Ocean Beach restaurateur promotes participation in pet adoption project

By DAVE SCHWAB | THE BEACON

Though he’s not likely to win again this year, Jeff Levitt, co-owner of Shades restaurant in Ocean Beach and the 2014 winner of the Pet-Friendly Business Award, encourages people to participate in the annual San Diego Humane Society competition.

The Society’s annual Animal Compassion Awards recognize and pay tribute to extraordinary animals and animal lovers throughout San Diego County. Nominees are collected in three categories: animal impact, humane hero, and pet-friendly destination.

Award submissions are being accepted through Feb. 13 for individuals and businesses who’ve demonstrated “an exceptional level of compassion” toward animals.

Levitt was granted the award in the destination category, not only because his oceanfront bistro is pet-friendly but also because of the quarterly adoption events he hosts there. The events have led to homes for more than 175 pets in the past two years.

“Anything we can do to help promote pet adoptions within the community, we’re more than happy to do; it’s something we love to do anyway, so it’s just been a win-win,” said Levitt.

Levitt’s two dogs are like part of his staff.

“My dogs are canine ambassadors for the San Diego Humane Society,” he said. “They participate in public functions for the society, like the San Diego County Fair last year, and we take them to places like elementary schools to do community outreach. When the dogs aren’t busy with the society, they sometimes are here at the restaurant greeting guests as they come upstairs.”

Winning the society’s animal compassion awards has given Levitt’s restaurant business notoriety.

“Last year, the Food Network came down to do a piece on us being pet-friendly,” he said, adding the award “is a big part of our visibility and presence in San

Jeff Levitt, the owner of Shades restaurant in Ocean Beach, who won a 2014 Humane Society Animal Compassion Award for having a pet-friendly business, promotes pet adoptions as part of his campaign on dogs’ behalfs.

Ocean Beach sunset

SPECTACULAR SUNSET IN OCEAN BEACH Friday evenings not only herald the terrific weekends around here – they’re also legendary, weather permitting, for their magnificent sunsets. Photographer Jim Grant captured this one with the Ocean Beach Pier in the distance during the Friday twilight of Jan. 16.

11 women testify on nude photos in ‘revenge porn’ trial

More than 100 surfers honored legendary Point Loma surfer Barry Ault, who died Christmas day of a Staphylococcus infection following a session in the water, with a paddle-out at Luscomb’s Point on Sunset Cliffs on Jan. 17. Ault was 71.

Two others who had joined Ault in the water following an unusual heavy rainstorm also became ill. Most staph infections are treatable.

Deja Correia NMLS #413050 Cal BRE Lic #01904562

Surfers honor legend with paddle-out

BARRY AULT

COURTESY PHOTO

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Eleven women have testified to the consequences of their nude photos having been posted online by a “revenge porn” website operator who sought money in exchange for the pictures’ deletions.

Twenty more women were expected to testify after the extortion and identity theft trial opened Jan. 16 against Kevin Christopher Bollaert, 28, of Pacific Beach, accused of operating the now-closed website “You Got Posted.”

Most of the women testified they suspected former boyfriends shared the photos, but some still do not know how their photos got on the site.

“I paid the blackmail fee of $350,” said one woman before the eight-woman, four-man jury.

Emily Rose-Weber, Bollaert’s attorney, objected to the witness’ use of the word “blackmail” and was overruled by San Diego Superior Court Judge David Gill. Rose-Weber wanted it stricken, but Gill replied, “That’s her characterization, which the jury can consider.”

The site was opened Dec. 2, 2012, and was taken down in September 2013 by the state’s attorney general office.

In an opening statement, Rose-Weber talked about freedom of expression on
QUICK HITS

More razor blades found at Bonita Park in Mission Bay
More razor blades have been found in the grass at Bonita Park in Mission Bay on Sunday. No injuries were reported as San Diego police found seven razor blades at the park on West Mission Bay Boulevard adjacent to Belmont Park in Mission Beach.

