FATAL PUNCH:

Trial begins for PB man accused of fatally punching man after a May traffic altercation on Bond Street. **5**

Weekend Surf Report

SATURDAY

Hi: 12:17 a.m. Low: 5:02 a.m.

Surf: 5-6 ft. Wind: 6-9 mph

SUNDAY

Hi: 1:15 a.m. Low: 5:12 a.m.

Waves: 5-6 ft. Wind: 4-7 mph

Thursday, Oct 2, 2008





BUCS GROUNDED:

With five TDs and a field goal, Coronado Islanders mow down Mission Bay 44-19

www.beachandbaypress.com

New invasive species takes up residence in Mission Bay

Rapidly reproducing Australian sea squirt has already infested San Diego Bay

By NICOLE SOURS LARSON | BEACH&BAY PRESS

Add the Australian sea squirt, scientific name botrylid tunicate, to the ranks of non-native aquatic species that have invaded and fouled our San Diego and California waters. The sea squirt, first found in San Diego attached to a Shelter Island fishing pier in 2007, was recently spotted for the first time in Mission Bay. The environmental damage from a new invasive species appears only gradually and can include the extinction of native species.

As recently as last year, San Diego Bay had the dubious honor of hosting the only two identified Australian sea squirt infestations along the length of the West Coast.

According to Sarah Cohen, a San Francisco State University marine biologist researching the aquatic plant under a grant from California Sea Grant, no one has yet determined whether the new discovery indicates that the soggy lichen-appearing organism is spreading rapidly or whether researchers are sampling waterways more intensively.

What is clear is that this new

invasive species has the potential to damage waterways, water distribution systems and aquaculture by gradually blocking water intake and outflow pipes and valves. The consequent environmental damage is not immediately obvious, but becomes apparent as the species develops sufficiently large breeding colonies.

The rapidly reproducing sea squirts, or tunicates, invaded Prince Edward Island off the east coast of Canada. There they caused the most harm to shellfish producers because they attach themselves to bivalves and shellfish nets, explained researcher Gregory Ruiz of the Smithsonian Environmental Research Center in Edgewater, Md., in an article on the California Sea Grant College website. How the tunicate invasion will affect San Diego is not yet known, but invasive species create problems to ecosystems because of their lack of natural predators.

"An invasive species is any creature taken from its home and its enemies and put in a new environment with no natural enemies to control them," explained Leigh Taylor Johnson, a marine advisor with the University of California Cooperative Extension Sea Grant Extension Program. "They are able to grow almost unchecked. That gives them a big competitive edge over native species and upsets the balance of nature," she added.

SEE **SPECIES**, Page 3



State cuts beach water monitoring program

By SEBASTIAN RUIZ | BEACH&BAY PRESS

San Diego beaches recently brought home good grades on their water quality report card. But keeping them healthy took a lot of work and now all that progress could go down the drain because of budget cuts to a statewide program that monitors beach contamination.

San Diego County Department of Environmental Health officials have stopped checking a majority of beach areas for bacteria because of state budget cuts that wiped away the funding of statewide beach monitoring and public awareness program that county officials say originated in San Diego several years ago.

San Diego County alone stands to lose about \$302,000 — the program's entire budget. The program paid for weekly beach water sampling during the dry months of April through October, said Mark McPherson, Chief of the Land and Water Quality Division for the San Diego County Department of Environmental Health.

Water monitoring will stop at about 55 sites from San Onofre to the southern border, including ceasing of state funded monitoring at La Jolla Shores, Mission Beach, Pacific Beach and Ocean Beach, he said. Some county monitoring already under way will continue, he said, but new monitoring will stop.

City water agencies will also continue to check water quality at 151 sites as they comply with wastewater permit regulations,

SEE **CUTS**, Page 7

Big donations keep Pacific Beach Holiday Parade rolling

By LARRY HARMON | BEACH&BAY PRESS

After organizers of the Pacific Beach Holiday Parade signaled the alarm that the popular December event could be cancelled due to lack of funding, Benjamin Nicholls from Discover Pacific Beach announced that more than \$25,000 has been pledged.

