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SAN DIEGO COMMUNITY NEWSPAPER GROUP

Thursday, November 1, 2012



The impending closure of Apple Tree Market on Nov. 27 because of a lease dispute with the Los Angeles property owner could mean hardship for elderly and handicapped neighbors who would no longer have walking access to a neighborhood grocery store nearby.

### Key neighborhood store serving elderly, handicapped to shutter Nov. 27



A sign at Apple Tree Market advertises the lease that will be available after the neighborhood grocery store is Photo by Mariko Lamb I The Beacon forced to close Nov. 27.

By MARIKO LAMB | THE BEACON

Ocean Beach and the neighborhood's only full-service grocery store - will soon be closing its doors after serving the community's grocery needs for 25 years at its location on Santa Monica Avenue.

The Hirmez brothers assumed the store lease from Safeway on Aug. 28, 1988. Owner Saad Hirmez said since he and his brothers first assumed the lease, the property's landowner, Elliot Megdal of Megdal & Associates in Los Angeles, has persistently attempted to buy the community grocers out. After years of struggle, the time has finally come to pack up their wares and move

"He [Megdal] was doing everything in his power to get rid of us so he could Apple Tree Market — a fixture in capture a much greater rent, but we were on a long-term lease, so he wasn't able to," Hirmez said.

> In 1989, just a few months after the Hirmez brothers took over the store site from Safeway, Megdal & Associates offered to buy the grocers out for the value of the lease, less the inventory.

> "He offered to pay us less than what we pay each month," said Hirmez. "We didn't buy this place so we can sell it to you for less, my friend. We bought it so we can operate and make a living here."

> More than a decade later, in 2002, Megdal & Associates tried to purchase the lease again, this time making

> > SEE MARKET, Page 8

### Midway planners craft wish list to ease traffic woes

BY TONY DE GARATE | THE BEACON

Christmas isn't until next month, but members of a citizen planning board have put together a wish list for submission to the city, with the goal of reducing traffic congestion, confusion and accidents in the Midway area.

Members of the North Bay Community Planning Group (NBCPG), which makes recommendations to the city having to do with land-use and quality-of-

of an invitation to sound off on how the city should spend its fiscal year 2014 Capital Improvement Program (CIP) budget, a fund that never has enough money to go around.

CIP projects include parks, street improvements, lifeguard stations, libraries and other longrange infrastructure. Traditionally, the city has prioritized these

SEE MIDWAY, Page 8



Pizza Port brewer and Ocean Beach resident Sean Ferrell, left, is pictured with fellow brewer Peter Trapani and general manger Torie Bell at the 2012 Great American Beer Festival (GABF) in Denver, Colo., recently. Last year, the Pizza Port in Ocean Beach received the prestigious title of "Small Brewpub of the Year" and head brewer Yiga Miyashiro was awarded "Small Brewer of the Year."

### 'Chasing Mavericks' surf-movie star pays visit to PLHS students

By SCOTT HOPKINS | THE BEACON

On a normal school day, the appearance of one more surfer on the Point Loma High School campus wouldn't even be noticed by students.

But the surfer who turned up Oct.23 created quite a stir before ending his visit abruptly when a pack of adoring star-struck co-eds chased this? him from the school gym after an optional lunchtime pep rally.

"I got mobbed," said Jonny Weston, 23, star of a new surfing film, later as he relaxed in a chair on an outside deck at the W Hotel in downtown San Diego after a series of press interviews.

For the record, Weston's exit

began soon after he answered a young lady's question with three words:

"I'm totally single."

The nimble star beat a hasty retreat to a waiting SUV driven by members of the Fox 2000 Pictures promotions staff.

Was the young actor prepared tor

"The assembly was a little more rowdy and the kids were kind of jacked up," Weston said, "but it's a surf-based community."

Weston, 23, is making his first major film appearance in "Chasing Mavericks," based on the true and

SEE **SURF FILM**, Page 7



Jonny Weston, star of the new film "Chasing Mavericks," makes a point while speaking with members of the journalism class last week at Point Loma High School. The film tells the life story of legendary surfer Jay Moriarity. Photo by Scott Hopkins I The Beacon

### Excitement is brewing for 4th annual SD Beer Week

Plenty of OB events on tap for 10-day celebration

By MARIKO LAMB | THE BEACON

Week returns from Nov. 2 to 11 to Journal. show off San Diego's thriving craft beer industry and delight the taste buds of beer aficionados countywide — including several events in Ocean Beach and Point Loma.

The annual 10-day celebration, sponsored by the nonprofit San Diego Brewer's Guild, supports the city's many breweries, restaurants, pubs and other businesses that comprise of the craft beer

mecca that is San Diego, which was recently named the No. 1 San Diego's fourth annual Beer "beer city" in the country by *Men's* 

> As one of the world's top craft beer destinations, San Diego will host some top-of-the-line events featuring the finest craft brews the county's beloved breweries have to offer. Here is a condensed list of a few of the events going on.

### FRIDAY, Nov. 2

• Night of Delirium & Belgian

SEE BEER WEEK, Page 8



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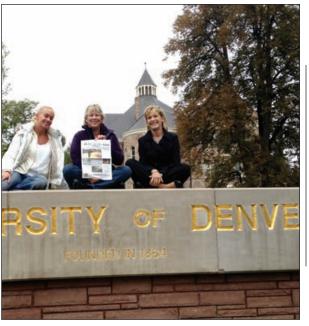
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### ON VACATION WITH THE PENINSULA BEACON



Denise Hill of Ocean Beach takes her Beacon on a relaxing tour of Bermuda, where traditional moongates can be found all over the island. But this especially scenic one is at South Side Beach Club on the South Shore of the island. "They say that wedding couples who kiss under a moongate are assured of a long and happy marriage. I agree that this is true!"



The Beacon recently traveled to the University of Denver with three locals. From left are: Kellie Larsen, Point Loma High School AVID coordinator/counseling intern; Laurie Hurl, former PLHS head counselor and Sunset Cliffs college coach; and Bobbie Samilson, PLHS principal. The three were attending the National College Conference



The Peninsula Beacon reached new heights with Pam Kelly, who took her favorite hometown newspaper along with her to the Albuquerque Hot Air Balloon Fiesta, where "I had the awsome opportunity to ride in one of the 400 balloons lifting off in what is called the Mass Ascension! Spectacular!!! And, of course, I took my latest copy of The Beacon for a ride as

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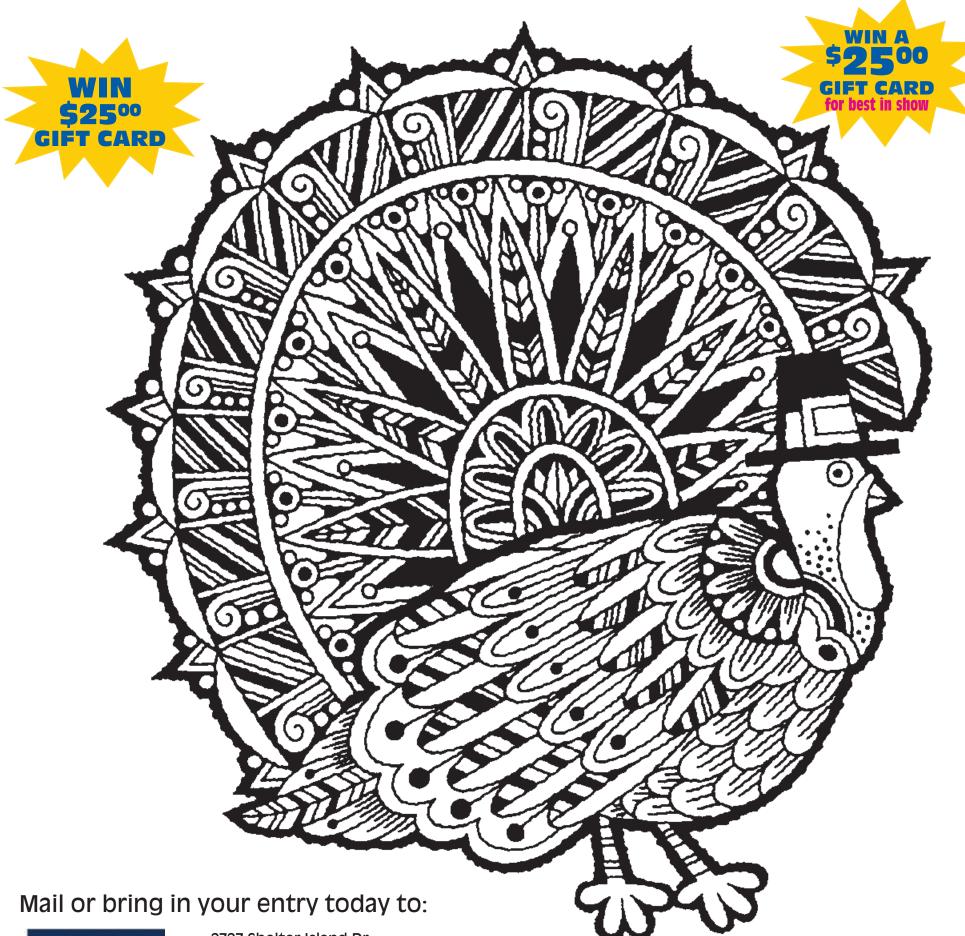
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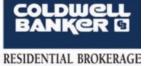


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### Bilbray a no-show in OB Town Council debate with Peters

BY TONY DE GARATE | THE BEACON

Brian Bilbray, Republican candidate for the 52nd Congressional District on the Nov. 6 ballot, was a no-show at a scheduled forum Oct. 24 hosted by the Ocean Beach Town Council.