In the past 18 months police have found razor blades at the park four separate times, accounting for minor injuries to at least three people.

Hotel hold up in Pacific Beach
The Pacific Shores Inn at 4802 Mission Blvd. was held up early Monday morning by three men, according to reports.

The suspects, wearing dark clothes and hoodie sweatshirts, approached the counter with handguns and demanded cash from the safe, police reports said.

The hotel employee, who could not open the safe, had their cell phone taken by the robbers.

SURFER

Sally Ault, widow of Point Loma surfer Barry Ault, looks on during the Jan. 17 paddle-out for her late husband at Sunset Cliffs.

Ault, who grew up in Los Angeles, received a degree in physics from San Diego State University. He was a lieutenant in the United States Navy and a computer scientist by trade. A lifelong surfer, Ault won the Masters U.S. Surfing Championship in Huntington Beach in 1970 and the Hawaii Seniors Competition in 1980.

Ault is survived by Sally, his wife of 47 years, and his daughter Jessica.
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Residents of Point Loma's Roséville neighborhood took the first step in a long-term project, cleaning a vacant lot along Canon Street earmarked for conversion into a pocket park.

In what some are calling a "pivotal moment," Burchett Pipeline on Jan. 10 provided approximately $15,000 in heavy equipment and supplies and, with the help of several community volunteers, cleaned up the 28-acre open space parcel at the upper end of Avenida de Portugal where it dead-ends before reaching Canon Street.

Removed were cans, bottles and other urban trash as well as dead acacia trees and tumbleweeds that represented a fire hazard. Also cleared were years of accumulated construction debris: steel girders, cinder blocks, blocks of concrete, culverts, cleaned up the .28-acre open space created for the features the public will decide what goes in the park," Sevrens said. "To that end, we will do everything we can to keep the cost down," Sevrens said. "If we can quickly land major donations, great. Otherwise, we will try to find a nonprofit sponsor," said Sevrens. "We want a park. Can you put us on a contact/work party list?"

In what some are calling a "pivotal moment," the two planners noted the site cleanup accomplished a number of goals. "Now there is something tangible to see, a blank canvas for the features the public wants," said Sevrens, noting their statement, noting, "One possibility is a passive walk-in park with trails, water-thrifty plants and signboards celebrating the Portuguese neighborhood’s historic accomplishments."

"Motorists driving by us the thumbs-up," he said. "Neighbors left their homes and came up and said, ‘We approve of what you’re doing. We want a park. Can you put us on a contact/work party list?’"

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As part of its fifth anniversary celebration last year, Shelter Island’s The Wine Pub saluted four community-nominated residents for growing and uniting the Peninsula neighborhood.

Sandy Hanshaw

Martha Phillips: She spearheads the Point Loma Summer Concert Series, which has over the years drawn thousands of residents, visitors and families. During the rest of the year, she develops educational learning programs for teens, families and San Diego immigrants at Junior Achievement of San Diego.

Matt Kalla: He sits on the board of the Ocean Beach Merchants’ Association to help businesses owners learn, grow and unite. He’s been a State Farm team member for 24 years and loves helping people make a difference in everyday life and realize their dreams.

Kristen Garrett: She has been with the Community Health Improvement Partnership, a consortium of West Coast hospitals, for 10 years. Recently, she was named the CEO. She feels everyone has a role in the health of the neighborhood and is passionate about bringing people together in her hometown.

Wine Pub owner Sandy Hanshaw deserves credit for having survived as a small-business startup as well as surviving cancer.

Hanshaw, wife of San Diego Bicycle Coalition executive director Andy Hanshaw, talked about a “defining moment” in her life when she lost her job in hotel business sales during the Great Recession and had to seize the opportunity to pursue her dream career goal.

“She had an interest — and passion — for wine and at some point wanted to do something with that,” Hanshaw said. “There was a niche that wasn’t being met for a wine bar in this area, and we picked up on that.”