"When the word got out that the parade was going to get cancelled, we had about \$1,500 in the bank for the parade," Nicholls said. "That was about a month ago. Since then, a handful of volunteers and people in the business association have really stepped forward and come up with funding in unprecedented ways. So we had \$1,500 in the bank and now we have pledges for \$26,000."

Nicholls has said the costs for the parade have steadily increased each year. Expenses include:

- \$6,000 for police services (this is an estimate; the bill isn't tallied until after the event)
- \$4,000 for rentals (staging, signage, sound system, etc.)
- \$1,700 for clean-up crews
- \$1,200 advertising and promotions
- \$900 for security

• \$700 for Port-a-Pottis

• Approximately \$400 in permits

Nicholls singled out several individuals and groups for their work to fund the parade.

"Kevin [Faulconer] really got the ball rolling by connecting with the city funding. The city is kicking in \$5,000. The PB Shore Club then came on board with \$5,000 right after that happened. So they're matching the biggest contributor," he said.

"Also, Kathy Evans, she went around to her business community — the real estate commu-

SEE **PARADE**, Page 4



PAUL HANSEN | BEACH & BAY PRESS

(From left) Councilman Kevin Faulconer, Todd Brown with the Hospitality Task Force and Don Mullen with the Pacific Beach Community Foundation donated a combined \$13,500 to help fund the 2008 PB Holiday Parade. A number of groups and individuals answered the call for donations after organizers said the popular parade could be cancelled due to lack of funds.

1st Choice Pacific



(858) 273-2121 • 845 GARNET AVE.



Bernie SOS na

"I'll Come To Your Rescue"



619.338.8876 Pager 858.490.6127 Direct

www.BernieSosna.com

7536–7544 Draper Ave., La Jolla















INTRODUCING LA JOLLA VILLAGE!

New 3BR/3.5BA, 3-story townhomes minutes to everything with beautiful kitchens, ample storage, oversized 3-car garages, elevators, spa tubs, fireplaces, lovely botanical gardens & much more Solar, low HOA's and steps to everything!

JUST BRING YOUR TOYS!



BERNIE SOSNA 858/490-6127

BernieSosna.com



LA JOLLA MESA LOT!

This it has spectacular ocean views! Seller has coastal development permit and building plans are ready.

> **JUST REDUCED** \$690,000

CENTURY211ST.COM 858/273-2121



PRIME BEACH INVESTMENT!

2BR house with tandem driveway, grassy front yard, large patio and fireplace. AND 3 units in back with alley parking. 1BR upstairs and two 2BRs all updated. All appliances and on site coin laundry

LIVE IN ONE & RENT OUT THE REST! \$1,159,000

CENTURY211ST.COM 858/273-2121



KEARNY MESA STEAL!

Short sale! Very nicely upgraded 3BR/ 2BA, 1,536 sq. ft., detached home in great neighborhood close to schools, shopping, freeways and much more. Hardwood floors, large added family room, new stucco and many more

REDUCED AGAIN! \$419,000

CENTURY211ST.COM 858/273-2121



Clean, sunny and bright, on bedroom condo. West-facing with some views, some upgrades and minutes to parks, shopping, beach, bay & freeway. Pools, spas & weight

JUST REDUCED TOO!
ONLY \$209,000



CEAL MUZZY 619/507-4388

> Ceal.muzzy@ century21.com



FOUR BRAND NEW TOWNHOMES!

Gorgeous 2BR/2.5BA & 3BR/3.5BA. Three stories, patios, balconies, stainless appliances, granite counters, breakfast bars, A/C, living & dining rooms, laundry rooms, alarms, 2-car garages + spaces and very low HOA's. You must see!

STARTING AT \$589,000



858/490-6127

BernieSosna.com



PB INVESTMENT OP!

