



THE PENINSULA BEACON

DEADLINE EXTENDED

VOTE 'TILL OCT. 13

READERS
CHOICE
AWARDS
RETAIL/SERVICES
2009

VOTE ONLINE AT

PeninsulaBeacon.com

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, OCTOBER 1, 2009

WWW.SDNEWS.COM ■ VOLUME 24, NUMBER 37



Heating things up with solar energy

Visitors packed Liberty Station over the weekend to check out the latest solar-powered inventions and gadgets during a “green” show hosted by the Center for Sustainable Energy. A mother and daughter, top photo, check out one of the collapsible solar cookers capable of handling turkey breasts, stuffing, corn on the cob, soups, stews and other dishes. Lower left, even children got a taste of renewable energy with solar-powered miniature race cars. Right, a visitor checks out a device that can cook eight hot dogs at a single time.

COURTESY PHOTOS BY JIM GRANT

High-speed rail plan gets back on track

Lindbergh Field stop among proposals

By ADRIANE TILLMAN | THE BEACON

San Diego residents will have the chance to weigh in on the three proposed routes for the California High-Speed Rail line that is expected to run from Los Angeles to San Diego by 2019.

The state is planning to construct a high-speed train that will ultimately run from San Francisco and Sacramento to San Diego.

The railroad line is being planned in eight segments by the

California High-Speed Rail Authority with input from regional planning groups.

Three meetings will be held, on Oct. 13, 14 and 15, for the public to comment on the three proposed routes that will stop in University City and then continue downtown. The meetings will feature various information booths — rather than a lecture presentation — to discuss environmental issues, stations, the

SEE RAIL, Page 7

Beach restroom demolished, redesigns on drawing board

By SEBASTIAN RUIZ | THE BEACON

Ocean Beach community leaders are taking ideas for the design of the new Brighton Avenue restroom after the decades-old structure was demolished recently.

The restroom — referred to by city officials as a “comfort station” — is now slated for reconstruction.

The city condemned and demolished the old facility about a month ago because of its crum-

bling and dangerous condition, according to city officials.

The Ocean Beach Town Council (OBTC) has now formed a subcommittee of members from the Ocean Beach Planning Board, the Ocean Beach MainStreet Association and town council members to take ideas and make recommendations to the city, although the timelines are as yet unclear.

“We’re looking for community input,” said OBTC president Jim

SEE RESTROOMS, Page 7

Sport arena, 43, poised for \$2.5 million face-lift

By BART MENDOZA | THE BEACON

San Diego has many wonderful entertainment facilities within its borders, but none matches the San Diego Sports Arena for either iconic status or history. The landmark opened Nov. 17, 1966, and through the decades has hosted everything from sports franchises to circuses and from showy ice skating to rodeos.

The facility holds 10,000 to 15,000 patrons, depending on seating configurations. As a music venue, the facility is legendary, having played host to scores of icons, including Elvis Presley, U2, The Rolling Stones and Led Zep-

pelin, with more artists added to the list each year. The building can be seen in numerous live concert DVDs as well as in films ranging from “Wayne’s World 2” to “Almost Famous.” Upcoming concerts include Barry Manilow (Oct. 18), Kanye West (Nov. 11) and KISS (Nov. 27).

The 43-year-old arena is now poised for a face-lift and will be undergoing a \$2.5 million renovation that will include new restrooms, replacement of all lower-level seating and LCD televisions throughout the outer concourse and concession stands. The retrofit includes the backstage areas, which now includes star

suites for performers in addition to sports team locker rooms.

The catalyst for the upgrades is international sports, entertainment and venue organization AEG Live, which became a majority-owner partner in 2008.

“AEG believes that the entertainment experience should be better, meaning aesthetically, meaning parking, meaning concessions,” said Ernie Hahn, general manager of the sports arena. “We are going to now be more state-of-the-art than any of our competition in San Diego that is doing concerts and entertainment

SEE ARENA, Page 5



The San Diego Sports Arena will soon be getting a \$2.5 million makeover that will include a 6,500-square-foot state-of-the-art membership-only club, shown as it is envisioned in this artist's depiction of the planned Club 3500.

Invest for the Second Half of 2009

While many tough days certainly remain for the economy, the backdrop has improved and the forward-looking market appears poised to begin recouping its 2008 losses.

LPL Financial

Chip Messenger

Investment Representative • CA Insurance Lic. #0c84814

4835 Voltaire St.
Ocean Beach, CA 92107
chip.messenger@lpl.com

619.573.4738 office
866.686.8143 toll free
619.573.4758 fax

Member
FINRA/SIPC



Residents, officials note dangers of floating alcohol parties



Large crowds, using devices such as this, took part in floating parties on Sail Bay at Mission Bay during the Fourth of July and Labor Day weekends to get around San Diego's beach alcohol ban.

By **SEBASTIAN RUIZ** | THE BEACON

A large alcohol-oriented floating party on Mission Bay, drawing an estimated 2,500 Labor Day weekend participants who floated around the beach alcohol ban Sept. 5, still has residents talking.

Dubbed "Floatopia" after a similar event thrown by college students in Santa Barbara, the recent Mission Bay version left some neighbors wading through trash, concerned about safety and worried about the event's environmental impact.

The bay is home to sensitive eelgrass habitat, which can be disturbed by boats.

Some residents, like homeowner and six-year Sail Bay resident Rosalie Schwartz, were annoyed with the trash and safety hazards.

"It's not a huge issue one or two days out of the year. It wasn't a problem the rest of the (Labor Day) weekend ... if it would happen all the time then it would be an issue," Schwartz said. "It's the health and safety (problems) that's my main concern."

Patricia Benesh, a Pacific Beach resident of 16 years, lives near the bay and walks it often. She said she noticed beer cans and potato chip bags floating days later.

"What if hordes of people came to your neighborhood to drink? That's what's happening," she said.

San Diego Police Department officers handed out 52 citations for mostly alcohol-related and littering violations. Police arrested

two during the event, Assistant Chief Shelley Zimmerman said.

San Diego Lifeguard Services also trotted out extra resources, including three lifeguard boats to handle the crowds. Lifeguards performed 18 rescues, including two separate critical incidents, according to Lifeguard Sgt. John Strandmeyer with the boating safety unit.

"We had to drag (one male) out of the water, monitor his airway and transport him to an ambulance," Strandmeyer said. "He couldn't stand or swim and was in danger of drowning."

Lifeguards found another, a female, intoxicated, "nearly unconscious" in the water and transported her to a hospital, he said.

Small groups gathering in coves around the bay are not the problem, Strandmeyer said. It's when thousands get together with the purpose to drink when safety becomes an issue, he said.

The issue surfaced briefly at a recent Pacific Beach Town Council meeting, where police officials said they don't expect another flotilla until spring and summer.

But because drinking on floating devices such as innertubes on the bay does not violate the city ordinance prohibiting drinking on the sand, the most concerned residents find themselves swimming against the tide.

While neighbors feel the heat of thousands converging at Fanuel Park and Sail Bay, organizers of the event, networking through Internet social networking sites Facebook and Twitter,

could also find themselves in hot water.

Zimmerman said the department will try to recover the cost of public safety staffing for the unpermitted event from the organizers.

City special event regulations require event organizers pay for extra police during large events at a cost of about \$75 an hour per police officer or lifeguard, according to city documents.

An organizer of a previous flotilla in August called "Inner-tubapalooza" denied affiliation with the September party.

Floatopia organizer Joe Schonert confirmed the events are not connected.

The 24-year-old East County resident said he's not worried about police calling him and that he shouldn't be held liable if other people leave trash behind. He said the group plans to continue the event on a monthly basis as long as weather permits.

"We're not really doing anything illegal," Schonert said. "More or less it was about being able to return to the beach and legally enjoy a beverage."

District 2 City Councilmember Kevin Faulconer declined comment. Office Communications Director Tony Manolatos said the councilmember's office received about half a dozen calls and complaints about the party.

Faulconer pushed for the 2-year-old beach alcohol ban. City voters approved a permanent prohibition in November after a temporary ban took effect in November 2007.

Experience Matters!



Lani Furrows
Vice President Retail Mortgage
Senior Loan Officer

Bank of America

(619) 316-3106

DEDICATION ~ TRUST ~ PRIORITY

Everything You Want
From Your
Title Company & Representative



Fidelity National Title

Tom Chapman
(619) 301-0188



Mark Winkler & Associates
2850 Womble Rd., Ste 102 • San Diego, CA 92106

Experience Gets Results!



Mark Winkler



Sue FitzGerald



Markus Feldmann

MORE THAN ASKING



**IN ESCROW
IN 12 DAYS!**

10445 STRATHMORE - \$369,000

MULTIPLE OFFERS!



**IN ESCROW
IN 15 DAYS!**

4461 LONGBRANCH - \$650,000

Call Today!
(619)223-LIST (5478)

For all your Real Estate Needs!

Windermere
REAL ESTATE
Pacific Coast Properties

Visit our web site
to get access to
all MLS listings.

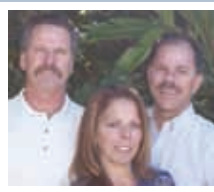
www.mwinkler.com

*Point Loma
Village Florist*
**3021 Canon Street
San Diego, CA 92106**
619-222-7646

Half Price Sale!

Selected Giftware, Containers & Candles

Real Ideas. Real Service. Real Results! Put Our Realtors® to Work for You Today!



THE GHIO GROUP
Joseph G. Ghio
Louann Ghio
Sal DeMaria
619-261-1412
jg@prusd.com
www.TheGhioGroup.com

One-of-a-kind detached Condo
with Spectacular views.
2 bd/2ba with 1-car garage.
Private Front and Backyards.

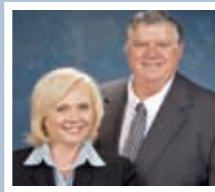


DRE 090036845



Rosamaria Acuña
619-890-2828

Point Loma, 3br - FIXER, SHORT
SALE, BANK NEEDS OFFER!
Here's a great entry level home (subject to
bank approval) in Point Loma. This is the
cheapest home in the neighborhood. First
time buyers don't miss out on the
\$8000 tax credit.



Fred & Kathleen Studer
619-225-5542
StuderTeam.com

Beautiful Pt. Loma view home, 4BR, 3BA,
gourmet kitchen, private street, park your
boat, granny flat on ground level.
3132 Quimby, \$899,000



DRE 01039766-01110180



Paul Hartley
619-222-7443
paul@paulhartley.com
www.PlanetHartley.com

WOW! 4 units at the Beach, just blocks
to the surf for under a million! Live at
the beach in one of the four units while
the other three units pay the mortgage.
Make an offer! Creative seller will
entertain offers!



DRE 00606758



2920 Canon • 2830 Shelter Island Drive

An independently owned and operated member of the Prudential Real Estate Affiliates.

Getting in touch with history

Caroline McColloch of Oceanside, left, watches as her sons Jack and Hunter try on historic costumes during the Cabrillo Festival at Cabrillo National Monument on Sept. 26. The two-day celebration is held annually to commemorate the discovery of the San Diego area by Juan Rodriguez Cabrillo in 1542. Cabrillo is believed to have landed at what is now Ballast Point in Point Loma. PHOTO BY MARIA EPSTEN | THE BEACON



Mysterious smell doesn't pass sniff test with neighbors

By SEBASTIAN RUIZ | THE BEACON

A pungent, natural gas-like stench that reportedly wafted through the communities of Ocean Beach and La Playa and apparently was detected by sniffers as far inland as the Midway District on Sept. 3 prompted several hundred calls to San Diego Gas and Electric Company (SDG&E) and local authorities to investigate the source.

San Diego Fire and Rescue Department spokesman Maurice Luque said city crews, SDG&E technicians and San Diego County Department of Environmental Health officials could not find anything unusual.

Officials determined the smell came from "rotting vegetation from the San Diego River at low tide, probably made worse by the warm temperatures that day," Luque said.

But La Playa resident John Ahlering said he thinks the stench may have come from the ongoing demolition and construction of fuel tanks at Naval Base Point Loma. Ahlering lives adjacent to Navy

property and close to the tanks. He said similar smells often come from the routine venting of the fuel tanks themselves.

He added that the combination of rotting vegetation and ongoing fuel tank demolition/construction may have caused the surrounding community's alarm bells to go off.

"[As] an anesthetologist, I know it's not dangerous to smell low levels of gas," Ahlering said. "But this was definitely a hydrocarbon smell."

While many in the surrounding communities reported the stench on the day the Navy began construction around a protective shell surrounding the tank, Navy representative Bob Page said the tank that was scheduled for demolition was not even opened until the next day, Sept. 4.

"We did a thorough investigation and we don't have an answer for the actual smell," Page said. "[But] the tank did not actually open until Friday so the scent did not come from us."

Page said the Navy informs neighbors about important construction dates and times by way of

letters to neighbors in surrounding communities.

Ahlering said he was informed of the ongoing construction but added that construction crews started earlier than the notified date and went about an hour past the time that construction is scheduled to stop for the day. This happened at least once so far, Ahlering said, adding that he thinks the Navy should be more considerate of neighbors during construction of the new fuel tank system.

The new P401 fuel tank system is supposed to replace an older tank system built during the World War II era, according to Navy officials. At least one of the older tanks has been known to leak in the past, causing an underground fuel plume near the San Diego Bay and underneath at least one home adjacent to the base.

Navy officials could do more to mitigate any possible fuel leaks into the bay as well as reduce inconveniences to neighbors, Ahlering said.

"My main concern is that the Navy has not been very nice," Ahlering said.