Democratic contender, got the last word on Medicare, immigration reform and other issues that have dominated a lastminute advertising blitz in one of the an opening statement, followed by quesmost closely watched congressional races in the country.

"Nice getting all the time to myself," said Peters, who touted his recent will be representing you and all Obeendorsement of former Pres. Bill Clinton, gave his stump speech and fielded questions from an audience of about absence. Early this week, there was no four dozen during his unexpected solo

Members of the Town Council's board Bilbray's nonattendance. President Dave Martin said Bilbray had confirmed his

RSVP and, right up to the time of the meeting, gave no indication he was running late or needed to cancel.

The Town Council had touted the forum three times on its Facebook page in the days leading up to it. Two days prior, the group also issued a "civic alert" With Bilbray absent, Scott Peters, the in an online newsletter to promote the

> According to the newsletter, each candidate was to receive five minutes for tions from the public.

> "This is the best way to get quality time with the two potential people who ceans!" the newsletter stated.

Bilbray has been silent about his response to two voicemails left at his campaign headquarters, nor to separate emails sent to Bilbray and to his camof directors expressed bewilderment at paign manager. No mention of the forum or reason for being absent appears on Bilbray's website, his Face-



Look for the Peninsula Beacon's online election summary of candidates and propositions at www.sdnews.com

book page nor his two Twitter accounts.

"He (Bilbray) had the opportunity to address us. So, tough," Martin said at the end of the forum. "It's his loss."

Bilbray, who currently represents the 50th Congressional District, now has to vie for the approval of voters in Ocean Beach and throughout the Peninsula because of redistricting that now puts him in the 52nd District. Before maps were redrawn, virtually everything south of I-8 and west of Pacific High-

"If you're hiding sir, please come out," said a board member as the forum was set to begin, nearly one hour after the meeting began at 7 p.m. It soon became apparent that Peters would be the only speaker, and he took full advantage.

In response to a question about an opposition ad knocking Peters for his stance on Medicare reform, Peters said, "I want to cut costs to save the program. Mr. Bilbray has voted to cut benefits and end the program."

Peters said he supports negotiating the price of prescription drugs, ending fraud and overbilling, taking advantage of electronic recordkeeping and other new technologies, and promoting preventative care as cost-cutting measures.

"It's taking (Medicare) from a sickcare system that rewards procedures and visits to a healthcare system that incentives prevention," Peters said.

In response to an attack ad for the pension scandal when Peters served as a member of the San Diego City Council, Peters offered a different account.

"The city had three decades of pension underfunding. When I came on, unfortunately, I voted to continue that practice for another year, which was a mistake," he said. "The more important thing is, we set about to solve the problem. We hired two outside experts to tell us what to do and we followed their advice. We ended pension underfunding. We made it illegal."

He said Mayor Jerry Sanders praised Peters as a "partner in meaningful pension reform" for helping to bring about a new pension system and added San Diego's reforms are seen as a model for other cities.

"No one's called Congress a model for anything," said Peters. "My opponent's trying to get you to look at San Diego in

way belonged in District 53, where 2002 so you won't look at Washington Democrat Susan Davis is the incumbent. in 2012, where they borrow 30 cents for every dollar that they spend, and they're still pointing fingers and haven't even got started."

> On immigration, Peters said he supports the Dream Act, while Bilbray has "gone with the Tea Party" and "taken a hard-line stance against any kind of immigration reform."

> Peters also expressed support for better border-crossing infrastructure, development of alternative fuels, fighting climate change and continued tuition support for students.

### **TOWN COUNCIL NOTES**

- · The lifeguard station on Abbott Street will be getting a new coat of paint, said Mike Patton, aide to District 2 City Councilman Kevin Faulconer. The \$10,000 expenditure has been reallocated from Faulconer's office budget, Patton said. "He made some savings and he's happy to do it," Patton said.
- · If you own an electric car and need juice, you've got new options. Recharging stations have been approved at cityowned sites at Robb Field and Liberty Station, said Patton. The number of approved stations, which are installed at no cost to the city by a concessionaire, is well over 100.
- There's still time to enter a float in the 33rd annual OB Holiday Parade Dec. 1. Applications are due Nov. 15 and can be found on the Town Council website, obtowncouncil.org.
- · Some 40 restaurants are on board for the OB Restaurant Walk Nov. 13, said vice president Brennen Bazar. Tickets for \$20 are now on sale at the Farmers Market (Wednesdays on Newport Avenue from 4 to 8 p.m.) and the Ocean Beach Mainstreet Association office, 1868 Bacon St., Suite A. Proceeds support the Town Council's annual Food and Toy Drive.



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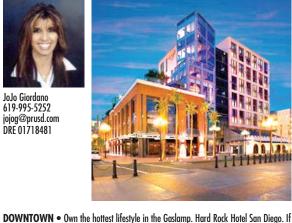


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### Beaconjournalists win multiple press honors Three writers and photographers "REMEMBERING JUNIOR SEAU: PLHS

from the San Diego Community Newspaper Group were honored with multiple awards Oct. 23 at the 39th annual San Diego Press Club's "Excellence in Journalism Awards" at the Hall of Champions in Balboa Park.

The majority of awards collected by the trio were credited to The Peninsula Beacon.

• FIRST-PLACE HONORS Scott Hopkins, still photography category: photo essay "Coming full circle...and a new beginning," a touching account of the recent Point Loma High

School graduation. Mike McCarthy, investigative reporting category: "Brown pelicans flood the coastal skies," a look at this year's proliferation of the coastal bird spe cies

Mike McCarthy, still photography, news: "Giraffe infuses electricity Into OB parade," a clever shot of an unusual parade entry.

• SECOND-PLACE HONORS

Scott Hopkins, sports category: "Pointers can't break Cathe-

dral's CIF spell, fall for 5th straight time to Dons," a story on the

football team's disappointments after a tough loss.

**Scott Hopkins,** education category: "PLHS students reap rewards of motivational tutoring program," profiling four students involved in the Reality Changers college preparation course.

Scott Hopkins, profiles category: stars."

coach recounts playing side by side with legend when both were young prep All-Stars,' describing a young Seau before he became an All-Pro performer. Patricia Walsh, architecture and

design category: "Point Loman blends tech with 'earth first' approach in dome home," about a homeowner who built an ecofriendly dome house in a neighborhood of traditional single-family homes.

### • THIRD-PLACE HONORS

Scott Hopkins, sports category: "After 25 years, lady hoopsters still got game," an account of a reunion of the 1987 Pointer girls' state championship team and their game against the current varsity team.

Patricia Walsh, gardening category: "How does your community garden grow? Ask PLNU, Westminster Presbyterian," a look at a joint planting project between the two parties.

NOTE: Patricia Walsh also had a second-place win in the science/technology category: "Scripps climate scientists to share stage with Dalai Lama at UCSD," about the work of Prof. Richard Somerville in the area of climate change. The win was credited to the La Jolla Village News.

The awards recognized the excellence of these journalists and the dedication each demonstrates week in and week out.

"We couldn't be more proud of these freelancers and community journalists," said Kevin McKay, managing editor for the San Diego Community Newspaper Group. "We have many talented and skilled freelance writers and photographers, but this trio stands out, as evidenced by the multiple honors at this year's San Diego Press Club awards. It's an honor to work with these journalistic



**MIKE McCARTHY** 

**SCOTT HOPKINS** 

### OB businesses, community members lauded for neighborhood contributions

STAFF AND CONTRIBUTION

The Ocean Beach MainStreet Association (OBMA) held its annual meeting and awards gala on Oct. 25 to recmembers for contributions to the Ocean Beach community.

Merchants and members of the community were honored for their volunteerism, creative promotions of their business and best use of the storefront improvement program, among other recognitions.

In total, 26 awards were given to a group of 32 people.

In addition to the awards ceremony, OBMA committees were recognized for their work throughout the year. Highlights included launching the business development series to support local merchants and implementing a 125th anniversary rebrand for OBMA.

"This year's awards are also a celebration of a huge milestone, our 125th anniversary as a community,' said Denny Knox, OBMA executive director. "Local businesses worked to support the anniversary celebration and our special events throughout the year, so these awards are really an acknowledgement to those people who have gone above and beyond to make Wahine's our 125th anniversary shine."

Award categories include promotion, design, economic restructuring, crime prevention and organization. Awards were presented by the chairs of Lewis (Dog Beach Design) the various OBMA committees.

The winners were:

### PROMOTION COMMITTEE AWARDS

- Best Event Music Support and Promotion: Michael Head
- Best Storefront Display: Miss Point Match
- Best Fundraising Promotion: Pizza Port & South Coast Surf Shop

### **THE OCEAN BEACH PLEDGE OF ALLEGIANCE**

I pledge allegiance to the pier In Ocean Beach 92107 And to the Obecians for which they

On community, under the sun Unified for 125 years of fun!

