Residents stage rally to support OB Library

The Peninsula Beacon

Picket signs of protest bounced high above the heads of neighbors who staged a rally in Ocean Beach on Saturday, Nov. 15. An estimated 150 to 200 people, concerned about the possible shuttering of Ocean Beach Library on Santa Monica Avenue, stepped up to voice opposition to the proposed library cuts.

Supporters and neighbors called the event “a real start” to protecting the 11-year-old library.

“People were coming from all over the city,” said Ocean Beach resident Mary Ellen Seaver, 53, who helped organize the rally. “We’re not done yet.”

As many as 200 residents gathered outside the Ocean Beach Library on Saturday to protest the possible closure of the library as the city explores ways to trim a $43 million budget deficit.

“Every day we hear more bad news,” said City Councilman Scott Sherman, who represents Ocean Beach. “We’ve heard a lot of rhetoric about cutting services, but we haven’t seen a lot of good ideas for how to do it.”

The city council is set to meet Monday, Nov. 17, to discuss cuts.

As many as 200 residents gathered outside the Ocean Beach Library on Saturday to protest the possible closure of the library as the city explores ways to trim a $43 million budget deficit. PHOTO COURTESY BOB BLAINE, THE BEACON

Possible list of beach-area cuts looms larger

The City Council was again poised to address the city’s estimated $43 million budget deficit Wednesday during a special council session in the wake of what city budget analysts are calling a period of “cyclical economic decline.”

Results of the session were not available at press time. City officials try to wrap their collective heads around the city’s multi-million-dollar shortfall, beach communities face reductions such as the shuttering of libraries, rotatin fire and rescue companies and reorganization of life- guard positions to stave off cuts to “core” lifesaving services.

Two of the seven branch libraries on the chopping block — Ocean Beach Library and University Community Library in University City — had been slated for improvements in recent years.

Now they’re on a different list. But other services are also at stake, according to budget analysts.

Fire and Rescue Department officials said Fire Station 21 in Pacific Beach could have fire companies with other stations on a rotating basis to save about $3.2 million, but such a move would be “cyclical economic decline.”

The return of the Peace Corps, which pulled out nearly two decades ago.

The 12 Peace Corps Response volunteers were sworn in in Monee and will work in Liberia. The ceremony was held at the Liberian Ministry of Foreign Affairs and was also attended by U.S. ambassador Linda Thomas-Greenfield. Peace Corps Liberia country director Lucianne Phillips, Liberian Education Minister Joseph Korto, Liberian Health Minister Walter Gwennagale and World Food Program representative Louis Imbeau.

After an absence of nearly two decades, experienced volunteers like Seaver, 54, will be serving in Liberia through a program called Peace Corps Response, a unique program that mobilizes returned Peace Corps volunteers for short-term humanitarian service assignments worldwide. The volunteers bring a variety of professional expertise and experience to their service.

The 12 Peace Corps Response volunteers arrived in Liberia on Oct. 26. The volunteers, aged 24 to 68, will be assigned to rural teacher training institutes, where they

Local joins renewed Peace Corps campaign in Liberia

Ocean Beach resident Mary Ellen Seaver is part of the first group of Peace Corps volunteers to return to war-ravaged Liberia for the first time since fighting erupted nearly two decades ago.

She and the Peace Corps are united in their goal to help rebuild the West African nation’s shattered education system.

The return of the Peace Corps, which pulled out shortly after rebels invaded the country in late 1989, is a supposed sign of confidence in President Ellen Johnson Sirleaf, a Harvard-educated economist and Africa’s first elected female head of state.

A total of 12 Peace Corps volunteers were sworn in in Monee and will be working primarily on education projects in Liberia. The ceremony was held at the Liberian Ministry of Foreign Affairs and was also attended by U.S. ambassador Linda Thomas-Greenfield. Peace Corps Liberia country director Lucianne Phillips, Liberian Education Minister Joseph Korto, Liberian Health Minister Walter Gwennagale and World Food Program representative Louis Imbeau.

After an absence of nearly two decades, experienced volunteers like Seaver, 54, will be serving in Liberia through a program called Peace Corps Response, a unique program that mobilizes returned Peace Corps volunteers for short-term humanitarian service assignments worldwide. The volunteers bring a variety of professional expertise and experience to their service.

The 12 Peace Corps Response volunteers arrived in Liberia on Oct. 26. The volunteers, aged 24 to 68, will be assigned to rural teacher training institutes, where they

Possible list of beach-area cuts looms larger

The City Council was again poised to address the city’s estimated $43 million budget deficit Wednesday during a special council session in the wake of what city budget analysts are calling a period of “cyclical economic decline.”

Results of the session were not available at press time. City officials try to wrap their collective heads around the city’s multi-million-dollar shortfall, beach communities face reductions such as the shuttering of libraries, rotatin fire and rescue companies and reorganization of life- guard positions to stave off cuts to “core” lifesaving services.

Two of the seven branch libraries on the chopping block — Ocean Beach Library and University Community Library in University City — had been slated for improvements in recent years.

Now they’re on a different list. But other services are also at stake, according to budget analysts.

Fire and Rescue Department officials said Fire Station 21 in Pacific Beach could have fire companies with other stations on a rotating basis to save about $3.2 million, but such a move would be “cyclical economic decline.”

The return of the Peace Corps, which pulled out nearly two decades ago.

The 12 Peace Corps Response volunteers were sworn in in Monee and will work in Liberia. The ceremony was held at the Liberian Ministry of Foreign Affairs and was also attended by U.S. ambassador Linda Thomas-Greenfield. Peace Corps Liberia country director Lucianne Phillips, Liberian Education Minister Joseph Korto, Liberian Health Minister Walter Gwennagale and World Food Program representative Louis Imbeau.

After an absence of nearly two decades, experienced volunteers like Seaver, 54, will be serving in Liberia through a program called Peace Corps Response, a unique program that mobilizes returned Peace Corps volunteers for short-term humanitarian service assignments worldwide. The volunteers bring a variety of professional expertise and experience to their service.

The 12 Peace Corps Response volunteers arrived in Liberia on Oct. 26. The volunteers, aged 24 to 68, will be assigned to rural teacher training institutes, where they

Local joins renewed Peace Corps campaign in Liberia

Ocean Beach resident Mary Ellen Seaver is part of the first group of Peace Corps volunteers to return to war-ravaged Liberia for the first time since fighting erupted nearly two decades ago.

She and the Peace Corps are united in their goal to help rebuild the West African nation’s shattered education system.

The return of the Peace Corps, which pulled out shortly after rebels invaded the country in late 1989, is a supposed sign of confidence in President Ellen Johnson Sirleaf, a Harvard-educated economist and Africa’s first elected female head of state.

A total of 12 Peace Corps volunteers were sworn in in Monee and will be working primarily on education projects in Liberia. The ceremony was held at the Liberian Ministry of Foreign Affairs and was also attended by U.S. ambassador Linda Thomas-Greenfield. Peace Corps Liberia country director Lucianne Phillips, Liberian Education Minister Joseph Korto, Liberian Health Minister Walter Gwennagale and World Food Program representative Louis Imbeau.

After an absence of nearly two decades, experienced volunteers like Seaver, 54, will be serving in Liberia through a program called Peace Corps Response, a unique program that mobilizes returned Peace Corps volunteers for short-term humanitarian service assignments worldwide. The volunteers bring a variety of professional expertise and experience to their service.

The 12 Peace Corps Response volunteers arrived in Liberia on Oct. 26. The volunteers, aged 24 to 68, will be assigned to rural teacher training institutes, where they

Surf Report

<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hi: 5’3”</td>
<td>Hi: 4’6”</td>
</tr>
<tr>
<td>6:00 am.</td>
<td>6:00 am.</td>
</tr>
<tr>
<td>Low: 2’6”</td>
<td>Low: 2’6”</td>
</tr>
<tr>
<td>12:00 pm.</td>
<td>12:00 pm.</td>
</tr>
<tr>
<td>Size: 12 ft.</td>
<td>Size: 3-5 ft.</td>
</tr>
<tr>
<td>Wind: 4-10 mph</td>
<td>Wind: 6-14 mph</td>
</tr>
</tbody>
</table>

MURDER CONVICTION

Seth Cravens is found guilty of throwing the fatal punch in the May 2007 beating death of professional surfer Emery Kauailani. PHOTOS COURTESY BOB BLAINE, THE BEACON

GENERATION BRIDGE

Students at Loma Portal Elementary spend a day with veterans and get a lesson in service to the country. THE BEACON

ENDING ON A HIGH NOTE

PLHS dominates Western League rival La Jolla High to finish the regular-season finale with a convincing 28-7 win. THE BEACON

Shuttered schools viewed as option in budget squeeze

A state budget crisis has the San Diego Unified School District tightening its belt another notch this year. Impacts for elementary schools with lower enrollment include the possibility of shuttering or reconfiguring smaller schools, school officials said.

