King tides to rise

Expect extremely high and low tides in San Diego this week

Like life, there will be highs and lows with ebbs and flows this week. But unlike most weeks, the highs will be like, “I just won Mega Millions”; and the lows will be like reeling, “This is last week's ticket.” The best way to deal with it! Grab a camera and document the drama.

“King tides,” as the highest annual tides are called, provide a peek of what the state can expect from sea level rise in the coming years. “King tides give us a glimpse of the potential new normal’ along the California coast,” said Coastal Commission executive director Charles Lester. “These extreme tides may become routine in coming years.” After five seasons of sea-level rise outreach, the California King Tides Project now seeks to build partnerships with citizen scientists, including students and local residents, to photograph these ultra-high tides, which highlight the way homes, harbors, and other infrastructure, as well as beaches, wetlands, and public access to the coast, may be affected by sea level rise. The photos that you take this week and share at california.kingtides.net help scientists and managers better plan for flood risks, and give you a way to participate in the science that will drive decisions in your community.

Ocean Beach loses a friend; community mourns Hardin

Mike (Bossman) Hardin was more than just hamburgers and Hodad’s. He was a friend, father and favorite son of this eclectic beach community, nestled on the western edge of Point Loma.

When news broke of Hardin’s death on Thursday, Feb. 5, residents of Ocean Beach started a makeshift memorial in front of the restaurant on Newport Avenue by leaving flowers, photos and messages. By Friday morning, news had spread, and mourners from all of San Diego were paying their respects.

“Mike’s generosity and kindness had such a huge impact on the California coast. We won’t be the same without him,” said Shanti Kalagian, a native of Ocean Beach, who taped a sign on Hodad’s window that read “RIP Bossman. OB will miss you, Mike!”

“I wanted to show my support,” Kalagian said. “He was a friend to everybody. I really can’t believe it.”

Hodad’s, with venues in Ocean Beach, downtown and seasonal at Petco Park, were closed Feb. 6 in honor of Hardin and Feb. 7 in tribute to a co-worker who died in an auto accident. Hardin’s 56, was found in a suburban Fresno hotel Feb. 5 after he went to Northern California to visit his daughter. According to the autopsy results, Hardin died of natural causes.

Hodad’s, which was already a local institution, gained national attention in 2007 when the restaurant on Newport Avenue by leaving flowers, photos and messages. By Friday morning, news had spread, and mourners from all of San Diego were paying their respects.

City Council votes to deny Pt. Loma Summit project

San Diego City Council voted 6-3 Feb. 9, with council members Gloria, Sherman and Alvarez dissenting, to deny the Point Loma Summit project.

The project proposed splitting two lots into four on the old Jessop estate at La Crescentia Drive to construct three new single-family residences on site.

The Jessop project has been opposed by grassroots community group Preserve Point Loma and others. Critics oppose the developer’s plans to subdivide the old Joseph Jessop Estate at 414 La Crescentia Drive. The site includes the Tudor-style home built in 1926 by Joseph and Mabel Jessop. The Jessop estate at La Crescentia Drive was recommended for approval of 12-0-1. The project, however, was recommended for approval by the San Diego City Planning Commission on June 19, 2014. The Jessop project has been opposed by grassroots community group Preserve Point Loma and others. Critics oppose the developer’s plans to subdivide the old Joseph Jessop Estate at 414 La Crescentia Drive. The site includes the Tudor-style home built in 1926 by Joseph and Mabel Jessop.
Fantastic units! • $1,695,000
Fabulous opportunity to purchase 5 mixed use units in the Sunset Cliffs neighborhood! A short stroll to the ocean, these fantastic units are a great rental property! Tons of covered parking too!
Cristine Gee & Summer Crabtree, (619) 980-4433

Just Listed! • 2 units OCEAN BEACH • $649,000
2 houses each with own assigned parking off alley.
Cecil Shuffler, CRB, (619) 980-3441
Carter Shuffler, (619) 884-9275

SOLD
1542 Guizot • $1,050,000
Four bedrooms, two baths, over 1700 square feet plus fabulous ocean views are enjoyed in this lovely home nestled amongst beautiful mature trees. Three blocks to the Pacific and Sunset Cliffs!
Beth Zedaker, (619) 602-9610

Fantastic units! • $1,695,000
Fabulous opportunity to purchase 5 mixed use units in the Sunset Cliffs neighborhood! A short stroll to the ocean, these fantastic units are a great rental property! Tons of covered parking too!
Cristine Gee & Summer Crabtree, (619) 980-4433

**HODAD’S**
CONTINUED FROM PAGE 1

The Manager's
dining room was featured on the Food Network show “Diners, Drive-ins and Dives.”

That led to Hardin and other “Diners, Drive-ins and Dives” alumni working together with The Messlords – a non-profit group of chefs who travel around the world to cook for U.S. troops in spots like Japan, Guam, Egypt, and Dubai.

Begun in 1969 by Hardin’s parents, Byron and Virginia, who purchased both the business and its name, Hodad’s was originally located on the beach at the end of Santa Monica Avenue. In 1991, after several moves, the restaurant opened at its present location on Newport Avenue in the heart of Ocean Beach.

“Hodad’s started out as just a hamburger stand on the beach, no décor or anything,” said Hardin last summer in a Peninsula Beacon story marking the restaurant’s 45th year. “Part of our success is that people see how genuine it is.”

The eatery features historic photos, walls covered with license plates from all over the world and surfboard-shaped seats. It also features a line out the door and down the block just about every day in the summer. A giant menu board over the customer counter proclaims, “99 Cauliflour sold,” and it may be right.

