



DRAGON BOATS:
*The San Diego
Dragon Boat Race
and Festival rows
into Mission Bay.*
Page 12



Thursday, October 14, 2010



A pumpkin in a classic red Radio Flyer wagon at the PB Pumpkin Patch, 870 Garnet Ave., waits for a goblin to take it home. Doug Irwin has operated the patch at the corner of Bayard Street and Garnet Avenue for 17 years.
PAUL HANSEN | Beach & Bay Press

Spook-tacular events

By DEBBIE HATCH | BEACH & BAY PRESS

Ghosts and goblins are about to be drawn to the beach area to partake in several Halloween-themed events this season. The Pacific Beach Recreation Center, for example, will host a carnival for the public, while some of the elementary schools have unique festivities in the works for students. Here's a look at what's in store:

PB Recreation Center

For as long as anyone can seem to remember, the Pacific Beach Recreation Center has hosted a Halloween carnival for the community. This year, it will be held outside on Friday, Oct. 29 from 4 p.m. to 7 p.m.

"We are going to have a bunch of games, a costume contest, arts and crafts," said Alijah Gargano, an employee at the recreation center who will be helping out during the carnival.

Tickets for food and games will be 25 cents each. Hot dogs, sodas and popcorn will be just a few of the food highlights. Candy will be handed out as prizes for games.

There will also be cake walk and, for the lucky few who land on the special number, a cupcake will be awarded.

"We get a bunch of volunteers from the [Mission Bay] high school," Gargano said.

The staff at the recreation center, alongside volunteers, will manage the event, which is expected to draw close to 300 people, Gargano said.

"Everybody who wants to comes in costumes," Gargano said.

Parents and children alike dress up for the once-a-year festivities

held at the recreation center.

Besides friends, goodies and goblins, one of the draws will be a train ride for children in the adjacent grass field.

In addition, a fog machine will be used to create a spookier ambiance.

The annual event would not be complete without a costume contest. There will be several divisions, including one for those two-years-old and younger, and one for those 13 years and older. There will also be divisions for all ages in between. The winner of each age group will receive a prize.

The carnival is open to the public and is free to enter. The Pacific Beach Recreation Center is located at 1405 Diamond St. For more information, call (858) 581-9927.

Crown Point Jr. Music Academy

Crown Point Junior Music Academy will hold an event for its students and families called Trunk or Treat on Oct. 29 from 4 to 6 p.m. School families will decorate the inside of their family's car trunks and arrange them around the school yard. Each vehicle's trunk will serve as trick-or-treating stop for school children, said school principal Barbara Boone. The families will choose a unique theme for decorating their vehicle's trunk and the children will dress up as in costume for the event.

Bayview Terrace Elementary

Bayview Terrace Elementary School will hold a story parade in which students will dress up as a character from their favorite book and parade around on the blacktop at 1 p.m. Oct. 29. The festivities will take place during the last hour of school that day. The event is only for the children who attend the school and their families.

Halloween Safety Tips

- Wear light colored clothing or reflective tape so you can easily be seen.
- Make sure your costume fits well.
- Wear face make-up instead of a mask.
- Trick-or-treat with friends. It is more fun and safer too!
- Young children should be accompanied by an adult.
- Trick-or-treat during daylight. Carry a flash-light in case it gets dark.
- Look both ways before crossing the street and always use crosswalks.
- Trick-or-treat in familiar neighborhoods.
- Visit homes with porch lights on which welcome you.
- When trick-or-treating with friends, tell mom and dad your route.
- Bring your treats home and do not eat anything until your parents have checked it.
- If any treats look suspicious, have your parents call the police.

— courtesy of the
San Diego Police Department

Kate Sessions Elementary

Kate Sessions Elementary School will hold its annual Halloween Carnival from 2 to 5 p.m. on Friday, Oct. 29. Fifth-graders will construct a haunted house in the auditorium for daring children to walk through. The students will also dress up and walk in the school's costume parade. There will be two giant slides and possibly pony rides. The public is welcome to attend.

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Peter Liebig



Mark Feighan



Sgt. Jon Vipond



Daryl McDonald

Four lifeguards earn rare Medal of Valor

By DEBBIE HATCH | BEACH & BAY PRESS

B. Chris Brewster, president of the United States Lifesaving Association, awarded four local San Diego Fire Rescue Department lifeguards the Medal of Valor during a presentation at Mission Bay's Hospitality Point on Wednesday, Oct. 13.

Sgt. Jon Vipond, Mark Feighan, Daryl McDonald and Peter Liebig received the medal for their heroic efforts on Nov. 28, 2009, when they saved six people from drowning after a 29-foot sportfishing vessel, the Defiance, capsized in the Mission Bay Channel.

"I'm really proud of them because they deserve this award and more awards," said Steven Sanford, 25, who was among those saved.

Sanford recalled while submerged in the water he gave one last kick, which brought him to the surface where he was convinced he had taken his last breath. His life flashed before his eyes, he said.

McDonald saw him and pulled him to safety.

Large surf and a capsized vessel

made for a "perfect storm of rescues," McDonald said.

The Medal of Valor has only been awarded to 32 lifeguards nationwide since 1987.

"We give out less than two [Medals of Valor] a year," Brewster said.

He added that it was miracle that no lifeguards were injured in the rescue and noted that had one event leading up to the rescue been different, such as Vipond not arriving at work early that day, "the outcome would not be the same."

Mayor Jerry Sanders, Fire Chief Javier Mainar and Lifeguard Chief Rick Wurts joined Brewster in the presentation.

"These four men are truly heroes and they've done the rest of their city proud," Sanders said.

Chief Mainar said that when he heard of the rescue, it tugged at his heartstrings, adding that public safety is truly a team effort.

"They didn't shirk from the [dangerous rescue] they stood in the pocket and then delivered," Wurts said.

Classes back in session after mercury incident

By DEBBIE HATCH | BEACH & BAY PRESS

Mission Bay High School (MBHS) students returned to class this week following a tense and unusual week-ending day Friday, Oct. 8. That's when the school was placed on lockdown from approximately 11 a.m. until just before 3:30 p.m. because a male student brought mercury to the campus and contaminated parts of the school.

Approximately 1,600 students spent the afternoon locked inside the school, said MBHS principal Fred Hilgers.

Mercury is a silver metal in the form of liquid at normal temperatures, and is known to be highly-poisonous.

Seven students and one teacher were exposed, said San Diego Fire Rescue Department spokesman Maurice Luque.

Two of the students tested had unsafe readings and both were given showers and fresh clothes to ward off the contamination.

The fire department was on scene



MBHS students peek through blinds in a classroom during lockdown Oct. 8.
PAUL HANSEN | Beach & Bay Press

for the duration of the afternoon and a hazmat crew checked 11 rooms for contamination. Two of those rooms — a computer room and a science room — had high readings. Carpets in one of the contaminated rooms were removed.

Officials checked an additional 140 students for contamination. Each of those students had entered the contaminated rooms at some point in the morning.



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GRADES ARE IN

Despite high marks, 2010 may be last year for beach testing

By CLAIRE HARLIN | BEACH & BAY PRESS

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

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

The California Water Resources Control Board (CWRCB) is the entity that has previously secured funding, and McPherson said San Diego County officials just got word Sept. 30 — via a statement by CWRCB board spokesman William L. Rukeyser in the Los Angeles Times — that the board will “most likely” hear a proposal in November to use \$984,000 in state bond money to continue testing for one more year across the state.

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

Grimmer is the manager of Heal the Bay’s “Beach Report Card,” which reports water-quality data compiled by California’s counties. Heal the Bay put out an end-of-summer report Sept. 29 that



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

showed San Diego’s beaches were among the best in the state this year, taking home all “A”s on their report card.

But even though San Diego scored highly, Grimmer said that without routine testing there would be know way of knowing if local beaches become polluted by a random problem under the water table, such as a sewage leak or a bad septic system.

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

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

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

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

The water-quality department, overseen by the county’s Department of Environmental Health, collects water from 44 frequently-accessed locations along San Diego’s coastline and analyzes the samples in the San Diego County Public Health Laboratory.

In the case that the county doesn’t

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

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

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

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

SCORING BEACH & BAY’S WATERS

End-of-summer beach report card for Pacific Beach / Mission Beach

SUBJECT	GRADE		
	2008	2009	2010
PB Point, 100 yards from Linda Way	B	F	A+
PB, Tourmaline Surf Park	A	A+	A+
Mission Beach, Belmont Park	A+	A	A+
Mission Bay Wildlife Refuge, Lamont St.	A+	A	A
Mission Bay, Ski Beach	A+	A	A
Mission Bay, Vacation Isle N. Cove Beach	B	A	B
Mission Bay, Bahia Point, Gleason Road	A+	A+	A+
Mission Bay, Bonia Cove	B	A	A

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HIGH KICKERS
Two dancers from the Polonez of San Diego dance troupe perform the "Zha-byok" dance during the 15th annual Polish Festival on Oct. 9 at the Saint Maximilian Kolbe Polish Catholic Mission in Pacific Beach. The three-day festival offered food, drink and live entertainment.
PAUL HANSEN | Beach & Bay Press

EVENTS CALENDAR
Looking ahead

THURSDAY, OCT. 14
Pacific Beach Kiwanis Club, 7:30 a.m., Broken Yolk, 1851 Garnet Ave. For more information, call Phyllis (858) 750-2554
Preschool Storytime, 10:30 to 11 a.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-4; (858) 581-9934; free
VFW Post 5985 Meeting, 7 p.m., 853 Turquoise St., (858) 488-3631, <http://vfw5985.com>

SATURDAY, OCT. 16
Mission Bay Rotary Club, 7 to 10:30 a.m., Wavehouse in Belmont Park, 3125 Mission Blvd. For more information, call (858) 531-5754; \$8 per ticket or two for \$15, advanced ticket purchase available at HomeBank, 875 Garnet Ave.

