ALL ABOARD:

YachtFest docks at Shelter Island to show off some of the world's most lavish floating vessels. **8**

Weekend Surf Report

SATURDAY

Hi: 9:14 a.m. Low: 2:57 a.m. Waves: 3-4 ft Wind: 2-7 mph 8:52 p.m. 2:50 p.m.

SUNDAY

Hi: 9:35 a.m. Low: 3:22 a.m. Waves: 3-4 ft. Wind: 1-6 mph

Thursday, September 11, 2008

Judge hands out sentences to 4 of 5 Bird Rock Bandits

Jail time ranges from 349 to 90 days

By NEAL PUTNAM | BEACH&BAY PRESS

Moments before a judge tossed four men in jail Friday for their roles in the death of La Jolla surfer Emery Kauanui, Jr., he asked them to turn around and face the 100 people in the courtroom audience.

"Look who you let down and don't you ever forget it," said San Diego Superior Court Judge John Einhorn.
"These people would want to be anywhere else in the world except here."

Before they were led away by sheriffs deputies, Einhorn placed all four men on three years probation with the condition they abstain from drinking alcohol even in their own homes after they are released from jail.

"Alcohol has been part and parcel for what you did," Einhorn told the men. He added they were "fueled by alcohol" and "engaged in a herd-like mentality" when they surrounded Kauanui on May 24, 2007, in front of his mother's home in La Jolla.

Einhorn said it would have been easy to send the men to prison, but he thought each sentence "needs to be uniform" with the role they each played. He said he was only imposing probation for these four because the evidence showed it was a fifth man, Seth Cravens, 22, whose punch to Kauanui's head caused the fatal injury when he hit the pavement.

Eric House, Orlando Osuna and Henri "Hank" Hendricks appeared to pray silently shortly before the sentencing began.

Osuna, 23, got 349 days in jail, the longest term of the four. Osuna pleaded guilty to involuntary

SEE **SENTENCES**, Page 5





LOSS SHOCKS BOLTS FANS:

Panthers claw past Chargers defense for final-seconds touchdown at home opener.



San Diego's organic farmers help feed Pacific Beach

By SEBASTIAN RUIZ | BEACH&BAY PRESS

The popular movement toward eating locally grown organic, farm-fresh foods has been touted by healthy eaters and environmentalists alike for years. Now because of rising fuel prices, it could be cheaper to buy local, adding further incentive to buy, sell and eat local produce.

Farms such as the Tierra Miguel Farm in Pauma Valley can provide healthier, cheaper organic produce during peak seasons, according to farm director Beth Ann Levendoski.

The farm doesn't have to spend as much on transportation costs, allowing it to sell produce up to 30 percent cheaper than a local supermarket carrying similar organic produce, she said.

The Tierra Miguel Foundation has been partnering with sites around the city — including Pacific Beach — to bring the organic food to consumers through a Community Supported Agriculture program.

The 9-year old program sells food locally, emphasizing the connection between local farmers and consumers "to bring integrity back to the food relationship," she said.

It's a connection not lost on one local business owner.

Nick Zanoni has opened the doors of the Pacific Bean Coffee shop, 712 ½ Garnet Ave., as a center where customers can pick up the organic produce from Tierra Miguel

delivered each week. Any leftover food goes to local church charities.

Zanoni is also involved in another organic farm in Athens, Ga., and uses environmentally friendly practices at his Pacific Beach businesses.

He said it's important to be able to look your farmer in the eye.

"You get your haircut at some place in particular, right?" Zanoni asked. "I think people will start to realize the importance of who grows their food and who feeds them."

He said he wants to make the journey from "seed to plate" easier for Pacific Beach residents at a time where the food travels more than a thousand miles before reaching the dinner table, incrementally damaging the environment and raising transportation costs.

The Food Program

Anyone can sign up for a weekly or biweekly organic grocery program and is encouraged to sign up in advance. "Full Shares" cost about \$700 and half-shares cost \$350 for the season, which lasts 16 weeks. The farm also has a market at the farm itself in Pauma Valley.

"The biggest complaint I have from people that are members is that there's too much food," Zanoni said.

SEE **ORGANIC**, Page 4



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PHOTO COURTESY OF MARK LENOCE

CREATIVE PROPOSAL

A suitor spells out his marriage proposal using seaweed at the beach near Law Street Sunday, Sept. 7, with surrounding beachgoers wondering how Christi would respond to her boyfriend's creative question.

NEWSbriefs

Walk raises funds for brain tumor research

The 7th annual San Diego Brain Tumor Walk returns to Mission Bay Saturday, Sept. 13. From 8 a.m. to noon.

The fundraising walk brings friends and families who have been touched by love ones diagnosed with brain tumors. Registration begins at 8 a.m. at Hospitality Point with the walk and other activities beginning at noon.

The registration fee is \$35 for the 5K walk and \$15 for students. The participants are working to raise a minimum of \$250 for brain tumor research.

For information or to make a donation, call (866) 455-3214 or visit www.braintumor.org.

SeaWorld e-waste recycling event on Sat.

Is there an old fax machine collecting dust in the garage? Get rid of it, or any other e-waste collecting around the house, by dropping it off at SeaWorld's electronic recycling event Saturday, Sept. 13 from 8 a.m. to noon.

Donors can drop off old computers, laptops, monitors, VCRs, cell phones, photocopiers, mp3 players, stereos and speakers, telephones, microwaves and more at the park's east parking lot.

Unacceptable items include household and car batteries, fluorescent light bulbs, paint, washers and dryers, refrigerators or

SEE **BRIEFS**, Page 7



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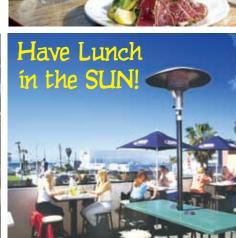
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ORGANIC

CONTINUED FROM Page 1

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Elementary. Lrg grocery store, 1 block north.

7AM weekday mornings — 1 block NE for that

gotta have iced mocha. Oops, wanna hang

pictures & outta nails...hardware store 1 block

north. Tough work week? Friday nite...2 blocks

NE is French Gourmet restaurant & bakery.

This is beach living! Oh & the next best thing... it is priced to move You.

Combined with organic food donations through Thrusters Lounge at 4633 Mission Blvd., Zanoni also donates any extra food left behind to help local churches feed Pacific Beach homeless.

Programs such as the Wednesday night Ministries of the Pacific Beach United Methodist Church. 1561 Thomas St., help take care of some of that extra food.

Every Wednesday the church feeds about 200 of the city's chronically homeless and provides free medical and dental services through the UCSD student-run clinic, said Marry Herron, board chair for the Welcome Door Foundation.

In cooperation with the church, Herron said her group still provides food as part of the group's mission regardless of complaints about more than 100 homeless people gathering in Pacific Beach every Wednesday.

"I'm sure it is inconvenient [for neighbors]. But I think feeding the hungry is a responsibility of everyone. Nobody should be hungry in our country," Herron said.

She said it costs about \$300 to provide a hot meal for about 200.

The organic food donations from Zanoni's business account for a small part of the total food prepared by the church, Herron said.

The Farm

The 85-acre Tierra Miguel Farm can label its produce organic

ic produce they grow. Fruits and vegetables from the North County farm are delivered each Tuesday to the Pacific Bean Coffee shop, 712 1/2 Garnet Ave., where members pick up their boxes of organic produce. The remaining food is donated to the Pacific Beach United Methodist Church for meals for the homeless

ic practices. Such practices include recycling a lot of the nutrient-rich compost material back into the soil and monitoring "balanced," Levendoski said.

Through the program, shareholders get a box of seasonal produce approved by California Certified Organic Farmers (CCOF). The CCOF follows United States Department of Agriculture National Organic Program standards to certify produce as organic.

According to the USDA, products labeled organic must contain at least 95 percent organically

The organically grown fruits, veggies, herbs and other foods throughout the year, but this fall's harvest would include squash, zucchini, pumpkin, tomatoes and cantaloupe, Levendoski said.

The farm also produces educational programs to inform students and other farms on the benefits and methods of producing local organic foods.

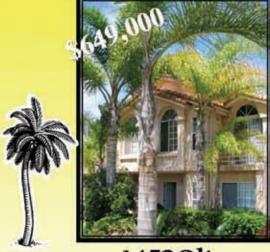
For more information on the farm or to sign up for shares visit www.tierramiguelfarm.org.



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SENTENCING

CONTINUED FROM Page 1

manslaughter and three misdemeanor battery charges involving injuries to three people at a New Year Eve's party he crashed in 2006 at a Mount Soledad house. He was fined \$1,114, and received credit for spending 54 days in jail before his family posted \$500,000 bond.

Eric Matthew House, 21, got 210 days in jail, with credit for 19 days previously spent in jail before his parents posted \$1.5 million bond. House pleaded guilty to involuntary manslaughter and was fined \$1.054.

Matthew Yanke, 22, also got 210 days in jail, with credit for three days spent in jail before his family was the first to post \$1 million bond for him. Yanke pleaded guilty to involuntary manslaughter and misdemeanor battery to one person who was injured at a 2006 party. He was fined \$1,074.