- Best Multi-Business Event Development: Session's Public
- Most Creative Use of Business Promotions: Shades
- Best Use of Space: The Lazy Hummingbird
- Best Special Events Promotion: Vignette's

### **DESIGN COMMITTEE AWARDS**

- Best Use of the Storefront Improvement Program: Kecho's Café
- Best Use of Art: Last Days Tattoo • Best Redesign Implementation:
- Newport Farms Market • Best Restaurant Business Expan-
- sion: Ortega's • Best Use of Sustainable Materials:
- Best Retail Renovation and Design:

### **ECONOMIC RESTRUCTURING** COMMITTEE

Raglan Public House

- Best Branding Campaign: Ashley
- Innovative Business Model: Newport Quick Stop
- Respect OB Award: Julie Klein, Mary Orem, Noah Tafolla and Andy Taubam
- Best PROW Enhancements: To the

### **CRIME PREVENTION COMMITTEE**

· Community Partnership Award -

Community Ambassador: Mercier Guignard (San Diego Park and Recreation Department)

• Community Partnership Award — Venue Host: Point Loma Masonic Cen-

• Community Partnership Award Community Volunteerism Award: Sunset Cliffs Surfing Association

 Community Partnership Award -Major Contributor: Union Bank

### **ORGANIZATION COMMITTEE**

- Guardians of Dogs: Dog Beach Dog
- 125 Year Anniversary Celebration – Heritage Award: Mary Bishop and Molly Allen
- Volunteer Service to the OBMA: Mark Schlesinger
- Special Recognition Award: Mike Berrill
- 125 Year Anniversary Celebration — Community Partnership Award: Ocean Beach Historical Society
- 125 Year Anniversary Celebration — Community Partnership Award: Peninsula Beacon/San Diego Community Newspaper Group

Guests kicked off the night by citing The OB Pledge of Allegiance. Mayor Jerry Sanders, county Supervisor Ron Roberts and District 2 City Councilman Kevin Faulconer were in attendance and recognized the OBMA for its community spirit and special events.

As a special sendoff to the outgoing Sanders as mayor, the OBMA recognized him with the 2012 Many Thanks

"All politics aside, Mayor Sanders is a friend to Ocean Beach and we will miss him when he's gone," said Knox.

For more information on the Ocean Beach MainStreet Association, visit www.oceanbeachsandiego.com.



were recognized with a Community Parnership Award by the Ocean Beach MainStreet Association (OBMA) for efforts in putting together the recent Ocean Beach 125th Anniversary Souvenir Edition. The project was a parternship between the Beacon, the OBMA, the OB Historical Society and the community at large. From left are: Beacon sales representative Mike Fahey, publisher Julie Hoisington, writer Patricia Walsh and managing editor Kevin McKay. Photo courtesy of Joe Ewing

### 27 Tips to Drive up the Sale Price of your Home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

In this report you'll discover how to avoid financial disaster when selling your home. Using a commonsense approach you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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JOHN WITT'S tenured board member compensation has been applied to purchase a Digital Portable Planetarium to expand Astronomy instruction in city and county schools. His tenure supported a rise of test scores in county schools, and expansion of vocational programs and an increase in after school programs and summer jobs for "at-risk" youth.

John Witt, a California registered professional engineer, a retired math professor at City, Mesa and Miramar Colleges, with Mechanical Engineering degree; Bachelors - University of Illinois; Masters - San Diego State University and work experience at General Dynamics and General Atomics.

A Navy veteran, John Witt participates in Rotary, Lincoln Club, Asian business Association, Balboa Park Planetarium Exhibit committee, Model Railroad Museum trustee, St. Vincent de Paul volunteer, community theatre actor and Air Show Flight crewman/co-

A former middle school and high school teacher, John Witt supports a no-nonsense basic skills curriculum that enables all students to master important academic standard and vocational skills at every grade. He will fight to ensure full funding for local schools and block extremists from rejecting government funds for local schools. John Witt, married 49 years and father of three children who graduated from San Diego schools. Call John Witt: (858) 692-8648.

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Edward **Jones** MAKING SENSE OF INVESTING

### NEWS

### OB plants an orchid on the beach with new comfort station

By MARIKO LAMB | THE BEACON

San Diego Architectural Foundation's annual Orchids & Onions Awards returned to honor this year's bloomers and stinkers in architecture, interior design, historic preservation, sustainable design and landscape architecture throughout the city.

This year, among 19 projects presented with blooming honors at the Museum of Contemporary Art in La Jolla in October was the newly constructed Ocean Beach comfort station, a highly anticipated beachfront restroom facility that integrates playful design and details, brightly colored tile walls, a cantilevered winged roof and geometric bicycle racks and showers for local beachgoers.

The public restroom, commissioned

The Ocean Beach comfort station at Brighton Avenue near Dog Beach was one of 19 projects recognized during the annual San Diego Architectural Foundation's Orchids and Onions Awards for its design architectural beauty enhancing the beach community.

by the city's public art program, not only showcases the structural and artistic visions of architects Kevin DeFreitas and Sillman Wright and artist Shinpei Takeda, it also pays homage to the culture and history of Ocean Beach throughout the facility, particularly on its 1,700-square-foot ceiling, which is decaled with interlacing circles of text

sourced from Ocean Beach publications over the last decade.

By day, the restroom enjoys natural lighting and ventilation from an elevated gap between the roof and walls - a much-improved experience from the portable beach toilets that occupied the location when the old restroom was demolished a few years ago. By night, the art-adorned ceiling is illuminated with a soft glow, making the facility even more beautiful after the sun goes

What is typically a drab facility built out of necessity has been redefined into a potential canvas for sound architecture and masterful works of art, earning the architects and artist of the Ocean Beach comfort station a well-deserved Orchid during this year's awards cere-



The aesthetically pleasing Brighton Avenue comfort station near Dog Beach earned kudos and an Orchids Award for architectural design during the San Diego Architectural Foundations recent Orchids & Onions Awards recently.

### Mysterious case of Henry Lefebvre's ashes, left behind at OB carwash, finally laid to rest

By MARIKO LAMB | THE BEACON

Everyone has, at some point in life, lost something of worth — whether it is that irreplaceable piece of jewelry or a beloved tool that was never returned by a pesky neighbor. When it is a person one loses, however, the resulting emotion is devastating.

Losing a loved one twice is, well, unimaginable.

That is exactly what happened earlier this year when an unknown patron of OB Suds left behind a heavy metal box labeled "Henry Lefebvre: April 30, 1995" from Secure Crematorium in one of the carwash's bays. After OB Suds owner Frank Greene discovered the box six months ago, he held onto it, thinking someone would return to claim it. When that didn't happen, he turned the box over to the Ocean Beach MainStreet Association (OBMA) to help solve the mystery.

"We put the word out and we were overwhelmed with the press from all over. Within 18 hours, people were reading about Henry all over the country," said Denny Knox, executive director of OBMA. "It's amazing how fast the story spreads."

After Lefebvre's story broke on Oct. 22 on OBMA's Facebook page, the community business organization received a number of calls and emails from genealogy buffs who offered to help track down Lefebvre's relatives.

"A niece in Australia was contacted by a number of individuals, who graciously researched this for us, emailed me and managed to find another rela-



A heavy metal box with the remains of Henry Lefebvre, who died in 1995, was left at a carwash in Ocean Beach six months ago. Lefebvre's ashes will be soon reunited with his relatives after dedicated detective work on the part of the Ocean Beach MainStreet Association and genealogy experts around the nation. Courtesy photo by Ocean Beach MainStreet Association

tive in Douglas, Ariz., who contacted who left the box at OB Suds, Lefebvre another relative in California," said Knox. "Gary Lefebvre said he will be here in two weeks and will pick up Henry's ashes from us."

Although the mystery remains as to genealogy of Henry Lefebvre.

will soon be reunited with loved ones. thanks to the dedicated efforts of the OBMA and others around the nation who contributed to tracking the

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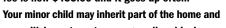
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to go through court and spend a fair amount of money on attorneys fees and costs. Depending on how you hold title and the value of the real estate, u will have to file an action in court. The filing fee is now \$435.00 and it goes up often.



you will have to set up a guardianship in court for them to hold title to property until they are 18 years old. And yes, there is another filing fee. If you want to sell the home and buy another, you will need a court order to do so and yes, there is another filing fee for that.

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### **SURF FILM**

CONTINUED FROM Page 1

inspirational story of late surfing legend Jay Moriarity.

Looking tan with rugged leading-man good looks, Weston showed the at-first skeptical group of teens he is no kook when it comes to exchanging surf lingo, and the Pointer surf team was quick to warm up to the non-local in their midst.

And Weston did almost all his own surfing in the film, noting filmmakers did he was cast.

Hundreds of curious students showed up for the gathering, emceed by Pointer surf team co-captain Vicki Gonzalez.

Among the strongest messages in the uplifting movie is the deep real-life mentoring bond that formed when 15-yearneighbor, "Frosty" Hesson (co-star Gerard Butler), in an effort to surf the Mavericks surf spot.

Hesson put his young protégé through grueling physical workouts and writing assignments to prepare him for the potentially deadly challenges of conquering the massive 40-foot waves, beautifully captured on film.

"We all have problems and situations in our lives where we could use the help of a mentor," Weston told the teens. "I want to encourage each of you to reach

A highlight of the event was a drawing for a surfboard matching the one used by Moriarity on his real-life first ride on a Mavericks monster. Weston drew a ticket held by surf team member Jordyn Valence, who confided he traded his original ticket for the winner.

Weston autographed the board for the beaming winner.

"I was very flattered that so many kids were there," Weston said, "because I know it was optional and they didn't have to come. The campus was beautiful."

Before Weston reached the crowd, he not know about his surfing abilities when received a crash course in the skills and reputation of PLHS surfers. His first stop was a "really special" interview videotaped by journalism students, where a collection of brilliantly colored trophies won by the surf team had been placed on a table next to Weston's chair.

The actor took note. "Wow. Longold Moriarity approached his Santa Cruz board, first place," he read, while holding one.

> Indeed, the Pointer campus was selected to host Weston's promotional visit because of its top-ranked team of 31 boy and girl surfers currently riding the crest of county rankings.

> Head coach Lou Ghio has run the team since the mid-1990s and, with assistant Julie Klein and PLHS athletic director John Murphy, have set up a program that builds strength through the school's new weight room and yoga instruction.

study halls and tutoring.

