

SAN DIEGO COMMUNITY NEWSPAPER GROUP

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Sweeping proposals weighed by airport

By SEBASTIAN RUIZ I THE BEACON

Amid the uncertainty of the long-term future of the San Diego International Airport, Mayor Jerry Sanders is backing a proposal to bring about new airport improvements on the north side of Lindbergh Field toward the Pacific Highway corridor — including the eventual relocation of most or all of the existing terminals.

Some planners predict the move would relieve some traffic congestion in the surrounding community.

Short-term airport additions include the construction of 10 gates at Terminal 2, an Intermodal Transportation Center and a possible parking structure, among other improvements.

Sanders wants airport planners to explore the possibility of moving these additions toward the northern end of Lindbergh Field to improve access to nearby freeways and the surrounding streets such as Laurel, Grape and Hawthorn, according to Bill Harris, press secretary for Sanders.

"[Sanders] is just making sure that when we are heading into short-term fixes, we're not precluding a long-term vision for the airport," Harris said.

Sanders iterated his position at a joint meeting of San Diego Association of Governments (SANDAG) and the Airport Authority, held Feb. 8 Downtown. The agencies met to discuss the long- and short-term plans for Lindbergh Field.

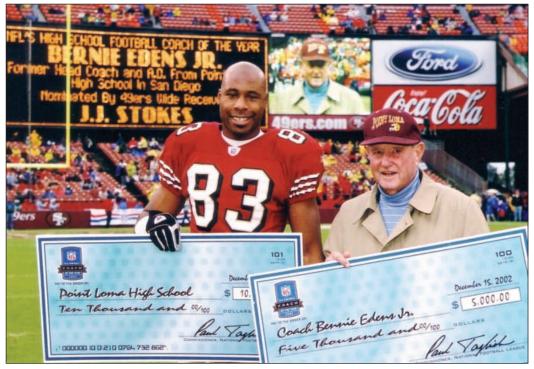
"This is much larger than just an airport issue. This is a transportation issue," Sanders said. "This may be the single-most important decision we make for this region in all of our careers."

California Independent Voter Project (CAIVP) representatives proposed building an Intermodal Transportation Center (ITC) on the northeast side of Lindbergh Field near Pacific Highway. They also suggested speeding up the planning process to make sure Lindbergh Field doesn't run out of gate space before new additions can relieve congestion. The group also suggested not building anything before a long-term plan is established.

In the presentation, CAIVP members said they found the ITC proposal would relieve some traffic

SEE **AIRPORT**, Page 7

BENNIE EDENS: 1926-2008



COURTESY PHOTOS BILL SETTLES | THE BE

Point Loma High School coaching legend Bennie Edens, right, receives a check at halftime during a 2002 professional football game between the San Francisco 49ers and the Green Bay Packers in recognition of being named National Football League High School Football Coach of the Year. With Edens at the time was 49ers wide receiver JJ Stokes, who graduated from PLHS, class of 1990.

PLHS coach's legacy spans decades

By KEITH ANTIGIOVANNI | THE BEACON

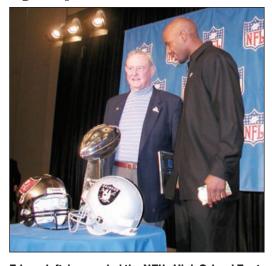
eloved longtime Point Loma High School head football coach Bennie Edens passed away at age 82 on Friday, Feb. 8, leaving a legacy of fond memories for friends, former students and Point Loma neighbors

Edens was a father, husband, coach, teacher, lifeguard, mentor, friend and coaching legend to generations of Point Lomans and San Diegans.

He served to inspire, motivate and mold the character of students at PLHS for 50 years.

"He and his son, Jimmie, came over to my house to watch the Super Bowl game (Feb. 3). It was like old times watching the game with him," said former Pointers quarterback Bill Settles with the PLHS class of 1966. The

SEE **EDENS**, Page 5



Edens, left, is awarded the NFL's High School Football Coach of the Year Award again with Stokes by his side at a live ESPN broadcast during the 2003 Super Bowl.

Transient gets 12 years for slaying at pier

By NEAL PUTNAM | THE BEACON

A transient who stabbed another man to death near the Ocean Beach Pier was sentenced on Feb. 6 to 12 years in state prison after receiving a tongue lashing from the victim's brother.

Probation was denied for Robert Daniel Garcia, 46, by San Diego Superior Court Judge Jeff Fraser. The judge ordered Garcia to pay more than \$7,200 for the funeral costs of stabbing victim Robert Schoeller, 45, of Ocean Beach. Schoeller was killed July 20 around 11 p.m. after the pair argued over beer and name-calling.

"Robert Garcia, you murdered my brother. You're lucky to get off with a lenient sentence," said the victim's brother, Kenneth Schoeller.

"I loved my brother. I didn't always agree with his (lifestyle), but you took that away from him," he said. "You murdered him by stabbing him 15 times in the chest. In my opinion, you got away with murder. I hope you're haunted

... every day," said Schoeller. Garcia replied: "Robert was a very good friend of mine. I apologize for what happened."

Garcia pleaded guilty Dec. 19 to voluntary manslaughter, and a murder charge was dismissed. Fraser imposed 11 years for manslaughter and added one year consecutively for using a knife during the crime. Garcia was fined \$1,000 and given credit for 231 days he has spent in jail

SEE **MURDER**, Page 7

OB election a chance to get involved

By SEBASTIAN RUIZ | THE BEACON

Ocean Beach stakeholders who want to become involved in local land-use issues have a chance to make a difference and run for the Ocean Beach Planning Board in 2008. Board members stress community involvement — or a lack thereof — could play a crucial role in reflecting residents' wants and needs when the board updates the community's precise plan this year.

Seven of the 14 seats are up for occupancy, in addition to two unplanned vacancies, when residents vote Tuesday, March 11 from 4 p.m. to 7 p.m. at the Ocean Beach Recreation Center, 4726 Santa Monica Ave.

Potential candidates have until Monday, Feb. 25, to turn in an application packet to board representatives to establish their eligibility to run.

"It's an exciting time to serve on the Ocean Beach Planning Board. We have challenges in 2008 that this community has not seen in decades," said OBPB chair Landry Watson during a board meeting Feb. 6.

To qualify, a candidate must live, own property or have a business license registered in one of the seven districts of the Ocean Beach planning area. Candidates must also obtain and submit 35 signatures from residents or business owners in their district to run. Successful candidates serve for two years.

Applications are available by contacting a board member. Downloadable applications are also available at the board's Web site, www.obpb.org.

Completed applications can be submitted by mail to: Ocean Beach Planning Board, P.O. Box 7090, Ocean Beach, 92167.

Several incumbents and at least one new candidate have already begun talking with community members and gathering signatures to run

Among them are Faith Hussey, a Realtor and fourth-year Ocean Beach resident, and six-year incumbent John Gawronski.

Planning board members said community participation would be helpful when updating the community's precise plan at the same time the city is updating its general plan. The Ocean Beach precise plan update would affect land-use issues in Ocean Beach for the next 20 years.

SEE **PLANNERS**, Page 7

Surf Report

SATURDAY S
Hi: 5:10 a.m. H
7:23 p.m.
Low: -:- Lov
12:47 p.m.
Size: 3-4 ft. Size

Wind: 2-10 mph

SUNDAY
Hi: 6:13 a.m.
8:05 p.m.
Low: 12:01 a.m.
1:31 p.m.
Size: 4-5 ft.
Wind: 4-7 mph

Safety precaution

The City Council approves a \$16 million seismic retrofit for the North Harbor Drive Bridge. 2

Getting just desserts

Two armed robbers are sentenced for pulling off separate crime sprees targeting several businesses in the Point Loma area. 4





Early jump on stumping

San Diego city mayoral candidate Steve Francis records a television campaign advertisement outside Fire Station 15 on Voltaire Street in Ocean Beach on Jan. 23 as he prepares his bid against Mayor Jerry Sanders this summer.



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City OKs \$16M retrofit of Harbor Drive bridge

By SEBASTIAN RUIZ | THE BEACON

The North Harbor Drive Bridge will be retrofitted and reinforced with concrete support piles under the deck to protect it from possible future earthquake damage, according to city officials. The City Council gave its unanimous approval to move forward with the project Feb. 5.

Primarily funded through a federal infrastructure program, the \$16 million project is not expected to begin until about April, said Kris Shackelford, a project manager for the city.

"We're going to be strengthening the foundation by putting in 180 24-inch (diameter) piles underneath," she said. "I wouldn't say [the bridge] is in bad condition, but if there is a major earthquake, this would help keep the bridge a lot more stable."

Though there will be trucks delivering the material and pouring the concrete, Shackelford said the project shouldn't interrupt traffic on North Harbor Drive because work will be mostly occurring

underneath the bridge.

She said the city has been working with the Navy submarine base and the Corky McMillin Cos. to determine work schedules. McMillin currently has hotels under construction at Liberty Station near the northwest corner of the channel, she said.

Community planning boards were not notified of the project because the city considers the project a safety issue and not a landuse project. She added, however, that the city plans to inform surrounding community planning boards within the next months through informational presenta-

Design firm consultant TY Lin International would design the project, but a contract for actual construction has not been awarded. The city plans to send the project out for bid later this month,

Details regarding the number of trucks, delivery schedule of materials and total traffic impact on the

SEE BRIDGE, Page 3

Navy officials continue trend of government/private co-op

By STEPHANIE SAPIN | THE BEACON

Four former homes of senior Navy officers at Naval Base Point Loma are scheduled to be demolished on Monday, Feb. 18 under an increasingly popular trend of government/private sector cooperation. Part of the Silvergate Navy Housing area, the demolition is the first step in a renovation project that will eventually produce four new "green," energy-efficient and more environmentally friendly senior Navy family houses, according to Navy officials.

The renovation project is being funded by Lincoln Property/Clark Realty Capital, who the Navy entered into a partnership with as part of a Public Private Venture (PPV) plan. Recent years have seen a trend in the rise of PPVs as a way to bypass the red tape that often slows down projects such as renovations, Navy officials said. If the Navy renovated the houses, it would have had to appeal to Congress for the money, going step by tedious step, taken years according to Chief Petty be finished in October 2009.

Officer Yan Kennon, public information officer for Naval Base Point Loma.

However, beginning with the National Authorization Act for Fiscal Year 1996, the Navy has been able to work with the private sector to develop such private housing partnerships. The 2001 partnership that the Navy entered into with Lincoln Property permitted 1,000 homes to be built at the former Naval Training Center - now Liberty Station in Point Loma — and other locations. Construction was much cheaper and faster than that implemented under traditional governmental means, said Navy officials.

The four houses will be integrated into the existing housing community while featuring state-of-theart utilities, lighting sources, drainage systems and other features to better serve the environment, said Kennon.

"They are going to keep the original, natural Point Loma environment," Kennon said.

Navy officials said the housing and the process could have likely renovation project is scheduled to

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Another perspective

RONAN GRAY | THE BEACON

Artist Selina Calvo disscusses her work with Julian Vazquez during her exhibition outside Infectious Threads in Ocean Beach during the Newport Nights Art Happening event on Saturday, Jan. 26.

CONTINUED FROM Page 2

contract has not been awarded, she said.

The North Harbor Drive Bridge is the last of nine bridges in San Diego mandated by the state for retrofit.

Others included the West Mis-

sion Bay Drive Bridge and the Voltaire Street Bridge over Nimitz Boulevard, she said.

State inspectors determined the Peninsula is unknown because the bridges needed reinforcement after the Loma Prieta earthquake in 1989 that shook the San Francisco Bay Area and the Northridge earthquake that rocked Los Angeles County in 1994.

State inspectors evaluate the North Harbor Drive Bridge as a

routine practice every two years. The last inspection of the North Harbor Drive Bridge in January 2006 found the bridge to be sound, though a report recommended the removal of some plants under the bridge, said Ed Cartagena, California Transportation Department representative. He added that the bridge is scheduled for another routine inspection within the next few weeks.

