PB will bid adieu to RT’s Longboard Grill, a beach bar steeped in tradition

For 14 years, RT’s Longboard Grill has been an unpretentious community watering hole where beachgoers could trickle in after a day in the surf, shake the sand from their hair and enjoy a refreshing brew and a bite to eat among friends. Over the years, the restaurant and bar has stood strong at its location along Pacific Beach’s main drag, witnessing many neighbors and nearby tenants come and go — all while reining in a healthy following of regulars who patronized the legendary beach- and surf-themed restaurant day in and day out.

Now, Pacific Beach’s beloved neighborhood hub will close its doors and make way for a new generation of restaurateurs to carry on their own successful business at a location overflowing with good memories and steeped in tradition.

Brothers Doug and Craig Trenton — fun-loving, surfgoing Pacific Beach natives — first built Longboard to pay tribute to their eldest brother, Ron “RT” Trenton, bringing to fruition a dream of Ron’s following his death in 1997.

“We built it in memory of our big brother, who was a senior lifeguard for La Jolla and was killed in a plane crash off Catalina [Island],” said Doug. “It was his dream that year, seeing our place to carry on and make it for the family, so we figured we’d give it a shot.”

Roy Little at his home along the edge of the tranquil, more than 4,000-acre Kendall-Frost Mission Bay Reserve he hopes to help protect long into the future.

Marsh advocates turn passion for reserve into virtual educational tour

Despite Kendall-Frost Mission Bay Reserve’s nearness to a number of attractions in Pacific Beach and Crown Point, the small marsh remains largely unknown to locals. Although small and somewhat secluded, the reserve, bounded by the nearby Crown Point Park and Campland on the Bay, is constantly teeming with life of all sorts, from nesting birds to scuttling crabs and spawning fish — and all within the quiet confines of Mission Bay’s last remaining natural saltwater marsh.

Two Crown Point locals — one a mapping software specialist, the other an ex-physicist — who share a common interest in the nearby ecological reserve are spreading the word about the intricacies of their beloved marsh through an interactive online map, which provides a virtual educational tour of the reserve by way of 30 wildlife photographs taken from various points within the more than 4,000-acre marsh, alongside descriptions of the species, flora and fauna natural to that area.

SEE MARSHES, Page 4
Peace ambassador helps build Ugandan village brick by brick

By MARKO LAMB | BEACH & BAY PRESS

When Rhode Island native John Carnevale was dropped off in a poverty-stricken village in rural Uganda in 2009 by the nonprofit organization SOVHEN Uganda, he never could have guessed that he would become forever bound to the community, its people and its livelihood.

During his volunteer work with the nonprofit, where Carnevale helped build roads, small houses and other infrastructure in Kankobe Village, he contracted a vicious strain of malaria, confining him to bed rest at a nearby hospital.

“In that hospital, everything hit me,” he said. “I saw these little kids and their families on the floor and I couldn’t do anything about it. It was one of the first times when I felt helpless.”

When he began to recover, he made a promise to a friend, Jeremiah Kimbugwe—who Carnevale helped put through university—that he would return to the village to build a medical center.

“I don’t know if it just hit me right there, and I don’t know how it came out of my mouth, but I ended up coming back to San Diego and thinking, ‘How am I going to do this?’” he said.

Although he had a full-time job as a mechanical engineer at Raytheon, Carnevale was committed to keeping his promise, brainstorming ways to save up money for the much-needed medical facility in the village of more than 12,000 people.

“I started sleeping in my car in San Diego, working as an engineer during the day and eating as close to just a couple dollars a day,” he said of his lifestyle over the past two and a half years. “I saved up as much money as I could in a year, plus all the savings I had accumulated up to that point in my life, and I went over there with about $25,000 first to buy all the bricks and hire people.”

By living simply in his little blue Corolla, reserving the bulk of his income entirely for the promised project and focusing his time on putting together architectural diagrams for a medical center and guest house, Carnevale was able to make good on his promise to Kimbugwe, launching into construction in January 2011 and building the two facilities brick by brick—and all without taking a dime from anyone else.

