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THURSDAY, OCT. 8, 2009

WWW.SDNEWS.COM ■ VOLUME 24, NUMBER 38

## PLHS players rattled during in-flight scare

By **SCOTT HOPKINS** | THE BEACON

Point Loma High's Pointer football team already knew it was going to have its hands full when they took the field Friday night to battle the undefeated Granite Bay Grizzlies in this Sacramento suburb. What they couldn't plan for was a harrowing incident aboard their Southwest Airlines plane enroute.

It was after 9 a.m. Oct. 2 when, while soaring high above the Southern California landscape on a twin-engine Boeing 737, players, coaches and support staff heard a loud "pop."

Looking out portside windows, the group saw smoke and flames coming from the engine. This could not be a comforting sight to even seasoned fliers, much less several players and other students making their first flight.

Almost immediately, Flight 252's left wing dipped sharply until the craft's pilot stabilized the plane. Flight attendants scurried to ask stunned players if they had seen smoke, then ran to relay the information to the cockpit.

A cabin announcement was made, indicating the plane would be making an unscheduled landing in Los Angeles. Passengers were

SEE **SCARE**, Page 10



On a critical fourth-down play from the one-yard line, Point Loma High School's Tommy Bell (5) falls inches short of the goal. Preventing a Pointer celebration are Granite Bay High's Adam Angulo (10), Andrew Knapp (15) and Jacob Kludjian (35). Point Loma lost to its Sacramento opponent 22-12 on Friday.

SCOTT HOPKINS | THE BEACON

## Pointers swarmed by Sacramento rivals

By **SCOTT HOPKINS** | THE BEACON

GRANITE BAY, CA — Two steps forward, one step back.

That cliché could summarize the first half of Point Loma High School's (PLHS) football season as the bruised team, also beset by on-field errors and penalties, looks ahead to a much-needed week off after

compiling a 3-2 record against several quality teams.

Take the most recent Oct. 2 game, a long-distance affair, matching the Pointers with tough Granite Bay, near Sacramento, which is ranked fourth in their section of the state. The Pointers found themselves on the short end of a 16-0 half-time score before settling down

to outscore their opponents 12-6 in the second half — a battle that ended as a 22-12 loss for the locals.

"This was a great effort, the kids played hard," said (PLHS) head coach Mike Hastings. "But we've got a lot of work to do during our bye week. We

SEE **POINTERS**, Page 11

## German gala to rock OB

### Oktoberfest on tap for revelers

By **ANTHONY GENTILE** | THE BEACON

Ocean Beach will be brimming with lederhosen and sausage Saturday, Oct. 10 as the Ocean Beach Oktoberfest returns to the OB Pier parking lot from 10 a.m. to 8:30 p.m.

"It's Oktoberfest at the beach," said Ocean Beach MainStreet Association (OBMA) executive director Denny Knox. "I don't know of another Oktoberfest right on the beach."

OBMA has hosted Oktoberfest the past seven years, and this is its third straight year in the pier parking lot. Knox said she expects between 5,000 and 10,000 people to attend.

"Last year, people had such a good time," Knox said. "Everybody was in a great mood and the weather was really nice."

Between 150 and 300 scampering sausages kick off the festivities during the OB Brat Trot at 9 a.m. The 5k race is pitted on the beach between runners dressed in

SEE **OKTOBERFEST**, Page 9

## Swap meet's lure: shopping on a shoestring budget

By **ANTHONY GENTILE** | THE BEACON

While the economy has left most of the retail world reeling, Kobey's Swap Meet at the San Diego Sports Arena has seen a boost in both the number of sellers and shoppers over the past year. From bargain hunters to business owners, the swap meet has seemingly provided a bit of economic relief.

"Everybody was looking to generate money because people weren't spending," said Kimberly Kobey-Pretto, president of The Kobey Corp. "People were losing their jobs, losing their homes and now everybody feels they have to come up with another source of income. The swap meet is a great

place to do that."

As compared with figures for the same time last year, Kobey-Pretto said Kobey's is up 15 percent this summer and currently up 10 percent in both shoppers and revenue. She said the increase in sellers is due in part to the economic downturn, as both individuals and stores are looking to add income.

"People need to get a second job and this is a great way to invest just a little bit," Kobey-Pretto said. "We're finding a lot of storage-unit people going to storage units and buying them and they're setting up 10 to 15 booths out here, so that's a used business."

SEE **BUDGET**, Page 5



Bargain hunters canvass items at Kobey's Swap Meet at the San Diego Sports Arena. The destabilized economy has driven an increase in the number of shoppers, sellers and revenue at the swap meet for months.

ANTHONY GENTILE | THE BEACON



John Oswalt, a San Diegan who owns West Coast Import and Manufacturing Co., makes and sells futons and has been at Kobey's for nearly three decades.

ANTHONY GENTILE | THE BEACON

### Surf Report

#### SATURDAY

Hi: 4:40 a.m.  
1:42 p.m.  
Low: 6:17 a.m.  
10:05 p.m.  
Size: 2-3 ft.  
Wind: 8-14 knots

#### SUNDAY

Hi: 5:52 a.m.  
3:24 p.m.  
Low: 9:11 a.m.  
11:16 p.m.  
Size: 2-3 ft.  
Wind: 4-10 knots

### On your marks ...

Expect some Point Loma traffic snarls and street closures Saturday with the debut of the SD Triathlon Classic. **2**



### A moment in the spotlight

Led Zeppelin tribute band Dazed and Confused, set for Gallaghers on Nov. 14, captures "Best Cover or Tribute Band" at the San Diego Music Awards. **4**



# Inaugural San Diego Triathlon Classic sprints into action in Point Loma

By ANTHONY GENTILE | THE BEACON

Some of the nation's best athletes will run, swim and bike their way through San Diego this weekend, beginning and ending in Point Loma and stretching down San Diego Bay.

The inaugural San Diego Triathlon Classic will be held Saturday, Oct. 10.

"This is the only [USA Triathlon] sanctioned Olympic distance race in San Diego," said Rachel Gordon, director of marketing and sales of Moment Cycle Sport. "It's the only race that has a full swim, bike and run."

The race will begin and end at Liberty Station. Nearly 700 racers will swim 1,500 meters in the San Diego Bay, bike for 40 kilometers around the Peninsula and run for 10 kilometers — the distance necessary to make the event a USA Triathlon (USAT)

sanctioned race.

"Having it be a USAT-sanctioned race puts a little bit more prestige on the race and gives athletes who are USAT members the ability to collect points in their age group to be ranked nationally," Gordon said. "Through those national rankings they can qualify for the national team as well as the world team."

In addition to the Olympic distance race, which starts at 6:30 a.m., the sprint race will start 30-45 minutes later. The sprint race is half the distance of the Olympic distance race.

"It's pretty high competition in the sprint event by people who only train for the quick, fast races," Gordon said.

In the San Diego Triathlon Classic, racers will compete on a unique and challenging course. Along the way, racers will swim



under the Harbor Drive pedestrian footbridge, bike through the Naval Base Point Loma sub base and up to Cabrillo National Monument and run along the water and by the USS Recruit.

"All of us at the shop are triathletes ourselves and we just wanted something different," Gordon said. "Triathlon was born in San Diego and it's something that we're all pretty passionate about."

Gordon said the bike portion of the race is its most challenging. Part of the 10-kilometer ride is a three-quarter-mile trek up McClelland Road to Cabrillo National Monument.

"It's going to get athletes out of their saddles, really cranking hard up that hill," Gordon said. "It should be a pretty intense part of the race."

Gordon said the race is very spectator friendly, and there are seven different points along the course where the public can watch. She said the best spot to catch a lot of action is in the transition area on Farragut Road behind Liberty Station.

"It's where the finish line is, where the expo will be and where racers will be exiting the water, going in and out on the bike, going out on the run and finishing the race," Gordon said.

On Friday, an expo on the lawn next to Cushing and Farragut

roads will precede the race. The expo is free and will go from 2 to 7 p.m.

"There will be different reps from different manufacturers of their 2010 bikes, a couple of nutritional vendors giving out product samples as well as some local companies promoting their product," Gordon said.

Festivities will also follow the race on Saturday. There will be award ceremonies, entertainment, refreshments, vendors and exhibits to go along with a beer garden.

On race day, portions of both Farragut and Cushing roads will be closed from 6 a.m. to noon. A number of other roads will be closed from 6 to 9:30 a.m. and a complete list can be found at momentcyclesport.com. Residents with questions or concerns about traffic on race day can call (619) 523-2453.

Moment Cycle Sport is putting on the race and has been located at 1357 Rosecrans St., suite "A" for two and a half years. The shop specializes in custom road and triathlon bikes.

For more information, visit momentcyclesport.com.



