



THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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High-flying fun under the sun

High Tech High School (HTH) student David Ford, above, passes to a teammate at Sunday's Aztec Bowl High School Ultimate Frisbee Tournament in Point Loma. Five high schools participated in the competition: HTH, Irvine High, Thousand Oaks High, Patrick Henry High and La Jolla Country Day in a round robin tournament. The tournament was designed to boost awareness of the game and to increase its popularity. Left, Tyler Marback of Thousand Oaks High leaps past defenders from La Jolla Country Day.

PHOTOS BY KIRBY YAU | THE BEACON

Council puts brakes on RV parking hearing

By NEAL PUTNAM | THE BEACON

The ordinance that would regulate parking of oversize vehicles was delayed indefinitely Tuesday after members of the San Diego City Council said the \$2 million enforcement costs were too high and they wanted to go over the figures again.

Council President Scott Peters and Councilman Jim Madaffer both expressed disappointment that they will not get to vote on it before their terms expire in December. The proposed ordinance was returned to the mayor's office with no vote and without an estimated date on when it would be heard.

Peters said he worked on this ordinance for five years. Madaffer called it "a travesty" and said he would have voted against the ordinance if it had been heard Tuesday because of the high cost.

Councilman Kevin Faulconer said the ordinance needs more work and it needs to be cost-effective. He questioned whether the \$2 million estimate was accurate. Councilman Tony Young said he would not call the delay "a travesty" but it was an issue that had great impact on people.

Peters, Madaffer, Brian Maischein and Toni Atkins are leaving the council due to term limits, and whoever succeeds them in a new City Council will decide the issue.

A number of people showed up for the hearing, as they did on Sept. 15 and Jan. 29. The delay was announced about 30 minutes into the meeting so people did not have to wait a long time before learning it would not be heard.

As written so far, the ordinance would have barred parking of oversize, non-motorized and recreational vehicles on public streets between 10 p.m. and 6 a.m. or within 50 feet of any intersection. A significant

SEE **OVERSIZE**, Page 7

Voters hoist a toast to beach booze ban

By SEBASTIAN RUIZ | THE BEACON

After years of debate and a one-year taste of alcohol-free beaches, San Diego voters finally kicked beer off the beach with the passage of Prop D.

The San Diego County Registrar of Voters put the numbers at 214,215 votes in favor of Prop D and 188,815 votes against it.

About 220,000 absentee and provisional ballots still need to be counted, according to county officials. Because only San Diego residents could vote on Prop D, the final count may not change the outcome, officials said.

Scott Chipman, the Yes on D campaign spokesman, said the success of the Yes campaign is owed to city residents who saw the difference the temporary ban made over the past year.

"I see this as a restoration of liberties for people who want to come to a public park" he said, "and for those people who come from all over the world to not have their vacation spoiled by problems associated with binge drinking," he said.

Chipman, a 33-year Pacific Beach resident, worked on the campaign for the last two years, he said.

District 2 Councilman Kevin Faulconer backed the ban after a



Supporters of Proposition D gather at Golden Hall on Tuesday to celebrate an apparent victory. PAUL HANSEN | THE BEACON

2007 Labor Day brawl involving a crowd of people broke out at the foot of Reed Street, bringing scores of police in riot gear to the beach to break up the crowd.

Representatives of the No on D campaign were not available for comment.

City Council first approved the one-year temporary ban in November 2007. It would have expired in January 2009.

The No on D campaign has

SEE **BAN**, Page 4



San Diego voters weigh in

Superior Court Judge Jan Goldsmith, right, is all smiles during a post-election gathering at Golden Hall on Tuesday night after apparently defeating incumbent city attorney Michael Aguirre by a wide margin. Semi-official election results appear on page 4. About 220,000 absentee and provisional ballots are yet to be counted, according to county election officials.

PHOTO BY PAUL HANSEN | THE BEACON

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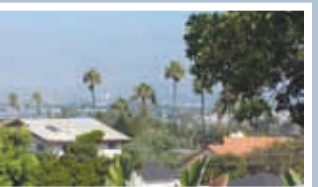
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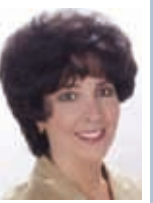
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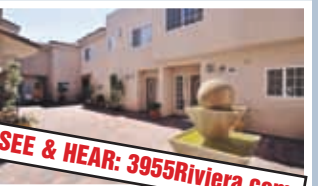
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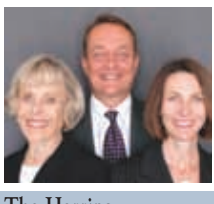


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Weather doesn't deter OB voters

Poll workers and voters stand in the rain outside the Ocean Beach Womens Club on Bacon Street on Tuesday. Some deter- mined OB residents endured long lines and pouring rain as they waited to vote. The rain fell early in San Diego but failed to dampen countywide voter turnout, which was estimated to be 65 percent and climbing.

PHOTO BY RONAN GRAY | THE BEACON

Goldsmith edging out Aguirre, Props C and 8 appear winners

The following are semi-official results from Tuesday's election, according to the San Diego County Registrar of Voters Office. Final numbers have not been certified:

City attorney
Jan Goldsmith 59%
Mike Aguirre 41%

Prop 8 (eliminates same-sex marriages)
Yes 52%
No 48%

Prop A (fire protection parcel tax)
Yes 63%
No 37%

Prop B (port district redevelopment)
No 70%
Yes 30%

Prop C (Mission Bay Park revenue redistribution)
Yes 67%
No 33%

Prop D (permanent beach alcohol ban)
Yes 53%
No 47%

Prop S (school repair bond)
Yes 68%
No 32%



BAN

CONTINUED FROM Page 1

always said the ability to drink alcohol on the beach should not be ruined by a small group of rowdy people.

The anti-ban group also cam- paigned on pressuring city officials to offer "real solutions" to prob- lems associated with alcohol on the beaches such as increasing

law enforcement or adding more public restrooms in the beach areas.

The contentious beach-alcohol debate resulted in close elections over the years.

This is the third time San Diego residents have voted on the issue. The last time San Diegans voted on it before this week was in November 2002 when it failed to pass by small margin.

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OBMA feted for its service

In a record turnout on Oct. 23, the Ocean Beach MainStreet Association (OBMA) marked its annual awards night and 30th birthday celebration.

OBMA executive director, Denny Knox opened the presentation.

"Thirty years ago we had five members who each went out and got five more," Knox said. "It was tough going and almost no one we talked to really believed we could make a difference. Today, we have well over 425 members, staff and an office."

State Sen. Christine Kehoe, a former Ocean Beach resident, shared fond memories of her days as a waitress on Newport Avenue before presenting the OBMA's board of directors with a resolution saluting 30 years of service.

"Throughout its history, the Ocean Beach MainStreet Association stood firm to its goal of serving as a leader in the local community," said Kehoe. "Its positive impact on the businesses and people of Ocean Beach deserves acknowledgment and praise."

District 2 City Councilman Kevin Faulconer and county Supervisor Greg Cox also expressed appreciation for the OBMA, its board and volunteers.

Special volunteer awards went to Chuck Schiele and posthumously to community activist Rich James.

Schiele, of Beach Music Mafia, received the "Outstanding Graphic Design Work" award for talent and for his service on special events and promotional/marketing material.

The "Spirit of OB" award was presented posthumously to James,



State Sen. Christine Kehoe, right, presents Ocean Beach MainStreet Association (OBMA) members with a resolution recognizing 30 years of service by the OBMA. Accepting the resolution are, third from right, OBMA Executive Director Denise Knox and, second from right, OBMA President Mike Akey.

