



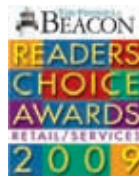
THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, SEPTEMBER 17, 2009

www.SDNEWS.COM ■ VOLUME 24, NUMBER 35

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Drug raids target medical pot stores

By **ADRIANE TILLMAN** | THE BEACON

Police raided 14 medical marijuana dispensaries across the county — including four in Pacific Beach — on Sept. 9 to gather evidence at stores suspected for illegal activity. Twenty-six people connected to the dispensaries were arrested, although only two people were arraigned.

San Diego police led the four-month investigation with assistance from the San Diego County District Attorney's (DA) Office, the San Diego County Sheriff and the

U.S. Attorney's Office. The DA's office continues to analyze evidence to determine if other store-owners will be charged.

"The investigation shows that these so-called business are not legal," said San Diego County District Attorney Bonnie Dumanis at a press conference Sept. 10. "They appear to be run by drug dealers who see an opening in the market and a way to make a fast buck."

The DA's office would not spec-

SEE **POT**, Page 5

Giant coastal cleanup ready to re-polish region's luster

By **ANTHONY GENTILE** | THE BEACON

This weekend, beaches and inland water areas throughout San Diego will be getting a facelift. The 25th annual California Coastal Cleanup Day is planned for Saturday, Sept. 19 from 9 a.m. to noon.

"It is one of the largest volunteer events in the state and in San Diego County," said Alicia Glassco, the event's coastal coordinator representing San Diego Coastkeeper. "It's a great way to spread an environ-

mental message and also a community awareness message against littering."

At last year's cleanup, 8,000 volunteers gathered about 160,000 pounds of trash. Glassco said she expects nearly 10,000 volunteers to be on hand Saturday.

"We're constantly growing and we're trying to get more and more volunteers," Glassco said. "We've definitely been on the upswing and

SEE **CLEANUP**, Page 5



Paddle put on hold as high surf buffets OB



Surfrider Foundation's San Diego chapter launched its 18th annual Paddle for Clean Water Festival on Sunday in Ocean Beach, but higher than expected surf forced organizers to cancel the water-based portion of the event. The annual paddle is a non-competitive activity around the OB Pier to raise awareness for water quality issues in San Diego County.

Despite the cancellation, there was still plenty for participants to see and do, including a beach cleanup, massages, demonstrations, informational booths and musical entertainment.

PHOTOS BY PAUL HANSEN | THE BEACON



Point Loma defenders, unscored upon after two games, smother a Patrick Henry runner. Curtis Deitz (44) holds on from behind while Sean Stepina (36), Mike Montesano (53) and Christian Hayward (80) assist. PHOTOS BY SCOTT HOPKINS | THE BEACON

PLHS capitalizes on depth to preserve undefeated record

By **SCOTT HOPKINS** | THE BEACON

When a football team loses its starting quarterback, top running back and defensive leader, one would think the team was in trouble.

Think again.

Despite the setbacks, Point Loma High School's (PLHS) team depth took the spotlight as the Pointers trounced Patrick Henry 46-13 in the finale of the annual kickoff triple-header at Bennie Edens Field. The win improved the Dogs to 2-0 in the young season,

while the visitors fell to 0-2.

Starting quarterback Keegan Fitzgerald, running back Leslie Rogers and defensive lineman Will McDonough, three key players, watched from the sidelines as their replacements didn't skip a beat.

Junior Sean McKaveny, a transfer from St. Augustine, stepped into the starting signal-caller role and threw two touchdown passes, including a 23-yarder on a fourth-down play to Jordan Sparkman. Making his third TD reception in



Davis Callejon electrifies Point Loma fans with a 55-yard punt return for a touchdown in last week's 46-13 victory over Patrick Henry.

SEE **DOGS**, Page 4

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Cliffs park council eyes new bench designs

By ANTHONY GENTILE | THE BEACON

Progress was made Monday during a meeting of the Sunset Cliffs Natural Park Council on the issue of replacing the benches. The council presented ideas for bench design and location to city staff, moving forward on an issue that was at a standstill last month.

"We've had a lot of input and we really tried our best to listen to what people were saying at the meetings and then to come up with reasonable solutions," said Camilla Ingram, chair of the council's ad hoc Special Bench Committee.

In between August and September meetings, the park council's ad hoc bench committee met numerous times and held a pair of public workshops to gather ideas for potential bench designs and locations. Members also walked the cliffs with its city staff representative, Michael Ruiz.

At the meeting, district manager for shoreline parks Dan Danieri was present to hear the ideas. Representatives from parks and recreation and District 2 Councilmember Kevin Faulconer's office were also in attendance.

Ingram proposed two types of benches, both of which involved ipe wood. One design involves a standard wood-plank bench with wooden pegs; the other design features ipe wood shaped to look like a surfboard that could either be held up by wooden pegs or a flattened stone.

"For some parts of the park, we think it would be advantageous to have something that looked like the natural form," Ingram said. Ingram said those present at the workshops rejected the city's ideas presented last month because the group did not perceive them as durable. They also rejected the idea of using steel poles to mount the benches because they felt the poles would not hold up to moisture and erosion.

"This is a narrowed list of options that we think are actually reasonable and could be going forwards," Ingram said. The map that Ingram presented added six potential locations for benches — making the total count

20. The additional benches and the use of ipe wood would each add to the cost of the project. Ingram said the park council was working on a report to be given to city staff next week. The report will have details about location, design and cost. From there, the city will evaluate the report to see if it is feasible. No timetable was given on the removal of the benches, but their removal is imminent. City staff will place notices on the benches in advance of their removal.

CAMILLA INGRAM
SCNPC COMMITTEE CHAIR

NewsBriefs

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NPR's Keillor cancels PLNU speaking event

Garrison Keillor, radio personality, author and host of National Public Radio's comedy variety show "Prairie Home Companion," has cancelled his speaking engagement slated for Thursday, Sept. 24, at Point Loma Nazarene University (PLNU), according to university officials. Keillor, 67, suffered a mild stroke in recent weeks.

"We were informed ... that Mr. Keillor had to cancel because doctors recommended that he not fly," said Michelle Corbett, PLNU's director of marketing and creative services.

Corbett said the event, "A Night with Garrison Keillor," may possibly be rescheduled for the spring.

University officials are refunding ticket sales for the cancelled event. A portion of the sales would have benefited the San Diego Police Foundation's SafetyNet program.

For more information on refunds, visit the university's website at www.pointloma.edu or call the office of community outreach at

Portuguese Folklore Festival set for Saturday

Residents can immerse themselves in a festive cultural experience from noon to 9 p.m. Saturday, Sept. 19 with the Portuguese Folklore Festival in Point Loma.

The event, themed "Generations," will feature folkore, food, ceramics, Portuguese dance performances by various age groups and sports memorabilia.

Performances run from 12:30 to 7 p.m. at the United Portuguese S.E.S. Hall, 2818 Avenida de Portugal. A dance will follow until 9 p.m. For more information, call (619) 851-8596.

Fishing derby to lure anglers to OB Pier

The Kiwanis Club of Ocean Beach and the OB Recreation Center will co-host the annual Ocean Beach Fishing Derby on Saturday, Sept. 19 from 8 to 11 a.m. at the OB Pier.

The event includes prizes for various categories and is free for children up to 12 years of age.