Murphy points to several recent school valedictorians from the surf team, including Corten Singer (2012) and Josh Morse (2010, now a member of the nationally ranked San Diego State University surf team). And Gonzalez is a front-runner for the class of 2013 honor.

"I want to say that San Diego is one of the most beautiful towns and the people are some of the kindest, most real people I have ever been around," Weston said.

### **SURF NOTES**

Later in the evening, Weston and about 120 Pointer students met again at a special free screening of the film in Mission Valley. Weston spoke to audience members and signed movie posters.

On 16-year-old Jay Moriarity's first attempt at Mavericks (depicted in the film), he experienced a near-fatal wipeout captured in a famous cover photo on Surfer magazine.

Moriarity died June 15, 2001, the day before his 23rd birthday, while free-diving in Maldives, the smallest Asian coun-

An annual "The Jay at Mavericks Big Wave Invitational" is now part of the Big Wave World Tour. Held at Mavericks between Nov. 1 and Mar. 1, invited contestants are notified 48 hours before the event to take advantage of maximum conditions.

"Frosty" challenged Jay with what he There's no room for slackers because of called "The 4 Pillars of Life Challenge,"



Weston spoke to students at Point Loma High School during a lunchtime assembly.

(www.livelikejay.com) has been set up those who conquer all four.

consisting of mental, physical, emotion- where people can test themselves. Tasks al and spiritual areas. An interactive site change weekly and there are prizes for

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Mark Powell has 15 years of experience managing large budgets as a business owner. His experience with fiscal responsibility is a great asset, and he will administer budgets prudently.

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"Mark is both a fine former teacher and administrator, he is solid in his support for kids" - John de Beck, Former San Diego School Board Member and Point Loma **High School Graduate** 

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- Yvonne Larsen, Former President California State Board of Education

### www.MarkPowellForSchoolBoard.com

Paid for by Mark Powell For School Board 2012, 4079 Governor Drive, #271 San Diego, CA 92122.

### NEWS

### **MARKET**

CONTINUED FROM Page 1

Hirmez a much more generous offer.

"He offered me \$1 million to leave, and we still didn't leave because we wanted to operate a business," he said.

Hirmez produced documentation to The Peninsula Beacon to verify his claims. Both Megdal & Associates and Megdal's real-estate broker, Retail Insite, declined to comment for this story.

In a separate move in 2001, the Hirmez brothers purchased the former Bank of America building on Newport Avenue, which now houses Ocean Beach Surf & Skate, in anticipation of another attempted buyout by Megdal.

"One reason that I didn't take the million dollars and go into a building I had purchased for that reason is because I did not want to go and compete with other merchants at that time," he said. "I wanted them to survive and have their livelihood. But now I'm handcuffed. I have no choice."

Hirmez said he offered to spend \$1 million of his own funds to rehabilitate the existing facility owned by Megdal and replace outdated equipment in exchange for more favorable rent.

"The main reason that we have not rehabbed this place and given the community what they deserve — with hot foods and fresh bakeries and delis and the state-of-the-art market they deserve — is because we haven't had a lease," he said. "We've always known that he's going to get rid of us, so we could not reinvest back into this because we were a lame duck. It breaks our hearts not to have been able to run a premium oper-

When Apple Tree Market's lease ended in February 2011, Hirmez began paying on a month-to-month basis at a rate equaling \$200,000 per year. According to Hirmez, the landowner is seeking nearly double what Hirmez is currently paying month-to-month.

On Sept. 27, Hirmez was served a 60-day notice to vacate the premises — not because he was not paying his rent, but because he refused to sign a month-to-month rental agreement that he said would have bound him to the every whim of his landowner.

"I never signed it because I didn't want to encumber myself with the 40page month-to-month lease from him, where he would have handcuffed me to

all these requirements and hung me out to dry," he said. "There are just many, many things he would have forced on me."

The 60-day notice to vacate would require that Apple Tree leave the premises by Nov. 27, just before the holiday rush.

On Oct. 1, Denny Knox, executive director of the Ocean Beach Main-Street Association, wrote a letter to Megdal urging him to reconsider Apple Tree's closure date for the benefit of the nearby elderly and handicapped neighbors who don't drive and would face hardship without a supermarket near-

"The timing of their notice to vacate is extremely onerous for our walking community," Knox wrote in her letter. "In order to comply with your notice, Apple Tree would most likely have to close their doors well before the heavy shopping period immediately preceding the Thanksgiving holiday, leaving a local population of approximately 18,000 without a local supermarket in downtown Ocean Beach during this critical time."

Knox also stressed concern about the "cascading negative effects" Ocean Beach would suffer as a result of a vacancy at the site. A long-term vacancy and a community without a local supermarket would likely drive people out of the community for their grocery needs and subsequently away from other local merchants, add to the unemployment affecting more than 20 families and contribute to the overall economic uncertainty of the small community, Knox said in the letter.

"If all efforts are exhausted with the present tenant, please consider allowing Apple Tree to operate until another suitable grocer is located to fill that important spot in our community," she

Hirmez, too, pleaded with his landowner to have another month.

"After 25 years, I don't deserve 90 lousy days?" queried Hirmez. "If he cared about the community, he would have granted us one lousy [more] month to serve during Christmas."

Although Hirmez intends to rebuild another full-service grocery store possibly at the brothers' location on Newport Avenue — it will most likely operate on a smaller scale, he said.

"We will put together a nice new store, but it's going to take time," he

### QUICK*Hits*

### Suspect arrested in nighttime groping case

reportedly groping a sleeping Ocean Beach woman in her home on Oct. 24.

The woman told police she was sleeping

on her couch around 5:45 a.m. when she was awakened by a man groping her in a sexual manner. The woman ran to her bathroom and locked herself inside, where she was able to call police.

The suspect, identified only as a Hispan-A man was taken into custody after ic man, was located by officers as he hid in the rear yard of the victim's residence. The man was later positively identified as the suspect, arrested and booked into jail.

No injuries were reported. Western detectives are handling the investigation.

### **Applications open for OB Holiday Parade on Dec. 1**

The Ocean Beach Town Council (OBTC) has set Dec. 1 as the date for the 33rd

SEE BRIEFS, Page 10

### **BEER WEEK**

CONTINUED FROM Page 1

Breweries, 4 p.m. at The Public House La Jolla, 830 Kline St.

- San Diego IPA extravaganza, 5 to 11:45 p.m., Pizza Port Ocean Beach, 1956 Bacon St.
- Super sours, noon, Sessions Public, 4204 Voltaire St.
- · Beer week kick off and rough draft, 6 p.m., Slater's 50/50, 2750 Dewey Road in Liberty Station

### **SATURDAY, Nov. 3**

- Coronado Day, noon, TapRoom, 1269 Garnet Ave.
- 4 p.m., The Public House La Jolla,
- One-year-and-under San Diego breweries, noon to 11 p.m. Sessions Public. 4204 Voltaire St.

### SUNDAY, Nov. 4

- Moorgat Brewery Night, 4 p.m., The Public House La Jolla, 830 Kline St.
- Duvel art glass brunch. 10 a.m. to 10 p.m., Sessions Public, 4204 Voltaire St.
- Green Flash Brewing night, TBA, Raglan Public House, 1851 Bacon St. MONDAY, Nov. 5

### • Ballast Point: "Can you Cali-co?" 5 p.m., Raglan Public House, 1851

• Slater's 50/50 first anniversary

50/50, 2750 Dewey Road in Liberty Sta-

### TUESDAY, Nov. 6

- Alesmith night with beer and cheese pairing, 4 p.m., The Public House La Iolla, 830 Kline St.
- Pizza Port, Port Brewing and Lost Abbey night, 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.

### WEDNESDAY, Nov. 7

- Stone Brewing Co. night, 4 p.m., The Public House La Jolla, 830 Kline St.
- Brew, food, beer tasting and book signing, 6 p.m., Karl Strauss Brewing Company, 1044 Wall St.
- Eagle Rock Brewery and Sierra Neva-• Russian River & Bear Republic, da rare beer night, 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.
  - Pizza Port beer dinner, 6 p.m., Table 926, 926 Turquoise St.
  - Humpday's Not Too Rough (Draft), 4 to 10 p.m., Sessions Public, 4204
  - Happy hour for dogs and humans with Lagunitas Brewing Company, 4:15 p.m., Slater's 50/50, 2750 Dewey Road in Liberty Station
  - Stone Brewing and farmers market night, 6 p.m., Raglan Public House, 1851 Bacon St.

### **THURSDAY, Nov. 8**

- Mikkeller night, 4 p.m., The Public House La Jolla, 830 Kline St.
  - New Belgium Lips of Faith night,

brew-release party, 6 p.m., Slater's 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.

- Cismontane tap takeover, 4 to 10 p.m., Sessions Public, 4204 Voltaire
- · Coronado Brewing final, 6 p.m., Raglan Public House, 1851 Bacon St.
- Meet the brewers: Bear Republic and Manzanita, 6 p.m., Slater's 50/50, 2750 Dewey Road in Liberty Station

### FRIDAY, Nov. 9

- · Green Flash, Founders and St. Feuillien night, 4 p.m., The Public House La Jolla, 830 Kline St.
- Beer and chocolate with Sea Salt Candy Co., 4 p.m., Rock Bottom La Jolla, 8980 Villa La Jolla Drive
- Sour and rare beer night, 5 p.m., Pizza Port Ocean Beach, 1956 Bacon St.
- Stone Brewery's Bastard's Barbeque, 6 to 11 p.m., Sessions Public, 4204 Voltaire St.