Hendricks, 22, received 90 days in jail, with credit for seven days before his parents posted \$500,000 bond. Hendricks pleaded guilty to being an accessory after the fact. He was fined \$1,054.

Cravens did not appear with the others Friday and will stand trial for murder on Oct. 14. He remains in the George F. Bailey Detention Facility on \$1.5 million bail. All five men are graduates of La Jolla High School.

"Nobody won, guys," Einhorn said. "Each of you, show your community, your families, the memory of Emery Kauanui and this court that I haven't made a mistake on this sentence (with probation).

"I will retain personal jurisdiction. If you violate probation, you're going to prison. It takes one screw up to get back to me," Einhorn said. "The key to prison will be given to

The judge ordered all four men to stay away from Windansea Beach for the next three years to avoid running into other surfers who might have known Kauanui. He ordered them to stay away from the La Jolla Brew House, where the incident began.

Kauanui fought with House at the Brew House and spilled beer over his head. Kauanui had also been drinking, and his blood/alcohol level at the hospital showed he was intoxicated. His girlfriend, Jennifer Grasso, drove him to his mother's home, but the live men later showed up outside. The fight began when Kauanui confronted the men in front of his house.

Einhorn also barred the men from contacting 17 people he named in court, which included the victim's family members, witnesses and people who were injured at parties that they have crashed.

He described the group as "a bunch of bullies that together think they are tougher and smarter."

"You didn't do a damn thing to help (Kauanui). Had one of you decided not to go (to Kauanui's house), we wouldn't be here," Einhorn said.

The judge said he imposed probation because none of the men had prior criminal records. The assault and battery charges that involved crashing parties and punching people were only filed after Kauanui's death. The group became known as

You didn't do a damn thing to help (Kauanui). Had one of you decided not to go to (to his house), we wouldn't be here.

JUDGE JOHN EINHORN

the Bird Rock Bandits, and people had called police about being attacked and threatened by the men, but their identities were not known until later.

Einhorn also ordered each one to pay \$1,127 to the probation department for costs in preparing probation reports. The probation department recommended all four men be placed on probation, with jail time and restrictions.

Hendricks' attorney asked the judge about a sentence with work furlough, but Einhorn stopped him firmly, saying, "They're not going to (get) work furlough."

Yanke, Hendricks and Osuna told the judge they had remorse. Yanke has been staying at a sober living facility since he was released from jail, his attorney said. House was overcome by emotion and close to tears and did not speak.

"This isn't about me. It's about the death of my friend, Emery. I take full responsibility for what I did that evening," Yanke said. "He was a loyal friend. I let him down that night. I'm very ashamed about that."

"My life has changed forever. I take full responsibility for my actions," said Osuna. "Not a day goes by I don't think about Emery. My lifestyle has changed."

"I go to church and pray for his soul every day. Not go to church, but pray," Hendricks said. "I accept full responsibility for being there."

Deputy District Attorney Sophia Roach sought prison terms for House, Yanke and Osuna. Roach showed a video of photos of Kauanui at various ages with an audiotape of 911 calls made by his neighbors when they saw him being beaten.

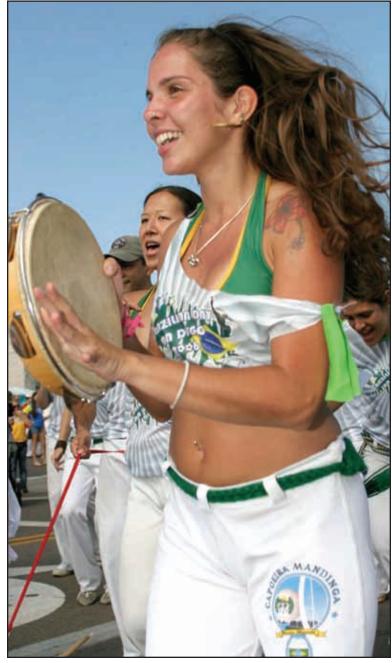
The video also included photos of Kauanui surfing, hanging out with friends and his girlfriend. The family's sobs were heard in the audience as it was playing.

"Emery is my treasure, the love of my life, as his mother. Thank God I had him for 24 years," his mother Cindy Kauanui said tearfully. "My life has not been the same. I don't know how long my heart will take to heal."

"I'm a little insulted these people are calling Emery a friend, considering I've never met them in my life," said his brother Caleb Alimboyoguen.

"We were given a life sentence. I lost the love of my life, my soulmate," said Jennifer Grasso, the victim's girlfriend. "I was screaming. I was kicking them to get these guys off Emery.

"Maybe their intent was not to kill him but to hurt him. Maybe they're remorseful, but they may be concerned how it affects their lives," she said.



PAUL HANSEN | BEACH & BAY PRESS

BRAZILIAN BEAT

Parade marchers follow the "baterias" - a group of 25 to 30 drummers - down Garnet Ave. in celebration of Brazilian Independence Day, Sunday, Sept 5.







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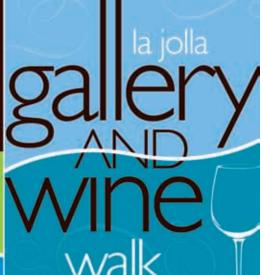
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1 LETTERS TO THE EDITOR [

Brazilians showed PB they know how to have fun

Who would think that a lightly advertised event of Brazilian Festival would pack Garnet Avenue? How many people were there? Please tell me.

All it took was great music, delicious food and Brazilians who know how to have fun.

Every Brazilian wore a shirt, scarf or sandals with a Brazilian flag or Brazilian colors. Although other foods were around, Brazilian food area had eternal wait lines. I stood in the sun for an hour and 10 minutes for churrasco only Brazilians could make, and it was worth it. People before me and after also waited that

Brazilian music can't keep you

Letters Policy

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still. We were all moving to the rhythm of the beat of samba and maracatu.

Hey, there was absolutely no alcohol. In PB, who would believe it?

It was a family affair, with little Brazilian kids dancing next to their moms. Celebration was vibrating in the air. Brazilians, you know how to party!

> **Sierra Wysling Pacific Beach**

Lack of restrooms makes PB Rec's ballfield foul

Baseball is our national pastime. Softball is played by millions of individuals in this country. Baseball diamonds and softball fields generally have

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TO SUBMIT

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restroom facilities available for players as well as spectators.

The Pacific Beach Rec Center has a wonderful softball field, yet there is only one freestanding restroom — an outside — in the area. Maybe the City of San Diego, the Pacific Beach Town Council or the Pacific Beach Improvement District should consider establishing more restroom facilities — those outhouses —at the rec center. By incorporating a greater number of outhouses at PB Rec, it would reduce the number of people urinating along the fences, on the sidewalks, in the bushes, on the trees, and homes in our area.

Maybe it is time to do something about this frequent and unpleasant occurrence in our community. The PB Rec Center is becoming a "foul" place.

> Stephen A. Luskin **Pacific Beach**

Beach ban nas actually created new problems

As a beach resident, this ban affects me negatively. The number of house parties is way up.

Now everyone coming to the beach to drink does it in bars. So DUIs are up. I go to the beach every day and I see no daily difference. The holidays were definitely quieter on the beach, but responsible people and businesses are being punished too.

If the temporary ban is working so great, then why does Proposition D expand the ban into places like Scripps Park, Nicholson's Point Park, Ocean Beach Park and more?

There was never a problem there before or right now! Some of the ban areas aren't even on the beach!

Proposition D is just way too heavy-handed for me to accept. I will be voting no on Proposition D. I hope that sends a message to City Council; think outside the box. Come up with a compromise. We need responsible laws, not knee-jerk reactions. There's no acceptable reason that responsible Americans should be affected by the actions of a few dumb drunks.

> **Wayne Fergerstrom Pacific Beach**



Now & Then **John Fry**

POOR BABY! Lynn McConnell is gonna move to Italy for a couple of years and is cleaning house. She thought the PB Historical Society might like a railroad spike she found in Rose Canvon and a chair arm from the Roxy Theater. I don't really have a place for them either, so I'll be happy to pass them on to the first person who contacts me at one of the numbers below.

Artistic Licenses: "NO CUDA" was on a vintage Dodge muscle car -apparently not a Barracuda. The interesting thing to me was that it was one of the really old black California plates with gold letters. I did not think personalized plates were available in those days. I enjoyed the license plate frame that said, "You gotta have balls to play golf the way I do." "GOLF BRAT," sadly, was on an entirely different car.

25 Years Ago: Roger Hedgecock celebrated 100 days in office as San Diego's 30th mayor on Sept. 1, 1983, noting that he was "pleased with his accomplishments" and hopeful of continued success "because of his willingness to work with City Council members and community leaders."

50 Years Ago: A sailor, racing his motorcycle at more than 90 miles an hour, was killed in Mission Bay Park, on Sept. 1, 1958. According to the Evening Tribune, the accident took place "east of Lapwai Street and north of the flood control channel" in an area used by motorcycle riders for high-speed runs. I'm wondering how far east the flood control channel went in 1958, because Lapwai Street — when it existed — was north of the Sports Arena in an area where I-8 is today.