SUNDAY, OCT. 17
T.O.D.D.I.E.R.S. (Together Opportunities to Discover and Develop Literacy, Enrichment and Recreation Skills), 10 a.m. to 1 p.m., Pacific Beach Recreation Center, 1405 Diamond St., parent and toddler fun. For more information, call Bill (619) 920-1032; free

MONDAY, OCT. 18
Mission Bay Rotary Club, noon, Catamaran Hotel, 3999 Mission Blvd., lunch, www.rotaryclubmissionbay.org

Pilates for Pink fundraiser

Tilcia Studios, 4645 Cass St., Suite 102 in Pacific Beach will participate in Shape magazine's Pilates for Pink fundraiser, which will benefit the Breast Cancer Research Foundation (BCRF). Pilates for Pink has raised \$700,000 for the BCRF. The program encourages women to take a step toward a healthy lifestyle while raising awareness of breast cancer. Pilates for Pink classes will be held Sunday, Oct. 24 from 9 a.m. to noon and will include a bootcamp class at 9 a.m.; an intermediate level class at 10 a.m.; and a beginner level class at 11 a.m. Advance registration is required by calling (858) 490-0513.

Jazzercise to be held on Mount Soledad

The Soledad Club will host a public jazzercise class to benefit the Susan G. Komen for the Cure. Men, women or youth are all encouraged to attend. The free class will serve as a fundraiser and a minimum suggested donation of \$10 per participant is suggested. Andrea Singer will lead the class and all funds will be donated to Susan G. Komen for the Cure. The event takes place at 9 a.m. on Saturday, Oct. 23 at the Soledad Club, 5050 Soledad Road.

TUESDAY, OCT. 19
Pajama Storytime and Crafts, 6:30 to 7:30 p.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-6; (858) 581-9934; free
Pacific Beach Toastmasters, 6:30 to 8 p.m., Pacific Beach Recreation Center, 1405 Diamond St. For information, e-mail info@pbtm.freetoasthost.net

Mission Beach Precise Planning Board, 7 p.m., Belmont Park Meeting Room, 3146 Mission Blvd., www.missionbeachtc.org/id23.html
Pacific Beach Community Advisory Committee, 6 p.m., Discover PB office, 1503 Garnet Ave., (858) 273-3303

Under the Covers, 6:30 to 7:30 p.m., Pacific Beach/Taylor Library, 4275 Cass St. Local readers help each other find books, (858) 581-9934

WEDNESDAY, OCT. 20
PB Town Council meeting, 6:30 p.m., PB Women's Club, 1721 Hornblend St., (858) 483-6666
PB Hospitality Task Force, 1 p.m., Discover PB office, 1503 Garnet Ave., (858) 273-3303

THURSDAY, OCT. 21
Pacific Beach Kiwanis Club, 7:30 a.m., Broken Yolk, 1851 Garnet Ave. For more information, call Phyllis (858) 750-2554
Preschool Storytime, 10:30 to 11 a.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-4; (858) 581-9934; free
Stress Less lecture, 1:30 to 3 p.m., Pacific Beach/Taylor Library, 4275 Cass St., pre-registration required by calling the library at (858) 581-9934; free

SATURDAY, OCT. 23
Gabriel Wilensky, 11 a.m. to 12:30 p.m., Pacific Beach/Taylor Library, 4275 Cass St., local writer talks about his book "Six Million Crucifixions: How Christian Anti-Semitism Paved the Road to the Holocaust," (858) 581-9934; free
Oktoberfest, noon to 6 p.m., Pacific Beach Woman's Club, 1721 Hornblend St., family-friendly festival benefiting Autism. For more information, visit www.communitycoachingcenter.org; \$5 adults, \$3 for ages 12 and younger

SUNDAY, OCT. 24
T.O.D.D.I.E.R.S. (Together Opportunities to Discover and Develop Literacy, Enrichment and Recreation Skills), 10 a.m. to 1 p.m., Pacific Beach Recreation Center, 1405 Diamond St., parent and toddler fun. For information, call Bill (619) 920-1032; free

MONDAY, OCT. 25
Mission Bay Rotary Club, noon, Catamaran Hotel, 3999 Mission Blvd., lunch, www.rotaryclubmissionbay.org

TUESDAY, OCT. 26
Pajama Storytime and Crafts, 6:30 to 7:30 p.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-6, (858) 581-9934; free
Pacific Beach Toastmasters, 6:30 to 8 p.m., Pacific Beach Recreation Center, 1405 Diamond St. For information, e-mail info@pbtm.freetoasthost.net

October Dineout with the Pacific Beach Town Council, 6 p.m., Lotsa Pasta, 1706 Garnet Ave. For reservations and details, call Mary Cook, (858) 450-0422

WEDNESDAY, OCT. 27
PB Planning Group meeting, 6:30 p.m., Taylor Library, 4275 Cass St., info@pbplanning.org

THURSDAY, OCT. 28
Pacific Beach Kiwanis Club, 7:30 a.m., Broken Yolk, 1851 Garnet Ave. For more information, call Phyllis (858) 750-2554

Preschool Storytime, 10:30 to 11 a.m., Pacific Beach/Taylor Library, 4275 Cass St., ages 2-4; (858) 581-9934; free
Safe and Beautiful Committee, 6:30 p.m., Knox Chapel/Pacific Beach Presbyterian Church, 1675 Garnet Ave.

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Organizations join to aid seniors in PB

By RACHEL HUTMAN | BEACH & BAY PRESS

Two local organizations — Aging@Home and ElderHelp of San Diego — have joined to provide Pacific Beach seniors more support services designed to help seniors comfortably remain in their homes as they age.

Locally, seniors and their families may attend a presentation Oct. 19 at Open Door Bookstore, at which time representatives of Aging@Home and ElderHelp of San Diego will answer questions from the public. The informative meeting will start at 2 p.m. and free refreshments will be provided.

Aging@Home is a grassroots, nonprofit organization committed to making neighborhoods comfortable places to age. Aging@Home provides transportation, home repair, companionship, security and other services to seniors at reduced rates. Its goal is to assist members so they can continue living at home as long as possible.

More than 100 communities

across the country have successfully implemented similar programs and brought Aging@Home services into their neighborhoods, according to the organization.

ElderHelp also provides seniors with services from the comfort of their own homes, and membership fees are based on a sliding scale. ElderHelp was started as a nonprofit organization in Cambridge, Mass. 35 years ago and has since expanded its services to seniors nationwide.

“ElderHelp has delivered services in Pacific Beach for a long time,” said Emily Merritt, member services director at ElderHelp. “The presentation is saying to seniors, ‘Here is what services we have,’ and asks them what additional services they need.”

The 2008 U.S. Census estimates 8,000 seniors reside in Pacific Beach.

Dr. Masa Goetz has been trying since last Christmas to bring ElderHelp services to Pacific Beach. There has been community interest but it has been

hard to get the project off the ground, she said.

The program has been endorsed by Dr. Richard Novak, a general internist located in Pacific Beach.

All seniors are encouraged to come to the free presentation to learn more about Eldercare and Aging@Home services. Goetz also noted it will be a great opportunity to meet neighbors who are in a similar place in life, and trying to plan for their future.

Both organizations rely heavily on the help of volunteers and anyone interested in volunteering opportunities is welcome to attend.

“We never know what is around the corner,” Goetz said. “It’s good to have this information at hand. You don’t have days to research this information when something happens.”

Open Door Books is located at 4763 Cass St. in Pacific Beach. For more information, visit elderhelpofsandiego.org or contact Goetz at (858) 270-7922 or e-mail her at masagoetz@att.net.

