OB Library, Cabrillo Recreation Center now in crosshairs

By SEBASTIAN RUIZ | The Beacon

Midyear city budget cuts to make up an estimated $43 million 2009 budget shortfall has residents concerned over looming threats of loss of public facilities and services.

Closing the Ocean Beach library, eliminating pressure washing services at Ocean Beach Pier and shuttering the Cabrillo Recreation Center are on the list of possible money-saving cuts, according to a mayoral report. The list also contains a proposal for contracting out medical services for La Jolla Fire Station 9 to stave off cuts in services.

The recommendations represent a reduction of expected incoming property, sales and tourists’ tax dollars in a slowing economy, said Rachel Laing, spokesperson for the mayor’s office.

“It’s not as if we didn’t anticipate lower tax revenue, and we were really conservative if not pessimistic about estimates,” she said. “It’s just that nobody knew just how deep it would be and how short we would fall.”

The proposed cuts were the subject of a volatile and heated City Council hearing all day on Wednesday.

Councilman Kevin Faulconer, who sits on the city’s Budget and Finance Committee, said he’s working with an independent budget analyst to “look at the assumptions behind the numbers.” He didn’t have specifics as to what facilities and services would likely get the ax.

“We’re not sure that we can stop this, but we want to let OB know this is happening...”

GEORGE MURPHY
FRIENDS OF THE OCEAN BEACH LIBRARY

Point Loma loses bid for Port District seat

By NEAL PUTNAM | The Beacon

Outgoing City Council President Scott Peters won five votes from his colleagues Monday for a seat on the San Diego Unified Port District Board of Commissioners, beating out a nominee from Point Loma.

The action took place despite an attempt by Councilmember Donna Frye to have the vote postponed until four newly elected members of the council begin their terms next month.

Peters, of La Jolla, will serve a Port District term that will end Jan. 2, 2013. Peters is leaving his 1st District council seat next month because of term limits. Peters recused himself from voting, and the meeting was conducted by Jim Madaffer, outgoing council president pro tem.

Laurie J. Black, of Mission Hills, also won five votes from the City Council for the only other seat as a Port District commissioner for a term that will also end in 2013. Both begin their terms Jan. 2.

Robert McNeely, of Point Loma, won the votes of four councilmembers.

Several councilmembers told McNeely they prefer him to remain on the Centro City Development Corporation, to which he was recently reappointed by the council.

Voting in favor of Peters were councilmembers Kevin Faulconer, Toni Atkins, Ben Hueso, Jim Madaffer and Brian Mainschein.

Voting for Black were councilmembers Tony Young, Donna Frye, Faulconer, Madaffer and Atkins. McNeely won votes from Young, Frye, Mainschein and Hueso.

In a brief statement to the council, Peters said he is former Coastal Commission and an attorney who specialized in environmental law. He described himself as “a good listener” and has served as council president for three 1-year terms.

Finding a common bond

Retired Navy Chief Jack Walker speaks with Loma Portal Elementary School students Monday during a “Take a Veteran to School Day.” Walker, 86, once sponsored by the History Channel, touts a mixture of natural and traditional services for clients.

New tool for prosperity?

The Peninsula Chamber of Commerce eyes the creation of a Business Improvement District to offset a downhill economy.

Taking green seriously

Mia Blossom, Point Loma’s only eco-friendly salon, touts a mixture of natural and traditional services for clients.

Picking off another win

Point Loma High pummels Hoover in a 55-13 thrashing that sets up the regular season finale with La Jolla on Friday.
Peninsula Chamber eyes new economic kickstart

Peninsula business leaders say the number of storefront vacancies in the Peninsula signal tough economic times resulting from the natural ebb and flow of repeating business cycles.

So to help support businesses in and around the Peninsula, the Point Loma Chamber of Commerce is counting the idea of creating a Business Improvement District (BID) for the Point Loma area, said Jarod Gorla, director of business improvement for the Peninsula Chamber.

“[BID] creates marketing dollars to pressure-wash streets … and make the area look nice and then also pump money into marketing and advertising, putting up lights and just making it a place that people want to go to and stay,” Gorla said.

A BID raises money through a fee on business licenses issued by the city for a specific area. The BID submits receipts to the city for reimbursement of the funds for programs.

Matt Kalla, president of the Peninsula Chamber, said a BID created by Peninsula property owners would help provide additional direction for the business and residential community in Point Loma.

“A lot of different organizations are ... working on a common goal yet aren’t communicating with each other,” he said.

He said groups like North Bay Redevelopment Agency, Point Loma People for Progress — a community organization spawned from Liberty Station development — the Peninsula Community Planning Board and a North-Bay BID all have similar business interests.

He said a Point Loma BID would be a resource for the different groups. Peninsula Chamber of Commerce members pay $80 a year for access to networking members and other member benefits, he said. BID members pay depending on location but some business have paid more than $90 in fees.

Several communities — some more recently than others — have already established BIDs, including Little Italy, Pacific Beach and Ocean Beach. The Ocean Beach BID, established by the Ocean Beach MaireStree Association (OBMA), was one of the earliest in 1978, according to officials.

Denny Knox, executive director of OBMA, said some vacancies along Newport Avenue and surrounding areas are due to periodic business declines in Ocean Beach.

“In the 70s we had 40 percent vacancies at one time,” she said. “We have nothing like that now. If you count it up, it’s a very small percentage.”

A stroll through Newport Avenue and around Ocean Beach reveals about five empty storefronts. Some of them remain vacant because of market forces, she said.

Despite a lagging national economy, businesses remain optimistic about Ocean Beach’s local economy.

“A vast majority of our businesses are run by people who are realistic and they really do understand business, and I believe they will make the necessary changes to weather the storm,” she said.