“We were having an economic recession in the United States, and I didn’t feel comfortable taking money off people,” he said. “I wanted to put my money up first and prove that I could do something and make something sustainable before I asked someone for a dollar for a project that I didn’t even know was possible.”

The project, as it turns out, was possible. Since January 2012, the Donna Carnevale Medical Center—a tribute to Carnevale’s mother and role model—has been up and running and has seen thousands of patients in and out of its doors for medical attention, dental care, immunizations, disease prevention and maternity services.

“The past year has been amazing, but it has always been just me up to that point,” he said. “All of a sudden, I wanted to take this thing to a new level and give everyone the opportunity to go out there and experience that entrepreneurial

Fundraiser set at 710 Beach Club on Feb. 2

By MARKO LAMB | BEACH & BAY PRESS

D’amours Step will hold a fundraising party on Feb. 2 at 710 Beach Club in Pacific Beach from 2 to 8 p.m. The pre-Super Bowl bash will include raffles, specials on drinks, a Hawaiian pig roast and a live DJ spinning beats throughout the evening.

“Our goal is to give you six great hours of your life,” said Carnevale. “Put you around some great people, educate you a little bit and just have a jamming time.”

710 Beach Club is located at 710 Garnet Ave.
verify the accuracy of that information through personal inspection and with appropriate professionals. If your property is listed for sale, this is not intended as a solicitation. We are happy to work and cooperate with other brokers fully.

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John Carnevale, left, and a team of villagers in Kankobe Village, Uganda built a medical center and guest house brick by brick to provide medical services to villagers in the area.

UGANDA
CONTINUED FROM PAGE 2

ship, that giving and that love I was feel-
ing for that country out there.”

That was when D’amours Step was born — a volunteer organization dedi-
cated to empowering communities, vil-
lages and individuals around the globe by engineering sustainable solutions for medical care and educational growth, starting with one person, one village and one brick at a time.

The team Carnevale has built on the ground — from the local doctors and dentists to techs and midwives — were entirely hand selected and their salaries funded by Carnevale.

“I put together a plan to keep local Ugandans in Uganda, because what happens is you get a degree and you go to greener pastures, like we all do some-
times,” he said. “I wanted to keep local doctors there, so I set up a facility; creat-
ed wages and started paying people’s salaries.”

He also worked with SOVHEN and the Ministry of Health to ensure all the required certifications and regulations were met and made sure he hired the right people for the job.

“It’s a rural atmosphere. You’re not going to come in everyday like in a hos-
pital in the city and see a thousand peo-
ple,” he said. “Some days you might see five people. Other days you’ll see 30, so you have to be dealing with the proper individual for the job.”

One such dedicated individual, Carnevale’s good friend and former Ecenitas-based doctor of physical ther-
apy, Kinley McCraken, recently quit her job at Scripps Hospital and landed herself in Uganda in late January to pre-
pare D’amours Step for an impending project called “Bricks for Peace” on Feb. 6, where Carnevale and 20 friends — comprised of medical professionals, engineers and business professionals — will build a maternity ward and dental center over two and a half weeks to meet the community’s needs.

“We’ll be throwing the bricks all by hand — no machinery. We work with builders out there, and I’ve already dumped 40,000 bricks and the materi-
als there,” he said. [McCraken] is going to be down there setting up some stuff and getting it ready.”

One of the first things the group will be tasked to do is quite literally make their beds.

“There are some of the beds in the Camilla guesthouse got eaten by termites, so one of the first things you do when you get off the plane in Africa is build your bed,” he said.

The group will also sit down with the Ministry of Health and the head of women’s groups to see what issues concern the village as well as determine ways to bring in small business to create a sustainable community.

“They’re getting dropped off into something that’s real, that’s substantial and that has a magnitude that can reach out to a lot of people,” he said. “It’s very complex, but the vision is there for a community — not just a hos-
pital, not just a school.”

Carnevale said the benefit of empower-
ment for Ugandans and American volunteers is mutual.

“We’re not giving anybody anything. We want to build a relationship and work with them,” he said. “It puts peo-
ple into perspective. Going on a trip like that sometimes helps you more than you help them. You come back and your life changes, and you want to give so much to make an impact out there.”