NEWSdigest

- **Red Cross lauds local heroes** – Sgt. Troy Keach and lifeguards James Lockwood, Gunnar Granquist and Charles Davey of the San Diego Fire Rescue Department were honored as the American Red Cross’ 2010 Real Heroes. The four men pulled a young man from icy Mission Beach waters in November 2009. The San Diego and Imperial County chapter of the American Red Cross held a breakfast Sept. 30 aboard the USS Midway honoring heroes who have made a difference in the community.
- **MBHS receives portion of grant** – The San Diego Unified School District (SDUSD) will receive \$7.2 million from a federal magnet schools grant over three years. The funds will be distributed to some of the district’s magnet schools, including Mission Bay High School. U.S. Secretary of Education Arne Duncan announced the total \$100 million award winners on Sept. 30. The grant was divided among 36 school districts in 15 states. SDUSD was one of eight California districts selected. SDUSD received \$2.6 million for the first year. Mission Bay High School received funds from the grant and will use it to strengthen its International Baccalaureate program at the school. The IB program teaches students how to apply educational principles to problems facing a global society.
- **Mind the cyclists on Oct. 17** – Residents of Pacific Beach are being cautioned that about 2,500 cyclists will be riding through the area on Sunday morning, Oct. 17. The cyclists, in conjunction with The National Multiple Sclerosis Society, will be on a 50-mile trek as part of the 27th annual Bike MS Bay to

- Bay Tour in order to raise money for MS research, programs and services. Several area roads will be affected, such as Crown Point Drive, Pacific Beach Drive and Grand Avenue. The race begins at 7 a.m. and cyclists are expected to finish in San Diego’s Mission Bay area around 10:30 a.m. Registration information, as well as event information, is available at www.biketofinishMS.com.
- **Club asks for 1,000 pairs of socks** – The Pacific Beach Woman’s Club is collecting socks to donate to Stand Up for Kids, a nonprofit organization assisting homeless teens. The club’s goal is to collect 1,000 pairs of new and slightly used socks by Nov. 9. Donations can be dropped off at the Pacific Beach Woman’s Club, 1721 Hornblend St. For more information visit www.pbwomansclub.org.
 - **CCC hosts Oktoberfest** – The Community Coaching Center, a nonprofit organization serving children and teens with autism, is hosting an Oktoberfest fundraiser on Saturday, Oct. 23. The event will promote the inclusion of the individuals with Autism and serve as a resource fair for the public. There will be a bounce house, games and activities for children. Adults can listen to live traditional German music performed by the Edelweiss Band and sample local beers from Ballast Point and Green Flash breweries. There will also be authentic food for the whole family. The event will be open to the public and will cost \$5 for adults and \$3 for kids 12 years and younger. The festivities will be from noon to 6 p.m. at the Pacific Beach Woman’s Club, 1721 Hornblend St.
 - **Teachers bring home gold** – Two teachers from Crown Point Elementary School competed in the San Diego Senior Olympics held on Sept. 18 and 25. Fifth-grade teacher Margaret Bower,

- won three gold medals in the 55-59 age division for basketball. She won a medal for free throws, hot-shot competition and team competition. Fourth grade teacher Lou Grande won two gold medals in the 55-59 age division. He won medals for free throws and the hot shot competition.
- **PB Town Council announces election** – The Pacific Beach Town Council (PBTC) will hold elections for board positions in November. The positions available will be president, vice president, secretary and treasurer, said Ruby Houck,

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OBITUARY

Janie Cushing (Sept. 10, 1923-Oct. 8, 2010)

Janie Cushing, born Sept. 10, 1923 was a longtime resident of Pacific Beach, where she owned the Janie Cushing Dance Studio for 47 years and was known as “Miss Janie.” She gave her heart, time and gift of dance to generations of children and has rescued many others by being a mother to them. She has touched many lives and we respect, love and admire her for being the most beautiful red-headed angel ever sent from heaven to walk the earth. She made such a difference in so many lives. She will never be forgotten. Rest in peace.



Janie Cushing

E-WASTE: TO BE, OR NOT TO BE

Which would you rather save: your pride, space, money, or planet? You can save all that and more just by recycling your e-waste.

Consumer electronics constitute one of the fastest-growing waste streams around the world. In 2007, more than 40 million computers became obsolete, and discarded TVs, computers, peripherals (including printers, scanners, faxes), mice, keyboards and cell phones totaled about 2.25 million short tons of hazardous waste. Only 18% (414,000 tons) was collected for recycling, whereas 82% (1.84 million tons) was disposed of, primarily in landfills.

Electronics are complex devices made of a wide variety of material constituents, some of which—such as lead, nickel, cadmium and mercury—are hazardous materials that could pose risks to human health or the environment if mismanaged at their end-of-life.

Do you know the four characteristics of hazardous waste? Toxicity, reactivity, ignitability, and corrosivity. (It’s poisonous, explosive, flammable, and/or can eat through flesh and bone. That’s what all the fuss is about.)

Even worse, much of the “e-waste” that people throw away every day isn’t actually waste, but it is being wasted. “Obsolete” devices, equipment and parts are easily marketable for reuse or can be recycled for materials recovery. All electronics are made from valuable resources and highly engineered materials—including common and precious metals, plastics, and glass—all of which require energy to mine and manufacture. Conserving natural resources avoids air and water pollution, as well as greenhouse gas emissions caused by manufacturing virgin materials.

For example: Recycling one million laptops saves the energy equivalent to the electricity used by 3,657 U.S. homes in a year. One metric ton of circuit boards can contain 40 to 800 times the concentrations of gold ore, and 30 to 40 times the concentration of copper ore, mined in the U.S.

For every million cell phones we recycle, we can recover 35,274 pounds of copper, 772 pounds of silver, 75 pounds of gold, and 33 pounds of palladium. In 2009 alone an estimated 15.3 million cell phones were sold in California, but only 4.1 million were reported as turned in for recycling.

And what about the social benefits of recycling cell phones and accessories? If they’re in good working condition, some collection programs donate them to worthy charities or provide them for sale. Some programs use the proceeds to benefit charitable organizations, such as domestic violence, environmental causes, and children’s safety. Others work to collect cell phones with schools and youth organizations as fundraising ventures. The principal markets for refurbished cell phones extend to people in developing economies who couldn’t otherwise afford such technology.

Recycling isn’t just a good idea; it’s the law. According to California’s Department of Toxic Substances Control, “Abandonment of e-waste constitutes illegal disposal of hazardous waste and will be prosecuted.”

So do the right thing—for all the right reasons!

Need a local solution? Think Recycle San Diego!

We host household e-waste collection events every weekend and offer on-site business pick-ups during the week.



Jeffrey Harding is the President and Founder of Recycle San Diego.

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SAN DIEGO'S PROPOSITION D

Yes on Prop D: Why I support Proposition D

By BILL KOLENDER

Having spent a lifetime in law enforcement — as a beat cop, San Diego police chief and sheriff — I know who to trust when it comes to protecting our families from crime. With the election this November, San Diegans will be making a decision that will determine the kind of city we live in. It's never been more important than now to know who you can trust on matters of public safety.



Bill Kolender

For decades, the San Diego Police Department has been a national model of innovation and efficiency. We were leaders in the movement that brought about community-oriented policing. We have been able to keep our crime rates low and reduce our priority-call emergency response times, despite having far fewer officers per capita, and far less resources than other major cities.

But without the reforms and revenues that will result from Proposition D, the future of San Diego — and the safety of its citizens — looks bleak.

San Diego faces a \$72 million deficit next year in its General Fund, the part of the budget that pays for essential public services like police, fire, parks and libraries. Police and fire alone account for half of all General Fund spending.

If the City Council has to cut the budget by \$72 million, it's almost certain that public safety will take a serious hit.

For years, the mayor, himself a former police chief, and the City Council shielded public safety departments from budget cuts. They did this by taking deeper reductions elsewhere, especially in park and recreation programs and library hours. Overall, more than 1,400 city jobs were eliminated.

But as the recession continued to erode revenues, that wasn't enough.

To close a \$179 million deficit last year, the city had to eliminate 200 police department positions, including personnel who assist in investigations, support our detectives and enforce neighborhood codes.

In that same budget, the City Council began the "rolling brown-outs" at fire stations that idle eight engines a day and increase 9-1-1 response times. It also reduced lifeguard patrols, leaving one popular beach without anyone to guard swimmers.

Those were difficult decisions, but they will pale in comparison to the ones the City Council will have to make if Proposition D fails.

Mayor Jerry Sanders has made it clear that cuts in public safety will be necessary to balance the budget. As preparation for next year's budget, the police chief has been asked to propose \$15.8 million in additional cuts. The fire chief has

been asked to propose \$7.2 million in additional cuts.

Yet opponents of Proposition D want you to think these threats to public safety are not real.

The spokeswoman for the No on D campaign recently advocated that the city eliminate its Lifeguard Service altogether, claiming that people who swim in the ocean should be prepared to pay the price for their risky behavior.

The leading opponent of Prop D says it is "ludicrous" to think that the City Council would cut police, fire or lifeguards.

Apparently, this politically-ambitious councilman hopes you will forget that last year, the City Council did exactly that.

Mayor Sanders, by contrast, has been responsibly reducing and reforming the city budget for five years. And he says that deep cuts in public safety are inevitable if Proposition D fails.

The public will have to decide who it believes.

I trust Mayor Sanders. You should, too.