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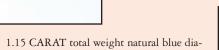
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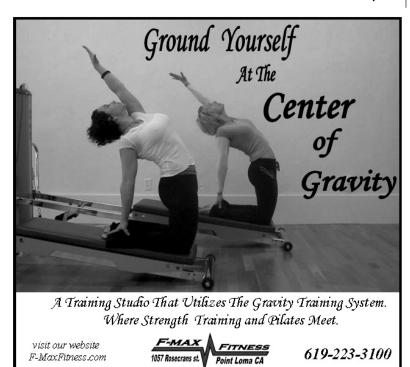
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Sharing economic strategy

Joe Quinlan, managing director and chief market strategist of Bank of America Capital Management, speaks to students at Point Loma Nazarene University on Jan. 30 during the university's annual San Diego Economic Outlook Breakfast. The event was held at the Fermanian Business Center on campus.



Center of Gravity!

system? This was my question as I walked into F-Max Fitness, a training studio in Point Loma. After entering the studio I was greeted by Dana Cahill, a certified personal trainer, and an expert trainer on the gravity training system.

I have never experienced the gravity training before so I was curious to learn what it was. I have been out of the "workout" routine for a while so I was a little appre-

She gently introduced me to the single apparatus using a cable sys-

That is the gravity training tem and pulleys. Resistance is cre-

ated by your own body weight. It is strength training combined with the basic concepts of pilates. Extremity and core strength is improved as well as functional movement. This training system is suitable for any fitness level. A beginner as well as an athlete can get an all encompassing and challenging workout with this machine. This was a private session that I had and was happy to learn that there was a full class schedule, making it convenient and fun to workout. For a great new experience, I highly recomworkout routine utilizing this piece mend you try it. Contact Dana of equipment. This machine is a Cahill at (619) 223-3100 for more information.

New asst. chief passes credit to others

By SEBASTIAN RUIZ | THE BEACON

In the early 1980s, a motivated Escondido native joined the San Diego Police Department as a uniformed patrol officer. After 23 years of hard work and cooperation, that officer continues to have an impact on crime in Mission Beach and Pacific Beach as well as the surrounding communities protected San Diego Police Department's Northern Division.

Appointed to assistant chief on Jan. 14, former Northern Division Capt. Boyd Long, 45, credits his department's officers with the success of policing during his time as

"I got to give credit where credit is due" he said, "to those officers who go out every day, day in and day out, with one thing in mind, and that is to make this a safe community and a safe city."

Long replaces former Assistant Chief David Ramirez, who was promoted to executive assistant chief Chief Bill Maheu left the department for a position at Qualcomm.

Long now supervises the patrol operations of all nine police department divisions in the city.

And though he gives the credit to officers he's worked with, Long helped usher in several programs in the community during his time as captain of Northern Division.

Under Long, there were security cameras installed in Mission Beach following a home invasion and sexual assault on San Fernando Place in October 2006. The three suspects accused of the horrific attack are currently on trial.

Northern Division also saw the capture and sentencing of the PB Peeper while Long was captain. Eduardo Castillo Herrarte, 33, was sentenced to five years and four months in January for peeping

through windows and attempting Heights. to assault a woman in Pacific Beach, according to reports.

Long said diligent police work and lots of community involvement led to the capture of the suspects involved in sexual assault incidents in Clairemont and in Mission and Pacific beaches.

Long also helped bring about the Administrative Fines program. The program allows the department to issue \$1,000 tickets to noisy neighbors in the beach areas and other San Diego communities.

But Long's career and scope of influence go back to before his rise to captain.

From 1987 to 1990, Long worked on a gang and drug unit during a time when cocaine, heroin and crack were reaching epidemic proportions in the city, he

As part of the Walking Enforcement Campaign Against Narcotics, or WE CAN, Long and other officers in the unit went on foot patrol after former Executive Assistant in communities that had a lot of drugs and gang activity. He said cooperation between the police and the community also helped with the enforcement of that pro-

> "It was us combined with the community," he said. "The community saw the same officers, the same faces walking in their neighborhoods, and they couldn't help but create a relationship with us."

> Long said crime remains relatively low in the city today because of the culture of cooperation between the community and the police department developed through those earlier programs.

After spending a couple years as a traffic motorcycle officer in La Jolla, Long began his ascent through the ranks to become sergeant at Central Division, where he patrolled downtown and Logan

After leaving Central Division, Long began taking on more administrative positions within the department. As a mobile field force coordinator, he helped organize and train officers in riot response and emergency response plans.

Long also held a position as a field lieutenant at the watch commander's office, where he managed response to incidents occurring throughout the city.

In June 2006, Long became captain of Northern Division, where he said working closely with neighborhood watch groups and local government played a big part in the success of the division.

"Those are all complex issues that made my time at Northern Division a lot of fun for me too. It was a challenging experience," he

In his new position as assistant chief, Long said the division's captains would report to him, and he, in turn, reports to Chief William Landsdowne.

Now that he's settling into his new position, Long said he has one objective for his new role.

My primary goal is to reduce violence. I want to see a reduction in violence," Long said.

Born and raised in the San Diego area, Long attended Palomar College and received a bachelor's degree in criminal justice and a master's degree in public administration from National University. Long also completed the FBI National Academy, a law enforcement management-level course for law enforcement administrators and leaders, he said.

Current Northern Division Capt. Shelly Zimmerman replaces Long as head of the division responsible for communities including La Jolla, Mission Beach, Pacific Beach and

Two armed robbers sentenced in separate sprees

BY NEAL PUTNAM | THE BEACON

Two armed robbers in separate, unrelated crime sprees in Point Loma and elsewhere were sentenced last week to lengthy terms in state prison.

Daryl Keith Woods, 45, of San Diego, was sentenced to 27 years in prison after pleading guilty to holding up a 7-Eleven store on Midway Drive and seven other robberies in which several thousand dollars were taken.

rior Court Judge Jeff Fraser provided, along with a fine of \$1,140.

Michael Todd Divittorio, 46, was given 15 years in prison from San Diego Superior Court Judge Michael Smyth on Feb. 6. Divittorio pleaded guilty to stealing from the Lowe's store in San Marcos on Dec. 17, 2006, and to robbing the Pier 1 Imports at 1735 Hancock St. on Dec. 24, 2006.

The clerk who was held up that Christmas eve reported to police the robber told her: "Miss, I want Woods requested immediate you to have a Merry Christmas, but sentencing, which San Diego Supe- I need you to open the cash regis-

ter and give me all the money." He told the clerk he wanted all the money under the drawer.

The clerk told Divittorio that she couldn't open the register without scanning an item for purchase or she would have to call the manager, according to Divittorio's probation report. Divittorio grew impatient and handed the clerk an item to scan, which she did, and opened the register. He took \$261.

The clerk in the San Marcos case told police she was working in the garden center and said the robber chose a plant and initially offered her \$3 to pay for it. Once she had the register open, Divittorio showed her a gun and robbed her of \$811.

Divittorio also pleaded guilty to committing 10 other robberies, one attempted robbery and a carjacking across the county. Smyth gave Divittorio credit for spending the last year in jail.

Divittorio, of Spring Valley, was also ordered to pay more than \$27,300 to all the victims. Smyth also fined Divittorio more than \$11.100. Divittorio made off with at least several hundred dollars in each holdup, but the largest amount he took was \$6,000 from a department store in National City, according to court records.

Divittorio pleaded guilty to most of the charges in March, but his sentencing was put on hold for many months after authorities



EDENS

CONTINUED FROM Page 1

following day, Edens suffered a serious heart attack and was hospitalized until he passed away Friday.

Edens, a Hoover High School graduate, played football and boxed during his high school days before moving on to San Diego State University, where played football for the Aztecs. After he graduated from SDSU in 1948, he became a student teacher at Point Loma High School and also taught swim classes at the Kona Kai Club in Point Loma, also serving as the activities director for more than 20 years.

"I never saw anyone with the ability that he had to interact with kids," Settles said. "They would gather around him in the pool like a bunch of ducklings that were learning to swim for the first time. Afterward he wanted them to jump into the bay off the dock instead of the pool because, in case they were in that situation, they would know not to panic."

Edens became head coach at Point Loma High in 1950 and built a storied and successful career until he retired in 1998. He is the second-winningest head coach in the San Diego section with 241

victories, trailing only former Oceanside and El Camino great Herb Meyer. However, Edens holds the record for the most wins at one school in the section.

During his tenure, Edens won five CIF championships (1962, 1966, 1982, 1987 and 1991).

"Playing for him was the best," recalled Settles. "My only complaint was he didn't let me pass more. He always said it was my limitations, not his coaching, then he would let out a big laugh."

Settles quarterbacked the 1965 Pointers squad to an undefeated regular season and led them to the CIF championship game appearance. Settles moved on to the University of Wisconsin, where he played under scholarship for the Badgers.

Meanwhile, the next season, Edens won his second CIF title on a last-minute touchdown pass from Bill Gable to John Cervinsky in an 18-14 victory over Helix High. The 1987 team won the title in similar fashion to the 1966 team with a last-minute field goal on a blustery day at Jack Murphy (now Qualcomm) Stadium to defeat Morse High, 16-14.

Settles was also a member of the 1987 CIF championship team as an assistant coach under Edens. The 1991 team used the "fly offense," which Edens installed. The "fly offense" is still run today by Point Loma in its three straight CIF Title game seasons (2005-07) under head coach Mike Hastings.

NEWS

In addition to the CIF titles, Edens coached a number of players to the college and professional ranks, including Jeff Staggs, who played linebacker for the St. Louis Cardinals and San Diego Chargers in the 1960s.

Another linebacker, Greg Slough, in the 1970s was an All-American at USC before he went on to play for the New England Patriots and Oakland Raiders. Edens also coached former Philadelphia Eagles and Oakland Raiders cornerback Eric Allen, who played during the 1980s and 1990s.

Add to the mentoring mix former PAC-10 Player of the Year and All-American wide receiver J.J. Stokes, who played for the Patriots, and current St. Louis Ram La'roi Glover, who also played for the 49ers, Dallas Cowboys and New Orleans Saints.

Edens compiled a long list of coaching awards, which include the 1966 San Diego County High School Football Coach of the Year, 1981 California Athletic Director of the Year, All-San Diego County Football Coach of the Year and 1983 Southern Section Coach of the Year. Jan. 11, 1988 was proclaimed Bennie Edens Day by the city of San Diego, and he also was honored as 1992 California High School Coach of the Year and 2002 NFL High School Coach of the Year.

In the midst of all the accolades and achievements, Edens experienced tragedy when his 23-year-old daughter, Kathie, and her husband, Jim, were killed in a collision while traveling to Whitworth College in Washington for a homecoming weekend. When Edens and his wife, Maxine, flew up north for the services, it would become the only missed days of work in his career.

"Often when I see young adults or teenagers make poor life decisions, I wonder if they ever had that one special person to guide and influence them," Settles said. "We (Point Loma) had Coach (Edens) in our lives for 7 decades, from 1948 when he was a student teacher at Point Loma High School to last week. He was so much more than a coach."

Memorial services for Edens will be held at noon on Saturday, Feb.

The service will not be held at a church but instead at the Point Loma High football field, now known as Bennie Edens Stadium. Food and fellowship will follow at

the Family Life Center of the Point Loma Presbyterian Church. Last year, the Point Loma stadium was renamed for Edens and the class of 1967 in celebration of its 40th anniversary. Members of the class of 1967 raised enough money from their reunion last season to bring back the traditional Pointer Dog mascot, naming it Bennie in Edens' honor.

"It is no exaggeration to say Coach Bennie Edens is loved by thousands of his former students," said Jim Sills, a former PLHS student. "That is why we decided to name the mascot in his honor. The Pointer Dog unites the generations of classmates and the genuine love the dog inspires and happy memory he [Edens] stirs. May God bless him."

The family has requested that donations in Bennie's memory be made to the Bennie Edens Scholarship Fund established with the Point Loma High School Foundation & Alumni Association.

Checks may be mailed to PLHS-FAA - Bennie Edens Scholarships, 1220 Rosecrans St., No. 247, San Diego, 92106.

For information about the Coach Bennie Edens Scholarship Fund, contact Kim Jessop, executive director of the PLHS Foundation and Alumni Association, at kim.ed@plhsfaa.org.

ROBBERS

CONTINUED FROM Page 1

linked him to several more robberies elsewhere. Divittorio often said the same thing to employees at stores before he robbed them. He typically would ask, "Do you know how to follow orders?"

That typically got their attention, and he either showed a gun or

implied he had one, records show.