“Hodad’s has such a positive energy,” said Jill Varney, an Ocean Beach resident who came out to see the memorial in front of the restaurant. “Mike and his staff were always very kind to all their customers. It’s such a tragedy he’s gone. It’s really sad.”

The name Hodad’s is derived from the 1950s beach term for surfer wannabes who were into cars, music and counter-culture style, but it had become synonymous with describing Hardin, who was as original and unconventional as his restaurant.

-Dave Schwab and Martin Jones
Westlin contributed to this story.
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<td>$235,000</td>
<td>1BR condo by the Famosa Slough. Spacious end unit features an updated kitchen &amp; washer/dryer in unit.</td>
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OBPB recommends preserving 100-year-old cottage on Niagara Avenue

Dr. ANTHONY S. de GARATE | THE BEACON

Making a statement for preserving local beach cottages and the vibe they create, the Ocean Beach Planning Board (OBPB) has voted to disapprove the demolition and replacement of a more-than-a-century-old residence at 4677 Niagara Ave.

The vote to save the structure was 8-2 (with one abstention) at the board’s monthly meeting Feb. 4. Like the other 40-plus planning boards sanctioned by the city, the OBPB makes nonbinding recommendations on land-use and quality-of-life matters.

The owner wants to raze the structure and build two three-bedroom detached condos on the 0.16-acre site. As a “Pro-life matters.”

“We’re responding to a growing trend from our owners for a healthy dining experience,” says general manager Nancy Cassidy.

“In the coming year, its 12,000-plus nonmembers are permitted to shop for their own produce, organic seeds for the homeowner’s property rights. “If there’s a way to utilize the facade or maintain a relationship to the existing building, you’d gain more support,” he said.

But most board members said the building’s sake was enough of a reason to at least consider preserving the facade.

“The New York Times has characterized Ocean Beach as one of the last beach communities because of our old cottages. And this is one of those cottages,” board member Jane Gawronski said.

She said Ocean Beach homeowners have found creative ways to add square footage to their cottages and cited an instance where a house was lifted to allow a basement to be built underneath.

Vice Chairman John Ambert agreed, though he cast one of the two votes against the motion, citing his advocacy for the homeowner’s property rights.

“If there’s a way to utilize the facade or maintain a relationship to the existing building, you’d gain more support,” he said.

Drew Wilson cast the other dissenting vote from District 2.

Though he voted with the majority, Chairman Peter Ruscitti praised the decision and the applicant’s willingness to work with the community. He said he met with concerned neighbors and offered to allow them to decide what species of trees to plant.

In other Planning Board news:

The price tag for deferred maintenance and buckled projects could be more than $2 billion when studies conclude next month, said Conrad Wear, aide to District 2 San Diego City Councilmember Lorie Zapf. The studies could set the stage for an infrastructure bond to be placed before voters next year.

The Peninsula Community Planning Board has elections in March

Phil’s BBQ has opened its doors to diners on Mondays, allowing restaurant-goers to eat in, takeout and order catering seven days a week.

Phil’s BBQ had been closed on Mondays for 17 years. A large and loyal Phil’s BBQ fan base prompted the Monday opening at each location, which includes spots in Point Loma, San Marcos, Santee, Lindbergh Field and even two locations inside Petco Park during Padres home games.

“Our customers asked and Phil delivered,” said Kevin Sheehan, director of development at Phil’s BBQ.

“Phil decided that it was time to make our award-winning mesquite-grilled BBQ available to our fans seven days a week, a reason for people to like Mondays.”

Phil’s BBQ will be open from 11 a.m. to 10 p.m. Sundays through Thursdays, and 11 a.m. to 11 p.m. Fridays and Saturdays.

Peninsula Community Planning Board has elections in March

The Peninsula Community Planning Board will hold positions opening up in March and invites any Peninsula resident who wants to get more involved in the governance of their community to run. Five of the board positions are three-year terms; the sixth position is for a one-year term.

The planning board will hold a Candidate’s Forum from 6 to 7:30 p.m. Thursday, March 5, at the Point Loma Library on Voltaire Street. The election will be held 4 to 8 p.m. Thursday, March 19, also at the library.

To be eligible to run, residents must be at least 18 years of age, live in or own a business within the PCPB boundaries, be able to commit to a three-year term (shorter for unexpired terms) and have attended at least one regular meeting within the past 12 months (attending the candidates forum qualifies for this requirement). Applications can be downloaded from the PCPB website: www.pcbp.net. Email applications to pcbpem@gmail.com.

The Peninsula Community Planning Board is a volunteer Community Planning Group citizen organization that advises the City of San Diego on land-use-based community goals and development proposals.

Restaurant and juice bar on tap for People’s Organic Food Market

Dr. FRANK SABATINI Jr. | THE BEACON

From its humble beginnings inside a Newport Avenue ice cream parlor, and then a nearby beach cottage in the late 1960s, the Ocean Beach People’s Organic Food Market has blossomed into a two-level space designed to whet appetites.

In the coming year, its 12,000-plus stakeholders will see further development in the form of a vegetarian restaurant and organic juice bar on two adjacent properties the market acquired.

“We’re responding to a growing trend and the demand from our owners for a healthy dining experience,” says general manager Nancy Cassidy.

In the spirit of a true cooperative, staff and customers are termed as “owners” because they invest $15 a year into the operation.

