor.com chief economist Jonathan Smoke says.

"Addressing the challenges should result in investments in new construction, renovations to existing increased housing housing. turnover, provision of more affordable housing alternatives and improvements in the infrastructure that will benefit all ages," he notes.

#### Bedroom

The bedroom is better to locate downstairs so that seniors can go to



after a long day. In case of a fire or emergency, a bedroom upstairs can be a safety risk. Relocating the bedroom to a first-floor den can feel like an upsetting change, but once it's done seniors will wonder why they ever walked up and down the stairs

An adjustable bed rises or lowers with a set of controls and makes it easier to get up in the morning. It's difficult to see where you are going at night, so a nightlight or a bright digital clock help with that. A flashlight in the nightstand is your best friend in case of power failures, and

when a phone is by the bed, it's easy to call for help.

Lower the shelves so they're easier to reach, or use only the lower ones. Components for do-it-yourself shelving are available at home improvement stores.

If furniture has ornate, outwardcurving legs, they are easy to trip on. Sharp edges or handles that can cause injuries. Don't put heavy or bulky items in drawers; they could be difficult to open. Replace or relocate the furniture that hits constantly on the knee or toes or cover the sharp edges with foam.

#### Other rooms

Fall-proof home: Preventing falls must be the first priority. Install nonslip strips on floors, steps and showers or tubs. Open up walkways by arranging furniture differently and make sure staircases have handrails on both sides. Install handrails also in other key areas.

Store or sell unused items so that they don't lie on the floor. Lever handles make it easier to grip and turn doorknobs or faucet handles.

#### Safe bathroom

Bathrooms have to have nonslip surfaces in bathtubs and showers. Sitting down in the shower chair can be safer for those who are not able to stand for long periods of time and can prevent falls. Grab bars are great in the bathroom for toileting and bathing or anywhere persons might need to steady themselves.

#### Intercoms and alert systems

It's easy to call for help when seniors have a medical alert system along and intercoms around the home. Sometimes you can't get to the phone, and in an emergency you have to have access to other forms of communication.

#### **HELPFUL TIPS**

- Seniors have many options to make their houses and apartments more safe and live at home longer.
- Moderations are important in order to prevent fall-downs and make it easier to move and live normally at home. Moderations are not always cheap. Certain modification, like installing wheelchair ramps or needed bathroom renovations, can be expensive.
- Seniors with serious physical or memory problems, like Alzheimer's, should not live alone.

#### **Double-locked doors**

Doors, especially bathroom doors, should have locks from the inside and outside. If someone falls behind the locked door in the bathroom or bedroom, it can be risky. A door that can be opened from the outside allows other people to come in and help. Also, replace old doorknobs with levers.

#### Well-lit areas

Having light in areas such as staircases, hallways and on the front porch is essential to safety. Additionally, elevated electric sockets are more accessible to people in wheelchairs as well as to those who have difficulty bending down. Replace your switches to easy rocker light switches.

### Senior Lifestyle >>

#### **BayView Senior Assisted Liv**ing, License #374603660

Point Loma's BayView Senior Assisted Living is truly a home away from home. It is nestled on a hill in the premier Roseville Heights neighborhood of the Peninsula, overlooking beautiful Shelter Island, downtown and the San Diego Bay. It offers 17-beds, which is uniquely larger than normal board and care facilities, but smaller and more intimate than larger institutional facilities. BayView's cozy, inviting atmosphere allows its residents to live comfortably, in a home-like setting, with compassionate, loving 24-hour care by specially trained staff.

BayView Senior Assisted Living specializes in memory care, serving individuals with all forms of dementia. The well appointed rooms, casual-vetrefined atmosphere, dietician formed menu, and thoughtful activity calendar are just some of the reasons so many San Diegans have decided to become part of the BayView family over the past many years. Please call  $619\hbox{-}225\hbox{-}5616$  to schedule your tour of BayView today!

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Right Choice Senior Living has Residential Care Homes located in highly desireable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area)medical facilities and the beach.

