



THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, SEPTEMBER 6, 2012

WWW.SDNEWS.COM ■ VOLUME 26, NUMBER 21

THE PENINSULA BEACON
READERS CHOICE AWARDS
RETAIL/SERVICES
2012

Vote online for your favorite Service and Retail Businesses in Ocean Beach (92107)
All ballots will be entered in a drawing to **WIN DINNER FOR 2**
(\$100 VALUE)
PeninsulaBeacon.com

LOCAL DIVERS UNCOVER WRECK OF MISSING AEGEAN



San Diego Lifeguard Services Sgt. Ed Harris, who is stationed in Ocean Beach and lives in Point Loma, pulls up a piece of the missing Aegean's hull on the sea floor near North Coronado Island, 15 miles southwest of Point Loma. *Courtesy photo by Russell Moore*

OB lifeguard one of two diving vets to clear up months-old mystery

By **MARIKO LAMB** | THE BEACON

Longtime San Diego boating and diving veterans Russell Moore and Ed Harris have recently made a remarkable breakthrough in a boating accident that left four dead when a 37-foot sailing yacht disappeared in the dark of night during the annual Newport-to-Ensenada Regatta in April, marking the first fatalities in the 65-year history of the race.

The fate of the boat, named the Aegean, and its occupants has been shrouded in mystery since the boat's GPS tracking system made its last signal at 1:30 a.m. on April 28 near North Coronado Island, just 15 miles southwest of Point Loma and directly on the rum line to Ensenada. The disaster left in its wake the death of four highly skilled sailors, a debris field of lightweight surface material and many experts in the sailing community scratching their heads.

Initial reports about the accident indicated that a much larger vessel or tanker likely struck the Aegean, rendering the boat to a pulp.

When Moore — captain of a U.S. Coast Guard-certified commercial RIB (rigid inflatable boat) — heard the reports, however, he was dubious.

"I didn't believe the explanation that was put forth in the



Russell Moore, left, and Ed Harris of Point Loma stand by Moore's rigid inflatable boat, which they used to locate the wreck of the missing sailing yacht Aegean not far from Point Loma. *Photo by Jim Grant | The Beacon*

popular press, so I kept checking the blogs and researching the story as it was unfolding," he said. "That's kind of my back-

SEE **DIVERS**, Page 4

Mayor rejects grand jury's prod to yank Rock Church permit

Megachurch at epicenter of neighborhood skirmish

By **TONY De GARATE** | THE BEACON

One side is happy. The other side, well, not so much. It's a case where shades of gray are hard to find.

That's the fallout following a decision by Mayor Jerry Sanders last month to endorse a continued conditional-use permit issued to the Rock Church megachurch in Liberty Station in 2004.

Sanders rejected a recommendation by the San Diego County Grand Jury that opined the 3,500-seat church did not belong in Liberty Station primarily because of traffic and

parking concerns and incompatibility with local land-use plans. The grand jury recommended that the city suspend the Rock Church's permit — a recommendation that was subsequently supported by a majority of the Peninsula Community Planning Board (PCPB) in July.

The grand jury recommendation, if it had been supported by Sanders, could have meant canceling the five services the church schedules every Sunday for its 12,000-plus members, as well as turning away the 400-plus

SEE **PERMIT**, Page 6

SDUSD bags traditional faves for healthier, gourmet cafeteria food

By **MARIKO LAMB** | THE BEACON

New gourmet-style food options incorporating more whole grains and fresh locally sourced organic fruits and vegetables are now on the menu for students at San Diego Unified School District (SDUSD) schools.

Choices like an Asian salad with chicken or tofu, Baja fish sandwiches with chipotle mayonnaise, and vegetarian chili bread bowls will be dished out alongside locally sourced fruits and vegetables at schools' salad bars to ensure students have choices in the cafeteria.

The implementation of healthier food standards is a nationwide initiative brought to fruition by the passing



Daniel Hamilton, 17, participates in a food demonstration Aug. 28 in Pacific Beach to showcase the district's healthier cafeteria offerings this year. *Photo by Jim Grant | The Beacon*

of the federal Healthy Hunger-Free Kids Act in 2010. Although SDUSD has already been ahead of the curve

SEE **FOODS**, Page 4



City Councilman Carl DeMaio, left, and Congressman Bob Filner share their political views with the Ocean Beach Town Council and audience members during a mayoral candidate forum on Aug. 22. *Photo by Jim Grant | The Beacon*

DeMaio, Filner continue to flesh out mayoral platforms

Hopefuls distinguish views; share common ground, too

By **TONY De GARATE** | THE BEACON

In a mayoral campaign noted for its divisiveness, Carl DeMaio and Bob Filner actually found significant areas of agreement during a candidate forum Aug. 22 hosted by the Ocean Beach Town Council (OBTC).

Although the race is officially non-partisan, it pits the Republican DeMaio, who represents District 5 on the San Diego City Council, against Democrat Filner, 10-term member of the U.S. House of Representatives. The two will

vie for voter approval in the November election.

Both men support the legitimacy of medical marijuana and want to end homelessness, especially among the city's veteran population. DeMaio and Filner want to make crossing the border more efficient. Both condemned the decline of basic services and neither candidate wants to build a new city hall.

The candidates also agreed not to weaken restrictions in Ocean Beach's zoning code — a stand that pleased members of the Ocean Beach Planning Board, which has repeatedly fought variances that allow three-story homes to be built in the middle of one-story duplexes in the 5100 block of West

Point Loma Boulevard.

But perhaps their biggest similarity was that they both spoke of themselves as agents of change — at times, even in historic terms. It was this subject that allowed the candidates to best differentiate themselves during the 1 hour, 25 minute forum, in which the nearly five dozen in attendance were invited to submit questions to the OBTC, which then selected 18 questions to ask of the candidates.

Time constraints allowed for only 10 questions, but the remaining eight will be submitted to the candidates and their answers will appear on the OBTC web-

SEE **FORUM**, Page 6



Be a part of Ocean Beach History!

The Peninsula Beacon, in cooperation with Ocean Beach MainStreet Association, OB Historical Society and the OB Town Council, is excited to present a special edition celebrating the 125th Anniversary of Ocean Beach. This special souvenir edition will publish in the September 20th edition of the Beacon. Additional copies will also be printed to help commemorate the 125th anniversary.

LAST CHANCE
Deadline
Sept 14th



Call Mike Fahey (858) 270-3103 x117 or email at mikefahey@sdnews.com to reserve your ad space today!

ON VACATION WITH THE PENINSULA BEACON



Point Loma residents Brian and Lesa Cornell soak up some racing excitement at the Monte Carlo Grand Prix in Monaco. This shot was taken from Grandstand K in front of the yacht harbor. "Very exciting and the noise of the cars gave us goosebumps!"



Max and Maddie Bregman take *The Beacon* with them in August to the top of the Colosseum in Rome, Italy. The amphitheater, which could accommodate more than 50,000 spectators, was used for gladiatorial contests and public spectacles like animal hunts, re-enactments of famous battles, executions and dramas. The ancient Romans would even flood the Colosseum and have miniature ship and naval battles.

Take us on vacation with YOU!



It's vacation time! *Peninsula Beacon* readers are heading out of town and taking their favorite hometown paper with them! Don't pass up your chance to have your name and face published in *The Beacon*. Take us with you to whatever corner of the world you may be visiting and share your trip with other readers. Tell us your name and/or the names of your family members in the photo and give us a brief description of where the shot was taken. Email the photo and the information to beacon@sdnews.com. It's that easy!



Taking their *Beacon* on vacation to the beautiful South Shore at Lake Tahoe are, from left, Wilbur Brega, Kevin Mather, Amy Schoonmaker, Helen Schoonmaker, Kyle Mather and Sam Schoonmaker.



Donna Napolitan of Ocean Beach takes her *Beacon* along during an Alaskan cruise. Here, she stops for the day the little town of Ketchikan.

Culinary tradition returns just in time for the fall harvest

By MARIKO LAMB | THE BEACON

One of the most highly anticipated weeks of the year for foodies is just around the corner.

To kick off fall, the biannual San Diego Restaurant Week will serve up a culinary smorgasbord of prix fixe lunches and dinners from Sept. 16 to Sept. 21 at more than 180 restaurants throughout the county.

Prices are set at \$10, \$15 or \$20 for a two-course lunch or \$20, \$30 or \$40 for a three-course dinner. No tickets or passes are required. Simply dine out at any of the participating restaurants or call ahead to make a reservation.

There's plenty of belly-filling opportunities during San Diego Restaurant week around the Peninsula.

Here's some:

• **Bali Hai Restaurant**, Hawaiian, lunch \$15, dinner \$30, www.balihairestaurant.com

• **Blue Wave Bar and Grill**, Californian, lunch \$20, dinner \$30, www.islandpalms.com/downtown-san-diego-restaurants

• **Bo-beau**, French, dinner \$30, www.bobeaukitchen.com

• **Boathouse Restaurant**, seafood, dinner \$20, www.boathouserestaurant.com

• **Gabardine**, American, dinner \$30, www.gabardineeats.com

• **Humphreys**, American, lunch \$15, dinner \$30, www.humphreysbythebay.com

• **Island Prime**, steakhouse, dinner \$40, www.islandprime.com

• **Luna Grill - Liberty Station**, Mediterranean, lunch \$10, dinner \$20, www.lunagrill.com

• **Old Venice Restaurant**, Italian, lunch \$10, dinner \$30, www.oldveniceresaurant.com

• **Tom Ham's Lighthouse**, Californian, lunch \$15, dinner \$30, www.tomhams-lighthouse.com

For more information or for a complete listing of participating restaurants, visit www.sandiegorestaurantweek.com.

ATTORNEY - ESTATES

Trusts/Wills/Probate

Richard F. McEntyre

(619) 221-0279

Richardfmcentyre.com

3156 Sports Arena Blvd. Ste. 102

- Reasonable Rates
- House Calls Available
- Serving Point Loma for Over 30 Years



WILLIS ALLEN

REAL ESTATE. REAL INTEGRITY. SINCE 1914.



CECIL SHUFFLER, CRB
(619) 980-3441

LA PLAYA PENNSYLVANIA FARM HOUSE

La Playa City/Harbor/Mexico views from all rooms. 5br/4.5ba 4675 SF on 1/2 acre+lot. 4 frplcs, hwd flrs, 3 car garage all at end of quiet cul-de-sac.

\$2,995,000



FABULOUS OPPORTUNITY!

Just listed! This 3 bedroom, 2 bath home in the heart of Point Loma boasts 1592 sq ft, a spacious 9200 sq. ft level lot and a great open floor plan! Located in the Silvergate Elementary School District.

\$640,000



FABULOUS ONE LEVEL HOME! ORLEANS EAST!

3 bedrooms 2 baths, 1870 square feet. Completely remodeled: new hardwood floors throughout, granite floors in baths, Chef's kitchen with slab granite counter tops, skylights, crown molding, plantation Shutters, new windows & doors + 2 car garage with direct entry into home.

Reduced to \$639,000



JUST LISTED!

3811 BERNICE DRIVE

Beautiful 3BR/2BA with wood floors, remodeled kitchen and bath, large yard and 2-car garage. Simply charming

\$650,000!



BETH ZEDAKER
(619) 602-9610



ANNIE COLEMAN
(619) 977-2457



BETH ROACH
(619) 300-0389



Tami Fuller

619.226.TAMI(8264) www.TamiFuller.com DRE #01000767

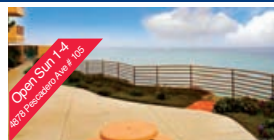


POINT LOMA \$1,247,000



BEACH LIFE HERE! COME! ENTER YOUR PRIVATE GATE. CIRCLE YOUR PRIVATE DRIVEWAY & ENTER YOUR PRIVATE OASIS! This is a Sim Bruce Richards(renown architect) custom design. Smell the all cedar interior as you enter into a completely open floor plan. You will entertain friends & family by a cozy fireplace in the LR/DR/K&FR or enjoy your private hot tub while listening to the calming sound of the rock waterfall.

OCEAN BEACH \$525,000



OCEAN FRONT CONDO WITH 180 DEGREE PANORAMIC VIEWS from the Living room, Dining Area, Kitchen & Master & Suite. Two Balconies on the ocean. Remodeled & move in ready. Wood laminate flooring and tile throughout. Newer cabinets, appliances & granite counter tops. Dual master suites! Open & airy floorplan. Two car garage plus one additional deeded parking space. Complex is well maintained with spa & BBQ area!

SUNSET CLIFFS \$1,495,000



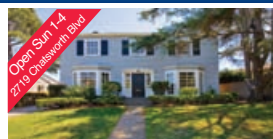
SUNSET ARCHITECTURAL MASTERPIECE! Dramatic ocean views from both levels of this 4 bedroom, 3.5 bath, 3509 est.sq.ft home. Exceptional layout! Gourmet kitchen. Loads of outside entertaining area and yard. 1.5 block to ocean. 2 car garage.

POINT LOMA \$699,000



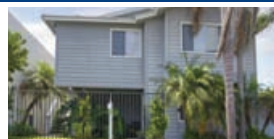
THIS IS NOT A HOUSE...IT IS A HOME! Charming and inviting home offers plenty of living spaces. You will find a cozy fireplace in the living room, formal dining room, and efficient galley style kitchen. Gleaming hardwood flooring. 4bd / 2ba. Large downstairs area with full bath offers tons of possibilities and opens to backyard with swimming pool. Loads of fruit trees. Parking for 4 cars in addition to garage that is currently being used for storage. Est. sq. ft. 2,314

POINT LOMA \$725,000



Exquisite Loma Portal - Classic Colonial - Beauty! Quieter Homes Program has been completed. Touches of class on the exterior including complimentary colored shutters & trim, front door is beautifully framed w/custom crown molding, recently refinished original oak hardwood floors throughout, Formal living & family rooms each w/their own fireplaces, triple windows in living room, dining room & huge eat-in kitchen adds loads of light to all living areas. Kitchen features real wood cabinets & large pantry.

OCEAN BEACH \$535,000



RISE & SHINE TO CRASHING OCEAN WAVES & BEACH SCENTS FILLING THE AIR. Ocean views from your master suite! This is living the life, no need to drive to the ocean, simply walk out your front door, make a left & walk ONE block! Not to mention the fact that the unit is completely upgraded & move in ready. All new tile & carpet flooring, new light fixtures, ceiling fans in bdms, new appliance w/GE Adora SS, new circuit breaker, new skylights 1 w/solar powered blackout shade, new roof & 2 pkg spots w/storage!

2904 Cañon Street Point Loma

DEL MAR LA JOLLA RANCHO SANTA FE CORONADO DOWNTOWN FALLBROOK SANTALUZ

(619) 226-7800 • www.willisallen.com
For a list of our weekend Open Houses visit willisallen.com



SDUSD trustee joins dialogue with PL school cluster

By **MARIKO LAMB** | THE BEACON

Group assesses financial, possible organizational future of Point Loma schools

Beach-area San Diego Unified School District (SDUSD) board representative Scott Barnett paid a visit to the Point Loma Cluster Association (PLCA) on Aug. 30 to answer questions and share ideas about how area schools can move forward in the face of budget woes in the district.

He brought up his hopes to help the cluster draw up a "Roadmap for Success," specifying certain goals and achievement targets, determining appropriate routes to achieve those objectives and devising some method of measuring successes.

"I would be thrilled if this community decides that you would like to develop this 'Roadmap for Success' — certain goals and how you all get there — and we put it in writing," he said at the PLCA meeting.

Although Barnett discussed pathways to achieve a brighter future for local schools, he also fielded some general inquiries about the state of finances in the district, which he said continues to look ominous.

"We have more teachers in the classroom — thank goodness for all our kids — but we haven't solved the problem. In

fact, it's worse. That's what I'm trying to say, but people don't want to hear it because it's unpleasant," he said.

Some cluster members aired concern about the unraveling of key members on their school staff because of the repeated issuance and withdrawal of pink slips given to skilled teachers year after year. Graduation rates, API scores and student achievement are only attainable with a solid group of teachers, said one PLCA representative, urging Barnett and others to address the issue of pink slips and maintaining teachers' trust as a priority for Point Loma schools.

"I know it's been terribly disruptive for individual lives, for employees, teachers and principals, and right now the only way we can mitigate that is to reduce costs, do things more efficiently or bring in new revenues," said Barnett.

Despite schools running leaner each year because of lower enrollment and staffing district-wide, the school district is in a worse crisis now than in years before because of rising costs of health insurance, higher expenditures for step and column payments, and the fact that SDUSD has nearly tapped out its

reserves, said Barnett.