— *Bill Kolender retired as county sheriff last year after more than 50 years in law enforcement, including 13 years as San Diego's chief of police.*

No on Prop D: A blank check tax increase

By CARL DeMAIO

Every San Diegan wants their city government to get back on the right track. Fortunately, most San Diegans realize the way to fix city government is not to give it more money, but to insist on reforms to well-documented waste in the budget and unaffordable pension packages for city employees.

Indeed, for years voters have wisely called on city leaders to reform city pensions, cut wasteful spending and open city services up to competitive bidding. Unfortunately, city leaders and city labor unions have spent years delaying, dodging and derailing reform in city government.



Carl DeMaio

Now, the politicians and labor unions are desperate — and are asking taxpayers for a bailout with Proposition D.

Prop D would raise city taxes by a half-billion dollars — at a time when many San Diegans are already struggling to make ends meet. Worse, Prop D gives city politicians a "blank check" tax increase with no guarantees on how the money would be spent.

That's why leading taxpayer advocates and government watchdogs all oppose Prop D.

To try to lure voters into supporting this massive tax hike, city politicians and labor unions are saying simply "trust us." Their campaign advertisements go to shameful lengths — threatening layoffs to police and firefighters.

In this regard, Prop D is one of the most misleading propositions to make the ballot.

While Prop D is being sold by city politicians and city labor unions as "restoring" vital city services, not a penny of the increased tax is earmarked for important programs such as police and fire services.

To the contrary, with the city's annual pension payment increasing dramatically each year, you can expect increased tax revenues to be diverted to the city's financially-troubled pension system rather than to restore city services.

The pension and retiree health-care funds are more than \$3.4 billion in debt — and the true annual cost of retirement benefits last year was more than \$370 million — or roughly two-thirds of the city payroll.

These costs are driven by unaffordable pension benefit packages awarded to city government employees over the years — a problem that Prop D fails to solve. City employees

can retire as early as age 50, can "double-dip" by receiving their full salary and a full pension allowance during the last five years of their city service, and receive free taxpayer-funded healthcare for life — among other perks that you will be hard pressed to find anywhere but our city government.

San Diegans do not receive these lavish benefit packages, but under Prop D they are now being asked to pay more during a historic economic downturn to pay the bill for them.

In this regard, Prop D is essentially a "pension tax" that will be used to service unaffordable pensions and benefits granted to city employees over the years.

Prop D's proponents shamefully tout "reforms" as part of their ballot arguments to convince voters to approve the tax increase. However, Prop D does not require that any financial reforms actually be implemented. Moreover, several of the "conditions" included in Prop D are weak and outright misleading.

While proponents claim they have already made cuts, the truth is virtually all of the positions eliminated over the years were vacant. When proponents claim they have reformed pensions, the reality is they have made only modest changes for new hires — and left the lion's share of pension perks untouched. While they claim to embrace managed competition as part of Prop D, they refuse to commit to actually bid out any services.

City politicians know the "conditions" in Prop D are simply provided to help sell a tax increase to voters. That's why Prop D contains no concrete targets for actually saving money for city taxpayers.

Without concrete guarantees that fiscal reforms will be implemented, the city of San Diego will continue to waste millions of taxpayer dollars each year. And without reform, it won't be long before city leaders are back again asking for more money with another tax increase. No on Proposition D.

— *Carl DeMaio is a member of the San Diego City Council representing District 5.*



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DIGEST

CONTINUED FROM Page 5

current vice president. There will also be several board seats available. If the board receives more nominations than seats, an election will be held. The deadline for nominations will be Nov. 17. Those interested in running for president or vice president must have served on the board for one year and have been a PBTC member for a minimum of two years. To be nominated for secretary, treasurer or a board seat, one must be a general member in good standing for 90 days. To enter the race, call the PBTC office, (858) 483-6666. All nominees must prepare a biography and turn it into the office at 1706 Garnet Ave.

• **Discover PB seeks nominations** – Discover PB is accepting nominations for three at-large members to serve on its Community Advisory Committee

(CAC). To be considered for the voluntary positions, candidates must either reside in Pacific Beach or be the proprietor of a Pacific Beach business. The committee is comprised of representatives from the Pacific Beach Town Council, the Pacific Beach Planning Group and Discover PB. These members will elect the three at-large individuals to serve on the advisory-only committee. The CAC serves a liaison between the government and the community, said Sara Berns, program manager for Discover PB. It makes decisions whether or not to lend support to items such as special events and alcohol license modifications. The posts involve a yearlong commitment, which will begin in January. A maximum of two terms can be served, Berns said. Interested candidates should e-mail their name, contact information and a brief biography to sara@pacificbeach.org by Oct. 19 at 5 p.m. This committee meets the third Tuesday of every month at 6 p.m.



Now & Then
John Fry

DAVE Z IS BACK!! I swore I heard a meadowlark in the Chase Bank parking lot, but it was the Harley-riding, Pacific Beach mail carrier whistling on the job. The last time I saw him he was in obvious pain, walking with a cane, recovering from knee-replacement surgery. “If I’d known how bad it would be, I’m not sure I would have done it,” he said at the time. Guess it worked out OK, ‘cause he’s on the job, sporting a zipper on his knee and the old broad smile.

IT’S NOT SAFE on the streets OR the sidewalks. I was sitting at the light on Garnet Avenue, ready to head south on Fanuel Street when an eastbound Cadillac made a screeching u-turn in

the middle of the intersection. Dang! Out of the corner of my eye, I heard and saw simultaneously, a palm frond tear away and cascade to the sidewalk. My congratulations to the guy to left out of the way.

BUT YOUR HONOR!! I’m having a recurring nightmare — or daymare, if there is such a thing — involving a well-endowed lady who walks down Fanuel most mornings as I’m heading for Starbucks. At least once a week she wears a sweatshirt that says “JUST DO IT!!” At the very least, it seems to me, she’s an attractive nuisance. At least that’s my defense when the case goes to court.

SPEAKING OF THE OCEAN BOULEVARD REDEVELOPMENT PROJECT, which I mentioned in my last column, Ray Steinwehe wants to know about the concrete benches just north of Crystal Pier. They seem to have been dedicated as memorials to different individuals. Ray is particularly curious about the bench dedicated to Smitty. Ray is of the opinion that Smitty might

have been a homeless person who hung out in the area. I’m not sure about Smitty, but the legendary Shorty met his maker not far from there — in the Food Basket parking lot, if I recall correctly. Wouldn’t that be something if Shorty had a memorial bench?

GOT AN E-MAIL FROM JERRY, who didn’t give his last name, hoping I had a photo of a billboard rumored to exist in the mid-1980s. Jerry heard it was on Garnet and said something along the lines of “SIX BLOCKS, FORTY BARS – WELCOME TO HEAVEN!!” I don’t have a photo and suspect the billboard is a Fig Newton of Jerry’s imagination — or at least the imagination of his friends. Or I could be wrong. Maybe they ought to put it up again. I don’t think anyone would mind.

ARTISTIC LICENSE: I laughed out loud at the Mini Cooper with the “MNE HAHHA” plates.

— *John Fry may be reached at (858) 272-6655 or by e-mail at mail@johnfry.com.*

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MERCURY

CONTINUED FROM Page 1

Two other schools in the San Diego Unified School District, Toler Elementary School and Bay Park Elementary School, were also placed on lockdown and hazmat teams were looking into contamination at those locations because the bus carrying the student who brought the mercury also transported students to those schools.

Hazmat officials determined that the bus driver, who is from southeast San Diego, was also contaminated and his house was checked for contamination Friday.

The mercury was reported to school

officials just before 11 a.m. when the student reportedly showed an ROTC instructor the open mercury on a sheet of paper.

“It was a great pick-up by the teacher,” Hilgers said.

He added that the school had coincidentally completed safety training on Oct. 4.

Hilgers also had to be tested for contamination because he had entered one of the contaminated rooms. He said he was fine and showed no contamination.

Hilgers remained in direct contact with city officials throughout the emergency. The students were not permitted to have any food during the chemical contamination investigation.

The school was placed on lockdown

prior to lunchtime. However, Hilgers said, the cafeteria staff was ready to feed the students as soon as they could. He said that his students would not go home hungry.

“We are taking small groups of kids to the bathroom,” Hilgers said Friday.

The students were at first not allowed to use restrooms, as it is protocol for lockdown.

Officials do not believe that the mercury was brought to the school with malicious intent, but rather as something of a curiosity to show to others.

The student’s name has not been released.

“He’s very upset about the distress he’s put all of his friends and his school through,” Hilgers said.

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ENJOY THE COLORS & BEAUTY OF OLD TOWN



The traditional Ballet Folklorico costumes are voluminous and colorful, and are meant to be swirled and swept while the dance is being performed.

Folklorico De La Luna will captivate audiences

Fiesta De Reyes is the place “where history lives and the fiesta lasts forever,” according to its slogan. History will take center stage for three Saturdays, as eight troupes of ballet Folklorico dancers compete for the top prize at the Folklorico De La Luna.

On Oct. 16, 23 and the grand finale on Nov. 6, dancers will be competing for the chance to win a \$1,000 grand prize.

