Like them or not, new laws set to grow teeth

From social media to anti-bullying and funeral protests to mandatory DUI blood tests, change is afoot for state

By MARIKO LAMB | THE BEACON

With every new year comes a fresh set of federal, state and local laws — some that affect taxpayers’ pocketbooks or their ways of life, others that seem utterly trivial or will be applied only in rare circumstances.

The following is a spotlight on just some of the new state laws that took effect Jan. 1 — legislation that will reshape the landscape of business, education, health, safety and environmental laws in California.

BUSINESS

• Social media privacy in the workplace: The privacy of employees’ and job applicants’ social media accounts are now a bit more secure with the passage of AB 1444 in September. The new law forbids employers from asking for user names, passwords or other information to access employees’ or job applicants’ social media accounts like Facebook or Twitter. While the law protects employees from being compelled to divulge such information, don’t start trashing the boss just yet. The legislation does not apply to passwords used to access employer-issued electronic devices and does not infringe on employers’ existing rights to investigate workplace misconduct.

• Home/commercial goodies: The California Homemade Food Act, or AB 1616, allows “low-risk” foods like baked goods, candies, jams or tortillas made in private homes to be sold commercially with limited regulatory oversight.

TRANSPORTATION, DRIVER SAFETY

• Fees: San Diego County motor-vehicle registration fees will increase from $51 to $72, adding a new source of revenue to help combat vehicle thefts under AB 4104. Boat owners, too, will see registration fees increase up to $10 to help fund a quagga and zebra-muskel infestation prevention program under AB 2441.

• Hands-free texting: AB 1515 would now permit drivers to text, email or read messages on a portable electronic device while driving — but only through the use of hands-free voice-to-text technologies.

• DUI changes: Urine tests are no longer an option for drivers suspected of driving under the influence. With certain rare exceptions, blood tests — widely considered to be more accurate — are now mandatory under AB 2020.

• Meters: Drivers are permitted to park in spaces with broken parking meters for the time allotted without receiving a parking ticket as the result of SB 1388.

• Tolls: Low-emission and clean-fuel vehicles with valid clean-air vehicle stickers are exempt from toll charges otherwise imposed on single-occupant vehicles in high-occupancy toll (HOT) lanes under AB 2405.

• Shovingproof: The passage of AB 1708 permits drivers to use smartphones to demonstrate proof of insurance.

EDUCATION

• Anti-bullying campaign: To further protect students against cyber-bullying, state legislators passed AB 1772, which prohibits acts of electronic bullying like the impersonation of another student on a social network or Internet site, the pervasive harassment of an individual using a false profile or the creation of a “burn page” targeted toward an individual. Online bullying campaigns are punishable under state and school anti-bullying provisions.

HEALTH AND SAFETY

• Risk-free reporting: Drug-overdose victims or bystanders wanting to report a drug-overdose incident may now summon medical help without fear of
An Ocean Beach man is finding parts of the plot of the new ABC network television series “Last Resort” to be a little close to home.

L. Joseph Martini, an Ocean Beach resident, former torpedo engineer with the Space and Naval Warfare Systems Command and author, experienced a true-life adventure nearly three decades ago not too unlike parts of the show’s true-life adventure nearly three decades ago.

Opening scenes of “Last Resort” TV show eerily familiar to Ocean Beach man

In the opening show of the series, U.S. submarines — had been given some little information about the Navy operations at the time. That made what happened up there 26 years ago even more fearsome, not to mention the insurmountable odds against us already, like ice storms, polar bears and military bias while we fired torpedoes from the surface of the Arctic ice pack against our own subs.”

Martini’s true story is told in the book “ICE-X ’86 — Freezing the Cold War,” which he authored last year. The book is 137 energy-packed pages, including photos and a movie trailer published by iUniverse, Inc., Bloomington, available on Amazon.com and other sites, as well as Kindle and Nook. The book is available in paperback for $12.95 and on Nook for $8.99. To purchase the book, visit www.barnesandnoble.com.

— Staff and contributed

Barrie and Dawn Pedersen venture to the Wild, Wild West of Arizona, with their Beacons to see their grandsons Landon, 4, and Jackson, 20 months. The boys’ parents are Kristin and Barry Pedersen.

Take us on vacation with YOU!