75 Years Ago: "The National Cactus and Succulent Society of America visited the gardens of Kate Sessions Sunday," noted the Beach Paragraphs columnist in the Sept. 6, 1933, issue of the Evening Tribune. "Miss Sessions has an unusual display of cactus in her gardens on Mt. Soledad, Pacific Beach."

100 Years Ago: Superintendent MacKinnon reported a "healthy increase" in enrollment in San Diego's schools at the evening meeting of the board of education on Sept. 14, 1908. Florence Heights gained 102 students, Old Town 10 and La Jolla 13. Pacific Beach, how ever, went from 44 students to 37, which may have been due to a family moving elsewhere.

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

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

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

DISTRIBUTION Beach & Bay Press is available free every Thursday.

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PRINTED with soy inks and recycled paper.

DINING & ENTERTAINMENT

ArtWalk paints a pretty picture for SD schools

By MARTIN JONES WESTLIN | BEACH&BAY PRESS

If you're already familiar with ArtWalk – and unless you spend your springs in Nome, you've heard of it – you probably know something about its seasonal cousin. ArtWalk on the Bay, patterned after the outdoor fine arts festival that brings Little Italy to a halt one weekend in April, is set to run Saturday and Sunday, Sept. 13 and 14 at Embarcadero Marina Park North downtown. Founded in 2006, Art-Walk on the Bay will feature the work of more than 100 artists whose pieces are for sale and whose creators are always eager to meet their new patrons.

The festival gets a lot of mileage from the original ArtWalk, which boasts an annual attendance of six figures – but it also spearheads a community service targeted at a captive audience nine months out of the year. ArtReach, begun last fall at Garfield Elementary School in North Park, offers a visual art experience to kindergartners through sixth-graders throughout San Diego

"ArtReach is a logical outgrowth of ArtWalk," ArtWalk managing director Sandi Cottrell said. "ArtReach is ArtWalk's way of giving back to the community by addressing the great need for art education in the schools. We believe art is a necessity in children's lives, not a luxury."

Wholesale study results reflect that children learn more quickly and retain information longer when the arts are involved in their curricula. For program founder Cottrell, those results translate into real-life interactions in the classroom.

"You can really identify the kids



ArtWalk on the Bay at the Embarcadero Marina will feature the work of more than 100 artists. The event helps connect local artists with San Diego schools through the ArtReach project.

who've had some art in their lives, "Cottrell said, "whether it be from an after-school program or from their parents at home or if they've had teachers that teach them art. They're very confident and comfortable. They pick up the materials and start creating.

"You see kids who are clearly very uncomfortable and say, 'I don't know how to do this,' 'I can't do this'; we do try to make those children comfortable in the short time we have with them.

"As we go forward," Cottrell said, "we'll expand the curriculum a lot. [This month], we'll be looking at different activities we can do with the children. The first year was really going into the schools and looking at the logistics, how we keep the kids from having blue faces at the end of the day."

ArtWalk on the Bay has its younger attendees covered as well, chiefly through KidsWalk. This area offers hands-on educational art

activities for youngsters and their families, including participation in a drum circle and creation of an art project made of recyclable materials. There's also a kite-coloring project wherein the finished product is donated to an orphanage in Mexico.

Meanwhile, Cottrell said, ArtReach intends to found a scholarship program.

"To this point, we've had to charge the schools," Cottrell said. "As we have increasing funds, we'll be doing scholarships for schools that can't afford it."

This year's ArtWalk on the Bay will feature two entertainment areas with live music, featuring acts such as The Coyote Problem, Jordan Reimer and Kim DiVine. And "Artes de Mexico" will feature the work of 12 artists from south of the border.

ArtWalk on the Bay will take place Sept. 13 and 14, 10 a.m. to 5 p.m. For information, visit www.artwalkonthebay.org or call (619) 615-1090.



We are pleased to announce the marriage of David and Rosanne Indermill on July 26th, 2008

The wedding took place at 6:30 in the evening at Luscombs Point, on Sunset Cliffs in Point Loma overlooking the Ocean. The Reception was held at the Beautiful Hawthorne Estate. We would like to Thank our Beloved Families and Friends for all of their Love and Support, and Sharing in our Special Day.



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BRIEFS

CONTINUED FROM Page 3

any other large house appliances. Proceeds collected through the recycling program will benefit the San Diego Flyway Cities Coalition, which is made up of 35 local organizations that work to enhance wildlife habitats throughout San Diego County.

The event is open to all California residents, and ID is required. Donors will receive a coupon good for \$10 off general admission at SeaWorld for up to six people, a \$10 starter card from Lowe's and a \$20 coupon book from Fresh & Easy Neighborhood Markets.

For more information visit

www.seaworldsandiego.com or call (800) 237-4268.

SD Choral Club accepting new members for fall

The San Diego Choral Club is accepting new members for the fall and winter season through Sept. 16.

The women's group sings threeand four-part music, from popular to classical, and performs at retirement homes and other venues throughout San Diego County. With the money raised from concerts, the club presents a vocal scholarship each spring.

Practice is on Tuesday evenings, 7 to 8:45 p.m., at Our Redeemer Lutheran Church, 1370 Euclid Ave. (the group is not affiliated with the

church). For information call (858) 277-1319, or visit www.sandiegochoralclub.org.

Mossy Toyota hosts interactive hybrid exhibit

Mossy Toyota of Pacific Beach is hosting a free daylong hybrid car exhibit Thursday, Sept. 18, from 8 a.m. to 5 p.m.

Interactive displays will give drivers information on hybrid technology and how motorists can reduce their carbon footprint. Visitors can also test drive a new Prius.

Mossy Toyota is located at 4555 Mission Bay Drive. For information call (800) 275-6677 or visit www.Mossv.com.

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DINING & ENTERTAINMENT

YachtFest docks at Shelter Island to show off luxury on the high seas

By LARRY HARMON | BEACH&BAY PRESS

All aboard for a glimpse of luxury on the high seas when YachtFest docks at Shelter Island Thursday, Sept. 11, through Sunday, Sept. 14.

The festival features yachts ranging from 50 to 115 feet long and gives both seasoned sailors and aspiring yachters the rare opportunity to inspect some of the world's most lavish floating vessels. More than \$50 million worth of boats, electronics, engines and other accessories from major international manufacturers will also be on display and for sale during the festival.

The event coincides with the Port of San Diego's push to create a yacht basin at the Embarcadero big enough to handle eight "mega-yachts," which are any luxury vessels longer than 80 feet, to help draw tourists to the city.

While owning a yacht is probably out of reach for the majority of people, attendees can learn what it takes to charter a luxury ship for a party or a fun-filled vacation.

The event is located at the Island Palms Hotel and Marina. 2051 Shelter Island Drive. For more information visit www.yachtfest.com or call (858) 836-0133.



Living well is having a Jacuzzi on your boat. The Endless Summer, a 94-foot Paragon yacht, was open for visitors at the 2007 YachtFest, which returns to Shelter Island Sept. 11-14.





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correction regarding the "living art" jewelry at Marino's.

Joyce, a daily diner at Marino's restaurant wore her pet, a bejeweled hard shell scarab beetle (all the rage in New York society circles) to the restaurant on a regular basis (not the owner).

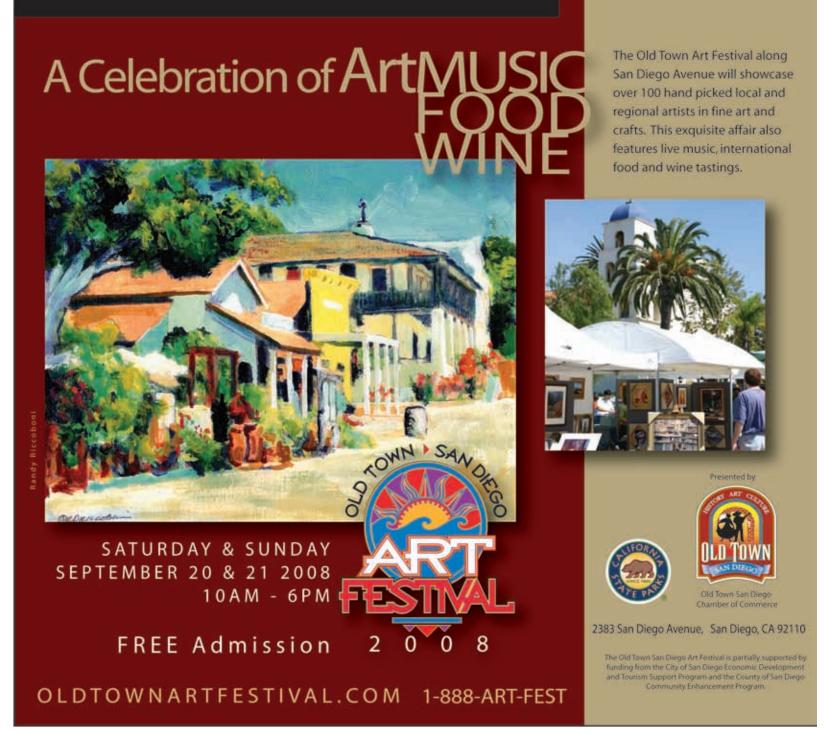
Jimmy the piano player was also a regular at Marino's. Blind from birth he could play any song requested for over 28 years, sadly Jimmy has passed

Marino's authentic Italian restaurant has been family owned and operated 50 plus years. Matriarch Sue Marino continues to do all the cooking, her son Mark and daughter Linda carry on the Marino's tradition, visit them 6 days a week, no reservations required at 4475 Ingraham Street.

