OB Holiday Parade to jazz up heart of OB, brighten season

By BART MENDOZA | THE BEACON

While some folks start their holiday countdown around Thanksgiving Day, most in San Diego know the season of merriment really doesn’t start until the first Saturday in December when the annual Ocean Beach Holiday Parade kicks off. Now in its 33rd year, the Ocean Beach Town Council-sponsored event takes place this year on Saturday, Dec. 1, with a start time of 5:05 p.m. It’s a full day of activities and fun for the whole family. Making this an extra-special happening, this is the only night-time parade in the area, with the twinkling lights on the floats in this year’s event injecting an extra-magical feeling of the holiday season of  merriment.

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ARRIVAL OF COMMUNITY TREE HERALDS SPIRIT, HOPE

By BART MENDOZA | THE BEACON

A 24-year-old, 65-foot-tall community Christmas tree made the annual trek to Ocean Beach to signal the beginning of the holiday season for locals and visitors. The star pine, pledged by a local property owner on W. Point Loma Boulevard, made the slow, careful journey through the streets, finally reaching its destination at the foot of Abbott Street and Newport Avenue in the heart of Ocean Beach on Nov. 27. Local school children will have an opportunity to decorate the community tree on Nov. 29 from 9 a.m. to noon, and the tree itself will be lit on Saturday, Dec. 1 prior to the 33rd annual Ocean Beach Holiday Parade.

Possible new city park idea inches forward— but still at snail’s pace

By TONY DE GARATE | THE BEACON

If there’s ever to be an official, city-sanctioned park at the southeast corner of Nimitz and Famosa boulevards, the first step — albeit a baby step — may have taken place during the September meeting of the Peninsula Community Planning Board (PCPB).

The land has been informally used as a seasonal treasured patch by bike riders, who groomed the soil to practice jumps and other stunts. Recently, a group calling itself Freeride Famosa developed a plan calling for bike trails, hiking trails and a community garden.

But the land is designated in the Peninsula Community Plan as multi-family residential zone, and is owned by the San Diego Housing Commission. The PCPB voted 11-1-1 to change the area’s community plan land-use designation from residential to park and recreation

Community coalesces as shooting victim makes strides from injuries

By SCOTT HOPKINS | THE BEACON

On the day after Thanksgiving, the caring Peninsula community came together to support a local 20-year-old man and join his family in giving thanks he is still alive.

An outpouring of support during a fundraising dinner for critically injured Point Loma graduate and shooting victim Will Barton is welcomed to the fundraiser by organizer Rhonda Pitta at St. Agnes Church on Nov. 23.

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Community park plan makes strides from injuries

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OBCDC reshapes board; gateway project completion tops New Year’s list

By PATRICIA WALSH | THE BEACON

The Ocean Beach Community Development Corporation (OBCDC) is getting a jump on the New Year by welcoming new members to its board and starting work on Phase II of the North OB Gateway Project, which the city currently has out to bid.

“We are eager to complete Phase II and glad it’s happening,” said Tom Perrott, newly-elected president of the OBCDC. “It will give a beautiful entryway into Robb Field, probably one of the most utilized parks in San Diego.”

The OB Gateway Project, which has been in the making since at least 1997, is located at Sunset Cliffs and West Point Loma boulevards. Phase I of the gateway project was unveiled in January and features a new public plaza, shade trees, bike racks, a water fountain, and sidewalk and crosswalk improvements.

Phase II of the project is to include an Americans with Disabilities Act (ADA)-compliant pathway that connects with Robb Field, irrigation and lighting on the bottom half of the entryway, planting of native drought-tolerant vegetation, removal of the fencing blocking the entryway to Robb Field and construction of retaining walls and art stands to house local artwork, according to Ann Kelsey, OBCDC board member. When complete, the project is expected to cost $6.5 million with funds coming from the city, county, Hervey Family Fund and private donations.

The OBCDC also has a new executive board and two new members on its board of directors. The new executive board is made up of Perrott as president, Craig Richardson as vice president, Brian Pottinger as treasurer and Jill Chorak as secretary. Perrott and Pottinger have both been on the board for over seven years. Pottinger is past president and he and Perrott have been instrumental in seeing the North OB Gateway project to fruition, according to Kelsey.

“Brian, Craig and I all bring landscape architecture/engineering backgrounds to the executive board and will be instrumental in the completion on the gateway, as well as on future projects that the OBCDC takes on,” Kelsey said. Two members new to the OBCDC board are Larry Wasserman and Steve Haynes. Wasserman has served on the Ocean Beach Town Council and has been a longtime OB resident. Haynes is a local attorney and will assist with the oversight of the organization’s low-income housing and other projects moving forward, Kelsey said. Other members on the board are Dave Martin, Shaina Gross, Khris Tabaknek and Kelsey.

The OBCDC meets at 6:30 p.m. on the third Tuesday of every month at the Ocean Beach Recreation Center. The public is invited to attend or contact the OBCDC with any questions. For more information, visit www.obcdc.org.

On vacation with the Peninsula Beacon

John and Phina Cloughley take their Peninsula Beacon on a holiday to Rome, Italy. The couple is sitting in front of the famous Colosseum used for gladiatorial contest and public spectacles like mock sea battles, animal hunts, executions, re-enactments of famous battles and drama.

Craig and Christine Fassett of Point Loma take their Beacon along during a visit with friends in Chicago. This photograph of the couple was taken at the popular The Bean feature in downtown Chicago by Pam Voss and daughter Jennifer at the end of summer. “I’m a devoted reader of the Beacon and have loved seeing photos of people holding your newspaper all around the world!” said Christine.

Izzy Skidmore (in blue), a longtime Point Loma resident and her family, including Mark and Dana Skidmore and Jay and Susie Skidmore, recently completed a nine-day tour of Cuba. Though there is no free press in Cuba, the family brought its own Peninsula Beacon to the famous Plaza de la Revolucion, and other historic sites throughout Cuba, which they said “is a most fascinating country of contradictions.”

Lisa and Bob Hartman of Ocean Beach took along the Beacon on their recent trip from Lee’s Ferry to Diamond Creek on the Colorado River. During the 16 days of wilderness travel they enjoyed delightful weather and a grand adventure. The Beacon accompanied them down 238 miles of the river.
A professional crew from the city’s Building Maintenance/Facilities Division descended on the Ocean Beach lifeguard tower this month to launch into a facelift of the weathered building. The makeover was made possible by a surprise $20,000 boost in discretionary funds from the office of District 2 City Councilman Kevin Faulconer and a matching disbursement from San Diego lifeguards.

Until the unexpected decision, repair work on the disheveled lifeguard tower had been up in the air, but money saved in overhead costs at Faulconer’s office allowed the councilman to reinvest the money into something worthwhile, according to Matt Aubrey, director of communications for Faulconer.

Faulconer himself said no one seems to remember the last time the Ocean Beach lifeguard tower got a makeover.

