



THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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Pure adrenaline rush

Runners of all shapes, sizes and ages lined the streets of Shelter Island on Nov. 8 during the fifth annual Shelter Island 5k Run/Walk, benefiting the Injured Soldiers Program San Diego Adaptive Sports Foundation. The event stretched from the Holiday Inn Bayside on North Harbor Drive and finished at Humphrey's on Shelter Island.

PHOTOS BY JIM GRANT | THE BEACON

High-speed rail grabs spotlight

Design, real-world options topic of forum

By ANTHONY GENTILE | THE BEACON

With statewide high-speed transit on the horizon, some are hoping the possibility may someday ease air traffic and noise over Point Loma from Lindbergh Field. But with the idea still in its infancy, questions abound.

The Peninsula community will have the opportunity tonight to get some of theirs answered at the "TRANSITIONS High-Speed Transit Forum" tonight at Point Loma Nazarene University's Brown Chapel.

"The forum is an opportunity for the general public to begin a conversation about what these systems should look like in terms of the design, aesthetics and ergonomics of the system," said Mark Adler, the program's chair.

The forum is scheduled from 6 to 8 p.m. at Brown Chapel, 3900 Lomaland Drive. Tickets will be sold at the door for \$15.

San Diego based non-profit Design Innovation Institute is hosting the forum. Among the topics

SEE FORUM, Page 5

Medical marijuana task force targets permitting, locations

By ADRIANE TILLMAN | THE BEACON

The Medical Marijuana Task Force met Nov. 6 to consider zoning and permitting regulations for cooperatives. The task force will send its recommendations to the City Council for consideration in January.

The task force unanimously voted to permit medical marijuana cooperatives to operate essentially in all commercial and industrial zones, including commercial/regional, office, visitor, community,

neighborhood, as well as in planned district zones. Zones would be allowed to include light industry, heavy industry and industrial parks.

Streets throughout San Diego are designated for specific commercial uses. For example, the streets hugging the Pacific Beach coast are considered commercial visitor, whereas the busy thoroughfare of Garnet Avenue is designated commercial community.

SEE ZONING, Page 5

Local had stake in Czech Republic's Velvet Revolution

By MARTIN JONES WESTLIN | THE BEACON

The suicide pact among several young idealists would prove little more than an unsung formality. Jan Palach was the first to go, setting himself aflame in Prague's Wenceslas Square on Jan. 16, 1969 to protest communist oppression, specifically the Soviet-led tanks that infamously rolled onto city streets the year before. Only two likeminded friends followed his lead amid his warnings of the

pain they faced.

Palach, a 21-year-old history student at Prague's Charles University, died in agony three days later.

Marketa Hancova, a Czech native and 10-year Point Loma resident, was only a little girl then, and the upshot from Palach's death wouldn't take root in her for several years. But as rarely before in modern history, the past was prologue — and two decades later, Hancova found herself in the middle of the Czech Republic's Velvet

Revolution ("Sametová Revoluce"), perhaps the most dramatic of the insurgencies to befall a beleaguered Soviet leadership.

The old Czechoslovakia, after all, hadn't held parliamentary elections since 1946, two years before the communists took power. Now, in the autumn of 1989, communist secretary Alexander Dubcek, whose advances toward reform brought that wave of tanks to bear,

SEE REVOLUTION, Page 4



Demonstrators by the hundreds of thousands gathered in Prague's Wenceslas Square in 1989, demanding the relinquishment of Soviet power.
COURTESY PHOTO

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Design plans for PL fire station take form

By ADRIANE TILLMAN | THE BEACON

Plans to revamp the La Jolla Shores Lifeguard Station are ready to go, and so the Committee on Public Safety and Neighborhood Services has recommended re-appropriating funds to the lifeguard station.

The committee has recommended to City Council that the city spend the remainder of its 2002 Fire and Life Safety bonds (\$687,851) and the unused funds from the completed Pacific Beach Lifeguard Tower and Grand Avenue restrooms (\$75,290) on the La Jolla Shores Lifeguard Station. Construction on the station is expected to begin as early as January 2010.

"The design plans for the La Jolla Shores Lifeguard Station are 100 percent complete, and, since it will be the first project to reach the construction stage, the likelihood of expending the uncommitted funds in an expedient way will be the greatest," stated Report 09-135, which the committee has submitted to City Council for approval.

The committee, thus, recommends transferring the \$623,000 in deferred maintenance revenue from the La Jolla Shores Lifeguard Station to other fire and lifeguard projects that await funding. The transfer in funds helps the city spend its bond money more quickly, which has a shorter expenditure time than deferred maintenance funds.

Design plans for the Point Loma Fire Station 22 and South Mission Beach Lifeguard Station are both approximately 60 percent complete. Design plans for improvements to the Mission Beach Lifeguard Station are approximately 60 percent complete.

In addition, the committee recommended transferring \$100,000 from the Disability Services Program to the Children's Pool lifeguard tower for accessibility improvements. Construction is expected to begin on the new lifeguard station in September 2010. The former lifeguard station was condemned last summer.

To read Report 09-135 visit www.sandiego.gov/city-clerk and click on "Reports to City Council."



Fond farewell to a misunderstood man

The corner of Rosecrans Street and Avenida de Portugal was the site of a community outpouring Nov. 7 as residents gathered to remember Jeff Pastorini, a homeless man who could be found perched at the site for the last 16 years until his death in September. Pastorini, largely ignored and misunderstood by passersby for years, disappeared from his home in Pennsylvania 27 years ago for reasons no one yet knows. Saturday's memorial was attended by Father Joe Carroll; Pastorini's twin brother, Chris (in red) from Pennsylvania; and former professional baseball great and former San Diego Padres' first base coach Davey Lopes. Since Pastorini's death, the bench where he slept 365 days a year has burgeoned with flowers, cards and posters. PHOTO BY JIM GRANT | THE BEACON

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OBITUARY

Lincoln Rock, 87, educator, Point Loma resident

Lincoln George Rock passed away Oct. 26 at the age of 87. He was born Feb. 12, 1921 in Ocean Beach to parents Caroline and Aegydius Rock. He was the youngest of four boys. His elder brothers being Gid, Robert and Rupert.