Future of SAIC's Point Loma location clouded

By SEBASTIAN RUIZ | THE BEACON

Science Applications International Corp. (SAIC) will move its corporate headquarters from the University City/La Jolla area to McLean, Va., nearer to Washington D.C., leaving the future of the company's Point Loma location unclear. The relocation was made because the defense and engineering company maintains its largest concentration of staff at about 17,500 employees, said officials.

SAIC executives said they also plan to relocate 20 San Diego-based corporate positions to McLean by the summer of 2010.

The relocation affects mainly corporate functions and will leave much of the San Diego workforce unscathed for now.

"In the long term, it may mean a reduction in owned or leased space at our Campus Point offices, which is also in keeping with SAIC's overall plans to improve facility densi-

ty and use of space," said SAIC spokesperson Melissa Koskovich in a written statement.

And with several offices spread through University City, Point Loma, Camp Pendleton, Vista and Poway, the company may move additional staff if "company leadership determines it is in the best interest of the company," Koskovich wrote.

About 4,300 employees work in the company's San Diego offices, including approximately 900 corporate staff.

The Fortune 500 company's move will create 1,200 new jobs in the Virginia region over the next three years, said Virginia Gov. Timothy Kaine during a press conference last week.

SAIC was founded by J. Robert Beyster 40 years ago in La Jolla and has grown to employ about 45,000 total employees.

Beyster retired as chairman of SAIC's board of directors in 2004.

County attorney cites '08 accomplishments

A 94 percent felony conviction rate — one of the highest in California — and an honor as one of San Diego's best places to work were cited among last year's accomplishments at the San Diego County District Attorney's Office, according to a recent report from the office.

During 2008, the group worked with the federal Drug Enforcement Administration, resulting in the arrests of 75 San Diego State University students for selling various controlled substances. It also took part in two undercover narcotics operations that resulted in drug charges against 82 defendants.

The office also recovered a record \$1.5 million in bad check funds, broke up a real estate fraud scheme that victimized hundreds

of county homeowners and assisted in an investigation that resulted in a \$1.4 million judgment against retail giant Walmart. Its child abduction unit helped recover 93 children worldwide.

The office co-sponsored a summit to combat county gang violence and released statistics centering on the county's 1,200 homicides unsolved over a 10-year period.

The office received a prestigious 2008 Workplace Excellence Award as one of San Diego's most outstanding places to work. Citing employee communication, quality of life programs and a focus on staying healthy, the office's Employee Relations Department was singled out among 130 nominees.

— Staff report

COLDWELL BANKER

californiamoves.com



Tami Fuller

#1 Agent in Pt. Loma Office
619.226.TAMI
www.TamiFuller.com



Ocean Beach | \$325,000

Reduced! Great location and complex! Rarely available. 2 br, 2 ba unit. Newer construction with sweeping area views. Located on the level closest to Worden St. Quaint complex with most all owner occupied units.



Mission Beach | \$999K-\$1.100M

Luxury bayside duplex. Spacious living area w/fireplace & cathedral ceiling. Marble tile in entry way. Marble tile counter tops in kit. Lrg master suite w/fireplace & jacuzzi tub & huge mirrored wardrobe. Stackable W/D in closet. Lower unit has an excellent history as a summer rental.



Ocean Beach | \$675,000

OCEAN FRONT! Remodeled 2 br, 2 ba corner ground floor unit has wrap around sweeping panoramic views of the ocean from every living area and both bedrooms have views. Direct access to the pool. Full size laundry in unit.



Imperial Beach | \$569,000

Just Listed! Rare opportunity to own a two bedroom, two bath ocean front condo. This complex allows for vacation rentals.



Point Loma | \$254,000

1 br interior unit with views of the fountain & courtyard. Spacious, open floorplan with square footage larger than some 2 br units! Corner fplc, in unit stackable W/D, & big rooms!



Catrina Russell

Your OB Real Estate Connection
619.226.BUYS (2897)
www.CatrinaRussell.com



Ocean Beach | \$385,000

Reduced! Northern views from a wall of windows! This single level, 2 br, 2 ba corner unit has Sea World fireworks views, night lights to La Jolla & beyond & peek view of ocean (on a clear day). Pristine condition w/ remodeled kit, updated ba's & tons of closet space.



Ocean Beach | \$679,900

Just Listed! Rare ocean front property with stunning white water views & beautiful sunsets! This 2 br, 2 ba top floor unit is sunny & bright with southwest exposure. Hardwood floors, retextured ceilings, ceramic tile, open floorplan, newer doors & windows. 1 gated, covered parking space.



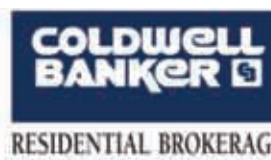
Kensington | \$1,150,000

Just Reduced! Rare find! Five 2 br, 1 ba units & two 1 br, 1 ba units. Freshly painted hw floors, retro kitchens. One 2BR unit has a small yard and a garage. Surrounded by Spanish revival homes & just blocks to the Kensington village.



Point Loma Office | 2727 Shelter Island Drive | 619.224.5111

Ocean Beach Office | 1851 Cable Street | 619.225.0800



3,800 Offices | 120,000 Agents | 40 Countries | 102 Years of Experience

©2009 Coldwell Banker Real Estate LLC. Coldwell Banker® and Coldwell Banker Previews International® are registered trademarks licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Owned and Operated by NRT LLC. Broker does not guarantee the accuracy of square footage, lot size or other information concerning the condition or features of property provided by seller or obtained from public records or other sources, and the buyer is advised to independently verify the accuracy of that information through personal inspection and with appropriate professionals.

SYC racers to set sail for international regatta south of border

By ANTHONY GENTILE | THE BEACON

Nearly 100 boats will head from Point Loma into international waters this weekend.

On Friday, Oct. 2 and Saturday, Oct. 3, the Southwestern Yacht

Club in Point Loma will host its 46th annual San Diego to Ensenada International Yacht Race.

"It has international flavor because we cross the Mexican border," said regatta co-chair Carolyn Sherman. "It's a great

race to leave San Diego, and the distance is perfect to leave San Diego and sail to Ensenada."

Sailors will embark on the 62-mile voyage beginning late Friday morning and will finish between Friday night and Saturday afternoon, based on weather conditions. Sherman said the race is longer than other local offshore races, which typically cover 30 to 35 miles. As a result of the length, she said, crews are selected carefully.

"Because it's as long as it is and it goes overnight, the crew needs to be selected not only for their sailing ability but for their compatibility," Sherman said. "You need to set up watches so that everybody can be properly rested."

The boats in competition will range from 24-foot boats designed for only two people to 75- to 100-foot Maxi boats. The San Diego to Ensenada race is different from other sailing races because it allows both racing and cruising sailors, the latter of which use engines.

"The cruising sailors can use their engines with a penalty assessed for how much time their engines are running," Sherman said.

Last year, 94 boats participated in the race. Sherman said Southwestern Yacht Club hopes to have between 90 and 100 yachts in this year's race. Sherman said this year's addition has entrants from all over Southern California and a few from Baja California.

In 2008's race, Jelani, a Flying Tiger boat captained by Clieve



The 62-mile San Diego to Ensenada International Yacht Race will launch from the Southwestern Yacht Club in Point Loma for its 46th annual international excursion. Organizers expect 90 to 100 yachts in this year's event. COURTESY PHOTO

Daem, won on corrected time. Sherman said the caliber of racers is high every year, allowing amateur sailors to compete against some of the world's best, including local legend Dennis Conner.

Despite the high level of competition, Sherman said the race is still a lot of fun. A party at the San Nicolas Hotel in Ensenada is held after the race to complete the weekend's festivities.

"It's (about) the international spirit of cooperation that goes on between our city, our yacht club and the city of Ensenada," Sherman said.

Locals who want to see the fleet of racers depart Friday

afternoon will be able to do so. Sherman said the best spot to watch the race is from atop Cabrillo National Monument.

As for the club itself, Southwestern Yacht Club is rebuilding its clubhouse and expects to have work completed by the spring of 2010.

The old clubhouse was torn down in May.

"Most everything else is put on hold pending completion of the club," Sherman said.

Southwestern Yacht Club is located at 2702 Qualtrough St. in Point Loma.

For more information, call (619) 222-0438 or visit www.southwesternyc.org.

POSTURE BIOMECHANICS FOUNDATION

presents
Building Stronger Statures!



WORLD OSTEOPOROSIS DAY
Tuesday, October 20th

St. Brigid Parish, 3850 Cass St, Pacific Beach
Ecke Family YMCA, 200 Saxony Rd, Encinitas
La Jolla YMCA, 8355 Cliffridge Ave, La Jolla

9:30 - 11:00 am
12:30 - 2:00 pm
3:30 - 5:00 pm

- Understand how the power of posture affects spine health
- Discover your own posture alignment with **FREE** spine curve and height measurement posture assessment
- Find out how to strengthen your posture and **STRAIGHTEN UP!**

Sponsored by PBFoundation.org 501(c)(3) Nonprofit corporation
and Marcia Tassinari, MPT, Physical Therapist
Call to RSVP or for information

858-581-6900

IT'S FOR EVERYBODY

IT'S FOR EVERYBODY



On Your Feet

Presented by
Walter Jolley, D.P.M.
and

Rusty Tassinari, M.P.T., A.T.C.

- Learn some of the causes of foot and ankle pain
- Find out about the best walking/running shoe for your feet
- Learn some surgical and rehabilitative options for your pain
- Learn a stretching and strengthening routine for better motion

Thursday, October 22, 2009
5:30-7:30 P.M. *NEW TIME*

St. Brigid Parish Hall, 4735 Cass Street, P.B.
FREE Seminar R.S.V.P.
(858) 581-6900

Sponsored by: St. Brigid Health Ministry and Tassinari Physical Therapy

mozana

beads and stones

THANK YOU FOR MOVING WITH ME!

CUSTOMER APPRECIATION WEEK
\$ DOLLAR SALE \$



10 GR NAG CHAMPA\$1
ALL 10 GR SATYA INCENSE\$1
WOODEN INCENSE BURNERS ..\$1
DREAM CATCHERS\$1
HEAVY METAL STASH BOX\$1

RIZLA+ ROLLING PAPERS.....\$1 (LIMIT 2)
STERLING SILVER STUD EARRING.....\$1 @
TANGERINE OR SPEARMINT BATH SALTS..\$1

limit 6 per customer/visit
sale ends 10-11-09

Charismatism Tea Company
4918 Voltaire Street • Ocean Beach

619.757.6547 • www.charismatism.com

LA JOLLA CENTER FOR FACIAL PLASTIC SURGERY

A MEDICAL CORPORATION

Trust your face to a
Specialist

Facelift
Mini Facelift
Midface Lift
Endoscopic Browlift
Total FX Skin Resurfacing
Eyelid Rejuvenation
Fat Grafting
Facial Implants
Rhinoplasty(nose surgery)
Revision Rhinoplasty
Ear Reshaping Surgery
Injectable Fillers
Botox Injection



Roy David Amir, MD, FACS
Diplomate, American Board
of Facial Plastic Surgery

Visit our website for Before/After photos
www.SanDiegoFace.com

Visit our med spa for exciting, minimal downtime procedures!
www.LJmedspa.com



LA JOLLA CENTER
for
FACIAL PLASTIC SURGERY

3252 Holiday Ct., Suite 206
La Jolla, CA 92037
Tel: (858) 658-0595

ARENA

CONTINUED FROM Page 1

on this level."

The biggest change to the aging facility will be the new 6,500-square-foot, membership-only Club 3500, which will debut in October. Taking the space formerly held by the Arena Club, the room will be a 350-person capacity combination of upscale nightclub venue and sports bar — part of the VIP experience for shows and special events. Annual membership will be \$2,450, with the option to purchase up to four tickets for events.

Additional perks include a reserved-seating section, located stage right, exclusive parking lot entrance and exit, a VIP parking area and a members entrance. On nights when the sports arena is not hosting an event, Club 3500 will be available for special events, with a DJ booth and area for live bands.

"If we have the success that we think it will, we'll have it open on Fridays and Saturday nights for the community, just as a bar, so people can come down and see and be part of it," Hahn said.

The history of the sports arena will also be celebrated through the

renovation. Memorabilia will be on display in Club 3500, while 16 20-by-15-foot vinyl wraps will be placed around the outer concourse with pictures and dates of famous concerts and sporting events that have taken place at the venue. Additional framed photos, with the events' history detailed, will also be placed throughout the concourse.

"I want you to walk through this facility like it's a living hall of fame," Hahn said. "There's been over 1,000 concerts that have taken place here. We're 43 years old and that excitement's gotten buried. But Janis Joplin, The Doors and Jimi Hendrix played here twice, Elvis three times, Led Zeppelin seven, Neil Diamond 17 times. We have all this cool history and all these great acts that have been through here."

Hahn notes the arena's website will also have new features.

"We will also be reaching out to all San Diegans with an (online) area where they can e-mail us stories of their favorite moments at the arena," Hahn said. "(There is) so much good stuff that needs to come out and be celebrated by everyone."

"No active arena has the history we do," he said. "Now, we will have the improvements that San



The catalyst for the upgrades is international sports, entertainment and venue organization AEG Live, which became a majority-owner partner in 2008. Prior to the business acquisition, the facility had been known as the iPayOne Center.

Diegans have wanted and will be reaching down and dusting off the events of the past so everyone can

enjoy them. That is what makes us different and we intend to showcase every bit of it."

For more info on the San Diego Sports Arena, visit www.sandiegoarena.com.

