



THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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Another stellar Southern California night

The setting sun bathes Newport Avenue in Ocean Beach during a brilliant sunset recently. COURTESY PHOTO BY JIM GRANT

OB Farmers Market: Economic boon or bust?

By SEBASTIAN RUIZ | THE BEACON

With the national and international economies in a tailspin, merchants in the traditionally economically strong Ocean Beach business district along Newport Avenue are vying for every last consumer dollar available during a farmers market held each Wednesday. Local brick-and-mortar merchants are

finding themselves competing against farmers market vendors' low-cost products, sometimes creating a cold business climate during an already economically frigid winter in Ocean Beach.

As local retail shops work to improve their own businesses along Newport Avenue, a handful of local merchant stores have shed light on the economic impact of much-loved special

events such as the Wednesday farmers market and other events, including the annual street fairs and December craft fairs that take over Veteran's Plaza Park at the foot of Newport Avenue.

The events hosted by the Ocean Beach Merchants Association (OBMA) and Ocean Beach

SEE MARKET, Page 4

OB man eyes trial in alleged murder of estranged wife

Letter: Body dumped after 'accidental' death

By NEAL PUTNAM | THE BEACON

Henry Lisowski, the Ocean Beach man accused of killing his wife in March, allegedly wrote a rambling 5-page letter in which he claimed she died from an accidental fall and he put the body in a dumpster out of fear he would be blamed for her death.

The body of Rosa Lisowski, 48, has never been found.

The letter was mailed to San Diego police and excerpts of it were disclosed during a preliminary hearing last week for Henry Lisowski, 68.

Henry Lisowski is linked by investigators to the March 24 disappearance of Rosa Lisowski, who also lived separately in the Point Loma area. The couple was embroiled in a bitter custody dispute.

San Diego Superior Court Judge John Thompson ordered Henry Lisowski to stand trial for murder at the end of the 2-day preliminary hearing.



ROSA LISOWSKI

Henry Lisowski's letter began with: "In case of my death provide a copy" to various people, but the letter was apparently not intended for police.

Det. John Tefft testified the handwritten letter looked like it was written by Henry Lisowski and a handwriting expert testified it was written by the defendant.

The letter claimed that Rosa Lisowski suffered a head injury from an accidental fall that day and that Henry Lisowski put her in his Lexus SUV to take her to a hospital. However, Rosa Lisowski died before Henry Lisowski could get her to the hospital, and the letter said he put her body in a dumpster in the Mount Hope area because he thought he would be blamed for her death.

A copy of the letter was entered into evidence, but only excerpts of the letter were stated in court.

Lisowski was arrested on Sept. 5, 2008, the day after police received the letter anonymously. Thompson also ordered Lisowski to stand trial for the special circumstance of murder for financial gain.

Rosa Lisowski disappeared after walking one of her children to Barnard Elementary School. The

SEE TRIAL, Page 5

Loma Portal dads rock on to support students, schools

By PATRICIA M. WALSH | THE BEACON

What do boys in the band do when they grow up, get real jobs and have kids? They rock on!

At least that's what five 40-something fathers of students in Point Loma-area schools are doing — jamming to classic rock, having a grand old time, and all the while supporting their kids and local schools.

In a world of room moms and mothers who volunteer for school plays, field trips and special events, these busy dads formed the rock band Temple of the Dad and in their own unique way are involved

and supporting their kids and schools.

"The reason we started playing was because we didn't want to pay for entertainment for a school auction at Loma Portal Elementary," said guitarist Pete Mechalas, husband, father of a kindergarten and third-grader and full-time graphic designer.

The dads met in the Dads Club at Loma Portal Elementary School, where they were filling in the gaps resulting from budget cuts by painting, weeding and even holding a Halloween haunted house as a fundraiser. That's when the talk of music got started.

Kerry McKay, a full-time engineer, started jamming with drummer Jon Scadden, who is in IT sales.

"And then they called me," said Mechalas, who plays rhythm and acoustic guitars and harmonica. Vince Escalera, who owns his own business, joined in on bass, and Scott Meyer, a surgeon, came in on lead guitar to round out the band. Now when Temple of the Dad gets a gig, money raised is donated to Loma Portal Elementary, Dana Middle School and Sunset View Elementary.

"It's very rewarding," Mechalas

SEE DADS, Page 5



The rock band Temple of the Dad raises money for its children's schools in Point Loma. Band members are, from left, Pete Mechalas, Jon Scadden, Scott Meyer, Kerry McKay and Vince Escalera.

PHOTO BY PATRICIA M. WALSH | THE BEACON

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Mardi Gras even has legs in OB

Students from Sacred Heart Academy were given the opportunity to participate in their own Fat Tuesday celebration, marching in a Mardi Gras parade down Newport Avenue and down Sunset Cliffs Boulevard.

PHOTOS BY PAUL HANSEN | THE BEACON



Board reverses decision, OB/PL campuses benefit

By SEBASTIAN RUIZ | THE BEACON

The San Diego Board of Education voted to return thousands in federal funds to Pacific Beach and Ocean Beach elementary schools that the board had previously voted to cut at its Jan. 27 meeting.

The board voted unanimously on Feb. 17 to restore the original plan to distribute next year's federal funds to elementary, middle and high schools with 40 percent or more students on the free and reduced-price lunch program.

Pacific Beach Elementary was poised to lose approximately \$31,000 because of the board's previous decision to allocate next year's federal funds to schools with 60 percent or more students that qualify for the subsidized lunches.

Only 51 percent of students, or 163 students, qualify for subsidized lunches at Pacific Beach Elementary.

Other schools that would have lost thousands of dollars in federal funding if the 60 percent decision had held include Ocean Beach Elementary, Point Loma High School and University City High School. These schools will now receive a share of the Title-1 funding.

Allocation of the federal funds,

called Title-1, works on a tiered system. The more students from poorer families at the school, the more money per student the school receives. Schools with 85 to 100 percent of students on subsidized lunches receive \$447 per student. Schools with 60 to 84 percent of students who qualify for the lunch program receive \$296 per student. Schools with 40 to 59 percent of students who qualify for the lunch program receive \$196 per student.

The Title-1 funds are supposed to pay for the cost of extra tutoring and other school supplies. There are federal guidelines on how schools spend the Title-1 funds, but school administrators often spend it at their discretion, according to board member John de Beck, who represents schools in Point Loma, Ocean Beach and Pacific Beach.

It's unclear how much federal funding Title-1 schools will receive next year because the number of students on the free and reduced-lunch program may change, according to school district spokesperson Jack Brandais.

Potential Title-1 funds from a federal stimulus package signed into law on Feb. 17 by President Barack Obama have not been laid out in detail either, Brandais said.

Potential Title-1 funds from a federal stimulus package signed into law Feb. 17 have not been laid out, according to school administrators.



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- Describe noise exposure
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- Document the analytical process and development of the compatibility program
- Review FAA and public processes

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5:00 p.m. to 7:00 p.m.

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Brief presentation at 5:30 p.m.

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The comment period on the Noise Exposure Maps will end at 5 p.m. Friday, March 20, 2009

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CowParade gets finishing touches at Liberty Station

By ALYSSA RAMOS | THE BEACON

A group of children from Rady's Children's Hospital and their parents joined artist Eduardo Parra at Point Loma's Liberty Station on Feb. 21 to paint "Shaya's Dream," a cow featured next month inside La Jolla's CowParade.

Parra co-designed the lifesize cow with 16-year-old Shaya Potter, who died in December after battling a rare condition most of her life.

"It's only been two months and I miss her horribly," said Julie Potter, Shaya's mother. "It helps that I have such a huge support network at Children's Hospital... My daughter taught me how to take whatever's handed to you. You can take it and bitch and moan, but I've chosen to grow instead of let this kill me."

Shaya and Parra submitted their CowParade design — recently named "Shaya's Dream" in her honor — with about 350 artists last March, according to CowParade director Bill Trumpfheller.

"Eduardo is an artist at Children's Hospital," Trumpfheller said. "Last March, we sent out a call to all artists to ask them to submit their ideas. We received over 300 applications."

Although the non-profit organization CowParade — which asks local artists to paint lifesize fiberglass cows to generate proceeds for charity — began herding cows ten years ago through more than 50

cities across the country. This year marks the group's California debut, according to Michael Kinsman, CowParade spokesperson.

CowParade organizers chose 40 designs from the pool of applicants, including "Shaya's Dream," which the group will feature inside La Jolla village and UTC Westfield Shopping Center beginning March 15. The original workshop for the CowParade was set up at Liberty Station before the decision to display the cows in La Jolla.

"When we first sat down with Children's Hospital, they wanted to have a cow so that some of the kids could do some art on one of the cows," Trumpfheller said, adding that the organization CowParade selected two charities, Rady's and the San Diego Zoo, to donate profits toward due to their longstanding relationship.

"She was 16, and she and Eduardo worked on this project for quite a while," said Julie Potter. "We didn't find out about this project and the cow being accepted until she passed away."

Shaya passed away about two months ago after years of battling Guillain-Barre — a rare syndrome Shaya contracted from a chicken pox vaccine at age 7. The disorder left her nervous system paralyzed.

"She was a budding artist," said Julie Potter. "She intended on being here to surprise us. It is an amazing honor to put her last work on public display."

Parra etched an outline of the



"Shaya's Dream" is among the offerings being completed for CowParade in a workshop at Liberty Station. ALYSSA RAMOS | THE BEACON

duo's two-dimensional design onto the blank three-dimensional cow that included designs of suns, moons and flowers. The artist joined Shaya's parents, and about 10 kids from Rady's, in an effort to paint color onto the cow.

"[The kids] were there to paint the cow," said Julie Potter. "But the cow is Shaya's and Eduardo's cow. They designed it. I had been going through her laptop from school and she had some diary entries, and she wanted to be known for her art."

"Shaya's Dream" and the other 39 lifesize cows, painted mostly by prominent local artists, will be auctioned for charity, including Rady's Children's Hospital and San Diego Zoo.

"For CowParade, La Jolla, all proceeds will be divided between

Children's Hospital and the zoo," Julie Potter said. "They truly care about the kids. I want to be able to expand that convalescent hospital."

"We're going to have a total of 40 [cows] on display," Trumpfheller said. "Initially we commissioned 12 artists and now there are 39."

Kinsman said he's creating the herd's scenario but plans to put about four to six cows at UTC and sprinkle the rest around La Jolla's village.

"We're finalizing the draft, but they're going to be concentrating them in the village," Trumpfheller said. "Four at the mall and two at the traffic stop there at UTC."

According to Trumpfheller, CowParade creates a large tourist draw so the organization will create an online walking map.

"What people tend to do at these

types of shows is create a type of walking tour of them," Trumpfheller said.

After event organizers called artists asking for designs, the group reached out for sponsors, Trumpfheller said. CowParade planners initially envisioned herds throughout San Diego. But each cow needed sponsorship, which pays for the artist and associated fees.