Divittorio was arrested Jan. 12, 2007, following a freeway chase after a sheriff's deputy noticed the license plate number of the Toyota Solaris Divittorio was driving showed it had been stolen. Divittorio left the vehicle and officers had to Taser him to subdue him, according to court records. He was found to be in possession of a small amount of methamphetamine and

a glass pipe.

Although Woods received a much longer sentence for fewer robberies that Divittorio, Woods also was convicted of 11 robberies in 1992, and the judge took his previous record into consideration. Woods has served 14 years in prison.

In 1990, Woods briefly escaped from a jail in El Cajon by tying bedsheets together and lowering himself from the 7th floor. He fell three stories, broke his foot and was recaptured.

Woods robbed the 7-Eleven store on Midway Drive on July 10 and was arrested two days later. Despite his record, his friends and family posted a \$500,000 bond, and he was free for most of 2007. However, he committed another robbery in December 2007 and found himself back in jail. This

time, his bail was set at \$3 million.

Woods wrote a letter to the judge and said he was under the influence of drugs and alcohol during all of his robberies.

all of his robberies.

"I am an addict," Woods wrote.

Woods unsuccessfully asked the judge for a suspended sentence of 31 years under terms of probation in which he could be housed at a residential drug-treatment facility. Fraser denied probation.



PINION

GUEST EDITORIAL

How to make energy efficiency top priority

It's important to

start with

manageable

energy efficiency

goals that you can

easily reach.

HAL SNYDER
VP FOR CUSTOMER PROGRAMS

FROM SAN DIEGO GAS & ELECTRIC

Adding energy efficiency to your list of goals can help you save money, with the bonus of saving precious water and other natural resources.

"It's important to start with manageable energy efficiency goals that you can easily achieve," says Hal Snyder, vice president of customer programs for SDG&E. "For instance, focusing on water heating and low-flow shower heads is an easy way to make big strides toward going 'green' in your home."

Water heating is typically the second largest energy expense in the home, after heating and cooling. It can account for as much as 25 percent of your utility bill. In the winter, the water heater has to work longer because the water coming into your house is colder,

which is why waterheating costs may go up during the winter.

"Replacing your old water heater with a newer tankless or energy-efficient model should save about 10 percent on water heating costs,' Snyder

explained. "And \$30 rebates are available on new water heaters that meet certain requirements, helping ease the cost of the initial investment."

In the chilly weather many people take longer, hotter showers, which in many cases are the single largest contributor to overall hot water use. Even a modest 10-minute shower can use up to 50 gallons of hot water with a conventional shower head. A lowflow shower head can reduce this by half or more, without sacrificing the "feel" of the

"A family of three will take approximately 1,100 10-minute showers per year, and low-flow shower heads would save the family almost 27,500 gallons of water per year, amounting [to a] water heating savings of approximately \$350 for electric

and \$135 for gas water heaters," Snyder said. "And the initial investment is around \$10 for an easy-to-install, low-flow shower head."

In addition to installing lowflow shower heads, try these five energy-saving tips to control your water-heating costs and make your energy efficiency resolution a reality:

• Set the thermostat on your water heater to mid-range (120° F), which will provide plenty of hot water for your needs and help save money on your energy costs. Maintaining this temperature will not only help save money but also reduce the risk of scalding. Note: Some dishwasher models require a higher temperature, so check your dishwasher owner's manual for the proper

 Most clothes can effectively be cleaned in either warm or

> cold water. In fact, hotter water can sometimes cause stains to "set" and cooler water helps prevent premature wear and fading of fabrics. Always use a cold water rinse.

• Turn off the water while you're shaving, lathering

your hands with soap or scrubbing dishes.

• Fix dripping faucets. A slow drip of hot water can waste up to 350 gallons per month, which is money down the

• Run a full load of dishes in your dishwasher instead of washing a few dishes by hand several times a day or running partial dishwasher loads. Your dishwasher uses about 17 gallons of hot water per load. It would take approximately 20 or 30 gallons of hot water to hand-wash those same dishes.

Finally, to better understand typical costs for heating and running major appliances, visit www.sdge.com/forms and click on "Your Energy Costs: A Room-by-Room Guide" under "Energy Efficiency" or call SDG&E's Energy Information Center at (800) 644-6133.

LETTERS TO THE EDITOR

Stop the bickering, degradation of OB

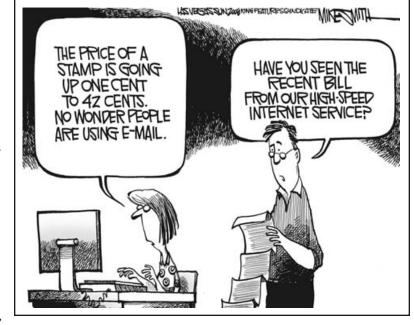
I'm writing this to Skip Tindle, Todd Strong, Tom Griswold and all the others who are having an ongoing contest via the Beacon as to who's more right. You silly boys, just stop it. Let it go and stop criticizing everything and everybody. Nobody's going to go into the archives to read previous letters, except you guys, because we don't care.

I moved to Ocean Beach 14 years ago and I love this community. It is incredible. Is OB perfect? Of course not. But really, as you drive into OB after a long day, don't you feel so happy to be home? Or coming down the hill from Point Loma and seeing the ocean and the pier, doesn't it give you a chill to know you actually get to live here? Don't you relish our weird, eclectic mix of people, our diversity and camaraderie? As far as the OB Town Council goes, I think they do a wonderful job at our Chili Cook-Off and Christmas Parade. I don't know any of them but they seem to have our best interest at heart.

As for Starbucks and Wings, while they weren't my first choice, after sitting vacant for years, at least we have thriving businesses there, not empty buildings. None of the locals stepped up to rent the spaces and they couldn't stay vacant forever. I miss the pet store, the drug store, Tuba Mans and the others who've left, but there are 80year-olds who miss the trolley cars and the dance hall. Life moves forward. Yes, the bums on the beach wall are annoying, but so are the people whose every other word is the "f" word. I think that's more offensive, but it's a free country last I checked. The booze ban is stupid. People will just bring hard liquor and mix it, but that's my opinion, and I don't even drink. But this is OB. It's just who we are.

All that being said, Ocean Beach is one of the last, truly best places to live. I'm a 55year-old real estate broker and own a property management company — hardly an illinformed kid. When, or if, I have to leave here it will be one of the saddest days of my life and OB will live in my heart forever. I love this community and wish you'd stop the bickering, name calling, et cetera. Better yet, just e-mail each other and leave our wonderful community out of your testosterone-induced newspaper quarrel. To the rest of Ocean Beach, you're the great-

> **Kathy Bell** Ocean Beach



Questions blanket rules on RV street parking

There is no one who wishes the eyesore RVs and other vehicles off the streets more than I do. Those that either permanently park them on the streets, or, even worse, the ones that live in them, should be dealt with and removed.

I do not understand, however, why it is considered that, by "taxing" those of us who have RVs and occasionally park them in front of our own houses to load or unload, it is an equitable way to deal with this problem. Your article ("Overnight ban eyed on oversize vehicles," Feb. 7 edition, page 1) clearly states that those RVs are parked illegally and that there is not enough manpower to enforce the existing laws. How on earth is a new regulation going to help the situation? The only thing this would appear to accomplish is to make lawbreakers out of currently law-abiding, taxpaying citizens.

> **Suzanne Bradbury** Ocean Beach

Point Loma Assembly in need of maintenance funds

Monday, Nov. 6, 1911 at 3 p.m., 28 ladies of Point Loma assembled to discuss the organization of a local "improvement society" for the benefit and development of the community. The group was named Point Loma Assembly. Land for a facility was donated by Mr. Frank S. Jennings and a building fund was started to raise money. The clubhouse, at 3035 Talbot St., was finished and the then-41 members held the first assembly meeting in the new building on Sept. 21, 1914.

Since its inception, Point Loma Assembly and its clubhouse have been serving the community in many ways. The clubhouse has provided facilities for Point Loma Camp Fire Girls, Boy Scouts, Sunday school and church services, parties, civic meetings, election polls, dance classes, plays, craft fairs, PTA meetings, general assemblies and kindergarten classes from Cabrillo Elementary School — which is located across the street — to name a few.

During World War I, the Assembly clubhouse was turned into Red Cross workrooms for sewing and knitting. During World War II, the Assembly was made into a Red Cross distribution center for all of Point Loma for sewing, knitting hospital slippers and surgical dressings. Classes were held in first aid and nutrition. The building was also used for Civilian Defense meetings, Coast Guard Volunteer Port security classes and other war activities. During the years following 1946, the Assembly has continued its civic, social and educational projects and remains an active part of the community today.

In 2004, the clubhouse was given an overall upgrade/update with painting, carpeting, window covering and kitchen appliances. Additional improvements are needed to maintain the quality of this historic and special building. The club is also responsible for all taxes, insurance, utilities and maintenance on the clubhouse.

A giving tree has been started as a way to recognize donors who contribute money for these financial needs. Anyone who donates \$100 will have their name engraved on a brass leaf for the tree. Those donating \$500 will have their name engraved on the brass brick foundation at the base of the tree.

We wanted to bring to your attention and remembrance this unique aspect of Point Loma and let you know of this need. We hope you will consider becoming a leaf or foundation brick on our 'giving tree."

For more information, call (619) 523-3700.

> Membership Point Loma Assembly

CIRCULATION Γhe Peninsula

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

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

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

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AIRPORT

CONTINUED FROM Page 1

congestion in surrounding communities by providing direct access to Interstate 5 and Pacific Highway. The proposal also highlighted use of mass transit, including bus, train and trolley. It also features an environmentally friendly transportation center with solar panels on the roof.

The center would also reduce greenhouse gas emissions about 5 percent more than a plan without it, according to CAIVP members.

The plan, however, would need an additional 90 acres of public and private land sitting between the I-5 and the current airport property line. An additional 27 acres of Marine Corps Recruit Depot land would give airplanes more room to move along an extended taxiway, according to the proposal.

The land combined with existing

to eventually move existing terminals to the north, said CAIVP project director Carl Nettleton. He added, however, that it would be up to the Airport Authority and other planners to make the final decision, he

The project would also add about 2,000 short-term parking spaces and 20,000 long-term parking spaces.

Steve Peace, CAIVP chairman and a former state senator, urged SANDAG and Airport Authority representatives to act fast.

"The most important decision you will ever make ... is this decision. And time is up. The options are gone. This is the one last chance we have to create an asset," Peace said.

Allen Bersin, chair of the San Diego Regional Airport Authority board, said the CAIVP long-term proposal addresses the need for nearterm improvements while creating a bold vision for the future.

"We support [the proposal] in the space would provide enough room same way that the mayor does -

not as a definitive plan, but a demonstration of what could possibly be implemented," Bersin said.

He added that any long-term regional aviation and transportation plans require cooperation between SANDAG, the city, the Airport Authority and the Navy.

The California Independent Voter Project is a nonprofit organization whose mission is to inform the community about public policy issues and encourage independent voters to participate in the political process. For more information, visit www.caivp.net

The public comment period for the draft of the Airport Authority's Environmental Impact Report closed Feb. 4. The draft EIR is available online at www.san.org.

The next Airport Authority board meeting is scheduled for Thursday. March 6, at the San Diego International Airport Commuter Terminal, 3rd Floor, Wright Bros. Conference Room, 3225 North Harbor Drive.



appreciation

PHOTOS BY PAUL HANSEN I THE BEACON

Wildlife enthusiasts packed the McMillin Event Center at the NTC Promenade in Point Loma over the weekend to share sculpures, paintings and impressions during the Pacific Southwest Wildlife Art Show. Left, Ron Dotson paints in watercolor from photos he has taken in the wild.

MURDER

CONTINUED FROM Page 1

since the incident and for good behavior.

wrote that he "killed another per-

son after a sudden guarrel after a provocation which made me act rashly and under the influence of intense emotion which pressured my reasoning."

His attorney, Robert Ford, said In a court document, Garcia the slaying occurred from "an argument over beer." Ford claimed

Schoeller was more aggressive heard them fighting. Witnesses Game wardens were in the area than his client, who was taunted with a derogatory word for a and Garcia pulled a knife and told woman and told by Schoeller to leave "my beach "

According to testimony at the Sept. 5 preliminary hearing, both men had been drinking and others

said they were taunting each other the victim to step away from him.

After the stabbing, a state Fish and Game Department warden arrested Garcia near the parking lot at the OB Pier. Two Fish and

to check for fishermen catching undersize lobsters, said Deputy District Attorney Dan Link.