PLNU doles out honors, kudos to 'dealmakers'

The Fermanian School of Business and Business Center of Point Loma Nazarene University hosted its annual signature business event Sept. 25, revealing the 2009 "Dealmakers of the Year" awards.

The awards honor San Diego individuals and firms that create significant long-term value for the region.

Recipients were selected from 30 original nominations with three finalists selected through blind ballot by a group of 15 regional business leaders, PLNU alumni and Fermanian School of Business faculty and staff.

This year's event drew 300 business and community leaders, students, faculty, staff and guests to The Dana on Mission Bay.

The 2009 winners:

• Individual Dealmaker of the Year

Dr. Harry Gruber, CEO and president of Tocagen, a local biopharmaceutical company pursuing the discovery, development and commercialization of products for the treatment of cancer.

• Firm Dealmaker of the Year

San Diego Zoo for a wide variety of regional and global efforts, including activities as diverse as protection and expansion of endangered species and animal habitat and health.

• The Collaboration of the Year

The Kumeyaay Wind II project of the Campo Indian tribe for the collaborative \$300 million wind-power project in the mountains east of San Diego. The project, which involves the Campo Indian Reservation, SDG&E and Invenergy Co., will be California's second largest wind-power project and will provide 160-megawatts of renewable electricity.

For information about the dealmakers event, visit www.pointloma.edu/Fermanian.

"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 October 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 10-30-09 so call right now!

ADVERTORIAL

GUEST EDITORIAL

Health reform on a dime

By J.P. WIESKE

While Washington once again debates reforming our health-care system, the states have marched on. Washington-based proposals, like those currently before Congress, are too expensive and ignore the fact that most Americans don't want and are concerned about a big-government takeover of the U.S. healthcare system. President Ford had it right when he said, "A government big enough to give you everything you want is a government big enough to take from you everything you have."

Instead of throwing away our state-based system, we should build on it. Take the problems of access and affordability. Most states guarantee access to health insurance despite a clear lack of federal support, and some states have taken significant steps to increase the affordability of health insurance. As one regulator stated, "Affordability without access is meaningless but accessibility without affordability is equally meaningless."

There are many reasons why people don't have coverage (e.g., they have low incomes, are in job transition, don't think they need it, et cetera), and the solutions can and should be equally diverse. Instead of throwing away our current system, which relies heavily on state oversight and regulations, we should improve upon it — guaranteeing access without making health insurance unaffordable. Several limited and targeted reforms would do exactly that.

- **Guaranteed Access.** The healthy can always buy coverage when they need it, but the sick can't. So President Obama proposes requiring health insurers selling to individuals to accept any applicant (that already happens in employer-sponsored coverage). But that's like requiring an auto insurer to accept a person after a car wreck.

A better solution for the uninsured with pre-existing conditions is what we call the "Tri-Share Guaranteed Access Plan." It is similar to the current state-based high-risk pool system but with standardized federal guidelines and increased funding.

Tri-share (i.e., three funding sources: federal and state, health insurers and premiums from participants) would provide health coverage for those with a pre-existing medical condition, creating a true safety net for the uninsured. The guaranteed access plans would preserve what is good about the state-based system, protect the vulnerable and keep health insurance premiums more affordable.

- **Affordable Choices.** Any American

who has lost a job can tell you employer health insurance is expensive. The stimulus bill provided a temporary subsidy for coverage, but only to continue the employer's expensive coverage. The unemployed should have access to Affordable Benefit Choices (ABC plans), which allow them to choose not only from the plans offered by their employer but a less-expensive "basic" health insurance plan that's sold in any state.

- **Equalize Tax Treatment.** Most of the uninsured work for employers but don't have access to employer-provided coverage. It is fundamentally unfair that these employees who decide to purchase health insurance on their own do not get the same tax break as those who have employer-provided coverage. Congress can fix this disparity by providing them with a "refundable" tax credit (in essence, a voucher) to help offset the cost of coverage.

- **Increasing Competition.** If President Obama is really concerned with competition — especially in states like Maine, Massachusetts and New York, which have ruined their markets with onerous regulations — he would allow individuals living in one state to buy health insurance that's approved and being sold in other states.

- **Safety Net for the Poor.** The most important issue for the poor is not access to health insurance but access to needed medical care. Some people will not get health insurance or are too transient to have a medical home base. Federally qualified health clinics provide medical care in locations that are easy for the poor to access. In 2007, this safety net program was funded at \$1.99 billion — not nearly enough to provide a true safety net.

- **Malpractice Reform.** One area where the states are leading is malpractice. California, Texas and recently Oklahoma have passed significant tort reform legislation. The downward pressure on malpractice premiums in Texas, for example, and the reduction in needless lawsuits prove the value of reform. States may continue to lead on tort reform, especially if the federal government refuses to take any significant steps.

We need to free ourselves from the idea that we need to achieve universal coverage through a federal mandate. Building on our current system allows us to refocus on solving the targeted problems we can fix while maintaining long-term financial sustainability — and get close to universal coverage in the process.

— J.P. Wieske is director of state affairs for the Council for Affordable Health Insurance, based in Alexandria, Va.

LETTERS TO THE EDITOR

Ban on handshakes could hamper spread of swine flu

Of late, the media have emphasized the need to take precautions against the potentially deadly swine flu by washing hands frequently and getting a flu shot, but my proposal is more radical — a ban on handshaking.

My idea will undoubtedly be met with skepticism, as shaking hands is a long-standing tradition associated with friendliness and cordiality. In a world where people spend hours facing computer screens and have increasingly less personal contact with others, some will think this rude, outrageous, even preposterous. But in light of a potential flu pandemic, there is reason to change this outdated custom.

It is not feasible in every situation to wash our hands or use antibacterial lotion. As someone with a compromised immune system, I submit this letter to advocate for our children, our frail elderly and those with invisible illnesses such as multiple sclerosis, diabetes and chronic fatigue syndrome.

There is no benign flu. My friend's 13-year-old diabetic son was just diagnosed with the swine flue and he was up all night throwing up, a dangerous situation for someone with diabetes. Another friend had been bedbound for weeks with this virulent flu.

Banning handshakes would be pragmatic and self protective, not anti-social.

Furthermore, shaking hands should be prohibited in healthcare settings. Medical professionals are rushed; despite best intentions, they may not always have time to clean their hands between patients.

We should substitute germ-free greetings such as bows, borrowing from the Japanese, or use the Indian greeting, "Namaste." Hands are pressed together in front of the heart and the head bowed downward.

Another alternative would be saluting. If saluting is good enough for the military, why not the rest of us? Or we could patriotically hold our right hands over our hearts, as in reciting the Pledge of Allegiance.

Abolishing handshakes would be awkward initially, but worth it to stay healthier. I put forth this suggestion in earnest. Just say no to handshakes.

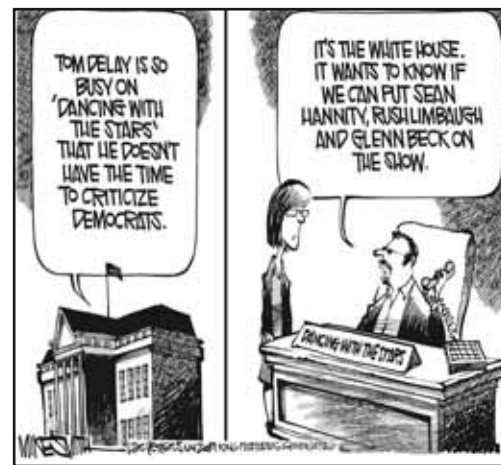
Lisa Johnson
Point Loma

Critical Mass biker group flaunted common courtesy, law

Point Loma was invaded Friday night (Sept. 25) by a Critical Mass bike ride. We were traveling southbound on Rosecrans when 1,000-plus bikes came out of Liberty Station making a left turn onto Rosecrans.

The mass went through at least 10 red-light cycles, which meant they blocked off law-abiding citizens from at least 10 green cycles. A few San Diego Police Department cruisers were apparently escorting them as the mass repeatedly broke the law. Ironically, on the Critical Mass website the group touts that it is promoting obeying the law to traditional vehicle drivers.

A very odd premise; watch us break the law so you'll be inspired to obey it



later!?!?!?!?!?

They meet the last Friday (http://www.myspace.com/criticalmassride) of every month in Balboa Park — shouldn't be too tough for SDPD to get the ticketing troops out (ironically Saturday's Union-Tribune showed a mounted officer giving a motorist a ticket; send the cavalry after them!!). I can't see why they are allowed to keep violating traffic safety laws and block off city streets.

I couldn't set up a stickball tournament or a street fair closing a public street without permits and paying for city costs. Why can (apparently) Critical Mass do so?

I'm sure I'll generate letters:

- lecturing me on how great bike-riding is for the environment — I agree;

- on how dangerous the roads are for bike riders — I agree, and worry about my 7th-grader who bike rides five days a week to and from Correia Middle School and who witnessed 1,000 adult bike riders breaking the law; and

- on Critical Mass' right to hold special events — once again, I agree, just get a permit, pay your fees and reimburse city costs and post the route ahead of time so I can plan accordingly.

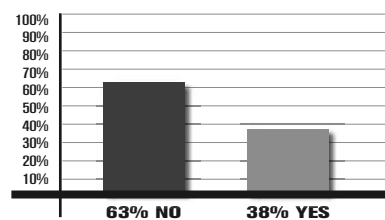
I think I'm in support of the cause. It is the illegal, selfish, rude, dangerous and illogical execution of Critical Mass' information strategy that I very much disagree with. Keep the message; change the delivery.

Kirk Mather
Point Loma

poll

Have you and your family begun to see relief from the latest recession to grip the local and national economy?

Votes cast: 8



NEW QUESTION: Is a high-speed rail system through San Diego a worthwhile, desirable asset and wise expenditure of public funds? Cast your vote online through Oct. 13.

VOTE ONLINE AT
PENINSULABEAON.COM

CIRCULATION VERIFICATION COUNCIL

THE PENINSULA BEACON

Mannis Communications
4645 Cass St. Box 9550
San Diego, CA 92169
Fax: (858) 270-9325
Ad Fax: (858) 713-0095
beacon@sdnews.com
(858) 270-3103

SD NEWS GROUP

sdnews.com

PUBLISHER
Julie Mannis Hoisington
(858) 270-3103 x106
jmannis@sdnews.com

DIRECTOR OF SALES & MARKETING
John Dowd x136
john@sdnews.com

EDITOR IN CHIEF
Anne Terhune x133
mail@sdnews.com

EDITOR
Kevin McKay x131
beacon@sdnews.com

REPORTER
Anthony Gentile x135
anthony@sdnews.com

ACCOUNTING
Heather Glynn x103
Patty Angley x120
Accounts Receivable

AD CONSULTANTS
Mike Fahey x117
Jason Gregory x116
Sheri Starko-Jones x147
Marjorie Kirby x122
Michael Long x112
Ashlee Manzo x123
Heather Snyder x115
Johnny Spicer x111
Deborah Vazquez x118

CLASSIFIEDS MGR.
Heather Snyder x115
heather@sdnews.com

CLASSIFIEDS
Kim Donaldson x140
kim@sdnews.com

PRODUCTION MGR.
Casey Dean x107
casey@sdnews.com

PRODUCTION
Dee Kahler, David Ramsey,
Nicola Rushford, Chris Baker,
Anna Magulac

PHOTOGRAPHERS
Mercy Arcolas, Don Balch,
Maria Epstein, Paul Gallegos,
Ronan Gray, Paul Hansen,
Paul Parks, Barry Schwartz,
Kirby Yau

CONTRIBUTORS
Stephanie A. Alderette, Keith
Antigiovanni, Don Balch,
Charlene Baldrige, Trish
Clenney Brown, Joseph
Greenberg, Scott Hopkins,
Nicole Larson, Bart Mendoza,
Katrin Merkel, Theresa
Miracle, Loralie Olejnik, Neal
Putman, Sebastian Ruiz,
Barry Schwartz, Kate Searcy,
Laurie Smith, Dave Thomas,
Michelle Valenti, Patricia M.
Walsh, Jan D. Wellik,
Martin Jones Westlin

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.

DISTRIBUTION The Peninsula Beacon is available free every Thursday.

COPYRIGHT © 2009. All rights are reserved. Printed in the United States of America

PRINTED with soy inks and recycled paper. Please recycle.

RAIL

CONTINUED FROM Page 1

process and so on.

"It's an opportunity for everyone to look at the alternatives, say whether they are the correct alternatives; to indicate where there are flaws [with the proposed routes] or to say whether they think something else should be looked at," said Mike Zdon, project manager for the Southern California segment of the High-Speed Rail Line, and a consultant with the engineering group HNTB.

The public will have 60 days to submit comments on the proposed routes, either at the meetings (a court reporter will be present) or in writing, until Nov. 21.

The California High-Speed Rail Authority will likely choose one route to study in-depth for the state environmental impact report (EIR) and the federal environmental impact statement (EIS).

Zdon said he expects the EIR/EIS process to take four years, followed by preliminary design work beginning in 2013 and completion of the track by 2019.

"This is the most optimistic sce-

nario," Zdon said.

Each of the eight sections that make up the California High-Speed Rail Line is being constructed as a complete corridor within itself – meaning that it can operate even if some of the other sections are never completed.

Zdon estimated that the Anaheim to Los Angeles connection will be finished first, followed by the San Jose to San Francisco line and then the Merced to Bakersfield track.

In 2008, voters approved Prop. 1a to allow the state to issue \$9.95 billion in bonds for the line. The federal government has also allocated \$8 billion for high-speed rail, and Zdon estimates that a third of those funds will go to California. Congress is also updating the transportation bill, and Zdon said that an estimated \$1.5 billion is expected to go toward high-speed rail.