Brick by brick, D’amours Step is empowering both Ugandans in need of resources and Americans in need of a purpose. For more information about the organization, visit www.damours-step.org.
BEACH & BAY PRESS | JANUARY 31, 2013

News

Rose Creek Fest to offer chance to explore, restore Mission Bay marshlands

The inaugural Rose Creek Fest in San Diego’s Mission Bay Park will take place Saturday, Feb. 9 to give visitors a new appreciation of local wildlife and conservation.

The event, slated to take place from 10:30 a.m. to 1:30 p.m. at Campland on the Bay on Pacific Beach Drive, is hosted by San Diego EarthWorks (producers of the San Diego Earth Day Fair), Friends of Rose Creek and Campland on the Bay.

The free festival will feature music, entertainment, barbeque, art, activities and displays.

The Rose Creek Fest will also offer participants a rare chance to help restore the Mission Bay marshes located near the mouth of Rose Creek. The last remaining original wetlands in Mission Bay Park, the marsh reserve is normally closed to the public to protect the sensitive habitat for wildlife, according to event organizers.

However, because of its location near the base of an urbanized ecosystem and the bay’s circulation, the marsh accumulates large amounts of trash and non-native plants.

“It’s critical that we protect and preserve this valuable wetland,” said Isabelle Kay, manager of the University of California’s Kendall-Frost Marsh Reserve, part of the Mission Bay Marsh, together with the city’s Northern Wildlife Preserve. “The Mission Bay marshes are home to many of San Diego’s sensitive bird species, including the endangered light-footed clapper rail.”

Kay is organizing the seventh annual “Love Your Wetlands Day” with Friends of Mission Bay Marshes to gather volunteers to help restore the marsh. This is a unique opportunity for San Diegans who care about protecting their local wetlands to experience an up-close and personal view. This year, the service event will occur during Rose Creek Fest from noon to 2 p.m., with check-in at Campland’s Dogwood Park beginning at 11:30 a.m.

Volunteers who are at least 8 years old and don’t want to get too muddy can collect trash along the edge of the marsh. More adventurous folks who are at least 12 years old and willing to brave the tidal mudflats will be asked to trek into the marsh to look for and remove non-native mangrove plants.

Kay, who said volunteers should “expect to get dirty,” will provide gloves and trash collection supplies. All volunteers should wear close-toed shoes and minors must be accompanied by their parents or guardians.

Pre-registration is not necessary and more information is available at www.earthdayweek.org/RCF/KendallFrostCleanup.html. The Rose Creek Fest will have many other activities for all ages to celebrate and learn about the creek. Special features include: The Rose Creek Rubber Duck Derby presented by Think Blue San Diego; CreekWalk led by Friends of Rose Creek; a communal mural-painting project; bird-watching with San Diego Audubon Society; an environmental magic show with Dr. Wilderness; bird-of-prey demonstrations by The Raptor Institute; and activities for all ages provided by Ocean Discovery Institute.

For more information about the inaugural event, the marsh cleanup and volunteer opportunities, visit www.rosecreekfest.org.

Staff and contribution


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High schoolers continue tradition of growing, releasing school of fish at Crown Point

By MARIKO LAMB | Beach & Bay Press

Students in Dave James’ marine-science class at La Jolla High School (LJHS) have been growing, tagging and monitoring 31 white sea bass throughout the course of the semester as part of Hubbs-SeaWorld Research Institute’s (HSWRI) greater marine-stock replenishment program, which first began in the early 1980s. HSWRI researcher Michael Shane led the charge on the hands-on project, showing students how to monitor water quality in the sophisticated classroom aquaculture system, observe and understand various life stages, utilize technology employed in culturing the white sea bass, and tag and scan the fish for monitoring prior to their release in the wild.

“They are part of a larger program called the Ocean Resources Enhancement Hatchery Program, and we’ve released nearly two million fish through that program up and down the coast of Southern California,” said Shane. “These fish will become part of that larger overall program, and these students are helping to replenish stocks of white sea bass, which have declined since the early 1950s.”