Because schools with declining enrollment increasingly cost more to operate, the district now looks to smaller schools for possible midyear savings. Two Bedega elementary magnet schools, Crown Point Elementary in Pacific Beach and Barnard Elementary in Point Loma, made the list of 17 schools being reviewed at the district’s Small School Committee for ways to save money.

School officials, however, are quick to address rumors of impending school closures.

“We don’t know what the [state budget] cuts will be at this point,” said Bernie Rhinerson, SDUSD chief district relations officer. “School closures is not imminent and it’s one of many options the school board would have to look at.”

Clairemont’s Cadman, Point Loma’s Cabrillo and Pacific Beach’s Bayview Terrace elementary schools are also on the list of campuses being considered. The schools all have fewer than 400 students enrolled.

The Small School Committee meets to discuss how to more efficiently use facilities. It has seven members appointed by the district superintendent, with a member representing each SDUSD board member.

The committee is expected to deliver its recommendations early next year for the superintendent and school board to consider. The committee met Monday, Nov. 17 and will meet again Monday, Dec. 1 at Eugene Bruker Education Center, 4100 Normal St.

The financial pain stems from about $2 billion in proposed statewide reductions and $20 million less to San Diego school coffers, Rhinerson said.

This is on top of $50 million slashed from school budgets just a few months ago. California law

“Everything right now is still very much tentative, but the fact that this has come under dis- cussion is something.”

NESTOR SUAREZ

PRINCIPAL, CARPILLO ELEMENTARY

MARY ELLEN SEEVER

MIDDLEDOWN ROW, LEFT, IS SWORN IN WITH OTHER MEMBERS OF THE PEACE CORPS RESPONSE VOLUNTEERS NOW SERVING IN LIBERIA. THE PRESIDENT OF LIBERIA, ELLEN JOHN- SIRLEAF (IN AFRICAN GARB, MID- DLE ROW, RIGHT) WAS PRESENT FOR THE SWARING-IN CEREMONY. COURTESY PHOTO | THE BEACON

“[School closures] is not imminent and it’s one of many options the school board would have to look at.”
A jury — which on Monday told a judge it was deadlocked 11-1 in the murder case against Seth Cravens — overcame its impasse overnight and convicted him Tuesday of second-degree murder in the death of professional surfer Emery Kauanui Jr., of La Jolla.

The jury also convicted Cravens, 22, of La Jolla, of three felony assaults and two counts of making a criminal threat involving earlier instances in which people were punched in separate incidents. The jury acquitted him of three assault charges involving fights at parties.

Cravens looked surprised at the verdict as San Diego Superior Court Judge David Danielsen read the verdicts on the jury's sixth day of deliberations. He shook his head several times. Einhorn set sentencing for Jan. 12.

Cravens faces 25 years to life in prison for the murder and the assaults if they are sentenced consecutively, said District Attorney spokesman Paul Levkov. Craven's attorney, Mary Ellen Attride, said she will appeal the verdict but left the courtroom quickly afterward without comment.

"These verdicts send a strong message to the community that brutality will not be tolerated," said Deputy District Attorney Sophia Roach afterwards.

"We will never replace the life that has been taken. Emery Kauanui's family will live with this sadness forever," she said.

Jurors quickly left, and how the one holdout juror changed his or her mind was not answered by the nine-man, three-woman jury.

"I doubt that Mr. Taskey can ever replace the life of my dear friend and fellow surfer Emery," said Teresa Degerman, whose family was driving to Sunset Cliffs on Interstate 8 to watch the verdict.

"I hope his sentence is as long as possible so other families (won't) have to suffer losses," Degerman gave Taskey credit for already serving 426 days in jail since his arrest.

An intoxicated motorist who was on parole for his fifth drunken-driving conviction was sentenced Nov. 12 to 15 years to life in prison for the death of a grandmother whose family was driving to Sunset Cliffs on Interstate 8 to watch the parade.

John Joseph Taskey, 47, said nothing before San Diego Superior Court Judge David Danielsen gave him the maximum term for second-degree murder in the Sept. 13, 2007 death of Rosa Degerman, 76.

Deputy District Attorney David Grapilon said Taskey was convicted four times of drunken driving and had received probation for each case before being sentenced to prison for his fifth conviction in 2006.

His bloodalcohol level was 0.10 percent the evening of Sept. 13 when he was arrested near the exits of Sunset Cliffs Boulevard and West Mission Bay Drive.

The legal limit for felony drunk driving is 0.08 percent.

"I doubt that Mr. Taskey can understand what pain he has cost us. Nothing can replace her," said Gregory Vigil, Degerman's daughter.

"I hope his sentence is as long as possible so other families (won't) have to suffer losses."

Grapilon said Taskey, of La Mesa, was previously convicted of three felony and two misdemeanor charges of drunk driving.

Taskey pleaded guilty Oct. 14 to the most recent second-degree murder. In return, charges of gross vehicular manslaughter while intoxicated and two counts of drunk driving with injuries were dismissed.

Degerman was riding with her son in a Ford Focus about 6:30 p.m. the night of the accident. Taskey's adult son received a mild concussion and Degerman's 11-year-old granddaughter suffered a fractured shoulder.

Taskey was also injured.
Students at Loma Portal Elementary School got a chance to learn firsthand what military service means as part of National Take a Veteran to School Day on Nov. 10.

Developed by The History Channel, the program is designed to link veterans with students in the community to help strengthen community ties and bring history to life in the classroom.

“It was lovely. We had a really great turnout. We had about 30 to 35 veterans,” said April Dorman, a Loma Portal second-grade teacher.

Dorman said the Army, Navy and Marine Corps were represented at the event, including two colonels and a Medal of Valor recipient.

Dorman said the experience among the group included “one gentleman who had been in World War II, several vets who had served in the Vietnam War, several who had been in Iraq, [and] we had 15 active duty servicemen and women.”

Gia Stuckey, whose two children attend Loma, volunteered at the event.

“It allowed our children to understand why they got a day off,” Stuckey said. “I think it taught them a lot.

The event kicked off with a morning assembly during which local Cub Scout Pack 388 presented the colors as students, teachers and veterans recited the Pledge of Allegiance. Later, each class in grades kindergarten through 4 was given the opportunity to talk with veterans and ask questions, according to Stuckey.

“Depending on the grade level, they had age-appropriate discussions about what service to country means,” said Stuckey. “We had some very, very interesting people there. We had one gentleman who was retired Navy Chief Petty Officer Jack Walker. He was actually at the flag-raising at Iwo Jima.

“He was amazing. He had the students in the class that he was working in just enthralled,” she said. “The classroom teacher said it was like having a walking history in the classroom. She was blown away by how much he knew and how much he was able to share with the class.”

To supplement the live history lessons from veterans, teachers also chose from grade-appropriate activities, curriculum and planning guides available on the History Channel’s website, according to Dorman.

Dorman, whose father dedicated 30 years to military service and whose brother is presently active duty military, said the idea to include the program in this year’s curriculum came about last summer as she was surfing the Internet and read about it on The History Channel’s website.

“I felt like it was something that would be valuable to our students and the community,” Dorman said. "I felt it would be influential in the classroom. And the community.

For more information on National Take a Veteran to School Day, visit www.historychannel.com.

For more information on this article, visit www.historychannel.com.

Children from Loma Portal Elementary School listen intently to retired Navy Chief Petty Officer Jack Walker during the school’s Take a Veteran to School Day on Nov. 10. The event, which was linked with Veterans Day, was developed by The History Channel.

Photo by Paul Hansen | The Beacon

Loma Portal students get lesson in service
By KATE SEARCY | The Beacon

THE PENINSULA BEACON
THURSDAY
NOVEMBER 20, 2008

THE CHOICE IS YOURS.

Orchard Harvest Salad

Everyone enjoys choices, especially when they’re fresh, fun and spontaneous. Right now at Panera Bread, there are plenty of tempting selections to captivate, tantalize and energize your bread-lover’s soul as we celebrate variety, choices and a hearty new soup. And now, until December 15, 2008, you can buy one of our most popular You Pick Two® specials and get a second one FREE!