The proposed routes

From Los Angeles, trains will travel east to the Ontario Airport, cut through San Bernardino and Riverside counties and head into San Diego County along I-15 to the

first station in the county, Escondido. From Escondido, the train will head to Mira Mesa Boulevard.

Two alternatives are proposed when the train hits Mira Mesa Boulevard: to either travel through Carroll Canyon to I-805, or to travel alongside Miramar Road to I-805. From I-805, the train will head into a tunnel and stop at an underground station at University Towne Center (UTC) at Genesee Avenue and La Jolla Village Drive.

Instead of building a tunnel to UTC, however; a third alternative is to bring the train through Rose Canyon at the Marine Corps Air Station Miramar along the existing Amtrak lines and to stop at a station in Rose Canyon. City planners discouraged this alternative in 2005, however, which Zdon called the "least likely alternative."

From the proposed UTC tunnel, the train will surface either at the corner of Rose Canyon or, as an alternative, travel along I-5 to either Lindbergh Field or another downtown stop. Building a station at Qualcomm Stadium has been ruled out by the High-Speed Rail Authority.

Zdon said the engineering for the proposed tunnel under UTC

has not yet been studied.

"We have to check soils. There are earthquake faults. There could be a whole series of reasons that this doesn't work, but in the scoping process we have to make the decision about whether we check this out or not, and that's what's happening," Zdon said.

Scoping meetings:

- Tuesday, Oct. 13, 3-7 p.m.
Lawrence Family Jewish Community Center, 4126 Executive Drive.
- Wednesday, Oct. 14, 3-7 p.m.
Ramada Inn, 1403 Rosecrans St.
- Thursday, Oct. 15, 3-7 p.m.
Escondido, California Center for the Arts, 340 N. Escondido Blvd.

Ask The Lawyer

SM

Question: My mother has gotten remarried after my father died and refuses to go to a lawyer to discuss the inheritance implications. Are there any problems with this?

Answer: Yes. When someone remarries and they do not name their new spouse in their documents, to inherit or not to inherit, the law steps in to their estate plan and says: "The new spouse inherits one-half or one-third of the parent's estate." Is this the situation that your mother intended? Is this what you and your father and mother planned for their children – to be sharing the estate with a new spouse? If there is one child, the new spouse gets one-half and if there is more than one child, the new spouse inherits one-third. Is this fair?

The new spouse and my parent were not living together at the time of my parent's death. It does not matter. The unintended consequences of failing to plan are disastrous. It is the parent's job to take care of their children, even when it comes to inheritances. A parent does not have to leave property to their children, but they need to have a written plan.

I have had to tell many adult children that your father, mother, or grandparent did not plan properly, so it is their fault. Any time there is a marriage when it is late in life, there should be planning. If you fail to plan, the state of California will plan your affairs for you. An estate plan or a Marital Agreement costs much less than having to sell a family home to give the new spouse their share.

Here is my position. If you can bring your newly married parent or grandparent in to my office, I will explain the situation to them. They then have the information to plan. Also, if you plan your own estate, you can tell your parent what you are doing and they could come along with you. Good Luck!

Virginia L. Weber, Inc.

"An Attorney
Your Grandpa &
Grandma
Would Love!"

A Law Corporation

Probate
Trusts
Wills

619-222-5500

www.virginiaweber.com • E-mail: vweber01@yahoo.com
4817 Santa Monica Ave. Ste D, San Diego, CA 92107

RESTROOMS

CONTINUED FROM Page 1

Musgrove. "Our goal is to have the committee formed and have the recommendations together for the city prior to our next meeting."

The OBTC meets next on Wednesday, Oct. 28 at 7 p.m. at the Masonic Center, 1711 Sunset Cliffs Blvd.

Neither a finish date nor con-

struction schedule has been laid out, said Kevin Oliver, city project officer.

The project reportedly could take between 18 months and 3 years to complete, depending on its size and scope.

City officials estimate the new station will cost between \$600,000 and \$800,000.

Options to move the comfort station from the previous location would require approval of the Cal-

ifornia Coastal Commission, Oliver said.

Residents and members of the business community can contact the OBTC via its website, www.Obtowncouncil.org.

Residents can also contact the Ocean Beach Planning Group at (858) 692-6700 or the Ocean Beach MainStreet Association at (619) 224-4906 to share their ideas for the Brighton Avenue restroom.

Great rates.
FDIC insured.
Did we mention great rates?

Special limited-time offer for a 12-month CD

2.25%
APY*

For balances of \$25,000 or more

METLIFE BANK CERTIFICATES OF DEPOSIT WITH:

- A fixed rate for the term of the CD
- Choice of a traditional CD or Individual Retirement Account CD
- The security of FDIC insurance**
- Free Identity Theft Resolution Services*

All from a bank with a name you can trust.

Thomas Brenner
New England Financial
619-683-6272
tbrenner@pfc.nef.com
2020 Camino Del Rio North Suite 400
San Diego, CA 92108

Mention offer code: SALLY21

For the if in life®

MetLife

*Annual Percentage Yield (APY) is effective as of 09/14/09 and subject to change at any time without notice. The minimum balance required to earn the advertised APY is \$25,000 and must be deposited in a single transaction and must come from a source other than MetLife Bank. Accounts with balances from \$5,000 up to \$24,999 earn 1.75% APY; balances of \$25,000 up to \$49,999 earn 2.25% APY; and balances of \$50,000 and more earn 2.25% APY. The minimum balance to open a CD is \$2,500. A penalty may be imposed for early withdrawals. Fees may reduce earnings. IRA CD's cannot be applied for online.
**FDIC insurance up to \$250,000 per ownership category, effective through December 31, 2013. After this date FDIC insurance will return to up to \$100,000 per depositor for all account categories except IRAs (and other certain retirement accounts), which will remain at \$250,000 per depositor.
*Identity Theft Resolution Services are provided by Identity Theft 911.
Depository products and services provided by MetLife Bank, N.A., Member FDIC.
The MetLife Affiliated Financial Service Representative is not a MetLife Bank employee. Recommended products and services may not be offered by MetLife Bank. Please consult your personal representative for legal or tax advice.
©2009 MetLife Insurance Company. All rights reserved. 0902-7451 PENN015 © United Feature Syndicate, Inc.



A private, independent school for grades
Prekindergarten to 8th grade

- College-preparatory Curriculum
- Student/Teacher Ratio 10:1
- Art, Music, Drama
- Technology
- Daily P.E. & Spanish
- Before/After School Programs
- Summer Camps



OPEN HOUSE:

Middle School 6th-8th
October 24, 9:00-10:00 a.m.
Lower School PK-5th
November 18, 4:00-5:30pm

www.warren-walker.com

or call

619-223-3663

WARREN-WALKER SCHOOL since 1932

4605 PT. LOMA AVENUE, SAN DIEGO CA 92107



Ocean Beach
"Where the sun sets
on San Diego"

OCEAN BEACH FARMER'S MARKET



EVERY WEDNESDAY, 4 — 8PM
Voted "Best Farmer's Market in San Diego"
www.OceanBeachSanDiego.com



Garden Evolution
Green Gardening
Sustainable and
Maintainable

"We must cultivate our garden" -Voltaire

Call for a free consultation with John Noble

3685 Voltaire St. 619 223 5229
Garden Shop open - Saturdays 10am-5pm

FRAMING SPECIALS

Custom Framing

San Diego's Largest Selection

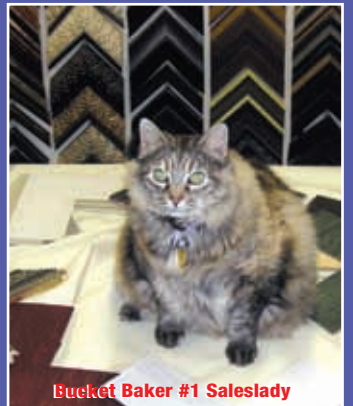
**20% OFF
ENTIRE JOB**

WITH COUPON ONLY. EXPIRES 11-08-09
COUPON MUST BE PRESENTED WHEN ORDER IS PLACED.
DOES NOT INCLUDE KOA WOOD

Limited Time Offer • Call Today

Voted one of the top 100 Framing Shops in U.S.
for 4th year in a row! 2004, 2005, 2006 & 2007
-Decor Magazine

**JOHN • BAKER
PICTURE FRAMES**
4735 Point Loma Avenue • Ocean Beach • (619) 223-5313
10 am - 6 pm Mon - Fri • 10 am - 5 pm Sat



Bucket Baker #1 Saleslady

Enjoy Out of the Blue and into...



Oktoberfest
The Most Unusual
in Novelties

- Pipes • Clothes
- Tobacco • Books
- Cigars • Posters
- Jewelry • Music Center

5017 Newport • Ocean Beach • 619-222-5498

Open Seven Days - All Major Credit Cards Accepted



To find out more about this event, or to find out how
to participate in WAVES v.2, and other OB music events visit
MYSPACE.COM/BEACHMUSICMAFIA
OCEANBEACHSANDIEGO.COM

CD AVAILABLE HERE

(Because we love and support Ocean Beach & it's music!)

OLIVE TREE MARKETPLACE
4805 Narragansett Ave.

OBCESTRIC
4876 Santa Monica Ave.

YOUR MAMA'S MUG
4967 Newport Ave.

COW RECORDS
5029 Newport Ave.

OB MAINSTREET OFFICE
1868 Bacon St. Ste A

OB FARMERS MARKET INFO BOOTH
4900 Blk. Newport Ave.

WAVES CD - \$10
It's all about OB Music!

Serving the Community for 50 Years

Newport Avenue Optometry



\$58 Complete Ocular Health
Evaluation Including
Exam for Glasses

\$88 Complete Ocular Health
Evaluation Including Exam
for Glasses & Contacts

**GLASSES IN
ONE HOUR**

- Same Day Contact Lenses
 - Large Frame Selection
- Most Insurance Accepted
Flex Plans Welcome

BACK TO SCHOOL CHECKUPS

Call now for an appointment
Open Monday-Saturday **619 222-0559**

4822 NEWPORT AVE.
in Ocean Beach

Dr. Eli Ben-Moshe
Dr. Betty Youndt
Optometrists

www.NewportAveOptometry.com



3rd Annual Amnesty International Ocean Beach Concert

Saturday, October 3rd

Starting at 6 p.m.

Portugalia
4839 Newport Ave.
San Diego

Tickets available
at the door

Children 12 and under - Free
Ages 13-18 - \$3
Adults - \$7
Seniors - \$3

Musical Performances by

- Israel Maldonado
- Old Man Hands
- Capoeira Brasil
- Mary Dolan
- Chuck Shiele
- Simeon Flick
- Zzymzzy Quartet
- Bradley Trafton



SD Gulls will return to home nest at the sports arena for opening weekend

By ANTHONY GENTILE | THE BEACON

The San Diego Gulls will flock back to the San Diego Sports Arena this weekend. The junior team will play its opening homestand against Fresno Oct. 2-4 at the arena as part of a full weekend of puck that will celebrate past, present and future hockey in San Diego.

"We're trying to give them more exposure, to show everybody that we still have a junior team in town here. Let's go support them," said former Gulls star Martin St. Amour.

The Gulls' three-game homestand is sandwiched around the second annual game between Gulls alumni and the military. The game will raise money for local military and local youth hockey programs

and is set for 7:30 p.m. Saturday at the Sports Arena, preceded by the Gulls game against Fresno at 4:30 p.m.

"It's a chance for [fans] to come and see the old players that were there and also do a good deed by giving some money to the military," St. Amour said.

St. Amour said last year's charity game at the San Diego Ice Arena in Mira Mesa was not advertised, but 1,200 people showed up and some had to be turned away. The game itself will be fun and light – at least as light as hockey can be.

"It's a very fun, pleasant game. It's going to be a lot of fun for everybody," St. Amour said. "There's a lot of laughs; it's not taken too seriously, and we just enjoy it."

St. Amour is one of the main attractions of the game. He played for the Gulls from 1995 to 2003 and also coached the team for two years. In the 1995-96 season, St. Amour scored 61 goals and 48 assists, helping lead the Gulls to their first of three consecutive Taylor Cup championships.

Another Gulls alum at the game will be B.J. MacPherson, who will play in the game eight years after doctors told him he couldn't walk. In a 2001 game in Boise, MacPherson suffered a dislocated neck and ruptured vertebra following a cheap shot, after which his heart stopped.

"I took him to the hospital and I was there all night with him. It's really hard to imagine when a doc-

tor tells you that you're never going to walk again and now he's going to play with us. It's just unbelievable," St. Amour said.

St. Amour expects a strong reaction when MacPherson steps back out on the ice. And that will just be from the players themselves.

The current Gulls play Fresno on Friday and Saturday at 7:30 p.m. and Sunday at noon.

They returned to action last year after the team folded in 2006. Consequently, the level of play is a little bit different.

The new version of the Gulls is a team of amateurs who play in the Western States Hockey League, a Junior B league. Gulls teams of the past were National Hockey League affiliates filled with professionals.

"These kids are finishing high school, starting college somewhere or doing some stuff where they still want to move on with hockey," St. Amour said.

St. Amour said the Gulls players range from 16 to 20 years old. The next step would be a major junior program or college hockey.

After opening at the Sports Arena, the Gulls will return to the Iceoplex in Escondido, where they play their regular season games. The Gulls are currently third in the WSHL Western Division with six points (2-0-0-2).

A ticket for all four games costs \$15 and tickets will be available at the door.

For more information, visit www.sandiegogullshockeyclub.com.