PHOTO BY REBECCA SAFFRAN | THE BEACON

who passed away in April. Rich's brother, Pat, accepted the award in his name.

Several Ocean Beach businesses were also recognized:

- **South Beach Bar & Grill** — "National Spotlight on OB" award;
- **Hodads** — "National Spotlight on OB" award;
- **Olive Tree Marketplace** — "Shop Local" award for marketing;
- **The Black** for 40 years of successful business in Ocean Beach;
- **Winstons** for bringing national entertainment talent to OB;
- **OB People's Food Co-op** — "Promoting Healthy Community Lifestyle" award;
- **and Noah Tafolla** for his work in documenting the ongoing history of Ocean Beach.

Design awards went to:

- **The Arizona** — "Interior and Exterior Historic Renovation" award;
- **Pirates Cove Coffee** — "Creative Theme Design" award;
- **Cottage Antiques** — "Most Creative Use of Commercial Space" award;
- **and Belle Maison Seacoast Interiors** — "Best Interior & Exterior Design."

The OBMA's Economic Restructuring Committee presented awards to:

- **OB Noodle House** — "Best New Ethnic Restaurant" award;
 - **Newport Quik** — "Best New Patio Dining" award;
 - **OB Surf & Skate Shop** — "Excellence in Customer Service" award;
 - **Roots** — "Best New Vegetarian Cuisine" award;
 - **and The Closet** — "Best Major Renovation" award.
- The Clean OB Subcommittee presented awards to:
- **Jungle Java** — "Pride of Proprietorship" award;
 - **Donna and Alf Kargaard** — "OB Volunteer Clean Up" award;
 - **and St. Madeline's Sophies Center** — "Beach Cleanup Efforts" award.

The OBMA's Crime Prevention Subcommittee presented San Diego Police Department Officer Gerry Waclawek with an award for "Community Service & Commitment to OB."

The "Community Partnership Award" was presented to the Point Loma Masonic Center.

— *Staff and contribution*

Schiele honored for continued community contributions in OB

By **BART MENDOZA** | THE BEACON

It's possible that there are few area music fans who aren't familiar with Chuck Schiele and his work. With his trademark pork pie-styled hat and cool demeanor, he is easily one of Ocean Beach's best-known residents. But on Oct. 23, he was surprised to find recognition of his community service had reached the state senate. At that evening's Ocean Beach MainStreet Association meeting, Schiele was awarded a certificate of recognition for dedicated service to the community of Ocean Beach by state Sen. Christine Kehoe.

Always ready with a kind word and a smile, Schiele has emerged as one of the lynchpins of San Diego's musical community. His group, The Grams, has drawn the biggest amount of attention to date, having scored San Diego Music Awards for "Best Americana" in 2006 and 2007. He has also become a noted producer with numerous album credits, including music from SDMA nominees Podunk Nowhere and John Miller.

But it is his less visible work in the community that is making the biggest impact.

It is clear Schiele loves his community, working tirelessly with the Ocean Beach Merchants Association. From designing graphics for the area's marketing plan to hosting music acts at the weekly farmers market and booking performers at the annual Ocean Beach Street Festival and Chili Cook-Off, Schiele gets involved.

"We just wanted to give Chuck some well-deserved recognition," said Cordelia Mendoza, head of the Ocean Beach MainStreet Association's Promotions Committee. "He always volunteers to help out with just about whatever comes up and has so many creative and insightful ideas to promote the area that we thought this was a good way of saying thank you."

Mendoza cites Schiele's work in bringing music to Ocean Beach as particularly impressive, but notes Schiele has taken on all manner of tasks on behalf of the community.

"So many people volunteer to do things and never follow through," Mendoza said. "But with Chuck, he gives even more than we expect. He is just great to work with."

Schiele was genuinely surprised by the recognition.

"Shocked is a good word," he said.

When the presentation was announced, Schiele was sure he had misheard.

"It was sort of, 'Did she just say what I think she said?,'" he said.

Asked how he feels about his hometown, Schiele is succinct.

"I've been around the world three times," Schiele said. "I could live anywhere. I want to live here. Ocean Beach is the friendliest collection of neighbors you will find anywhere. We have changed a lot down here while remaining loyal to our California surf town heritage, which remains impeccably intact."

SEE **SCHIELE**, Page 7

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OB Restaurant Walk poised to tantalize tastebuds of food lovers

By LORALEE OLEJNIK | THE BEACON

The Ocean Beach Town Council (OBTC), in partnership with the Ocean Beach MainStreet Association (OBMA), is again sponsoring the annual OB Restaurant Walk as part of the kickoff festivities for the holiday season. The self-guided culinary tour, scheduled for Tuesday, Nov. 11, will showcase dozens of local eateries in and around Ocean Beach.

"All profits are going to the Tree Festival and local families that need a little help over the holidays," said event spokesperson Dan Allemeier.

Participating restaurants include Bravo's Mexican Bistro & Cantina, Shades Oceanfront Bistro, 3rd Corner Wine Bar, OB Noodle House and Gallagher's Pub,

among many others.

"It's one of the greatest things for the residents of OB, to come out and see the exciting foods that restaurants in OB have to offer," said Dave Martin, whose two establishments — Shades Oceanfront Bistro and Craves Café — will participate.

Martin, who also serves on the board of directors of the OBTC and the OBMA, said his restaurants use the annual event as an opportunity to debut new recipes.

The restaurant walk is one of several upcoming activities scheduled for the holiday season in Ocean Beach.

"It's a great event that goes into a number of events culminating in our big Tree Fest and (Christmas) parade," said Allemeier.

The OB Restaurant Walk goes

from 5 to 9 p.m. The cost is \$15. Tickets can be purchased at various locations around Ocean Beach, including Dog Beach Dog Wash, Lucy's Tavern, Sunshine Company, Bone Appetite pet supply, Surf 'N' Sea Wetsuits, Indulgence Hair Salon, the OBMA offices and a booth at the OB farmers market held on Newport Avenue on Wednesdays.

The holiday season is a busy time for the OBMA and OBTC, two active local organizations that sponsor several fundraising events that benefit the community.

Upcoming holiday events include the Dec. 4 OB Christmas Tree Auction at The Sunshine Company from 6:30 to 9:30 p.m., as well as the Dec. 7 "Sandy Claws" doggie holiday party at Dog Beach from 10 a.m. to 1 p.m. OB

pets and owners can get into the holiday spirit during this particular event, taking pictures with Santa Claus as well as perusing a variety of vendors.

The 29th annual OB Christmas Parade will be held Saturday, Dec. 6. Preceding the parade, which is

scheduled to begin around 5 p.m., a Kids Fun Zone will be set up near the OB Pier parking lot for much of the day.

For more information on the restaurant walk and other upcoming holiday events, visit www.obtowncouncil.org.

SCHIELE

CONTINUED FROM Page 1

"We live up to the idea of what a community is all about," Schiele continued. "I've been involved with the OB civic system — full-stride — for about four years now. What we discuss in the meeting room vs. the progress I see on the street is incredible. I can go on all

day about the good culture here."

Amongst new projects Schiele is helming is a compilation album featuring Ocean Beach artists singing songs about OB, set for release at the 2009 street festival and chili cook-off.

In his long career, Schiele has received several awards. But he said this one is special.

"It means a lot because it comes from the community where I

choose to live and where I invest my efforts," Schiele said. "I feel like I did something good and that my purpose in life is in the right place. That is a very powerful and satisfying feeling."

In typical Schiele fashion, the award has sparked another flurry of activity for him.