Buy One, Get One FREE You Pick Two Sandwich, Salad or Soup

Valid only at Panera Bread locations in the SoCal area. Offer expires 12/15/08. Limit one per person per visit. ©2008 Panera Bread. All rights reserved.

Visit panerabread.com for nearest locations.

Or try our new Tomato & Mozzarella Panini. Made with slow-roasted tomatoes to bring out the natural sweetness, and topped with melted mozzarella, fresh basil and sun-dried tomato pesto—all served on fresh-baked Ciabatta. It pairs perfectly with our Creamy Tomato Soup, topped with Asagio cheese crostini, as part of You Pick Two.

POINT LOMA 224.45 Truxtun Road
San Diego, CA 92105 | (619) 222-2122

PHOTOS BY PAUL HANSEN | THE BEACON

Buy One, Get One FREE You Pick Two Sandwich, Salad or Soup

Valid only at Panera Bread locations in the SoCal area. Offer expires 12/15/08. Limit one per person per visit. ©2008 Panera Bread. All rights reserved.

Visit panerabread.com for nearest locations.

Or try our new Tomato & Mozzarella Panini. Made with slow-roasted tomatoes to bring out the natural sweetness, and topped with melted mozzarella, fresh basil and sun-dried tomato pesto—all served on fresh-baked Ciabatta. It pairs perfectly with our Creamy Tomato Soup, topped with Asagio cheese crostini, as part of You Pick Two.

POINT LOMA 224.45 Truxtun Road
San Diego, CA 92105 | (619) 222-2122

PHOTOS BY PAUL HANSEN | THE BEACON

Buy One, Get One FREE You Pick Two Sandwich, Salad or Soup

Valid only at Panera Bread locations in the SoCal area. Offer expires 12/15/08. Limit one per person per visit. ©2008 Panera Bread. All rights reserved.

Visit panerabread.com for nearest locations.

Or try our new Tomato & Mozzarella Panini. Made with slow-roasted tomatoes to bring out the natural sweetness, and topped with melted mozzarella, fresh basil and sun-dried tomato pesto—all served on fresh-baked Ciabatta. It pairs perfectly with our Creamy Tomato Soup, topped with Asagio cheese crostini, as part of You Pick Two.

POINT LOMA 224.45 Truxtun Road
San Diego, CA 92105 | (619) 222-2122

PHOTOS BY PAUL HANSEN | THE BEACON

Buy One, Get One FREE You Pick Two Sandwich, Salad or Soup

Valid only at Panera Bread locations in the SoCal area. Offer expires 12/15/08. Limit one per person per visit. ©2008 Panera Bread. All rights reserved.

Visit panerabread.com for nearest locations.

Or try our new Tomato & Mozzarella Panini. Made with slow-roasted tomatoes to bring out the natural sweetness, and topped with melted mozzarella, fresh basil and sun-dried tomato pesto—all served on fresh-baked Ciabatta. It pairs perfectly with our Creamy Tomato Soup, topped with Asagio cheese crostini, as part of You Pick Two.

POINT LOMA 224.45 Truxtun Road
San Diego, CA 92105 | (619) 222-2122

PHOTOS BY PAUL HANSEN | THE BEACON

Buy One, Get One FREE You Pick Two Sandwich, Salad or Soup

Valid only at Panera Bread locations in the SoCal area. Offer expires 12/15/08. Limit one per person per visit. ©2008 Panera Bread. All rights reserved.

Visit panerabread.com for nearest locations.

Or try our new Tomato & Mozzarella Panini. Made with slow-roasted tomatoes to bring out the natural sweetness, and topped with melted mozzarella, fresh basil and sun-dried tomato pesto—all served on fresh-baked Ciabatta. It pairs perfectly with our Creamy Tomato Soup, topped with Asagio cheese crostini, as part of You Pick Two.

POINT LOMA 224.45 Truxtun Road
San Diego, CA 92105 | (619) 222-2122

PHOTOS BY PAUL HANSEN | THE BEACON

News

County grand jury seeking new applicants

The San Diego County Grand Jury is seeking applicants with sound judgment and dedication. Applications are now being accepted to make up the 19-member body that will serve from July 1, 2009 through June 30, 2010. Applications are available by telephone at (619) 450-7272 or from the San Diego Superior Court’s website at www.sdcourts.ca.gov or the Grand Jury’s website at www.sdcourts.ca.gov/grandjury. Jurors will work four days a week and roughly six hours a day weighing in on investigations of citizen complaints and on traditional watchdog functions over government agencies. All jurors will receive a small stipend per day, gas mileage and parking downtown. Candidates must be a U.S. citizen, at least 18 years of age, have sufficient knowledge of the English language and have lived in the country for one year prior to selection. Candidates are required to pass a criminal background check. Those candidates who successful-ly meet the application criteria are encouraged to apply. Application forms must be received by Jan. 16, 2009. Qualified candidates will be nominated for a random drawing scheduled for June 5, 2009.

PostalAnnex launches food drive to aid hungry

See Briefs, Page 5
LIBERIA

CONTINUED FROM PAGE 1

will mentor administrators attempting to revitalize the coun-
try's teacher training infrastruc-
ture. They will also work with local lib-
raries, parent-teacher associa-
tions, local high schools and health training
programs.

The Peace Corps Volunteers will serve for eight months and will close out their service in June. By the end of their service, 12 vol-
teers are expected to join. The Peace Corps will follow the evolu-
tion of the program over the next few years to see if it can be trans-
formed from a Peace Corps Response program into a regular
program.

“Liberia has faced great chal-
lenes and shown the world its
strong spirit,” said Peace Corps
Director Ron仕chstei. “I want to
thank President Ellen Johnson Sir-
leaf for welcoming the Peace Corps
back to work with the Liberian
people. We’re proud to continue
the American legacy of providing
education volunteers to Liberia and to be able to contribute to the
country’s development efforts.”

Previous to her visit to Liberia, Seaver spent two years as a Peace
Corps volunteer in Cote
d’Ivoire, West Africa, from 1976 to
1978.

“My Peace Corps experience 30
years ago resonated deeply with
me and I always planned to return
to Africa,” said Seaver. “I always
knew I would know when the
time was right and now the time is
right.”

She will train elementary school
teachers at Liberia’s Rural Teacher
Training Institute and is a graduate of Emmanuel College in Boston,
where she earned a degree in
French. Immediately following
completion of her first Peace Corps
assignment, Seaver attended the
University of Illinois at Urbana
and received an M.A. in interna-
tional education and a Ph.D. in educa-

tional studies. She now occupies the
majority of her career in educa-
tion and has taken a leave of
absence from her current role as
a resource teacher at Hilltop Middle
School in Chula Vista.

Seaver joins 911 Califo-
nia residents currently serving in
the Peace Corps. More than
26,000 California residents have
served in the Peace Corps since
1961, the highest number from any
state. President John F. Kenndy
founded the Peace Corps in 1961,
challenging college stu-
dents to serve their country in
the cause of peace. Since then, the
Peace Corps has sent more than
160,000 volunteers to 139 coun-
tries around the world to help peo-
ple in developing nations and to serve as goodwill ambassadors for
America.

Applications to serve in the
Peace Corps have increased 16 per-
cent this past year, the largest
boost in the last five years. Peace Corps
volunteers must be U.S. citizens and at least 18 years old. Peace Corps service is
a 27-month commitment.

For more information, visit www.peacecorps.gov.

BRIEFS

CONTINUED FROM PAGE 4

Throw cans at hunger this holi-
day season to help families in need. San Diego PostalAnnex
locations are teaming up with the St. Vincent DePaul Food
Drive by becoming food drop-off locations.

Each PostalAnnex will be col-
collecting nonperishable and canned food up to 15 to 25 for families in need.

Drop-off sites include:
Lafayette Village:
• 7541 Girard Ave., Suite 1
• 8677 Villa La Jolla Drive
• 8895 Towne Centre Drive
• 3368 “F” Governor Drive
Pacific Beach:
• 1666 Garnet Ave.
Point Loma:
• 2967 Shelter Island Drive, Suite 105
Huntington Drive:
• 5131 River Drive, Suite 1

For more information visit www.neighbor.org.

Morgenstern to speak on wanderlust treasures

Felicia Morgenstern will be the featured speaker at a free demon-
stration and discussion on “upcy-
ing,” which is open to the public.

The event will take place Sun-
day, Dec. 7 at 5 p.m. at Hestelling
International, Point Loma, 3790
Utal St.