By the time the fish were ready for release on Jan. 24 in Crown Point Park, students had learned the intricacies of sustainable fishing, the importance of aquaculture systems and how to monitor water quality and calculate waterflow-turnover rates during their lessons throughout the semester.

“They can actually compare with other schools that are participating and see how fast their fish are growing,” said Shane. “Certainly the important message is our responsibility for the environment and sustainability of seafood and aquaculture.”

The fourth annual Blessing of the Animals in Old Town San Diego State Historic Park attracted more than 500 attendees and their pets this past Sunday. This was the highest attendance recorded in the event’s history. From a blue tongued lizard to a wolf hybrid dog, all animals were blessed by Monsignor Mark Campbell.

Participating exhibitors included animal adoption agencies such as the Chihuahua Rescue of San Diego and Shelly’s Shelter. Chopper the Biker Dog and Sindi Somers were on hand to entertain and educate the crowd. Sponsored by Old Town’s Fiesta de Reyes, the event also featured a pet costume contest and a pet and owner look-a-like contest.

Historically, this event has been happening for more than 300 years—dating back to the 1700s. The present day event is modeled after annual Benediction of the Beasts which celebrates St. Anthony of the Desert, the Patron Saint of Animals. For more information about Blessing of the Animals, call 619-297-3100.

FISH FACTS

By the end of the hands-on project, 22 of the sea bass survived, following casualties from euthanization due to physical damage. Four of the fish were turned over to the California Department of Fish and Wildlife for health evaluations to look at growth abnormalities and parasites. A total of 18 fish were cleared for release on Jan. 24.

The average total length of the fish increased from 174 millimeters to 215 millimeters. The average weight increased from nearly 53 grams to more than 92 grams.

Enjoy the beauty of Old Town

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All Beasts Blessed in Old Town Last Sunday

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Police, FBI nab suspect in 2010 bank robberies

Police detectives, in cooperation with the FBI, have arrested Bryan W. Lesure, 50, on suspicion of pulling off a pair of bank robberies in Pacific Beach in July and August 2010.

On July 12, 2010, just before 3 p.m., a man entered the Bank of America at 900 Garnet Ave. and waited in the line of customers before he was called to a teller window. The suspect approached a teller and gave him a note demanding cash. The suspect also told the teller not to give him any tracking devices. The teller gave the suspect cash and he fled.

On Aug. 13, 2010, shortly after 10 a.m., the same male walked into the Wells Fargo bank at 1,300 Garnet Ave. and approached a teller. The male held up a note demanding cash. The suspect also told the teller that he was serious and asked her if she gave him any tracking devices. The teller gave the male some cash, which he put in his pants pocket before walking out of the bank. The suspect wore a hat and long-sleeved shirt in both cases, according to police. Both robberies were captured on surveillance video.

Robbery detectives working on the case developed information and collected evidence that eventually lead to the identification of Lesure as the suspect. Lesure was arrested Jan. 16 as he was leaving his residence at 1,400 Quivira Road. Lesure was booked on two counts of commercial robbery.

Sentencing delayed in Craigslist murder case

A judge delayed until March 8 the sentencing of three young men convicted of killing 18-year-old Mission Beach resident Garrett Berki in 2011.

Attorneys for the trio requested more time to prepare for sentencing, as each faces long sentences after their conviction of first-degree murder and two counts of robbery. Berki was a 2011 graduate of La Jolla High School.

The gunman, Rashon Abernathy, 18, could get 50 years — 25 years for murder plus 25 years for using a gun in a homicide. Driver Seandell Lee Jones and passenger Shaquille Jordan, both 19, face sentences of 25 years to life.

The prosecutor did not oppose the sentencing delay. Attorneys are expect to file motions for a new trial.

The shooting occurred in Paradise Hill around 10 p.m. after Berki and his girlfriend, Alejandra Foudoa, drove there on May 11, 2011 to buy a computer advertised on Craigslist. They were robbed of money and cell phones. Berki followed the trio into a cul-de-sac where Berki was shot.

Buffalo Exchange set to relocate; just elsewhere on Garnet Ave.

