



THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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Suspected arsonist torches sports site

Rally begins to rebuild youth facility

By **ANTHONY GENTILE** | THE BEACON

With the help of the local community, Peninsula Little League (PLL) is rising from the ashes after a suspected arsonist burned down the juniors' score booth at their field at Bill Cleator Community Park in Ocean Beach last week. PLL estimates the total damage to the facility at about \$15,000.

"We're not idly waiting for a miracle to happen," said PLL president Kevin Otsuka. "It's been quite a huge amount of people in the

community showing interest and wanting to help us get this thing back where it was."

At around 2 a.m. Oct. 26, the juniors' score booth was set on fire, destroying the booth and baseball equipment stored inside. The San Diego Fire-Rescue Department is currently conducting an arson investigation and spokesperson Maurice Luque said there have not yet been any arrests or leads in the investigation.

SEE **FIRE**, Page 7



Community members are rallying to rebuild the Peninsula Little League score booth and replace equipment after a suspected arson. PHOTO COURTESY OF CHAD HOH

OB Restaurant Walk: a sweet deal everyone can sink their teeth into

By **BART MENDOZA** | THE BEACON

Ocean Beach's culinary delights will again be showcased during the mouthwateringly popular OB Restaurant Walk on Nov. 10. The 20th annual event is sponsored by the Ocean Beach Town Council (OBTC), in partnership with the Ocean Beach MainStreet Association (OBMA).

For a \$15 ticket, food lovers can bounce between 40 different eateries in and around Ocean Beach, sampling selected fare for an evening of culinary delight and social hobnobbing.

This year's route includes Casanova Pizza, Daybreak, The

Third Quarter, OB Noodle House and dozens more, with a starting point of either Lucy's Tavern (4906 Voltaire St.) or the Sunshine Company Saloon (5028 Newport Ave.).

The event runs from 5 to 8 p.m. Advance tickets can be purchased at several locations around Ocean Beach, including Dog Beach Dog Wash, Indulgence Hair Salon and Surf & Sea Wetsuits.

While the restaurants are within walking distance, there will also be two Old Town Trolleys shuttling event goers between points.

Last year's Restaurant Walk drew about 550 people, according to

SEE **HOBNOBBING**, Page 7



A Chinese official evaluates produce at the Ocean Beach People's Organic Foods Market as part of a delegation that paid an Oct. 30 visit to learn about American strategies for sustainable agriculture. PHOTO BY ANTHONY GENTILE | THE BEACON

OB People's Market is food for thought

Chinese delegates get a taste of local co-op, sustainable strategies

By **ANTHONY GENTILE** | THE BEACON

The Ocean Beach People's Organic Foods Market has engaged the world with a business model for sustainable agriculture. Eighteen delegates from the Chinese province of Jiangsu visited the market Oct. 30 for a behind-the-scenes look at its operations and "green" philosophy.

"It's very encouraging to see the world taking an interest in what we think is going to be one of the most important issues of the foreseeable future — how we produce our food," said the market's general manager, Nancy Casady.

The delegates included bureaucrats from municipal, state and county environmental and agricultural organizations

from within the province that is located in western China. None of the delegates spoke English and communicated through an interpreter.

"The purpose is to see what the organization is, how to manage the store and how to control it," the group's interpreter said about the visit.

SEE **CO-OP**, Page 5



Federal stimulus funds are driving repairs to the Ocean Beach/Mission Bay jetty. Work should take about 90 days. PHOTO COURTESY OF JOE EWING

OB/Mission Bay jetty gets its fix

The U.S. Army Corps of Engineers Los Angeles District is overseeing repairs to the outer 250 feet of the middle jetty at Ocean Beach/Mission Bay — work that has been visible to locals all week.

A \$2.289 million stimulus contract was awarded to Connolly-Pacific Co. of Long Beach to undertake the project, which should take about 90 days.

The company will transport 800 stones weighing up to 24 tons each to fix damage caused by storms.

— *Staff report*

Surf report

SATURDAY

Hi: 1:14 a.m.
11:17 a.m.
Low: 4:42 a.m.
7:15 p.m.
Size: 2-3 ft.
Wind: 8-16 knots

SUNDAY

Hi: 2:42 a.m.
12:33 p.m.
Low: 6:21 a.m.
8:25 p.m.
Size: 2-3 ft.
Wind: 8-12 knots

A question of access

Some Sunset Cliffs residents are taking exception to a new Navy fence they say blocks decades of access to a pocket beach. **2**

Sit and take a load off

The Sunset Cliffs Natural Park Recreation Council lends its endorsement to new cliffside bench designs and locations. **3**



Pointers dominate

Point Loma High School pummels Serra in a 31-7 display of offense and defense in Western League play. **9**



Causing a flap(jack)

Hungry residents packed the Ocean Beach Pier recently for the annual pier breakfast sponsored by the Ocean Beach Town Council. The event raises money for the annual OB Christmas Food and Toy Drive to benefit less fortunate families. Above, Hunter Whitcomb, 2, dines in his wagon with cup holders. Left, Erin Fitzpatrick pours blueberry syrup on her pancakes inside the cafe.

PHOTOS BY PAUL HANSEN | THE BEACON

Neighbors take issue with new Navy fence, pocket beach access

By SEBASTIAN RUIZ | THE BEACON

Sunset Cliffs neighbors say a fence erected earlier this year by the Navy is blocking access to some public pocket beaches and foot-beaten trails along the bluffs traversed by locals for decades.

A perpendicular portion of a reinforced, wrought-iron fence along parts of a trail effectively cuts off a trail that had previously led from Point Loma Nazarene University and Naval Base Point Loma properties to the cliffs, beaches and surf breaks. While it's not the only trail used to access beaches, the new obstacle has some neighbors concerned about the limited public access to coastal trails.

"Point Loma people [have] been walking the trail for more than 50 years," said Rory Wicks, a Coast Law Group attorney. "It'd be a shame to lose it."

Wicks said determined hikers skirt around the estimated 4-foot perpendicular segment of fence — but added that they are just a mis-step away from the canyons along the cliffs.

California "prescriptive rights" allow the general public to use private property to access coastal areas if the public has historically used the area, according to California Coastal Commission literature.

Wicks said, however, that the "prescriptive rights" benefit may not apply to federal property as might be the case here.

Wicks wrote an e-mailed statement about the fence to the California Coastal Commission on behalf of the San Diego Surfrider Foundation, Coastal Environmental Rights Foundation and the Sunset Cliffs Surfing Association. Wicks said he wants to know where Navy property ends along the trail, he said.

Navy officials said the Naval

Base Point Loma property line ends "beyond the fence line" and that the crews installed the fence earlier this year to keep unauthorized people out, posting "No Trespassing" signage.

The reinforced fence replaces an older chain-link fence, and extends the fence line about a foot outward along parts of the trail.

"Since the [Sept. 11] attacks in 2001, the U.S. Navy has taken more precautions to ensure the integrity of installation perimeters, which help protect personnel and property," said Public Affairs Officer Lt. Lenaya Rotklein of Navy Command, Southwest Region.

The fence installation took many locals by surprise.

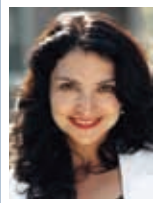
The Navy holds periodic public meetings to inform and update neighbors of projects and addressed the fence issues in April 2001, according to Rotklein.

But Sunset Cliffs Natural Park Recreation Council President Ann Swanson said she didn't know about the meeting. The Navy also did not specifically approach the natural park council about the project, Swanson said.

"We have had several people mention the fence during the community input [portion] of the [Sunset Cliffs Natural Park Recreation Council] meetings," Swanson said. "We have just really started to investigate this and we haven't taken any recent action. We have several [people] who are concerned."

The Sunset Cliffs Natural Park Recreation Council acts as an advisory board to the city over Sunset Cliffs park development. The council meets the first Monday of the month at the Cabrillo Recreation Center, 3051 Cañon St. at 6:45 p.m. For more information, call (619) 531-1534.

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The Sunset Cliffs Natural Park Recreation Council approved locations and designs Monday for cliffside benches the city intends to install to replace existing benches like the one above that have been deemed a safety risk.