Morgenstern wears the hats of
artist, author and adventurer,
combining those three facets into
a captivating opportunity to
recount the American portion of
Jewish history, counting the jour-
ney from persecution to participa-
tion, beginning with the original
23 refugees who landed in 1654 to
today’s growing and vibrant popu-
lation.

Admission is free to the muse-
um, which is open from 11 a.m. to
5 p.m. Wednesdays through Sun-
days. There is plenty of free park-
ing.

For more information call (619)
255-9098 or visit www.newamericansmuseum.org.

PLNU solar project earns 2008 Orchid Award

Point Loma Nazarene Universi-
ity (PLNU) was honored last week
with an orchid award for Sustain-
able Design. Each year, the San
Diego Architectural Foundation
hands out “orchids” and “onions” for what it views as the best and
worst designs respectively. This
year’s orchid award is PLNU’s first.

It was PLNU’s 310-kilowatt solar
panel system from SPG Solar that
earned the university the award.

The system provides about 80
percent of peak power for four
major buildings, including a resi-
dence hall and the gymnasium, and helps to reduce carbon dioxide
emissions significantly.

University officials estimate
more than 50 percent of the build-

ings’ annual electricity costs will
be offset by clean, solar power.

PLNU was able to finance the
system through a power purchase
agreement provided by Solar
Power Partners, Inc. (SPP). Under
the agreement, SPP will own the
solar system for 20 years and sell
the clean energy generated by the
system to PLNU at a cost below
present utility rates.

PLNU has no upfront capital
costs for the system and enjoys
clean utility rates. In 20 years, the same residents currently serving in
the Peace Corps would have
increased 16

Seaver joins 911 Califoi-
nia residents currently serving in
the Peace Corps. More than
26,000 California residents have
served in the Peace Corps since
1961, the highest number from any
state. President John F. Kenndy
founded the Peace Corps in 1961,
challenging college stu-
dents to serve their country in
the cause of peace. Since then, the
Peace Corps has sent more than
160,000 volunteers to 139 coun-
tries around the world to help peo-
ple in developing nations and to serve as goodwill ambassadors for
America.

Applications to serve in the
Peace Corps have increased 16 per-
cent this past year, the largest
boost in the last five years. Peace Corps
volunteers must be U.S. citizens and at least 18 years old. Peace Corps service is
a 27-month commitment.

For more information, visit www.peacecorps.gov.

A Place to Call His Own!

Dear Friend,

Just a quick note to let you know how I can help you or anyone you might refer to me.

Ron is a son of a past client and had recently relocated back to San Diego to start a new job. He was planning on renting for a few years to save for a down payment. His parents knew that it was a great time to buy and decided to help him with the down payment so he could plant his roots in Point Loma now. Rob called Sandy Collins & Associates.

After looking for several weeks, Rob found a condo that was exactly what he was looking for and in a wonderful neighborhood. Judy helped him write an offer, which was accepted and when the appraisal came in for $200,000 more than what he had paid, he was thrilled! Rob is now living comfortably in his first home and enjoying every minute of it.

Sandy Collins & Associates, Your Real Estate Consultants For Life
Willis Allen Real Estate (619) 224-0044

P. S. My priority is leading with a giving hand. Who is the next person you know that could benefit from this kind of service? Please give me a call and I’ll contact them. Thank you!

Dieting on a Budget

• Convenience items, like prepackaged pasta dinners or frozen all-in-one meals, are quick and easy, but they are usually laden with unhealthy ingredients to increase their shelf life. You are also paying more for the packaging and the labor they put into it. The meals tend to be higher in fat and sodium, which in excess are both bad for your health. Try preparing a similar meal from fresh ingredients, where you can control how much extra fat or sodium you add. If you sit down and cost out each individual

Ingredients as a similar recipe, you’ll often find that you can make it cheaper yourself, not to mention healthier.

• Buy produce that is in season, which means that the prices will be lower because the supply is abundant. As a general rule, beans, berries, corn, cucumbers, lettuce, melons, peppers, plums and tomatoes are summer produce, while apples, pears, pumpkins, and squash are predominant in the fall.

• For produce that is out of season, frozen produce is often an economical way to keep it on hand without worrying about it spoiling.

• Whole chicken is much more economical than buying a package of chicken breasts. You can roast the whole chicken, and then eat it just like that, or shred it for soups and chicken salads. Dark meat also tends to be cheaper than white meat, so try using chicken thighs in a recipe instead of chicken breasts.

• Buy foods in bulk and freeze or store what you aren’t going to use right away. You can also prepare a few meals at a time, and then freeze them until you’re ready to eat them – this will save you time later on, yet still allows you to eat homemade foods rather than convenience items.

Curves, 3960 W. Pt. Loma Blvd., San Diego - 619-222-8555

You can make it cheaper yourself!
Type 2 patients taking insulin at 20 years. Hyperglycemia can lead to blindness if untreated. It is estimated to affect 4 million Americans annually, the leading cause of blindness in working-age adults. Fortunately, the development and progression of diabetic retinopathy can be slowed with long-term tight blood glucose control, but regular eye examinations are still necessary. Vision-threatening complications of diabetic retinopathy can be associated with macular edema (at the center of the retina area), and is the leading cause of vision loss in diabetics. Advanced diabetic retinopathy, called proliferative diabetic retinopathy, results in neovascularization (new blood vessels begin to form) on the retina. This can cause detachment of the retina or result in new blood vessels growing over the retina. This can cause loss of vision.

The American Academy of Ophthalmologists recommends an annual dilated eye examination for the first five (or seven) years for diabetes Type 2, and three to five years after diagnosis for Type 1. Patients with no detectable vision-threatening complications can be evaluated less frequently, based on the severity of diabetic retinopathy. Early detection and treatment of diabetic retinopathy can prevent blindness for many people with diabetes. It is also estimated that 80 percent of all blindness due to diabetes can be prevented by regular eye exams.

Glucose damages nerve, blood vessels throughout body. Diabetes can affect so many different organs, systems and functions, including the retina. The retina is the delicate layer of tissue at the back of the eye that allows cells in the body to uptake glucose from the blood for energy. Type 1 diabetes can be a devastating disease resulting in abnormal-
SCHOOLS

Page 1

makers are expected to settle the state's budget before Thanksgiv-

ing. School officials would then have a better idea of what to expect — and potentially where to cut or consolidate — next year, Bluhm said.

Elementary school enrollment decreased by more than half at some schools compared to the 2000-2001 attendance numbers, according to school officials.

Barnard just launched a Mandarin language magnet program designed to increase enrollment. Barnard Elementary principal Barbara Boone said enrollment in her school doubled in the past five years. Records show enrollment "remained steady" over recent years. Boone said enrollment at Barnard is 280 students — up more than 100 from last year. Attracting more students, officials said, could help the mission of saving people and keep-

RALLY

CONTINUED FROM PAGE 1

planned to meet at Ocean Beach resident Kathleen Blavatt's home this week or even have volunteers run (deal with it being) closed a day a week or even have volunteers run it. If the city can't run it then maybe it could live with reduced hours or could feel the pinch but could survive. James said. “If we're going to have to cut things, or propose cutting things, let's take it at things that aren't part of our core mission. Is the Junior Lifeguard part of our core mission of saving people and keep-

The city’s independent budget analyst (IBA) recommended in a report released Nov. 17 that the city raise the Junior Lifeguard fee of $400 per student to pay for staffing. The IBA offered an across-the-board user fee to help solve this year's budget shortfall. The city's deficit could balloon another $44 million in 2010 and again by $68 million the year after that, the IBA report states.

The IBA also wants the city pay off the proposed library and recre-

tion center cuts until a "compre-

hensive plan" comes before the City Council by February.

It states that changes to fire department recruitment and schedule rotation should be tem-

orary solutions, as originally pro-

posed by the city’s administration.

The IBA report calls out the mayor’s five-year budget outlook, which assumes a continued fire department service reduction.

“We’ve been doing research and looking at what the available options are, including other potential resource options — if the coun-

cil so desires — in lieu of service reductions,” said Tom Haynes with the city’s IBA department.

According to the IBA report, other potential options include cut-

ting off Mission Bay improvements as a "one-time" option.

In light of the recent passage of Proposition C, which aims to keep some Mission Bay Park revenue for Mission Bay projects, the IBA does not recommend following through with the one-time option. Prop C legislation won’t take effect until July 2009, according to the report.
The Albion Girls-U14 Premier soccer team capped an undefeated season in the Presidio League. The team, made up of girls from Ocean Beach, Point Loma, La Jolla and Pacific Beach, recorded 11 shutouts in 14 games.