Lincoln attended Ocean Beach Elementary School and Point Loma High School, where he was active in varsity basketball, ASB and a charter member of the QWIGS.

After high school, he worked as a lifeguard in Ocean Beach. He attended San Diego State University, where he met his future wife, Olive, and was a member of Epsilon Eta.

In 1942, he joined the Navy as an aviation cadet. He became a lieutenant commander in the Navy Reserves and saw service on the Pacific Coast as a blimp pilot.

He married Olive Burnett in 1943.

After the war, Lincoln completed his education and became a teacher/administrator for over 30 years with San Diego city schools.

The couple built the family home in Point Loma and had three children: Gary, John and Joanne. The family enjoyed many days at nearby Kellogg Beach.

Upon retirement, Lincoln and Olive spent much time with the Rock clan and traveled the world.

He is survived by his wife, Olive; son, John (Heidi); three grandchildren, Andy, Alex and Kristin; and one great grandchild, Damian.

He is also survived by his daughter, Joanne Rock Newman (Jim) and two grandchildren, Kelsey and Jack.

He was predeceased by oldest son Gary (Nancy) and a grandson, Dominic.

He will be missed by many family members and friends. A service honoring his life will be held at Fort Rosecrans National Cemetery today, Nov. 12 at 2 p.m.

The family requests any donations be made to The Ocean Beach Historical Society.



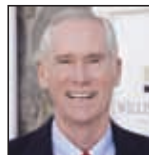
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Chant concert to offer up inspiration and relaxation

By ANTHONY GENTILE | THE BEACON

Music buffs usually leave concerts with their ears ringing and a headache. Those who attend the Sacred Chant Concert this Saturday at Liberty Station will perhaps leave in a better state.

"The music really can take you into a place of deep peace one minute, and then ecstatic dancing in the aisles the very next," said Santosh Ram, an apprentice with event organizers Deep Yoga. "It's a blend of soothing, angelic voices that really speaks right to the heart."

New Age artist Snamat Kaur headlines the event, fresh off two months touring in Europe. Ram, who goes by Ralph Achenbach outside the studio, said Kaur's music is mesmerizing.

"It is a unique blend of traditional Indian instruments with Western beats that she skillfully weaves into a colorful tapestry of sound that is really quite extraordinary,"

Ram said.

Ram said those who attend yoga classes locally will recognize Kaur's music. Most of the concert will be in kirtan style, the traditional Indian call-and-respond method of music.

"It'll be very interactive," Ram said. "The musician will lead a chant and then the audience gets the opportunity to respond with their own voices."

Kaur will also offer a yoga adventure workshop for children. According to Ram, the workshop is the first of its kind in San Diego.

"She uses imaginative storytelling and song and chanting as well as some more traditional yoga poses to guide children into a joyful experience of yoga," Ram said.

Bhava Ram, co-founder of Deep Yoga, and GuruGanesha Singh will also perform at the concert. Ram is a former television journalist who said he has used yoga treatment to overcome a broken back and cure throat cancer. Today he is reduced



Yoga enthusiasts will be treated to a Sacred Chant Concert on Saturday at Liberty Station. Leading the event will be New Age artist Snamat Kaur, left, and GuruGanesha Singh, right.

COURTESY PHOTO

to a speech box but still performs devotional music.

Saturday's concert might also provide longtime Peninsula residents with a blast from the past. A Raja-Yoga school was part of Lomaland, the theosophical university and commune that operat-

ed in Point Loma from 1897 to the middle of the 20th century.

"It used to be this utopian commune based on the principles of yoga right there on Point Loma," Ram said. "The concert brings yoga and music that's related to yoga back to the Peninsula."

Tickets are available for \$30 in advance or \$35 at the door, and children's tickets are available for \$10.

For more information about the concert or to purchase tickets, visit www.snamatktickets.com or call (619) 338-9642.

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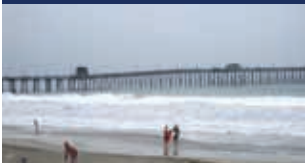
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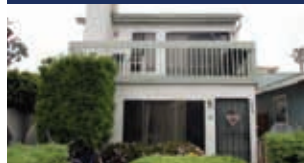
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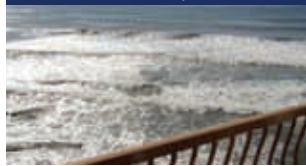
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REVOLUTION

CONTINUED FROM Page 1

would stand on a Wenceslas Square balcony before scores of thousands of delirious demonstrators, throwing his arms around himself as if to embrace the crowd, a chasmic grin threatening to split his face.

"Dubcek na hrad! Dubcek na hrad!" (Dubcek to the castle!) the throng shouted itself hoarse. Prague Castle is the locale of the Czech president's offices.

"I think this was the most important moment of my life," Hancova said, "except for the birth of my children. This was so very important, because the revolution didn't have any heroes. Ninety-two percent [of the republic's 12 million population] participated in the demonstrations. That's amazing. Ninety-two percent," she squeaked, scarcely believing it herself.

But that's what began to unfold 20 years ago on Tuesday, Nov. 17, as Prague riot police beat crowds commemorating International Students Day. In response, up to a half-million protesters (Hancova among them) took to the streets three days later, throwing flowers at casehardened troops. A general strike would follow on Nov. 27; the next day, the communists agreed to relinquish power.

Acclaimed dissident playwright Václav Havel, who himself spent five years in communist-run jails, was named Czechoslovak president Dec. 29. In 1990, the nation held free elections for the first time in more than 40 years. Havel was elected president of the fledgling Czech Republic in 1993 and again in 1998.

Such a far piece for a cute little 10-year-old from Breclav, who'd stood transfixed with her friends at all things Western, like the latest jeans and music and even bubblegum wrappers, reverently smoothed and pressed between the pages of the most unworthy personal journals.

"Anything from the West," Hancova said, "we would be, like, 'Ohhhh, my God!' It's just amazing, when I look back now and think about it. You don't feel the oppression then. You just wonder, 'How are they so lucky?' Green and yellow and red wrappers! So precious! My God!"