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rightchoiceseniorliving.org.

#### **New Home Care Licensing Law Goes Into Effect**

Assembly Bill 1217 was passed and signed into law in 2013 but didn't go into effect until January 1, 2016. This bill established the Home Care Services Consumer Protection Act which promotes consumer protection for elderly and disabled individuals who hire caregivers to provide assistance in their

So what does this mean to the person who is planning to hire a caregiver? It means that any home care agency you call must be licensed with the State. All independent home care aides must also be registered by the State and have passed a Department of Justice and FBI fingerprint screening.

For your peace of mind and for the protection of the elderly or disabled, hire agencies that are licensed through the CA Department of Social Services and hire caregivers that are registered with the State. Innovative Healthcare Consultants and its caregivers are ready to provide the help you need. Call us at (760) 731-1334 or view our website at innovativehc.com.

#### **Free Healthcare Directive**

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#### **Seniors Supplement Retirement while Helping** Other Seniors

A recent Gallup survey found that 63 percent of workers planned to work part-time when they reached retirement age. Seniors return to work after retiring for financial reasons but others are looking for opportunities to give back. A local company, Seniors Helping Seniors, offers a unique opportunity for retirees to supplement retirement income and help other seniors. The company matches active seniors with seniors who need some assistance to remain independent. The senior caregivers are employed by Seniors Helping Seniors and provide a variety of services including companionship and socialization, rides to doctors, shopping, help around the house and medication reminders. The services often allow a senior to remain in their own home instead of moving to an assisted living setting. If you have a heart for helping fellow seniors, want to earn some extra income and have your own car, call Seniors Helping Seniors. They are hiring and provide free training. Call 800-481-2488 or visit the company website - homecarebyseniors.com to learn more.





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# for us. Take a guided tour with Birch

#### Aquarium at Scripps Institution of Oceanography. • Check out the "Sin Ship" on South Coronado Beach. Violent

#### storms from El Niño recently revealed the rusted remains of SS Monte Carlo, which was an entertainment ship parked three miles from Coronado that was ripped from its moorings by an El Niño-induced storm in 1936 and then washed up on the beach. • Eat apples and pie in Julian. Walk around the charming down-

#### even see snow. • Visit the amazing sculptures at Borrego Springs in Anza-Borrego Desert State Park. There are more than 130 steel-welded sculptures created by 'Perris Jurassic Park' owner/artist/welder Ricardo Breceda in Borrego Springs, including a serpent, scorpion and T. rex.

town and stop for a slice of Dutch

apple pie at the Julian Pie Company.

If you visit in the winter, you might

- · Kayak La Jolla Cove. Companies like Bike and Kayak Tours and Everyday California will take you through several caves in La Jolla, where you'll see leopard sharks and more.
- · Do yoga overlooking the **Pacific Ocean.** Although the free yoga classes at Palisades Park above the Law Street beach in PB are only on weekend mornings (and leap day is on Monday), you could spread out your yoga mat at sunset on Feb. 29 and align your chakras to be grateful



Chip Rock, a thin slab of granite over the canyon. Bring plenty of water, a lunch (eat potato chips while waiting your turn on the rock), and a camera. Actually, your smartphone will probably do the trick.

• Eat a fish taco and drink a cold Corona at the original Rubio's on Mission Bay Drive in Pacific Beach. Thanks to Ralph Rubio, who reportedly brought the dish up from San Felipe, we enjoy fish tacos aplenty today. Pay respect to this treat with a visit to his first restaurant, which opened in 1983.

• Or head just south of Rosarito, Baja California, to the fishing village of Popotla (look for the arch after the former movie studio), where you can drive onto the beach, pick a fish just plucked out of the sea and have an authentic Baja-style fish taco prepared in front of you. Served with fresh salsa, limes and a cold Pacifico, along with ocean breezes, it doesn't get any fresher than that.