Major value in the land. Detached house on lot zoned for up to 3 units in great location just 3.5 blocks to the beach. Build your dream home or rental investment.

SELLER WILL ENTERTAIN OFFERS BETWEEN \$650,000-\$685,000

CENTURY211ST.COM 858/273-2121



PERFECT FOR FIRST TIME BUYERS

Nicely upgraded 1BR in Pacific Beach. Low HOA's, 2 parking spaces, storage, close to parks, trails, bay, schools, shopping, freeway and much more. Enjoy the pool or BBQ on your private patio in this

PRICED TO SELL TOO! \$209,000



858/449-4560 robmpb@





CROWN POINT BEAUTY

Nice 2-bedroom, 2.5-bath townhome. Tons of perks such as all appliances, completely tiled upstairs, fireplace, 3-car garage, 2 private balconies, lush courtyard view, tons of storage & office in the garage. Near shopping, bay and freeways.

\$595,000

CENTURY211ST.COM 858/273-2121



PRICED TO SELL!

This top floor 1 bedroom is close to all. Large master bedroom and closet, large hall closet and plenty more storage. Ample living area and cozy balcony, well maintained complex with beautiful gardens and gated too!

JUST REDUCED \$198,999



858/490-6127

BernieSosna.com



SPACIOUS PARADISE HILLS HOME!

3BR/2BA, 1632 sq. ft. plus an office too! Open floor plan with large eat-in kitchen, dining room and family room with firepace. Fenced in front yard, 2-car garage and all on 1 story. Minutes to freeways, schools, parks and shopping.

> **JUST REDUCED TOO!** \$289,000!

CENTURY211ST.COM 858/273-2121

NEW ON MARKET!



HOUSE + 2 UNITS GREAT STREET FULL OF CHARM PRICED TO SELL









PERFECT FOR COLLEGE STUDENTS!

Recently updated 3BR/2.5BA College Grove condo with granite counters, new paint, wood laminate floors, stone patio, 2 parking spaces and community pool, spa, BBQ and hiking & biking trails & more!

COULD BE A GREAT RENTAL INVESTMENT \$289,900

> **CENTURY211ST.COM** 858/273-2121

CENTURY211ST.COM

SPECIES

CONTINUED FROM Page 1

Johnson said that researchers speculate that sea squirts arrived in the U.S. in oceangoing ships' sea chests — openings in a vessel's hull encasing engine cooling intake pipes – and then are spread, like other invasive species that adhere to hulls, by small recreational boats that are trailered between lakes and rivers.

Previous invasions of foreign aquatic species such as the freshwater Quagga and Zebra mussels have caused extensive damage to American waterways and water and irrigation systems. Both were introduced into the United States, probably through discharge of ships' ballast water, in the late 1980s and have now spread throughout the West, adversely affecting reservoirs, dams, lakes and recreational boating and fishing.

The Zebra mussels, through the build-up of their concrete-like excretions, blocked municipal water and power plant cooling water intake systems that drew their supply from infected lakes and rivers, particularly from the Great Lakes, where the Zebra mussels were first introduced into the U.S.

Clearing the blockages cost system operators millions of dollars.

The tiny Quaggas are a particular concern, she explained, because their shells are dangerously sharp and they attach themselves in dense clusters and clog water pipes of all varieties.

"Quaggas cause fouling issues and are voracious feeders. They're eating up all the food and native



PHOTO COURTESY OF SCRIPPS INSTITUTE OF OCEANOGRAPHY

Scientist Sarah Cohen pulls a sea squirt off of the Shelter Island Public Fishing Pier, where the sea squirt was first discovered in 2007. (Inset) Cohen holds up a sea squirt for a close up. The invasive species was recently discovered in Mission Bay.

species can't get enough to eat, causing a problem for fishermen," Johnson said.