"The budget that we're in right now, a large piece of it is balanced with one-time revenues to pay ongoing expenses. We have eliminated pretty much all of our reserves," he said. "Our financial situation is actually worse, even though some costs and our district payroll is lower."

Barnett plans to introduce a new healthcare proposal to his clusters as one solution to lower SDUSD's projected shortfall.

"Our No. 1 largest expenditure outside of payroll is our health and benefits," Barnett said. "We spend \$170 million or so on healthcare. Every employee, including board members, has the right to choose Kaiser or three other programs. We pay no premium, so I, as a parent with two kids, pick the most expensive one and have my two kids on that, and it costs me zero. If I pick Kaiser, it still costs me zero. What I'm proposing is that every employee be given Kaiser free, and if I want the one I'm buying now for me and my kids, I have to pay for it."

He said a revision of the current health-insurance model can save the dis-

trict \$12 million each year, and everyone would still have the option to get free healthcare.

"The goal is to generate the money to fill this year's budget, as well as the next year and the next year, and have that portfolio grow. I'm trying to develop plans to deal with the long-term budget problem, not just next year's, because the problems aren't going away," he said.

Cluster representatives offered suggestions for fundraising, like company sponsorships or naming rights at school facilities to help raise funds for individual schools or clusters.

"That will help a little to mitigate some of the things at some sites, and we need to do that as well," Barnett said. "My goal

primarily as a school board member is generating as much money as I can for this district that we can use to maintain our school programs."

The PLCA will introduce a new 40-member board next month, with parents and staff electing one teacher and two parents from each of the 10 cluster schools to join the respective principals on the board.

Barnett will return at the cluster's next board meeting on Oct. 1 at 4:30 p.m. to give a general update, as well as discuss the SDUSD's \$2.8 billion bond measure, Prop Z.

For more information about PLCA, visit www.pointlomaccluster.com or sign up for the cluster's email list.




Coldwell Banker Residential Brokerage

WHERE HOME BEGINS | ESTABLISHED 1906 | NO. 1 IN CALIFORNIA



Catrina Russell

619.226.BUYS (2897)

The Expert In OB
Call Me!
www.CatrinaRussell.com



www.4930DelMar209.com

Ocean Beach | \$299,000

Spacious 1 br, 1 ba top floor unit w/an updated kitchen & bath, laundry and newer appliances. Large BR has ocean view, built-ins & large closet w/organizer. Secure bldg w/heated pool & BBQ perfect for 2nd home or 1st time buyer.



www.5155WPointLoma1.com

Ocean Beach | \$425,000

Rarely available 2 br, 2 ba corner unit in the Surf & Sea complex at Dog Beach. Views from living room & both br's. Open floorplan & plenty of storage.



www.5058CapeMay.com

Ocean Beach | \$2,849,000

Trophy property just 1-1/2 blocks to the sand. Oversized 14,000 appx sf lot. Great mix of units. 6-1 br/1 ba, 2-2 br/1 ba, 1-3 br/1 ba & 1-4 br/1 ba and 8 garages. Improvements and upgrades over last couple of years. Fresh painted ext.



La Mesa Charming

La Mesa | \$289,000

Mid-century charmer in great pocket of La Mesa. 3 br, 1 ba with hardwood floors, retro-kitchen and baths, maytag retro stove, slate tile, large back yard & oversized front yard. Great starter or investment that pencils out.



Phyllis Whitebread

619.818.4929



Marina District | \$525,000

Marina District! Jonathan Segal's "7 on Kettner"! 1275 appx sf, 2 bedroom, 2.5 bath, great room with hardwood floors, real fireplaces, super kitchen and balcony.



Enter Today!

No Cost or Obligation!

Entry Deadline: September 7, 2012

Drawing Date: September 12, 2012

Please stop by the Ocean Beach or

Pt. Loma locations to pick up your entry form!



Point Loma Office | 2727 Shelter Island Drive | 619.224.5111 | Ocean Beach | 1851 Cable Street | 619.225.0800

www.CaliforniaMoves.com | www.SDViewOnline.com

COLDWELL BANKER
RESIDENTIAL BROKERAGE

COLDWELL BANKER PREVIEW
INTERNATIONAL

©2012 Coldwell Banker Real Estate LLC. Coldwell Banker® and Coldwell Banker Previews International® are registered trademarks licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Owned And Operated By NRT LLC. Broker does not guarantee the accuracy of square footage, lot size or other information concerning the condition or features of property provided by seller or obtained from public records or other sources, and the buyer is advised to independently verify the accuracy of that information through personal inspection and with appropriate professionals. If your property is currently listed for sale, this is not intended as a solicitation. We are happy to work and cooperate with other brokers fully.

DIVERS

CONTINUED FROM Page 1

yard. I work right around there almost everyday, and it just became something that haunted me.”

His urge to get to the bottom of the mystery led him to enlist the help of his friend and diving expert Ed Harris, a San Diego lifeguard sergeant who has logged thousands of hours on underwater search-and-rescue dives along San Diego’s coastline.

“There were just certain things that struck us and we thought, ‘We have to figure this out.’ I was obsessed with it because this is something we could figure out,” said Moore. “There are a lot of experts with more letters or numbers after their names, but not people that see more ocean than me or Ed.”

The U.S. Coast Guard had nailed down a specific site where the boat was likely to have crashed, making an easy starting point.

“We took all of the topside information that Coast Guard and other people had speculated on, and we applied that to do the underwater search,” said Harris. “We didn’t search the globe. We had pretty good indicators where this thing was.”

In their first excursion to the suspected wreck site on May 2 — just days after the Aegean’s disappearance — the 3-foot sea swells were jolting Moore’s 6,000-pound RIB around like a wine cork and aerating the waters beneath the surface, making the visibility no more than 20 feet. Despite scouring much of the island’s northern tip and possessing reasonable confidence that they would uncover some clue attributed to the wreckage, the duo came up empty handed.

After their initial defeat, it took three months before Moore and Harris would go back to the site.

“Our second dive was the first day in

the weather window that we had. It wasn’t that it took us three months to go back down there. It’s the first time that the ocean got still enough to allow access to this,” said Moore. “It takes very little swell to turn this place into a washing machine.”

The area, known as “Pukey Point,” is set against sheer cliff faces, several underwater caves and pockets of shallow water that emit a violent energy.

“[The sailors] were there on a pitch-black night with 6-foot swells,” said Moore of the night the Aegean went missing. “By virtue of the angle of the land, there was just no way for that boat to survive. If they had hit anywhere else, they might have had a chance.”

The island, which is about one mile long, is only roughly 150 yards wide at the tip, making for a narrow target. That small target, however, is exactly where Moore and Harris found a few of the first clues of the missing boat’s location.

“When you do a lot of freediving and you’re in the water a lot, your eye really picks up on non-organic matter,” said Harris. “Three months had gone by, so enough of the boat had broken loose that I picked up a couple pieces — small pieces of hose and some other things.”

When he and Moore went back a third time, two weeks later on Aug. 22, they found the missing pieces right where they had been searching all along.

Debris, when scattered and settled along the ocean floor, settles into deep pockets, creating visible catch basins in the sand, said Harris.

“We’d find rollers and things like that in these areas, then we’d find more and more, so we were able to find the trail and find where the bulk of the material was,” he said. “Even though we went by the place where it was later discovered, the boat hadn’t broken up enough yet to send clues out, basically.”

After sightings of big pieces of fiberglass turned into the discovery of heav-



The northern tip of North Coronado Island is known as “Pukey Point” for its rough waters and tendency to make sailors seasick. This is the actual wreckage site of the Aegean racing boat that disappeared in April during the Newport-to-Ensenada Regatta. Her four crewmembers perished in the accident.
Courtesy photo by Russell Moore

ier items like anchors, chains, the shaft, the prop and other heavy pieces of metal, they knew they had found the missing Aegean.

“If you don’t find a keel and a motor, you haven’t found a boat wreck. All you’ve found is where debris ended up,” said Moore. “When we found heavy items like this, we knew this was it. This isn’t debris that came from somewhere else and ended up here. This is the boat.”

The wreckage sits behind large boulders that create a sort of curtain, hiding the larger pieces of the boat from view just a few feet below the surface, said Harris. The keel rests in just two to three feet of water and may even be visible from the water’s surface, depending on the tide.

“When we first found it, I felt a large degree of sadness,” said Harris. “This is an area where four people died, and when you see that destruction, it’s just really sad. There’s nobody to help you out there.”

Harris and Russell left the wreckage where it settled, but they were able to

capture high-definition footage of their entire adventure and discovery using a waterproof GoPro camera. All evidence of their findings has been turned over to Coast Guard investigators.

“Our whole thing was to video document, not to recover anything,” said Harris.

Harris and Moore said their experience with this adventure couldn’t help but make them think about the victims’ last moments.

“It’s really hard with no lights, no reflection, no homes, no activity on this island. It’s just a black rock on a moonless night. Good people can run into it, and by all accounts these sailors were extremely skilled and extremely well prepared and very experienced guys,” said Moore. “We were there in scuba gear, fins and wetsuits in the daytime, and we couldn’t navigate all of that. If you were in your bunk in foul weather gear or in a sleeping bag in the dark, you have no chance. I can’t even speculate what their last moments were. We’ll never, never truly know.”

FOODS

CONTINUED FROM Page 1

by adding salad bars to schools before many other districts, the law enables the SDUSD to expand on its existing menu of healthy meal options and employ its “Farm to School program,” ensuring that students receive the highest-quality lunches, breakfasts and snacks to keep them energized throughout the day and improve student performance.

“One of the greatest opportunities we have in San Diego is being able to work with local farmers to bring in local fresh organic product,” said Gary Petill, SDUSD’s food services director, at a school lunch sampling at Pacific Beach Middle School on Aug. 28. “This is a movement of making school food in our country healthier for our children.”

For a unique way of getting children to get more of the fruits and vegetables they like, the district will also debut an experimental “dipper bar,” where students can pick up fruits and vegetables to dip into options like hummus, SunButter or corn relish.

“We want kids to be eating well, getting recreation and really feeling good about themselves, that’s what’s so critical,” said U.S. Rep. Susan Davis (D-53rd Dist.). Davis, who has been taking a legislative stand against childhood obesity, also attended the luncheon. “We want to make sure we are not promoting the kind of eating habits that create kids who are overweight and not able to do the kinds of activities that they should ... The days of Sloppy Joes and tater tots are coming to an end.”

The California Endowment, a private health foundation that provides grants to community-based organizations in California, is supporting SDUSD’s pioneering efforts to roll out even healthier menu options and take on the challenge of fighting childhood obesity in the district.

Newbreak Church

OCEAN BEACH CAMPUS

Now Open!

SATURDAYS AT 5PM

4694 CAPE MAY AVE.

95 years in the making

After a Saturday of antique shopping, strolling the pier or playing at the beach, head on over to Newbreak Church's newest campus. This building has an old soul, and the renovations give it a new heart for its community. We welcome you to become part of the next generation of this church at the Grand Opening on August 25th.

NEWBREAKCHURCH.ORG

Real Ideas. Real Service. Real Results.

2920 Canon Street • 2830 Shelter Island Drive

Paul Hartley
619-222-7443
paul@paulhartley.com
www.PlanetHartley.com
CA DRE 00606758

Rosamaria Acuña
619-890-2828
Acuna.Rosamaria@gmail.com
CA DRE 00980917

SOLD

LA PLAYA • From your cozy perch above the town, you will be looking out at the quaint sea port of Shelter Island and beyond, to downtown and Mexico. This single level 2 bdrm, 2 bath is equipped to satisfy the most discerning tastes. Then in to the nearly 1400 sq. ft. with it's large living room, dining room and kitchen all open to the bay and city views. **Offered at \$865,200 • 430 San Antonio #4**

NEW LISTING!

POINT LOMA • NEW LISTING! • Fully remodeled Le Rondelet Unit with incredible Yacht Club and Bay Views! Open Floor plan Unit Features 2 Bdrm 2 Full Baths plus a Den 1658sf. No expense spared Granite Travertine and Stainless Plus New Heating system, Fireplace and High Efficiency Windows. This unit is one of the finest single level residences available in Point Loma and is a must see! • **Priced at \$959k**

Paul Hartley
619-222-7443
paul@paulhartley.com
www.PlanetHartley.com
CA DRE 00606758

OPEN SUN 1-4

POINT LOMA • Mid Century Fleetridge home on a tree lined street awaits you... 5 Beds, 3 patios, great room w/fireplace... **REDUCED to \$899,000 and open Sunday 1-4.** www.3722Liggett.com for more info & pics. **Make it your's NOW!**

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



Andy, Susie, Larry and Tommy Baumann, operate the Bali Hai. Sons Andy, Tommy and Grant (not in photo) have joined parents Larry and Susie as third generation owner/operators of the Bali Hai and Tom Ham's Lighthouse. Photo by Nicole Sours Larson | The Beacon

A new menu and new look at Shelter Island's updated Bali Hai Restaurant

By NICOLE SOURS LARSON | THE BEACON

If you haven't visited Shelter Island's Bali Hai Restaurant for a few years, be prepared for an exciting surprise when you experience its inviting new look and savor its tantalizing new menus. Several recent visits to this old favorite left this "foodie" hungering to return.

Two years ago, the Bali Hai reopened after extensive renovation by local architect Graham Downes, who restored the traditional Polynesian-inspired 1950s structure and beloved tikis while incorporating sleek 21st century design elements that open the interior and bring inside the tropically landscaped grounds.

"The community has great affection for this harbor landmark," said Downes. "The Bali Hai is like a house you've lived in your whole life. Patrons want that hominess and comfortable familiarity. We strived to maintain that pride and history while contemporizing and freshening the environment."

The renovation included an updated event pavilion, along with a tropically landscaped alcove ideal for weddings and other outdoor events.

Accompanying the architectural changes is a frequently updated menu focusing on tropically inspired Pacific Rim cuisine. If you're looking for old Bali Hai favorites like coconut shrimp, ahi poke and crab rangoon, you'll still find them. But expect to discover new twists on familiar themes, like the Hawaiian tuna poke stack, melt-in-your-mouth seared crispy ahi tuna tower, fork-tender char siu pork tenderloin and, for dessert, the chocolate coconut cream topped with crystallized ginger.

"Our menus will now change frequently, depending on what is freshly caught and available from local farms, markets and suppliers," said Larry Baumann, co-owner with wife Susie, whose father founded the waterfront icon. The Bali Hai opened originally in 1955 as Shelter Island's first "tiki temple" and was named after the popular song from the musical "South Pacific."

A new feature is progressive pricing for happy hour, which runs from 3 to 6 p.m. The Bali Hai is located at 2230 Shelter Island Drive. For more information, call (619) 222-1181, or visit www.baliairestaurant.com.

Man sentenced for killing pup, slapping woman

An Ocean Beach man who pleaded guilty to killing the puppy of his then-girlfriend and to slapping the woman during a domestic violence incident was sentenced Aug. 29 to one year in county jail.

Because Aubry Eugene Glascock, 32, received credit for serving 260 days in jail already, he will be released on Sept. 18, according to the sheriff's department.

San Diego Superior Court Judge Eugenia Eyherabide placed Glascock on three years' probation and ordered him to stay away from his former girlfriend. A restraining order remains in place.

The incident took place April 27 at a motor home parked at the foot of Voltaire Street near Dog Beach. Glascock slapped his girlfriend and then threw the 4-month-old puppy against the motor home. The dog was dead at the scene when police arrived.

Glascock also pleaded guilty to vandalism for kicking out a window in a holding cell at George Bailey Detention Facility. He was given a 90-day concurrent sentence, which adds no additional time.

He was also ordered to pay nearly \$1,700 to the sheriff's department for damages.

— Neal Putnam

Surfrider set to host 'Paddle for Clean Water'

The San Diego Chapter of the Surfrider Foundation will host its 21st annual "Paddle for Clean Water" on Sept. 16 at the Ocean Beach Pier.

The event, which takes place from 9 a.m. to noon, is held to raise public awareness of the need for clean water and healthy coastlines.

More than 1,000 surfers and water enthusiasts are expected to take part in the event, which will involve participants paddling out to sea around the pier before returning to shore.

Other event sponsors include 91X Radio, REI Stores and Ocean Minded apparel.

For more information, visit www.surfridersd.org.

— Scott Hopkins



Peninsula Singers to launch fundraising drive

The popular Peninsula Singers are preparing to celebrate 10 years of thrilling the local community and venues with song and will be launching an 18-month fundraising campaign with two 4 p.m. performances on Sept. 23 and 24.