"I'm thrilled with the honor," Schiele said. "Its been so rejuvenating. I feel charged up for 2009."

OVERSIZE

CONTINUED FROM Page 1

cost is enforcement, as parking officers do not work after 7 p.m. or on Sundays.

The proposed ordinance also allowed for vehicle owners to procure 24 permits per year per address, but the cost of those permits will be determined by the City Council.

The permits would last for 72

hours.

Exceptions to the ordinance included buses, vehicles making deliveries or pickups, government or public utility vehicles and vehicles displaying placards or plates issued to disabled persons.



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STRAVINSKY: *Petrushka*
PALOMO: *Concierto de Cienfuegos*

DECEMBER 5, 6 & 7
Jahja Ling, conductor
MAHLER: Symphony No. 6, *Tragic*

DECEMBER 12, 13 & 14
Nicholas McGegan, conductor
Jeff Thayer, violin
San Diego Master Chorale
BACH: Concerto for Violin No. 2
HANDEL: *Messiah* (highlights) *Water Music*
CORELLI: *Christmas Concerto*

JANUARY 9, 10 & 11
Jahja Ling, conductor
Jeff Thayer, violin / Jessie Chang, piano
San Diego Master Chorale
BEETHOVEN: *Triple Concerto*;
Symphony No. 1; *Choral Fantasy*

JANUARY 16, 17 & 18
Jahja Ling, conductor
Anne Marie McDermott, piano
BEETHOVEN: Piano Concerto No. 1;
Symphony No. 4; *Leonore Overture No. 3*


The Holidays Are Coming


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DECEMBER 14, 7:30pm
Nicholas McGegan, conductor
San Diego Master Chorale


CHRIS BOTTI
Trumpeter Extraordinaire
Holiday Show
DECEMBER 15, 7:30pm


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DECEMBER 21 (2pm* & 5pm*)
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Apologetic robber sentenced for role in Midway-area bank heist

By NEAL PUTNAM | THE BEACON

A bank robber who apologized to a Midway Drive bank teller as he robbed her April 9 was sentenced to spend 365 days in a work furlough center.

Under the terms of his Oct. 23 sentencing, Chula Vista resident Anthony Ray Barrett will be able to go to work will be confined at night

and on weekends.

Barrett was granted three years' probation and ordered to pay \$3,230 for another bank robbery from which the money was not recovered. All of the money taken in the April 9 holdup at the Washington Mutual Bank on Midway Drive was recovered when he was arrested shortly afterward.

Barrett was ordered to complete

an anti-theft program, was fined \$1,826, among other costs.

Barrett now works as a caregiver to disabled people through an agency, according to court records. He remains free on \$21,000 bond until he surrenders to the work furlough program on Nov. 18. He was given credit for spending two days in jail following his April 9 arrest.

At Barrett's preliminary hearing in June, teller Carla Braga testified that Barrett told her "to give him what I could" from her register. She said he apologized twice for robbing her. Braga said Barrett did not display a weapon.

On July 24, Barrett pleaded guilty to the Midway Drive robbery and to two other bank robberies in Chula Vista. He faced a maxi-

mum sentence of seven years in prison. He had no prior record.

A teller put a hidden dye pack with the money Barrett took in his second robbery. After it exploded, Barrett left all of the money behind near the bank.

When he was interviewed after his arrest, Barrett said he had financial problems and needed money to pay the rent.

NewsBriefs

5K walk fundraiser to aid officers in home buying

The San Diego Association of Realtors' Amabassador Foundation will host a 5K walk fundraising event in Point Loma on Saturday, Nov. 15 to raise money for the "Everday Heroes" program.

The program is designed to assist San Diego police officers in buying homes in the communities in which they serve, according to event organizers.

The walk will take place at NTC Park at Liberty Station beginning at 8 a.m.

KUSI-TV's Joe Lizura, the spokesman for the event, will join police officers, Realtors and supporters on the brisk walk to call attention to the service of police officers and to help them achieve the dream of home ownership.

Teams and individuals can sign up in advance for \$25 per person and can make monetary donations by calling (619) 298-7400 or by visiting www.ambassadorsfoundation.org.

Event organizers said four San Diego police officers were helped to purchase their first homes in 2008.

Tree Festival T-shirts, sweatshirts available

The Ocean Beach Christmas Tree Festival Committee has launched its annual T-shirt and sweatshirt drive to benefit local charities.

The items are currently available for purchase at Shades Oceanfront Bistro, 5083 Santa Monica Ave.; Surf 'N' Sea, 1874 Bacon St.; and Dog Beach Dog Wash, 4933 Voltaire St., Suite C.

For more information about the OB Tree Festival, call (619) 515-4400 or (619) 226-8613.

Free arts exhibit slated for Liberty Station

A celebration of raw art by graduates and current students of San Diego's Expressive Art Institute will take place Friday, Nov. 7 at Liberty Station.

The free event, dubbed "Arts Express" runs from 6 to 8 p.m. and will take place at the institute, 2820 Roosevelt Road, Suite 204 in the NTC Promenade.

The mixed-media show incorporates the works of more than a dozen students and also features art created by individuals from various organizations that the institute graduates have assisted in the process of expressive arts therapy.

Works will feature such things as paintings, lacquered lockers,

sculptures, wood angels, masks and body painting.

For more information, call (619) 925-3794 or (619) 239-1713.

Sunset View launches annual boutique, dinner

Sunset View Elementary School will again host its annual holiday boutique and spaghetti dinner on Friday, Nov. 7.

Residents are invited to enjoy a home-cooked meal and browse a variety of goods, including Tupperware, jewelry boxes, candy, sport jerseys, socks and more.

The event takes place from 4:30 to 8:30 p.m. at the Portuguese Hall, 2818 Avenida de Portugal.

For more information, call (619) 985-3959.

Cancer Society Discovery Shop to host boutique

The Point Loma American Cancer Society Discovery Shop is holding its annual Holiday Boutique Sale this weekend.

The shop will be open for customers on Friday, Nov. 7 from 10 a.m. to 6 p.m. and on Saturday, Nov. 8 from 10 a.m. to 5 p.m.

Items will include holiday clothing and other holiday items.

"Our shop will sparkle and shine with holiday merchandise," said store manager Stephanie Ripley. "It's going to be the best holiday

sale yet."

The shop is located at 3609 Midway Drive around the corner from Kinkos. For more information call (619) 224-4336.

Bouris named SDSU extended studies director

SDSU's College of Extended Studies has named Ocean Beach resident Erica Bouris its new special sessions director.

Bouris holds a Ph.D. in International Studies and an MBA degree from the University of Denver. She served as a faculty member in the Political Science Department at Rollins College in Winter Park, Fla., before joining the College of Extended Studies nearly two years ago as director of the Osher Lifelong Learning Institute and more recently the director of the teacher education program at the College.

She lives in Ocean Beach with her husband and two children.

SDSU's College of Extended Studies reaches out to the greater San Diego community with a wide variety of lifelong learning classes, seminars, and certificate programs.

Career advancement courses are offered in many areas of management, leadership, and quality improvement while self-enrichment courses range from astronomy to web design. Additionally, the college offers over 35 certificate programs, online courses, and

many other learning opportunities.

For more information, call (619) 265-SDSU (7378), or visit www.neverstoplearning.net.