But wonderment would give way to curiosity, and curiosity would beget disenchantment. The communist system was taking its toll throughout the old Eastern Europe, and the Soviets knew it.

"Russian communism never worked very well anyway," communist General Secretary Mikhail Gorbachev would later say. "The world will not accept dictatorship or domination."

How right he was. And Hancova has proof. She leans across a table at at least 50 degrees, eyes flashing and fingers stabbing the air amid impassioned staccato speech. The immigrant's refined bearing is gone in an instant, a true patriot's fervor quickly taking its place.

"We had dignity," Hancova said, "because the communists didn't mess with the education system. They kept the education system that was the same since medieval times. We had learning in the exact science[s] and the humanities. We had languages. We had art. We had music. History was the only subject they rewrote to their liking."

"But intelligence was the biggest enemy of the system. Why? Because if you are sophisticated and educated, you see right through them. You can manipulate them. Education was really a tool that worked against them."

Hancova's parents' liberal views raised a red flag (pun intended) among the communists; as a result, Hancova was an unlikely candidate for university admission. "I was lucky," she explained, "that I had nothing to lose. I go right to Prague and kept bugging the minister of education for two years. Finally, they just said, 'OK, you can become a teacher.'"

"That's so ironic," she laughed. "If I were so dangerous for the society, how come you're letting me study to be a teacher?"

A hankering for Beat Generation idealism and several master's-level courses at Charles University yielded an ideal occupation years later — dean of education at San Diego's Platt College graphic design and animation school. Hancova spearheads regular cultural field trips downtown to inspire her students in their creations.

Education, it seems, comes in many forms. Including bloodshed.

"Every revolution," Hancova said of Palach's memory, "is a revolution of death, because that's usually the only way you can achieve it."

And while it's true the Velvet Revolution transpired without a shot, its genesis lay in the discontent of another cold January day. A hopeful young history student would meet the beginning of the end in Wenceslas Square, where a tired old man's simple gesture from a balcony would follow in the blink of an eye.



Point Loma resident Marketa Hancova says education was the subtle key to the success of the Czech Republic's Velvet Revolution, which began 20 years ago Nov. 17. COURTESY PHOTO

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NewsBriefs

Transient hurt after being struck by vehicle

An accident near the corner of Camino Del Rio West and Kurtz Street last week in Point Loma reportedly sent a 50-year-old man to the hospital with head injuries and a fractured leg, according to police officials.

Investigators said the accident occurred at about 9:37 p.m. Nov. 6. The victim, identified as a male transient, was struck by a car

after he crossed the street against a red light and moved directly into the path of the vehicle. The victim was taken to UCSD Hospital for treatment. The case remains under investigation.

Gould, Querrey headline tennis gala at Barnes

Youth Tennis San Diego (YTSD) will hold its 20th annual Match-Point Ball on Friday, Nov. 13, at the Barnes Tennis Center in Point Loma. Dick Gould, past coach of the men's tennis team at Stanford University, will be the featured speaker and master of cere-

monies. Top-ranked American pro Sam Querrey also will participate in the evening's events.

The event includes on-court activities, followed by a silent auction, dinner and live auction. The celebration raises funds for students enrolled in YTSD's county-wide system of programs and scholarships.

Costs range from \$200 to \$5,000. The event runs from 6:30 to 10 p.m. at Barnes Tennis Center, 4490 W. Point Loma Blvd. For more information, call (619) 221-9000, e-mail info@ytsd.org or visit <http://www.barnestenniscenter.com>.

ZONING

CONTINUED FROM Page 1

Three of the task force members expressed concern about allowing medical marijuana cooperatives to set up in commercial neighborhood zones, however. The dissenting votes were Dave Martin, a business owner from Ocean Beach; Dave Potter, a community planner in Bay Park; and John Minto, a retired police officer from Santee.

Steven Whitburn, chair of the North Park Planning Committee, said he doesn't believe that commercial neighborhood zones are necessarily closer to residential areas than commercial commu-

nity zones, although that is how the commercial zones are designated in the municipal code. City planner Dan Monroe clarified that the proximity of a commercial neighborhood zone to residential areas varies from community to community.

"The reason I thought it was important to include commercial neighborhood is because we are hoping to provide safe and convenient access to medical marijuana to people who are sick," Whitburn said. "If you are ill or elderly and need to get medical marijuana, then it should be as convenient as reasonably possible."

Permitting rules

The task force unanimously

voted that medical marijuana dispensaries will not be required to periodically renew their permits. Instead, a hearing officer can determine — on a case-by-case basis — whether a dispensary should have to renew its permit during the permitting process.

"It became apparent to most of the task force members that those sorts of requirements would involve a lot of city staff time at a time when the city is faced with a budget deficit," Whitburn said, adding that law enforcement can weed out the illegal cooperatives.

The board also voted unanimously that dispensaries be required during the permitting process to show their plans to a public hearing officer to operate in a non-profit capacity.

FORUM

CONTINUED FROM Page 1

covered will be the three different modes of high speed that could be used for the project — high-speed rail, personal rapid transit and magnetic levitation (maglev) trains.

"We're going to show people what exists in the world currently and the three modalities," Adler said. "We'll present that, and panelists will then discuss the design of these systems."

Of the three systems, Adler said California is currently looking at the high-speed rail option. High-speed rail uses conventional rails, but trains go significantly faster.

"We're in a position to begin a conversation here in California as to what these systems might look like because the state has begun to study the rights-of-way and the environmental aspects of this," Adler said.

Panelists at the forum are expected to include economist and University of San Diego professor Alan Gin, American Magline Group head M. Neil Cummings and urban and transportation designers. U.S. Transportation Secretary Ray LaHood is also an invited speaker.

"It's a whole-brain approach to the problem of the high-speed transit systems that are upon us here in California," Adler said. "We want to bring together people who are designers and also

practitioners."

The plans for high-speed rail in California were set in motion when voters passed Proposition 1A in the November 2008 election. The proposition issues \$9.95 billion in bonds to establish a high-speed transit network across the state. According to Adler, the governor has said he is seeking funds for the project from the federal government.