Cliffside bench designs, locations OK'd

By ANTHONY GENTILE | THE BEACON

Ocean Beach residents are now one step closer to seeing the benches along Sunset Cliffs replaced. At the Nov. 2 Sunset Cliffs Natural Park Recreation Council meeting, the group approved locations and designs for the benches that will replace the current guardrail benches deemed as dangerous by city officials.

City staff took suggestions that the council made at its September meeting and created a presentation Monday that included a map of where the 15 new benches would go. City representatives also handed out sketches on the design and cost estimates for the new benches.

The locations of the new benches include five sites with two benches: parking lots 1, 2, 3, and 4 and 733 Sunset Cliffs Blvd. One bench was accepted at the following locations: the Adair Street kiosk; 1083 Sunset Cliffs Blvd.; 1024 Cordova St.; 969 Sunset Cliffs Blvd. and 883 Sunset Cliffs Blvd.

City staffer Michael Ruiz said the city settled on 15 benches because at the time the benches were counted, there were 14 actually present on the cliffs. In addition, Ruiz said that this number allows installation to meet the Americans

with Disabilities Act (ADA) that require half of the benches be ADA compliant, including back and arm rests.

"I wouldn't recommend more than 15 benches because of the topography that exists," Ruiz said.

A design for the new benches was also approved. Although specific details regarding bolts and bench straps still have to be ironed out, the benches will be constructed of ipe wood and be mounted on either stainless steel or galvanized metal poles with a cement base.

As they approved both new bench designs and locations, members of the council echoed their earlier sentiment that they don't want the current benches to be removed, saying they want benches to be installed and removed in equitable numbers.

With designs and locations for future benches mutually agreed upon, the focus now turns to the city to grant the contract for the project. Ruiz said the city must make bids to a minimum of five vendors before they can hire a company to start the project. This part of the process will take a few weeks minimum.

"We want to make sure that we go about doing the installation in a reasonable timeframe. That's our goal. Let's go forward," Ruiz said.

"We want to make sure that we go about doing the installation in a reasonable timeframe. That's our goal. Let's go forward."

MICHAEL RUIZ
CITY STAFFER

Another major issue that will determine when exactly the benches will be installed is where the funding for installation will come from.

Ruiz said the city has \$20,000 set aside in a fund devoted specifically to the Sunset Cliffs benches, but based on cost estimates discussed at the meeting, that amount would only fund six of the 15 total benches with a total estimated cost of \$43,000.

While new benches could be in place on the cliffs as early as next spring, removal of the current benches is imminent. City staff will place notices on the benches in advance of their removal.

Bidding process under way for a new Central Library

By JOHN GREGORY | THE BEACON

The San Diego City Council voted last month to allocate \$500,000 to start the process of seeking bids from subcontractors to build the new Central Library downtown.

The library — a nine-story, 497,652 square foot project — is planned for the block surrounded by 11th Street and Park Boulevard and J and K streets in East Village.

The search for bids on the project will tell City Council if the project can be completed at or near \$185 million, which was the cost estimated in 2005. The hope is that the bids on the project will be within the 2005 estimated cost based on the possibility that companies will be hungry for business due to the slow economy and scarcity of construction projects.

"This process will determine the actual cost in comparison with the 2005 estimate," said Deborah Barrow, library director for the San Diego Public Library.

Things could move quickly if the

bids are within range. The bids and statement of viability would return to council for approval in May 2010, Barrow said. A construction contract could be awarded in July 2010 and construction would start in August. The grand opening would be held in July 2013.

The planning for the project up to this point has involved more than 30 years of public input and the site chosen is actually the third site considered, Barrow said.

Barrow expressed her appreciation for Mayor Jerry Sanders' leadership and "forward-thinking" approach listing the new Central Library as one of his key infrastructure projects, and applauded the City Council's decision to move forward to determine for certain what the project will actually cost.

Barrow noted the new building will incorporate a high level of green technology and will be a significant part of the Park-to-Bay Link, a public improvement project to connect Balboa Park to San Diego Bay.

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

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Medical pot task force rolls permitting, signage rules on to council

By ADRIANE TILLMAN | THE BEACON

The Medical Marijuana Task Force voted on the permitting process required for dispensaries at its Oct. 30 meeting, and will send its recommendation to City Council for consideration in January.

The task force voted 9-2 to recommend a two-tiered permitting process that distinguishes between dispensaries with fewer than 100 members and dispensaries with more than 100 members. The

smaller dispensaries will be required to go through a Process 2 review, which requires a Neighborhood Use Permit (NUP) wherein the hearing officer must ensure that development "complies with all applicable regulations of the zone." The hearing officer may also impose "reasonable conditions... as deemed necessary and desirable to protect the public health, safety and welfare," according to city's municipal code in Chapter 12, Article 6.

A Process 3 decision requires a more stringent Conditional Use Permit (CUP), wherein the hearing officer determines on a case-by-case basis "whether and under what conditions the use may be approved at a given site."

"In granting a conditional use Permit, the decision maker may impose reasonable conditions as deemed necessary and desirable to protect the public health, safety, and welfare including making any applicable use regulations or regu-

lations of the zone more restrictive," according to Chapter 12, Article 6 of the municipal code.

Process 2 and 3 decisions both require public notification for the development, and allow the public to appeal the hearing officer's decision to the Planning Commission.

Steven Whitburn, vice-chair of the North Park Planning Committee, voted against the motion. He preferred that dispensaries located in industrial areas be subject to the least onerous review, Process 1,

and that dispensaries located in neighborhoods go through a Process 4 review, which can be appealed to City Council.

Whitburn believes the city may block any dispensary from opening under the NUP and CUP requirements because the hearing officer may find a medical marijuana dispensary is a detriment to the health, safety and welfare of the public.

SEE POT, Page 5

NewsBriefs

Last workshop Nov. 12 on Rosecrans traffic study

The Peninsula community has one last chance to provide input into the Rosecrans Corridor Mobility Study in a formal workshop setting. The third and final public workshop connected with the study will be held Thursday, Nov. 12.

During the workshop, the city will present a recommended alternative for mobility improvements in the car-clogged corridor. The alternative incorporates a variety of proposed improvements along Rosecrans Street. Representatives from the city and the consultant team will be in attendance to get public input and to answer questions.

The two previous workshops were held in July and September. The mobility study is a nine-month project that aims to identify transportation improvement on

Rosecrans Street from Interstate 5 to Kellogg Street, with the goal of creating alternative transportation methods along the corridor.

The workshop will be held Nov. 12 at the NTC Promenade Event Center at 2875 Dewey Road from 6 to 8 p.m. For more information, call project manager Oscar Valdivieso at (619) 533-3182, or visit www.sandiego.gov/engineering-cip/rosecransstudy/.

Veterans Day service set at Mount Soledad

The Mount Soledad Memorial Association will honor three-time astronaut and Navy pilot, the late Walter "Wally" Schirra, with a granite plaque at a Veteran's Day service on Saturday, Nov. 7 at 11 a.m. at the Mt. Soledad Veterans Memorial, 6905 La Jolla Scenic Drive South.

Radio talk show host Mark Larsen, a close friend of Schirra's, will lead the ceremony to honor Schirra, who died in

2007.

The commander of the Navy Region Southwest, Rear Admiral William French, will deliver an address. The Navy Band Southwest will perform, and the San Diego Salute T-34 Formation Team will conduct a flyover.

Schirra was one of the original seven Mercury astronauts chosen to fly in America's first space program, becoming the ninth human to ride into space. Schirra went on to fly in the Gemini space program, and then commanded the Apollo 7 space mission in 1968. Thus, he became the only astronaut to have flown in the first three American space programs.

Schirra was born into an aviation family in Hackensack, N.J., in 1923. Schirra's father was a barnstormer and his mother performed wing stunts. By the age of 15, Schirra was flying his father's plane. Schirra graduated from the United States Navy Academy in 1945, and served aboard the battle cruiser USS Alaska during the final months

of World War II. He then trained as a pilot at NAS Pensacola, and was sent to fly with the U.S. Air Force during the Korean War, wherein he flew 90 combat missions between 1951 and 1952, mostly in F-84s. Schirra was awarded the Distinguished Flying Cross and the Air Medal with an oak leaf cluster for his service in Korea. After his tour in Korea, Schirra became a test pilot, and tested weapons systems such as the Sidewinder missile and the F7U-3 Cutlass jet fighter and the F-4 fighter.