Harris sworn in as KABD-SD vice president

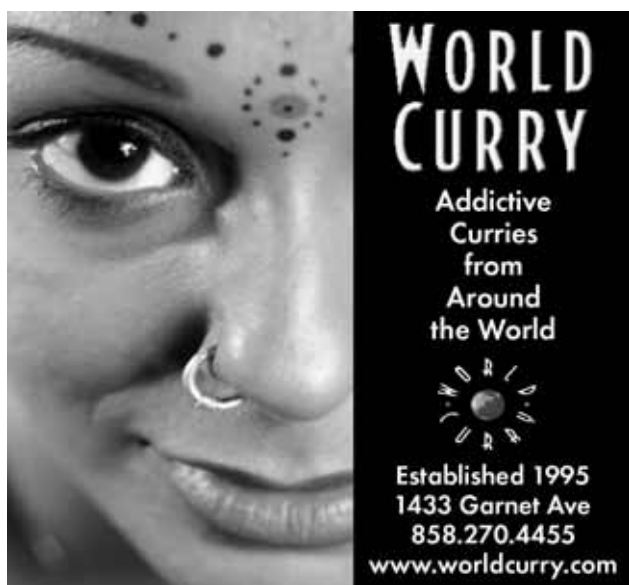
Peninsula-area resident Amanda Harris, a shareholder of the law firm Seltzer Caplan McMahon Vitek, was recently sworn in as vice president of the Korean American Bar Association of San Diego. (KABA-SD).

KABA-SD was established to provide Korean American attorneys and law students in the greater San Diego area the opportunity to network and socialize with each other, offer legal, educational, political, charitable, and other services to the Korean American community and advance Korean Americans in the legal profession.

Harris, who lives in the Point Loma/Ocean Beach area, is chairperson of the firm's Family Law Practice Group and practices exclusively in the area of family law, with an emphasis on complex, high-asset marital dissolutions.

She received her B.A., cum laude, from the University of California at Davis in 1992 and her law degree from the University of California, Hastings College of Law in 1995.

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PLHS team reaches out to injured local boy, 3

By **BARRY SCHWARTZ** | THE BEACON

High school football should be about more than winning games on Fridays. It should also be an opportunity for the players to grow into men of integrity with hearts for those in need.

A few weeks ago, the Point Loma varsity football squad had one of those opportunities and took full advantage of the chance.

A local team supporter, 3-year-old Tobin Orzel, got his fingers caught between a heavy metal door and the frame, severing two of them. He was rushed to the emergency room at Rady Children's Hospital, where doctors performed surgery to reattach them. Doctors, however, were not optimistic about a full recovery for Tobin.

When Point Loma High School head football coach Mike Hastings heard about the case, he called the family to offer support. When Hastings told his team, the players decided to invite Tobin to one of their practices. Offering up what they had to give, the players signed a ball and presented it to Tobin, who sleeps with it every night — a reminder of the kindness he was shown by the

PLHS football team.

"He was beaming with joy as the team captains talked with him and the whole team gathered around him for pictures," said Hastings. "It was great for our players to help bring a little relief and joy to Tobin. It was all a part of our credo of giving back to our community and helping to serve others."

According to Treyla Orzel, Tobin's mother, the team was incredibly welcoming and very kind to the youngster who had been excited for days, telling all who would listen about his upcoming rendezvous with the Pointers.

"They wished him well and told him how proud they were of his bravery," said Treyla. "At the end of practice, they again called Tobin to the field and had him break practice, high-fived him and paraded him around on their shoulders. I have never seen such pure joy from my son."

The team learned from the experience as well, playing a part of the youngster's recovery and mental wellbeing. Part of the PLHS football program's philosophy has been to develop well-rounded young men.

His dream has been to play professional ball. With the recovery going so well, he can stay in the game.

TREYLA ORZEL
MOTHER OF INJURED 3-YEAR-OLD



"It was something that we wanted to do for one of our little supporters," said Hastings. "Tobin is a football player in the making. He loves to play catch, run with the ball and tackle his older brother."

Tobin has shattered the doctors' initial expectations. According to Treyla, there wasn't much hope of Tobin regaining feeling or dexterity in the injured fingers. Miraculously, Treyla said Tobin's recovery is almost complete, with sensation in both digits.

"We feel so blessed. He can hopefully still play football," said Treyla. "His dream has been to play professional ball. With the recovery going so well, he can stay in the game."

Hastings may have to keep a spot open on his roster for Tobin in a few years.



The Point Loma High School (PLHS) football squad recently played host to an injured Point Loma boy, Tobin Orzel, 3, left. Tobin – an aspiring football player and supporter of the PLHS football program – got his fingers caught between a heavy metal door and the frame, severing two of them. When the coach and players learned about Tobin's accident, they invited the youngster to a practice and presented him with a football signed by the entire team. Tobin's recovery is nearly complete, according to his mother, Treyla.

COURTESY PHOTOS | THE BEACON

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Fundraising concert set to assist wildfire victims

By BART MENDOZA | THE BEACON

The wildfires that raged through San Diego in 2007 may have seem like a distant memory to some, but much remains to be done for the victims of the catastrophe. Recent reports indicate that only a small percentage of fire-stricken homeowners have rebuilt and many of the affected families are still in need of aid.

In an effort to bring attention to this situation and raise funds, drummer Randy Seol of legendary 1960s psychedelic rockers The Strawberry Alarm Clock has put together a special benefit concert — “Rock for Fire Relief” — at Winston’s on Saturday, Nov. 8.

The music starts at 3 p.m. with a bill topped by the original members of Strawberry Alarm Clock. The group still features five original members, including Steve Bartek, also best known as key member of 1980s favorite Oingo Boingo. Tickets for the fundraising event are \$100 and include dinner and performances by flamenco fusion group The Maldonado Brothers and folk-rockers Nick Castro & The Young Elders. “There is just so much that

needs to be done to help these people, but I didn’t see much happening,” Seol said of his inspiration for the event. “We constantly hear about these vast amounts of money being delivered to this or that organization, but rarely does it seem to go to those that need it the most.”

To that end Seol plans for this show to be one of several leading up to a bigger event next summer. All proceeds will go directly to two area families in need.

“I don’t understand why there is so much red tape and bureaucracy in these situations. We will be depositing money directly into bank accounts,” Seol said.

For him, the idea of gathering musicians to aid families who are suffering is a no-brainer.

“We have the ability to gather people,” Seol said. “Music draws them in and the performers spread the message.”

David Maldonado considers musicians to be closer to the public than politicians or CEOs.

“The reasons musicians or artists as a whole are the first in line to help with a cause, is because we are in the trenches with the people,” Maldonado

“It’s the least I can do to give back. I just wish it was possible to help even more families.”

RANDY SEOL
DRUMMER,
THE STRAWBERRY ALARM CLOCK



The 1960s psychedelic rockers The Strawberry Alarm Clock is assembling a special benefit concert — “Rock for Fire Relief” — at Winston’s on Saturday, Nov. 8.

COURTESY PHOTO | THE BEACON

said. “We are watching everything from the ‘life’ perspective, feel hard pain/happiness for others and see the bigger picture. So we will use whatever we have to help another in need. I choose my best asset, my music.”

Seol points out it’s important to the community as a whole to be involved. Anyone could need help when they least expect it.

“These days, you don’t have to be burned out of your home to feel the walls closing in a little bit,” he said. “You can lose your business or your car or any number of things that are important to you. With this recession, we’re all in the same boat, so anything we can do to help is going to be appreciated.”

Though Seol and his group appeared in several classic films of the era, including “Psych Out” and “Beyond The Valley of the Dolls,” they remain best known for their 1967 hit “Incense Peppermints.”

“We were kids,” he said.

Indeed, Bartek, who wrote much of the band’s material, was only 15 at the time and was not allowed by his parents to tour.

