It has been 34 years since an idealistic, simple Christmas tradition idea was brainstormed by a band of brothers in Ocean Beach who came up with the wild idea of taking ownership of this beachside community by bringing together brotherhood, love, peace and cohesion. The whimsical tradition that started so simply with a community holiday tree and a tiny parade turned into a massive community event that is now cherished by thousands of Obecians annually as the “Ocean Beach Holiday Parade,” this year to be held on Saturday, Dec. 7 at 5:05 p.m. "OB time."

The parade stretches from the 4800 block of Newport Avenue to the beach and around the corner on Abbott Street. This year’s event theme, “100 Years of Wonderland,” honors the anniversary celebration of OB’s amusement park, Wonderland. The parade headlines a day-long schedule of events and activities geared toward the whole family that features a community Christmas tree, as well as a food and toy drive benefiting local families and seniors. “We’ll have 100 entrees this year, the maximum number, as well as 100 volunteers, a major increase at the request of the city to have volunteers.”

— Kevin McKay, Beacon editor

Children dressed as presents parade down Newport Avenue during a previous Ocean Beach Holiday Parade.

Photo by Paul Hansen | The Beacon

SDUSD shelves master plan for Point Loma High until next year

By SCOTT HOPKINS | The Beacon

The fifth and final meeting to develop a site master plan for the future of Point Loma High School has been postponed until early next year according to school district officials. The change was announced in an email sent to previous meeting participants by the Facilities Planning & Construction Dept. of San Diego Unified School District (SDUSD). The email was time-stamped Nov. 27 at 2:58 p.m. No new meeting date has been set, but department officials promised to notify previous attendees via email when it is scheduled.

The district explained the need for the delay is to conduct a “traffic study/analysis to ensure the viability of the concept(s) proposed at the SMP (site master planning) meetings.”
San Diego Bay Parade of Lights to bring holiday cheer to Bayfront Dec. 8 and 15

Continuing a long-standing San Diego tradition, the 42nd annual San Diego Bay Parade of Lights promises to dazzle bayfront crowds the evenings of Dec. 8 and 15.

Participants in this year’s cherished holiday event will decorate their boats following the theme — “The Big Bay Toy Parade.”

Presented by the San Diego Unified Port District, the San Diego Bay Parade of Lights brings more than 100,000 San Diego residents and visitors to the shores of San Diego Bay each December. The procession of about 80 lavishly decorated boats has become one of the most iconic holiday events of the region.

A wide variety of awards are presented to the best-dressed boats and those that best capture the event’s theme. All participants receive a participant plaque and are invited to the awards dinner on Jan. 9, where a wide variety of prizes will be raffled off.

This year, the grand prize is a seven-day Caribbean cruise for two with Star Clippers, whose fleet includes three of the largest full-rigged sailing ships in the world, with each all with the activities and amenities of a private mega-yacht. Everyone who participates in both sets of parades and passes both sets of judges will be eligible to win the Star Clippers cruise.

Beginning at 5:30 p.m. each night, the parade slowly navigates west from Shelter Island past Harbor Island, then south along the Embarcadero and Sea- port Village before turning back north to pass the Ferry Landing in Coronado. The parade takes about two hours to pass any given point and there are many comfortable waterfront viewpoints along the route. A map of the route is available on the event’s website to make it easy to find your preferred viewing spot. Due to increased traffic and parking demand, observers are encouraged to plan ahead or take the trolley to the event.

For added insight into the participating boats, viewers can watch the parade from near the announcer’s area, just north of the Maritime Museum on the Embarcadero. As each boat passes this viewing point, the announcer offers a brief history and description of the vessel.

Panels of judges are stationed at two points along the parade route, at the Maritime Museum and on the docks at Peiker’s restaurant in Coronado. Participating boats must pass both sets of judges to be eligible for prizes.

Boat owners interested in participating in this year’s San Diego Bay Parade of Lights can submit the registration form and the $40 entry fee online at www.sdparadeoflights.org. Participants can also download the form and submit payment and registration to the Balboa Hotel Restaurant at 2230 Shelter Island Drive. The fee covers both evenings, and watercraft of all sizes are encouraged. For more information, call (619) 224-2240 or email questions@sdparadeoflights.org.

If interested in sponsoring the San Diego Bay Parade of Lights, contact Joni Geis at (619) 823-5220 or via email at joni@boatlenderusa.com. For more information and parade details, visit www.sdparadeoflights.org.

The family-friendly San Diego Bay Parade of Lights returns for its 42nd year for two weekends to wow spectators with the holiday spirit on Dec. 8 and Dec. 15. About 10,000 people are expected to turn out for the annual event.

The Ocean Beach Main-Street Association has produced a community-themed board game and Ocean Beach is making its mark this holiday season with its one-of-a-kind, limited edition board game called Ocean Beach-opoly.

The game was on sale Dec. 2 and is almost sold out. More have been ordered. For more information about the game, rules and details or to check for availability (after Christmas) visit www.OceanBeachSanDiego.com, or call (619) 224-4906.