 Ride in a hot air balloon. 2016 may see the end of San Diego ballooning as we know it. Because of land development and the outlawing of balloons in public parks, launch and landing sites are dwindling fast. Only a few companies, like Panorama Balloon Tours and Sky's the Limit, are still in operation. Up,



Lifestyle

Some of the 5,000- to 8,000- year-old cave drawings in Cataviña, Baja California, Mexico.

up and away!

• **Go skydiving** in Oceanside. Tsunami Skydivers, located at Oceanside Municipal Airport, offers thrilling jumps from 13,000 feet out of a colorful, fast-climbing PAC 750XL jump plane that was designed for skydiving.

• Visit 5,000- to 8,000- year-old **cave drawings** in Cataviña, Baja California. It's about a six hour drive south of Tijuana but a short 20 minute walk in the desert and then up ancient granite boulders to a rock

and personal with prehistoric art.

• Ride the Giant Dipper at Belmont Park. It may not seem too thrilling, but if you have not tried it, Mission Beach's wooden roller coaster is a bit of a wild ride. The coaster has been around for more than 90 years, but this to-do only takes a minute and 45 seconds to complete.

• Make a splash at the **Marine** Room's High Tide Breakfast. On select dates, the water explodes against the La Jolla restaurant's win-

shelter where you can get up close dows. It's just enough to momentarily distract a person from their Grand Marnier Chocolate Brioche french toast. \$38 per person.

PHOTO BY THOMAS MELVILLE

• Sports betting at Caliente in Tijuana. The sports book across the border offers wagering on a wide range of American sports — even on special events like the Oscars, set for Sunday, Feb. 28.

• Explore the **tide pools at low tide**. Not only do we have marine life in our backyard, we've got worldrenowned scientists to illuminate it for an extra 24 hours of life.



## ENJOY THE BEAUTY OF OLD TOWN

about Mexican food whether it's the restaurant their family has been Mexican cuisine in San Diego, it's definitely Old Town.

Increasingly, though, people are and independently operated. discovering what locals have known to go for shopping and Fiesta de Reyes is the place to hit up if you're anywhere else.

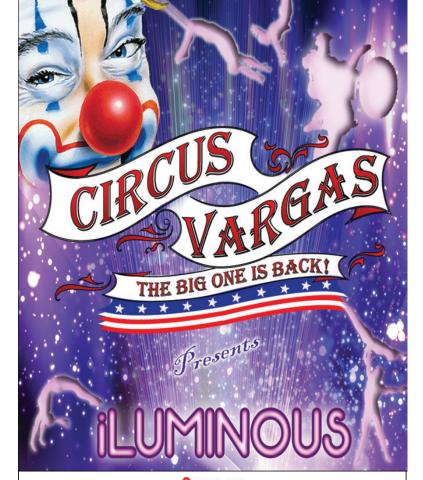
and most folks will start talking authentic, historically themed, oneof-a-kind items that are perfect for gifts or for yourself. From hot sauces going to for generations or a new to silver jewelry, from olive oil to ing and entertainment at Fiesta de Diego, CA 92110. discovery they've made recently. toys, from unique garden items to And rightly so. If there is a capital of original artwork, books to wine to jerky all of the specialty shops of Fiesta de Reyes are locally owned

Of course, if you really want for years. Old Town is also the place authentic Mexican food with your shopping, Fiesta de Reyes also features three fantastic restaurants that in the market for a unique gift or celebrate San Diego's rise from a specialty item you just can't find Mexican village to a thriving culinary and commercial mecca. Add Fiesta de Reyes is home to 19 to that, the nightly entertainment

ping and dining experience.

Mention Old Town San Diego unique specialty shops featuring and Fiesta de Reyes is not just a Reyes, go to fiestadereyes.com or shopping center, it's a vibrant shop- just visit in the northeast corner of Old Town San Diego State Historic For more on the shopping, din- Park. 2754 Calhoun Street, San





### 

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# Temperature will be rising with Elvis tribute

By BART MENDOZA

Elvis tribute band Suspicious Minds appears at Tio Leo's on Feb. 26. The Elvis heard here is from the Las Vegas era, and Suspicious Minds put out an excellent revue, cloning a show the king of rock might have done circa 1972.