The competition is from 1 to 5 p.m. and celebrates the traditional, lively dance of Ballet Folklorico. Each of the three performances will feature a headlining Latin group to complete the day’s entertainment.

Well-known local performers, Chunky y los Alacranes, will take the stage on Oct. 1. Trio de los Ticos will

perform Oct. 23 and widely acclaimed professional Ballet group Tijuana will cap the finale’s performances on Nov. 6.

Each dance troupe is from San Diego County. All troupes will compete, but only four will make it through to the grand finale round. The history of the dance will be shared with those in attendance throughout the performances.

Folklorico is a folkloric ballet dance. Elegant female dancers with exquisite make-up and beautiful hair make the purposeful movement seem whimsical against the rhythm of the music. The dresses, when held up to show the unique foot movement, form a near circle, edged by ruffles and vibrant colors.

It is referred to as the dress of Jalisco, with the “j” pronounced like an airy “h,” which rolls off the tongue.

Male dancers wear black pants and a matching wide brimmed hat. Typically a red tie is worn, which only adds to the drama of the choreographed dance.

The three-day event is free and open to the public.

Fiesta De Reyes is tucked away at the northeast end of Old Town State Park, and lined with linen-colored authentic pueblo structures. It is near Wallace and Calhoun streets and is one block from the Old Town Trolley Station. Casa de Reyes, Barra Barra Saloon and even near-by El Fandango are three delicious restaurants in the vicinity. Fiesta De Reyes also boasts 16 specialty shops open daily from 10 a.m. to 9 p.m.

For more information call (619) 297-3100 or visit www.fiestadereyes.com or text “Fiesta” to 53137.

under the stars. The movie night will be held Friday, Oct. 29, and Saturday, Oct. 30 at 8 p.m. in the Fiesta de Reyes courtyard. Before the movie on Saturday, there will be a costume contest for all ages featuring prizes from merchants in the park for the various categories of costumes. Admission is free.

TRICK-OR-TREAT Trick-or-treaters are invited to come out Saturday, Oct. 30, and Sunday Oct. 31, from 4 p.m. to 6:30 to collect goodies from participating shops and museums throughout the park. Admission for this is free.

LIVE STORYTELLING The haunting will continue with a live storytelling of Old Town’s Legend of Sleepy Hollow at 6:30 p.m. on Thursday, Oct. 28 and at 8 p.m. on Sunday, Oct. 31.

Fiesta de Reyes, Old Town San Diego State Park, Write Out Loud, Cygnet Theater and the Old Town Merchants Association sponsor the preceding events. Free parking is available in the Caltrans parking lot on Taylor Street in Old Town after 5 p.m. on weekdays and all day on weekends. For more information about any of these events, visit Fiestadereyes.com or call 619-297-3100.

Dia De Los Muertos celebrations will enchant and educate

Old Town State Park will honor Dia De Los Muertos, Day of the Dead, on Nov. 1 and 2 and the public is invited to join in the festivities that will honor the deceased.

Tradition dictates, that on the day of the dead, the living will honor those who have passed on with altars lined with food, drink, marigolds and maybe even a gift or two for the welcomed spirits. Bread is often one of the items on the altar as are colorful skulls, pictures of saints and the deceased. Baked breads, candles and figurines also will grace the altar-tops.

Day of the Dead pays homage to the presence of the dead among the living and is a colorful tribute to the California’s own Mexican heritage.

“We want to give our guests a sense of traveling back into time,” said event organizer and manager of El Fandango Mexican Restaurant, Marco Puente.

Numerous altars will be set-up throughout the park. More than 25 local businesses, museums, and community organizations will create the traditional Mexican altars and offerings to the dead. Some of the altars will honor historic figures from Old Town’s past.

Puente added that in addition to an altar, the entrance to El Fandango Mexican Restaurant will have floral archways in the front and back of the restaurant to welcome the spirits in and staff will have painted faces to symbolize the spirit presence.

By 11 a.m. the altars will be ready for viewing throughout the park. Restaurants will offer specialty food and drinks. The festivities will also include poetry readings and musical offerings as well.



The area is no stranger to spirits and ghosts as the Cosmopolitan Hotel has a room it rents out to the not so faint of heart who do not mind the presence of a ghost or two. Spirits and more brave souls swarm the haunted Whaley House as well.

Dia De Los Muertos is a true celebration of life and death that speak to everyone who has lost somebody. It serves as a chance to pay homage to the spirits who have passed and a welcome is offered to let them know that they are still thought of.

Puente said that Old Town is the birthplace of California, a proud sentiment that will be visible to guests on Dia De Los Muertos.

A special candlelight procession from the Whaley House Museum to El Campo Cemetery will take place on Nov. 1 at 8 p.m. and the public is welcome to join. It will also serve as the public’s opportunity to leave offerings of their own for lost loved ones among the gravesites of the Old town’s earliest families.

Free, tour maps of the altars will be available and online at oldtownsandiego.org, otsguide.com or whaleyhouse.org. Print the map and then join the celebration and learn about Mexican heritage.

ENJOY OCTOBER IN OLD TOWN

Enjoy spooky events this Halloween season at one of the most haunted areas in San Diego, Old Town San Diego State Historic Park and Fiesta de Reyes.

SÉANCE AT THE SEELEY STABLE Old Town San Diego State Historic Park will be hosting “Séance at the Seeley Stable. Madam Stolichnaya will attempt to summon “real live” ghosts. every Friday & Saturday in Oct. and the 31st at 6 & 7:30 p.m. Adults are \$10 per ticket and children 12 to 18: \$5.00. Visit brownpapertickets/event/12812 or call 619-220-5422.

GHOST TOURS Michael Brown leads San Diego’s only real ghost tours. Every Thursday through Sunday in October. Walking tours begin at 9 p.m. in front of the Fiesta de Reyes fountain. Adults are \$19 and children 6-12 are \$10. Kids 5 and under free. Visit: oldtownsmosthaunted.com/

OLD TOWN THEATRE: QUOTH THE RAVEN October 16 at 12:30 p.m. and on Monday evening, October 18, at 7 p.m. \$15 for adults and \$13 for students, seniors and active military. Visit: writeoutloudsd.com/

OLD TOWN THEATRE: WAR OF THE WORLDS Oct. 25 at 7 p.m. at the Old Town Theatre. \$10 for all ages. Visit, cygnettheatre.com or call (619) 337-1525.

COSTUME BALL AT THE COSMOPOLITAN HOTEL AND RESTAURANT The newly opened Cosmopolitan Hotel and Restaurant is hosting the Old Town’s scariest party of the year. Complete with costume contests, flowing food and live music, this will be the place to be for Halloween eve night. Happening Saturday, Oct. 30 from 9 p.m. to 11 p.m., tickets are \$25 per person. Visit oldtowncosmopolitan.com/ or call (619) 297-1874.

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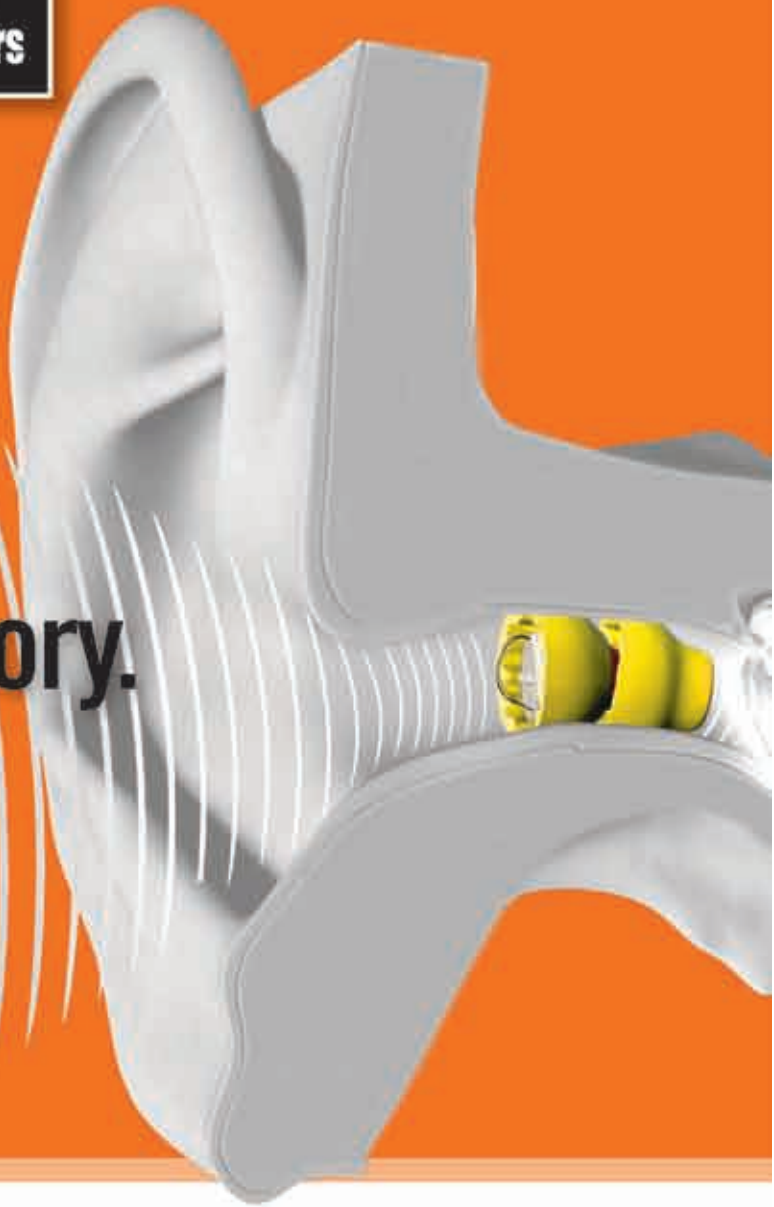
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O. B. People's Food Market - Healthy Halloween Carnival

This month Ocean Beach People's Organic Food Market celebrates with our annual Healthy Halloween Carnival on Sunday October 31. Enjoy pumpkin bread and cider all day, free healthy treat bags for kids, a clown, magician and fortune teller! We're having a pumpkin coloring contest, too—pick up an entry at People's.