“This is our gift to the people of Ocean Beach in order to make the building look nice and presentable for the upcoming holiday season,” Faulconer said. “I felt strongly that this facility needed to be upgraded to reflect the pride of the men and women who work here [at the lifeguard tower] and to protect our families and the community. [The facelift] was long overdue and it looks great.”

Chief Rick Wurts of San Diego Lifeguard Services said he, too, was extremely happy with the outcome of the makeover.

“I am glad we could give my [lifeguard] team and our community what they so long deserved, an attractive building to work in and to look at,” said Wurts. “Councilmember Faulconer deserves a lot of credit for his initiative, pushing this remodel of the tower. He and I communicate on a daily basis. He has a lot of concerns for all community aspects. This was great leadership on his part.”

Once the makeover funding was in place, the city crew got to work.

Longtime city worker and professional painter Wayne Hurst and a crew of five set to water blasting, priming and painting the lifeguard tower, restoring it to its former glory. According to Hurst, salt air had created a chalky buildup on the building, forcing workers to water blast the entire structure first. The crew worked to ensure the washed-off mix did not get into the storm drains.

After prepping the metal frames on the building in order for the primer to stick, the exterior of the tower was primed to bond the paint.

It was not immediately clear whether the structure might need one or more coats, “depending on how [the paint] covers,” said Hurst.

“We’re down to a skeleton crew of six, but we get the job done expertly,” he said. “No matter what people say, we’re pushing this remodel of the tower, restoring it to something the men and women who work here [at the lifeguard tower] and to protect our families and the community. This looks great.”

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O’Bistro

4934 Voltaire Street (between Cable & Bacon) in OB
619.223.2202

Full Bar ♦ Private Parking
Breakfast, lunch & Dinner Daily

Introducing

Early Bird Dinner Classics

$12.00 and less

Daily 4-6PM Starting December 1st.

♦

That’s it for the advertisement portion of this announcement.
Now, here’s the invite section:

In Celebration of our 6th Birthday,
We invite you to sample some of our favorite items.
Everyday for Six Days, beginning Dec. 1st, 4-6PM,
Join us for Menu Samplers
*Beverage purchase is required.
*Other restrictions apply.

While you are here, enter our raffle for a Gift Certificate.
Artist makes a splash on guardrail outside skate park

A new display of public art that greets commuters entering Ocean Beach where Interstate 8 ends at Nimitz Boulevard has been embraced with honks of approval and appreciation from drivers.

The ocean scene of cresting blue waves that adorns the concrete guardrails in front of the Ocean Beach Skate Park was created by artist Katy Helen Stockinger.

Stockinger, who got her start in the art world in 2009 marketing her works at the OB Farmers Market, donated her time and talent for the project while the Ocean Beach Community Development Corporation (OBCDC) paid for supplies. She said she choose a wave scene because when people arrive in Ocean Beach, they have an expectation of reaching the ocean.

In 2009, Stockinger started selling her paintings at the OB Farmers Market. That’s when she quit her office job to work full time as an artist. There, she was inspired by the multitude of dogs, which led her to create the first of her signature Petraits, whimsical pet portraits that are her main business.

Stockinger also creates art out of retired surfboards and designs specialty hats. Her chapeaus have been honored with opening day at the Del Mar Fair, where she received a first-place grand prize and a first place in the “best flow- ers” category.

Stockinger has a studio in Bankers Hill and sells her work at the farmers market in Little Italy. To see Stockinger’s art, visit www.katyhelen.com.

27 Tips to Drive up the Sale Price of your Home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

In this report you’ll discover how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023.
Savory inaugural weeklong dining experience to showcase OB’s best

This year’s inaugural Ocean Beach Restaurant Week will provide the perfect excuse to venture out and experience what the scrumptious food, friendly people and hard-working merchants in OB are all about. The event will run from Dec. 3 through Dec. 7. For five mouth-watering days, Ocean Beach will transform into a foodie’s paradise with more than 20 participating restaurants offering special discounts and prix fixe menus options for breakfast, lunch and dinner.

“We have it all here in OB—caches, bistros, dels, pubs, five-star dining,” said Chris Stauros, owner of the Olive Tree Marketplace and Kebo’s Café. “We’re inviting all of San Diego to venture out to our little beachfront community and revisit an old favorite restaurant or discover a new one.”

The idea for a hyper-local week highlighting the best dining options in the coastal neighborhood stemmed from the innovative minds of Stauros, Kevin Alsobrook from Nick’s at the Pier; Dave Martin from Ocean Beach Hotel; Mike Zourasoglou from Raglan Public House and Norma Slamann from Newbreak Café and Coffee as a way to revive the nearly disbanded Ocean Beach Restaurant, Entertainment and Lodging (OBREL) group, which launched two years ago.

“Restaurant Week is an opportunity to eat delicious food and it’s also a chance for our business community to come together and showcase the great things OB has to offer,” said Alsobrook. “Most of the participating restaurants are locally owned and operated and have been for years, and we’re very proud of that.”

From coffee shops to burger joints, fine-dining restaurants to brewpubs, Ocean Beach has a world of lip-smacking food, exquisite wines and craft beers to discover. No tickets or passes are required. Simply stop by or make a reservation at any of OB’s participating restaurants. To see what the community has to offer during Restaurant Week, visit www.oceanbeachrestaurantweek.com or call (619) 224-4906.

Here are the participating restaurants:

- Arizona Café
- BBQ House
- Bo Beau Kitchen
- Chris’s Lasagna
- Daybreak Island Grill
- Espresso Piza Restaurant
- European Cake Bakery
- The Joint
- Jungle Java
- Kebo’s Café
- Lighthouse Ice Cream
- Newbreak Coffee & Café
- Newyork & Quik Stop Liquor
- Nick’s at the Pier
- OB Noodle House
- Old Townhouse Restaurant
- Olive Tree Marketplace
- Porta Pizza
- Raglan Public House
- Shades Oceanfront Bistro
- Sessions Public
- Sunday
- The Venetian

“Ocean Beach” Restaurant Week is an opportunity to eat delicious food and it’s also a chance for our business community to come together and showcase the great things OB has to offer. Most of the participating restaurants are locally owned and operated and have been for years, and we’re very proud of that.

KEVIN ALSOBROOK
Nick at the Pier

Man who robbed teens of cellphones to learn fate
An Ocean Beach man is awaiting sentencing Dec. 19 after pleading guilty to robbing two 14-year-olds of their cell phones at knifepoint on Oct. 29.

Gioben Perez, 19, could get up to four years in prison under an agreement he made with San Diego Superior Court Judge Dwayne Moring, according to court records.

At the time of the robbery, Perez was on probation for a stabbing of a 20-year-old man that took place on Newport Avenue on April 14. The victim suffered injuries to the neck, hands and head.

Perez pleaded guilty to felony assault in that earlier incident and had been sentenced to 180 days in jail.

Perez could receive more jail time for the violation. The judge may impose only a concurrent sentence for the violation.

— Neal Putnam

POLICE
Police, FBI probe bank robbery on Rosecrans
The police department’s Robbery Unit and the FBI are investigating the Nov. 21 robbery of the American West Bank in the Roseville/Fleetridge neighborhood, during which the suspect claimed to have a bomb.