The Wine Pub, at 2907 Shelter Island Dr. No. 108, is a full-on restaurant, retail establishment, with dog-friendly outdoor patio dining.

“It’s a good central location in a little strip shopping mall on the corner of Shelter Island Drive and Scott Street,” Hanshaw said, adding her eatery also serves local craft microbrews.

Hanshaw explained her business model.

“The idea was to create a place where you could get a nice glass of wine at a reasonable price,” she said, noting her clientele ranges from “couples and two-year-olds to 80-year-olds.”

Hanshaw’s been working on this year’s calendar, which she said will include special events like wine tastings or other community-oriented events. She said The Wine Pub also features prix fixe menu community “dinners” at which attendees sit all at one large communal table.

“We’re hoping to have another of those this year,” Hanshaw said.

The Wine Pub also hosts a “Bike for Boobs” event, benefiting cancer research.

“Every week a cycling event where people ride around the incinerator,” Hanshaw said. “In [2014], we raised $9,000 for breast cancer research.”

Hanshaw said her own bout with breast cancer has changed her perspective on life.

“Every day,” she said, “I’m so much more grateful than I was in the past. I truly appreciate the beauty that surrounds you and the people that you surround yourself with.”

Asked if she has any plans to change anything she’s doing at The Wine Pub, she responded, “The core part of the business is what we’ve been doing for five years, though we’re always tweaking and trying to invent new events and stuff.”

Meanwhile, Wednesdays just became San Diego’s ninth to dine with dogs — and for a cause.

The Wine Pub Point has announced its Woof Wednesday, a weekly event where you can check out of every person who dines in with a dog benefits the chosen organization.

Each Wednesday, the pub releases a unique menu featuring three items suitable for both pups and their humans, available to all two-and-four-legged patrons.

For more information on The Wine Pub and its upcoming community events, visit thewinepub.com or follow along on Facebook and Twitter.

Hanshaw said her business model is “a defining moment” in her life when she lost her job in hotel business sales during the Great Recession and had to seize the opportunity to pursue her dream career goal.

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By BRUCE SCHWARTZ

San Diego Council OKs permit fee among medical marijuana regs

San Diego City Council voted 8-1 Jan. 20 in favor of a package of amendments to medical marijuana regulations that will establish a permit fee for those who sell medical marijuana and greater floor space, will face higher permit costs, he said.

Prospective owners of the medical marijuana facilities are currently going through a process to acquire another type of permit — a conditional use permit — that will allow them to open.

“With the limited number of permits available within city limits. The application for the closest facility was submitted by a physician who has been on probation and has personal responsibilities. The city’s projected costs include the use of police officers to make background checks, fire personnel, nursing investigators, plumbers, and City Treasury employees. Dan Normandiaz, of the city’s Development Services Department, said the permit fee presented to the council was a “smaller fee.” Large commercial landlords and greater floor space, will face higher permit costs, he said.

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Lifelong foodie is in her element at Northside Shack

By DAVE SCHWAB | THE BEACON

Pamela Olvera’s been a mom, a paralegal, a chef, a gardener and now the owner of her own juice café in Point Loma.

What will the owner of Northside Shack, at 1255 N. Rosecrans St., do for an encore?

“There’s a couple of tricks up my sleeve,” said Olvera when asked if franchising is in her future.

The 42-year-old entrepreneur and lifelong foodie said she’s been contemplating opening her own business for 20 years. She finally did it in May of last year after working for a couple of years on her business plan.

“I’m totally different from most of the juice bars,” said Olvera. “I’m the only farm-to-table juice bar in town.”

Northside Shack features a lot of chef’s specials and custom drinks.

“I have a build-your-own bar,” said Olvera. “You choose up to five items to create your very own blends.”

Olvera said her vegetable and fruit blends are unique.

“We don’t use any emulsifiers or additional sugars,” she said. “We don’t load up with ice. I put together something, and almost everybody walking out the door is a happy camper.”

Her competitively priced concoctions are as distinctive as her business model.