“We had no idea we were recording a classic,” Seol said. “But a lot of the success of the song was timing. The music industry of the day was changing and was giving more freedom to talk about things as they really were.”

“Incense Peppermints” was

one of the first songs to make it to the radio that had the ‘tune in, drop out,’ message of the times, and it clicked,” Seol said.

Even former Beatle Paul McCartney has cited the song as a favorite.

The group is deep into production of a new album for possible springtime release. But for now, Seol is putting his main efforts into these benefits.

“It’s the least I can do to give back,” Seol said. “I just wish it was possible to help even more families.”

The Strawberry Alarm Clock performs at Winston’s, 1921 Bacon St. on Saturday, Nov. 8 at 3 p.m. For more information, visit www.winstonsob.com.

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November A Look Ahead



COMMUNITY/CIVIC

Saturday, Nov. 8, 9 a.m. to noon, Friends of Famosa Slough host a work party to care for California native plants and remove invasive plant species. Participants are asked to meet at the southeast corner of West Point Loma Boulevard and Famosa Boulevard. For more information, call (619) 224-4591 or visit www.famosaslough.org.

Monday, Nov. 10, 1 to 3 p.m., regular meeting of the Peninsula Community Planning Board's (PCPB) Project Review Committee at the Hervey/Point Loma Branch Library, 3701 Voltaire St. A copy of the agenda is posted at the library and can be accessed by visiting www.pcpb.net. For more information, call (619) 223-1357.

Tuesday, Nov. 11, 10 a.m. to 2 p.m., the American Lung Association of California hosts a "Respiration Rally" to offer hope and help to people with chronic obstructive pulmonary disease (COPD). The free event is for people with COPD and their families, caregivers and friends. RSVP to (619) 297-3901 and register online at www.mrsnv.com.

Wednesday, Nov. 12, 1 p.m., The Rock Academy hosts a special Veterans Day ceremony to honor U.S. servicemen and women. The event takes place at the Rock Sanctuary, 2277 Rosecrans St. at Liberty Station. For more information, call (619) 764-5200.

Wednesday, Nov. 12, 10 a.m., Point Loma Garden Club hosts its monthly meeting. The program will feature Kurt Peacock, who will present "Waterwise Trees, Plants and Flowers." The event takes place at the Portuguese Hall, 2818 Avenida de Portugal. For more information, call (858) 483-2693, or visit www.plgc.org.

Wednesday, Nov. 12, 5 p.m., another in a series of monthly forums, "Behind the Scenes at NTC Promenade." The forums are designed to provide information to and obtain input from interested community groups and individuals regarding NTC Promenade, the civic arts and cultural center at Liberty Station in Point Loma. The event takes place at Weisz Green Room at Dance Place San Diego, 2650 Truxtun Road. RSVP to info@ntcfoundation.org. For more information, call (619) 573-9300. The next forum is Tuesday, Dec. 9, 5 p.m., NTC Command Center, 2640 Historic Decatur Road.

Wednesday, Nov. 12, 7 p.m., the Hervey/Point Loma Branch Library hosts a program "A Family's Collision with History: Austria 1938." The free event focuses on a family confusion and fear after being caught up in the invasion of Austria during World War II. The event takes place at 3701 Voltaire St. For more information, call (619) 531-1539.

Thursday, Nov. 13, 10 to 10:45

a.m., baby sign language workshop with local expert Monta Briant at the Ocean Beach Library, 4801 Santa Monica Ave. For more information, call (619) 531-1532.

Saturday, Nov. 15, 7 to 11 p.m., the Fort Guijarros Museum Foundation will host a fundraising dance to benefit historic and scientific research on an 18th century Spanish fort and 19th century fishing and American whaling station. The event takes place at the Building 138 Sylvester Road at Naval Base Point Loma. Participants are encouraged to dress in 1940s-style clothing, uniforms or semi-formal attire as they slow dance to tunes Big Band music. For more information, call (619) 269-3924 or e-mail fort_g@cox.net.

Saturday, Nov. 15, 9 to 11:30 a.m., the Jenna Druck Foundation hosts a Young Women's Leadership Forum, "Walking Tall: A Conversation with Peggy O'Neill." O'Neill, who is less than four feet tall, will share the tragedies and triumphs of her life as a little person. The event takes place at the Marina Village Terrace Room, 1936 Quivera Way. There is a \$5 registration fee. For information and registration, visit www.jdfleadership.org.

Saturday, Nov. 15, 8 a.m., the San Diego Association of Realtors Ambassador's Foundation hosts a 5K walk to aid San Diego police officers in becoming homeowners in the neighborhoods they protect. The event takes place at NTC Park in Liberty Station. Teams and individuals may sign up in advance for \$25 per person and make monetary donations at www.ambassadorsfoundation.org. For information, call (619) 298-7400.



Making fire safety fun

Children from Sunset View Elementary School were given an education in fire safety at Station 22 on Catalina Boulevard recently. The students from Camille Johnson's kindergarten class learned about dialing 911, the "stop, drop and roll" technique and how to man a fire hose. The children are pictured with San Diego State University student teacher Dana Owad and station Capt. George Uzdavines.

COURTESY PHOTO BY MIKE RYAN | THE BEACON

The Ocean Beach Tree Festival Committee now has festival T-shirts and sweat shirts available for sale. The items may be purchased at Shades Oceanfront Bistro, Surf 'N' Sea and the Dog Beach Dog Wash. For more information, call (619) 515-4400 or (619) 226-9613.

SCHOOLS CORREIA

- Today, Nov. 6, 3 to 7 p.m., holiday bazaar. Proceeds benefit student music, student trips and classroom materials.
- Thursday, Nov. 13, 9 to 10 a.m., principal's coffee.
- Saturday, Nov. 17, CIMA

fundraiser at Bookstar.

DANA

- Today, Nov. 6, bake sale.
- Friday, Nov. 7, Spirit Day.

LOMA PORTAL

- Friday, Nov. 7, 9:15 a.m. to 12:15 p.m., "Everyone a Reader" tutor program training in auditorium. For information, call (619) 223-4810 or e-mail christinag-ilmoremckay@netzero.com.
- Monday, Nov. 10, national "Take a Veteran to School Day" sponsored by the History Channel.

SEE CALENDAR, Page 13

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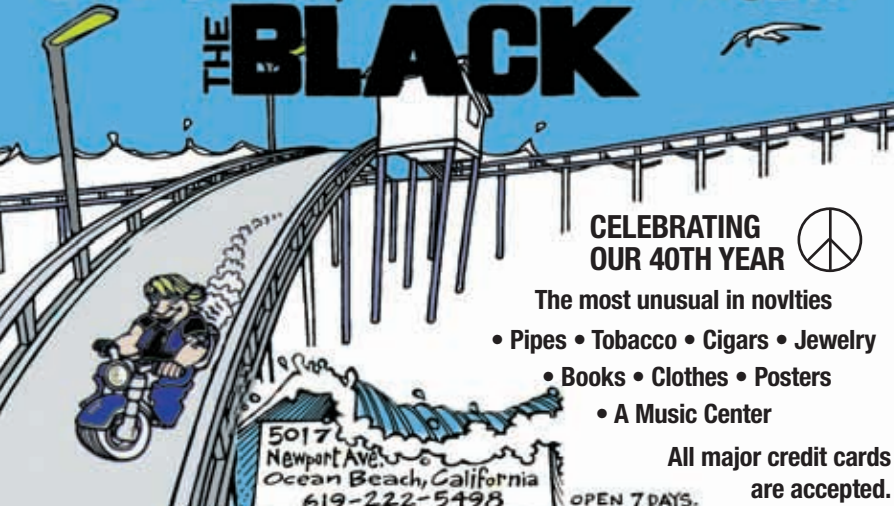
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CALENDAR

CONTINUED FROM Page 11

and value of service to the country. For more information, visit www.lomaportalelementary.com.