One warden tried CPR on Schoeller but could not find a pulse. Schoeller was pronounced dead at the scene.

PLANNERS

CONTINUED FROM Page 1

In other planning board news:

• City representatives asked the Ocean Beach Planning Board to solicit community opinions concerning lack of parking and other transportation issues.

As part of a study to be included in the community plan update,

city traffic engineer Shahriar Ammi asked the board to assess difficult parking areas in Ocean Beach from "least" to "most diffi-

The city would use that information to help relieve parking and traffic pressures in the area, he

• The board also approved with an 8-1 vote the expansion of South

Beach Bar and Grille, 5059 Newport Ave., to include replacement of two residential rooms upstairs with more commercial space. The board approved the action on the condition that the upstairs doors would remain an exit only.

• The board unanimously approved the construction of a two-story residence with a garage at 4630 Pescadero Ave.

• The board voted unanimously to send a project back to the board's Land Use Committee.

The board recommended that the proposal to demolish an older existing residence to build a new residence at 4742 Cape May Ave. be reevaluated for its bulk and

The Ocean Beach Planning Board acts as an advisory board to

\$1 BURGER OR HOT DOG DURING

CHARGER'S GAME

FREE POOL SUNDAYS

MONDAY NIGHT

8 BIG SCREEN TVs

the city for community developments regarding land-use issues.

The board is made up of two representatives from each of the seven districts in the planning area bordered by Froude Street to the east, the San Diego River to the north, the Pacific Ocean to the west and Adair Street to the south.

For more information visit www.obpb.org.

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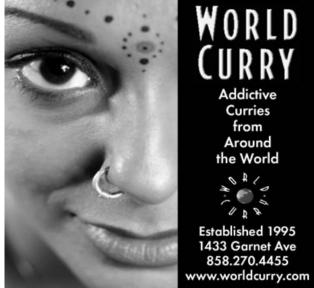
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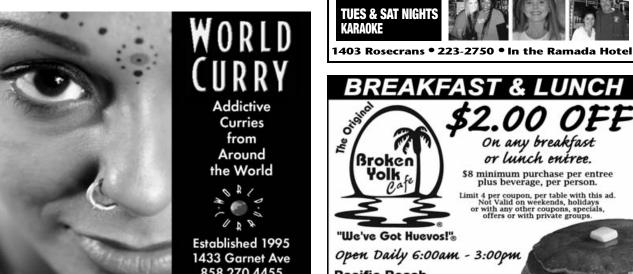
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CAPTAIN'S QUARTERS

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OBITUARIES



Carolyn Whitney Thomas Meredith of Point Loma

Carolyn Whitney Thomas Meredith, 48, went to be with the Lord on Feb. 1, 2008.

Carolyn was born Jan. 25, 1960 in Astoria, Ore. and lived the last 20 years in Point Loma. Carolyn was raised in Rancho Santa Fe, graduating from La Jolla Country Day and Point Loma Nazarene University after earning a master's degree in education.

Carolyn taught special education in the San Diego Unified School District. She was active in her Bible study group. Carolyn was known for her kindness by reaching out in love and nurturing others.

Although she was ill for a number of years with amyloidosis, she never gave up and never stopped living life to the fullest

Carolyn passed away while conducting a sightseeing trip to Cabrillo National Monument, where she was proudly showing a visitor our city and the monument to Cabrillo that her great-grandfather, Col. Edward Fletcher, donated to the city.

Carolyn is survived by her daughter, Whitney Lee Meredith; mother Eloise Fletcher Thomas; father Paul M.
Thomas; brothers Peter and Jim Thomas and their families; aunt Karen Hancock and uncle Larry Thomas; aunt Carolyn Benson and uncle Stephen Fletcher and their families; and a longtime, dear friend, Joel Calhoun. We will all miss her dearly.

A celebration of life was held at the Point Loma Community Presbyterian Church chapel on Saturday, Feb. 9 at 2 p.m.

In lieu of flowers, donations may be made in Carolyn's name to the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego, 92107.

Shaina Marie Berger, 21, former PLHS student

Shaina came into our lives on Oct. 14, 1986. She was early. When she left so unexpectedly this Sunday morning past, she was early once again. In her brief 21 years, Shaina brought us more happiness than we could possibly imagine.

A former student of Point Loma High School, Shaina passed away Jan. 27, 2008.

A loving, laughing, irrepressible spirit, she brightened the lives of all she touched.

Although we can no longer share the joy of her company, Shaina will live forever in the hearts and memories of we who have loved her so dearly and we who will miss her more than words can ever express.

A scholarship to honor Shaina and enable foster care students to attend college has been established. We are grateful for your help in the creation of this scholarship.

Contributions can be made to the Shaina Berger Dollars for Scholars Memorial Scholarship in care of The Berger Family, 3770 Pio Pico St., San Diego, 92106.

John W. Brown, 71, longtime OB resident

Longtime Ocean Beach resident John Brown died peacefully at home on Feb. 1, 2008.

Born Jan. 25, 1927, John passed away at the age of 71.

Many OB and Point Loma residents will remember John from his nearly 20 years at San Diego Glass & Paint on Newport Avenue.

John was an active member of the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America (SPEBSQSA) for over 50 years.

John and his wife, Melba, traveled the country and abroad to attend annual SPEBSQSA conventions. He was also a member of the Elks Lodge and Veterans of Foreign Wars.

John is survived by his wife of 58 years, Melba; daughter, Judy Albrecht of Ocean Beach; sons, Tom Brown of Point Loma and John Brown of Boise, Idaho; and four grandchildren.

No services are planned.



Norbert 'Bert' Silva, 75, longtime Point Loman

Norbert "Bert" Silva passed away on Feb. 7, 2008, after a brief illness.

He was 75.

Bert was born in 1932 on Pico Island, Azores, Portugal. He came to the United States in 1948, at the age of 15. Today, his name can be found on the immigrant wall at Ellis Island. He settled in Point Loma where he started his 60-year career as a commercial tuna fisherman. He later became an engineer and worked on many tuna seiners, traveling throughout the world.

Bert began his career when tuna was caught using bamboo poles off the side of the boat. By the time he retired, the industry had advanced to purse-seine tuna fishing, first developed by his uncle, Joseph Medina. He was a mentor to many young men in the industry, including his friend, Joe Varley, of Point Loma. He was married to Elsie Silva (now deceased) for 36 years and

raised three children in Point Loma.

His travels eventually took him to American Samoa, where he met his current wife, Molia, raised two sons in the village of Lauli'i and lived for the last 25 years. He was a beloved member of the village.

He remained a die-hard San Diego Chargers fan, right through last month's game with the New England Patriots.

Bert is survived by his loving wife, Molia; children Steven and Anne of San Diego, Robert (Pata) of Las Vegas, David and James Steven of Lauli'i, American Samoa; mother Amelia Furtado Da Silva of San Diego and Portugal; sisters Lucille Castaneda (Pete) of Temecula and Fatima Williams of San Diego; six nieces and nephews, Michael Castaneda (Tracy), Carol Beatty (Jim, godchild), Gary Castaneda (Theresa), Lisa Williams (Bobby), James Williams (godchild) and Amelia Williams and godchild Claudina Neves of Sacramento; six grandchildren, 11 great-nieces and nephews and two greatgreat nephews. He was preceded in death by his brother, Joe (Mafalda), of Mountain View.

A memorial service will be held on Saturday, Feb. 16 at 2 p.m. at St. Peter's by the Sea Lutheran Church, 1371 Sunset Cliffs Blvd., in Ocean Beach. Following the San Diego service, burial will take place in the family cemetery of his wife's ancestral homeland on the island of Savai'i, Samoa.

In lieu of flowers, the family requests that donations be made to the Portuguese Historical Center, P.O. Box 60749, San Diego, 92166.

How Does This 68-Year-Old Doctor Have The Body Of A 30-Year-Old?



GQ suggests it's the path to reversing the signs and symptoms of aging. It's also gotten the attention of Today, 60 Minutes, Nightline and Vogue.

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JEFFRY S. LIFE, MD, PhD

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Data compiled by the GE Lunar Prodigy DXA scan Dr. Life's photo has not been digitally enhanced

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Educators join in criticism of charter school's audit, findings

By ALYSSA RAMOS | THE BEACON

An organization representing educational administrators joined a group of professors in questioning a university's motivation for censuring a principal for the controversial results of a 2007 audit.

Bob Wells, executive director of the Association of California School Administrators, recently sent a letter to a group of five professors who made headlines for speaking against a 2007 audit they said was "technically flawed" in critical portions.

This audit resulted in Dr. Doris Alvarez stepping down as princithe University of California, San Diego (UCSD).

Wells' organization represents California school administrators. In a Jan. 22 letter addressed to Terrence J. Sejnowski, director of biological sciences at UCSD, Wells said he gives "testimony to the leadership of the principal," Alvarez, essentially backing Sejnowski and four other professors who wrote a letter to UCSD Chancellor Marye-Anne Fox, dated Jan. 15.

The professors summarized their interpretation of the audit, asking the chancellor to re-examine it. Both Wells and Sejnowski's group said they believe Alvarez was wrongly blamed for findings that may be inaccurate.

Wells said the recent audit performed at the Preuss School caught the ACSA's attention, especially because the five UCSD professors have publicly questioned its "methodology and statistics."

administrator has been seriously impugned by an audit that is now being called 'technically flawed' by respected educators," Wells wrote in the Jan. 22 letter.

On the heels of winning many awards, among them inclusion in a May 2007 Newsweek article called "The 100 Best High Schools of America," ranking the school ninth among 1,200, the Preuss charter school found itself at the center of a controversy that included allegations of grade tampering, teacher pressuring and shady dealings, resulting in an audit and the resignation of Alvarez, its highly respected prinpal of the Preuss charter school at cipal. But months after the audit was released, five professors raised questions regarding the validity of the findings. They wrote a letter asking officials to reopen the investigation.

"[The group of teachers questioning the audit] didn't go through us — it was a surprise to us," said Pat JaCoby, UCSD communications officer. "I'm not comfortable answering any questions about that committee."

"It is unfortunate that Doris Alvarez was not granted the opportunity to challenge or refute the audit data," Wells said. "By doing so, she could have shared policies in place at the Preuss School and she could have shed light on the principal's role in academic grading."

The Preuss School, a collegepreparatory school chartered under UCSD, was awarded recognition in November 2007 as one of the top ten high schools in America by U.S. News & World "We are concerned that an Report. The middle-high charter

some flexibility in its curriculum, helps low-income students move on to universities – some to Ivy League schools – and soon became the subject of the audit and investigation scandal.

The UCSD Preuss Charter School Grades Investigation Audit & Management Advisory Services Project (AMAS) launched an investigation into alleged grade tampering, after the chairman of the board of directors notified AMAS of potential improprieties at the school.

"I'm not at liberty to field any questions," said David Meir, manager of campus audits for AMAS at UCSD. "I cannot talk about this audit. We have certain protocols."

According to an AMAS report, the chairman notified officials of his concerns in May 2007.

"The chairman had been informed by the Preuss School Principal that a Preuss School employee was involved in inappropriate practices and had been terminated," AMAS reported.

Upon further investigation, the chairman received allegations of senior administrative personnel instructing office employees to "improperly replace grades earned in Advanced Placement (AP) courses [from] grades earned for non-AP courses" that were taken online and in summer school, which are of concern due to the college requirements placed on students at Preuss.

dents being allowed to retake classes to increase their grade point average; recorded differences on students' transcripts,

lower than recorded; Principal Alvarez pressuring the staff to change grades; misappropriation of funds; and students receiving AP credit for non-AP classes.

Although investigators found evidence that may support allegations of grade changes during the audit of the past five years, there was no evidence to support the other allegations, the report said. Mainly, investigators said the internal controls and recordkeeping were found to be inadequate.

"The auditors did not appear to understand the difficult role of the principal, nor understand the goals of the school," Wells said. "If the goal of this charter school is to give disadvantaged students the most rigorous curriculum possible, and auditors are recommending that this practice be evaluated, they are out of touch with the mission of the school.

Alvarez, who was principal and director of Preuss since its founding in 1999, denied the accuracy of the audit, according to published reports. She resigned as principal and will fulfill her contract by serving as adviser to UCSD's senior vice chancellor of academic affairs until June 30 of this year.