One other novelty at Northside is that the café has Kombucha, a fermented tea drink purported to have health benefits, on tap.

“It’s got a lot of very good organisms and bacteria that help promote a healthy gut, stimulates energy and just kind of cleans your system,” said Olvera.

Northside does soups on Wednesdays. The juice bar also is known for its chicken salads, which Olvera warns, “run out quickly.”

Olvera is a huge proponent of healthful eating. “It’s always been a mission of mine to try and bring healthy eating to underprivileged neighborhoods, food deserts,” she said, adding she grew up in “hardcore” neighborhoods in South Bay that didn’t have access to “good foods.”

Olvera was a paralegal for 10 years. After her three children were mostly grown, she chucked her legal job to go to culinary school to retrain and become a chef. It’s a work experience that’s served her well as a food retailer.

Northside is located in a corner strip mall next to a dry cleaner that Olvera noted is convenient and close to her clientele.

“It’s a community juice bar,” she said. “I get people in here from every walk of life, vacationers because of the (nearby) hotels, and the military. I believe you tap into your community, your people, and you create a hub. That’s the best way to market your business.”

The business is also family run and maintained with Olvera, her mom, her best friend, and her children helping out.

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For more information, call (619) 715-1869 or visit northsideshack.com.

PHOTO BY DAVE SCHWAB

Pamela Olvera invites you to eat heartily and healthfully at Northside Shack in Point Loma.
Fitness to me is about finding a PASSION for movement. It does not have to be weight training as I know firsthand many people do not really enjoy but still incorporate into their lives because of its benefits. I really try to instill in all of my clients a love for movement whether it is running, surfing, walking, hiking, kayaking, martial arts, yoga etc. Fitness is a combination of strength, flexibility, endurance/cardiovascular, balance and coordination/agility. I try to work on all of these with my clients always keeping in mind their main goal. We periodize routines to make sure we reach those specific goals and along the way increase all aspects of fitness.

The start of the year is filled with busy life, work and family schedules. Doing what you’ve always done is a lot easier than trying something new. So, what can you do to jump over these common hurdles and finish strong in the quest for fitness success?

The first step to accomplishing your health and fitness goals is with a real commitment to achieving success. You can’t wish your way to a healthier, leaner, more fit, stronger you. You have to make a real commitment that includes a support structure and tools to do the job wisely and successfully.

Many fitness quests fail because people embark on the journey alone and let other items on their life calendar take priority over their goals. Set yourself up for success by wrapping your goals with a strong support system that includes the right professionals and tools to do the job wisely and successfully. Another way to keep yourself accountable to health and fitness goals is by physically scheduling your weekly workouts into your personal, family and professional calendars. If you view your workouts as a serious appointment and dedicate specific time to a physically lifestyle, you will be less likely to skip your workouts when life becomes busy.

The same old workouts and lifestyle tendencies will kill the same old results. If you are committed this year to reaching new levels of physical fitness, it is important to change up your approach by combining can-do attitudes with new workout routines focused on measurable strength and conditioning goals. This is where consistent fitness testing and retesting come into play.

By pushing aside old barriers and incorporating new lifestyle behaviors centered around commitment, accountability and positive attitudes, you are well on your way to investing in a healthier body and happier you.

As far as motivation goes you must reclaim your “WHY”. Below is an excerpt from Dan Millman, author of The Peaceful Warrior.

Inside you is untapped strength of will, of heart. The kind of strength that will not flinch in the face of adversity. You have only to remember your purpose, the vision that brought you to Earth—the vision that will take you to the stars—to the depths of the oceans and up the stairway to the soul. Great strength of will resides in you, waiting for expression.

Motivation comes and goes. “So oil the winds of motivation when they blow, but in the calms and dry spells, rely on your will to carry you through” Millman.

Rhythm Turner is one of the acts at the Jan. 25 Live ‘n’ Local event. They perform regularly at such spots as Kona Kai Resort and offer special events, including an outdoor acoustic showcase.