Organizations such as the BID would help implement these changes, Gorla said.

A funeral procession of police cruisers and SWAT vehicles makes its way through the streets of Point Loma on Oct. 29 in honor of a San Diego police officer killed during an ambush by a gunman disguised as an Afghan border patrol officer.

Following the procession, which closed Rosecrans Street, Caron Street and Catalina Boulevard, Borjas was buried at Fort Rosecrans National Cemetery.

Honor a fallen hero

What’s New (S)

Italian holiday traditions honored at Belle Maison Seacoast Interiors Event

Belle Maison Seacoast will be hosting an Italian Holidays Tablétop Event. An event inspired by the smell of pine and cedar crackling in a warm fire, Italian Holidays honors traditions of Italy’s holiday season. VIETRI America’s largest importer of handcrafted Italian products for the home and Arte Itálica, also fine Italian dinnerware company, are excited to have Belle Maison Seacoast Interiors participate in such an exceptional event. The event will take place on Thursday November 20, 2008 from 5pm-9pm.

In addition to the array of VIETRI products that Belle Maison Seacoast Interiors regularly carries, this event will offer an opportunity to showcase new VIETRI products not typically held in stock. The new additions will include VIETRI’s Old St. Nick and Incanto Dennerware. In addition to this special preview of exciting pieces, a stunning three arm Incanto candela will be offered a lucky guest attending the event as a door prize.

Belle Maison Seacoast Interiors will also be featuring the new Bella Bianca Collection from Arte Itálica.

Located at 4696 Newport Ave., Belle Maison Seacoast Interiors can be reached at 619-221-1948. View VIETRI and Arte Itálica’s complete line at www.vietri.com and www.arteitalica.com and ordered at Belle Maison.

The Coaster Saloon completes series of renovations, creates east coast feel

The Coaster Saloon has been a family business for twenty five years, operating directly across the street from the historic Belmont Park Roller Coaster. Having completed a series of renovations, the new Coaster presents patrons with a clean and modern feel that many would be surprised to find in Mission Beach. The new layout features a dimming area with booth seating on the inside with a horsehoe bar, reconfiguring the interior dining area and an outside patio-dance floor. The centerpiece however is the menu, brainchild of Chef Roy Trudeau, a thirty five year veteran of the restaurant industry. Chef Roy is a native of Massachusetts and has brought a new east coast feel to Mission Beach, featuring M—F daily specials, such as soup made from scratch at $2.95 and ten inch personal thin crust pizza. The Coaster Saloon is a pleasant walk or bike ride away for many Mission and PB locals, offering an excellent quality of food at prices that locals will appreciate and a dimming atmosphere second to none, making it a great place for nightlife as well as weekend Mimosas and bloody Marys.
Jurors deliberate in case of surfer's beating death

By Neal Putnam | The Beacon

Jurors deliberated this week in the Seth Cravens trial following a dramatic closing argument Monday by his attorney who got within five inches of the prosecutor’s face and yelled an obscenity while pretending to be slain surfer Emery Kauanui Jr.

Attorney Mary Ellen Attridge called the prosecutor’s murder case “a runaway train” in which she asked that Cravens, 22, be acquitted of second-degree murder and manslaughter in the May 28, 2007, death of Kauanui in front of his mother’s home in La Jolla. “Choo, choo!” concluded Attridge.

Attridge claimed Kauanui was “not some docile victim” and instead was the aggressor, citing the testimony of Matthew Yanke, 22, who told jurors last week that Kauanui stripped up to Cravens and yelled at him within five inches of Cravens’ face.

“How the (expletive), how the (expletive), how the (expletive) did you come over to my house?” Attridge screamed to Deputy District Attorney Sophia Roach.

Roach froze and gave no reaction to the outburst. She rose and told jurors in a rebuttal argument that “insulting words are not a defense.” Attridge had illustrated.

Roach urged the nine-man, three-woman jury to compare Yanke’s testimony to that of other witnesses, such as the victim’s neighbors who called police and Kauanui’s girlfriend, Jennifer Grosso. She said Grosso was “a courageous, courageous young woman who was the only person to try and stop the attack” at the scene by Cravens and four others around 1:30 a.m. on May 24, 2007.

Both sides agree that Kauanui’s head hitting the pavement caused brain damage that led to his death four days later. Roach said that Kauanui’s “brain was shaken, causing it to bleed and fracture. She said surgeons cut his skull open to allow for swelling, but that didn’t save him.

Roach quoted a witness as saying Cravens had laughed about Kauanui’s injury before he died, saying he “put him to sleep” in the hospital.

The jury deliberated 3 1/2 hours Monday before going home. Roach and Attridge are scheduled to return Tuesday in hopes of a verdict.

Cravens has remained in county jail in lieu of $1.5 million bail since his arrest in May of 2007.

OBITUARY

Steven Franze, 55, longtime Ocean Beach resident

Steven Franze, a longtime resident and icon of Ocean Beach, passed away Sunday, Nov. 2, 2008, at the age of 55.

Steven was born Oct. 10, 1953. Steve is survived by his loving wife, Claudia, and many friends. A celebration of Steve’s life is being planned and will be scheduled and held at Beardsley Mitchell Funeral Home in Ocean Beach.

In lieu of flowers or gifts, donations can be made in Steven’s memory to the American Liver Foundation, San Diego Chapter, by calling (800) 223-0179 or by visiting www.liverfoundation.org.