"In our experience, teachers are not disciplined for giving students poor grades," Wells said. "They are more likely to be disciplined for failing to provide adequate instruction.'

The auditors concluded that Other allegations included stu- many grade changes were favorable to the outcome of the student, but some grades were not suppressed appropriately. This would mean that, even though a student said.

school, which by definition has where the grade they earned was repeated a course after receiving a D or an F, their transcript showed the original, lower grade.

> But the group of five professors rejected these findings in their letter. They wrote, "...it appeared to us...that the information and the conclusions highlighted in the report may not be supported by the data.'

> The professors said the errors found in the transcripts at the Preuss School may "have occurred at very small rates, not significantly different from other schools' They also said the errors may have been unintentional and ran-

> Although the audit's findings resulted in Alvarez stepping down as principal and a committee of professors and administrative representatives continues to challenge the audit's accuracy, JaCoby said the current situation has calmed.

> 'It's pretty much status quo right now," she said.

While Alvarez continues to remain central to the issue. Wells and others urge officials to take a second look at the findings of the

"We are dismayed that the university allowed the audit findings to be released without adequately investigating the role of the school principal in leading classroom instruction and student achievement progress," Wells said.

"We also are concerned about the lack of due process for one of our administrators and feel strongly that the university should apologize for any and all damage that has been done to her reputation and to that of the school," he

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The Top Ten Cardiovascular **Exercise Mistakes**





1. Not doing cardio at all

Since heart, lung and circulation problems are so common, cardio is the most important type of exercise you can possibly do.

2. Not doing cardio often enough

Try to do at least 20 minutes of cardio three times each week.

3. Not doing a cardio warm up

A warm up is a slower version of the exercise you are about to do; for example, walking slowly for five minutes before you walk faster. A warm up gets your heart, lungs, circulation and muscles ready for the increased activity plus it helps prevent injuries and cardiovascular complications. To ensure a proper warm-up, wear a heart rate monitor and take at least five minutes before you reach your minimum heart-rate training zone, which is equal to 60% of your maximum heart rate (220-your age x .6).

4. Not exercising your heart hard enough (under your heart rate training zone) Following the five-minute warm-up, most healthy people need to exercise at a minimum of 60% of their maximum heart rate, which is equal to (220-your age) x .6. For example, a healthy 40-year-old man or woman would need to exercise at a minimum of (220-40=180) x .6, or 108 heart beats-per-minute (108 BPM) to improve their cardiovascular health. Walking at a moderate pace will be enough for most people to be at or above their minimum heart rate training zone.

5. Exercising your heart too hard (over your heart rate training zone)

Cardio exercise higher than 85% of your maximum heart rate will increase your risk of cardiovascular complications and muscular skeletal injuries. For these reasons, most sedentary people should not jog or run, because it will exercise them over their 85% heartrate training zone and thus increase their risk for heart attacks, strokes, knee injuries, back problems and shin splints. Always wear a heart rate monitor to ensure you stay under 85% of your maximum heart rate, which is equal to 220-your age x .85. For example, a 40year-old man or woman should not exercise above (220-40) x .85, or 153 BPM.

6. Not doing a cardio cool down

If you suddenly stop exercising without doing a cardio cool down, blood will pool in your legs. Then your heart will not have enough blood to pump to other areas such as your head, which may cause dizziness and cardiovascular complications. Walk slowly for the final five minutes of each cardio session to slow your heart rate below 60% of your heart

Not drinking enough water during their cardio session

Drink at least 16-ounces of water for each 30 minutes of cardio.

Not stretching after doing cardio

After cardio, your muscles are very warm; this is the best time to stretch them to increase your range of motion and help prevent muscle stiffness later on.

9. Thinking cardio is the only type of exercise you need to do

All three types of exercise are vital to health: cardio, lifting weights, and stretching. 10. Doing only cardio for your lower body exercise vs. lifting weights as well.

A chicken has both brown and white meat; in other words brown and white muscles. Humans have both brown and white muscles as well. Cardio exercises the brown endurance muscles in your legs, not the white strength muscles, which are exercised by

Jerry Hoskey is a both Certified Personal Trainer and a Certified Weight Management Consultant with The American Council on Exercise. He's been featured on CBS, NBC and ABC news and is the author of THE NO-DIET DIET, which is available at www.JerryHoskey.com. For answers to all your diet or fitness questions, email Jerry@JerryHoskey.com. To schedule a free fitness consultation with Jerry, please call (619) 595-0506. ©2007 Jerry Hoskey.

Concept Car exhibit shows futuristic SD Auto Museum trends

By JOHNNY MCDONALD | THE BEACON

With the advent of the hybrid and attention given alternative fuels, automotive designers believe the engine will be less of a factor in the structure of an automobile in the future. This was the cumulative

who took part at the opening of the San Diego Auto Museum's "High Art" machines. These futuristic cars will be on display through March 26.

Chuck Jordan, former vice president in design at General Motors in design studios where there is a

opinion of design panelists before retiring to Rancho Santa Fe, creative environment." gave the audience a condensed version of Design 101, stating that "car designing obtains an emotional value to a technical product.

"How do you create emotional value?" he questioned. "It's found

He told the group that the studio has three separate principles: the dreamer-engineer designer, the idea generator with a passion for cars and a free thinker; the studio engineer who is in charge of the technical and structural side of the car, which is critical to the design. He lays out the people habits and other components in relation to the package; and the sculptor, whose three-dimensional work is critical to the beauty, integrity and design services.

With the help of the sculptor, the designer can further his ideas. The sculptor builds a full-sized clay mock up which can be refined.

Jordan admitted the hard part was determining what's right or wrong. Usually this is bandied around behind locked doors.

He was asked whether these concepts were for the distant future, maybe the year 2020.

"At least four years [for some]," he answered. "If companies don't go into these programs, they are going to lose more money."

Jordan, who now teaches a design class at Valhalla High School, pointed to the panelists, "these advance guys are showing the way. Get used to these ideas and accept their judgment. It's absolutely essential [to the car industry] or you'll die."

The panelists were in agreement that cars today look the same, with the exception of window placement and metal strips.

"With less emphasis on the engine, the whole package centers

around the occupants for positioning and safety. It will change dramatically and have more personality," said Frank Saucedo, director of General Motors' Advanced Design Studio in Los Angeles. "The concept on the floor [of the Museum,] you don't know where the engine is, [it's a] matter of conditioning the public to radical change. We can do more with our design freedom than we could in the past."

"I think people are ready for us to do some pretty wild stuff," said Jordan Meadows, design director of Mazda North American Operations. "The hybrid vehicles give us a notion of that."

"I love to see adventurous design out there, even with our competitors," said Kevin Verduyn, design director for Advanced Design Pacific Studio in Carlsbad.

"If it doesn't have the characteristics, the public won't buy it," said John Cupit, exploratory design manger for Nissan Design Ameri-

Others on the panel were Stewart Reed, chair of Transportation Design at the Art Center College of Design; David Marek, chief designer for Honda and director of the Advanced Studio in Pasadena: and Akino Tsuchiya, interior and exterior design for the Chrysler Advanced Design Pacific Studio. Larry Falcon, retired General Motors designer and currently with the General Motors Heritage Center in Detroit, served as moderator.

For more information visit www.sdautomusum.org.



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No chilly reception here

COURTESY PHOTO BY BOB COUEY/SEAWORLD SAN DIEGO | THE BEACON

Over 100 1st-grade students from Crown Point and Ocean Beach elementary schools visited the Penguin Encounter at SeaWorld San Diego on Feb. 1. Education and Penguin Encounter staff members, along with Pete and Penny costume characters, joined the students in a special salute to the Penguin Encounter's 25th anniversary.

Gaslamp Quarter opens crown jewel

BY CHARLENE BALDRIDGE | THE BEACON

History has it that Spanish explorer Vasco Nunez de Balboa was the first European to view the Pacific Ocean, a feat accomplished by hiking across the Isthmus of Panama in 1513. That was nearly 30 years before Juan Rodriquez Cabrillo, credited with the discovery of California, sailed into San Diego Bay somewhere near the present-day Cabrillo Monument.

Among an abundance of San Diego buildings, bridges, schools and freeways named for one or the other of these conquistadores is the Balboa Theatre, opened as Teatro Balboa in 1924. Originally a vaudeville house, the Balboa was later converted for sound movies, used to house outward-bound servicemen during World War II, and

- after being rescued from demolition to make way for a parking lot fell upon hard times as a Bmovie house.

Closed as a cinema in the 1980s, the Balboa was obtained through condemnation by the city of San Diego in 1986. The exterior and interior both were listed on the National Register of Historical Places in 1996, and though the city entertained numerous plans for reuse, nothing worked out.

In 2002 Center City Development Corporation (CCDC) and the San Diego City Council decided to restore the theater as a public asset and performing arts venue.

In mid-January, \$26.5 million and six years later, the newly revived and restored Balboa Theatre, a knockout midsize venue, at



Getting into a rhythm

PAUL HANSEN | THE BEACON Drummers from the Samba School Band practice their technique at Robb Field recently.

CONTINUED FROM Page 10

868 Fourth Ave. that seats 1,339 and is said to be acoustically superior, reopened to the public with a series of free events. The interior colors may seem garishly modern, but they are historically accurate. The old theater was never repainted till now.

In addition to respecting the historic colors, fabric and finishes of the original theater — including restoration of the remarkable waterfalls on either side of the proscenium – the renovation included bringing the building up to current standards and codes of seismic retrofit, electrical and plumbing, heating and air conditioning. Backstage, the dressing rooms, orchestra pit, theatrical rigging and lighting systems were updated.

In addition, the theater has everything required for audience comfort on every level (the seats are commodious, the legroom ample), and there is a new box office on Fourth Avenue that sells tickets to attractions at both the Balboa and Civic theaters, managed and maintained by the nonprofit San Diego Theatres (President and CEO, Don Telford, Web site www.sdcivic.org), which has moved its administrative offices to the Balboa.

Installation of a pipe organ to replace the one moved to Copley Symphony Hall is expected sometime this spring, according to Telford. The organ is a project of the Balboa Theatre Foundation, which will maintain the instrument and determine who plays it.

It was difficult to assess the acoustics at the Jan. 11 public event because the entertainment, fully amplified, was a mariachi band.

However, Mainly Mozart Executive Director Nancy Laturno Bojanic is so excited about the theater's acoustics that she will produce that organization's 20th annual Mainly Mozart Festival there in June, to be kicked off Tuesday, June 10 with pianist John Lill, who performs all Beethoven concertos five (www.mainlymozart.org or 619-239-0100).

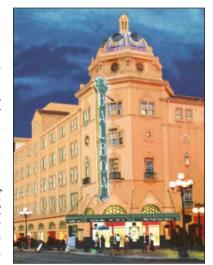
Asked to confirm the persistent rumor that elephants trod the Balboa stage, Telford said, "I don't know where they got that."

So we can call that a very pleasant urban legend?

"Yes," he said, "an urban legend that may or may not be true.

"The Balboa Theatre really provides a new venue that can service the local community," Telford said, ticking off a list of nonprofits that includes Classics for Kids, California Ballet and the San Diego Men's Cho-

Meanwhile outside bookings include, most notably - and proof of the acoustical pudding - preemi-



This artist's rendering depicts the outside sign of the newly renovated Balboa Theatre, 868 Fourth Ave., which opened to the public last month. The theater's famed waterfalls on either side of the stage were also restored.

nent Brazilian guitarists Sergio and Odair Assad.

The Balboa Theatre is located at 868 4th Ave. at E Street, www.sdbalboa.org or (619/858/ 760) 570-1100.

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SPORTS

Padre great speaks at Hall of Champs

legion of admirers about the steroid era and another Aztec baseball season and applauded the selection of two former Padres for the Hall of Fame.

Once again, the man who played 20 seasons for the Padres drew the largest luncheon audience, on Jan. 8, at the San Diego Hall of Champions in Balboa Park.

"Basically, my life hasn't changed. I'm the same guy who retired six years ago, except that I'm a grandfather now," he said in his customary casual and humble fashion.

"Maybe I'm kinda lost right now because I can't start baseball practice till Feb. 1. It's a new NCAA rule."

He answered, before being

Tony Gwynn spoke before his asked, about baseball's steroids problem.