The man entered the bank on Rosecrans Street and demanded money around 5 p.m. before placing the device on the counter and fleeing. Officers arrived and determined the device to be a fake.

The suspect is described as a white male in his 30s, about 5 feet 8 inches tall and thus with short brown hair. He was last seen wearing a gray beret, gray striped shirt, denim shorts, flip-flops and carrying a black backpack.

PLNU takes second in hunger food drive
Point Loma Nazarene University (PLNU) took second place this year in the Colleges Hungry Fund Drive, sponsored by the Hard Rock Hotel San Diego. PLNU students donated about 4,500 pounds of food, a 5.99 percent increase from last year’s 90 pounds.

The dramatic increase can be partially attributed to the new opportunities for donations available through PLNU dining services and to students doing a “walk and knock” campaign in local neighborhoods. Donations were also received at PLNU’s annual Fall Festival community event, online and in the local Point Loma Fresh and Easy.

PLNU placed second to San Diego State University. The winning schools achieved the highest amount of donations calculated as pounds-per-student.

PLNU gave the equivalent of 1.3 pounds per student.

PHILOLAWYER
Obama readying 2013-14 directories for merchants
As 2012 comes to a close, the Ocean Beach MainStreet Association (OBMA) is preparing the local merchant directories for 2013. OBMA has decided to offer the December 2012 ad rates until the end of 2014.

As an incentive, the OBMA has decided to offer the December 2012 ad rates until the end of 2014.

The directories for merchants will be available through the directory signup program. As an incentive, the OBMA has decided to offer the December 2012 ad rates until the end of 2014.

La Playa Trail Association to hosts history talks
Beginning Jan. 22, The La Playa Trail Association will launch a series of informative programs to share the history of the Point Loma area. The first in the series is “Beauchamp and Cabrillo: Dawn of San Diego,” which will take place Jan. 22 at 6:30 p.m. at the Point Loma Library.

Sawyer will be joined by Harvey K. Firestone, who will present a talk titled “Beauchamp and Cabrillo: Dawn of San Diego.”

For more information, contact the La Playa Trail Association at info@laplayatrail.org or call (619) 224-4906.

OBITUARY
James Michalina, 61, Vietnam War veteran, loving husband

James R. “Jimmy” Michalina was laid to rest away on the morning of Nov. 15 from pancreatic cancer. He fought the good fight. He was 61.

Born in Rome, N.Y., to the late Joseph and Mary Michalina, young Jimmy served in the Army in 1969 and served in the Vietnam War as a door gunner on a Huey helicopter. Jimmy was extremely proud of his military service and was a proud veteran of 40 years.

After getting out of the Army, Jimmy moved to San Diego. He worked at BAE Systems San Diego Ship Repair (former- ly Southwest Marine) for 28 years. He was well respected and very highly regarded by everyone on the San Diego waterfront.

Jimmy married the love of his life, Liz, on Nov. 14, 1987 and the couple has just celebrated its 25th wedding anniversary. Jimmy was a wonderful husband, a great friend and loved to ride his Harley (“Big Blue”). He truly was one of the good guys. He will be fondly remembered and sorely missed by many.

Jimmy is survived by his wife, Liz, sister Jeanne Marsh of Cicer, N.Y.; sister Connie Izzo of Rome, N.Y.; brother Joe Michalina of Creedmoor, N.C.; sons James Michalina Jr. of Kennecwick, Wash.; daughter Dianna Pankey of Riverside; nieces, nephews and countless friends.

A memorial celebration of Jimmy’s life will be held at a later date.
Point Loma may assume more prominent role in Navy's future

More parks, green technology in the future for San Diegans

COUNCILMAN KEVIN L. FAULCONER

I’m honored to work every day with San Diegans to protect our beaches, bays, county and land-use decisions. We’ve achieved several victories recently that will preserve open space and bring new parks and waterfront revitalization options to our city, all of which will have a real impact on our daily quality of life.

• Greater waterfront access becoming a reality

I’m proud to be at the forefront of bringing new life to San Diego Bay. As chairman of the North Embarcadero Visionary Plan Joint Powers Authority, I’m working on civic projects that represent our city concrete along the bayfront, grass and public art. Two big coastal park projects reached major milestones this fall:

Ruocco Park, located at the corner of Harbor Drive and Pacific Highway, brings 1.3 acres of recreational space to San Diego. The park is made possible thanks to generous grants from the Ruocco family and management by the United Port of San Diego.

One mile north of Ruocco Park, a parking lot adjacent to the iconic San Diego County Administration Building heads downtown is the verge of conversion into eight acres of parkland. The County Administration Center Waterfront Park will feature a children’s play area, garden rooms and interactive fountains. I commend the county board of Supervisors for adding to the momentum of waterfront redevelopment.

These two projects are just the beginning of the North Embarcadero revitalization project at Harbor North Drive and Broadway. When Phase III continues to be funded, we will enjoy a bayside linear park three times wider than today, a pedestrian path, a waterfront park and groves of jacaranda trees. Combined, these parks will better link us to our most valuable asset — the bay — and these parks will better link us to our community. The Quivira basin park will connect to the San Diego River trail and bicycle path, public art, and 3.3 acres of recreational space that previously existed, making body — consider alternatives.

• Confining San Diego’s leadership in clean technology

From biotech to wireless communication and healthcare, our city is an epicenter of technological innovation. So it should be no surprise that San Diego has the highest penetration of electric vehicles per capita among Californian cities. In fact, the San Diego region is one of 16 metropolitan areas selected by the Department of Energy for a nationwide rollout of electric vehicle charging stations.

In October, the City Council approved a plan to build 117 electric vehicle charging stations in the region, resulting in a nearly 50-percent increase in locations to charge up these alternative energy vehicles. This venture expands upon a public-private partnership that came at no cost to the city.

Over the coming months, look for electric vehicle charging stations to be installed at Pacific Beach (Rees Avenue between Cass and Daves streets), Mission Beach (Santa Clara Avenue and Pacific Avenue Center), Mission Bay Park (South De Anza Cove and Benito Cove West), Ocean Beach (Robb Field, Point), California (Liberty Station) and other locations.

—Kevin Faulconer serves as president pro tem of the City Council and represents District 2, which includes Pacific Beach, Mission Beach, Mission Bay, Point Loma and Ocean Beach.

BRIEFS

CONTINUED FROM PAGE 6

WALTER RUSKIN

During this time of year, we often give thanks to those who have touched our lives and the events that have helped shape who we are.

This year, San Diego resident Chad Little and another man around the world have chosen to raise money for testicular and prostate cancer research by growing Movember beards in part of a statement known as Movember.

Movember mustaches are a way to show support and raise awareness of men’s health issues. The goal each year to train personnel in the use of underwa- ter sound and listening equipment. The first Fleet Sound School was established at the Brest Atlantic Destroyer Base Station San Diego) in 1939.