The Kona Kai Resort may not be hosting many music-related events at the moment, but thanks to promoter Shawn Balch, their Sunday concert series, Live ‘n’ Local, continues to be one of the city’s best bets for catching top-notch acoustic performances.

 Held weekly from 4 to 7 p.m. at the venue, 1551 Shelter Island Drive, the event features up to six performers who play short sets, giving audiences a chance to take a wide variety of offerings in one afternoon. Mix in the spectacular views from the Kona Kai and happy hour food and drinks prices, and it’s easy to see why the crowds keep coming.

Balch considers the success of his shindigs to the fact that the audience and musicians are having a great time; “All of the artists are enjoying the show,” he said. “They go out of their way to make people feel at home and truly enjoy the show.”

For their part, musicians who have played the Live ‘n’ Local event sing its praises. “Performing at the Kona was a blast,” said Kendrick Dial of award-winning hip-hop group Lyric Groove. “We love to perform wherever there is good sound and inviting energy. The Kona is right there on the water, so the scenery is beautiful, and it has great ambience—which I think makes all the people even more receptive to the performers, along with the drinks of course.”

Dial notes that the Kona crowd is a bit more receptive to performers than the typical venue that serves food, drink and music. “Typically, in bar-type establishments, you have a myriad of folks who are there to mingle, look at the game or get drinks, and the music acts are just atmosphere. But at the Kona Kai, whatever we ended a song, we could hear the crowd cheer in a way that lets us know actually listened to us. It was the same for most of the performers as well. This could just be saying a lot about the performers, but it definitely speaks volumes for venue.”

Show veteran Tim Flack points out that the outdoor setting and short set times present challenges in themselves. “The bar layout,” he said, “works really for playing, since the ‘stage’ is placed outdoors but within in shot of the bar patrons. Of course, the short sets are challenging from a performance perspective; just when you’re getting comfortable and have the audience engaged, you’re packing it up. “But that’s the nature of this type of gig, and [it] encourages you to hit the ground running from the first song.”

Timewatch Tad Ryan concurs. “In terms of the brief showcase, it takes you back to open mic roots,” he said. “I’m happy to be a part of the venture.”

For singer Gayle Skidmore, part of the appeal of the camaraderie among the performers is worth the effort. “I was so happy to be a part of the venture.”

The restaurateur said he hoped whoever succeeds him as an award winner will carry on with the society’s humanitarian mission. “The society’s goal in 2015 is for no dogs or cats (other than sick or injured) to be euthanized within San Diego,” he said, adding, “It’s a very lofty goal, but I think they’re going to hit it by the end of 2015.”

Shades hosts quarterly pet adoption events on the restaurant’s outdoor patio. “We’ll have 50 or 60 dogs on the patio,” he said, adding canines are people pleasers.

“Some artists,” he said, “have big shows coming in shot of the bar patrons. “I absolutely love all the staff,” he said. “They go out of their way to make people feel at home and truly enjoy the show.”

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Are you going to have to take off work or cancel appointments to fill in? Was a national background check done? Have you verified that the caregiver has experience developing her own special way of delivering massage that is most suited to the personal needs of that person.

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 required by the government?

Is there a professional Geriatric Care Manager to supervise and mentor?

Are you paying her payroll taxes and Are you providing workers' compensation insurance in case your caregiver falls and verification of prior employment done?

Are you paying her payroll taxes and 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) 731-1442 or visit our website at www.innovativvehc.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 stair case, in the hall or outside the back door.

When we visit you, we bring along a great selection of products for same day installation. Decide what diameter and texture feels best before you buy. We can match the finish of your existing hardware. 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.

Fitness Massage Therapy

Fitness Massage Therapy has now been opened a year at Shelter Island Medical Group (Suite C). Manager Cynthia Shen, is a state licensed Medical Massage Therapist. She has many years of experience relieving some muscles, aching backs, necks and joints. Cynthia has with her many years of experience developing her own special way of delivering massage that is most suited to the personal needs of that person.