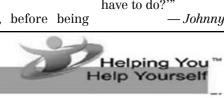
> "I knew that was going to be the big question," he said. "I played in the steroid years. That's a fact. You always had your suspicions. For me, it was do what you do and that's about it.

> "I always tried to be the best player I could be and I didn't get caught up in all the other stuff. Those with the problems will be judged for their actions."

> Because of the intense media scrutiny, he admitted he is happy he played when he did.

> 'There are so many people covering the game with all those television crews. I asked my son [Tony Jr. with Milwaukee], 'How do you have time to do what you have to do?"

— Johnny McDonald



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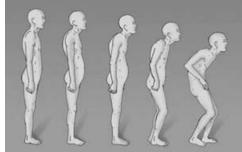
Light refreshments will be served



about determination

A member of San Diego State University's rugby team breaks away from a Colorado State University defender during a rugby match between the two universities at the San Diego Invitational Rugby Tournament at Robb Field in Ocean Beach on Feb. 7. SDSU won the game 12-5. The tournament was held in conjunction with the USA Sevens International Rugby at Petco Park over the weekend.

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Padres preparing to open spring training

By JOHNNY MCDONALD | THE BEACON

The Padres can count on a veteran mound corps and believe they have a strong infield defense, outfield options and a solid bench as they prepare for spring training, beginning Saturday, Feb. 16.

General manager Kevin Towers and field manager Bud Black laid out the clubs' targets before fans at a San Diego Hall of Champions luncheon last week.

Towers said his pitching staff, anchored by two Cy Young winners, is one of the finest and stated that the bullpen posted last year's best ERA in baseball.

"Pitchers and catchers open camp and later we'll have 62 to 64 players, including some fine prospects,' Towers said. "Finally we're in a position to have great depth in the upper levels of the minors.

In the wake of losing outfielders Milton Bradley and Kosuke Fukudome to other teams, he has plugged the hole in center field by trading for veteran Jim Edmonds. That move also ended contract talks with free agent Mike Cameron, who signed with Milwaukee.

"The division has gotten a lot stronger and the teams will be bunched up at the end," he said. "We'll need to win 90 games, one more than last year. It'll be the best pitching division in all of baseball."

The GM was encouraged by ex-Cardinal Edmonds' physical progress after shoulder surgery and believes newly acquired pitcher Mark Prior from the Cubs will be ready by May 1.

Other new arrivals are righthanded pitcher Mauro Zarate (waiver claim from the Marlins), infielder Luis Rodriguez (waiver claim from the Twins), left-hand pitcher Randy Wolf (free agent from the Dodgers), second baseman Tadahito Iguchi (free agent from the Phillies), utility Robert Fick (minor league free agent from the Nationals), outfielder Jeff DaVanon (minor league free agent from the Athletics) and right-handed pitcher Enrique Gonzalez (waiver claim from the Nationals).

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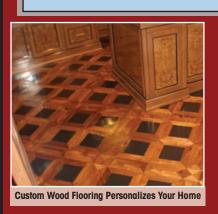
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THE PENINSULA BEACON

In the Neighborhood



eans flavor in Ocean Beach

Students from Sacred Heart Academy celebrate Mardi Gras "Fat Tuesday" with neighboring shops and visitors to Newport Avenue in Ocean Beach on Feb. 5. The school's celebration is an annual event.

HONORS, KUDOS AND EVENTS

Local students honored for fall 2007 successes

Several Bishop's School students from Ocean Beach and Point Loma were recently named to the San Diego Union-Tribune All-Academic team for academic and sports successes during 2007.

In all cases. to qualify for recognition, a student must be a junior or senior, play a varsity sport and maintain a cumulative 3.0 gradepoint average.

Ocean Beach resident Ausin Rutherford, a senior at the La Jollabased school, was named to the All-Academic Team for football and the Offense All-League Coastal South.

The Bishop's School varsity football team remained undefeated in 2007 and won the CIF Division V championship title.

Rutherford is the son of Mrs. Bert Rutherford.

From Point Loma, three students attending Bishop's School also were named to the All-Academic Team.

Nick Hardisty, a senior, was named to the team for boys crosscountry. He is the son of Teresa and John Hardisty.

Katie Martin, a senior, was named to the team for girls varsity tennis. She is the daughter of Lori and Mike Martin.

Madison White, a junior at Bishop's School, was named to the AllAcademic team for girls crosscountry. She is the daughter of Ann and Phillip White and Katherine and Jim Ûmpleby.

The Bishop's School girls crosscountry team has been named a CIF All-Academic team and nominated for the CIF state honor. Team members had the highest unweighted GPAs in the San Diego section.

Warren-Walker students put their hearts into it

Warren-Walker School will play

SEE **NEIGHBORS**, Page 14





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IN THE NEIGHBORHOOD

HONORS, KUDOS AND EVENTS

NEIGHBORS

CONTINUED FROM Page 13

host to both physical fitness and community outreach during an annual American Heart Association fund-raiser set to take place at the school today, Valentine's Day.

The event, beginning at 10:15 a.m., is part of the school's Jump Rope for Heart campaign.

"Parents, students and faculty will all be jumping," said Caroline Fisk, Warren-Walker School's director of admissions and community relations.

The event will mark the last day of the school's contest to earn money for the Heart Association. Last year the school's 250 students raised almost \$20,000, ranking Warren-Walker 12th in the country for the fund-raising event.

Students and faculty are hoping to top that number this year by showing the little school's emphasis on big character.

Ireland's Beoga slated for Holv Trinity concert event

The Holy Trinity Parish in Ocean Beach will soon host the Irelandbased band Beoga in its upcoming Holy Trinity concert series to be held at the church.

Beoga, a five-piece traditional band from County Antrim, boasts a unique sound featuring the twin dueling accordions of Sean Og Graham and Damian McKee, along with the four-time All-Ireland bodhran champion Eamon Murray and pianist Liam Bradley and new addition Niamh Dunne.

The band primarily plays traditional music but incorporates other genres' nuances with bluesyriffs jazz and a New Orleans jamboree vibe.

The concert takes place Sunday, March 2 at 7:30 p.m. at the parish, 2083 Sunset Cliffs Blvd. Tickets are \$20 in advance and \$22 at the

For more information, call (858) 689-2266, or visit concerts@honytrinityob.com.

Point Loma senior to compete in pageant

A Point Loma woman will be among the entrants of the Ms. Senior San Diego Pageant, set to take center stage at the Balboa Park Club, 2150 Pan American Plaza, on Saturday, Feb. 16, from 1 p.m. to 4 p.m.

Jean Margaret Jones, a Peninsula resident who won the Ms. Senior West Los Angeles last year, will join this weekend's competition.

Jones said the pageants help women over 60 keep an active lifestyle.

The pageant is free and will showcase the talent and beauty of women over 60 who have entered the "age of elegance," said pageant director Marilyn Kohler.

Contestants will be judged in several categories, including personal interview, philosophy of life, formal attire and talent.

"This is really not a beauty con-

test," Kohler said. "It's the inner beauty and the qualities and talents that our seniors have always had and still have."

The top three winners of the Ms. Senior San Diego pageant advance to represent San Diego in the Ms. Senior California Pageant on Sept. 14 at the Rose Center Theatre in Westminster in Orange County.

Winners of Ms. Senior California go on to represent California in the Ms. Senior America pageant on Saturday, Oct. 25, in Atlantic City.

Kohler said the contestants enjoy the chance to perform on stage during the talent portion of the show.

"They just radiate when they're up there," Kohler said. "We've created a monster now, and they all want to enter."

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February A Look Ahead

POLITICAL

Today, Feb. 14, 11 a.m. to 1 p.m., Peninsula Community Planning Board's Project Review Committee meets to discuss various items. The meeting takes place at 3115 Loma Riviera Drive in the clubhouse. For more information, call Geoff Page at (619) 694-7993, or e-mail Jay Shumaker at tasaia@mac.com.

COMMUNITY/CIVIC

Today, Feb. 14, 8 a.m. to 1:30 p.m., the San Diego Blood Bank bloodmobile will be hosted by Point Loma High School in the small gym, 2335 Chatsworth Blvd. For more information, call (800) 4MY-SDBB, visit www.sandiegobloodorbank.org.

Beginning Feb. 18, Girls on the Run San Diego launches registration for Point Loma-based sessions to be held Mondays and Wednesdays, 4 to 5:15 p.m. Girls on the Run is a nonprofit program dedicated to empowering girls age 8 to 12 through emotional, social, mental, spiritual and physical development. Programs to be held at the NTC Field at Liberty Station. For more information, call (760) 586-7952, or visit www.gotrsd.org.

Tuesday, Feb. 19, 11 a.m. to 4 p.m., the San Diego Blood Bank bloodmobile will be hosted by the University of San Diego at 5998 Alcala Park, Sports Arena. For more information, call (800) 4MY-SDBB, visit www.sandiegobloodbank.org.

Friday, Feb. 22, 10 a.m. to 3 p.m., the San Diego Blood Bank bloodmobile will be hosted by Souplantation at 3960 W. Point Loma Blvd. For more information, call (800) 4MY-SDBB, or visit www.sandiegoblood-

Saturday, Feb. 23, San Diego Coastkeeper hosts a watershed monitoring training and monitoring event at the Coastkeeper offices, 2825 Dewey Road, Suite 200 in Point Loma. For more information, call (619) 758-7743, or e-mail karenjm@sdcoastkeeper.org.

Sunday, Feb. 24, 9 to 10:30 a.m., Mindful Fitness will host a fund-raising voga class benefit to raise funds for maintenance and upkeep of the 97-year-old Point Loma Assembly. Minimum donation for the event is \$20, with checks payable to the Point Loma Assembly. The event takes place at the assembly, 3035 Talbot St. For more information, call Lisa Hampton at (619) 224-2101, or e-mail lisa@mindfulfitness.com.

Monday, Feb. 25, 6:30 to 7:30 p.m., Ocean Beach Library hosts a special family program to celebrate Black History Month. Featured speaker will be African-American folk artist Kunama, who will perform drum music, stories, chants, songs and participative dance. The library is located at 4801 Santa Monica Ave. For information, call (619) 531-1532.

Saturday, March 1, 9 a.m. to 4 p.m., 60th annual Ocean Beach Kite Festival, Craft Fair and Parade. The free event takes place at the Ocean Beach Recreation Center and Ocean Beach Elementary School. Kite making takes place between 9:30 a.m. and 12:30 p.m., with all materials supplied; the craft fair runs from 9 a.m. to 4 p.m.; entertainment in the schoolyard begins at noon; lunch is provided free to children and to adults with a donation; prize judging 1 p.m.; parade at 2 p.m. For more information, call (619) 225-8705.

Saturday, March 1, 11 a.m. to 2 p.m., Dr. Helen Hu hosts a booksigning event for Nancy Alrich Inman, author of "Bird Nest in a Chandelier." The event takes place at the Traditional Chinese Medicine Clinic, 1267 Rosecrans St., Suite C. For more information, call (619) 226-6506.

March 6, 7 and 8, Mothers and Daughters Club Assisting Philanthropies (MADCAPS) will host signature 3-day show "We Can Do It!" to benefit philanthropies. Show takes place at Correia Middle School, 7 p.m. Thursday and Friday; 2 p.m. Friday and Saturday. For more information, call (619) 226-2522; for tickets, visit showboxoffice.com.

Thursday, March 27, p.m., the Readings and Zeiger Productions presents The Readings Tour 4 Cure homecoming concert to benefit the Tour 4 Cure and the Eric and Chris Reading Scholarship Fund at Point Loma High School. The event takes place at Jackson Theater, Dana Middle School, 1775 Chatsworth Blvd. Tickets are \$10 for students, \$15 for adults. Reserved front-row seating is \$25. For more information, e-mail lhurl@sandi.net or lzeiger@aol.com.

Saturday, April 19, 10 a.m. to Sunday, April 20, 10 a.m., Peninsula Chamber of Commerce hosts Cathy Gallagher at (619) 849-2564, or e-mail cathygallagher@pointlo-



Daisies in bloom

COURTESY PHOTO | THE BEACON

Girl Scouts, San Diego Council, is currently encouraging adults to form Daisy troops for kindergarten girls during February and March. Training sessions are upcoming over the next two months, according to Scout officials. Above, mothers and Daisy Scouts from Troop 3398 in Point Loma participate in a councilwide Bridging Ceremony in Balboa Park last year. Shown are mothers, top row from left, Lisa Danaher and Sarah Stanton with Scouts, bottom row from left, Annie Danaher, Kiki Ayres, Annie Stanton and Emma Stanton. For more information or to register for a Daisy summer day camp, call (619) 610-0712, or visit www.girlscoutssdi.org.