For more information, visit www.oceanbeachkiwanis.org.

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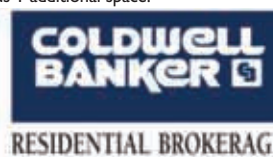
Ocean Beach | \$799K-\$839K

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Pointer Association unites PLHS in a single direction

By ANTHONY GENTILE | THE BEACON

With the recent creation of the Point Loma High School (PLHS) Pointer Association, volunteer and fundraising efforts at PLHS are all now pointed in the same direction. The association, which was formed in June and combines multiple overlapping school-related groups, met for the first time Sept. 14.

"Bringing together the alumni, the parents, the staff and students, it's the best of all the community support that Point Loma High School has all in one place," said Pointer Association executive director Kim Jessop. "We're all looking forward in the same direction and we really are in a position to benefit Pointers past, present and future."

The association now combines two former PLHS groups — the Parent Teacher Student Association and the Foundation and Alumni Association that included alumni relations, long-term planning and booster clubs for various activities. Leslie Rose, president of the Pointer Association, said the groups had considered combining for years before finally deciding to do so over the summer.

"It just got to the point last year where there were so many people not under one big umbrella trying to hit up the same businesses here in Point Loma and Ocean Beach that we just felt it was time to get together," Rose said. "We're all trying to do the same thing, which is to make the school and the students

"We're all trying to do the same thing, which is to make the school and the students have as much as they can."

LESLIE ROSE
PRESIDENT, POINTER ASSOCIATION

have as much as they can."

The Pointer Association combines 1,900 alumni, 72 PLHS staff members, 150 general members and members of various booster clubs.

"We're hoping that it benefits the students so that we can make sure every group that needs money is getting some help," Rose said. "We're aiming in this direction so that no one gets left out in the cold."

The Pointer Association hosted Kick-Off 2009 Sept. 12 as part of the Pointers' football tripleheader, selling banners and working in the concessions stands. Their next big event is College Night on Oct. 22.

"We're looking to improve Point Loma High School to keep it a center of excellence in the community for future Pointers," Jessop said.

The Pointer Association is online at www.pointerassociation.org. For more information, visit the website or e-mail pointers@pointerassociation.org.

DOGS

CONTINUED FROM Page 1

two games, Sparkman was tackled short of the end zone. Using his long reach, however, he stretched across the goal line, ball in hand, as he fell.

"We were very happy with Sean's play," said Pointer head coach Mike Hastings. "He really took command and control of the offense."

Also toting a McKaveny pass for points was Stephan Jackson, who came out of the backfield to make the reception, turning it into a 39-yard work of art and a 26-6 halftime lead. Jackson was the only Pointer who scored twice, later racing three yards in the third quarter for the Pointers' fifth score.

"Stephan Jackson showed us what we knew he could do, both running and catching the ball," Hastings noted.

In all, six different Pointers put points on the board as they scored in every quarter, mauling the punchless Patriots.

McKaveny opened the scoring with a one-yard sneak, while sophomore Morris Mathews sprinted 40 yards for six points and Thomas Bell closed scoring with a six-yard dash.

Running back Zach Gemmill also drew praise from Hastings.

"Zach really performed well and gained a lot of yards to set up some of our scores," Hastings said. "Our O-line also showed big improvement in holding their blocks."

Among the day's highlights was a 55-yard touchdown on a punt return by senior Davis Callejon. Fielding a Patriot punt at his own



Point Loma High School junior quarterback Sean McKaveny (15) unleashes the first of two touchdown passes he threw in last week's 46-13 Pointer drubbing of Patrick Henry. This throw, a 23-yard strike to Jordan Sparkman, preceded a 39-yard connection to Stephan Jackson.

PHOTO BY SCOTT HOPKINS

45, Callejon broke to his left, benefitted from several key blocks by teammates, and raced up the sideline for the score. His first-quarter jaunt gave the hosts a 12-6 lead. Callejon is also a hard-hitting defensive back, sure-handed receiver and handles punting duties.

So strong was the Pointer defense that they did not yield even one first down to the Patriots. A key contributor was linebacker Anthony Joyner, who spent much of the game in the Patrick Henry backfield. In one memorable sequence of plays before halftime, Joyner sacked the Patriot quarterback and recovered a fumble on the Henry eight-yard line.

For the second straight game,

the Pointer defense kept an opponent off the scoreboard. Patriot touchdowns were recorded on offensive miscues, including an interception return and fumble recovery.

"One of our goals is to improve each week," Hastings said, "and we're going to work on ball security. We can correct this."

Before the varsity victory, Patrick Henry edged both the Pointer freshmen (16-7) and junior varsity (16-14) to even their respective records at 1-1.

Next up for Point Loma is a home encounter Friday afternoon with El Capitan of the Grossmont North League. The Vaqueros of Lakeside are currently 1-1 after a 9-0 loss last week to Ramona. Kickoff is set for 3 p.m.

The PLHS Pointer Association

(formerly the PLHSFAA & PTSA) would like to thank the following businesses for their "dogged" support of Point Loma High School students. These Banner Donations directly support the classrooms and students at PLHS through our Gifts and Grants program. The staff and students at PLHS can't thank you enough!

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POT

CONTINUED FROM Page 1

ify what law enforcement was looking for as part of the search warrants because the investigation is ongoing, according to Steve Walker, deputy district attorney for the Narcotics Division.

"We can't go into the specifics of the case yet because we haven't arraigned anybody," Walker said. "It's too early to divulge any of that."

Walker said complaints from neighbors spurred the police to begin an undercover investigation and to obtain a search warrant, which has since been sealed.

Four Pacific Beach cooperatives were raided, including

Pacific Beach Collective at 929 Turquoise St., which opened in May; Total Herbal Care at 4667 Cass St., which opened in June; the Green Cross Collective at 3415 Mission Blvd., which opened in July; and Medicinal Solutions Patients Collective at 861 Hornblend St.

Store owners did not return calls for comment, but Total Herbal Care posted a notice on its website, www.medicinalmarijuanasandiego.com, which stated:

"Local collectives, including Total Herbal Care, have been unjustly shut down by the San Diego police against federal mandate! We urge our patients and the supporters of Proposition 215 to write to our City Council."

At the Sept. 10 press conference, Dumanis spoke about one

marijuana dispensary that reportedly had \$700,000 in receipts from business conducted over the last six months, which she indicated as evidence that someone was making a profit from the cooperative.

State guidelines prohibit medical marijuana cooperatives from turning a profit.

According to the California attorney general's guidelines: "Members also may reimburse the collective or cooperative for marijuana that has been allocated to them. Any monetary reimbursement that members provide to the collective or cooperative should only be an amount necessary to cover overhead costs and operating expenses."

The attorney general defines a cooperative as democratically controlled, whose earnings and

savings must be used for the general welfare of its members or "equitably distributed to members in the form of cash, property, credits or services."

Cooperatives are also not supposed to purchase marijuana from outside the collective.

"Instead, the cycle should be a closed circuit of marijuana cultivation and consumption with no purchases or sales to or from non-members," states the attorney general's guidelines.

"To help prevent diversion of medical marijuana to non-medical markets, collectives and cooperatives should document each member's contribution of labor, resources, or money to the enterprise. They also should track and record the source of their marijuana," continues the statement.