### SATURDAY, Nov. 10

• Ballast Point Nitro five ways, 5 to 11 p.m., Sessions Public, 4204 Voltaire

### SUNDAY, Nov. 11

· Rare and barred aged beer night, 4 p.m., The Public House La Jolla, 830 Kline St.

• Beer garden, noon, The Lodge at Torrey Pines, 11480 N. Torrey Pines Road

To check out a full list of San Diego Beer Week happenings, visit www.sdbw.org.

CONTINUED FROM Page 1

projects using an internal procedure. But for fiscal year 2014, the city has invited all 40-odd community planning groups to weigh in.

At its monthly meeting Oct. 17, the NBCPG voted 8-0 for six priorities — two from the city's "needs" list, which are proposals that currently lack funding and four ideas of their own.

The two city-created projects are large swaths of new sidewalk in two places: along the south side of Kurtz Street between Hancock and Sherman streets north of the Valley View Casino Center; and the west side of Rosecrans Street from Sports Arena Boulevard to Pacific Highway.

The most ambitious priority is an idea the group generated to signalize the intersection of Barnett Avenue and southbound Pacific Highway. At the same time, the group calls for raising Barnett Avenue to grade, eliminating a

World War II-era underpass members derided for being prone to flooding and traffic accidents. The realignment would also allow

pedestrian movement for surrounding

businesses, said NBCPG chairwoman Melanie Nickel. The underpass is believed to be a relic from the days when Convair manufac-

tured planes in the area and needed access to Lindbergh Field, Nickel said. "It may have made sense during

World War II, but not today," she said. The three other priorities were: • a study of traffic-calming measures on northbound Pacific Highway at the

- Barnett Avenue merge; • a study of how improved overhead signage or in-lane stenciling on the Camino Del Rio West onramp to I-8 and I-5 could reduce confusion and make
- sure cars know they're in the right lane; · and a study of how to make eastbound traffic on Sports Arena Boulevard less disorienting upon approaching Rosecrans Street.
  - "It's confusing. People don't know

what lane goes where. A lot of people wind up in Old Town instead of on the freeway," Nickel said.

### **OTHER NBCPG NOTES**

- The board voted 8-0 to approve a permit to add a self-serve, 24-hour car wash at the Arco gas station at 2940 Lytton St. Once final approval is granted, construction of the carwash and other improvements should begin in the winter and cause the station to close for up to six months, said Joan Villase of Gary Engineering.
- The NBCPG wants a new name. Actually, they want their old name back. The group voted 8-0 to return to being the Midway Community Planning Group, the name they gave up four years ago. The North Bay moniker in vogue then never really caught on and most people have continued to use Midway, group members said. It's unclear when the name change will become official because it requires a formal amendment to the group's bylaws.

### OB'S 125<sup>TH</sup> ANNIVERSARY

### Destructive storms are no stranger to Ocean Beach





Destructive waves destroyed the 200 foot long Flatiron building circa 1941. The Flatiron building had been occupied by the Woman's Club of San Diego.

The Ocean Beach Historical Society has preserved Ocean Beach History with their collection of photos and other memorabilia. Photos and stories will be shared both on the Ocean Beach Main Street Association (OBMA) website (www.OceanBeachSanDiego.com) and through the SD News / Peninsula Beacon. People are encouraged to share their memories and photos and become a part of the celebration. Please email them to info@OceanBeachSanDiego.com Check the Event Calendar on the OBMA website for details on all annual events and be sure to check with OMBA's online store for merchandise!



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

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THURSDAY · NOVEMBER 1, 2012

### Fired up with Monday-night karaoke at The Harp

By BART MENDOZA | THE BEACON

Karaoke has been given a bad rap over the past few decades. The thought of bad singing to cheesy songs might put off some, but in the right hands karaoke can be a lot of fun. Even if a vocalist isn't particularly top notch, an event host with a sense of humor and a sense of fun can turn it into interactive entertainment. Such is the case with Laura Jane Wilcock, who hosts karaoke every Monday night at The Harp.

Wilcock has hosted this event since April 2010, becoming a veteran of similar events at various locations around town since 1991. With her signature brassy, larger-than-life style, Wilcock is a natural for playing the role of hostess. It's a rare performer who can pull off wearing Viking horns while playing her trusty inflatable guitar, but she's more than up to the challenge. Setting her apart from most others who emcee such club nights, Wilcock is a respected powerhouse vocalist in her own right, fronting the acclaimed band The Tight-

She notes that when it comes to karaoke, most neighborhoods have more in common than not.

"All neighborhoods yield talented folks, both local and tourist," she said.

Wilcock notes that not everyone is a great vocalist, but that's okay.

"Of course, some folks sing better than others, so my karaoke nights feature a 'freedom to suck' policy that protects us from judgment at all times," said Wilcock. "I do not care for karaoke contests. We will applaud."

Wilcock admits to applying a system to her open-mic nights.

humans and music, as well as being an enchanted conduit of hilarious good times. Keep energy high, be fair, care about the sound quality and mix of each



With her signature brassy, larger-than-life style, Laura Jane Wilcock is a natural for playing the role of hostess during open-mic karaoke nights at The Harp on Mondays. Courtesy photo by Jon Kanis

singer. And also, bring a cowbell."

Still, considering she is an San Diego Music Awards-nominated singer with her band, how hard is it for her to deal with a particularly bad singer?

"I just combine that love of humans with the 'freedom to suck' motto and then add tequila plus a sense of humor,"

According to Wilcock, Ocean Beach gives her a good blend of singers each

"We get a really good mix," she said. "Euros from the hostel, neighborhood guys thick with facial hair and an attitude, packs of surfer girls, off-duty rock stars, hospitality kids, softball teammates and an above-average sampling of local comics."

While Wilcock is open to performers "It helps to have a true love of of all styles, as long as they're "friendly, fun-lovin', brave and over 21," she's not adverse to cutting someone off if they are disrespectful.

"I have cut many people off who

"We get a really good mix. Euros from the hostel, neighborhood guys thick with facial hair and an attitude, packs of surfer girls, off-duty rock stars, hospitality kids, softball teammates and an above-average sampling of local comics."

LAURA JANE WILCOCK Monday-night karaoke hostess

swing microphones, hit microphones, scream into microphones and don't stop doing these things when I ask them to," she said.

She points out that certain types of music fare better than others.

"It's songs that encourage us to sing along, like 'Total Eclipse of the Heart' by Bonnie Tyler, 'Bohemian Rhapsody' by Queen, and 'Sweet Caroline' by Neil Diamond. Those always get the crowd going. People also respond to humor and interpretive dancing," she said.

Although singers have 4,000 tunes to choose from, there is one artist Wilcock would be happy to never hear

"Anything by Celine Dion," she said good-naturedly.

Even after more than 20 years of hearing the good and the bad when it comes to local singing, Wilcock said she is still having fun at karaoke.

"I get to make loads of friends," she said. "I get off on helping people achieve the high of public vocal performance in a safe and playful environment. Plus, I can hone my improvisational skills as an emcee as well as my sound-mixing skills. And I get to play my beloved inflatable guitar like a rock and roll fiend," she said.

Karaoke with Laura Jane Wilcock takes place at 9 p.m. on Mondays at The Harp, 4935 Newport Ave. 21 and up. No

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San Diego's "Best Dining with a View" only gets better during High Tide when the surf crashes against the picture windows. Visit MarineRoom.com for the full menu.

### HOLIDAY LUNCHES

December 5-7, 12-14 and 19-21 From 11:30 a.m. to 2 p.m.

Featuring special holiday hours, an à la carte menu with Marine Room favorites and oceanfront views, this is a limited-time treat for family, friends or colleagues.

### NEW YEAR'S EVE

Choose from two unique dining options. Our first seating includes an exciting three-course holiday menu. Or, join us for second seating and toast to the New Year with a decadent five-course dinner, live music and dancing.

### THANKSGIVING

Thursday, November 22, from 12 to 7 p.m.

Eniov a special à la carte menu featuring a bounty of savory appetizers and delicious main courses including Julian Cherry Cider Brined Turkey Breast plus seasonal sides and delectable desserts including Five Spice Pumpkin Pie.

### CHRISTMAS DAY

Tuesday, December 25, from 12 to 7 p.m.

Celebrate the season and enjoy a special à la carte menu featuring Blood Orange Olive Oil Bobwhite Quail Confit, Free Range Veal Medallions, Center Cut Angus Filet Mignon, Warm Butter Pear Torte and much more.

### HOLIDAY PARTIES

This holiday season plan a memorable event complete with stunning views and award-winning cuisine. Let us tend to every detail, so that you can enjoy the party. From custom menus and specialty cocktails to festive decor, we will personalize every aspect to make this your perfect

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



# OCEAN **BEACH**

### **ATTENTION! Ocean Beach Merchants**

'Tis the Season to promote your business.

Brighten your Holidays (& your business) by being a part of **OBMA's Special Holiday Sections** published in The Beacon throughout the Holidays!

The Peninsula Beacon, in cooperation with the Ocean Beach Main Street Association, will be publishing 2 special sections for the holidays. Special Banner advertising rates will be offered to Ocean Beach MainStreet Association members. All rates include 4 color. OBMA will run the cover page on November 29th (all papers) and December 13th.Additional Holiday sections will be available throughout the holidays. (Nov.-Dec.) The Beacon will publish every week in December prior to Christmas.

### **Holiday Publication Dates**

**THURSDAYS NOVEMBER 22nd** 

- \* NOVEMBER 29th
- **DECEMBER 6th** \* DECEMBER 13th **DECEMBER 20th**

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only nighttime parade in the city.

Entry applications are available on the OBTC website and linked directly on the home page, www.obtowncouncil.org. From there, the application page offers people the option of either filling out the form and submitting online (as well as making their donation payment online directly following application submission), or downloading the application in PDF format to send in by mail.