Nowadays, there is a different kind of market where people become something more than buyers or sellers, and that place is called a cooperative.

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Come take part in the cooperative experience at Ocean Beach People's Organic Food Co-op, 4765 Voltaire Street (619) 224-1387, where "Everyone can shop and Anyone can join!"

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 visit us online at www.obpeoplesfood.coop for more information.

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ART AND SUNSHINE

A young woman admires the surreal-looking artwork of Jimmy Ovardia, who stands in the background (with the hat) during the Pacific Beach BeachFest held Oct. 9 along Ocean Boulevard and organized by Discover PB. Ovardia was one of many artists, craftsmen and vendors participating in the annual community fair celebrating life at the beach.

PAUL HANSEN | BEACH & BAY PRESS

Women to bike, run and swim to battle ovarian cancer

By AMBERLY DRESSLER | BEACH & BAY PRESS

Ovarian cancer survivor Jennifer McGihon will be one of many women to compete in the U.S. Women's Triathlon Series on Oct. 16-17 at South Shores Park.

Event coordinators have spotlighted the 34-year-old McGihon, who is celebrating her one-year wellness anniversary, because she will compete in her first-ever sprint triathlon with five of her best friends. McGihon is also paying it forward, raising \$10,000 to date for the

Ovarian Cancer Research Fund (OCRF). "The partnership with the Ovarian Cancer Research [Fund] is perfect, as it provides women the opportunity to unite and compete to fight this deadly disease," said Caitlin Fitzpatrick, with the triathlon series. "Athletes are given this great opportunity to support OCRF."

Mission Bay marks the final leg of the three-city triathlon series that's made its way from Illinois to Washington before ending in San Diego. The event takes place over two days with fitness-related seminars, training sessions, a health and

fitness expo and a post-race festival. The event will host upward of 2,000 women. Registration for Sunday's triathlon will be held through Saturday's health expo.

Organizers say San Diego's race provides a supportive environment for women of all ages.

"This race is great for women of all athletic abilities and serves as a first triathlon for many women," Fitzpatrick said. "There are many opportunities for volunteers to become involved with the event and help support all the courageous athletes on race day. If volunteers are interested, they can visit the website and contact the volunteer coordinator."

With race day quickly approaching, the anticipation is building.

"Participants, event staff, spectators and volunteers are excited to take part in this amazing day — accomplishing a goal of raising awareness and funds to combat ovarian cancer," Fitzpatrick said.

For more information, to register or to volunteer, visit www.uswts.com.

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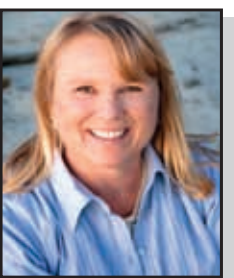
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Mission Bay High field hockey coach introduces sport, one player at a time

By AMBERLY DRESSLER | BEACH & BAY PRESS

Ask most beach-area residents what field hockey is, and their answer might resemble Mission Bay High School coach Kris Auer's.

"It's like soccer with sticks. It's like ice hockey without the ice," Auer said.

The sport likely doesn't generate much more narrative than that among locals, but Auer has spent the last half-dozen years trying to change that — at least for incoming freshman.

"Pretty much, field hockey is a first-time thing for a ninth-grader," Auer said. "One of the reasons why I've found some success is that I am bringing in eighth-graders from PB Middle School that I go down and train in the spring."

"I train a total of about 15 girls one day a week for about six or seven weeks, and then all those girls are showing up on my JV team this year, so I have a really large JV class of about nine or 10

girls," he said. "And, that's all because they've spent a little bit of time with me and I recruited them."

Auer's program also attracts dual-sport athletes, mostly from sports like soccer, swimming, water polo and softball. Auer said the soccer and field hockey combination helps.

"There are 10 players on the field with a goalie, which is just like soccer," Auer said. "Some of the movements off the ball [are the same]."

The crossover skills are nice, but Auer has other reasons for his varsity team's early success, which includes a 6-2 start.

"I've got some good senior leaders," Auer said. "Ashley Sims would be one of them, Becca Pierce would be another, and other girls who have been in the program, in their fourth year," Auer said. "It's attributed mostly to the experience of the seniors."

The team's demeanor also helps facilitate success.

"It's real positive," Auer said. "We have a unique group of girls who seem to enjoy each other's company, so there is no in-fighting, no pettiness; just a bunch of girls who are fighting for each other. They are real cohesive and they are just a fun group."

The team fell short of the playoffs last season with a record near the .500-mark. This year, the Buccaneers' schedule heats up as Western League play begins Oct. 20, when the team faces Cathedral Catholic.

"Every year we play Scripps Ranch, and they are one of the best teams in the county, and so that poses a big challenge," Auer said. "But there are other teams in the league that if we want to get in the playoffs, we need to beat them."

"So the expectations is to beat the Madisons, the Point Lomas, the Bishop's,

SEE HOCKEY, Page 15

Dragon boats bring Old-World China feel to Mission Bay

By AMBERLY DRESSLER | BEACH & BAY PRESS

For the first time since the 1980s, East meets West later this month on local waters. The San Diego Dragon Boat Team will host a race and festival Oct. 23 and 24 on Mission Bay.

The boats may look Old-World China, but they have their place in modern society. According to event organizers, dragon boat racing has become one of the fastest-growing sports in the world.

"I think it's because of the camaraderie," said race committee member Jeannette Pascua-Houck. "There's a great camaraderie. We have other water sports in San Diego, but this brings so many people together in such a tight unit that you can't help but feel a camaraderie and closeness."



Courtesy photo

Dragon boats, similar to the one pictured above, will compete on the waters of Mission Bay Oct. 23 and 24. The San Diego Dragon Boat Race and Festival is the first event of its kind in the San Diego area in 27 years.

Boats typically consist of 10- or 20-member teams, with standard 250-, 500-, 1,000- or 2,000-meter races. Along with the races is a traditional festival.

Organizers of the San Diego Dragon Boat Race and Festival feel the local event is long overdue in the area.

"I think we've always wanted to bring the race back, but we have spent so much time traveling all over the world in the last 27 years," Pascua-Houck said. "Now, we have the opportunity to host the PDBA, which is Pacific Dragon Boat Association, and hold a championship race."

"Over the last probably 10 to 12 years that I've been involved, everyone in the community has always wanted to come

down to San Diego. The city itself is an attraction. There are so many teams in Long Beach, L.A. and the Northwest that would like to see a race down south here because the majority of [the races] are probably up north. A lot of us have traveled internationally, so to finally be able to host the race here is exciting."

The event's host has competed in Asia, Europe and has just returned from a couple international trips, including a stop in Hungary. Back at home, the team hopes its fellow San Diegans will get involved or see what the sport is about.

"It's an exciting sport to watch," Pascua-Houck said. "Come down there and see the culture of the race and how it has evolved. We do have a lot of vendors

coming out. It's just a nice day to go out and picnic and watch the races."

Pascua-Houck said the races will be visible from the shore and there will be plenty of parking and lots of action.

Volunteers are still welcome.

"We would love any type of help up until the day of the race," Pascua-Houck said. "Anything we could get from the outside would be great."

The event helps raise money and awareness for the City of Hope cancer center in Los Angeles. This cause hits close to home for one competing dragon boat race team called Team Survivors, which is made up of cancer survivors.

To learn more, visit www.sd-dragonboatrace.com.

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Chargers' special teams especially bad to start season

By ANTHONY GENTILE | BEACH & BAY PRESS

Through a lackluster first five games, the San Diego Chargers' special teams have been far from special. Special teams miscues have been present in every game so far this season, playing a big role in each of the team's unexpected three losses.