It’s vacation time! Peninsula Beacon readers are heading out of town and taking their favorite hometown newspaper with them! Don’t pass up your chance to have your name and face published in the Beacon. 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. Enlarge 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.

Julia Hargrove and her boyfriend Jimmy Rao, take their favorite hometown newspaper for a wintery journey to Moorea, an island off Tahiti in French Polynesia. “The trip was amazing, hot, beautiful and fun, and I brought The Beacon to read while Jimmy went surfing,” says Julia.

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Andy Roder, PLHS sophomore (far right), takes his Beacon sledding in Montana, Mich., near Lake Michigan with his cousins (from left) John, Mary and Chris Byron. Photo submitted by Patty Roder.

On vacation with the Peninsula Beacon

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Lt. Col. (retired) Bruce and Louise Miller of Point Loma take their Beacon on a tour of Sentosa Island. Bruce Miller, 71, is the communications officer aboard the Navy’s Charles Drew. Louise met him in Singapore and they managed to get a few days of rest and recuperation. As adventurous travelers, they left no moss under their shoes and were determined to see Sentosa Island. “It’s a beautiful island, full of military history and the perfect location to read The Beacon,” says Louise. “Bruce was able to catch up on all of the news that he missed while at sea. The island is where the British surrendered to the Japanese in World War II. A truly special destination that everyone should have on their list of places for the new year!”

On vacation with the Peninsula Beacon

Barrie and Dawn Pedersen venture to the Wild, Wild West of Tucson, Ariz., with their Beacon to see their grandsons Landon, 4, and Jackson, 20 months. The boys’ parents are Kristin and Barry Pedersen.

Andy Roder, PLHS sophomore (far right), takes his Beacon sledding in Montana, Mich., near Lake Michigan with his cousins (from left) John, Mary and Chris Byron. Photo submitted by Patty Roder.

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One Ocean Beach arts venue is so new that its spokesperson can’t rely on her estimates of a projected annual budget.

The theory behind it is so old that the locals might mistakenly think it’s been part of the area all along. When the neighborhood, after all, has shown its artistic side since its founding in 1887 if you call mail fraud — which landed then-Ocean Beach real estate trader and San Diego Mayor William Carson in jail — an area of its own.

In recent decades, the venue has hosted commercial in the visual arts, outdoor recitations of passages from American ’s super-star comunicators — but they are theater company that sold out a season’s worth of shows.

But organizers behind the nonprofit Ocean Beach Center for the Arts said they intend to become exactly what the community’s artistic prowess, which until now has existed catch-as-catch-can.

The center, at 4944 Newport Ave, has put a modest recording studio and merchandise tables inside the historic Beach Playhouse after having taken over the old Veterans of Foreign Wars Post 1392 bar and thrift shop space two years ago.

“More than anything,” said director- proprietor Lynne Bolton of Point Loma, “we’re looking for a resident theater group. I’ve painted scenery on The Old (Old) Globe. But I don’t love it, but that’s not my idea of rising to the occasion. And the recording studio has been great for those who want to spend the $2,000 on a CD and market their bands.

“But we’ve been around Ocean Beach for 30 years, and we’ve seen its potential for the arts with all these eclectic people and businesses. That’s what we want to do is give OB a really good name in the arts.”

Lynne Bolton
Ocean Beach Center for the Arts, a nonprofit organization

starting a business can be a daunting task for any woman with a great idea. Local entrepreneur and co-founder of Chic CEO, Stephanie Burns, discovered this early on while she was still in graduate school.

“I started noticing women couldn’t find the information they needed and nobody was really serving them, so I thought, ‘I want to create a business website that’s fun, savvy and very smart, but also appeals to women my age.’ ”

From that point on, Burns made it her goal to ensure that no other woman felt alone in starting her own business, making one of the best decisions of her life.

After getting laid off from her job — while still in the whirlwind of developing her new business — Burns had answered by one, all-encompassing, all started having the same questions,” said Burns.

“Those mixers are really important for women entrepreneurs to kick-start their business.”

“There is a fundamental ABC, 123 to starting a business that for some reason is really hard to find on the Internet, and we just think that’s ridiculous. Our goal is just to provide value for women to start their own business.”

Burns said, “We honestly believe that no woman should ever feel stupid in starting their own business. They should have all the information they need to be successful.