The performances will be dubbed "Shakespeare: Soliloquies, Scenes, Swords and Songs," and will take place in the beautiful private garden of the Mature family in Rancho Santa Fe.

The event was conceived by Peninsula Singers' members Victoria Mature (soprano) and Vanessa Dinning (alto, who also serves as the Peninsula Singers board president).

The cast boasts performers from San Diego's Old Globe Theatre, Poor Players, Pasadena Playhouse, San Diego Symphony, Orchestra Nova and London's Royal National Theatre. Scenes from "Twelfth Night," "Much Ado About Nothing," "The Taming of the Shrew," "Two Gentlemen of Verona," "Hamlet," "Othello" and more are featured, along with live music and some original pieces.

All proceeds from the event go to help the choir's overall fundraising efforts to ensure that every singer is able to take part in Peninsula Singers' 10-year anniversary celebratory tour.

All tickets are \$50 and can be purchased by emailing president@peninsulasingerssandiego.org or by calling Vanessa at (619) 246-8735.

For more information, visit www.shakespeareinthegarden.com.

The Peninsula Singers have performed at many venues throughout the community, including the U.S.S. Midway, the Point Loma Village Cultural Faire, Southwestern Yacht Club, Point Loma High School, several local libraries, December Nights in Balboa Park — as well as at Carnegie Hall in

New York.

For more information, visit www.peninsulasingerssandiego.org.

Point Loma Association sets Oct. 4 dinner gala

The Point Loma Association has set the date for its annual dinner gala, selecting the Kona Kai Resort at Shelter Island for a beautiful backdrop.

The dinner, set to take place on Thursday, Oct. 4, will have a theme of "Celebrate the Craft."

The event will feature local craft beers, the "Polka Dots" as musical entertainment, a German music band, an authentic German meal, a silent and live auction and Dick Lareau's video feature beautification awards winners.

Four local brewers will participate in a panel about growing a successful brewing business. The program includes Jack White from Ballast Point, Greg Koch with Stone Brewing Co., Mike and Lisa Hinkley from Green Flash Brewing Co. and Chris Kramer from Karl Strauss Brewing Company. Local news anchor Clark Anthony will moderate the discussion.

For more than 50 years, the PLA has furthered its mission to improve the quality of life in Point Loma through beautification, education, volunteer work and civic collaboration.

The annual dinner is the organization's biggest fundraiser of the year, making possible projects like tree plantings, beautifying utility boxes, eliminating graffiti, maintaining more than 18 sites throughout Point Loma and promoting the Peninsula's interests with the city, county and federal government, including the Navy.

The PLA has also supported the Point Loma Summer Concerts since its beginning 12 years ago. The organization's biggest projects to date include beautifying medians along Nimitz Boulevard and Cañon Street in Point Loma.

Tickets are available for \$80 individually or \$150 for a couple. Tables of 10 may also be reserved for \$1,000.

To order tickets, visit www.pointlomaassociation.com or call Pam Kelly at (619) 222-7859.

— Neal Putnam

Independent Wall Street Alternative Objective Guidance and Advice

LPL Financial

www.lploceanbeach.com
4835 Voltaire St. Ocean Beach, CA 92107
chip.messenger@lpl.com
619.573.4738 office 619.573.4758 fax
866.686.8143 toll free
Member FINRA/SIPC

Chip Messenger

Investment Representative
CA Insurance Lic. #0c84814



Ask The Lawyer

Question:

Can I put my children on the deed to my home and avoid doing a trust?

Answer:

Yes, however it is NOT advisable to do so. There are many considerations when thinking about changing title to your home or other real estate. Prior to taking this big step you need to have proper tax and legal counsel.

The first problem that you create is that the children's debtors will ask to be paid from the equity in your home. The creditor can put a lien on the property. For example, if your child has a car accident where your child is under-insured, you may have to sell your home to pay for your children's liabilities. This is entirely avoidable.

Another issue is the negative tax effect. The basis of the real estate for tax purposes transfers to the person that you put on the title. This will result in a higher tax on the sale of the property. If your child inherits the property, it will not get a step up in basis to the value when you die. Avoid the tens of thousands of dollars in extra income taxes or capital gains taxes, by not putting them on title. If you are unclear about this, give me a call for an appointment to discuss.

If you put someone other than your child or spouse on title, your real estate taxes will increase now. The much better way to do this to avoid those issues and probate costs is to have a living trust. Your children will still receive the home with a minimum of costs and expenses and the tax ramifications are much better for the family.

Did you know that I give free in person consultations? Call my office to set one up.



Virginia Weber Laskowitz
Estate Attorney

Virginia L. Weber, Inc.

"An Attorney
Your Grandpa &
Grandma
Would Love!"

A Law Corporation

619-222-5500

Probate
Trusts
Wills

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

Defendant in massive car break-in series in OB, PB, La Jolla earn 12-year term

An auto mechanic was sentenced Aug. 16 to 12 years in state prison after a judge refused to allow him to withdraw his guilty pleas in a massive series of car burglaries in Ocean Beach, La Jolla Shores and Pacific Beach.

Curt Lonnie Simnitt, 40, was fined more than \$6,400 after San Diego Superior Court Judge Dwayne Moring told Simnitt he reviewed a complete transcript of the March 8 hearing when Simmitt pleaded guilty before another judge to 16 counts.

Simnitt signed his plea form as "Curt Duress" before Judge Fred Link, who caught the signature shenanigan. The joke or stunt wasn't noticed by Simnitt's attorney at the time, and the attorney later quit. Simnitt hired a new attorney and maintained last week he signed the form under duress.

Simnitt was linked to 27 car burglaries, but there were likely many more unreported after San Diego police uncovered a large amount of stolen property at Simnitt's home in San Carlos on Jan. 13.

There were purses, wallets, cell phones, backpacks, wet suits, surfboards, watches, clothing, credit cards, iPads and other things, according to investigators.

Simnitt pleaded guilty to nine car burglaries, three counts of identity theft and one count each of forgery, possession of methamphetamine, grand theft and receiving stolen property. He had been charged with 80 counts, but Link dismissed the rest after Simnitt pleaded guilty.



LA JOLLA VILLAGE NEWS
BEACH & BAY PRESS
PENINSULA BEACON

sdnews.com
SAN DIEGO COMMUNITY NEWSPAPER GROUP

1621 Grand Ave., 2nd Floor, Ste C
San Diego, CA 92109
(858) 270-3103 Fax: (858) 713-0095

PUBLISHER
MANAGING EDITOR
BEACH & BAY PRESS
PENINSULA BEACON

EDITOR
LA JOLLA VILLAGE NEWS

REPORTER
PRODUCTION
ADVERTISING SALES

LEGAL / CLASSIFIEDS

ACCOUNTING

JULIE HOISINGTON
KEVIN MCKAY (x131)
bbp@sdnews.com
beacon@sdnews.com

KENDRA HARTMANN (x133)
ljvn@sdnews.com

MARIKO LAMB (x132)
reporter@sdnews.com

CHRIS BAKER

MIKE FAHEY (x117)
MICHAEL LONG (x112)
HEATHER LONG (x115)
ALICE TONG (x103)
RYAN BERG (x118)
YANA SHAYNE (x105)

KIM DONALDSON (x140)
DEBBIE CHERRY (x136)

HEATHER GLYNN (x120)
PATTY ANGLE (x120)

PHOTOGRAPHERS

DON BALCH, JIM GRANT,
PAUL HANSEN, MIKE MCCARTHY

CONTRIBUTORS

BART MENDOZA, BIANCA KOCH,
CAROL OLTON, DIANA CAVAGNARO,
JOHN FRY, JOHNNY McDONALD,
JUDITH GARFIELD, KAI OLIVER-KURTIN,
LORALEE OLEJNIK, MEAGHAN CLARK,
NATASHA JOSEFOWITZ, NEAL PUTNAM,
NICOLE SOURS LARSON, ROB STONE,
RACHEL HUTMAN, SANDY LIPPE,
SCOTT HOPKINS, BLAKE BUNCH,
MARSHA KAY SEFF, WILL BOWEN,
KEITH ANTIGIOVANNI, MORGAN
CARMODY, MARTIN JONES WESTLIN,
PATRICIA WALSH, VINCENT ANDRUNAS,
JOHNNY McDONALD

SUBMISSIONS

Announcements, photos and story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

OPINIONS

The opinions expressed on the Opinion Page do not necessarily reflect those of this paper or the San Diego Community Newspaper Group. To submit a signed letter or guest column, please e-mail the respective publication's editor (at right) or send to 4645 Cass Street, San Diego, CA, 92109. We reserve the right to edit for clarity, accuracy, brevity and liability.

COPYRIGHT © 2012

All rights are reserved. This newspaper is printed in the United States of America with soy inks and recycled paper. Please recycle.

FORUM

CONTINUED FROM Page 1

site, said vice president Brennen Bazar.

DeMaio pointed to his support of Proposition B, the pension-reform measure he championed last June, and opposition to a 2010 ballot initiative that would have temporarily raised sales taxes, as proof of his ability to stand up to special interests.

Proposition B, which replaces the public-employee pension system with a 401(k)-style program, has turned San Diego into a “model for how to deal with out of control and unsustainable pension benefits,” DeMaio said.

He said the sales-tax measure had united a coalition of “downtown insiders, big business, labor, the mayor and a Democrat council.

“I said, there’s someone you didn’t invite to that back room where you carved out this [tax measure] deal: the

working family and small-business owner,” DeMaio said.

But Filner said it was laughable to cast DeMaio as a champion of the common citizen.

“Carl talks about ‘Those downtown special interests.’ Who the hell do you think funds him?” he said.

Filner said neighborhoods have been hurt in recent years because recent City Councils have overemphasized downtown redevelopment. He applauded the decision last year to abolish redevelopment agencies throughout the state.

“People can make money downtown without the \$200 million subsidy. Let’s move that money to where it’s needed. What about the infrastructure and all our neighborhoods? I’m all about putting the power back into the community and away from where it’s been. That’s why the downtown folks have so many problems with me.”

But DeMaio charged Filner was making promises and avoiding tough decisions.

“That’s what every politician does. Every girl gets a pony and every boy gets a bike,” DeMaio said.

He said his 249-page budget plan would improve services and restore infrastructure funding through performance audits of all city departments and through managed competition. He said any service offered in the yellow pages — he cited landscaping and auto maintenance as examples — could be put out for bid to compete with the private sector.

The practice has already led to more than \$1 million in savings, DeMaio said.

“My plan shows dollar for dollar, line by line and reform by reform exactly how we’re going to get it done,” he said.

Filner had a retort.

“I keep hearing the word ‘reform.’ Do you know what that means? Real estate for Manchester,” Filner said, drawing a hearty laugh from the pro-Filner crowd

in making a reference to Doug Manchester, publisher of the *Union-Tribune San Diego* newspaper that has endorsed DeMaio.

“Mr. DeMaio blames everything on our public employees. Hello? We need them,” Filner said. “It was the greed on Wall Street that caused a 50-percent loss in our pension fund, not the greed of our public employees.”

Filner said his support of labor would put him in a better position to implement the obligations of Proposition B.

“You tell me who’s going to be able to walk into that room and be able to negotiate a pensionable pay freeze for five years when every public employee thinks Mr. DeMaio threw them under the bus,” he said.

In response to a question about how to create jobs in San Diego, DeMaio listed three things: better regulatory environment, education and public investments in such things as a third border crossing, a regional airport and an expanded convention center.

“We are not an attractive city for people to come and invest in San Diego,” DeMaio said.

Filner said he wanted to add solar power to all public buildings in five years and expand the Port of San Diego.

“Until recently, there’s been very little commerce. We’re the biggest city on the West Coast that has no major cargo,” Filner said.

He again chided DeMaio’s connection to Manchester, who supports a football stadium at the Tenth Avenue Terminal.

“These are public assets,” Filner said. “They should be in the public interest, not Mr. Manchester’s interest.”

“We’ve had a mayor and City Council ... dominated by downtown special interests, mainly through money. My election would be the biggest change in 50 years,” Filner said.

PERMIT

CONTINUED FROM Page 1

students from pre-kindergarten to high school who attend the Rock Church Academy during the week, while the city reviewed whether the church’s permit was mistakenly issued in the first place, as detractors claim.

“We’re very pleased, but not surprised, with the city’s response to the grand jury report,” said Mark Stevens, the church’s chief operating officer, in a mass email to congregation members following the mayor’s response.

Others were clearly unhappy with Sanders’ decision.

“It’s unfortunate. It’s really unpleasant for [the church’s neighbors],” said Bonnie Mann, who lives near the church and is also a plaintiff in a lawsuit against the Corky McMillin Companies, developer of the 349 homes at Liberty Station. The lawsuit alleges information about the Rock Church and its potential impacts was concealed from prospective homebuyers during the time the original permit was approved.

The grand jury in May made a finding that the church was not a compatible land use because the Liberty Station Precise Plan called for the area surrounding the church to be devoted to educational uses.

In addition, the grand jury report states, “Traffic congestion, parking problems, [and] the need for a street closure ... are directly related to a church not being compatible for the Liberty Station area.”

But in an Aug. 22 letter to Robert J. Trentacosta, presiding judge of the San Diego Superior Court, Sanders said he disagreed with the grand jury, saying its recommendations were “not warranted or reasonable.”

Sanders said the area’s precise plan is only a “policy document to guide

The grand jury in May made a finding that the church was not a compatible land use because the Liberty Station Precise Plan called for the area surrounding the church to be devoted to educational purposes.

redevelopment at Liberty Station” and pointed out that a church is allowable with a conditional-use permit under the site’s commercial zone.

He also said church activities were not necessarily the cause of traffic congestion, street closures and parking problems on Sundays.

“[T]here are many other commercial, retail, park and special-event uses, which also typically are operating at Liberty Station during this timeframe,” Sanders states in his letter.

Mann disagreed.

“The mayor says a church is appropriate,” she said. “But this is not typical church. This is clearly a megachurch.”

Most churches with large congregations have a much larger footprint, are located in an outlying area and control their own parking — characteristics the Rock Church lacks, Mann said.

“The church is too big for this confined area,” she said.

Even though the church prevailed, the divisive scenario is a bit of a wake-up call, Stevens acknowledged in his email to church members.

“[T]he situation is a reminder that we need to continue to uphold the standards we have set for our staff and congregation to be good neighbors,” he said.

Geoff Page, who chairs the Peninsula Community Planning Board, said there are no plans to formally respond to the mayor’s decision, although that could change.

Bethany Lutheran Church

WORSHIP
10:30AM

2051 Sunset Cliffs Blvd., Ocean Beach



619-222-7295

BethanyLutheranOB.org



San Diego Bahá'í Faith

Informal gatherings
every evening of the week.Call for more information:
(858) 454-5203 • (858) 274-0178

Or join us on Sunday at the

San Diego Baha'i Center

6545 Alcala Knolls Dr. (Off Linda Vista Rd)

9:30 am – 10:00 am	10:30 am – 12:00 pm
Multi-Faith Devotional Program	Introductory Talk & Discussion

Please call 858-268-3999 for more information
and visit our websites:
www.sandiegobahai.org • www.bahai.org

The PLNU
String Project

Calling current and aspiring violin, viola, and cello players ages 7 to young teens! Join us for classes twice a week from September through April for only \$300 for the year.

Visit www.stringproject.org or call (619) 849-2670.A Very Big Thank-you
to Our Clients.

When You're Happy, We're Happy.



We're pleased to announce that Edward Jones has been ranked "Highest in Investor Satisfaction with Full Service Brokerage Firms" according to the J.D. Power and Associates 2012 Full Service Investor Satisfaction StudySM. We've always believed our way of doing business made sense for our clients. It seems they agree.

Edward Jones received the highest numerical score among full service brokerage firms in the proprietary J.D. Power and Associates 2012 Full Service Investor Satisfaction StudySM. Study based on responses from 4,401 investors measuring 16 investment firms and measures opinions of investors who used full-service investment institutions. Proprietary study results are based on experiences and perceptions of consumers surveyed in February, 2012. Your experiences may vary. Visit jdpower.com.

Call or visit your local Edward Jones financial advisor today.



John J. McKean, CFP®
Financial Advisor
2907 Shelter Island Drive
Suite 106
Point Loma, CA 92106
619-222-0375



Kali Mistry
Financial Advisor
2143 Poinsettia Dr
San Diego, CA 92107
619-222-1321



Pat Vento
Financial Advisor
5083 Santa Monica Ave
Suite 1A
San Diego, CA 92107
619-223-8357

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Pointers bask in season-opening win

Point Loma hands a tough Mar Vista squad 21-7 loss

By SCOTT HOPKINS | THE BEACON

Point Loma High School football fans weren't disappointed Sept. 1 when a young 2012 varsity team made its debut, posting a 21-7 victory over Mar Vista High after a ceremonial ribbon-cutting and dedication of the sparkling new Pointers field.