In San Diego's most recent loss at Oakland on Sunday, the Bolts found themselves in a 12-point hole in less than five minutes, courtesy of a pair of blocked punts. After a game-opening three and out, Raiders running back Rock Cartwright blocked a Mike Scifres punt out of the endzone for a safety.

On the Chargers' next drive, Oakland tight end Brandon Myers came in untouched for the other block that defensive back Hiram Eugene took into the endzone for a score. The Bolts took the lead back by halftime, but the early punt blocks ultimately cost them in a 35-27 loss.

Against Oakland, the Bolts' less-than-special special teams negated a 431-yard effort from QB Philip Rivers and helped see the team's 13-game winning streak against the rival Raiders come to an end. Poor play on special teams has hurt the Chargers in four of their first five games:

In Week 1 at Kansas City, the Chargers allowed a 94-yard punt return touchdown to Dexter McCcluster and a pair of long returns to Javier Arenas in a rainy, messy second quarter. San Diego ended up losing that game by seven.

In Week 2 against Jacksonville, the Bolts rolled to a comfortable 38-13 win. But in the second quarter of that victory, the Jaguars blocked a Scifres punt, which led to a field goal in what was a close game at the time.

At Seattle in Week 3, San Diego surrendered touchdowns to Leon Washington on kickoff returns of 101 and 99 yards, the latter coming in the

fourth quarter and ultimately deciding a 27-20 affair. Those returns canceled out a season-best effort from Rivers and a near 17-point comeback, and prompted the coaching staff to play more starters on special teams.

It was hard to find much fault the next week against the Cardinals, as the Bolts won 41-10 and chased Arizona starting quarterback Derek Anderson from the game. But even in that lopsided win, kicker Nate Kaeding missed a 38-yard field goal in the third quarter.

Along with offense and defense, special teams are an equally key component of a football team. So far, the Chargers have been less than sharp in that third of the game, something they will need to fix with the toughest stretch of the 2010 season coming up.



Chargers quarterback Philip Rivers passed for 431 yards and two touchdowns in a losing effort against the Oakland Raiders on Oct. 10.
DON BALCH | Beach & Bay Press

CHARGERS GAME PREVIEWS

San Diego at St. Louis

Sunday, Oct. 17, 10 a.m.
Edward Jones Dome
TV: CBS
All-time series: St. Louis leads 5-4
Last meeting: Chargers won 38-24 at San Diego Oct. 29, 2006
Key matchup: Chargers rush defense against St. Louis running back Steven Jackson – Jackson is averaging 4.1 yards per carry this season and if the Bolts can shut him down, that will put pressure on Rams rookie quarterback Sam Bradford and an inexperienced receiving corps.
Players to watch: After a lengthy hold-out, left tackle Marcus McNeill will make his first appearance of the 2010 season. How well will McNeill protect quarterback Philip Rivers' blindside in his first game back?
Fun Fact: The Chargers will be looking for their first win in the city of St. Louis. The Bolts are 0-3 all-time in the home of the Gateway Arch, losing to the Cardinals in 1983 and to the Rams in 2000 and 2002.
Prediction: Chargers 35, Rams 17

New England at San Diego

Sunday, Oct. 24, 1:15 p.m.
Qualcomm Stadium
TV: CBS (subject to blackout)
All-time series: New England leads 20-15-2
Last meeting: Chargers won 30-10 at San Diego Oct. 12, 2010
Prediction: Patriots 27, Chargers 17

NFL GAMES OF THE WEEK

Week 6
Baltimore (4-1) at New England (3-1)
Sunday, Oct. 17, 10 a.m., Gillette Stadium
TV: CBS
Even without recently-traded receiver Randy Moss, New England should still give Baltimore's top-ranked defense fits in Foxboro. On the other side of the ball, quarterback Joe Flacco and his veteran receiving corps will look to pick apart a green Patriots secondary.
Prediction: New England 17, Baltimore 13

Week 7
Minnesota at Green Bay
Sunday, Oct. 24, 5:20 p.m., Lambeau Field
TV: NBC
Don't expect embattled Minnesota quarterback Brett Favre to find much sympathy at Green Bay, where he will get the pariah treatment under the Sunday night lights. The Vikings have beaten the Packers three straight times, a streak the inconsistent Pack will be looking to end. Lots of points and lots of yards in this one.
Prediction: Green Bay 35, Minnesota 31

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Dining, Happy Hour & Entertainment

GUIDE

MISSION BEACH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>4656 Mission Blvd. P.B. 858-274-2473</p>	<p>Nightly Specials: 6pm -close All you can eat wings \$13.99 – Bucket of Keystone Light \$10.00</p>	<p>Happy Hour Happy Hour All Day 1/2 price domestic pitchers 1/2 price wings</p>	<p>Nightly Specials: 6pm –close Turkey Burger and Domestic Beer \$8.99</p>	<p>Nightly Specials: 8pm –close \$2.00 Keystone Light can</p>	<p>Nightly Specials: 8pm –close \$3.00 16oz PBR draft</p>	<p>Nightly Specials: \$4 Bloody Mary's and \$2 Mimosas \$10 bottle of champagne \$15 bucket of Coors or Miller</p>	<p>Nightly Specials: \$4 Bloody Mary's and \$2 Mimosas \$10 bottle of champagne \$15 bucket of Coors or Miller</p>
 <p>3714 Mission Blvd 858-488-668</p>	<p>HAPPY MONDAYS: Happy Hour 4pm to Close 1/2 off Beers and call shots 25% off appetizers</p>	<p>TACO TUESDAY'S: Tacos starting @ \$2 \$3.50 Dos Equis Pints \$1 off Grande Margaritas</p>	<p>\$3 U Call It Night: \$3 u-call-its 9:30pm to close Happy Hour from 4-7pm 25% off appetizers</p>	<p>BURGERS MADNESS: \$5.99 1/2lb Burger & Fries \$1.00 off Draft Beer !</p>	<p>\$4 FRIDAYS: \$4 shots of Jager, Tuaca, Fernet \$4 Vodka Rockstars \$8 Miller Lite or Bud Lite Pitchers all day</p>	<p>Weekend Brunch 9pm – 1pm \$4 u-call-its 9:30pm to close \$8 Miller Lite or Bud Lite Pitchers \$3 Krazis - \$5 Mimosas \$12 Bionic Beaver</p>	<p>Weekend Brunch 9pm – 1pm \$5 Shawn's "El Fuego" Bloody Mary's \$8 Miller Lite or Bud Lite Pitchers \$5 Mimosas \$12 Bionic Beaver</p>
 <p>5046 Newport Ave. 619-222-5300</p>	<p>All day, every day: \$3 Newcastle Ale & \$3 Landshark pints</p> <p>Nightly Specials: Open Mic w/ Jody Wood \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers</p>	<p>Nightly Specials: Wii & full Rockband competitions \$4 Vodka Redbull, \$4 Yager Bombs, Happy Hour 3-8 w/ \$3 Wells, \$8, \$10 & \$12 pitchers</p>	<p>Nightly Specials: Hip hop night Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers</p>	<p>Nightly Specials: Reggae night with live bands & DJ Carlos culture, \$3 Redstripes Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers</p>	<p>Nightly Specials: Jason Otts accoustic showcase 6-9pm, Hip Hop, Bands + D.Js. Happy Hour until 8pm, \$3 Wells, \$8, \$10 & \$12 pitchers</p>	<p>Nightly Specials: Live Music, DJ Chelu \$3 Mimosas, Bloody Marys & Beers</p>	<p>Nightly Specials: \$10 Corona Buckets \$5 Jager Bombs \$2 Buds</p>
 <p>721 Grand Ave. 858-581-BEER</p>	<p>Burger Bliss \$5.00 Burger – 6-10pm</p>	<p>All-You-Can-Eat Crab Night \$24.95 – 6-10pm</p>	<p>Uncorked & Unplugged 1/2 off all bottles of Wine & Premium Corked Beers 6-10pm Live Music – 9pm to Close</p>	<p>Thursday Special \$3 22 oz Mugs of House Beer \$3 U Call Its DJ Music – 10pm to Close</p>	<p>Good Times Friday \$3 Sushi Rolls, \$3 Good Times Gold 3pm to Close DJ Music – 10pm to Close.</p>		<p>Pacific Sunset Sunday \$3 fish tacos, \$3 IPA – 5pm-9pm Industry Night: 1/2 off bar tabs, DJ Music – 10pm to Close</p>
 <p>4343 Ocean Blvd. 858-272-SURF</p>	<p>Nightly Specials: Beer Pong@9pm-close/ Restaurant and bar Industry 50% off cocktails and beers/\$3.50 pacifico, bud , and negra modello drafts all day</p>	<p>Nightly Specials: 1/2 apps 6pm to kitchen close/ \$3.50 Pacifico, Bud, and Negra Modello drafts ALL DAY/ DJ MCLOVIN 8pm-12</p>	<p>Nightly Specials: \$3 SVEDKA vodka 9pm-cl / GOLDFISH RACES@10pm/ DJ mike Czech/\$3.50 Pacifico, bud , and negra modello drafts all day</p>	<p>Nightly Specials: 2-4-1 burgers and chicken sandwiches 5pm-to kitchen close/ \$3-u-call-its 8pm-close with DJ DEV0Y /\$3.50 pacifico, bud, and negra modello drafts all day</p>	<p>Nightly Specials: Live DJ 8pm-12/ \$3.50 pacifico, bud, and negra modello drafts ALL DAY/ 2-4-1 fish and chips or shrimp and chips 5pm-close</p>	<p>Nightly Specials: college football tv packages / navy football / live dj 8pm-12/ \$3.50 pacifico, bud , and negra modello drafts all day</p>	<p>Nightly Specials: NFL ticket/ \$3.50 pacifico, bud , and negra modello drafts all day / karaoke with DJ franqueray@9pm</p>
 <p>809 Thomas 858-270-1730</p>	<p>Nightly Specials: Happy Hour Food 4 to Close & Drinks 4 to 7</p>	<p>Nightly Specials: \$2.00 Tacos and \$5.00 Select Tequilas</p>	<p>Nightly Specials: \$3.00 Wing Basket & \$5.00 Selected Whiskeys</p>	<p>Nightly Specials: Burger, Fries & 16 Ounce Domestic Draft \$7.00</p>	<p>Nightly Specials: Happy Hour 4 to 7</p>	<p>Every Saturday \$2.50 Mimosas & College Gamday!</p>	<p>Every Sunday \$2.50 Mimosas, \$9.00 Bud Light Pitchers, And All The NFL Games! Chance to win a flat screen TV.</p>
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A little cabaret, blues and techno retro