Starbucks (1359 Garnet Avenue) Drop in and check out the "Treat Receipt" promotion: Purchase a drink before 2pm, bring back your 'Treat Receipt" after 2pm the same day and get a Grande Size cold drink for \$2.00.Check other Starbucks locations to see if they are offering the same treat receipt promotion.

Pacific Bean Coffee Company Free WiFi Owners Adrian Lizano and Nick Zanoni go the distance to serve all organic coffee beans from fair trade companies, locally sourced produce from a non-profit farm in Escondido and all natural products from Cafe Moto and Charlie's Breads. Dedicated recyclers their "To Go" boxes are made from easily biodegradable corn husks and they actually pay to ship empty Styrofoam egg cartons back to the manufacturer, they also donate produce to the local Methodist church. You'll reap the rewards of their "green efforts" in taste and quality at 712 1/2 Garnet Ave. Try the unique made fresh daily citrus hollandaise sauce a secret family recipe.

Please share your beach area fun, funky and interesting facts, email kirby@sdnews.com





The Foothill South Toll Road will destroy the state park at San Onofre.

Yet Orange County politicians push this \$1.3 billion boondoggle and ignore public support for alternatives. And they mislead the public about the damage this road will do to California's 5th most visited state park.

The route for Foothiil-South does not be damage any campsites within the San Onofre State Park."	San Mateo Creek Campground - the quiet wilderness campground closest to Trestles - would be rendered unusable by the construction of a six-lane toll road within a few yards of it. The California Parks Department - in a study commissioned by TCA itself - concluded that the toll road would force the abandonment of the entire San Mateo Campground, including all 161 sites and nearly 60% of the park (over 1,000 acres).
"Noise impacts from the road near the San Mateo campground will be offset by the construction of a sound wall."	This 16-feet sound wall, sited only yards from the back of the park's outdoor amphitheater, is hardly an appropriate backdrop to a lecture on the great outdoors.
"The route that was selected provides the most traffic relief"	Two other routes provided more congestion relief to 1-5 but were rejected by TCA, based on their flawed assumptions about property impacts.
"Two independent studies conducted by Skelly GeoSoils, Inc. and RBF Consulting confirmed that there will be a negligible impact to the surf break at Trestles."	These studies aren't "independent" - they were paid for by the toll road agency itself. Studies conducted by opponents of the toll road - who have no financial stake in the project - show that the toll road presents an unacceptable risk to the surfing conditions at this world famous, historic beach.
"South Orange County residents support completing the last segment of the 241 Toll Road, according to a 2005 public opinion survey."	just recently found that 70% of Orange County voters overwhelmingly opposed putting the 241 through a state park.
"The route for Foothill-South was the consensus choice of the Environmental Protection Agency, U.S. Fish & Wildlife Service, and other resource agencies."	In actuality, federal agencies have not yet chosen a preferred route. Moreover, the U.S. Fish & Wildlife Service recommended moving the road, and the California Parks Commission and Native American Heritage Commission have filed lawsuits to stop the project.

Save the Park. Stop the Toll Road.

Attend the Public Hearing:

Sept. 22 - 10 a.m. - Del Mar Fairgrounds

For more information, go to www.SaveSanOnofre.com

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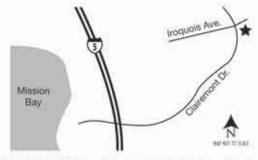


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Bird Rock Calendar

September 2008

Saturday, September 20th Coastal Cleanup Day 24 Annual California Coastal Clean-up Day 9am-12pm www.cleanupday.org

October 2008

Tuesday, October 7th Community Meeting 6pm - Maitre D' Restaurant

*To add an event, email Kristin@sdnews.com





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BUSINESS SPOTLIGHT : Halcyon Aveda Salon

hal·cy·on [hálssee ən] A fabled bird, identified with the kingfisher, that was supposed to have had the power to calm the wind and the waves while it nested on the sea.



¬ he new San Diego Halcyon Aveda is La Jolla's latest salon craze, and it fits perfectly into the upscale Bird Rock streets of boutiques, spas, and restaurants. The scents of fragrant plant and flower products reach you before you even enter the salon and once inside, it is hard to not want to buy the entire line of Aveda products on the spot. Halcyon offers hair cuts, coloring and styling as well as a"hair spa" treatment which helps repair dull and damaged locks with moisture treatments and even comes with the option of a mini massage. Alongside great hair care, Halcyon Aveda also pledges themselves to help protect the environment and stay involved in the local community they are apart of. Fittingly named after the calming, yet powerful Halcyon bird, this salon will be sure to give you a revitalizing hair treatment in their serene and beautiful setting. The La Jolla Halcyon Aveda Salon now fills the Bird Rock location of the former Blue - The Salon.

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New season starts with upsets, injuries

By BOB HURST | BEACH & BAY PRESS

The NFL season started with a bang on Sunday.

There were upsets, injuries and outstanding debuts and performances. Carolina snatched victory away from the San Diego Chargers in the closing seconds and the Chicago Bears marched into Indianapolis and ruined the debut of the Colts' new stadium.

The balance of power in the AFC East and the NFL may have changed with the season-ending knee injury to New England Patriots quarterback Tom Brady. Meanwhile, Brett Favre led the New York Jets to victory in his first game with the team while the guy who took his job in Green Bay, Aaron Rodgers, also shined in his NFL debut.

And former Chargers running back Michael Turner rushed for an Atlanta Falcons team record in a win over Detroit.

Chargers collapse: Preseason dreams usually look better for most teams than reality. The San Diego Chargers found that out on Sunday when they suffered a heartbreaking 26-24 defeat at the hands of Jake Delhomme and the Carolina Panthers.

A preseason choice by many experts to reach the Super Bowl, the Chargers were left scratching their heads after Delhomme led the Panthers to victory with a 14yard touchdown pass to Dante Rosario with no time left on the clock. Carolina sent five receivers

into the end zone while Delhomme pump-faked the Bolts defense.

Chargers quarterback Philip Rivers had just put his team up 24-19 on a five-yard pass to Vincent Jackson with 2:27 to play.

"We watched film on them and know what they would do, but they also did a lot of things that we didn't expect," Chargers linebacker Shawne Merriman

It was only the Chargers' second home loss in their last 17 regular season games at Qualcomm Stadium. Now they travel to Denver, where at least they know what to expect.

Bears upend Colts: Rookie Matt Forte ran for 123 yards, including a 50-yard TD run, and the Chicago Bears defense shut down a rusty Peyton Manning and his Indianapolis offense in a stunning 29-13 win.

Brady out for season: Patriots quarterback Tom Brady is out for the season with what appears to be a torn ACL in his left knee. He suffered the injury in Sunday's game at Kansas City when Chiefs safety Bernard Pollard hit him in the lower leg. Pollard had been blocked by Sammy Morris beforehand. Matt Cassel, who hasn't started a game since high school, takes over at quarterback for the Patriots.

Favre, Rodgers off to good starts: Former Green Bay quarterback Brett Favre and new Packers QB Aaron Rodgers kept their fans

happy in Week 1. Favre, now with the Jets, went 15-for-22 for 194 yards, two TDs and no interceptions in a 20-14 win over Miami. Rodgers was 18-for-22 for 178 yards, a TD and no picks in a 24-19 win over Minnesota.

Burner Turner lifts Falcons: Former Charger running back Michael Turner made the most of his debut with Atlanta, setting a team record by rushing for 220 yards in a 34-21 victory over Detroit. Turner ran for two scores, including a 66-yard run.

Week 1 Leaders: **Passing**

Donovan McNabb, Eagles, 21-33, 361 yards, 3 TDs, 0 INT. Drew Brees, Saints, 23-32, 343 yards, 3 TDs, 1 INT. Tony Romo, Cowboys, 24-32, 320 yards, 1 TD, 1 INT.

