



# THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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Residents enjoy one of 15 new benches that are being installed at Sunset Cliffs Natural Park after locals were outraged last year by the city's removal or condemnation of sitting spots that were deemed hazardous. PHOTO BY JIM GRANT | THE BEACON

## Return of beloved benches sits well with Sunset Cliffs neighbors

By ANTHONY GENTILE | THE BEACON

The beloved cliffside benches are returning to Sunset Cliffs, ending a local quality-of-life furor that incensed walkers, joggers and sunset worshippers.

Over the next few weeks, 15 ipe wood benches will be installed around Sunset Cliffs Natural Park, coinciding with the removal of existing guardrail benches that were condemned as hazardous last year.

Some of the benches had already been removed in 2009 by city workers without notice or input from neighbors, triggering a wave of backlash. Some of the removed or condemned benches had been created at the hands of locals as impromptu memorials to lost family members, neighbors and friends.

"We are hoping that these [new] benches will be around for a long time," said Ann Swanson, who chairs the Sunset Cliffs Natural Park Council. "I am delighted that they are here and look forward to getting the rest of them installed."

District 2 City Councilman Kevin Faulconer hosted an "unveiling" of the first completed bench Sept. 24, flanked by city staff and community members. In his remarks, Faulconer applauded the local community for its help in creating safer, strategically-placed benches.

"Local residents picked the design, the materials and all of the locations that are here throughout the beach area. They were designed for San Diegans by San Diegans," Faulconer said.

When locals take a seat on the benches,



City crews began installing new benches along Sunset Cliffs in September.

PHOTO BY JIM GRANT | THE BEACON

it will be because of the tireless work of the park's council and the community over the past year. In addition to nine public workshops, discussion of the new benches dominated four straight Sunset Cliffs Natural Park Council meetings from last September through November and prompted the creation of a special bench committee.

"It's exciting to be a part of the process," Swanson said. "We worked well with the city and [City] Council office and it is just wonderful that it is now becoming a reality. A lot of people from the community participated in our bench com-

mittee."

Residents also walked Sunset Cliffs to pick out locations for the new benches. Kathleen Hasenauer, deputy director of the city's Park and Recreation Department, said this was an integral aspect of the new bench process.

"Sunset Cliffs Natural Park volunteers and Park and Recreation staff carefully considered the bench locations to take advantage of the scenic vistas, retain the view shed, afford opportunities to rest at appropriate distances and to have site furnishings that enhance the park setting,"

SEE **BENCHES**, Page 5

## OB ready to hoist a toast to Oktoberfest

By ANTHONY GENTILE | THE BEACON

As summer becomes fall, Ocean Beach will once again put its own twist on a Bavarian tradition. OB Oktoberfest will be held along the Abbott Street corridor from 10:30 a.m. to 8:30 p.m. on Saturday, Oct. 9.

"It has drawn a consistent crowd that likes to come to it," said Denny Knox, executive director of the Ocean Beach MainStreet Association.

New to this year's event is the OB Brew Cup, held from 11 a.m. to 2 p.m. A special \$15 ticket buys a taste of each of the six microbrews vying for the inaugural title.

"You taste all the beers and then you vote on it," Knox said. "They crown one of the beers at the end."

The fun gets started with sprinting sausages in the OB Brat Trot at 10 a.m. The 5-kilometer race features runners clad in sausage and lederhosen as they race across the sand.

"Quite a few people come in costume," Knox said. "We have a lot of people who show up in lederhosen."

Other fun Oktoberfest competitions will include a sausage toss, stein-holding contest and bratwurst-eating contest. Com-

SEE **OKTOBERFEST**, Page 4



Visitors kick up their heels at a past Ocean Beach Oktoberfest. This year's version of the Bavarian tradition is Saturday, Oct. 9. PHOTO BY PAUL HANSEN | THE BEACON

## Suspect held in 2008 slaying of PLHS player

By SCOTT HOPKINS | THE BEACON

The Point Loma High School (PLHS) community learned last week that a suspect has been arrested in connection with the murder of then-freshman student-athlete Michael Taylor nearly two years ago.

Frederick Cruz, 22, already serving time in a California prison, was arrested by San Diego Police Department (SDPD) homicide investigators and transferred to San Diego to face new charges in the shooting deaths of Taylor and friend Monique Palmer in December 2008.

Cruz pleaded not guilty in San Diego Superior Court during an arraignment Monday. He is being held without bail and is sched-



MICHAEL TAYLOR

uled to return to court today for a status hearing.

SDPD homicide Lt. Kevin Rooney declined to reveal how officers identified Cruz as the suspected gunman who shot and killed Taylor, 15, and Palmer, 17, as they walked home from a party in their southeast San

SEE **SUSPECT**, Page 5

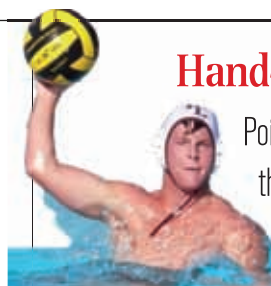


### Vigilance at the beach

Under the cover of darkness, lifeguards on the night crew save lives, respond to suspicious watercraft activity. **2**

### Taste-filled fundraiser

Neighbors and visitors will pack the Ocean Beach Pier for a popular pancake breakfast tradition. **4**



### Hand-to-hand combat in the water

Point Loma High's water polo team looks to raise the bar in Eastern League competition in one of the most demanding prep sports offered. **20**





Lifeguard Marc Brown (with rescue paddle board, left) and Sgt. Casey Owens demonstrate a response to a nighttime swimmer in distress call. A team of five lifeguards monitors San Diego beaches and shorelines between La Jolla and the tip of Point Loma and three miles out to sea during the nighttime hours, every night of the year.

PHOTO BY DON BALCH | THE BEACON

## Under darkness, lifeguards save lives, probe suspicious watercraft activity

By DEBBIE HATCH | THE BEACON

Mission Bay.

"If there's an area farther than that, we have to get approval, but we will still go," said Sgt. Bill Bender, a night crew lifeguard who has been with the service since 1981.

"The San Diego Lifeguard Services is viewed as one of the most professional lifeguard agencies in the U.S. due to the breadth of responsibilities they perform and the quality of their work," said Chris Brewster, president of the United States Lifesaving Association and former San Diego lifeguard chief.

San Diego lifeguards are part of the San Diego Fire-Rescue Department's Lifeguard Services. They are trained firefighters and sworn peace officers, able to make arrests and write citations, in addition to their lifeguarding responsibilities.

As nighttime falls, businesses close up shop and residents prepare for bed. At the same time, San Diego Fire-Rescue Department lifeguards prepare for a night of duty that could pull them to any location from three miles off the coast to Sunset Cliffs to Windansea.

A team of five lifeguards monitors San Diego beaches and shorelines between La Jolla and the tip of Point Loma and three miles out to sea during the nighttime hours, every night of the year. One serves as the dispatcher, receiving 911 calls and monitoring radio frequencies, while the other four are sent out on calls — or catch some sleep, prepared to be called to duty at a moment's notice.

Two are positioned in La Jolla and two are positioned with the dispatcher at headquarters on the south side of

SEE **LIFEGUARD**, Page 13



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Lifeguard Marc Brown opens up a trauma pack used for rescue emergencies. The kit contains hot and cold packs, oxygen therapy, splints, major trauma dressings, blood pressure wraps, a vacuum for clearing lungs and more.

PHOTO BY DON BALCH | THE BEACON

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Continued water-quality monitoring around area beaches may come into question after December because funding from the state is becoming a moving target. COURTESY PHOTO

# Despite health concerns, 2010 may be last year for beach water testing

By **CLAIRE HARLIN** | THE BEACON

Come April of next year, the San Diego County Department of Environmental Health is not quite sure where — if at all — it's going to get funding for routine beach water-quality testing.

As it stands, the state health and safety code mandates that the department test the water weekly from April 1 through Oct. 31, which is considered to be the peak beach season, and report bacteria levels to the public. But San Diego County's contract with the state runs out at the end of December, and nobody has stepped up to foot the \$300,000-a-year bill, said Mark McPherson, head of the water quality arm of the county department.

The California Water Resources Control Board (CWRCB) is the entity that has previously secured funding, and McPherson said San Diego County officials just got word Sept. 30 — via a statement by CWRCB board spokesman William L.

## SCORING THE PENINSULA'S WATERS

End-of-summer beach report card for Point Loma/Ocean Beach

SUBJECT	GRADE		
	2008	2009	2010
Point Loma, lighthouse	A+	A+	A+
Point Loma, treatment plant	*	A+	A+
Sunset Cliffs, Ladera Street.	A+	A+	A+
San Diego Bay, Shelter Island	A	A	A
Ocean Beach, Bermuda Avenue	A+	A	A+
Ocean Beach Pier, Narragansett Avenue	A	A+	A+
Ocean Beach Pier, Newport Avenue	A+	A+	A+
Ocean Beach, Stub Jetty	A	A+	A
Ocean Beach, Dog Beach	A	B	A
*not collected			

SEE TESTING, Page 12

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**Point Loma | \$1,150,000**

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**Ocean Beach | \$450,000**

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**Point Loma | \$649,000**

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**Point Loma | \$559,000**

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**Ocean Beach | \$2,759,000**

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**Ocean Beach | \$339,000**

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Residents pack the Ocean Beach Pier in 2009 during the annual pancake breakfast event that kickstarts fundraising efforts for the community holiday toy and food drive. PHOTO BY JIM GRANT / THE BEACON

## OB Pier pancake breakfast mixes fun, fundraising

By ANTHONY GENTILE | THE BEACON

An Ocean Beach community fundraising tradition is returning to the pier with butter and syrup on top. The Ocean Beach Pier Pancake Breakfast is scheduled for Sunday, Oct. 17 from 7:30 a.m. to noon.

"It's the one day out of the year you can have breakfast over the water on the pier," said event chairman Pete Ehmcke. "They don't [usually get to] have breakfast out there sitting on the pier."

Pancakes will be complemented with a full toppings bar, eggs, sausage, fruit and drinks. Tickets are \$10 for adults and \$5 for children ages 5 to 8.