Once that business is finally realized, Chic CEO won’t leave its clients high and dry. It also provides a support network of entrepreneurial women who have started or are in the process of starting their own businesses with monthly networking mixers in conjunction with 6 Degrees San Diego.

“They are really important for women to make connections and trade ideas in a really relaxing, non- intimidating environment.”

Chic CEO hosted its biggest mixer of the year this summer to share business ideas with other women and have a good time over complimentary drinks and appetizers with like-minded professionals.

“Get laid off twice, and working for somebody else — having my livelihood hope to do something different — scares me a lot more than being an entrepreneur,” said Burns, urging women to take that first, intimidating step.

“i think a lot of women are finding that the answer to this is taking their opportunity in their own hands and get started with what they really want to be working on,” she said. (Even though it’s a little scary, I sure am happy.)
Point Loma’s unique ‘shell garden’ brings waves of fascination

By MARSHA KAY SEFF | The Beacon

If you’ve driven along Rosecrans Street, you’ve seen the front yard and most likely wondered about it.

The “shell garden” has stood sentinel at the stucco home for three decades, according to Nelson Mendes, who grew up in the house.

When Mendes was a kid, the house had the typical green lawn, like most of its neighbors. The “trees” and “bushes,” shaped out of thousands of abalone, periwinkle, clam and conch shells didn’t “sprout” until the early 1980s. That’s when Nelson’s father retired from his career as a turner fisherman.

For years, he had been collecting the shells from voyages around the Galapagos Islands. With time on his hands, Mendes said, his dad decided to make use of the shells in what would become one of the most unusual gardens in America.

“Mom just let him do his thing,” said Nelson Mendes, who still lives in Point Loma between stints as a turner fisherman in the South Pacific.

“It was better than cutting and watering grass,” said Mendes. “He was one of the first to use ‘xeriscaping’ (a drought-resisting landscape, most often with plants that don’t require much water).”

Since then, locals and tourists alike have been stopping to take photographs, and in case the family ever sells the property, hold onto the property, shells and all. However, Mendes said, the family plans to attach rebar and secure it into the glass, because we may need it tomorrow… We seldom part with anything that wears out, so we always have a rebuild project going on in the shop… We seldom part with anything [glass], because we may need it tomorrow.

For large panels, however, we experiment, I know the stained-glass industry will continue to evolve,” she said. "I cut myself fairly often but one learns to be really careful around glass, I never try to be vigilant and have our lead processes and experiment, I know the stained-glass work has its unique imperfections and experiment, I know the stained-glass industry will continue to evolve,” Warren said. "I know that glass resists and wind and rain and support its own weight, but after 80 years, the lead frequently wears out, so we always have a rebuild project going on in the shop… We seldom part with anything [glass], because we may need it tomorrow."

Stained glass must be able to resist wind and rain and support its own weight, but Warren said most stained glass isn’t as fragile as it looks, either.

“Many people appreciate the imperfections of the old process and there is quite a market for it,” she said. “Diamond patterns were very popular back in the 20s and 30s, but after 80 years, the lead frequently wears out, so we always have a rebuild project going on in the shop. We seldom part with anything [glass], because we may need it tomorrow.”

“Stained glass is quite a market for it,” Warren said. “I know the stained-glass industry will continue to evolve,” she said. "Even after 40 years at the same job, we learn something new nearly every day." Some of the Warren’s artwork includes the front door stained-glass window of the historic Queen Anne Victorian house of CPA John Ernst at 2408 First Ave. near Balboa Park. Recently, the Warrens built a stunning 75th anniversary chancel window in the remodeled Point Loma Community Presbyterian Church.

The artwork was designed by Michael Huff and Suzy Spafford Lindstrom of "Suzy’s Zoo" fame. Stained-glass work has its unique imperfections, including many fine examples of stained glass. Including many fine examples of stained glass.

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Venerable Maritime Institute continues its tradition; expands its reach to world

**TO THE POINT**

By JOHNNY MCDONALD, THE BEACON

Most ships coming in and out of the harbor—from sports getaways to excursion cruises to 300-tonners—are skippered by graduates of the college-accredited classes at the Maritime Institute.

“On any of the 700-footers, my campus is only on the far side of the harbor,” said Capt. Arlan Johnson of the college. “I’ve been there since 1976. It’s jampacked with students every semester and more in Honolulu, Hawaii. It’s a comprehensive, two-year program that graduates earn a bachelor’s degree in marine engineering and navigation.”