We will all miss seeing his smiling face around town.
Comic-Con has nothing on San Diego Bay wine and food fest

Like a Comic-Con for foodies, food lovers of all types, from celebrity chefs to microwave mavens, will flock to the downtown area through Downtown area. The star, however, is the wine, abundant in quantity and quality. Last year, more than 700 different wines were poured at the Grand Tasting event alone. “This is our fifth anniversary, and we’re really excited to see how it has progressed each year,” said Michelle Metter, festival producer. Southern California’s largest and poshest culinary festival will feature a weeklong line-up of all things gourmet, including hundreds of wines and dozens of San Diego’s top fine dining establishments and food exhibitors. Featured this year are several events and classes throughout the Downtown area.

On Nov. 14, the Celebrity Chef Luncheon & AIWF (American Institute of Wine and Food) Big Bottle Wine Auction will be held at the San Diego Marriott Hotel & Marina, hosted by Chef Bernard Guillas of the Marine Room and artist Thomas Arvid, whose wine-inspired paintings have gained notoriety. Luncheon guests will be treated to a spectacular spread by Guillas, Gavin Kaysea of Café Boulud in New York City (formerly of El Bacio at the Rancho Bernardo Inn), Sondra Bernstein of Girl & Fig in Sonoma and Jimmy Schmidt of Rattlesnake. A different winemaker, who will showcase wines from his or her portfolio, will host each table of ten. Single tickets and table sponsorships are available for the luncheon. A silent auction during the event will raise money for AIWF scholarships.

Ted Allen, best known for his Food Network Show “Food Detectives” and his role as the food authority on “Queer Eye for the Straight Guy,” will host two events at this year’s festival. On Nov. 14, he’ll teach a daytime cooking class at the Macy’s School of Cooking in Mission Valley, followed by a reserve and release wine tasting aboard the Hornblower Inspiration yacht. Always a favorite at the festival is the Grand Tasting Event at the Embarcadero Park North behind Seaport Village, to be held Nov. 15. In addition to its food and wine in abundance, the event will feature an olive oil competition and tasting, a celebrity chef cookbook signing and a chef of the fest competition, wherein chefs vie for thousands of dollars of prizes and bragging rights. Last year, Gary Thompson of Vejas was named Chef of the Fest.

The festival also features a variety of cooking classes and wine tasting opportunities. On Nov. 13, Chef Michael Antonorsi of Chuan Chocolatier will present “Aromizing the senses with Chocolate and Vino,” followed by a World’s Best Bake Tasting course hosted by Young’s market.

On Nov. 14, “Surf, Surf and Cocktails with Sam the Cooking Guy” await, as well as a “Top Chef All-Stars” demonstration featuring a panel of chefs from the Bravo television series “Top Chef,” hosted by Brian Malarkey. Malarkey is a former series contestant and executive chef at the Oceanair seafood room.

Learn how to taste and classify wines with Master Sommelier Joseph Spellman, who will host a blind tasting with a panel of local sommeliers. The festival ends with a Sunday morning champagne tasting brunch bay cruise on a Hornblower yacht.

Cooking classes take place at the San Diego Wine and Culinary Center, 200 Harbor Drive, and at the Macy’s School of Cooking at Mission Valley Mall. Prices for events vary. Packages are available and the preferred route for those wishing to take part in more than one event.

For full event information or to purchase tickets, visit www.worldwineevents.com. You must be 21 or older to attend.

What’s News

Business | Growth | Innovation | News

The Peninsula

SDUSD History Teacher
Called to Active Duty in Iraq

Mr. Ron Moss, history teacher at Point Loma High School, has received mobilization orders and will be deployed as part of Operation Iraqi Freedom in October. Mr. Moss has taught in San Diego Unified for the past 13 years. His assignments have included: Taft Middle School, Madison High School and currently Point Loma High School. Mr. Moss holds the rank of Lieutenant Commander in the United States Naval Reserve. He will be detached from the Navy to serve with the United States Army at Camp Victory in Baghdad for a period of one year. He will work in the operations and planning directorate of the Army staff and will help coordinate troop operations throughout Iraq.

His colleagues wish him well as he serves our country. His family, wife Lamont Ferguson and Stan Simmons, appreciate the support of family and friends in San Diego. On behalf of his friends and district staff we wish him a safe and speedy return.

Janiece Swilling Joins Cast of “West Coast Funnies”

OM’s own Janiece Swilling, owner of mozana beads & stones, has been added to the cast of The Pearl Street Players in Carlsbad. Headed by nationally acclaimed comedians Lamont Ferguson and Stan Simmons, the sketch comedy group performs in the monthly “West Coast Funnies” at The Carlsbad Theater, 2822 State Street in Carlsbad Village. For upcoming show information, contact Janiece at 619-757-6547.
Mai Blossom salon puts the green into pampering

By TRISH CLENNEY BROWN | The Beacon

Mindy Nguyen has been going green for years. The licensed cosmetologist has practiced recycling, eating organically and doing everything she can to live a healthy, ecologically sound life. And now she operates Mai Blossom, Point Loma’s only eco-friendly salon, where clients can receive traditional salon services, such as haircuts and hair color, in addition to massages and body treatments—all with the use of organic ingredients and herbs.

That means no trace of the traditionally vile ammonia smell of hair color in the salon. And no more of the other harmful chemicals found in most mainstream salons.

Instead, Nguyen seeks out non-toxic products to use with her clients. In the continual searches for new products, her latest find has been a skincare line based on traditional Chinese medicine.

Nguyen said she chose to locate her new salon in Point Loma because it is a wonderful community and she has many clients from the area.

“I’m happy to be here,” she said. Not all her clients are as dedicated to an ecologically sound life as Nguyen, but she usually manages to educate them about its importance.

The new salon combines Nguyen’s 20 years of salon experience with traditional Asian customs and healing practices to create a haven for its clients.

The salon’s name illustrates Nguyen’s ecological philosophy. The mai (pronounced “my”) blossom, Vietnamese for plum blossom, represents both beauty and longevity in Asian culture.