"The economy just didn't cooperate," Trumpfheller said. "There were two options: We could've pulled the whole show, or [we could] scale the herd down. We decided to move forward."

While the initial plans were for the cow display at Liberty Station and Downtown, Trumpfheller said

SEE COWS, Page 4

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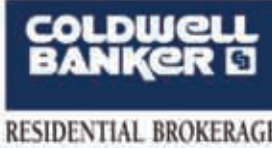
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MARKET

CONTINUED FROM Page 1

Town Council (OBTC) draw thousands to Ocean Beach every year and have become part of the culture of the inclusive beach community.

The local business and residential communities appear to generally support and enjoy the fairs and farmers market. City officials have asked the OBMA and the OBTC to work with the community to address any negative impacts the farmers market may have on the surrounding community, said Carolyn Wormser, director of special events for the city.

"It's a balance between benefits and impacts," Wormser said. "[Special] events are structured typically in a manner with the goal of providing more benefit to most entities than they impact."

But benefits and impacts vary for a diverse business community like Ocean Beach.

A Wednesday walk along Newport Avenue reveals many of the restaurants and bars flush with customers. It's at these times a retail shop alongside the farmers market might see relatively dismal sales.

Market forces magnify the

impact, however, when a proliferation of farmers market vendors competitively prices merchandise without having the added cost of maintaining a brick-and-mortar storefront and employee payroll.

The lack of parking also affects local business on farmers market days, said longtime Ocean Beach business owner Steven Mallory.

Mallory owns and operates Mallory's Furniture, 4916 Newport Ave. He confirms what several other business owners and managers along Newport Avenue have said.

"Anytime you lose the street it hurts business," Mallory said. "But overall, the [farmers market] has had a positive effect."

As the market has grown over its 17-year lifespan, so has the number of produce and merchant tables. The market has grown to include more than 100 booths, depending on the time of year. This includes tables like the one maintained by Julia Brozo.

Brozo makes jewelry from hemp, beads and stones. The farmers market gives solo artists like her an opportunity to display handcrafted jewelry to hundreds of people in "just one day."

But while vendors like Brozo maintain that they "need to eat too," one day of small profits for

individual vendors translates into thousands for the OBMA throughout the year.

Over the last three years, the farmers market has made an average of about \$80,000 a year from the market, according to public records. "Certified" market produce sellers pay about 7 percent of sales to the OBMA. "Non-certified" vendors — including food retailers and other merchandisers — dish out 10 percent to the OBMA.

Small crafts vendors like Brozo pay a flat \$35 fee, according to Denny Knox, OBMA executive director. The OBMA pays about \$150 for a special-event permit, according to city officials.

Proceeds from the farmers market pays for OBMA's administrative costs like payroll and other "general" expenses. Management and general expenses totaled about \$77,000 for the last fiscal year, according to state tax record. Proceeds also help pay for virtually everything connected to the organization, said Knox. The OBMA also pay for advertising in several publications, including advertising space in the Peninsula Beacon.

Proceeds from the market go toward other fundraisers like the annual Ocean Beach Chili Cook-Off and Street Fair. Profits from the

chili cook-off help pay for the community's annual July 4 fireworks celebration, Knox said.

"There isn't a project we do that doesn't get some of that funding," she said. "It's the economic engine for everything we do."

But as part of the city's permitting process, the OBMA needs to address and resolve problems a local business owner has with special events, such as the farmers market and about five craft fairs throughout the year, according to city officials.

While it seems nothing can be done about the dearth of Wednesday parking space without canceling the market, at least one local merchant along Newport Avenue, who asked not to be identified, said the OBMA should cap the number of merchant tables that are directly competing with local brick-and-mortar businesses.

To address concerns about the volume of farmers market vendors, the OBMA established a vendors committee of about five to seven committee members, who screen types of vendors allowed into the farmers market.

While initial committee meetings formalized the vendor-selection process, clearly delineated criteria for qualifying vendors has yet to materialize, Knox said.

"We're trying to make the rules ... We're looking at some way to have a better mix of vendors and merchants," Knox said.

Questions over the farmers market raised the ire of some community activists, fueling rumors that some want the market to go away.

However, no one interviewed by the Peninsula Beacon said they want the market to go away. In fact, every business and community member along Newport Avenue sings the praises of the Ocean Beach Farmers Market.

Mallory, who has been part of the Ocean Beach business community since 1980, said the farmers market has helped overhaul the community's image over the last couple of decades.

"If the farmers market went away, the Ocean Beach Merchants Association and Ocean Beach as we know it would cease to exist," Mallory said.

COWS

CONTINUED FROM Page 3

officials decided to move the event to La Jolla in November.

"We made the decision to move ahead at what one may call great economic peril to ourselves," Trumpfeller said. "But [the local merchants are] excited about the event. A lot of our first conversations were about sponsorships."

Local businesses, corporations or people can sponsor one of the cows, which should be completed by mid-March. Kinsman said sponsors receive their name on a plaque throughout the event.

"You're getting your organization on a plaque for three months and making that cow available," Trumpfeller said.

After the event, CowParade holds an auction, donating proceeds to Rady's and the San Diego Zoo.

"When you buy the cow at the auction, you actually own that cow," Trumpfeller said. "That money goes to charity. The artist and other costs associated with putting on the event ... are paid from the sponsor fund."

According to Trumpfeller, famous people like Oprah Winfrey bought CowParade cows during previous charity auctions.

"Historically, the cows average about \$7,000 or \$8,000 at auction, but some have gone as high as \$50,000," Trumpfeller said. "But I think the economy will be the big indicator for us as well."

For more information or to sponsor a CowParade cow, call (619) 296-0605 or visit www.cowparade.com.

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* UNSOLICITED TESTIMONIAL *

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Dr. Wong (right) takes some time from his busy schedule to talk with Registered Nurse and former migraine headache sufferer, Ligaya A. She is one of many patients who's life has changed since she has been seeing Dr. Wong.

(STAFF PHOTO)

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TRIAL

CONTINUED FROM Page 1

couple had been married for nine years, but they lived in separate residences. The couple also apparently had a dispute over child support payments.

Police witnesses said blood was found in Henry Lisowski's car and home and matched the victim's blood type. Officer Richard Butera testified he responded to the missing person report on March 24 and went to Henry Lisowski's home on West Point Loma Boulevard to see if the husband had any information.

Butera said he noticed "two long scratches" on Henry Lisowski's face that he termed "suspicious." Butera said the scratches were on his cheek, were red and looked fresh. Butera said Henry Lisowski said he had not spoken to his wife, but remarked he was "not surprised" to learn of her disappearance.

Tefft also testified he thought the facial scratches were fresh when he talked to Henry Lisowski four days later.

Lilian Rivera, the victim's room-

mate, testified that Rosa Lisowski told her about some odd comments that her husband said to her earlier.

"She was never going to see her children grow up," said Rivera, quoting what the victim said her husband told her.

"He wouldn't think twice about getting someone to make her disappear," said Rivera, in quoting what the victim told her.

Rosa Lisowski worked at Vons until she suffered an injury in her arm and shoulder from repetitive movements, according to Narineh Ryan, an insurance examiner who handled a workers compensation settlement for Rosa.

Ryan testified a settlement check for more than \$31,000 was mailed to the victim on March 26 — two days after Rosa Lisowski's disappearance — but said it was never cashed.

Michael Rozenfeld, a friend and

business partner of Henry Lisowski, testified he saw facial scratches as well. He testified Henry Lisowski told him he scratched himself in his car.

Rozenfeld said he asked Henry Lisowski about his wife's disappearance and that Henry told him,

"That's normal [that] she disappeared." The defendant called his wife "a crazy woman," said Rozenfeld.

Another witness who was a friend of Rosa Lisowski's said "her children were her life" and that Rosa would not have abandoned them.

"She was afraid of something bad happening to her," said the witness. "She had received threats from her ex-husband."

A trial date for Henry Lisowski has been set for April 9. If convicted, Henry Lisowski could be sentenced to life in prison without the possibility of parole. He remains in custody without bail.

“She [Rosa Lisowski] was afraid of something bad happening to her.”

COURT WITNESS IN HENRY LISOWSKI MURDER HEARING

DADS

CONTINUED FROM Page 1

said. "Your kids are the most important thing that's ever happened to you and you want to be involved."

Temple of the Dad is a name the group came up with when they talked about some of their favorite bands like Stone Temple Pilots and Temple of the Dog. The group plays mostly cover tunes from the 1970s

to present, from bands like the Rolling Stones, The Who, David Bowie, Pearl Jam and Nirvana. The priority, Mechalas said, is keeping family close while balancing seriousness with fun.

Temple of the Dad also gets kids involved in music.

"We want to influence kids and expose them to good rock, the real classic music we've grown to appreciate," Mechalas said.

McKay has brought the concept full circle by starting a band with

his sons and Scadden's son called The Next Wave.

"That's what it's about, getting kids interested," Mechalas said. "It's another way for them to learn music other than, say, piano or cello. They can just rock out and they don't even have to sound great."

These modern-day dads are a breed apart from the days of "Father Knows Best."

"Our dads didn't have the opportunities to be this involved," Mechalas said. "My dad was a great dad,

but he was your typical 1960s go to work, come home, ask how your day was and let mom take care of the little stuff and cook dinner. Parents weren't even really involved in the schools then like we are now. Now, parents know teachers, the principals ... It's so different than when I was growing up."

Mechalas points out that all the band members' wives are involved in the schools' foundations and PTAs.

"It's a win-win," Mechalas said.

"It raises money for the schools, it gets kids excited about music, we have an excuse to jam and our wives are all for it."

The band is still in need of a keyboard player. But, Mechalas said, "He has to be a dad."

Temple of the Dad will play at Riley's at the Quality Inn in Point Loma, 2901 Nimitz Blvd., on Saturday, March 7.

To see the band's profile, visit www.myspace.com/thetempleofthedad.



San Diego police investigators removed a computer and possible evidence from the home of homicide suspect Henry Lisowski in March. PHOTO BY PAUL HANSEN | THE BEACON

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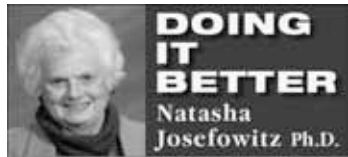
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GUEST COMMENTARY

Women's panel reflects on life, successes, motivations



DOING IT BETTER
Natasha
Josefowitz Ph.D.

At a conference on women and success, I was asked to be part of a panel of women who had achieved measurable success in their lives. That in itself could be worthwhile, but what caught my interest was that each of us was to describe what motivated us in the past, as different from the present, and what we envisage for ourselves in the next decade.

This kind of exercise is always a challenge — it makes us reflect on who we were, are and will be. A good exercise for you too, Dear Reader: i.e., how you have changed, are changing and plan to change — or not. The women were diverse: a professional athlete, a lawyer, a researcher, an author and artist, a travel editor, a philanthropist and me, an author and retired professor of business. The lone man, a former professor of economics, was to end it all by reflecting on the significance of success from a man's perspective.

So what were some of the women's themes?