Local attorney earns distinguished honor

Michael T. O'Halloran, an attorney and Point Loma resident, recently received the 2009 Pro Bono Attorney of the Year Award from the San Diego Volunteer Lawyer Program (SDVLP), a non-profit organization whose mission is to provide free legal services in civil matters to indigent individuals, families and groups.

In his 15 years as a SDVLP pro bono attorney, O'Halloran has contributed more than 1,000 hours of service for the HIV/AIDS Legal Services Project, Veterans Stand Down and the Women's Resource Fair.

The award was presented Sept. 17 at The Westin Gaslamp Quarter.

In addition to his pro bono work with SDVLP, O'Halloran has also provided pro bono legal counseling for victims of the San Diego wildfires and conducted training classes for other pro bono attorneys on the basics of bankruptcy law.

O'Halloran has received numerous awards throughout his 28-year career.

His current and past civic involvement includes the San Diego Bankruptcy Forum, the California Bankruptcy Forum, Lawyers Club Student Mentor Program, State Bar of California Board of Legal Specialization, Francis Parker School where he was recently named a Trustee, and the Dana School Foundation.



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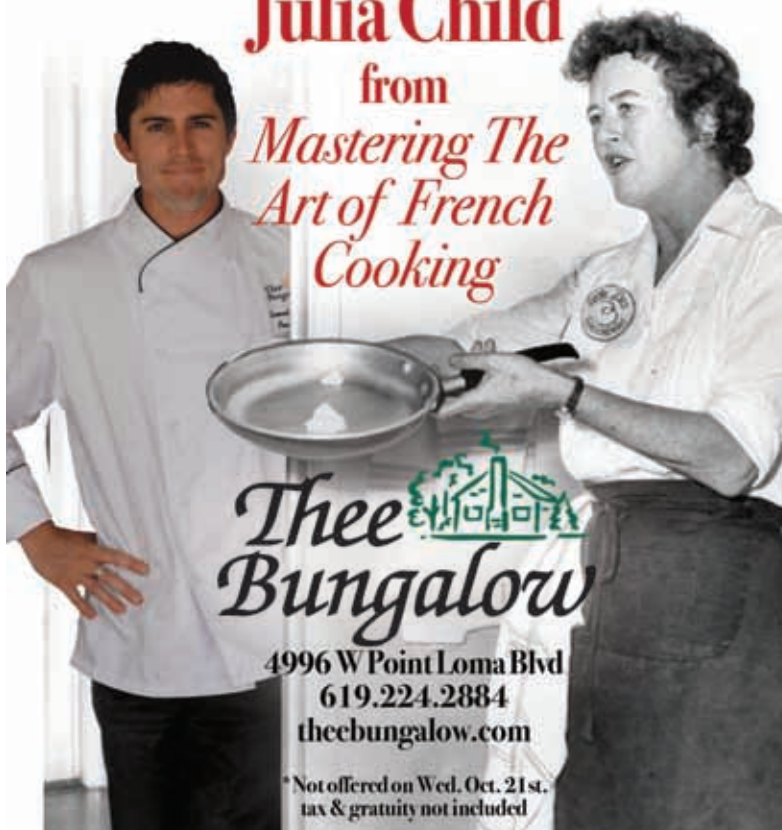
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CO-OP

CONTINUED FROM Page 1

The visit lasted about an hour. Through the interpreter, Casady explained how the market operates and fielded questions from the delegates. The delegates were then given a tour of the entire facility from the ground floor to the solar panels on its roof. Although there were a few communication snags during the visit, Casady said sustainable agriculture is a language every human is fluent in.

"It's that connection between so many diverse ideologies," Casady said. "Here's a place where we're really all coming together as common inhabitants of Planet Earth."

Casady, who has been with the market for 14 years, believes that sustainable agriculture is the future of the world. She said fossil fuels are running out.

"There were a limited number of dinosaurs that died and were compressed into coal and oil and we're coming to the end of that," Casady said. "We've been on an extraction plan — extracting resources — and what we need to be on is an enhancing plan, where we're putting things back into our natural systems."

The market stays away from fos-

sil fuels by only offering organic products, Casady said. The growing process is what makes organic food sustainable.

"It starts with growing the dirt," Casady said. "Once you have the proper nutrients in the soil, the plants are healthier. They have more nutrients in them and you do not have to be reliant upon fossil fuels."

The organic food market started in OB as a small neighborhood buying club in 1971. For the first 14 years, it operated as a worker's collective until workers voted to make it a cooperative in 1985. It currently has 105 employees and brings in about \$35,000 per day.

By definition, a cooperative is a business that is owned by its customers. In addition to being completely green, the co-op concept is what makes the market unique. For \$15 annually, a customer gets member pricing at the market and one voter share. The market is run by a board elected by the co-op's voters.

"We're locally owned. This is really a true community enterprise owned by the customers who shop here," Casady said.

OB People's Organic Foods Market is located at 4765 Voltaire St. in Ocean Beach. For more information, visit www.obpeoplesfood.coop.



The Ocean Beach People's Organic Foods Market played host to an 18-member Chinese delegation on Oct. 30.

PHOTO BY ANTHONY GENTILE | THE BEACON

POT

CONTINUED FROM Page 4

"You may get nothing if you don't have a Process 1," Whitburn said.

Distance requirements

The task force voted 7-4 to recommend that medical marijuana dispensaries not be located within 1,000 feet of a school, recreation center or youth facility. The majority of the task force agreed it would be too onerous for the collectives to open if the board included parks, playgrounds, libraries and religious institutions in the distance requirement. Whitburn pointed out that the Process 2 and 3 reviews would allow neighbors to weigh in on the suitability of a location to parks, libraries and so on.

The board voted 9-2 to prohibit dispensaries from locating within 500 feet of another cooperative to deter crime. However, Ocean Beach patient Larry Sweet argued it's important for patients to have access to a number of dispensaries, which may offer a variety of marijuana strains that work on different types of ailments.

Signage

Signage for dispensaries should be limited to the name, and imagery should be prohibited to prevent the drug culture appeal, voted the task force in an unanimous decision. Signs should be limited to two colors to curb psychedelic references. The storefront must also display a visible placard with the owner's name and an emergency contact number, as well as a warning about the legality of medical marijuana and its potential effects on motor abilities, guidelines that L.A. County has adopted.

The Medical Marijuana Task Force meets next on Friday, Nov. 6 from 9 to 11 a.m. on the 12th floor at city hall, 202 C St. Public comment may be submitted to the board at klnguyen@sandiego.gov. To see the agenda, visit sandiego.gov/medicalmarijuana.

"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!

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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.

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P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$27** but only before **11-30-09** so call right now!

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GUEST COMMENTARY

Death of homeless man
stirs spirit of Point Loma

By HOWARD JONES

They wore the faces of the rich, poor, native-born, immigrant, the highly educated, uneducated, the young and old.

When Jeff Pastorino died ("Goodbye to a dear, misunderstood friend," guest commentary, Sept. 10 Beacon,) at the corner of Rosecrans Street and Avenida de Portugal, where he sat for the last 16 years, no one knew his name. In the two months since, a community has come together in ways no one could have dreamed.

A few days after he died, someone placed a bouquet of flowers on the bench where Jeff could be found 365 days each year. Soon, another followed, then another. Cards and letters began to appear from people who felt they needed to say goodbye to the friend they never knew.

Some said they were sorry they had never stopped and helped him. Others offered prayers. Hand-written notes from children said goodbye to our "Mayor of Point Loma."

People came to the bench to read the cards and letters. It wasn't uncommon to see neighbors standing at the bench with tears running down their cheeks. New friendships were formed at the bench and the shadow of Jeff Pastorino refused to leave the hearts of many Point Lomans.