The attorney general's guide-

lines for medical marijuana outlets are vague. The guidelines instruct law enforcement to watch for signs of unlawful behavior, however, which include excessive amounts of marijuana or cash, illicit drugs or sales to non-members.

The attorney general's guidelines indicate that dispensaries are not recognized under the law, although a collective that dispenses medical marijuana through a storefront may be lawful.

"For example, dispensaries that merely require patients to complete a form summarily designating the business owner as their primary caregiver — and then offering marijuana in exchange for cash 'donations' — are likely unlawful," state the general attorney's guidelines.

CLEANUP

CONTINUED FROM Page 1

we expect this to be another record-breaking year."

A unique aspect of the cleanup is that each volunteer is given a data card to record the types and amount of trash they pick up. This information is reported at county, state, national and international levels and serves as a barometer for policymakers.

"The international coordinators write a big report on the state of marine debris and that report has been used for some legislative movement at different levels of government to push for a more well-defined marine-debris policy, which is virtually nonexistent in most states," Glassco said.

Local residents can volunteer at

one of the two sites in Ocean Beach — Dog Beach and the OB Pier. Glassco said the pier site is unique because cleanup will not just be on the sand.

"In OB there's a community aspect to the cleanup," Glassco said. "Instead of sticking to the beach, we'll be heading into the streets and alleys and parking lots, picking up cigarette butts and street trash before the first big rains come."

Locals can also volunteer at the La Jolla Shores cleanup site, which involves both a beach and underwater cleanup. Glassco said this site is important because it is one of 34 areas of "special biological significance" in the state where the ocean is monitored and maintained for water quality.

"It's really important that no human impacts are made onto areas like that, so getting every

piece of trash out before it reaches the ocean in those areas becomes more significant," Glassco said.

Glassco said there is a dearth of volunteers to clean up most of the coastal sites. She encouraged volunteers to pick one of the 42 inland sites if their local site has enough volunteers.

As always, volunteers find treasures in the sand. Among last year's most unusual items were a chainsaw, size-42 pink panties, electrical wires, a syringe, a cowboy hat, handcuffs, car mats and a stop sign.

Volunteers at each site will get ride passes for Belmont Park and raffles will be held to give away tickets to local aquariums and SeaWorld. All supplies for the cleanup will be provided and volunteers will also get snacks and water.

For more information or to register, visit www.cleanupday.org.

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LETTERS TO THE EDITOR

Tribute to homeless man in Pt. Loma appreciated

I would like to thank The Peninsula Beacon and Mr. Howard Jones for the wonderful tribute to Jeff Pastorino ("Good-bye to a dear, misunderstood friend," Sept. 10 Beacon, page 6).

I stopped several times to give Jeff bottled water. He told me his name and I asked if I could pray for him. "Sure," he said, but that was about the extent of our conversation. Every time I went by I said a little prayer for him. I appreciate so much the way that Mr. Jones told us the "rest" of the story. Of course, we will never know the whole story. I am conflicted as I understand that several people tried to help him but he refused assistance, which was his choice. As a society we watch, fear, pray for, try and connect with but ultimately Jeff was left to himself and the elements.

Thank you also to the rest of the Point Loma community that at least cared.

Jean Benthien
Point Loma

about what was happening. That is a matter of some debate, but what I can say is the reason they finally did find out was because one 72-year-old retired engineer and his fiery wife would not give up and they woke everyone up. Jim Gilhooly's name was only mentioned briefly, once, last night and Valerie's name did not come up.

As I stood in the back, I felt this was a glaring omission. I was on the Peninsula Community Planning Board when this subject came up and I met Jim. He is an intelligent man with a great sense of humor and a strong personality and Valerie is his match.

Everyone at that meeting last night owes Jim and Valerie a debt of gratitude because their efforts may have made everyone safer. The methane gas issue is not completely over and the community must keep up the pressure to see that they get what they want. I know Jim and Valerie Gilhooly will be doing that. My personal thanks to you both.

Geoff Page
Point Loma

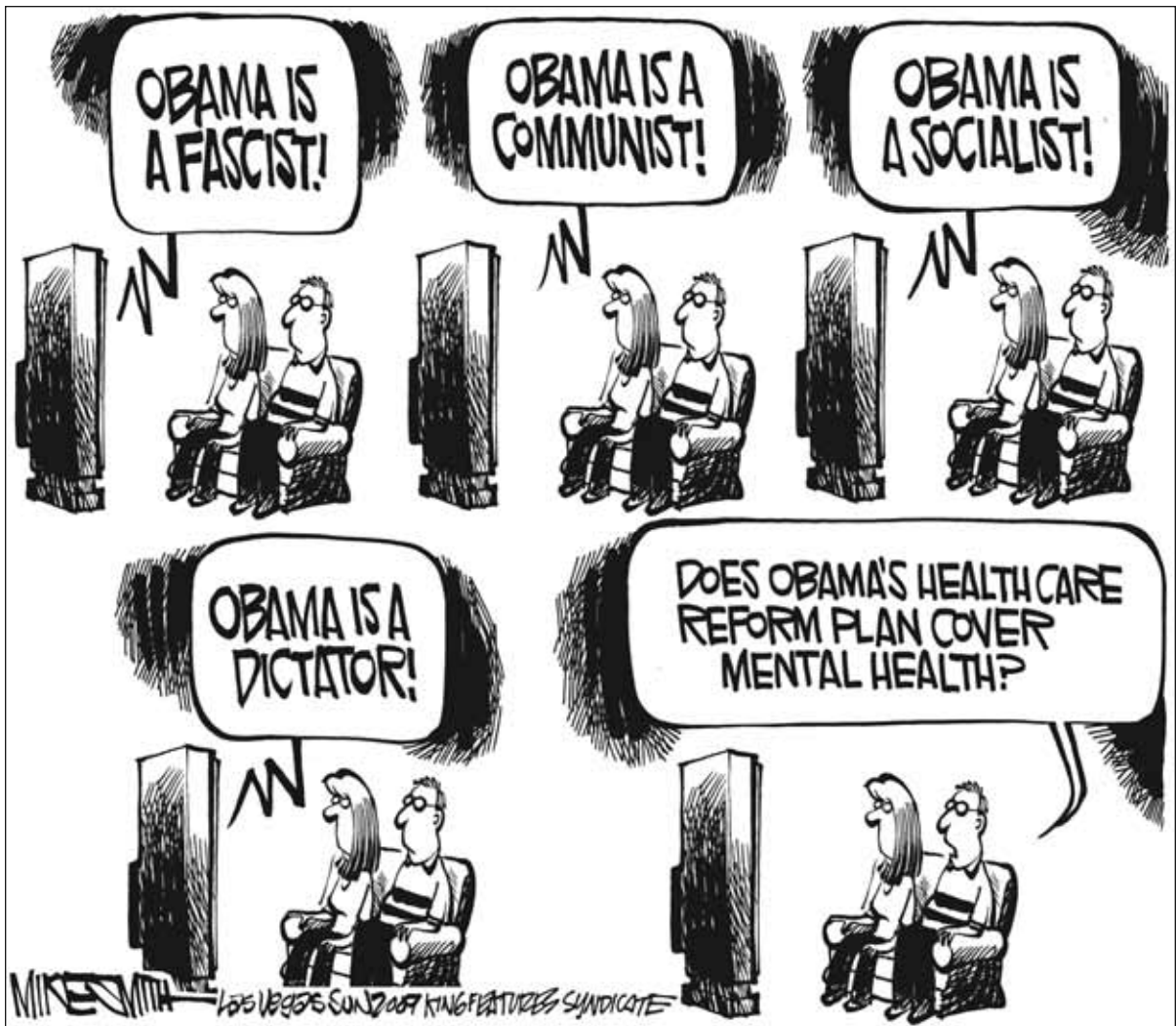
Faulconer's response to trucking concerns lauded

Thanks to District 2 City Councilman Kevin Faulconer for his responsiveness to the wishes of the Peninsula community in connection with the proposed methane-gas recycling. Based on what this writer heard at the community meeting held at the Hervey/Point Loma Branch Library on Sept. 9, apparently Councilman Faulconer was not provided with all the relevant information by the project proponents prior to making his decision to approve the project, including the proposed tanker-truck transport of methane gas from the Point Loma sewage treatment plant to UCSD and the South Bay power-generating stations.