In addition to frontman Todd Torres, the band also includes guitarist Jeff Boggs, bassist Ken Wilson, keyboardist Kevin Parke and drummer Jim Manning, with music from throughout Presley's career. The early tunes such as "That's All Right Mama" are solid, but it's the later material, such as "Burning Love," where the group really shines.

Suspicious Minds: Friday, Feb. 26 at Tio Leo's, 5302 Napa St. 9 p.m. 21 and up. Cover to be determined. tioleos.com.

Beatles fans won't want to miss acoustic guitarist Fred Benedetti's tribute to George Harrison, taking place on March 5 at Dizzy's. Benedetti will be joined by his daughters Regina and Julia on vocals, and the trio will play material from Harrison's Beatles days and his solo career. Talented as his daughters are, Benedetti's playing will most draw the ear, with impressive reinterpretations of songs that



Percussionist Tito Puente Jr. performs at Humphrey's Backstage Live on Friday, Feb. 26. PHOTO CONTRIBUTED

have practically become modern classical music. Benedetti is one of the most gifted guitarists in San Diego; this show will appeal to fans who enjoys virtuoso fretwork.

Fred Benedetti's George Harrison Tribute: Saturday, March 5 at Dizzy's, 4275 Mission Bay Drive. 8 p.m. \$15. dizzysjazz.com.

Percussionist Tito Puente Jr. peron Feb. 26. Puente has recorded several albums of his own, including "In My Father's Footsteps," Puente's performance is in tribute **brickbybrick.com.** 

to his legendary percussionist father, both in his chosen instrument, the timbale, and in the mambo material he plays live. Puente Sr. wrote the classic "Oye Como Va," so that song will likely be a show highlight, but expect a packed dance floor throughout the night. For anyone who enjoys Latin rhythms, this concert will be nirvana.

Tito Puente Jr.: Friday, Feb. 26, at Humphrey's Backstage Live, 2241 Shelter Island Dr., Shelter Island. 7 p.m. \$26. humphreysbackstagelive.com.

Brick by Brick hosts a five-tributeband concert on March 5. Hard rock will be the music of choice, with a bill featuring bands dedicated to Stone Temple Pilots (STP), Alice in Chains (Memory Layne), of classic rock as well as anyone Rob Zombie (American Zombie), The Cult (Sonic Temple) and Metallica (Motorbreath). This is a particularly strong bill, with each band playing 45 minutes, giving audience members a great cross-section of artists and hits in one show. If you like your music loud and forms at Humphrey's Backstage Live adrenaline charged, you'll love every minute of this concert.

Motorbreath: Saturday, March 5, at Brick by Brick, 1130 Buenos which kind of says it all. Much of Avenue. 7 p.m. 21 and up. \$8.

#### Village Veterinary Hospital offering discounted services

at 7527 Draper Ave., has announced several savings opportunities for pet owners.

Until the end of March, the hospital will be offering 15 percent off dental care, and its vaccination clinic will offer 30 percent off all vaccines in addition to holding a \$6 rabies clinic every second and fourth Friday of February and March.

hospital has also announced that it will be participating in a low-cost spay and neuter clinic and offers 30 percent discounted health care packages,

The Village Veterinary Hospital, including an exam, a parasite check and vaccines for one year. The hospital is also discounting by 10 percent a spay or neuter as well as its immunodeficiency test for kittens. In addition, the hospital carries a canine influenza vaccine.

> The hospital also performs free exams for new clients and discounts \$25 for referrals.

> Call the Village Veterinary Hospital at (858) 412-4776 or email at VillageVet7527@gmail.com for details. For more information about the hospital, see villagevetlj.com.