The deadline for parade applications either submitted online or through regular mail, is Nov. 15. For more information. visit www.obtowncouncil.org, or contact Parade Committee co-chair Gretchen Kinney Newsom at parade@obtowncouncil.org.

### **Portuguese SES sets Nov. 3** DrawDown fundraiser

The United Portuguese SES Inc. Festa annual Ocean Beach Holiday Parade, the of Point Loma will host a "Noite do Galo," DrawDown Dinner and auction fundraiser on Saturday, Nov. 3 in support of the 103rd annual Festa do Espirito Santo

> The 6 p.m. event will include appetizers, sangria, craft-beer tasting, entertainment, dinner and auction, a \$5,000 grand prize and a \$500 second-chance prize.

> The event takes place at the United Portuguese SES Hall, 2818 Avenida de Portugal. Tickets are \$40 per person for dinner, drawdown tickets are \$50, and a special is available for two dinners and one drawdown ticket for \$120. Various sponsorship levels are also available.

For ticket reservations or inquiries, call Carla d Luz Boren at (760) 529.3461 or Jessica Gonclyes Occhialini at (619) 840.2735, email festadrawdown2013@- gmail.com or visit Facebook at facebook.com/UPSESFESTA2013.

### **College Night slated** to aid students

A specially focused event for families of high school students will be held at Point Loma High School's annual College Night on Nov. 13.

This session is titled "Creating Options in Your College Search," and will focus on students who might be considering institutions outside California. Representatives of in-state colleges will also be present.

The agenda includes a 6 p.m. presentation titled "Considering College Out-of-State" in the school's Performing Arts Center. Later, from 7:30 to 8:30 p.m., the College Fair takes place in the main gym. - Scott Hopkins

Look for more Beacon briefs online at www.sdnews.com

### Check Out Our New Menu!

Here is a sample of some of our new appetizers!

### Buffalo Chicken

Three-cheese alfredo sauce, buffalo chicken bites and chopped celery topped with blue cheese crumbles and a toasted Cheez-Its® crust.

### Sun-Dried Tomato & Pesto

Three-cheese alfredo sauce mixed with pesto and sun-dried tomatoes with a parmesan-panko crust.

### • Jalapeño Bacon

Beer cheese sauce, diced jalapeños and chopped thick cut bacon topped with a toasted Cheez-Its® crust.

### Baked Potato

Mashed potatoes, sharp cheddar cheese, chopped thick cut bacon, green onions and sour cream with a parmesan-panko crust.

### 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.

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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.





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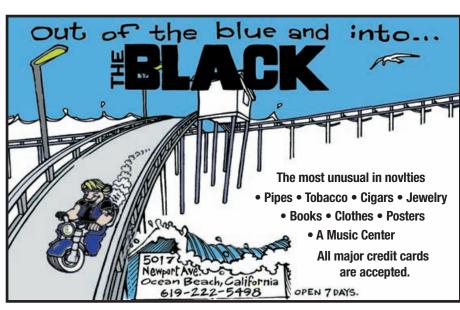
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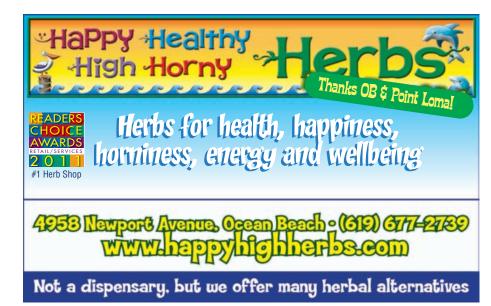
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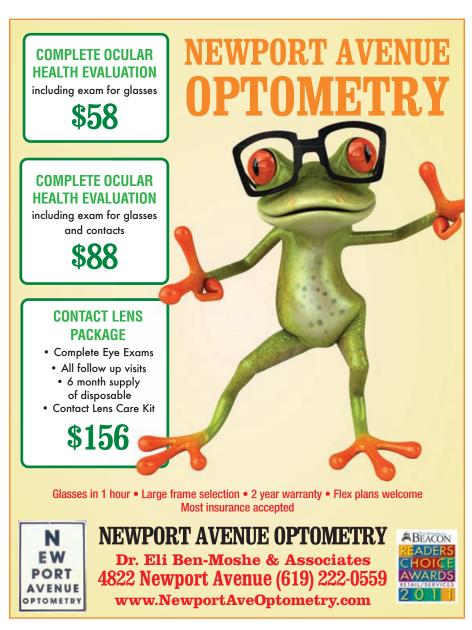
















### Bring your family down to Ocean Beach this Thanksgiving!

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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

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

**BAKERY** 

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### BAR

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

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

Mother's Saloon 2228 Bacon St. • 619-221-8100

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

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 tinystavernob.com

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

tonysbarob.com Winstons

### **BARBECUE**

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

### **CALIFORNIA CUISINE**

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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**

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oceanbeachsweets.com **CATERERS** 

### Surfside Cuisine

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### CHINESE

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

**COFFEE HOUSE** 

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### **Featured OBREL Event:**

### Inaugural Ocean Beach Restaurant Week Monday, December 3 to Friday, December 7, 2012

The Ocean Beach Restaurant, Entertainment and Lodging Group announced the inaugural Ocean Beach Restaurant Week will take place Monday, December 3rd through Friday, December 7th. For 5 days, over 25 participating Ocean Beach restau rants will offer special discounts or prix-fixe menus for breakfast, lunch or dinner.

"We have it all here in OB. Cafes, bistros, delis, pubs, five-star dining..." says Chris Stavros, owner of the Olive Tree Marketplace and Kecho's. "We're inviting all of San Diego to venture out to our little beachfront community and re-visit an old favorite restaurant or discover a new one."

There are no tickets or passes to purchase for the self-guided dining adventure. Diners can show up at any participating location or call to make a reservation. A complete list of participating restaurant is on www.obrestaurantweek.com

"Restaurant week is an opportunity to eat delicious food and it's also a chance for our business community to come together and showcase the great things OB has to offer," says Dave Martin, owner of Shades. "Most of the participating restaurants are locally owned and operated and have been here for years, and we're very proud of that." For more information call Liz Greene at 619-224-4906 or visit the official Restaurant Week website www.obrestaurantweek.com





### 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!





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### Discover your community B RESTAURANT WEEK December 3rd - 7th OBRestaurantWeek.com

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### COFFEE HOUSE CONT.

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619-200-5016 lazyhumingbird.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

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### **DELICATESSEN**

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**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

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stumpssandiego.com

tothepointsd.com

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To the Point Eatery & Catering 4161 Voltaire St. • 619-226-6222

### **DONUTS**

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### **FRENCH**

Bo-Beau Kitchen

### GERMAN

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

### **GREEK**

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kaiserhofrestaurant.com

### **ICE CREAM / YOGURT**

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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**

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### OB Sushi Sushi

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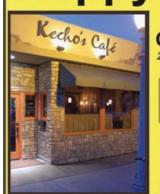
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Nico's Mexican Food

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Newport Pizza & Ale House

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Pizza Port Brewing Co.

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Inn at Sunset Cliffs 1370 Sunset Cliffs Blvd. 619-222-7901 innatsunsetcliffs.com

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### Sockers open season with Nov. 3 match at sports arena

By JOHNNY McDONALD I THE BEACON

The San Diego Sockers, perennial kings of arena soccer, open their defense of the Professional Arena Soccer League (PASL) title at the Valley View Casino Center (formerly the San Diego Sports Arena) on Nov. 3 against the expansion Sacramento Surge team.

putting a 37-game win streak on the line. They're three away from the all-time record, which makes this game an interesting matchup.

Accommodatingly, three of the first four in a 16-game season will be on the home floor. Other home games will be played against Phoenix, Mexico, Tacoma, Anaheim, Turlock, Dallas and Arizona.

After three unbeaten seasons at the Del Mar Arena, the team returns to a home where it captured sports fans' favor. Winning 10 championships seemed to be routine every time they reached the arena floor.

San Diego has not lost a home game since entering the PASL, going a perfect 35-0 at the Del Mar Arena all-time. The PASL playoffs and championship game will be held at the Center on March 10-

"The PASL has expanded dramatically and this should be the most challenging year yet for the Sockers," said Sockers general manager John Kentera in reaction to the schedule's release. "With



Kelli LeClair continues to lead Point Loma Nazarene as the university's top volleyball player and PacWest Conference award win-

### PLNU volleyball squad pulls off upset at GCU

### PLNU ATHLETICS COMMUNICATIONS

### **WOMEN'S VOLLEYBALL**

Kelli LeClair had 21 kills and McKensey Wise added 17 as the Point Loma volleyball team upset No. 21 Grand Canyon University in five sets, 25-18, 21-25, 25-20, 23-25 and 17-15, on Oct. 25.

This is the second straight win for the Sea Lions (9-13, 5-7 PacWest) over the 'Lopes, On Oct. 20, Point Loma went into Phoenix and knocked off Grand Canyon (19-5, 7-5 PacWest), when the 'Lopes were ranked No. 16, in four sets.

LeClair was once again a catalyst in the win for the Sea Lions. She followed up her 24-kill, 16-dig performance with another double-double Oct. 25. The freshman Yucaipa had 17 digs to go along with her team-leading 21 kills. She also added four service aces to help PLNU hold a three-point advantage in service points.

Wise gave the Sea Lions a second scoring option to counter the balanced scoring attack from Grand Canyon. She slammed down 17 kills on just 32 attempts with only three errors for a .438 hitting percentage.