- Monday, Nov. 10, 6 to 7:30 p.m., Foundation meeting in library; holiday food drive begins.
- Tuesday, Nov. 11, no classes — Veterans Day.
- Friday, Nov. 14, 9:15 to 10 a.m., coffee with Principal Gerde in auditorium.
- Thursdays through November, 1:05 to 1:30 p.m., pizza and bake sales after school.

OCEAN BEACH ELEMENTARY

- Friday, Nov. 7, dads drop off and coffee day.
- Monday, Nov. 10, 6 p.m., PTA meeting in library.
- Tuesday, Nov. 11, no classes — Veterans Day.
- Thursday, Nov. 13, attendance awards.

SACRED HEART

- Today, Nov. 6, noon dismissal; 1 to 7 p.m., report card conferences.
- Friday, noon dismissal; staff meeting.
- Tuesday, Nov. 11, 2nd-graders to San Diego Zoo.
- Thursday, Nov. 13, 4th-graders to Medieval Times in Buena Park.
- Friday, Nov. 14, 8 a.m. to noon, jog-a-thon at Robb Field.
- Monday, Nov. 17, hearing re-screening.
- Wednesday, Nov. 19, noon dismissal.
- Nov. 20-21, no school — staff attends National Core Knowledge Conference.
- Tuesday, Nov. 25, progress reports online for grades 4-8.
- Wednesday, Nov. 26, 8 a.m., all-

school Mass at Sacred Heart Church.

- Nov. 27-28, no school — Thanksgiving vacation.

SILVER GATE

- Tuesday, Nov. 11, no classes — Veterans Day.
- Friday, Nov. 14, Western barbecue lunch.
- Nov. 17-21, minimum days for parent/teacher conferences.
- Friday, Nov. 21, 7:45 a.m., principal's chat for parents of 2nd-through 4th-graders.
- Nov. 24-28, Thanksgiving break.

SUNSET VIEW

- Today, Nov. 6, Dia de los Muertes for kindergarten through 2nd-grade classes.
- Today, Nov. 6, 9 a.m., PTA meeting in auditorium; 5:30 p.m., Family Art Night in cafeteria.
- Friday, Nov. 7, 4:30 to 8:30 p.m., Sunset View holiday boutique and home-cooked spaghetti dinner featuring gifts, books, toys, jewelry, candy and other items. The event takes place at the Portuguese Hall, 2818 Avenida de Portugal.
- Tuesday, Nov. 11, no classes — Veterans Day.
- Wednesday, Nov. 12, principal's coffee in auditorium.
- Thursday, Nov. 13, 1:45 p.m., SSC meeting in library.
- Friday, Nov. 14, 9:10 a.m., flag ceremony by 4th-graders.

ST. CHARLES BORROMEO

- Today, Nov. 6, 7 p.m., PTG meeting.
- Friday, Nov. 7, 8 a.m., all-school Mass; 12:15 p.m. dismissal; SkeDaddle fundraiser orders due; Power Struggles Workshop RSVP due.

- Saturday, Nov. 8, 10 a.m. to 9 p.m., Barnes & Noble bookfair at 3150 Rosecrans Place.
- Nov. 10, Nov. 12-14, parent conferences.
- Nov. 10, 12, 13, 2 p.m. dismissal.
- Tuesday, Nov. 11, no school — Veterans Day.
- Friday, Nov. 14, 8 a.m., all-school Mass; 12:15 pm. dismissal.
- Monday, Nov. 17, 6 to 7:45 p.m., Power Struggles Workshop.

WARREN-WALKER

- Saturday, Nov. 15, 4 to 5:30 p.m., open house for families of prospective 6th- through 8th-grade students.

SENIORS

Wednesday, Nov. 12, 10 to 11:30 a.m., Sharp Cabrillo Senior Resource Center hosts free support group for those with Parkinson's Disease and caregivers. The event is held at the resource center, 3475 Kenyon St. For information, call (619) 221-3779.

Thursday, Nov. 13, 10 a.m. to noon, Sharp Cabrillo Senior Resource Center hosts "Balance Screening/Fall Prevention. The free event takes place at the Hervey/Point Loma Branch Library, 3701 Voltaire St. Registration is required by calling (800) 827-4277.

ARTS & ENTERTAINMENT

Tuesday, Nov. 11, 7:30 p.m., Point Loma Nazarene University hosts chamber music ensembles featuring brass, pianos, strings, percussion and various combinations. The event is free and takes place at Crill Performance Hall, 3900 Lomaland Drive. For more information, call (619) 849-2344, or e-mail laurieo-liver@pointloma.edu.

liver@pointloma.edu.

849-2325.

Nov. 13-16 and Nov. 20, various times, Point Loma Nazarene University hosts student-based performance of Mozart's "The Magic Flute." Performances take place at 7:30 p.m. on Nov. 13, 14, 15 and 20; 10 a.m. on Nov. 14; 2 p.m. on Nov. 16. Admission is \$15 for adults, \$12 for students, seniors and military. For more information, call (619)

Sunday, Nov. 16, 7:30 p.m., Holy Trinity Concert Series featuring Irish singer/songwriter/master guitarist Gerry O' Beirne at the Holy Trinity Parish, 2083 Sunset Cliffs Boulevard. Tickets for the event are \$18. For reservations and information, call (858) 689-2266, or visit www.concerts@holyltrinityyob.com.

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The best way to list the beneficiaries is to name an individual or list of individuals. If you have a spouse they can rollover the IRA into their own IRA. Other individuals can rollover the IRA into an IRA, but they will be required to take a yearly minimum distribution. This amount is based on the beneficiaries life expectancy and the financial institution will figure it out for you.

In certain circumstances you can name a trust as a beneficiary and it can get the same rollover treatment. Check with your financial institution and your estate planning attorney. The benefit of a rollover IRA is that the funds can continue to have tax deferred treatment. The interest income and dividends will not be taxed until the money is taken out of the IRA.

Now I have a question for you – Have you funded your 2008 IRA yet?