Construction of the current location was started in December 1942 and the loca- tion total was called Sound School San Diego. Training for submarine sonar operations started the following year. A total of 4,020 officers and 10,934 enlisted men graduated during World War II. Since, the facility has continued to be used to expand. Old buildings were replaced with new parking lots and state-of-the-art training facilities.

Today, about 9,000 officers and enlisted students are trained each year. Courses range from the simplest auxiliary equipment to sophisticated ASW (antisubmarine warfare) systems in existence.

In 1998, the Army built a coastal artillery installation on the site, which remained active until 1945, and in 1999, Fort Rosecrans was turned over to the U.S. Navy.

— BRETT CAPPS

Thankful for Movember and male cancer-research message

OB’S 125TH ANNIVERSARY

OB Christmas Sand Sculpture

The Ocean Beach sand sculptures were a memorable part of OB’s Christmas past. They were discontinued as they became too costly to create each year due to city permits, the cost of security, etc.

The Ocean Beach Historical Society has preserved Ocean Beach History with their collection of photos and other memorabilia. Photos and stories will be shared both on the Ocean Beach Main Street Association (OBMA) website (www.OceanBeachMainStreet.com) and through the 3D News / Peninsula Beacon. People are encouraged to share their memories and photos and become a part of the celebration. Please email them to info@OceanBeachMainStreet.com. Check the Event Calendar on the OBMA website for details on all annual events and be sure to check with OBMA 3D online stores for merchandise!

Point Loma may assume more prominent role in Navy’s future

The Naval Marine and Antisubmarine Warfare Center began in the late 1940s to train personnel in the use of underwater sound and listening equipment. The first Fleet Sound School was established at the Brest Atlantic Destroyer Base Station San Diego) in 1939.

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— BRETT CAPPS

“Cabrillo Monument’s 100-year celebration nears”

Tom Workman, superintendent of the OBMA (Ocean Beach Municipal Association) who last year Cabrillo National Monument will celebrate 100 years as San Diego’s oldest national monument. He said that in celebrating this historic milestone, Cabrillo officials hope to cultivate and expand connections within San Diego, recruit 100 new volunteers and develop relationships within the community.

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and thanked everyone for their help. Najera, who both attended the event elder Barton and Will’s mother, Marie named Will, during the fundraiser.

After two weeks in Scripps Mercy api facility .

nring physical therapy and was moved another week of hospital care, Barton

procedures.

remains a distant goal.

points he is asking for one of his favorite treats: a frosty from Wendy’s. He has

and fellow PLHS class of 2010 member.

relief of family , friends and supporters.

dy improvements daily — much to the back with consistent, small but dramat-

mer firefighter on Oct. 29, has fought the head by a deranged 40-year-old for-

dise and services.

—– perhaps $1 a year, he said. It’s unlikely the city would buy the land because the Housing Commission’s bylaws require the land be sold for fair market value. Patton said. It’s more like-

ly the city might lease the land for a token — perhaps $1 a year, he said. PCPB member Jarvis Russ called the vote “an indication of what the commu-

city wants. All of us know there’s a shortage of parkland here.”

IN OTHER NEWS

— Planning still question the legitima-

s from the recently opened Burlap Restaurant in Del Mar played a huge-

role in the event, Pitta said.

Andrew Intel, a 2003 Pointer alum, brought barrels of avocados and spe-

cially produce from Burlap, along with a $100 certificate to sister restaurant Garabine in Point Loma.

PLHS alumni director Kim Jessop was also credited for informing thou-

sands of former Pointers about the event.

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PARADE CONTINUED FROM PAGE 1

days.

The parade gets the biggest headlines, but it’s just a part of the proceedings. With more than 10,000 people expected on Dec. 1, there will be no shortage of entertainment. The opening of the parade coincides with the lighting of the Ocean Beach community Christmas tree at the foot of Newport Avenue, with holiday activities all over the area until 9 p.m.

Visitors will find a plethora of options, with music, food and a full-fledged Fun Zone taking place in the adjacent Ocean Beach Pier parking lot from 9 a.m. to 9 p.m. Highlights include a skateboard contest sponsored by OB Surf & Skate.

There will also be a crafts fair with more than 20 artists participating at Veteran’s Plaza (Newport Avenue and Abbott Street) running from 9 a.m. until 4 p.m.

“We drawn a good crowd for this,” said Claudia Jack, associate director of the Ocean Beach Town Council committee of 10, with an additional way — Santa’s arrival by fire truck.

According to Jack, all the activities are coordinated by an Ocean Beach Town Council committee of 10, with an additional 75 volunteers on the day.

“All the hard work is very much worth it,” Jack said. “It’s wonderful when people realize they can reach out and help someone else, but there is also the twinkle in the eye of all the children watching the parade and tree lighting. People absolutely love it.”

Jack said it’s all about the giving.

Looking ahead, the OB Town Council is also preparing to host its annual Holiday Homes Decorating Contest on Sunday, Dec. 16 to get locals into the holiday spirit and encourage them about the message of the holiday season. The contest will highlight the best-of-the-best home decorations in the 92107 ZIP code. For more information, call Mike at (619) 316-3401.

The stores on Newport Avenue will come alive with festive creations during the annual storefront-decorating contest, with judging beginning at dusk on Dec. 1.
Join Us for the Ocean Beach Christmas Parade!
SAT. December 1st @ 5:05PM

Fun Zone in the Pier Parking Lot Dec 1 9AM-9PM
Santa Visits at the foot of Newport Ave. • OB Craft Fair Dec 1, 8, 15, 22 11AM-1PM
www.oceanbeachsandiego.com • www.obtowncouncil.org

Newport Avenue is being prepped for fun with all things holiday in advance of the 33rd installment of the Dec. 1 Ocean Beach Holiday Parade — the only nighttime holiday parade in San Diego. Photo by Mike McCarthy

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

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Submit or bring a donation
DEC. 22, DISTRIBUTION @ 5pm

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THANK YOU FOR SUPPORTING THE OB CHRISTMAS TREE FESTIVAL
The annual parade and tree lighting may get the lion’s share of attention each year, but when it comes to the holidays, there is no shortage of entertainment options in Ocean Beach — each for a good cause or an uplifting seasonal experience for participants.

Though the prime part of the season officially gets under way Dec. 1 with the parade and tree lighting, there will actually be a precursor to the main event at the OB Christmas tree location at the foot of Abbott Street on Nov. 29 from 9 a.m. to noon.

“School children from the area will help decorate the tree that morning,” said Claudia Jack, associate director of the Ocean Beach MainStreet Association. “They’ll have a chance to come down and see Santa, bring an ornament and put it on the tree.”

Later that evening, beginning at 6 p.m., there will be an auction to benefit the Ocean Beach Town Council Holiday Food and Toy Drive at the Sunshine Co. Saloon.

“This is a great opportunity to give back to the community, with lots of great items from local merchants,” Jack said.

One of the most popular activities each year is the OB Farmers Market Holiday Concert Series, promoted by Michael Head.

“This year, I am expanding the music and fundraising,” he said. “I am having a December Country Cruzin’ with a food, toy and money drive benefiting needy OB families through the MainStreet Association.