The team’s 2008 tournament highlights include first place in the Albion Cup National Showcase, finalist in Arizona’s Sereno Soccer Classic, quarterfinalist in the Blues Cup and tournament wins against an Arizona state champ and Nevada state finalist team.

“This team has been recognized by itself, the soccer community as one of the top teams in the Southern California area,” said team manager Lisa Laube. “To go undefeated in Premier is a great accomplishment, showing the consistency to play soccer at the highest level and deliver a consistent game each time out. I think more than anything you look at the dominance that the team had in goals for and goals against, proving they are truly the best team in this group. All these wins occurred also with playing quality, attractive Albion soccer. I am very excited about the future of this team.”

The team will conclude this season in the San Diego Surf Thanksgiving tournament. For more information, visit www.albionsoccer.org or www.albionsoccer.com.

Elegance Meets Decadence

Right across the street from the fine wines at the Grape Connection, a new Artisan Chocolatier has recently emerged, aptly named The Elegant Truffle.

As you enter the cozy Point Loma shop, you are welcomed by the aroma of chocolate owner Jennifer Muratore, affectionately known as “The Truffle Lady.”

The Elegant Truffle offers customers a daily selection of decadent, hand-dipped chocolates and elegant desserts, with up to 30 flavors of truffles, including Margarita, Amaretto and Jalapeño, along with chocolate-dipped bakery items and fresh fruit towers, luscious angle food, and a dense, fuggy chocolate cheesecake.

"Have You Been Told That You'll Just Have To... Live With That Back Or Neck Pain?"

Dear Friend,

For way too many Americans, neck pain and back pain seems to come with the job stress, family stress, and other daily stresses. In most cases, there is always something natural that you can do to get yourself better and to live a better life. Here are four simple home remedies that you can use to help yourself get better.

1) Use Ice Instead Of Heat

In my many years of practice, I have rarely seen anyone do better by applying heating pads, or soaking in a hot tub. Many times applying heat only causes the area of pain to swell and become more inflamed. Applying ice to the area that is sore for 20 minutes on, and 20 minutes off (for a total of 2 hours at a time) will usually help and inflammation and soreness. Tell my patients “When In Doubt...Use Ice!”

2) Drink Plenty Of Water

Recent research shows that many back and abdominal pain problems can be the result of mild dehydration. The majority of these health problems can be relieved or eliminated, by drinking one-half gallon to one-gallon of water daily. This means water. Not juice, beer, soda, tea, or coffee. Just water!

3) You Can Use A Rolled Bath Towel

It’s amazing how something as simple as a rolled-up bath towel placed under your pillow can relieve neck pain. Even a rolled towel can also be used while driving to reduce back pain. So before you invest in an expensive support pillow or cushion, try this easy home remedy...It really works!

4) Bring a Ballon Jacket

A sample one-gallon milk jug (or water jug) works as great for many arm and shoulder problems. All you have to do is fill your jug with a couple of inches of water, and swing the jug in a circle 10 times forward, and 10 times backwards. Make sure you do this with both arms. It may be difficult at first, but the results are worth it!

Why Dr. Wong is Offering a Fall New Patient Special Offer!

Sometimes your very favorite home remedies don’t work. Then it’s time to call my office for help.

WORK AND GREAT COACHING.

Coach Eric “Chai” Chaisongkram inherited the nationally-ranked team this season from Coach Beto Villena, who nurtured the girls in the club’s Brazilian technical-precision style game the previous three sea-sons.

“The expectations were high for these girls this season,” Chaisongkram said. “We are all pleased, very pleased, with their progress so far and we look forward to seeing how far they choose to expand on this success.”

The team’s 2008 tournament highlights include first place in the Albion Cup National Showcase, finalist in Arizona’s Sereno Soccer Classic, quarterfinalist in the Blues Cup and tournament wins against an Arizona state champ and Nevada state finalist team.

This team has been recognized by itself, the soccer community as one of the top teams in the Southern California area, said team manager Lisa Laube. “To go undefeated in Premier is a great accomplishment, showing the consistency to play soccer at the highest level and deliver a consistent game each time out. I think more than anything you look at the dominance that the team had in goals for and goals against, proving they are truly the best team in this group. All these wins occurred also with playing quality, attractive Albion soccer. I am very excited about the future of this team.”

The team will conclude this season in the San Diego Surf Thanksgiving tournament. For more information, visit www.albionsoccer.org or www.albionsoccer.com.

The Albion Girls-U14 Premier soccer team capped an undefeated season in the Presidio League. The team, made up of girls from Ocean Beach, Point Loma, La Jolla and Pacific Beach, recorded 11 shutouts in 14 games.

The Albion Girls-U14 Premier soccer team capped an undefeated season in the Presidio League. The team, made up of girls from Ocean Beach, Point Loma, La Jolla and Pacific Beach, recorded 11 shutouts in 14 games.

By JOHN ZLATIC| SPECIAL TO HEBEACON

The Albion Girls-U14 Premier soccer team capped an undefeated season in the Presidio League. The team, made up of girls from Ocean Beach, Point Loma, La Jolla and Pacific Beach, recorded 11 shutouts in 14 games.

The Albion Girls-U14 Premier soccer team capped an undefeated season in the Presidio League. The team, made up of girls from Ocean Beach, Point Loma, La Jolla and Pacific Beach, recorded 11 shutouts in 14 games.

Elegance Meets Decadence

Right across the street from the fine wines at the Grape Connection, a new Artisan Chocolatier has recently emerged, aptly named The Elegant Truffle. As you enter the cozy Point Loma shop, you are welcomed by the aroma of chocolate owner Jennifer Muratore, affectionately known as “The Truffle Lady.”

The Elegant Truffle offers customers a daily selection of decadent, hand-dipped chocolates and elegant desserts, with up to 30 flavors of truffles, including Margarita, Amaretto and Jalapeño, along with chocolate-dipped bakery items and fresh fruit towers, luscious angle food, and a dense, fuggy chocolate cheesecake.

“If you’re not sure what to choose, Jennifer’s delectable plate of sample will surely entice you to indulge. The imported Belgium chocolate and the cream and chocolate ganache melts quickly into rich buttery softness in your mouth. Each creation is individually packaged and decorated—just in case your purchase is a gift for someone else.”

Visit Jennifer at 1111 Scott St., or call 619.222.1889. www.trufflemaker.com

Phone: (619) 222-8885

Greater Life Family Chiropractic
Dr. Henry C. Wong, DC
Ph: (619) 222-8885 | Fax: (619) 222-8889
3649 Midway Drive, Suite B
San Diego, CA 92110

P.S. When accompanied by the first, we’re also offering a second family member this same examination for only $27 — What a great offer!

P.P.S. Don’t forget, this offer ends on 12/16/08 so call now right away!

What This Special Offer Includes:

• A Private Health Consultation
• A Comprehensive Exam
• Computerized Testing
• X-Rays Necessary, X-Rays
• A Report Of Your Findings To See If I Can Help You
PLHS ends league play with win over La Jolla

By ROB STONE | The Beacon

The Point Loma High School (PLHS) Pointers had five quarter-back sacks and ran for 253 yards as a team, spoiling La Jolla High School’s (LJHS) Homecoming by defeating the Vikings 28-7 in a Western League football game at Gene Edwards Stadium on Nov. 14.

“Point Loma is a good football team,” said La Jolla head football coach Dave Ponsford. “They handled us in every which way. They deserved to win.”

The Pointers got on the scoreboard first when senior Marquel Specks (13 carries, 117 yards, 1 touchdown) opened the scoring on a 41-yard touchdown run with 1:56 left in the first quarter to give PLHS a 7-0 lead.

“They (the Vikings) stacked eight guys inside the box against us because of our running backs,” said Pointers head football coach Mike Hastings.

In the second quarter, Point Loma came right back and scored again as junior Leslie Rogers (13 carries, 90 yards, 2 touchdowns) reached the goal line on an 8-yard run to put the Pointers up 14-0 with 8:08 remaining in the third period. Hastings said, “But our quarterback can throw too. So, we made some big plays when the timing was right.”

The Point Loma quarterback would be Keegan Fitzgerald (5-of-6, 85 yards, 1 touchdown). And 2:06 left in the second period proved to be the right time for the Pointers as the junior signal-caller found Rogers in the end zone for a 21-yard touchdown pass to put the PLHS advantage at 21-0 heading into the locker room at halftime.