The Pacific Beach Buffalo Exchange is relocating to 1,079 Garnet Ave., just a few doors up the street from its current location. The new store was scheduled to open Jan. 30.

Store manager Danielle Arel said the relocation will give the shop an opportunity to increase its inventory, and the parking lot will be a convenience for customers.

“Parking is always going to be a benefit for the customer,” Arel said. “It gives them ample opportunities to sell and shop.”

The old location was a tight squeeze for the company started a bagless policy, which creates an inventory of unique merchandise.

Along with affordable fashion, Buffalo Exchange is interested in environmental responsibility. In September, the company started a bagless policy, which encourages customers to shop with reusable bags or no bags at all. To raise money for charities and non-profits, the “Tokens for Bags” program allows customers to donate bags instead of using a bag.

Since 1994, the program has raised more than $420,000 and is estimated to have saved over eight million plastic bags.

The new location’s hours are Monday through Saturdays from 10 a.m. to 8 p.m. and Sundays from 11 a.m. to 7 p.m.
LIVE MUSIC

Dr. Bart Mendosa | Beach & Bay Press

South African rock flavor, ‘Nature Girl’ and The Bayou Brothers

The multi-platinum-selling South African band The Parlotones appears at The Griffin on Jan. 31. Part of radio station 91X’s “Next Big Thing” music series, rock aficionados on a budget will be thrilled to learn that tickets for this performance are just 91 cents, though only available at the door. Though they have yet to make the sort of inroads stateside that it has made around the world, The Parlotones perform a slightly folk-edged brand of indie rock, with its best-known song “Beautiful” being heard worldwide via a Fujifilm commercial. Between the sound that indie rock, with its best-known brand of indie rock, with its best-known

The Parlotones perform a slightly folk-edged brand of indie rock, with its best-known

song “Beautiful” being heard worldwide via a Fujifilm commercial. Between the sound that indie rock, with its best-known brand of indie rock, with its best-known

When it comes to tribute acts, The Red Not Chili Peppers, performing with vintage covers, ranging from genre to rock and soul classics like “Louie Louie” and “I Feel Good,” for a sound that’s just about irresistible. The Bayou Brothers have two albums to date, both worthy listens, but this is a band that needs to be experienced live for the full effect.

The Bayou Brothers perform at 9 p.m. on Wednesday, Feb. 6, at Tio Leo’s, 5302 Napa St. 21 and up. Cover TBD. www.tiolees.com


Hey Kids! Here's your chance to win two tickets to Circus Vargas when it comes to San Diego!

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San Diego Mission Bay Park Feb. 22 – March 4

El Cajon Westfield Parkway March 7 – 11

Mira Mesa Mira Mesa Community Park March 14 – 18

Vista Highway 78 at Vista Village Drive March 25 – April 1

Directions: Color the clown and submit it to:
1621 Grand Ave, Suite C, Second Floor, San Diego, CA 92109

Your name: ___________________________
Contact phone: _________________________

Tickets and Info at: www.CircusVargas.org or 877-GOTFUN

MUSTHEAR

Rock fans won’t want to miss a double bill of Roni Lee and Jennifer Batten performing at Brick by Brick on Feb. 1. Lee is a fantastic guitarist and songwriter, best known for writing the song “I Wanna Be Where The Boys Are,” as recorded by 1970s sensations The Runaways. While she never puts on less than a thrilling show, the big draw here will be a rare appearance by legendary guitarist Jennifer Batten. The former San Diegan is perhaps best known for her stint as guitarist with Michael Jackson, but that’s just the tip of the iceberg. To give an idea of her talent, iconic guitar player Jeff Beck asked her to be guitarist in his band for three years. Roni Lee and Jennifer Batten perform at 8 p.m. on Friday, Feb. 1 at Brick by Brick, 1130 Buenos Ave. 21 and up. $10. www.brickbybrick.com

REMEMBER WHEN?

REMEMBER AUNT EMMA’S PANCAKES at the southwest corner of Reed Avenue and Mission Boulevard? Me neither. I think by the time I moved to Mission Beach in 1967, it had already become Uncle Susie’s. It soon morphed into Krishna Mulvaney’s and eventually was dosed to make way for the Promenade Shopping Center. I’ve printed the full menu in the February Pacific Beach Historical Society newsletter. Let me know if you’d like a copy. You can also access it on line — in full color. Email me either way.