Herbal therapy and prenatal massage are available along with deep tissue Swedish and sports.

Cynthia wishes all of you a happy and healthy New Year and thanks to all of our customers and friends for their help and support.

Many of you have written reviews on line at Yelp and referred friends and family. Thanks again, we are pleased to have been able to provide comfort, relief pain and provide relaxation.

1-877-431-1442 (toll-free)
www.innovativvehc.com
In 1981, the school once known as Collier made the drastic change to combine with neighboring school Dana to form the new Correia Middle School. The school’s decision to change the name came in recognition of the bonding of the schools.

It was decided to name the school after a living person. Being that the previous namesake was an important developer in San Diego, the choice to name the school after an artist specializing in the skill of glass blowing, Steven V. Correia, was a unique choice.

The school has grown immensely since the name change. It receives input from Correia, and is ecstatic about being able to share with him the progress of the school.

“Being able to meet the person the school is named after, the school I’ve worked so hard for, is amazing,” said eighth grade Jacob Wade. “In 2013, I became a member of Correia’s own ASB. There, I became a student ambassador after finding out that Correia was 30 years old. Wade decided to bury a time capsule in its honor. Through the years, ASB purchased artifacts from the school’s history. I’ve found almost 100 artifacts to the school and have organized hundreds of yearbooks.”

After finding out that Correia was 30 years old, Wade decided to bury a time capsule in its honor. Through the years, ASB purchased the time capsule and Wade organized the ceremony.

“Finally on Jan. 16, after two years of planning, I finished my goal to celebrate this historic day in our school,” Wade said.

**Students in Need of Assistance can Contact:**

- **Student Jacob Wade** (right) with Steven V. Correia at the time capsule ceremony. **COURTESY PHOTO**
**COMMUNITY**

**Paris tragedy, triumph: Lesson isn’t lost on San Diego**

Don’t look now (unless you somehow find yourself duly compelled), but I’m off to France for most of July to help recast a big farmhouse outside Bordeaux into a bigger live-in education and community center. The project is in the southwest commune of Brossac, and this is great for two reasons: I’ll get a hard-won taste of true rural life (Brossac, a farming town, holds just over 500), and my workmates come from around the world, which means I’ll be that much less conspicuous amid my totally awkwardly French. Tiny, windswept Brossac is a cultural solar system away from Paris, the Western world’s premiere historical landmark – but even as six months will have passed, both locales will operate in lockstep following the horrific Jan. 7 massacre of 17 innocents and the police killings of three perpetrators of the crimes. What began as a mass murder at a controversial Paris newspaper morphed into the latest installment in religious fervor gone mad, with satirical cartoons of Islam’s prophet Mohammed fuelling two battles of almost Shakespearean proportions. Nearly 90,000 French forces were involved in the aftermath, with French Prime Minis-

**NEWSPRINT PHOTO**

ter Manuel Valls declaring Jan. 10 that France is at “war” with radical Islam. Charlie Hebdo (“Charlie Weekly”), the paper at the center of the tragedies, normally circulates 60,000 copies every Wednesday. This week’s edition was to have rolled out at an unbelievable 5 mil-

**COURTESY PHOTO**

lion, a figure underscored by the nearly 4 million (about a third of Paris’ metropoli-

**COURTESY PHOTO**

tan population) who on Jan. 11 swelled the country’s streets in defiant, jubilant show of unity (President Obama’s abso-

**COURTESY PHOTO**

lutely unbelievable absence notwithstanding). “Je suis Charlie,” or “I am Charlie,” became the mantra of choice in Paris and in cities from Beirut to Tokyo, and “Le Marseillaise,” the French national anthem, totally hit the top of the charts. In the blink of an adoring public eye, France’s 9/11 had morphed into a polit-

**COURTESY PHOTO**

ical Woodstock. “The upshot from the bloodshed wasn’t lost on San Diego, whose House of France in Balboa Park was the scene of a hastily arranged candlelight vigil on Jan. 8. On the day of the Paris rally, about 125 showed their solidarity at the park – and perhaps no presence was more reassuring than that of Taha Hassane, director and imam at the Islamic Center of San Diego, who participated in both rallies. “I’m against injustice,” he said in a published report. “I am against crimes committed in the name of my faith, in the name of the God that I worship, in the name of the prophet that I follow. Extrem-

**COURTESY PHOTO**

ism and terrorism have no religion, no culture except the culture of hate.”