"If it can be done, I can do it"; "everything is possible"; "finding a support system"; "meeting other women as role models"; "finding a passion"; "know yourself"; "loving what one does"; "being self-sufficient"; "investing time in yourself"; "a world consciousness and helping the poor and the ill of the world."

My own early mission was to empower women and enlighten men — now it is to empower women my age to not only accept, but celebrate their wrinkles and gray hair and use their wisdom to empower other women. There will be inevitable losses, physical and mental; illness and death of family members, but it is how we react to and cope with and overcome the bumps and the tragedies we get in our lives that matter.

"Resilience" is the important word, and one can be helped by being part of a community. In other words, find friends, find activities, find help.

Who will I be in the next decade? An old crone — my motto: been there, done that, doing it better — bright-eyed

and bushy-tailed. My coping mechanisms: humor and translating bad experiences into learning ones for myself and others, always reaching out. The definition of success changes throughout the decades, and the mission changes, but the impetus to keep discovering what lies around the next bend in the road is always there — enthusiasm for the next adventure does not diminish, be it a move to a new community, learning a new language or dealing with a new illness, all are challenges to be met head-on. Celebrate the victories of always being able to move on.

There were common themes: risk taking is important, being able to recover from loss. Not being crushed by events, believing that fate is in our own hands, seizing opportunities, finding inspiration, passion — the overwhelming theme was that the choice is always ours. When it was the one man's turn, his themes were different — in the past, his job was to be a provider for his family of a wife and four children. Passion or even interesting work was not a priority as it was for the women, making a living was. Surprisingly the women did not talk about children, but the one man did, saying he was not an available father, leaving for work early and returning late. Now in his eighties he is becoming more reflective, content to read and deepen his relationships with his family.

Hearing their stories, it is interesting to note that women have always reached out and continue to do so in their later years, sharing problems, being there for each other, as men tend to withdraw into themselves — or seek the companionship of other men to talk politics and books. Although these women and one man may not be representative, being particularly successful and prominent, they all spoke of the values that drive our society and our particular culture. All have been and are role models for those who want to achieve success in their lives, whatever definition is given to that word. It can be no more than being satisfied with one's life as it is to no less than being the first or the best at whatever one chooses.

The choice is ours, always was, is and will be.



LETTERS TO THE EDITOR

PCPB election is a chance to seek change, status quo

On March 19, our community will have the opportunity to voice our opinions to the Peninsula Community Planning Board (PCPB) on how we feel about the course they have taken over this past year.

This is our chance to let the board know that its decisions do not reflect what we cherish about Point Loma.

Over the last two years there has been a "revolution" of the PCPB. Look at the backgrounds of the majority of the members: Realtors, architects, a McMillin Cos. associate, a cell phone tower salesperson and a city development services employee. Some of these members can profit by the decisions they make about your neighborhood.

This board has made it the objective to exclude the public. By limiting residents' commentary and by holding unannounced policy and committee meetings, this group has taken an exclusionary tack in conducting the business of oversight, entrusted to them by you.

We need to root out those members who have a commercial interest in increasing density in the Point. If you like what you see at the corner of Plum and Lowell streets, then you likely agree with the mindset of the present board. If you think investing \$12 billion into an obsolete airport is wise planning, then keep the incumbents who will endorse those decisions.

Point Loma needs progressive urban planning. Increased density, without regard for issues of infrastructure, nor protection of residents' views and space, is short-term thinking. Point Loma has a finite footprint — let's protect it. Come to the PCPB candidates forum on March 5 (check

www.pcpb.net for location and time).

Demand to have your concerns addressed. Retire the pro-development board members and vote in the quality-of-life candidates.

Christy Schisler
Point Loma

Shooting only good for one thing

It is truly remarkable, how San Diego "educators" do not understand the impact on children of ROTC military training ("School board muzzles JROTC's rifle ranges," *Beacon*, Feb. 19, page 1). Our public schools should be off limits for any military recruiting. Children become fodder for the military. They are taught that war is glorious. In reality it is a dishonest way to entice the youth into the military. It also costs the district \$65,000.

Mission Bay High Principal Cheryl Seelos supports the marksmanship program at her school and sees no conflict with existing "zero tolerance" policy regarding weapons on campus. She calls weapons training a "collegiate sport" with no connection to killing people.

Fortunately, after considerable community outcry, the district voted to eliminate the rifles and shooting ranges. But it retained much of the ROTC incursion into our schools. It allows ROTC to fulfill physical education graduation requirements. Don't our children need REAL physical education?

Point Loma High principal Barbara Samilson supports weapons practice because "ROTC marksmanship teaches self-discipline, the value of hard work...and the value of working as a team." How about music education, drama or

arts programs? They serve all of these needs and in addition develop creative, useful and joyful life skills.

Shooting is only good for one thing. To hit a target, period. Unfortunately the target is often a person.

ROTC is a devious way, with extravagant promises, of getting our children funneled into the military.

It is a tragic corruption of education. Unfortunately, it is mostly the less educated and less advantaged youth who become the main target of recruiters. Many of them return from war destroyed in mind and body.

Preparation for war is not an acceptable career option for anyone. In the nuclear age, when 90 percent of war victims are civilians, our goal should be the abolishing of war.

Tanja Winter
La Jolla

• *Editor's note: The San Diego Unified School District Board of Education voted Tuesday to allow marksmanship training to continue through the end of the school year, including ranges at Point Loma and Mission Bay high schools.*

NEW FEATURE

Today, the *Peninsula Beacon* is launching a new online poll to give readers a chance to weigh in on issues and topics of the day. The polls are not meant to be scientific but rather to act as a general gauge of public opinion. Poll questions will last two weeks, and the results will be posted both online (click on opinion link) and here on the Opinion page. Questions are designed for a yes or no answer. This week's question: **Is the JROTC marksmanship program and air-pistol ranges an appropriate activity for high school campuses?**

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OPINIONS Signed letters to the editor are encouraged. All letters must include a phone number for verification. The editor may edit letters for clarity and accuracy. Letters should be 350 words or less. Views expressed are not necessarily the views of this newspaper or staff.

SUBMISSIONS Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

DEADLINES All content must be received by 5 p.m. on the Thursday prior to publication.

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NewsBriefs

PCPB candidate forum slated for March 5

The Peninsula Community Planning Board (PCPB) will host a community forum Thursday, March 5 at the Hervey/Point Loma Branch Library to give a sneak preview of candidates for the March 19 PCPB election.

The forum, which runs from 6:30 to 8:30 p.m., will provide a chance for the residents and community members to pose questions to the candidates.

Community members will elect 5 of 10 hopefuls who have so far filed for candidacy in the race, said Dee Wylie, PCPB elections committee chair.

"The forum is a chance for the community to be more acquainted with the candidates," Wylie said. "So come and support the candidate of your choice."

The candidates in the race include (from candidate applications posted online):

- Chris Veum, architect;
- Nancy Graham, urban planner/project manager;
- Doug Cohen, self-employed, 20 years' experience in real estate finance development;
- Geoff Page, construction claims consultant/former PCPB chair;
- Joseph Holland, property manager/business owner;
- Steve Lombardi, architect;
- Cal Jones, attorney/current PCPB member;
- Helen Kinaird, 3-year PCPB member/active community member;
- Mary Gmitruk, engineer; and

• Matthew Sanicki, chiropractor. The candidates will field questions submitted by the audience through a forum moderator. Candidates will have an opportunity to answer general questions. The audience may also direct questions to individual candidates, Wylie said.

The forum provides a venue for the Point Loma and Peninsula community to meet potential board members before PCPB election on Thursday, March 19 from 4 to 8 p.m. The library is located at 3701 Voltaire St.

The PCPB advises the City of San Diego on land use and planning issues affecting some Peninsula communities including Ocean Beach Highlands, Point Loma Highlands, Loma Alta, Loma Palisades and Loma Portal. The communities of Fleetridge, Roseville, Sunset Cliffs, Wooded Area, La Playa, Roseville and Liberty Station fall within the planning area of the PCPB. For more information visit www.pcpb.net.

OB artist to be featured guest on DirecTV show

Renowned Ocean Beach artist David Linton, whose works are collected internationally, will be the featured guest of personality Barry Chappell on DirecTV's "Fine Art Showcase" show on Saturday, Feb. 28.

Linton will be interviewed from 6 to 6:30 p.m. prior to a live auction of 20 of Linton's framed original works. Telephone operators will begin accepting bids at that time, Linton said.

"They are mostly San Diego scenes and some universal images," Linton said. "Some of these will include sailing land-

scapes and seascapes."

Linton said the show will air on DirecTV 223 but that viewers who do not have that channel may also view it live by computer by visiting www.fineartshowcase.com and clicking on the "watch live" option to the upper left of the screen.

Linton is a 25-year resident of Ocean Beach. For more information about him and about his upcoming appearance, visit his website at www.davidlinton-art.com.

OB Kite Festival, craft fair to take flight March 7

The Kiwanis Club of Ocean Beach is preparing to host hand-crafters and artisans who will show off their wares at the 18th annual Ocean Beach Kiwanis Craft Fair from 9 a.m. to 4 p.m. on Saturday, March 7.

The craft fair coincides with the popular 61st annual Kiwanis Ocean Beach Kite Festival on the same day.

The craft fair raises money for the kite festival, Ocean Beach Elementary School, Point Loma High School and other community projects. Booths may be reserved for \$35.

As part of the kite festival itself — which draws more than 1,500 children and families for a day of fun and excitement — kite construction takes place from 9 a.m. to noon, with the kite contest at 1 p.m.

The free event takes place at the Ocean Beach Recreation Center and OB Elementary at the corner of Santa Monica Avenue and Ebers Street off Sunset Cliffs Boulevard.

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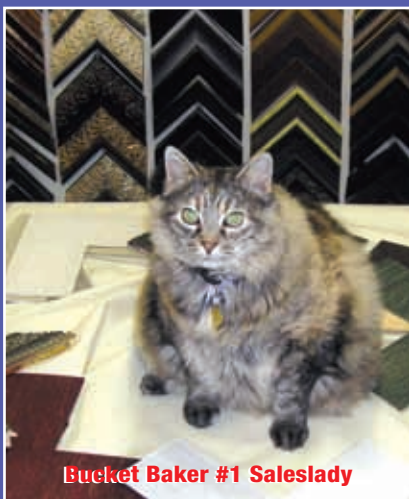
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PLNU to host pro baseball league tryouts

By KEITH ANTIGIOVANNI | THE BEACON

The Nashua, New Hampshire-based American Defenders baseball club will host tryouts Saturday, Feb. 28 at Point Loma Nazarene University (PLNU) at 1 p.m.

The Defenders will be looking to stock their roster for the upcoming regular season, which begins in May. The American Defenders of New Hampshire are a member of the Canadian American Association of Professional Baseball (Can-Am), an independent baseball league with teams in the American northeast and eastern Canada.

“We’ll be looking for anyone who can pick up a baseball, particularly a female softball underhanded pitcher that we can take on tour,” said Terry Allvord, owner of the American Defenders.