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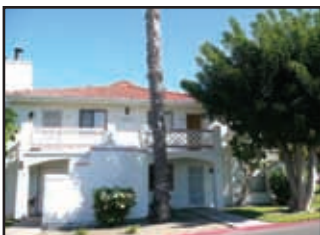


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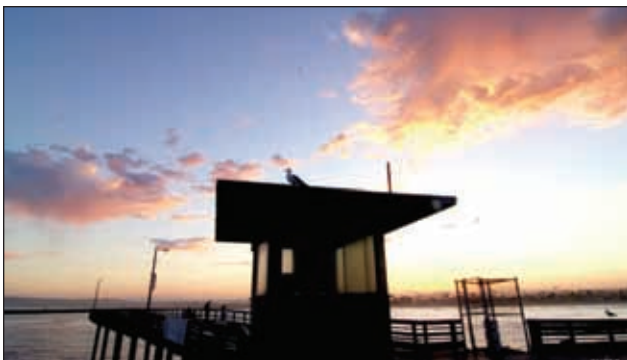




## Wonders of weather

Ocean Beach provides a beautiful photographic easel for local shutterbug Joe Ewing, who snapped the above photo of a rainbow spreading over the beach during the recent cold and sprinkle-tinged weather front. With the OB Pier as one of his favorite backdrops, Ewing also captures the setting sun, photos at right. Weather forecasters predict a warming trend for the next few days with highs reaching near the 70-degree mark. Lows are expected to dip to around 60 through Sunday.

PHOTOS COURTESY JOE EWING



# Landslide ruling goes city's way

Soledad residents lose bid to blame water-damage negligence

By **SEBASTIAN RUIZ** | THE BEACON

For residents of the 65 homes affected by the 2007 landslide along Soledad Mountain Road, a ruling in their case against the city leaves them without compensation, and in some cases without a home, while potentially saving the city millions.

A Superior Court judge ruled last week that the city is not liable for damage sustained by homes during the landslide that occurred Oct. 3, 2007. The slide caused the evacuation, condemnation and eventual demolition of several homes.

The court remained unconvinced that water from damaged pipes caused the earth to shift underneath homes. The decision could save the city a lot of money.

"It's all a little bit unclear and a lot of it was... speculative, but we could've been exposed to tens of millions of dollars if we would've been found liable," said Alex Roth, a spokesman for Mayor Jerry Sanders. "[The homeowners] went through a horrendous ordeal and they deserve everyone's sympathies."

But while the city may be off the hook for now, attorney Michael Hearn, representing 16 families affected by the tragedy, said an appeal is not out of the question.

He said experts pointed to "four failures" in the city's water line during 2007 but ultimately failed to prove the breaks caused the slide.

For virtually all of his clients, compensation from the city would have been the only way to recoup at least some of what was lost, he said.

"They [homeowners] had no assistance from their own insurance. So I feel very sorry for those folks — they lost their home and there's nobody there to help them," Hearn said. "I say virtually all of them because it does not look like any one of them will get insurance money to help reestablish a home for them."

Hearn's firm was part of a team represent-

ing 65 homes affected by the landslide.

Ernest Ledterman, a 91-year-old resident of the 5800 hundred block of Soledad Mountain Road, lives an estimated 50 yards away from a condemned home. He said he's not surprised insurance companies would not compensate.

The retired engineer and geologist said he was aware of the potential instability of the soil on the hill when he purchased his home during the early 1960s.

He said his insurance company used to cover and compensate residents for small slides.

"Once they wised up to what was happening, they excluded that [coverage]," he said.

Ledterman admits his home has several cracks, which he believes stem from moving earth beneath his home on the hill.

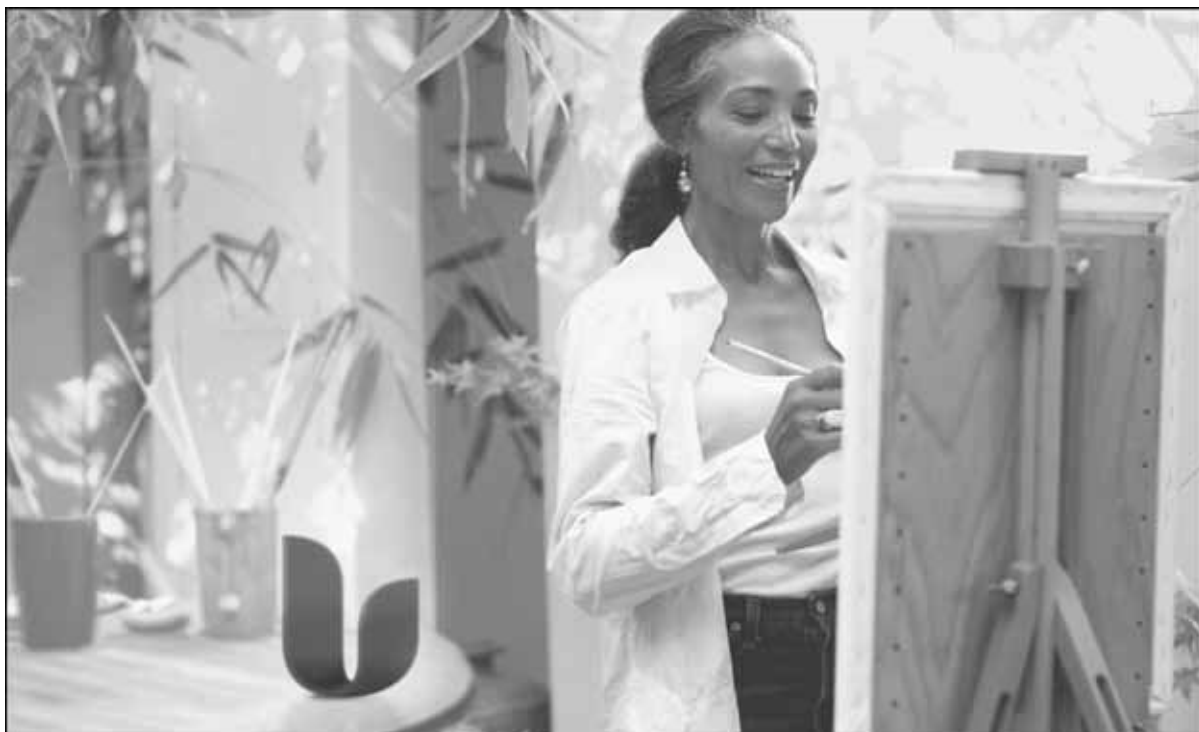
"So if your home slides down, that's it," Ledterman said. "I just don't think about the cracks."

While the city may have potentially saved millions in compensation so far, the city has already forked over millions to the outside firm representing the city during trial.

"As of May 31 of this year, the Butz Dunn & DeSantis law firm had been paid attorneys' fees in the amount of \$2,067,372.43 and \$367,058.40 in cost reimbursements," said Geena Coburn, a representative with the San Diego City Attorney's Office, in a written statement.

That figure does not include trial and trial preparation and there are additional billings that would cover costs incurred after May 31, but they have either not been submitted or paid, she wrote.

A representative of the firm did not immediately return calls requesting comment. Though Soledad Mountain Road currently remains open, scars of the past evidenced by an empty lot, a home deemed inhabitable and San Diego Gas and Electric crews setting up electrical poles and wires are still visible up and down the street.



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# Dazed and Confused hits paydirt at music awards

By BART MENDOZA | THE BEACON

Although the music business in general seems to be in a downward spiral, one genre is bucking the trend and actually increasing in popularity: the tribute band. By sticking to the music of one artist, a tribute band not only draws on the fans of chosen performers, they can build a following that would make anyone performing original music green with envy. Such is the case with Dazed and Confused, a quintet paying homage to the music of Led Zeppelin.

Winners of the 2009 San Diego Music Award (SDMA) for "Best Cover or Tribute Band," Dazed and Confused performs at Gallagher's on Saturday, Nov. 14. Featuring frontman and Ocean Beach resident Jason Ott, guitarist Joe Walker, bassist Andy Hinson, drummer Jeff Smith and keyboardist Mike Davenport, the band's success is striking when one considers that all the band members are transplants to the area.

The band formed in 2006 with Walker as the newest member in 2008.

"We all moved to beautiful San Diego at some point because it rocks here," said Ott.

It was Smith and Ott who first sowed the seeds of the band with a cover group called Riot House.

"We did rock classics and at some point did a Zeppelin medley," Smith said. "The crowds started rocking at a whole new level. Jason and I clearly knew something was

going on there."

Despite sticking to the catalog of just one band, Hinson doesn't find the constraints limiting.

"Led Zeppelin were such a diverse band with so many styles that sometimes it feels like we're playing many different bands at once," Hinson said.

Smith agrees.