After being fully informed regarding the health and safety risks involved in tanker-truck transport of highly volatile methane gas through residential neighborhoods, Councilman Faulconer has now endorsed the alternative method of gas transport through existing SDG&E gas lines and has firmly committed to NO TANKER TRUCK TRANSPORT through the Peninsula community.

Councilman Faulconer should be commended for his change of position on this issue and his responsiveness to the concerns of the Peninsula community.

Craig Klein
Ocean Beach

**Endorses new plan to pipe gas, not truck it**

I just wanted to make a comment on the proposed solution to the trucking of reclaimed methane gas from the Point Loma Wastewater Treatment Plant. This was a great example of the community coming together and with the support of District 2 Councilman Kevin Faulconer we found a solution.

The Point Loma Association completely supports Councilman Faulconer's proposal to transport the gas through existing SDG&E fuel lines to bypass the trucking option. This plan benefits everyone and protects our community.

Tony Calabrese
Chairman
Point Loma Association

Disagrees with tone of letter writer

I read with interest and increasing alarm the recent letter by Charles Kinkade ("Sunset Cliffs' Ross Rock not a community easel," Sept. 10 Beacon, page 6).

I would like to point out a few of the vituperative comments made by Mr. Kinkade: "Among the parasitic problems in the world ..." "You should clean up your acne..."

Mr. Kinkade made some valid and valuable points with regard to honoring our lovely community and the natural environment we are blessed with. However, I am frightened such a spiteful

person lives in close proximity to me.

Judith Dibble
Point Loma

Families grateful for community outpouring

Thank you to all of you who attended the beautiful paddleout and the celebration of Chris [Wheatley]'s life. We appreciate you taking the time to come and share in the remembrance of Chris.

To the following, we are so grateful for your helping hand in our time of need:

The Beacon
Hodad's
Claudia Jack
Peninsula Graphics
Mesa Reprographics
Surfside Cuisine/Catering
Beach Sweets

Thank you all!

The Wheatley and Charvarria Families
Ocean Beach

MDA Telethon a success – thanks to San Diegans

The results of the Jerry Lewis Muscular Dystrophy Association (MDA) Telethon two weekends ago are proof of something I've believed for decades: The compassion and generosity of the American public is, in a word, unparalleled. Even now, with the tough times our country faces, Americans have opened their

hearts and more to come through for those in need.

The 44th annual telethon was a fantastic success, in no small part thanks to the citizens of San Diego and their generous pledges.

For anyone who hasn't yet made that contribution, it's not too late. Visit www.mda.org and make that pledge while you're thinking about it.

The continued outpouring of support will help MDA provide tens of thousands of people with muscular dystrophy and other related diseases with medical care, specialized equipment, summer camp and support groups.

I want to extend a special heartfelt thank you to the citizens of San Diego for your generosity in helping fuel MDA's lifesaving mission and for creating hope for "my kids."

God bless you all.

Alex Ford
Administrative Assistant
Muscular Dystrophy Association
San Diego

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Have you and your family begun to see relief from the latest recession to grip the local and national economy? Vote through Sept. 22.

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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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Radulovich still pushing envelope 3 decades later

By BART MENDOZA | THE BEACON

San Diego has been home to many versatile musicians with long-running careers, but few have been as chameleon-like as Marcelo Radulovich.

The closest the local music scene ever got to creating something of a David Bowie, the multi-instrumentalist Radulovich has been a cutting-edge performer since the early '80s. He is at home with experimental music, dissonant funk rock or singer-songwriter material and a lot of things in between. On Sept. 18 at 8 p.m., Radulovich performs at Dream Street in singer-songwriter mode — though with a twist. Taking the genre into the future, he will be using electronic backing instead of the traditional acoustic guitar.

"It is a little different," Radulovich said.

While purists might consider such a technological incursion unusual, it's a means to an end for him.

"I use a lot of samples and electronics, but it's so that what you hear onstage is actually similar to what you hear in my recordings."

Radulovich said audiences are often a little surprised to find a singer-songwriter without a guitar or piano. "It is a little strange, but once they get over the oddity of the setup, it goes down smoothly," Radulovich said.

Born in Santiago, Chile, Radulovich was raised in Costa Rica before finally settling in San Diego at age 15. Within two years, he was fronting various bands, hitting paydirt with legendary local quartet Playground Slap. With them, he played a mix of funk, rock and psychedelia, but for the better part of the past two decades, he's specialized in electronic, improvisational and ambient sounds. For Radulovich's current project, he's heading back to his roots.

"I spent years playing experimental music, but I went back to songs, which is basically my true love," Radulovich said. "However, I'm incorporating all that I've learned through those years. As I see it, whenever there are vocals, a human presence, that's what can touch an audience."

Prolific to a fault, Radulovich has released 11 solo albums and more than a dozen collaborative CDs. However, he only plays music from his recent albums "Mercurio" (2007), "Vertigo at Lunchtime" (2008) and his most recent work, "Summer in Winter" (2008).

Even with such a huge discography, Radulovich is quick to point out his favorite among his release.

"I suppose it's a cliché that everyone says their favorite is their most recent, but in this case it's true," Radulovich said. "Part of it is that the album was done so quickly, pretty much ready in a couple of months. That's kept it fresh."

Radulovich notes that, despite nearly three decades as a musician, he's gone back to his earliest musical influences.

"It's a blend of things like T-Rex, '60s songs and so on," he said.

Considering the electronic

nature of Radulovich's music, it may be a bit of a surprise to learn that one of his biggest influences in his new project is Hank Williams.

"When I started to get out of the experimental stuff, I went back to things like Williams, because it brought me back to the guitar, and my music took off again from there," Radulovich said. "After a while, I did some recordings on the guitar and then added electronics back in. I sort of created a blend that brings everything full circle."

After nearly three decades performing, though his music has gone through many changes, Radulovich still enjoys performing as he did in his teens.

"Actually even more now," he said.

According to Radulovich, his recent increase in gigging and writing is all part of an epiphany with respect to his music.

"I've gone through all those phases that every musician does," Radulovich said. "Questioning



The chameleon-like Marcelo Radulovich performs at Dream Street in Ocean Beach on Thursday at 8 p.m.

COURTESY PHOTO

everything. You know, is it all worth it and so on. But I realized that making music is something that I truly love doing. And with

that realization comes the need to take action."

Radulovich will perform on Thursday, Sept. 18 at 8 p.m. at

Dream Street, 2228 Bacon St. The show is for those 21 and up. For more information, visit www.marceloradulovich.com.