Only 24 seniors are listed on the varsity roster and a number of starting positions are manned by 18 juniors and three sophomores — most of whom saw their first varsity action.

The Mariners are no patsies. They are the favorites to repeat as Metro South Bay League champions after compiling an 11-2 record last year, including 4-0 on the road, and coming within one game of a trip to the CIF finals. In doing so last year, Mar Vista gained more than 5,000 yards on the ground, averaging 389 yards per outing.

The Mariners also have the trio of Jimmie Hill (1,602 yards rushing), Keevin Moore (929 yards) and Kenny Nieves (557 yards) returning to the team this season. That's more than 3,000 yards of experience combined.

And so, when his more-experienced Point Loma defense held the Mariners in check, Pointer head coach Mike Hastings was visibly pleased.

"It was great for our kids to come out and get their first win on the new Bennie Edens Field," said Hastings. "We felt our defense kept us in the ballgame all afternoon long, stepping up to the challenge when we gave them short fields and getting the ball back until our offense came



Pointer running back Johnny Maes (No. 5) hurdles fallen Mar Vista defenders in the Pointers' season-opening 21-6 victory. Maes later scored on a 37-yard run. Photo by Scott Hopkins | The Beacon

alive in the second half."

The Pointer offense included five huge junior linemen, averaging 6 feet 2 inches and 250 pounds, tasting their first varsity competition.

It was Pointer special teams who put the first six points on the scoreboard after the defense forced the Mariners to punt following a stalled first-quarter drive.

Senior Jamal Agnew, whose talents are attracting widening interest, bobbled the football momentarily, then thrilled the packed crowd with a 66-yard return, which included a nice cutback for the final five yards.

"Jamal's punt return was a very special way to score our first touchdown and we were very excited about that,"

Hastings said.

Miguel Alcantar's first of three point-after-touchdown kicks gave the Pointers a 7-0 lead in the first quarter.

The Mariners answered later in the opening frame when quarterback Landon Clark got past the first wave of Pointer defenders and sprinted 51 yards for a game-tying score.

In the third quarter, Agnew, playing at running back, took a handoff, converting it into a 53-yard score to put the Pointers up 14-7.

It was not until senior Johnny Maes, at 5 feet 6 inches and 155 pounds, broke off the left tackle en route to a 37-yard score the Pointers were able to heave a

SEE OPENER, Page 13

Dedication marks unveiling of vibrant new field, state-of-the-art weight room

By SCOTT HOPKINS | THE BEACON

A group of local dignitaries gathered Sept. 1 at Point Loma High School to formally dedicate the school's new artificial turf football field and state-of-the-art weight room.

Vice Principal Kevin Gormly hosted the event held before the kickoff of the first varsity game ever played on the revitalized Bennie Edens Field surface.

The football field was resurfaced by Byrom-Davey, Inc. of San Diego over the summer break. Electrical lines for future projects and water lines to cool and sanitize the field surface were added below ground. The cost was about \$1.4 million.

The school's former weight training room was condemned and torn down several years ago, prompting former PLHS parent Lisa Tumbiolo to

write and submit a grant request to the Jimmie Johnson Foundation to fund a new facility.

Former student body president Josh Morse created a video documenting the post-condemnation situation, including weight equipment that sat rusting outdoors.

Johnson, of NASCAR racing fame, who grew up in El Cajon, personally reviews the applications and awarded \$90,000 to Point Loma High.

The San Diego Unified School District, which had a new weight room for PLHS on the Proposition S projects schedule several years off, agreed to advance the project and fund the building with the allocated funds.

Pointer coaches researched the best strength-and-conditioning equipment available and purchased it with the \$90,000 original grant money.



Dignitaries gathered on Bennie Edens Field at Point Loma High on Sept. 1 to dedicate the new artificial turf surface and the school's new weight-training facility. From left are Lauren Faulconer; cheerleader Justine Gibson; District 2 City Councilman Kevin Faulconer; San Diego Unified School District (SDUSD) board Vice President Scott Barnett; former City Councilman Byron Wear; cheerleader Grace Curran; SDUSD board President John Lee Evans; Lee Dulgeroff, SDUSD executive director of facilities planning and construction; PLHS ASB President Jason Peugh (with scissors); Principal Bobbie Samilson; PLHS Vice Principal Kevin Gormly; cheerleader Madeline Pugh; former PLHS parent Lisa Tumbiolo and former PLHS ASB President Josh Morse.

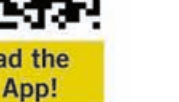
Photo by Scott Hopkins | The Beacon

THE CALIFORNIA RESTAURANT ASSOCIATION
SAN DIEGO COUNTY CHAPTER

SAN DIEGO RESTAURANT WEEK

SEPTEMBER 16-21 2012

SanDiegoRestaurantWeek.com



Download the
SDRW App!

The Leader in Golf Tournaments

If you are looking for a great way to enjoy the beauty of nature or build relationships with partners and colleagues, then a golf tournament or outing at Sail Ho is the way to go. Don't settle for anything less than the best. Sail Ho Golf Club consistently produces successful golf tournaments and outings for local groups. Use the form below to contact our staff today and to receive further information about tournaments at Sail Ho.

Meet the Pro

Contact Tim Parun, PGA at (619) 222-4653 ext. 205

Play with PGA Professional, Tim Parun. Get four players together, for **\$25 each** you get a nine-hole playing lesson. This is time to get some tips and have fun.

Tim Parun, PGA Teaching Professional, is a PGA Member that has improved golfers since 1988 and a top competitive golfer, earning the title of **San Diego Chapter PGA Player of the Year** for 2003, '04, '06 and '10. He also has competed on the PGA Tour in the 2004 & 2009 Buick Invitational, the 2010 Farmers Insurance Open, the 2006 Nissan Open, the 2010 Senior U. S. Open and the 2011 Senior PGA Championship. Look for Tim at this year's 2012 Senior PGA Championship.

Tim's teaching philosophy emphasizes drills to improve swing mechanics and a mental approach to **"relax and react"** for each shot. Tim will show you how to improve your golf game at home with quality

**Broken Yolk**

The Broken Yolk Café is a favorite among local San Diegans and hungry visitors alike. With a strong dedication to good food and equally good service, the Broken Yolk has built a reputation for its large menu, ample portions and freshly-made flavor. Real shredded hash browns - not dehydrated potatoes. Salsa made fresh daily - never from a can or jar.

With over twenty different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast, Broken Yolk satisfies even the heartiest of diners - all in a clean, comfortable and casual atmosphere. Breakfast is served all day long, but if it's lunch you're craving, try one of our signature salads, juicy half-pound burgers or street taco plates. Whenever you're hungry, Broken Yolk is your place for fresh food served everyday of the week.



SUNSET SPECIALS

\$12.95 4:00 – 7:00PM

SUN. Breaded chicken breast topped with lemon caper butter w/rice & veggies

MON. Crab stuffed sole with newburg sauce w/rice and veggies

TUES. 5 fried jumbo shrimp with a Cajun dipping sauce w/rice and veggies

WED. Macadamia crusted salmon w/rice & veggies

THUR. Chicken Parmesan w/linguini & veggies

All come with soup or salad



*Thank You
for Voting Us!*

**BEST
BREAKFAST**

*in the 2012
Reader's Choice*



Red Sails Inn

2614 Shelter Island Dr. San Diego CA
619-223-3030 • www.theredsails.com

Join The Red Sail VIP Club,
text [redsails](tel:6192233030) to 72727 & find us on MoGL

Want to Play Golf and Save Money?

**Membership has its Benefits!
Call Today**

Visit our website for a free
round of golf!

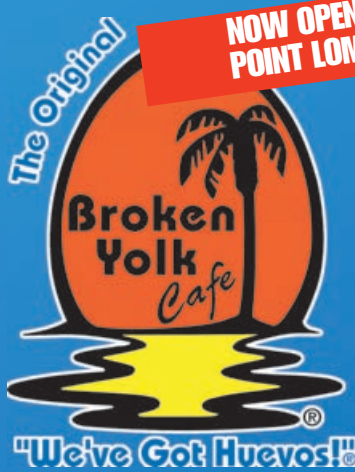
www.sailhogolf.com

SAIL HO GOLF CLUB • LIBERTY STATION
2960 Truxton Rd, 92106 • 619.222.4653



★ **Free Golf** ★
**purchase one round of golf
& get one free!**
Exp. 8-28-12

Celebrating 5 Years!



**NOW OPEN IN
POINT LOMA!**

Breakfast & Lunch
Mon-Sun
6am - 3pm

Point Loma 3577 Midway Dr.
(619) 358-9966

We deliver! Online ordering now available!
www.brokenyolk.com

**\$2 OFF ANY BREAKFAST
OR LUNCH ENTREE**

\$8 min. purchase per entree plus beverage per person. Limit 4 per coupon. Not Valid on weekends or holidays or with any other coupon, specials or private groups.

EACH TIDE BRINGS SOMETHING NEW TO THE MARINE ROOM.

SAN DIEGO RESTAURANT WEEK

September 16-21. \$40 per person.

The tradition of Restaurant Week returns to The Marine Room. Enjoy a three-course menu featuring Organic King Salmon, Maine Diver Scallops and Angus Center Cut Filet Mignon.

LIVE MUSIC IN THE LOUNGE

Friday and Saturday evenings from 7 to 10 p.m. Extended through the end of the year! Enjoy a rotating lineup of soulful jazz performers and a selection of small plate appetizers including Lemon Thyme Scented Avocado Fritters and Maine Lobster Bisque.

MONDAY LOBSTER NIGHT

Available Mondays, \$50 per person, \$70 with wines. Savor a three-course menu featuring three Maine Lobster Tail preparations, including Pistachio Butter Basted Lobster Tail. Top your evening off with our signature Dessert Trilogy.

"GAME ON" COOKING CLASS

Wednesday, October 10, at 6 p.m. \$75 per person.

Join Executive Chef Bernard Guillas and Chef de Cuisine Ron Oliver for an exciting cooking class preparing game meats including quail and venison followed by a three-course dinner with wine pairings.

HIGH TIDE BREAKFAST

Wednesday, November 14, from 7 to 11 a.m.

San Diego's "Best Dining with a View" only gets better during high tide. Enjoy an unforgettable breakfast buffet as the surf crashes against the picture windows. You won't want to miss this signature San Diego winter experience.

HOLIDAY PARTIES

Treat colleagues, family and friends to fine dining at its finest. Let us tend to every detail, including customized menus, specialty cocktails and festive decor so that you can enjoy the party.

MENU ITEMS SUBJECT TO CHANGE. PRICES DO NOT INCLUDE TAX AND GRATUITY.



The Marine Room
ELEGANT DINING ON THE SURF

MarineRoom.com | 888.364.5517



Ocean Beach
"Where the sun sets
on San Diego"

OCEAN BEACH FARMER'S MARKET

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



Celebrating 125 Years!

CELEBRATING
20 YEARS

Tradition & Craftsmanship
GILMORE
FAMILY JEWELERS

225-1137 www.gilmorefamilyjewelers.com

OB's 125th Anniversary Merchandise!

Mens, womens, youth and infant styles!

Visit us online today!
www.OceanBeachSanDiego.com

POSTER SPECIAL
16 X 20 \$49.95
24 X 30 \$59.95
24 X 36 \$69.95
30 X 40 \$79.95

25% OFF CUSTOM FRAMING
With this ad. Expires 9-20-12

JOHN BAKER
PICTURE FRAMES
4735 POINT LOMA AVE. SAN DIEGO CA (619)223-5313

SIGNED PRINT ON SALE NOW!

Out of the blue and into...

THE BLACK

The most unusual in novelties

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

All major credit cards are accepted.

5017 Newport Ave.
Ocean Beach, California
619-222-5498 OPEN 7 DAYS.

Bumble and bumble.

a little style goes a long way.

Four best sellers get carry-on-sized to keep your getaways stylish and light.

a hint of grit. a small smoother. a bit beachy. a touch of shine.

elaine dill studio for hair
3655 voltaire street san diego, ca. 92106
619.222.3455
tues-fri 10-6 sat 9-3 evenings by appointment

HOP ON IN FOR YOUR BACK-2-SCHOOL EYE EXAM

Help your child succeed academically!

Don't delay...call our office today to schedule your child's eye exam.

CONTACT LENS PACKAGE
Complete Eye Exams
All follow up visits
6 month supply of disposable Contact Lens Care Kit
\$156

COMPLETE OCULAR HEALTH EVALUATION
including exam for glasses
\$58

Glasses in 1 hour • Large frame selection Flex plans welcome • 2 year warranty
Most insurance accepted

NEWPORT AVENUE OPTOMETRY
Dr. Eli Ben-Moshe & Associates
4822 Newport Avenue (619) 222-0559
www.NewportAveOptometry.com



restaurant,
entertainment
& lodging
group



What are you hungry for?

Ocean Beach offers more than 90 restaurants, entertainment and lodging venues





The Best View In Town!

WOW Cafe

Open Daily for Breakfast, Lunch & Dinner

Walking On Water

Best Ocean View 2012, 2011 & 2010
Place to Watch People 2012, 2011 & 2010
Best Fish & Chips 2012, 2011 & 2009
and Best Seafood 2012

**Breakfast • Burgers • Salads
Sandwiches • Seafood
Appetizers • Mexican Food**

We're on the Pier at the end of Niagara
619.226.3474



Voted #1 Best Fish & Chips 2012



The Ocean Beach Entertainment and Lodging Group (OBREL) was created by local business owners under the umbrella of OBMA to promote and support local businesses in the Ocean Beach area that provide food, lodging and entertainment. Our mission is to work collectively, as a group, to provide the community with the best we can offer to locals and visitors.

To get listed please visit
www.oceanbeachsandiego.com/obrel
or call **(619) 224-4906**

Ocean Beach Restaurant, Lodging and Entertainment Directory

AMERICAN

Day Break
2296 Bacon St. • 619-222-0406

Hodad's
5010 Newport Ave. • 619-224-4623
hodadies.com

Old Townhouse Restaurant
4941 Newport Ave. • 619-222-1880
oldtownhouserestaurant.com

Tower Two Beach Cafe
5083 Santa Monica Ave.
619-223-4059

Raglan Public House
1851 Bacon Street. • 619-794-2304

Village Kitchen Restaurant

W.O.W. Cafe
"On the OB Pier" • 619-226-3474

BAKERY

Azucar

CJ's Catering & Specialty Baking

European Cake Gallery

BAR

Cheswick's West

Gallagher's Irish Pub
5046 Newport Ave. • 619-222-5300
gallagherspubob.com

Lucy's Tavern
4906 Voltaire St. • 619-224-0834

Pacific Shores
4927 Newport Ave. • 619-223-7549

South Beach Bar & Grill
Sunshine Company Saloon
5028 Newport Ave. • 619-222-0722
sunshineob.com

The Arizona - Bar & Café
1925 Bacon St. • 619-223-7381
theazcafe.com

The Harp - Bar/Café
4935 Newport Ave. • 619-222-0168

The Tilted Stick - Bar/Food

Tiny's Tavern Sports Bar & Grill
4745 Voltaire St. • 619-523-1002
tinytavernob.com

Tony's
5034 Newport Ave. • 619-223-0558
tonysbarob.com

Winstons

BARBECUE

Bar-b-que House
5025 Newport Ave. • 619-222-4311
barbquehouse.com

CALIFORNIA CUISINE

Nick's at the Pier
5083 Santa Monica Ave., Ste. 2B
619-222-7437
nicksatthepier.com

O'Bistro Cafe
4934 Voltaire St., #A • 619-223-2202
obistrocafe.com

Sessions Public
4204 Voltaire • 619-756-7715
sessionspublic.com

Shades Oceanfront Bistro
5083 Santa Monica Ave., Ste. 1F
619-222-0501
ShadesOB.com

The 3rd Corner Wine Shop & Bistro
2265 Bacon St. • 619-223-2700
the3rdcorner.com

The Pearl Hotel

CANDY STORE

Beach Sweets
5022 Newport Ave. • 619-222-3322
oceanbeachsweets.com

CATERERS

Surfside Cuisine
Hodad's Jr. Catering
5010 Newport Ave. • 619-818-2243
hodadies.com/jrcatering.html

CHINESE

Little Chef Chinese to Go
4910 Newport Ave. • 619-222-6627

COFFEE HOUSE

Cafe Bella
4984 Voltaire St. • 619-226-8559

COME EARLY
STAY LATE

Pacific Shores

Monday Night Special

24oz PBR CANS

Only \$3

OCEAN BEACH, CA

4927 Newport Ave, OB 619.223.7549
21+ only with valid ID/cash only/ATM available



Pacific Shores

5th ANNUAL CHARITY GOLF TOURNAMENT

THANK YOU!
Ocean Beach Merchants
for your generous support.
This year's charity tournament
raised over **\$10,000**
for San Diego Hospice!