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

Jennifer Batten and Roni Lee perform at Brick by Brick on Feb. 1.
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Entree - It's like Taco

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Monday: Detox Avac & Smoothies 20% off Buy 1 Get 1 10% off MF Sashimi Paper - Feed 10+, $34 or 20+, $90

Nightly Specials:

Happy Hour 4pm-7pm

DRINK SPECIALS:

$3 Wells, $4 Fallbrook Wines, $5 Off All Pitchers, 22oz Draft for the price of 1 pint

FOOD: All Apps, Sandwiches, Wraps & Tacos are 25% Off During Happy Hour

TUESDAY

Taco Tuesday’s 5PM-Close
Happy Hour 4pm-7pm

Nightly Specials:
Happy Hour 4pm-7pm

DRINK SPECIALS:

$5 Chicken Enchilada Plate, Baja Fish Tijuana

Wing Wednesday: 2lbs of wings for the price of 1

WEDNESDAY

2 lbs of Wings for the price of a pound

THURSDAY

Thirsty Thursdays:

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Martini Monday:.............$5 over 20 choices! All Day
Wednesday:..................1/2 off Wine Kids Eat Free! Free Pool, Jumbo Beaver

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TJ TUESDAYS

$5 Your Choice Mexican Entree - It's like Taco

Tuesdays on Steroids!

WATCH THE

NHL & NBA HERE!

FOOD & DRINK

 себе as reading it naturally.
prior to the accident, to open a restaur-

ant after he retired from the lifeguard

service. When he didn’t live to do that,

my brother and I decided we would do it

in his memory.”

Doug and Craig had years of experi-

ence in the industry; working their way

through college in restaurants, then

becoming managers at two popular La

Jolla establishments.

To reflect the brothers’ shared passion

for the surf and pay homage to the natu-

ral beauty of Pacific Beach’s proximity to

the ocean, the beach bar was themed in the

spirit of the surf, with grass hut-style

cabanas dotted throughout the restau-

rant, old surfboards adorning the rafters,

and museum-worthy photographs and

surf posters that tell the history of PB’s

rich surf culture interwoven throughout

the restaurant’s cedar-plank walls.

“The whole family — we’re all surfers,

— we’re all surfers, and museum-worthy photographs and surf posters that tell the history of PB’s rich surf culture interwoven throughout the restaurant’s cedar-plank walls.

As a testament to the brothers’ success at creating an encouraging work envi-

ronment, many of Longboard’s employ-

ees have been with the business almost since its inception.

“I actually have employees that go back a decade or more. Some have been with me practically from the start. That’s really rare in the business,” said Doug. “Incidentally, all of my employees will have the opportunity to work for the new owners, so we’re not kicking anybody out.”

Doug said the only employee losing a job is himself.

In the next chapter of his life, Doug and his wife, a retired teacher, plan to

travel around the U.S., visiting with their three grown children and grandchildren in Hawaii, Boston and Colorado.

“Longboards has become more suc-

cessful than our wildest dreams,” said Doug. “We’ve had a good run here. It’s been a popular, fun place here all this time. We’ve been really blessed with all the successes of this business. It’s been phenomenal, but retirement is looking pretty good.”

Due to its popularity, the Trentons have always received a steady stream of offers from prospective buyers with hopes of moving in to its thriving location. This year, they got an offer from unnamed, established restaurateurs who have had success through a dozen other venues in Southern California.

“We’ve always been turning offers away — until this year,” said Trenton. “We got great tenants. They’re really a couple of great guys that promise a healthy future for this business. We gave them a nice long lease, and they look forward to making some changes, some ren-

ovations and basically carrying on.”

Meanwhile, the Pacific Beach commu-

nity can look forward to changes at

1466 Garnet Ave. and the blossoming of

a new restaurant with some big shoes to

fill.

“I want to thank everyone for their support,” said Doug. “We really feel like when you open a new business, it’s a gamble. But we rolled the dice and won, and we’re very grateful for all the patrons over all these many years. It’s been a great time.”