The reward is a full-fledged grocery store brimming with more than 200 different types of organic produce and hundreds of other goods free of animal products, with the exception of dairy items. (Think Whole Foods, but minus the meat department and with 90 percent of the edibles ranking as certifiably organic.)

Nonmembers are permitted to shop at the board-run store at “ownership prices” on their first visit. But they face a 10 percent surcharge on their total grocery bill in each subsequent visit until making the annual investment.

The co-op transitioned into the new century 14 years ago with a fresh two-level structure on the existing grounds it ultimately secured in 1973. at 4765 Voltaire St. After continued growth, the old building was torn down in lieu of an energy-efficient “green” edifice designed by local architectural firm Hanna Gabriel Wells.

Last year the market purchased a duplex on the east side of its parking lot.

More recently, it acquired Tiny’s Tavern one address away.

In addition to opening a vegetarian restaurant and juice bar in those spaces, Cassidy says the expansion might also embrace a demo kitchen for cooking classes, which would serve as an extension to plant-based food lectures the market conducts regularly on its second floor, directly from its sit-down deli and coffee lounge.

“We don’t have a firm timeline yet and we haven’t completely figured out what’s possible with the architects and city planners,” she says. “But we will be developing both properties in the foreseeable future.”

The current building, she assures, will remain a hub for organic food, art shows, music events and lectures, much like what some of the market’s original founders envisioned decades ago.

Among them were OB residents David and Joanna Diehl and Jim Somet, who went on to launch Jimbo’s Natural Foods.

In regards to what’s in the aisles, Cassidy notes that “more than 90 percent of the produce comes from within a day’s drive.”

The store is also committed to “meeting or beating” the prices of its competitors on at least 50 percent of the stock, which spans from farm-fresh rainbow carrots and cara cara oranges to organic beer and wine, smoothie boosters and nontoxic detergents.

“For customers preferring to grow their own produce, organic seeds for planting things like dinosaur kale, shecaradishes and other vegetables are available as well.

“We’re really not so much about pricing as we are about quality and our connection to the community,” she adds.

The store holds customer-appreciation days about 12 times a year when special price breaks are offered.

Organic produce and bulk goods make up a section of the Ocean Beach People’s Organic Food Market on Voltaire Street.
Point Loma High School this week for the second consecutive year held “The Wheelchair Challenge,” to give students a greater appreciation for logistical problems associated with being disabled.

“We see wheelchair users, but student Valerie Crisci, a junior and wheelchair-bound, mirrors her classmates to do more than just look,” said Anthony Palmitto, the event’s faculty advisor and a theater arts instructor.

The disabled-awareness event was the brainchild of Crisci, who spoke of her motivation for starting the event. She said it was her classmates who, out of a lack of understanding — about the problems involved with being wheelchair-bound that prompted her to come up with a way to educate her classmates on the subject.

“At school during passing period, people would jump over me or emerge right in front of me and then blame me for accidentally running into them,” she said. “In the bathroom, someone would always be in the accessible stall when all the other ones were open.”

Crisci noted it’s hard for the able-bodied to understand the difficulties involved in just simply getting around in a wheelchair, until they actually do.

“Navigation in classrooms is hard because of wheelchair tracks on the floor, large desks, and in science classrooms participation in labs is nearly impossible because of the height of lab tables,” she said. “I thought, ‘What if there’s a way for students to spend their whole schoolday in a wheelchair, and be aware of all this?’ And I made it happen.”

The Point Loma High junior said that she wants those participating in The Wheelchair Challenge to experience the differences and commonalities between people. “There are a lot of different routes I have to take, and ways I have to think about doing activities, but I can still do them just like my peers. I want my peers to learn this and take away a sense of empathy, too.”

Crisci added, “Even using a wheelchair for a single day will change the way you view wheelchair users forever.”

The campus event is open to any student willing to take the challenge of using a wheelchair for an entire schoolday. The chairs and main-quad obstacle course used at the school for the special event were donated by event sponsor Harmony Home Medical and Remodeling (HarmonyHomeMedical.com). Harmony specializes in personal mobility equipment and home-access remodeling.

“A student assembly featuring a guest speaker was held during lunch period at the high school on Feb. 18. At the conclusion of the day’s event, participants convened to discuss their experiences and insights with other participants, selected staff, sponsors and media representatives.

Dedicated in 1925, Point Loma High School is the third largest of 46 high schools in the San Diego Unified School District. The first graduating class consisted of just seven students, but today the enrollment has reached nearly 2,000, with a faculty of about 90.

Point Loma includes grades nine through 12 and boasts a 73 percent participation rate in AP (Advanced Placement) classes. In 2014, the school was selected by U.S. News & World Report for their Gold List of Best High Schools.

Notable graduates include “Happy Days” Marion Ross, and former city councilmembers Bill Cleator, Byron Moore, and Bill Lowery, and Academy Award-winning editors Joe Hutcheson (“JFK”) and Chris Innis (“The Hurt Locker”).

On Feb. 18 Point Loma High School students participated in “The Wheelchair Challenge” for the second consecutive year. The event is held to give students a greater appreciation for logistical problems associated with being disabled.
A senior at Point Loma High, who has achieved great success in the classroom and athletics, will be carrying a cherished moment to Massachusetts after signing a national letter of intent earlier this month to play football at prestigious Harvard University.

Tim O'Brien, who stands 6 feet 8 inches tall and weighs in at 260 pounds, will pack a special dictionary he received a decade ago from his second grade teacher at Grant Elementary School in Mission Hills.