They also cause problems for farmers and ranchers, too, she said, since they invaded agricultural drip watering systems in Imperial County and may threaten the salmon spawning areas in the Northwest. Once Quagga larvae invade the water supply system it can cost millions of dollars to eradicate the

While no currently known saltwater invasive species is quite as damaging as the Quagga or Zebra mussel, she explained, some saltwater invasives are actually carriers of

harmful diseases.

A key tool in the effort to halt the spread of invasive aquatic species involves an aggressive campaign to educate and require owners of trailerable boats to clean their boats, trailers, vehicles, fishing and recreational equipment — and even clothing, footwear and pets that have been in contact with freshwater lakes or rivers — after each use and before transporting the boats to a new waterway which may not be infected.

Since state and federal law have now made transportation of Quagga and Zebra mussels illegal, the California Department of Fish and

Game (DFG) has developed a set of recommendations for boat owners for cleaning boats to prevent the spread of invasive species.

The guide to boat cleaning, titled "Don't Move a Mussel," is available

If a boat is found to be contaminated, DFG can quarantine the boat and fine the owner.

Owners of larger vessels kept in marinas are advised to use appropriate anti-fouling paints on their hull bottoms and follow recommended hull maintenance procedures, which include cleaning every three to four weeks.

Scott MacLaggan, marina manager of Sunroad Marina on Harbor Island, who follows environmental management issues closely, agreed that the larger vessels are not the culprit in spreading invasive species but rather the trailerable boats that travel from lake to lake.

"The boats we have here don't travel between (lakes). The boatyards clean them thoroughly," he said, and most owners have their hulls scrubbed by divers every few weeks.

"If you're just sitting in place, you're not adding anything new, but you don't want to pass (invasive species) along or bring it back," Johnson said.

For more information about invasive species and their impact on the environment, visit California Sea Grant's website at wwwcsgc.ucsd.edu (click on special topics) and DFG's website at www.dfg.ca.gov/invasives. For cleaning guidelines, visit www.dfg.ca.gov/invasives/quagga

When the word got out that the parade was going to get cancelled, we had \$1,500 in the bank....

BENJAMIN NICHOLLS

CONTINUED FROM Page 1

nity — and in her own way got her community to step forward. It's a tough time for those guys."

Other large donations included \$5,000 from the Hospitality Task Force, \$3,500 of county funds from Supervisor Pam Slater-Price, \$3,000 from the Pacific **Beach Community Foundation** and \$1,500 from SDCCU.

Nicholls pointed out that the Hospitality Task Force, which is made up of Pacific Beach bar and nightclub owners, has donated \$28,000 to the holiday parade over the past three years.

"People say, 'Well those bars are really in it for themselves," Nicholls said. "I think that \$28,000 over three years for a holiday parade that's for the entire community, that's pretty impressive."

Parade organizers are still looking for entries. Applications are available online at www.pacificbeach.org.

For information about parade entries, email Kathy Evans at isellbeach@aol.com.

COLDWELL BANKER

4090 Mission Blvd. ■ 858.488.4090 www.CaMoves.com



RESIDENTIAL BROKERAGE



MISSION HILLS \$329,000

Bank owned 2 br, 2 ba condo in an 18 unit complex with high owner occupancy. This unit does need a kitchen and will require some work. 3 private patios and 2 secure parking spaces Good location in Mission Hills



DAN RYAN 858.454.7344

danryan@ coldwellbanker.com



1973 FORTUNA AVE. #2

PETE **MORRISSEY** 858.205.2408

pmorrissey@ coldwellbanker.com



Pacifica Hilltop 4 br, 3 ba. Custom Home on quiet cul-de-sac! Gorgeous Bay, City Lights & Downtown Views from almost all rooms and spacious 2nd floor deck. Open floor plan with 2,210 appx sf. Large Kitchen/Family room with fireplace, separate Living room opens up to grassy back-



MARIE **TOLSTAD** 858.705.1444 www.mtolstad.com



PACIFIC BEACH \$1,199,000

TRANQUIL LIVING IN NORTH PACIFIC BEACH tures tranquil entry courtyard & covered veranda. Gourmet kitchen, family room & master suite overlook gorgeous park-like backyard with flowers & mature trees. One bedroom downstairs. Property adjoins West edge of Kate Sessions Park.