“That was a huge testament to our offense,” Hastings said. “We kept clicking right along and I felt confident that the defense could hold a 21-point lead. Our defense shut La Jolla down and played the best all night long in giving the offense great field position to work with.”

In the third quarter, a sack by LHHS senior linebacker Harper Allen and a blocked punt by junior linebacker Matt Petch gave possession of the ball back to the Vikings. La Jolla quickly capitalized on a 34-yard drive that culminated in senior Henry Nawahine called his own number on a 2-yard quarterback keeper up the middle to trim the margin to 21-7 with 2:38 remaining in the third period.

“Point Loma is a good football team, but our quarterback can throw,” said La Jolla head football coach Dave Ponsford. “We kind of recovered a little bit and started to put something together.”

With 2:54 left in the fourth quarter, the Pointers continued to put it all together and show how good they can be as senior running back Russell Young raced for a 30-yard touchdown to pad the Point Loma cushion and seal the victory for the Pointers.

“This wasn’t our best performance,” Ponsford said. “Not taking a thing away from Point Loma.”

With the win, the Pointers improve their record to 5-4-1 overall and 3-1-1 in the Western League. With the loss, the Vikings fall to 4-6 overall and 2-3 in Western League play.
Portugal the Man poised to rock Soma

By BART MENDOZA | THE BEACON

The best band names give an indication of a band’s sound. However, for a growing group of artists, monikers that add a dash of mystery to their image have become popular, despite their curious nature. Such is the case with Wussila, Alaska’s Portugal the Man, who performs at Soma today, Nov. 20.

Formerly looking back at the mid-1970s era of the rock superstars, the quartet decided on a name that had a bit of grandeur.

“We wanted something for people to reference that really stood out, like Bowie or Elton,” said the band’s guitarist, John Baldwin Gourley. “Namewise, we were looking back at an incredible era of music and talent that will never come around again. But, we also really liked the idea of a name that was almost an alter ego for us. Naming ourselves after a country was as far as we could take it,” he said.

After five albums and continual touring, the band’s logo has become more established, but band members occasionally find themselves branded a progressive rock group like Genesis or ELP.

“I think that’s hilarious,” said Gourley. “We’re just a rock ‘n’ roll band, but we’re lucky enough to be able to jump around stylistically.”

For him, changes in the group’s sound are key to the band’s success.

“Our crowds are very diverse. You really notice it at festival dates,” Gourley said. “We seem to draw everything from kids to grandparents 65 years old. I think that stems from the fact that we very consciously set out to make a different album each time we go into the studio. We try not to get tied down to any one genre, but basically we’re a rock band,” he said.

Currently touring behind their album “Censored Colors,” the group is already working on its next CD, with pre-production set for December.

“These days you have to move pretty quickly to stay in the public eye,” Gourley said.

The band tours year-round and has attracted a growing audience in Europe. As enjoyable as state-side shows are, Gourley concedes that overseas crowds have an edge. “Because in a lot of ways the music scene isn’t as controlled by major labels. Our band is just one example. We’re not a large part of the music industry, but we still get amazing press and are treated as if we’re much bigger than we probably are,” he said.

Though Portugal the Man are regular world travelers, they share the same complaint as most touring musicians — they’re in exotic locales, they rarely get to see much beyond their hotel and club site.

“That is a little disappointing sometimes,” said Gourley. “We’re usually so busy that there is little time to take in much more than a quick cup before we go onstage.”

Gourley said. One notable exception is San Diego. Having performed in the area numerous times, the group has struck up a friendship with local rockers Dirty Sweet.

“We’ve been invited to guitarist Mark Marino’s place near the ocean a few times,” Gourley said. “So sitting on the beach and grabbing a burrito at Los Dos is something we look forward to.”

The hospitality was returned with an invitation for Marino to perform on the track “Out and In” on their latest album.

“It’s the only guitar solo heard on the record,” Gourley said. For Gourley, world travel is secondary to interacting with new friends.

“That’s what I like the most about being part of Portugal the Man,” said Gourley. “We get to meet some great people on the road and we play some music here and there.”

Portugal the Man performs at Soma, 3335 Sports Arena Blvd., today, Nov. 20.

For more information, visit www.somasandiego.com.
COMMUNITY/CIVIC

Today, Nov. 20, 6:30 p.m., regular meeting of the Peninsula Community Planning Board (PCPB) at the Hervey/Point Loma Branch Library, 3791 Voltaire St. Agendas are posted at the library or can be visited online at www.pcpb.net. For more information, call (619) 222-2240.

Thursday, Nov. 27, 11 a.m., free Thanksgiving Day balloon launch will be served to the community at Sacred Heart Church, 2001 Sunset Cliffs Blvd., in Ocean Beach. Volunteers and donations are needed by calling (619) 886-4275.

Monday, Dec. 1, 4:30 to 7 p.m., Voices for Children Toy Drive at Rosecrust, 530 Silvergate Ave. in Point Loma. Participants are asked to bring a $25-$30 unwrapped gift for a boy or girl or a $25 or $50 gift card for a teenager. Pictures with Santa will also be taken and cookies and cider will be served. For more information, e-mail mpkelly@hotmail.com or visit www.voices4children.com.

Tuesday, Dec. 2, noon, Ocean Beach Christmas tree arrives at the foot of OB Pier along Newport Avenue. For more information, visit oceanbeach-sandiego.com.

Thursday, Dec. 4, 9 a.m., children decorate Ocean Beach Christmas tree at foot of the OB Pier along Newport Avenue. For more information, visit oceanbeach-sandiego.com.

Saturday, Dec. 6, 10 a.m. to noon, San Diego River Park Foundation hosts open house and garden tour of the Point Loma Native Plant Garden. For more information, call (619) 297-7380 or visit www.sandiegovolunteer.org.

Sunday, Dec. 7, 10 a.m. to 1 p.m., Ocean Beach Town Council Dog Beach Committee hosts the return of the Sandy Claws Holiday Beach Barbecue. Photographers will be available for family shots and there will be a costume contest, games, vendors, food and family activities. For more information, visit www.obtowncouncil.org.

Wednesday, Dec. 10, 10 a.m. to noon, Point Loma Garden Club hosts annual Holiday Tea and Bazaar at the Portuguese Hall, 2818 Avenida de Portugal. There is no admission cost. For more information, call (619) 564-7036 or visit www.plgc.org.

SCHOOLS

CORREIA
- Nov. 24-28, Thanksgiving holiday break.
- Wednesday, Dec. 3, to 7:30 p.m., Correia Association meeting.

HIGH TECH HIGH
- Thursday, Dec. 4, to 7:30 p.m., Academic Internship Showcase.

COMMUNITY/AHEAD

November Art & Show Ahead

COMMUNITY/CIVIC

Today, Nov. 20, 6:30 p.m., regular meeting of the Peninsula Community Planning Board (PCPB) at the Hervey/Point Loma Branch Library, 3791 Voltaire St. Agendas are posted at the library or can be visited online at www.pcpb.net. For more information, call (619) 222-2240.

Thursday, Nov. 27, 11 a.m., free Thanksgiving Day balloon launch will be served to the community at Sacred Heart Church, 2001 Sunset Cliffs Blvd., in Ocean Beach. Volunteers and donations are needed by calling (619) 886-4275.

Monday, Dec. 1, 4:30 to 7 p.m., Voices for Children Toy Drive at Rosecrust, 530 Silvergate Ave. in Point Loma. Participants are asked to bring a $25-$30 unwrapped gift for a boy or girl or a $25 or $50 gift card for a teenager. Pictures with Santa will also be taken and cookies and cider will be served. For more information, e-mail mpkelly@hotmail.com or visit www.voices4children.com.

Tuesday, Dec. 2, noon, Ocean Beach Christmas tree arrives at the foot of OB Pier along Newport Avenue. For more information, visit oceanbeach-sandiego.com.

Thursday, Dec. 4, 9 a.m., children decorate Ocean Beach Christmas tree at foot of the OB Pier along Newport Avenue. For more information, visit oceanbeach-sandiego.com.

Saturday, Dec. 6, 10 a.m. to noon, San Diego River Park Foundation hosts open house and garden tour of the Point Loma Native Plant Garden. For more information, call (619) 297-7380 or visit www.sandiegovolunteer.org.

Sunday, Dec. 7, 10 a.m. to 1 p.m., Ocean Beach Town Council Dog Beach Committee hosts the return of the Sandy Claws Holiday Beach Barbecue. Photographers will be available for family shots and there will be a costume contest, games, vendors, food and family activities. For more information, visit www.obtowncouncil.org.

