After years of inaction, authorities are finally going after an abandoned remodel on Plum Street on a corner lot in Point Loma.

“I filed criminally against the owner of the perpetual remodel at 1676 Plum St. (at the corner of Lowell Street),” said Danna W. Nicholas, deputy city attorney for the city.

A total of seven misdemeanor counts have been filed in San Diego Superior Court against the property’s owner, Francisco Mendiola. The counts all carry a sentence of six years.

City’s plan to uproot illegal pot shops is a slow, arduous process

Even with a new city medical marijuana ordinance in place and applications pending for licensed cooperatives in the Peninsula, a number of pre-existing, unlicensed dispensaries continue to fly under the radar.

Weedmap online lists about a half-dozen cooperatives currently operating in the Point Loma-Ocean Beach area, including Cloud 9 Co Op on West Point Loma Boulevard, Point Loma Patients Association on Rosecrans and Lytton streets, Starbuds Inc. on Midway Drive, Happy High Herbs on Newport Avenue, Happy Head Foot Reflexology and Massage—Sports Arena on Midway Drive and Super Max on Newport Avenue.

A matter of continuing frustration for Call for Details Lanz Correia (619)564-6355 CAL BRE#01883404 Big View Lots Available in Point Loma

Abandoned remodel giant on Plum St. draws attention of city officials

Neighbors on Plum Street have been frustrated by the abandoned remodel of this giant home by the property owner. Neighbors said nothing has been done in four years. The city is taking strong measures to remedy the eyesore.

Learn the steps to take when selling multiple rental properties. See Ask the Real Estate Professional on page 6.

San Diego Community Newspaper Group
Thursday August 28, 2014
www.SDNEWS.com Volume 27, Number 20
San Diego Community Newspaper Group
Planners tackle concerns, nuances of Veterans’ Plaza rock-wall design

Supporters of a new Veterans’ Plaza in Ocean Beach say the project is generating excitement and useful feedback as it’s being pitched to various government entities for approval and private groups for fundraising.

Plans call for the $750,000 plaza to be built on the grassy area south of the main lifeguard tower on Abbott Street. The design, dubbed “Life’s Journey,” would consist of a seven-feet-high representation of Sunset Cliffs with four 15-foot-wide granite walls attached that contain the names of honored veterans. An adjacent walkway with a tide pattern and inlay of stars representing those lost in battle would run from Abbott Street to the sand.

The latest bit of good advice came earlier this month during a hearing of the Design Review Committee of the city’s Park and Recreation Board, said Steve Grosch of the Ocean Beach Community Development Corporation (OBCDC), the group spearheading the project. That committee, while unanimously supporting the project, advised now is the time to be on the lookout for things that could go wrong with the depiction of Sunset Cliffs, Grosch said.

He said the committee was rich in architectural knowledge and convinced him of the need for a skilled design of the memorial rock wall.

“That rock wall can either look fantastic or terrible,” Grosch said Aug. 14 at the monthly meeting of the OBCDC.

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OCEAN BEACH | $1,295,000

This is a gorgeous 3br, 3ba home with chef’s kitchen, remodeled bathrooms, wood floors, ocean molding, tray ceilings, formal dining room & spacious 2-car garage. Extraordinary ocean view decks.

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POINT LOMA | $699,000-$795,000
Charming 3br/2ba home offers open-concept living area w/ family room featuring open-beam ceilings and sliding doors to yard. Many upgrades throughout incl. completely remodeled bathrooms, new appliances and dual-pane windows. Master suite offers 2 large closets and sliders to yard.

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Stunning contemporary 3br, 3ba home featuring soaring ceilings, open floor plan and elegant finishes. Bay and city views from the master retreat with private fireplace and spa-like bathrooms. Custom slate pool/spa and fire pit, bonus room with private patio and much more!

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LA PLAYA | $1,295,000

Stunning contemporary 3br, 3ba home featuring soaring ceilings, open floor plan and elegant finishes. Bay and city views from the master retreat with private fireplace and spa-like bathrooms. Custom slate pool/spa and fire pit, bonus room with private patio and much more!

SUNSET CLIFFS | $1,795,000
California Nantucket style 2-story home in good location and one block from the ocean. Panoramic views of the coastline to La Jolla. Hardwood floors, high cathedral ceilings, attached 3-car garage with alley access. Enjoy the breezes and the peaceful feeling being by the sea.

WOODED AREA | $2,795,000
A “Cliff May” signature hacienda on large lot surrounded by a beautiful garden, courtyard with fountain, outdoor entertaining area and spa. All 4 bedrooms look onto the garden and winding pathways that surround this U-shaped home. For the artist/naturalist in mind, an investment you won’t regret.