When Valerie Goodpaster gave her young student the gift, she penned a message inside that has motivated O’Brien ever since.

“Spelling was my weakest subject,” O’Brien recalls, “and she wrote me a little note telling me to always pursue the highest level I can achieve and not to settle for anything less.”

And that he has.

O’Brien carries a 4.6 grade point average, tutors both as part of the school’s Link Crew program mentoring freshmen students and in math classes. He also interns in the sports medicine program on campus in conjunction with Point Loma Naunere University.

Ironically, O’Brien never played football until his freshman year at Point Loma, where he enrolled after his K-8 years at Grant.

“My first contact sport was in eighth grade when I started playing rugby,” O’Brien noted, “and I had a blast. That sparked my interest, and I thought high school football would be a good chance to meet new people, after coming from a small school.”

“I fell in love with the sport, fell in love with the team in all aspects,” O’Brien said. But O’Brien never thought of himself as an emerging star.

“I’ve just always wanted to help the team,” O’Brien said. “I’ve never viewed myself as different from any other athlete.”

But Pointer head football coach Mike Hastings saw something special in the first team All-CIF player he calls “Big Tim.”

“Having him on the field was like having another coach,” Hastings said. “He not only knew every one of his assignments perfectly but those of every other player.”

“Listening to the coaches at practice allowed me to pick up everybody’s assignments,” O’Brien explained. “I knew every play from every spot. It really helped me communicate on the field and gave me an edge.”

O’Brien, who earned honors as a defender, also was utilized as a tight end this year.

Tim O’Brien, who stands 6 feet 8 inches tall and weighs in at 260 pounds, will sign a national letter of intent this month to play football at prestigious Harvard University.

The Pointer girls also find themselves atop the section-wide Div. II standings with four more wins than any of the other 16 teams.

The league title was clinched last week with a 4-1 victory over Morse and Clairemont.

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Dental Express keeps oral care on track

By DAVE SCHWAB | THE BEACON

The train has arrived at Dental Express, and the new family-run business wants you to get on board.

Dr. Casey Ashmore, DDS, originally from Oklahoma, is the “conductor” of the new dental practice at 4110 W. Point Loma Blvd. He’s owned and operated the retail space, formerly a Chinese restaurant, since the first of the year.

The brand-new totally remodeled office has an actual model train circling the ceiling on a track every 2 ½ minutes.

“They completely gutted the inside and started from scratch,” said Teresa Williams, the dental practice’s director of operations. “He (Ashmore) and his family are big train fans. He wanted to bring the same idea out to the West Coast.”

“My family had offices back in Oklahoma and Texas that looked like a train station. But it was Midwestern style. Our is art deco.”

“It’s a little trendier, really a whimsical, nice distraction for people,” agreed Williams.

“Having a warm, more homey environment, not a clinical medical environment, it’s a little more inviting,” noted Ashmore, adding, “It makes the whole experience better for everybody.” said Ashmore, the son of a dentist, of his office’s train motif. “My family had offices back in Oklahoma and Texas that looked like a train station. But it was Midwestern style. Ours is art deco.”

“It’s a little trendier, really a whimsical, nice distraction for people,” agreed Williams.

“Having a warm, more homey environment, not a clinical medical environment, it’s a little more inviting,” noted Ashmore, adding, “It makes the experience smoother for everybody.”

Ashmore said he’s a generalist in his practice.

“We pretty much specialize in taking care of everything that anybody would need,” he said, though adding Dental Express doesn’t do braces, patients for which are referred out to orthodontists.

He also doesn’t do work involving children being sedated or accept patients covered by HMOs.

“We’re keeping it affordable for people,” Williams said.

“We’re here to work with most insurances and budgets and finances and find the treatment plan that works for them,” said Ashmore, noting “we’re taking care of what they need to get through and try to make them as healthy as they can be and give them what they want.”

Touring the office, there are a dozen modern, well-lit spacious examining rooms (several with street views) and state-of-the-art x-ray and other equipment.

Ashmore said the whole idea behind Dental Express is to make it a one-stop shop to serve the needs of all patients and their kin.

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“This practice is geared for the whole family,” he said, adding, “Everyone can get everything done, and we don’t have to send them out to three or four different doctors. We’ve got the space to accommodate whole families.”

Asked about the difference between practicing dentistry in Oklahoma and San Diego, Ashmore replied, “It’s healthier here. People have a larger desire to fix and take care of their problems, rather than just take things out as they hurt. There’s a larger desire to fix it rather than get rid of it.”

Ashmore suggested patients be proactive rather than reactive with their dental care. He added, that if patients wait to come in until something hurts, it’s “usually too late” to repair it.

In terms of helpful dental hints, Ashmore offered this advice “Drink water and see your dentist regularly.”

In front of Dental Express is a metal mock train manufactured in Las Vegas that Ashmore brought in to have as a play area for kids and a conversation piece.

“This is an added benefit for the kids going to the dentist,” said Williams, noting Dental Express recently had “Ship-Wars,” a reality TV series on A&E, come out to shoot a segment for their program, which will air soon.

Will Dental Express be franchised? That train’s already left the station. “We’ve got a second location in Clairemont Mesa that we’re getting permitting for now,” said Ashmore.

For more information, visit www.thedentalexpress.com or call (619) 701-6622.

Valenzuela named music director at All Souls’ Episcopal Church

Acclaimed early music specialist Ruben Valenzuela will lead All Souls’ Episcopal church, Point Loma, music program beginning Feb. 21.