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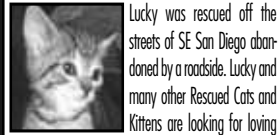
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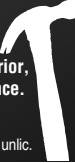
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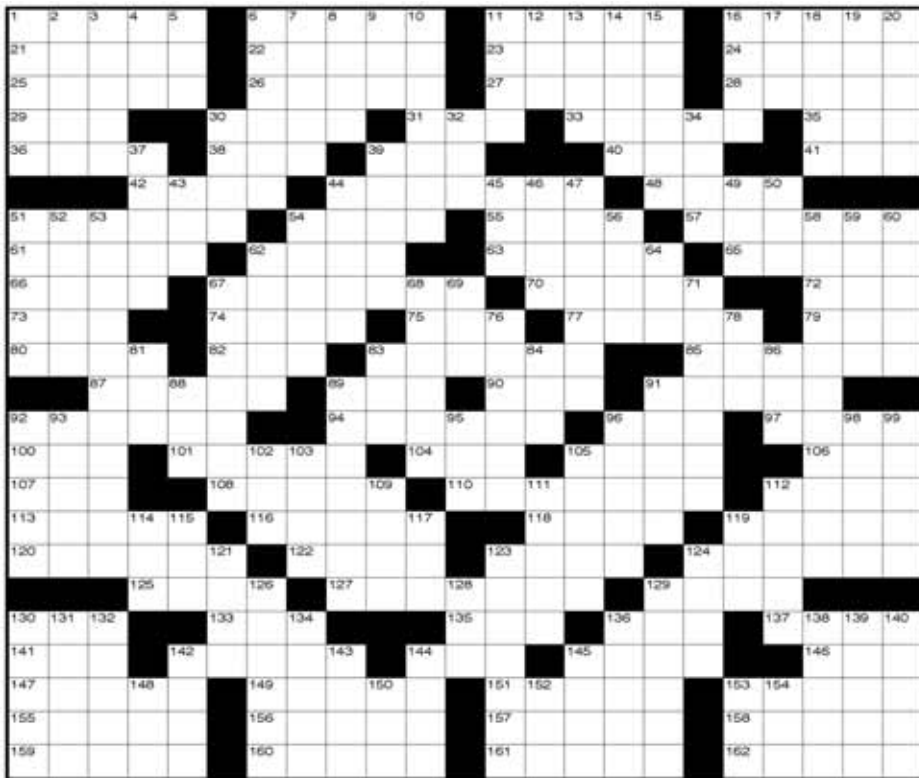
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- 42 Wet, in a way
- 44 Sure
- 48 California wine area
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- 54 Adore
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- 57 Proust or Marceau
- 61 — numeral
- 62 Wash against
- 63 Giant god
- 65 Pilfered
- 66 Arab VIP
- 67 Request earnestly
- 70 Passover feast
- 72 Farrow the actress
- 73 Dry, said of wine
- 74 Tobacco kiln
- 75 Little island
- 77 Pan
- 79 Soft food for babies
- 80 Detergent
- 82 Spaceship (abbr.)
- 83 Where Madrid is, in Madrid
- 85 Summer month
- 87 Baby rabbit
- 89 Wing
- 90 Directed
- 91 Sheep's cry
- 92 Healthcare facility
- 94 Eat a little of
- 96 Calendar abbr.
- 97 Sharp projection
- 100 Lubricate
- 101 Brute
- 104 Had a snack
- 105 — accompli
- 106 Stalemate
- 107 Kimono sash
- 108 Storage structures for grain
- 110 Pressing importance
- 112 Hoop

DOWN

- 113 River of forgetfulness
- 116 Garment part
- 118 Be without
- 119 Aquatic bird
- 120 Most cunning
- 122 Distance measure
- 123 Optimistic
- 124 Official seal
- 125 Repast
- 127 Unconventional
- 129 Do an office job
- 130 That fellow's
- 133 Kind of cabin
- 135 Doctrine
- 136 Wire measure unit
- 137 Diplomacy
- 141 Psychic's ability (abbr.)
- 142 Make points
- 144 Summit
- 145 Basketball shot
- 146 Humbug!
- 147 In the air
- 149 Human trunk
- 151 Efface
- 153 Opposing army
- 155 Variety of tea
- 156 French mineral water
- 157 Apple drink
- 158 Oregon's capital
- 159 Precipitous
- 160 Fender mishaps
- 161 Sycophant
- 162 Engraved pillar
- 50 Skill
- 51 Apparel
- 52 Tragic young lover
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- 54 Lariat
- 56 Walk through water
- 58 Arithmetic reckoning
- 59 Inventor — Howe
- 60 Jumped
- 62 Like a cabbage
- 64 After deductions
- 67 Springs back
- 68 Melon variety
- 69 "With-it"
- 71 Fact, not fiction
- 76 Higher
- 78 Regret
- 81 Play on words
- 83 Whitney or Wallach
- 84 Born (Fr.)
- 86 Chatter
- 88 Pen point
- 89 Vivaldi or Stradivari
- 91 Adobe
- 92 Loses warmth
- 93 Defame
- 95 AC power unit (abbr.)
- 96 Ornate
- 98 Wash lightly
- 99 Sire
- 102 Feel sickly
- 103 Slender
- 105 Elaborate meal
- 109 The "I"
- 111 Musical theme
- 12 Stage whisper
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- 11 Say grace
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- 18 Fire residue
- 19 Wading bird
- 20 TV lawyer Mason
- 30 — -to-earth
- 32 Perform
- 34 Test
- 37 — Rice Burroughs
- 39 Water barrier
- 43 Long, long time
- 44 Wish for that of another
- 45 Likely
- 46 Eye part
- 47 Tablet
- 49 — de deux
- 114 — and haw
- 115 Dir. letters
- 117 Game official, for short
- 119 Hodges of baseball
- 121 Soapstone
- 123 Esteem
- 124 Shiny fabric
- 126 Plundered
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6115 Terryhill Dr.	5BR/5.5BA	\$2,995,000	Susana Corrigan • 858-229-8120
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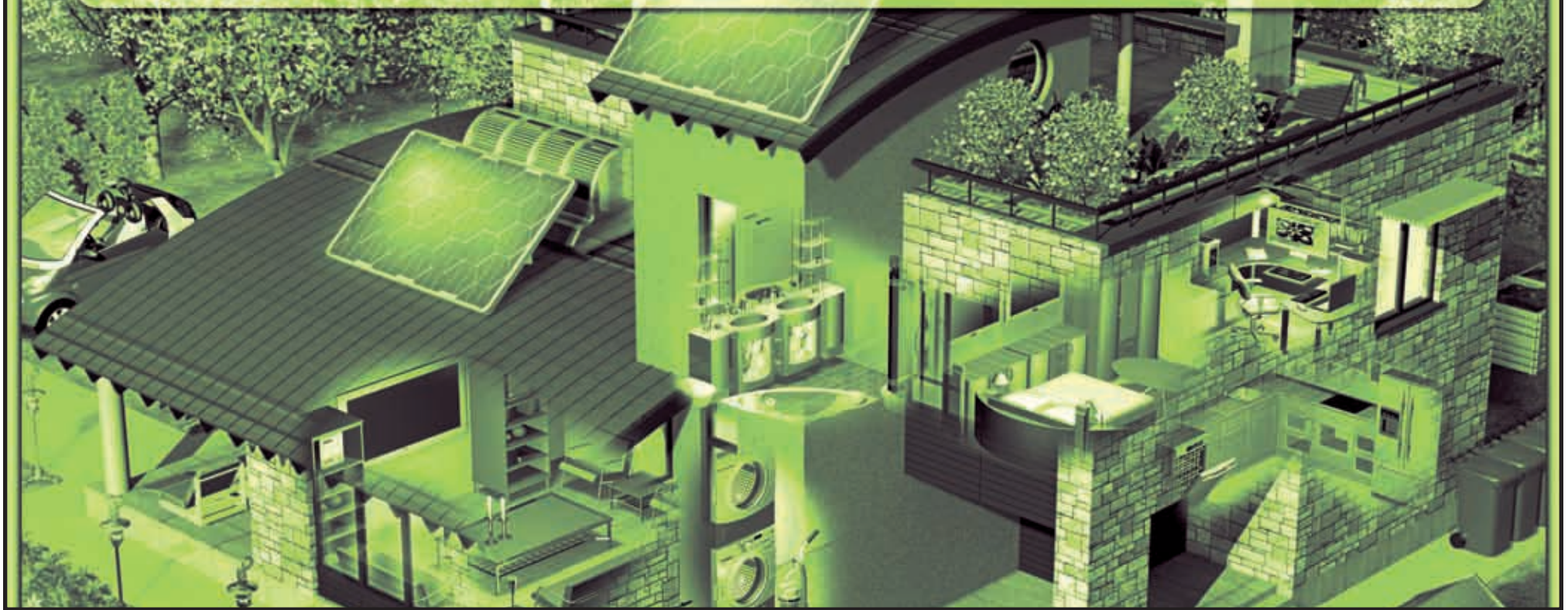
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What is polished concrete?