DEL MAR | $2,900,000

3br, 3ba home with chef’s kitchen, remodeled bathrooms, wood floors, ocean molding, tray ceilings, formal dining room & spacious 2-car garage. Extraordinary ocean view decks.

SUNSET CLIFFS | $2,775,000
A “Cliff May” signature hacienda on large lot surrounded by a beautiful garden, courtyard with fountain, outdoor entertaining area and spa. All 4 bedrooms look onto the garden and winding pathways that surround this U-shaped home. For the artist/naturalist in mind, an investment you won’t regret.

SUNSET CLIFFS | $2,775,000
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Trading on his bipartisanship and collegiality, 52nd Congressional District incumbent Scott Peters, a Democrat, branded his Republican challenger, Carl DeMaio, as “divisive, something Congress doesn’t need right now.”

Speaking a week after DeMaio at the Minton Beach Rotary Club, Peters said his record shows he’s adept at “a less-partisan, less-divided approach to Congress.”

Peters told Rotarians he’s been ranked as one of the most independent Congressional Democrats.

“I’m willing to vote with both sides to get things done,” he said, outlining his political priority list to Rotarians. “I put country first. The district is second. My party is third.”

Peters defined political courage as “the ability to come to the middle, stick down at the table and work out a solution. That’s what I’m committed to do.”

A former San Diego City Councilman and San Diego Unified Port Commissioner, Peters said he chose to be on the House Armed Services and the Science, Space and Technology committees because he wanted to be involved in areas to help San Diego spur its economy.

“San Diego’s economy is driven by tourism, the military and science and innovation,” Peters said. “One-quarter of our jobs come from the military. We’re the second city in telecommunications with Qualcomm and the third-leading city behind Boston and San Francisco with biotechnology.”

“Toward that end, Peters said he’s been supportive of local efforts to promote alternative energy, including the development of algae as a biobased and solar energy use for by the military and in building technology.”

San Diego’s economy is driven by tourism, the military and science and innovation, Peters said. “We’d be sending them back to the current period of drought, Perrotti said. “We shouldn’t be gouging kids by requiring them to pay as much as 8 to 10 percent more.”

Peters said student debt has become a huge drag on the economy, forcing students to delay important decisions like getting a job or buying a home in order to pay off accrued student debt.

The project is designed to replace the worn-out sidewalk medallions at the intersection’s end of this year.

“San Diego hasn’t hosted an America’s Cup since 2002.”

Oversize vehicle ordinance now in effect; enforcement in September

Oversize vehicle ordinance now in effect; enforcement in September

The clock is ticking as the new Neighborhood Parking Protection Ordinance meant to curb abuse by oversize motorized or towed vehicles has become effective, advantage of free residential parking has begun, with time running out on violators who will soon be cited.

“The ordinance is now in effect with the ability to come to the middle, sit down and work out a solution. That’s what I’m committed to do.”

The ordinance was originally passed by the City Council along strict party lines, 6-3, on June 14 before being vetoed by Faulconer on Aug. 8. The city charter allows the council to reconsider any resolution or ordinance the mayor vetoes and can override the mayor’s veto with six votes.

Balboa Park City Councilwoman Lori Zapf was absent and did not vote on the override.

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“San Diego has worn out a problem with the trucking industry, argued Gresh said. “Therefore, how should the cliffs be designed to keep people from falling off the cliffs in their entire height profile, or should the memorial wall scale remains: should the memorial wall scale the cliffs in their entire height profile, or should a portion of the cliffs be considered, Gresh said. Also, how should the cliffs be designed to keep people from climbing them and jumping off?”

“There’s an issue of liability,” said Chet Barfield, aide to District 2 San Diego City Councilman Ed Harris.

“The design committee recommended getting the contractor to produce a model of the rock wall before any decisions are made on site.”

Construction documents for the project are currently being prepared by Estrada Land Planning, Gresh said. The firm, which also worked on the Ocean Beach Skate Park, is confident in the concrete work contractor, which has done similar projects at the San Diego Zoo Safari Park.

BOECD president Tom Perrotti said he expected citizens to show the plan the respect it deserves.

“It’s not a Jungle Gym. It’s a place where people will show reverence and respect,” Perrotti said.

Fundraising is continuing at an encouraging pace, Gresh said. The largest chunk—a check for $22,500 in the form of a grant—is a small but significant contribution to the meeting by Barfield. Last month, lifeguards representing Ocean Beach and Point Loma earned another $2,500 grant at the 61st annual Rotary-sponsored TNT memorial Lifeguard Relay. A recent presentation before the Point Loma Yacht Club has resulted in more donations and fundraising leads, Gresh said.