4927 Newport Ave, OB 619.223.7549



The Finest Mexican Food & Seafood in San Diego

Bravo's

Mexican Bistro & Cantina

"The Best Happy Hour at the Beach"

TUESDAY & THURSDAY SPECIALS

\$2 SHOTS (Giro Tequila)
FISH TACOS
DRAFT BEERS

• LOBSTER & BAJA BUCKETS • TEQUILA BAR-OVER W/OVER 30 BRANDS!

5001 Newport Ave. OCEAN BEACH • 619-222-6633
Most Major Credit Cards Accepted. Open Late.





NEWPORT PIZZA & ALE HOUSE

24 CRAFT BEERS ON TAP
100 BOTTLED BEERS
PIZZA BY THE SLICE
FREE DELIVERY IN OB

WWW.OBPIZZASHOP.COM

A Readers Choice
4 years in a row for
Beer Selection & Pizza

5050 NEWPORT AVE. • OCEAN BEACH • 619.224.4540



the Joint

SUSHI • TAPAS

Happy Hour Daily 2-6 p.m.

4902 Newport Ave. San Diego, CA 92107
P: 619-222-TAPA
www.thejointob.com



Featured Business:
Pacific Shores Cocktail Lounge
4927 Newport Avenue • 619.223.7549 • Ocean Beach

Opened in 1941, the PacShores, as it is referred to by regulars and locals, is one of the oldest drinking establishments in San Diego. Owned by three generations of Medina's from Point Loma, the PacShores has a very strong bond within the OB/Point Loma community and a loyal following that spans the globe.

Complete with glowing underwater mermaids and a giant seashell fanning over the bar, the Pac-Shores has won many awards and been voted Best Bar, Best Neighborhood Bar, Best Dive Bar and Best Place to go on a Budget consistently over the past 20 years by a variety of people's choice polls. The PacShores boasts Happy Hour prices all day from 10am-2am everyday! On Friday's, local catering company Surfside Cuisine puts out a happy hour buffet from 4-7 pm that is complimentary to all Pacific Shores customers.

In addition to being an active member of the Ocean Beach community for more than 70 years, the Pacific Shores supports many charities through special events, including San Diego Hospice.

Welcome Back to School!
Try this after school treat:

DOUBLE HEDER

2 Kidde Scoops
(free sprinkles)

Lighthouse Ice Cream
5059 Newport Ave
O.B. 619-222-8600
Open 11am-10pm Daily





Since 1973

THE OLD TOWNHOUSE RESTAURANT

"Got Breakfast?"

Daily Specials
Open Daily 6am-3pm for Breakfast & Lunch
Homestyle Cooking

Ted Caplaneris
Owner/Manager
4941 Newport Ave. Ocean Beach

Phone: 619-222-1880
www.oldtownhouserestaurant.com



Now Open
Late til 8!

Celebrating
20 Years

Don't Miss the Farmer's Market

Every Wednesday from 4pm-8pm on the 4900 block of Newport Avenue between Cable & Bacon Street
in the heart of OB! Locally grown produce, fresh flowers, baked goods, art, music and more!





restaurant,
entertainment
& lodging
group

Ocean Beach Oktoberfest



Save the Dates!

Friday, October 12th 4pm-10pm
Saturday, October 13th, 10am-10pm



restaurant,
entertainment
& lodging
group



NATI'S MEXICAN RESTAURANT

Preparing the Finest Mexican Dishes for **Over 50 Years**

Cocktails
Plenty of Parking
Candlelight Dining
Garden Patio



HAPPY HOUR SPECIAL
MON-FRI 3-5PM
\$3.99 House Margaritas

1/2 Price Appetizers

- Quesadillas soft or crisp
- Jalapeño Poppers
- Nachos
- Chiquitos
- Nacho Supreme

**BEST OVERALL RESTAURANT**
2009 • 2010 • 2011 • 2012

1852 Bacon Street (at Niagara)
Ocean Beach
619-224-3369

BED AND BREAKFAST ELSBREE HOUSE VACATION CONDO

619-226-4133 web: www.bbinnob.com email: info@bbinnob.com
5054 Narragansett Ave. Ocean Beach

*Thanks for a great summer!
We appreciate all your referrals!*

NEW FALL RATES:
\$129 & \$139
For local Obecians and their friends & family
See our web page for fall rates for Vacation Condo
Book early for relatives coming for Thanksgiving, Christmas and New Years





5083 Santa Monica Ave Top Floor
Ocean Beach CA 92107 619.222.7437
www.NicksatthePier.com
College or Pro We Have Your Game and Your Network!
Pac-12, Big-10, ESPN GAMEPLAN, FOXSPORTS, SUNDAY TICKET

FOOTBALL IS BACK!

We Have Every Game!
Get Free Stuff By Joining Our
Fanatics Club!
Open 9:00AM

 **\$10 Bud Light Pitchers**
Every Football Sunday

Best 2012 Reader's Choice Award

GREEK FOOD



FREE Dessert

One FREE dessert per table with the purchase of any two mezzes.
Offer Expires 10-31-12

Kecho's Cafe
1774 Sunset Cliffs Boulevard
Reservations 619.225.9043
Tues. - Sat. - 5pm to 10pm
www.kechoscafe.com

Lucy's Tavern
YOUR NEIGHBORHOOD BAR



A Local Favorite!
Where everybody knows your name.

We'll keep you cool when it's hot and warm when it's not with our climate control temperature.

HAPPY HOUR - EVERYDAY 4-7PM

WELL DRINKS: \$2.50
MARGARITAS \$3.75
ALL PITCHERS \$1.50 OFF
SHOTS \$1.00 OFF (bartender's choice)

**VOTED a favorite for Bar & Bar Tender (Juli)**

7 TVs • 5 PLASMA TVs
3 POOL TABLES • FOOSBALL • SHUFFLEBOARD
4906 Voltaire St. (corner of Voltaire & Cable) Ocean Beach

COFFEE HOUSE CONT.

Java Jones

Jungle Java

Lazy Hummingbird Coffee & Teahouse
4876 Santa Monica Ave.
619-200-5016
lazyhummingbird.com

Dee's Newbreak Coffee Co. & Cafe
1830-D Sunset Cliffs Blvd.
619-226-4471
newbreakcafe.com

Newbreak Coffee Co. & Cafe
1959 Abbott St. • 619-224-6666
newbreakcafe.com

Newport Avenue Antique Center & Coffee House

Pirates Cove Coffee & Smoothie Bar
1946 Cable St. • 619-213-3984

Pirates Cove Tiki Port
4896 Voltaire St. • 619-213-3984

Starbucks
Your Mama's Mug
4967 Newport Ave. • 619-523-0687

DELICATESSEN

Newport Quik Stop
4921 Newport Ave. • 619-223-3317

OB Smoothie
5001-A Newport Ave. • 619-756-626

Ocean Beach Peoples Organic Food Market
4765 Voltaire St. • 619-224-1387
obpeoplesfood.coop

Olive Tree Marketplace
4805 Narragansett Ave.
619-224-0443
olivetreemarket.com

Point Loma Beach Cafe
1424 Sunset Cliffs Blvd.
619-758-1776
plbeachcafe.com

Poma's Italian Delicatessen
1846 Bacon St. • 619-223-3027
pomasitaliandelimenu.info

Sea Trader Liquor & Deli
Stump's Market
3770 Voltaire St. • 619-226-9575
stumpssandiego.com

Subway Sandwiches & Salads
1916 Cable St. • 619-225-1072

Subway Sandwiches & Salads/OB Quik Stop
4984 Voltaire St. • 619-226-8559
To the Point Eatery & Catering
4161 Voltaire St. • 619-226-6222
tothepointsd.com

DONUTS

OB Donut

FRENCH

Bo-Beau Kitchen

GERMAN

Kaiserhof Restaurant & Biergarten
2253 Sunset Cliff Blvd
619-226-0606
kaiserhofrestaurant.com

GREEK

Kecho's Cafe
1774 Sunset Cliff Blvd
619-225-9043
kechoscafe.com

ICE CREAM / YOGURT

Lighthouse Ice Cream & Yogurt
5059 Newport Ave. • 619-222-8600
Yogurt Farm

ITALIAN

Ciao Bella

Espresso Pizza Restaurant
1776 Sunset Cliffs Blvd.
619-224-2227
espressopizza.com

Pepe's Italian Restaurant
The Venetian
3663 Voltaire St. • 619-223-8197
venitian1965.com

JAPANESE

Sapporo Japanese Restaurant

The Joint
4902 Newport Ave. • 619-222-8272

OB Sushi Sushi

MEXICAN

Blue Parrot, The
4993 Niagara • 619-222-1722
blueparrotbarandgrill.com

Bravo's Mexican Bistro & Cantina
5001 Newport Ave. • 619-222-6633

El Rodeo Taco Shop

Liticker's Liquor & Fresh Mexican Grill

Livingston's Chicken Kitchen & Mexican Grill

INN AT SUNSET CLIFFS

"Best Oceanfront Hotel in San Diego"



Watch the waves crash below you & fall asleep to the sound of the ocean. Spectacular Sunsets at no additional charge!



- 24 room hotel with new upgrades overlooking the Pacific
- Variety of room types • Heated outdoor swimming pool



Relax & Enjoy an Oceanfront Massage.
Couples & Singles Massages www.TherapieDaySpa.com



Waterfront ceremonies with oceanfront receptions featuring spectacular ocean views.

- Free high speed wireless internet
- Local vibe with a relaxed atmosphere
- Nearby attractions include San Diego Zoo & SeaWorld
- Environmentally friendly

**BEST HOTEL**

1370 Sunset Cliffs Blvd • San Diego
www.innatsunsetcliffs.com • 619.222.7901



EAT, DRINK, PLAY & STAY IN OCEAN BEACH



KARL'S MY BUD

www.karlstrauss.com



OB restaurant, entertainment & lodging group



California's most Authentic,
Eclectic Beach Town!
OB is the place to be for Summer Fun!



Happy Healthy High Horny Herbs
Thanks OB & Point Loma!



Readers Choice Awards 2011 #1 Herbs

Herbs for health, happiness, horniness, energy and wellbeing

Great Gift Ideas! • Gift Certificates
4958 Newport Avenue, Ocean Beach • (619) 677-2739
www.happyhighherbs.com

Not a dispensary, but we offer many herbal alternatives

We're Serving up some Great Deals!



OB restaurant, entertainment & lodging group

If you are an Ocean Beach Restaurant, Bar or provide Lodging and would like to advertise in this special section call:

858-270-3103 x117

MEXICAN

Margarita's Restaurant
Nati's Mexican Restaurant
1852 Bacon St. • 619-224-3369
natissandiegan.com
Nico's Mexican Food
Ortega's Cocina
Ranchos Cocina

PIZZA

Newport Pizza & Ale House
5050 Newport Ave. • 619-224-4540
obpizzashop.com
Pizza Port Brewing Co.

RESTAURANT DELIVERY

O.B. Delivery Service

SOUTHERN CUISINE

Mississippi Fish Fry
4921 Newport Ave.,
(located within the Newport Quik Stop)
619-223-3317.

THAI

Thai Time Bistro

VIETNAMESE

OB Noodle House & Sake Bar

LODGING

Elsbree House
"A Beach Bed & Breakfast"
5054 Narragansett Ave.
619-226-4133
bbinnob.com
Hostelling International - Point Loma
Inn at Sunset Cliffs
1370 Sunset Cliffs Blvd.
619-222-7901
innatsunsetcliffs.com
Ocean Beach Hotel
5080 Newport Ave. • 619-223-7191
obhotel.com
Ocean Beach International Hostel
Ocean Villa Inn
Our Place on the Beach
Watermark Vacations



LAST CHANCE
Deadline
Sept 14th

Extra! Extra! Read All About It!

Dont miss this opportunity to be a part of Ocean Beach History!




Celebrate OCEAN BEACH — 125 YEARS — 1887 – 2012

The Peninsula Beacon, in cooperation with Ocean Beach MainStreet Association, Ocean Beach Historical Society and the Ocean Beach Town Council, is excited to present a special edition celebrating the 125th Anniversary of Ocean Beach. This special souvenir edition will publish in the September 20th edition of the Beacon as a separate section. Additional copies will also be printed to help commemorate the 125th anniversary and will be available at the OBMA office and special events.

PUBLISHES: September 20th, 2012

DEADLINE: September 12th, 2012

Call Mike Fahey
(858) 270-3103 x117 or email at mikefahey@sdnews.com to reserve your ad space today!





Clubs, Bars & Music Scene

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1925 Bacon St. O.B. 619-223-7381</p>	Every Day: Happy Hour 4:30-6:30pm \$6 for 1/4 burger, fries & domestic pint! Open everyday for lunch at 11am	\$3 Turkey Tacos & House Margs all night!	\$3 off wings \$8 Domestic Pitchers	Late Night Munchies 11pm-1am \$3 Appetizers	\$4 Smirnoff shot anytime Try our new stuffed burgers!	\$2 Mimosas and \$2.50 Manmosas	
 <p>5028 Newport Ave. O.B. 619-222-0722</p>	Happy Hour 5 – 6pm Everyday 1/2 Price Pitchers. 28 beers / Locally crafted beers on tap! \$2 off All Pichers all night	\$3 off Micros Pitchers after 6pm	\$3 Sunshine Lemonade all night!	Super Pint Night	Aloha Fridays \$10 pitchers of Kona Longboard Lager all day!	\$3 Heinekan pints all day / night Miller High Life bottles \$2 Shot of the Week \$3	Bloody mary specials.
 <p>5034 Newport Ave. O.B. 619-223-0558</p>	Happy Hour 3 – 7pm Everyday! New Wine Tasting 1st Wed. of every month. Mustache Tuesdays \$1 off 8pm to close! \$1 off U-call it 8pm-1am	Super Pint Night	\$2 off anything on our menu all night!	\$3 off pitchers after 7pm	\$2.00 Miller High Life bottles Shot of the Week \$3	Miller High Life bottles \$2 Shot of the Week \$3	\$3 bloody mary's all day
 <p>4906 Voltaire St. 619-224-0834</p>	Every Day: Happy Hour 4-7pm Free Pool all day						
 <p>5083 Santa Monica Ave. 619-222-PIER</p>	Nightly Specials: Happy Hour Food 4 to Close & Drinks 4 to 7 Happy Hour 4 to 7 Every Night in the Bar Areas! Watch all the Major League Baseball Games here!	Nightly Specials: \$2.00 Tacos and \$5.00 Select Tequilas	Nightly Specials: \$3.00 Wing Basket & \$5.00 Selected Whiskeys	Nightly Specials: Burger, Fries & 16 Ounce Domestic Draft \$7.00	Nightly Specials: Happy Hour 4 to 7	Every Saturday \$2.50 Mimosas & College Gamday!	Every Sunday \$2.50 Mimosas, \$9.00 Bud Light Pitchers, And All The NBA Games! Chance to win a flat screen TV.
 <p>5050 Newport Ave. 619-224-4540</p>	EVERYDAY HAPPY HOUR 3-6PM \$1 OFF all pints. \$3 OFF pitchers. \$2 OFF Bottles \$2 OFF Dine-in Pizza			PIZZA BY THE SLICE 21 CRAFT BEERS ON TAP 100 BOTTLED BEERS			
Call today and ask how to get listed! For Advertising Information call (858) 270-3103 1621 Grand Ave., 2nd Floor, San Diego, CA 92109 www.sdnews.com							

PRICES EFFECTIVE 9-5-12/9-11-12

People in the news

Point Loman named InTouch At Home director

Retired Marine Corps veteran and senior advocate Steve Schweitzer of Point Loma has been named director of Outreach and Client Services for InTouch at Home, a Senior Resource Group, LLC company based in Solana Beach.

Schweitzer will act as InTouch At Home's representative with community partners, concerned advocates and medical professionals throughout San Diego working to provide resources for seniors who need assistance to continue living indepen-



STEVE SCHWEITZER

dently.