Rushing

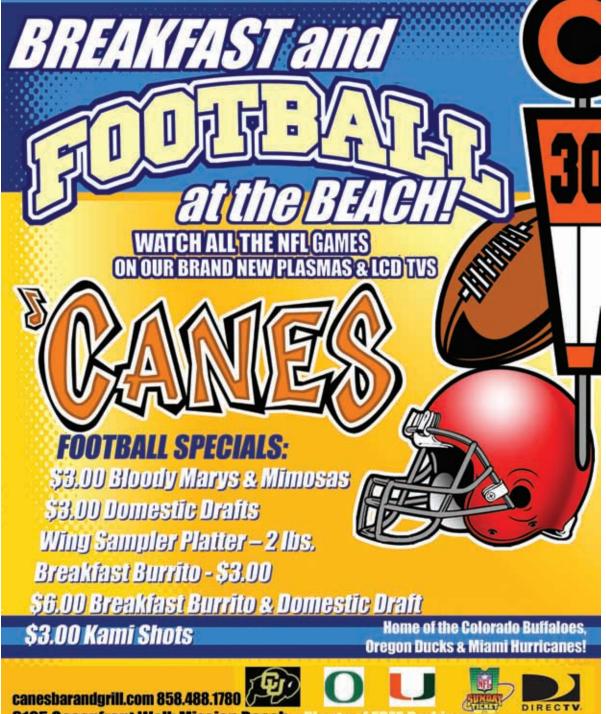
Michael Turner, Falcons, 22 carries, 220 yards, 2 TDs. Willie Parker, Steelers, 25 carries, 138 yards, 3 TDs. Matt Forte, Bears, 23 carries, 123 yards, 1 TD.

Receiving

116 yards, 1 TD.

Eddie Royal, Broncos, 9 catches, 146 yards, 1 TD. Plaxico Burress, Giants, 10 catches. 133 yards, 0 TD. Randy Moss, Patriots, 6 catches,

SEE SEASON, Page 15



3105 Oceanfront Walk Mission Beach

Week 2 NFL Preview & Picks

By BOB HURST | BEACH&BAY PRESS

Will there be more upsets and key injuries this week? How will the Patriots survive without Tom Brady? Philadelphia and Dallas play in one of the season's early big matchups. All times are Pacific.

Sunday Sept. 14 Chicago 1-0

at Carolina 1-0, 10 a.m.

Last Meeting: Panthers won 29-21 in Divisional playoff at Chicago

Stats & Stuff: Chicago rookie running back Matt Forte ran for 123 yards, including 50-yard touchdown in win over Indianapolis. Jake Delhomme's 14-yard TD pass with no time left gave Panthers an upset win over San Diego.

Game Day: Both teams are coming off surprise victories. Bears are playing better defense, but Delhomme is the miracle man.

Pick: Panthers 23, Bears 20

Tennessee 1-0 at Cincinnati 0-1. 10 a.m.

Last Meeting: Bengals won 35-6 at home in 2007.

Stats & Stuff: Titans defense recorded 7 sacks in Week 1. Cincinnati's Carson Palmer was just 10for-25 for 99 yards in loss to Ravens.

Game Day: Bengals should rebound from a poor offensive showing. Tennessee's Kerry Collins gets the call at QB for injured Vince Pick: Bengals 24, Titans 17

Green Bay 1-0 at Detroit 0-1, 10 a.m.

Last Meeting: Packers won 34-13 at home in 2007.

Stats & Stuff: Green Bay has won last 5 meetings and 7 of 8 vs. Lions. Detroit is 31-82 since the start of the 2001 season.

Game Day: Packers' OB Aaron Rodgers tries to make it 2 in a row after strong NFL debut.

Pick: Packers 30, Lions 23

Ruffalo 1-0 at Jacksonville 0-1, 10 a.m. **Last Meeting:** Bills won 14-3 at home in 2005.

Stats & Stuff: Ryan Denney ran back a punt for a 63-yard touchdown and caught 19-yard TD pass in Buffalo's win over Seahawks. Jaguars were held to 33 yards on the ground in 17 carries by Saints. **Game Day:** Bills could be in the

SEE **PREVIEW**, Page 15

On Target with Robert Bullet

Last Week's Bets

4 wins, 3 losses

Overall

4 wins, 3 losses

Best Bets This Week

Atlanta +8 1/2 over Tampa Bay Philadelphia +7 1/2 over Dallas Cincinnati -1 1/2 over Tennessee Miami +7 1/2 over Arizona





DON BALCH | BEACH & BAY PRES

Despite coming into the season opener as a 9-point favorite, Carolina's defense kept a lid on the Bolts' offense, holding LaDainian Tomlinson to 97 yards rushing.

Panthers claw past the Bolts 26-24 in the final seconds

By DAVE THOMAS | BEACH&BAY PRESS

Losses come in all shapes and sizes. Last Sunday's last-second set-back for the San Diego Chargers at home was big and painful.

Nursing a 24-19 lead on the game's final play with :02 remaining, Chargers players and fans thought this one was in the bag. Carolina Panthers QB Jake Delhomme had the challenging task of finding the end zone or taking the long flight back to Charlotte at 0-1. Guess what?

Delhomme and tight end Dante Rosario connected on a 14-yard pass in the back of the end zone as time expired, sending the Panthers into a wild frenzy, while Chargers players, fans and coaches looked on in amazement.

Delhomme, who watched much of last season from the sidelines with an elbow injury, calmly marched the Panthers down the field after San Diego had taken the lead on a 5-yard TD pass from Philip Rivers to Vincent Jackson with just over two minutes remaining.

According to Delhomme, who passed for 247 yards on the day, the game's final play seemed to take forever.

"I'm just standing there," Delhomme said, "and it was like it was going in slow motion, just looking, looking, looking. Dante and I just caught eyes."

What the Chargers caught was a 0-1 start to a season many expect could end in Tampa next February for the Super Bowl.

San Diego, which came in as a 9-point favorite, was behind 19-10 in the fourth quarter before rallying for a pair of touchdowns, but the rally died on the field with Delhomme's heroics.

"I don't know if it's a wake-up call," San Diego running back LaDainian Tomlinson said. "It is what it is. There's no guarantees that you're just going to blow people out or win all these games. They're hard-fought games."

Yes, it was a hard-fought win, but for the Panthers, not the Chargers.

FIFTH QUARTER: Rivers finished with three TD passes on the day, while Tomlinson was held under 100 yards (97 yards) rushing. San Diego visits AFC West rival Denver this Sunday for a 1:15 p.m. start. The Broncos opened the season Monday evening with a 41-14 rout of Oakland.

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Bucs break in Eagles' new field with 40-7 win

By PAUL ROSS | BEACH & BAY PRESS

The Mission Bay Buccaneers sailed their football crew to El Cajon Friday, Sept. 5, where they took on the largest high school in East County in their first game of the season. City, county and school district officials were present to celebrate the first game on a bright new artificial turf playing field at Granite Hills High School.

The Buccaneers christened the new field well with a 40-7 cruise over the Eagles.

"We played real well in spots. I'm very happy with the outcome," said head coach Willie Matson. "But we can improve. I'm really anxious to see this team's real potential."

The Bucs took the opening kick off and moved to within striking distance. Mission Bay's senior-transfer quarterback Bryan Allen stepped up and connected with wide receiver Ray Herring for a 32-yard touchdown streaking down the left side.

A fumble on the Eagles' kickoff return came up in the Bucs' hands at the Granite Hills 45-yard line. A few plays later Allen connected on a beautiful pass over the middle with Dillon Baxter for a 21-yard TD pass. Manuel Bohena added the first of 4 extra point kicks.

Seven minutes into the game, the Eagles earned their first firstdown. Early in the second quarter



PAUL DOUGLAS | BEACH & BAY PRESS

Quarterback Bryan Allen (4) takes a keeper on a sweep around the left side. Allen scored a touchdown and threw for four during Mission Bay's 40-7 win over Granite Hills High Sept 5.

the Eagles put together their lone scoring drive capped with a 13-yard TD pass.

Late in the half the Bucs intercepted an Eagle pass at midfield. With 40 seconds left, Mission Bay capitalized and scored on a 13-yard pass from Allen to Anthony Alvarez.

It was 20-7 Bucs at the half. Midway through the third quarter, a huge pass from Allen to wide receiver Herring got the Bucs 50 yards up field. The big play set up a 9-yard TD pass to Baxter over the right side.

Late in the third quarter, desperate pass plays by the Eagles emerged and the Bucs took advantage. Linebacker Austin Quintero snagged a Granite Hills pass and returned it 31 yards untouched to the end zone. The extra point was blocked — showing the Eagles had not given up.

Just 37 seconds into the fourth quarter the Bucs completed one more drive when Allen saw his receivers covered and banged his way 12 yards into the end zone for the final TD.

The Bucs put in the second

string for the rest of the game and coasted away with the comfortable win.

"The defense was beautiful," Matson said. "The offense did a great job adjusting under pressure — Granite Hills employs a tough defense."

Quarterback Allen received the "You Rock" award from the coaches for the game's best performance, presented by the cheersquad, for his four TD passes and solo touchdown run.

The Bucs head off to Riverside County Friday, Sept. 12, for a game at Paloma Valley High near Perris. They return to host Bonita Vista high Sept 19 at 3 p.m.

Granite Hills was a Division I school while Bonita Vista is Division II — Mission Bay is Division IV in football.

"We have a hard schedule, and want it that way, so we will be prepared down the road when it counts," Matson added.