An extensive search finally paid off and Jeff's family was located near Philadelphia. It was learned Jeff had disappeared 27 years ago. A devastated twin, Chris Pastorino, searched for his missing brother. Chris greeted the news with stunned silence initially. He decided his brother should come home. Jeff was buried next to their parents Oct. 6.

Chris said he feels a need to chase away the demons of not knowing where his brother has been for more than a quarter century.

He was set to arrive in Point Loma today, Nov. 5, with the intent of sitting on the bench

which was his brother's home, of walking the Mayor's path to his secret sleeping place and of meeting the people who knew and cared about Jeff.

Father Joe Carroll of Father Joe's Village — a champion of the chronically homeless — will highlight a brief memorial with Chris and caring community members on Saturday, Nov. 7 at 1 p.m. at the corner of Rosecrans and Avenida de Portugal in the village of Point Loma.

Chris Pastorino said he will be thankful to anyone who can share any stories — good or bad — about his brother. He hopes to reconstruct as much of Jeff's life over the past quarter century as possible.

It's been a difficult path for Chris, but with the caring people of Point Loma, he will finally have closure. Additional details can be found at <http://www.PointLomaNews.com>.

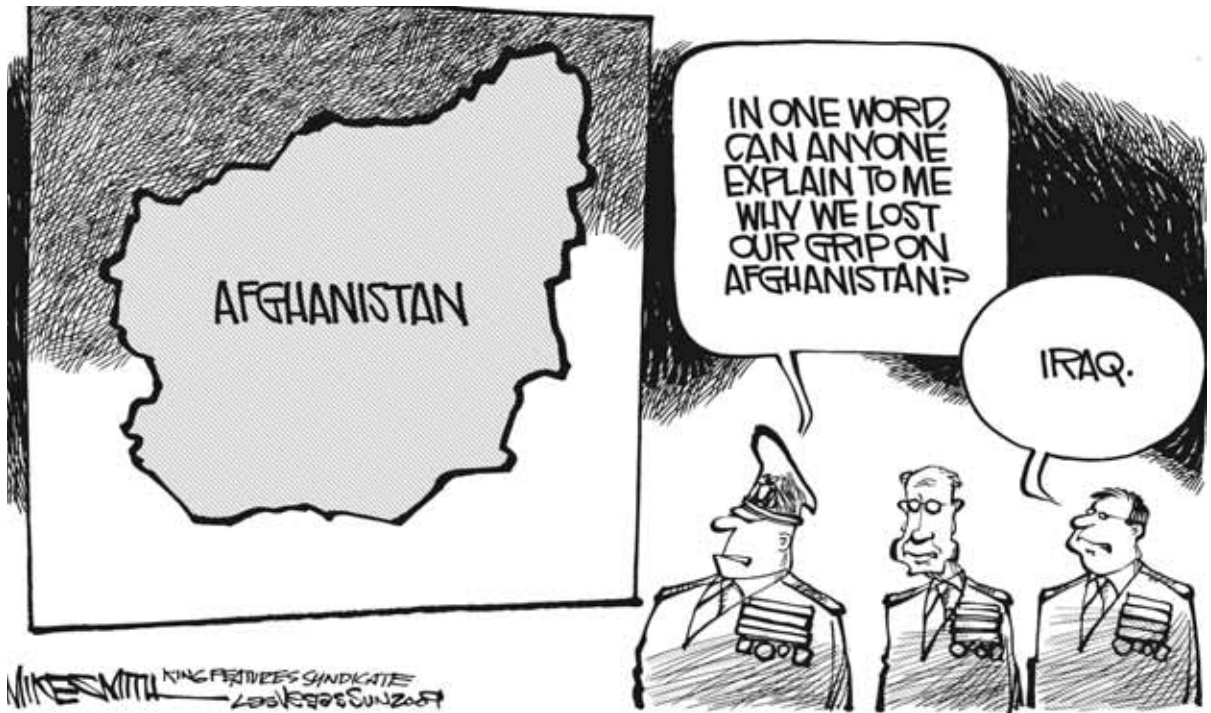
Jeff Pastorino, dubbed the Mayor of Point Loma, could never have imagined the impact he would have on the people of his community. No one knew his name, but we've discovered that many people cared about our friend Jeff.

We've learned that people from all walks of life offered a hand to Jeff. From the extremely wealthy to the poorest of the poor, famous professional athletes, conservatives and liberals, Christians, Jews and non-believers, seniors, children, Anglo-Americans, East Indians, Iraqis, French, Mexicans, Africans, Portuguese, Pakistani, people from all walks of life have rallied behind "The Mayor."

Despite their differences, they all have one thing in common; they have demonstrated their love for their fellow man. They have shown that in this world so divided, the spirit of love and caring still lives on and that there is hope for us yet.

Thank you Mr. Mayor. I had nearly lost faith.

— Howard Jones is a longtime resident of Point Loma.

Property owners beware
of airport flight changes

If you haven't already noticed the increase in noise from the jets overhead, you will. This morning I was awaked at 6:45 a.m. by a continuous procession of jets overhead.

This is the result of the airport re-routing the takeoff of substantially more planes to the most northerly direction.

Now there's jet noise where there formerly was none.

They, the Airport Authority, are doing this without any say from the residents of Mission Beach. Although we have a seat on the Airport Authority we have no vote (which is the same as not being there).

We also have no noise-monitoring station north of Dover Court, and yet the planes regularly fly over Jamaica Court (we formerly had a noise monitor at Mission Beach Elementary School).

The result is noise monitoring where the impact is less.

The further north they fly, the quieter the resulting Dover Court monitor reports. This re-routing and increased noise is being imposed without any real public notice or input.

When I decided to buy property here in North Mission Beach 10 years ago, I had previously looked at places in Ocean Beach and Point Loma. The jet noise was not something I wanted, in spite of the reduced real estate prices at the time. I thought it was an informed decision and I was OK with spending the extra money to get the quiet. I built my home here.

In building my home, I did not take into account any increase in noise from jets. (In the airport traffic zones, things such as laminated

LETTERS TO THE EDITOR

glass windows and increased insulation are code to help diminish the effect of the noise). Are we to retrofit our homes?

Without any representation, we are being adversely affected. Our property values will go down and our lives will change for the worse.

Please help me fight this by sending a complaint to the following:

- Airport Noise Hotline: (619) 400-2799; the e-mail address is: airnoise@san.org;
- Our City Council representative Kevin Falconer: (619) 236-6996; his e-mail address is: kevinfalconer@sandiego.gov. Also, Matt Awbrey (working in Mr. Falconer's Office) can be reached at (619) 236-6992;
- The city's Planning Department: Tait Galloway, senior planner can be reached at (619) 533-4550.
- Congresswoman Susan Davis (she will have the greatest pull with the Federal Aviation Administration) can be reached at (619) 280-5353. Her mailing address is 4305 University Ave., Suite 515, San Diego, 92105.

Together we may just be able to put a stop to this.

David Lombardi
Mission Beach

OBMA lauds coverage,
community contributions

Thank you so much for covering the story about the annual Ocean Beach MainStreet Association awards celebration on Oct. 22 ("OBMA honors key community standouts, stars." Oct. 29 Beacon, page 3).

I want to make sure that a number of businesses are thanked for their involvement, especially in

light of the current economic climate.

The Ocean Beach branch of Union Bank sponsored the event for the sixth year in a row and 18 restaurants in the area donated food and refreshments. Their generosity was apparent. The tables overflowed with a wonderful array of foods from local establishments including: Bar-B-Que House, Poma's, Beach Sweets, Espresso Pizza, Newport Quik, Blue Parrot, Litterer's, CJ's Bakery, Olive Tree Marketplace, Bravo's Mexican Bistro, Pepe's, OB Noodle House, OB Smoothie, and Shades Oceanfront Bistro for our dinner. Also, The Vine Wine Bar & Café provided the great wine, Pizza Port brought and poured their fantastic beers and Jungle Java provided the coffee and tea.

Thanks again for covering local events for our very special community.