DARLENE ALLEN 858.539.4412

darlene@ darleneallen.com



\$499,000 - \$549,000

11393 Carmel Creek \$699,000

Countywide

Foreclosure List Available Call and speak to one of our agents to get more info! 858.488.4090





EL CAJON \$289,000

3BR/2BA HOUSE MLS# 080062801



OPEN SUN 1-

11393 CARMEL CREEK CARMEL VALLEY \$699,000

CUSTOMIZED 2 BR, 2.5 BA HOME MLS# 080060707



PACIFIC BEACH \$699,000

4BR/2BA HOME ON CORNER LOT! MLS# 086006875



TRIPLEX IN NORTH PACIFIC BEACH

NORTH PARK \$299,900 GREAT VALUE 2BR/2BA CONDO! MLS# 086032232



LA MESA \$459,000

CHARMING 3BR/2BA HOME! MLS# 080056352

Owned and Operated by NRT, Incorporated. Equal Housing Opportunity. Buyer to verify accuracy of all information pertaining to property.



Fall into a Great Deal



This 2BR/2.5BA + office townhome is within walking distance to the beach & bay! 2 fireplaces, 4 outdoor areas & garage parking.



New 4BR/2.5BA ocean close homes in the La Jolla school district! Enjoy ocean views from your private roofdeck with an outdoor fireplace! **Exquisite finishes throughout!**



KATHY EVANS

92109's Top Producer (858) 488-SELL ISellBeach.com

Pacific Beach Townhouse



www.14520liver.com

BRIAN J. LEWIS

(619) 300-5032 | www.ThinkBrian.biz



PAUL HANSEN I BEACH & BAY PRESS



PHOTO COURTESY OF SEAWORLD

(Clockwise from top left)

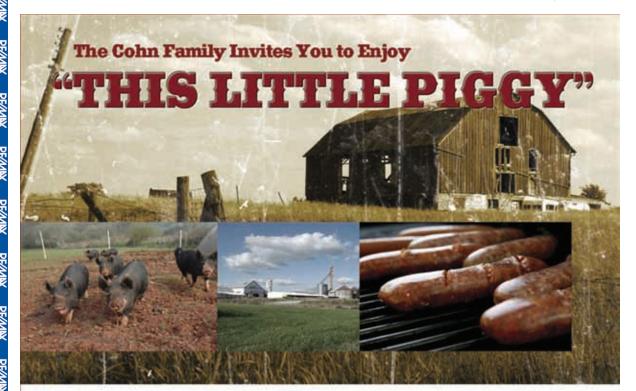
Tiare Thompson rides a wave in the Menehune Girls Final at the Jetty Kids Surf Kontest Saturday, Sept. 27, in South Mission

SeaWorld's Pete and Penny Penguin visit patients at Rady Children's Hospital. The Magellanic penguins, which are native to South America, were raising awareness for the Oct. 4 Shamu & You family walk fundraiser for the hospital. For information visit shamuandyouwalk.kintera.org.

Surfer Daniel Dedina cuts across a wave during his heat at the Jetty Kids Surf Kon-



PAUL HANSEN | BEACH & BAY PRESS



The Cohn Family Invites You to Enjoy "THIS LITTLE PIGGY"
Join us as we celebrate the beginning of the Fall season with a tribute to one of the world's most popular meats. Explore
the time-honored traditions of the family farm, as we taste and enjoy every facet of pork in this true culinary adventure!

October 4th- both locations: FARMHOUSE SAUSAGE
Watch the entire sausage making process as we take our new "Farmhouse Sage" sausage from mixer to stuffer to grill to palate!