Artists performing include Trevor Green on Dec. 5, Joey Harris and The Mentals, plus the Midnight Pine with Alfred Howard from Henry Gall/McBo Sando on Dec. 12 and King Legend with the Country Rockers’ Rebels on Dec. 19.

“We also put on all of the holiday even more of things you really try to provide OB with a sense of community spirit,” he said. “We collect food, toys and money and the occasional new clothing.

“Hopefully, the donations will help some of the children enjoy their holidays a little more. We’re glad to help Winston’s raise money and offer a spot for toy/food collection.”

He said his favorite thing about the season is much the same as many participants say on the day of the event.

“My favorite part of the holidays in OB is the lighting of the famous OB tree and the parade,” he said. “It’s the signal the holidays have truly begun.”

Meanwhile, one of the city’s most unusual holiday happenings takes place minutes after the end of the parade on Dec. 1 with Holdiiaid and Confused, a musical celebration featuring the songs of Led Zeppelin that takes place at Winston’s Beach Club. Featuring top area cover band Dazed and Confused, the event features three sets of music, starting with an acoustic reading and featuring guest musicians. Admission is $5 or $4 if guests bring an unwrapped toy or can of food.

Event organizer and Dazed and Confused frontman Jason Ott said he believes the holidays are the best time of the year and that he is thrilled to be able to give something back to the community.

“It’s about getting together with friends and family that you don’t usually get to see,” said Ott. “Also, the holidays seem to bring the best in people.”

Led Zeppelin’s music may not be particularly holiday oriented. And Ott agrees — to a point.

“I don’t think Christmas music is our style, but it is definitely going to be a celebration day,” said Ott. “Does it count as Christmas music if we play with Santa hats on? I think our crowd wouldynch us if we went into ‘I’m Dreaming of a White Christmas’ or something.”

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“It’s about getting together with friends and family that you don’t usually get to see,” said Ott. “Also, the holidays seem to bring the best in people.”

Local Led Zeppelin tribute band Dazed and Confused will perform just minutes after the end of the Ocean Beach Holiday Parade on Dec. 1. The show takes place at Winston’s Beach Club.

One of the ultimate goals of the entertainment-based activities in Ocean Beach this holiday season is to bolster the OB Town Council’s annual Food and Toy Drive for disadvantaged families. The volunteer drive takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd., on Dec. 17, 18 and 20. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.
Inaugural Ocean Beach Restaurant Week

Monday, December 3 to Friday, December 7, 2012

The Ocean Beach Restaurant, Entertainment and Lodging Group (OBREL) was created by local business owners under the umbrella of OBMA to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Our mission is to work collectively, as a group, to provide the community with the best we can offer to locals and visitors. To get listed please visit www.oceanbeachsandiego.com/obrel

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Points stung by Hornets in final minutes, bounced from playoffs

By SCOTT HOPKINS | The Beacon

Thanksgiving Day didn’t go as planned for the Point Loma High Pointer football team.

The day was supposed to begin with a spirited practice on Bennie Edens Field in preparation for their CIF semifinal football match the next day against undefeated Olympian — a team that had defeated the Pointers 38-10 in the regular season’s second game.

Yet the wind had already been taken out of their collective sails a week earlier.

After practice ended, an annual tradition known as the “Turkey Show” was to occur, a highly-anticipated water-balloon fight between helmeted coaches and their players.

Instead, warm winds blew across an empty stadium Nov. 22 as players and coaching staff gathered with family and loved ones for an uninterrupted holiday.

“This is my first Thanksgiving in 14 years where we haven’t had a playoff game the next day,” said Pointer head coach Mike Hastings.

A week earlier, the Pointers were eliminated from the playoffs by Lincoln High in a 27-17 battle on Nov. 16 on the winner’s field — a loss that left Pointers players, coaches and fans feeling the Hornets’ sting and leaving team members shaking their heads in frustration.

Much of this frustration had a name: Tyrell Robinson, the 6-foot-4-inch two-way threat for the Hornets, who ruled in all three Lincoln touchdowns and whose diving tackle prevented one Pointer touchdown.

And part of the Pointers’ exasperation was based on the 10-0 lead the Dogs built in the second quarter after a 28-yard field goal by Miguel Alcantar and 14-yard touchdown run by Jamal Agnew. It appeared the Dogs were snarling and ready to avenge a 19-14 loss to Lincoln in the regular season’s third week.

“We were moving the ball so well,” Hastings said.

But with just 1:41 left before halftime, the first real Hornet drive of the night ended with Robinson leaping above a Pointer defender to bring down a 38-yard scoring pass, cutting the Pointer lead to 10-7.

More frustration came on the Dogs’ ensuing drive when Robinson’s shoestring tackle of Agnew, who had caught a pass from Brundin Martin out in the open, changed what had all the

Photo by Scott Hopkins | The Beacon

Point senior Jamal Agnew (No. 35) leaps over a tangle of players to score a four-quarter touchdown to give the Pointers a 17-14 lead over Lincoln in round 2 of CIF playoff action on Nov. 16. The Hornets scored with 1:44 remaining in the game to end the Pointers’ season.

Mike Serrano (No. 78) and Jake Wambaugh (No. 19) assist.

Meet the Pro

Contact Tim Parun, PGA at (619) 222-4653 ext. 205
Play with PGA Professional, Tim Parun. Get four players together, for $25 each you get a nine-hole playing lesson. This is time to get some tips and have fun.

Meet the Pro

Tim Parun, PGA Teaching Professional, is a PGA Member that has improved golfers since 1988 and is a top competitor, earning the title of San Diego Chapter PGA Player of the Year for 2003, ’04, ’06 and ’10. He also competed on the PGA Tour in the 2004, 2005 Buick Invitational, the 2010 Farmers Insurance Open, the 2006 Nissan Open, the 11th Senior PGA Championship, the 2011 Senior Open and the 2012 Senior PGA Championship.

Tim’s teaching philosophy emphasizes drills to improve swing mechanics and a mental approach to “relax and react” for each shot. Tim will show you how to improve your golf game at home with quality

Check Out Our New Menu! Here is a sample of some of our new appetizers!

• Buffalo Chicken
  Three-cheese Alfredo sauce, buffalo chicken bites and chopped celery topped with blue cheese crumbles and a toasted Cheez-It® crust

• Sun-Dried Tomato & Pesto
  Three-cheese Alfredo sauce mixed with pesto and sun-dried tomatoes with a parmesan-panko crust.

• Jalapeño Bacon
  Beer cheese sauce, sliced jalapeños and chopped thick cut bacon topped with a toasted Cheez-It® crust.

• Baked Potato
  Mashed potatoes, sharp cheddar cheese, chopped thick cut bacon, green onions and sour cream with a parmesan-panko crust.

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PLNU ATHLETICS COMMUNICATIONS
MEN’S BASKETBALL

Point Loma is 2-2 on the season and 1-1 at home. The Sea Lions recently defeated Claremont-Mudd-Scripps at the buzzer, 42-40, on a jumper by Weston Elhers. That shot capped off a late Sea Lions comeback in which they were trailing by three points with just 45 seconds remaining.