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Retired Rear Admiral cites changing trends in today’s warfare; alarming spike in suicides for returning veterans

By DAVE SCHWAB | The Beacon

The changing face of the U.S. Armed Services was highlighted by a guest speaker for Veterans Appreciation Day at Torrey Pines (La Jolla) Rotary Club on Nov. 11 — with some very enlightening insight into the challenges of today’s U.S. warriors.

Navy Rear Adm. (Ret.) Leonard “Len” Hering, Sr. captured the attention of service-club members — many of them veterans themselves — as he shared details on little-known facts about the changing demographics of the U.S. military.

“We’ve changed the dynamics of where we are as a nation,” said Hering, who noted this is reflected in the changing composition of the nation’s military forces.

“Today, there are 21.2 million veterans out of 315 million Americans: 1.6 million are female, 1.8 million are younger than 35,” Hering said. “Most citizens do not truly understand the difference.

Hering said veterans, like those in the Torrey Pines Rotary Club, have a role to play in ‘how America moves forward and shapes what is Veterans Day.’

What does Veterans Day mean?

“It’s a time for the entire country to reflect on and celebrate veterans’ achievements and service,” Hering said, adding it’s an especially poignant time for veterans to reflect on what they’ve achieved through their service because, “if vets don’t do the reflecting — then the reflection is shallow.”

Hering said there’s a motto he, as a veteran, prides: “Life, liberty and the pursuit of all those who threaten it. It’s the home of the free because we are brave.”

The son of an American sailor who served most his adult life in the U.S. Navy, Hering said he has three sons, “an heir and two spares,” whom he hopes will “carry on the charge.”

Hering said he has three sons, “an heir and two spares,” whom he hopes will “carry on the charge.”
Which of these costly mistakes will you make when you sell your 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 fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of the matter is that fully three quarters of homesellers don’t get what they want for their homes and become disillusioned and worse – financially disadvantaged when they put their homes on the 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 answer to this issue, industry insiders have prepared for a free special report entitled “The 9 step System to Get Your Home Sold Fast and For Top Dollar.”

To order a FREE special report, call toll-free 1-800-276-0763 and enter 1000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.

The study is being done to assess community audience concerns about the proposed entrances to two new campus parking structures. The parking facilities would each have driveway entrances from Chatsworth Boulevard very near to a curve in the street.

Community members at a meeting on Nov. 20 had endorsed the construction of one parking structure to be built above the current staff parking lot on Clove Street. The structure would stand 1 1/2 floors above Clove Street after contractors remove a half-story of dirt below the current lot before building.

The second parking structure, including student drop-off area, would be built on the site of the current main gym and cafeteria after the antiquated buildings are demolished. After construction, a new main gym, boys’ locker rooms, coaches’ offices and cafeteria would be built atop the parking facility.

Depending on how much area is covered by the Clove Street building, campus parking would be increased to either 513 or 539 spaces, when added to another parking structure proposed for the Chatsworth Boulevard side of the campus.

One goal of the structures is to take traffic and parking off Clove Street. Also, they would significantly raise the number of on-site parking spaces from its current number of about 140 to an ideal number of 614 as determined by David Thompson of AVR Studios, the architectural firm contracted with SDUSD for the PLHS upgrade.

An audience member at the Nov. 20 session asked why such structures were being discussed when no traffic study had previously been conducted to determine whether main entrances on Chatsworth Boulevard, including left turns, would be safe.

Also awaited is an environmental impact report (EIR) on proposed stadium lighting at the 88-year-old school. Originally set to be released at the Nov. 20 meeting, district officials instead said the report was not yet complete.

When issued, the EIR is considered a draft and, after a 45-day period for public review, can be adopted as final by the SDUSD board.

The parking structures and stadium lighting are among other campus upgrades that have been suggested by community members and implemented into revised drawings by AVR Studios at each meeting.

The improvements will be paid for by...
Ocean Beach
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look for our
OB Local Gift Guide online at:
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Dec. 5th
Holiday Auction
(at Sunshine Company)

Dec. 7th
OB Holiday Parade
& Lighting of Tree
5:05 pm

Dec. 5th - 16th
Storefront Decoration
Contest

Dec. 7, 14, 21
Craft Fair
(Newport & Abbott)

Dec. 16, 17, 19
Food & Toy Drive

Dec. 16th
Holiday Homes
Decoration
Contest
more hands on deck,” said Gretchen Kinney Newsom, OB Town Council president and parade chair about 2013’s festivities.

Claudia Jack, associate director of the Ocean Beach MainStreet Association, who’s in charge of the home decorating contest, said the parade event sprouted with an Ocean Beach flavor to them.”

“Thirty-four years ago it was started by five brothers, called the James Gang, who wanted to bring a Christmas tree to town,” Jack said. “Now there are so many people that attend the parade. It’s a family friendly event that everyone looks forward to. No one ever does anything else on the first Saturday of December. That’s the day of the parade.”

“We have a lot of neighborhood groups, a lot of local groups, a lot of non-profits,” she said. “There’s something for everybody.”

Jack talked about what she enjoys most about OB Holiday Parade day. “It’s just the twinkling in each kid’s eyes as the lights go by and they’re yelling,” she said.