...
Centenarian Harry Bogue lived long, full life as Pacific Beach resident

Harry E. Bogue, 100, of Pacific Beach passed away on Jan. 21 at Vista Gardens Memory Care in Vista, a resident of Pacific Beach for more than 70 years. Bogue managed Pacific Beach Lumber (later Western Lumber) for 40 years, supplying everything the lumber industry needed. Bogue was married to his wife, Mary, for 54 years. They had two sons, Willard and John, and four grandchildren.

Bogue chose the lot because of its central location, looking north to the La Jolla foothills with no trees in sight. As the community grew around him, “Grandpa” was a well-known and popular figure in Pacific Beach, riding his bike through the community. He was known for his yellow scooter and his red motorcycle, which he rode into his 80s. Bogue was a charter member of the Pacific Beach Lions Club in 1940. He was a devoted family man, with six grandchildren and many nieces and nephews.

He was preceded in death by his parents, brother Robert; brothers-in-law Ric Donati and Charles Beckman; and grandson Jonathan. He is survived by his wife, Mary; his sons Willard and John; his grandchildren; and many nieces and nephews.

In lieu of flowers, memorial contributions may be made to Vista Gardens Memory Care in Vista. Share your memories or express your condolences by signing the guest book online at www.dignitymemorial.com.

IN THE NEIGHBORHOOD

O B I T U A R Y

Mary Krimmel, 92, longtime local

Mary Schabacker Krimmel, 92, died Monday, Jan. 21. Mary was born Nov. 20, 1920 in Torrillod, Ont., Canada, daughter of H. Eric and Maud (Bailey) Schabacker. She spent her early years in Erie, Pa.

Mary was preceded in death by her parents; brother Robert; brothers-in-law Ric Donati and Charles Beckman; and grandson Jonathan. She received her BA degree from Wilson College, did graduate studies at Wellesley College and earned her MA degree from the University of Denver. She married John A. Krimmel in 1943.

Mary moved to La Jolla from Denver in 1970, where she made her home with her husband and children.

Mary is survived by her husband; children John E., Bob, Max, Ruth, Margot, David and Sarah; and their spouses. She is survived by six grandchildren and one great grandchild. She is also survived by sisters Elizabeth Beckman, Jean Donati and Sarah Rodenberg; sister-in-law Betty Schabacker; and many nieces and nephews.

At the request of the family there will be no service. Memorial contributions may be made to: Friends of the Pacific Beach/Taylor Branch Library, 4275 Cass St., San Diego, 92109.

“The Caregivers’ Journey”

BY MARSHA KAY SEFF | B O O K S & R E V I E W

As a caregiver, having a big mouth is an asset. If you don’t already have one, you might want to develop one. Because opening your mouth — shouting until someone hears what you’re saying — is one of the biggest parts of being a caregiver.

You are your parents’ advocate now. When they’re too ill to speak for themselves or can’t recall what they wanted to say, you need to speak up.

That doesn’t mean you ignore their wishes. Unfortunately, it means figuring out what your parents want first is the step in getting what they need. Unfortunately, it means figuring out what your parents want first is the step in getting what they need. Unfortunately, it means figuring out what your parents want first is the step in getting what they need. Unfortunately, it means figuring out what your parents want first is the step in getting what they need. Unfortunately, it means figuring out what your parents want first is the step in getting what they need. Unfortunately, it means figuring out what your parents want first is the step in getting what they need.

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Great-grandma isn’t one to mess with, but she’s sensible.

Third-degree blackbelt lends her skills to special-needs children

By MARSHA RAY SEFF

Seventeen pairs of eyes focus on the instructor as she reminds the youngsters to bow and repeat after her: “I promise to keep my hands and feet to myself at all times.”

In the Sea Club Freestyle Martial Arts, off Midway Drive, could be at almost any dojo (school) in San Diego except for two things. First, the volunteer teacher (a great-grandmother in her early 70s with a third-degree black belt in mixed martial arts). Second, the students, outfitted in pint-size gis (outfits) are special-needs children.