Denny Knox
Executive Director, OBMA

CORRECTIONS

- A story in the Oct. 29 Beacon, "Point Loma High student-athletes groomed for leadership roles," should have identified the curriculum developer of the San Diego Hall of Champions Sports Museum's Champions Sports Academy as Jerry Sherk.
- A story in the Oct. 29 Beacon, "Senator, planners huddle on airport governance ideas," should have stated the San Diego County Regional Airport Authority operates only the San Diego International Airport. Other airports and airfields in San Diego County are operated by other entities.

ONLINE POLL

Should medical marijuana dispensaries be subject to more stringent local government restrictions and oversight? Cast your vote only through Nov. 10.

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

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

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HOBNOBBING

CONTINUED FROM Page 1

OBMA spokesperson Claudia Jack.

While the event's popularity continues to grow, Jack said she doesn't see capacity increasing in the future.

"We don't want to overwhelm the restaurants," Jack said. "We want them to be able to serve a nice sample and for the people on the walk itself to enjoy a relaxed atmosphere. The last seven years have been at 550 and that's where we stop it."

Although the economy has been a concern for restaurant owners, according to Jack, this year's event appears to be on par with last year.

"People want to be more involved in the community, especially with family friendly things. They want to get out and be with their friends and neighbors," Jack said. "This is the perfect chance to go out, meet people and sample some of the best food that OB has to offer at the same time."

In addition to the culinary options, there will be musical entertainment from 6 to 9 p.m., with eight performers taking part along the route. The participating artists were selected by local producer Chuck Schiele.

"I really wanted to show off the variety of music that exists in Ocean Beach," said Schiele. "In addition to booking OB musicians, I felt it was kind of important to try to include a little bit of everything, from acoustic performers to jazz to rock."

On hand will be Peter Hall, Joe Azarello, Coco & Lafe, DJ "Mike on the mike" Ryan, Clown, Beer Feet, Jet Wash, Rok and The Blonde Brothers. Schiele cites Rok, which will perform in the Hodad's parking



This year's Ocean Beach Restaurant Walk will cover 40 eateries in and around OB, beginning at 5 p.m. Nov. 10.

PHOTO BY PAUL HANSEN | THE BEACON

lot, as the most "interesting."

"They'll be doing a live karaoke thing, where they'll back up audience members on classic rock hits and so on," he said. "Even if the guest singer for a tune turns out to be not that great, it'll still be a lot of fun."

Nearby merchants agree the OB Restaurant Walk is a shot in the arm.

"It definitely brings people out," said Steven Yeng of the OB Noodle House (2218 Cable St.). He said he initially didn't think the event would make much of a difference in his business.

"I grew up in the area," he said. "And, I didn't see the point of something like this. But now, from the merchants standpoint, I see it's an important showcase."

Yeng now credits the OB Restaurant Walk for helping put his restaurant on the map.

"Last year we served hundreds of people during the event, most of whom didn't know we existed before," Yeng said. "We saw business up tremendously on the night, but it also carried over. We started to be much busier every night after

that."

Despite the increased workload, Yeng said the night is loaded with fun.

"It's a great way to let people know what your establishment is about and to talk to the customers and thank them for coming by," Yeng said.

Jack said she believes the best part of the OB Restaurant Walk is interacting with friends old and new, but she notes that with 40 restaurants, there is probably more food offered than an individual could handle.

"That's why it's a good idea to pace yourself," Jack said. "With so much good food showcased this evening, this might be a good day to skip breakfast or lunch."

The event includes a Fun Zone for children. Gas and electric bikes and scooters are not permitted.

Check-in for the restaurant walk takes place at 5 p.m. on Tuesday, Nov. 10 at Lucy's Tavern, 4906 Voltaire St. All ages are welcome.

For more information, call (619) 515-4400 or (619) 846-6269, e-mail obrebel1@yahoo.com or visit www.oceanbeachsandiego.com.

FIRE

CONTINUED FROM Page 1

That same day of the fire, PLL took another blow when youth baseball officials discovered that their insurance — which they have through Little League Baseball — did not cover fire damage nor any fire-related losses. Otsuka said he couldn't believe his ears.

Following the bad news about the insurance, PLL reached out to the community for help. Otsuka said the community response has been tremendous.

"It's a pretty good list of people really stepping up to do a lot for these kids," Otsuka said. "It's incredible to think that something so senseless and destructive can turn into a community event."

Otsuka said numerous community members have offered monetary donations and help with the rebuilding process, including District 1 county Supervisor Greg Cox and The Rock Church.

A local architect is currently drawing up the plans for the new score booth.

"We're planning on inviting everybody who took a part in helping us rebuild this thing and having them come down to be a part of our opening day ceremonies, so that we can bring all these people on the field and personally thank them," Otsuka said.

Once the plans are drawn, they will be submitted to the city for approval.

Otsuka said rebuilding the score booth, including going through the city's regular permitting channels, presents the biggest challenge.

According to Otsuka, none of

the equipment stored inside the booth was salvageable. Among the items lost in the fire include two pitching machines, an electronic scoreboard, outfield fencing, three chalkers, bases and maintenance tools.

"There was a lot of equipment inside that we use daily during the spring season," Otsuka said.

Point Loma Little League has already donated money and a pitching machine to help out the District 32 neighbor. Otsuka said PLL is looking for monetary donations to help replace the destroyed equipment.

"Anybody that has the means to help us repurchase the equipment that burned inside, we would be more than happy to accept anything they would like to donate," Otsuka said. "There were some pretty pricey items that were burned inside that shed."

Donations to PLL can be mailed to: 4261 Santa Cruz Ave., San Diego, 92107 with any checks made payable to Peninsula Little League. Those wanting to donate can also drop off donations at the field, located within the park at the corner of Nimitz and Famosa boulevards, on the next three Sunday afternoons between noon and 4:30 p.m.

Donations can also be dropped off at VFW Post 1392 at 4944 Newport Ave. Suite D. For more information, visit www.eteamz.com/PeninsulaLL.

Otsuka hopes to rebuild the score booth by the last week in February, which marks the opening of the spring season.

"So far, the indications are very good that we're going to be able to rebuild relatively quickly," Otsuka said.

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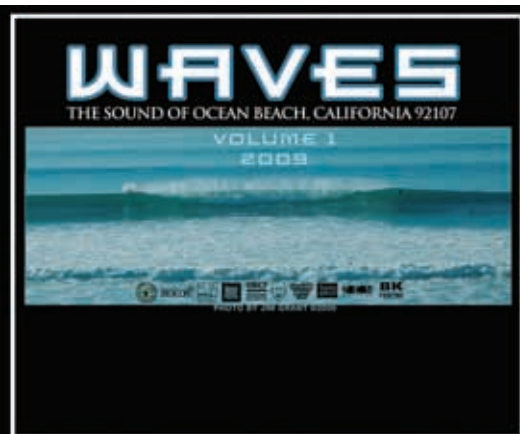
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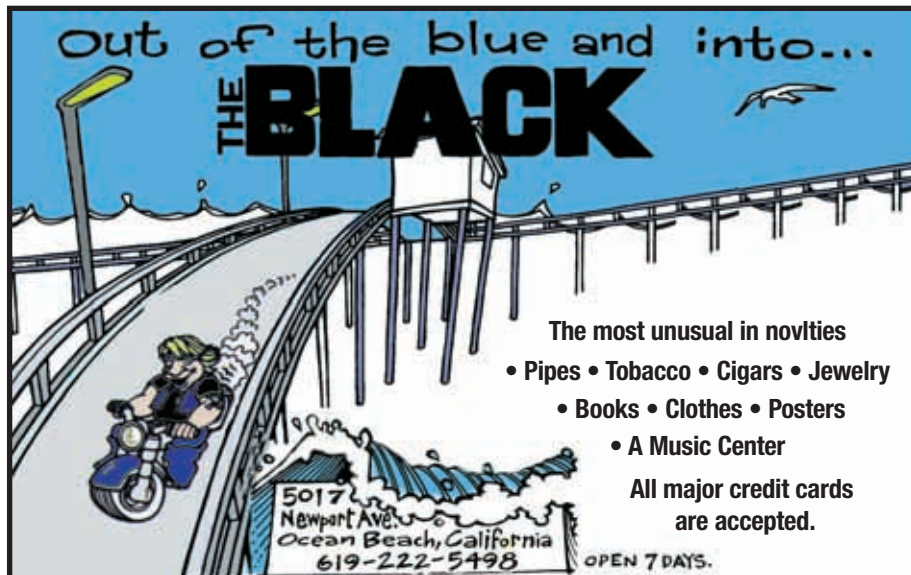
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Pointers put the hurt on Serra in 31-7 thrashing

By SCOTT HOPKINS | THE BEACON

In a game that many thought would be a squeaker, Point Loma High School's (PLHS) Western League showdown with Serra High on Oct. 30 proved to be more of a massacre on the Pointers' home turf.