As director of music, Valenzuela will be All Souls’ organist and choir director. He will provide leadership for music within the parish as well as in “music at mission” outreach to the larger community.

He will support and build on All Souls’ tradition of worship and music, including special services such as fourth Sunday Evenings and Saturday evening Celtic services. In addition, he will be the director of All Souls’ “Music on the Point” concert series. He will also develop an after-school music program for young people.

Valenzuela will play his first services at All Souls’ on Feb. 21 during the 10:15 a.m. service and 5 p.m. Evening Prayer.

“He’s very excited to be here,” said Jeanine ROCK, the church’s music director. “He’s passionate about the church’s mission and the music program.”

Valenzuela will be the third All Souls’ organist since the church commissioned its Fritts-Richards organ. This three-rank instrument was handcrafted with the voice and temperament of German baroque organs from the time of Johann Sebastian Bach and George Frideric Handel.

Valenzuela is a noted conductor, keyboardist, musicologist and church musician, most recently at St. Peter’s Episcopal Church, Del Mar. He is founder and director of the Bach Collegium San Diego, which specializes in providing historically informed performances of repertoire from the Renaissance, baroque and early Classical eras. He regularly collaborates with many of the outstanding musicians working today in early music.

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Soda & Swine expanding to Liberty Station in April

In partnership with executive chef Jason McLeod, the hospitality collective CH Projects announces an expansion of the group’s popular mom-and-pop-style meatball and apple pie shop in Normal Heights. Soda & Swine, with a second location slated to open at Point Loma’s Liberty Station in April.

The 4,700-square-foot space, vacated by the former Roseville Cofinua in late 2013, will undergo a complete overhaul led by designer Paul Basile of BASILE Studio.

The new Point Loma locale will assimilate details from the original 1920s-era Liberty Station structure. Basile also plans to merge past with present through a variety of custom-fabricated, modern finishes—including a sleek, curved copper-wrapped bar façade that was built to emulate an airplane wing, and a 20-foot handcrafted Foosball table.

Basile also increased overall seating capacity with the addition of a massive new outdoor trellis structure, creating coverage for the overexposed exterior.

Guests will gain access to the new patio via a giant flip door with standard patio furniture, with a custom glass door that can be opened wide enough to accommodate a free-standing wine bar.

Pottery items are ready the next day if dropped in, great for birthday parties! No studio fees, same day, they only take about 20 min.!, Pottery is ready the next day. OR, Use our non-fired glitter paints and pottery the same day (great for birthday parties)!. No studio fees, Prices range from $15 - $60 average is $20, spacious, bright studio, Great Music, a great spot to get off the couch and create something. Open 7 days a week. We sell gift certificates

Great News offers a gourmet cooking school within a retail store setting

Great News in Pacific Beach is a tool store for a cook. That’s how founder Ron Eisenberg described the cookware and cooking school at 1728 Garnet Ave.

“We’re in our 38th year,” said Eisenberg about his strip-mail establishment, which has been in business since 1977.

Eisenberg said Great News started out as more of a “housewares, functional giftware store with a greeting card department,” and has morphed over the years to include a fall-on cooking school in a retail store setting, “high-quality cookware and gadgets, kitchen tools for the home chef.”

What’s really unique about Great News is the approximately 135 classes taught each quarter, nine a week and both days on the weekend, said Eisenberg. He noted that class subject matter includes everything from “how to stock your pantry, to a skills class taught by a sophisticated restaurant chef, to everything in between.”

Cooking classes are 2 to 3 hours long with an intermission and cost $49 to $65. Great News is also the only cooking school of its type with a legal permit to serve wine with meal preparation.

Cookware and cooking classes at Great News mirror trends happening outside in the field. Right now, what’s really popular is the farm-to-table trend.

“We teach a farm-to-table class where we bring a farmer’s bag of in-season producers and then show people how to cook from it,” said Eisenberg. “They walk out with recipes for the unique items they got that day in their basket. Instead of having to guess what to do with it, we show them how to do it.”

“We have an educated staff that know what they’re selling. That makes us different,” he said.

February is National AMD and Low Vision Awareness Month

Low vision, or sight that cannot be fully corrected, is NOT a natural part of getting older, and it can happen to people of any age. One reason it occurs most often in older adults is that they are most likely to contract the diseases that cause low vision, including macular degeneration. Age Related Macular Degeneration (AMD) is a disease that blurs the sharp, central vision you need for activities such as reading, sewing, watching TV, and driving. While there is no cure for AMD, there are treatment options to stabilize the vision loss if caught early. Preventing blinding AMD is the key to minimize the risk of AMD by following a healthy, low fat diet and wearing sun glasses for protection from ultraviolet rays.

See your eye care professional annually. Call Point Loma Optometry (619-523-9990) in Liberty Station to schedule your examination.
Comic Art Gallery; comic book publisher coming to Liberty Station

Comic-Con may be months away, but the NTC Arts & Culture District in historic Liberty Station is already gearing up for a comic explosion and the arrival of Ninja Turtles.

IDW Publishing has announced it’s relocating its headquarters and creative team, as well as opening a groundbreaking, new San Diego Comic Art Gallery to Liberty Station. The grand opening is scheduled for June 1.

IDW’s new offices and a gallery will be located in two renovated former barracks buildings, among the first buildings constructed in 1923 for Naval Training Center San Diego. At 18,300 square feet, IDW will become the largest tenant in the already vibrant arts district.

The San Diego Comic Art Gallery (SDCAG) will be a unique, new and dynamic space located within the IDW offices, designed to educate and engage visitors with the sequential comic book and graphic arts.