October 11th & 12th- Sat. at Iowa Farms, Sun. at Siesel's: "WELCOME TO EDEN!"

All the way from lowa! Meet the actual producers of Eden Farms Certified America Berkshire Pork. Explore and celebrate the difference as we offer a comparison tasting of Berkshire and regular "pulled pork."

October 18th-both locations: "GETTING STUFFED"

Join us as we sample of our new, "uptasted" dressings. Each will be skillfully stuffed into a boneless pork loin roast, creating a festive, elegant, and oven-ready dish.

October 25th- both locations: "SAUCE AND SMOKE"

Learn to create that perfect, "pork appropriate" sauce using professional quality glaces and demi-glaces. Then, end our celebration by sampling pork from its ultimate destination: "The Smokehouse"!

All festivities run from 11 am until 4 pm



Trial begins for man accused of throwing fatal punch

By NEAL PUTNAM | BEACH&BAY PRESS

A Pacific Beach testified at a murder trial about the traffic altercation that resulted in the death of his friend.

Colin Costanzo, 25, testified that a car ran the stop sign at Magnolia Avenue and Bond Street and the driver of the cab they were in had to swerve to miss it. He told the court that as they exited the cab on the 4400 block of Bond Street, he was punched from behind and Nathaniel "Nat" Ward was on the ground unconscious from a blow to the head. Ward died a few days later from brain injuries, allegedly after being struck by Sam Bonsu, 35, of Pacific Beach.

Bonsu's murder trial opened Sept. 25 before a seven-man, fivewoman jury and one alternate juror in San Diego Superior Court, with Judge John Thompson presiding. He is accused of killing Ward, 25, and assaulting Costanzo in the May 24 incident near the bottom of Grand Avenue.

Ward and Costanzo were transported to a hospital that night and both were later released. However, Ward was returned to the emergency room and died from brain injuries five days later.

Costanzo said he needed nine stitches to close the wound he suffered when a blow caused a tooth to pierce his lip.

Costanzo testified he, Ward and two other friends took a cab back to his apartment at 2:15 a.m. following a night of drinking at various local bars. He said the cab driver had a near-collision with a silver Scion before pulling up near his home.

Costanzo said the Scion's driver drove close to where they had stopped, and he noticed the man seemed angry.

He was punched so hard, it caused his brain to bleed...to swell.

> **CORRINE MIESFELD** DEPUTY DISTRICT ATTORNEY

"I told him to relax and chill out," Costanzo testified.

"I got punched from behind. I got hit and fell into the (taxi) seat," he said. "I was in a daze. Nat was already on the ground. My mouth filled with blood. It was dripping everywhere," he said.

Costanzo said his friends helped him carry Ward into his apartment, where he called 911.

The 911 call, made at 2:19 a.m., was played to the jury, which included a comment by Costanzo. He was recorded telling his friends, "We'll find that (expletive) tomorrow."

Deputy District Attorney Corrine Miesfeld told jurors in her opening statement that Ward died "from a powerful blow that fractured his skull."

She added: "He was punched so hard, it caused his brain to bleed...to swell."

Miesfeld said Ward was "a small man" in comparison to Bonsu, who is 6 feet tall and weighs 220 pounds. She said Ward was 5 feet 5 inches tall and weighed 140 pounds.

Miesfeld said Bonsu honked his horn when the taxi almost hit him and he followed the cab. She said Bonsu confronted the men as they left the taxi. After the men got out of the taxi, the cab driver drove off. The driver has not been located.

Defense attorney Gary Gibson suggested a different scenario, saying that after Bonsu approached the cab, he realized he was "surrounded by four drunks at 2 in the morning" and that Bonsu was struck by one of the men.

Bonsu had a date that night and left his apartment with her at 2 a.m. to go buy bottled water. He said she will testify about the near-collision with the cab and the foul language the men yelled at Bonsu.

Gibson said Bonsu will also take the stand to describe how he approached the taxi because he wanted to know why the men velled at him.