Saturday, May 31, Makua, a Point Loma-based women's organization, hosts "Wild, Wild West" dinnerdance fund-raiser to benefit foster children in San Diego. The event takes place at the NTC Promenade in Point Loma. For more information or to donate, call (619) 222-

Mondays, 3 p.m., "Baby Signing Storytime" with Jennifer Duncan, Ocean Beach Branch Library, 4801 Santa Monica Ave. For more infor-

Tuesdays, 10 to 10:45 a.m., preschool storytime at the Ocean Beach Branch Library, 4801 Santa Monica Ave. For more information, call (619) 531-1532.

Tuesdays, 10 a.m. and 10:45 a.m., Story Time in the Tugboat Room at the Hervey/Point Loma Branch Library, 3791 Voltaire St. For more information, call (619) 531-1539.

Tuesdays, 11 a.m. to noon, Sacred Heart Church of Ocean Beach offers classes in tai chi taught by certified instructor Sherlie Miller. Classes take place at the church, 4776 Saratoga Ave. For more information, call (619) 224-2746 or (858) 292-6284.

First Wednesday of the month, 6 to 7 p.m., Family Arts Nights with Michelle Richmond in the Community Room at the Hervey/Point Loma Branch Library, 3791 Voltaire St. Registration required. For more information, call (619) 531-1539.

2nd and 4th Saturdays, 1 p.m., Ocean Beach Writers Workshop, Robb Field in Ocean Beach. For more information, call (619) 222-6066.

SCHOOLS

Correia Middle School

• Saturday, Feb. 23, 6 to 11 p.m., Correia Middle School Association presents sixth annual silent auction, "An Inspiring Evening of Possibilities." The auction helps raise money for vital school programs and technology materials. Local merchants are currently being asked to donate goods, services or financial support toward the school's goal of \$25,000.

Dana Elementary

- Friday, Feb. 15, no classes.
- Monday, Feb. 18, no classes.
- Tuesday, Feb. 19, 4 to 7 p.m., variety show rehearsals.
- Wednesday, Feb. 20, 4 to 7 p.m., variety show rehearsals. • Wednesday, Feb. 20, 4 to 5:30
- p.m., School Site Council meeting. • Thursday, Feb. 21, 3 to 9 p.m., bake sale and Chuck E. Cheese's
- fund-raiser for chorus. • Friday, Feb. 22, Dana Pride Day; 10:15 to 11:57 a.m., 5th-grade awards assembly; 1:45 to 3 p.m.,

student athletes and teams for 2008 Relay for Life at the Point Loma Nazarene University track. mation, call (619) 531-1532. an outstanding fall season... The event raises money for cancer research, advocacy, education and - Boys' Football SDCIF Div V Champions services. For more information, call - Girls' Cross Country SDCIF Div V Champions

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THURSDAY

THE PENINSULA BEACON

CALENDAR

CONTINUED FROM Page 16

6th-grade awards assembly.

- Monday, Feb. 25, Incredible Kids Week; 4 to 7 p.m., variety show rehearsals.
- Tuesday, Feb. 26, 4 to 7 p.m., variety show rehearsals.
- Wednesday, Feb. 27, 9 to 10:30 a.m., coffee with Vice Principal Irwin; 6 to 7:30 p.m., GATE parent
- Thursday, Feb. 28, 9:15 to 10:30 a.m., 5th-grade variety show assembly; 11:15 a.m. to 12:30 p.m., 6thgrade variety show assembly.

Explorer Elementary Charter

• Tuesday, Feb. 20, 4 to 7 p.m., scholastic book fair community event called "Book Fair Blizzard," featuring specially priced books and educational products; event will include storytelling by local authors, refreshments and activities for children. Proceeds will benefit the Carey Family Library at Explorer Elementary. The event takes place at 2230 Truxton Road at Liberty Station. For more information, call (619) 316-9680, or visit pc.bookfair@explorerelementary.org.

Loma Portal

- Friday, Feb. 15, no school, Lincoln's birthday.
- Monday, Feb. 18, no school. Washington's birthday.
- Wednesday, Feb. 20, 10 to 11:30 a.m. "Day as a Dolphin" for preschoolers and kindergartners. To reserve a space call (619) 223-1683.
- Wednesday, Feb. 20, 5:30 to 6:30 p.m., PTA meeting in library.
- Through February, support the school by joining or renewing eScrip memberships at www.escrip.com.
- Through February, reading volunteers needed for districtapproved program "Everyone-A-Reader." For information, e-mail christinagilmoremckay@netzero.com.
- Through April 1, yearbooks available for \$16.
- Support the school by purchasing school logowear in the office. Purchases may also be made through catienichols@yahoo.com.

Ocean Beach Elementary

- Today, Feb. 14, bank day; 12:30 p.m., Sing 'N' Speak Spanish and Miss Janine's art class.
- Friday, Feb. 15, no classes, Lincoln's birthday.
- Monday, Feb. 18, no classes, Presidents Day.
- Thursday, Feb. 21, bank day: 12:30 p.m., Sing 'N' Speak Spanish.
- dent standout assemblies; 2:10 p.m., sarahsuhonen@hotmail.com. bake sale; 2:30 p.m., SGT-SSC meet-
- ing.
 Thursday, Feb. 28, bank day; 12:30 p.m., Sing 'N' Speak Spanish.

Sacred Heart Academy

- Monday, Feb. 18, no school, Washington's birthday.
- Thursday, Feb. 21, 8 a.m., allschool Mass, Sacred Heart Church.

• Friday, Feb. 22, movie night for

- grades kindergarten through 3. • Monday, Feb. 25, bowling night
- for grades 4 through 8. • Tuesday, Feb. 26, 100th day of school.
- Saturday, April 5, 6 to 10 p.m., Sacred Heart Academy's 2008 Spirit Gala Casino Night/Poker Tournament; event takes place at the McMillin Events Center at Liberty Station, 2875 Dewey Road, Building 177. For register or make donations, call (619) 222-7252, or visit www.s-h-a.org.

Silver Gate Elementary

• Friday, Feb. 15, no school, Lincoln's birthday.

- Monday, Feb. 18, no school, Washington's birthday.
- Wednesday, Feb. 27, 8:30 a.m., parent tour for incoming students in auditorium; 6 p.m., 3rd-grade science night.
- Friday, Feb. 29, 8 a.m., principal's chat for parents of students in grades 2 and 3.

Warren-Walker

• Today, Feb. 14, 10:15 a.m., Jump Rope for Heart - a community service project raising money for the American Heart Association.

SPORTS

Through Monday, March 17, 7:30 p.m., U.S. Coast Guard Auxiliary Flotilla 16-03 conducts "Sailing Fundamentals" classes. Cost for the series and book is \$25. Classes take place at 3851 Rosecrans St. For more information, call (619) 446-2145, or e-mail arkiebar-@excite.com.

ARTS & ENTERTAINMENT

Saturday, Feb. 16, 6 to 8 p.m., happy hour art reception for artist Trevor Watson, who is holding his first show at Rock Paper Scissors, 4976 Newport Ave. For more information, call (619) 222-7625. Refreshments available.

Through March 23, Visions Art Quilt Gallery hosts "California Fibers: Natural Forces," a juried exhibit. The gallery is located at 2825 Dewey Road, Suite 100, at the NTC Promenade at Liberty Station. For more information, call (619) 546-4872, or visit www.quiltvisions.org.

Fridays, 5:30 to 7:30 p.m., Friday Night Music at OB People's Co-Op, featuring live acoustic music for the dinner hour. Free event takes place at the Ocean Beach People's Organic Food Co-Op, 4765 Voltaire St. For more information, call (619) 224-

Mondays, 7 to 10 p.m., Point Loma Actors Studio Winter Workshop, Point Loma Assembly, 3035 Talbot St. Cost is \$220; season runs through March 10. For more information, call (619) 225-0044.

Mondays through May 29, 5:30 to 7:30 p.m., Peninsula Singers continue weekly community choir rehearsals. The choir meets in the Hervey/Point Loma Branch Library in the community room, 3701 Voltaire St. For more information, • Tuesday, Feb. 26, 1 p.m., stu-call (619) 804-6079, or e-mail

HTH high-steppin'



Students from **High Tech High School in Point** Loma participate in an intersession workshop on Feb. 1 with the San **Diego Dance The**ater at Dance Place San Diego at the NTC Promenade. The event was part of the group's final showcase during the workshop. COURTESY PHOTO | THE BEACON

VENUES

Soma Sidestage, 3550 Sports Arena Blvd., (619) 726-7662

• Today, Feb. 14, 7 p.m., Cobra Starship with Metro Station/We the Kings/The Cab. Tickets are \$12 in advance; \$15 at the door.

Humphrey's Backstage Lounge, 2241 Shelter Island Drive, (619) 224-3577

• Monday, Feb. 18, 7 p.m., James Harman appears with special guests The Fremonts and Mighty Joe, Chet and the Committee. $\bar{\text{Tickets}}$ are \$15 and proceeds go to finance the ninth annual Spring Harmonica Festival Benefit (March 22). For more information, e-mail blushouter@aol.com, or visit www.humphreysbythebay.com.

Winston's Beach Club, 1921 Bacon St., (619) 222-6822

- Wednesday, Feb. 20, 9:30 p.m., Pruitt Igoe performs after the Shimmy Sisters and Danyavaad. Tickets are \$10. For more information, call (619) 222-3802.
- Friday, Feb. 29, 9 p.m., keyboardist Anthony Smith performs with Trunk Fulla Funk. For more information, contact nick@terrestrialrecords.com.

San Diego Sports Arena, 3500 Sports Arena Blvd., (619) 224-4171

- Monday, Feb. 18, 1 p.m., 27th annual Tribute to the Reggae Legends Festival (formerly Bob Marley Day Festival) produced by World-Beat Productions. Tickets are \$41 to \$71, plus applicable service charges. For more information, call (619) 230-1190 or (619) 224-4171.
- Sunday, March 2, Playhouse Disney's "Doodlebops" perform at 1p.m. and 4 p.m. Tickets range from \$18.50 to \$43.50. Tickets and information available by calling (619) 308-4311.

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located at: 4975 CLAIREMONT MESA BLVD.
#312 SAN DIEGO, CA. 92117 is hereby registered by the folllowing owner(s): ALEKSANDR BOROKHOV This business is beilung
conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J.
Smith, County Clerk of San Diego County on
JAN 07, 2008
Issue Dates: JAN 17, 24, 31 AND FEB 07,

2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-001119 THE NAME(S) OF BUSINESS: FUGE ELECTRONICS

located at: 4890 CORONADO AVE. SAN DIEGO, CA. 92107-3316 is hereby registered by the folllowing owner(s): FUGE ELECTRONICS This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/20/00 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on JAN 11, 2008 Issue Dates: JAN 31 FEB 07, 14 AND 21, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-001937 THE NAME(S) OF BUSINESS: PRECIOUS PIE

located at: 4380 TEMECULA SîT. #3 SAN DIEGO, CA. 92107 is hereby registered by the

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LEGAL ADS 700

following owner(s): DENISE PERALTA This business is being conducted by: AN INDI-VIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on JAN 18, 2008 Issue Dates: JAN 31 FEB 07, 14 AND 21, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-001937 THE NAME(S) OF BUSINESS: WEST COAST BODY & PAINT

WEST COAST BODY & PAINT
located at: 3036 UPAS ST. SAN DIEGO, CA.
92104 is hereby registered by the folllowing
owner(s): ABEL PLACENCIA This business is
being conducted by : AN INDIVIDUAL The
transaction of business began on: 01/18/08
The statement was filled with Gregory J.
Smith, County Clerk of San Diego County on
JAN 18, 2008

Issue Dates: JAN 31 FEB 07, 14 AND 21,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-000555 THE NAME(S) OF BUSINESS: CORE DESIGN STUDIO, CORE DEVELOPMENT located at: 2731 JARVIS ST. SAN DIEGO, CA.