Mai Blossom clients can expect world-class service and personalized attention in a tranquil, upscale setting filled with dark polished wood, punctuated with exotic orchid plants.

The massage room, a secluded retreat that exudes serenity, has been described by a client as a lovely cocoon. Each client is welcomed to this peaceful, refreshing environment with tea and water flavored with organic citrus fruits.

The salon offers an extensive list of services, including haircuts, ammonia-free hair color, signature facials, therapeutic massages, and waxing. In addition, it provides organic airbrush tanning, airbrush makeup, permanent makeup and body treatments.

Mai Blossom is not quite complete yet, in Nguyen’s eyes. The salon hasn’t yet had its grand opening. The web site is not quite finished. But clients find nothing lacking about it. Longtime clients are pleased with the new surroundings and happy to see Nguyen in a setting that seems perfect for her.

“The new salon is wonderful,” said longtime client Valerie Miller, who relies on Mai Blossom for several ongoing services, including haircuts, color, massages and waxing. “Mindy now has things her way; she’s selected everything and everybody here so that the environment reflects her philosophy.”

Miller also had Nguyen perform some permanent makeup and is very pleased with the result. She is a former Point Loma resident who still works in the area.

For those who are concerned about toxic chemicals found in haircare and beauty products and for those who simply want excellent service in a soothing and pleasing environment, Mai Blossom offers a delightful experience.

Services are available for men, women and children, with haircuts and services such as haircuts and hair color, in addition to massages and body treatments—all with the use of organic ingredients and herbs. Above, the massage room, a secluded retreat that exudes serenity, has been described by a client as a lovely cocoon. Left, owner Mindy Nguyen gives a Signature Facelift to client Janice Arriola. (COURTESY PHOTOS | THE BEACON)

Mai Blossom is Point Loma’s only eco-friendly salon, where clients can receive traditional salon services, such as haircuts and hair color, in addition to massages and body treatments—all with the use of organic ingredients and herbs. Above, the massage room, a secluded retreat that exudes serenity, has been described by a client as a lovely cocoon. Left, owner Mindy Nguyen gives a Signature Facelift to client Janice Arriola. (COURTESY PHOTOS | THE BEACON)

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Poor (nay, pitiful) choice of editorial headline

On Nov. 6, The San Diego Downtown News (along with sister publication the Peninsula Beacon) penned an editorial that, in the author’s entitled “Barack Obama needs to shut his mouth.”

The piece was written by a cau-
tionary look at the two-headed nature of this country’s economy and how I believe the president-elect (for whom I voted) some-
time trends to blur the distinc-

While I think the article expressed as capably as sentiment fairly well, the headline is obviously another matter. Many of you took vehement exception to what you see as its incendiary tone — and my own hindsight persuades me that your frustration was entirely jus-
tified.

The piece was not reviewed by the publishers, David Mannis and Julie Mannis Hoisington, in fact, both parties have loudly spoken to me at some length on this mat-
ter, assuring me that they would have immediately scrapped the headline had they seen it in the proof process last week.

As it was, a fellow Mannis Communications editor did take notice of my complaint and surprise to me; for whatever rea-

I extend my hearty congratula-
tions to Senator Obama and his supporters in his victory, just as I did in my editorial — if he proves as capable a leader as he did a cap-

As I said, I voted for him too, and I believe I did so for the right reasons. The headline, however, was and is a gross oversimplification of what I see as a choice of words on the state of the economy. I eagerly offer my apologies to him personally and to the Mannis Communications staff and management and, of course, to the Peninsula News-

Dear Council Members
Kevin Faulconer and Donna Frye

I and all of my friends are very pleased at the prospect to close some of our library branches.

I am a frequent patron of both the Ocean Beach and Clairemont branches, both of which are tar-
ged for closure.

Don’t do this!

In this time of “No Child Left Behind”, it is unbelievable that Mayor Jerry Sanders would even consider hindering access to a primary source of learning. Per-
haps he has listened to people who say libraries are out of date and no one uses them anymore! Untrue!

Every day you can see people lined up waiting for the library to open. Mayor Sanders may feel that people have all the knowl-
edge they can use available via computers. Well, guess what, rou-

dinless, greasy or murky. I would
disgustingly testify of Scripps’
ongoing effort to keep our ever-
murky ocean and, unfor-

I read with interest and support the views of Jim Gilbough, in the guest editorial “Assessing the state of the wastewater facil-
ity” (Nov. 6, Beacon, page 6).

I wish to comment on the decrepit quality of the local ocean

PENDING CUTOFFS SHOULD SPARE OB LIBRARY

Your beautiful photos of the 80th anniversary of the Ocean Beach Library (“OB Library’s 80th birthday bash a smash,” Oct. 22 Beacon, page 1) may be the obituary.

The library is slated for closure by the mayor. The time frame short, as his plan is to approve the new budget before the recently elected City Council takes office.

Please let the mayor and our council member (District 2 Coun-
cilman Kevin Faulconer) know that you support keeping this library and other community resources
"Jerry Sanders said he was doing for closure.

Soon, as his plan is to approve the new budget before the recently elected City Council takes office.

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Soon, as his plan is to approve the new budget before the recently elected City Council takes office. 
as a camp director at Cabrillo Rec for more than 10 years, said he’s disappointed the center might close.

He said the after-school program he runs has grown from about 15 students to approximately 45 kids from five elementary schools.

“I have a lot of parents bring their kids … they just like the programs,” Heyward said.

While the facility’s programs may have grown over the years, Park and Recreation officials said the Cabrillo Rec Center is considered one of the smaller facilities and that its closure wouldn’t affect as many services, according to David Monroe, a deputy director for community parks with the city.

He said athletic fields, basketball courts and some athletic programs would remain open, but no equipment would be available for use.