Proceeds from the event will benefit the Ocean Beach Holiday Parade and Christmas Toy and Food Drive, which is put together by the Ocean Beach Town Council and Ocean Beach Main-Street Association.

"The event kicks off a series of fundraisers that culminate in the Christmas Food and Toy Drive that benefits less fortunate families in the region," Ehmcke said. "We deliver a week's worth of food and age-appropriate wrapped toys for almost 90 to 100 families and the battered women's shelter."

The breakfast includes a raffle that includes prizes like hotel stays and passes to the San Diego Zoo and Wild

Animal Park. Singer/songwriter Rob Mehl — a highly popular musician who is reportedly in the process of trying to market one of his newest songs to country superstar Kenny Chesney — will provide the tunes as breakfast buffs put away the pancakes.

"It's not just pancakes," Ehmcke said. "It's a fairly squared-away meal and basically a lot of fun."

An estimated 650 people are expected to attend this breakfast that usually sells out. Those still interested in attending can purchase tickets by e-mailing Ehmcke at cavebybigwater@cox.net or calling (619) 222-5974. Tickets will be left at will call, located near the front of the pier.



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## OKTOBERFEST

CONTINUED FROM Page 1

petitors will look to avoid being the worst in these fun, light competitions.

"All of the stuff we do in the beer garden is pretty hilarious," Knox said. "People really get into that stuff and they love that."

For the traditionalists, the Bavarian Beer Garden Band will be performing throughout the day at the Beer Garden and Seaside music stages. Other bands

include The Devastators, The Concrete Project, Full Blown Stone, Mike Pinto Band, Vokab Company and Lobster Bob. Jose Sinatra will emcee the festivities.

"When you start to hear that Oktoberfest music, people just want to dance," Knox said. "It gets everybody moving and clapping and singing."

For those looking to avoid parking hassles, a free shuttle bus will pick up at 710 Beach Club, 710 Garnet Ave. in Pacific Beach every 30 minutes from 11:30 a.m. to 8:30 p.m. For more information, visit [www.oboktoberfest.com](http://www.oboktoberfest.com).



Oktoberfest wouldn't be Oktoberfest without the sounds of oompahpah.

COURTESY PHOTO



Stein-holding contests get the crowds at the beer garden revved up during OB Oktoberfest, along with other fun and zany activities like the morning 5K Brat Trot, a sausage toss and a bratwurst-eating contest.

PHOTO BY PAUL HANSEN / THE BEACON

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Most of those receiving long-term care and most caregivers prefer a home environment. Given a choice people prefer their home over the unfamiliar prospect of living in a care facility. Those needing care feel comfortable and secure in familiar surroundings and a home is usually the best setting for that support especially one on one care from another. For many long-term care recipients the home is an ideal environment. These

people may be confined to the home but continue to lead active lives engaging in church service, entertaining grandchildren, writing histories, corresponding, pursuing hobbies or doing handwork activities. Their care needs might not be that demanding and might include occasional help with house cleaning and shopping as well as help with getting out of bed, dressing and bathing. Most of the time elders don't need the supervision of a 24/7 caregiver.

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ADVERTORIAL





District 2 City Councilman Kevin Faulconer (at podium) hosted an "unveiling" event for the new benches at Sunset Cliffs on Sept. 24.  
PHOTO BY JIM GRANT / THE BEACON

## BENCHES

CONTINUED FROM Page 1

Hasenauer said.

The 15 new benches will be spread out across the park. Ten benches will be located at parking lots 1, 2, 3 and 4 and at 733 Sunset Cliffs Blvd. (two benches per site). Five more benches will have a home on Adair Street Kiosk, 1083 Sunset Cliffs Blvd., 1024 Cordova St., 969 Sunset Cliffs Blvd. and 883 Sunset Cliffs Blvd.

"These new benches are going to become a new tradition," Faulconer said.

The total cost of the new benches is about \$45,000. Of that total, \$17,000 came from donations, \$20,000 from the District 2 infrastructure fund and \$7,800 from other city funds.

Condemned benches will be tagged with removal information once installation of the new-bench phase is completed. After the old benches are tagged — including those created by locals as memorials — individuals who installed them will have seven days to remove them. Following the seven-day period, city staff will remove the existing benches and take them to Rose Canyon Operations Yard, where they will be stored for 30 days unless claimed.

## SUSPECT

CONTINUED FROM Page 1

Diego neighborhood. Gang members had shown up at the party and pointed guns at partygoers before the shootings.

"We're glad that they've found out who did kill Michael," said Pointer head football coach Mike Hastings.

Pointer players remember Taylor, who would have been a junior this season, with an "MT" decal on their helmets.

Taylor was a successful student and

outstanding athlete with great potential as a football and basketball player, Hastings said.

"This will help bring closure to us in the football program and also to his family," Hastings said. "Now we can start to move forward, always keeping him in our hearts."

PLHS students have remembered Taylor in many ways, including inviting his mother, Denise Saunders, to school events. At a Homecoming ceremony, Saunders was presented a bouquet of flowers.



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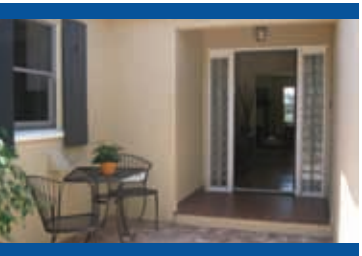
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### POINT LOMA



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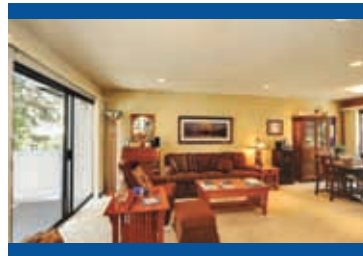


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A vehicle comes to rest against the security fence outside the Ocean Beach Skate Park on Sept. 25 following what witnesses said was a frightening, out-of-control wreck off Interstate 8.

PHOTO BY JIM GRANT | THE BEACON

## NEWSbriefs

### Suspected DUI crash could have been worse

A crash on Sunset Cliffs Boulevard on Sept. 25 might have turned deadly had the speeding driver — reportedly traveling up to 90 mph down westbound Interstate 8 — not plowed into a security fence just outside the Ocean Beach Skate Park.

A witness told police the driver ran the light at the freeway offramp at Sunset Cliffs around 4 p.m., skidding across the street and sliding between a safety concrete barrier and three palm trees before careening down a sidewalk and into a planter surrounded by the



The driver of the vehicle was arrested on suspicion of driving under the influence.

PHOTO BY JIM GRANT | THE BEACON

security fence.

The vehicle came to rest several feet away from where throngs of skaters and families had gathered under the sun to

enjoy the nice weekend weather. The driver of the vehicle was arrested on suspicion of driving under the influence.

### Council initiates medical marijuana ordinance

A recent City Council decision has initiated an ordinance to create zoning laws for medical marijuana dispensaries.

The vote directed the city attorney to draft an ordinance following recommendations from the Citizen's Medical Marijuana Task Force, said District 1 City Councilwoman Sherri Lightner representative Alex Varon.

"The ordinance would only apply to land use regulations," Varon said. "Enforcement and guidelines for caregivers and patients is on a separate track

and was not considered."

One motion the City Council adopted changes the definition of "school" in the zoning ordinance to include colleges, universities and other higher education institutions.

Varon said that once the city attorney completes a draft ordinance, it would be heard by the Land Use & Housing Technical Advisory Committee, the city's code monitoring team and the Planning Commission before returning to the City Council.

"The best estimate for [City] Council to hear the ordinance is early January," Varon said.

### Work will detour two OB bus routes into 2011

City officials began closing down segments of Cable Street in Ocean Beach on Oct. 6 to replace the sewer main between West Point Loma Boulevard and Point Loma Avenue. As a result of the construction, the Metropolitan Transit System is temporarily moving Routes 35 and 923 from their current paths on Cable Street to Sunset Cliffs Boulevard. Transit officials said the detours are expected to last until Memorial Day 2011.

Signs have been posted on the stops that will be closed along Cable Street and new stops will be installed along Sunset Cliffs Boulevard next week.

To view the re-routed stops and timetables, visit [www.sdmts.com](http://www.sdmts.com) and click on "rider alerts." Information will also be available on board buses.

### Tickets on sale for PLHS 85th anniversary bash

Tickets sales are under way for a major event that will celebrate the 85th anniversary of Point Loma High School (PLHS) next month.

The event, "Once a Pointer, Always A Pointer" gala and auction, will take place Nov. 13 at the Liberty Station Conference Center at 6 p.m. It is being pro-

duced by the school's Pointer Association, a unification of the former PTA, Alumni Association and Foundation.

Honoring Pointer students, alumni, families and community members, proceeds from the event will help fund the "Three A's: Academics, Arts and Athletics" to continue programs of excellence at the school in the face of state and local budget cuts.

Tickets can be obtained using credit cards or checks from a secure link on the PLHS website, [www.pointlomahigh.com](http://www.pointlomahigh.com).

Single-ticket prices are \$85 and \$160 per couple. A table for 10 is priced at \$900. Sponsorships are available from \$100 to \$5,000, with all funds going directly to student programs. Some levels allow donors to select specific areas or sports teams.

PLHS now boasts an enrollment of 2,050 in grades 9-12 and offers a mixture of Advanced Placement classes, College and Career Pathways and course-credit partnerships with Mesa College and Point Loma Nazarene University, according to PLHS Principal Bobbie Samilson.

A high number of alumni from the school have become nationally known in many fields, including the arts, business, athletics and politics.

Donations in the form of auction items, merchandise and services are also being sought.

For more information, contact Maria Virissimo-Gibson at (619) 938-7897 or e-mail [85thgala@gmail.com](mailto:85thgala@gmail.com).

Because of the 85th anniversary of the school, PLHS officials also warn that the Oct. 29 Homecoming football game at 6:30 p.m. against Madison High School will be sold out because of seating capacity and advise fans to buy tickets early.

Tickets are available at the PLHS Finance Office from 7:30 to 11:30 a.m. and 1 to 3:30 p.m. on school days. Prices are \$7 for adults; \$5 for students with ASB cards; and \$2 for children ages 5-12 and seniors 65 or older.