La Jolla Vacuum Center
520 Pearl St., La Jolla, CA
858.459.1130
Mon.-Sat., 9am-5pm
[lajollavacuum.com](http://www.lajollavacuum.com)

\$10.00 OFF
Vacuum Cleaner Service
Replace belt, clean furniture guard, check motor suction, replace bulb, if needed and lubricate wheels.
Expires 10/31/09

\$30.00 OFF
Select New Miele Canisters
Expires 10/31/09

Miele

Ahhh...
the sound
of silence.

The remarkably quiet
Miele vacuum cleaner.

**All Souls' Episcopal Church Invites you to celebrate
SAINT FRANCIS and BLESS the ANIMALS**

BRING YOUR PETS TO BE BLESSED OR MOMENTOS FOR MEMORIAL BLESSING.

Featuring
Radical Reptiles On-site

Refreshments • Pet treats • Balloons
Saturday, October 3rd, 1pm - 3pm
All Souls' Episcopal Church
Corner of Catalina and Chatsworth Blvds.
Call 619-223-6394 for information

Francis of Assisi

academics / faith / community
PLNU forward

PLNU FALL FESTIVAL
Saturday, October 17, 2009 10 a.m. to 2:30 p.m.
Join us at the PLNU Fall Festival on our beautiful oceanfront campus. Free fall-themed fun for all ages!

FOOD

- Free food samples
"Taste of Bartell Hotels"
- Free ice cream *President's Ice Cream Social, 2 p.m. (Sponsored by Sodexo)*
- \$1.50 Hot Dogs and \$2.00 Nachos

GOING GREEN

- Electronics recycling drive for old computers, cell phones, batteries, TVs, and more!
- Sustainability Booth

ARTS & CULTURE

- Live musical performances
- Plein Aire watercolor painters

FUN FOR EVERYONE

- Carriage rides
- Pumpkin patch
- Climbing walls
- Exhibitor booths
- Chair Massages
- Historical campus tour, 11 a.m.
- Prize drawings every hour
- Grand Prize Drawing, 2 p.m.

KIDS ZONE

- Pony rides & llama rides
- Petting zoo
- Bounce houses
- Arts & crafts
- Face painting
- Puppet shows

WELLNESS

- Chair massages
- Karate demonstration
- Boxing demonstration
- Health and wellness booths

"All God's children need traveling shoes" - Maya Angelou
Please bring a pair of new or gently used shoes to the festival to support:
San Diego RESCUE MISSION

Grand Prize Drawing
Courtesy of Point Loma Scooters
(Must be present at 2 p.m. ice cream social to win)

For a detailed schedule, visit
www.pointloma.edu/fallfestival
or call (619) 849-2298. Schedule subject to change. Event takes place rain or shine.

Presenting Sponsors

COX

Bartell Hotels
San Diego's Unforgettable Locations
Relax and Enjoy

Major Sponsor

SAN DIEGO COUNTY BOARD OF SUPERVISORS
Supported by the San Diego County Board of Supervisors at the recommendation of Greg Cox.

Pointers football squad lets one slip away for first loss of the season

By SCOTT HOPKINS | THE BEACON

On paper, last Friday night's meeting between visiting Point Loma High School (PLHS) and Scripps Ranch High School was just another non-league prep football game. On the field, though, it

was a sweat-soaked war.

When the final gun sounded before a capacity crowd at Grosvenor Stadium, it was the Falcons who upped their record to 3-0, while the Pointers fell for the first time, 27-13, leaving their record at a respectable 3-1 as they

prepare to fly from San Diego on Oct. 2 for a match against a Sacramento-area school.

A stingy Falcon defense gave the Pointers' offense fits for much of Friday's game, making timely stops on running plays and disrupting passing attempts to stall drives. In fact, it was the Pointer defense that scored one of the team's two touchdowns.

Throughout the game, Point Loma's moments of opportunity were blunted by offensive errors and missed defensive assignments, resulting in two key Falcon plays.

"Our defense played hard and our offense needs to find some consistency," said Pointer head coach Mike Hastings.

The most crucial string of events came in the third quarter, when, with his team down just 10-7, Pointer defensive back Michael Boxell played a pass by Falcon quarterback Jake Fish perfectly, stepping in front of the intended receiver for a potential game-changing interception and a lengthy return. The Dogs' bench erupted with cheers and enthusiasm as the offense took the field in good position to score and grab the lead.

Three plays, however, failed to produce a first down, and when a fourth-down pass by quarterback Sean McKaveny fell incomplete, the Falcons took over on their own 31.

On the hosts' first play, Fish tossed a short pass to Todd Herrod, who, with no Point Loma defenders able to catch him, turned the play into a 69-yard touchdown.

Instead of taking a 14-10 lead, the Pointers found themselves on

the short end of a 17-7 score.

Ironically, the Falcons also scored their initial touchdown on the first play following a punt made from his own end zone by Pointer Davis Callejon. This time, it was the same Falcon pair, Fish and Herrod, who connected on a pass play from the Pointers' 31-yard line.

Two plays, 100 yards, 14 points. The brightest moment for the Dogs' offense followed after a highly bizarre play. Falcon kicker Nick Sloan, a junior with a Division I college future, actually missed the ball when he attempted the following kickoff. His foot lightly brushed the ball, knocking it gently off the tee. The ball rolled several feet.

After an awkward moment of hesitation by players from both teams, alert Pointer Anthony Joynner ran in and scooped up the loose pigskin, sprinting past surprised Falcon players toward the goal. Point Loma registered its only offensive touchdown of the game moments later on a 16-yard pass from McKaveny to Callejon.

The opportunistic Callejon who also supplied the game's final points. With his team facing a 24-7 fourth-quarter deficit and with less than two minutes to play, he scooped up a Falcon fumble and sprinted 25 yards to provide the final 24-13 margin.

Talented Point Loma placekicker Ruben Diaz was also pestered by the hosts, having two field goals and one point-after-touchdown attempt blocked — all by Falcon Dorian Crawford, who also had an interception and forced a Pointer fumble.

"It's all about our team and our

program," Hastings said, citing "EMAP," a team motto and acronym for "Every Man A Pointer."

Displaying this commitment, Pointer players shouted encouragement to each other throughout the contest despite the fact they never held the lead.

"It was a tough game and we fought hard," Hastings said.

Earlier, Point Loma's freshmen (2-2) defeated Scripps Ranch 26-3, while the Dogs' junior varsity (1-3) lost 22-15.

Up next, players and staff will board an aircraft Friday, Oct. 2 for a 90-minute flight to Sacramento. From there, they will bus to Granite Bay, 20 miles east of the state capital for a 7:30 p.m. encounter with Granite Bay High School (Roseville Joint Unified School District).

The Grizzlies, with a school enrollment of 2,120, compete in the Sierra Foothill League of the Sacramento-Joaquin Section of the California Interscholastic Federation. Last year, Granite Bay defeated the Pointers during a visit to San Diego.

Currently 3-0, Granite Bay has recorded victories over Pittsburg, Burbank and Vacaville by an average score of 28-13.

Following the game, Pointers players and coaches will spend Friday night in a hotel and tour the UC Davis campus Oct. 3 before flying home late in the afternoon.

The team then has a bye week before opening Western League play Oct. 16 in its annual night-time Homecoming game against Mission Bay.

Kickoff is at 6:30 p.m.



Legacy Games fete 50th anniversary of American Football League

This is the 50th anniversary season for the original eight teams of the American Football League, and the NFL will celebrate with the AFL Legacy Games.

Among the 16 games, 11 will feature the original eight AFL teams playing each other — including two featuring the Chargers. The teams will wear historic, throwback jerseys.

The original eight AFL teams are the New England Patriots (originally Boston Patriots), Buffalo Bills, Kansas City Chiefs (Dallas Texans), Denver Broncos, Tennessee Titans (Houston Oilers), San Diego Chargers (Los Angeles Chargers), New York Jets (New York Titans) and Oakland Raiders.

The Miami Dolphins, who joined the AFL in 1966 as the ninth team

in the league, will play in three legacy contests.

The remaining legacy games this season (Chargers games in bold):

- Oct. 11 – Dallas at Kansas City
- Oct. 11 – New England at Denver
- Oct. 18 – Tennessee at New England
- Oct. 19 – Denver at San Diego
- Oct. 25 – San Diego at Kansas City

- Oct. 25 – N.Y. Jets at Oakland
- Nov. 1 – Miami at N.Y. Jets
- Nov. 15 – Buffalo at Tennessee
- Nov. 15 – Kansas City at Oakland

- Nov. 26 – Oakland at Dallas
- Nov. 29 – Miami at Buffalo
- Dec. 6 – New England at Miami

— Staff report

Sept./Oct. A Look Ahead

COMMUNITY/CIVIC

Saturday, Oct. 3, 6 p.m., Amnesty International's Ocean Beach chapter hosts its third annual musical fundraiser with eight acts from the local scene. The event takes place at Portugalia restaurant, 4839 Newport Ave. For more information, visit www.amnestyob.org.

Saturday, Oct. 3, 9 a.m. to 12:30 p.m., the Jenna Druck Foundation's Families Helping Families hosts "Family Day: A Day of Support and Healing," with support group meetings for various age groups and an outdoor picnic. The event takes place at 2820 Roosevelt Road in Liberty Station. The registration cost is \$5. For more information, visit

www.jennadruck.org.

Monday, Oct. 5, 6:45 p.m., regular monthly meeting of the Sunset Cliffs Natural Park Council at the Cabrillo Recreation Center, 3051 Cañon St. For more information, visit www.calsnet.net/sunsetcliffs.

Saturday, Oct. 17, 4 to 8 p.m., informal reunion get-together for the Point Loma High School class of 1967. The event takes place at The Pennant, 2893 Mission Blvd. For more information, call (619) 223-3322.

Saturday, Oct. 17, 9 a.m. to 2 p.m., the American Physical Therapy Association hosts free physical therapy fair held in conjunction with National Physical

Therapy Month. The event will provide an opportunity to talk with licensed physical therapists with specialty backgrounds, raffle prizes, face painting, balloons, snacks, scavenger hunts and other activities. The fair takes place at Robb Field, 2525 Bacon St. For more information, e-mail brandikoerner@yahoo.com.

Mondays, 5:30 to 7:30 p.m., the Peninsula Singers practice and encourage others to join at the Hervey/Point Loma Branch Library, 3701 Voltaire St. The choir is beginning its sixth season and is gearing up for a performance at Carnegie Hall in March. For more information, visit peninsulasingerssandiego.org.

Thursdays, 9:30 a.m. to noon beginning Sept. 10, the Continuing Education Department of the San Diego Community College District hosts a literature club to read, discuss and enjoy short stories, plays and poetry in a friendly and sup-

SEE CALENDAR, Page 12



www.NicksatthePier.com
Best Traditional Breakfast at the Beach
Saturdays & Sundays 9am-2pm
Daily Lunch Specials
From 11:00am to 3:00pm
Monday thru Friday

Three Course Meal Only \$20.00 Every Friday
One Starter ~ One Entrée ~ One Dessert
From Our Three Course Friday Menu
Tax and Gratuity Not Included, Ocean View No Extra Charge
Available After 4:00pm



Nick's is the Best Place For Football
The Best TV's, The Best Food, The Best Service & All The Games Saturday & Sunday!



Kitchen Open til 1:00am Nightly
5083 Santa Monica Ave * Ocean Beach * (619) 222-PIER

OGGI'S ECONOMIC RELIEF



FIVE DOLLARS OFF



Purchase of \$30 or More. Food purchase only. One coupon per party. Please present coupon when ordering. Not valid with any other offers, or lunch specials. Valid at Liberty Station location only. Valid for Dine-In, Delivery, or Take Out. Peninsula Beach

FIVE DOLLARS OFF

Gourmet Pizza • Pastas • Sandwiches • Salads
Burgers • Calzones • Appetizers
Weekly Lunch Specials Starting at \$6.95 Mon-Fri Until 2:00pm

Enjoy your favorite sporting event on our 22" HD Plasma TV's and our 110" HD Big Screen Video Arcade • Bring the kids... Wednesday is Kids Eat Free Night
Balloon Artist every Wednesday & Friday evening 5pm to 8pm

Located at Harbor & Laning Near the USS Recruit
Call for Delivery at 619-876-5000
Order Your Delivery or Pick-Up at Oggi's.com

Breakfast & Lunch
Open Daily 6:00am - 3:00pm



"We've Got Huevos!"

\$2.00 OFF
Any Breakfast or Lunch Entree

\$8.00 minimum entree purchase plus beverage, per person. Limit 4 per coupon. 1 coupon per table. No separate checks. Not valid on weekends, holidays or with any other coupons, specials, offers or with private groups.

Pacific Beach
1851 Garnet Ave.
(619) 270-YOLK(9655)


Eastlake
884 Eastlake Pkwy.
(619) 216-1144

La Costa
7670 El Camino Real
(760) 943-8182

Gaslamp
355 6th Ave.
(619) 338-YOLK(9655)

www.thebrokenyolkcafe.com


OB'S OFFICIAL
CHARGERS
WATCHSPOT



Watch The Bolts On Our 10 50" HD Flat Screens!
Surround Sound! Free Food!