**PUNCHING PROGRESS**

Boo-hissfully, the Arena Boxing gym claims it is the best training facility not only in the county, but the country as well.

“The gym, located on Sports Arena Boulevard, has only been operating for four years, but its membership has grown to 800 for those wishing to improve skills in Jiu Jitsu, mixed-martial arts, Muay Thai, strength and conditioning, as well as boxing.

The busy house of sweat offers 100 classes a week. And it even offers a 3-day no-run trial period.

Manager Charles Martinez said Arena Boxing works hard to furnish the best training experience.

“The main thing is to learn technique and we have skilled trainers,” said Martinez, who earned a brown belt in mixed-martial arts.

“We teach the true form of boxing. People are tired of kick boxing. “We teach the true form of martial arts. “We teach the true form of kick boxing. People are tired of kick boxing.”

But nowadays, when women make up nearly 60 percent of all college students, they’re not the only ones looking for a sport to balance schooling.

I had a Facebook post from my friend, Laragin Arvin here in San Rafael, who’s a past graduate. The school’s located in San Rafael. He said, “We’re on the third generation of students. It’s a great training environment at a reasonable cost.”

— Johnny McDonlad, longtime writer and volunteer for the San Diego Community Newspaper Group

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**PHOTOGRAPHY**

By JACOB ROTH

The first time I heard the news was in March of my senior year. I had a Facebook post from my friend, Matt Day, who is a year older than me and runs competitively at Westmont College.

“You applied to Point Loma, right?” If you were a college athlete in high school, there’s a very good chance you applied to college in point. Loma announced that it is cutting their track and xc [cross country] programs (Title 9). Just 5th.

I was speechless. My dream was cutting one of the things that drew me to the most: the chance to run in college. They were also cutting softball and men’s golf.

I was furious. Just a couple weeks prior, I had gotten back from visiting Point Loma Nazarene University. Coach Jerry Arvin was great. The team was fantastic. The program was a leader within Title IX regulations.

Eventually, they made the decision to phase out the men’s sports over three years rather than immediately cut them. At this cross country season comes to a close, breaks my heart that I won’t get to compete next year. Neither will the rest of the track team. Or the men’s golf team. I can’t even imagine what it feels like for the men’s soccer players to be cut so abruptly. I’m thankful for the three years I’ll have had. But why were my fellow athletes and I robbed of the chance to compete further.

The problems originated in 2008, when the city of San Diego notified the school that the softball team could no longer use the softball field down at Sunset Cliffs (which has always belonged to the city and run competitively at Westmont College).

So PLNU decided to cut the softball program because no suitable backup field was found, and the school lacked the necessary funding needed to implement the offered alternatives. By the way, the baseball field finished second, fourth, and seventh in the NAIA rankings in 2008, 2009, and 2010, respectively.

When the softball team went, the school was out of line with Title IX regulations. Title IX, according to www.titleix.info, “is a law passed in 1972 that requires gender equity for boys and girls in every educational program that receives federal funding.”

So in the name of “equity,” Title IX forced PLNU to cut my sport and rob who knows how many future female athletes of the chance to compete in high school and collegiate sports.

But nowadays, when women make up nearly 60 percent of all college students, they’re not the only ones looking for a sport to balance schooling.

As a dutiful daughter, it seemed I was the first step in getting what they need. Unfortunately, too many people, including their own doctors, write off all older folks as being dull. When the world ignores your loved ones, you need to remind people that older folks need to be treated with respect.

As this cross country season comes to a close, breaks my heart that I won’t get to compete next year. Neither will the rest of the track team. Or the men’s golf team. I can’t even imagine what it feels like for the men’s soccer players to be cut so abruptly. I’m thankful for the three years I’ll have had. But why were my fellow athletes and I robbed of the chance to compete further?

Photos taken at the foot of Newport Ave. from opposite directions, circa 1969

By MARSHA KAY SEFF

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

You are your parents’ advocate now. When they’re too ill to speak for themselves or can’t recall what they wanted someone heard, your mouth is an asset. If you don’t already have one, you might want to develop one. Because opening your mouth—shouting until someone hears what you’re saying—is one of the biggest parts of being a caregiver.