The project is designed to replace the worn-out sidewalk medallions at the current Veterans’ Plaza at the foot of 16th Street.

For more information, visit obecd.org.
There are presently 38 applications citywide for new legally permitted medical-marijuana dispensaries, according to the city’s Development Services Department.

Of those legal dispensary applications, 18 — or nearly half — are in City Council District 2, which includes the beach areas from Point Loma and Ocean Beach to Mission Beach and Pacific Beach.

There are no applications in districts 1, 4, 5 and 9. Council District 3 (Charlotte and Thomas Sugalski) and District 6 have nine, District 7 has four and District 8 has five.

"Applications are processed on a first-come, first-served basis," said Gutierrez. "The state and city ordinance allows medical marijuana dispensaries in industrialized zoned areas. They are not allowed within 1,000 feet of churches, public parks, schools, child-care centers, city libraries, minor-oriented facilities, residential facilities or other non-medical marijuana consumer cooperatives."

An initial deposit of $8,000 is required by the city of all marijuana medical-dispensary applicants. In 1996, California voters passed Proposition 215, making it the first state in the union to allow for the medical use of marijuana. Since then, 19 more states and the District of Columbia have enacted similar laws. In two states, Colorado and Washington, the sale and possession of marijuana is legal for both medical and recreational use.

However, the U.S. Supreme Court has ruled that the federal government has a right to regulate and criminalize cannabis. Also, if cannabis is called "medical marijuana," the federal law still holds priority.

At the federal level, marijuana remains classified as a Schedule 1 substance. Schedule 1 substances are considered to have a high potential for abuse, no currently accepted medical use, and a high risk of dependence. The federal government has a right to regulate and criminalize cannabis. If cannabis is called "medical marijuana," the federal law still holds priority.

In October 2009, the Obama administration sent a memo to federal prosecutors encouraging them not to prosecute people who distribute marijuana for medical purposes in accordance with state laws.

"I have asked the City Attorney’s Office to get all of these shut down," said Toombs. "We have no choice but to go to an unlicensed shop," he said. "This issue underscores the importance of the new, strict laws that will be in effect on August 19 and summer to travelers who want to obtain cannabis for medical use."

Davidovich said cooperatives that are compliant with the new, strict laws will be permitted cooperatives in the city, there will be no more need for patients to go to the unlicensed facilities.

"I think the cooperatives will thrive," said Davidovich. "They will have no choice but to go to an unlicensed shop," he said. "This is a program to add medical marijuana consumer cooperatives as a new, separately regulated land use.

Pro-marijuana dispensary spokesperson Jagene Davidovich of the Alliance for Responsible Medicinal Access (ARMA) characterized the notion that medical marijuana patients are drug addicts as "ignoring, insulting and flies in the face of much evidence to the contrary."

"We are working to help get people to a new, stricter landscape, and to distribute marijuana medicinally rather than recreationally."
Home Owners Lose Thousands When Selling Their Home

SAN DIEGO. A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home. And a 9 Step System that can help you sell your home faster and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less effective in today's market. The homes have become increasingly less in demand and less effective on the market. And a 9 Step System has been released which reveals 7 costly mistakes which cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. I promise to this issue, industry insiders have prepared for a special free report entitled "The 9 step System to Get Your Home Sold Fast and for the Most Money Possible in today's market."

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SCHOOLS

The opening of the new school year isn't always a happy occasion for all new students, of course.

"Excellent teaching at all levels [of the Point Loma Cluster] gives students a wide range of opportunities in our diverse programs ... Many of our students will have jobs that do not even exist currently. So our mandate is to develop learners who are active, adaptive, thoughtful and engaged."

RICK BARNETT
Principal, Point Loma High School

The district still has a $115 million structural deficit, he said, noting assets are to be sold off to cover half of that shortfall. "Hopefully, the financial situation will balance out."

Field improvements are perhaps the biggest change under way in Point Loma in the 2014-15 school year.

"We will break ground on the new $10 million Correia sports complex by December," Barnett said. "The newly turfed Dana Field, with no lights, should be up by the first of the year."

Hans Becker, now in his sophomore year as Point Loma High principal, said the school is "committed to educating all students to be the best neighbors a couple of quarters of homesellers don't get what they want for their homes and become disillusioned and less effective in today's market. This industry report shows clearly how the traditional ways of selling homes have become increasingly less effective in today's market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. I promise to this issue, industry insiders have prepared for a special free report entitled "The 9 step System to Get Your Home Sold Fast and for the Most Money Possible in today's market."