"Doctor Regrets Unfortunate Mistake..." And what you should know about it...

Dear friend,

Mistakes are tough. Real tough. But, sometimes an admission can set the record straight, and I want to give credit where credit is due. Before I talk about my mistake, though, let me say a few other things first.

Let me start by explaining the photo in this letter. You know, people usually say, "Oh, yeah, you're Dr. Wong. I've seen your ad with that picture of you and the cute little girl." Let's start with me, the guy on the right.

Thirteen years ago something happened to me that changed my life forever. Let me tell you my story...

Back then I was working part time delivering fresh seafood when I developed an excruciating pain in the middle of my back. In my case it came on suddenly. The pain in my back was so intense that I couldn't bend over, twist, and sometimes I couldn't even button my shirt. I was afraid that I'd lose my job if the disability continued. After seeing a doctor and taking lots of pain medications, the discomfort was still there. I even remember one instance where I just couldn't stand the agony any longer, and I broke down and cried. Knowing I didn't want to take pain killers forever, I was desperate for answers. But, there's more...

A friend of mine convinced me to give their doctor a try. This new doctor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt, it actually felt really good. I got relief, and I could bend over again. It worked so well for me, and I was so impressed with the other 'miracles' I saw in his office, that I eventually went to chiropractic school myself.

Now for Cierra, she's the little girl in the photo. Growing up, she was (and still is) very active. She slipped and hit her head on the sidewalk once before, she's fallen out of bed numerous times and on top of that, she suffered from ear infections. Cierra's been getting adjusted regularly now for over a year and she is as healthy as can be. She knows that her adjustments help her immune system to fight off the "bad stuff" when she's starting to feel a little sick. She loves getting adjusted and it seems like a huge difference to her.

It's strange how life is, because now people come to see me with their health problems. Also they come to me with their headaches, migraines, chronic pain, neck pain,

shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few.



Here's what some of my patients had to say:

* UNSOLICITED TESTIMONIAL *

"I was having so much back pain, neck pain and terrible headaches that affected my job. I was misdiagnosed so many times but now, I live pain free since I've been seeing Dr. Wong. My husband and kids used to call me 'grumpy' but not anymore! Thank you Dr. Wong!"

Signed,

Ligaya A, RN, San Diego, CA.

* UNSOLICITED TESTIMONIAL *

When I first came to Dr. Wong, I was in constant pain and could barely walk up the steps to his office. Now, after being under his care, exercise to strengthen my back and body, I can honestly say that I am pain free! I am no longer taking any pain medication. My bowling game is better and I am now walking about 3 miles a day. I am back to enjoying life as I did before my back problems.

Signed,

Larry D, San Diego, CA

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My unfortunate mistake is that I've neglected to tell people that their bodies heal from within and that taking medications only covers their problems.** My commitment is to tell as many people as

possible about how an adjustment removes nerve pressure, and the body responds by **healing itself**. We get tremendous results. It's as simple as that!

You Benefit from an Amazing Offer - Look, it shouldn't cost you an arm and a leg to correct your health. You are going to write a check to someone for your health care expenses, *you may as well write one for a lesser amount for chiropractic.*

When you bring in this article, you will receive my entire new patient exam for **\$47**. That's with x-rays, computerized testing....the whole ball of wax. This exam could cost you \$270 elsewhere. But, please call **right away** because this offer expires on September 30th, 2009, and I don't want you to miss out. By the way, further care is very affordable and you'll be happy to know that **I have affordable family plans**. You see I'm not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor. **High costs can add up very quickly.**

Great care at a great fee...Please, I hope that there's no misunderstanding about **quality of care** just because I have a lower exam fee. You'll get great care at a great fee. My qualifications...I'm a graduate of the California State University System with a bachelors in biochemistry and then I completed my doctorate at Palmer College of Chiropractic in San Jose, CA. I've been entrusted to take care of tiny babies to elderly seniors, like my grandma and grandpa. After finishing my internship in San Jose, I moved to San Diego to start my own practice. **I just have that low exam fee to help more people who need care.**

My assistants are Cindy and Liz, and they are really great people. Our office is both friendly and warm and we try our best to make you feel at home. Our office is called **GREATER LIFE FAMILY CHIROPRACTIC** and we're in Point Loma at 3689 Midway Drive, Suite G (we are in the Vons shopping center next to 24 Hour Fitness and Sport Chalet). Our phone number is **619-222-8885**. Call Cindy, Liz or myself today for an appointment. We can help you.

Your Friend,

Dr. Henry Wong, D.C.

P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$27** but only before **9-30-09** so call right now!

ADVERTORIAL

Hit-a-thon to net proceeds for youth tennis

By DAVE KENSLE | THE BEACON

Borrowing a page from the successful jog-a-thon model of fundraising, the Barnes Tennis Center in Point Loma will host a hit-a-thon Saturday, Sept. 20 from 10 a.m. to 2 p.m. The event will raise money for the Youth Tennis San Diego (YTSD) programs.

"We have always had an annual fundraiser like a black-tie gala event," said Tom O'Brien, Barnes Tennis Center program director. "This year, we wanted to try something new. So instead of running laps to raise money, our participants will hit tennis balls back and forth."

What adds to the uniqueness of the event is that the people who benefit the most from the dollars raised are also the ones who are participating in the hit-a-thon.

"We have over 200 kids signed up right now and are expecting even more the day of the event with walk-ins," O'Brien said.

In addition, this approach allows many people who normally could not afford a high-end banquet-type fundraiser to be involved too, said O'Brien.

"Asking kids to go out and get sponsors creates a situation whereby those people are supporting the kids in their efforts," he said.

For the hit-a-thon, children will be divided by age into three basic categories, from beginners to those with some experience to those who have played a lot. In the first group, children will have balls tossed to them; the second group will hit with teaching pros and the last group will have children hitting against one another.

Prizes will be awarded to the top hitters in each group.

"This fundraiser is more than just hitting tennis balls," O'Brien said. "We will have face painting, Wii Tennis and table tennis among other activities for kids. For adults there will be a tennis clinic, doubles mixer, fast-serve cage and a silent auction which will be a raffle."

While the activities involve hundreds of people, the objectives of the event are very simple, according to O'Brien.

"We have two goals," he said. "Our primary goal is for everyone to have fun. Our second goal

is to increase exposure of Youth Tennis San Diego facilities and programs."

Walk-ins are welcome, but hit-a-thon participants need to arrive by 10:30 a.m. The hit-a-thon portion of the event begins promptly at 11 a.m.

The fundraiser begins with an exhibition on the stadium court at 10 a.m.

Admission and parking are free. There will also be a food booth with items for sale.

Youth Tennis San Diego is a nonprofit organization whose purpose is to promote the educational, physical, and social development of all youth through organized tennis and educational activities.

Community programs encourage youth participation, personal integrity, leadership and competitive spirit in a friendly environment that builds responsible citizens.

The Barnes Tennis Center is located at 4490 West Point Loma Blvd.

For more information, call (619) 221-9224, or visit www.barnestenniscenter.com.

Elite female golfers to take on Torrey Pines

By ANTHONY GENTILE | THE BEACON



Samsung defending champion Paula Creamer shows her trophy from last year. This year's tournament is Sept. 16-20 at Torrey Pines Golf Course.