"I'm grateful to have the opportunity through InTouch at Home to improve the lives of San Diego seniors," said Schweitzer. "During visits to SRG's communities I have come away impressed with the quality of care and the professionalism and warmth of the staff. I couldn't be more proud to represent InTouch At Home and look forward to working with so many other individuals and organizations doing what they can to make every day a good day for San Diego's seniors."

For more than 20 years, SRG has provided service and quality care through its 18 senior living communities nationwide, including La Vida Real in Rancho San Diego and La Vida Del Mar in Solana Beach. Through InTouch at Home, this is being extended into the fast-growing home-care market.

For more information, call (855) 468-8900, or visit www.intouch-at-home.com.

Point Loman goes in the first wave for FEMA

The Federal Emergency Management Agency will soon be getting some needed help in its response to disaster relief.

In August, 1,600 young men and women, including Point Loma resident, Christopher Lee Allison, will join AmeriCorps' newly formed FEMA Corp. Formed in cooperation with the Department of Homeland Security, this program will prepare its young volunteers to respond to natural disasters in and around the United States.

AmeriCorp FEMA requires 10 months residency at a designated site in the U.S. where new members will be trained in hurricane, tornado and earthquake assistance for displaced and needy disas-

CHRISTOPHER LEE
ALLISON

ter victims.

Allison, the 22-year-old son of Point Loma residents Todd and Cyndi Allison, is a 2008 graduate of Point Loma High School, where he was captain of the school's cross country team. He has spent the last two years taking classes in Oregon, working as a research lab assistant at the University of Oregon and serving as an assistant coach for a local soccer team. But for the next 10 months, his focus will be on service to those in need and preparing for a possible career in emergency management.

Three locals awarded rank of Eagle Scout

An Eagle Scout Court of Honor was held at the U.S.S. Midway Museum on Aug. 25 for three Scouts from Boy Scout Troop 500 in Point Loma.

The ceremony took place on the forward flight deck for Scouts Christopher

Rice, Daniel Wheeler and Matthew Wylie. All three Boy Scouts are lifelong friends who have known each other since attending kindergarten at Warren-Walker School.

Rice received the Eagle charge from his grandfather, Reginald Rice, who is also an Eagle Scout, along with Rice's father, John, and an uncle.

Rice is a junior at St. Augustine High School. Wheeler is a junior at Point Loma High School and Wylie is a junior at La Jolla Country Day.

All three Scouts participated in treks at Philmont Scout Ranch in Cimarron, N.M. Wylie and Wheeler are members of the Boy Scouts' Order of the Arrow. All three participated in National Youth Leadership Training (NYLT) at Mataguay Scout Ranch. Christopher was an instructor at NYLT.

Their Eagle Scout projects benefited the San Diego River Foundation and the Ronald McDonald House.



From left to right, Laura Cappadona, Robert Jackson, Mary Ellen Andrews, Sharon Steelman, Al Baber, Ed Streicher, Laura Mundy. Not pictured Karen Davis, Jerry Symanski and Cecilia Carrick.

Point Loma Association Mean Green Team restore corner of W. Pt. Loma Blvd and Nimitz (east) Blvd.

Looking ahead

Peninsula-area events, Sept. 8 through Sept. 29

THURSDAY, Sept. 6

The Point Loma Assembly will host a Wine and Art Happy Hour from 4:30 to 6:30 p.m. at the Assembly, located at 3035 Talbot St. The Pearl hotel and restaurant will prepare hors d'oeuvres and the Point Loma Artists will display paintings, photography, pottery and other original artwork. Selected art will be available for purchase with a portion donated to the Point Loma Assembly Restoration Fund. There is a requested donation of \$15 at the door. For more information, visit www.pointlomaassembly.org, or call Martha Phillips at (619) 523-3787.

SUNDAY, Sept. 8

Friends of Famosa Slough is looking for volunteers to participate in a work party at Famosa Slough to care for California native plants and remove invasive plants. The work party is scheduled to take place from 9 a.m. to noon and participants will meet at the southeast corner of West Point Loma and Famosa boulevards. For more information, call (619) 224-4591.

MONDAY, Sept. 10

Ocean Beach Woman's Club, located at 2160 Bacon St., will host its first general meeting of our club year at 5:30 p.m. The event features a potluck dinner, so participants are asked to bring a dish to share. New members always welcome. For more information, call (619) 222-1008.

TUESDAY, Sept. 11

The Point Loma United Methodist Church hosts a free "Introduction to

Chair Yoga" class from 12:30 to 1:15 p.m. at the church, 1984 Sunset Cliffs Blvd. The class demonstrates how chair yoga can offer flexibility and inner harmony for your special condition. Reservations are required by calling (619) 788-4838, or emailing info@धारayoga.com.

WEDNESDAY, Sept. 12

The Hervey/Point Loma Branch Library will hosts a free program entitled "Kalaupapa on Molokai," a history of strength presented by Cabrillo National Monument Superintendent Tom Workman, who formerly served as superintendent at Kalaupapa on Molokai, Hawaii for six years. The presentation takes place at 6:30 p.m. in the library's Community Room, 3701 Voltaire St. For more information, call head librarian Christine Gonzalez at (619) 531-1539.

SEE CALENDAR, Page 16

CELEBRATING OUR 75th YEAR IN SAN DIEGO!



Galatea: Jewelry by Artist is the originator and perfecter of the carved pearl.

Carved South Sea and freshwater pearls complement a wide selection of Galatea's original 14k gold and sterling silver jewelry designs, which are now available at A. L. Jacobs & Sons Jewelers

A. L. Jacobs and Sons

San Diego's family of trusted jewelers since 1937.

Conveniently located in the Marketplace at Liberty Station

2445 Truxtun Road, #108

(619) 955-5007

www.ALJacobsAndSons.com

**EAT
DRINK
SHOP
LOCAL**

Every Monday & Tuesday \$4 Drafts from 4pm - Close

Happy Hour from 4pm-6pm Wednesday - Saturday

Over 100 Bottles of Beer & Wine from California and Oregon



BISTRO & MARKET

Liberty Station 2855 Perry Road (619) 795-6000

SolMarkets.com

AUTO DETAILING**CODE 3 AUTO DETAILING**

Professional Mobile Detailing
Manager Special at \$65. Lowest
price around. We come to you.
Call for an appointment.

619-794-8284
licensed & insured

**CARPET**

\$299 Three Room CARPET SPECIAL

for 30 yds. carpet/pad
Other Specials on
Wood • Laminate
Porcelain Tile • Vinyl

Discounts for
Military, Senior and Rentals
AL treats his customers right

Lic #779392
Bonita Discount Carpet
22 Years of experience
619-395-7206 cell
619-425-4401 office

CLEANING

Argelia's Housecleaning

Residential Office Move in-out
Excellent References
Free Estimates
(858)663-8938 (858)467-9370



San Diego's Premier House Cleaning
and Carpet Cleaning Service

Competitive Pricing.
Weekend and same day service.



A Perfect Shine Cleaning Service

APerfectShine.com
619.269.1745

Cleaning Service by Cecilia Sanchez

Family owned & operated
15 years experience.

Office, residential &
vacancy cleanings

#1 vacation
rental experts

Free estimates
& excellent
references

**(619)
248-5238**

Maid Service
Top to Bottom
detailed cleaning
Weekly • Monthly • Special Occasions
MOVE OUT SPECIALS
FREE ESTIMATES!
Call Valentina
(858) 229-0016

CHIMNEY CLEANING

Mighty Ducts

Indoor Air Quality Experts

Mention this ad for \$50 OFF.

Free chimney and
dryer vent cleaning.
858-869-3688
Bonded / Licensed/ Insured
BBB Visa/MasterCard

**COMPUTER REPAIR**

WE FIX YOUR COMPUTER!

We come to you or
you come to us for the
low rates!

CALL
ROBERT **858-449-1749**

IPHONE / IPAD REPAIR

SDiRepairs
Service on the iPhone 3G,
3GS, 4, 4S, iPad and iPod
Touch. 30 day warranty.
3660 Clairemont Dr. • Suite 1C
San Diego, CA 92117
Call Now **858.869.5040**
sdmobileiphonerepair.com

**CONSTRUCTION**

Re-Stucco Specialists

Interior Plaster/Drywall Repairs

All Work
Guaranteed

30+ Years Experience
Lic. # 694956



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

D'arlex

619-846-2734 Cell
Email: darlex0907@hotmail.com

INTERIOR AND / OR EXTERIOR

Wood/Stucco/Drywall/Ceilings
Interior Wall Removal to Open Up

Zero Cash Down/Zero Interest
Green Home Improveloan/OAC!

Lic. #924669 619-296-2800
WWW.MAKEOVERMAX.COM

CONCRETE MASONRY

STRUCTURAL & DECORATIVE

**BRICK • BLOCK
STONE • TILE
CONCRETE
DRAINAGE
WATERPROOFING**

30 years experience

References & Portfolio
carsonmasonrysandiego.com

WILLIAM CARSON
Licensed & Insured Lic #638122

(858) 459-0959

cell: **(858) 405-7484**

ELECTRICIAN

Your Local Electrical Experts

ROB'S ELECTRICAL SERVICES
RESIDENTIAL, COMMERCIAL & INDUSTRIAL

Boxes/Circuit Breakers
Pole/High Voltage Work
Indoor/Outdoor Lighting
Ceiling/Attic/Exhaust Fans
Outlets/Switches/Fixtures
Troubleshooting/Lighting
Pool/Spa/Jacuzzi Wiring
Home Theater
Home Automation Electronics
FREE Estimate
10% military + senior discounts

Over 20 Years of Experience
619.632.7770
www.robselectricalservices.com C-10 License CA #966537

JC ELECTRIC

20% DISCOUNT/NEW CUSTOMERS.
Electrical Specialist, Remodels,
Trouble-shooting, Panel upgrades.
Custom Lighting. Work guaranteed.
(866) 386-5791. BBB Member.
jc-electric-lighting.com. (Lic#826540).

GARDENING-LANDSCAPING

Jose's Gardening Clean-up

Hedges hauling • Reasonable Rates
Free Estimates • References

619-847-1535

GARAGE DOORS

"Garage Door Specialists"



"Same Day Service For All Your Garage Door Needs"
20% off any garage repair or opener
installation for mentioning this ad.
Not valid with any other offer. Exp 1/1/13
619-770-0300
www.sandiegodoorpros.com
CSLB #959961

**GLASS REPAIR**

Yengst Glass

Single/dual/tempored glass repairs/installs.
Shower door/window and patio doors/
mirrors/screens. 24 hr. emergency services.
Eric, Lic. #911273 **619-925-5190**

HANDYMAN

Fredz Handyman Service



Serving the Beaches for over 25 years.
Painting, Furniture Assembly, and
Home Maintenance. Non-contractor.
Small job specialist. Credit Cards accepted
(619) 223-9236 FredzHandymanService.com

**DRYWALL, PLUMBING,
CARPENTRY,** Additions,
Kitchens, Baths. Any size job!
Excellent references!

858-245-1381 license #
Vaudois Handley 507762B

RENT-A-HUSBAND

Handyman with 30 years experience
All Trades • Hourly or Bid
Prompt, Affordable, Professional
Insured

Ask for Bob
858-454-5922

33 Years of Experience in
the Building Trades
La Jolla Resident &
Homeowner Family Man
No Sub-Contractors
No Drugs or Alcohol

**Alan's Remodeling,
Handyman & Home
Improvement, Inc.**

7514 Girard Ave.
(619) 365-5601 Phone
(619) 342-7125 Fax
alan.peter1@gmail.com

HAULING

A VETERAN HAULING

Insured - Reliable

Best Prices & Free Estimates
10% Discount - Senior & Veteran

Call A Veteran
619-225-8362

I LUV JUNK HAULING

You Call-We Haul!
No Job Too Small!

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

619-933-4346
www.iluvjunk.com

10% Senior
Discount

KNIVES**ATTENTION CHEFS!**

PROFESSIONAL
SHARPENING

• Japanese Knives
• Serrated Knives
• Restoration
• Processor Blades
• Scissors
• Garden Tools

For FAQ's & Schedule of
Farmers Markets visit:
www.2sharpen.com

BUDD (JULIO) SOLAEGUI 877-908-2191
PERFECT EDGE SHARPENING
"Voted Best Knife Sharpener in LA"

MOVING

COLEMAN MOVING SYSTEMS INC.

Office/Residential | Free Wardrobes
7 DAYS A WEEK | FREE ESTIMATES
FAMILY OWNED SINCE 1979
619.223.2255

BBB MEMBER | INSURED LIC #CAL T-189466

**PATIOS**

**A SPACIOUS
SUNROOM OR
GORGEOUS
PATIO COVER
EQUALS MUCH
FAMILY PLEASURE**

Zero Cash Down/Zero Interest
Green Home Improveloan/OAC!

Lic. #924669 619-296-2800
WWW.MAKEOVERMAX.COM

PAINTING

**Chuckie's
Painting Company**

(619) 795-9429
www.chuckiespainting.com
chuckgjr@cox.net
CA Lic. #925325

TP BROWNE Painting

Interior Apartments Residential
Exterior Condos Commercial



38 Years Experience
CA Lic # 568222 Bonded
619-742-9091

POOL CARE

SWIMCARE



The Pool Service & Repair
people you keep.
30 yrs in the neighborhood

(858) 232-7898
TOM RIVES Cont. Lic# 445392

PLUMBING

10% OFF with mention of ad
• Residential • Commercial
• New Construction • Service
(858) 245-5170 (858) 278-2078

RMI Plumbing and Heating Contractor

Self-employed with 25 Years
Experience. Residential &
Commercial Work.

**Water Heaters
Garbage Disposals
Wall Heaters
Faucets, Etc.**

Serving OB & Point Loma
(619) 840-9191
Lic #948453

BILL HARPER PLUMBING .COM

Phone Estimates
Complete Home Plumbing / Rooter
Re-Pipes, Gas, Sewer & Water Heaters
Self Employed w/ 25 years Experience
Lic #504044
CALL BILL 619-224-0586

ROOFING

Performance Roofing Inc.
Tear-Off+re-roof, comp shingles,
wood shake conversions, flat hot
mopping, wood replacement.
Affordable Quality Workmanship.
License/bonded/insured - Jeffrey
FREE ESTIMATES 619-861-6640
www.performancerroofinginc.com

ROOFING

SMITH ROOFING CO.
224-ROOF, INC.
Lic. # 624207

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

TEAR OFF OLD/ ALL NEW ROOF

New Felt / New Flashing
Like New!
We can Insulate the Ceiling too!

Zero Cash Down/Zero Interest
Green Home Improveloan/OAC!

Lic. #924669 619-296-2800
WWW.MAKEOVERMAX.COM

SENIOR SERVICES

**Fleetridge
Estate**

Phone: (619) 523-9452
URL: www.fleet-ridge.com
LICENSE #3746000169
Residential Care for
Older Adults



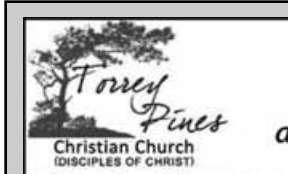
SOLAR

WITH SOLAR YOU WIN BIG!

PLAN IT
FOR THE PLANET!

SUN-UP SDG&E BILL DOWN
Zero Cash Down/Zero Interest
Green Home Improveloan/OAC!

Lic. #924669 619-296-2800
WWW.MAKEOVERMAX.COM

CHURCH SERVICES

Come home...
and bring the Kids!

Sunday Worship Services • 9 & 10:30am

Rev. Dr. Michael J. Spitters, Lead Pastor

8320 La Jolla Scenic Drive North • La Jolla • CA
858.453.3550 www.torreypineschurch.org

NON-DENOMINATIONAL

SAN DIEGO BAHAI COMMUNITY

6545 Alcalá Knolls Dr. (off Linda Vista Rd.)

SUNDAY 9:00 - 10:00 Interfaith Devotions; 10:30 - 12:30 Introductory Talk & Discussion
Please Call 858-274-0178 for Directions or for more information
General Baha'i Info - www.bahai.org www.sandiegobahai.org

MISC SERVICES

VIDEO to DVD

Film 8mm & 16mm to DVD | Slides & Photos to DVD



**10%
OFF**
Clip This Ad

Video Tapes Deteriorate Don't Lose Your Memories
Record to DVD • Play on Computer or TV

NEW ADDRESS! 5390 Napa St. • 619.220.8500 • videotodvd.com

TREE SERVICES

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

• FINE PRUNING & THINNING
• ARTISTIC TREE LACING
• TREE & STUMP REMOVAL
WWW.CROWNPOINTCLIPPERS.COM

(858) 270-1742

Fully licensed and insured. Lic# 723867

WINDOWS

ULTRA HIGH PERFORMANCE ANLIN WINDOWS FRENCH DOORS

Zero Cash Down/Zero Interest
Green Home Improveloan/OAC!