In addition to their offensive stars. PLNU also received outstanding defense from senior Nicole Eiler who set a Point Loma single-match record with 38 digs. Natalie Hamill also added a season-best 56 assists and Briana Vieth had 26 digs. For the match PLNU outhit GCU .216 to

The Sea Lions were scheduled to continue their homestand Oct. 30 when they

returning rivals Anaheim, Tacoma and Phoenix and tough new franchises like Dallas coming into the league, we expect to have our hands full this season. This will be the greatest year yet to come and bring out the family for indoor excitement at the VVCC."

The expanded 19-team PASL includes a newly formed Pacific Division, which On top of that, the Sockers will be will include the Sockers, Anaheim Bolts,

the Surge. A Southwest Division has been added, featuring expansion teams Las Vegas Legends and Real Phoenix, as well as the returning Arizona Storm and the Toros de Mexico (formerly Revolucion Tijuana).

Season tickets are available by calling (866) 799-GOAL.

Here is the schedule for the season: • Nov. 3 — Sacramento Surge, 7:05

- **Nov. 10** Real Phoenix, 7:05 p.m.
- Nov. 17 at Arizona Storm, TBA
- Nov. 24 Mexico Toros, 7:05 p.m.
- Dec. 1 at Tacoma Stars, TBA
- Dec. 9 at Real Phoenix, TBA
- **Dec. 15** Tacoma, 7:05 p.m.
- Dec. 22 Anaheim Bolts, 7:05 p.m. • Jan. 5, 2013 — Turlock Express, 7:05 p.m.
- Jan. 25 at Harrisburg Heat, TBA

4:05 p.m.

- **Feb. 1** Dallas, 7:35 p.m.
- Feb. 2 at Anaheim, 7:05 p.m.
- **Feb. 5** at Las Vegas Legends, 7:05 p.m.
- **Feb.** 10 Arizona, 5:05 p.m.
- **Feb. 17** at Mexico, TBA
- March 10-11 PASL Ron Newman

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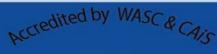
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### PLNU CONTINUED FROM Page 15

welcomed PacWest rival Azusa Pacific to town in the third match of a six-match homestand for PLNU.

### **MEN'S SOCCER**

Saeed Robinson scored a hat trick for Grand Canyon to spoil Senior Day for the Point Loma men's soccer team with a 7-2 win on Oct. 25.

All three goals came in the first half as the 'Lopes (14-2-0, 11-1-0 PacWest) built a 3-0 at the half. PLNU (2-13-0, 1-10-0 PacWest) would cut into the lead in the 61st minute on Matt Steinhaus' first goal of the season. He found himself open on the far side of the net on a throw-in from Paul Malherbe and deposited the ball into an open half of the net for the goal.

This was Senior Day for eight Point Loma seniors. Niko Acosta, Gustavo Jimenez, Keith Cline, JJ Reading, Austin Fares, Javier Castorena, Andrew Sanders and Isaac Gomez all played their final collegiate match at the PLNU soccer field

The Sea Lions close out their season with three matches on the road. The first was set for Oct. 30 at Cal Baptist.

### **WOMEN'S SOCCER**

Brooke Winklepleck scored in the third minute of the match and Amanda Mitchell added two first-half goals to lift the Point Loma women's soccer team over Grand Canyon 3-1 on Senior Day,

The win moves Point Loma (11-3-1, 8-2-1 PacWest) within one point of Grand Canyon (9-5-2, 8-2-2 PacWest) for third place in the PacWest standings.

In the seventh minute Amanda Mitchell would get her first goal of the match when she and senior Tiffany Kracy hooked up on a full-field pass. Kracy took

the goal kick and booted the ball into Grand Canyon's box. Mitchell raced after it and caught the ball on the top of its first bounce and headed the ball over the goalie to put Point Loma up 2-0.

Codi Cameron would then hook up with Mitchell in the 18th minute to push the Sea Lions' lead to 3-0. Cameron set up Mitchell on a nice touch pass inside the left side of the box and Mitchell rocketed in the open shot for her team-leading seventh goal of the season.

Both teams played a tough second half but neither team was able to find the net again. Tiffany Kracy added six saves. She ends the year with just four goals allowed in 11 home matches.

The Point Loma women's soccer team was expected to have another stiff challenge on its hands when it traveled to second-place California Baptist (10-2-1, 9-1-0 PacWest) on Oct. 30.

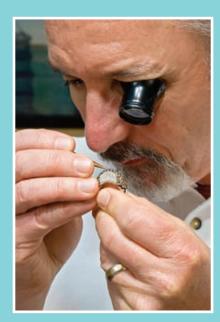
### MEN'S GOLF

Brent Hamilton shot a 3-over, 75 in the final round of the 17th National Christian College Athletic Association (NCCAA) National Men's Golf Championship to finish tied for 17th.

Hamilton was very consistent throughout the tournament putting up rounds of 73 (+1), 76 (+4) and 75 (+3) to finish with a 224 (+8) on the par-72 Hombre Golf Course. Hamilton posted a bogey on the first hole then got a birdie on hole 7 to finish even-par on the front nine. He would register two bogey, a double bogey and a birdie on the back nine to finish 3-over on the day.

He tied with Shane Dobesh of Roberts Wesleyan and Austin Struble of Dallas Baptist for 17th place. Vilhelm Bogstand of Oklahoma Christian won the individual title with an 8-under, 208. He was one of five golfers from Oklahoma Christian to finish in the top 7. Oklahoma Christian won the team competition with a 26-under, 838. Union University was second with a 26-over, 890.

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### Pointers poised to take on potent Madison squad in regular-season finale

By SCOTT HOPKINS | THE BEACON

In the regular season's final week, all ball teams will be playing for Western League titles against Madison High on Nov. 1 and 2.

Only the freshmen (7-1) will play on familiar Bennie Edens Field turf Nov. 1, taking on the Warhawks at 3 p.m.

The main event, a doubleheader, begins at 4 p.m. Nov. 2 with the undefeated (8-0) J.V. Pointers trying to put the bite on Madison before the varsity squad (7-2) square offs off with the Warhawks at 6:30 p.m.

This year, the Warhawks (8-1) are averaging 41 points in each victory, with a 42-28 loss to Valhalla (El Cajon) in week two this season. They will bring a seven-game win streak into this week.

The team is led by running back Pierre Cormier, who is being wooed by more than 20 Div. I universities. On the season, Cormier has totaled 1,300 yards on 113 carries, a whopping 11.5 average per touch and 163 yards per game. He has scored 14 touchdowns.

As a team, the 'Hawks average 9.6 yards per carry and 295 yards per game to complement 118 passing yards per game for 413 total offensive yards.

The Pointers, however, bring a sixgame win streak to the game and counter with a strong defense and Jamal Agnew, who has earned a reputation countywide as a threat on offense as a running back and on defense as a bruis-

Agnew, a game-changing player, has 49 tackles and four pass interceptions on defense, while Zach Eischen and Grant Wilburn each have three interceptions.

Also looking to stop the Warhawks will be Pointer defenders like Greg Ver-

dugo (76 tackles, 2 sacks) and Steven Arreola (67 tackles, 2 sacks).

Agnew has scored six touchdowns as three of Point Loma High School's foot- a part-time offensive player and four more on defense and special teams, including punt returns (the longest 66 yards) and kickoff returns (the longest 85 vards).

> Offensively, the Pointers offer running backs D.J. Lacy (661 yards, 7.7 yards per touch) and teammates Branden Martin (199 yards), Agnew (175 yards), A. J. Smith (172 yards) and Ja'Markus Watkins (153 yards).

> The varsity showdown will be a repeat of last year's final game, in which the Pointers ruined Madison's dreams of an undefeated season when the two teams fought to a 13-13 tie in regulation. An overtime session, won by the Warhawks, was used for playoff seeding purposes

That game was also played on Madison's field in a constant rainstorm that limited each team's performance.

### **POINTERS POUND BUCS 34-12**

On Oct. 26, the Dogs traveled to Mission Bay and disposed of the Bucs 34-12 in a game with a beginning that left the Bucs stunned and in disarray.

The Pointers shocked their hosts, scoring 21 points in less than two minutes to open their Western League football game in what could only be called a textbook illustration of Murphy's Law for

Mission Bay's first mistake came when it booted the opening kickoff to Agnew, who promptly returned the ball 80 yards for a score and a 7-0 Pointer lead just seconds into the contest.

After a three-and-out possession by the hosts, the Dogs struck again, with Oscar Moya covering 44 yards on a nicely executed run to put the Dogs up 14-0.



Point Loma High quarterback Branden Martin (No. 18) picks up yardage against Mission Bay during the 34-12 Pointer victory on Oct. 16. Blocking for Martin are Mark Nou (No. 68), Oscar Moya (No. 44) and Seth Irby (No. 74). Photo by Scott Honkins I The Beacon

that caught the Bucs sleeping, with Pointer Avery Cramer covering the live

After Lacy raced 22 yards on the first play, A.J. Smith carried the pigskin four yards into the end zone, giving the visitors a 21-0 lead.

The elapsed game time for the early PLHS scoring drives: one minute, 58 sec-

On the first play of the second quarter,

Next, the Pointers used a short kickoff Eischen picked off a Bucs pass attempt and the former quarterback showed his running skills, dodging and weaving for 66 yards before being brought down short of the goal line.

> Several plays later, Moya covered the last yard for his second score and a 28-0 Dogs advantage.

> After a scoreless third period, Pointer signal-caller Martin covered 39 yards on a keeper for the final score. A rare missed point-after kick by Miguel Alcantar left the Pointers with their final total.

> The Bucs scored on a nine-yard pass play and a five-yard run, failing to convert both two-point conversions on a pass and run.