French President François Hollande isn’t the only one to have thought of his people, but it’s no cinch he carried himself every inch the statesman Jan. 11, when he declared that “Today, Paris is capital of the world.” And so it has been for centuries as the signature city of about 40 peace treaties since 1229. By contrast, little Brossac became a commune in 1793 and has never had more than 1,200 residents at one time. But this is one of those cases where size, thankfully, doesn’t matter. Paris, Brossac and every French city in between stand shoulder to shoulder as this moment’s true leaders of the free world. Just as I’m elated at their courage, I am sorely shaken amid my own devastation at the attack on a free press and the loss of life.

**COURTESY PHOTO**

I am enchanted with anticipation of my trip and my hosts’ colossal resolve, writ bold and extra-large Jan. 11 on the world stage. And even as my French is well-worn hopeless, I am beside myself with pride for a nation that fuels mankind with its almost unimaginable presence, dispensing hope and humanity as freely as an impoverished world can scare draw its sustenance.

Je suis Charlie.

**Dine here with your valentine! SATURDAY, FEBRUARY 14th**

**OLD TOWN GIFT CO. TO HOST SERIES OF BOOK SIGNINGS IN 2015**

Old Town San Diego State Historic Park will host the 6th annual Blessing of the Animals on Sunday, Jan. 18, from noon to 3 p.m. The main event will be the ever-popular pet blessing by Monsignor Mark Campbell between 12:30 p.m. and 1:30 p.m. A Blessing of the Animals event has been happening in Old Town for more than 300 years. In San Diego’s past, the annual benediction of the Beasts celebrated St. Anthony of the Desert, the Patron Saint of Animals. Activities for both animals and families make this modern interpretation of an historic event quite moving to all who participate, according to event producer Chuck Ross of Fiesta de Reyes. The event in the central plaza of Old Town San Diego State Historic Park will have activities for adults, children and their pets. The pet expo will have pet treats for tast-

**COURTESY PHOTO**

ing, adoption opportunities from various rescue groups and educational information on rescuing, rehabilitation and supporting the animals in your area. A pet costume contest will take place at 2:30 p.m. featuring prizes for several categories including best dressed and best pet-owner look alike. Participating exhibitors, lined up by press time, were Oluhihula Rescue of San Diego, Dogs on Deployment, Emergency Animal Response, Helen Woodward Animal Center, Parrot Education and Adoption Center, Paws In- to-Grace Animal Hospice, Prayin’ Girl Pet Care, Rancho Coastal Humane Society, San Diego Happy Dogs and Sky Hunters. Chopper the Biker Dog will be on hand to entertain the crowd.

Sponsored by Fiesta de Reyes, the Blessing of the Animals event invites people and animals of all faiths and convictions to partici-

**COURTESY PHOTO**

pate. Last year’s event attracted more than 500 attendees was the highest attendance recorded in the modern event’s five-year history. From a blue tengu bird to a wolf hybrid dog, all animals were blessed by Monsignor Mark Camp-

**COURTESY PHOTO**

bell. Admission to this event is free. For more information, call 619-297-3100.

**ENJOY THE BEAUTY OF OLD TOWN**
FRIDAY, JAN. 23
Point Loma Nazarene University's Cultural Events Department presents Kindra Scharich, mezzo-soprano, and George Fee, piano, in a program of lieder, or German songcraft, from 1797 to 1896. The show takes place at 7:30 p.m. at Crill Performance Hall, 3900 Lomaland Drive. $15 general, $12 military and seniors. (619) 849-2200, pointloma.edu/event.