Does that mean you ignore your loved one’s wishes. Understanding what they want is the first step in getting what they need. Unfortunately, too many people, including their own doctors, write off all older folks as being dull. When the world ignores your loved ones, you need to remind people that older folks need to be treated with respect.

By MARSHA KAY SEFF

Go ahead, trot your horn when it comes to parental advocacy

by MARSHA KAY SEFF

After years of talking to one of my mother’s doctors, she was finally treated in person. He walked into the office, shook my hand and looked perused.

“I thought you were much taller,” he said.

Yes, I speak a lot louder than my 4-foot-11 stature. As a dutiful daughter, I seemed to always be advocating for my aging parents. They weren’t even off the plane from their home in Miami Beach to San Diego, when I’d found them a place to call home, when I had to put on my advocate’s hat.

After waiting more than a half-hour for their plane to pull up to the gate (that wasn’t even in line with Title IX regulations), I asked someone what the delay was. He said my parents’ plane couldn’t get in until another plane pulled out. So, I simply informed the gate agent that there were two sick people on the inbound plane, that he would have to tell the other plane to pull back. He did. When I clambered aboard to retrieve my parents, the captain said if I’d had any thing to do with the arrangements — and thanked me.

When someone at mom’s health insurance company refused to talk to me on the phone about my mother’s bill, which I’d always paid, I hung up and red alienated — and introduced myself as my mother. I got a new number.

I learned to work around a lot of things during the 1.2 years I was my parents’ dutiful daughter, their best friend and their liaison with a not-always-receptive world.

Sponsored by Right at Home, In-Home Care & Assistance, www.ojolla.com. (858) 277-5900. info@ojolla.com. Contact Marsha Kay Seff at mssfett@gmail.com.

**PLNU’s male athletes the heave-ho**

PLNU’s male athletes the heave-ho
Suspect held in Midway District sexual assault

Detectives with the police department’s Sex Crimes Unit swooped in to make an arrest on Christmas Eve, cuffing a 44-year-old man suspected in the sexual assault of a maid at Wyndham Garden District sexual assault

On Dec. 24 SDPD criminologists made a positive identification of Stevens as the suspect from evidence collected at the Vagabond Inn in Mission Valley. The DNA evidence was additionally linked to evidence collected from a reported sexual assault case that occurred at Hourglass Park on Oct. 9.

District sexual assault

Sex Crimes Unit detectives and patrol officers arrested Stevens without incident within hours of his identification. Stevens was booked on numerous charges, including forcible sexual assault, attempted murder and false imprisonment.

According to investigators, the suspect identified as Stevens confronted the maid as she was leaving the room and forced her back inside. The victim reportedly fought with her attacker, who brutally beat and sexually assaulted her. After the attack, the man fled on foot. The woman was transported to a local hospital for treatment of her injuries.

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Anyone with additional information concerning the case is urged to call the Sex Crimes Unit at (619) 531-2210 or the San Diego County Crime Stoppers at (888) 580-8477. PL bank robbery suspect has Jan. 4 court date

A Jan. 4 preliminary hearing has been set for an alleged bank robber who is accused of holding up a Point Loma bank and two others elsewhere, falsely claiming to have a bomb.

Backpackers given citations for violations

An apparent catch with city codes, a group of backpackers were issued multiple violations last week for everything from smoking on the beach to open alcohol containers.

Police officers arrived at Saratoga Park off Abbott Street near the lifeguard tower to back up lifeguards, who found the backpackers smoking open containers, smoking and possessing marijuana.

The backpackers were cited amid protests they were unaware of the smoking and alcohol ban in the park, at the beach and adjacent park lots.

— Bianca Koch

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SD Restaurant Week ready for another round

California Restaurant Association’s semi-annual San Diego Restaurant Week (SDRW) is back again this Jan. 13-18 to kick the new year off right with sumptuous dining options in a dozen neighborhoods throughout the county, including La Jolla, Point Loma and Mission Bay.

Talented local chefs at more than 180 of San Diego’s myriad dining establishments will dish out a taste of their culinary skill with prix fixe lunch and dinner menus at discounted prices for six delicious days.

In Point Loma:

• Bo-beau, French, dinner $30
• Boathouse Restaurant, seafood, lunch $14, dinner $20
• Island Prime, steakhouse, dinner $40
• Luna Grill, Mediterranean, lunch $10, dinner $20
• Old Venice Restaurant, Italian, lunch $10, dinner $30

For more information and updates about the mid-coast trolley line, visit www.sandag.org/midcoast.