"The decision has been made," Adler said. "It's just a question of how we do this now."

Adler said high-speed trains could be running in the middle of California as early as 2014. The system won't make its way down to the San Diego area until years after that, however.

"San Diego happens to be on the end of the timetable," Adler said.

When or if high-speed transit reaches San Diego, Adler said it could have an impact on traffic at Lindbergh Field.

He cited a high-speed train in Italy that runs from Rome to Milan that has cut down on Alitalia airline's operations at each of the two airports in Rome.

"There is a multiplicity of choice that could be available if these systems are properly designed," Adler said. "For Point Loma, that would mean a possible reduction of the amount of air traffic that goes over that area."

For more information about the forum or high-speed rail concepts, visit www.designinnovationinstitute.org.

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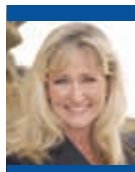
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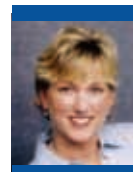
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GUEST EDITORIAL

With employer mandate, feds mandate job losses

By JANET TRAUTWEIN

President Obama has made a point of linking health reform to economic recovery. He's right to draw the connection — bringing down healthcare costs could shore up family budgets that have been stretched thin by the high price of medical care.

Yet one of the Democrats' major reform proposals would actually make it harder for America to dig out of the recession. The "pay or play" mandate — which would compel employers to either provide health insurance or pay a stiff penalty — would cripple businesses and cause many Americans to lose their jobs.

The structure of the employer mandate is pretty simple. Under the plan favored by President Obama and Senate Finance Chair Max Baucus (D-Mont.), businesses with 50 or more employees that don't provide health coverage to all their workers would be forced to pay a fee for each uncovered employee.

House Democrats seek to force firms with annual payrolls of \$500,000 or more to cover a substantial portion of workers' insurance premiums. If a business decides against offering insurance to its employees, it would have to pay a tax of between 2 and 8 percent of its employees' wages.

Under both proposals, employer-sponsored health plans would have to meet federal standards for minimum benefits, co-pays, deductibles and the like — even if an employee wanted a less expensive, less comprehensive policy. Workers would face far fewer choices of plans.

Burdening already-suffering businesses with expensive new healthcare obligations will have disastrous consequences for the economy. The National Federation of Independent Business estimates that an employer mandate would cause the economy to shed 1.6 million jobs within the first five years. The Congressional Budget Office warns that low-wage jobs would be among the first eliminated — a cruel blow to those at the bottom of the economic ladder trying to

work their way up.

The nation's largest companies may be able to absorb the huge cost of covering all their employees. Many small businesses with razor-thin profit margins would fold as a result of the mandate. A mom-and-pop shop with just six employees each earning a five-figure salary, for instance, could easily surpass the House's \$500,000 payroll threshold.

Despite soaring health care costs, most employers already provide health benefits to their employees without being bullied to do so. Indeed, more than 70 percent of Americans employed by private firms have access to employer-sponsored health benefits. Many have access to health coverage through their employer but they can't afford to pay their share of the premium.

Employers invest in their workers' health because they know that doing so will help them attract and retain the best workers and build a productive workforce.

Businesses that don't provide coverage aren't cruel or irresponsible — they simply can't afford to. Requiring them to pay for benefits threatens their very livelihood. And it will do little to reduce the number of uninsured.

In fact, by making the cost of labor even higher, a pay-or-play mandate may increase the number of uninsured. For starters, many companies will hold off on hiring new workers, as they'd immediately have to cover additional insurance premiums. Further, if the mandate causes layoffs and closures, folks who already have employer-sponsored insurance will lose coverage.

The president and his congressional allies may think an employer mandate compels businesses to do their part to pay for health reform. The reality is that pay-or-play would drive down wages and employment, drive up the price of health care and drive many firms out of business altogether.

— Janet Trautwein is CEO of the National Association of Health Underwriters based in Arlington, Va.



Historic North Chapel in need of piano donation

There has been a lot of construction over the last few years in the part of Point Loma known as Liberty Station. Out of the remnants of the old Naval Training Center (NTC) has arisen many new structures, as well as the renovation of some of its older buildings. Perhaps the most beautiful project attempted has been the restoration of the historic North Chapel. This elegant little chapel, built in 1942 as part of the original NTC, served thousands of military men and women between its inception and 1997, when it was closed by the Navy.

The North Chapel has been lovingly restored by C.W. Clark, Inc. at a cost of about \$1.3 million. Care was taken to preserve its basic structure and historical components, sprucing it up with new paint for the building and new tiles for its roof. The interior systems were all upgraded and/or replaced, but you will still see the original light fixtures. The hand-carved pews and pulpit were refurbished around the characteristic dings and scratches etched into them over their 65 years of use.

The chapel now sports a state-of-the-art music system and the majestic sounds of the original Roger's pipe organ. The intricate stained glass windows of Fred Weiland were also preserved. These works of art depict scenes from the Old and New Testaments as well as scenes portraying duties an enlisted Navy sailor might have aboard his ship.

In its day, the North Chapel was a favorite place for celebrations and for spiritual comfort. While in the past it had been used by families with members in the Navy, today it is now open to everyone. People are flocking to

the North Chapel for plays, choir performances, religious ceremonies and special celebrations.

It's a quaint little chapel from years gone by that still draws quite a crowd. It is the perfect venue for everything from an intimate wedding to a dynamic choir performance.

The renovations are complete, but there is one piece missing from this exquisite puzzle: North Chapel does not have a piano. When choirs and other groups come to perform they must rely on a small electric piano, donated to the chapel last year. Those who enjoy the beautiful ambiance of the chapel, as well as its dynamic acoustics, are seeking a generous person or family to donate a baby grand piano to the North Chapel.

This would truly be the crowning touch on what is Point Loma's special jewel. For more information, please contact Gary Ewing at (619) 222-0429.

Marcia Berneger
Point Loma

'The Price' – an ode to a brave, fallen veteran

Ski died young, 'neath a melting sun,

In a field of flame far astray.
Jets roared by, in the smoke filled sky,

As I watched Ski's life ebb away.