SEE BRIEFS, Page 7

## POINT LOMA

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## BRIEFS

CONTINUED FROM Page 6

### Historical Society to delve into Portuguese culture

Members of the Ocean Beach Historical Society will take a trip back in time with guest speaker Lynn Izidoro Guidi during the next regular meeting of the society on Thursday, Oct. 21.

Guidi will speak on "The Portuguese: 100-Plus Years in San Diego." Guidi, who was born and raised in Point Loma,

is a first-generation American whose parents immigrated from Portugal's island of Madeira in the 1950s.

She has served on the United Portuguese SES board as president and director. Her program is expected to include many historic photos.

The free event is open to the public and takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd.

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

### Center to host annual Chef Showdown

The Center for Community Solutions, a nonprofit agency that offers a complete range of sexual assault and domestic violence prevention and intervention services, is set to host its sixth annual "Chef Showdown 2010 — Taking a Stand against Domestic Violence" on Thursday, Oct. 21..

The event takes place from 6 to 9 p.m. at the NTC Promenade in Point Loma at Legacy Plaza.

The fundraiser, which calls attention

to Domestic Violence Awareness Month, will feature a lively culinary competition involving chefs from San Diego's top restaurants, including Busalacchi's, ChileCo., Cosmopolitan, Cucina Urbana, El Vitral Restaurant, Le Papagayo, Mistral and Truluck's.

Guests will have an opportunity to sample delicious and unique food items from the county's most popular restaurants while enjoying beverages, cocktails and live entertainment. Live and silent auctions will feature a variety of

specialty items, events and vacation opportunities from area companies.

San Diego's own version of "Iron Chef" will feature celebrity judges and lively commentary provided by local food expert Bernard Guillas, executive chef of the Marine Room; as well as event emcees Sam Zien, a.k.a. "Sam the Cooking Guy," and food television host Candice Kumai, a.k.a. "Stiletto Chef."

Tickets are \$125 and sponsorship

SEE REALTOR, Page 10



This historic photo, taken in 1922, shows the United Portuguese SES Hall during the very early days of the Portuguese Festa — one of the longest-running cultural celebrations in San Diego.  
PHOTO COURTESY OCEAN BEACH HISTORICAL SOCIETY

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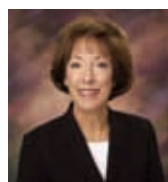
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LETTER TO THE EDITOR

**Juan Cabrillo's nationality still subject of debate**

(Re: "Cabrillo Festival to dig into city's historical roots," Sept. 23 *Peninsula Beacon*, page 1):

There is no doubt that the historical figure Juan Rodriguez Cabrillo was a sea captain in the employ of the Spanish crown. However, as to his nationality, there is more evidence that he was Spanish rather than Portuguese. Although Portuguese historical scholars can offer no proof of his origins in their country, they continue to claim that he is their own. On the other hand, the best international historical research points to Seville, Spain as his birthplace — perhaps in nearby Cuéllar.

It seems that he arrived in the West Indies as a boy in the employ of a Spanish official. There is evidence that he was among Pánfilo Navaéz's forces when an attempt was made to wrest control of the México expedition from [Hernán] Cortéz in 1520. After Navaéz's defeat, Cabrillo joined Cortéz in the final battles of the 1521 conquest. It is likely that he was instrumental in the naval assault on Tenochtitlán, the island capital of the Aztec nation. With the overthrow of the Aztec Empire, the Spanish crown granted him an enormous estate in Guatemala where, as with all the land-granted conquistadors, the indigenous occupants were pressed into servitude.

That he had full nautical capabilities is also in doubt as the pilots of the San Salvador and Victoria may have been of Portuguese nationality — but Spanish citizens — and actually sailed the ships, for it is true that many of the navigators in the employ of the Spanish crown at that time were Portuguese.

Yet, while inconclusive, there is much that points to Juan Rodriguez Cabrillo being wholly Spanish. Further, it is probable that he was buried on Santa Rosa Island, one of the northern Channel Islands, but even this has not been satisfactorily established. Therefore, his true identity and much of his life remain a historical enigma. When all is considered, he's been made into a mythical figure; a figure who, like others, give legitimacy to history as we wish to view it.

I refer *The Beacon's* readers to the historian Harry Kelsey's well-researched book, "Juan Rodriguez Cabrillo," published by the Huntington Library, San Marino, 1998. Most interestingly, the real story, as documented in the journals of the 1542 Cabrillo maritime expedition, is that the Kumeyaay people were very aware who and what he represented, for the news of Coronado's invasion of the Southwest in 1541 had already reached them.

**B.G. Bartelle**  
Point Loma

**Walking for a cure for childhood cancer**

Our son, Brennan Alcantara, is walking in the CureSearch walk in support of his brother, Matt, who has just recently finished treatment for an aggressive type of bone cancer, called osteosarcoma [see

*Peninsula Beacon* story "Duo hopes wristband sales bond community, aid stricken student," May 21, 2009].

Matt is doing well and has returned to school full time at Point Loma High School. We are very fortunate that he is able to do so. Some children don't get that chance.

Brennan is participating in the CureSearch walk in support of his brother and other kids who have gone through cancer treatment or are going through treatment now. The CureSearch organization is dedicated to help find a cure for childhood cancer. Its goal is a 100 percent survival rate.

Before Matt was diagnosed, we were completely unaware that childhood cancer is the No. 1 killer disease of children. It takes more lives than asthma, diabetes, cystic fibrosis, congenital anomalies and pediatric AIDS combined. Each school day, there are 46 children who are diagnosed with cancer. There are 40,000 children who are currently fighting cancer. The number of children who will not survive is 1 in 4. There has been only one new drug developed for childhood cancer in the last 25 years. And only 3 percent of federal cancer funding goes toward childhood cancers.

If you are willing to help us find a CURE for childhood cancer, would you please consider donating to the CureSearch walk on Brennan & Matt's behalf? The link to make a donation is [www.curesearchwalk.org/la/erinalcantara](http://www.curesearchwalk.org/la/erinalcantara). No amount is too small.

Thank you so much for making a difference in the lives of children everywhere.

**The Alcantara Family**  
Ocean Beach

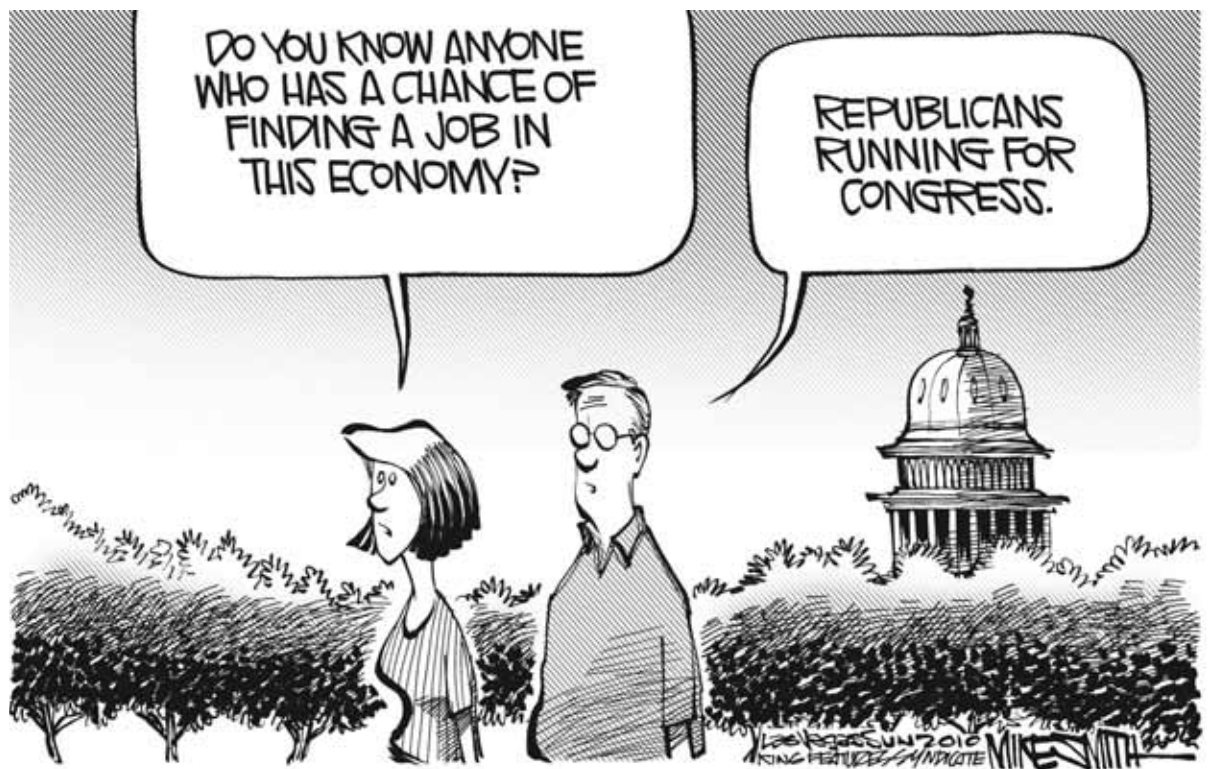
**School district's political interference is disturbing**

Dear San Diego Unified School District Board of Education members:

My family enrolled in the San Diego Unified School District from a private school at the beginning of the 2009 school year. After a full year of seeing how the school board is run, I must tell you I am appalled to see that the school board believes it should have its hand in local and national politics. My understanding is that a school board is to provide education to the districts' children, not run a register-to-vote campaign or condemn another districts' laws.

On Friday, Sept. 17, I received two e-mails from the school district regarding voter registration. The first was a test, the second, exactly the same but was the non-test e-mail. While I agree it is important for all citizens to register to vote and actually cast their ballots, I do not agree that it is the business of the school district.

In May, [published reports said] "the San Diego Unified School District's Board of Education voted unanimously to condemn Arizona's new immigration law and will not let employees travel or do business in Arizona until they repeal the new legislation." Agree with the Arizona law or not, how does this proclamation help our students get out of pro-



gram improvement schools?

Each of you must know the database of district families' e-mail addresses is confidential, and should be used only for the business of disseminating district information, not political views or for purchase by outside entities. Board members, get back to the business of educating our children and out of the business of politics.