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SD Restaurant Week ready for another round

California Restaurant Association’s semi-annual San Diego Restaurant Week (SDRW) is back again this Jan. 13-18 to kick the new year off right with sumptuous dining options in a dozen neighborhoods throughout the county, including La Jolla, Point Loma and Mission Bay.

Talented local chefs at more than 180 of San Diego’s myriad dining establishments will dish out a taste of their culinary skill with prix fixe lunch and dinner menus at discounted prices for six delicious days.

In Point Loma:

• Bo-beau, French, dinner $30
• Boathouse Restaurant, seafood, lunch $14, dinner $20
• Island Prime, steakhouse, dinner $40
• Luna Grill, Mediterranean, lunch $10, dinner $20
• Old Venice Restaurant, Italian, lunch $10, dinner $30

For more information and updates about the mid-coast trolley line, visit www.sandag.org/midcoast.
LIVE

Lady Dottie, open-mic madness, OB Farmers Market tunes

2013 is now here, and one thing is certain. With its beachside location, fine restaurants and numerous venues to take in the best in local and touring acts, Ocean Beach will continue to be one of the top spots for San Diegans to check out live music. Here are a few great options to get your new year started off right.

It’s possible there’s not a more exciting band in San Diego than Lady Dottie & The Diamonds. Performing every Wednesday at Gallagher’s in Ocean Beach, the band excels at gritty R&B, with elements of funk and garage rock mixed in. The quintet plays a mix of great covers and original tunes, such as “I Ain’t Mad at Ya,” performed with real passion. There are plenty of excellent cover tunes in the band’s set as well, like “Have Love Will Travel” and “Hang On Sloopy,” both featuring sound that would make James Brown swoon over. The free presentation takes place at 7 p.m. at the Point Loma United Peninsula area for surf aficionados to come in and watch the football playoffs with us!

Have you tried our First Catch menu? 3-course dinners offered for the price of $43.50 per adult. The menu changes weekly, ranging from country to rock, but it’s practically guaranteed fun and always free. OB Farmers Market: Newport Avenue and Bacon Street, 6 p.m. All ages. www.oceanbeachsandiego.com/events/farmers-market-wednesdays

The best cover band in town! Lady Dottie’s Rockola, which performs at Humphreys Backstage Lounge on Saturday Jan. 5. Specializing in classic rock from the 1950s to the 1970s, the band is so exciting in its performances that it’s sometimes hard to tell their versions of tunes from the originals, with vocal harmonies a particular strength. The band features some of the area’s top players, led by guitarist Bob Tedde, who is able to play everything from garage rock like “Hang On Sloopy” to psychedelic rock like Procul Harum’s “Conquistador.” Most importantly though, Rockola is a lot of fun, with a huge interactive component that keeps audiences coming back for more. Rockola performs at 9 p.m. on Saturday, Jan. 5 at Humphreys Backstage Live, 2241 Shelter Island Drive, www.humphreysbackstagelive.com

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San Diego will discuss “How San Diego Conquered the (Craft Beer) World.” The free talk starts at 6:30 p.m. in the community room of the library, 3701 Voltair St. For more information, call Christine Gonzalez at (619) 531-1539.

THURSDAY, Jan. 17
The Ocean Beach Historical Society hosts local photographer Joe Firing, who will present great surf shots from the Peninsula area for surf aficionados to swoon over. The free presentation takes place at 7 p.m. at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit www.obhistory.org.
George Fox University (GFU) outscored the Point Loma Nazarene University’s women’s basketball team by 18 in the second half en route to a 61-50 victory Dec. 19 the APU Classic. The defeat was the third straight loss for PLNU, which dropped to 3-5 on the season (1-1 Pacific West Conference). The Bruins have now won seven straight contests since starting the year with consecutive losses. Point Loma led 12-29 at the half thanks to eight first-half three-pointers and outshooting GFU 48 to 27 percent from the field. Carlotta Kloppenburg connected on four treys in the first half and finished the game with a team-high 14 points, which included 12 in the opening period. The first half featured eight lead changes and five ties but the Sea Lions were able to take the three-point lead into halftime thanks to a 6-1 run to end the period.