The Pointers, scoring on each of their first four possessions, raced to a 24-0 halftime lead while the Conquistadors retreated and tried to mount a defense. The Pointers prevailed 31-7 in a game that simply wasn't that close.

"It's all about preparation," said Pointers head coach Mike Hastings. "All week long our kids believed in the practice and game plans we installed Monday."

Those preparations included adopting a "crunch time" theme, with each player receiving a Crunch candy bar as a symbol of the game's importance.

The victory leaves the Dogs nicely positioned at 5-3 (2-1 in Western League) with two games remaining before CIF Division III playoff pairings are determined.

Serra proved no match for a Pointers squad that came out ready to assert itself after sputtering through some early-season problems of inconsistency, injuries

and execution.

"In all three phases (offense, defense and special teams) our kids came out and took care of business," Hastings said.

Offensively, the Dogs trotted up and down the field almost at will, amassing 395 yards — 306 of that coming on the ground. The Pointers never punted.

Running backs Stephan Jackson and Leslie Rogers each recorded 117 yards and scored a touchdown. Jackson averaged 16.7 yards on just seven carries with his 53-yard jaunt the team's longest play from scrimmage.

Morris Mathews averaged seven yards per carry and scored a touchdown while Emilio Diaz added 6 yards per carry to the total.

Quarterback Keegan Fitzgerald connected on 4 of 9 throws for 89 yards and a touchdown, while adding 33 yards rushing to account for 122 total yards.

Jordan Sparkman snared three passes for 62 yards and a score



Point Loma High's Anthony Joyner (68) prepares to slam Stefano D'Amato (14) to the turf as the Serra quarterback releases a pass during Western League action Oct. 30. Mike Montesano (53) and Sean Stepina (36) joined in the Pointers' 31-7 knockout.

PHOTO BY SCOTT HOPKINS | THE BEACON

while Davis Callejon snatched another for 27 yards.

Defensively, the Pointers dogged the Conquistadors continually,

applying pressure and sacking multiple times after brutal hits by their quarterbacks on several Pointer defenders, who blew occasions.

Serra switched signal-callers

SEE POINTERS, Page 11

Bolts, Giants looking for a little respect

By BOB HURST | THE BEACON

This is the first game since 2005 that the Bolts will play against the quarterback who spurned them before the 2004 NFL draft, forcing a trade that brought Rivers to San Diego.

Eli Manning, who passed for 352 yards and two touchdowns with no interceptions in that blowout loss, won't have boos and chants cascading down on him in this game like he did four years ago at Qualcomm Stadium.

Rivers might be able to exploit a Giants pass defense that has shown to be vulnerable after starting out as the best in the league.

The Giants running game, led by Brandon Jacobs, could get some big gains against the Chargers defense.

Week 9

Sunday Nov. 8

Chargers at N.Y. Giants, 1:15 p.m. Giants Stadium.

TV: CBS

All-time series: Giants lead 5-4.

Last meeting: Chargers won 45-23 at home in 2005.

Key stats: Chargers QB Philip Rivers has seven touchdown passes and one interception in three road games this season. Eli Manning has four TD passes, four INTs in three home games with the Giants.

Noteworthy: The Bolts last played at New York in 1995, coming away with a 27-17 win.

Prediction: Giants 28, Chargers 27

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Charismatism Tea Company Owner to exhibit at CAM Cancer Conference in Florida

Local business owner, Janiece Swilling, proprietor of mozana beads & stones and Charismatism Tea Company has been tapped to exhibit her Zana13 Adaptogenic Tea at the annual CAM (Complementary Alternative Medicine) for Cancer Conference January 7-9, 2010, in West Palm Beach, Florida.

"They only allow 20 exhibitors so I am really honored that they asked me to be a part of it. I am as happy to be surviving my cancer as I am to have the opportunity to share my tea with others, particularly professionals who understand my formula. This really adds to my product credibility."

The event is sponsored by The Annie Appleseed Project (www.annieappleseedproject.org) and is aimed at and attended by alternative health practitioners as well as those cancer patients who prefer to include evidence-based natural botanical, holistic and spiritual therapies with their cancer protocols.

If you would like more information about the CAM event, The Annie Appleseed Project or Zana13 Adaptogenic Tea, contact Janiece at (619) 757-6547, online at www.charismatism.com or visit mozana beads & stones and Charismatism Tea Company at its new location, 4918 Voltaire Street in Ocean Beach.

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The Venetian

Try our new happy hour menu, 4–6 p.m. 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?

O'Bistro

Quaint and cozy, this eighteen table, award winning bistro offers a savory menu, designed by Executive Chef John Mann: Breakfast, Appetizers, Sandwiches, Pastas, hormone free beef steaks, fresh grilled fish, vegetarian options, even Sushi (available after 5PM). Sit outside in the garden patio and enjoy the sounds of the fountain and breathe the fresh air gently warmed by propane heaters. *The patio is surrounded by a see-through wind/rain break so you can enjoy the season without the chill. Sit inside and lean back on an oversized pillow atop a love seat. The bistro has full bar, is open seven days a week, including breakfast. Visit on Wednesday, Nov. 11, in the afternoon for the annual "Do a Shot and Get a Shot"... receive a flu shot and down a shot of your favorite adult beverage (well only) \$30. For info, call 619-223-2202.

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Point Loma High running back Stephan Jackson (21) blasts through the Serra defense last Friday as the Pointers administered a 31-7 punishment on the Conquistadors. The senior had his best game of the season, totaling 117 yards on just seven carries.

PHOTO BY SCOTT HOPKINS | THE BEACON

POINTERS

CONTINUED FROM Page 9

through the Conquistador offensive line consistently.

"I'm super proud of the kids' effort on defense," Hastings said.

After the Pointers' second touchdown, sophomore kicker Ruben Diaz was injured when he knocked a Conquistador kick returner out of bounds.

On a day when virtually everything went right, even this proved no setback.

In stepped 6'4" junior quarter-

back Sean McKaveny, who calmly booted the final two extra points and, for good measure, sent a 29-yard field goal through the uprights from the hold of Thomas Mize.

The Pointers will attempt to cage the host Cardinals of Hoover High School tomorrow, Nov. 6. The 2:30 p.m. kickoff takes place at Hoover's El Cajon Boulevard campus. Hoover, also 5-3 overall, stands at 1-2 in Western League and is led by running back Dominique Brooks, who has accounted for 184 offensive yards per game.

'09 Jewish Book Fair has triple focus

By ADRIANE TILLMAN | THE BEACON

The 15th annual Jewish Book Fair is already underway, piercing minds and hearts this year through three themes of discussion: Anne Frank, spiritual growth and the Middle East.

The book fair runs through Nov. 13, with Family Day on Nov. 8 at the Lawrence Family Jewish Community Center. The fair has also expanded to North County this year with events at Temple Solel.

Family Day at the Jewish Book Fair will be held on Sunday, Nov. 8 from noon to 4 p.m. Authors will take to the stage to share their books. Attendees will sing along with Peter Yarrow (of Peter, Paul & Mary) who wrote "Day is Done" at noon. Or they can meet Vigfus the Viking with Hollywood author David Sacks at 1:45 p.m. Children will be seen in action in their performance of "The Cats in Krasinski Square" at 2 p.m. Jacqueline Greene will host tea and story time with the newest American Girl doll, a Jewish-American who lives on Manhattan's lower east side, at 2:30 p.m. Art activities will be offered throughout the afternoon, including Japanese origami, paper hat making, bookmark making, cookie making and a discussion of the art of Roy Lichtenstein with Susan Goldman Rubin.