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FEMA consultant, high school teachers, and natural insurers discuss the importance of preparation and resilience in the aftermath of natural disasters.

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Mayor Kevin Faulconer

Peninsula Family YMCA

Thank you to all our sponsors who made the 2014 Point Loma Summer Concerts the most successful ever!
ABANDONED
CONTINUED FROM PAGE 1

I appreciated the feedback of community members regarding density in the Aug. 14 Peninsula Beacon. It is critical for District 2 residents to be engaged in the community planning process so they can participate in decisions about growth and development in their neighborhoods. I am reminded of the importance of this as I drive around the district and see more construction projects appear due to an improved economy.

The seven counts also include allowing the existence of a vacant structure that created a public nuisance. It’s also alleged that the defendant unlawfully failed to obtain a new building permit within 90 calendar days from the date of a written notice from the city.

“(Mendiola) didn’t diligently pursue the work to completion,” states the court case against him. “He was given a notice of violation by the city to finish the house or demolish it. There are very lenient development regulations for remodels. Unlike new construction, where the design has to be vetted through the city Development Services and the community planning board, when you buy an existing house you don’t have to do any of that.”

Jerry Lohla
Plum Street neighbor

The news was welcomed by Plum Street neighbor Jerry Lohla, who’s been complaining for years to the Peninsula Community Planning Board and others about the injustice of the continued presence of a huge abandoned remodel in his neighborhood’s midst.

“(Mendiola) got the building permit in 2007 and he was supposed to be finished in 18 months, and here we are,” said Lohla, adding nothing’s been done at all to improve the property for four years. “He was given a notice of violation by the city to finish the house or demolish it.”

Lohla cautioned that terminating the Plum Street abandoned remodel could continue to be time consuming, given the owner’s history of legal delaying tactics, which have allowed him to string out development of this property and others he reportedly owns elsewhere in San Diego, including La Jolla. All the properties have reportedly been started and then abandoned.

In any event, Lohla said he and his neighbors are prepared to launch a publicity campaign to do whatever it takes to get the abandoned Plum Street remodel remedied one way or another, once and for all.
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San Diego since 1976
Pointers set to average stinging playoff loss with 2014 season opener

By SCOTT HOPKINS | The Beacon

The 2014 edition of the PLHS football team begins its season right where the 2013 squad saw its season come to a bitter end.

Head coach Mike Hastings takes his newest Pointers back to Oceanside’s El Camino High School on Friday, Aug. 29, for their season opener against the team that boosted them from the CIF playoffs in November during a 14-13 loss that saw a late PLHS touchdown run called back by game officials on a rarely called “battling” penalty.

Since then, 20 Pointer seniors have moved on, and an energetic and optimistic group of new seniors, juniors and sophomores have seized ownership of a new season and an opportunity to unseat last year’s Western League champion Madison High (4-0 in league, 9-2 overall).

The Pointers finished with their first losing season (2-5, 5-6) in a dozen years, also falling behind upset mission Bay (3-1, 12-2) whose season ended in a CIF Div. II championship appearance in Qualcomm Stadium after upsetting Madison in the quarterfinals.

Then, on Sept. 6, the Pointers return to the familiar confines of Pete Ross Stadium for the annual “Kickoff Game,” a full-day of action featuring all three Pointer teams battling Ramona.

The freshman team opens play at 10 a.m., followed by the junior varsity at 12:30 p.m. Varsity action gets underway at 3 p.m.

After making the long trek inland to Ramona last season, Pointer fans will welcome the Bulldogs and their supporters to the coast. Last year’s game, postponed several hours in 110-degree heat, resulted in a hard-fought 21-19 Ramona victory.

The Bulldogs went on to a 10-2 season that ended in a CIF Div. I semi-final game to eventual champion Cathedral High.

Quarterback senior quarterback Gavin Grady (6 feet, 2 inches, 175 lbs.), who passed for 495 yards last season while sharing the position, assumes full control this year. He completed 54 percent of his throws for six touchdowns and was intercepted three times in the run-oriented Dog offense.

While only a sophomore last year, Jaylen Griffin (5 feet, 9 inches, 160 lbs.) ran for 598 yards and seven touchdowns, averaging eight yards per carry. He added 20 yards on each of six catch-es, including the team’s longest play from scrimmage (a 67-yard touchdown). With 339 yards in kickoff returns, including a 99-yard touchdown, Griffin totalled 1,035 all-purpose yards to lead returning players.