More than 10,000 people are expected to turn out Dec. 7 to watch the opening of the parade, which coincides with the lighting of the Ocean Beach community Christmas tree at the foot of Newport Avenue, with holiday activities all over the area until 9 p.m.

Guests will be treated to a wonderland of entertainment options, everything from music and food in local restaurants to a crafts fair with more than 20 artists throughout the area.

While the day offers plenty of opportunities for fun and shopping, it’s also a chance to help the less fortunate during the holidays. The Ocean Beach Town Council is again hosting its annual Food and Toy Drive, and participants are encouraged to donate canned food or an unwrapped toy with drop-off bins located throughout the area.

“On Dec. 16, 17 and 19 we’ll be doing the food and toy drive for the 70 families, 13 seniors and 15 residents of an Ocean Beach home for victims of domestic violence that have been adopted by the community,” said Jack. “We’ll be delivering the food and toys on Dec. 21. Everything we do, all the (parade) proceeds, go to the food and toy drive.”

This year, festivities are also to include a judged holiday home decorating contest with nine judges choosing the best three homes in three categories based on the best use of lighting and originality. Judges will turn in their “verdicts” as to which homes are best qualified on Monday, Dec. 16. Winners will receive a framed piece of art representing this year’s theme, Ocean Beach Wonderland 100 years.

The community tree for this year’s festivities was donated by a family on Coronado Street, Jack said.
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O.B. Christmas Parade Saturday December 7th at 5:05pm
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Get on The Nice List This Year!
Help Donate to Families in Need

Alliance Group, Ocean Beach Town Council and the Ocean Beach Community Foundation
will be collecting toys and food to support 100 local families

SAN DIEGO, CA – Alliance Group Real Estate Services has partnered with the Ocean Beach Town Council and Ocean Beach Community Foundation to collect toys and food for local families in need. People in the 92106 or 92017 ZIP codes who wish to participate are asked to register online at www.mypointloma.com/FoodDrive to indicate they will be donating items. Residents are asked to consider filling a grocery bag with non-perishable food items or new, unwrapped toys and place them on their door step Thursday, December 12 when Alliance Group volunteers will pick up the items. Goods can also be delivered directly to the Point Loma Methodist Church on December 16, 17 or 19. All items will be given to local families this holiday season.

The goal is to collect enough toys and food items to support 100 families. Gifts should be appropriate for children ages 5-18 and cost $10 to 15 to help ensure children in the same family receive gifts of similar value. All donations are tax-deductible. Volunteers will also be needed to help deliver items to the families. If you are interested in volunteering, visit www.obtowncouncil.org. For more information on the toy & food drive, visit www.mypointloma.com/FoodDrive.

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AND IMPROVE THE ECONOMY!

How much of your shopping dollar is retained in your community?

6 cents of every dollar spent with a Big Box retailer is retained/recirculated in a community.
Source: Rocky Mountain Institute

20 cents of every dollar spent with a chain store is retained/recirculated in a community.
Source: Small Business Administration

60 cents of every dollar spent with a sole proprietor is retained/recirculated in a community.
Source: Small Business Administration.

Reprinted from Barbara Wold, Professional Speaker’s email.

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www.dogwash.com

Events Calendar

Commercial Events

## Free Community Events

- **Ocean Beach Holiday Parade**
  - **Date:** December 7th
  - **Time:** 5:05pm
  - **Details:** Newport Avenue is being prepped for fun with all things holiday in advance of the 34th installment of the Dec. 7 Ocean Beach Holiday Parade.

- **Help Support Ocean Beach – Shop Local**
  - **Description:** The Alliance Group, Ocean Beach Town Council and the Ocean Beach Community Foundation are collecting toys and food to support 100 local families. Gifts should be appropriate for children ages 5–18 and cost $10 to $15 to help ensure children in the same family receive gifts of similar value. All donations are tax-deductible.

- **Do you have an art lover on your gift list?**
  - **Description:** Over 400 beautiful original paintings to choose from. A gift that lasts forever.

- **People’s Food Market**
  - **Description:** For all your Holiday baking desires, People’s Food Market has the organic ingredients you need!

- **Optional Activities**
  - **Shopping:** Celebrate the Season in Ocean Beach with Holiday Cheer, Friendly Folks, Delicious Food, Unique Shopping and a Festive Atmosphere.
  - **Food:** Enjoy festive food with delicious flavors and options.
  - **Shopping:** Support local businesses and their economies.

- **Holiday Cheer:** Celebrate the festive season with joy and happiness.

- **Friendly Folks:** Enjoy the warm and welcoming atmosphere.

- **Delicious Food:** Treat yourself to delicious holiday eats.

- **Unique Shopping:** Find one-of-a-kind gifts and treasures.

- **Festive Atmosphere:** Experience a lively and celebratory environment.

Additional Information:

- **Holiday Parade:** Newport Avenue is being prepped for fun with all things holiday in advance of the Ocean Beach Holiday Parade.
- **Shop Local:** Support your local economy by shopping at local businesses.
- **Food Drive:** Help support local families by donating toys and food.
- **Art Lovers:** Discover beautiful original paintings at the event.
- **People’s Food Market:** Access organic ingredients for your holiday baking needs.