His wound wasn't much, and he was warm to the touch,

So I thought he would be okay.

But it wasn't to be, as they took

Ski from me,
In the fiery green jungle that day.

Now many years have gone by, and I still wonder why,

My friend had to leave me that way.

And my eyes start to blink, when I look back and think,

What my dying young friend

had to say,

Hold on to me man, I know that you can.

Listen to me while I pray.

You ain't gonna die, in anguish I cried

As I pulled him up safe from the fray.

Our eyes did then meet, and his face was so sweet,

I bawled like a babe in dismay.

Oh, don't take my friend, I said to the wind.

Let me go if someone must pay.

But I could not save Ski; it was not him or me.

The choice of the God's had been made.

Now I write this sad scroll, with a hole in my soul.

Knowing a better man than I ever portrayed.

Died a long time ago. A long way from home,

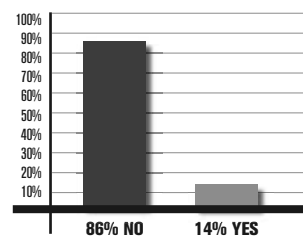
And gave us all freedom. Pre-paid.

Stephen Bates
Ocean Beach

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

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

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

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Pointers rout Hoover, improve to 6-3

By **SCOTT HOPKINS** | THE BEACON

Someone must have forgotten to set the alarm clock to awaken Point Loma High School's (PLHS) football team last Friday on Hoover High School's field.

But the Cardinals provided a rude awakening, burning the Pointer defense on a 75-yard pass play to take a 7-0 lead midway through the first quarter of the Western League encounter.

That proved to be a false alarm by the Cardinals, however, as the Dogs went on a scoring rampage to de-feather the hosts in a 56-10 rout that upped the Pointers' record to 6-3 (3-1 in Western League). Hoover fell to 5-4 (1-3).

The hot Dogs have outscored their opponents by a combined 115-22 margin during their current three-game winning streak.

Following the Hoover kickoff, the Pointers stuck to the ground and set the tone for the balance of the game, running over the outmanned Cardinals until quarterback Keegan Fitzgerald covered the final yard to tie the score.

"We had some things early on we had to overcome," said Point Loma head coach Mike Hastings. "But beyond that, we played well."

Fitzgerald scored two more times (runs of 5 and 45 yards) and five of his teammates also found the end zone as Hastings removed his starters during the third quar-

ter with a comfortable lead and his team scoring almost at will.

Indeed, the Pointers enjoyed a 28-10 lead at intermission and a 49-10 advantage after three quarters.

"In the second half we really put it together," Hastings said. "Our offense went right down and scored to put them away early."

Of the Pointers' 346 yards in offense, 270 came on the ground. Touchdowns were scored by Sean McKaveny (3 carries, 64 yards), Leslie Rogers (12 carries for 45 yards), Emilio Diaz (3 carries for 30 yards) and Eric Bueno (2 carries for 16 yards). Stephan Jackson added 45 yards on seven carries.

Fitzgerald (3 completions in 5 attempts) totaled 76 yards, including a perfectly thrown 25-yard scoring pass to Davis Callejon.

For the second straight week, the Pointers did not have to punt.

The Dogs' defense again dominated, chewing up the Cardinals, forcing fumbles and making big hits on their foes.

The Pointers will play their final regular season game tomorrow, Nov. 13, at 2:30 p.m. when the La Jolla Vikings drop anchor on Bennie Edens field. The rivalry between these two schools is one of the county's longest, with a unique trophy presented to the annual victor.

Many years ago, a football shoe was discovered left behind on the field after the two schools battled. The footwear, now bronzed and mounted, has become known as "The Shoe," and the Pointers aren't planning on giving the trophy back to the Vikings anytime soon.



Point Loma's Sean Stepina (36 on ground) dislodges the football from Hoover running back Dominique Brooks (33) during the Pointers' 56-10 drubbing of the Cardinals last Friday. Christian Hayward (80) and Eric Bueno (42) assist.

PHOTOS BY SCOTT HOPKINS | THE BEACON



Point Loma's Christian Hayward (80) dwarfs Hoover quarterback Cheng Moua (15) as he deflects a pass attempt by the Hoover sophomore. Closing in on the passer are Jordan Sparkman (14), Anthony Joyner (68) and Sean Stepina (36).

Coaches and CIF officials will then meet Saturday morning to create pairings for upcoming playoff games. The Pointers' will learn

the identity of their Division III opponent as they launch their bid for another appearance at Qualcomm Stadium in the finals.

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All interested parties may obtain copy of the RFP, by contacting Vladimir Balotsky, City of San Diego Real Estate Assets Department at (619) 235-5248 or via e-mail vbalotsky@sandiego.gov.

All questions related to this RFP should be directed to Vladimir Balotsky.

Proposals should be received by 4:00 p.m. Tuesday, December 15, 2009 at the following address:

City of San Diego
Real Estate Assets Department
1200 Third Avenue, Suite 1700
San Diego, CA 92101
Attn: Vladimir Balotsky

Rhythm and the Method – a family affair

By BART MENDOZA | THE BEACON

Music made by family members — together — can be something truly special. From the soaring 1950s-era harmonies of The Everly Brothers to the Brit-pop of Oasis, family dynamics add a tightness to a band that can't be achieved by two musicians simply joining forces. Such is the case with Rhythm and the Method, who perform at Humphrey's Backstage Lounge today, Nov. 12.

Part jam band, part rock group with touches of psychedelia, blues and pop, the band is fronted by singer-songwriter Rhythm Turner, alongside her father, guitarist "Papa" Shawn Turner and brother, lead guitarist, Evan Turner. The Method is rounded out with drummer Lisa Viegas, bassist Laura Payne and harmonica player Nick Walsh. Though the band plays primarily originals written by Rhythm Turner and arranged by the band, they do occasionally include choice covers ranging from the Beatles' "Get Back" to Leonard Cohen's "Everybody Knows."

"I was raised around music my whole life," Rhythm Turner said.

She credits her parents for the desire to be a musician.

"They played a lot of music for my brother and me, everything from The Beatles to Frank Zappa, and encouraged me to play in bands from age 12," Rhythm Turner said. "I was in different marching bands and concert bands."