"Their catalog is broad enough that after three years we have just about 60 percent of their studio tracks down," Smith said. "When you consider all the Zeppelin bootleg concerts, we've got another 20 years before we'll be done."

The band changes its set list as much as possible, according to Ott.

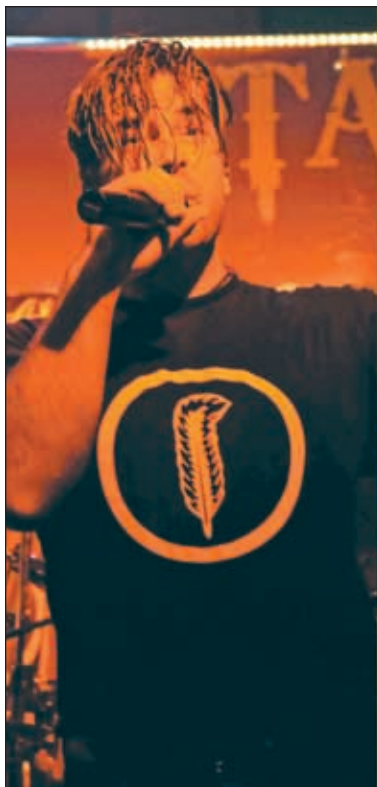
"We can vary sets pretty well so that back-to-back shows can have a limited number of duplicates," Ott said. "We want the sets to appeal to diehard fans and the casual listeners, so we try to put the hits in and some bonus songs for ourselves and the hardcore Zep heads. There are core songs. 'Rock and Roll,' 'Whole Lotta Love,' 'Dazed and Confused' and 'Kashmir' are typically part of most set lists."

In addition to playing albums in their entirety, the band also re-creates Led Zeppelin sets.

"We try to find set lists from shows played on the same night as our shows 30-plus-years prior," said Ott.

To a man, Dazed and Confused appeared shocked by their SDMA win.

"The bands we were up against



Led Zeppelin tribute band Dazed and Confused captured the honor of "Best Cover or Tribute Band" in the 2009 San Diego Music Award. The band performs at Gallagher's on Newport Avenue on Nov. 14.

COURTESY PHOTO

are pretty awesome and we did not plan on winning at all," said Ott. "I know this sounds cliché, but it was an honor to be nominated. When they called our name, I almost had a heart attack. Our fans made this happen and we are eternally grateful. We put a lot of work into this band and it is such an honor to be appreciated and rewarded."

Smith said he is still a little overwhelmed by the award.

"When they stated our name, we were shocked," Smith said.

The band's collective disbelief almost cost them their chance to accept their trophy onstage.

"It took us a minute to regroup and realize that we should go and

accept the award," Smith said. "The announcer even announced, 'I guess they are not here,' until they saw us jumping up and down the aisle as we approached the stage. Flabbergasted sums it up just right."

For Ott, Dazed and Confused's win is the culmination of a life in music.

"Led Zeppelin inspired me to become a singer," he said. "The music moved me when I was younger, and having the ability to play this stuff for an enthusiastic audience is quite a reward."

Hinson agrees.

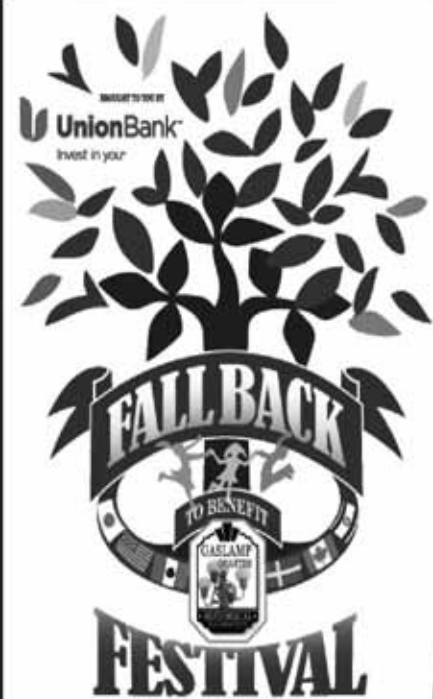
"Making an audience remember the greatness of Led Zeppelin and

seeing them have a great time is awesome," Hinson said.

As for the SDMA trophy, Ott jokes that it's "hidden in a secret location with around-the-clock guards and secret surveillance equipment," allowing the band members to rotate it between homes.

"It's kinda like the Stanley Cup," teased Hinson. "Everyone gets a turn to show it off for a little while."

Dazed and Confused performs on Saturday, Nov. 14, at Gallagher's, 5046 Newport Ave., at 8 p.m. The show is for those 21 and up. For more information, visit [www.myspace.com/dazedandconfusedband](http://www.myspace.com/dazedandconfusedband).



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## BUDGET

CONTINUED FROM Page 1

Some sellers are small business owners setting up shop on the weekends. One example is Carlton Charbonnet of Oceanside, who started selling at Kobey's a year ago as a second source of income.

"It's been working out pretty good so I've been coming every week," Charbonnet said.

Charbonnet works as a general contractor during the week and has been selling wholesale-bought sports clothes and accessories at the swap meet on Saturdays and Sundays. His apparel ranges in cost from \$10 to \$100.

Charbonnet said traffic at Kobey's has been pretty consistent during his time selling outside the sports arena. He is one of many vendors selling brand-new items at the swap meet.

"It's definitely a good place to incubate a business and we do provide that," Kobey-Pretto said.

Another seller whose small business operates out of the swap meet is John Oswalt, a San Diegan who owns West Coast Import and Manufacturing Co. Oswalt makes and sells futons and has been at Kobey's for nearly three decades.

"I have a built-in clientele after 28 years," Oswalt said. "There are people that drive all the way from Sacramento and Fresno. I'm as steady as you can get because of the years I've been doing this."

Kobey-Pretto said non-vendors such as health insurance and mortgage companies are also using Kobey's to generate leads for their businesses. Even large companies such as Cricket Wireless have established a booth to



Swap meet shoppers seem to be bearing out the results of a study last month by Mint.com showing San Diego as the fifth-most-frugal city in the nation, with San Diegans spending 23 percent less this year than last. ANTHONY GENTILE | THE BEACON

gain exposure.

Other sellers are coming to the swap meet to unload their old junk. Plenty of booths feature antiques and used items such as sporting equipment and electronics.

"We all keep too much junk in our homes and it's a great place to have a garage sale, a safer place to have a garage sale than at home," Kobey-Pretto said.

A study last month by financial website Mint.com that measured discretionary spending in 2008 versus 2009 found San Diego the fifth-most-frugal city in the nation, with San Diegans spending 23 percent less this year than they did the year before. Based on that study, it may come as little surprise that Kobey's has seen a boost in shoppers.

During a recent weekend, the swap meet had a combined attendance for 15,747 on Friday, Saturday and Sunday. The Sunday crowd of 7,733 people was the biggest of the weekend. The

biggest demographics boost has come from high school and college students.

"It's definitely re-birthed itself from years back," Kobey-Pretto said.

The cost to rent a 16-by-18-foot space at Kobey's is \$10 on Fridays and \$30 on Saturdays and Sundays. Kobey-Pretto said space at the sports arena parking lot is not an issue.

"We have plenty of space in this parking lot. We have the ability to expand based on demand. We've always had that," Kobey-Pretto said.

Kobey's is located at 3500 Sports Arena Blvd. in the parking lot of the San Diego Sports Arena. The swap meet is open Fridays, Saturdays and Sundays from 7 a.m. to 3 p.m. Admission is 50 cents Friday and \$1 on the weekends.

For more information, visit [www.kobeyswap.com](http://www.kobeyswap.com) or follow Kobey's on Twitter. Kobey's is also on Facebook and Myspace.

## NewsBriefs

## SeaWorld to be sold to Blackstone Group

San Diego's SeaWorld, along with its two sister SeaWorld parks, two Busch Gardens parks and five other entertainment attractions, will be sold to The Blackstone Group, an international private equity firm headquartered in New York.

A joint announcement yesterday by Anheuser-Busch InBev and The Blackstone Group, stated that the entire Busch Entertainment Corporation will be acquired by Blackstone in a deal involving a \$2.3 billion cash payment and the right to participate in a return on investment totaling up to \$400 million.

The transaction is pending regulatory clearance.

"We have no staff reductions at all related to this transaction at any level," said Busch Entertainment Corporation President Jim Atchison, adding that the corporation will continue to run and maintain the park as usual, as well as continue with present plans regarding the park's attractions.

Blackstone owns Hilton Hotels, Orbitz Travel, Merlin theme parks in the U.K., has a 50 percent ownership in Universal Orlando and "they own more hotel rooms than anyone in the world," Atchison said.

The sale will allow Anheuser-Busch InBev to focus on its core business of brewing beer, according to the joint statement.