---

*Photo by Mike McCarthy*
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NEW! Special “Gift Guide Section” publishing on December 12th and 19th. Highlight your special gift idea with a photo & “Gift-Pick”. Ask about special discount rates!

Contact Mike Fahey at 858-270-3103 ext.117, 858-337-8546 (cell), or email mikefahey@sdnews.com

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Happy OB Holidays!
Dec. 11, 18 - 4-7pm
Farmers Market

Dec. 5
Local Kids decorate tree with Santa.
9am-noon

Dec. 5
OB Holiday Auction at Sunshine
Company. 21+ with ID. Great prizes,
exciting auctioneers — don’t miss it!
To donate items for the auction,
email info@obtowncouncil.org.
6:30-9:30pm

Dec. 5-16 (Online Voting)
Storefront decoration contest.

Dec. 7 • 5:05pm (OB Time)
34th Annual OB Holiday Parade on
Newport Ave., from Sunset Cliffs
Bvd., to the beach. Lighting of the
OB Tree will begin the parade.
Dec. 7, 14, 21 • 11am-1pm
Santa at the foot of Newport Ave.

Dec. 16
Holiday Homes Decoration
Contest. The Best-Dressed 92107
holiday homes will be judged.
More information: 619-316-3403.

Dec. 16, 17, 19 • 5pm
Food & Toy Drive, PL Methodist
Church, 1984 Sunset Cliffs Blvd.
Volunteer and bring a donation.
Dec. 21 • 8:30am
Food & Toy Drive distribution to
seniors and families.

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DECEMBER 12th
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DECEMBER 19th
OB Last Minute Gift Guide

NEW! Special “Gift Guide Section” publishing on December 12th and 19th. Highlight your special gift idea with a photo & “Gift-Pick”. Ask about special discount rates!

Contact Mike Fahey at 858-270-3103 ext.117, 858-337-8546 (cell), or email mikefahey@sdnews.com

Ocean Beach Business Center
Holiday lighting Tune-Up

3685 Voltaire Street
619-223-5229
costalsage.com
Slater’s 50/50s: top honors in ‘People’s Choice Award’ at wine, food festival

Point Loma’s own Slater’s 50/50 took home the People’s Choice Award for best restaurant at the 10th annual San Diego Bay Wine and Food Festival. Thousands of guests partook in the week-long festivities, which included cooking classes and competitions, extravagant dinners and exclusive wine and spirits tastings held throughout San Diego.

One of Southern California’s largest culinary festivals, the event draws national talent every year and included several beach-area participants. “This is our 10-year anniversary, and we really had to turn up the heat,” said event producer Michelle Metter.

The festival’s culminating event, the Grand Tasting, held Nov. 2 at Marina Park North, featured 200-plus wine, beer and spirit purveyors. Here, guests crowned the Liberty Station burger bar Slater’s 50/50 “People’s Choice” among scores of participating restaurants.

“It’s very exciting to celebrate our city and the wonderful wine and food festival,” said Bernard Guillas, executive chef of the La Jolla Beach and Tennis Club and La Jolla’s Marine Room restaurant. “The festival is a very well-respected and blossoming event. Nationwide, it has become the buzzy.”

— Loralee Olbytrak

Celebrate the Season in Ocean Beach!

O.B. Christmas Parade Saturday December 7th at 5:05pm
www.oceanbeachsandiego.com • www.obtowncouncil.org

OBMA gift items perfect go-to presents

The Ocean Beach MainStreet Association is offering up a sleigh load of gift ideas perfect for your loved one this holiday. The theme of the items reflects the 125th anniversary of Ocean Beach. Come on down to the office at 1868 Bacon St. and choose from a wide variety of fun presents for the entire family. Here are some of the fun items ready for you to choose from:

• “Beach Town: Early Days in Ocean Beach,” the audiobook ($20)
• 125th anniversary coffee mug ($5)
• 125th anniversary Farmers Market tote bag ($15)
• 125th anniversary shot glass ($5)
• Celebrate Ocean Beach Anniversary poster ($20)
• Commemorative OB hat ($25)
• Ladies’ crew neck 125th anniversary T-shirt ($20)
• Men’s crew neck 125th anniversary T-shirt ($20)
• OB 125th anniversary charcoal-gray hooded sweatshirt ($36)
• OB 125th anniversary light-gray hooded sweatshirt ($36)
• OB 125th anniversary window decal, 3” ($5)
• OB 125th anniversary window decal, 6” ($8)
• Ocean Beach 125th anniversary ornament ($25)
• Ocean Beach 125th anniversary ornament ($25)
• Ocean Beach 125th anniversary pint glass ($5)
• Team Ocean Beach T-shirt, gray ($20)
• Team Ocean Beach T-shirt, Navy ($20)
• Wonderland Ocean Beach cola-straw tumbler ($10)
• Ocean Beach 125th anniversary ornament ($25)
• Ocean Beach 125th anniversary ornament ($25)

For more information, visit www.oceanbeachsandiego.com.