\$3 Beers \$5 Jägerbombs \$10 Buckets

VACATION GIVEAWAY
Every 2nd Sunday enter to win a **FREE** trip to Las Vegas, Jamaica, Bahamas or Mexico!
AIR & HOTEL INCLUDED!
You gotta be here to win!
Big drawings every other week!



www.gallagherspob.com
5046 NEWPORT, OCEAN BEACH

Gallagher's

15% OFF YOUR BILL

Plus receive a coupon for a FREE appetizer on your next visit with this ad

Expires 10/31/09

IKIRU

Japanese Restaurant

Tel: (619) 221-1228

2850 Womble Rd #105, San Diego, Ca 92106
(behind Trader Joe's)

Opening Hours: Sun-Fri 11³⁰-2³⁰, 4³⁰-9³⁰ • Sat 1-9³⁰

Daily Dinner Specials • 4-7 pm

Sun. 10/4/09 – Thurs. 10/8/09

Sun: Grilled Chicken Breast
w/ Picatta Sauce

Mon: Maryland Crab Cakes

Tues: Crab Stuffed Sole

Wed: Broiled Mahi Mahi w/ Dill Sauce

Thur: Roast Pork w/ Mashed Potatoes & Gravy

\$10.95



**RED SAILS
INN**

•Breakfast
•Lunch •Dinner

2614 Shelter Island Dr.

223-3030

PRIME RIB \$17.95

EVERY SUNDAY NIGHT

WWW.REDSAILSINN.COM

Stop by for a Cocktail
Before the Concert

CALENDAR

CONTINUED FROM Page 11

portive atmosphere. The event takes place at Westminster Presbyterian Church, 3598 Talbot St. For more information, call (858) 274-9739.

SCHOOLS**CORREIA**

- Oct. 5-7, CELDT testing.
- Monday, Oct. 5, 6:30 to 8:30 p.m., Point Loma Cluster Foundation meeting.
- Wednesday, Oct. 7, 4:15 to 5:30 p.m., SSC meeting.
- Oct. 12-13, CELDT testing.
- Tuesday, Oct. 13, 8:30 to 10 a.m., PIQE – GEAR UP planning session; 6 to 7 p.m., CIMA board meeting; 6 to 7 p.m., PIQE – GEAR UP planning session.
- Thursday, Oct. 15, 9 to 10:30 a.m., Correia Association meeting; Pastry with Patty Ladd.

LOMA PORTAL

- Friday, Oct. 2, Fall Book Fair in auditorium.
- Friday, Oct. 2, Western barbecue lunch for parents and children in arbor.
- Monday, Oct. 5, 8:30 a.m., Run For Life all week on blacktop.
- Monday, Oct. 5, PTA fundraiser begins.
- Tuesday, Oct. 6, 5:30 p.m., PTA Executive Board meets in library.

OCEAN BEACH

- Today, Oct. 1, 5:30 p.m., dinner begins for Back-To-School Night.
- Monday, Oct. 5, 6:30 to 8:30

p.m., Point Loma Cluster Schools Foundation meeting.

- Tuesday, Oct. 6, 8 a.m. to noon, picture day.
- Wednesday, Oct. 7, 2:10 to 3:30 p.m., Theater Time.
- Thursday, Oct. 8, 7:45 a.m., Student Standout Awards; 12:25 to 1:10 p.m., Sing & Speak Spanish.

SUNSET VIEW

- Tuesday, Oct. 6, Java with Jackie in the auditorium, an opportunity to visit with the school principal.
- Wednesday, Oct. 7, 8:30 a.m., Walk to School Day; participants are asked to meet at Peet's Coffee, 955 Catalina Blvd., Suite 103.
- Through Oct. 24, volunteer signups for the Sunset View Halloween Carnival on Oct. 24. Volunteer by visiting www.halloween-carnival.com.

WARREN-WALKER

- Today, Oct. 1, Back-To-School Night for parents of grades 6 through 8.
- Saturday, Oct. 3, 9 a.m. to noon, "River Blitz" community service project in partnership with the San Diego River Foundation at the river site near Camino del Rio South.
- Tuesday, Oct. 6, prekindergartners, junior kindergartners and 6th-graders to pumpkin patch.
- Wednesday, Oct. 7, kindergarten field trip to Julian Mining Company.
- Friday, Oct. 9, family barbecue for grades 2 through 5.
- Friday, Oct. 9, 1:30 p.m., "Charlotte's Web" 4th-grade production open to the community.

• Wednesday, Oct. 14, coffee with the heads for grades 6 and 8 at the middle school campus.

ARTS & ENTERTAINMENT

Oct. 2-31, San Diego Watercolor Society presents its 29th annual International Exhibition with 95 paintings from artists around the world both on display and for sale. A "First Friday" opening reception and award ceremony is set for Friday, Oct. 2 from 5 to 8 p.m. at the gallery, 2825 Dewey Road, suite 105 at the NTC Promenade at Liberty Station. For more information, call (619) 876-4550, or visit www.sdws.org.

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

Humphrey's Concerts by the Bay, 2241 Shelter Island Drive, (619) 224-3577

- Friday, Oct. 2, 8 p.m., Chris Botti performs. Tickets are \$50.
- Sunday, Oct. 4, 7:30 p.m., Cecilio & Kapono perform. Tickets are \$37.
- Wednesday, Oct. 14, 8 p.m., Jesse Cook performs. Tickets are \$37.

Ocean Beach Oktoberfest 2009

Saturday, Oct. 10, 10 am to 8:30 pm
Where Newport Avenue meets the beach

Stein Holding & Bratwurst Eating competitions
Impress your friends & influence people



\$3 Beer Garden donation benefits the Ocean Beach Mainstreet Association

The World Famous **SAUSAGE TOSS**
\$10,000 Grand Prize

A 5K race, on the beach, in costume, with issues! In partnership with the Hash House Harriers.

9 am **O.B. Brat Trot**
Registration See Details Online

Free Shuttle Buses every 30 min. PB to OB & back. Noon - 8:30 pm Pickup at 710 Beach Club, 710 Garnet Avenue

Two Stages
The Bavarian Beer Garden Band
11:45 - 4:15 - 5:45

Way Cool Jr 10:45
Geezer 12:25
40 Oz to Freedom 2:10
South Town Generals 5:45
The Styletones 7:25
Lobster Bob (Seaside stage) 4:00
★ Emcee Jose Sinatra presides ★



Presented by:
HOY HOY BOYS INC.

www.OBOktoberfest.com



experience something new in la jolla

explore the world of emerging & established artists
enjoy local talent with live music & entertainment
taste the finest from local wineries & breweries

OCTOBER 10 & 11 • 2009 • 9am-5pm

UPPER GIRARD AVENUE BETWEEN PEARL & GENTER
www.lajollaartandwinefestival.com

CELEBRATING LA JOLLA'S ARTIST COLONY ROOTS & SUPPORTING OUR PUBLIC SCHOOLS
(JURIED ART) CHILDREN'S ART CENTER | LIVE MUSIC & ENTERTAINMENT | GOURMET FOOD | LOCAL WINERIES & BREWERIES
adults : \$7 | kids 12 & under : \$3 | kids 2 & under : free | www.lajollaartandwinefestival.com



classified marketplace



The #1 Local Place to go for Autos, Homes, Services and More! • Call 858-270-3103

Place or view ads at www.sdnews.com

ANNOUNCEMENTS 100

Lost & Found

LOST KEYS! In La Jolla 9/24 between La Valencia and Warwick's Call Diane 619-501-0760 leave message

HELP WANTED 250

General Help Wanted

AMATEUR FEMALE MODELS Amateur Female Models Wanted: \$700 and more per day. All expenses paid. Easy money. (619) 702-7911

BE 1ST TO JOIN TOP INC. 500 Telecom Opportunity. Earn \$1000's helping people save & make money. www.5linxusa.net

CONSTANCE J. DALENBERG, Ph. D., San Diego, CA seeks a Psychologist. Must have industry or academic experience in treatment of traumatized and deaf clients. Requirements: Ph. D in Clin. Psych.+ CA State Psych. license. Mail resumes to: Dr. Dalenberg, 4350 Executive Drive, Ste 255, San Diego, CA 92121. Salary \$18.21 per hour

OCEAN CORP Houston, TX. Train for NEW Career. *Underwater Welder. Commercial Diver. *NDT/ Weld Inspector. Job placement and financial aid for those who qualify. 800-321-0298.

THE E SPOT PT/ FT positions in marketing, promotions, sales, and distribution! Call 858.633.1099

Work Wanted

WORK WANTED European lady looking for elder care position. Live-in or out. Healthy cooking, personal care will help you feel better Local references. 858-490-1085 or 858-232-5128

Thanks!
For keeping our
beaches clean!

ITEMS FOR SALE 300

Antiques & Collectibles

AVON/MARK IND SLS REP, EUROPA www.youravon.com/europa (928) 759-0467

Garage/Yard Sales

RUMMAGE SALE Harvest Rummage Sale La Jolla Lutheran Church 7111 La Jolla Blvd. Saturday October 3rd 8:00AM - 4:00PM CASH ONLY

Misc. For Sale

FAST FOOD DISCOUNT CARDS Fast Food Discount Cards that never expires. 24 Restaurants including Arbys, Wendys, Pizza Hut, Krispy Kreme and more. Cost \$20. R. T. 3115 WhiteHorse Road PMB 177, Greenville, SC 29611. (864) 295-5551

MANGOSTEEN THE QUEEN OF FRUITS Feel better now and try risk free today: www.MyMangosteen.net

KID'S TABLE W/2 CHAIRS HAND-PAINTED, OCEAN THEME 27"Dx22"H, LIKE NEW... STURDY, CLEAN, \$99. CASH. (619) 742-6968

OUTLET CENTER DOORS WINDOWS We have warehouse full of Doors, Windows, Flooring reduced Prices (858) 268-0679

RESALE & NEW women's clothes, accessories, shoes, jewelry, \$5 - 35, Designer BARGAINS, Tierrasanta. (619) 985-6700

TRACTOR 2002 John Deere 5205 Diesel, price \$4300, Mower, Loader, 4WD, pictures and details at rob46rr@gmail.com, (650)719-0346.

WEIGHTLOSS Fast results! Dr. recommended! amazing energy! \$100 months supply www.30lbthirtydays.com (866) 285-7045

Misc. For Trade

ATT READERS! FREE BOOKS! Trade your books for free at www.PaperBackSwap.com!

ITEMS WANTED 325

\$\$\$GET CASH FOR YOUR CAR NOW\$\$\$ call: (858) 344-4240

HEALTH SERVICES 375

Health Care

BUY VIAGRA, CIALIS, LEVITRA, Propecia and other medications below wholesale prices. Call: 1-866-506-8676. Over 70% savings. www.fastmedonline.com

IF A LOVED ONE UNDERWENT HEMODIALYSIS and received Heparin between September 1, 2007 and August 31, 2008 and died after the use of Heparin, you may be entitled to compensation. Call Attorney Charles Johnson 1-800-535-5727.

PETS & PET SERVICES 400

Pet Adoption/Sale

ENGLISH BULLDOG Akc reg,10 weeks old,500, christinepups@hotmail.com (858) 270-4134

MISC. SERV. OFFERED 450

Carpentry

EXTERIOR CARPENTRY by Bob -Decks, fences, patio covers, termite repair. License #365241 since 1978. 619 275 1493

House Cleaning

JV FUNDING COMPANY Pays Cash For Owner-Financed Mortgages, Business Notes, Court Settlements, Annuities, Lottery Payments. Call Us Today! 347-235-6504.

Handyman - Construction

HANDYWORK No job too small. Plumbing, electrical, painting, locks, phone-lines, re-screening Reasonable rates & references. 858 361-1798



QUARTZ O2

AN OXYGEN BAR

• BREATHE WITH US! • AROMAS AVAILABLE!

• Free Extra Minutes (w/ any session)

Look for us Weds. at Farmers Market & OB Oktoberfest Oct. 10th.

619-212-1543

4966 Santa Monica Ave. Ste. H • Ocean Beach
www.myspace.com/quartzo2bar



CLEAN - COURTEOUS - PROFESSIONAL

• Interior / Exterior
• Custom Cabinet Finishing
• Residential & Commercial
• Wallpaper Removal
• Stucco Repair

• "Popcorn" Ceiling Removal
• Insured, Quality Workmanship

FREE ESTIMATES
619-219-1923
BRETTCUSTOMS@COX.NET

LIC #936550

MISC. SERV. OFFERED 450

CUSTOM HOME IMPROVEMENT Services Carpentry- Interior & Exterior, Fencing, wood or vinyl, termite & drywall repair, tile, doors, windows, painting, roofing. 20 Yrs Experience Local references. Hourly rates. 619-241-1231

BUSINESS OPTS. 550

Income Opportunities

WWW. SPORTSGIRLJEWELRY.COM FUND RAISERS FOR YOUTH SPORTS- VERY PROF-ITABLE

RENTALS 750

Housing for Rent

LA JOLLA WINDANSEA 3br / 1ba with Dining Room, Front Room, Living Room, Fireplace, Hardwood Floors, Side Yard, Backyard to bike path Darling front house of duplex, we love pets! \$3,100/ MO. Broker- 858-361-7448, Ready now!

MISC. SERV. OFFERED 450

Services Offered

San Diego Magic Shows
"Making ANY Special Occasion even more magical!"



The Magic of Matthew King
www.SanDiegoMagicShows.com
Birthdays/Company Events • Kids/Adults

SAN DIEGO MAGIC SHOWS Looking for a magician for an upcoming event? Everything from Card Tricks to Cutting a Woman in Sixths, San Diego Magic Shows provides awe-inspiring, hilarious entertainment for ANY crowd or event. With over 15 years experience and countless testimonials and recommendations, you KNOW you are getting the quality you deserve (be it a corporate event or a small birthday party). Visit www.SanDiegoMagicShows.com for more information and to confirm availability. (619) 886-7745

REAL ESTATE 800

Homes for Sale

GREAT LOCATION 3983 KENDALL St. 92109 \$680,000 2BR/2BA OPEN SUN 1pm-4pm OCT 4th

LEGAL ADS 700

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES
DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL

1350 Front St., Room 5056
San Diego, CA. 92101

(619) 525-4064

Filing Date: SEPTEMBER 15, 2009

To Whom It May Concern:

The Name(s) of the Applicant(s) is/are: MACDADDY INC.