#### **ORLANDO CASTILLO & CAYLA MCALLISTER** "Kiwanis Student of the Month"

Orlando Castillo from Kate Sessions Elem. and Cayla Mcallister from Pacific Beach Elementary are the February Kiwanis Students of the Month. Orlando was chosen because he is humble, helpful and shows leadership daily. Cayla was chosen because she stands up for herself and others. They both represent outstanding leadership in their classroom and were honored by the Kiwanis Club of Pacific Beach and Brian McMullen of Allstate P.B. with breakfast at the Broken Yolk.

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#### LEAP DAY » CONT. FROM PG. 1

In 46 B.C., Caesar figured he'd add one day (called the intercalary) every four years to make up for the slop between the earth's and sun's calendars - but the tradition didn't take hold until after a 90-day transition to help align both. The following year, Caesar installed his intercalary six days before March 1, or what was Feb. 25 at that time.

Problem solved? Not quite. Turns out that the pesky solar year is about 11 minutes shy of 365 \( \frac{1}{4} \) days – and the world's star-gazers didn't cop the clue until all the way into the 16th century, when the calendar was messed up again (this time by about 10 days).

Enter Pope Gregory XIII, who in 1582 made the revisions we know today. However unwittingly, Greg did his legacy a favor by drawing up his new day tracker. The Gregorian calendar is the most widely used civil calendar in the world.

So there you have it, nutshell as it may be. We could have spent some time on the nuts and bolts of it all, reminding you that the solar year is 365.2425 days long (365 days, 5 hours, 48 minutes and 46 seconds) in an effort to put it into clinical perspective. Come to think of it, we also might have teased your socks by adding that the galactic year (250,000 solar years, the time it snickety leaplings, who have no turies and millennia.

let the day pass without interrup- everything, you better enjoy it while tion as usual, except for you per- it lasts.

takes the sun to orbit the Milky other claim to viability save your lit-Way) comes complete with its own the 24-hour corner. It took us ceninterminable sequence of leap centuries to carve out the day you so blithely call your own – before that But let's not press our luck. Let's galactic year sneaks up and ruins



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#### HOMES » CONT. FROM PG. 4

whatever form, is "essential for goes bad," an audience member human dignity. Society should make that option available."

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that some homeless "solutions,"

like a couple of "Portland loos" tried in downtown San Diego, appropriate places for the homes while changing existing zoning making them legal.

"Unless we have the infrastrucladder of finding a place" and a ture and an ongoing budget to maintain them (tiny homes), it's Scott added that housing, in just going to be good money that said, adding that care also needs to be taken to ensure such dwellings would be kept free of the coalition meeting pointed out drugs, prostitution and other

Mainwaring noted one of his objectives in spearheading crehave proven to be expensive ation of the homelessness coalitotal megaproblem we're fac- boondoggles. Others noted there tion was to "have a more ing," Scott said, noting his con- are other hurdles to be overcome, expansive conversation" on the issues utilizing task forces to research potential solutions.

> "People are realizing this is a very highly complex issue with no simplicity in terms of either the problems or the solutions,"

> homelessnesscoalition.com, or

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#### **GARDNER** » CONT. FROM PG. 2

and passionately to clean up the graffiti in our community and offered her help with all types of community matriarch of the Mission Beach Women's Club and the community. She was beloved by all who knew her and worked with her."

Longtime PB community planner Eve Anderson said Gardner was one of her first clients when she started her flower garden design business in

Willie, a lawyer, was a Mission Beach Town years ago. They were a neat couple and much deeply... loved by all."

that a march or a public vigil in the bar district of PB might be an appropriate public response to

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Gardner's death. Mary Willmont, of

Mission Beach Women's Club, said Vickie Lareau has offered to fill in for Gardner on the Play by the Bay committee that is organizing fundraising for a makeover and reevents. Maruta was the modeling of the children's park near the corner of Mission Boulevard and West Mission Bay Drive. "Play by the Bay was

dear to Maruta's heart," Willmont said, "as she was making sure graffiti was not only removed from Mission Beach but was also photographed and given to the police for catching whoever ap-"I tended her small plied graffiti. She worked South Mission court gar- very closely with the poden for five years," An- lice. Maruta believed in derson said. "Such a neat leaving a place better lady. Also, her husband than how she found it. her — always commu-She also applied this to her job as a teacher and a Council president several principal, which is why she is mourned so "Her unexpected death

Anderson suggested has wounded her friends and neighbors. We know we can't change what happened, so we're finding closure and acceptance by doing what we

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can to carry on her work in our community by forming a graffiti removal group and moving forward with Play by the Bay, both of which were important to her."