**Tacy Armstrong**  
Point Loma

**Prop D promises will likely go unfulfilled**

The supporters of Prop D [on the Nov. 2 ballot] say 10 reforms that will reduce the city deficit will be enacted before Prop D takes effect — if it is approved by

the voters. We now have proof that the 10 reforms are meaningless.

The reform, which would allow outside companies to compete against city workers for government jobs, has been tentatively agreed upon by the city worker unions and Mayor Jerry Sanders. In order for a private bid to be accepted, it must be at least 10 percent less than the cost of doing the work with city workers. Additionally, the cost of doing the work with city workers WILL NOT INCLUDE PENSION COSTS. Those are the very costs which are heading the city toward bankruptcy.

Unbelievable that after four years of negotiation, the mayor has come up with an agreement which will outsource a grand total of zero jobs. We started out with a plan to outsource city work if it was cheaper. The plan now is to out-

source if it is 10 percent cheaper than a city worker bid which will not include pension costs. Most unbelievable is that city officials expect us to believe this is progress toward reducing the city deficit.

**Don French**  
Point Loma

**CORRECTION**

The story "Kobey's: wheeling and dealing under the sun for 30 years," Sept. 23 *Beacon*, page 1, contained two misidentifications. The story should have read Monte Kobey. His grandson should have been properly identified as Anthony.

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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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## REALTOR

CONTINUED FROM Page 7

opportunities are available. For tickets or details, call (858) 272-5777 or visit [www.ccssd.org](http://www.ccssd.org).

## Coldwell Banker's Colloca is making a difference



LAURA COLLOCA

Laura Colloca, assistant manager of Coldwell Banker Brokerage's Point Loma office, volunteers for many organizations and continues to make a difference in the community. Her favorite volunteer organization is Habitat for Humanity. Previously, Colloca helped build homes for Habitat with other Coldwell Banker agents.

This summer, she seized the opportunity to help build homes for the humanitarian organization with her daughter, Cristina. Colloca said the best part of working on the "build" was working right alongside the homeowners-to-be.

"They are so proud and take such joy and pride in being able to participate on building their future home," Colloca said. "It was a lot of hard work and worth every minute of it."

## Wounded soldier event ends at Liberty Station

A two-day bike ride supporting wounded Explosive Ordnance Disposal (EOD) technicians — similar to those depicted in the movie "Hurt Locker" — will conclude Sunday, Oct. 10 at Liberty Station.

The Wounded EOD Warrior Foundation Undeclared 2-Day Ride is a 160-mile ride from Santa Monica to San Diego to support the nonprofit foundation established to help wounded technicians and their families.

At the conclusion of the bike ride, there will be a celebratory family picnic at Ingram Plaza. The event includes food, awards, live bands, military displays, raffle and a kids' area.

For more information, visit [www.canarivacycling.com/WEODWF2DayRide.htm](http://www.canarivacycling.com/WEODWF2DayRide.htm).

## PLNU to host annual Fall Festival

Officials with Point Loma Nazarene University will again welcome neighbors and friends to the school's sprawling Fall Festival on Oct. 16.

The free annual event will include animal rides and a petting zoo, live music, a historical campus tour, carriage rides, exhibit booths, food, pumpkin patch and an electronics recycling drive.

Food samples will be made available by the presenting sponsor, Bartel Hotels, while a family fun zone will be created

with climbing walls, face painting, bounce houses, story time, pony rides, kids' crafts and a ferris wheel.

The event runs from 10 a.m. to 2:30 p.m.

At 2 p.m., university President Bob Brower will welcome participants with an ice cream social and a grand-prize drawing.

The event will also focus on wellness demonstrations and provide an opportunity for residents to dispose of electronics like televisions, computers, printers, cell phones and other items. A list of acceptable items can be found on the university's website.

Point Loma Nazarene is located at 3900 Lomaland Drive. For more information, visit [www.pointloma.edu/fallfestival](http://www.pointloma.edu/fallfestival).

## Grief education workshop slated at Liberty Station

The Jenna Druck Foundation's Families Helping Families program will host a special grief education workshop for those touched by loss.

The event, titled "Traveling Through the Dark Night of the Soul," will feature guest speaker Dr. Patricia Ariadne, Ph.D., a licensed psychotherapist, author and board-certified professional counselor.

Ariadne penned the book "Drinking the Dragon: Stories of the Dark Night of the Soul."

The multi-media workshop takes place Thursday, Oct. 21 from 6:30 to

8:30 p.m.

Ariadne's presentation will explore the inner journey that can result through a traumatic, life-changing experience like the loss of a loved one.

The suggested donation for the event is \$10 and the workshop is open to those who have lost a loved one and professionals in the community who are interested in the topic, according to organizers.

Reservations are required, but will be accepted through the day of the event. Donations are also accepted online to help fund the Families Helping Families bereavement program.

The event takes place at the Jenna Druck Foundation, 2820 Roosevelt Road, Suite 200.

To register or for more information, call (619) 294-8000, or visit [www.jennadruck.org](http://www.jennadruck.org).

## Point Loman tapped to serve on board

Meals-on-Wheels, Greater San Diego has installed its 2010-11 board of directors, including a Point Loma resident. The make up of the new board includes representation from across the county, including many sectors of the business community.

Among the newly-elected officers is Tyson Dethloff of Allenbrooke Insurance Services, Inc.

"Meals-on-Wheels is thrilled to have so many well-respected San Diegans and local businesses represented on our board to help further our mission and contribute to the overall well-being of San Diego seniors," said Debbie Case,

president and CEO of Meals-on-Wheels.

The program provides seniors with regular nutrition and daily contact from caring volunteers.

In 2010 volunteers will donate 211,575 hours, drive 725,400 miles and serve 2,500 seniors in 48 San Diego communities. Last year, more than 400,000 meals were delivered by volunteers to fulfill the organization's mission to end senior hunger and isolation.

For more information, call (800) 5-SENIOR, or visit [www.meals-on-wheels.org](http://www.meals-on-wheels.org).

## Point Loma hostel to host annual party

The San Diego Council of Hostelling International USA (HI-San Diego) will host the Spirit of Hostelling annual meeting and party on Saturday, Oct. 9 in Point Loma. The event, themed "Around the World in 80 Minutes," will include a tour of internationally-decorated rooms, cuisine, music and a silent auction and raffle from 5 to 8 p.m. at 3790 Udall St.

Adult tickets are \$20 in advance and \$30 at the door and \$10 for children. The admission price includes dinner, tour and live entertainment. Guests also have the option to get the full hostelling experience and stay overnight for an additional fee, which includes a pancake breakfast the following morning.

All proceeds from the event will benefit HI-San Diego's cultural education and community outreach programs.

For more information or to RSVP for the event, call (619) 338-9981, ext. 13, or visit [www.sandiegohostels.org/events](http://www.sandiegohostels.org/events).



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The OB Brew Cup  
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9 am  
Registration - Details Online

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## Two Stages

<b>The Devastators</b>	12:00
<b>The Concrete Project</b>	1:50
<b>Full Blown Stone</b>	3:15
<b>Mike Pinto Band</b>	6:00
<b>Vokab Kompany</b>	7:30
<b>The Bavarian Beer Garden Band</b>	
10:45 - 12:30 - 1:45 - 3:00 - 4:30 - 6:10	
<b>Lobster Bob</b>	11:30 - 3:45 (Seaside stage)
★ Emcee Jose Sinatra presides ★	

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



[www.OBOktoberfest.com](http://www.OBOktoberfest.com)



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and property from my family.  
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name. Can I do this?

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have to do with money?



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you are given or that you inherit. Community  
property is that which you earn while you are  
married. If you have been married many years and really want to put it in  
joint names, you can do that also.

Once you have received the property, if it is over \$100,000.00 or is real  
estate in California valued at over \$20,000.00, you should have a living trust  
to avoid probate. This trust can be in your name alone. You can name your  
spouse, children, brothers or sisters or others as the beneficiaries. One  
important aspect of keeping this money in your own name is that you will  
be maintaining control over the assets.

This protects the assets in the event of a divorce or if you die and your  
spouse remarries. It is a practical and quite common thing to do. After  
another 20 years of marriage you can always change the trust, put the  
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# High Tech High CEO lands prestigious education award

By **MARIKO LAMB** | THE BEACON

Larry Rosenstock, point man at the High Tech High village of schools in Point Loma, has added his name to the recipients of the prestigious McGraw Prize, claiming the 2010 Secondary Education Award honor for his vision and leadership.

McGraw-Hill Publishing, a leading education, publishing, and financial corporation, unveiled the winners of its 23rd annual award during an evening dinner gala at the New York Public Library on Sept. 28.

Rosenstock, CEO and founding principal of the High Tech High village of schools, joins the ranks of previous honorees who include former First Lady Barbara Bush, former U.S. secretaries of education Richard Riley and Rod Paige, and the Hon. James B. Hunt, Jr., former governor of North Carolina.

The winners of the prestigious awards were chosen by a distinguished panel of judges based on this year's criteria — scaling up effective educational ideas. Panel members were challenged to look at candidates exemplifying innovation in educational ideas, scaling up those ideas to improve student achievement, and the creation of reforms that will stand the test of time.

Rosenstock, it seems, passed this test. McGraw-Hill Publishing officials said High Tech High is the epitome of "scaling up" because its schools advance education for vulnerable populations by closing the gaps between socio-economic status and racial and ethnic disparities, while also adhering to a teaching philosophy that is both innovative and effective in the long term.

Rosenstock said the school's philosophy is based on four "inclusions," which bridge the gaps between social classes,

"head-only" or "hand-only" concepts, secondary and post-secondary education, and school and community.

"We are unique in a few ways," Rosenstock said. "First, we are diverse because of our selection process," he said, referring to the school's blind, ZIP Code-based lottery for selection of its students.

"Once they're there, we don't segregate them in any way," Rosenstock said, emphasizing that all students have the same academic requirements. "We have an assumption that if you look at those kids whom one would predict would not go to college and integrate them with those kids that are expected to go to college, everyone will succeed."

The second inclusion is of "head and hand." High Tech High's hands-on, project-based curriculum leads to tangible success, such as the recent publication of *Economics Illustrated*, an artistic, contemporary and logical guide to economic concepts that was written by High Tech High's 10th-grade class.