Point Loma Nazarene and San Diego have a longtime connection with Allvord, founder of the U.S. Military All-Stars in 1990.

“Our program, the U.S. Military All-Stars, was based in San Diego,” Allvord said. “Every year from 1995 to 2006, the Navy All-Stars play the Marine All-Stars after one of the Padre games,” Allvord said.

There will also be another tryout Sunday at the sports complex of the Barona Indian Reservation.

“Because Point Loma Nazarene is a Christian college, we respect that, and will not have the tryouts there on Sunday,” Allvord said.

PLNU Athletic Director Carroll Land has been actively involved with the U.S. Military All-Stars for many years.

“Dr. Carroll Land has been coaching our Military All-Star team off and on since 1993 and will be coaching our New England collegiate baseball team this summer,” said Allvord. “He’ll be recruiting at the tryouts to try and build his team for the summer.”

The Can-Am league is based in Durham, N.C. and is made up of eight franchises: American Defenders of New Hampshire, Atlantic City Surf, Brockton Rox (Mass.), New Jersey Jackals, Ottawa Voyageurs, Quebec Capitales, Sussex Skyhawks (N.J.) and Worcester Tornadoes.

The franchise was recently renamed the American Defenders in honor of the U.S. military after being known for its first 11 years as the Nashua Pride. Former owner John Stabile sold the club to the Boston Baseball All-Stars this fall. In 1998, the Pride became one of the charter members of the Atlantic League of Professional Baseball and before they joined the Can-Am in 2006.

Nashua followed it up with a league championship in 2007. In addition to Allvord, the Boston Baseball All-Stars are owned and operated by four individuals — former Boston Red Sox General Manager Dan Duquette and Nokona executives Buddy Lewis and Jerry O’Connor.

nor.

Duquette spent four years as the Montreal Expos’ general manager (1991-94). His efforts helped build the 1994 Expos to the best record in Major League Baseball (74-40) at the time of the strike, which wiped out the remainder of the season. Duquette moved on to Boston for eight years (1994-2002), where he acquired a team of talented players such as outfielder Manny Ramirez and first baseman David Ramirez, both of whom were key components to the great Boston Red Sox teams of this decade and the 2004 and 2007 World Series Championship teams. Allvord, a 23-year retired Navy commander, is in his 19th year with the U.S. Military All-Stars. Lewis and O’Connor are executives with Nokona, an athletic equipment company in the Northeast.

The Boston Baseball All-Stars own and operate three other teams — the U.S. Military All-Stars, American Defenders of Pittsfield (Mass.) in the New England Collegiate Baseball League and the Latin All-Stars.

The franchises under the umbrella of the Boston Baseball All-Stars act as the farm system.

Some current professional players have come through the U.S. Military All-Star baseball program, which has had over 23,000 players since 1990.

“It has been very beneficial and many of players have gone on to great things,” Allvord said.

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 5028 Newport Ave. O.B. 619-222-0722	Happy Hour 5-6pm 1/2 Price Pitchers \$2 off All Pichers all night	Happy Hour 5-6pm 1/2 Price Pitchers \$11 Micro Pitcher after 6pm	Happy Hour 5-6pm 1/2 Price Pitchers \$2.75 Sunshine Lemonade all night!	Happy Hour 5-6pm 1/2 Price Pitchers Super Pint Night	Happy Hour 5-6pm 1/2 Price Pitchers	Happy Hour 5-6pm 1/2 Price Pitchers NBA & NHL Don't miss march madness!	Happy Hour 5-6pm 1/2 Price Pitchers \$2.75 Bloody Marys \$3.75 Margs, \$2 PBR's \$8 Bud Pitchers
 5034 Newport Ave. O.B. 619-223-0558	Every Day: Happy Hour 5-7pm \$1 off well drinks, \$2 off all martinis, 1/2 price pitchers						
	\$1 off U-call it 8pm-1am	Super Pint Night	\$2 off anything on our menu all night!	\$3 off pitchers after 7pm	PBR & Miller High Life bottles \$2.50 Shot of the Week \$3	PBR & Miller High Life bottles \$2 Shot of the Week \$3 NBA & NHL Don't miss march madness!	\$2.75 bloody mary's all day
 5083 Santa Monica Ave. 619-222-PIER	Nightly Specials: Happy Hour 4pm -Close	Nightly Specials: \$2 Tacos and \$5 Tequila Happy Hour 4pm -7pm	Nightly Specials: \$5 Whiskey Drinks Happy Hour 4pm -7pm	Nightly Specials: \$6 Burger and a Beer Happy Hour 4pm -7pm	Nightly Specials: 25% off bottles of wine	Every Saturday \$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm -7pm	Every Sunday \$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm -7pm
 4993 Niagara Ave suite 103 619-222-1722	Happy Hour ALL DAY MONDAY & Tues-Fri 2-6pm \$2 PBR's, \$3 house Margaritas/Micros, \$2.50 Tacos \$5.25 wings, sliders or nachos						
	Happy Hour ALL DAY 11am-close	Crab Races: 6:30-9pm \$50 cash prize, \$7 Burger and any Beer-ALL DAY	Pitcher Night: 4-close \$10 pitchers all drafts/house margaritas	Thirsty Thursdays: 6pm-close \$3 U Call It (all beers, call liquors) \$2 Tacos	Normal Happy Hour: 2-6pm	Brunch 10am-3pm \$2.50 Mimosas, \$5 Man- mosa, \$3 Strawberry Mi- mosas, \$4 Screwdriver/ Tequila Sunrise	Brunch 10am-3pm Brunch 10am-3pm Normal Brunch specials. 4pm-close \$1 PBR drafts, \$10 Pitchers all drafts/ margaritas
 5050 Newport Ave. 619-224-4540	Every Day: Happy Hour 3-6pm \$1 off pints, \$3 off pitchers, \$2 off whole pies, \$6 beer & slice, \$4 soda & slice, \$2 off 22oz and 750ml bottles.						
	Normal happy Hour 3-6pm	OB Industry Night w/ proof of OB employment. 8pm-close. \$1.50 off pints, \$3 off pitchers, \$3 off whole pies, 1/2 off 22oz and 750ml bottles.	Extended Happy Hour for Farmers Market 3-8pm	OB Locals Night: 7-10pm \$2 off pints, \$4 off pitchers, \$10 whole cheese pies, 1/2 off 22oz and 750ml bottles	Normal happy Hour 3-6pm	Normal happy Hour 3-6pm	Normal happy Hour 3-6pm
 2562 LANING ROAD 619-876-5000	Every Day: Happy Hour 3-7pm 1/2 off appetizers, \$1.25 off Pints, \$1.50 off Pitchers, Drink Specials						
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Fans get a kick out of USA Sevens rugby

By RONAN GRAY | THE BEACON

Representatives from every continent on the planet converged on Petco Park Feb. 14 and 15 for the USA Sevens Rugby tournament — the fourth in a series of the eight tournaments of the International Rugby Board (IRB) World Sevens Series.

Among the more familiar languages overheard at the park were English and Spanish — the more unusual included Swahili, Samoan, Fijian, Welsh and several exotic versions of English not often heard around downtown San Diego.

Rugby fans of every age, some dressed the part for Valentine's Day, some with painted faces and others in various stages of inebriation and undress, cheered raucously for their nations. Others cheered for the nearest country to their own as players provided two days of fast-paced play and excitement on the field.

The 2009 tournament marked the third time the event has been held in the Padres' downtown ballpark. "The competition is nine years old but the U.S. only became involved in 2004," said Ray Peterson, managing director of USA Sevens LLC, the New York-based event organizer.

The company took over the event in 2006 and moved it to San Diego from the 23,000-seat Home Depot park in Carson City, Nev., where it had previously been held. With little potential for growth there, Peterson began to look around.

"I looked around the country and San Diego just got me," said Peterson.

The fact that the tournament came to San Diego is apt because many of the USA Sevens teams have connections here, particularly to the nationally acclaimed Old Mission Beach Athletic Club (OMBAC) rugby team.

"I came out for a summer to play for OMBAC between sophomore and junior years at the University of Northern Iowa," said USA team member Paul Emerick.

The self-described Iowa farm boy has been playing rugby professionally in Europe since graduating from college six years ago.

"We're not making NFL money," Emerick said. "But it's a better living than I could have made right out of college and probably better than most could do now, too, especially in this economy."

Pay for players in Europe has varied between 3,000 to 15,000 Euros a month for a 12-month contract, he said.

As the sport grows, the pay is steadily increasing too, with some players reportedly making several times the above range — and a lot more in sponsorship deals. Emerick adds there are many side perks like living in Italy, where he plays for Italian club Overmach Parma, learning to speak Italian and traveling the world with the USA Sevens that he did not foresee growing up in Iowa.

USA team member Matt Hawkins grew up in South Africa but came to San Diego six years ago to visit an uncle and spent six months playing with the OMBAC side. Hawkins has since settled in Solana Beach and adopted a steady schedule of play for both the USA Sevens team and

the full 15-man USA Eagles team.

"The first time was kind of weird," said Hawkins when asked what it was like to play for the USA against his former South African countrymen.

"I knew a lot of them, I had played with many of them," Hawkins said. "But running out on the pitch in front of the home crowd at Petco Park for the first time was amazing."

Unlike Emerick, Hawkins has a day job but travels with the USA Sevens team for the World Sevens Series. "You become friendly with the other players (from South Africa and the other nations)," he says. "But once you step on that field it's completely different. I want to win and I'm going to do whatever it takes to win."

But afterward, Hawkins said, "You step off the pitch and it's a handshake and you move on. That's what rugby is about. It's a great camaraderie sport, you know."

There are several other members of the team with ties to OMBAC and San Diego, including Mesa College student Zachary Pangelinan, who plays fly-half for the USA. Pangelinan was kitted out on the sidelines but didn't see any play at Petco Park that weekend. Several of the stars of the full 15-man USA Eagles side were not able to play in the tournament either, some because of commitments to their club sides in Europe, South Africa or Australia.

This year's event drew large crowds totaling more than 17,500 each day this year. At some of the other stops, the interest is even higher.



Bringing some heat

Retired Major League Baseball pitcher David Wells — a former San Diego Padre and alum of Point Loma High School (PLHS) — pitches to PLHS sophomore varsity player Campbell Wear during Saturday's annual alumni game at the school. The varsity squad beat the alumni team 7-2 in 8 innings. Wells' fastball was estimated to be running at 84-85 miles per hour on this particular day.

COURTESY PHOTO BY BRIDGET WEAR

"It was huge, huge attendance, people just going nuts," Hawkins observed of the New Zealand stop a week before the San Diego game.

"But it's definitely growing here. I've noticed a lot more buzz and a lot more awareness this week leading up to the competition."

The USA does not have professional clubs or many homegrown professional players yet, but the expanding leagues in Europe and around the world will likely attract more young athletes like Emerick and some of his other teammates who have contracts to play abroad.