PB community activist Kristen Victor first met Gardner through Mission Beach High School.

"Both my daughters attended MBHS as student athletes," Victor said. "During this time, the equality of male to female athlete facilities at MBHS was nonexistent for the female athletes. I worked closely with Maruta and [women's club] to define, design and fund a girls athletic team room at MBHS, still used today."

Victor said Gardner "had a special way about nity first. When BeautifulPB and Community Collaborators founded, Maruta always was a proactive, positive leader, smiling at the table. I will miss her bright smile, her positive force and her commitment to our beach community."

cept is "low-cost housing that not the least of which is finding can be enlarged upon." He added a tiny home, which can be locked, would provide security as well as being the "first step on the way out of homelessness.

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## **EDUCATION** NOTEBOOK >>

#### Mission Bay High

- MBHS aquatics program is having a fun foodie evening at Promiscuous Fork, 3801 Ingraham St., on Monday, Feb. 29, from 5 to 9 p.m. Bring family and friends and enjoy the wonderful food, wine and beer. Thirty percent of all sales will go to the MBHS aquatics program.
- Help save MBHS lacrosse! If you would like to discuss sponsorships, purchase a "brick" for the stadium or make a donation to help keep lacrosse at MBHS, please contact Missy Kroeger at mbhsgirlslax@gmail.com, or donations can Tickets are on sale now in the front be sent to Mission Bay High School Alumni Association, FBO MBHS Lacrosse, MBHS Alumni Association, 841 Turquoise St., Suite F442, San Diego, CA 92109.

#### Pacific Beach Middle

Special thanks go to our seventh-grade students, who have been the science, music, phys ed and art working on this celebration since the

beginning of the year. The students are former students at Barnard, and Kate Sessions Elementary their high level of Mandarin Chinese allowed them to research, plan and take action in Chinese, with Mrs. Yan advising them and facilitating their semesterlong service project. Special thanks to Deona and Michelle for running the PB Middle booths at Barnard's celebration and to Barnard for having us.

#### Pacific Beach Elementary

- Family Math Night was a big success with GregTangMath! Thank you to our very own Jennifer Cromar for bringing this amazing program to PBE and to Chips Beach Eatz for providing food for the event.
- The annual North PB Restaurant Walk is Wednesday, March 9. office.
- The school's annual online auction runs March 14 to 21, and we are currently seeking donations from local businesses. Please email pacificbeachelementary@gmail.com if you are able to contribute. All proceeds help fund programs at PBE.

■ Kate Sessions' third annual online auction will run March 7 through 15. Anyone from the community is welcome to bid on online auction items. All proceeds directly support the art, music, library and Spanish programs. We have gift cards, ABC art projects and more, all donated by our generous Pacific Beach and surrounding community businesses. Register at friendsofkatesessions.schoolauction.net/2016.

#### **FOPBSS**

North Pacific Beach is Wednesday, House.

March 9 from 5 to 8 p.m. This annual event is organized by the Friends of Pacific Beach Secondary Schools, with proceeds benefiting various programs and special events at Mission Bay High and Pacific Beach Middle and Elementary schools.

Attendees can sample an assort- Mission Bay Cluster ment of food and drink in a variety of styles ranging from French to Hawaiian and Italian to American. There will be approximately 13 restaurants participating along with a musical stage featuring local school bands on the lawn of The Turquoise Animal Hospital.