The SDCAG will create a permanent home in San Diego as a showcase for this celebrated art form, already associated with San Diego, thanks to Comic-Con International.

With a retail space, a gallery of original art from comics and animation and actual working artists on the premises, the SDCAG is an entirely new kind of venture. Through events, author and artist appearances, art installations and celebrations, the SDCAG will become a destination to worldwide fans of the medium and cement San Diego’s status as a capital of the comic arts.

“The NTC Foundation welcomes IDW Publishing and their creative team to the NTC Arts & Culture District at Liberty Station,” said NTC Foundation executive director Alan Ziter. “IDW joins more than 80 artists, dance companies, museums, galleries, music groups and art schools in San Diego’s largest cultural district outside of Balboa Park. Their new San Diego Comic Art Gallery will be a great addition to the numerous art galleries and museums already at NTC, and we look forward to the creative collaborations ahead.”

Ziter said it’s anticipated that SDCAG will be a San Diego landmark destination for comic and animation art lovers from all over the world and “help draw new visitors to our district.”

The time for IDW to move had come. “We’ve been expanding rapidly and simply have run out of room,” said Ted Adams, IDW CEO/publisher. “We’re looking for a space that more accurately reflects who we are as a company.”

When we started talking with NTC, it became evident immediately that this would be a perfect fit. “And with the gallery, we’re going to be able to show the community — and the world — just who IDW is. This move is the perfect next step in the evolution of our company.”

The design and build out of IDW’s move into the historic buildings is being made possible with the assistance of San Diego-area businesses Good & Roberts LLC and oobARCHITECTURE inc.

The first installation in IDW’s remodeled space will be an extensive showcase of the work of Kevin Eastman, co-creator of the “Teenage Mutant Ninja Turtles”, and a San Diego resident.

Harry L. Katz, former head curator in the Prints and Photographs Division at the Library of Congress, has been named the curator of SDCAG.

IDW is an award-winning publisher of comic books, graphic novels and trade paperbacks, based in San Diego. Renowned for its diverse catalog of licensed and independent titles, IDW publishes some of the most successful and popular titles in the industry.

**High-Impact Resistance Training and Its Effect on Countering Bone Mineral Density Loss**

Nondrug approaches to preserving bone mineral density (BMD) in postmenopausal women can be effective—but only if the training includes high-impact or weight-bearing exercise in addition to progressive resistance training. This is according to a new meta-analysis of 24 studies. Participants were limited to women who did not engage in regular exercise prior to study enrollment, and who were not receiving hormone replacement therapy or antiresorptive treatment. These studies substantiated that resistance training alone did not generate significant effects on BMD. The training-related increase in BMD effectively prevented bone loss and greatly benefited postmenopausal women at risk for fracture. Researchers included activities such as jumping, skipping, dancing, and hopping among the high-impact, weight-bearing activities that contributed to increases in BMD when combined with progressive resistance training.

Caution should be taken for any population beginning a high-impact resistance training program and especially for older women, but the research demonstrates that the incidence of injury in the studies reviewed was "very low," possibly due to the fact that most of the training was supervised.

Exercise tips for women or men attempting to increase their BMD include: checking with your health care provider before you start an exercise program; Remember to warm up before starting and cool down at the end of each exercise session; for the best benefit to your bone health, combine several different weight-bearing exercises; as you build strength, increase resistance, or weights, rather than repetitions; add more physical activity to your day; take the stairs vs. the elevator, park further way, and walk to your co-worker’s office rather than emailing.

For information on ways to implement high impact and safe resistance training to your osteoporosis prevention plan please contact Greg Sterner, Board Certified Orthopaedic Clinical Specialist in Physical Therapy, Owner of San Diego Sports Physical Therapy, 2750 Dewey Rd. Ste 101, San Diego, CA 92106.
HARVARD
CONTINUED FROM PAGE 6

them, Harvard, who I’d been in contact with the most, kind of disappeared, but came back after the New Year and they offered. There were lots of curveballs.”

Harvard coaches project their new recruit as an offensive tackle with the possibility of time as a tight end.

“My attitude is to work hard over the summer and show up, come August, and see where they need me,” he said.

O’Brien said with a grin. “My mom (Valerie Seyfort) was a two-time national champion swimmer at USC, my dad (Pat O’Brien) was a scholarship swimmer at the University of Denver, and my broth- er Jason is a freshman currently swim- ming at USC.”

O’Brien’s undergraduate goals involve algorithms in math.

“I come from a family of swimmers,” O’Brien said with a grin. “My mom (Valerie Seyfort) was a two-time national champion swimmer at USC, my dad (Pat O’Brien) was a scholarship swimmer at the University of Denver, and my broth- er Jason is a freshman currently swim- ming at USC.”

Sharing his many talents has been a highlight of O’Brien’s time at PLHS.

“I get personal satisfaction seeing a kid finally get an answer that’s been bugging him for awhile,” O’Brien said. “I have a gift, and I see it as something to help others get to where I am.”

While “everyone (at PLHS) has had an impact on my life,” O’Brien identified English teacher Cynthia Hedges, Hast- ing, football assistants Tom Kamfonik and Paul Lawrence, as key figures.

In addition, O’Brien cited biology teacher Sylvia Maas who “changed my view on what I could do in the class- room. She took my skills to a whole other level.”

O’Brien has excelled and matured at Point Loma High School into a young man who will bring many talents and gifts to Harvard University this summer.