Junior running back Jaylen Griffin (5 feet, 9 inches, 160 lbs.) returns to open running lanes and repel pass rushers after earning second-team all-league status last year.

Defensively, several returnees share the spotlight.

Linebacker Dan O’Beirne (6 feet, 1 inch, 200 lbs.), also a senior, recorded 25 tackles (four for losses) in eight 2013 games. He also led the Pointers with 3.5 quarterback sacks, two hurries, five passes defended, one fumble caused and one recovered. Kidd’s pressure on opposing players earned him a second--eighth all-league spot.

Another Pointer who gives opposing coaches fits is tall defensive lineman Tim O’Brien (6 feet, 7 inches, 250 lbs.) whose raised hands force opponents to throw over a 10-foot wall. He also earned second-team all-league status with 19 tackles, two passes defended and a half-sack.

O’Brien is also taking reps during practice as a tight end on offense.

Point Loma Tea New Expanded Location!

Point Loma Tea is excited to announce its recent expansion into a larger space right next door to its original location in Barracks 14 of NTC at Liberty Station! And we want to sincerely thank the hundreds of regular repeat customers that we've gotten to know over the last 2 years. It's only because of the loyalty and support of our customers that we were able to grow.

We now look forward to adding even more exquisite fresh organic, orthodox and specialty teas to our award-winning collection. We will also expand our offerings of unique accessories and gift ideas. And the new space will allow us to offer a better experience for our workshops, tastings and pairings.

In addition, we are now able to offer catered, private High Teas and Parties. Just let us know your needs for your next special event. We love being in NTC at Liberty Station amongst all the variety of cultural activities happening here, and you will too!

Please join us soon to see the expanded space, discover some great new products, and ‘Experience the Artistry of Tea’!

Point Loma Tea

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2770 Historic Decatur Barracks 14 Studio 103 Liberty Station NTC 619.523.2070
Knee Pain? Solution: Work your glutes.

Many of us will experience different degrees of knee pain at least once in our lifetime. Factors that can affect the level of knee pain include: faulty movement patterns, muscle force and/or length, posture/alignment and physical activity (occupational, recreational, self-care activities). Many health practitioners choose to treat just the symptoms of knee pain, using modalities such as kinesio-tape, medication, ultrasound, and inconsistent massage which offer short term relief. To treat the underlying mechanisms of knee dysfunction it is prudent to include: therapeutic exercises to strengthen the glute maximus/medius muscles; self myofascial release with foam roller of quadriceps, hip flexors and gastrocnemius/s oleus complex; corrective exercise to improve faulty movement patterns; and manual therapy such as joint mobilization.

After taking a continuing education course on Functional Biomechanics of the Lower Quarter taught by Christopher Powers, PhD, PT and Co-Director of Musculoskeletal Biomechanics Laboratory at U.S.C., I realized the relationship between hip/glute weakness and knee pain. Hip motions that can influence the knee are femoral internal rotation and adduction. These motions if unchecked by strong glute maximus/medius muscles will cause a Genu Valgus (knocked knee) stress on the knee complex. This hip extensor/abductor weakness combined with quadriceps overuse will cause increased patella-femoral joint reaction forces and thus knee pain.

Many personal trainers and even physical therapist would incorrectly treat knee pain with numerous quadriceps strengthening exercises, but this inherently leads to more quadriceps overuse and thus no significant improvement in knee symptoms. Therapeutic exercises to strengthen glute maximus/medius include: bridging, sidelying hip abduction with external rot/extension, quadruped hip motions, single leg stance activities with progression to functional/dynamic movements that require hip/knee stability.

For information on how to alleviate knee pain for good contact: Greg Sterner, Board Certified Orthopedic Clinical Specialist in Physical Therapy, Owner San Diego Sports Physical Therapy
2750 Dewey Rd. Ste 101
San Diego, CA 92106
Big changes on tap at Oggi’s Liberty Station

Reigning as Liberty Station’s first full-service restaurant, Oggi’s Sports Brewhouse Pizza is expanding its menu and beer program to the tune of a new audio-visual system that will arrive just in time for the NFL season.

“We’re having four 60-inch LCD screens put in by the end of September, and we just replaced all of the tables and booths,” said franchisee Robert Waldon, who opened Oggi’s in Point Loma seven years ago after serving as a firefighter in Orange County.

Aside from running the family-friendly bar and grill, from which he’s raised more than $10,000 for the Wounded EOD Warrior Foundation, he works in public safety as a technology consultant.

Liberty Station also marks the first Oggi’s in San Diego County to soon expand its tap offerings from 14 to 30.