COURTESY PHOTO

Twenty of the best female golfers in the world are hitting the links at Torrey Pines this week for the Samsung World Championship.

The 29th annual event began on the South Course on Sept. 16 and will run until Sunday, Sept. 20.

"Samsung is a wonderful event for us," defending champion Paula Creamer said. "We view it as one of the top tournaments and one of our best tournaments that we play in."

The Samsung World Championship is a 72-hole stroke play tournament with no cuts and a purse of \$1 million. It is the first LPGA Tour event in San Diego since 1993 and the first at Torrey Pines since the Inamori Classic in 1983.

The field for the Samsung World Championship features 20 elite female golfers, including Creamer, three-time LPGA Player of the Year Lorena Ochoa, winners of each of this year's major tournaments, the leading money winner from both the LPGA and Ladies European tours and the top money holders on this year's tour. Creamer said the competition is what makes the tournament exciting.

"You can't get any better than that — that's what you want to go against, that's what you want to win against," Creamer said of the field.

A unique aspect of the Samsung World Championship is that it is not played at the same course each year. Last October, Creamer won at Half Moon Bay Golf Links in northern California, and in 2007 it was held at Bighorn Golf Club in Palm Desert.

"It's exciting, it's different," Creamer said. "I loved Half Moon Bay, but I'm going to have to love it here more. I'm excited to be here — Torrey Pines is a great golf course."

Creamer has never played Torrey Pines. She said she is looking forward to playing the course and will study tape from last year's U.S. Open during her preparation to get an idea of how the course might play.

"Men's golf is so different from women's golf, but I got the gist of the golf course and you have to hit it in the right spots," Creamer said. "That's what it comes down to and that's something that is one of the strengths in my game — I can control the ball pretty well on the golf course and give myself good birdie opportunities."

The Samsung World Championship kicked things off with the Pro-Am Competition on Wednesday, Sept. 16. The four rounds of championship play will be held from Sept. 17 to 20, with an awards ceremony following play on the final day.

Tickets for rounds on Thursday and Friday are \$24 in advance and \$29 at the gate, and tickets for Saturday and Sunday's rounds are \$29 in advance and \$34 at the gate. A five-day ground pass is available in advance online for \$83, and corporate skybox packages for the tournament are also available. Children 17 and under are admitted to the tournament free with a paying adult, and parking is \$5 per vehicle each day.

For tickets or information, visit www.samsung.com/golf.

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Experienced broadcast teams in place to cover '09 NFL season

By **BOB HURST** | THE BEACON

A wealth of experience will flow from NFL television analysts again this year, with a variety of former coaches and players. Here's a look

CBS NFL Today – hosted by James

at some of the broadcast teams for the upcoming NFL season.

Brown, with analysts Dan Marino, Bill Cowher, Boomer Esiason and Shannon Sharpe. CBS' top broadcast teams include Greg Gumbel and Dan Dierdorf; Dick Enberg and Dan Fouts, and Jim Nantz and Phil Simms.

Former NFL players Lynch and Green are new to the team this season.

NBC *Sunday Night Football* – hosted by Bob Costas with former Indianapolis Colts coach Tony Dungy, former Chargers and New England safety Rodney Harrison, Tiki Barber, Keith Olbermann and Dan Patrick as analysts. Al Michaels and Cris Collinsworth (replacing John Madden) will team up for the broadcast.

FOX *FOX NFL Sunday* – co-hosted by Curt Menefee and Terry Bradshaw, with analysts Howie Long, Jimmy Johnson and Michael Strahan. Top teams will be Joe Buck and Troy Aikman; Ron Pitts and John Lynch, and Chris Myers and Trent Green.

ESPN Mike Tirico and Ron Jaworski will be joined this season on *Monday Night Football* by former Tampa Bay coach Jon Gruden, who replaces Tony Kornheiser. A fear of flying grounded Kornheiser.

NFL NETWORK Former NFL player and Detroit Lions general manager and team president Matt Millen will join Bob Papa in the booth for the NFL Network games that will be telecast beginning Thursday, Nov. 12.


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September A Look Ahead

COMMUNITY/CIVIC

Today, Sept. 17, 7 p.m., regular monthly meeting of the Ocean Beach Historical Society. The featured speaker will be author Richard Carrico, who will present "Presidio of San Diego: Abu Ghraib, Guantanamo Bay or Citadel of Civilization." The meeting takes place at the Point Loma United Methodist Church, 1711 Sunset Cliffs Blvd. For more information, call (619) 225-1753, or visit www.obhistory.wordpress.com.

Today, Sept. 17, 6:30 to 8 p.m., the Jenna Druck Foundation's Families Helping Families group hosts a free grief education workshop addressing the clinical state of "complicated grief." The workshop takes place at 2820 Roosevelt Road, Suite 200 at Liberty Station. For more information, visit www.jennadruck.org.

Saturday, Sept. 19, 8 to 11 a.m., the Sunset Cliffs Surfing Association, Sunset Cliffs Natural Park Council and I Love a Clean San

Diego host a cleanup at Sunset Cliffs Natural Park. Participants are urged to bring gloves, collection bags and wheel barrows. For more information, call (619) 246-9018 or (619) 222-3264, or visit www.scsasandiego.com.

Saturday, Sept. 19, 8 to 11 a.m., the Kiwanis Club of Ocean Beach and OB Recreation Center host the annual "Ocean Beach Fishing Derby" for parents and children. Bait is supplied but participants must bring their own fishing gear. There are prizes for the several categories. The event takes place at the OB Pier. For more information, visit www.oceanbeachkiwanis.org.