The Sea Lions have now held their opponents to under 60 points in all four games. PLNU's opponents are averaging just 50.5 points per game and shooting only 37 percent from the field, including 25 percent from behind the arc.

Arren Wells is averaging 7.3 points and 5.7 rebounds as a freshman to lead the team in both categories. Fellow freshman Todd Campbell has done a bit of everything for Point Loma early in the season. He leads the team in assists (15), free throws (11) and total rebounds (18).

WOMEN’S BASKETBALL

The Sea Lions are 2-1 on the season. They opened the year with a 59-46 win over Biola then went 1-1 at the Cal State Los Angeles Thanksgiving Classic.

Carlotta Kloppenburg is leading the team with 14.7 points per game. She scored a career-high 18 points in Point Loma’s 70-43 win over Cal State Dominguez Hills.

Nyla Bailey continues to be a force for the Sea Lions. The senior is averaging 12.3 points and 5.0 rebounds a game. As a team, PLNU is allowing just 53.7 points per game and its opponents are shooting just 29 percent from the field.

WOMEN’S VOLLEYBALL

Kelli LeClair, Natalie Hamill and Nicole Eiler were each named to the National Christian College Athletic Association (NCCAA) All-West Region volleyball team. LeClair picked up first-team honors, while both Eiler and Hamill represented the Sea Lions on the second team.

LeClair was also named to the All-
They entered the Valley View Casino Center sports arena floor on Nov. 23 as Toros de Mexico but became sacrificial lambs against the San Diego Sockers, who ended up posting the all-time record sports consecutive win streak at 41.

With swift matador finesse, the Sockers taunted and dispatched the Bulls amid loud approval. Final score: 1-4. The Sockers maintained their run against the Bulls by Kraig Chiles fell one short of tying the all-time record. Chiles netted a hat trick by halftime and he scored four goals in the fourth quarter, finishing with a league-leading 19 goals in four games. Eduardo Velez added a hat trick with an assist as the Sockers jumped out to a 8-0 lead before conceding their first goal.

The outcome was a forgone conclusion by halftime with a 6-0 margin. With so much of an early lead, the announcer had to goad the crowd to keep up the enthusiasm.

The Toros managed to put some points on the board in the second half, but goalkeepers Riley Swift and Chris Toth were too tough to get past. The Sockers play next in Tacoma on Dec. 1 against the Stars.

Professional Sportswriter
San Diego, California

The young season has been a one-run show for the San Diego Sockers. The team is on a 41-game win streak, breaking the Salt Lake Trappers' 29 wins in a row and/engineering the San Diego Sockers to the top of the USL PDL West. The streak began in the 1-0 win over the Sockers by Kraig Chiles fell one short of tying the all-time record. Chiles netted a hat trick by halftime and he scored four goals in the fourth quarter, finishing with a league-leading 19 goals in four games. Eduardo Velez added a hat trick with an assist as the Sockers jumped out to a 8-0 lead before conceding their first goal.

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The Sports Arena serves as the scene for the 41st straight victory for the San Diego Sockers. The team is on a 41-game win streak, breaking the Salt Lake Trappers' 29 wins in a row and/engineering the San Diego Sockers to the top of the USL PDL West. The streak began in the 1-0 win over the Sockers by Kraig Chiles fell one short of tying the all-time record. Chiles netted a hat trick by halftime and he scored four goals in the fourth quarter, finishing with a league-leading 19 goals in four games. Eduardo Velez added a hat trick with an assist as the Sockers jumped out to a 8-0 lead before conceding their first goal.

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The Neighborhood

THURSDAY • NOVEMBER 29, 2012
THE PENINSULA BEACON

People in the News

HTH Student earns ‘Spirit of Leadership’ award

A host of young leaders — including one from High Tech High in Point Loma — were honored with distinction on Nov. 3 at the annual Jencia Druck Foundation “Spirit of Leadership” gala and leadership conference. Among the recipients will be Jessica Joyce of High Tech High. Each year, hundreds of extraordinary San Diego County college, middle school and high school students are nominated by the community to receive the “Spirit of Leadership” award. Nominations came to a close on Oct. 12. Among the awards to be handed out are those in the areas of community leadership, student leadership, academic leadership, creative leadership, athletic leadership, family leadership, personal integrity and the “undiscovered leader.” The Spirit of Leadership Conference is one of the highlights of this year-round program, and just one of many ways in which the center gives back to the young girls in our community. For more on the Jencia Druck Foundation, visit www.jennadrcf.org.

Brown wins honors for small-business support

Shannon Brown, founder of Brown Marketing Strategies, was among six individuals recognized with honors during the 22nd annual South County Economic Development Council (SCEDC) Summit recently. Brown, a Point Loma resident whose company is based in Ocean Beach, was honored for her leadership in the design of custom residences, restaurants and a hospitality design firm. Before establishing her own firm in 1995, she spent several years working at an architectural firm, model home builder, restaurant and hotel chains, and a hospitality design firm. Her work has been published in numerous national, regional and local publications, including Better Homes & Gardens, Forbes, com, Log & Timber Style, Luxe Interiors + Design, ProWinekitchen, Builder, Ranch & Coast, San Diego Home/Garden Lifestyles, San Diego Magazine and UT San Diego.

Calendar of Events in Old Town San Diego State Historic Park

November

Shop 'N Dine: DATE: Friday, Nov. 23 until Jan. 3, 2013. “To the season to Shop ‘N Dine at Fiesta de Reyes and the Cosopolitan Restaurant!” For every $20 you spend at participating restaurants (or $10 at house gift shops) at Fiesta de Reyes, you'll receive $5 dollars at Barra Barra Saloon, Casa de Reyes, or The Cosopolitan in Old Town. Gaitos may use one $5 coupon for every $20 worth of food and beverage purchased. Not valid with other offers. One card per person. Visit fdiestadereyes.com for more info.

December

Holiday in the Park: DATE: Saturday, December 15 - All of the museums, stores and restaurants in Old Town San Diego State Historic Park will be open and vividly decorated. Enjoy special holiday tours, activities and extended shopping hours, along with storytelling carolers on this evening and do some holiday shopping at the same time. Gifts will also be available at your favorite gingerbread houses in the merchant shops and enjoy chimneys by the bonfires.

62nd Annual Las Posadas: DATE: December 12-30. The centuries-old tradition is being celebrated in old Town San Diego State Historic Park for the 62nd consecutive year. Please join the Park-Milwauke Association as they retrace the biblical journey of Mary and Joseph through the town of Bethlehem. The event begins at 2 p.m. with a musical pre-show in the state park, with the live theatrical procession starting promptly at 3 p.m. A piñata party and briefer follow at 6 p.m. Make this a new holiday tradition for your family. It is sure to be a sight you won’t want to miss.