“They would have to bring their own basketballs,” Monroe said. “These are tough times and no reduction or cut is an easy cut. It’s just tough.”

The mayor’s proposal includes:

- Removal of fire rings from along Mission Bay.
- Reducing staffing and operation hours at Robb Field and other skate parks from 48 to 40 hours a week.
- Eliminate the extra Mission Beach trash collection during summer months.
- Elimination of about 216 full-time city positions.

To view a copy of the mayor’s midyear budget reductions, visit www.sandiego.gov.

A spokesman for Mayor Jerry Sanders told the council the mayor endorsed Peters for the Port District seat.

Before the vote, Peters told the council he would not be accepting the $1,000 monthly transportation or $100 monthly phone allowances.

Port Commissioners do not receive a salary but they do receive some free travel with their official duties.

Councilmember Donna Frye unsuccessfully asked at the start of the meeting that the vote be delayed until after four recently elected councilmembers are sworn into office on Dec. 8.

Frye said she made the motion “out of courtesy to our incoming colleagues” and added “there’s no rush” to fill the Port District seats that will not be vacant until Jan. 2.

“I don’t think it’s the fair thing to do,” said Young, who seconded Frye’s motion to postpone the vote.

Activist Ian Trowbridge said the new City Council should be the ones to vote on the nominees, adding that it was “shameful to docket this item” before the new council is seated.

Madafier, however, said there was nothing wrong with docketing the matter now. He said many council actions are often delayed, but there was no reason to delay this one.

The new council will meet only twice in December before the Christmas recess, and it won’t meet in January before the vacancies take effect.

The Port District of San Diego was created by the state legislature in 1962 to manage San Diego Bay and surrounding waterfront land and is a state agency.

The cities of Coronado, Chula Vista, National City and Imperial Beach also elect representatives to sit on the Port District.

City Councilwoman Donna Frye said during the meeting that the Port District offices and the offices of the San Diego Public Library would be closing.

“I’m proposing we delay a vote out of courtesy to our incoming colleagues … there’s no rush …”

Putting out the message for clean beaches

Kendall Leopold, a former Point Loma Nazarene University student, recently captured the changed storefront of The Greenroom surf shop in Ocean Beach. The Greenroom enlisted the help of a San Clemente-based company called Ocean Mind-ed to create an environmental display appealing to locals and visitors to band together in keeping Ocean Beach and other local waterways clean.

Seasonal Cheer with a Local Flavor

General manager, Lisa Redwine, certified sommelier, invites you to rediscover The Shores Restaurant! Oceanfront views, fresh ingredients, the friendly appeal of neighborhood hospitality and a fun wine list make this local restaurant the perfect spot for a festive celebration with friends, family and co-workers.

Special menus and holiday treats abound, including:

- The Ocean Garden Sustainable Shrimp Dinner Series
- A bountiful Thanksgiving Day Buffet
- Tempting catering and event menus
- Customized to fit the needs of your group and your budget

Please call today to plan a holiday gathering as memorable as the season.
The Point Loma Nazarene University (PLNU) women's basketball team enters the 2008-09 season with a No. 11 ranking in the National Athletic Interscholastic Association (NAIA) after one of the program’s most successful campaigns last season.

“We’re in a rebuilding year,” said PLNU head women’s basketball coach Bill Westphal. “No coach likes to admit that, but we have lost five seniors from last year and two other players. One got married and the other (is out) due to injury.”

The Sea Lions open the season on the road in Memphis on Friday, Nov. 21 against Southern Nazarene in the State Farm Music City Classic.

PLNU posted a 29-3 overall record last season and won the Golden State Athletic Conference (GSAC) regular season title with a 19-1 record, along with the GSAC Tournament title. PLNU also qualified for the NAIA Tournament to finish the 2007-08 season ranked No. 3 nationally.

Point Loma’s current roster is relatively inexperienced: one senior, Bonnie Zabinsky; three juniors, Danielle Arriola, Liah Ector and Colleen Planeta; and three sophomores, Alex Chatfield, Amanda Franz and Avery Lee.

The roster also includes incoming freshmen Nicole Anderson, Jessie Ashton, Briana Colon, Alison Frankenberg, Pernilla Hanson, Kaitlyn Trotter and Brittany Stanley. Colon, Hanson and Trotter are all considered standout players.

Hanson and Colon led Magnolia High School in Anaheim to the Southern California Division III championship. Hanson was the Orange League Player of the Year and Co-Southern California Division III Player of the Year. Colon was also named to the Orange League First team.

Trotter earned All-League honors at San Dimas High School.

“We have a decent freshmen class,” said Westphal. “They are still inexperienced but I like our three freshmen. It is not a question of if but when they will be good this year.”

Of the top three returning players, Arriola is injured. As a result, Westphal said the Sea Lions will rely heavily on Planeta and Ector. Planeta, averaged 10.7 points per game in 2007-08 and earned honors as First Team NAIA All-American and All-GSAC. She was also twice named GSAC Player of the Week.

Ector averaged seven points and five rebounds per game.

Franz will also be counted on to contribute this year. She averaged more than five points per game and recorded 46 assists, 43 rebounds and 28 steals. Franz averaged 20 minutes per game last year but will get significantly more playing time this year, Westphal said.

The five seniors who left after last season are Kerra Sutton-Wodarski, Kati Hilbelink, Brittany Dove, Meghan McGuire and Angela Manjarrez.

Sutton-Wodarski led the team in scoring and Hilbelink was tied for most assists.

“On paper we have a strong starting five, but if anything goes wrong we don’t have too much wiggle room,” Westphal said.

“The lack of experienced depth has concerned Westphal throughout the preseason.