Among its numerous accolades, Oggi’s Pizza is the official pizza of the San Diego Chargers.

Given his proximity to Naval Base Point Loma, Waldon holds regular fundraisers for military veterans returning from Afghanistan and Iraq. “We throw parties for them and collect cash donations at the restaurant,” he said. “We also have a memorial wall of plaques for those who died in battle.”

His latest fundraiser for the Wounded EOD Warrior Foundation kicks off with raffle drawings held during each of the coming season’s Monday-night football games. Customers can enter the raffles by purchasing an entrée or a large pizza or by making a cash donation at the restaurant.

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Among its numerous accolades, Oggi’s Pizza is the official pizza of the San Diego Chargers.

For those basking for an Oggi’s meal while settled into the comforts of home, delivery service is available from 11 a.m. to 10:30 p.m. daily, spanning from Point Loma and Ocean Beach to the Midway District and downtown.

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Prizes include Oggi’s gift cards, Chargers-autographed memorabilia and more.

Oggi’s is located at 2562 Laning Road in Liberty Station. For more information, call (619) 876-5000, or visit liberystation.oggis.com.
Startil Productions emerges as powerful arts backer in SD music scene

BY BART MENDOZA | THE BEACON

Ocean Beach is home to a plethora of musicians, artists and poets, but even in a crowded field, Joseph Stevens and Startil Productions is a standout. Alongside his wife, Jennifer, Stevens has spent the last five years promoting and documenting San Diego’s burgeoning music community, becoming one of the area’s most important arts backers in the process. Stevens arrived in San Diego from Chicago during the Fourth of July weekend in 2007. “It was told in 2006 I only had a few years to live,” he recalled. “So, I saved some money, and one day I decided to drive until I saw water. I wanted to find music and good weather to finish out my days. I ended up in Ocean Beach and never left.”

Stevens is first and foremost a musician. He and Jennifer have an acoustic duo called Beer Money. However, it’s as a videographer and concert promoter that he’s made his biggest impact, recording hundreds of groups for posterity for years. “Honestly, a lot of that was by accident,” he said. “As I got to know the scene and figured out what was wrong with it, I found myself enrolled in trying to fix something.”

This led to a short-lived gig on Cox Cable, which then evolved into booking shows in local venues. “It all just kind of fell together,” he said. “The video thing started as a project on Cox Cable, which then evolved...”

The music in this town is too "[audio]/video" if we're doing it right. It’s therapy for the artist and the people that hear it. It’s therapy for the artist and the people that hear it. It’s therapy for the artist and the people that hear it. It’s therapy for the artist and the people that hear it. It’s...
One of the many benefits of living in Ocean Beach is the presence of alternative healthcare — and at a reasonable price. This is also true of San Diego at large.

“A trend in medicine in general,” according to Ronald Phillips, a faculty member of Pacific School of Oriental Medicine, “is toward integrative health-care that pairs Western medicine with alternative health-care practitioners.”

While some practitioners offer private room sessions with their low-cost services, others provide a community-style space where clients receive treatment together.

Obetcan Mercy Baron has experienced this community-style setting.

“Healing BRIEFS”

Medication mistakes can be dangerous

Every year 1.5 million people are injured or become seriously ill when a medication mistake happens and 100,000 people a year die from the mistake. It is important for everyone to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

Confusing two medications with similar names accounts for up to 25 percent of errors. Sometimes the doctor’s handwriting is misread, the wrong medicine name is put into the computer or the wrong drug is pulled from the pharmacy shelf. But what happens? Drugs that could be confused might be Adderal (a stimulant for ADHD with a beta-blocker for high blood pressure), or Paxil (an antidepressant) with Taxol (a cancer drug) or Flavox (an anticholinergic medication). Ask your doctor to write on the prescription what it’s for as well as the name and dosage. If the pharmacist sees high blood pressure but the name of the drug is an antidepressant, it should be a red flag for the pharmacist.

Sometimes drugs can interfere with each other because of their side effects. One drug can magnify the other or one drug can magnify a side effect of the other. If you take one medication that says a side effect is blood pressure to get dangerously high. So ask your pharmacist and doctor about side effects, read the written printouts and review and compare them.

The RN Care Manager at Innovative Healthcare Consultants is experienced and knowledgeable about reviewing all medications to insure against drug interactions and errors. Her job is to make sure these errors don’t happen for the client. If you’re concerned about a loved one and the possibility of a medication mistake, call us at 760.731.1334 or view our website at innovactivehc.com for more information.
Kid Ventures to open Liberty Station facility in December

Kid Ventures, San Diego’s only boutique-style indoor “entertainment” facility for young children, is set to open its third location in the county at Liberty Station in December.