## Hodad's to aid OB school with annual fundraiser

Hodad's restaurant in Ocean

Beach will soon be hosting a fundraiser designed to raise money for Ocean Beach Elementary School and is asking for contributions from the community.

The restaurant, which is honoring the 100th anniversary of OB Elementary this year, is seeking the items for the fundraising event from 11 a.m. to 9 p.m. on Oct. 22 at the restaurant, 5010 Newport Ave.

Donated items being sought are gift certificates or cards, retail items, dinners, free or discounted treatments and tickets.

Hodad's gives 25 percent of every dollar brought in the day of the fundraiser to OB Elementary. For more information or to donate, call (619) 818-2596.

## Peninsula Singers gear up for winter season

The Peninsula Singers are again rockin' and rollin' as the Point Loma-based choir gears up for its winter season.

In March, the Peninsula Singers will be joining choirs from around the U.S. in a performance at Carnegie Hall. The Singers will be led by John Rutter, famed English composer and choral director.

Fundraising activities will be taking place throughout the season and help the choir get to New York in the spring, said organizers.

Performances and practices take place at the Hervey/Point Loma Branch Library and other productions take place at San Diego locations as the Singers carol their way across the city.

Potential new members are always welcome to join on Monday evenings from 5:30 to 7:30 p.m. at the library.

For more information, [www.peninsulasingerssandiego.org](http://www.peninsulasingerssandiego.org).

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- Prize drawings every hour
- Grand Prize Drawing, 2 p.m.

### KIDS ZONE

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- Petting zoo
- Bounce houses
- Arts & crafts
- Face painting
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## GUEST EDITORIAL

Salmon and shrimp:  
luxuries we can't afford?

By AMY MATHEWS AMOS

Thinking about grilled salmon for dinner? Or maybe ordering jumbo stuffed shrimp at your favorite seafood restaurant? As a kid, this simply didn't happen in my family. Grilled salmon was an unheard-of luxury and shrimp appeared only at my mother's rare dinner parties, served in minuscule amounts with cocktail sauce.

Now they're available anytime, fairly inexpensively.

That's because years ago, salmon and shrimp — which are predatory animals — were only harvested wild from the sea. Today much of it is farmed, with half the salmon now eaten in the U.S. grown in pens, a percentage that has risen steadily in recent years.

Unfortunately, like many luxuries that have become commonplace in the modern world, these now plentiful forms of seafood come with high hidden social and environmental costs.

The problem is anchored in biology: the predatory nature of salmon and shrimp. To farm these carnivores in large numbers, they must be fed huge amounts of seafood to thrive, seafood that other ocean predators — not to mention people in developing nations — need to survive.

Farmed carnivorous seafood — salmon and shrimp — is fed on smaller forage fish such as anchovies, sardines, herring and mackerel, caught by industrialized factory ships and ground into fishmeal and fish oil.

For every pound of farmed salmon produced, two to three pounds of forage fish must be caught from the sea. So for every meal of farmed salmon someone eats in the developed world, two or three people could have had a fish dinner elsewhere.

However, it's not just people who need forage fish. They're a vital food source for marine life throughout the world's oceans. Swordfish, bluefish, cod and other predatory carnivores depend on them, as do seabirds and marine mammals, including seals, sea lions and many whales and dolphins.

As the developed world's consumption of farmed predator fish skyrockets, the impact on marine ecosystems remains unclear. But Chesapeake Bay anglers are now seeing once hefty striped bass suffering from malnourishment and low weight, possibly due to the depletion of their key food source, menhaden, a forage fish increasingly harvested for meal and oil. Likewise local depletions of penguins in Argentina, dolphins in Italy and cormorants in southern Africa have all been linked to failing forage fisheries.

Scientists have long documented starvation and declines in top predators like seabirds and seals during El

Niño years, when unusually warm waters produce fewer forage fish. The question now needs to be asked as to how top ocean predators will fare this year as they are struck by the one-two punch of industrially over-fished forage fish and a moderate to strong El Niño building in the Pacific.

Although fishmeal is fed to pigs and poultry too, the rapidly growing predatory aquaculture industry is outpacing those uses. And the trend in aquaculture is to farm additional types of carnivorous fish, such as halibut, cobia and even tuna. The markets for these predator fish too won't be the undernourished poor in developing countries, but rather high-end restaurants in Europe, North America and Japan. So while some tout aquaculture as a solution to our growing protein problem, under current trends it could reduce the overall protein supply for people while depleting a critical link in the oceanic food web.

What needs to happen so that we can have our fish and eat them too?

Seafood companies are already researching ways to reduce the forage fish needed to raise carnivorous species by replacing fish protein with other sources such as soy. These efforts have successfully cut in half the amount of forage fish needed to produce a pound of farmed salmon.

But questions remain about how low this number can go while still producing what is fundamentally a carnivorous fish. Technology can work wonders, but can it ever make a tuna a vegetarian? Moreover, the trend towards farming even more species of carnivorous fish to meet restaurant and consumer demand could quickly overwhelm these gains.

It seems clear that if aquaculture is to feed our hungry planet it will require a more diversified farmed fish portfolio, with better farming of herbivorous species such as mussels, clams, oysters, tilapia and catfish, which eat algae and plants rather than other marine animals. Scientists and fisheries managers will also need to thoroughly study the risks of forage fish depletion and place limits on the catch of these species to protect ocean ecosystems.

Aquaculture is currently the fastest growing food production system in the world. Done right, scientists agree, it could provide a valuable source of protein for a growing human population. Done wrong, and it could take food from the world's poorest, while doing irrevocable harm to ocean ecosystems.

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— Amy Mathews Amos is an independent environmental consultant advising conservation groups and others on marine conservation issues.



## GUEST COMMENTARY

## Do you have charm? It can be learned

By NATASHA JOSEFOWITZ, Ph.D.

As many of us are watching television, we make judgments about the various people who are talking, who are questioning and who are answering. The adjectives we judge by are in terms of the four Cs: cleverness, clarity, credibility and charm. I know about clarity and cleverness — that's easy to spot. Credibility is trickier. What makes a person credible includes not only knowledge of the topic but forcefulness of speech, body posture, steadfastness of gaze. But what about charm? What does it mean when someone is said to have "charm?"

I looked up the word in the dictionary and found only very positive synonyms such as allure, appeal, glamour, magnetism, star quality. In other words, it would be a definite plus to possess "charm." And so I started observing the people on television — started ranking my friends, and wondered about my family and myself.

We perceive charm in a first impression. The way a person walks into a room shows whether this person feels that he or she belongs there or is not sure to be welcomed. It is the confident, comfortable way one wears one's clothes, whether a tuxedo, a formal dress or blue jeans.

People with charm have an easy walk. You can be the queen, but if you're awkward and dowdy, you have no charm. Of the people we have seen in the media, some portray a great deal of charm, like Princess Grace or Fred Astaire; others portray little charm, like some of the people who always seem to be tripping over something in the current sitcoms. Charm includes know-how — whether getting the right table at a restaurant or getting rid of a visitor. It is also good manners, whether eating a meal or greeting people.

When people are considered for promotions, fit is the major and yet unspoken issue. When the top management is looking for someone to join their ranks, it is also someone who represents the company to the outside world. This person has to have a certain demeanor that will reflect or even enhance the company image. It certainly cannot be someone whom colleagues are unsure about in front of others, no matter how competent that person is at work. If the members of top

management have charm, the new manager will have to have it. However, if top management does not have charm, someone who has a lot of it may be threatening and, therefore, not hired or promoted. Having too much charm or not enough of it may be the reason for not getting that well-deserved promotion.

Charm is not necessarily learned at home, for I have seen families where some members have charm and their siblings have none. You can be the boss with no charm or the janitor with a lot of it.

The old-fashioned "charm school" is alive and well. It has expanded and is now called "presentation skills" or "interpersonal relationships."

Charm is a certain style and can be learned. Many executive development programs now include seminars on how to present yourself using videotape equipment so that participants can improve their images. People with charm look comfortable, sound right, have good manners, are posed and dignified and attract the attention of those around them. Charm has nothing to do with shyness, nor competency, nor money. It is not dependent on ancestry, position or education. It really is an attitude about oneself, an easy manner with others. Ultimately, charm has to do with the self-confidence that comes from the assurance that "I belong right here as I am right now."

— Natasha Josefowitz, Ph.D., is a regular columnist for *The Jolla Village News*, a sister publication of *The Peninsula Beacon*.