PLNU would come out and score the first basket of the second half to take its largest lead of the game. George Fox then responded with a 19-5 run to go on top by nine. The Sea Lions would answer right back by scoring the next eight points to get back within two, but this is as close as they would get as GFU was able to extend its lead to double-figures and end with the 11-point margin of victory. Callie Rhoads poured in 12 points for her third straight game in double-figures for PLNU. She also had a team-best six rebounds. Andrea Campbell added five boards, five blocks and nine points. Hannah Munger led three Bruins in double-figures with a game-high 16 points.

GFU got the win despite shooting just 33 percent from the field. The Bruins capitalized on their plus-16 edge on the glass by outscoring the Sea Lions 12-3 on second chance points and 36-14 on points in the paint.

The PLNU women’s basketball team took a two-week competition hiatus over the holidays and was expected to renew action Jan. 2 at Fresno Pacific.

PLNU lady hoopsters drop loss to GFU in APU Classic

Of course that is ridiculous.

This ad can’t change your life, but we are excited to introduce to you something that can. Something that is full of real people, living in a real world, serving a real God... That something is a life-giving church. Canvas Church.

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Join us every Sunday starting January 13th @10am at Mission Bay High School 2475 Grand Ave. San Diego, CA 92109
For more information please visit our website www.canvaschurchnsd.com

PLHS sailors again exhibit dominance

Despite graduating a group of top skippers and crew in June, Point Loma High School’s nationally acclaimed sailing team recently sent the message they are as strong as ever.

The Pointers, entering three boats, sparkled at the annual Anteater Regatta in Newport Beach on Dec. 8 and 9. The varsity boat captured the championship, defeating its own junior varsity, which took second place ahead of all other schools’ varsities.

A second junior varsity craft took eighth place overall, rounding out a dominant Pointer display of sailing skills.

The varsity boat was manned by juniors Scott Sinks and Will La Dow, with sophomores Rebecca McElvain and Jennifer Johnson.

The top junior varsity boat carried seniors A.J. Reiter and Greer Wattson, with junior Maddy Brownsea and sophomore Mercedes McPhee.

Aboard the second junior varsity boat were juniors Trevor Herlihy and Emilie McMahon, with sophomore Johannes McElvain and freshman Megan Landesdale.

The Anteater Regatta victory places the Pointers atop the standings for this year’s Roy E. Disney Trophy, awarded to the school with the most points in all Pacific Coast Interscholastic Sailing Association events throughout the year.

Next up for the Pointers is the 2013 Rose Bowl Regatta, the largest combined high school and college event in the country, with 60 high school and 30 college berths available. Schools from the entire West Coast and Hawaii are expected to attend.

The event is set for Jan. 5-6 and will be hosted by the Alamitos Bay Yacht Club in Long Beach and the University of Southern California Sailing Team.
Grill Bars Provide Safety for Seniors

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 usually 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.

Resolve to Eat Healthy in the New Year

Many of us make New Year’s resolutions that are abandoned by the end of the first month. When you make the resolution for good health and eat more nutritiously, you feel the benefits immediately and are more inclined to keep your “good health” resolution. Take simple steps to nutrition by adding whole grains, fresh fruits and vegetables to your New Year’s diet. Quick and wholesome snacks include: crisp and crunchy apple slices dipped in almond butter; mixed salad greens wrapped in a whole grain tortilla with hummus dip, diced avocado mixed with chopped roma tomatoes and a drizzle of olive oil—spread on a rice cracker or eaten with blue corn chips. Keep your snacking simple and you’re more apt to make them, thus keeping you safe from snacks simple and you’re more apt to make them, thus keeping you safe from extra piece of pie or that nighttime drink.

Therapy for Alzheimer’s Patients

Even though at this time there is no cure for Alzheimer’s disease, researchers have been looking into therapies that can improve a person’s quality of life, possibly lessen some of their symptoms and help them function better.

Notepad Computers – These same lightweight touchscreen computers, with puzzles, games and apps, are being used to exercise the person’s mind, help them improve their dexterity and even help remind them of things. The games help the person feel that they’ve accomplished a task and are successful.

Bright Lights – A study that was published in the Journal of the AMA found that either intensive light therapy or UV light therapy has helped a person with memory issues have better cognition and helps improve their mood. It may be especially helpful with sundowning behavior.