Mission Bay football information is available at the school website www.missionbayhigh.com or from coach Matson at 858 273-1313 ext. 137.



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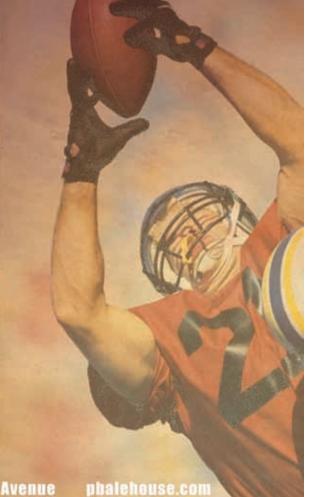
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CONTINUED FROM Page 12

mix for AFC East title. Jacksonville has to get offense going. Pick: Jaguars 16, Bills 14

Oakland 0-1 at Kansas City 0-1, 10 a.m. Last Meeting: Raiders won 20-17

at Kansas City in 2007.

Stats & Stuff: Oakland snapped 9game losing streak to Chiefs last season. Chiefs QB Brodie Croyle is 0-7 as a starter.

Game Day: Raiders are stumbling again. Kansas City starts Damon Huard at quarterback after Croyle sustained shoulder injury. Pick: Chiefs 27, Raiders 13

Indianapolis 0-1

at Minnesota 0-1, 10 a.m. **Last Meeting:** Colts won 31-28 at home in 2004.

Stats & Stuff: Colts streak of 21 consecutive wins in Sept./Oct. was snapped in Week 1. Minnesota's Adrian Peterson has 7 career 100yard rushing games in 15 total contests.

Game Day: Peyton Manning looks to shake the rust off this week and get the Colts in the win column. Pick: Colts 31, Vikings 24

N.Y. Giants 1-0 at St. Louis 0-1, 10 a.m.

Last Meeting: Giants won 44-24 at home in 2005.

Stats & Stuff: Giants defense held Washington to 209 total yards in Week 1 win. St. Louis had 109 total yards through 3 quarters in blowout loss to Eagles.

Game Day: If Giants 'D' is for real, they'll easily shut down the hapless Rams.

Pick: Giants 35, Rams 14

New Orleans 1-0 at Washington 0-1, 10 a.m. **Last Meeting:** Redskins won 16-10 at New Orleans in 2006.

Stats & Stuff: Drew Brees passed for 343 yards, 3 TDs in Saints victory over Tampa Bay in opener. Washington's offense crossed midfield just 3 times in defeat to Giants.

Game Day: Brees and New Orleans appear to be back in business. Pick: Saints 23. Redskins 14

San Francisco 0-1 at Seattle 0-1, 1:05 p.m.

Last Meeting: Seahawks won 24-0 at home in 2007.

Stats & Stuff: 49ers had 6 turnovers in Week 1 loss. Seattle outscored 49ers 47-3 in season sweep last year.

Game Day: Seahawks coach Mike Holmgren will have his team better prepared this week.

Pick: Seahawks 28, 49ers 10

Atlanta 1-0 at Tampa Bay 0-1, 1:05 p.m. **Last Meeting:** Buccaneers won 37-3 at home in 2007.

Stats & Stuff: Falcons quarterback Matt Ryan is first since 2000 to throw a TD pass on first attempt in the NFL. Tampa Bay outscored Falcons 68-10 in season sweep last

Game Day: If Ryan and Michael Turner have big games again, this could be a different year for Atlanta. But Bucs say "not so fast."

Pick: Buccaneers 20, Falcons 14

Miami 0-1

at Arizona 1-0, 1:15 p.m. Last Meeting: Cardinals won 24-23 at Miami in 2004.

Stats & Stuff: Chad Pennington went 26-for-43 for 251 yards and 2 TDs in debut with Dolphins. Anquan Boldin had all of his 8 catches for 82 yards in second half of Arizona's win at San Francisco. **Game Day:** Kurt Warner leads a boring yet efficient offense for Ari-

Pick: Cardinals 23, Dolphins 16

San Diego 0-1 at Denver 1-0, 1:15 p.m.

Last Meeting: Chargers won 23-3 at home in 2007.

Stats & Stuff: San Diego quarterback Philip Rivers is now 15-2 as a starter at home. Bolts have averaged nearly 37 points per game in 4 straight wins over Denver. Broncos WR Eddie Royal's 146 receiving yards were the most in Week 1. **Game Day:** Chargers hope to return to winning ways, but Denver poses a threat in AFC West. Pick: Broncos 27, Chargers 24

Baltimore 1-0 at Houston 0-1, 1:15 p.m. **Last Meeting:** Ravens won 16-15

at home in 2005. Stats & Stuff: Baltimore's defense still hasn't allowed a 100-yard rusher in 20 games. Texans' Andre

Johnson had 10 catches for 110

yards in loss to Pittsburgh. **Game Day:** Rookie QB Joe Flacco looks like a good fit for the Ravens, who thrive with their defense. **Pick:** Ravens 19, Texans 16

New England 1-0

at N.Y. Jets 1-0, 1:15 p.m. **Last Meeting:** Patriots won 20-10 at home in 2007.

Stats & Stuff: Patriots have won 10 of last 11 meetings with New York. Brett Favre threw for 2 TD passes in debut with Jets.

Game Day: Tom Brady's seasonending injury changes everything in the AFC East, and the Jets hope to take advantage behind Favre. Matt Cassel gets first NFL start for Patriots, who might turn to the run more.

Pick: Jets 23, Patriots 20

Pittsburgh 1-0 at Cleveland 0-1, 5:15 p.m.

Last Meeting: Steelers won 31-28 at home in 2007.

Stats & Stuff: Steelers have won 9 straight and 15 of 16 over Cleveland. Browns have already matched their loss total at home for last season, when they went 7-

Game Day: Pittsburgh dominated in Week 1 and could be in for a big

Pick: Steelers 30, Browns 24

Monday Sept. 15 Philadelphia 1-0 at Dallas 1-0, 5:30 p.m.

Last Meeting: Eagles won 10-6 at Dallas in 2007.

Stats & Stuff: Philadelphia had 522-166 advantage in total yards in 38-3 win over Rams in season opener. Tony Romo passed for 320 yards and TD in Cowboys win. **Game Day:** These two could be battling for the NFC East title. Donovan McNabb vs. Tony Romo

is a treat to watch. Pick: Cowboys 20, Eagles 19

Tackles

London Fletcher, Redskins, 17. Rodney Harrison, Patriots, 14.

Sacks

James Harrison, Steelers, 2. John Abraham, Falcons, 2

Interceptions

Cortland Finnegan, Titans, 2

Quotable: "I know I made the right decision. I'm a New York Jet. I don't know about a native New Yorkian or however you say it. Hey, I'm happy to be a Jet."

-Brett Favre, after winning his debut with the Jets.

Sidelines: Atlanta's Matt Ryan and Baltimore's Joe Flacco became the 11th and 12th rookie quarterbacks since 1990 to start an NFL season opener. They both won on Sunday... Former Buffalo Bills tight end Kevin Everett was given the George Halas Award on Sunday at halftime in Buffalo for overcoming the most adversity last season. Everett injured his spinal cord in a game last year and it was initially feared that he would never walk again. Although Bengals' wide receiver Chad Johnson legally changed his name to Chad Ocho Cinco (to coordinate with his No. 85 jersey), the NFL did not allow him to wear his new name on his jersey on Sunday. Apparently a financial obligation to Reebok, which makes the jerseys that are available to fans, has to be resolved.

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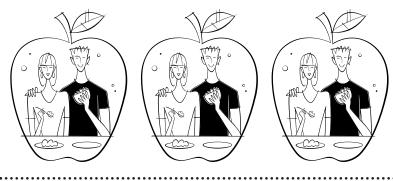
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Co-op member Cathy Banks has been making Apple Bars for years, and always uses certified organic ingredients. This recipe can be used with any variety of apples, so pick your favorite and start your baking oven.



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- 1. Start Earlier—clients who usually started at 6 a.m., got out of bed earlier. A half-hour made a significant difference in their overall energy. The early morning "coolness" motivated them to get it done fast before the sun sizzled. Starting earlier to get fit pays offs!
- 2. Location, Location—choose a location near the water—it feels cooler to the skin while sweating pounds-off. San Diego's waterfront was refreshing and the beach boardwalk was also cooler and an entertaining location (time passes faster) in the heat.

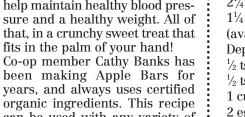
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For more information, contact Lizbeth Garcia (858) 454-7380, www.TilciaStudios.com New location at 4645 Cass St., San Diego 92109



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2½ cups unbleached flour 1½ cups xylitol or cane sugar (available from People's Bulk

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4-5 cups sliced apples

 $1\frac{1}{2}$ tsp. cinnamon

Preheat oven to 350°. In your favorite mixing bowl, combine 2 cups flour, ½ cup xylitol, baking powder and salt. Cut in butter until mixture is crumbly. Stir in egg volks. Press ½ of mixture into a lightly oiled 9 x 13-inch pan. In another mixing bowl, combine apples, remaining flour, xylitol, and cinnamon, then spoon apple mixture over crust in pan. Sprinkle remaining crumb mixture over apples, then bake for 45-50 minutes. Let cool before drizzling icing on top. Cut into 24 bars.