“The year, we might not have enough people at practice,” Westphal said. “Because of that, our first team is able to dominate our
The outcome seemed set after the first minute of the game. Hoover High School quarterback Elvis Collins threw a long pass intended for Dominic Brooks, but Point Loma defensive back Davis Callejon leaped in front for an interception to start the evening’s dominance by the Point Loma High School (PLHS) Pointers.

Callejon finished the job on the next series when Point Loma quarterback Keegan Fitzgerald hit Callejon in the end zone from 4 yards. The rest of the game was more of the same. Once the dust had settled, PLHS had thoroughly manhandled Hoover 55-13.

"It was a lot of fun," said PLHS head football coach Mike Hastings. "We knew the kids had it in them to come out and play a really great game all around. It was a cast of everybody, with the defense setting the tone very early."

The game went pretty much the way the first drives indicated as the Pointers scored twice in the first quarter, three times in the second and twice again in the third period. Hoover finally got on the board in the final quarter, but by that point the Dogs had already put the game away, leading by 42 points.

The coaches have been very pleased so far this season, despite a limited number of players returning to the varsity squad. It has been hot and cold for PLHS until now, but the team seems to be gelling. Many players who were lesser-known to fans at the beginning of the season are now seeing a lot more playing time.

"Davis (Callejon) is starting to play really well in the secondary," said Hastings. "He’s been a good receiver as well. Russell Young has started to blossom this year as a receiver as well. Russell Young has started to blossom this year as a receiver as well. It’s refreshing to see them coming together," said Hastings. "It’s fun to see us play on that higher level. It’s refreshing to see us hit our stride and it’s a good time to be getting on a roll."

"It takes about 10 games to get used to the competition," he said. Westphal, now in his tenth season as PLNU head basketball coach, is coming off a GSAC Coach of the Year award. He has led the Sea Lions to six consecutive seasons of 20 wins and NAIA appearances.

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Veronica May makes inroads into San Diego's acoustical realm and 1990s sensation Jewel, both of whom originally hailed from Alaska. Meanwhile, Irish indie-rockers The Thrills were sent by their label to soak up some of the Mission Beach lifestyle.

The latest addition to the growing list is singer-songwriter Veronica May, who performs at Humphrey's Backstage Lounge on Nov. 14. Originally from a small farm town in Byers, Colo., in a graduating class of 20, May arrived in San Diego in July 2006 with just a car packed with belongings. Her parents are musicians who had a band in the 1970s together — The Flatlanders. "I do believe that's where it all stems from," said May. "I think it is in the blood. My earliest memories are sitting against an amp listening to my mom and dad practice. This profoundly explains my hearing loss too," she said.

Ironically, though May is known as a terrific guitarist, her main instrument for 22 years was the piano. According to May, the move was obvious. "It's hard to pack a piano," May said. "My dad always wanted me to play guitar ever since I was a girl. I would pick up his pick and say "This hurts my fingers! Way too hard.""

A cross-country move led her to pick up the six-stringed instrument. "Before I left my dad's house at the age of 17, he gave me his guitar," May said. "It was the one he played when mom and him were still together. It meant so much to me. I knew I had to learn." Within a few days she had already pulled out pick-ports like "Greenbeaves." Currently, May performs in the trio format with backing group the To Do List, featuring bassist Jeff Johnson and drummer Simon Das-Graves.

"I opted for the three-piece format because I have a small car," May said.

While she has recently considered expanding her group's sound with a violinist, "I like the bare-bones sound of a trio," she said. "I want to make sure the detail of the guitar is there and I have such a wonderful rhythm section that they make it all possible."

Though performing in San Diego for only two years, May has quickly risen to the top of the local music scene, a fact evidenced by her win in the category of Best Acoustic Performer at the 2008 San Diego Music Awards. "I was surprised to hear I even got nominated," she said. "I do believe that's where it all makes it all possible." May said the award set the bar higher for her music. "It definitely does," said May. "We are doing a lot of changes with our look and our sound at the moment and everything is really steering in a new direction."

Though still a fairly new act, May said she is thrilled with the progress made so far. She has a new album set for spring release and tour extensively in 2009. "I have been honored to be here in San Diego," May said. "It's hard to get into so many venues, but I have a lot of confidence in where our sound is going. Things are all looking up from here as far as I am concerned."

May will take the stage at Humphrey’s Backstage Lounge, 2241 Shelter Island Drive, on Fri., Nov. 14. For more information visit www.myspace.com/veronicamay.

Veronica May, who won the Best Acoustic Performer award at the 2008 San Diego Music Awards, appears at Humphrey's Backstage Lounge on Nov. 14.
November
A Look Ahead

COMMUNITY/CIVIC

Friday, Nov. 14, 12:30 to 2 p.m., regular meeting of the Peninsula Community Planning Board (PCPB) Airport Committee at the Heritage Point Library, 3701 Voltaire St. For more information, call (619) 234-1577 or visit www.pcppb.net.

Saturday, Nov. 15, 7 to 11 p.m., the Fort Gajjaros Museum Foundation will host a fundraising dance to benefit historic and scientific research on an 18th-century Spanish fort and 19th-century fishing and American whaling station. The event takes place at the Building 136 on Sylvester Road at Naval Base Point Loma. Participants are encouraged to dress in 1940s-style clothing or semi-formal attire as they slowdance to Big Band music. For more information, call (619) 269-3924 or e-mail fort_g@cox.net.

Saturday, Nov. 15, 9 to 11:30 a.m., the Junior Druck Foundation hosts a Young Women’s Leadership Forum, “Walking Tall: Triumphs and Tragedies of Her Life as a Little Person.” O’Neill, who is less than 4 feet tall, will share the tragedies and triumphs of her life as a little person. The event takes place at the Building 136 on Sylvester Road at Naval Base Point Loma. There is a $5 registration fee. For information, call (619) 234-1577 or visit www.pcppb.net.