San Diego teenager Zachary Kucinski will debut Holocaust artifacts he has collected in hopes of someday opening his own Holocaust Museum in San Diego. Kucinski was inspired to begin collecting Holocaust artifacts after hearing Holocaust survivor Ela

Weissberger speak at the 2006 Jewish Book Fair, at which time Weissberger had her yellow star in her shirt pocket.

Anne Frank's secret attic has also been recreated as part of an exhibit for people to walk through and experience.

Notable speakers

The following events will be held at the Jewish Community Center, 4126 Executive Drive.

Larry King, the Emmy Award-winning TV host of "Larry King Live," will headline the book fair on Sunday, Nov. 9 at noon. King will discuss his memoir, "Larry King: My Remarkable Journey."

Anne Frank's life will be honored in a presentation by novelists Francine Prose and Stephen Smith. Prose explores the literary nature of Frank's diary in her latest book, "Anne Frank: The Book, The Life, The Afterlife." Smith established the first Holocaust Center in the U.K., and is the director of the USC Shoah Foundation, which records survivors' stories. Smith recounts his family's own personal story in "Making Memory: Creating Britain's First Holocaust Centre."

Robert Spencer, author of eight books on Islam and Jihad, will discuss "Stealth Jihad: How Radical Islam is Subverting America Without Guns or Bombs," a narrative on radical Islam's efforts to Islamize America and undermine her democratic values. Spencer will discuss his research with radio talk show host Dennis Prager on Saturday, Nov. 7 at 7:30 p.m.

Said Sayrafiezadeh will share his

childhood experiences as the son of an Iranian father and Jewish American mother, whose father left for Iran to run for the presidency before the ayatollah took over. Sayrafiezadeh lived in self-enforced poverty with his mother but longed to own a skateboard like his peers. Sayrafiezadeh will speak about his memoir, "When Skateboards Will Be Free: A Memoir of a Political Childhood," on Monday, Nov. 9 at 2 p.m.

Lifelong San Diego resident Scott Silverman, who now resides in La Jolla, will share his message of hope and discuss his book "Tell Me No. I Dare You!" on Thursday, Nov. 12 at noon. Silverman turned his own life around after a younger life of addiction and attempted suicide. He founded Second Chance, an agency that helps the disadvantaged leave poverty, gang affiliation and crime.

"The five keys are: Find your 'yes'; make a commitment to it; learn and understand how to be comfortable with being uncomfortable; and be sure to be willing to do what it takes," Silverman said. "If you have a formula, it's not a punishment but an opportunity."

Lifelong Zionist and Israeli author Amos Oz will end the Jewish Book Fair with a final discussion of Israel on Thursday, Nov. 12 at 7:30 p.m. The "Amos Oz Reader" draws from his work and revolves around four themes: kibbutz, Jerusalem, the "promised land" and autobiography.

For a complete listing of events and prices (some events are free), visit www.lfjcc.com or call (858) 457-3030.

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November

A Week Ahead

COMMUNITY/CIVIC

Wednesday, Nov. 11, 10 a.m., regular meeting of the Point Loma Garden Club with featured speaker Rene Van Rems, a Dutch-born designer, entertainer and educator who will speak on the latest trends in floral design. There is a \$10 charge for the program, which takes place at the Portuguese S.E.S. Hall, 2818 Avenida de Portugal. For more information, visit www.plgc.org.

Saturday, Nov. 14, 9 a.m. to noon, Friends of Famosa Slough seek volunteers for a work party at the slough to plant and take care of California native plants, remove invasive species and pick up litter. Participants are asked to wear work clothes and bring gardening/weeding tools, if possible. Refreshments, some tools and gloves will be provided. Participants are asked to gather at the southeast corner of West Point Loma Boulevard and Famosa Boulevard. For more information, call (619) 224-4591, or visit www.famosaslough.org.

Saturday, Nov. 14, 10:30 a.m. to 4 p.m., Liberty Station hosts The Mexican Promotional Event with exhibitors, speakers, presentations and giveaways. Admission is \$5. The event takes place at the Liberty Station Conference Center, 2600 Laning Road. For more information, visit www.themexicoevent.com.

Saturday, Nov. 14, 7 to 11 p.m., The Fort Guijarros Museum Foundation hosts its second annual 1940s-Style Swing Dance fundraiser at Old Fort Rosecrans, the historic 1919 U.S., Army YMCA building No. 138 at Naval Base Point Loma. The costume or semi-formal event features the 14-piece Big Band Entertainers. Dance lessons will be offered during band breaks. Popcorn and soft drinks available, along with no-host beer and wine. The cost is \$25 per person, \$15 per person for active-duty personnel. Reservations must be made by Monday, Nov. 9. For more information, visit www.fortguijarros.com.

Wednesday, Nov. 18, 6:30 p.m., the Hervey/Point Loma Branch

library hosts a free slide show, "Canal Cruising in the South of France." The event includes the slide show, a book signing and a seminar on the how, when and why of travel, charters and boat ownership in the south of France. The event takes place at the library, 3701 Voltaire St. For more information, call (619) 531-1539.

Through Friday, Nov. 27, applications accepted for the Dec. 5 30th annual Ocean Beach Christmas Tree Festival Parade. Applications will be reviewed and a letter of acceptance with rules and regulations will follow. To obtain an application or for more information, call (619) 515-4400, e-mail obparade@yahoo.com or visit www.obtowncouncil.org/calendar.html.

SCHOOLS CORREIA

- Tuesday, Nov. 10, 8:30 to 10:30 a.m., PIQE class; 6:30 to 8 p.m., GEAR UP.
- Wednesday, Nov. 11, Veterans Day — no classes.
- Monday, Nov. 16, 6 to 8 p.m., communitywide meeting on Prop. S at Point Loma High School.
- Tuesday, Nov. 17, 8:30 to 10:30 a.m., PIQE class; 6:30 to 8 p.m., GEAR UP.
- Wednesday, Nov. 18, 5:30 to 6:30 p.m., GATE meeting; 6:30 to 7:30 p.m., Correia Association meeting.

DANA

- Monday, Nov. 9, ASB cookie dough and magazine fundraiser orders and money due.
- Wednesday, Nov. 11, Veterans Day — no classes.
- Friday, Nov. 13, Dana Advanced Band to play at Point Loma High School football game.
- Mondays, elementary band and orchestra afterschool programs for Point Loma elementary schools. Orchestra classes meet at 4 p.m. with band classes at 5 p.m. in the Dana music room. For more information, e-mail rflores1@sandi.net.

EXPLORER

- Today, Nov. 5, 3:30 to 6:30 p.m., Scholastic Book Fair. Families, teachers and the community are invited to peruse specially priced books and educational products with storytelling by local authors. The event includes refreshments and activities for children. The event takes place at Explorer Elementary's Carey Family Center. For more information, e-mail book-fair@pcee.info.

LOMA PORTAL

- Friday, Nov. 6, 2nd-graders to the San Diego Zoo.
- Monday, Nov. 9, 5:30 p.m., GATE meeting for parents of 3rd- and 4th-grade students in auditorium.
- Friday, Nov. 12, National Take a Veteran to School Day, featuring a morning assembly with color guard by local Cub Scout Pack 588 and classroom interviews with U.S. veterans from the community.
- Nov. 16-20, parent/teacher conferences, minimum school days.
- Tuesday, Nov. 17, 5:30 p.m., PTA meeting.

OB ELEMENTARY

- Friday, Nov. 6, picture make-up day.
- Tuesday, Nov. 10, 6 p.m., PTA meeting.
- Wednesday, Nov. 11, Veterans Day — no classes.
- Thursday, Nov. 12, 12:40 p.m., afterschool Art Club meets.

SILVER GATE

- Friday, Nov. 6, 7:45 a.m., principal's chat for parents of stu-

dents in kindergarten and 1st grade in library.

- Wednesday, Nov. 11, Veterans Day — no classes.

ST. CHARLES BORROME0

- Today, Nov. 5, PTG meeting.
- Monday, Nov. 9, Past Fundraiser begins.