Mary Davis of Point Loma has been teaching STRARS — an acronym for socially talented and really sharp children — for four years. Though she has an education degree, she doesn’t have a background in special education. She teaches the 4-through-19-year-olds much like she does her class of kids without special challenges. With the help of 50-year-old instructor Joan Irvine, Davis said, “We learn as we go along.”

Once a stay-at-home mom with three children, she has six grandchildren and one great-grandchild. She began studying martial arts when she was 57, along with one of her daughters. Davis earned her first black belt by the time she was 60.

She said it natural to volunteer to teach what she loves, because Davis used to donate her time as an assistant soccer coach. Bobby Sox manager, Girl Scout leader. Sunday school teacher and Star of India tour guide.

“I try to keep on going,” said Davis, “I basically don’t have any other choices. I attribute that to moving like this.”

While her contemporaries practice the same forms of tai chi, Davis said, she bows.

She spends at least six hours a week with the students. Though she has cut back to six hours a week, she said, “It’s amazing to watch the kids progress from running around to sitting still and listening.”

She said Mathews doesn’t have many language skills, but does well with the class because it emphasizes the visual.

Siobhan Borel, whose 5-year-old son, Liam, is mildly autistic and hyperactive, said the class is helping him, too.

“This is something positive that he comes to and has fun,” said Borel. “Everywhere else, people tell him, ‘Don’t. Don’t.’ Here, the kids are accepting.”

Meanwhile, Borel said, “They talk about social skills and learn to say ‘Please’ and ‘Thank you.’

With the children’s attention on her, Davis reminds them, “We stand at attention and say, ‘Yes, ma’am.’ We need to be really good listeners.”

A youngster responds, “You treat everyone the way you want to be treated.”

Brett Russ, who often works out with Davis, said, “She’s proof your life can go on to the fullest as long as you keep moving and stay active.”

For more information about the class for special-needs children, call USA Freestyle Martial Arts at (619) 224-9600.

Great-grandma isn’t one to mess with, but she’s sensible.

Third-degree blackbelt lends her skills to special-needs children
Go Green 4 Education is getting ready to make its next donation to the elementary schools of Pacific Beach at the end of this fiscal quarter. Residents can help make it a big one by signing up today at Go Green 4 Education.org. It costs nothing but helps the schools greatly, according to organizers. Participants enjoy coupons for local retail shops, restaurants and services that are left in participants’ crates on a weekly basis.

Go Green now has sponsorships available that include advertising perks. For more information, call Destry at (619) 636-5179.

MISSION BEACH CURIOUS ABOUT MISSION BEACH HIGH SCHOOL? Join the next campus tour dates, visit www.sandi.net/dir. Middle School students will be volunteering in human language and cultural gaps and a music program. Parents will be volunteering in human language and cultural gaps and a music program.

PB MIDDLE SCHOOL Pacific Beach Middle School is hosting two teachers from the University of Zurich in Switzerland, Roman Bernath and Severin Weilenmann are here to learn from us, but we feel like it’s the other way around. We learn so very much from them. They teach our students to compare aspects of culture, language, customs, and educational systems,” said Jennifer Sims, IB coordinator for PB Middle. “The teachers will be volunteering in humanities, visual arts, and physical education classes at PB Middle until mid-February. At PB Middle, international partnerships are just one way we strive to provide meaningful international experiences for our children: right here in our own backyard.” To learn more about PB Middle or check for campus tour dates, visit www.sandi.net/pbmiddle.

KATE SESSIONS ELEMENTARY • Kate Sessions students will show off their best dance moves at the annual school dance on Friday, Feb. 8 from 5 to 8 p.m.
• Friends of Kate Sessions will hold its monthly PTO meeting on Tuesday, Feb. 12 at 6:30 p.m.
• Watch out, Hollywood. The Sessions student council has planned a “Dress like a Celebrity” spirit day for Wednesday Feb. 13.

PB ELEMENTARY • The Friends of Pacific Beach Middle School (FOPBE) will hold its monthly PTO meeting on Wednesday, Feb. 6 at 6:30 p.m.

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Bedroom

1573 Copa de Oro, La Jolla, CA

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