Wednesday, Dec. 10, 10 a.m. to noon, Point Loma Garden Club hosts annual Holiday Tea and Bazaar at the Portuguese Hall, 2818 Avenida de Portugal. There is no admission cost. For more information, call (619) 564-7036 or visit www.plgc.org.

SCHOOLS

CORREIA
- Nov. 24-28, Thanksgiving holiday break.
- Wednesday, Dec. 3, to 7:30 p.m., Correia Association meeting.

HIGH TECH HIGH
- Thursday, Dec. 4, to 7:30 p.m., Academic Internship Showcase.
Ambergris Caye, Belize
Back to Nature, Back in Time

Text and photos by Ron Stern

As I stepped off the plane in San Pedro, Ambergris Caye, Belize, I knew that this is the sort of island that Tom Hawks wished he was stranded on. Life in this lush, tropical paradise moves at a slower pace. In place of automobiles, there are golf carts. Jungles of concrete are replaced by coconut trees, and instead of smog-filled skies, your view is of the emerald-green Caribbean Sea and multi-hued crimson sunsets. Unfortunately, this relatively small country is still a mystery to many Americans who don’t know much about it. With a population of 300,000, Belize is nestled in Central America between Mexico, Guatemala and Honduras. It is easily accessible from many cities in the U.S. and just a short flight from Miami or Houston.

After arriving at Belize International Airport in Belize City, I hopped aboard a short paddle jumper flight via Tropic Air en route to San Pedro, Ambergris Caye. The flight was quite spectacular with vistas of turquoise-green water, numerous small islands and coral reefs. I couldn’t wait to check in to my room and explore the island.

After landing, a friendly English-speaking man snapped up my bags and loaded them onto a golf cart — the main mode of transportation here. In fact, watching these little transport vehicles darting in and out of streets reminded me of somebody pouring sugar added.

I settled in for what I thought might be a long ride but after about 100 yards we quickly pulled into Ramon’s Village Resort. “Welcome to Ramon’s!” said my driver with a big smile. This resort is a little tropical oasis with lush landscaping, offering over 60 thatched cottages with beachfront, seaside or garden views.

Accommodations on Ambergris range from modest to luxurious, with many overlooking the sparkling Caribbean Sea. My pink cottage at Ramon’s was clean and quite comfortable.

Each morning I had breakfast at their beachside restaurant starting with fresh watermelon juice and then trying some local specialties such as rice and beans, fried plantains, and frij jacks — sort of like a Mexican sopapilla without any sugar added.

From my vantage point, I watched as tourists and locals alike soaked up the sun on the white sand beach, swam in the calm waters or prepared to take one of the many excursions to neighboring islands for a snorkeling adventure — the latter being one of the most popular activities.

With the second longest barrier reef in Central America, Belize has done an admirable job of conserving these natural wonders. In fact, this is one of nature’s best shows and not to be missed.

Our guides at Seaduced by Belize took us to Hol Chan Marine Reserve and Shark Ray Alley where we could witness close up what I would call controlled underwater madness. Schools of small anchovies were everywhere, parting to let me glide by and revealing coral reefs and multi-hued fish with all the colors of the rainbow, including brilliant yellow, hot pink and luminescent green.

The main event, however, centered on the sting rays and nurse sharks which are docile and used to human contact. Guides hold them and allow visitors to pet their skin — an experience that most never forget.

Upon my return, I rented a golf cart and headed north along the coast, ending up at the Palapa Bar and Grill. While enjoying a cool drink out over the reef, I met Scott, a retired Florida firefighter who chuckled the city life in favor of living his dream, “My son turned 18 and I handed him the keys to my pickup truck. I told him I bought a bar in Belize and he was now on his own.” Such is the lure of the island as it works its magic on your soul.

On the way back to my room, I stopped by a little frozen custard shop called DandEs. “What makes your custard different?” I asked Eileen, the owner. “Taste,” she said, offering me a sample. If there is such as thing as being hooked on frozen custard, then I am guilty as charged. Chocolate, coconut and mango sorbet are all on my must have list and I am already plotting how to get back for another fix.

As it turns out, both Eileen and her husband Dan are expats from the states, and when they initially moved here, they bought the local newspaper and ran it for six years. After Dan could not find a chocolate malt he liked, they both decided to rectify that problem forever and opened their own shop.

The economy in Belize, like many Caribbean countries, is depend-ent upon tourism. Fortunately, for Americans, this is one place where your dollars are worth more — two to one in fact, which is why many are flocking here for their vacations.

If your ideal vacation is to visit a place with friendly smiles, where English is the official language, where your dollars go farther, and where nature is on display with tropical breezes and beautiful sunsets, then Ambergris Caye, Belize is your logical choice. Come and see if it will work its magic on you.
CALL 619-573-9306, OR VISIT WWW.SDWS.ORG.

SANDIEGO WATERCOLOR SOCIETY EXHIBITS

San Diego Watercolor Society opens a new exhibit titled “Holiday Lights.” The exhibit will feature displays and sales of original watercolors by local artists. A public reception is scheduled for Friday, Dec. 5 from 5 to 8 p.m. The gallery is located at 2825 Roosevelt Road. For more information, call (619) 876-4550 or visit www.sdws.org.

Tuesday, Dec. 2, 7:30 p.m., the historic North Chapel at Liberty Station presents “A Christmas Festival in December” featuring the Peninsula Singers with a Full Deck, Art Quilts & Beer or Soda. Donations welcomed. The event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Friday, Dec. 5, 7:30 p.m., the historic North Chapel at Liberty Station presents “A Christmas Festival in December” featuring the Peninsula Singers. Donations welcomed. The event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Friday, Dec. 12, 7 p.m., the historic North Chapel at Liberty Station presents “A Christmas Festival in December” with the Peninsula Singers and the Southwestern College chorus presenting Vivaldi’s “Gloria.” Tickets are $10 for general admission, free for seniors, military and children. The event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Saturday, Dec. 20, 7 p.m., the historic North Chapel at Liberty Station presents “A Christmas Festival in December” featuring the Explorer Ellie Choir. The free event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

Through Jan. 4, Quilt Visions presents a new exhibit, “Playing with a Full Deck, Art Quilts” featuring the San Diego School for the Arts and Creative & Performing Arts. The free event takes place at the chapel, 2801 Roosevelt Road. For more information, call (619) 573-9306, or visit www.thenorthchapel.com.

COMMUNITY CALENDAR

SAN DIEGO ARTS & ENTERTAINMENT

Nov. 21-22, 8 p.m., Malashock Dance Studio at Liberty Station presents “Let’s Duet,” featuring duet favorites. The event takes place at the Garfield Theatre, 4126 Executive Drive in La Jolla. For more information, call (619) 260-1600, or visit www.malashockdance.org.

FRIDAY, NOV. 28; SATURDAY, NOV. 29; FRIDAY, DECEMBER 5; SATURDAY, DECEMBER 6

San Diego Sports Arena, 3500 Sports Arena Blvd. (619) 225-0176

Saturday, Nov. 29, 9 p.m., Soma, 3550 Sports Arena Blvd., (619) 726-7662

Sunday, Dec. 7, 7 p.m., Rancid, Buck-O’Nine, Danny Diablo. Tickets are $20 in advance, $22 at the door.

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

Thursday, Dec. 11, 10 p.m., Charlie Hunter performs. Tickets are $18.

SAN DIEGO HEALTH

For more information, call (619) 241-3779, or visit www.thenorthchapel.com.

Friday, Nov. 28, 9:30 a.m. to 2:30 p.m., Barnon’s Market & Genie Car Wash host the San Diego Blood Bank bloodmobile in the parking lot of 4101 W. Point Loma Blvd. For more information, call (619) 479-3902.

Wednesday, Dec. 3, 2 to 7 p.m., Rite Aid hosts the San Diego Blood Bank bloodmobile in the parking lot at 4840 Nigara St. For more information, call (619) 479-3902.

SAN DIEGO SENIORS

Today, Nov. 20, 9:30 to 11:30 a.m., Sharp Cabrillo Senior Resource Center hosts free blood pressure screening at St. Peter’s by the Sea Lutheran Church, 1371 Sunset Cliffs Blvd. The event is free and open to the public. For more information, call (619) 241-3779, or visit www.sharp.com.
Win your share of $250,000 in cash and prizes by playing in our FREE lottery!

Now through December 13

Visit a Club Barona Booth or Barona.com for complete details.