"Separating head and hand is a false dualism," Rosenstock said. "You need to use both, and you need to use both well."

"We also focus significantly on college prep," he said, referring to the school's third inclusion principle. "We have an advisor working with kids years before they apply [for college]."

Nearly 100 percent of High Tech High graduates enter college and 82 percent of its students graduate from college, regardless of their income, parents' educational background or minority status.

Finally, the High Tech High curriculum focuses on the inclusion of the community in the school by having adults visit the school often and providing students with internships at local businesses in the community.



Larry Rosenstock (left), CEO and founding principal of the High Tech High village of schools in Point Loma, accepts the prestigious McGraw Prize in Secondary Education during an awards gala in New York on Sept. 28. With him are, from second to left, Terry McGraw, McGraw-Hill CEO; Dr. Robert Mendenhall, president of Western Governors University; Christopher Cerf, executive producer of "Between the Lions."

COURTESY PHOTO

Rosenstock said he hopes High Tech High can serve as a model for schools to emulate. He is constantly innovating and is actively pursuing change in traditionally rigid, and often restrictive, forms of education.

Since Rosenstock founded High Tech High's first charter school in Point Loma 10 years ago, the single school has

grown into a network of nine of the highest-achieving schools in San Diego.

And Rosenstock said he doesn't intend to stop there. He already has two more schools under construction in Chula Vista, and is approved to open up as many as 48 schools throughout California.

The other 2010 McGraw Prize win-

ners were Christopher Cerf, executive producer of "Between the Lions" for the Pre-K and Elementary Education Award; and Dr. Robert Mendenhall, president of Western Governors University for the Post-Secondary Education Award.

To learn more about High Tech High and its philosophy, visit [www.hightech-high.org](http://www.hightech-high.org).

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





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## TESTING

CONTINUED FROM Page 3

Rukeyser in the *Los Angeles Times* — that the board will “most likely” hear a proposal in November to use \$984,000 in state bond money to continue testing for one more year across the state.

But Mike Grimmer, a spokesman for Santa Monica-based environmental group Heal the Bay, said \$984,000 is not enough. That figure, he said, represents 10 to 20 percent less than what California was getting 10 years ago, and it would be “optimal” to perform testing year-round. There is no testing done in March — a month in which beaches see high numbers of Spring Breakers and tourists.

Grimmer is the manager of Heal the Bay’s “Beach Report Card,” which reports water-quality data compiled by California’s counties. Heal the Bay put out an end-of-summer report Sept. 29 that showed San Diego’s beaches were among the best in the state this year, taking home all “A”s on their report card.

But even though San Diego scored highly, Grimmer said that without routine testing there would be no way of knowing if local beaches become polluted by a random problem under the water table, such as a sewage leak or a bad septic system.

With so much money coming in to the state by way of beach tourism, he said, testing is something health officials and politicians can’t ignore.

“You can’t detect anything if you’re not monitoring,” Grimmer said. “If funding goes away, the public will have to swim at their own risk.”

Water-quality testing is a “funded mandate,” McPherson said.

“The state gives us the money and we have to do it,” he said. “But we only have to do it if they give us the money.”

The water-quality department, overseen by the county’s Department of Envi-

**“You can’t detect anything if you’re not monitoring. If funding goes away, the public will have to swim at their own risk.”**

Mike Grimmer  
Heal the Bay spokesman

ronmental Health, collects water from 44 frequently-accessed locations along San Diego’s coastline and analyzes the samples in the San Diego County Public Health Laboratory.

In the case that the county doesn’t secure funding, McPherson said, “the [public health] issue would still be there, we just wouldn’t be doing the monitoring and alerting the public to the results.”

Heal the Bay’s recent report showed the state of California had one of the cleanest summers to date, with mainly “A”s and “B”s, except for a few failing areas around San Francisco and Los Angeles.

There’s one area that’s been problematic in Pacific Beach — PB Point. It’s gotten an “F” rating for several years in a row until this year, when it scored an “A+.” The sampling site was moved 75 feet in 2009 to a more frequented area, said McPherson, so that shouldn’t have skewed the results. He said the high reading had to do with the particular typography of that spot, which can cause seaweed and kelp to build up, and when debris sits in the sun it becomes a breeding ground for bacteria. Only 1,200 feet (about two blocks) from PB Point is another sample site, Tourmaline Surf Park, which has consistently scored highly.

McPherson said this year’s higher scores could be attributed to a cooler summer or increased efforts by the municipal stormwater program, but he can “only speculate as to why.”

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# LIFEGUARD

CONTINUED FROM Page 2

Those responsibilities encompass swift river rescues, offshore search and rescue work requiring scuba certification, cliff rescues and the more commonly-seen ocean rescues and medical aids.

Calls can come at any hour and require quick responses using various skill sets. In the summer of 1983, two lifeguards were kept on duty overnight to respond to increasing emergency calls. The program, proving valuable, became implemented 365 days per year in 1984.

"We are the initial responders," Bender said.

The lifeguards on duty on a recent night at the Mission Bay location were Bender; Marc Brown, Lifeguard II; and Daryl McDonald, Lifeguard III; with a combined total of more than 65 years of lifeguarding experience between them.

Boating emergencies are a majority of the calls that can come in on any given night.

Emergency calls for boats that are sinking, disabled, on fire — or boaters calling for medical aid for those aboard — are all sent to the dispatch lifeguard.

"Mission Bay is one of the major outlets as far as smuggling is concerned because San Diego Bay is so inundated with Homeland Security and San Diego Harbor Police, so now they [smugglers] are starting to work their way up," Brown said. "Mission Bay, Ocean Beach and all of Torrey Pines has been recently an avenue as far as dumping off illegals or running boats with drugs in them, so we will get calls to that."

When they are notified about suspicious boats, the number one priority remains safety when responding. Their reaction echoes that priority, announcing, "We are here to rescue you," they said. Once they take the suspicious boat or boaters to safety, lifeguards alert the necessary authorities to investigate fur-

ther.

"We are in direct contact with other state agencies," McDonald said.

The lifeguards work with the San Diego Police Department, state Fish and Game Department, U.S. Border Patrol and Coast Guard on any given night.

Firefighting boats, patrol boats, buoys with attached lights, fire hoses, hand-cuffs, first aid supplies are all available for the lifeguards on their way to a call.

"Variety is the best part of the job," Bender said.

He can go from responding to a beach rescue involving jumping off the Ocean Beach Pier at 2 a.m. into 56-degree water in the middle of winter to going out on a scuba dive rescue in a

matter of minutes.

"What you get is what you get, and it's not what you expect," Brown said.

Lobster season begins Saturday, Oct. 2, and the guards anticipate a higher incidence of calls from kayakers and boaters who will be in the water along the coast at all hours of the evening and early mornings.

Other conditions that may lead to a higher call volume are winter storms, high surf and heavy fog. Those who use the beaches and ocean waters around San Diego during off-peak hours include surfers, kayakers and fishermen, to name a few — and the night crew is ready and able to respond to any of them should they need help.



Lifeguards Marc Brown, left, and Sgt. Bill Bender stand in front of their cliff rescue vehicle. PHOTO BY DEBBIE HATCH | THE BEACON

## New Location for the Point Loma Certified Farmers Market is well received by locals!

The two blocks on Cañon St. between Rosecrans and Shaftner is usually pretty quiet on Sunday mornings, given that only a small handful of business are regularly open Sundays. However, only about 3 weeks ago things changed pretty drastically. The Point Loma Certified Farmers Market and Artisan Fair has made Cañon street their new home every Sunday. The manager of the Market, Brian Beevers, says "this new location is fulfilling our mission, to give the Point Loma community a place to get local produce, locally made foods, ready to eat foods, even arts and crafts, and the community so far has expressed great excitement."

Come check it out, more vendors, more selection, more fun!

**Point Loma Certified Farmers Market, Every Sunday, Rain or Shine, from 9:30am to 2:30pm on Cañon and Rosecrans.**

[www.PointLomaFarmersMarket.com](http://www.PointLomaFarmersMarket.com)

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<p><b>Honeydew Melon</b> Mendota, CA <b>4 lbs \$1</b></p>	<p><b>Green &amp; Red Bell Peppers</b> Coachella Valley <b>2 for \$1</b></p>	<p><b>Strawberries</b> Oxnard <b>3 for \$5</b> 16 oz. containers</p>
<p><b>Red Leaf, Green Leaf &amp; Romaine Lettuce</b> <b>69¢ ea</b></p>	<p><b>Comice Pears</b> Bakersfield <b>97¢ lb</b></p>	<p><b>Eggplant</b> Santa Maria <b>77¢ ea</b></p>
<p><b>Jonathan Apples</b> Idaho <b>77¢ lb</b></p>	<p><b>Small Haas Avocados</b> Valley Center <b>5 for \$1</b></p>	<p><b>Asian Catfish Fillets</b> <b>\$5.29 lb</b></p>
<p><b>Olive &amp; Antipasto Bar</b> Pesto Agnolotti Blue Lake Beans w/Sesame Fiesta Bean Salad &amp; Much, Much More! <b>\$7.99 lb</b></p>	<p><b>Pork Loin Scallopini</b> Tender &amp; Lean <b>\$4.99 lb</b></p>	<p><b>Thanks To Rockin' Rachel - We've got a new website... www.baronsmarket.com Check it out!</b></p>
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**THE BLACK**



# Parkinson's Association to fete Point Loma educator

By DEBBIE HATCH | THE BEACON

The Parkinson's Disease Association of San Diego (PDASD) will present Point Loma resident Catherine Rodriguez with the Spirit of Life Award at its eighth annual fundraising gala Sunday, Oct. 17.

Catherine was diagnosed with Parkinson's Disease on May 10, 1999. She recalls the date vividly because she was the principal at a primarily-Hispanic school at the time. May 10 is the day Hispanics celebrate Mother's Day, regardless of what day of the week it falls, she said.

Catherine went to the neurologist's office in the morning, heard the diagnosis and left. She immediately called her husband, Frank, from the road.

"I called my husband on the way back to school," Catherine said. "He asked me if I was going to die, and I said 'no.'"