— Staff and contribution
## Ocean Beach Hospitality Group Directory

### AMERICAN
- **Day Break | Island Grill**
  - 2995 Santa Monica Ave. • 619-222-0406
- **Hodad’s**
  - 5010 Newport Ave. • 619-224-4623
  - hodads.com
- **Tower Two Beach Café**
  - 5083 Santa Monica Ave. • 619-224-6859
- **Raglan Public House**
  - 1803 Bacon St. • 619-794-2304
- **Village Kitchen Restaurant**
  - W.O.W. Cafe
  - “On the OB Pier” • 619-226-3474
  - Azucar
- **CJ’s Catering & Specialty Baking**
  - European Cake Gallery
  - BAR
- **Cheswick’s West**
  - Gallagher’s Irish Pub
  - 5046 Newport Ave. • 619-224-5300
  - gallagherspubob.com
- **Lucy’s Tavern**
  - 4956 Newport Ave. • 619-224-0834
- **Mother’s Saloon**
  - 2228 Bacon St. • 619-221-8100
- **Pacific Shores**
  - 4927 Newport Ave. • 619-223-7548
- **South Beach Bar & Grill**
  - Sunshine Company Saloon
  - 5028 Newport Ave. • 619-222-0722
  - sunshinob.com
- **The Arizona | Bar & Café**
  - 1925 Bacon St. • 619-223-7381
  - thearizonacafe.com
- **The Harp | Bar/Café**
  - 4935 Newport Ave. • 619-222-0156
- **The Tilted Stick | Bar/Food**
  - 4956 Voltaire St. • 619-223-7548
- **Tiny’s Tavern**
  - Sports Bar & Grill
  - 4745 Voltaire St. • 619-523-1002
  - tinystavernob.com
- **Tony’s**
  - 5034 Newport Ave. • 619-223-0958
  - tonybarob.com
- **Winstons**
  - BARBECUE
  - Bar-b-que House
  - 5025 Newport Ave. • 619-222-4310
  - barbquehouse.com

### CALIFORNIA CUISINE
- **Wonderland**
  - 5083 Santa Monica Ave., Ste. 2C
  - 619-225-3358
  - wonderlandob.com
- **O’Bistro Café**
  - 4934 Voltaire St. • 619-223-2202
  - obistrocafe.com
- **Sessions Public**
  - 4204 Voltaire • 619-756-7715
  - sessionspublic.com
- **Shades Oceanfront Bistro**
  - 5083 Santa Monica Ave., Ste. 1F
  - 619-224-0834
- **The 3rd Corner Wine Shop & Bistro**
  - 2265 Voltaire St. • 619-223-2700
  - the3rdcorner.com
- **The Pearl Hotel**
  - 4745 Voltaire St. • 619-222-6687

### LATERKES
- **Surfside Cuisine**
  - Hodad’s Jr. Catering
  - 5010 Newport Ave. • 619-818-2243
  - hodadsjr.catering.html
- **Little Chef Chinese to Go**
  - 4907 Newport Ave. • 619-222-9457
  - junglejavaob.com

### CHINESE
- **Zi’s Chinese Food**
  - 5028 Newport Ave., Ocean Beach 619-222-0722
  - zischinesefood.com
- **China 99**
  - 5028 Newport Ave., Ocean Beach 619-222-0722
  - china99.com
- **Chop Suey**
  - 619-222-8808
- **Golden Garden**
  - 619-222-8808
- **Mongolian Grill**
  - 5028 Newport Ave., Ocean Beach 619-222-0722
  - mongolgrillonline.com

### BARBECUE
- **The Harp | Bar/Café**
  - 4935 Newport Ave. • 619-222-0156
- **The Tilted Stick | Bar/Food**
  - 4956 Newport Ave. • 619-223-7548
- **Tiny’s Tavern**
  - Sports Bar & Grill
  - 4745 Voltaire St. • 619-523-1002
  - tinystavernob.com
- **Tony’s**
  - 5034 Newport Ave. • 619-223-0958
  - tonybarob.com
- **Winstons**
  - BARBECUE
  - Bar-b-que House
  - 5025 Newport Ave. • 619-222-4310
  - barbquehouse.com

### SPORTS BAR & GRILL
- **Sports Bar & Grill**
  - 5034 Newport Ave. • 619-223-0958
  - tonybarob.com
- **Winstons**
  - BARBECUE
  - Bar-b-que House
  - 5025 Newport Ave. • 619-222-4310
  - barbquehouse.com

### BEER SELECTION
- **& ALE HOUSE**
  - NEWPORT PIZZA
  - THURSDAY · DECEMBER 5, 2013
  - www.obpizzashop.com

### HAPPY HOUR
- **Happy Hour**
  - 4:30 - 6:30

### DRAWINGS & LOTTERIES
- **Drawings & Lottery**
  - 619-224-4540

### OTHER SERVICES
- **ATM**
  - 5050 Newport Ave. • OCEAN BEACH • 619-224-4540

### WEBSITE
- **www.theazcafe.com**
- **Kitchen open till 1am**
- **STOP IN FOR A CHRISTMAS BEER!**
- **Www.sunshineob.com**
  - 5028 Newport Ave., Ocean Beach 619-222-0722
  - sunshineob.com