Bonfire Night: DATE: The week between Christmas and New Year’s Day, a candlelit bonfire will be held every Saturday at the historic bonfires. The bonfire begins at 2 p.m. with a musical pre-show in the state park, with the live theatrical procession starting promptly at 3 p.m. A piñata party and briefer follow at 6 p.m. Make this a new holiday tradition for your family. It is sure to be a sight you won’t want to miss.

The holiday festivities are on at Fiesta de Reyes!

SHOP and DINE: For every $20 you spend at Fiesta de Reyes shop from Nov. 23rd, 2012 to Jan. 6th, 2013 you’ll receive a coupon worth $5 off at Barra Barra, Casa de Reyes, or The Cosopolitan in Old Town. And an additional discount coupon for every $30 of food and beverage you purchase. Coupons valid through Feb. 2013. Not valid with other offers. One card per person per visit. Open 10am – 9pm daily 619-297-3100 www.FiestaDe Reyes.com

Looking ahead

Peninsula area events, Nov. 29 through Dec. 22

THURSDAY, Nov. 29

Local schoolchildren will help decorate the Ocean Beach community Christmas Tree. For more information, call the Ocean Beach Merchants Association (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

Friday, Nov. 30 and Saturday, Dec. 1

On Saturday, Point Loma Naaraean University will feature Concert Choir, Estal and Choral and with a climax with a choir of 140. The Concert Choir and Choral, under the direction of Dr. Daniel J. Parker, will perform both inspirational and entertaining music throughout the event. Additional performers include the children’s soloists, duets and quartets of Christmas favorites. This hour of family entertainment will be held at 1 p.m. at 3 p.m. “We Now of Christmas,” “Joy to the World,” “Redolled the Red Nose Reindeer,” “Christmas favorites accompanied by a live orch- estra. Come share some music and a cup of hot chocolate and enjoy this holiday family sharing.

Celebrations in Old Town San Diego

Point Loma’s Nutcracker Ballet cast in “The Nutcracker” ballet

Britt Mari Heramb, a 14-year-old from Point Loma, will dance the role of Clara when the San Diego Ballet Company (SDB) launches its presentation of “The Nutcracker” beginning Dec. 1. Heramb, who attends Point Loma High School, has been dancing with the SDB for the past three years. “I have been a ginger snap, a Russian bear, a candy cane, almost every role,” said Mari, “but finally I get to dance Clara.” said Mari. “I am deeply honored and humbled to be chosen for the role of Clara and I am very excited that I will get to perform this long-time dream.” Heramb will share the role with Sabina Schaffer, 15, of La Jolla.

The San Diego Ballet’s Nutcracker features an international cast from China, Japan and the U.S. as well as San Diego Ballet School’s children from all over San Diego County. The Nutcracker will be performed on the Truston Road in Liberty Station.

Performances are: Dec. 1 (7:30 p.m.) and Dec. 2 (2:30 p.m.) at The Birch Movie Theatre and Dec. 16 and 23 (10:30 a.m.) and Dec. 27 (7:30 p.m.) at the Mandeville Auditorium, 2333 Broadway (tickets and information, call (619) 294-7778, sandiegojazzballet.com, or visit www. sandiegoballet.org).

Kim of Liberty Station earns academic honors

Thomas Kim, a sophomore boarder student at St. Andrew’s-Sewanee School, was recently named to the Tennessee school’s Honor’s List. Thomas is the son of Eileen and Michael Kim of Point San Diego. In addition to his outstanding academ- ic record, Thomas is a member of the school’s varsity football team and was recently named to the team’s first team.

Point Loma’s forerunner joins Peace Corps in Romania

Point Loma resident Whitney Skala has recently been appointed to the Peace Corps. Skala, a 2011 graduate of Point Loma High School, joined the Peace Corps in Romania over a year ago and is making contributions in a big way. After one gruaduae from PLHS, forerent went to ou the University of California, Irvine, where she graduated in 2009. Forerent moved to Alaska’s northern most point, Barrow, where she ran a middle school library for two years. But one of the corals of her life was to serve in the Peace Corps, and she left her good-paying job in the spring of 2011 to volunteer to teach English at Mures County, a remote town while living in a small remote rural community called Focsani.

To support this tax-deductible effort, visit donate.peacecorps.gov/index.cfm?aid=201&repid=15688&contrib=prop/PotentialProjectIDcde=304-144.

SATURDAY, Dec. 1

• Fun Zone in the Ocean Beach Pier parking lot with entertainment and many other activities from 9 a.m. to 9 p.m. For more information, call the Ocean Beach Merchants Association at (619) 297-3100.

• Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• Ocean Beach Pier parking lot will feature the annual Christmas Tree Parade starting promptly at 10 a.m. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• Beach Street will be decorated with lights and festive decorations,商家 will be open and ready to share their goods. For more information, visit www.obtowncouncil.org.

• The Point Loma Artists will have their annual Cafe Ruca at 11 a.m. to 3 p.m. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• Ocean Beach Street Festoon Decorate Contest judging at dusk. For more information, call the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

SUNDAY, Dec. 2

• Fun Zone in the Ocean Beach Pier parking lot will feature the annual Christmas Tree Parade starting promptly at 10 a.m. For more information, call the Ocean Beach Merchants Association at (619) 297-3100.

• The Artists Realty from 9 a.m. to 3 p.m. For more information, visit the Town Council at (619) 515-4400, or Claudia Jack at (619) 846-6269, or visit www.obtowncouncil.org.

• Point Loma’s Nutcracker Ballet will have their annual Christmas Show at Point Loma Naaraean University will feature Concert Choir, Estal and Choral and with a climax with a choir of 140. The Concert Choir and Choral, under the direction of Dr. Daniel J. Parker, will perform both inspirational and entertain- ing music throughout the event. Additional performers include the children’s soloists, duets and quartets of Christmas favorites. This hour of family entertainment will be held at 1 p.m. at 3 p.m. “We Now of Christmas,” “Joy to the World,” “Redolled the Red Nose Reindeer,” “Christmas favorites accompanied by a live orch- estra. Come share some music and a cup of hot chocolate and enjoy this holiday family sharing.

• Point Loma Naaraean University’s Wind program, headed by Philip Tyler and augmented by members of the University of California, San Diego, will perform a fall/winter concert series with “Messi- ah,” now being performed for 60-plus seasons. The final performance in the series on Dec. 2 will feature the singer-songwriter Peder Pedersen brings Handel’s “Messiah” to life and is performed by the Choral Union of San Diego and the UCSD Wind Ensemble.

• Division 2: Six students chosen by audition. The orchestra is anchored by PLUNU’s string program and augmented by members of the wind program, headed by Philip Tyler and Prof. John Daily respectively, as well as...
Holiday Food Safety Tips for your Pets

Nothing can ruin Thanksgiving weekend faster than a cat or dog that gets a hold of turkey day leftovers. To make this holiday easier on you, your pet and your purse, here is a list of foods not already in your pet’s diet:

- **Onion-y Things:** Onion does make things taste good, but it is toxic to dogs and cats. In addition to the vomiting and diarrhea that will occur if your pets get a hold of your onion-infused stuffings, a larger medical emergency may occur as onions (garlic, leeks, and chives too) are poisonous to the red blood cells of cats and dogs.
- **Bony Things:** This applies to humans, too! To avoid a choking incident, do not give your pets any food that is hard, sharp, or too large to swallow.
- **Foreign Foods on Vacations:** Be cautious of your Thanksgiving Turkey? No? Well neither should your pet. If you wouldn’t serve it to company, then don’t give it to your pet.