The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverage at: 3960 W POINT LOMA BLVD.

STES J & K

SAN DIEGO, CA. 92110-4733

Type of license(s) applied for: 41-ON-SALE BEER AND WINE-EATING PLACE
ISSUE DATE(S): SEPT 24 OCT 01 AND 08, 2009

Clubs, Bars & Music Scene						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1925 Bacon St. O.B. 619-223-7381	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! \$3 Turkey Tacos & House Margs all night! \$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	
 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 \$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!	ESPN GAME PLAN & NFL SUNDAY TICKET ON OUR BIG SCREEN TVs Happy Hour 5-6pm 1/2 Price Pitchers \$2.75 Bloody Marys \$3.75 Margs, \$2 PBR's	
 5034 Newport Ave. O.B. 619-223-0558	Every Day: Happy Hour 5-7pm everyday. \$1 off Well Drinks, \$2 off Martini's, 1/2 price pitchers Watch MLB here! \$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	ESPN GAME PLAN & NFL SUNDAY TICKET ON OUR BIG SCREEN TVs PBR & Miller High Life bottles \$2 Shot of the Week \$3 \$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
 5046 Newport Ave. 619-222-5300	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	Nightly Specials: Reggae night with live bands & DJ Carlos culture, \$3 Redstripes Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Jason Otts accoustic showcase 6-9pm, 3rd Bourough, DJR2. Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Irish night w/ Skelpin \$3 Mimosas, Bloody Marys & Beers Football package w/ surround sound and FREE food Pub Quiz 8pm
 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 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
 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 Oggi's Stix Night \$3.95 (additional toppings extra)	Spaghetti Tuesdays All you can eat Spaghetti	Wing Night Wednesday Killer or Honey BBQ Wings \$7.5 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

Call today and ask how to get listed for **FREE!**

For Advertising Information call (858) 270-3103
4645 Cass St., 2nd Floor, San Diego, CA 92109 www.sdnews.com

ASSISTANT

Are you needing a second pair of hands?
Do you have projects left undone?
Do you want someone who
thinks outside the box?

Your Own Girl Friday

www.yourowngirlfriday.com
Stacey Blanchet (619) 997-7601

BATHROOM & SINK

**MAKING OLD
FIBERGLASS/PORCELAIN
BATHTUBS AND SINKS
LOOK NEW!**



**"CORY TATZ"
BATHTUBS & SINKS
REFINISHING**

30 years of satisfied customers

619.464.5141

Guaranteed Lic #560438

CLEANING

**Cleaning Service
by Cecilia Sanchez**
Family owned & operated
15 years experience.

Office, residential &
vacancy cleanings

#1 vacation
rental experts

Free estimates
& excellent
references

(619)
248-5238

Maid Service
Trustworthy, reliable
& detail oriented!
Weekly • Monthly • Special Occasions

FREE ESTIMATES!
Call Valentina
(858) 229-0016

CONCRETE/MASONRY

CONCRETE MASONRY
STRUCTURAL & DECORATIVE
**BRICK • BLOCK
STONE • TILE
CONCRETE
DRAINAGE
WATERPROOFING**

30 years experience

References & Portfolio
carsonmasonrysandiego.com

WILLIAM CARSON

Licensed & Insured Lic #638122

(858) 459-0959

cell: (858) 405-7484

ELECTRICAL

**JACOB'S
ELECTRIC**
Clean, Quality Work!

- Residential / Commercial
- Service / Repair - Panels
- Custom Lighting / Spas

Bonded & Insured • License #903497
(619) 843-9291

FLOORS

**Traditional
Hardwood
Flooring**

- REFINISHING
- REPAIR
- INSTALLATION

**SPECIALIZING IN
HARDWOOD FLOORS**
Over 20 years experience in San Diego
JOHN WEIGHTMAN
(619) 218-8828

GARDENING-LANDSCAPING

**Retaining walls
Flagstone Patios
Steps and Walks**
Fast free estimate
Thad 619.252.0522

**Jose's
Gardening Clean-up**

Hedges hauling • Reasonable Rates
Free Estimates • References

619-847-1535

HANDYMAN

Remodel • Additions
Bath • Kitchens
Decks • Fences

Call Mike
(619) 846-9917
CA Lic# 740784

**HANDYMAN DOES IT ALL!!
GMD COMPANY**
(619) 244-9380
DRYWALL, ELECTRICAL, PLUMBING, TILE,
WINDOWS, DOORS, PAINTING, CEMENT,
FRAMING, BATH & KITCHEN REMODELING
LIC# 420564
LIABILITY INSURANCE AND BONDED
WWW.GMDCOMPANY.COM

RENT-A-HUSBAND

Handyman with 20 years experience.
Many Skills • Hourly or Bid
Prompt & Professional
Insured

Ask for Bob
858-454-5922

Ocean Home Services
High Quality Home Improvement

Only \$35/hr. Master Carpenter
w/ 25 years experience.
Interior / exterior woodworking
(ex-termites inspector)

Quality design fence work
wood / vinyl

Professionally installed
windows & doors

Drywall Install/Repair
and finish work.

Detail Quality Painting
Light Electrical & Plumbing

Call Scott
(619) 241-1231
not licensed

HAULING

A VETERAN HAULING
Insured • Reliable
Best Prices & Free Estimates
10% Discount - Senior & Veteran
Call A Veteran
619-225-8362

**I IUV JUNK
HAULING**

You Call-We Haul!
No Job Too Small!

Evictions, cleanouts,
construction debris,
tree trimming, etc.

We are
eco friendly

619-933-4346

www.iluvjunk.com

10% Senior Discount

PAINTING

**Chuckie's
Painting Company**
(619) 795-9429
www.chuckiespainting.com
chuckgjr@cox.net
Bonded & Insured • CA Lic. #925325

**KELLEY
PAINTING**

San Diego Business for over 14 years

- Full Service • Interior/Exterior
- Power Washing • Stucco Repair
- Residential/Commercial
- Bonded / Insured

10% SENIOR DISCOUNT

Call for a
FREE ESTIMATE
(619) 234-7067
skelley.office@cox.net
KelleyPainting-sd.com

FREE ESTIMATE!

Painting Division:
Interior/Exterior Painting, Repairs,
Power Washing, Caulking & Seal-
ing, Stucco, wood replacement,
epoxy coatings and Much More!

(619) 665-0754

Call Paint Division Representative, John
License #B-71031/B-C-33

**PAINTER DOES IT ALL!!**

GMD COMPANY
(619) 244-9380
**INTERIOR, EXTERIOR
EXCELLENT REFERENCES**
LIC# 420564
LIABILITY INSURANCE AND BONDED
WWW.GMDCOMPANY.COM

PLUMBING**-BILL HARPER PLUMBING & HEATING-**

Cash Discounts • \$58 Per Hour
Repairs & Repipes
Fixture Installations
BBB Member since 1986
Self-Employed Lic #504044
CALL BILL 619-224-0586

POOL CARE

SWIMCARE



The Pool Service & Repair
people you keep.

30 yrs in the neighborhood
(858) 277-7096

TOM RIVES Cont. Lic# 445392

REMODELING

**Stellar
Home Improvements**
Small Job Experts
25 Years Experience

- Remodeling • Handyman
- Electrical • Plumbing

Pest & Dry Rot Damage
★★★★★ Rated
Service Magic Angieslist

10% Discount
Active Military & Seniors
858.382.1140
Insured Free Estimates Lic# 92394

ROOFING

SMITH ROOFING CO.
224-ROOF, INC.
LIC# 634207

Scott Smith, has been serving the
beach communities since 1979.
858-272-ROOF (7663)
619-224-ROOF (7663)

SOLAR

**SOLAR
ELECTRIC**
Call us for all your
solar electric needs

Better Business Bureau Member
Lic#810245 • Bonded • Insured
A+ Quality Construction Inc.

**SOLAR
ELECTRIC**
619-527-2227

STUCCO

**Re-Stucco
Specialists**
Interior Plaster/Drywall Repairs
*All Work
Guaranteed*
30+ Years Experience
Lic. # 694956

Repairs • Lath & Plaster
Re-Stucco • Custom Work
Clean • Reliable • Reasonable

D'arlex
619-846-2734 Cell
619-265-9294
Email: darlex0907@hotmail.com

TREE SERVICES

**CROWN POINT
CLIPPERS, INC.**
TREE SERVICE
FREE ESTIMATES!

- FINE PRUNING & THINNING
- ARTISTIC TREE LACING
- TREE & STUMP REMOVAL

WWW.CROWNPOINTCLIPPERS.COM
(858) 270-1742
Fully licensed and insured. Lic# 723867

WINDOW CLEANING

**JB's Window
Cleaning & Service**

- Mini Blinds
- Screens
- Mirrors

Pressure Washing
Experienced

Call
**(619)
248-2778**

**Taylor Made
WINDOW
CLEANING**

services offered:
• Interior & Exterior
Window Cleaning
• Construction Clean-up
• Residential
• Small Commercial
• Store Fronts
619.981.0169
licensed & insured

**Christopher's
Window Cleaning**

- Satisfaction Guaranteed
- Family Owned & Operated
- Mirrors, Skylights, Light
Fixtures, & Solar Panels

(619) 630-8009

PROFESSIONAL DIRECTORY**ACCUPUNCTURE**

Acupuncture and Herbs

**Dr. Tai-Nan
Wang**
L.Ac OMD

- Stress / Anxiety
- Myalgia
- Female Disorders
- Asthma
- Headaches
- Sports Injuries
- Arthritis
- Neck & Back Pain

(619) 684-1848
wang.acu@gmail.com
lifestrong.com

CAREGIVER

Wonderful Caregiver
looking for a liv-in position.
I have 11 years experience,
primarily with Alzheimer's,
Dementia, Strokes, and
Parkinson's. I can do all lifts
(Hoyer etc) Medication's and
able to do Insulin shots. Give
wonderful showers, creative
cook, love all pets. Perfect DMV,
and background check.

Please call Laura at
858-243-8288

SENIOR SERVICES

Casa Rosa Assisted Living
Point Loma
619-223-1451

- 24/7 Assistants
- Outings & Events
- Healthy Meals
- Maid Service
- Custom Care Plans
- Assist with Medications

rcfe# 574601285
Call for information

BAMBOO

**BAMBOO
FOR SALE**

**EACH SUNDAY
FROM
NOON TO 5 PM
OR BY APPOINTMENT**

Timber Bamboo (Old Hami)
Black Bamboo
Golden Goddess, Alfonscar
and other Tropical Plants
(5- & 15-gallon)
Landscaping Available

**506½ Palomar Ave., LJ
858.459.YOGA**

BEAUTY SALON

Vision Beauty Salon
Full Service
858-270-2735
4645 Cass St., Ste #103
corner of Emerald & Cass

Haircut + Shampoo \$16 (reg \$19)
Senior Haircut + Shampoo \$14 (reg \$16)
Manicures \$10 (reg \$12)
Pedicures \$20 (reg \$25)

Facial • Waxing
Hours: Mon.-Sat. 9:00am to 6:00 pm
Must present coupon for discount

SPA / MASSAGE

Body Massage \$60 hr

- Deep Tissue
- Sports
- Swedish
- Couples
- Thai
- Pain Relief

Ionic Foot Detox \$30
Salt Scrub \$60
1 Hr Body Massage+Salt
Scrub+Ionic Foot Detox \$120

SD Bay Spa
619-226-2056
3333 Midway Dr. #201
By Old Town
Open 7 days a week
www.tranquillitysd.com

AMNESTY INTERNATIONAL

Ocean Beach, CA • Chapter #597

**Local Chapter of Amnesty International
organizes 3rd annual musical fundraiser**

What: Amnesty International's Ocean Beach chapter will organize its 3rd annual musical fundraiser. It is becoming a tradition in Ocean Beach.

When/Where: Saturday, October 3, 2009 starting at 6 p.m. at Portugalia restaurant, 4839 Newport Avenue San Diego, CA 92107.

Who: Eight musical acts from the local scene will donate their time and talent. They are: Israel Maldonado, Old Man Hands, Capoeira Brasil, Mary Dolan, Chuck Shiele, Simeon Flick, Zymzzy Quartet and Bradley Trafton.

About Amnesty International: Amnesty International is a worldwide movement of people who campaign for internationally recognized human rights. Amnesty International works for the release of prisoners of conscience: people who have never used nor advocated violence, but are imprisoned solely for their beliefs, ethnicity, religion, sex orientation or gender.

classified marketplace

**OXY
GEN**

QUARTZ O2
AN OXYGEN BAR

- BREATHE WITH US! • AROMAS AVAILABLE!
- Free Extra Minutes (w/ any session)

Look for us Weds. at Farmers Market & OB Oktoberfest Oct. 10th.

619-212-1543
4966 Santa Monica Ave. Ste. H • Ocean Beach
www.myspace.com/quartzo2bar

**hcraft
CUSTOM PAINTING**
CLEAN - COURTEOUS - PROFESSIONAL

- Interior / Exterior
- Custom Cabinet Finishing
- Residential & Commercial
- Wallpaper Removal
- Stucco Repair
- "Popcorn" Ceiling Removal
- Insured, Quality Workmanship

FREE ESTIMATES
619-219-1923
BRETTCUSTOMS@COX.NET
LIC #936550



CLAIR COON
Residential Realtor and
Fine Homes Specialist
Prudential
California Realty
858.243.3878
www.ClairCoon.com • coon@prusd.com
DRE# 01326893



Lifestyle Included!