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  - **Newbreak Coffee Co. & Cafe**
  - **4934 Voltaire St. • 619-222-4310**
  - newbreakcafe.com

### ADDRESS
- **1925 Bacon St., OB**
  - (Located Newport & Santa Monica)
- **619-223-7381**
- **5050 Newport Ave • OCEAN BEACH • 619.224.4540**

### TELEPHONE
- **619.223.7381**
- **619.222.0722**
- **619.223.7391**
- **619-224-4623**
- **619-223-6859**
- **619-223-7548**
- **619-223-0722**
- **619-223-7548**
- **619-223-0958**
- **619-223-4310**

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### Ocean Beach Hospitality Group

The Ocean Beach Restaurant, Entertainment and Lodging Group is changing its name to Ocean Beach Hospitality Group. The Group will still be under the umbrella of OBMA and will continue to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Their mission continues to be to work collectively as a group to provide the community with the best in hospitality services to locals and visitors. To get listed please visit: oceanbeachsandiego.com/obrel or call (619) 224-4906.
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Ocean Beach Hospitality Group

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Monday: $1 off all cocktails and drafts Tuesday: Mustache Club, Super Pint Night, $1 off everything nightly happy hour $2 off ribeyes Every Thursday we will have Karaoke 9:30-1:30 with Russ as the host

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Fig Tree Café has taken root in Liberty Station, and its eclectic mix of architecture and California cuisine is flourishing in Point Loma.

“We call it rustic industrial,” said restaurant co-owner Johan Engman of the ambiance of the third eatery in the local chain, which he established along with business partner Alberto Morreale in Pacific Beach in 2008.

Sitting underneath homemade artwork at the entrance of his Liberty Station restaurant at 2400 Historic Decatur Road, Suite 103, Engman noted, “We did pretty much all of it ourselves.”

Pointing to a framed piece made from two disassembled wine barrels, metal strips from which were used to create overhead chandeliers, Engman said, “We were trying to be a little creative,” which is obvious looking around.

Chalkboards lining the interior of Liberty Station Fig Tree bear some of Engman’s favorite sayings like, “Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.”

“I love it here,” said Engman of his retail space in a courtyard of the former Naval base, seating 40 people inside and 60 outside on the patio.

Engman said the former base’s ongoing redevelopment is creating a “big buzz,” attracting business for him. It doesn’t hurt that there’s lots of office space nearby, furnishing a nearly inexhaustible supply of hungry Fig Tree patrons.

“People don’t realize there’s close to 400,000 square feet of office space in Liberty Station,” Engman said.

Engman is as grassroots as the name of his restaurant implies. He said he’s been in the restaurant biz all his life, working since his teens as a waiter and busser.

“I opened my first restaurant when I was 27 on a shoestring budget using plastic chairs and tables,” Engman said, noting his idea was to capitalize on breakfast and using creative décor and an equally inventive menu.

“We didn’t want to do the greasy spoon thing,” he said. “We wanted to do more high-quality food.”

Engman said Fig Tree uses local food sources, like a family ranch in Ramona that supplies the restaurant’s eggs.

“You can really taste the difference,” he said, adding he’s benefited “tenfold” from using local food sources.

Fig Tree is open 7 a.m. to 3 p.m. for breakfast, and for dinner from 4 to 10 p.m.

More than just the menu at the eatery changes for dinner.

“We like to think in the evening that we become more of a wine bar/sit-down restaurant,” Engman said. “We have a good amount of eclectic, affordable wines coming from Spain and Argentina or elsewhere in South America.”

Fig Tree’s dinner menu is moderately priced.

“There’s nothing over $20,” said Engman, noting the key to both his breakfast and dinner menus is adding that little extra culinary “twist.”

“We have a breakfast item we call sushi with sautéed eggs and rice with man candy — thick-cut bacon marinated and baked in brown sugar,” he said.

“We’ve got a meat loaf hash.”

Engman said Fig Tree also has a wide assortment of about 30 gluten-free items, including French toast, on the menu.

“It’s important to be innovative and try to stay ahead of the trends,” he said. “Instead of stagnating, you always need to be reinventing yourself.”

The restaurant’s name came about in a surprising way.

“Our original location in Pacific Beach was surrounded by ficus trees, but I didn’t feel Ficus Tree Café had a good ring to it,” said Engman. “So I planted five or six fig trees and called it the Fig Tree Café.”

The restaurant features daily specials. One recent weekday, the specials were New Zealand rack of lamb, pan-seared yellowtail and fresh fettuccini tossed with salmon and a cherry tomato cream sauce. Sunday brunch is the biggest meal, with lots of patrons coming in after services at The Rock Church.

For more information, visit www.figtreeeatery.com.
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The best time to establish a support network for your parents is BEFORE they need it. Here’s a story that is all too familiar.