## ONLINE POLL

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### O'Bistro

A charming cafe with lofty awards: Voted Number 1 Cafe by the Readers Choice Awards, 2009, voted one of the top ten cafes by San Diego magazine, 2008, voted to the A-List of restaurants by Channel Ten, 2008 & 2009; All the recognition in just three years since opening the garden doors of this eighteen table bistro. Executive Chef John Mann oversees a creative, varied menu that is innovative, savory, and, well priced. A limited Sushi menu, stocked by local seafood merchant Pacific Shellfish, is offered daily after 5PM. Dessert Chef Mei Munguia designs sweet treats that include standards, such as creme Brulee, and surprise chocolate concoctions. Interior and exterior dining. \*Visit on Sunday, October 11, to meet local photographer, Wally Owen, as he displays his latest portfolio of works. Wally and his exceptional photographs will be at the cafe 2-6PM.

### The Venetian

Try our new happy hour menu, 4–6pm daily. Featuring food & drink specials. If visuals get your Italian-cuisine appetite in gear, The Venetian is your restaurant forevermore. The food has best been described as California-Italian, which simply means you can expect great fare without a lot of heavy sauce, the way some other places think Italian should be done. The pastas and chicken entrees will command your serious attention, as will the tidy bar and the family-style menu. Anything else you could ask for probably doesn't exist. And did we mention the great service?

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Visit [www.bernardowinery.com](http://www.bernardowinery.com) for more information.

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# OCTOBER

## A Look Ahead

### COMMUNITY/CIVIC

Wednesday, Oct. 14, 6:30 p.m., the Hervey/Point Loma Branch Library hosts "An Evening with Susan Arnout Smith," acclaimed author of films, essays and mystery novels. Smith's latest two thrillers in the Grace Descanso series are "The Timer Game" and "Out at Night," set in Point Loma. The free event takes place at the library, 3701 Voltaire St. For more information, call (619) 531-1539.

Thursday, Oct. 15, 6 to 7:30 p.m.,

the Save Our Heritage Organisation (SOHO) hosts author Jennifer A. Garey as part of SOHO's Third Thursdays Authors Series. Garey will present a brief pictorial history of the San Diego Naval Training Center. The event takes place at the SOHO-operated city museum, 3863 Conde St. in historic Old Town San Diego. Tickets in advance are \$25, which includes the lecture and book; \$35 at the door and includes the lecture and book; or \$15 for the lecture only. For tickets and information, call (619) 287-9327,

[www.sohosandiego.org](http://www.sohosandiego.org).

Friday, Oct. 16 and Saturday, Oct. 17, the Point Loma Garden Club hosts its free 26th Standard Flower Show, themed "Flowers, Art and All That Jazz." The event includes a plant sale, art show and exhibits by local organizations with a backdrop of recorded jazz-music trumpets. The Red Pepper Jazz Band performs from 1 to 4 p.m. on Oct. 17. The show itself runs from 1 to 5 p.m. on Oct. 16 and 10 a.m. to 4 p.m. on Oct. 17 at All Souls' Episcopal Church, 1475 Catalina Blvd. For more information, visit [www.plgc.org](http://www.plgc.org).

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](mailto:brandikoerner@yahoo.com).

Sunday, Oct. 18, 4 p.m., Stef Tuinstra, director of the North Netherlands Organ Academy, will perform works of the Baroque period and an improvisation in traditional Dutch-

style upon a Genevan psalm tune. Tuinstra performs at All Souls' Episcopal Church, 1475 Catalina Blvd. with a \$5 donation. A reception follows. For more information, call (619) 223-6394, ext. 13, or e-mail [allsouls.music@gmail.com](mailto:allsouls.music@gmail.com).

Monday, Oct. 19, 7 to 11 p.m., community Red, White and Blues concert fundraiser to raise proceeds for the San Diego Navy and Marine Corps Family Food Locker. The concert features Jacqui Foreman, Kingfish Jones Band, Chet & The Committee, Delta Heat and others, with an all-star jam at the event's conclusion. A \$12 donation is suggested. The event takes place at Humphrey's Backstage Lounge, 2241 Shelter Island Drive. For more information, call (619) 224-3577.

SEE CALENDAR, Page 12



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Dr. Rosza

### What is the Number One Disease that Veterinarians Treat?

By Dr. Rosza

#### Skin Disease!

Are frequently caused by allergies which in turn causes itchy skin. This leads to self trauma and resultant secondary skin infections. Allergies are usually not curable but they can be controlled. Recurrent episodes of skin sores and infection not only cause distress to owners, but also cause pets to suffer.

If your pet has been itching and scratching cycles, monitor the area and level of itch on a 1 to 10 scale (with 10 being extremely itchy). Common causes of allergies that lead to skin disease are fleas, inhalants (pollen, smoke, molds, other pets, etc.) and food. Strict flea control on all pets in the household and environmental control is a must. Flea allergy typically causes itching on the back half of the dog and it only takes a few flea bites to make some dogs very itchy. Inhalant allergies are usually seasonal, causing itching on the front half of the dog, whilst food allergies are typically year-round.

A food elimination trial of 8 weeks should be done on all pets that are chronically itchy. Allergy testing can help determine what your pet is allergic to so that we can avoid the allergens, and tailor treatment to the individual.

Steroids are commonly used to control allergies in pets-as with most drugs, they do have potential side effects and some pets not suited to the use of steroids. Some other commonly used drugs for skin disease are anti-histamines, fatty acid supplements, medicated shampoos and antibiotics to control secondary bacterial and yeast infections.

Ask your veterinarian to create a proper long term preventative plan for your pet. If you have any questions, feel free to stop by Bayside Veterinary Hospital and ask for Dr. Rosza or Dr. Deo, or give us a call at (619) 225-8000. We are located at 1270 Scott Street, Point Loma, CA 92106

# Pacific BeachFes

music, food, art, family fun

## "Discover The Action"

### Saturday, October 10, 2009

7:30 a.m. - 8K Beach Fun Run  
9:00 a.m. - Pro Beach Volleyball Tournament  
11:00 a.m. - Outdoor Festival Opens  
7:00 p.m. - Closing Fireworks off historic Crystal Pier

- Live Music on Main and Community Stages featuring mainstream, surf and reggae tunes and dancing
- Action Alley presenting professional skaters doing tricks and demos on ramps, and local skate and surf shops selling clothing and merchandise
- Food Court and First Annual "Best at the Beach" Fish Taco Challenge
- Chicken Wing Challenge sponsored by Bub's Dive Bar of PB
- Kids Action Alley boasting a beachside obstacle course and other games and activities
- Arts & Crafts Village \* Pacific Beach Merchants Sidewalk Sale

Art by Jesi is Pacific BeachFes's presenting artist in 2009.  
Visit her work at [www.artbyjesi.com](http://www.artbyjesi.com) or find her at BeachFes on the Boardwalk.



## OKTOBERFEST

CONTINUED FROM Page 1

sausage outfits, all fighting not to be the wurst of the group.

"There's a group of people that do it every year," Knox said. "They run down the beach and back."

With \$10,000 on the line, the competition in the sausage toss should also be meaty. In this event, contestants try to throw rubber sausages into a pot 50 feet away. There will also be a steinholding contest, to see who can last the longest holding a full stein of beer — a contest that requires

strength and a lack of thirst.

"We like to have fun," Knox said.

Admission to the beer garden is \$3 and proceeds benefit the Ocean Beach Community Foundation. Inside the garden, thirsty festivalgoers can guzzle Karl Strauss Oktoberfest and Warsteiner for \$6 each. And all the traditional German fare — including bratwursts and pretzels — will be at the event to complement the beer and bring back memories of Bavaria.

Live music and entertainment will go on throughout the day on the Beer Garden and Seaside stages and will be emceed by Jose

Sinatra. The Bavarian Beer Garden Band will provide hour-long blocks of oompah tunes starting at 11:45 a.m., 1:15 p.m., 2:45 p.m., and 5:45 p.m. Other performers include Sublime and Weezer tribute bands and Lobster Bob.

"We should have a lively group of people here," Knox said.

For those planning to attend Oktoberfest from outside OB, shuttles will run from 710 Beach Club in Pacific Beach, 710 Garnet Ave., every 30 minutes between 12:30 and 8:30 p.m.

For more information, visit [www.oboktoberfest.com](http://www.oboktoberfest.com).



The Ocean Beach Oktoberfest takes place at the OB Pier parking lot Saturday.

## Weekend cultural celebrations include 14th annual Polish fest

A chance to sample legendary Polish hospitality will arise this week as the 14th annual Polish Festival is poised to roll out Oct. 9 through 11 at St. Maximillian Kolbe Roman Catholic Polish Mission, 1735 Grand Ave., in Pacific Beach.

The event will feature street dancing, authentic Polish food and imported Polish beer. Dancers will perform live Polish folk dances and select bands will provide live music.

A sample of the items from the festival menu includes Polish potato pancakes; Polish sausages; golabki — meat stuffed cabbage

rolls; bigos — hunters stew with different meats and sausages; chrust — Polish pastry; paczki — similar to donuts; Polish cakes and Polish cookies. Beer drinkers can choose from Okocim and Zywiec Polish beers.