SUNSET VIEW

- Thursday, Nov. 12, sixth annual Family Fun Day and Golf Tournament at Sail Ho Golf Course. The event also includes a face painter, contests and a "jumpy." Dinner is set for 4 p.m.; tickets are \$15 for adults, \$10 for children. Space is limited and reservations must be received by Sunday, Nov. 8. For more information or registration, call (619) 255-7686, or e-mail diana-day@cox.net.

WARREN-WALKER

- Friday, Nov. 6, faculty grading and meeting day, no classes.
- Sunday, Nov. 8, community service — Walk for Diabetes at University of California, San Diego.
- Wednesday, Nov. 11, Veterans Day — classes are in session.
- Nov. 11-12, WWPA book exchange; book selection Nov. 13.
- Friday, Nov. 13, 1:30 p.m., "Ghost in the Library," a 3rd-grade play in the library. The public is welcome. Report cards mailed.
- Saturday, Nov. 14, 9 to 10 a.m., middle school open house.
- Monday, Nov. 16, 10 a.m., Masterpiece Mornings, a free community program for ages 2-3 and parents/caregivers.

- Wednesday, Nov. 18, 4 to 5:30 p.m., lower school open house.

- Thursday, Nov. 19, 3rd grade overnight encampment to Indian Hills Camp.

WORDWIDE LANGUAGE TUTORING

- Monday, Nov. 9, 8:15 a.m., TESOL certificate 4-week intensive course begins. The course takes place at (619) 222-6411, or e-mail study@wordwide.us.

SENIORS

Thursday, Nov. 12, 11 a.m. to noon, Sharp Healthcare's Senior Resource Center hosts a free lecture, "2010 Medicare Updates and Drug Coverage," a presentation looking at changes in coverage, effective January 2010. The program is presented by Jean Soderberg, a community education specialist with the Health Insurance Counseling & Advocacy Program. The lecture takes place at St. Peter's by the Sea Lutheran Church, 1371 Sunset Cliffs Blvd. Registration is required by calling (800) 827-4277.

ARTS & ENTERTAINMENT

Fridays and Saturdays, Nov. 6-14, Sunday, Nov. 15, Westminster Presbyterian Theatre presents "King Lear," starring and directed by Tom Haine. The performances take place at the church, 3598 Talbot St. Show dates/times are: Friday, Nov. 6, 8 p.m.; Saturday, Nov. 7, 8 p.m.; Friday, Nov. 13, 8 p.m.; Saturday, Nov. 14, 8 p.m.; Sunday, Nov. 15, 7 p.m. Tickets are \$10 for general admission, \$5 for students, seniors and military. For more information, call (619) 224-6263.

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Every Saturday \$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm -7pm

Nightly Specials: Stick Figure, DJ Chelu \$3 Mimosas, Bloody Marys & Beers

Brunch 10am-3pm \$2.50 Mimosas, \$5 Man-mosa, \$3 Strawberry Mimosas, \$4 Screwdriver/ Tequila Sunrise

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

TUESDAY

Every Day: Happy Hour 4:30-6:30pm

Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer

\$3 Turkey Tacos & House Margs all night!

\$4 wings \$8 Domestic Pitchers

Late Night Munchies 11pm-1am \$3 Appetizers

\$4 Smirnoff shot anytime

SUNDAY

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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

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PBR & Miller High Life bottles \$2 Shot of the Week \$3

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Nightly Specials: Stick Figure, DJ Chelu \$3 Mimosas, Bloody Marys & Beers

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WEDNESDAY

Every Day: Happy Hour 4:30-6:30pm

Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer

\$3 Turkey Tacos & House Margs all night!

\$4 wings \$8 Domestic Pitchers

Late Night Munchies 11pm-1am \$3 Appetizers

\$4 Smirnoff shot anytime

THURSDAY

Every Day: Happy Hour 4:30-6:30pm

Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer

\$3 Turkey Tacos & House Margs all night!

\$4 wings \$8 Domestic Pitchers

Late Night Munchies 11pm-1am \$3 Appetizers

\$4 Smirnoff shot anytime

FRIDAY

Every Day: Happy Hour 4:30-6:30pm

Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer

\$3 Turkey Tacos & House Margs all night!

\$4 wings \$8 Domestic Pitchers

Late Night Munchies 11pm-1am \$3 Appetizers

\$4 Smirnoff shot anytime

SATURDAY

Every Day: Happy Hour 4:30-6:30pm

Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer

\$3 Turkey Tacos & House Margs all night!

\$4 wings \$8 Domestic Pitchers

Late Night Munchies 11pm-1am \$3 Appetizers

\$4 Smirnoff shot anytime

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MONDAY

Every Day: Happy Hour 4:30-6:30pm

Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer

\$3 Turkey Tacos & House Margs all night!

\$4 wings \$8 Domestic Pitchers

Late Night Munchies 11pm-1am \$3 Appetizers

\$4 Smirnoff shot anytime

TUESDAY

Every Day: Happy Hour 4:30-6:30pm

Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer

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\$4 wings \$8 Domestic Pitchers

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Mangoes

69¢
ea



**Russet
Potatoes**
Idaho

88¢
5 lb bag



Locally grown
Valley Center

**Organic
Valencia
Oranges**

2 \$1
lbs for



**Red
Seedless Grapes**

99¢
lb



Fresh
from
Carlsbad

**Organic
Heirloom
Tomatoes**

\$1.99
lb



**Green Onions
& Radishes**
Moorpark, CA

3 \$1
for



Kiwifruit
Sonoma

4 \$1
for



Locally grown
in Temecula

**Organic
Pomegranates**

77¢
lb



**Harris Ranch
Ground Beef
Chubs**

\$3.89
lb



**Pork Loin Chops
with Bone**

\$6.99
lb



Sandwiches

Made
Fresh Daily

Turkey Pesto Ciabatta,
Turkey Raspberry Chipotle,
Roast Beef & Cheddar
and more...

\$3.99-\$4.99
each



In our Freezer
Section

**Large
Shrimp**

Cooked • Peeled
Tail Off

\$9.99
lb



Nuts & Dried Fruits

Golden Raisins \$2.49 11 oz
Dried Cranberries \$2.99 8 oz
Walnut Halves \$5.99 14 oz
Pecans \$6.99 14 oz
Pistachios \$3.99 12 oz
Dried Apricots \$2.99 14 oz
Smokehouse Almonds \$6.99 14 oz

**Mulay's
Fresh Sausages**

Traditional Family Recipe.
Breakfast • Hot • Mild

\$5.49
12 oz



Don't Forget...

Greek Gods Yogurt \$1.29 6 oz
Fiji Water \$1.79 liter
Green & Black's Organic Chocolate \$2.98 3.5 oz
Milton's Crackers \$2.69 10 oz
Barbara's Fig Bars \$3.19 12 oz
Montchevre Goat Cheese Log \$3.29 4 oz
Hansen's Jr. Org. Juice Boxes \$1.69 4 pk



Our Milk Prices...

Swiss Dairy

(1%, 2%,
Homogenized,
Nonfat)

\$2.49
Gallon

Alta Dena

(1%, 2%,
Homogenized,
Nonfat)

\$2.99
Gallon

X-Lge Grade
AA Eggs \$1.49
One Doz.

**New Zealand
Rack of Lamb**

Premium Quality

\$12.99
lb



Wine Department

Ernst & Co. Chardonnay 08 **\$8.98** 750 ml
Trapiche Cabernet Sauvignon 08 **\$7.98** 750 ml
Blackstone Sauvignon Blanc 08 **\$8.98** 750 ml
Bogle Merlot 07 **\$7.98** 750 ml
Coastal Ridge Gewurztraminer 07 **\$5.99** 750 ml
Wilson Creek Almond Champagne **\$9.96** 750 ml



Java Logs

Long-lasting
Fire Logs
Made from Coffee

\$3.99
5 lb log



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

Wildomar/Murrieta
Opening January 2010
32310 Clinton Keith Road

Hours: Everyday 8 AM to 9 PM (except holidays)
Limited Quantity on Some Items. Not Responsible for Misprints • Prices good through 11/10/09