Tickets are \$15 for adults (\$7 for children 5 to 12 years old). Purchase tickets at Mission Bay High School, Pacific Beach Middle School, Pacific Beach Elementary School, Java Earth Café, Turquoise Coffee, ■ The 11th annual Taste of Leilani's Café and Pernicano's Pizza

- Thank you to all who helped support the 2016 Schoolyard Dash 5K and helped raise \$15,000 for Friends of Pacific Beach Secondary Schools! We renamed the event the "Schoolyard Splash" this year, and more than 150 runners were very competitive, even in the inclement weather.
- The Mission Bay Cluster Schools Fair was postponed but will take place later in the year. Thank you to our sponsors who financially supported the effort, and thank you to Eric Marenburg, Pete Hess and Heather Pearl of HP Movement.



#### 3 SOLD 1 IN ESCROW

1119-1125 Grand Ave

NEW Construction 2bd + bonus room/ 2.5ba townhomes only 4 blocks from the ocean featuring dual master suites, multiple patios/ decks, a large open great room w/ a fireplace, & a bonus room. Enjoy the large 3rd floor deck w/ an outdoor fireplace-perfect for any time of year! Kitchen boasts granite counters, stainless steel appliances & ample cabinet space. All four units went into escrow before construction was completed!

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Ocean front penthouse, top floor, unobstructed ocean views! Bath in the beauty of sandy beaches, boardwalk just outside your front door, enjoy evening sunsets. Large 3 bedroom, 3 bathroom beauty with recent upgraded carpet and wood flooring. Plantation shutters, skylights shed abundant natural light. Gas lit fireplace in living room for those cozy winter nights. Kitchen boast marble counter tops with a view of the dinning room and ocean beyond.

Doug Tyrone 858-349-5542 dougtyrone@yahoo.com CalBRE#00813653



#### 3020 Kellogg Street \$925,000 2BR/2BA

Located in Prestigious La Playa of Point Loma, this spectacular top floor condominium has been renovated to show like a custom home with attention to every detail. Providing Views Spanning from the Downtown Skyline to San Diego Bay and out the Harbor, you can easily understand why local residents refer to La Playa as the "Gem" of Point Loma. Walk two blocks to Kellogg Beach, continue strolling down the La Playa Walking Trails to World Renowned Yacht Clubs & Shelter Island.

THE GHIO GROUP MICHAEL PANISSIDI 619-247-2114 MP4REALTY@GMAIL.COM CALBRE#01969339



2636 Ocean Front Walk | \$3,995,000 | 3BR / 5BA | 2,626 sq ft

This desirable beach front home has it all. Located on the boardwalk with ocean and inlet views on its own semi private heach right on the sand. The three levels are beautifully appointed with gournet kitchen and family room. full bath on the first level with built in barbecue. The second level has two bedrooms with en suite baths and a second family room, full bath, with sweeping westerly beach and Mission Bay Channel views. The third level is a large master suite which offers breathtaking views his and her walk in closets and a spectacular master bath with its own east facing outdoor patio. A limitless active beach lifestyle!



Patricia Clarke 858.229.6885 triciaclarke5@gmail.com BRE# 01075980 sothebysrealty.com



Mac Clarke 760.419.1266 clarke.mac10@gmail.com BRE# 01929100

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2653 Ocean Front Walk | \$1,495,000 | 3BR / 2BA | 1,344 sq ft

It's all about the location. Located at the south end of the boardwalk in beautiful South Mission beach is a highly desirable ocean front condo right on the sand. With 1344 Square feet of living space there are thee bedrooms, two baths, living room with fireplace and opening onto a private balcony. Finishes, 4K TV furnishings, all internet and ethernet in all rooms This beach front home is being totally refurbished out from the studs with designer finishes. There is a detached

#### **Trevor Pike & Chris Love**

Coldwell Banker Previews 92109

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1132 Archer Street • 6BD/5BA • \$1,750,000

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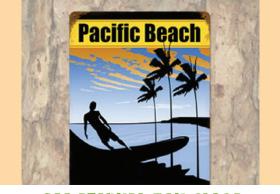
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