Saturday, Nov. 15, 8 a.m., the San Diego Association of Realtors Ambassador’s Foundation hosts a 5K walk to aid San Diego police officers in becoming homeowners in the neighborhoods they protect. The event takes place at NTC Park in Liberty Station. Trains and individuals may sign up in advance for $25 per person and make monetary donations at www.ambabassadorsfoundation.org. For information, call (619) 298-7400.

Sunday, Nov. 16, 4 p.m., regular meeting of the Point Loma Democratic Club featuring guest speaker Jeffrey Gordon, who will speak on universal healthcare for Americans. The free event takes place at 3740 Sports Arena Blvd. (behind Phil’s BBQ). For more information, call (619) 222-7230.

Wednesday, Nov. 19, 10:30 a.m., regular meeting of the Peninsula Republican Women’s Club. The program will feature Ruth Michaelson, local director for the Meals on Wheels program. The event takes place at Point Loma Cafe: 4865 Harbor Drive. For more information, call (619) 224-0714.

Thursday, Nov. 20, 6:30 p.m., regular meeting of the Peninsula Community Planning Board (PCPB) at the Heritage/Point Loma Branch Library, 3701 Voltaire St. Agendas are posted at the library or can be visited online at www.pcppb.net.

The NTC Promenade in Point Loma was recently the site of the annual “Chef Showdown: Taking a Stand Against Domestic Violence” fundraiser. The event was hosted by the Center for Community Solutions (CCS), a nonprofit agency that offers a complete range of sexual assault and domestic violence prevention and intervention services. An estimated $75,000 was raised for the cause. The winning team was made up of, from left, Chris Powell (Rancho Valencia), Scotty Wagner (Chile Co.), Jesus Gonzalez (Rancho La Puerta), Amy Díazas (Roselle), Paul Cañas (Jubiergo) and Joe Manganello (Laurel).

Gastronomical showdown aids abuse victims

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Choosing a Campanion Caregiver

When looking for a company to provide you or your parents with qualified homecare, ask the following questions:

- Does the company provide a thorough assessment by an RN Geriatric Care Manager with the training and experience to handle the family and elders needs?
- Can the company write a detailed care plan tailored to each client?
- Will an RN Geriatric Care Manager make regular visits to supervise the caregivers and advocate for the client’s medical needs as they change?
- Can they provide 24/7 services, staffing and management?
- Does the company provide a thorough assessment by an RN Geriatric Care Manager certification through the CA Association for Health Services Organization Certification?
- Checks, drug testing and DMV driving records verified?
- Appropriate resources?

If the company answered “NO” to any of these questions, you’re not ideal for clients who want to look their best for special occasions such as weddings, holiday parties and other events and milestones, and clients who want to help maintain the results of cosmetic surgery.

Mai Blossom Eco Wellness Salon in Pt. Loma offers a full range of salon and spa services using only organic and natural ingredients. For an appointment, call 619-222-1000.

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Correction Through Movement

It’s a known fact that exercise has countless benefits. But did you know that customized workouts can correct physical imbalances and prevent injuries? There is way more to exercise than simply burning calories. An exercise program that is tailored to your specific needs can also repair weaknesses and strain from past injuries.

The Gravity Training System is the newest and most effective way to add to your workout routine. It’s a cutting edge machine that uses your own body weight as resistance and is an excellent way of rehabilitating past injuries and strengthening your joints.

At F-Max Fitness in Point Loma, they offer one-on-one training on the Gravity machine as well as group classes. The unique feeling about this machine is that it can target very specific areas of the body with specialized exercises for different body needs. Try taking exercise to the next level by protecting and correcting your physique and your joints.

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Reverse the Patterns of Postural Change
Walk Tall: A Comprehensive Osteoporosis Management & Postural Correction Program

Sara Moon, PT, MSc, LGS

Every Tuesday
11:00 am-12:00 p.m.
La Jolla YMCA, 8355 Cliffridge Ave.
St. Bridgid Parish Hall, 4735 Cass St.

For information on this class, the Walk Tall Program, or a FREE consultation at Tassanari Physical Therapy, call (619) 224-1487 or visit us online at www.obpeoplesfood.coop for more information.

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Be a “Food Activist” When You Shop

A natural, organic diet can make a world of difference when it comes to keeping yourself and your planet healthy. Ocean Beach People’s Organic Food Cooperative is the perfect place to explore all the elements of a healthy lifestyle.

We’re all “foodists” on every shopping trip. Consciousness about where and how we spend money is a way in which we promote our personal values and vision. We can all work together to support a healthy community, environment, and planet of people living in harmony with nature.

Established in 1971, Ocean Beach People’s is a member-owned California cooperative that specializes in organic produce, vegetarian foods, organic grocery items, all natural frozen and perishable goods, vitamins, herbs, aromatherapy products and cruelty-free body care items. Our highly educated staff and outstanding customer service can provide you with all the support and information that you need on your path to total well-being.

Start your holiday shopping early at the Fall Arts & Crafts Fair at O.B. People’s Co-op! The Fair will take place on Saturday, November 22 from 11 a.m. to 4 p.m. and will feature a unique selection of gift items handmade by Co-op members and employees. All booths will be located on the second floor of the market. See our display ad for a coupon for a free organic per- simmon.

Check out Ocean Beach People’s from 8 a.m. to 9 p.m. at 4765 Voltaire Street, where “everyone is welcome and anyone can join.” Please call (619) 224-1487 or visit us online at www.obpeoplesfood.coop for more information.
Win your share of $250,000 in cash and prizes by playing in our FREE lottery!