The event runs from Friday, Oct. 9 (21 and up only) from 5 to 10 p.m., Saturday, Oct. 10 from noon to 10 p.m. and Sunday, Oct. 11 from noon to 6 p.m.

Those attending can also browse through an assortment of arts and crafts, T-shirts, jewelry, traditional Polish souvenirs and national ornaments on sale at the event.

— John Gregory



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### MEETING ANNOUNCEMENT

Please join us for the quarterly meeting of the  
Airport Noise Advisory Committee  
San Diego International Airport

**Wednesday, October 21, 2009**  
**4:00-5:30 p.m.**

The Noise Monitoring Room  
Commuter Terminal @ San Diego International Airport  
3225 N. Harbor Drive, 3rd Floor, San Diego, CA 92101

Park in pay lot — bring ticket for validation

**Future Meeting Date**  
**TBD**



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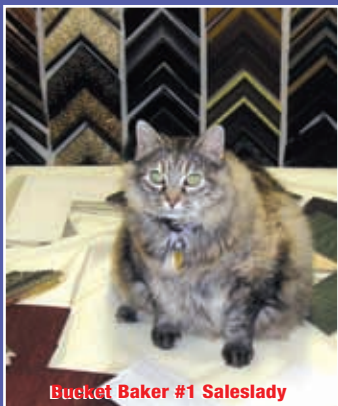
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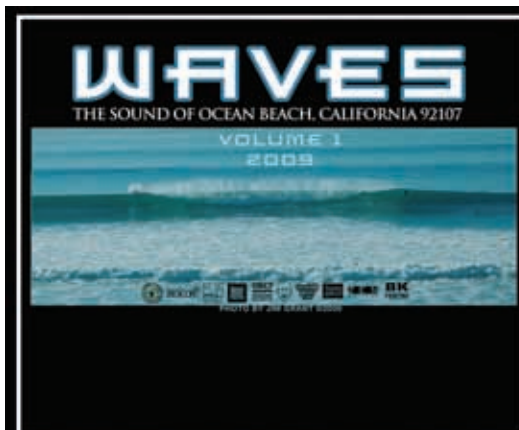
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# Ocean Beach Oktoberfest 2009

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

**Stein Holding & Bratwurst Eating competitions**  
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9 am **O.B. Brat Trot**  
Registration See Details Online

Free Shuttle Buses every 30 min.  
PB to OB & back. Noon - 8:30 pm  
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\$3 Beer Garden donation benefits the Ocean Beach Mainstreet Association

**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 ★

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**KARL STRAUSS OKTOBER FEST**

## How are NFL quarterbacks stacking up early in 2009?

By BOB HURST | THE BEACON

Some quarterbacks were flourishing early this season, but others are struggling. So how did the players in the most important position on the field rank through the first three weeks of the season?

Leading all quarterbacks is New Orleans' Drew Brees, who was the league's top-rated passer at 118.1. Brees lit up the league, going 51 of 68 for 669 yards and nine touchdowns in the first two games of the season as the Saints piled up 93 points. He had a modest 172 yards and no TDs in Week 3 over Buffalo.

The Manning brothers came in at second and third, with Peyton at a 117.7 passer rating and Eli at 104.1. Peyton has had three straight 300-yard passing games as the Indianapolis Colts went 3-0. He passed for 379 yards and four touchdowns in a 31-10 win at Arizona. Eli has been steady with his biggest game coming against Dallas when he threw for 330 yards and two TDs in a 33-31 win.

Houston Texans quarterback Matt Schaub was fourth with a 101.9 rating. He passed for 657 yards and seven touchdowns

against one interception in his last two games. And Baltimore's Joe Flacco, in his second year in the NFL, has guided an offense that was averaging more than 34 points per game. He is fifth in passer rating at 101.4.

As for the bottom five, Kerry Collins sat at 69.9, with only four touchdown passes against four INTs. He had thrown a pick in each game. Brady Quinn went 6 of 8 for 34 yards, and was benched at halftime in Cleveland's 34-3 loss to the Ravens. He has a 62.9 rating with one TD and three INTs.

Detroit rookie Matthew Stafford had a 57.0 passer rating, but helped get the Lions their first win by throwing for 241 yards and a score in Week 3. In the first three games, he had two TDs and five interceptions.

Jake Delhomme got off to a horrible start with four INTs in the season opener and has a league-leading seven picks thrown. His rating was 54.3. Oakland Raiders QB JaMarcus Russell had the NFL's lowest rating among starters at 39.8. He didn't complete more than 40 percent of his attempts in the first two games, and threw for just 61 yards in Week 3. Russell had only one TD pass with four INTs.

## SCARE

CONTINUED FROM Page 1

told the left engine had "seized," resulting in an explosion.

Veteran team trainer Lindsey

Donoley said the plane "spiraled down and flew at a low altitude" toward the international airport as students and other passengers braced themselves.

Their fears were likely not calmed when a large number of fire engines and ambulances were spotted lining the runway as the craft descended. The plane landed safely, however, prompting universal praise for the pilot.

Firefighters surrounded the plane on the runway until it was determined the engine posed no further threat while students began calling family members on their cell phones to share the experience.

The plane was towed to a terminal gate where passengers were allowed to disembark. Another aircraft was brought in and the group arrived in Sacramento about two hours behind schedule.

Sophomore linebacker Eric Bueno, at 5' 7" and 210 pounds, a hard-hitting defensive mainstay, knelt and kissed the LAX terminal floor upon deplaning. It was Bueno's first flight and he was observed planting another peck on Lindbergh Field carpet after Saturday evening's eventless return flight.

The away-game experience may well be a trip few of the Pointers and staff will ever forget.

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## POINTERS

CONTINUED FROM Page 1

played a quality opponent and went toe-to-toe with them.”

The Dog's defense, generally a strength to date, allowed the Grizzlies to complete a 20-yard pass on fourth down to sustain a first-quarter drive that ended on the Pointers' five-yard line with a 22-yard Granite Bay field goal for a 3-0 advantage.

When Point Loma's offense stalled in its struggle to find consistency, a break occurred when Davis Callejon's punt ricocheted off the foot of a Grizzly special-teamer downfield and was covered by Pointer Mike Montesano for a big gain. Montesano, who missed his junior year following shoulder surgery, has been a bright spot at his defensive-line position.

“Our punt, special teams and coverage units did well,” Hastings said.

Now into the second quarter, the Pointers, plagued by delay of game and early movement penalties on the offensive line, also fell short on a fourth-down sweep that gave the Grizzlies the ball and some momentum.

Following an encroachment penalty on the visitors, Granite Bay's Travis Nicholas swept to the right, then broke back to the middle on a 38-yard touchdown dash with 7:35 to go before intermission.

Still, in that time, the hosts, following an interception runback to the Pointer 18, had time to attempt a field goal (blocked by the Dogs' Eric Bueno) and get the ball back.

This time, with 1:33 left before the break, Granite Bay struck again. With quarterback Brendan Keeney unloading a 42-yard scoring pass to Ian Rhodes, the Grizzlies trotted to their locker room with a comfortable 16-0 lead.

The Pointers, meanwhile, spent their break trying to sort out problems and mount a comeback.

There was immediate cause for Pointer players and fans to feel hope after halftime as Tommy Bell ran the second half kickoff back some 75 yards to the Grizzly three-yard line. But when three plays failed to reach the endzone and a fourth-down sweep by Bell himself fell inches short, Granite Bay players and fans were celebrating again.

The Pointers finally struck on their next drive, as quarterback Sean McKaveny and Callejon hooked up on a 33-yard touchdown pass. A two-point conversion attempt was short, but the Pointers were within sight at 16-6.

Curtis Dietz jumped alertly on a Granite Bay fumble, but the Pointer offense stalled again and Callejon's punt turned it back to the Grizzlies at their own 48.

The Grizzlies proceeded to drive as the final quarter began, with receiver Michael Borgesi left alone in the right corner of the endzone for an 8-yard touchdown pass. After a two-point conversion attempt failed, the hosts took a 22-6 lead.

The next Pointer possession proved their best, as Stephan Jackson took a handoff around the right end and, with blocking help, turned it into a race for the endzone, covering 58 yards before he was caught and brought down.

Several plays later, a pass from

McKaveny allowed 6'6" Jordan Sparkman to use all of his height, leaping among three Granite Bay defenders for a spectacular 36-yard touchdown catch.

With 6:38 left in the game after a failed two-point conversion attempt, scoring ended for the evening.

“Our bye week comes at a good time for us,” said Hastings as he watched his players gather their equipment from a swift-moving baggage carousel inside Lindbergh Field's Terminal 1 on Saturday.