I lived far from my parents but we usually talked every day. When I talked to my mother I noticed she really wasn’t giving me a lot of information on their lives but I didn’t think much about it. A neighbor called me one day saying she hadn’t seen my parents out for a walk in a long time but my mother said the weather had just been too cold to go out. She assured me they were fine. Then a few months later I got a call from adult protective services (APS) saying that they had received a call and had found my parents malnourished and dehydrated with the house in total disarray and with rotted food everywhere. I had twenty-four hours to get there and take care of things or they would be placed in a nursing home by the state. I was overwhelmed not knowing how I could immediately be there to assist. The best thing I did was call a geriatric care manager. She assessed the needs of my parents, placed a caregiver into the home that day, talked to my parent’s doctors and A.P.S. and was able to present me with some options when I arrived.

A geriatric care manager, she assessed the needs of my parents, placed a caregiver into the home that day, talked to my parent’s doctors and A.P.S. and was able to present me with some options when I arrived.

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Ocean Beach resident Andy Renwick of Lotus Street recently won the first-place prize for the best European Italian car at the Coronado Speed Week Festival. Renwick refurbished the car by himself in his garage at home.

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Enjoy Chateau La Jolla!
Thursday, Dec. 5

- The Ocean Beach Community Christmas Tree Auction takes place at the Sunshine Saloon with great auctioneers and helpers from Temptress Fashion. The event raises proceeds toward the Ocean Beach Town Council’s annual Food and Toy Drive to aid disadvantaged families and children. The event takes place from 6 to 9:30 p.m. To donate, call (619) 994-8539 or (619) 846-6269. For more information, visit obtowncouncil.org.
- A joint Mental Health Board and Alcohol Advisory Board meeting is scheduled at the county Administration Building, Room 302/303 at 1600 Pacific Hwy. at 4 p.m. and all participants are welcome. Doc- 

umented and volunteers are welcome. The shop offers free wings to the Cancer Society in its wing salad. For more information, call (619) 114-4316.
- The Ocean Beach Community Christmas Tree Auction takes place at the Sunshine Saloon with great auctioneers and helpers from Temptress Fashion. The event raises proceeds toward the Ocean Beach Town Council’s annual Food and Toy Drive to aid disadvantaged families and children. The event takes place from 6 to 9:30 p.m. To donate, call (619) 994-8539 or (619) 846-6269. For more information, visit obtowncouncil.org.
- A joint Mental Health Board and Alcohol Advisory Board meeting is scheduled at the county Administration Building, Room 302/303 at 1600 Pacific Hwy. at 4 p.m. and all participants are welcome. Documents, minutes and director’s reports will be made available at sandiego.networkofcancer.org/mlb/-

home/meetings_agendas.cfm. For more information, call (619) 584-5086.

Friday, Dec. 6 and Saturday, Dec. 7

Looking for something swanky for the holidays like a bit of glitz and glam? The Point Loma American Cancer Society Discovery Shop at 3699 Midway Drive, Suite C is holding a Glitz & Glam Event on Dec. 6 from 10 a.m. to 6 p.m. Dec. 7 from 10 a.m. to 5 p.m. Proceeds go to cancer research and education. Donations and volunteers are welcome. The shop offers free wings to the Cancer Society in its wing salad. For more information, call (619) 114-4316.

Saturday, Dec. 7

- The Ocean Beach Town Council hosts the annual storefront decoration contest with judging for most creative entries. Call (619) 846-6269 or (619) 515-4400.
- The Ocean Beach Town Council hosts the annual storefront decoration contest with judging for most creative entries. Call (619) 846-6269 or (619) 515-4400.
- The Ocean Beach Craft Fair takes place from 9 a.m. to 2 p.m. at Veterans’ Plaza at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.
- Santa pays a visit with youngsters at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.
- A free public Pearl Harbor Day remembrance cere- mony will be held at 9 a.m. on the USS Midway Museum’s flight deck. This is an especially powerful ceremony, featuring World War II veterans in their 80s and 90s. Suitable for all ages; a unique opportu- nity to meet a World War II veteran. There is free admission to the museum for all event guests. For more information, visit www.midway.org.
- Stop by Barons Market Point Loma on Saturday, Dec. 7 and enjoy performances by Correia Middle School’s string quartet. Strings by the Sea and their award-winning Jazz Ensemble. Joining the music fun will be Alison Bell, Judes Rosenfeld, Ian Ross & Easton Espinosa of the popular band Fate by Friday. The food, fun, raffles and a pre-Ocean Beach parade kick off and holiday blast runs from noon to 2 p.m. in the Barons parking lot. For more information, visit www.baronsmarket.com.
- The Point Loma Artists Association will host a holiday show and sale, featuring the latest works from local artists — painting, photography, jewelry, wood- working, fabric and glass, sculpture and more. The event takes place at 3636 Curtis St. from 10 a.m. to 3 p.m. For more information, visit pointlomaaartists.com or call (619) 223-6326.
- The Point Loma High School Site Master Planning (SMP) meeting scheduled for Dec. 11 has been post- poned until the early part of 2014. Because of con- cerns raised at the most recent meeting regarding the feasibility of the proposed parking entrances off of Chatsworth Boulevard, the San Diego Unified School District will hold a joint meeting with the community to examine the feasibility of the proposed parking entrances off of Chatsworth Boulevard, the San Diego Unified School District. For more information, call (619) 223-3193.