Though she is now known as a guitarist and front person, Rhythm started out as a drummer.

"My dad taught me a few chords, but I ended up playing guitar by



Rhythm and the Method perform tonight at 8 p.m. at Humphrey's Backstage Lounge. COURTESY PHOTO

default," she said.

It was that switch of instruments that led directly to the formation of Rhythm and the Method.

Turner was playing drums in a Southern rock band. But when that fell apart, she opted to keep a few of the already booked dates.

"I wanted to keep playing," Rhythm said. "I was a poet, so I threw the few chords that I knew together and set them to some poems and started writing songs that way."

The band quickly began to take shape, with her father joining the band next and her brother following soon after. The current version of the band came together in late 2006.

While Rhythm and the Method have made a few demo and live recordings, the band is currently working on its yet-untitled debut album for a spring 2010 release,

with plans for a West Coast tour to follow. Although a title hasn't been chosen yet, the album is set to include 11 original songs and their incendiary take on the Burt Bacharach classic "Little Red Book."

According to Payne, the best thing about being a part of The Method is the family vibe.

"I've played music for a good 28 years," she said. "The sense of family here is what makes for a very special situation. This band feels like a once in a lifetime moment or opportunity."

Evan Turner said he savors the familial bond but is quick to point out the band's other strengths.

"Even though we're very close, we are very diverse as far as creatively speaking," Evan said. "We have a real blank slate with our music and don't have to stay in any kind of box, style or trend. There aren't a lot of limitations as to what we can do."

Rhythm Turner said she is thrilled with her life of making music and the progress the band has made in a relatively short time together.

"I know there is a lot of hard work ahead with an album release coming up and a lot of touring," she said. "But it makes me feel good when I can touch someone — even if it's just one person — with my music."

Rhythm and the Method perform at Humphrey's Backstage Lounge, 2241 Shelter Island Drive at 8 p.m. tonight, Nov. 12. The show is for those 21 and up.

For more information, visit www.myspace.com/rhythmandthemethod.



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Hilary Michels' age defiance now paying musical dividends

By **BART MENDOZA** | THE BEACON

While a glance at most music-related media would show the usual youth-oriented artists, aimed at those ages 16 to 24, in truth the biggest explosion in music over the past decade has been among an older generation of musicians. With the new easy access to recording studios and Internet marketing, many who only dipped their toes in the music scene previously now have the ability to promote themselves around the world at their fingertips. The result is a wealth of new material which might have been lost in previous decades. Such is the case with 49-year-old

singer-songwriter and pianist Hilary Michels, who performs at the Museum of Contemporary Art's Sherwood Hall on Saturday, Nov. 14, 7:30 p.m.

The concert is a CD release show in honor of Michels' debut album, "Brave New World," but she has been a musician since her teens, when she was a student at La Jolla High School, class of '78.

Michels became a session singer for hire in her 20s, but by the early 1990s she had given up the pursuit of music full time and entered the corporate world. Now more than 20 years after Michels last made music on a full-time basis, she is ready to take her sound pub-

lic once again.

"This album is something that's been a dream of mine since I was in a musical at La Jolla High," Michels remarked.

Though she had talent and enthusiasm, things didn't work out quite as she planned.

"I've always wanted to make music and was with several bands in my 20s," Michels recalled. "I worked freelance in music, but I still had to find other jobs to make ends meet. The dream never died, but reality eventually set in and I needed to make a decent living."

Michels soon moved on to the corporate life. However, while a steady job offered stability, there was no creative outlet

It was when Michels left her office job in 2005 to care for her then 3-year-old daughter that thoughts of making music again first entered her mind. Within the year she was writing and had begun wood shedding with fellow singer-songwriter Peggy Lebo. It was Lebo who introduced her to producer Ron Florentine, who would go on to help Michels craft “Brave New World’s” 13 songs.

“At the end of ’05, I asked myself, ‘What are you waiting for?’... and started writing,” she said. “I ended up embarking on a two-year journey of total self exploration and creativity.”

Though Michels could have made an album in the past, she feels the time is finally right.

"I have the life experience now to write songs, with insights that I didn't have before," she said.

Michels is also thrilled at the leaps modern recording technology has made since her earlier musical forays.

"Everything for a musician is so much more accessible now," she said. "Going digital has made things more efficient and more economical."

Future plans include more

recording and some possible touring, but for now Michels plans to concentrate on promoting "Brave New World."

She considers her return to music part of a larger renaissance of older artists.

"Because of uncertain times and the fragility of the planet, things like that, I think a lot of people are taking stock about how they really want to be spending their time here on earth," she said.

The phenomenon of older musicians making an impact late in the game is a relatively new one, but Michels is proud to be part of this particular trend.

"Lots of people seem to be getting 'second acts' or reinventing themselves these days," she said. "Because I'm not in my early 20s, perhaps I can serve as an inspiration to other people out there, that it is never too late to realize your dreams."

Hilary Michels performs in the Museum of Contemporary Arts Sherwood Hall, 700 Prospect St., on Saturday, Nov. 14, 7:30 p.m. All ages are admitted. Tickets are \$20 to \$35.

For more information, visit
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According to a report by the Alzheimer's Association of Los Angeles & Riverside, CA, there are approximately 3.3 million long distance caregivers in this country with an average distance of

SEE **H&B**, Page 11

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H&B

CONTINUED FROM Page 10

480 miles from the people they care for. The report also states that 15 million days are missed from work each year because of long distance care giving. Seven million Americans provide 80% of the care to ailing family members and the number of long distance caregivers will DOUBLE over the next 15 years.

Geriatric Care Managers represent a growing trend to help full time, employed family caregivers provide care for loved ones. Care managers are professionals—trained to evaluate and recommend care for the aged. All of the care managers at Innovative Healthcare Consultants, Inc. are RN's who specialize in assessing the abilities and needs of the elderly. We also have caregivers who are insured, bonded and covered by Workers' Compensation. Our caregivers are certified by the CA Association for Health Services at Home. Call us at (877) 731-1442 or look at our website www.innovativehc.com.

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 ammonia-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.