She arrived back at school, where the kindergarten classroom was having a Mother's Day tea for the children and their mothers. Catherine put the life-changing information she had just learned aside in order to play mother to the children whose real mothers were unable to attend.

That strength, perseverance and drive did not end there.

After arriving home that day, Catherine opened the phonebook and looked up Parkinson's Disease.

She dialed the first number she found, which was for the PDASD.

"When you are 43 years old and the doctor tells you that you have Parkinson's, you are not thinking logically," Catherine said.

Catherine said the woman on the other end of the phone at PDASD gave her helpful information, which satisfied the curiosity and fears in Catherine's mind.



Catherine Rodriguez of Point Loma will be honored with the Spirit of Life Award by the Parkinson's Disease Association of San Diego on Oct. 17. COURTESY PHOTO

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**WHERE:** Hilton La Jolla, Torrey Pines

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**COST:** Tickets are \$150 and tables of eight are available for \$1,200.

**INFORMATION:** For reservations or information, call (858) 273-6763, or visit [www.pasd.org](http://www.pasd.org).

"People get stricken with various diseases and she didn't let it get her down," Frank said. "She lives with a lot of enthusiasm and bravery."

In 2004, she advocated for Proposition 71, the same stem-cell research proposition for which Michael J. Fox voiced strong support for.

"She exemplifies the kind of person that we value in terms of helping others through her efforts to remain independent," said Ron Hendrix, Ph.D., executive director of PDASD.

SEE PDASD, Page 22

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## Cardiac Kidz revive their punk, power pop legacy

By BART MENDOZA | THE BEACON

In their heyday in the 1970s, the Cardiac Kidz were little known outside Southern California. Now recently reunited, time appears to have landed squarely on their side.

During their initial 1978-1981 run, the band scored much local press and gigs with such other San Diego notables of the era as The Penetrators and The Hitmakers.

In 1979, the Cardiac Kidz released a 45 — “Get Out!”/“Find Yourself A Way,” and an EP: “Playground,” which was recorded live at The Spirit club. After selling 1,000 copies of each, the band split up the following year. For most bands, that would be the end of the story.

However, unbeknownst to the Cardiac Kidz, who perform at Dream Street tonight, Oct. 7, those records from 1979 would become major collector’s items for punk and power-pop fans around the world. As the band developed a cult following in the early ’90s, their songs began showing up on European vinyl bootlegs. Meanwhile, a copy of their first single was auctioned for more than \$1,000 in 2007. In 2009, an Italian label, Rave Up, finally released “Get Out!” — an official album of the group’s music, neatly wrapping up the story, but also sowing the seeds for a return of the Cardiac Kidz.

The band’s original split came about because of the usual issues that often derail young musicians: work, family and general lack of interest.

“I felt [at the time] that we had pushed the San Diego music scene as far as it could go,” said bassist Jim Ryan. “For us to continue, we needed to move to New York where the music scene was taking off. The band members at that time did not want to make the leap. So I suggested we move to Los Angeles. The response was the same.”

By that time the Cardiac Kidz were into their fourth lineup.

“The Jethro Tull song with the lyrics ‘too old to rock ‘n’ roll, but too young to die’ kept ringing in my ears,” Ryan joked. “That was it. I split up the band for lack of desire and interest to go on with the dream. I went off, got married and started a family. Six kids — three boys, three girls.”

Despite growing attention for the band through the ’90s, it was the release



The Cardiac Kids, shown in a vintage photo, are back on the circuit, with a performance tonight at Dream Street and a possible European tour in the future. COURTESY PHOTO

of their album last year that was the catalyst that drove the band to perform again.

“I saw the resurgence of punk rock in Europe and that our fan base was excited to have the ‘Get Out!’ tapes available, and figured now was the time to go forward,” Ryan said.

He is joined in the new lineup by original member Jerry Flack (guitar), as well as Jerry Nelson (drums) and when available, David Rinck (guitar), a former member of The Wallflowers, The Injections and the Morlocks.

“I saw Dave perform at the Casbah in January and I was impressed with his energy and raw stage presence,” Ryan said. “He brings experience from his past bands and an unending desire to just play music.”

Ryan said the best part of being in the band is the creation of new music.

“My favorite thing is the process of writing, taking things from a funny ‘hook’ stuck in your head to the finished, produced recording of the song itself,” Ryan said. “I like being able to express myself three-dimensionally.”

He said one of the pluses of the current lineup is that all members contribute to the songwriting.

“This is not the Jim Ryan show,” Ryan



Jim Ryan, bassist for the Cardiac Kidz, is ready to put the group’s music back on track after a three-decade-long hiatus. The Cardiac Kidz perform tonight at Dream Street. COURTESY PHOTO

said. “Each one of us has proven that we can write alone and collaboratively. We all come to the table with years of solo works and eagerness to create new songs together.”

At the moment, the band’s set list consists primarily of its vintage classics, with a few originals and the occasional re-invented cover tune, such as “Stepping Stone” or “Light My Fire.”

In addition to his work with the Cardiac Kidz, Ryan is finishing up a solo album, “Dry your Tears,” due for a 2011 release. But his priority will remain the band. Upcoming plans include a European tour and further re-issues. After more than three decades, Ryan said he is thrilled to have the Cardiac Kidz back on the road.

“Times are hard,” Ryan said. “The future is bleak and future shock has hit us straight on. I wanted to mobilize and not sit this decade out.”

**The Cardiac Kidz: 8 p.m. tonight, Oct. 7 at Dream Street, 2228 Bacon St. 21 and up. For more information, visit [www.myspace.com/cardiackidz](http://www.myspace.com/cardiackidz)**

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Photography by T15 Images



# Steele Canyon overpowers Pointers in lopsided rout

*PLHS gets needed bye week before its league opener*

By **SCOTT HOPKINS** | THE BEACON

For Steele Canyon High School, last Friday’s football game at Point Loma High School (PLHS) was all about payback.

Last season, Point Loma denied the Cougars a first-ever trip to Qualcomm Stadium when the Pointers edged them 30-26 in a thrilling Division III semifinal.



“On defense, we played one of the best teams pretty well for three quarters. Then we just got discouraged, I guess.”

**JOSH SAKOVER**

SENIOR, DEFENSIVE BACK



Point Loma running back Jaivon Griffin is swallowed by a pack of Steele Canyon defenders in the Pointers’ 35-8 loss to the Cougars on Oct. 1. The Pointers’ leading rusher was limited to 15 yards on nine carries.

SCOTT HOPKINS | The Beacon

On Friday afternoon, the Cougars got their revenge — and then some. Steele Canyon walked off the turf at Bennie Edens Stadium with a convincing 35-8 victory that left the Pointers 3-2 heading into Western League play beginning Oct. 15.

“We know we need to improve,” said Pointers head coach Mike Hastings. “There are a lot of things we’ll take away from this. There were good things we did, and the film will bear that out, and there are a lot of things we need to correct.”

The 2010 Cougars are currently ranked No. 6 in the section, and are bigger and stronger than last year’s edition.

This year’s young Pointer squad is a group that is learning and waiting for veteran senior leadership to emerge.

Against the Cougars, Point Loma was without starting quarterback Sean McKaveney, who broke his left (non-throwing) wrist early in the Pointers’ 21-14 victory over Scripps Ranch on Sept. 24. That game had been dedicated to assistant coach Bill Hastings — father of Mike Hastings — after the elder Hastings was diagnosed with cancer in the days before the game.

Backup QB Thomas Mize, who directed the Pointer offense capably against

Scripps Ranch after McKaveney’s exit, received a rude welcome from Steele Canyon. The Cougars hurried and harassed Mize all afternoon behind a lethargic offensive line that drew the ire of the Point Loma coaching staff.

The Pointer offense, which had rolled up high yardage totals against several opponents, was limited to 101 total yards, including only 34 net yards rushing.

Leading rusher Jaivon Griffin, who had been averaging nearly 10 yards per carry, was held to 15 yards on nine carries.

The Pointers recorded only one offensive play of more than nine yards, a nicely thrown 33-yard touchdown pass from Mize to Matt Magers. After a procedure penalty, Mize hit Magers again from eight yards out for the two-point conversion that gave the Pointers momentary life midway through the third quarter.

Up 16-8 at that point, the Cougars ran off 19 unanswered points to put the game away.

“On defense, we played one of the best teams pretty well for three quarters,” said senior defensive back Josh Sakover.

“Then we just got discouraged, I guess.”

Following the Mize-Magers touchdown, Steele Canyon’s next possession included a 70-yard run to the Pointers’ five-yard line and a too-easy score on the following play for a 22-8 advantage.

The only PLHS turnover of the day came on the next possession when Mize lost the ball at his own 10-yard line after again being pursued by hungry Cougar defenders. The visitors promptly scored again and Magers’ first of two extra point blocks left the score at 29-8.

SEE **FOOTBALL**, Page 20

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Point Loma receiver Matt Magers (7) blocks an extra point attempt from Steele Canyon kicker Daniel Uribe on Oct. 1. Magers blocked two extra points in the Pointers' 35-8 loss to Steele Canyon.

# FOOTBALL

CONTINUED FROM **Page 18**

In the fourth quarter, with the Pointers heading into the wind, a Diaz punt gave the Cougars a short 36-yard field. One long run through a spent Pointers defense gave the visitors their final 35-

8 margin with 8:16 left to play.

A much-needed bye week awaits the Pointers, who will have a list of improvements to work on as they prepare for their Western League opener with rival La Jolla. The battle for "The Shoe" kicks off Oct. 15 at 6:30 p.m. in La Jolla.

"We'll have to see our mistakes and take it from there," Sakover said. "It's our first league game [Oct. 15] and we'll have to work hard in practice."

"Now we focus our attention on La Jolla, trying to get better and go win a Western League championship," Hastings said.

## BOYS' WATER POLO

# PLHS growing adept at water combat skills

By **SCOTT HOPKINS** | THE BEACON

Forty-three young men at Point Loma High School (PLHS) have decided to pool their talents in an effort to raise achievement in one of the toughest prep sports offered. Water polo, essentially controlled hand-to-hand combat, requires a level of conditioning unlike virtually any other sport. That may explain why the sport is on the rise at PLHS under third-year head coach Jeff Hunt.

Gerry Rich, a retired PLHS teacher, assists Hunt.