The Pointers hope to regain the services of such key players as quarterback Keegan Fitzgerald (broken hand bone) and two-way player Zach Gemmill (concussion). One key player is out for the season (Will McDonough) and another (Leslie Rogers) may not return.

The Dogs' next game is set for 6:30 p.m. Oct. 16.

Not only will it be the team's league opener, but it will also be another of the community's nighttime celebrations of homecoming, played for the last several years under rented generator lighting at the PLHS' cozy Pete Ross Stadium.

Adding further intrigue, the opponent will be Mission Bay, with its heralded quarterback Dillon Baxter, who has already committed to USC.

“We're looking forward to Western League play,” Hastings said. “Playing good teams prepares us for the best teams in our league like Mission Bay and Serra,” he added.

With rest, healing and further practice, the Pointers again figure to be in the hunt for the league title.



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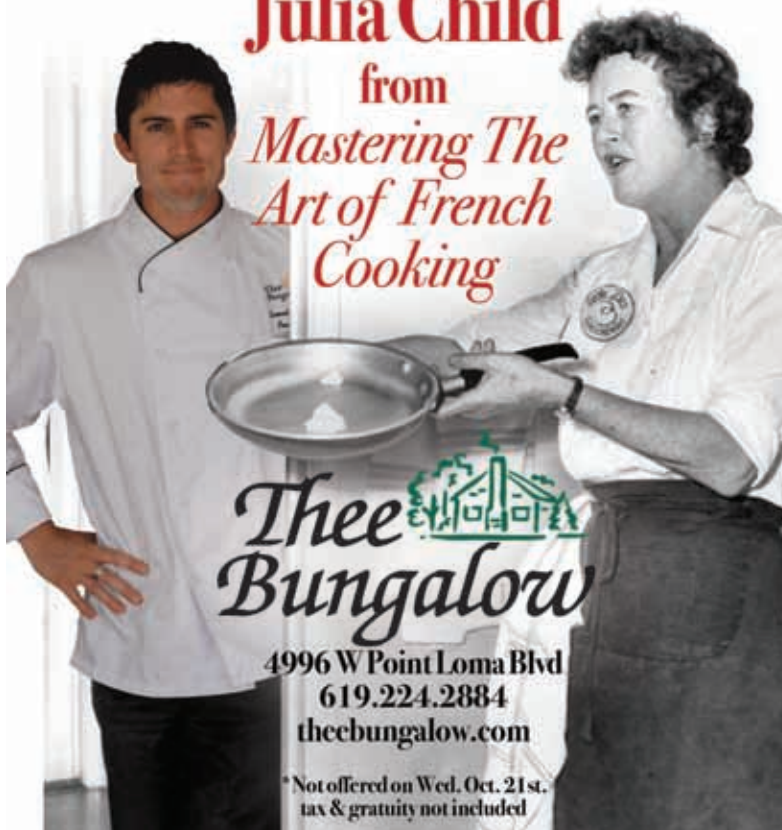
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## CALENDAR

CONTINUED FROM Page 8

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 [peninsulasingers-sandiego.org](http://peninsulasingers-sandiego.org).

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

SCHOOLS  
CORREIA

- 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. 9, school pictures.
- Thursday, Oct. 15, 1:10 p.m., new logowear launch near lunch arbor.
- Oct. 19-23, Red Ribbon Week; schoolwide health awareness activities.
- Tuesday, Oct. 20, 5:30 p.m., PTA meeting in library.

## OCEAN BEACH

- Today, Oct. 8, 12:40 to 2:10 p.m., art lessons with Shanti.
- Tuesday, Oct. 13, 6 p.m., PTA board meeting.
- Thursday, Oct. 15, 5:30 p.m., Back-to-School Night starting with dinner and community partners.

## POINT LOMA HIGH

- Thursday, Oct. 22, 6 p.m., College Night. Students and parents/guardians can meet with school counselors and college/university representatives. Event open to Point Loma High families only. For more information, call (858) 223-3121.

## SUNSET VIEW

- Through Oct. 24, volunteer signups for the Sunset View Halloween Carnival on Oct. 24. Volun-

teer by visiting [www.halloween-carnival.com](http://www.halloween-carnival.com).

- Thursday, Nov. 12, 6th annual Family Fun Day and Golf Tournament at Sail Ho Golf Course. Space is limited. For more information, call (619) 255-7686, or e-mail [dianaday@cox.net](mailto:dianaday@cox.net).

## WARREN-WALKER

- 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 &amp; ENTERTAINMENT

Through Oct. 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. The gallery is located at 2825 Dewey Road, suite 105 at the NTC Promenade at Liberty Station. For more information, call (619) 876-4550, or visit [www.sdws.org](http://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](http://www.quiltvisions.org).

## HEALTH • BEAUTY • FASHION • FUN

## Mai Blossom Eco Wellness Salon

Nestled in the heart of Point Loma, Mai Blossom Eco Wellness Salon combines Eastern philosophies and western science to create a beauty and wellness experience unlike any other in the area. Launched to meet the needs of a growing segment of men and women concerned about the level of toxicity found in most traditional salons,

Mai Blossom offers salon services, such as haircuts, ammonia-free hair color, facials, waxing, signature massages and body treatments, using natural and organic products.

Approximately 55 percent of salon clients suffer from symptoms caused by ammonia-based hair color, according to recent research. Mai Blossom uses ammo-

nia-free hair color and eco-friendly products so clients are not exposed to toxic fumes and harmful chemicals found in traditional salons.

Mai Blossom Eco Wellness Salon is deeply committed to health and longevity of our clients, our community and our environment, therefore we offer only natural, organic and eco-friendly products and services.

We invite you to a transformational experience at Mai Blossom Eco Wellness Salon, 1800 Rosecrans St., San Diego, CA 92106.

O. B. People's Food Market —  
Healthy Halloween Carnival

This month Ocean Beach People's Organic Food Market celebrates with our annual Healthy Halloween Carnival on Saturday October 31. Enjoy pumpkin bread and cider all day, free healthy treat bags for kids, clown, magician and fortune teller.

We're having a pumpkin coloring contest, too — pick up an entry at People's.

Nowadays, there is a different kind of market where people become something more than buyers or sellers, and that place is called a cooperative.

Co-op member shoppers not only buy goods and services from the cooperative, but they also own the business. They use their combined power to invest their capital, operate their own business, provide themselves and others with goods and services, and share their benefits. Ocean Beach People's Organic Foods Market is a California Cooperative.

But why buy your groceries at the Co-op? When you make purchases at the Co-op, your community benefits from its own economic activity. How? Your money stays in the local economy. Prices stay low and local, organic farming is supported. Education and outreach projects promote a vision of sustainability within the community.

This direction is widely different than the single end point of profit at any grocery store that is not cooperatively owned.

Come take part in the cooperative experience at Ocean Beach People's Organic Food Co-op, 4765 Voltaire Street (619) 224-1387, where "Everyone can shop and Anyone can join." Check us out on the web at [www.obpeoplesfood.coop](http://www.obpeoplesfood.coop).

How Does a Geriatric Care  
Manager Help?

The irony of not using a care manager is that many families, given the opportunity to use the care manager, think they can handle the myriad of problems associated with caring for an elderly loved one and will not pay the money. Yet the services of a geriatric care manager will probably save them considerably more money than do-it-yourself. The cost of the care manager might be only a fraction of the savings the care manager could produce. Care manager services can also greatly reduce family and caregiver stress and help eliminate family disputes and disagreements.