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LEGAL ADS 700

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(CITATION JUDICIAL)
NOTICE TO DEFENDANT: (AVISO A ACUSADO) **Brian Kelly**

YOU ARE BEING SUED BY PLAINTIFF: (A UD. LE ESTA' DEMANDANDO) Mireya Marta

You have 30 CALENDAR DAYS after this summons is served on you to file a type-written response at this court. A letter or phone call will not protect you;

your typewritten response must be in proper legal form if you want the court to hear



LEGAL ADS 700

If you do not file your response on time you may lose the case, and your wages, money and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you dont know an attorney, you may call an attorney referal service or a legal aid office (Listed in the phone book).

Después de que le entreguen esta citació judicial usted tiene un plazo de 30 DIAS CAL-ENDARIOS para presentar una respuesta

escrita a maquina en esta corte Una carta o una llamada telefónica no le ofrecerá protección; su respuesta escrita a máquina tiene que cumplir con las formalidades legales apropiadas si usted quiere que la corte escuche su caso.

Si usted no presenta su respuesta a tiempo, pude perder el caso, y le pueden quitar su salario, su dinero y ostras cosas de su propiedad sin aviso adicional por parte de la

Existen otros requisitos legales. Puede que usted quiera llamar a un abogado inmediatamente. Si no conocea un abogado, puede llamar a un servicio de referencia de abogados o a una oficina de ayuda legal (vea el directorio telefónico). CASE NUMBER: (NUMERO DEL CASO)

D 444555JRW

The name and the address of the court is: (El nombre y dirección de la corte es)
SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO

1501-55 SIXTH

SAN DIEGO, CA 92101-1946 The name, address and telephone number

of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es) Mireya Marta

San Diego, Ca. 92154 Date: (fecha) MAY 27, 1998 KENNETH E. MARTONE CLERK OF THE SUPERIOR COURT by R. CAZAREZ, Deputy (Delegado) ISSUE DATE (S): AUG 21, 28 SEPT 04 AND

> SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) LLOYD NAKAMURA, and DOES 1 to 10

YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMAN-DANTE)
MICHELLE PALMA

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find theese court forms and more information at the california courts

online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal serv

ices program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar asso-

Tiene 30 DíAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una

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llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. puede encontrar estos formularios de la corte v más informacion en el Centro de Ayunda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en

biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presntacieón pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más adver-

tencia.Hay otros requisitos legales Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a aabogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de

lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhe lp/espanol/), o poniéndose en contacto con la corte o el colegio de abogados locales

The name and address of the court is: (El nombre y dirección de la corte es): SAN DIEGO SUPERIOR COURT 330. W BROADWAY SAN DIEGO, CA.92101

MAIN BRANCH CASE NO: 37-2008-0007988-CU-PA-CTL The name, address, and telephone number of plaintiff's attorney, or plaintiffwithout an

(El nombre, la direccieón y el número de

abogado del demandante, o del demandante que no tiene abogado, es): DANNY R. MC DONALD SB# 157972 MERKER & MC DONALD 4403 PARK BOULEVARD SAN DIEGO, CA. 92116 DATE: MAR 12, 2008 clerk , by D. SMITH, Deputy ISSUE DATES: AUG 21, 28 SEPT 04 AND 11,

STATEMENT OF DAMAGES (Personal injury or wrongful death)

To (name of one defandant only): LLOYD NAKAMURA

Plaintiff (name of one plaintiff only): MICHELLE PALMA seeks damages in the above-entitled action,

as followes: 1. GENERAL DAMAGES

- Pain and suffering, and inconvenience \$100.000.00
- b. Emotional distress \$0.00 c. Loss of consortium \$0.00
- d. Loss of society and companionship (wrongful death actions only) \$0.00
- e. Other (specify) \$0.00 f. Other (specify) \$0.00 Continued on attachment 1. g.
- 2. SPECIAL DAMAGES a. X Medical expences (to date) \$10,000.00
- b. XFuture medical expences (present value)
- c. X Loss of earnings (to date) \$50,000.00 d. X Loss of future earnings capacity (present value) \$50,000.00
- e. Property damage \$0.00 f. Funeral expences \$0.00
- g. Future contributions (present value) (wrongful death actions only)
- h. Value of personal service, advice, or training (wrongful death actions only)
- Other (specify) \$0.00
- Other (specify) \$0.00 Continued on attachment 2.k. \$0.00

3. X Punitive damages: Plaintiff reserves the right to seek punitive damages in the amount of (specify) \$250,000.00 when pursuing a judgement in the suit filed against you Date: 06/04/2008

DANNY R. MC DONALD SB#157972 ISSUE DATE(S): AUG 21, 28 SEPT 04 AND

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-025443 THE NAME(S) OF BUSINESS: J NYQUIST FITNESS

located at: 4707 COCONINO WAY SAN DIEGO, CA. 92117 is hereby registered by the folllowing owner(s): JEREMY I NYQUIST This business is being conducted by : A N INDIVIDUAL The transaction of business began on: 08/01/08 The statement was filed with Gregory J. Smith, County Clerk of on: ALIG 1 Dates: AUG 21, 28 SEPT 04 AND 11, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-025199 THE NAME(S) OF BUSINESS: **DADDY & SON CLEANERS**

located at: 5010 CASS ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): MANUEL ALEJANDRO ing owner(s): MANUEL ALEJANDRO OROPEZA MELENDEZ, ANDRES SANCHEZ SOTELO This business is being conducted by: CO-PARTNERS The transaction of business began on: 08/07/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 07, 2008

LEGAL ADS 700

Issue Dates: AUG 21, 28 SEPT 04 AND 11, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-023264 THE NAME(S) OF BUSINESS:

ELITE CORE TRAINING
located at: 4452 MENTONE ST. #108 SAN DIEGO, CA. 92107 is hereby registered by the folllowing owner(s): CHRISTOPHER PEACHER, LINDSEY SIDES This business is being conducted by: CO-PARTNERS The transaction of business began on: 07/21/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: 2008 Issue Dates: AUG 21, 28 SEPT 04 AND 11, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-024359 NO PLACE LIKE HOME

located at: 3881 MARLESTA DR. SAN DIEGO, CA. 92111 is hereby registered by the following owner(s): GLENDA B. BROWN
This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 05/0108 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: JUL 31, 2008 Issue Dates: AUG 21, 28 SEPT 04 AND 11, 2008

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOSHUA ALLEN THORESON CASE NUMBER:

37-2008-00152017-PR-LA-CTL1. To all heir's, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both. of (specify all names by which the JOSHUA ALLEN THORESON

2. A Petition for Probate has been filed by: RONALD LEROY THORESON in the Superior Court of California, County of : SAN DIEGO

3. The Petition for Probate requests that : RONALD LEROY THORESON be appointed as personal representative to

administer the estate of the decedent.

4. The petition requests the decedent's will and codicils, if any, be admitted to probate The will and any codicils are available for examination in the file kept by the court.

5. The petition requests authority to admin-

ister the estate under the Independent Administration of Estate Act. (This authority will allow the personal representative to take many actions without obtaining court approvl. Before taking certain very important actions the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the

6. A hearing on the petition will be held in

this court as follows: a. Date: SEP 18, 2008 Time:9:00 Dept: PC-

b. Address of court SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIFGO

1409 Fourth Ave. San Diego, CA. 92101 Madge Bradley Building

7. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. 8. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the

hearing date noticed above.

9. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available

from the court clerk.

10. Attorney for petitioner: JUDY L. CARVER ATTORNEY AT LAW

2534 Northrup Avenue, Suite B Sacramento, CA. 95825 916-480-0990

ISSUE DATE(S): AUG 28, SEPT 04 AND 11,

PETITION FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, HALL OF JUS-TICE

220 W. BROADWAY SAN DIEGO , CA. 92101-CASE NO: 37-2008-00089680-CU-PT-CTL

PETITIONER OR ATTORNEY, EVGUENI UGORSKI 5656 TAFT AVE. LA JOLLA, CA. 92037 858-456-2774 HAS FILED A PETI-TION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM EVGUENI VALERIEVICH UGORSKI TO EUGENE UGORSKI THE COURT ORDERS

LEGAL ADS 700

THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON DEC 11, 2008 AT 8:30 AM DEPARTMENT D-25 220 WEST BROADWAY SAN DIEGO, CA.