### **EXTRA POINTS**

• The No. 2 jersey of former Bucs star Arian Foster was retired in a halftime ceremony. Foster, now playing for the NFL's Houston Texans, is currently the leading rusher in pro football. He was able to attend the game because of the Texans' bye week.

• Before Martin broke loose on his 39vard touchdown run, he had two scoring dashes totaling 130 yards on the same drive called back by questionable holding penalties far behind play.

• Senior running back Johnny Maes underwent surgery for torn knee ligaments on Oct. 26 and was visited by team members after the game. They presented him with a signed game ball from the Homecoming game on Oct. 12 when he was injured.

· Mission Bay still plays on a natural grass surface without lights. They are hoping to have a new artificial turf field, track and lighting installed by 2014. The current scoreboard is in such poor condition that the numbers could not be read most of the game. It displayed game time as "8:99," for example, and listed the ball as being on the "60-yard line," which does not exist in football.

• If the Pointers maintained their opening pace (three touchdowns every two minutes) the projected score would



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The ringing of the bell kicks off the historical activities including, an "El Grito" contest, parade, games, crafts and much more!

Attendees can march in the short will be performed free of charge at 1:45

Park is hosting Mexican Independence horses, dancers, and people in historical Day with traditional activities from the costumes. The parade is scheduled at

Following the parade, there will be games, contests and demonstrations that represent the activities enjoyed by the early settlers of San Diego. Escaramuzas Golondrinas (female equestrian group) will perform during the event. Park guests can relax and picnic in the grassy area in front of the stage that will be filled with free entertainment such as historical dancing and music. A special theatrical production "Doin' the Grito"



p.m. on the plaza stage.

Other stage entertainment includes, Ballet Folkorico Tapatio de Oceanside, Los Bailadores Dance Group, and Los Diegos music group.

The event is sponsored by Old Town San Diego State Historic Park, Boosters of Old Town, and the business commu-

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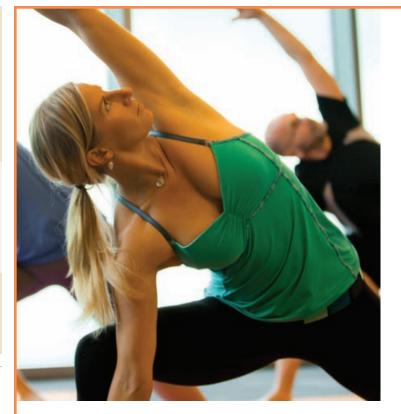
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Point Loma Pointer alum Jon Berndes (class of 1965), is making his political voice heard in a big way - via a 500-pound pumpkin he grew in his garden over the summer. "I'm just having fun with it," he said. Unlike other bumper stickers on the road, Berndes totes his political endorsement of presidential candidate Mitt Romney in the back of his pickup - a feat that took the help of 10 neighbors - eliciting roadside honks, thumbs-ups and conversation starters, he Photo by Mariko Lamb I The Beacon



# Looking >> ahead

Dec. 7

### **SATURDAY Nov. 3**

The 2012 Fitness Together Point Loma Breast Cancer 5K Walk/Run kicks off to raise money for the Susan G. Komen Foundation and the American Breast Cancer Foundation. The event takes place at 2750 Dewey Road at Liberty Station. The event is free, but there is a suggested donation of \$10 per walker or \$5 for support crew. Registration begins at 8 a.m. For more information,  $call\,(619)\,756\text{-}7500$  or email gregsterner@fitnesstogether.com.

### **TUESDAY. Nov. 6**

The Point Loma United Methodist Church hosts a free introduction to gentle yoga, designed for all physical levels. The class takes place from 11:30 a.m. to 12:15 p.m. at the church, 1984 Sunset Cliffs Blvd. Registration required. Call (619) 788-4838 or email info@dharayoga.com.

### SATURDAY, Nov. 10

Friends of Famosa Slough host a work party to plant and care for California native plants and remove invasive species from 9 a.m. to noon. Participants are asked to meet at the southeast corner of West Point Loma and Famosa boulevards. For more information, call (619) 224-4591.

### TUESDAY, Nov. 13

The Point Loma/Hervey Branch Library, located at 3701 Voltaire St., hosts a new art exhibit by the Point Loma Artists Association in the Community Room Gallery from 5:30 to 7:30 p.m. Meet the artists and see paintings/photographs and three-dimensional works. For more information, visit www.pointlomaartists.com.

### WEDNESDAY, Nov. 14

The Hervey/Point Loma Branch Library presents an evening with Diana Lindsay and her book "Ricard Breceda: Accidental Artist." The book illustrates and discusses the fascinating sculptures to welcome this holiday season. The proby Breceda, which decorate the desert landscape around Borrego Springs. The Crill Performance Hall, 3900 Lomaland free event takes place at 6:30 p.m. at the Drive. Tickets are \$9. For ticket informalibrary's community room, located at tion, call (619) 849-2325, or visit 3701 Voltaire St. For more information, www.pointloma.edu/music. contact head librarian Christine Gonzalez at (619) 531-1532.

### THURSDAY, Nov. 15

The Ocean Beach Historical Society presents members of V.O.T.E., the founders of the people's 30-foot coastal height-limit initiative on the 40th anniversary of the successful initiative. The event takes place at 7 p.m. at the Point Loma United Methodist Church, located at 1984 Sunset Cliffs Blvd. For more information, visit obhistory.wordpress.com.

### MONDAY, Nov. 19

Point Loma Nazarene University's (PLNU) Music Department continues its fall/winter concert series with The Rawl-

ins Trio, featuring Susan Keith Gray on piano, Eunho Kim on violin and Marie-Elaine Gagnon at cello in a dynamic group of performers, teachers and scholars who are on the faculty of The University of South Dakota Department of Music. Touring regularly throughout the United States and abroad, most recently in Taiwan and Panama, the artists combine school visits and master classes with performances in a variety of concert venues. The program takes place at 7:30 p.m. at the Crill Performance Hall, 3900 Lomaland Drive. For ticket information, call (619) 849-2345, or visit www.pointloma.edu/music.

### WEDNESDAY, Nov. 21

• The Point Loma Peninsula Republican Woman's Club monthly meeting takes place at 10 a.m. at the Point Loma Café, 4865 Harbor Drive. Bobby Woods from USO Airport will speak. A no-host lunch follows and visitors are welcome. For more information, call Marilyn at (619) 222-9532.

• Boy Scout Troop 500 of Point Loma is calling for all previous Troop 500 Eagle Scouts and Scoutmaster alumni to join in an evening of Eagle Scout Court of Honor celebrations and a reacquaintance from 7 to 8 p.m. at Saint Agnes Parish Hall at the corner of Evergreen Street and Avenida de Portugal in Point Loma. For more information, visit www.troop500.net, or call Scoutmaster Todd Shinohara at (619) 823-9691.

### FRIDAY, Nov. 30 and SATURDAY, Dec. 1

The 10th annual Cider Celebration Christmas Show at Point Loma Nazarene University will feature Concert Choir, Extol and Chorale and will climax with a choir of 140. The Concert Choir and Chorale, under the direction of conductor Dr. Dan Jackson, will perform both inspirational and entertaining music throughout the event. Additional performances will include solos, duets and quartets of Christmas favorites. This hour of family entertainment will include such songs as "Sing We Now of Christmas," "Joy to the World," "Rudolph the Red Nosed Reindeer" and other Christmas favorites accompanied by a live orchestra. Share some music and a cup of hot apple cider gram takes place at 6 and 8 p.m. at the

### SUNDAY, Dec. 2

Point Loma Nazarene University's (PLNU) Music Department continues its fall/winter concert series with "Messiah," now being performed for 60-plus years at the university. Conductor Dr. Keith Pedersen brings Handel's "Messiah" to life as it is performed by Choral Union and Orchestra. The 160-voice choir consists of PLNU students, faculty, staff and community singers. The orchestra is anchored by PLNU's string program and augmented by members of the wind program. Admission is free. The event takes place at 3 p.m. at Brown Chapel, 3900 Lomaland Drive. For more information, visit www.pointloma.edu/-





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

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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.

### Moving Mom and Dad to Assisted Living

Almost everyone hopes as they grow older that they will be able to spend the rest of their lives in their own home enjoying the comfort and memories that go along with having a long life. Sometimes parents tell their adult children "I want to stay in this house forever. Promise me you'll never put me in a home." This promise can put undue stress on the children when the parent's good health begins

Joan's parents, John and Anna, had been married more than fifty years and were doing well. Then Anna began having short-term memory loss and then she broke her hip which put her in a rehabilitation facility for three months. Joan was at a loss of what to do when her mother was ready to leave the facility.

She contacted Innovative Healthcare Consultants, a Geriatric Care Management company, who met with the entire family. Even though Anna wanted to stay in her home forever, it wasn't practical as John could not manage the demands of her illness at home. The nurse at Innovative was able to help Joan find an assisted living home with specialized dementia care for Anna with a senior apartment complex for her dad. It's working out well. Anna is being safety taken care of and John sees her every day but still can golf and do all the things he loves without the worry of leaving Anna.

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Their training focuses, though, on the hard (ie, bone) and soft (ie, skin, muscle) tissue of the face, mouth, and jaws. Dr.'s Varboncoeur & Caldemeyer's knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and esthetic conditions in the maxillofacial anatomical area.

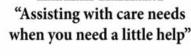
For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center Call 619-463-4486 or go to our website to learn more about this revolutionay procedure at vchoms.com.

### **Fall Arts & Crafts** Fair Sat. Nov 17<sup>th</sup> at the Co-op!

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cont'd from page 20

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