Lic. #924669 619-296-2800
WWW.MAKEOVERMAX.COM

WINDOW CLEANING

JB's Window Cleaning & Service

- Mini Blinds
- Screens
- Mirrors

Pressure Washing

Experienced

Call
**(619)
248-2778**

A Glass Act Window Cleaning

Inside/Outside Screens & Track Cleaning
Residential Specialist Commercial
Licensed & Insured.

Get your **FREE** estimate today!
Summer Specials

(619) 384-7615

New OB theater school to teach performance on the fly

By MARTIN JONES WESTLIN | THE BEACON

The tougher things get onstage, the better Amy Lisewski likes it. In fact, the San Diego theater veteran would just as soon perform with as little help from her cast mates as possible. Luckily for her, there's a whole genre devoted to her style of performance, which made itself plain at a recent political play she saw.

"There was definitely a feeling of the riskiness of improv," Lisewski said, "from when they would jump out into the crowd or let the audience interact with the players. Anything could happen, and you always had to be on your toes. Everything wasn't always planned out."

Lisewski has been physically involved in such risks a dozen times over. Endless trips to Los Angeles; graduation from that city's Second City conservatory; work with the local National Comedy Theatre franchise; forming and teaching classes in her avocation — mastery of improvisational theater is one sure road to performance excellence, Lisewski said.

Beginning this month, she'll try to prove it in Ocean Beach, a setting whose highly eclectic climate is already a done deal.

Lisewski is the founder and executive director of the fledgling Finest City Improv, whose stated mission "is to help develop, promote and showcase improv performers in San Diego. We do this with a little help from each other and our fine friends in that less fine city to the north."

It's not hard to figure which city Lisewski's talking about, even as her longtime turn with Second City Hollywood fueled her passion for theater without a net.

In improvisation, the actor is also the



Finest City Improv is setting up shop in Ocean Beach to showcase the skills of improvisational actors. Courtesy photo

playwright, director and technician, creating scenes and stories with no input from any other source except his or her fellow performers and maybe a few props.

To those in so-called mainstream theater, the potential results don't often bode well.

"I have a lot of actor colleagues," explained Lisewski, a New York native, "that are scared of improv because they have nothing to go on. One of my main goals with this is to help them understand how simple improv can be. We look at it more as creating natural, real-life scenes, not necessarily seeing where

the plot goes, because that's still best done with a script. But all kinds of discoveries are made through improv. It's like if you're an actor and really enjoy the process of creating a show, you would particularly enjoy watching improv, because you're seeing some of your own process happen."

Finest City Improv is located at 4944 Newport Ave. in the Electric Ladyland building. For more information, visit finestcityimprov.org.

To read the story in its entirety, visit The Beacon at www.sdnews.com.

CALENDAR

CONTINUED FROM Page 14



SUNDAY, Sept. 16

The San Diego Humane Society and Second Chance Dog Rescue will host an Ocean Beach Pet Adoption event at Shades Oceanfront Bistro from 10 a.m. to 6 p.m. During the last pet adoption event at Shades in July, 15 pets found new homes. Potential pets will be available for immediate adoption during the event, located at 5083 Santa Monica Ave., No. 1E. For more information about the San Diego Humane Society, email Stacey Zeitlin at cp@sdhumane.org.

TUESDAY, Sept. 18

The Point Loma United Methodist Church hosts a free "Introduction to Gentle Yoga" class between 5:15 and 6 p.m. at the church, 1984 Sunset Cliffs Blvd. Anyone can do gentle yoga, regardless of their level of physical ability. Reservations are required by calling (619) 788-4838, or emailing info@dharyoga.com.

WEDNESDAY, Sept. 19

The Point Loma Peninsula Republican Women's Federated hosts its monthly meeting with featured speakers Robert Amador, candidate for the San Diego Superior Court's Seat 25; and Lou Aspell, who will speak on the presidential campaign of Mitt Romney. The event takes place at 10 a.m. at the Point Loma Café, 4865 Harbor Drive. A no-host lunch follows and visitors are welcome. For more information, call Marilyn at (619) 222-

9532.

The Hervey/Point Loma Branch Library will host a free performance of Ian Todella's Third Season Jazz Quartet at 7 p.m., featuring classic jazz and American standards in music. The event takes place at the library's Community Room, 3701 Voltaire St. For more information, call head librarian Christine Gonzalez at (619) 531-1539.

THURSDAY, Sept. 20

The Ocean Beach Historical Society will present "Madame X, the Country Boy and Japanese Spy" by author Richard L. Carrico with the Department of American Indian Studies at San Diego State University. From 1934 to 1936, a ring of Japanese agents and spies enlisted the help of U.S. Navy personnel to conduct espionage, including in San Diego. The presentation takes place at 7 p.m. at Point Loma United Methodist Church, 1984 Sunset Cliffs Blvd. For more information, visit obhistory.wordpress.com.

WEDNESDAY, Sept. 26

The Point Loma United Methodist Church hosts a free "Relax, Breathe, Share, Give" class from 4 to 4:45 p.m. at the church, 1984 Sunset Cliffs Blvd. Find your natural ability to relax and breathe easily. And with that discover your vast inner resources for being flexible and generous with life's circumstances. The class features calming practices that you can do sitting, standing, or in any situation. Reservations are required by calling (619) 788-4838, or emailing info@dharyoga.com.

SATURDAY, Sept. 29

GFWC Peninsula Women's Club will welcome guests for lunch, cards, conversation and relaxation during "Autum in the Garden" from 10 a.m. to 2 p.m. The cost is \$20. For more information, visit www.peninsulawomansclub.org. For reservations, call Susan Townsend at (619) 223-1504.

Grand Opening

10am- 4:30pm, Friday Sept 7th

9am- 2pm, Saturday Sept 8th

Stop by for Burgers, Hot Dogs & Refreshments

20% OFF All Watermaker® Units

40% OFF All RACOR Items

Oil Filter Service, Inc.

MARINE AND INDUSTRIAL FILTRATION SPECIALIST SINCE 1945

2820 SHELTER ISLAND DR. SAN DIEGO CA 92106 PHONE: (619) 226-4195 | FAX: (619) 226-4199 | INFO@OILFILTERSERVICE.COM

WWW.OILFILTERSERVICE.COM

MANUFACTURER'S REPRESENTATIVE
& DISTRIBUTOR FOR:

VILLAGE MARINE TEC.

Fresh Water from the Sea



Racor Village Marine LWM-145, 200



Racor Offshore Marine SQ-145, 200



Racor Village Marine STW 25" Wide X 16" Deep X 13" High



Offshore Marine L3-1800

Parker Store

MARINE
FILTRATION

PROFESSIONAL OFFICE & RETAIL

SPACE
FOR LEASE

PACIFIC BEACH

Corner of Cass St. & Emerald

- Desirable ground floor, approx 824 SF
- Great Visibility
- High Traffic location
- Signage
- Across from PB Post Office
- Flexible lease terms
- Competitive lease rates

Call David Mannis
(619) 961-1951
david@sdcn.com

When the Child Becomes the Parent

Watching our parents lose their independence is one of the most challenging realities we will encounter as our parents get older. Our parents have made decisions for and about us and themselves for many years but when a child is called upon to start making hard decisions about their parents; it can be an emotional roller-coaster.

Sitting down and talking to a parent about their desires for the future should they become incapacitated is not always easy. Discussions must be made about medications, finances and advanced directives but sometimes those discussions are easier said than done. This is the time to call a Geriatric Care Manager who will talk with the entire family on decisions and challenges in the present and future.

A knowledgeable expert in the field of geriatrics can help families make the right decisions. At Innovative Healthcare Consultants our RN Care Managers are experienced in talking to the parent and the children and finding out the desires and needs of everyone. They can make objective suggestions to the family about

how the parent can continue to make some decisions and keep some independence and control while the family can know the parent is safe and being well taken care of. They might suggest caregivers in the home for a few hours or twenty-four hours a day or an assisted living facility, depending on the need.

Innovative has been caring for seniors since 1997 throughout San Diego and Riverside Counties. Call to talk to a nurse at (877) 731-1442 or view our website at www.innovativehc.com.

The Anderson Medical Center

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic.

The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on weekends

and holidays.

The Anderson Medical Center is equipped to handle minor emergencies such as suturing and casting. It is designed to take care of patients of all ages as their primary care physicians. Physical therapy will also be available on a scheduled basis.

Most insurance will be accepted. For more information you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

We want to be your Health Coach!

Optimal Health is a whole new approach to well-being that is based on creating health with the Take Shape For Life® program. As you work towards Optimal Health, you'll learn to make choices that will help you take charge of your health for the long-term. Healthy weight loss is just the beginning.

The Habits of Health – which are small changes, day by day, one at a time – and the caring knowledgeable support of your free Health Coach will help you along your jour-

ney to achieve your health goals. It all starts by reaching a healthy weigh with Medifast Meals, the clinically proven weight-loss products that have been recommended by over 20,000 doctors since 1980.

Studies show that caring support from others can be a powerful factor in successful weight loss. Your free support starts with us, David & Terri Rodi, your own personal Health Coaches.

For more information call 858-349-6595, 858-349-4449 or visit our website at www.rodicoach@tsfl.com.

Celebrating Children's Health

Summer is winding down, the nights are cooling off, and the kids are back at school. At Ocean Beach People's Organic Food Market—San Diego's only customer-owned grocery store—we've got all the fresh organic foods their little lunchboxes crave. We also have an extensive line of herbs and vitamins formulated specially for children to help boost their immune

con't on page 18

Undies for Travel

"17 countries.
6 weeks.
One pair
of underwear.
Okay...
maybe two."



BUY 2 GET 1 FREE WITH THIS COUPON

ExOfficio Give-N-Go® underwear is incredibly quick-drying and treated with Aegis Microbe Shield™ to control bacteria and resist odors.

Come in and
EXPLORE our store for
travel goods galore.

Books...Maps...Luggage...
Packs...Travel-wear and
thousands of accessories!



TRAVELER'S DEPOT

1655 Garnet Ave.
San Diego, CA 92109
858.483.1421
www.TravelersDepot.com
Open 7 days a week
Lots of FREE & EASY Parking

FREE Consultation!



Mini Face-Lift

with the revolutionary
Nuage Method!

\$3,995

- ✓ Beautiful Results!
- ✓ Minimally Invasive!
- ✓ Very Affordable!

Rhinoplasty (Nose) **\$3,995** • Eyelids **\$1,450**

Full Face-Lift \$4,795
Brow Lift \$3,295
Chin/Cheek Implants \$2,000/\$2,750
Ear Surgery \$3,295
Trichloroacetic Acid Chemical Peel
Botox • Radiesse • Juvederm

Prices available for a limited time!

4 Stars!
HealthGrades.com
DoctorOogle.com



Grossmont Oral & Facial Plastic Surgery Center

5565 Grossmont Center Dr.
Suite #129, Building #1
La Mesa, CA 91942
www.vchoms.com
www.NuageFaceLift.com

Dr. Cortland S. Caldemeyer, DDS, FACOMS
Board Certified Oral & Maxillofacial Surgeon
Emory Trained Facial Cosmetic Surgeon
619-463-4486

• Organic Grocery, Bulk & Produce •



**Ocean Beach
PEOPLE'S
Organic Foods Market**

A CALIFORNIA COOPERATIVE

4765 Voltaire St. San Diego, California 92107



Send Them Back to School with Healthy Foods!

Our organic breads,
tortillas, bagels and
muffins contain no trans
fats, preservatives, or
artificial colors.

We offer a wide variety
of gluten-free breads, too!



www.obpeoplesfood.coop

Open Daily 8 am - 9 pm (619) 224-1387

• Full Service Organic Vegetarian Deli •

Supplements, Essential Oils & Herbs

Cruelty-free Bodycare, Books & Gifts



Therapy Changes
Focused guidance when you need it most

Life's transitions can make you feel a lot of things...like anger, frustration, and sadness

We help make you feel one thing...
like you again

Professional Therapy for Individuals, Couples, Families

www.TherapyChanges.com | 619.275.2286

Doctor recommended program for safe, effective weight loss

Many people who follow this program have reduced or eliminated medications.

Weight loss helps with issues surrounding:

• Diabetes	• Sleep Apnea
• High Blood Pressure	• Acid Reflux
• High Cholesterol	• More Energy

Typical Weight Loss is up to 2 - 5 lbs per week




Terri has lost 28 lbs in 10 weeks! David has lost 35 lbs in 12 weeks!
(Individual results may vary)

Terri and David Rodi - Certified Health Coaches #719346520

858-349-6595
858-349-4449



www.rodicoach.tsfl.com
lomanailgal@gmail.com



con't from page 17

system while they share time with friends on the playground. Remember that your littlest ones can greatly benefit from an organic diet, too. Because of their body weight, infants and children eat and drink more than adults, increasing their exposure to pesticides in food and water. And, because of their still-developing gastrointestinal tract, their bodies may be less capable of breaking them down. Be sure to pick up a copy of our September newsletter for a coupon for a free Fruit of the Month for kids. At People's you can still savor every last little bit of this delicious season with our seasonal organic berries, melons, peaches, and mangoes

... guaranteed to keep that summertime feeling going strong.

Open daily, from 8 a.m. to 9 p.m. Ocean Beach People's Organic Food Market is located at 4765 Voltaire Street, where "everyone is welcome and anyone can join." Please call (619) 224-1387 or www.obpeoplesfood.coop for more information.

You can also visit on Facebook at www.facebook.com/oceanbeachpeoples this season is all about! Join in the indulgence at Ocean Beach People's Organic Food Co-op, where everyone can shop, and anyone can join. Open daily 8 a.m. – 9 p.m. (619) 224-1387.



new yoga studio

Liberty Station
Marketplace

Come in for your
FREE
6 Class Card

then get
30% Off
Any Membership
Package

Some restrictions apply,
check website for details

Traditional & Hot Yoga Classes for Students of all Levels
7+ classes per day | Daily 60 minute classes at 12PM
Eco-friendly studio with 2 Practice Rooms
Lounge area and Retail Boutique | Locker rooms with showers



Yoga Six is located between Sotheby's and Studio 1220 adjacent to the South Promenade. Park in front of Trader Joe's (on Truxton Rd.) and walk under the Sammy's Woodfire Pizza archway. There is additional parking on Historic Decatur Road.



2850 Womble Road #101 | San Diego CA 92106 | 619-955-6668 | www.yogasix.com



Colleen Van Horn
RN, BSN, PHN, CCM C.E.O.



"Assisting with care needs
when you need a little help"

- Home care for adults; hourly & live-in.
- Specializing in Alzheimer's, dementia, post-operative & rehabilitation care.
- Medication reminders, meal prep, transportation.
- Expertise in geriatric care management.
- All caregivers insured, criminal backgrounds checked and covered by workers compensation.

1-877-731-1442 (toll-free)
www.innovativehc.com

Are you Injured or Ill?

Don't settle for the same old urgent care.
Come check out our modern facility equipped
with the latest technology.

Dr. Kenneth
Anderson



at 1945 Garnet Ave.

Hours of operation are 8 to 8 on
weekdays and 8 to 4 on weekends

858.224.7977 • Andersonmedicalcenter.com

TO KEEP HER MEMORIES ALIVE,
WE MAKE THEM OURS.

Here's to life.



At Elmcroft, our memory care residents benefit from a unique "person-centered" approach to care. It involves active listening and the telling and retelling of life stories to continuously build mental connections and keep treasured memories alive.

Call to schedule your
personal visit!
619.224.7300



ELMCROFT™
OF POINT LOMA
SENIOR LIVING COMMUNITY

A Memory Care Community

3423 Channel Way | San Diego, CA
elmcroft.com Lic# 374602549



Wait Free DMV

Instant CA DMV Renewals
Instant CA DMV Transfers
Out of State Transfers
Replacement Stickers & Plates

PACIFIC BEACH**858.270.1471**

5010 Cass St., Suite G
San Diego, CA 92109

Monday to Friday 9-6 Saturday 10-2



LA JOLLA *Remodeled Kitchen*

OPEN HOUSE SAT 12-4

\$768,500 - 3 BR + Loft, 3 BA
2836 Torrey Pines Rd. - 2,272 sqft

La Jolla Shores town home in the beautiful, gated St. Tropez complex. La Jolla Shores Beach, UCSD, Birch Aquarium and Torrey Pines Golf Course are nearby. Climb the spiral staircase to the incredible view loft. Vaulted ceilings, community pool and 2-car garage.