Saturday, Sept. 26, 9 to 11:30 a.m., the Jenna Druck Foundation

SEE CALENDAR, Page 11

Clubs, Bars & Music Scene

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|---|--|
|  <p>1925 Bacon St. O.B. 619-223-7381</p> | Every Day: Happy Hour 4:30-6:30pm Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer | \$3 food, wine, well drinks, 1/2 price pitchers. Watch MLB Here! \$4 wings \$8 Domestic Pitchers | Late Night Munchies 11pm-1am \$3 Appetizers | \$4 Smirnoff shot anytime | ESPN GAME PLAN & NFL SUNDAY TICKET ON OUR BIG SCREEN TVs Open 9am for Breakfast & Drink Specials | |
|  <p>5028 Newport Ave. O.B. 619-222-0722</p> | Happy Hour 5-6pm 1/2 Price Pitchers \$2 off All Pitchers all night | 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 Watch MLB here! | Happy Hour 5-6pm 1/2 Price Pitchers ESPN GAME PLAN & NFL SUNDAY TICKET | Happy Hour 5-6pm 1/2 Price Pitchers \$2.75 Bloody Marys \$3.75 Margs, \$2 PBR's \$8 Bud Pitchers |
|  <p>5034 Newport Ave. O.B. 619-223-0558</p> | Every Day: Happy Hour 5-7pm everyday. \$1 off U-call it 8pm-1am | \$1 off Well Drinks, \$2 off Martini's, 1/2 price pitchers Watch MLB here! \$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 ESPN GAME PLAN & NFL SUNDAY TICKET ON OUR BIG SCREEN TVs | \$2.75 bloody mary's all day |
|  <p>5083 Santa Monica Ave. 619-222-PIER</p> | 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 | 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 |
|  <p>5046 Newport Ave. 619-222-5300</p> | All day, every day: \$3 Newcastle Ale & \$3 Landshark pints Nightly Specials: After football Open mic with Jody Wood \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers | Nightly Specials: Game night w/giant Jenga, Wii & full Rockband competitions \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers | Nightly Specials: Hip hop night Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers | HALFWAY TO PADDY'S DAY PARTY! \$3 Green Beer Green Drinks Carbombs | Nightly Specials: Jason Otts acoustic show-case 6-9pm, Likewise, DJR2. Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers | Nightly Specials: Irish night w/ live band \$3 Mimosas, Bloody Marys & Beers Football package w/ surround sound and FREE food |
|  <p>4993 Niagara Ave suite 103 619-222-1722</p> | Happy Hour ALL DAY MONDAY & Tues-Fri 2-6pm Happy Hour ALL DAY 11am-close | \$2 PBR's, \$3 house Margaritas/Micros, \$2.50 Tacos \$5.25 wings, sliders or nachos Crab Races: 6:30-9pm \$50 cash prize, \$7 Burger and any Beer-ALL DAY | Pitcher Night: 4-close \$10 pitchers 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 Mimosas, \$4 Screwdriver/ Tequila Sunrise Brunch 10am-3pm Brunch 10am-3pm Normal Brunch specials. 4pm-close \$1 PBR drafts, \$10 Pitchers drafts/ margaritas |
|  <p>2562 LANING ROAD 619-876-5000</p> | Every Day: Happy Hour 3-7pm Oggi's Stix Night \$3.95 (additional toppings extra) | 1/2 off appetizers, \$1.25 off Pints, \$1.50 off Pitchers, Drink Specials Spaghetti Tuesdays All you can eat Spaghetti | Wing Night Wednesday Killer or Honey BBQ Wings \$.75 each | \$3 Thursdays Select Personal Appetizers | Freaky Friday Select Drink Specials | Social Saturdays Select Drink Specials Family Fun Day Large 2 Topping Pizza or Pasta w/ marinara. Family House or Ceaser Salad w/ 4 Breadsticks & Pitcher of Soda \$30 |

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CALENDAR

CONTINUED FROM Page 10

presents a young women's leadership and multimedia event, "Peer Pressure: Learning to Stay Connected to Your Truth." The event features special guest David Fernandez of "Teen Truth Live." The event takes place at 1936 Quivera Way at Marina Village. Registration is \$5 with scholarships available. For information or to register, visit www.jdleadership.org.

SCHOOLS

OCEAN BEACH

• Monday, Sept. 21, 4th-graders to Old Town all week.

LOMA PORTAL

• Today, Sept. 17, 5:30 p.m., Back to School Night.
• Monday, Sept. 21, 8:35 a.m., Run for Life begins.
• Friday, Sept. 25, 9:15 a.m., parent coffee with the principal.

SILVER GATE

• Friday, Sept. 18, 7:15 a.m., Student Council "Welcome Back Breakfast" in auditorium.
• Tuesday, Sept. 22, 4 to 9 p.m., FSG fundraiser at Corvette Diner at Liberty Station.
• Friday, Sept. 25, 7:45 a.m., principal's chat for all parents in library.

SUNSET VIEW

• Through Sept. 18, 4th-graders to Old Town.
• Tuesday, Sept. 22, school pictures.
• Tuesday, Sept. 22, kickoff dinner.

ner.

WARREN-WALKER

• Through Sept. 18, middle school Outdoor Education Week.
• Friday, Sept. 18, welcome-back barbecue on campus for pre-kindergarten, junior kindergarten, kindergarten and 1st grades.

WORDWIDE LANGUAGE CENTERS

• Today, Sept. 17, 10 a.m., guest speaker series features Mike Hardin, owner of Hodad's restaurant. The event takes place at 4843 Voltaire St. For more information, call (619) 222-6411, or e-mail study@wordwide.us.

SENIORS

Thursday, Sept. 24, 10 a.m., Sunset Cliffs Seniors meet for a morning of fellowship and fun. Blood pressure checks run from 10 to 11 a.m., with chair exercises from 10:30 to 11 a.m., fellowship from 10 to 11 a.m. and the Paragon Jazz Band program from 11 a.m. to noon. Lunch is served at noon for \$5. Reservations are required by calling (619) 223-1640 by Tuesday, Sept. 22.

ARTS & ENTERTAINMENT

Saturday, Sept. 19, 7 to 11 p.m., All Souls' Episcopal Church hosts "The Hollywood Canteen." The dance features the Elktones, an 11-piece band. There will be prizes for dance and the best 1940s costume. Refreshments and dessert will be served. Tickets are \$15 by advance purchase. The event takes place at the church, 1475 Catalina Blvd. For information and tickets, call (619) 224-2485, or visit www.allsouls.com.

tion and tickets, call (619) 224-2485, or visit www.allsouls.com.

Sept. 19-20, 10 a.m. to 6 p.m., Old Town Art Festival featuring colorful art, live music, international food and exotic wines. For more information, call (619) 233-5008, or visit www.oldtownartfestival.com.

Sunday, Sept. 20, 4 p.m., The Kensington Trio opens the Music on the Point season with a performance at All Souls' Episcopal Church, 1475 Catalina Blvd. There is a \$5 donation with a reception to follow. For more information, call (619) 223-6394, ext. 13, or visit www.allsouls.music@gmail.com.

Sunday, Sept. 20, 7:30 p.m., the Holy Trinity Concert Series features world-renowned piper Paddy Keenan with guitarist/vocalist Fionn O'Lochlainn at the Holy Trinity Parish Hall, 2083 Sunset Cliffs Blvd.. Tickets are \$18 in advance, \$20 at the door. For more information or reservations, call (858) 689-2266, or visit www.concerts@holyltrinityob.com.

Through Nov. 1, Visions Art Quilt Gallery presents the works of Emily Richardson. An artist's reception is slated for Friday, Sept. 4 from 5 to 7 p.m. Richardson will also conduct a workshop, "Painting and Composition," on Saturday, Sept. 5 from 10 a.m. to 4 p.m. with a lecture and tour the same day from 1 to 2:30 p.m. (\$10 at the door and lecture is included in the workshop). The gallery is located at 2825 Dewey Road at Liberty Station. For more hours and information, call (619) 546-4872, or visit

www.quiltvisions.org.

VENUES

Cane's Bar & Grill, 3105 Ocean Front Walk, (858) 488-1780
• Today, Sept. 17, 8 p.m., Pas-safire performs with Revival, Cuali and Uproot. Tickets are \$10.
• Friday, Sept. 18, 9 p.m., Wild

Child (Doors tribute band) performs. Tickets are \$15.

• Saturday, Sept. 19, 8 p.m., Guttermouth performs with Mover, Authentic Sellout and Electric Dynamite. Tickets are \$15.
• Wednesday, Sept. 23, 8 p.m., Living Colour performs with Into the Presence. Tickets are \$22.