Interest in the sport is far-reaching — across the globe, across generations and even across genders. This year's USA Sevens included an ancillary women's competition with the

final held at Petco on Feb. 14 in between the men's games. The USA made good progress this year, with the women's team reaching the final against England and the men's team falling only to the eventual tournament champion Argentina in the final minutes of a semi-final match.

The USA Sevens organization has a contract to run the event at Petco through 2011, and the interest and attendance appears to be growing each year. Peterson reported that pre-tournament ticket sales were up 27 percent over last year's figures.

This year also marks the U.S. network debut of the competition. For those who missed the action, the tournament will be rebroadcast on ABC on Feb. 21 at 2 p.m. PST as a one-hour special.

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Peninsula PETS



The Doggie Street Festival is the inspiration and “pet” project of award-winning San Diego filmmaker and documentarian Jude Arstein, producer of the comedy “A Day Without a Mexican” and director and co-writer of the feature film “Love Always.” Above, Arstein gets some love from her dog Scout.

COURTESY PHOTO BY ISAAC ARSTEIN

Doggie Street Festival to be unleashed

By NICOLE SOURS LARSON | THE BEACON

Pack your lawn blanket or fold-up chair, leash your furry friend and head to the new NTC Park at Liberty Station on Sunday, March 1 for the inaugural Doggie Street Festival.

The free, sponsored event will run from 9 a.m. to 4 p.m. at the park, located at 2590 Womble St., off Rosecrans Street in Point Loma. In addition to meeting adoptable dogs from more than 30 breed-specific and other shelter and rescue organizations, you'll be able to peruse booths of canine-oriented merchandise and services and pause for lunch for yourself and snacks for your pooch while enjoying entertainment from two performance stages.

Among the offerings are music from The Koalas, an energetic San Diego rock cover band, and 12-year-old award-winning Los Angeles pop musician and animal advocate Gari Geiselman.

Disc Dogs will showcase high-flying Frisbee-chasing agility skills, while student fashion designers will escort adopted rescue dogs down the “dogwalk” for a fashion show of handcrafted canine couture.

The Doggie Street Festival will also feature face painting and a canine-themed art area for kids, dog obedience demonstrations, speakers on dog training and even a veterinary booth where potential adopters can consult a veterinarian for healthcare and nutrition information for their new pets.

Silent auction prizes range from dog washes and pet-themed books to restaurant meals, museum passes, overnight stays, theater and Padres tickets and even winery tours.

The festival is the inspiration and “pet” project of award-winning San Diego filmmaker and documentarian Jude Arstein, producer of the comedy “A Day Without a Mexican” and director and co-writer of the feature film “Love Always.”

Arstein has always loved dogs. While recuperating from a serious accident two years ago, she enjoyed the constant, healing companionship of her golden retriever, Scout, who never left her side.

“Before my accident I had been thinking about doing (a film) about dogs, but that helped consolidate the journey. I used the time to read about rescue

and dogs,” she explains.

The research resulted in “Rescue Me,” a documentary now in production that chronicles the stories of a group of dogs, some lost or abandoned, some at risk of euthanasia in shelters and others rescued and adopted, through five American cities, including San Diego.

The creative experience brought Arstein face to face with the tragedy facing thousands of American pets as a result of the foreclosure crisis, economic meltdown and natural disasters such as Hurricanes Katrina and Ike.

“While our nation is trying to pull itself out of the doghouse, millions of dogs are just trying to find one,” she says.

Rescue organizations, she explains, are overwhelmed with the huge numbers of relinquished or abandoned new arrivals at animal shelters.

The Doggie Street Festival is her contribution to help rescue organizations place pets in new “forever” homes and to celebrate the work of the unsung heroes who volunteer their time to help animals.

Few people realize, Arstein explains, that a quarter of all animals in shelters are pure-breeds.

“The heartbeat of the festival — the reason it exists — is to present the public with the extraordinary work of breed-specific rescue groups and to focus on what they do to rehabilitate and place dogs in homes,” she says.

Breed-specific rescue groups will be bringing adoptable dogs to the Doggie Street Festival, including beagles, greyhounds, Chihuahuas, pugs, Labradors, pit bulls, coonhounds, Australian shepherds and spaniels.

In addition, FOCAS (Friends of County Animal Shelters), the County of San Diego Department of Animal Services, the San Diego Humane Society & SPCA, Helen Woodward Animal Center, Baja Animal Sanctuary, the Foundation for the Care of Indigent Animals, Friends of Humane Society de Tijuana and the Dog Squad will offer adoptable dogs at the Festival.

The Spay and Neuter Action Project (SNAP) will provide information about their subsidized spay and neutering programs for low-income families and educational materials about responsible pet parenting, in addition to adoptable dogs.

“One thing I hope for the festival is that it will empower the community to get involved in any way they can, even in a small way. Everyone has something to donate that is a direct comfort to the animals. You don't have to do a giant thing. Every small thing becomes part of the fabric,” Arstein explains.

For latest information about festival participants, visit the website, www.doggiestreetfestival.org, or call (619) 276-4142.

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Peninsula PETS



PET PHOTO OF THE MONTH

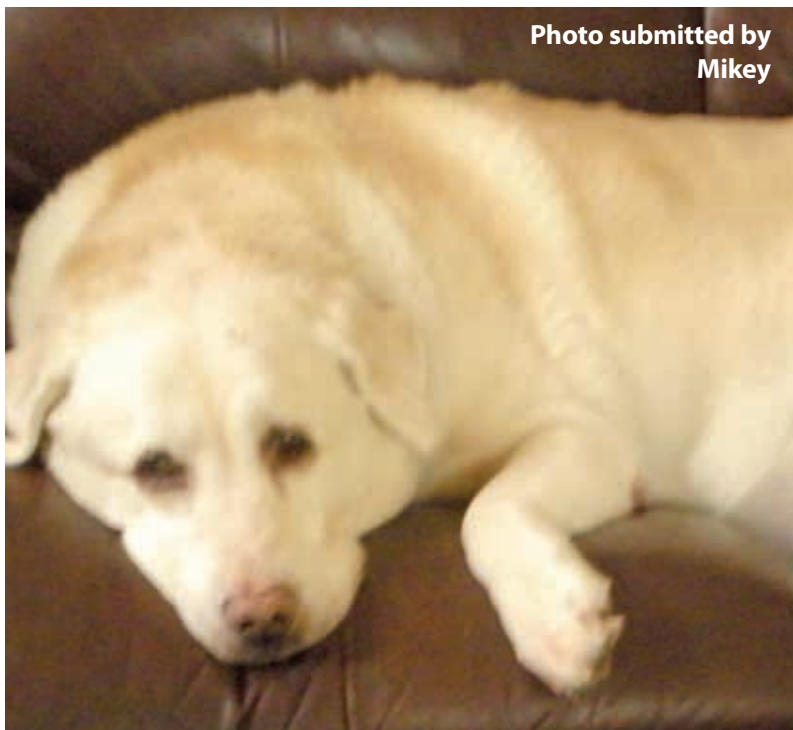


Photo submitted by
Mikey

Millie

Pet Peeve: Having to move off the couch or bed

Favorite Food: Marrow Bones

Favorite Pastimes: Going to Dog Beach

Favorite Toy: TUG-OF-WAR Ropes and shoes

Obsessions: Anything that resembles food

Naughtiest Deed: Chewing up a pair of Mom's \$100 shoes

Submit your pet's photo to: mikeL@sdnews.com

Animal Calendar of Events MARCH 2009

MARCH 1

Doggie Street Festival NTC Park Liberty Station. Pet celebration and adoption event.

MARCH 5-8

13th Annual San Diego Bird Festival — Sponsored by the San Diego Audubon Society.

COST: All different prices on workshops and day trips.

MORE INFO: www.sandiegoaudubon.org/birdfest.htm

MARCH 8

Pet Telethon CBS Channel 8, 9am to 2pm

COST: Call in and pledge donations to benefit San Diego Humane Society — You or your company can be a sponsor.

MORE INFO: www.SDHumane.org and sponsorship info contact Debby Hansen at events@sdhumane.org or call 619-243-3408

Ugly Dog Contest 10am to 3pm

COST: \$8.00 Adults, \$2.00 12 & under Dog entry fee per contest category \$6.00.

Benefits Rancho Coastal Humane Society & Helen Woodward Animal Center — Del Mar Fair Grounds — Paddock

MORE INFO: www.UglyDogContest.com 858-755-5913

MARCH 14

Dog Beach Clean-Up You and your friendly dogs are invited to join Friends of Dog Beach.

MARCH 14 & 15

Del Sur Kennel Club Dog Show — Del Mar Fair Grounds 9am to 4pm

COST: FREE to watch, \$9.00 to park. Dogs showing in several rings plus vendor booths with pet products.

MARCH 15

3rd Annual Solana Beach — Paws In Park 11am to 3pm

COST: FREE Come with your family and pets and enjoy Flying Disc Dog & Flyball demonstrations, see exotic animals from Pacific Animal Productions, Pet experts in dog training and nutrition will be on hand to answer your questions. Pet related vendors with products and services in the vendor village and pet adoptions.

La Colonia Park, 715 Valley Ave, Solana Beach, 92075.

MORE INFO: Call Kirk Wenger 858-720-2453

MARCH 21

Bandit The Biker Dog Memorial Blood Drive sponsored by the San Diego Blood Bank 9am to 3pm

COST: Donation. There will be free food from Pat & Oscars, a Live Band and Free Movie Passes, 1 Hour Harbor Cruise tickets and Burrito Bucks from Chipolte to the first 40 donors to make an appointment to donate. Location San Diego Harley Davidson, 5600 Kearny Mesa Road, 92111.

MORE INFO: Call the Blood Bank at 1-800-469-7322 for an appointment time.

MARCH 21 & 22

Signature 1 County Horse Show 9am to 4pm

COST: FREE to park and watch. This horse show will take place at Horsepark, located two miles east of the San Diego Fair Grounds at the intersection of El Camino Real and Via de la Valle in Del Mar 92014.

MORE INFO: Email Robin at RobinSerfass@cox.net or 760-753-0431

Six Steps To Controlling Spring Shedding

Soon it will be spring, and love will be in the air. Unfortunately for pet lovers, dog hair will also be in the air, since spring is one of the big shedding seasons (fall is the other). It's not quite what you think — dogs shed based on light, not temperature, so pooches everywhere from Alaska to Florida will soon be shedding their winter coats. And here's a strange-but-true fact — dogs' winter coats are actually finer than their summer coats. The finer hairs lie closer to the body, which helps to keep the dog warmer.

Regardless of what kind of coat Fido will be shedding, the fact remains that the fur will soon be flying. So what is the best way to deal with all this excess hair? Cardinal Laboratories, a leading manufacturer of pet supplies, offers the following tips to make shedding easier on dogs and their owners:

Brush and comb the dog regularly. Brushing removes loose hairs from the

coat, allowing you to keep up with the hair, especially during the shedding seasons. Brushes and combs come in many different styles and can be purchased at all price points. It is important to use the right kind of brush and comb for your dog's coat. If you're unsure of which brush and comb are best for your dog, ask a groomer or your vet.