Now through December 13

What will your Barona moment be?
CALENDAR

THURSDAY
NOVEMBER 13, 2008
THE PENINSULA BEACON

COMMUNITY CALENDAR

case.

LOMA PORTAL

• Friday, Nov. 14, 9:15 to 10 a.m., coffee with Principal Gerde in auditorium.
• Friday, Nov. 14, 6 to 8 p.m., Family Movie Night featuring “Kung Foo Panda” in auditorium. For more information, call (619) 223-1683.
• Nov. 17-21, parent-teacher conferences — 1:05 p.m. dismissal all week.
• Wednesday, Nov. 19, 3:30 to 8 p.m., Foundation Family Dinner Night at Rubio’s restaurant, 3555 Rosecrans St.
• Wednesday, Nov. 19, 5:30 to 6:30 p.m., PTA meeting in library.
• Thursdays through November, 1:05 to 1:30 p.m., pizza and bake sales after school.

OCEAN BEACH ELEMENTARY

• Today, Nov. 13, attendance awards.
• Nov. 17-21, 12:20 p.m. dismissal all week for parent-teacher conferences.
• Thursday, Nov. 20, Bank Day, 10:30 a.m., Thanksgiving play in Room 11.

SACRED HEART

• Friday, Nov. 14, 8 a.m. to noon, jog-a-thon at Robb Field.
• Monday, Nov. 17, hearing re-screening.
• Wednesday, Nov. 19, noon dismissal.
• Nov. 20-21, no school — staff attends National Core Knowledge Conference.
• Tuesday, Nov. 25, progress reports online for grades 4-8.
• Wednesday, Nov. 26, 8 a.m., all-school Mass at Sacred Heart Chapel.
• Nov. 27-28, no school — Thanksgiving vacation.

SILVER GATE

• Friday, Nov. 14, Wednesday barbeque lunch.
• Nov. 17-21, minimum days for parent-teacher conferences.
• Friday, Nov. 21, 7-45 a.m., principal’s chat for parents of 2nd- through 4th-graders.
• Nov. 24-28, Thanksgiving break.

SUNSET VIEW

• Today, Nov. 13, 1:45 p.m., SSC meeting in library.
• Friday, Nov. 14, 9-10 a.m., flag ceremony by 4th-graders.
• Nov. 18-21, minimum days for parent-teacher conferences.
• Friday, Nov. 21, Outstanding Student Awards.

ST. CHARLES BORROMEO

• Through Friday, Nov. 14, parent conferences.
• Friday, Nov. 14, 8 a.m., all-school Mass, 12:15 p.m. dismissal.
• Monday, Nov. 17, 6-7:45 p.m., Power Struggles Workshop, recycling drive.
• Friday, Nov. 19, Family Dinner Night at Blueberry Hill.
• Friday, Nov. 21, 8 a.m., all-school Mass; food bank for grade 4; pizza lunch fundraiser for grade 6.

WALKER-FARMER

• Friday, Nov. 14, 3rd-grade play day at Point Loma lower school.
• Saturday, Nov. 15, 4 to 5:30 p.m., Pops: Concert for families of prospective 6th- through 8th-graders.
• Wednesday, Nov. 26, minimum day for Thanksgiving holiday.

SACRED HEART

• Friday, Nov. 28, 9:30 a.m. to 2:30 p.m., Baron’s Market & Genie Car Wash host the San Diego Blood Bank mobile in the parking lot of 4101 W. Point Loma Blvd. For more information, call (800) 479-3902.

Wednesday, Dec. 3, 2 to 7 p.m., Rite Aid hosts the San Diego Blood Bank mobile in the parking lot at 4840 Niagara St. For more information, call (619) 221-3779, or visit www.sharp.com.

ARTS & ENTERTAINMENT

Tuesday, Nov. 11, 7:30 p.m., Point Loma Nazarene University hosts chamber music ensembles featuring brass, pianos, strings, percussion and various combinations. The event is free and takes place at Grill Performance Hall, 3900 Lomaland Drive. For more information, call (858) 986-2344, or e-mail laurielovell@pointloma.edu.

The exhibit is located at 2825 Dewey Road, Suite 100. For more information, call (619) 564-4672, or visit www.quiltvisions.org.

VENUES

Canes Bar and Grill, 3105 Ocean Front Walk, (619) 488-1780.
• Today, Nov. 13, 8 p.m., Method Man performs with Redman and Termanslogy. Tickets $25 in advance. $30 at the door.
• Friday, Nov. 14, 9 p.m., Iraion performs with BFoundation, Psy-decar and Revival. Tickets are $10.
• Saturday, Nov. 15, 9 p.m., Wild Child (Doors tribute band) performs with OC Flat and Local Heroes. Tickets are $15.
• Monday, Nov. 17, 7 p.m., So-Cal Beer Pong. Admission is free.
• Wednesday, Nov. 19, 8 p.m., Motown meets with Rockie of the Year and The Ability. Tickets are $15 in advance, $18 at the door.
• Friday, Nov. 21, 7 p.m., Deny the Silents performs with Groove Theory and Ivy Suspect. Tickets are $8.

• Saturday, Nov. 15, 7 p.m., Your Jonas Brothers Show. Tickets range from $39.50 to $79.50.
• Saturday, Nov. 22, 8 p.m., Trans-Siberian Orchestra. Tickets range from $20 to $57.
The Comdominium and Real Estate Directory from Allianz Life Insurance Company is a valuable tool for those interested in the real estate market. It contains listings of properties available for sale, as well as information about the companies and agents involved in the real estate industry. The directory is updated regularly to ensure that it remains current and relevant to readers. Whether you are a real estate agent, a home buyer, or a potential investor, the Comdominium and Real Estate Directory is a resource that can provide valuable insights into the real estate market and help you make informed decisions.