Finally, friends and family have the tendency to sneak your pets some scraps on Thanksgiving, even if you’ve made it clear to them you’d prefer they didn’t. To prevent the under-the-table hand off, consider keeping your pets sequestered in another room as you enjoy your holiday dinner.
Get a Flu Shot – Not the Flu
By David Snyder

Now is the time to protect yourself against the flu by getting your flu vaccine early, before the season hits full force. Medicare covers the flu vaccination, along with many other preventive-health services. People with Medicare can get the flu shot at no cost to them. There’s no co-insurance, copay, or deductible.

Keep in mind that the flu shot helps prevent the flu; it doesn’t give you the flu. Getting the vaccine is the best way to avoid getting sick this flu season. Also, by protecting yourself, you’re protecting those you care about from getting the flu from you. Who should get a flu shot? All adults, especially those 65 years and older. People under 65 should get vaccinated if they have chronic illness, including heart disease, lung disease, diabetes, or End-Stage Renal Disease (permanent kidney failure). Here are some tips to follow during flu season:

• Cover your nose and mouth with a tissue when you cough or sneeze – and throw the tissue in the trash in the trash after you use it. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

• Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.

• Don’t touch your eyes, nose, or mouth. Germs spread this way.

• Try to avoid close contact with sick people.

• Stay home if you’re sick. Wait at least 24 hours after you no longer have a fever (100°F Fahrenheit or 37.8°C Celsius) or signs of a fever without using a fever-reducing medicine.

In addition to flu shots, Medicare also covers vaccinations for pneumonia and hepatitis B if you’re at risk of medium to high risk for hepatitis B. And while we’re on the subject, don’t overlook other Medicare-covered preventive services such as cancer screenings (mammogram, colorectal, prostate) and cardiovascular screenings. Each of these services is critical to your overall health and can help you prevent diseases or detect them early, when treatment works best. Check with your doctor or other healthcare provider to see if you might be eligible for additional, in addition to the flu vaccine.

For more information, visit www.medicare.gov/ share-the-health or call 1-800-MEDICARE (1-800-633-4227).
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sion is free. The event takes place at 3 p.m. at Brown Chapel, 3900 Loma-
land Drive. For information, visit www.point-loma.edu/music.

WEDNESDAY, Dec. 5
Correia Middle School Market, with 
going in the streets and annual Food 
and Toy Drive, 4 to 7 p.m. For more 
information, call the Town Council at 
(619) 515-4400, or Claudia Jack at 
(619) 846-6269, or visit www.obtown-
council.org.

FRIDAY, Dec. 7
• Check out “Holiday Gifts with a Cre-
tive Touch” — the Friday Night Liberty 
event at NTC at Liberty Station from 5 
to 8 p.m. The event will feature discounts 
from unique retailers, art galleries and 
artisan foods; something for everyone 
on your list. Stop by for special exhibi-
tions from High Tech High Students and 
check out “Walk in the Clouds,” the 
world’s first grass-filled gallery insta-
llation. Keep an eye out for the Peace On 
Earth Carolers who will stroll NTC until 
7:30 p.m. The event takes place at 
2640 Historic Decatur Road. For more 
information, visit www.ntclibertysta-
tion.com.

• Point Loma Nazarene University’s 
(PLNU) Music Department continues its 
fall/winter concert series with its 12th 
anual winter concert, led by con-
ductor Philip Tyler, who is a tenured vi-
olin professor and orchestra director. The 
evening will include Gustav Holst “St. 
Paul’s Suite” for string orchestra and 
Johannes Brahms Symphony No. 1 in C 
Minor Op. 68. The program will take 
at 7:30 p.m. at the Crll Performance 
Hall, 3900 Lomaland Drive. Admission 
is free. For more information, call 
(619) 849-2325, or visit www.point-
loma.edu/music.

SATURDAY, Dec. 8 
and SUNDAY, Dec. 9
Two-day “Fort Rosecrans Goes to 
War” event at Cabrillo National Monu-
ment. The event will be chock full of 
World War II military history and a 
Pearl Harbor commemoration and re-
enactment from 10 a.m. to 4 p.m. In 
junction, a “Liberty Swing Dance” 
will be held Saturday, Dec. 8, featuring 
Sue Palmer — the “Queen of Boogie-
Woogie” — and her 1940s-era swing 
band. There will be a free dance lesson 
at 10 a.m.: the dance takes place from 6 
to 9 p.m. Tickets are $15 presale or $20 
the day of event, and can be purchased 
at the Cabrillo Bookstore (619) 222-
4747, or by visiting www.cnmf.org. The 
dance is hosted by the Cabrillo National 
Monument Foundation. For more two-
day information, visit www.cnmf.org.

WEDNESDAY, Dec. 12
Ocean Beach Farmers Market, with 
going in the streets and annual Food 
and Toy Drive, 4 to 7 p.m. For more 
information, call the Town Council at 
(619) 515-4400, or Claudia Jack at 
(619) 846-6269, or visit www.obtown-
council.org.

THURSDAY, Dec. 13
Point Loma Nazarene University’s 
(PLNU) Music Department continues its 
fall/winter concert series with its 
annual Holiday Homes Decorating 
Contest, highlighting the best of the 
home decorations in the 92107 ZIP code. For more information, call 
Mike at (619) 316-3403.

MONDAY, Dec. 17
and TUESDAY, Dec. 18
Ocean Beach Town Council hosts its 
annual Food and Toy Drive in earnest, 
calling on volunteers to package up 
food and toys for delivery to disadvan-
taged families. The volunteer drive takes 
place at the Point Loma United 
Methodist Church, 1948 Sunset Cliffs 
Blvd. Volunteer or bring a donation. For 
more information, call the Town Coun-
cil at (619) 515-4400, or Claudia Jack at 
(619) 846-6269, or visit www.obtown-
council.org.

THURSDAY, Dec. 20
Ocean Beach Town Council hosts its 
annual Food and Toy Drive in earnest, 
calling on volunteers to package up 
food and toys for delivery to disadvan-
taged families. The volunteer drive takes 
place at the Point Loma United 
Methodist Church, 1948 Sunset Cliffs 
Blvd. Volunteer or bring a donation. For 
more information, call the Town Council at 
(619) 515-4400, or Claudia Jack at 
(619) 846-6269, or visit www.obtown-
council.org.

SATURDAY, Dec. 22
Delivery of food and toy packages for the 
Ocean Beach Town Council Food and 
Toy Drive to aid disadvantaged fam-
ilies. Distribution begins at 8:30 a.m. 
For more information, call the Town 
Council at (619) 515-4400, or Clau-
dia Jack at (619) 846-6269, or visit 
www.obtowncouncil.org.