Touch-up grooming between baths also helps to cope with excessive shedding. In addition to regular brushing and combing, consider using a grooming spray.

The type of food you feed your dog helps to determine his overall health, including that of his skin and coat. For optimum health, it's best to feed your dog a quality, meat-based diet with whole meat (chicken, lamb, turkey, beef) or whole meat meal as the first ingredient. Look for a brand that is high in protein, is medium to high in fat, and does not contain soy or use BHA, BHT or

Ethoxyquin as preservatives. Both canned and dry foods should contain whole grains, with rice or barley being preferable over corn or wheat. Ideally, a dog's diet should consist of both canned or rolled dog food and dry foods. Look for brands that have high content of Omega 3 and 6 Fatty Acids (anti-oxidants), which are the most important ingredients for conditioning the skin and coat. Water is also very important, so make sure your dog has plenty of clean, fresh water available to drink.

Keeping up with vet visits can help nip any potential skin/coat issues in the bud. Finally, when you're treating or training your dog, skip the junk food and go straight for treats that are healthy and full of anti-oxidants (for a luxurious, healthy coat) like salmon, tuna, cod, duck and fish oil. For more information, contact Cardinal Laboratories at 1-800-433-7387 or visit www.cardinalpet.com.

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Preferred by Pets offers compassionate, gentle professional dog and cat grooming on Mondays through Saturdays, from 8 a.m. For cats that prefer a dog-free environment, Sundays are reserved for cats only. Appointments are recommended. For appointments or other information, call 619-223-9023 — or visit us at www.PreferredByPets.com.



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Birders make plans to swoop in for fine-feathered festival

By ADRIANE TILLMAN | THE BEACON

The 13th annual San Diego Bird Festival will fly by from March 5 to 8 to celebrate the more than 500 bird species that live or make an appearance in San Diego County for the winter.

The festival expects to attract more than 400 bird watchers to the four-day affair of bird watching fieldtrips and workshops.

Outings include trips to the Salton Sea and Imperial Valley to search for more than 100 species, including the snow goose, sandhill crane, White-faced Ibis and burrowing owl. Other daytrips will send bird enthusiasts to the Whelan Lake Bird Sanctuary, Anza-Borrego Desert and Camp Pendleton.

Three-day excursions will lead bird enthusiasts across the border

to spot birds in tidal mudflats, fresh and saltwater marshes, sage scrub and grasslands in Mexico.

Workshops will feature topics like bird topography, bird calling, spring wildflowers, digiscoping, bird blogging and "Why Woodpeckers Don't Get Headaches." The festival will be headquartered at Marina Village in Mission Bay.

San Diego is home to a wealth of bird species, especially during the winter months.

The area's diverse environment of ocean, desert, mountains and lakes provides a wealth of habitats for bird species.

Of the 750 bird species in America, 500 reside in San Diego County that includes the highest number of rare or endangered species in the country.

The county is also a flyaway for migrating birds. In the winter,



Pelicans perch near a kayak birding trip as part of the San Diego Bird Festival.

PHOTO COURTESY OF SAN DIEGO AUDUBON SOCIETY

birds from as far away as Alaska and Canada will journey through San Diego County on their way to

the warmer climates of the Americas.

Bird author, illustrator and

expert David Allen Sibley is the keynote speaker who will discuss the challenges of creating a field guide to birds.

In an interview with the San Diego Audubon Society, Sibley said the fact that birds can fly enralls him.

"Since they move so effortlessly and quickly in and out of view, you never know what you'll find when you go for a walk," Sibley said. Sometimes you'll be able to watch it for minutes, or sometimes just get a fleeting glimpse."

Sibley named some of his top favorite birds: warblers for their bright colors and indicating the arrival of spring; owls for their mystery; ravens for their character; and gulls for their endless identification challenges.

Prices range from \$25 for workshops to \$90 for daytrips to \$400 for three-day trips. Registration is limited.

For more information visit www.sandiegoaudubon.org or call the Audubon Society at (619) 682-7200.

SPOTLIGHT ON SENIORS

Causes, Symptoms and Suggestions for Sundowner's Syndrome

Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night for a person in the early stages of Alzheimer's and other forms of dementia. Sundowner's Syndrome occurs in the late afternoon or early evening and can include increased confusion, anger, paranoia and rapid mood changes. Sundown may be a trigger for extreme agitation and confusion that lasts throughout the night. A person who is sundowning will probably spend a great deal of time wandering because they are trying to come to terms with their surroundings.

The Alzheimer's Foundation has advice for dealing with Sundowner's Syndrome:

Discourage day-time napping to regulate sleep cycle.

Limit caffeine intake, particularly in the evening.

Encourage exercise throughout the day to expend excess energy.

Allow for light exposure in the early morning to help set internal clock.

Even the safest home can be treacherous for someone in a con-

fused state. For more information and help to deal with someone experiencing Sundowner's Syndrome, call Innovative Healthcare Consultants at (877) 731-1442 or go to our website at innovativehc.com. Our RN case managers are experienced in all stages of Alzheimer's and would be happy to advise you.

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DICK MCENTYRE ESTATE PLANNING SEMINAR



If you are questioning yourself: "Do I need a will or a trust...or" have other questions relating to the best way to pass on your estate... You should come to this seminar on estate planning to be presented by Attorney Dick McEntyre.

WHERE: In Dick's office on Sports Arena Blvd. — in the old Glasshouse Square — now Gold's Gym Complex. Turn off and park in the parking structure. First office in complex.

WHEN: 11:00 a.m. to approx. 12:30 p.m., Sat., March 7th & Sat., April 4th, 2009 (and usually on the first Saturday of each month thereafter at the same time and place, except holidays, but call to verify).

TOPICS: — How you can best pass on your estate, large or small
— Why you need a revocable trust if you own your home
— Your questions

CHARGE: NONE. Please RSVP at 619-221-0279

RICHARD F. MCENTYRE, ATTORNEY AT LAW

3156 SPORTS ARENA BLVD., SUITE 102, SAN DIEGO, CA 92110-4525

TELEPHONE: (619) 221-0279, FACSIMILE: (619) 221-0363,

EMAIL: fishheadlaw@msn.com

Estate Planning Checklist

by Dick McEntyre, Lawyer

Here are a few things you might do, to be sure your estate plan is in order:

Be sure you have a will or "living" trust which directs where your property is to go when you die. (The trust is usually the best way to go when you own property having value in excess of \$100,000, since a probate [with its high costs] can thereby be avoided.) Otherwise, your estate (except for death benefits under insurance policies, "POD" bank accounts, pension plans, IRAs, and property held in joint tenancy) will pass by the "laws of succession," which may not be to your liking, and will still require a probate. Also be sure the beneficiary designations you made of those person(s) to receive your life insurance proceeds, IRAs, and annuities, and pension benefits upon your death are correct.

Dick McEntyre is a lawyer doing estate planning, estate administration, and real estate legal work. His office is located at 3156 Sports Arena Boulevard, Suite 102 (Telephone 619-221-0279. Dick usually gives free estate planning seminars from 11 a.m. to 12:30 p.m. on the first Saturday of each month, but call first to verify.

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Sara Meeks, PT,MS, GCS

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LA JOLLA YOGA
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Endoxi to bring diverse mix to Winston's

By **BART MENDOZA** | THE BEACON

Maybe it's the weather, but there is no doubt that San Diego has become a major draw for musicians at all levels of their career. Some retire here, some build a second home. Yet others kickstart their careers here after arriving from locations far and wide. Such is the case with Endoxi.

On Friday, Feb. 27, the four-piece group hosts a CD-release party at Winston's for its debut EP, "New Blood Old Soul." The group is chameleon-like in its ability to effortlessly shift its sound from song to song, going from indie rock to jam band musings.

Although they are a local group, their individual roots are from across the country. Guitarist and frontman Chris Wilson originally hails from the Bay Area, while saxophonist Joe Cardillo is a native of Rhode Island; drummer Mike Monsivaiz was a resident from Sacramento and bassist Kevin Wall learned his craft in New Orleans.

Wilson considers the fact that all four members are from such contrasting areas to be crucial to the quartet's sound.

"No matter how solid an idea is, when it's originally created in my mind, or someone else's, it always changes when it's brought to practice and reconstructed by the band," Wilson said. "Not just the flavor of the song or the style, but also the attitude, the direction and the dynamics."

Though Endoxi has been known to jam on the occasional Led Zepelin or Dobie Gray cover, the group focuses on original music.

According to Wilson, the tunes in the group's set list were chosen for pragmatic reasons.

"The songs we play now, most were recorded or almost completed when we started," he said. "We wanted to learn these so we could start playing ASAP. Having recordings of most of the material, we could have very productive practices."

While the band itself is a fairly new proposition, Endoxi's members have already been endorsed by a wide range of instrument manufacturers, including Washburn Guitars, Randall Amps and Morley Pedals. While those relationships are new for Cardillo, Wall and Monsivaiz, Wilson had already made these connections by the time he was a teenager. The introduction was made through his musical mentor, Eric Martin, of '90s hitmakers Mr. Big.

"When I was 11, my family moved to Mill Valley where I met him in a park," Wilson said. "We became friends and he mentored me from age 12 to 17," Wilson said.

Wilson was soon performing in front of thousands of people a month in the Bay Area, sitting in with multiple adult bands.

"My parents drove me to every show," he said.

During this time he picked up songwriting tips collaborating with Andre Pessis, best known as the composer for such artists as Al Green, Santana and Bonnie Raitt. Almost immediately his playing drew attention.

"When I was 13, in the 8th grade, a friend snuck me into the

annual NAMM (National Association of Music Merchandisers) show and introduced me to the people with Dean Markley Strings and Washburn Guitars," Wilson said.

"My exposure and passion was appealing to these companies," he said. "They told me if I kept my grades up they would keep supporting me."

Since then, Wilson's six-string prowess has earned him endorsements for just about every part of his chosen instrument, from the pedals to the guitar strap.

Though Endoxi is a relatively new group, in a way it's the culmination of a lifelong philosophy for Wilson. He's had the name since he was a teen.

"For the greater part of the developmental years of my life, my grandmother raised me," Wilson said. "One day when she was sick in bed she taught me this Greek word, 'endoxi,' meaning 'everything is in its place.'"

"When you're sitting at the dinner table with friends, family or loved ones and you feel that 'everything is in its place,' you raise your glass, feel that love and yell, 'Endoxi!'"

It took a few years, but Wilson has finally worked the word into his musical projects.

"I drew the logo on the back of a schoolbook and got it tattooed on my 17th birthday," Wilson said. "And I've lived it ever since."

Endoxi performs at Winston's, 1921 Bacon St., on Friday, Feb. 27 at 9 p.m.

For more information, visit www.winstonsob.com or www.myspace.com/endoxi.



The four-piece group Endoxi is chameleon-like in its ability to effortlessly shift its sound from song to song, going from indie rock to jam band musings. Endoxi performs at Winston's, 1921 Bacon St., on Friday, Feb. 27 at 9 p.m.