The 5,500-square-foot venue will include a playground with fun, education-oriented theme rooms, as well as a cafe and Wi-fi area for parents.

“Unlike pure recreational centers, our focus is to maximize the senses for both children and parents while fulfilling many social, physical and emotional needs,” said Darren Solomon, co-founder of Kid Ventures. “Most of our team members are studying for or have obtained a degree in early childhood development and education-related studies. This unique combination of activities and trained people makes Kid Ventures an important and routine part of our customers’ child-development regimen, and we’re excited to bring this experience to families in Point Loma.”

Kid Ventures, which recently celebrated its one-year anniversary of its 4S Ranch location, was founded in 2009 and also offers an Earthlake facility.

The company has won numerous awards, including Best Coffee Place by Red Tricycle, Best Hosted Birthday Party Location, Best Indoor Place for Active/Rainy Day Fun, Best Indoor Playgroun, Best Place for Kids with Special Needs and Best Kids’ Party Place by San Diego Family Magazine.

In addition, Kid Ventures has a strong presence in the community and regularly gives its time and resources to various organizations, including Rady Children’s Hospital, Big Brothers Big Sisters of San Diego County, San Diego Center for Children, Angels Foster Family Network, Rivers of Hope Foundation and Make-A-Wish San Diego.

Activities are fun, but also designed to enhance the educational learning skills of children ages 1 to 8,” said Solomon. “It’s the perfect spot for families looking for an entertaining, safe and creative environment for their kids while they can kick back and relax.”

The new Kid Ventures will be located at 2816 Historic Decatur Road, suites 101, 105 and 107 in Liberty Station.

For more information, visit www.kidventuresplay.com.

Designer’s Consignment adds upscale feature to heart of downtown OB

There is something wonderful happening in Ocean Beach. No, I’m not talking about the mouth-watering eats or the bikini-fueled summer that is coming to a close. You will now notice that when you make that turn down Newport Avenue, you are not surrounded by the usual smoke shops and thrift stores. The corner of Newport and Sunset Cliffs Boulevard — specifically 4845 Newport Ave. — is becoming a mecca for antique and consignment stores.

San Diego residents from Carlsbad to El Cajon are coming to Ocean Beach to spend their day “antiquing” by the sea. The newest edition to the corner is Designer’s Consignment, which opened its doors in early 2014.

Designer’s Consignment is an upscale home furnishings consignment store. It only sells quality, new, gently used and vintage items for the home. Walking into this store, you are welcomed by the smell of mahogany and the warmth of the many pieces of art on the walls.

Store owner and interior designer Renee Alston is an American Society of Interior Designers and a certified antiques dealer with an obvious eye for design and sophistication. Whether you’re looking for that perfectly handcrafted bedside table or an in-home consultation to revive those 18th-century dining room chairs that seem to be all too fond of you, you will find it on the corner of Sunset Cliffs Boulevard and Newport Avenue in Ocean Beach.

For more information, call (619) 807-4078, or visit http://DesignersConsignment.net.

HEALTHCARE

Acupuncture. The most recent survey of member clinics showed that we collectively provided more than 900,000 treatments in 2013. We are excited to be a part of the growing movement for low-cost alternative healthcare.”

She said her clinic provides a community setting with “eight reclining chairs and a lovely, bright, friendly space. Acupuncture is most effective when prescribed more frequently. It’s common to have people come multiple times a week, or even daily, to see a significant change in the condition. The more affordable fee makes this possible for more people.”

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For more information, visit www.kidventuresplay.com.
It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown paper with them! Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It’s that easy! Photos are published based on space constraints and in the order in which they are submitted.

**NEW LISTING!**

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**Three local companies playing crucial roles in fight against Ebola**

The consensus among local scientists and scholars who recently weighed in on experimental drug use in the treatment of two Ebola-infected Americans is that, under the circumstances, it was morally the right call.

“In this case, what’s unusual is that the proper treatment is a new one, had not been tried on humans in any way,” said Michael Kalichman, a professor and director of the UCSD Research Ethics Program, who noted extensive drug trials with animals is standard practice in first combating disease outbreaks like those from Ebola.

Kalichman pointed out that the federal Food and Drug Administration (FDA), which protects public health through regulation of food and drugs including vaccines and biopharmaceuticals, has an “escape clause” when it comes to using experimental drugs on humans.