MUSICcalendar

By BART MENDOZA | BEACH & BAY PRESS

No, it's not a tribute to Motown crooner Lionel Ritchie. Instead, the musical production "Three Times A Lady" is a cabaret-style show performed at Tango Del Rey on Saturday, Oct. 16. Featuring three singers — Diane Lyons, Jennifer Vargas and Natasha Prantil — alongside musical director Evan Crone, the night mixes stories and light humor with performances of standards, show tunes and pop hits, making this a mini "variety show" of sorts.

Three Times A Lady: 7:30 p.m. on Saturday, Oct. 16 at Tango Del Rey, 3567 Del Rey St. \$20. 18 and up. www.tangodelrey.com

In a club scene crowded with cover bands, eighties tribute band Betamaxx, which appears at RT's Longboard on Friday, Oct. 22, stands out. The seven-piece group features both male and female lead vocals, but more importantly takes full advantage of their keyboards, giving it less of a programmed feel than some others in their genre. The expanded lineup allows the band to play not only the expected Devo, U2 and Romantics hits, but also the less obvious electronic-based crowd pleasers by Tech-

notronic and Soft Cell. Best of all, the group's range includes rock and hip-hop — from Springsteen to Salt 'n' Pepa — making for a fun, if slightly schizophrenic evening of music.

Betamaxx: 10 p.m. on Friday, Oct. 22, RT's Longboard, 1466 Garnet Ave. 21 and up. www.betamaxxband.com

The 710 Beach Club will be the site of a benefit for the Alzheimer's Association of San Diego on Friday, Oct. 22. The night will include music from three groups, encompassing rock from Buz-zkills and the Big Decisions and blues



Singer-songwriter Christopher Dale will celebrate the release of his latest album, "Songs I Know The Words To," with a show at O'Connell's on Saturday, Oct. 23. *Courtesy photo*

from 145th Street. The latter six-piece band specializes in an immensely danceable brand of blues that leans close to funk at times, with MVP status going to sax player Walter Gentry. This is an excellent chance to help a worthy cause while taking in great local music.

Alzheimer's Association benefit: 8 p.m. on Friday, Oct. 22 at the 710 Beach Club, 710 Garnet Ave. 21 and up. \$5. www.myspace.com/145thstreet

Singer-songwriter Christopher Dale will celebrate the release of his latest album, "Songs I Know The Words To," with a show at O'Connell's on Saturday, Oct. 23. One of the area's best-loved performers, Dale's latest disc features nine originals combining rock, folk, power-pop and Americana, as well as an inspired cover of the Ramones' "I Wanna Be Sedated" performed on ukulele. A Dale show is always a fun,

anything-can-happen sort of event, but the evening — which will include musical interludes with duo Podunk Nowhere, video screenings and sets in both acoustic and band mode — promises to be special.

Christopher Dale: 8 p.m. on Saturday, Oct. 23 at O'Connell's, 1310 Morena Blvd. 21 and up. Cover TBD. www.myspace.com/christopherdalemusic



Coached by Kris Auer (left), the Mission Bay High girls' field hockey team started 6-2 this season. Most incoming freshman have never played field hockey before the high school level, according to Auer. *COURTESY PHOTO*

HOCKEY

CONTINUED FROM Page 12

and then if we can squeak out a result against La Jolla or Cathedral, we're very happy," he said. "But we know when we are facing the number one team in the

county in Scripps Ranch, we are going to have trouble."

Helping the Bucs' cause is senior goalkeeper Sasha Helton, who Auer said is a player to keep an eye on. With the field hockey team's schedule just coming to a boil, Mission Bay is one to watch as well.

Up & out

By DEBBIE HATCH

• **San Diego Surf School**, 4850 Cass St., offers an after-school surf club for kids who are beginner and intermediate surfers, as well as a surf team for more advanced board-riders. The cost for either is \$240 per month. The groups meet Mondays through Fridays from 3:30 to 5 p.m. For more information, visit www.sandiegosurfschool.com, or call (858) 205-7683.

• **Glow in the Dark Miniature Golf** is the perfect family-fun activity for the spooky Halloween season. Located in Belmont Park, this pirate-themed, glow-in-the-dark adventure has stunning visual effects underneath black lights. For more information, visit www.belmontpark.com, or call (858) 488-1971.

• **Great News** might just have the best solution to the usual chaos caused by the fast-approaching holiday season — cooking classes! However, these aren't just any cooking classes. "Delightful Fall Entrees," which will illustrate elegant creations for any dinner party, is just one of the themed examples from its new class list. Take a look at more offerings online by visiting

www.great-news.com, or call (858) 270-1582 for more information.

• **Jack Hyde**, Pacific Beach photographer, has three photos in the Saint Mark's Digital Art Show at Saint Mark's United Methodist Church, 3502 Clairemont Drive. The theme of the show is "Creation Continues" and you can see his photos on display with other local San Diegans until Nov. 7. The public is invited to attend free viewings on Saturdays from 10 a.m. to 4 p.m. For more information, call (858) 273-1480.

• **Dirty Birds**, 4656 Mission Blvd., donated \$4,000 to the "I Heart Boobies" cause, raising money for breast cancer research. Its walls, however, are no longer covered with good luck comments written on \$1 bills because each of \$1,700 was removed and donated as part of the bar and restaurant's two-year anniversary party.

• **Typhoon Saloon**, 1165 Garnet Ave., celebrated its tenth anniversary with a party. Typhoon will donate a portion of the funds from ticket sales to both the Surfrider Foundation and the Discover PB's Hospitality Task Force.



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■ Great value down in South Mission steps to the sand, boardwalk and water. 2 separate condos for sale or buy the Duplex for \$1,399,000. 2 Br 1 Ba 960 esf ground floor unit with exclusive patio, fireplace, arched walls, 2 car side-x-side garage. 3 Br 2.5 Ba 1696 esf upstairs unit with peak water views, multiple view decks, large open floor plan and 2 car parking. Great Vacation Rental Income!



BERYL ST • \$699,000

■ Great price for North PB. 3 Br 2 Ba 1430 esf home with hardwood floors, peak water views from patio, brick fireplace, wood beam ceilings, upgraded kitchen and 2 car garage & 2 car addtl parking. Gorgeous private backyard with Lanai patio, cookstation, spa hookups and mature fruit trees. Great for investor or 1st time buyer.

BUILD YOUR DREAM HOME



BAYSIDE WALK • \$1,649,000

■ Rare corner lot on Bayside Walk overlooking gorgeous Sail Bay. 59 ft of frontage sits this 2 Br 1 Ba beach cottage ideal for building that gorgeous 3 Br 3 Ba 1700 esf dream home on this 1630 esf corner lot. Potential abounds from this great North Mission Beach location. Architectural sketches available upon request..



RIVIERA DRIVE • \$899,000

■ 3 bR 2 Ba 1191 esf on Sail Bay. Spectacular bay, sunset and evening lights from this ground floor condo. There are no other units on this level, no common walls to anyone else's place. The common area patio is very spacious and includes a pool and spa. Extensive windows across the front of the condo and lots of mirrors bring the water views inside for your enjoyment.



OCEAN FRONT WALK • \$2,950,000

■ Panoramic Penthouse overlooking crashing white water surf. 2005 built, 4 Br 3.5 Ba 1767 sq ft, elevator, floor-to-ceiling glass/sliders, multiple decks, natural stone flooring, 2 car side-by-side garage, Subzero/Miele applcs, mounted flatscreens/electronics and much more.

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