COURTESY PHOTO

What's New(s)

Business | Growth | Innovation | News

The Peninsula Beacon

Moment Cycle Sport

Moment Cycle Sport is Pt. Loma's premier mid- to high-end bicycle shop. Specializing in bike fitting and mechanical service, we strive to provide the best knowledge and repairs in town. We employ trained mechanics from the Barnett Bicycle Institute to provide a scientific and methodical approach to servicing all types and makes of bicycles. If you are into road racing, triathlon or mountain biking, make an appointment for a comprehensive fit to ensure you are riding in the most comfortable and powerful position. We carry bicycles from Felt, Giant, Guru, Parlee and Tommasini, as well as a full line of clothing and accessories from Campagnolo, Shimano, Assos, SRAM, Zipp, Reynolds, Syntace, HED and Sella Italia, to name a few.

Stop in soon to chat about bicycles, watch some racing on the big screen, or have an espresso. Group rides leave the store every Tuesday and Thursday at 6:45 a.m. to Cabrillo Monument and back. All are welcome. Moment Cycle Sport was recently voted to be the Best Bike Shop in SoCal 2008 by readers of Competitor Magazine!

Hours: Mondays, Wednesdays and Fridays from 11 a.m. to 6:30 p.m.; Tuesdays by appointment; Saturdays from 10 a.m. to 5 p.m.; and, Sundays from 1 to 5 p.m.

Moment Cycle Sport, 1357 Rosecrans St., Ste. A, San Diego, CA 92106, 619-523-BIKE, www.momentcyclesport.com

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The 101 Diner

552 S. Coast Hwy. 101, Encinitas

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The Fish Market

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Harbor House Café

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1250 Prospect St., La Jolla

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- Please complete at least 50% of the ballot.
- One ballot per person.
- Limited to 92106, 92107 & 92110
- Ballots must be postmarked, submitted online, or hand-delivered, by **2/28/09**

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- German _____
- Greek _____
- Indian _____
- Irish _____
- Italian _____
- Mexican Restaurant _____
- Mexican Take-out (fast food) _____
- Bakery _____
- Bar _____
- Cafe _____
- Catering _____
- Coffee shop _____
- Juice Bar _____
- Donut Shop _____
- Bagel Shop _____
- Deli _____
- Ice cream / frozen yogurt _____
- Vegetarian/Vegan _____
- Patio dining _____
- Senior special _____
- Early Bird Special _____
- Bartender _____

Mail your ballot to: The Peninsula Beacon, Readers' Choice Awards,
P.O. Box 9550, San Diego, CA 92169



Prebys feted for contribution

Point Loma philanthropist Conrad Prebys, far right, gets a remote control from Dr. John Reed, president and CEO of Burnham Institute for Medical Research, to drop a cover unveiling the newly renamed Conrad Prebys Center for Chemical Genomics. Prebys was recognized Jan. 29 for his donation of \$10 million to Burnham's drug discovery center.

PHOTO BY DON BALCH | THE BEACON



Feb./March A Look Ahead

COMMUNITY/CIVIC

Friday, Feb. 27, noon to 2 p.m., regular meeting of the Peninsula Community Planning Board (PCPB) Airport Committee. The meeting takes place at the Sail Ho Golf Club at Liberty Station, 2960 Truxtun Road. To see the agenda, visit www.pcpb.net. For more information, call (619) 224-1527.

Sunday, March 1, 9 a.m. to 4 p.m., inaugural Doggie Street Festival to promote pet adoption, featuring pet demonstrations, contests, vendors and services, live music and food. The free event takes place at NTC Park on Cushing Road at Liberty Station. For more information, visit www.doggiestreetfestival.org.

Monday, March 2, the Sunset Cliffs Natural Park Council meets (first Monday of each month) at the Cabrillo Recreation Center, 3051 Cañon St. For more information, visit www.calsnet.net/sunsetcliffs/.

Thursday, March 5, 6:30 to 8 p.m., the Peninsula Community Planning Board (PCPB) hosts a candidate forum for hopefuls in the March 19 board election for five

open seats. The forum takes place at the Hervey/Point Loma Branch Library, 3701 Voltaire St. For more information, call (619) 523-9180, (619) 222-2240, or visit www.pcpb.net.

Saturday, March 7, 9 a.m. to 4 p.m., 61st annual Ocean Beach Kiwanis Club Kite Festival and Kite Festival Craft Fair. The event raises money for the kite festival, Ocean Beach Elementary School, Point Loma High School and other community projects. Booths may be reserved for \$35. Kite construction takes place from 9 a.m. to noon with the kite contest at 1 p.m. The free event takes place at the Ocean Beach Recreation Center and OB Elementary at the corner of Santa Monica Avenue and Ebers Street off Sunset Cliffs Boulevard. For more information or to reserve a booth, call (619) 225-8705.

Wednesday, March 11, 10 a.m., the Point Loma Garden Club hosts its monthly meeting with Emmy Award-winning TV personality, garden writer and horticultural consultant Pat Welsh. The meet-

SEE CALENDAR, Page 15



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CALENDAR

CONTINUED FROM Page 14

ing takes place at the Portuguese Hall, 2818 Avenida de Portugal. For more information, visit www.plgc.org.

Thursday, March 19, 4 to 8 p.m., the Peninsula Community Planning Board (PCPB) holds a board election for five open seats. The election takes place at the Hervey/Point Loma Branch Library, 3701 Voltaire St. For more information, call (619) 523-9180, (619) 222-2240, or visit www.pcpb.net.

Mondays, 3 to 3:45 p.m., baby signing storytime for infants and caregivers at the Ocean Beach Library, 4801 Santa Monica Ave. For more information, call (619) 531-1532.

Tuesdays, 10 to 10:45 a.m., Preschool Storytime at the Ocean Beach Library, 4801 Santa Monica Ave. For more information, call (619) 531-1532.

SCHOOLS

DANA

- Friday, Feb. 27, 7 p.m., variety show for families and friends in the theater.
- Monday, March 2, 6:30 p.m., PLCS Foundation meeting in library.
- Thursday, March 5, 3:30 to 5 p.m., parent tour of Dana. Interested or incoming parents welcomed.
- March 16-20, 9:15 a.m. to 3:30 p.m., preregistration for 2009-10 schoolyear for out-of-cluster elementary school students and Barnard Elementary School students.

LOMA PORTAL

- Today, Feb. 26, 1:15 to 1:30 p.m., pizza and bake sales after school.
- Tuesday, March 3, 3:35 to 4 p.m., popcorn sales after school.
- Thursday, March 5, 10 a.m. to 1 p.m., annual jog-a-thon. For information, call (619) 226-4900.
- Friday, March 6, Dr. Seuss birthday/Literacy Family Night. Time to be determined.
- Monday, March 9, 6 to 7:30 p.m., Foundation meeting in library.
- Thursday, March 12, 9:30 to 10:15 a.m., kindergarten tours. To schedule a tour, call (619) 223-1683.
- Thursday, March 5, 1:15 to 1:30 p.m., pizza and bake sales after school.

OB ELEMENTARY

- Thursday, Feb. 26, Bank Day; art, dance, Spanish after-school clubs.
- Friday, Feb. 27, 1:15 p.m., "Jump for Heart" event.
- Monday, March 2, Dr. Seuss Week begins in school library.
- Tuesday, March 3, 1 p.m., Drumming for Peace assembly; 2:30 p.m., SGT/SSC meeting; 2:30 p.m., yoga class.
- Wednesday, March 4, 2:30 p.m., Chess Club meets.
- Thursday, March 5, Bank Day; Spanish, art and dance after-school clubs meet.

SILVER GATE

- Friday, Feb. 27, 7:45 a.m., principal's chat with parents of students in grades 2 and 3.
- Monday, March 2, 8 to 8:30 a.m., Read Across America Fami-

ly Reading Morning;

- March 9-13, minimum days for parent/teacher conferences.
- Tuesday, March 17, student council rainbow float sale after school.
- Friday, March 27, student council dress-up day; 7:45 a.m., principal's chat for parents of fourth-graders.

SUNSET VIEW

- Today, Feb. 26, 2nd-grade performances.
- Friday, Feb. 27, student awards.
- March 3-4, 4th-grade STAR writing.
- Thursday, March 5, 9 a.m., PTA meeting in auditorium.

ST. CHARLES BORROMEO

- Today, Feb. 26, 7 p.m., PTG meeting in the Parish Event Center.
- Friday, Feb. 27, 8 a.m., all-school Mass; 12:45 p.m., Stations of the Cross; food bank, grade 6.
- Sunday, March 1, "Simple Elegance" dinner auction RSVPs due.
- March 3-4, WASC visiting team dinner.
- Saturday, March 7, First Reconciliation.
- Wednesday, March 11, year-book orders due.
- Friday, March 13, 8 a.m., all-school Mass; 12:45 p.m., Stations of the Cross; food bank, grade 5.
- Friday, March 20, "Simple Elegance" dinner auction at Admiral Kidd Club.
- Tuesday, March 31, 2009-10 registration fees due.

SUNSET VIEW

- Friday, Feb. 27, student awards.

WARREN-WALKER

- Friday, Feb. 27, middle school dance.
- Saturday, Feb. 28, 9 to 11 a.m., registration for kindergarten evaluation.

ARTS & ENTERTAINMENT

Friday, Feb. 27, 7 p.m., Westminster Presbyterian Church hosts "An Evening of Piano and Winds," performed by the San Diego Chamber Music Society. The concert takes place at the church, 3598 Talbot St., and will feature compositions of Beethoven and Mozart in both quintet pieces and solos. For more information, call (619) 223-3193, or visit www.westminstersd.org.

Friday, Feb. 27, 7:30 p.m., the Point Loma Nazarene University's Concert Band performs in a spring concert. The free event takes place at the university's Crill Performance Hall, 3900 Lomaland Drive. For more information, call (619) 849-2325.

Saturday, Feb. 28, 7:30 p.m., Point Loma Nazarene University's Vocal Jazz Ensemble performs with special guests Epicenter, an award-winning vocal jazz group from Cal State Northridge. Tickets are \$12 for students, faculty, seniors and military; adults are \$15. For tickets and information, call (619) 849-2325.

Through Feb. 27, the San Diego Watercolor Society (SDWS) presents an exhibition of original watercolor paintings entitled "Valentine Visions." The exhibit will feature about 100 paintings

by SDWS members both for display and sale. The gallery is located at the NTC Promenade, 2825 Dewey Road, #105. Gallery hours are Wednesdays through Sundays from 11 a.m. to 5 p.m. There is no admission cost. For more information, call (619) 876-4550, or visit www.sdws.org.

Saturday, Feb. 28, "Newport Nights" monthly co-op art walk, 7 to 10 p.m. The event takes place in the 4800 to 5000 blocks of Newport Avenue and at participating merchants on Bacon and Cable streets. For more information, visit www.newportnights.org.