“It’s FDA’s compassionate use policy,” he said, “which states that an (untested) drug can jump over hurdles and be used sooner in people on the assumption that trying it couldn’t make the patient any worse.”

Kalichman said the moral dilemma of using experimental drugs on Americans is that, if it makes them worse or is fatal, the decision to use it at all will be challenged.

“Our goal is to try and choose the least bad, and that’s not always easy,” he said, adding, “This is a tough situation ethically precisely because the choices you have are all bad.”

Kalichman said the international community will also question on whom the experimental vaccine was used.

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3685 Voltaire Street San Diego
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Peninsula-area events, Sept. 2 to Oct. 1

TUESDAY, Sept. 2
The Sharp Senior Resource Center will host a free blood-pressure screening by registered nurses at the Peninsula Family YMCA, 4390 Valeta St., from 9:30 to 11 a.m. No appointment is necessary and the public is welcome. For more information, visit www.sharp.com.

WEDNESDAY, Sept. 3
• The Sharp Senior Resource Center will host a free program titled “Medicare and You.” Learn about the basics of Medicare, including Parts A, B, C and D. Also learn about Medicare Advantage, HMOs, PPOs and more. The program is presented by Pablo Corona of the Health Insurance Counseling and Advocacy Program from noon to 1 p.m. at the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd. Registration is required. Call (800) 469-7322 or register online at www.sharp.com.

• The Point Loma/Hervey Branch Library will host author Helen Kaufmann, who will share her memoir book, “White Gloves and Collards.” The memoir details Kaufmann’s life growing up privileged in a small North Carolina town during the 1950s and ’60s. The program runs from 4 to 5:30 p.m. at the library, 3701 Voltaire St. For more information, call Christine Gonzalez at (619) 531-1539.

THURSDAY, Sept. 11
League of Women Voters’ (LWV) Ocean Beach/Point Loma Unit will host a meeting at 10 a.m. at the Point Loma Library, 3701 Voltaire St. The topic will be “The Pros and Cons of the State Propositions,” and the program will last until questions are answered. All are welcome. The LWV is a nonpartisan organization. For more information, visit www.lwvsandiego.org.

SATURDAY, Sept. 13
Shades Oceanfront Bistro will host its quarterly pet-adoption event with the San Diego Humane Society, Second Chance Dog Rescue, Labrador Rescuers, San Diego Spaniel Rescue and Almost Home Animal Rescue. Organizers hope to beat the previous adoption record of 32 puppies, dogs, kittens and cats set by Shades. The event runs from 10 a.m. to 2 p.m. at the restaurant, 5083 Santa Monica Ave. For more information, visit www.shadesob.com.

TUESDAY, Sept. 16
The Sharp Senior Resource Center will host a free blood-pressure screening by registered nurses at the Point Loma Presbyterian Church, 2128 Chatsworth Blvd., from 9:30 to 11 a.m. No appointment is necessary and the public is welcome. For more information, visit www.sharp.com.

THURSDAY, Sept. 18
The League of Women Voters of San Diego will co-sponsor a Lunch With League event at Tom Ham’s Lighthouse restaurant from 11:30 a.m. to 1:30 p.m. The topic is “Climate Change and Its Challenges.” Speakers will be Timu Gallien, UCSD Chancellor’s Fellow and post-doctoral scholar, Scripps Institution of Oceanography; Nicola Hedge, director of the Climate Initiative for The San Diego Foundation; and Kayla Race, policy advocate for the Environmental Health Coalition. The cost for the lunch is $30 for members and $35 for nonmembers. Guests may register on the website, www.lwvsandiego.org.

SATURDAY, Sept. 20
The Point Loma/Hervey Branch Library will host “Art Alive” and an open house, featuring members of the Point Loma Artists Association and the Point Loma Garden Club, who have paired a display of paintings and floral exhibits. Fun and treats will be provided. Displays open at 9:30 a.m., followed by the open house from 11 a.m. to 1 p.m. at the library, 3701 Voltaire St. For more information, call Christine Gonzalez and library staff at (619) 531-1539.

THROUGH SEPT. 30
The Art Glass Association of Southern California will host “Secrets of Art Glass Revealed” during a special exhibit through Sept. 30 at the Hervey/Point Loma Branch Library’s Community Room, 3701 Voltaire St. This educational exhibit focuses on several art-glass techniques. Technical explanations have been provided by each artist to explain how their piece was made. Twelve artists, including three from Point Loma — Leslie Perls, Cathy Coverley and Carolyn Moore — are exhibiting their work. For more information, call the library at (619) 531-1539 or Perls at (619) 890-8726, or visit www.agasc.org.