"We have a huge turnout (15) of freshmen," Hunt said, presenting a travel challenge for the non-driving teens.

The Pointers' home pool is Bud Kearns Pool at Morley Field in Balboa Park, meaning team members must somehow make the 11-mile trek each way (no district transportation is provided) for daily practices.

Hunt assumed the reins of the Lady Pointer team in 2008 before moving to the boys' side last season. The boys' team finished 12-16 overall (2-4 in Eastern League) in his first season — tied for fourth place.

This season, however, the Pointers already stand at 8-6 in non-league play with a 22-8 victory over Chula Vista in their most recent match, marking their season scoring high.

"We should have a pretty good

SEE **POLO**, Page 21

## WATER POLO 101

Varsity matches consist of six swimmers and a goalkeeper. Games are divided into four quarters lasting only seven minutes (using stoppage time) apiece. Total match time is about an hour.

Players attempt to throw a ball into an opponent's net, but as the ball is passed around the pool, it's anything but peaceful beneath the surface.

"There's wrestling, grabbing, punching and stuff," said Jeff Hunt, third-year head coach for Point Loma High School, "most of which the referees can't see."

Regular fouls result in a free pass by the opposing team. Exclusionary fouls (made by a defender from behind an offensive player) require the offending player to swim to a designated pool corner for 20 seconds. His team plays a man short for that period.

While 20 seconds doesn't sound significant, Hunt said that is time for several passes and a shot, giving the team with the extra man a true advantage.

A player charged with three exclusionary fouls is automatically disqualified from the game.

# Point Loma woman named to San Diego Tennis Hall of Fame

*Glass's emphasis has focused on minority access and equality*

By **DAVE KENSLE** | THE BEACON

Virginia M. Glass has traveled an incredible road in life — from spending three years in World War II concentration camps in her native Philippines, where she lost her father and two sisters — to now living in “America’s Finest City.”

Along the way, Glass developed a passion for tennis in all aspects — playing, coaching, running tournaments and working with many organizations associated with the sport.

Her passion and hard work has earned her numerous awards and distinctions over the years. The most recent honor has culminated in her election to the San Diego Tennis Hall of Fame.

"Being elected is an acknowledgment and recognition of the efforts I have made to opening up tennis to minorities," said Glass, a Point Loma resident. "I have been working in the San Diego tennis community for 25 years."

One of her achievements during that period was being among the founders of the Mountain View Sports and Racquet Club in Southeast San Diego.

"Our main emphasis with the club has always been on the development of junior players," Glass said. "The National Junior Tennis League (NJTL), inspired by the late tennis great Arthur Ashe, has been a huge help to our efforts."

Yet despite opportunities presented by the NJTL and the influence of professional African-American players like Venus and Serena Williams, Glass — who at one time was ranked number one in the world in the 60-and-over age division — is worried about access to the



Virginia M. Glass of Point Loma has been elected to the San Diego Tennis Hall of Fame for her efforts over the last quarter-century to promote minority access and equality in the tennis world.

sport — especially for those from lower-income areas of U.S. cities.

"Tennis participation is going very well if you look at the sport from the angle of private clubs and adult leagues," she said. "But in terms of city parks and recreation departments and diminishing budgets, tennis facilities are being locked up or shut down altogether."

Glass, who has served as president of the American Tennis Association, the oldest African-American sports organization in the United States, still sees more junior girls participating in tennis than boys.

"Boys have more opportunities available to them with baseball, football and basketball," Glass said. "As well, in team sports the rewards are often easier to reach than an individual sport like tennis, which can be very expensive in terms of travel and coaching costs. Girls generally have less to keep them busy when it comes to sports, but fortunately tennis is one option."

Joining Glass in the San Diego Tennis Hall of Fame 2010 class of inductees were Robert Bacon, Patricia Canning Todd, Robert Perry and Larry Willens.

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Point Loma High School water polo goalkeeper Thomas Penney, a senior, reaches to stop a shot against Mission Bay High in a recent non-league match. Helping Penney are junior Nate Ellison (3), freshman Andrew Brady (13) and another Pointer teammate. SCOTT HOPKINS | THE BEACON

POLO

CONTINUED FROM Page 20

(league title) shot,” Hunt said. Hunt calls Patrick Henry the favorite in “a pretty evenly-ranked” league. Point Loma faced them in a recent tournament and lost 11-10 on a goal with only four seconds remaining. Other Eastern League teams are Serra, Scripps Ranch and University City, where Hunt earned all-CIF honors as a prep student before moving on to play for the water polo team at the University of California, San Diego, where he earned his degree in 2008. During two-and-a-half hour practices every weekday, “I’m pretty tough on the kids,” Hunt said, “especially in the beginning part of the season.” He has to be. Opponents will be

attempting to drown them in eight feet of water and Hunt knows the importance of conditioning. A typical workout begins with 30 minutes of stretching and pushups, followed by 1,500 yards of high-intensity swimming. Next, the players spend 20 minutes on “egg beaters,” a grueling effort to tread water while holding weighted objects — including bricks — over their heads. The balance of the workout is spent on passing, shooting and other game-like situations. The top scorer for the Pointers last year (79 goals) and this season to date is senior Bryan Valone (48 goals, 10 assists). Fellow senior Graham Scribner (36, 14) is also a standout, and freshman Andrew Brady’s skills (17, 16) have drawn Hunt’s attention. Senior goalkeeper Thomas Penney is solid in

the nets, Hunt said. Other team members include seniors Nathan Hoppe and Jake La Dow; juniors Nate Ellison, Olin Paine, Ryan Shoemaker and Jake Reynolds; sophomores are Brett Stewart, Kye Miranda, Chris Black, Kasey Dring, Max Daubner and Myles Hopkins; and freshman Anthony Farris. Several members of the Pointers’ national championship sailing team are also polo players. “We all love the water,” La Dow said. “It just works out perfectly. The two sports are totally different, but water polo keeps us in amazing physical condition, which helps us in sailing.” The Pointers continue league matches Friday, Oct. 8 at home against Scripps Ranch and Wednesday, Oct. 13 in a showdown with Patrick Henry, also at the Bud Kearns Pool. Matches begin at 3 p.m.

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## Getting amped over Electric Music Studios

By **MARIKO LAMB** | THE BEACON

The Electric Chair Salon in Ocean Beach has undergone some tremendous transitions since its humble beginnings as a quaint, three-chair hair salon 26 years ago. The business is a *Peninsula Beacon* Readers Choice winner five years running.

Today, the funky little salon boasts a full-service menu that includes massages, waxings, facials, nail services — and now, a rock 'n' roll academy.

In February, owners Paul and Lynne Bolton transformed Studio D, the third suite of The Electric Chair Salon, into Electric Music Studios — a music instruction and rehearsal studio.

"We used to have waxing, nails and massage in that room, but that whole industry from the recession was way out," Paul said. "We were actually losing money on that room."

Lynne, inspired by her son's musical talent fine-tuned at San Diego's School of Rock downtown, convinced her husband to open a music studio. Paul finally agreed to give the idea a try.

Today, Electric Music Studios has 27 students, and the numbers grow every weekend.

"The room is actually profiting right now," Paul said, attributing the observation to the fact that kids today do not all want to be jocks and athletes.

"I realized years ago when I tried to bring my son up playing baseball — because that's what I played when I was his age — that nowadays not everyone is going to be a football player, a baseball player or a soccer player. ... Maybe they can sing, maybe they can play an instrument," he said.

Electric Music Studios spices up the traditional music lesson by adding performance-based instruction to its practice. Students learn about stage presence,



Aspiring young musicians rehearse at Electric Music Studios in Ocean Beach, where youngsters 6-18 get lessons in voice, guitar, bass, drums and keyboard. COURTESY PHOTO

clothing and, of course, hair styling.

Programs are designed for beginners and accomplished musicians alike. The performance-based instruction includes private lessons and weekend band rehearsals designed to take students up to the next level — no matter their experience.

Students in the beginner classes, known as the "weekend warriors," receive one 45-minute private lesson and one 2-hour weekend band rehearsal with the other students. After a few months of rehearsals, the students perform a live gig in front of friends and family.

Such was the case Oct. 3 at Portugalia restaurant in Ocean Beach.

"Everything that we teach them gets them ready for a live gig, so it motivates them to learn the songs because they're getting up in front of a live audience," Paul said.

Students can learn guitar, bass, drums, keyboards and get voice coaching from the studio's well-qualified, and somewhat high-profile, musicians. Music director

Omar Lopez, for example, is an active member of the Latin-reggae sensation the B-Side Players. Esjay Jones, lead singer of Stealing Love Jones, has shared the stage with such talent as Staind, Fall Out Boy, Evanescence, 3 Doors Down, Hoobastank and Jimmy Eat World.

Other instructors include Louis Valenzuela and Kris Korsgaden, who are highly talented in instrument, vocals and performance instruction.

"We're really lucky to have them," Paul said. "The kids like them and really relate because they're close to their own age and the music they grew up with is very similar."

Electric Music Studios accepts students from 6 to 18 years of age for private instruction and performance-based rehearsals.

Electric Music Studios is located at 4944 Newport Ave.

For more information on lessons, rates or performance dates, call (619) 222-0836, or visit [www.electricmusicstudios.com](http://www.electricmusicstudios.com).

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## PDASD

CONTINUED FROM **Page 15**

Parkinson's Disease is a movement disorder, Hendrix said.

"The most characteristic part [of the disease] is the tremor," he said.

It is a progressive, neurodegenerative disease that can cause instability, tremors, rigidity and stiffness.

"We don't have anything to stop or slow the disease," Hendrix said.

PDASD raises funds for research and strives to keep the estimated 60,000 San Diegans affected by the disease informed about topics ranging from treatment, exercise and facts about the illness.

"The way we look at it, it's not a disease that you do by yourself; it affects the whole family and the community," Hendrix said.

He said that Catherine has been the top fundraiser for the annual Parkinson's 5K for several years.

"We have an outstanding person who exemplifies the spirit of life and brings hope to other people because she is so active," Hendrix said.

Catherine uses her skills from working as an educator to teach others about Parkinson's.