ISSUE DATES: AUG 28 SEPT 04, 11, AND

18, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026858 THE NAME(S) OF BUSINESS:

THE NAMICS) OF BUSINESS:
STIARE, STOLTEY INSURANCE
located at: 1666 GARNET AVE STE. 114
SAN DIEGO, CA 92109 is hereby registered by the folllowing owner(s): JETSTOLTEY This business is being conducted by: A N INDIVIDUAL. The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 21, 2008 Issue Dates: AUG 28 SEPT 04,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026857 THE NAME(S) OF BUSINESS: NINE TÈN PROPETIES

located at: 4236 BALBOA AVE. #19 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): CRIS HAIG This business is being conducted by: AN INDI-VIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 21, 2008 Issue Dates: AUG 28 SEPT 04, 11 AND 18, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-024642 THE NAME(S) OF BUSINESS:

VICTORY WINE AND SPIRITS
d at: 1775 SUNSET CLIFFS BLVD. SAN DIEGO, CA. 92107 is hereby regis SAN DIEGO, CA. 92107 is Intereby registered by the folllowing owner(s): VICTORY WINE AND SPIRITS, INC. This business is being conducted by: A CORPORATION VICTORY WINE AND SPIRITS, INC 1775 SUN-SET CLIFFS BLVD. SSN DIEGO, CA. 92107 CALIFORNIA The transaction of business began on: 07/19/90 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 01, 2008 Issue AUG 28 SEPT 04, 11 AND 18, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026406 THE NAME(S) OF BUSINESS: REALESTATEARTWORK.COM

located at: 8101 LA MESA BLVD. LA MESA , CA. 91941 is hereby registered by the folllowing owner(s): DEAN MITCHELL This business is being conducted by: A N INDI-VIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 19, 2008 Issue Dates: AUG 28 SEPT 04, 11 AND 18,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-023293 THE NAME(S) OF BUSINESS: RILEY'S SPORTS LOUNGE, RILEY'S MUSIC LOUNGE

located at: 2901 NIMITZ BLVD. SAN DIEGO, CA. 92106 is hereby registered by the foll-lowing owner(s): JOHN NOBLE This business is being conducted by : A N INDIVID-UAL The transaction of business began on: 05/20/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: JUL 21, 2008 Issue Dates: AUG 21, 28 SEPT 04, AND 11, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026784 THE NAME(S) OF BUSINESS:

FAST WAY TOWING
located at: 3907 B0B ST. SAN DIEGO, CA
92110 is hereby registered by the folllowing
owner(s): OMAR LUDWIG CHILAZI This business is being conducted by: A N INDIVIDU-AL The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 21, 2008 Issue Dates: AUG 28 SEPT 04, 11 AND 18, 2008

LEGAL ADS 700

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026977 THE NAME(S) OF BUSINESS: CHAIR MASSAGE EXPRESS

located at: 4980 ARVINELS AVE. SAN DIEGO, CA. 92117 is hereby registered by the folllowing owner(s): MANUEL E. the following owner(s): MANUEL E. CABEZAS This business is being conducted by: A N INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filled with Gregory J. Smith, County Clerk of San Diego County on: AUG 22, 2008 Issue Dates: AUG 28 SEPT 04, 11 AND18, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-027545 THE NAME(S) OF BUSINESS: BORDER CROSS PRODUCTIONS

located at: 4843 VOLTAIRE ST. SUITE B SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): KERSTIN ALLEMEIER, MICHAEL GONZALEZ This business is being conducted by: CO-PART-NERS The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 28, 2008 Issue Dates: SEPT 04, 11, 18 AND 25, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-027663 THE NAME(S) OF BUSINESS: NATURAL HEALTH SOLUTION I, NATURAL HEALTH SOLUTION II, LWM MARKETING

SOLUTION
located at: 27118 TUMBLEWEED TRAIL
VALLEY CENTER, CA. 92082 is hereby registered by the following owner(s): LBM GLOBAL, INC This business is being conducted by: A CORPORATION LBM GLOBAL, INC. 27118 TUMBLEWEED TRAIL VALLEY CENTER, CA. 92082 NEVADA The transaction of business began on: NOT YET START-ED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 29, 2008 Issue Dates: SEPT 04, 11, 18 AND 25, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-027178 THE NAME(S) OF BUSINESS: YARDSWIM

located at: 1940 THOMS AVE. SAN DIEGO, CA. 92109 is hereby registered by the foll-lowing owner(s): BRYAN QUATTLANDER This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 08/02/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 26, 2008 Issue Dates: SEPT 04, 11, 18 AND 25, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026652 THE NAME(S) OF BUSINESS:

TEASERS HAIR SALON, INC. d at: 4545 FANUEL ST. SAN DIEGO, CA. 92109 is hereby registered by the foll-lowing owner(s): TEASERS HAIR SALON, This business is being conducted by A CORPORATION TEASERS HAIR SALON, INC 1545 FANUEL ST. SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: 01/01/06 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 20, 2008 Issue Dates: SEPT 04, 11, 18 AND 25, 2008

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

1350 Front St., Room 5056 San Diego, CA. 92101 (619) 525-4064 Filing Date: AUG 18, 2008 The name of the applicant is

PACIFIC BEACH WINGS, LLC. The applicant listed above is applying to the

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LEGAL ADS 700

Department of Alcoholic Beverage Control to sell alcoholic beverage at: 4190 MISSION BLD. STE 271 SAN DIEGO, CA. 92109-5001

Type of license applied for: 47-ON SALE GENERAL EATING PLACE
ISSUE DATE(S): SEPT 04, 11 AND 18, 2008

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. 2008-026863 THE NAME(S) OF BUSINESS: BUECHEL SPORTS INJURY AND WELL-NESS CENTER located at: 2206 BALBOA AVE. SAN DIEGO,

CA. 92109 is hereby registered by the foll-lowing owner(s): BUECHEL CHIROPRACTIC, INC. This business is being conducted by: A CORPORATION BUECHEL CHIROPRACTIC 4535 FANUEL ST. SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 22, 2008 Issue Dates: SEPT 04, 11, 18 AND

FICTITIOUS BUSINESS NAME STATEMENT

NAME STATEMENT
FILE NO. 2008-028222
THE NAME(S) OF BUSINESS:
A VACATION BY THE BAY
located at: 3530 BAYSIDE WALK SAN
DIEGO, CA. 92109 is hereby registered by
the folllowing owner(s): CYNTHIA FRANCISCO This business is being conducted by: A
NAMEMBURIANT The transaction of the prince N INDIVIDUAL The transaction of business began on: 01/27/03 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 04, 2008 Issue Dates: SEPT 11, 18 25 AND OCT 02, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-028284 THE NAME(S) OF BUSINESS: SHERLOCK OF HOMES d at: 3530 BAYSIDE WALK SAN

DIEGO, CA. 92109 is hereby registered by the folllowing owner(s): GARY A. FRANCIS-CO This business is being conducted by: A N INDIVIDUAL The transaction of business began on: 05/31/85 The statement was

LEGAL ADS 700

with Gregory J. Smith, County Clerk of San Diego County on: SEPT 05, 2008 Issue Dates: SEPT 11, 18 25 AND OCT 02, 2008

19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026048 THE NAME(S) OF BUSINESS: MONSTER PROSPECTS

3833 CHIPPEWA CT. SAN located at: DIEGO, CA. 92117 is hereby registered by the following owner(s): STEELHEAD INC. This business is being conducted by: A CORPORATION STEELHEAD INC. 3833 CHIPPEWA CT. SAN DIEGO, CA 92117 CALI-FORNIA The transaction of business began on: 05/31/85 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: AUG 14, 2008 Issue Dates: SEPT 11, 18, 25 AND OCT 02, 2008

PETITION FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, HALL OF JUS-TICE

220 W. BROADWAY SAN DIEGO, CA. 92101 CENTRAL COURTHOUSE CASE NO: 37-2008-00091035-CU-PT-

CTL PETITIONER OR ATTORNEY, KYNZER MOR-GEN KENNEDY OSBORNE 5583 THUNDER-BIRD LANE LA JOLLA, CA. 92037 949-910-HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM KYNZER MORGAN KENNEDY OSBORNE TO MORGAN KENNEDY OSBORNE THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON OCT 21, 2008 AT 8:30 AM, DEPARTMENT D-25

220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATES: SEPT 11,18, 25 AND OCT 02,

Religious Directory

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8:45 & II AM - Traditional, Sanctuary 10 AM - Contemporary, Life Center SunHouse Kids (K-5th), Jr. & Sr. High SunHouse

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10 am - Rite II Choral Eucharist Sunday School & Youth Program

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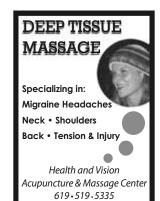


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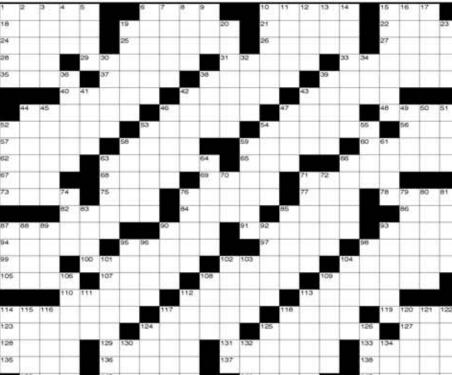


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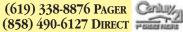
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