FRIDAY/SATURDAY, JAN. 23/24
Visionary Dance Theatre presents Perseverance, a celebration of its fifth year in providing dance, music and theater in San Diego. The show is a chronicle of Visionary’s growth, setbacks and struggles to exist in a poor economy amid its stated belief that dance is for everyone. The show is set for 8 p.m. at the Performing Arts Center at Point Loma High School, 21235 Chatsworth Blvd. $13 advance sale, $18 door. (619) 758-8112, visionarydancetheatre.org.

SATURDAY, JAN. 24
Ocean Beach's Coastal Sage Gardening is participating in the Panama-California 1915 expo celebration by "adopting" a plot of ground through Friends of Balboa Park, whose plot is at the park's Botanical Building. The group meets every Saturday morning at 9 for planting, weeding and watering. (619) 223-5229, botanyforkids.com.

WEDNESDAY, JAN. 28
District 2 Councilmember Lorie Zapf will join the Ocean Beach Town Council for its general meeting to discuss her legislative priorities and take questions from community members. The council will also honor the award winners in various categories from the 35th annual Ocean Beach Holiday Parade with plaques. The meeting begins at 7 p.m. at the OB Masonic Center, 1711 Sunset Cliffs Blvd. (619) 515-4400, obtowncouncil.org.

WEDNESDAY, JAN. 28
Women Occupy San Diego will screen "Cointelpro 101," a documentary introducing viewers to the secret projects of Cointelpro, a secret, and sometimes illegal, series of plans to disrupt domestic political organizations. The intended audiences are the generations that did not experience the social justice movements of the 1960s and '70s. Free admission, refreshments. 7 p.m., Women's Museum of California, 2730 Historic Decatur Rd, NTC Liberty Station. (619) 233-7963, womensmuseum.org.

THURSDAY, JAN. 29
Te Mana Cafe presents “A Frozen Sing-Along with the Ice Queen.” Come dressed as your favorite character from "Frozen," the Disney movie featuring an intrepid couple's efforts to track down an evil Ice Queen and break her spell over a kingdom. The program is held the last Thursday of the month through May from 4 to 5 p.m. at the cafe, 4956 Voltaire St. in Ocean Beach. $15. (619) 255-9233, temanacafe.com.

SUNDAY, FEB. 1
The Point Loma High School cross-country team and its boosters and volunteers have organized the fourth annual Hungry Dog Dash, a 5K-run fundraiser for the team. A poker run has been incorporated into the event, and strollers and dogs are allowed an encouraged. The top male and female finishers will receive an award. Registration begins at 7 a.m., with the race at 8. NTC Park, Liberty Station. (619) 517-6327.

WEDNESDAY, FEB. 4
The Ocean Beach Farmer's Market features countless vendors of fresh local produce, tasty ready-to-eat meals, unique homemade arts and crafts and live music to help set the tone for a fun and exciting evening out. Samples are readily available to help you decide what treats you will be carrying home with you, but don’t fill up too fast, as there is an array of food options available for dinner as well. The market opens every Wednesday at 4 p.m. in the 4900 block of Newport Avenue. (619) 224-4906, oceanbeachsandiego.com.

FRIDAY, FEB. 6
Friday Night Liberty is a free community art event that happens the first Friday of every month. Meet artist in their studios, see live performances and experience unique San Diego culture. Explore the historic heart of Liberty Station from 5-9 p.m. So Say We All returns to Friday Night Liberty from 7-9 p.m. at Barracks 17. Hear live Brazilian jazz and samba in the Barracks 17 plaza in collaboration with a new show at La Onda Art Latino gallery. Expressive Arts Institute and artist June Rubin will have a create your own valentine station. Welcome back New Americans Museum with their inaugural exhibit narratives of resilience: reimagining homeland and hear from the artist and curators Carolyn Cantario and Adriana Martinez Noriega at 7 p.m. in Building 202.