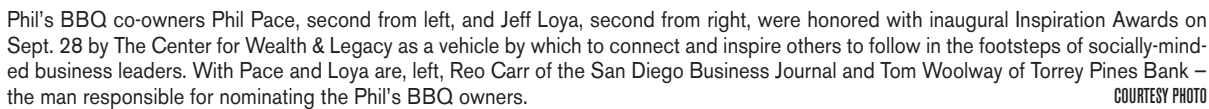
"You're not happy that you've got it, but once you've got it it's not the end of your life," she said.

She is a tireless voice striving for new medical legislation, acquiring donations and speaking to members of the state assembly and state senate. She participates in support groups and frequently talks to people about Parkinson's.

"I have a service dog — Parkinson's walking dog — the two of us volunteer at the Library and at schools reading to children," Catherine said.

She is retired and lives with her husband in Point Loma. They have two children and five grand children. Catherine enjoys quilting, sewing and spending time with her family.





– *Staff report*

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**ARTS & ENTERTAINMENT**

**Saturday, Oct. 9, 10 a.m. to 8:30 p.m.,** OB Oktoberfest, featuring an OB Brat Trot 5K race, a beer garden, food, merchandise, microbrew festival tastings, bratwurst-eating and stein-holding competitions, entertainment and an area for all ages at the foot of Newport Avenue in the grassy area. For more information, call (619) 224-4906, or visit [www.oceanbeachsandiego.com](http://www.oceanbeachsandiego.com) or [www.oboktoberfest.com](http://www.oboktoberfest.com).

**Thursday, Oct. 14, 10 a.m. to noon,** WordWide International Language School hosts guest speaker Noah Tafolla, a Peninsula native who is the writer and director of the local "Wonderland" exploration series on KPBS television. This is Tafolla's fourth appearance in WordWide's ongoing guest speaker series. The public is welcome to attend the free event at the institute, 1811 Sunset Cliffs Blvd. For more information, call (619) 222-6411, or visit [www.wordwide.us](http://www.wordwide.us).

**Thursday, Oct. 14, 7:30 p.m.,** Wild and Tame Comedy Show at Dream Street, featuring the very funny L.A.-based Kymedienne Jackson. Other local comics include hostess Sindi Somers, Michael Boris, Erik Cram, Diane Jean, Dallas McLaughlin

and Josh Nielson. Live pre-show and post-show music. Cover is \$6 with no minimum. The show takes place at Dream Street in Ocean Beach, 2228 Bacon St. For more information, call (619)

**Saturday, Oct. 16, 10 a.m. to 2:30 p.m.,** 7th annual Point Loma Nazarene University Fall Festival, a free, family-oriented event with animal rides and a petting zoo, live music, historical campus tour, carriage rides, exhibit booths, restaurant-tasting area, pumpkin patch and electronics recycling drive. The university president will welcome participants at 2 p.m. during an ice cream social and grand-prize drawing. The event takes place at the university, 3900 Lomaland Drive. For more information, visit [www.pointloma.edu/fallfestival](http://www.pointloma.edu/fallfestival).

**Sunday, Oct. 17, 4 p.m.,** All Souls' Music on the Point monthly music series, featuring organist Ruben Valenzuela. A reception follows. Donations of \$5 are requested. Concerts take place at All Souls' Episcopal Church, 1475 Catalina Blvd. For more information, call (619) 223-6394.

**Fridays through Sundays through Oct. 17,** The Point Loma Actors perform "The Glass Menagerie," one of Tennessee Williams' more intimate dramas. Performances are held at the Point

Loma Assembly at 3035 Talbot St. on Fridays and Saturdays at 8 p.m.; Sundays at 7 p.m. General admission is \$11; seniors, students and military are admitted for \$12; group rates available. For tickets and information, call (619) 225-0044, or visit [www.pointlomaactors.com](http://www.pointlomaactors.com).

**Oct. 26-30 and Nov. 20,** Salomon Theatre of Point Loma Nazarene University presents Shakespeare's timeless comedy "Much Ado About Nothing." The performance runs Tuesday through Saturday (Oct. 26-30) at 7 p.m., with two additional shows on Saturday, Nov. 20 at 1:30 and 7 p.m. The show takes place at Salomon Theatre, 3900 Lomaland Drive. Tickets are \$13 for adults, \$10 for seniors, students and military. For tickets or information, e-mail [phasset@pointloma.edu](mailto:phasset@pointloma.edu) or visit [www.pointloma.edu/salomontheatre](http://www.pointloma.edu/salomontheatre).

**Thursday, Oct. 28, 6 p.m.,** Correia Middle School Spooktacular Concert, featuring the Correia Middle School Bands and Orchestra. The free event includes a chili dinner before the concert and a costume contest. The event takes place at the middle school, 4302 Valeta St. For more information, visit [www.correiamiddle.com](http://www.correiamiddle.com).

**Saturday, Oct. 30, 7:30 p.m.,** performance by

The Point Loma Singers and the Point Loma Nazarene University Vocal Jazz Ensemble, featuring many styles that include classical, Broadway and jazz. The free event takes place at the Crill Performance Hall at the university, 3900 Lomaland Drive. For more information, visit [www.pointloma.edu/music](http://www.pointloma.edu/music).

**Sunday, Nov. 21, 4 p.m.,** All Souls' Music on the Point monthly music series, featuring organist Geoffrey Graham. A reception follows. Donations of \$5 are requested. Concerts take place at All Souls' Episcopal Church, 1475 Catalina Blvd. For more information, call (619) 223-6394.

**COMMUNITY/CIVIC**

**Today, Oct. 7, 10 to 11:30 a.m.,** Liberty Station hosts a Naval Training Center Historic District Walking Tour themed "From Navy Base to Arts District." The event allows for first-hand views of the transformation of San Diego's former Naval Training Center into the current NTC Promenade – better known as the Liberty Station Arts and Cultural District. The 90-minute tour takes in historic Spanish Colonial Revival buildings from the 1920s and 1940s that once trained young men for Navy service and are now home to over 40 artists, galleries, dance companies and other related venues. Participants are asked to meet at the NTC Command Center, 2640 Historic Decatur Road. For more information, call (619) 573-9300, or visit [www.ntcpromenade.com](http://www.ntcpromenade.com).

**Wednesday, Oct. 13, 10 a.m.,** regular meeting of the Point Loma Garden Club. The guest speaker will be Erik Gronborg, an artist and retired teacher who has had his sculptures and ceramics exhibited in the U.S. and Europe. Gronborg will speak on Italian Renaissance gardens and their common features. The event takes place at the Portuguese S.E.S. Hall, 2818 Avenida de Portugal. For more information, visit [www.plgc.org](http://www.plgc.org).

**Saturday, Oct. 16, 10 a.m. to 1 p.m.,** Ocean Beach Friends of the Library will host a book sale as a library support fundraiser. Donations of gently used books and audio/visual materials (including videos) may be dropped off at the Ocean Beach Branch Library, 4801 Santa Monica Ave. by Friday, Oct. 15. For more information, call (619) 531-1532.

**Sunday, Oct. 17, 7:30 to 11 a.m.,** Ocean Beach Pancake Breakfast at the OB Pier, an annual tradition benefiting the Ocean Beach Christmas

Food and Toy Drive. Tickets are \$10 for adults and \$5 for children 10 and under, available at the Ocean Beach MainStreet Association and various merchants. For more information, call (619) 224-4906, or visit [www.oceanbeachsandiego.com](http://www.oceanbeachsandiego.com).

**Wednesday, Oct. 20, 6:30 p.m.,** Hervey/Point Loma Branch Library hosts a presentation, "Sunset Cliffs Regional Park," a program looking at the beginnings and future of the local natural resource. The free program takes place at the library, 3701 Voltaire St. For more information, call (619) 531-1539.

**Wednesday, Oct. 20, 10:30 a.m.,** regular monthly meeting of the Point Loma Peninsula Republican Women Federated at the Point Loma Café, 4865 N Harbor Drive. For more information, visit [www.sdcfrw.org](http://www.sdcfrw.org).

**Wednesday, Oct. 20, 6 p.m.,** Naval Base Point Loma's Restoration Advisory meets at the Southwestern Yacht Club, 2702 Qualtrough St. The meeting is open to the public. For more information, call (619) 556-0193.

**Thursday, Oct. 21, 7 p.m.,** regular meeting of the Ocean Beach Historical Society, featuring speaker Lynn Izidoro Guidi, who will present "The Portuguese – 100-plus Years in San Diego." The free event takes place at the Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit [obhistory.wordpress.com](http://obhistory.wordpress.com).

**Thursday, Oct. 21, 6:30 to 8:30 p.m.,** the Jenna Druck Foundation's Families Helping Families program will host a grief education workshop titled "Traveling Through the Dark Night of the Soul" with Dr. Patricia Ariadne, a licensed psychotherapist and author of "Drinking the Dragon: Stories of the Dark Night of the Soul." There is a suggested donation of \$10 and reservations are required and accepted up to the date of the event. The foundation is located at 2820 Roosevelt Road, Suite 200. For more information, call (619) 294-8000, or visit [www.jennadruk.org](http://www.jennadruk.org).

**Saturday, Oct. 23, 9 a.m.,** the nonprofit group Photocharity hosts its annual 5K Walk to Save Homeless San Diego Youth with proceeds going to fund programs and services at The Storefront, a shelter for homeless teens ages 12-17 in Hillcrest. The event takes place at NTC Park at Liberty Station. Registration is \$18 and begins at 8 a.m. For more information, visit [www.savehomelessyouth.org](http://www.savehomelessyouth.org).

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For more information please visit our website at **www.catadoptionsservice.org**

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## ▼ pet services

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- Swimming in a controlled environment is the safest way for clients to exercise.
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Sat 1-4pm	7132 Calabria Ct. #B	2BR/2.5BA	\$529,000	Oliver B. James iii	619-995-1764				
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Sun 1-4pm	6584 Avenida Manana	3BR/2.5BA	\$1,350,000	Claire Melbo	858-229-8383				
Sun 1-4pm	5542 Candlelight Dr.	3BR/2BA	\$1,588,200	Cher Conner	858-361-8714				
Sun 1-4pm	6502 Manana Place	3BR/2.5BA	\$1,700,000-\$1,900,876	David Schroedl	858-459-0202				
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