located at: 2731 JARVIS S1. SAN DIEGO, CA. 22106 is hereby registered by the folllowing owner(s): TOMAS F. RYAN This business is being conducted by : AN INDIVIDUAL The transaction of business began on: 03/01/03 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on JAN 07, 2008

JAN 07, 2008 Issue Dates: JAN 31 FEB 07, 14 AND 21, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-002252 THE NAME(S) OF BUSINESS: PAINTING PACIFIC, ARTISITC GRAPHIC DESIGNS, SAN DIEGO INVESTMENTS

located at: 804 VERONA CT.. SAN DIEGO, CA 92109 is hereby registered by the following owner(s): PETER SCOTT, CATHERINE VIANI This business is being conducted by: CO-PARTNERS The transaction of business began on: 01/21/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on JAN 22, 2008 Issue Dates: FEB 07, 14, 21 AND 28, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-002701 THE NAME(S) OF BUSINESS:

CARPE DIEM PUBLISHING COMPANY located at: 3738 OLEANDER DR. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): ROGER N. SILIMAN This business is being conducted by: AN INDI-VIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on JAN 25, 2008 Issue Dates: FEB 07, 14, 21 AND 28, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-002952 THE NAME(S) OF BUSINESS: BARBIMON CREATIONS

BARBIMON CREATIONS
located at: 2241 SOTO ST. SAN DIEGO, CA.
92107 is hereby registered by the folllowing
owner(s): MICHAEL W. REVNOLDS This business is being conducted by : AN INDIVIDUAL
The transaction of business began on:
01/01/08 The statement was filed with
Gregory J. Smith, County Clerk of San Diego
County on JAN 28, 2008

County on JAN 28, 2008 Issue Dates: FEB 07, 14, 21 AND 28, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-003076 THE NAME(S) OF BUSINESS: E-WASTE GREEN

located at: 4015 CROWN POINT DR. #301 SAN DIEGO, CA. 92109 is hereby registered by the folllowing owner(s): RON LA CHANCE This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on JAN 29, 2008 Issue Dates: FEB 07, 14, 21 AND 28, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-003165 THE NAME(S) OF BUSINESS: INPD CENTER

located at: 2868 LANING RD. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): STICKY JAM, INC. This business is being conducted by : A CORPORATION The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on JAN 29, 2008 Issue Dates: FEB 07, 14, 21 AND 28, 2008

NOTICE OF APPLICATION TO SELL ALCO-HOLIC BEVERAGES DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL

1350 Front St., Room 5056 San Diego, CA. 92101 (619) 525-4064 Filing Date: JANUARY 28, 2008 The name of the applicant is: TYP RESTAURANT GROUP The applicant listed above is apply

The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverage at: 2400 HISTORIC DECATUR BLDG 30 E. STE 104 SAN DIEGO, CA. 92106-6158

Type of license applied for: 41-0N-SALE BEER AND WINE-EATING PLACE ISSUE DATE(S): FEB 07, 14 AND 21, 2008

LEGAL ADVERTISMENT Request for Proposal: Construction

Management Services
NOTICE: Urban Corps of San Diego County
will receive up to but not later than 5:00 pm
on Feberuary 28, 2008, sealed proposals for
negotiation and award of a contact for

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demonstrated history of successfully com-

LEGAL ADS 700

pleting local building modernizations and new building projects are requested to submit proposals.

- Proposals must include the following:

 1. Company Information and Licensing.
- Revelent Company Experience.
 Proposed Organizational Approach.
- Respondent's Statement of Construction Management Services and CM support, organization, estimating, scheduling, bid process, budget control, quality assurance, quality control, reporting):
 a. Pre-Construction (Design) Phase
- b. Construction Phase
- c. Post-Construction Closeout Phase
 5. A list of Projects completed with respondent's CM services; include examples of modernization projects, additions and new construction.
- Proposed Team Staffing and Experience.
 I±dentify firm's knowledge and interface with Public Agencies, their procedures and requirements.

To be considered, one original and three copies of Construction Management Services Proposal must be received in the Urban Corps of San Diego County's Administration Office located at 3127 Jefferson Street, San Diego, California 92110, by the date specified above. Late submittals will not be accepted and will be returned unopened.

Urban Corps of San Diego County reserves the right to reject any or all qualifying proposals or to waive any irregularities or informalities in any proposal or in the selection process

process. ISSUE DATE(S): FEB 14, 21, 28 AND MAR 06

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Looking to Diversify Your IRA Portfolio? Think Foreign Land Investments

(Syndicated News) Many people use an individual retirement account (IRA) to plan for their financial future. And they often seek new ways to diversify their portfolio. What they may not realize is that a new investment product exists to meet the needs of these individuals. This global investment option is one many people are finding to be very appealing.

"In 2003, I had the idea of creating a new global investment that was affordable and would appreciate in value," says Pat O'Neil, a money manager that started Loring Costa Rica (loring costarica.com), a Coldwell Banker Agency

in the Nicoya Peninsula on the Pacific Coast. "Today, I'm happy to say that the investment product, called tenant in common (TIC), is approved for IRAs in all 50 states, and is being sold through Coldwell Banker of Costa Rica and Canada."

O'Neil's company, the Loring Fund, purchases land near the ocean with title insurance. It is then subdivided, and half of the interest in each lot is sold to an investor. In the last two years, the company has completed \$4 million of TIC sales. The investor co-owns the land with the company; when the land is purchased for development, the appreciation is split. The two-to-five years of ongoing costs and risks, including taxes and insurance, is paid for through the Loring Fund.

"What people find so exciting about this investment opportunity is the low risk associated with it. If for any reason, prior to the sale of the land, the seller needs their funds back, they get 100 percent of it returned with no strings attached," adds O'Neil. "Soon, we'll be expanding to Panama and India. And right now we're the only company in the country offering this unique investment route."

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According to the Associated Press, in 2004 about a dozen women, primarily in their late teen's and early 20's, died from blood clots and a dozen more survived strokes and other blood clot-related problems including deep vein thrombosis, pulmonary embolisms and heart attacks.

If you or a loved one have had a stroke or a blood clot or died after using Ortho Evra, call the attorneys at the Rolshouse & Associates toll free at 1-800-960-2398.

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The details begin to

mystery at work. Take

it all in and digest it,



January 20-

party to celebrate and nvite everyone you Brevity is everything and pays off big in a meeting. Who knew you

had it in you, Pisces, to

state the obvious so

presence of authority?

succinctly in the

February 19-

March 21-

April 20-May 20



Tasks at home demand

your attention now.

bound at work, Aries,

but to get involved.

and do some good

while you're at it

Relax. You'll have fun



May 21-

June 21



June 22-

July 23-

August 22

August 23-

for the best, Virgo. They may not be in a what is going on with September 22

get the same treatment

later. An auto dilemma

Get ready, Leo. Your

dedication to a cause

will be sorely tested,

but your perseverance

will pay off. A mix-up

causes some headaches

at work.

is resolved.



November 22-

October 23-

November 21

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when the budget strings get tight, Scorpio. Look

hard and find a way to

make cuts elsewhere

to come up with the

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board. Take all of the

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project, Sagittarius,

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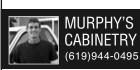
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- 56 Harbor town
- Bit of smoke
- 58 Falsehood 59 Enraged 60 Cook a certain way
- City in India 62 Footnote abbr.
- (2 wds.) Governed
- Mountainous
- Serving dish "Jane -
- 68 Soon
- 69 Like some hams
- 71 MD's 72 Jack in a nursery rhyme
- 74 Notorious 75 Pugilist
- 77 Literary collection
- 80 A pronoun
- Cart
- 82 Magical symbol

- 83 The basics
- 87 Mend 89 Threadlike piece
- Exposed Horse's gait
- 92 Bore
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- Greenbacks Continually changing Merchandise
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- 109 Ancient Greek thinker 110 Something troublesome
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- Saw
- Furnished
- 137 Pert 138 Malicious look
- 139 Equals

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- 45 Old stringed
- "I have danced 50
- Goes 'round and 'round Cockpit VIP
- 59 Of the moon
- French article
- 66 Collected a levy
- 70 For love or -

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- 3 Pillars
- 6 Eating nothing at all
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Handle skillfully

with marshmallows 86 Severe 88 Lets 89 Repairs

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82 Forays 84 Fearless

85 Hot drink

93 Destiny

100 Land parcel 101 Surmounting

137

- (hyph.) 106 Container
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- for seedlings 108 Parts of cars 109 — Charming
- 117 Ray flower 118 Peruses Back muscles, 121

116 Strange

for short

113 Uppity ones 114 Biblical pronoun

- compos mentis
- 122 Diva's song 123 Shock
- 124 Coarse file

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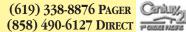
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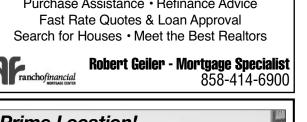
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THURS FEB 14

SATURDAY FEB 16

SUNDAY FEB 17

\$1.895.000

\$795,000 \$895.000

\$1,375,000

\$1,495,000

\$1,495,000

\$1,095,000

\$3,100,000 \$1,375,000

\$1.175.000

\$795,000

\$760,000

\$425,000

\$659,000

\$839,000

\$1,375,000

\$3.000.000

\$610,000

\$499,000

\$3.650.000

\$3,690,000

\$1,395,000 \$2,595,000

\$1,789,000

SAT & SUN

\$2.800.000

\$520,000

\$750,000

\$1,090,000

\$1,875,000-\$1,975,000

\$1,150,000- \$1,295,000

\$1.695.000-1.795.000

\$1,695,000-\$1,795,000 \$2,295,000

\$3,900,000-\$4,500,876

\$5.999.000-\$6.400.876

\$2,100,000-\$2,400,876

\$3.900.000-\$4.400.000

\$1.395.000-\$1.495.000

\$1,875,000-\$1,975,000

\$1.150.000-\$1.275.000

\$1,099,000-\$1,250,000

\$1,199,000-\$1,289,000

3785 Ocean Front Walk 2BR & 3BR/2BA & 3BA \$1.895.000-\$2.350.000

		SATURDAY FEB 1
2860 Arcola	4BR/2BA	\$640,000
333 Coast Unit #8	2BR/2BA	\$1,695,000-\$1,795,000
5510 Moonlight Ln	3BR/2.5BA	\$1,395,000-\$1,495,000
826 Rosecrans St.	4BR/4BA	\$3,000,000
4013 Gresham St	3BR/3.5BA	\$699,000
7575 Eads Ave. #201	3BR/3BA	\$1,150,000-\$1,275,000
7575 Eads Ave. #207	3BR/3BA	\$1,099,000-\$1,250,000
1403 Oliver Ave	4BR/4BA	\$1,395,000
4011 Fanuel St	3BR/3BA	\$1,675,000
9503 La Jolla Shores Drive	3BR/2BA	\$1,199,000-\$1,289,000
410 Marina Ct	ADD/ADA	¢2 20E 000

419 Marine St. 776 Rosecrans St. 8835 Robinhood Lane 7076 Vista Del Mar

2BR/2BA 4BR/2BA 2BR/2BA 6BR/7.5BA 2BR/2BA 6451 La Jolla Sceic South. 5511 La Jolla Mesa Drive 4BR/3BA 3BR/3.5BA 4BR/4.5BA 6BR/5 5BA 3BR/2BA

3BR/2BA 3BR/3BA 3BR/3BA 3BR/2.5BA 4BR/3BA 4BR/4.1BA 3BR/4 1BA 2BR/2BA 4BR/2.1BA 2BR/1BA 2BR/2.1BA 3BR/1.1BA 3BR/2 5BA 2BR/2BA 3BR/2.5BA 2BR/2BA+Inft 4BR/4BA

2BR/2BA 2BR/2.5BA 2BR/1BA 3BR/3BA 3BR/3BA 5BR/4.5BA 5BR/4 5BA 4BR/3.5BA 3BR/2 5BA 3BR/2BA 2BR/2BA

3BR/1BA 3BR/3 5BA

2BR&3BR/2BA&3BA

3BR/3.5BA

\$1,125,000-\$1,295,000 \$675,000-\$825,000 Studio 0BR/1BA 4BR/4.1BA 2BR/2.5BA Studio OBR/1BA

\$2,390,000 \$829,000-\$869,000 DAILY \$675,000-\$825,000 \$1,895,000-\$2,350,000 Ocean Pacific Properties, Inc. • 858-274-1553 • Mission Beach

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