Along with that treasured dictionary from his past.

ALEXIS DE TOCQUEVILLE MEMBERS
The United Way of San Diego County recognized its Alexis de Tocqueville Society Members – the nonprofit’s highest end donors – at San Diego Yacht Club on Feb. 5.

From left are Tocqueville Society member and event host Malin Burnham, StriveTogether Managing Director Jeff Edmonson, United Way of San Diego County President and CEO Kevin Crawford and Vista Unified School District Superintendent Dr. Devin Vodic- er.

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MEXICAN RESTAURANT - 55th Anniversary

Natis is celebrating 55 years in Ocean Beach with 1960’s prices

PRESENT THIS AD FOR ONE DINNER AT OUR 1960’S PRICES WHEN ANOTHER COMBO PLATE & 2 BEVERAGES ARE PURCHASED AT 2015 PRICES.

#1 Tamale, Taco, Enchilada .......... $1.20
#2 2-Cheese Enchiladas, Taco ... $1.20
#3 Tostada, Taco, Enchilada ...... $1.20
#4 2-Tacos, Enchilada ............... $1.20

Present this ad for one dinner at our 1960’s prices when another combo plate & 2 beverages are purchased at 2015 prices.


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• Six month supply of disposable
• Contact Lens Care Kit
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COMPLETE OCULAR HEALTH EVALUATION
including exam for glasses
$58

COMPLETE OCULAR HEALTH EVALUATION
Including exam for glasses & contacts
$88

David Linton, master of watercolor and pastel

David Linton passed away unexpectedly Jan. 30, 2015, in San Diego. David and his wife, Carol, had been Ocean Beach residents for many years. David was very engaged in the Ocean Beach and Point Loma communities and generously donated many beautiful works of his art to local charity fundraisers throughout the years. Every day was a good day for David, because he was doing what he loved.

David’s journey as an artist began at age 12 when his mother saw his artistic talent on his bedroom walls and ceiling. She promptly took him and purchased his first painting set and canvases. As his artistic talents became fine-tuned and more in demand, he started participating and selling his paintings at street fairs and art festivals.

David’s art combines the very best of color and light with a precise detail that renders all of his paintings to realism. He developed a unique "masking" technique resulting in sharper, more colorful images, taking the form of surrealistic reflections of light.

This award-winning artist exhibited some of his work in galleries in Boston, New York, Hartford, Los Angeles, and San Diego. He was commissioned to do paintings and design work for the 1987, 1992 and 1995 America’s Cup events, painted Ross Dode’s portrait at a GOP convention in San Diego; portraits of Cher and Arthur Ashe, murals and his illustrations were featured in many monthly San Diego magazines.

He did in-store demonstrations and taught color theory for companies such as Benjamin Window, Arden, daVinci and many more.

After moving into the world of online promotion, social media and television, he began making regular appearances on Barry Chappell’s FineArtShowcase.com, on DirectTV and ArtandCom.com where his work was viewed by more than half a million viewers. More information about David, his paintings and reproductions may be found at DavidLintonArt.com.

David was a devoted husband and father to Sherry and his husband Pete. He will be missed not only by the local community but others he touched around the world with his talents. A celebration of life will be held at a later date.

Memorial donations can be made to the Ocean Beach Community Foundation, 501(c)3 non-profit, PO Box 7412, San Diego, CA 92167.
A new report has just been released which reveals 7 costly mistakes that most homeowners make when putting their homes on the 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling a home have become increasingly less and less effective in today's market. The fact of the matter is that 75% of homes don't get sold when they were for their homes and become disillusioned and - worse financially disadvantaged when they put their homes on the market.

As the report uncovers, most home sellers make 7 deadly mistakes when putting their homes on the market.

The good news is that each and every one of these mistakes is entirely preventable. In response to this issue, industry insiders have prepared a free report entitled "The 9 Step System To Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-691-9384 and then enter 46200. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.
Health BRIEFS >>

Hiring A Private Or Non-Professional Caregiver

Piecing together care for your older parent can sometimes be a puzzle. Hiring a private caregiver from your own search or asking friends and family to help are short-term solutions for a long-term issue. It can have adverse effects for everyone involved. Hiring a caregiver privately is probably going to be cheaper. Do you want to tell your mom you hired the cheapest caregiver you could find to care for her in her “golden” years? And the cheapest could end up being costlier in the long run. Consider these possibilities:

Your private caregiver calls in sick or takes a vacation or just doesn’t show up. Are you going to have to take off work or cancel appointments to fill in?

Was a national background check done and verification of prior employment done? Is there a professional Geriatric Care Manager to supervise and mentor? Are you providing workers’ compensation insurance in case your caregiver falls or strains her back? This is extremely expensive but a required expense.

Are you paying her payroll taxes and submitting the proper documents required by the government? Have you verified that the caregiver has a social security card and is legally permitted to work in CA?

Now maybe “cheap” has gotten a little more costly. At Innovative Healthcare Consultants, all potential employees undergo a background check. All employees are fingerprinted. You can reach a live person 24/7. You will have a substitute if your caregiver is ill. You will have access to Care Management services for advocacy, elder care consulting, crisis management and care coordination. Call us at (877) 731-innovative.com.

San Diego Grab Bars
Provide Security

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home. We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stairs, in the bathroom, in the hall or outside the back door. When we visit you, we bring along a great selection of products for same day installation.

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

Dental Appointment

Skipping dental treatment is a big mistake, and ignoring necessary dental work — like a cavity — can have dangerous consequences.