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COASTAL HOME IMPROVEMENT

How to Convert from Cavernous to Cozy

Though too much space sounds like the kind of problem many renters and homeowners would love to have, a large open space in a home can prove problematic. Oftentimes, the biggest complaint such spaces elicit from homeowners is the antiseptic feeling they create. Rather than the cozy feel many people prefer

in a home, larger rooms often feel cavernous and cold. While homeowners might not care to or have the money to reduce the size of such rooms, there are ways to make a large room seem less spacious and more cozy and comforting. When it comes to accessories, choose artwork. Apartment

dwellers are fond of hanging mirrors to make smaller rooms appear larger. Why does this work? Because mirrors reflect light and make a room appear longer. But the last thing a room that already appears long and expansive needs is a mirror to make it seem even larger. So rather than hanging a mirror, hang artwork. Throw rugs on the floor can make a room appear less spacious as well. Rearrange the furniture. Furniture that is far apart also gives the impression that a room is cavernous. Therefore, when rearranging the furniture, it helps to cluster seats together. This will not only help a room seem more cozy, but it will make having conversations in the room easier and promote the room's use as a result.

Consider the color scheme. Color plays a significant role in a room's ambiance as well. For instance, lighter colors make a room seem larger, while darker colors do the opposite. Though darker colors can tighten up a room, it's best to avoid going entirely with dark colors. Doing so can actually give the room a negative, suffocating vibe. Balance the colors as much as possible to ensure spending time there is enjoyable and comfortable.

Practice proper papering. Just like the color of furniture and paint contribute to how a large room feels, the wallpaper can as well. Larger rooms should not have wallpaper with stripes, be they horizontal or vertical stripes. That only makes a room seem longer. Wallpaper with tiny little patterns should be avoided as well. Chances are, such patterns in a large room will make things difficult on your eyes when sitting in the room for an extended period of time.

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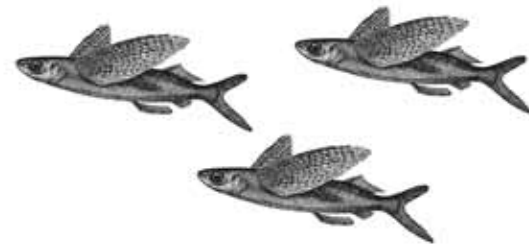
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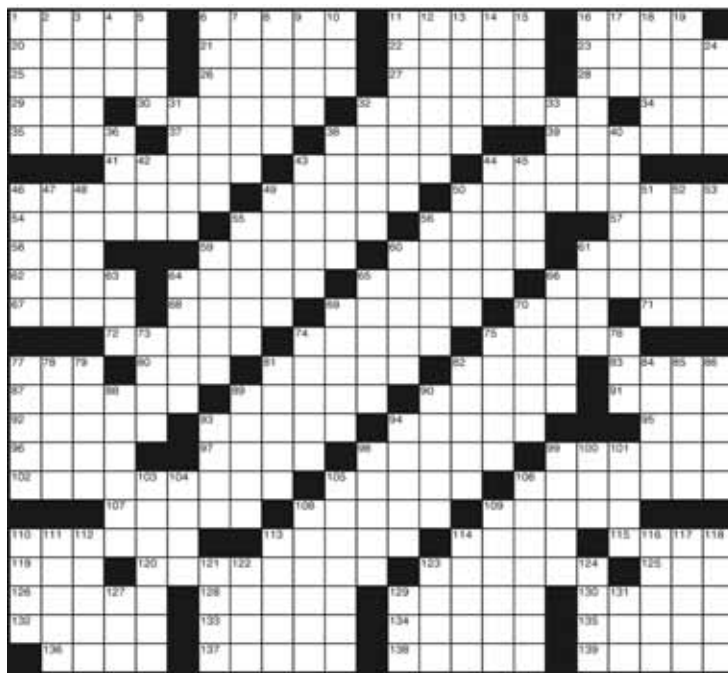
ACROSS

- 1 Place of refuge
- 6 Custom
- 11 Frenzied
- 16 Allows
- 20 Far too heavy
- 21 Cognizant
- 22 Loos or Bryant
- 23 Put up
- 25 Not wordy
- 26 Boca -
- 27 Deals with successfully
- 28 Kayak
- 29 Railways on trestles
- 30 Grow dim
- 32 Goods that are sent
- 34 Eagle
- 35 Frond
- 37 Told a tale
- 38 Lustrous
- 39 Ejected
- 41 Of a grain
- 43 Intone
- 44 Demi or Dudley
- 46 Aspiring actress
- 49 Push
- 50 Affection
- 54 The heart
- 55 English county
- 56 Be unsuccessful
- 57 Concerning (2 wds.)
- 58 Ratite bird
- 59 Disagreeable job
- 60 Posh
- 61 Velocity
- 62 Vote against
- 64 Sailing vessel
- 65 - blancher
- 66 South Dakota's capital
- 67 Paradise
- 68 Oafish one
- 69 Idaho's capital
- 70 Distant
- 71 Naval officer (abbr.)
- 72 Contort
- 74 Jeer at
- 75 Pasted
- 77 To and -
- 80 Playing card
- 81 Regretful
- 82 Mardi -
- 83 Not definite
- 87 Bring back into use
- 89 Jersey
- 90 Feel about in the dark
- 91 Merriment
- 92 Silly
- 93 Where Bologna is
- 94 Gown
- 95 Winglike part
- 96 Breaks a fast
- 97 Trucks
- 98 English poet
- 99 The universe
- 102 Somnambulate
- 105 Big blood vessel
- 106 Clothing
- 107 Hoisting device
- 108 Investigation
- 109 Casuals or Picasso
- 110 Affair
- 113 Hard to please
- 114 Japanese wrestling
- 115 Incandescence
- 119 Go wrong
- 120 Tea and -
- 123 Entices
- 125 Your and my
- 126 Sign of the Zodiac
- 128 Nest
- 129 Skin layer
- 130 Act badly
- 132 - Dame
- 133 Bovine creature
- 134 Avid
- 135 Goes up
- 136 Unwanted plant
- 137 Toy bear
- 138 Food fish
- 139 Put forth effort

DOWN

- 1 Motor lodge
- 2 White poplar
- 3 Vice -
- 4 Curved letter
- 5 Poverty
- 6 - Beecher Stowe
- 7 Stop snoozing
- 8 With - breath
- 9 Golf club
- 10 Wallet item
- 11 Adding or washing
- 12 Apply oil ceremonially
- 13 Cold
- 14 Particular
- 15 Instance
- 16 Professor's talk
- 17 Time
- 18 Doctrine
- 19 Make points
- 24 Look after
- 31 Modify
- 32 Use a straight razor
- 33 Middy

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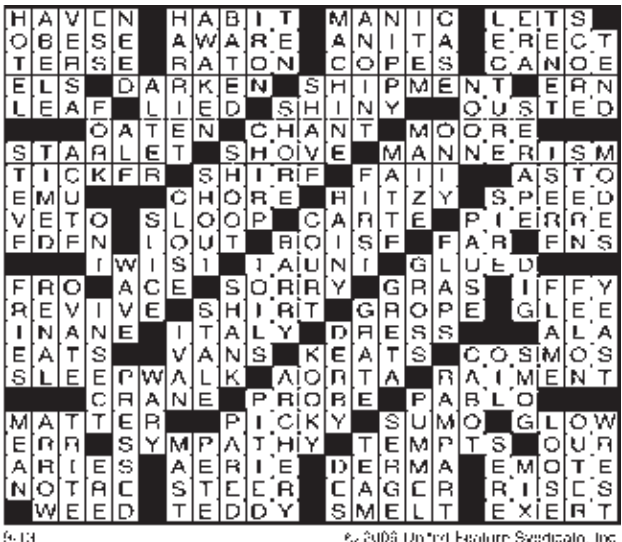
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