3947 Sequoia St., Pacific Beach
OPEN House SAT/SUN 1-4

New Tuscan-Style Contemporary home, almost 2,000 sqft. A 3BR, 4BA delight with penthouse room opening to large bayview rooftop. One block to Crown Point Shores where you'll find miles of sandy beaches and a park area to walk, sail, run, bike or sunbathe in. \$939K

Kathy Evans
858.488.SELL
RE/MAX Coastal Properties
DRE #00872108

CA DRE Broker's # 01312924 Karen Dodge
CA DRE Broker's # 01312925 Mike Dodge

Pacific paradise

GREAT INVESTMENT 1009 Tourmaline #4



North Pacific Beach Townhouse with 3 BEDROOMS, 3 BATHROOMS, & 3 parking spaces (oversized 2 car, side by side garage plus 1 space by unit front door) Fireplace in the living room. Southwest facing end unit. Hardwood flooring. Just a few blocks from the beach. Shops and restaurants nearby. Don't miss this light and bright home with peak ocean and bay views from master bedroom and balcony. Dual masters upstairs, one bedroom downstairs **Reduced \$589,000**



Karen & Mike DODGE
Find Your Place in Paradise

Karen: 619-379-1194 • Mike: 619-384-8538
E-mail: Karen-Mike@San.rr.com
Web: www.karen-mike.com

Prudential
Dunn, REALTORS®

Erika Spears



Working with
Kathy Evans

RE/MAX Coastal Properties
858.490.4119

92109 FALL SPECIALS

Wiggle your toes in the sand, 100 ft from your front door in Mission Beach. 2 BR home and den to hold your beach toys. **\$599K-\$624K**

Imagine **EVERY DAY** waking up to almost 50 ft of Bayfront views. Sip coffee on 1 of 2 view balconies, or watch the dramatic, ever-changing bay views from the living room, dining room, kitchen, den or 3 bedroom. Over 1300 sq ft, single level condominium. **\$649K**

Serving San Diego's Beaches
Ocean, Mission, Pacific Since 1983

Liveatthebeach Now.com
RENTALS
MANAGEMENT
SALES
619-222-4836
Sunset Pacific Realty, Inc.

Family Owned & Operated
Call Today for a Management Quote

Go To...

www.92109.biz

STAY, SEE & DREAM SAN DIEGO

Staci Malloy



Four fabulous 2- and 3-bedroom NEW construction condos in the heart of Pacific Beach! All units are move-in ready with private garages, outdoor living and many upgrades! A Must See!

858.490.6129
www.stacimalloy.com

Century 21 1st CHOICE PACIFIC

Just Listed!



Bernie SOS na



"TIL COME TO YOUR RESCUE"
WWW.BERNIESOSNA.COM

Work with a Beach Specialist

La Jolla

- New Construction
- 3BR/2.5BA
- Solar Electric
- Air Conditioning
- 2-car Garage
- Draper Ave in "the Village"



(619) 977-4334 CELL
(858) 490-6127 DIRECT

Century 21 1st CHOICE PACIFIC

The House Doctor Rx
All Trades. All Problems. Fixed.

#1 in customer Service, Very Reasonable

858.245.1381
contractor's lic # 507762



OPEN HOUSE

directory

LA JOLLA

Sat 1-4pm	1532 Virginia Way	3BR/3BA	\$1,950,000
Sat 1-5pm	7124 Country Club Dr.	5BR/6BA	\$3,300,000
Sat 1-4pm	5380 Calumet Ave.	4BR/2BA	\$5,450,000
Sat 1-5pm	1620 Torrey Pines Rd.	8BR/9BA	\$7,500,000
Sat 1-5pm	1590 Coast Walk	5BR/6BA	\$8,500,000
Sun 1-4pm	7811 Eads Ave.#407	2BR/2BA	\$595,000
Sun 1-4pm	5415 Caminito Agua	3BR/3BA	\$695,000
Sun 1-4pm	6846 Draper	3BR/3.5BA	\$949,000
Sun 10am-2pm	7453 Girard Ave.	1BR/2BA	\$995,000
Sun 10am-2pm	7451 Girard Ave.	2BR/2BA	\$1,150,000
Sun 1-4pm	1859 Caminito Brisa	4BR/2.5BA	\$1,150,000
Sun 1-4pm	1663 Bahia Vista Way	4BR/4BA	\$2,450,000
Sun 1-4pm	740 Arenas	3BR/2BA	\$1,275,000
Sun 1-4pm	5606 Dolphin Place	2BR/2BA	\$1,299,000
Sun 1-4pm	551 Rosemont		\$1,400,000-\$1,600,876
Sun 1-4pm	553 Rosemont		\$1,500,000-\$1,700,876
Sun 1-4pm	1532 Virginia Way	3BR/3BA	\$1,950,000
Sun 1-4pm	358 Belvedere	4BR/4.5BA	\$2,600,000-\$2,950,876
Sun 11am-5pm	7834 Exchange Place	4BR/2BA	\$2,795,000-\$2,999,000
Sun 10am-5pm	1949 El Camino Del Teatro7BR/5BA		\$2,800,000
Sun 1-4pm	2810 Hidden Valley Rd.	4BR/3BA	\$2,995,000
Sun 1-5pm	7124 Country Club Dr.	5BR/6BA	\$3,300,000
Sun 1-4pm	7950 Via Capri	4BR/3BA	\$3,600,000-\$4,100,876
Sun 10am-1pm	1919 Spindrift	3BR/2.5BA	\$3,995,000
Sun 1-5pm	1620 Torrey Pines Rd.	8BR/9BA	\$7,500,000
Sun 1-5pm	1590 Coast Walk	5BR/6BA	\$8,500,000

PACIFIC BEACH / MISSION BEACH

Tu, W, F 12-4pm	924 Hornblend	2BR Units	\$519,000-\$556,000
Sat 11am-4pm	924 Hornblend	2BR Units	\$519,000-\$556,000
Sat 1-4pm	822 Nantasket Court	2BR/2BA	\$895,000
Sat 10am-1pm	3445 Bayside Walk	3BR/3BA	\$1,495,000
Sat 1-4pm	3709 Oceanfront Walk	4BR/4.5BA	\$6,500,000

Team Chodorow • 858-456-6850
Vic Ter Martiryan • 858-848-4640
Maxine & Marti Gellens • 858-551-6630
Meg Lebastchi • 858-336-0936
Meg Lebastchi • 858-336-0936

Team Chodorow • 858-456-6850
Vicki Robb • 858-405-9925
Yvonne Sorour • 858-967-0816
Team Chodorow • 858-456-6850
Team Chodorow • 858-456-6850
Team Chodorow • 858-456-6850
Peter Van Rossum • 858-204-3221
Ruth Mills • 858-459-9109
Yvonne Sorour • 858-967-0816
David Schroedl • 858-459-0202
David Schroedl • 858-459-0202
Team Chodorow • 858-456-6850
David Schroedl • 858-459-0202
Kathryn Murphy • 858-336-5623
Bob Nourani • 490-0000
Elaina Nieman • 619-742-2343
Vic Ter Martiryan • 858-848-4640
Sharok Eslamian • 858-449-0501
Brant Westfall • 858-922-8610
Meg Lebastchi • 858-336-0936
Meg Lebastchi • 858-336-0936

Alex Rojas • 858-427-3664

Alex Rojas • 858-427-3664
Jason Stark • 619-459-5152
Valerie Marrone • 858-882-7932
Valerie Marrone • 858-882-7932

PACIFIC BEACH / MISSION BEACH, cont.

Sun 1-4pm	3983 Kendall St.	2BR/2BA	\$680,000	Jenny Werth • 619-871-9422
Sun 1-4pm	3528 Bayside Walk Unit 2	4BR/3BA	\$1,825,000	Brien Metcalf • 619-708-2239
Sun 10am-1pm	3445 Bayside Walk	3BR/3BA	\$1,495,000	Valerie Marrone • 858-882-7932
Sun 1-4pm	3709 Oceanfront Walk	4BR/4.5BA	\$6,500,000	Valerie Marrone • 858-882-7932

POINT LOMA / OCEAN BEACH

Sat 11am-4pm	3452 Trumbull St.	3BR/1BA	\$599,500	Robert Realty • 619-852-8827
Sat 11am-4pm	425 San Geronio St.	10K Sq Ft. Lot	\$1,300,000	Robert Realty • 619852-8827
Sat 11am-4pm	821 Armada Terrace	4BR/3BA	\$2,500,000	Robert Realty • 619-852-8827
Sun 1-4pm	4891 Narragansett Ave.	2BR/1BA	\$499,000	Cindy Wing • 619-223-9464
Sun 1-4pm	4862 Santa Cruz Ave.	3BR/3BA	\$560,000-\$650,000	Cindy Wing • 619-223-9464
Sun 11am-4pm	3452 Trumbull St.	3BR/1BA	\$599,500	Robert Realty • 619-852-8827
Sun 1-4pm	1944 Catalina Blvd.	3BR/2.5BA	\$829,000	Cindy Wing • 619-223-9464
Sun 1-4pm	4251 Orchard Ave.	3BR/2.5BA	\$849,000	Cindy Wing • 619-223-9464
Sun 1-4pm	2099 Truxton Rd.	4BR/2.5BA	\$950,000	Cindy Wing • 619-223-9464
Sun 11am-4pm	425 San Geronio St.	10K Sq Ft. Lot	\$1,300,000	Robert Realty • 619-852-8827
Sun 1-4pm	4319 Del Mar Ave.	3BR/2BA + House	\$1,695,000	Leslie Reynolds • 619-987-4156
Sat 11am-4pm	821 Armada Terrace	4BR/3BA	\$2,500,000	Robert Realty • 619-852-8827

UNIVERSITY CITY

Sun 12-5pm	5242 Renaissance Ave	4BR/3.5BA	\$1,050,000-\$1,150,000	Whitney & Associates Realty • 858-456-3282
------------	----------------------	-----------	-------------------------	--

CARMEL VALLEY

Sun 1-4pm	4520 Calle Mar De Armonia5BR/4BA		\$899,000	Karen Ekroos • 858-735-9299
-----------	----------------------------------	--	-----------	-----------------------------

OLIVENHAIN

Sun 1-4pm	3371 Calle Tres Vistas	6BR/6BA	\$2,995,000	Boni Buscemi • 858-382-4101
-----------	------------------------	---------	-------------	-----------------------------



Open Houses This Weekend

DEADLINE FOR THE OPEN HOUSE DIRECTORY IS NOON ON TUESDAYS.

BARONS *The Marketplace*



Asparagus

\$1.97
lb

Driscoll's Organic Raspberries & Strawberries

3 for \$6
8oz. containers

Eurofresh On-The-Vine Roma Tomatoes

99¢
lb

Red Leaf, Green Leaf, Romaine Lettuce

Santa Maria

2 for \$1

Red Seedless Grapes

Reedley

97¢
lb

Organic Valencia Oranges

Stehly Farms Valley Center

2 for \$1
lb

Blazing Star Bartlett Pears

2 for \$1
lb

Bluelake Green Beans

Livingston

97¢
lb

Jonathan Apples

Idaho

69¢
lb

New Zealand Kiwi Fruit

3 for \$1
lb

Brown Onions

Lancaster

3 for \$1
lb

Don Miguel Burritos

In the Deli

Just Heat & Enjoy!

\$1.69-\$1.99
7-10 oz

Cardini's Original Caesar Dressing

Just Arrived

\$2.99
12 oz

An American favorite. No Preservatives.

Salmon Fillets

Fresh in the Deli

\$9.99
lb

Our Milk Prices... X-Large Grade AA Eggs \$1.49 One Dozen

Swiss Dairy (1%, 2%, Homogenized, Nonfat) **\$2.49**
Gallon

Alta Dena (1%, 2%, Homogenized, Nonfat) **\$2.99**
Gallon

Foster Farms Turkey Meatballs

Great for Quick Spaghetti & Meatballs

Homestyle Italian

\$8.49
32 oz

Alexia Oven Fries

In the frozen section

Olive Oil & Sea Salt
Parmesan & Roasted Garlic
Rosemary & Garlic
Sun Dried Tomato Pesto

\$2.99
15-16 oz

Drinks Galore...

Swiss Iced Tea\$1.39 1/2 gallon
Crystal Geyser Water 24pk...\$3.99 5 ltr+crv
Knudsen Cider & Spice\$2.69 32 oz
Zico Coconut Water.....\$1.49 11 oz
NEW Guayaki Yerbe Mate\$1.89 16 oz
Metro Mint Water.....\$1.39 500 ml

McConnell's Ice Cream

Super Premium Ice Cream

\$3.99
pint

Batter Blaster Organic Pancake & Waffle Batter

Heat a skillet just point, blast & cook.

\$5.79
18 oz

Beer Department

Spaten Oktoberfest\$7.49 6 pk Bot
Samuel Adams Oktoberfest\$7.99 6 pk Bot
NEW New Belgium Hoptober\$8.49 6 pk Bot
NEW Karl Strauss Oktoberfest\$7.99 6 pk Bot
Redbridge "Gluten Free" Beer\$7.49 6 pk Bot
Port Brewing Wipeout IPA\$3.99 22 oz each +crv

Immaculate Baking Co. Cookie Dough

Perfect for lunch boxes

Ready-to-Bake

\$4.19
14 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 10/6/09