Ignoring a Cavity Will Lead to Inflammation
Eventually, ignoring a cavity will cause the inside of your tooth to become inflamed. This condition can sometimes be reversible and treated with a simple filling. If a cavity has been left too long, a root canal will need to be performed. This treatment is much like a cavity filling located inside the nerve chamber of your tooth. Your tooth should no longer feel the pain after the procedure.

When Tooth Pain Goes Away Without Treatment
Sometimes the pain seems to go away. This is not a good sign. When you no longer feel nerve pain, your tooth could be infected and you wouldn’t even know it. If you had a bad toothache that went away over time, you should still get your teeth checked for possible infections.

A Dental Infection Can Spread
An infection starting in your mouth can spread. When you ignore a dental abscess, the infection could get into your jaw. Without antibiotics, the infection can become dangerous to your overall health.

Don’t skip checkups or ignore regular dental work—visit a dental office, such as Dental Express, often to maintain good oral health. Call them at 619-701-6622 or visit online at thedentalexpress.com.
OPEN HOUSES

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Sat & Sun 1-4pm ....... 3663 Oliphant St ........... 3BR/2BA .... $899,000-$919,000 .................. Tami Fuller’s Team • 619-962-9827
Sat & Sun 12-3pm ....... 3866 Karan St ............. 3BR/2BA .... $866,000-$879,000 .......................... Diane Sampson • 714-445-3114
Sun 1-4pm ............... 3327 Russell St .................... 3BR/3BA .... $699,000-$719,000 ..................... Tami Fuller’s Team • 619-226-8264

PACIFIC BEACH / MISSION BEACH / CROWN POINT
Sat & Sun 1-4pm ....... 4875 Rosenda Ct #71 ....... 3BR/2BA ... $379,000 ................................. Russ Craig • 858-361-7877
Sun 1-4pm ............... 3696 Mahala Ave #211 ........ 2BR/2BA .... $475,000 ................................. Kate Adams / Kristi Olson • 619-200-5383

BAY PARK
Sat 10-1pm ............... 4871 Jellett St .............. 4BR/4.5BA .... $1,195,000 ................................. Allison Goetzes • 858-449-5917

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Sun 1-4pm ............... 14603 Passo de las Flores 4BR/4.5BA .... $1,795,000 ................................. Phil Reid • 760-395-4035

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Panoramic ocean views & rooftop patios.

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4 bedroom • 3 bath • 2,800 sq ft
$2,525,000

2426 Poinsettia Dr, 92106
5 bedroom • 4 bath • 3,500 sq ft
Call for details.
One of the most under-rated guitarists in San Diego, Israel Maldonado, performs at Winston’s on Feb. 19. Beginning at 6 p.m., he’ll host the venue’s weekly open jam session.

Maldonado is a full-time musician and a gifted guitarist in electric or acoustic styles. His electric lead work is both fluid and biting, but it’s particularly in acoustic mode that he shines, with his particularly inspiring samba and Bossa Nova fretwork.

Unfortunately, his public performances are rare. Instead, Maldonado has a schedule full of mostly private performances such as weddings, corporate events and so on. Likely the only reason Maldonado hasn’t been more in the public eye is his devotion to craft over business. “The thing about me is that I don’t knock on doors,” he said good naturedly. “I’ve been working for so long that I’m asked to play a lot of these private parties. So I haven’t really been asking to play anywhere. I don’t really have the go-getter attitude,” he joked. “If I did knock on doors, I’m sure I would be doing better. I have to ask myself, do I spend time looking for gigs or do I practice and try to make music? I’m struggling with trying to juggle both,” he said.

Born in Tijuana, Mexico, Maldonado was already heavily into music by the time he moved to Carlsbad at the age of 14. “I started performing in a kids band in Tijuana at age 7; my mom and my uncle Felipe were huge influences and inspiration,” he recalled.

Now a Point Loma resident, Maldonado has performed with numerous top-flight groups which specialize in Latin sounds, including San Diego Music Award-nominated bands such as Sambrasil, Sol E Mar and Agua Dulce, recording and touring nationally. As glamorous as that sounds, he notes things don’t always go according to plan. “I fainted one time when I was in Iowa playing with Agua Dulce after going on a run that same day in super humid weather,” he laughed.

Currently he plays mostly solo dates with occasional performances from his band Puente and a trio, Tres con Todo. He also DJs. “I prefer band shows, but what pays the bills are the solo gigs,” he commented.

Although he had appeared on several releases as a member of a band, with his own projects, to date, Maldonado has released only an EP, “Triste Distancia” and an album, “Grateful,” writing all of the music on both. “I really should have more of my own music out,” he said. “I’m like the most underachieving musician in San Diego, probably. I’ve never really gone into the studio, and no one’s ever asked me to,” he said. “I’ve always kind of been floating on my own, you know what I mean?”

With such a variety of gigs on his schedule, which might range from a sales meeting of Realtors to a family gathering across generations, he also has a large set of covers at the ready, depending on venue and event. He notes his band’s biggest crowd pleaser isn’t a song but a rhythm. “It’s when we play a samba drumming section at the end of our show,” he said.

Even after decades of making music, Maldonado remains driven to improve on his craft. “Sometimes it’s hard to devote the time I should to the business side of things,” he said. “I’d rather be spending that time working on a riff, working on something musical. What motivates me is learning new songs and putting on better shows.” He remains focused on why he loves music in the first place. “Entertaining people,” he said. “It’s like having a superpower sometimes.”