Barona Valley Ranch reserves the right to change/modify or cancel any promotion at any time at their sole discretion. ©Copyright 2008 Barona Tribal Gaming Authority.
2008 Pacific Beach Holiday Parade!
Sunday, Dec. 3 at 1 PM down Garnet Ave! Call Kathy Evans 858.488.7355
Looking for nice clubs, community organizations, school bands, even neighborhood groups that want to march, design a float, and participate? Great PR for your group or business. Show your Holiday spirit, and have a great day!

Annuities are long-term financial products intended for the accumulation of assets for retirement needs. Subject to a 10-year decreasing surrender charge period. If you select an initial 5-year period, the minimum guaranteed rate is 3.0%. Contract P7100 issued by Allianz Life Insurance Company of North America. Guarantees are backed solely by the financial strength and claims paying ability of Allianz Life Insurance Company of North America.

For 5 years $100,000 or more, $999,000, or more.

The rate changes weekly and varies with interest at a great rate.

101 Coast #1F 2BR/3BA $1,325,000 Yvonne Mellon 858-395-0153
730 Brighton CT 2BR/2BA $999,000-$1,025,000 Filly Gaines 858-699-6556
3528 Bayside Walk Unit 1-3 4BR/3BA $1,535,000-$2,375,000 Brian Metcalf 619-708-2239
6120 Avenida Chamiez 5BR/4BA $4,750,000 Tash Team 619-954-9000
3837 Mission Blvd. #202 2BR/1BA $749,000-$775,000 Maxine & Marti Gellens 858-551-6630
530 San Fernando 4BR/4.5BA $1,865,000 Cher Conner 858-361-8714
8795 Gilman Dr. 2BR/1BA $315,000 Carol Uribe 858-705-2399
4770 La Jolla Blvd. 2BR/2BA $599,000-$615,000 Robert Antoniadis 619-852-8827
3315 Monarch Ave. 3BR/3BA $550,000-$615,000 Maxine & Marti Gellens 858-551-6630
7316 Del Mar Ave. 2BR/2BA $650,000-$685,000 Brian Metcalf 619-708-2239
8724 Goldfinch Pl. 3BR/3BA $415,000-$435,000 Maxine & Marti Gellens 858-551-6630
7309 San Diego Ave. 2BR/1BA $799,000-$825,000 Maxine & Marti Gellens 858-551-6630
5961 Germaine Lane 5BR/6.5BA $5,400,000 Susana Corrigan 858-229-8120
5324 la Jolla blvd. 2BR/1BA $1,125,000 Dan Ryan 858-454-7344
2314 Via Don Benito 5BR/3.5BA $3,440,000 Yvonne Sorour and Laleh & Niloo 858-551-3349
7530 Mar Ave 4BR/3BA $1,990,000 Maxine & Marti Gellens 858-551-6630
5859 Box Canyon Road 4BR/4BA $3,295,000 Maxine & Marti Gellens 858-551-6630
1200 blk, 2BR + Office, a steal at $1,295,000, in Pacific View Estates! Call Kathy Evans 858.488.7355 or Kathy@isellbeach.com

Current Rate
5.1% for 5 years
Guaranteed
for premium
amounts of $100,000 or more

Annually or semi-annually if the policy lapses terminate for the accumulation of assets for retirement needs. Subject to a 10-year decreasing surrender charge period. If you select an initial 5-year period, the minimum guaranteed rate is 3.0%. Contract P7100 issued by Allianz Life Insurance Company of North America. Guarantees are backed solely by the financial strength and claims-paying ability of Allianz Life Insurance Company of North America.

Connie King 619-471-4900
5800 Golfview Rd. 3BR/2BA $425,000-$450,000 Maxine & Marti Gellens 858-551-6630
455 Rosecrans 2BR/1BA $999,500 Robert Antoniadis 619-852-8827
7337 Camino Carmelito 3BR/2BA $479,900 Maxine & Marti Gellens 858-551-6630
714 Kingston Ct 3BR/2BA $985,000-$1,025,000 Filly Gaines 858-699-6556
5324 la Jolla blvd. 2BR/1BA $1,125,000 Dan Ryan 858-454-7344
5730 Dolphin Place 5BR/5BA $11,900,000 Maxine & Marti Gellens 858-551-6630
4770 La Jolla Blvd. 2BR/2BA $599,000-$615,000 Robert Antoniadis 619-852-8827
7516 Miramar Ave. 4BR/3BA $3,000,000-$3,449,876 Maxine & Marti Gellens 858-551-6630
730 Brighton CT 3BR/2BA $899,000-$925,000 Maxine & Marti Gellens 858-551-6630
8881 Nottingham Pl. 4BR/3.5BA $1,850,000 Carol Hernstad 858-775-4473
8795 Gilman Dr. 2BR/1BA $315,000 Carol Uribe 858-705-2399
101 Coast #1F 2BR/3BA $1,325,000 Yvonne Mellon 858-395-0153
7318 Del Mar Ave. 2BR/2BA $650,000-$685,000 Brian Metcalf 619-708-2239
8724 Goldfinch Pl. 3BR/3BA $415,000-$435,000 Maxine & Marti Gellens 858-551-6630
7530 Mar Ave 4BR/3BA $1,990,000 Maxine & Marti Gellens 858-551-6630
5859 Box Canyon Road 4BR/4BA $3,295,000 Maxine & Marti Gellens 858-551-6630

The Dominator fixed annuity from Allianz Life Insurance Company of North America offers you accumulation and tax-deferred interest at a great rate.

6623 Avenida Manana 3BR/2BA $1,275,000 Maxine & Marti Gellens 858-551-6630
7309 San Diego Ave. 2BR/1BA $799,000-$825,000 Maxine & Marti Gellens 858-551-6630
11388 Keating St. 2BR/2BA $625,000-$650,000 Maxine & Marti Gellens 858-551-6630
5730 Dolphin Place 5BR/5BA $11,900,000 Maxine & Marti Gellens 858-551-6630

5324 la Jolla blvd. 2BR/1BA $1,125,000 Dan Ryan 858-454-7344
2314 Via Don Benito 5BR/3.5BA $3,440,000 Yvonne Sorour and Laleh & Niloo 858-551-3349
EVERY WEDNESDAY, 4 – 8PM
Voted “Best Farmer’s Market in San Diego”
www.OceanBeachSanDiego.com

OB FARMER’S MARKET
4900 block Newport Ave. Ocean Beach • (619) 224-4906
www.OceanBeachSanDiego.com

Fresh Produce    Ride A Llama
Live Music Fresh Flowers
Nuts & Treats Baked Goods
Food Vendors & Much More!

The Most Unusual in Novelties
•Pipes •Clothes
•Tobacco •Books
•Cigars •Posters
•Jewelry •Music Center
5017 Newport • Ocean Beach • 619-222-5498
Open Seven Days - All Major Credit Cards Accepted

Out of the Blue and into...
Gobble Gobble
Happy Thanksgiving
The Most Unusual
in Novelties

•Pipes •Clothes
•Tobacco •Books
•Cigars •Posters
•Jewelry •Music Center
5017 Newport • Ocean Beach • 619-222-5498
Open Seven Days - All Major Credit Cards Accepted

OB FARMER’S MARKET
Visit Us for All Your Holiday Shopping Wednesdays from 4-7pm Through the Holidays.
No Market Dec. 24th & Dec. 31st

OPEN HOURS
10am – 6pm Mon – Fri
10am – 5pm Sat

No Market Dec. 24th & Dec. 31st

Open Seven Days - All Major Credit Cards Accepted

Custom Framing
San Diego’s Largest Selection
15% OFF ENTIRE JOB

Voted one of the top 100 Framing Shops in U.S.
Decor Magazine

Limited Time Offer • Call Today

From all of us to all of you, Happy Thanksgiving!

You thank ’em, I give ’em something to be thankful for:
Just wait until they see the O’Bistro dinner packages
for Christmas Eve, and, New Year’s Eve. Those are
prices that one can truly appreciate!

OB FARMER’S MARKET
Visit Us for All Your Holiday Shopping Wednesdays from 4-7pm Through the Holidays.
No Market Dec. 24th & Dec. 31st

CLOSED THANKSGIVING DAY

OCEAN BEACH MAINSTREET ASSOCIATION

RESERVE YOUR
Limited Quantities Order Early
Apple Pumpkin Pecan

The Olive Tree Marketplace
619.224.0443
Corner of Sunset Cliffs Blvd & Sargent Ave.