Polished Concrete has been established in the flooring industry as a LEED friendly system. Polished concrete is a process which enhances the natural beauty of existing concrete by hardening and polishing the concrete to create a glossy finish.

Concrete slabs have an inherent natural beauty, but until recently, residential and retail facilities preferred floor coverings, such as vinyl composite tile, decorative tile or terrazzo, to make up for the perceived lack luster of concrete's natural state. However, the benefits of natural concrete, such as cost savings and high-traffic durability, have

long been a familiar solution for industrial sites.

The polished concrete industry is rapidly becoming very popular to all industries including residential, as it provides durability and aesthetic value. Polishing results in a glossy appearance revealing the stone aggregate within the concrete, is environmentally friendly, non-toxic and highly cost effective.

Reasons Polished Concrete is Green

- Rehabilitation of existing old slabs saves the environment
- Contributes to LEED points in many categories

- The few chemicals sometimes used are water-based, VOC-free and environmentally safe
- The exceptional durability of polished concrete greatly reduces long term maintenance

Benefits of Polished Concrete Floors

Elimination of Dusting from Efflorescence - In ordinary unpolished concrete, tiny particles of dust are pushed to the surface through an upward force called efflorescence: this is called dusting, which forces epoxies off of the surface of concrete floors, and can make maintenance a costly priority. Polished concrete also makes a much healthier environment due to this elimination of dusting.

Stain-Resistant - By densifying and sealing the surface, polished concrete transforms a porous concrete floor into a tightened floor that is dense enough to repel water, oil, and other contaminants, preventing them from penetrating the surface.

Improved Reflectivity and Ambient Lighting - The reflective properties of a polished concrete floor increases the lighting. Increased lighting in your facility makes it easier on your lighting bill and magnifies the beauty of the floors.

Increased Slip Resistance - Polished concrete, though looks like glass, does not create a slippery floor. In fact, the benefits of mechanically grinding and flattening the floor will increase the coefficient of friction when compared to ordinary concrete. Polished concrete often exceeds OSHA standards for floors and is typically referred to as "high traction".

Less Maintenance - Other flooring options require aggressive scrubbing to maintain a clean environment and nice appearance. Polished concrete surfaces are tightly compacted, reducing stains, and do not require any waxing or stripping to maintain the sheen.

Cost-Effective - Polished concrete will not only reduce energy and maintenance costs, but will also reduce overall cost of the floor. Polished concrete has proven to last at least 10-12 years and has a lower life-cycle cost than any other flooring option.

LEED Friendly - Polished concrete not only utilizes existing concrete surfaces, eliminating additional materials such as coverings/coatings and moving towards sustainable building, it typically contains no noticeable VOC's, making it friendly for any USBG LEED project.

Improved Condition - Old floors are new again. As concrete ages, surface stress, de-lamination, curled cold joints, and other problems can arise. Mechanically grinding the floor removes the top surface of old concrete and polishing then strengthens it, increasing its impact and abrasion resistance.

Non-Toxic, Dustless Process - Due to the cleanliness of the concrete polishing process and the lack of toxic or hazardous chemicals, floors can often be serviced with occupants in place eliminating the inconvenience and cost of vacating.

The bottom line is that you have hidden treasure under your feet, the opportunity to re-purpose your old gray concrete floors into trendy, stunningly beautiful polished stone floors. You choose the degree of polishing to expose the stone aggregate, the degree of luster, to add color stains or not. You'll have floors that look like terrazzo at fraction of the cost and inconvenience. If that isn't enough, the real bonus is ease of care, never wax your floors again...just damp mop and your done!

For more information and to see samples of polished concrete please contact Polished Concrete Floors 4 U, 858-272-9292, www.pcf4u.com

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BARONS

The Marketplace

Large Russet Potatoes
Idaho

2 lbs \$1

Locally grown in El Centro

Asparagus Tips

\$1.39 lb

Organic Granny Smith Apples
Washington

\$2.99 3 lb Bag

Chiquita Bananas

49¢ lb

Broccoli Crowns
Santa Maria

89¢ lb

Locally Grown in Temecula

Organic Grapefruit

3 for \$1

Blueberries

2 for \$5

Navel Oranges
Valley Center

2 lbs \$1

Pink Lady Apples
Washington

77¢ lb

Pluot Plums
Visalia

79¢ lb

Locally Grown in Fallbrook

Fuji Persimmons

3 for \$1

NEW

Pasta Prima Fresh Ravioli

Butternut Squash, Grilled Chicken & Mozzarella, Wild Mushroom & Thyme, 5 Cheese & more....

\$4.39 8 oz

Apples! That's it! Nothing else! Just wait until you try this extraordinary cider from Julian. A family run business for 15 years, Tyler and Marion use 5 different sweet apples and no preservatives, sugar, syrup or water. It's delicious cold or hot. Either way, you're in for a real treat!

Introducing...

Julian Old-Fashioned Apple Cider

\$2.49 16 oz.
\$3.99 32 oz.
\$5.99 64 oz.

Reserve your Turkey for Thanksgiving now...

Fresh (Free Range) \$1.89 lb
Organic \$2.99 lb

Come in to place your order!

Del Real Carnitas
Traditional Mexican pork favorite!

\$7.99 16 oz

Nuts & Dried Fruit

Thompson Raisins	\$2.99 16oz
Walnut Halves	\$6.99 14oz
Pecans	\$6.99 14oz
Pistachios	\$3.99 12oz
Dried Cranberries	\$2.99 8oz
Dried Apricots	\$2.99 14oz
Deluxe Mixed Nuts	\$6.99 14oz

Harris Ranch Seasoned Skirt Steak
Spicy Sesame or Teriyaki Ready to Grill

\$7.49 lb

Cheese...Cheese...Cheese

Mild Cheddar	\$3.99 lb
Maitre'd French Brie	\$7.99 lb
Havarti	\$6.99 lb
Gorgonzola	\$6.99 lb
Jarlsberg	\$6.99 lb
Apple Smoked Gruyere	\$5.99 8oz
Port Wine Cheeseball	\$3.29 10oz

Skinny Cow Silhouette Ice Cream Sandwiches
Simple and sweet

Lowfat Vanilla Ice Cream between 2 big Chocolatey wafers

\$4.99 6 pk

Hylands C-Plus Cold Tablets
Contains homeopathic botanicals that can help relieve uncomfortable symptoms in kids.

\$5.69 125 tabs

ALTA DENA Our Milk Prices...

Grade AA Extra Large Eggs \$1.69 doz.

Nonfat	\$3.27 Gallon
Reduced Fat 2%	\$3.47 Gallon
Low Fat 1%	\$3.47 Gallon
Homogenized	\$3.47 Gallon

Fresh Soup Bar
Delicious Soups and Chowders each a unique taste and fresh homemade flavors

\$2.49 12 oz. **\$2.99 16 oz.** **\$5.69 32 oz.**

Rancho Bernardo
11828 Rancho Bernardo Road
In the Mercado • (858) 485-8686

Temecula
31939 Rancho California Road
Corner of Meadows Pkwy. • (951) 693-1111

Point Loma
4001 W. Point Loma Blvd.
1 Blk. W. of Midway Dr. • (619) 223-4397

Hours: Everyday 8 AM to 9 PM (except holidays)
Limited Quantity on Some Items. Not Responsible for Misprints • Prices good through 11/11/08