Monday, Dec. 9 through Wednesday, Dec. 15

Barnes & Noble hosts a bookfair benefiting Friends of the Ocean Beach Library. Barnes & Noble staff will wrap your holiday purchases Dec. 14-15. The event takes place at Barnes & Noble Hazard Center at 7610 Hazard DrCenter Drive. A percentage of purchases will benefit the Ocean Beach Library. If you are unable to make it to the bookfair, you can purchase online at bn.com/bookfairs between Dec. 9-15. Enter bookfair ID #11090966 at checkout.

Wednesday, Dec. 11

- The Ocean Beach Town Council hosts the popular OB Farmers Market along Newport Avenue from 4 to 7 p.m. For more information, call (619) 846-6269.
- The Point Loma High School Site Master Planning (SMP) meeting scheduled for Dec. 11 has been postponed until the early part of 2014. Because of concerns raised at the most recent meeting regarding the feasibility of the proposed parking entrances off of Chatsworth Boulevard, the San Diego Unified School District will hold a joint meeting with the community to examine the feasibility of the proposed parking entrances off of Chatsworth Boulevard, the San Diego Unified School District. For more information, call (619) 223-3193.
**District is planning to have a traffic study/analysis conducted to ensure viability of the concept(s) proposed at the final SMP meeting and notices will be emailed accordingly. For more information, contact project manager Lynn Ronan at arronas@sandnet.net, or call (619) 573-5715.**

**Correia Middle School Instrumental Music Program will present “Holiday Extravaganza: World Celebration I and II” during two performances on Wednesdays, Dec. 11 and Wednesday, Dec. 18. Take part in a holiday world tour as Correia’s instrumental ensembles explore the many cultures of the world and how it celebrates the season. The Dec. 11 concert begins at 6:30 p.m. at the Correia auditorium, featuring the orchestra, band, flute choir and jazz band. The Dec. 18 concert also takes place in the auditorium, featuring the guitar ensemble. For more information, visit www.correia-music.com or call Christi McKay at (619) 993-7758.**

**Saturdays, Dec. 14**

- The Ocean Beach Craft Fair takes place from 9 a.m. to 3 p.m. at Veterans’ Plaza at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.
- Santa pays a visit with youngsters at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.
- The Rock Church’s motorcycle ministry in Point Loma is inviting to collect toys for the 17th annual Toys for Joy. Each biker will bring one unwrapped toy as registration for the Toys for Joy drive. Toys For Joy will take place at Abraham Lincoln High School. More than 12,000 people are expected to attend the free distribution where families in need will receive toys, food and packages to disadvantaged families and children beginning at 8:30 a.m. For more information, call (619) 846-6269 or (619) 515-4400.
- The Point Loma garden Club will host its annual Holiday Homes Decoration Contest. The best-dressed 92107 holiday homes will be judged. For more information, call (619) 846-6269 or (619) 515-4400.

**Wednesday, Dec. 11**

- The Point Loma Garden Club will host the monthly meeting and annual Holiday Tea and Bazaar from 10 a.m. to noon. There will be specialty holiday fresh and dried decorations, crafts and homemade delectibles — all for sale. Come find the perfect table centerpieces, wreaths and swags for your home and special gifts for hostesses, friends and family. Proceeds benefit student scholarships. The event is open to the public and takes place at the Point Loma Garden Club, 2277 Rosecrans St. For more information, visit www.plgc.org.

**Wednesday, Dec. 18**

- The Point Loma/Hervey Branch Library will be the site of a free performance by the Point Loma Singers in a holiday concert engagement. The concert takes place at the library, 3701 Voltaire Street. For more information, call (619) 515-4400.
- The Ocean Beach Town Council hosts the popular OB Farmers Market along Newport Avenue from 4 to 7 p.m. For more information, call (619) 846-6269.

**Saturday, Dec. 21**

- The Ocean Beach Craft Fair takes place from 9 a.m. to 3 p.m. at Veterans’ Plaza at the foot of Newport Avenue. For more information, call (619) 846-6269 or (619) 515-4400.
- Ocean Beach Town Council members and community volunteers will begin delivering food and toy packages to disadvantaged families and children beginning at 8:30 a.m. For more information, call (619) 846-6269 or (619) 515-4400.

**Sunday, Dec. 22**

- Correia Middle School Instrumental Music Program will present “Holiday Extravaganza: World Celebration I and II” during two performances on Wednesdays, Dec. 11 and Wednesday, Dec. 18. Take part in a holiday world tour as Correia’s instrumental ensembles explore the many cultures of the world and how it celebrates the season. The Dec. 11 concert begins at 6:30 p.m. at the Correia auditorium, featuring the orchestra, band, flute choir and jazz band. The Dec. 18 concert also takes place in the auditorium, featuring the guitar ensemble. For more information, visit www.correia-music.com or call Christi McKay at (619) 993-7758.