Friday, March 6, 7:30 p.m., the dynamic Irish band GRADA performs at the Holy Trinity Parish, 2083 Sunset Cliffs Blvd. The band performs "Irish traditional music with a contemporary twist." Tickets are \$25. For more information, call (858) 689-2266, visit www.gradamusic.com or www.holytrinityob.com/concerts or e-mail concerts@holytrinityob.com.

Friday, March 6, 5 to 8 p.m., reception to open the latest San Diego Watercolor Society exhibition "Window on Spring." The watercolor society is located at 2825 Dewey Road, Suite 105 at the NTC Promenade in Point Loma. The exhibit is free. Gallery hours are Wednesdays through Sundays from 11 a.m. to 5 p.m. For more information, call (619) 876-4550, or visit www.sdws.org.

Wednesday, March 18, 7 p.m., the Hervey/Point Loma Branch Library hosts the Kensington Trio in concert. The free event takes place at the library, 3701 Voltaire St. For more information, call (619) 531-1539.

March 2-31, Point Loma Artists Exhibition, a show of three-dimensional art, including ceramics, glass and papier-mache paintings in display cases. The exhibit takes place at the Hervey/Point Loma Branch Library, 3701 Voltaire St.

Mondays, 5:30 to 7:30 p.m. through June, the Peninsula Singers rehearse for upcoming performances and seek new members. Rehearsals take place at the Hervey/Point Loma Branch Library, 3701 Voltaire St. For more information, call (619) 804-6079, (619) 222-0429, e-mail sarahsuho-n@hotmail.com or visit www.peninsulasingerssandiego.org.

VENUES

Cane's Bar & Grill, 3105 Ocean Front Walk, (858) 488-4458

- Today, Feb. 26, 8 p.m., Iron Works performs with Red Ivy Suspect and Fuzz Huzzi. Tickets are \$8.
- Friday, Feb. 27, 8:45 p.m., Guerilla Radio (Rage Against the Machine tribute band) performs with Geezer (Weezer tribute band). Tickets are \$10.
- Saturday, Feb. 28, 9 p.m., Dead Prez performs with Balian. Tickets are \$25 in advance, \$30 at the door.

Club Riley's, 2901 Nimitz Blvd., (619) 255-8635

- Mondays, 9 p.m., CTK Comics That Kill comedy show. The cover charge is \$5 and includes free pool.

Dream Street, 2228 Bacon St., (619) 222-8131

- Saturday, Feb. 28, Lumina performs. Tickets are \$7.

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ANNOUNCEMENTS 100

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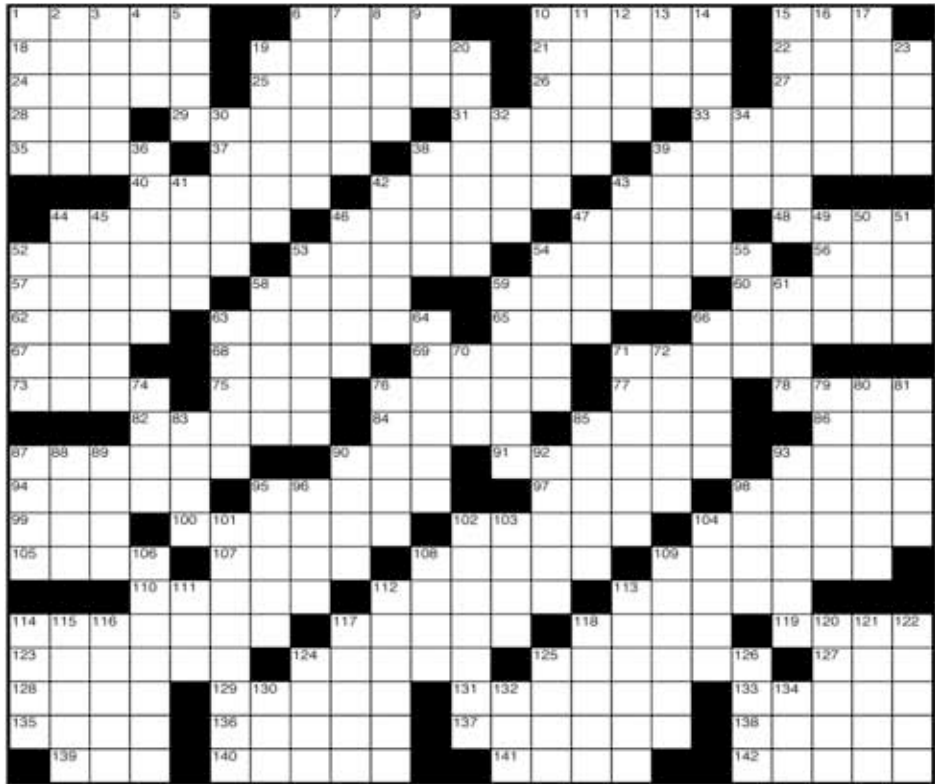
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1 Like a teetotaler
6 Marshes
10 Belt
15 Family man
18 Hag
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21 Fully
22 Holiday times
24 Lift up
25 Flightless bird
26 Like a hungry house pet
27 Storage building
28 "— a boy!"
29 Turned into ice
31 Swift
33 Make worse
35 Skin
37 Sign on a door
38 Loud and —
39 Contra
40 Tool for boring holes
42 Turn the other —
43 Scorched
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DOWN
1 Currency substitute
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6 Jacket
7 Of a grain
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9 Collection of things
10 High-pitched sound
11 Piano expert
12 Gap
13 Had lunch
14 Dog's ancestry
15 Regardless of
16 Of birds
17 Fleur- —
19 Felt about in the dark
20 Turn aside
23 Type
30 Pilot's "OK"
32 Onion relative
34 Chess piece
36 Greater
38 Goatee location
39 Broadcast portion
41 Addict
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76 Make points
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88 Director — Preminger
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93 Army meals
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106 Big kiss
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115 Cordial flavoring
116 Moisten with juices
117 Wash cycle
118 — lily
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125 Remove, in printing
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130 Cakes and —
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SATURDAY FEB 28 • LA JOLLA • 12pm-4pm		
7536-7544 Draper	3BR/2.5BA	\$799,000-\$899,000
1pm-4pm		
7337 Olivetas Ave.	3BR/3BA	\$2,695,000
5834 Rutgers Road	5BR/5BA	\$2,995,000
5511 La Jolla Mesa Drive	4BR/4BA	\$1,995,000
1919 Spindrift	3BR/2.5BA	\$3,995,000
PACIFIC BEACH / MISSION BEACH • 1pm-4pm		
730 Santa Rita Place	3BR/2BA	\$1,228,000
1801 Diamond St. #219 & #323	1BR & 2BR	\$237,500-\$349,000
1411 Oliver Ave.	House + 3 Units	\$1,125,000
7265 Calabria Unit 23	2BR/2BA	\$479,000
2415 La France	3BR/3.5BA	\$850,000
MISSION HILLS		
909 Sutter #204	2BR/2BA	\$395,000
SUNDAY MAR 1 • LA JOLLA • 12am-3pm		
1327 La Palma #2	3BR/2BA	\$1,249,000
1pm-3pm		
2387 Wilbur Ave.	4BR/3BA	\$848,000
12pm-4pm		
7536-7544 Draper	3BR/2.5BA	\$799,000-\$899,000
1pm-4pm		
7259 Carrizo	4BR/4.5BA	\$3,900,000-\$4,445,876
1411 Oliver Ave.	House + 3 Units	\$1,125,000
345 Ricardo Pl.	3BR/2BA	\$1,395,000
740 Bonair way	3BR/3BA	\$1,095,000
2139 Avenida De La Playa	2BR/3BA	\$1,250,000
8477 El Paseo Grande	4BR/2BA	\$2,995,000
351 Prospect St.	3BR/3BA	\$2,675,000
750 Midway St.	3BR/2.5BA	\$1,295,000
1919 Spindrift	3BR/2.5BA	\$3,995,000
2521 Via Viesta	4BR/3.5BA	\$1,975,000
1309 Kaimalino Lane	3BR/3BA	\$1,250,000-\$1,400,876
7337 Olivetas Ave.	3BR/3BA	\$2,695,000
5730 Dolphin Place	5BR/5BA	\$8,500,000
5961 Germaine Lane	5BR/6.5BA	\$4,845,000-\$5,300,876
1244 Cave St.	5BR/3.5BA	\$3,595,000
5834 Rutgers Road	5BR/5BA	\$2,995,000
5511 La Jolla Mesa Drive	4BR/4BA	\$1,995,000
5859 Box Canyon Road	4BR/3BA	\$3,295,000
329 Bonair #2	1BR/1BA	\$719,000
7555 Eads Ave. #4	2BR/2BA	\$975,000-\$1,100,876
1265 Park Row	4BR/3BA	\$2,600,000
POINT LOMA / OCEAN BEACH • 1pm-4pm		
3769 Poe St.	3BR/3BA	\$749,000-\$799,000
1689 Froude Street	3BR/2BA	\$925,000
3074 Evergreen St	3BR/2BA	\$650,000-\$729,000
UNIVERSITY CITY • 1pm-4pm		
4403 Govenor Dr.	3BR/2BA	\$535,000
PACIFIC BEACH / MISSION BEACH • 1pm-4pm		
730 Rita Place	3BR/2BA	\$1,228,000
4678 Morrell St.	3BR/3BA	\$539,000
ENCINITAS • 1pm-4pm		
3371 Calle Tres Vistas	6BR	\$3,990,000
MISSION HILLS		
909 Sutter #204	2BR/2BA	\$395,000
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Santa Maria
69¢
each

Locally Grown in San Pasqual
Small Haas Avocados
5 for \$1

Bosc Pears
Oregon
2 lbs for \$1

Organic Cameo Apples
Washington
59¢
lb

Fresh Picked Valley Center
Organic Valencia Oranges
2 lbs \$1

Eggplant
69¢
each

Brown Onions
Lancaster
3 lbs for \$1

KiwiFruit
5 for \$1

Broccoli Crowns
Santa Maria
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Oasis Bakery has been baking the finest breads from sprouted whole grains since 1978...
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\$3.99
8 oz

Carol's Cookies
A really "BIG" decadent treat
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6.5-8 oz

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Zola uses 100% unfiltered pulp from the hand-harvested organic Açai berries
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Hand-Made, packed with Almonds, Brazil Nuts, Walnuts, Peanuts, Dried Fruit & Honey
\$1.79
1.4 oz

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\$4.99
1/2 liter

LOCAL BREWS

Karl Strauss Red Trolley Ale	\$7.99	6pk bot
Stone IPA	\$8.69	6pk bot
Ballast Point Yellowtail Pale Ale	\$9.49	6pk bot
Coronado Mermaid's Red	\$8.99	6pk bot
Green Flash West Coast IPA	\$9.99	6pk bot
Port Brewing Wipe Out	\$3.99	22oz bot

+CRV

Organic Batter Blaster Pancake & Waffle Batter
Heat a skillet, just point, blast & cook
\$5.79
18 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 3/3/09