ANTON FOX REALTOR®
CA DRE #01886748

Century 21 Award

858.999.0691

www.AntonFoxHomes.com

OPEN HOUSES**LA JOLLA**

Thurs 2pm-6pm . . .6846 Draper Ave.3BR/3.5BA . . . \$1,075,000Jim Holland (858)-405-6442
Sat & Sun 1-4PM . .5559 Chelsea3BR/2.5BA . . . \$1,130,000Greg Phillips 858.999/6000
Sat 1pm-4pm . . .2836 Torrey Pines Rd., . . .3br/3ba . . . \$768,000Scott Elwell 619-847-7141
Sat 1-47520 Draper #13BR/3.5BA . . . \$949K-\$998KKathy Evans - 858-488-7355
Sat 2-4pm7505 Pepita Way3Br/3 BA . . . \$2,400,000Nancy Mitchell 858-405-0283
Sat 1-4pm1887 Viking Way,3BR/2.5BA . . . \$3,295,000Ross Clark 858-442-2643
Sun. 1pm-4pm . . .7020 Via Estrada5bd 4ba . . . \$1,700,000 to \$2,100,000David Schroedl (858) 459-0202

Sun. 1pm-4pm . . .Lookout Dr adjacent to 7847 Lookout Dr \$795,000 - \$995,000David Schroedl (858) 459-0202

Sun. 1pm-4pm . . .8936 Cliffridge Ave.3BR/2BA . . . \$1,100,000Karen Ekroos (858) 735-9299
Sun. 1pm-4pm . . .8578 Ruelle Monte Carlo . . .5BR/6BA . . . \$5,475,000Randy & Jo-an Upjoh (858) 354-1736
Sun 1pm-4pm . . .4106 Caminito Cassis, . . .3br/2.5ba . . . \$815,000Russ Craig 858-361-7877
Sun 1pm-4pm . . .9014 Montrose Way4br/2.5ba . . . \$950,000Russ Craig 858-361-7877
Sun 1pm-5pm . . .6846 Draper Ave.3BR/3.5BA . . . \$1,075,000Jim Holland (858)-405-6442
Sun 1-4pm1596 Vista Claridad4BR/3BA . . . \$1,145,000The Reed Team 858-456-1240
Sun 1-4pm2336 King Arthur Ct3BR/2BA . . . \$1,775,000The Daniels Group 858-361-5561
Sun 1-4pm373 Coat Blvd S#32BR/2BA . . . \$1,750,000Moiria Tapia 858-337-7269

PACIFIC BEACH / MISSION BEACH / CROWN POINT

Sat & Sun 11-4 . . .1265 Oliver Ave4BR/3.5B . . . \$899K-\$935KKathy Evans - 858-488-7355

POINT LOMA / OCEAN BEACH

Sun. 1pm-4pm . . .3145 Kellogg,3BR/3B, . . . \$1,795,000Leslie Devlin Reynolds 619 987 4156
Sun 1-4pm3718 Narragansett Ave4Br/3Ba . . . \$879,000Cindy Wing 619.223.9464
Sun 1-4pm3506 Browning Street2Br/2Ba . . . \$897,500Cindy Wing 619.223.9464
Sat & Sun 11am-4:pm3360 Harbor View Dr . . .5BR/ 3.5BA . . \$1475000Robert Realty 619 852 8827
Sat & Sun 11am-4:pm867 Harbor View Pl . . .4BR/3 1/2BA . . \$265000Robert Realty 619 852 8827
Sat & Sun 11am-4:pm3725 Southernwood Way . .4BR/3 1/2BA . . \$1240000Robert Realty 619 852 8827
Sat & Sun 11am-4:pm920 Moana Dr.3BR/3BA . . . \$875,000Robert Realty 619 852 8827

ANNOUNCEMENTS 100**▼ lost and found**

HELP FIND Please LOST SONY CAMERA at Chargers Game special memories inside with son's graduation pix 1928 Toni Dr, Billings MT 59105 (406) 259-3567

HELP WANTED 250**ACCOUNTING CAREER SCHOOL**

One program trains you for multiple job opportunities!

Be job-ready in 6 months for many job positions: accounting and AR, AP clerks; bookkeepers; Quick-Books specialists...or, start your own bookkeeping business!

ACCOUNTING ACADEMY

Call for brochure: 858-836-1420

Next classes begin Sept. 17th

www.theaccountingacademy.com

▼ general help wanted

AIRLINE CAREERS Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified - Housing available. Job placement assistance. Call Aviation Institute of Maintenance 888-242-3214

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

BARBER/STYLIST WANTED PARADISE BARBER SALON is now hiring licensed barber/ stylist..comission/boothrent available... if you are interres please contact Said@a@619)756-7778 or (619) 929-7310

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

WE ARE LOOKING for an Office Assistant. Duties include greeting clients, answering phones, and routing mail, data entry and retrieve, scheduling and calender maintenance. Ideal candidates will have proven customer service skills in an administrative setting and experience with Microsoft Office applications email resumes to scott.jack9091@gmail.com IF INTERESTED

ITEMS FOR SALE/TRADE 300

FREE SOLAR ENERGY SYSTEM Available for a house or business. 424-254-9865 please leave message.

CARPET DISTRIBUTORS SALE Carpet for your home at wholesale. 619-504-7931 303-908-9599 Go to www.ademaandassociates.com

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

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

MAKAYLA-ANDESIGNS.COM Handmade & handcrafted jewelry. Unique and at low prices! www. Makayla-AnnDesigns.com

OUTLET CENTER DOORS WINDOWS We have warhouse full of Doors, Windows, Flooring reduced Prices (858)

268-0679

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

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

AKC ENGLISH BULLDOG Very playful, shots utd, vet checked bark@cutestbarks.com (978) 533-5975

GOT OLD COMIC BOOKS? Local collector seeks vintage comic books and paperbacks from 1950s and older. Let's make a deal! Contact me at sandiego-comics@yahoo.com.

2005 FORD FOCUS automatic driven daily perfect interior &

AUTOS FOR SALE 350

exterior \$1,500 or best offer 619-527-4260 619-543-8903 Oil Filter Service Village Marine Store. Marine & Industrial Specialist since 1945 is having Grand Opening party

▼ boats/aquatic for sale

Friday September 7th from 10:30 am to 4:00 pm join us for Burgers, Dogs & refreshments. Check out the new store and get 20% off any Watermaker unit. 2820 Shelter Island Drive, San Diego, CA 92106 - 619-226-4195

LJ ARCHITECTURAL DESIGNS Construction permits, blueprints, Residential Designs. LOW RATES!!! SE HABLA

MISC. SERVICES OFFERED 450

ESPAÑOL LIC.#069268 (619) 817-7787

REMODEL & ADDITION SPECIALISTS FREE ESTIMATES. No job too small. Call to see our portfolio or Email us at RichardNileConstruction@yahoo.com (619) 684-0336

BUSY HOUSEWIFE OR CAREER WOMAN I can help you with: **Grocery shopping **Running errands **Household management \$20 per hour + mileage Call Kirsty 619 379 8750

RECENT UCLA GRADUATE helps students of all ages with studies! ~\$15/ hr. tutorLindsey@gmail.com

A BRIGHT FUTURE AWAITS YOUR baby. A Southern

▼ adoption services

California outdoorsy couple looks to fulfill our dreams of building our family though adoption. We offer affection security and a bright future. Expenses gladly paid as permitted. Legal/ confidential. Call Susan or James toll-free anytime 1-877-333-1582

PETS & PET SERVICES 400

WWW. CUTTINGEDGEK9.COM CUTTING EDGE K9 REHAB Has Been Featured On Local & National News, Radio, A Number Of Local Papers & Magazine Articles. Swimming is one of our strongest recommendations for most K9's. It is an ideal form of exercise for a many reasons. Our rehab services offer assisted swimming in a warm water environment. The benefits are: • Non-weight-bearing (reducing stress on joints) • Facilitates full use of the front and hind legs vs. partial use as seen with underwater treadmills • Dogs are often able to actively swim although unable to move their legs on land (due to stroke/ spinal injury) • Allows manual techniques by therapist/ manual resistance to an affected limb • Swimming in a controlled environment is the safest way for clients to exercise. • Speeds recovery following injury/ surgery • Improves function & quality of life • Works reciprocal muscle groups (helps correct muscle imbalances) • Reduces pain & inflammation • Reduces canine obesity thus decreasing the risk of other health-related problems • Increases strength, range of motion & cardiovascular conditioning • Prevents overheating through proper water temperature • Increases tolerance for extended cardiovascular training • Decreases recovery time • Reduces post-exercise soreness • Provides good cross

▼ lost or stolen pet

training for the competitive, athletic dog (619) 227-7802
LOST DOG Lost at North end of Mission Bay Park/ Parking on Aug 9th His name is Shadow also answers to Snarfie brown tan little black on face Shepard pit mix 1yr old very shy will not eat around other annimals Belongs to Handycapp lady she needs him back desper-

BUSINESS OPTS. 550

atly (619) 870-714

WANT TO Purchase minerals and other oil/ gas interests. Send details to: P. O. Box 13557, Denver, CO 80201

WWW. SPORTSGIRLJEWELRY.COM FUND RAISERS FOR YOUTH SPORTS- VERY PROFITABLE

BECOME A SURROGATE MOTHER! Help an infertile couple! Generous compensation! Non-smoker, 21-42 yrs old

REAL ESTATE 800

www.newlifesurrogacy.com or 908-208-6333

DEL MAR LAGOON VIEW HOME buy, lease or lease option, \$1.65mil. Kearney Mesa 21,800 sq ft office building just reduced \$300K, now \$3.35mil. Buy 200 ft Baja beach lots or 9 miles (or less) Pacific Ocean front land. Need a partner to develop all or part. Local resale shop biz for sale. Many more RE opportunities. Geo Jonilinis Rltr 619 454 4151

▼ antique/classic cars

WANTED

By Private Collector

British, European, Early American Classics



- Porsche 356 Coupe, Cabs Speedsters, Early 911's
- Austin Healey 1004, 1006, 3000
- 50-60's VW Beetle, Buses
- Triumphs
- MGTC, MGTD, MGTF, MGA
- Jaguar XK, XXE

- Classic Mercedes 300SL, 190SL 280SL, Early Cabriolets
- Other interesting European/ American cars
- Any condition, including project cars

WILL BUY COMPLETE COLLECTIONS
Finder's Fee Paid

(480) 860-4512 or (602) 810-2179

IRRIGATION TUNE-UP \$100

CHECK AND ADJUST VALVES, CONTROLLER, SPRAYHEAD AND DRIP SYSTEMS. MINOR REPAIRS INCLUDED



Garden Design and Maintenance

Lawn Transformation

Low water Landscapes

30 years of experience

3685 Voltaire St.

619 223 5229 coastalsage.com

YOU ARE THE FOUNDATION OF OUR SUCCESS



THANK YOU FOR VOTING US #1 CONTRACTOR/ CONSTRUCTION ON THE PENINSULA 2 YEARS IN A ROW!



Lic. #539591

(619) 224-1498

(619) 224-1499 Fax

P.O. BOX 7050

San Diego, CA 92167

www.victorlundgc.com

Victor Lund

General Contractor, Inc.

“Demand Soars For Breakthrough Arthritis Treatment FDA Cleared, Covered By Most Insurance Even Medicare”

Osteo Relief Institute offers powerful, cutting-edge arthritis treatment...
prepares for overwhelming demand as news of it's amazing results spread across San Diego County

San Diego County – Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand.

“Results are truly impressive and patients are thrilled” says Dr. D. Weinstein MD and Medical Director of Arthritis Treatment at OsteoRelief Institute For Spine, Joint, And Neuropathy Pain located at 1764 San Diego Ave Suite 100, San Diego, CA.

Dr. Weinstein is referring to their innovative breakthrough arthritis treatment program featuring Hyalgan at The Osteo Relief Institute in San Diego, CA.

“The response has been a little overwhelming. Once patients found out there is an FDA cleared, Doctor administered arthritis treatment that actually works – without the side effects of toxic pain pills or risks of replacement surgery - and has enough scientific research that it is co-vered by most insurances and even Medicare – our office became flooded with arthritis sufferers wanting to find if they, too, could be helped. And newer research indicates it can also be helpful in arthritis of the hip and shoulders”.

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or “arthritis” affects 21 million Americans and typically involves the weight bearing joints –like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life.

And up until now, treatment options have not been that good... or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilage is the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber.

Your “normal” knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint – much like oil lubricates the engine of your car.

In osteoarthritis, the cartilage breaks down and wears away and the synovial fluid loses it's lubricating properties and “dries up.” This is like running your car with very old or no oil at all. Now as you attempt to use your knee(s), there is not enough lubrication which causes bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain.

Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

Hyalgan Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents in synovial fluid. Hyalgan is precisely introduced directly into your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

Hyalgan treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain.

Here's something very important to consider: Eventhough Hyalgan IS a natural substance and is NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched, developed by pharmaceutical companies, FDA cleared and can ONLY administered by a qualified Doctor.

Read This If You Have Already Had Treatment Without Good Results

...Even if you've failed Synvisc, Supartz, or other arthritis programs or had “blind” injection procedures, good results may still be possible when using Hyalgan and the computerized digital imaging system employed at Osteo Relief Institute and our P.A.C.E Rehab Program (we do not utilize SynVisc because it is crosslinked with formaldehyde and other chemicals...)

What's Results Can You Expect?

According to Hyalgan manufacturer, Sanofi Pharmaceuticals and their FDA clearance research, “A course of Hyalgan treatment– will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect of Hyalgan is likely to last even longer than 6 months.”

And the best part is: Since Hyalgan is a natural substance; it can be used over and over without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Hyalgan Therapy, Where Can You Get It And When Should You Start?

You should certainly consider Hyalgan therapy if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have - or are starting to get arthritis.

Very Important – Do Not Wait Here's Why...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments combined with our specialized rehabilitation program may actually help the knee heal thus help avoid joint replacement surgery. In other words, the sooner you start – the better.

Does the procedure hurt? A local anesthetic is given and the procedure is virtually painless. Most patients say it feels like nothing more than a slight “pinching” sensation... that's it.

Why Treatments At OsteoRelief Institute Are So Extremely Precise

Our doctors are particularly welltrained in state-of-the-art digital motion imaging which allows them to see inside the joint and get the natural cushioning Hyalgan medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is very important because studies clearly indicate that doctors doing these types of procedures - without digital imaging - can miss the joint space up to 30% of the time.

How To Check Out This Breakthrough Treatment And See It Is Right For You- For FREE

All the doctors at Osteo Relief Institute are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

But There Is A Problem...

Even though Hyalgan can help many patients, it is not a wonder cure. It does not help everyone.

For that reason, every po-



tential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That's why Osteo Relief Institute would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and Hyalgan treatments.

All you have to do is call **619-722-3284** right now and when the scheduling specialist answers the phone, tell her you would like your free “Conquer Knee Pain And Arthritis Screening.” She will know exactly what you are talking about and schedule you for our first time available.

During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if Hyalgan therapy and our specialized rehab program is right for you.

But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming. However, since our doctors cannot possible screen everyone and we always makes sure to give every single patient the personal attention they deserve, we have to limit the number of free screenings to just 20.

But... just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night –and waking up refreshed and energized... ready to take on the brand new day... without the arthritis pain that's been terrorizing you and ruining your life.

And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just “imagine” anymore... because Hyalgan treatments and our specialized therapy regimen could be the answer you've been looking for.

If you'd like to find out - at no cost to you - if Hyalgan can help, simply give Crystal a call at **619-722-3284** right now. Why wait one more day in pain when you may not have to? Call now before someone else get's your free spot.

One More Thing It's Important...

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail... just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to Osteo Relief Institute and schedule your free screening.

And don't forget: Hyalgan treatments are covered by most insurances and Medicare. To schedule your free screening call **619-722-3284** now.

(©2012-AGE)

**Here's How To Get A
Free Screening At
OsteoRelief Institute**
**Simply call 619-722-3284
when Crystal
answers the phone tell her
you want your Free
“Conquer Knee Pain Screening”.**
**Discover if Hyalgan can ease or
eliminate your knee arthritis
pain like it has already done
for so many others.**
**OsteoRelief Institute
1764 San Diego Ave Suite 100
San Diego, CA
619-722-3284**