Art – This is increasingly being seen at museums around the country, where there are programs for people with Alzheimer’s to view and create art. The result of this therapy last well past the therapy session.

“Comfort Food” – It is being researched that letting the person have that extra piece of pie or that nighttime drink makes the person more content and peaceful. This could cause them to need less medication.

Tell a Story – Having the Alzheimer’s patient in a group, looking at pictures and making up a story about that picture is helping the person be creative as well as helps them socialize. No therapy at this time can reverse Alzheimer’s but more people are working to help improve the quality of life of these people. For more help in dealing with an Alzheimer’s patient, call the RN Care Managers at Innovative Healthcare Consultants at 1.877.731.1442 or see us online at www.innovativehc.com.

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20 Tips: Talking to your kids about tough financial times

Fact: 30% of children ages 7-17 years old said their stress levels are higher this year than last year due to financial reasons.

1. It’s okay to talk to your children about finances.
2. Discuss who makes the financial decisions in your home.
3. When discussing the financial situation, make it clear that it’s not their fault. Be empathetic to your child’s feelings.
4. Normalcy - try not to make drastic changes or big changes in their schedule. Try to keep everything as normal as possible with their schedule. This will keep the fear level down.
5. Age does not equal maturity - an age number doesn’t mean a child is mature. The more mature they are, the more they can handle.
6. If a child becomes fearful, overwhelmed, stressed and/or anxious, they can act out. A child can become depressed as well. We now see depression as early as 3 - 4 years old. Children can act out and become angry or guilty like it’s their fault.
7. Tell your kids what you’re doing to make the situation better: looking for a job, collecting unemployment, the wife or husband took on more hours at work, or you have a good savings. ADOS’S STRESS THAT CAN HELP YOUR SITUATION IS QUICKER?
8. Basic needs - even if you are hungry, eat. Basic needs will still be there. There nothing much will change. All their friends will still be there. There won’t be food on the table, a house to come home to, a car to pick them up after school, etc.

Cont. on page 23
When disaster strikes, few people are prepared for the devastation, heartbreak and vulnerability that follows. In the seemingly endless darkness and tragedy, light in the form of generosity, unselfish volunteers and the persevering kindness of the human spirit help devastated communities recover brick by brick.

One such hero, 20-year-old Pacific Beach resident Karla Stuart, received “the call” from the American Red Cross on Nov. 26 to help out in a disaster-ridden coastline nearly 3,000 miles away after superstorm Sandy.

By sunrise on Nov. 27, Stuart was jetting off to the devastated areas of New York to help rebuild a community that had lost everything.

Stuart worked tirelessly – but without complaint – 13 hours a day for three weeks at a shelter in Long Island, a facility for those displaced by the storm.

“Most don’t have a lot of family and friends they can rely on, you always have time for a smile and to express their gratitude. Every minute I am here I remind me that I am so lucky – and that we all are – for the relationships we have and that we have friends and family we can count on,” Stuart said.

Stuart was inspired to get involved with the Red Cross after the San Diego wildfires burned over 100 homes last year.

She immersed herself in specialized training at the local chapter office and became a member of the National Disaster Relief Team, which consists of volunteers who commit to long-term disaster relief efforts at the drop of a hat.

Stuart said they can find a safety course for your child to take. You may find one by checking with the NRA, the Boy Scouts, or local camp sites.

The duo – both realtors at La Jolla’s Prudential California Realty – also give back through The Charitable Foundation, the grant-giving arm of Prudential, which gives back part of every closed sale to the foundation.

Stuart and her husband, Mark, also invested in San Diego’s youth through the Mark and Karla Stuart Family Scholarship fund for graduating seniors at Mission Bay High School.

The Red Cross does a great job of helping families – and sometimes entire communities – get back on their feet. If a fire happens in San Diego in the future, I’m all for the Red Cross to be there and support those affected,” she said.

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“On behalf of the entire San Diego chapter, at times, the long hours and minimal living quarters – which consisted of a simple cot for sleeping and two showers and three bathrooms shared by 100 other volunteers – would be challenging,” she said. It really hit close to home because I have lost everything,” she said.

The Red Cross provides shelter, food, health and mental health services to help families – and sometimes entire communities – get back on their feet. If a fire happens in San Diego in the future, I’m all for the Red Cross to be there and support those affected,” she said.

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