Holiday Recipes for the Compassionate Cook

A "Gentle Thanksgiving," a theme organized by the Farm Animal Reform Movement (FARM), is an effort to encourage friends, family and neighbors to adopt compassionate alternatives to unnecessarily cruel and unhealthy turkey dinners. This is accomplished by demonstrating the great taste and superior nutrition of gourmet vegetarian recipes and a variety of festive plant based foods. Millions of caring folks across the U.S. are celebrating this Thanksgiving with a rich selection of delicious vegetables, fruits, baked goods, and mock meats replacing the turkey on their dinner table. Stop by Ocean Beach People's Organic Food Market and pick up a free copy of the Co-op's newsletter; November's issue is "stuffed with lots of tasty recipes! You can also download the newsletter by visiting the Co-op's website at obpeoplesfood.coop. If you're not into cooking this year, why not get your feast from People's? Our award-winning Deli's chefs will be whipping, chopping, dicing, and serving up Thanksgiving delights — including Sliced Savory Seitan, Carrot Cashew Loaf, People's Stuffing, Autumn Veggies, Smashed Potatoes with Gravy, and People's Cranberry Sauce — for three days before Thanksgiving. And let's not forget the pies! If you want pies, we've got your favorites, including Pumpkin, Sweet Potato, Chocolate Pecan, Mixed Berry, and Happy Apple!

Ocean Beach People's Organic Food Market, located at 4765 Voltaire Street, is open daily from 8 a.m. – 9 p.m.; we will be closed on Thanksgiving.

Voted top 3 Hair Stylist

I would like to thank the people of the Peninsula for voting Elaine Dill in your top three Best Hairstylist. When you look good, you feel good. Healthy, beautiful hair is an essential part of that. Gorgeous Hair can be achieved! With autumn here and the holidays around the corner, don't you want that too? We at Elaine Dill Studio want you to have the color and cut you have been wanting for yourself. The colors and fashions for fall are deep and rich. Can you picture, warm chestnut, vibrant deep eggplant, buttery blonde, or cool auburn? Whether you are a cool or a warm, we can create the colors that look best for you. Elaine Dill Studio only uses the best products to give you and your hair the polished look we all want to achieve. Make an appointment with Halina or Liz for a color and receive a complimentary haircut. We are proud to use BUMBLE and BUMBLE, Framesi, Redken and Wella.
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Come in and try our introductory five sessions for \$75 and discover the benefits of practicing Pilates at a studio that produces real results for real people.

We believe that Pilates is an art form and your body is the end result. You deserve the best training available and we are ready to deliver, jump in and get the Pilates body you want! Join now, your body is begging you.

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November

A Look Ahead

COMMUNITY/CIVIC

Saturday, Nov. 14, 11 a.m. to 3 p.m., Barons Marketplace introduces its new bulk department with an "Incredible Bulk Bash." Barons will now offer chocolate-covered snacks, granola, nuts, seeds, dried fruit, rice beans and other items in bulk. The event includes free samples, balloons arm-wrestling for children under 10 and other activities. Barons is located at 4001 West Point Loma Blvd. For more information, call (619) 223-1696, ext. 305, or visit www.baronsmarketplace.com

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, 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.

Sunday, Nov. 15, 3:30 p.m., the Point Loma Democratic Club hosts its monthly meeting. The program will focus on the California Fair Elections Act appearing on the June 2010 ballot to enable candidates and elected officials to get out of the fundraising game. The meeting takes place at the Point Loma Assembly building, 3035 Talbot St. For more information, call (619) 222-9344, or e-mail pldcprez@gmail.com.

Tuesday, Nov. 17, 5:30 to 6:30 p.m., The Point Loma High School Pointer Association hosts a brainstorming "focus group" meeting with merchants and residents to gather input on mutually beneficial relationships with the business community in distressing financial times for education. To RSVP, call (619) 226-4509, or e-mail pointers@pointersassociation.org.

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.

Saturday, Nov. 21, 11 a.m. to 4 p.m., Ocean Beach People's Organic Food Market hosts a free Fall Arts & Crafts Fair. Co-op members and employees will showcase and sell one-of-a-kind handmade wares, including jewelry, pottery, knit scarves, bags, trinkets, magnets, candles and stained glass. The event takes place at the market, 4765 Voltaire St. For more information, visit www.obpeoplesfood.coop or visit www.obpeoplesfood.blogspot.com.

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.

HEALTH

Wednesday, Dec. 2, 8 a.m. to 1:30 p.m., Point Loma High School hosts the San Diego Blood Bank's bloodmobile in the small gym of the school, 2335 Chatsworth Blvd. For information, call (800) 479-3902, ext. 0.

SCHOOLS

CORREIA

- 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

- Friday, Nov. 13, Dana Advanced Band to play at Point Loma High School football game.
- Nov. 16-20, 1:05 p.m., parent-teacher conferences — minimum days.
- Thursday, Nov. 19, 6:30 to 8 p.m., Parent-Child Book Club meets in library.
- 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 rflorres1@sandi.net.

LOMA PORTAL

- 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.
- Friday, Nov. 13, 9 a.m., parent coffee with the principal.
- Nov. 16-20, parent/teacher conferences, minimum school days.
- Tuesday, Nov. 17, 5:30 p.m., PTA meeting.
- Friday, Dec. 4, second annual Winter Family Sock Hop. Free, all-ages swing dance lessons from 5:30 to 6 p.m.; 6 to 8 p.m., Dana Middle School's Jazz Band plays '50s and '60s favorites. The event includes food and root beer sales, crafts for all ages, a photographer and classic cars on display. For more information or to volunteer, e-mail akinseth@sandi.net.

OB ELEMENTARY

- Today, Nov. 12, 12:40 p.m., afterschool Art Club meets.
- Friday, Nov. 13, Dad's Dropoff Day with bagels and coffee.
- Wednesday, Nov. 18, Mrs. Wilson's Bake Sale; 2:10 to 3:30 p.m., after school Theater Time; 4 to 8 p.m., Fresh & Easy OB Night.
- Thursday, Nov. 19, 12:40 to 2:10 p.m., after school art with Shanti.