Here is just a partial list of what a geriatric care manager can do:

- Assess the level and type of care needed and develop a care plan
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- Become an advocate for the care recipient and the family caregiver
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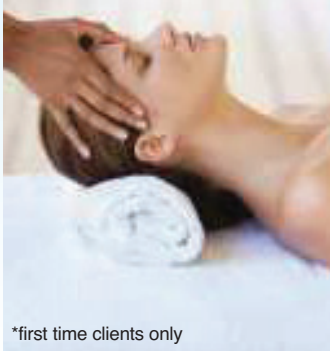
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Brunch 10am-3pm Normal  
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Sat 1-4pm	7248 Encelia Dr.	4BR/4.5BA	\$3,395,000	Whitney & Associates • 858-456-3282
Sat 1-4pm	5380 Calumet	4BR/2BA	\$5,450,000	Maxine & Marti Gellens • 858-551-6630
Sun 1-4pm	6333 La Jolla Blvd. #180	1BR/1BA	\$345,000	Joe Koors • 619-410-4213
Sun 1-4pm	935 Genter St. Unit 211	1BR/1BA	\$549,000	Eric Kalisky
Sun 1-4pm	935 Genter #203	1BR/2BA	\$699,999	Helena Holloway • 619-829-2636
Sun 1-4pm	5833 Caminito Empresa	3BR/2.5BA	\$859,000	Karen Hickman • 858-551-7204
Sun 1-4pm	5324 La Jolla Blvd.	2BR/2BA	\$949,000	Dan Ryan • 858-454-7344
Sun 1-4pm	1228 Cave St.	3BR/3.5BA	\$998,000	Greg Noonan • 858-551-3302
Sun 11am-4pm	5242 Renaissance Ave.	4BR/3.5BA	\$1,050,000-\$1,150,000	Bobby Graham • 619-379-9668
Sun 1-4pm	5606 Dolphin Pl.	2BR/2BA	\$1,299,000	Yvonne Sorour • 858-967-0816
Sun 2-4pm	7748 Eads Ave.	2BR/2.5BA	\$1,395,000	Patricia Denning • 858-449-5899
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Sun 1-4pm	1532 Virginia Way	3BR/3BA	\$1,950,000	Team Chodorow • 858-456-6850
Sun 1-4pm	1168 Muirlands Vista Wy	3BR/3.5BA	\$1,950,000	Kim Caniglia • 858-342-5298
Sun 1-4pm	5445 Candlelight Dr.	4BR/5.5BA	\$1,995,000-\$2,245,000	Sheiva Pousti • 858-504-2020
Sun 1-4pm	5432 Candlelight	4BR/3BA	\$2,195,000-\$2,449,000	Mary Ann Holladay • 858-864-7091
Sun 1-4pm	2810 Hidden Valley Road	4BR/3BA	\$2,795,000	Elaina Nieman • 619-742-2343
Sun 12-3pm	7402 High Ave.	5BR/4.5BA	\$2,800,000-\$3,200,876	Mindy Flanagan • 858-922-5996
Sun 1-4pm	7964 Calle de la Plata	5BR/4BA	\$2,895,000	Michelle Serafini • 858-829-6210
Sun 1-4pm	6022 La Jolla Mesa Dr.	3BR/3BA	\$2,895,000	John Tolerico • 619-889-4672
Sun 1-4pm	2035 Lowry Pl.	4BR/4BA	\$3,495,000	Greg Noonan • 858-551-3302
Sun 1-4pm	8083 La Jolla Scenic Dr. North	6BR/7BA	\$3,995,000	Patty Cohen / Susana Corrigan • 858-427-3664
Sun 1-4pm	5380 Calumet	4BR/2BA	\$5,450,000	Maxine & Marti Gellens • 858-551-6630

**PACIFIC BEACH / MISSION BEACH**

Tu, W, F 12-4pm	924 Hornblend	2BR Units	\$519,000-\$556,000	Alex Rojas • 858-427-3664
Sat 11am-4pm	924 Hornblend	2BR Units	\$519,000-\$556,000	Alex Rojas • 858-427-3664
Sat 12-3pm	4627 Ocean Blvd	2BR/2BA	\$565,000	Brian J. Lewis • 619-300-5032
Sat 12-3pm	3997 Crown Pt. Dr. #34	2BR/2BA	\$475,000	Brian J. Lewis • 619-300-5032
Sat 1-4pm	4052 & 4056 Promontory	3BR/4BA	\$899,000 & \$919,000	Kathy Evans • 858-488-SELL
Sat 1-4pm	3947 Sequoia	3BR/4BA	\$929,000	Kathy Evans • 858-488-SELL
Sat 1-4pm	5132 Pacifica Dr.	3BR/2BA	\$1,195,000	Patty Cohen / Susana Corrigan • 858-414-4555
Sat 10am-1pm	2663 Ocean Front Walk #13BR/2BA		\$1,425,000	Jen Desposato • 858-414-1706
Sun 1-4pm	4052 & 4056 Promontory		\$899,000 & \$919,000	Kathy Evans • 858-488-SELL
Sun 1-4pm	3947 Sequoia	3BR/4BA	\$929,000	Kathy Evans • 858-488-SELL

**POINT LOMA / OCEAN BEACH**

Sat 11am-4pm	425 San Geronio St.	10K Sq Ft. Lot	\$1,300,000	Robert Realty • 619-852-8827
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 1-4pm	1150 Anchorage Ln. #6123BR/2.5BA		\$795,000	Greg Noonan • 858-551-3302
Sun 11am-4pm	425 San Geronio St.	10000 Sq Ft. Lot	\$1,300,000	Robert Realty • 619-852-8827

**BAY PARK**

Sun 1-4pm	1439 Monitor Rd.	4BR/3BA	\$1,400,000	Monty Grout • 619-549-3812
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**CLAIREMONT**

Sun 1-4pm	4051 Mt. Bross	3BR/2BA	\$449,000	Joann Mockbee • 619-200-8194
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**CARMEL VALLEY**

Sun 1-4pm	4520 Calle Mar De Armonia	5BR/4BA	\$899,000	Karen Ekroos • 858-735-9299
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**OLIVENHAIN**

Sun 1-4pm	3371 Calle Tres Vistas	6BR/6BA	\$2,995,000	Sharok Eslamian • 858-449-0501
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**Open Houses This Weekend**

DEADLINE FOR THE OPEN HOUSE DIRECTORY IS NOON ON TUESDAYS.



# BARONS *The Marketplace*

Gorgeous Orchids  
\$13.99 each

**Bananas**

**49¢**  
lb

2<sup>nd</sup> Generation Grower  
John Doeblar. Picking  
apples since 1998

**Premium Organic  
Gala Apples**

Washington

**97¢**  
lb

Castroville,  
Artichoke Capital  
of the world

**Large  
Artichokes**

**88¢**  
each

**Pluot  
Plums**

Reedley

**77¢**  
lb

**Celery**

Santa Maria

**3 for \$1**

**Red and Green  
Bell Peppers**

Coachella Valley

**2 for \$1**

Locally Grown  
Be Wise Ranch  
Rancho Bernardo

**Organic  
Grape  
Tomatoes**

**2 for \$5**  
1 pint

Fresh  
From  
Valley  
Center

**Organic  
Valencia  
Oranges**

**2 lbs for \$1**

**Eggplant**

Selma, CA

**77¢**  
each

**d'anjou  
Pears**

Washington

**77¢**  
lb

**White Corn**

Tracy, CA

**3 for \$1**

**Nuts & Dried Fruit**

Dried Apricots .....\$2.99 14 oz  
Roasted Almonds.....\$4.99 16 oz  
Thompson Raisins .....\$2.99 16 oz  
Pistachios .....\$3.99 12 oz  
Walnut Halves .....\$5.99 14 oz  
Medjool Dates .....\$6.99 lb  
Dried Cranberries.....\$2.99 8 oz

Friday,  
Saturday, Sunday  
11:30-6:30pm

**Barons**

**"Signature"  
Hot Dogs**

**Dog & Drink**

**\$3**

- Boar's Head all beef 1/4 lb hot dogs
- Bread & Cie seeded baguette
- Sizzling Grilled Onions

Flash  
Frozen

**Seafood**

Tilapia Fillets .....\$5.69 lb  
Shrimp 31/40 .....\$8.99 lb  
Atlantic Salmon Fillet .....\$5.99 lb  
Calamari Rings.....\$3.99 lb  
Albacore Tuna Steaks .....\$5.99 lb  
Halibut Steaks .....\$13.99 lb

**Florida's Choice  
Orange Juice**

We search all over for the best at the very best price & boy did we hit it this time!

**\$2.99**  
64 oz

**7<sup>th</sup> Generation  
Free & Clear  
Liquid Laundry Detergent**

No Dyes or Perfumes

**\$9.99**  
50 oz

Kid  
Friendly  
Size

**Van's**

**Mini Waffles**

Homestyle and Chocolate Chip



**\$3.29**  
7.5-8oz

In our  
Frozen  
Section

**Caesar's Organic**

**Potato Gnocchi**

Light Potato Dumplings  
Ready in Minutes



**\$4.99**  
16 oz

**RitterSport  
Chocolate Bars**

Exceptional Quality



**\$2.49**  
3.5oz

**Brianna's  
Salad Dressing**

Delectable  
Mouthwatering flavors



**\$3.29**  
12oz

**Wine Department**



Beringer "Cal. Collection" Sauv. Blanc '08 ... \$4.98 750 ml  
Callaway Merlot '07 ..... \$5.98 750 ml  
Red Truck Cabernet Sauvignon '06 .... \$8.99 750 ml  
Mezzacorona Pinot Grigio '08 ..... \$7.99 750 ml  
Gnarly Head Zinfandel '06 ..... \$9.99 750 ml  
Rutherford Ranch Chardonnay '06 ... \$12.98 750 ml

**Mount Hagen  
Organic Instant  
Coffee**



**\$7.99**  
3.53 oz

Decaf & Regular

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 10/13/09