SUNSET VIEW

- Today, 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 dianaday@cox.net.
- Monday, Nov. 16, 7 p.m., Sunset View Foundation meeting.
- Nov. 17-20, parent/teacher conferences — minimum days.

WARREN-WALKER

- Today, Nov. 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.

SENIORS

Today, 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

Friday, Nov. 13, Saturday, Nov. 14 and 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. 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.

Saturday, Nov. 14 through Jan. 17, Quilt Visions/Visions Art Quilt Gallery hosts a new exhibit, "Interpretations 2009." An opening reception takes place Saturday, Nov. 14 from 5 to 7 p.m. The admission to the gallery, located at 2825 Dewey Road, is free. Gallery hours are Tuesdays through Sundays from 10 a.m. to 4 p.m. For information, call (619) 546-4872, or visit www.quiltvisions.org.



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 1925 Bacon St. O.B. 619-223-7381	Every Day: Happy Hour 4:30-6:30pm Micro Monday 6:30-close Super Pints & \$3 off Micro Pitchers. \$6 Burger & Beer	\$3 food, wine, well drinks, 1/2 price pitchers. \$3 Turkey Tacos & House Margs all night! \$4 wings \$8 Domestic Pitchers	Watch Thursday Night Football here on NFL Network. Vote for the AZ for Best Sports Bar at nfl.com/live	\$4 Smirnoff shot anytime	ESPN GAME PLAN & NFL SUNDAY TICKET ON OUR BIG SCREEN TVs Open 9am for Breakfast & Drink Specials	
 5028 Newport Ave. O.B. 619-222-0722	Happy Hour 5-6pm 1/2 Price Pitchers \$2 off All Pichers all night	Happy Hour 5-6pm 1/2 Price Pitchers \$2.75 Sunshine Lemonade all night!	Happy Hour 5-6pm 1/2 Price Pitchers Super Pint Night		35TH ANNIVERSARY PARTY! All Weekend long! Giveaways! Commemorative T-Shirts, Pint Glasses, Drink Specials Friday & Saturday Only: Live! Hip Replacements @8pm	
 5034 Newport Ave. O.B. 619-223-0558	Every Day: Happy Hour 5-7pm everyday. \$1 off Well Drinks, \$2 off Martini's, 1/2 price pitchers \$1 off U-call it 8pm-1am	Super Pint Night	\$2 off anything on our menu all night!	\$3 off pitchers after 7pm	PBR & Miller High Life bottles \$2.50 Shot of the Week \$3	
 5083 Santa Monica Ave. 619-222-PIER	Nightly Specials: Happy Hour 4pm -Close	Nightly Specials: \$2 Tacos and \$5 Tequila Happy Hour 4pm -7pm	Nightly Specials: \$5 Whiskey Drinks Happy Hour 4pm -7pm	Nightly Specials: \$6 Burger and a Beer Happy Hour 4pm -7pm	Nightly Specials: 25% off bottles of wine	Every Saturday \$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm -7pm
 5046 Newport Ave. 619-222-5300	All day, every day: \$3 Newcastle Ale & \$3 Landshark pints	Nightly Specials: \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Game night w/giant Jenga, Wii & full Rockband competitions \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Hip hop night Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Reggae night with live bands & DJ Carlos culture, \$3 Redstrips Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers	Nightly Specials: Jason Otts accoustic showcase 6-9pm ,Bold Bird Nov. birthday celebration. Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers
 4993 Niagara Ave suite 103 619-222-1722	Happy Hour ALL DAY MONDAY & Tues-Fri 2-6pm Happy Hour ALL DAY 11am-close	Crab Races: 6:30-9pm \$50 cash prize, \$7 Burger and any Beer- ALL DAY	Pitcher Night: 4-close \$10 pitchers drafts/house margaritas	Thirsty Thursdays: 6pm-close \$3 U Call It (all beers, call liquors) \$2 Tacos	Normal Happy Hour: 2-6pm	Brunch 10am-3pm \$2.50 Mimosas, \$5 Man-mosa, \$3 Strawberry Mimosas, \$4 Screwdriver/ Tequila Sunrise
 2562 LANING ROAD 619-876-5000	Every Day: Happy Hour 3-7pm 1/2 off appetizers, \$1.25 off Pints, \$1.50 off Pitchers, Drink Specials	Oggi's Stix Night \$3.95 (additional toppings extra)	Spaghetti Tuesdays All you can eat Spaghetti	Wing Night Wednesday Killer or Honey BBQ Wings \$7.5 each	\$3 Thursdays Select Personal Appetizers	Freaky Friday Select Drink Specials
					Social Saturdays Select Drink Specials	Family Fun Day Large 2 Topping Pizza or Pasta w/ marinara. Family House or Ceaser Salad w/ 4 Breadsticks & Pitcher of Soda \$30

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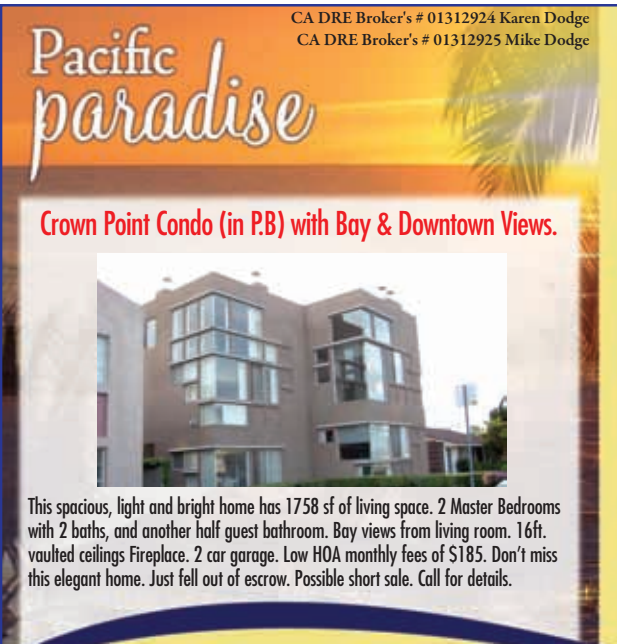
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