"He's not guilty with what he's been charged with," Gibson told the jury. He described Bonsu as a "a calm, nonviolent man" and said neither Bonsu nor his date were drinking that night.

The Scion that Bonsu drove belonged to the woman. Bonsu also lived on Bond Street. Bonsu was identified as the suspect after the Scion was located on Bond Street. He surrendered to police on June 2.

At the preliminary hearing on June 26, Gibson said a jury would have to determine if it was a case of self-defense. He unsuccessfully urged a judge to order Bonsu to stand trial for voluntary manslaughter and not murder.

Gibson told jurors that the reason Bonsu appeared angry was because he was in pain after suffering from grease burns on his chest from cooking turkey earlier in the evening without wearing a

Bonsu remains in the downtown central jail on \$500,000 bail.

What's New (s)

Business | Growth | Innovation | News ----Beach & Bay-

The Landing Grille: San Diego's Best kept secret.

"San Diego's best kept breakfast secret" is back up and running. After going thru a complete rebuild for 9 months, the Landing Grille re-opened their new doors this past August.

Although the building is different from the old restaurant, the same style menu of awesome breakfasts, lunch, and early dinners is still served better than ever.

The menu offers a variety to choose from to please all tastes, including the famous Jigstrike special (hotcakes, eggs, bacon and sausage), the overstuffed breakfast burrito, fish and chips, and "damn good" burgers are always a hit.

Now with a large outside patio area, diners can enjoy their meal with a gorgeous view of Mission Bay and all the action of the sport fishing boats. The Landing Grille is located at 1717 Quivira rd., off of West Mission Bay, at Seaforth Sport fishing. Look forward to Grand Opening specials and happenings all throughout October. The Grille is open daily @ 5am so come on down to the docks and see what the secret is all about. For further info please call (619) 222-3317.

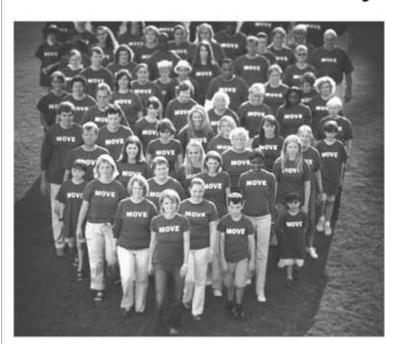
Have Ads, Will Travel ... Glad to Help You!

Call Kirby for your free marketing consultation! 858-270-3103 x122 or Kirby@sdnews.com

BEACH & BAY PRESS The only community newspaper about the community for the community."



Join Us Saturday, October 25 Balboa Park - Presidents Way



Sign up at SANALZ.org or 858.492.4400

7am Registration - 8am Walk Begins

Locally presented by

800.500.6328 www.missionfcu.org



SCHOOLnews

Pacific Beach School Information Oct 2-6

Crown Point Elementary Contact: Evan Bloom calcandids@aol.com

Thurs., Oct. 2: SSC 2:15 p.m. Mon., Oct. 6: Morning Assembly Wed., Oct. 8: Back to School Night/BOGO Book Fair/Outback Steakhouse/5th Grade Ice Cream Social, 4:45 p.m.

Every Tues: Recorder Club Every Wed: Pizza Lunch & Band **Every Thurs:** Guitar

Kate Sessions Elementary

Contact: Laura Daly Daly5@san.rr.com Every Wed: Pizza Lunch Every Wed & Fri: Jogging Club **Pacific Beach Elementary** Contact: Pam Deitz mbhsaa@earthlink.net Ongoing: Escrip Sign Up & Contributions Drive Every Tues & Thurs: After School Band

Every Wed: After School Choir **Pacific Beach Middle School**

Contact: Pam Deitz mbhsaa@earthlink.net Ongoing: Escrip Sign Up & Contributions Drive Every Tues & Thurs: After School Band Every Wed: After School Choir



PHOTO COLIRTESY OF PAM DEITZ

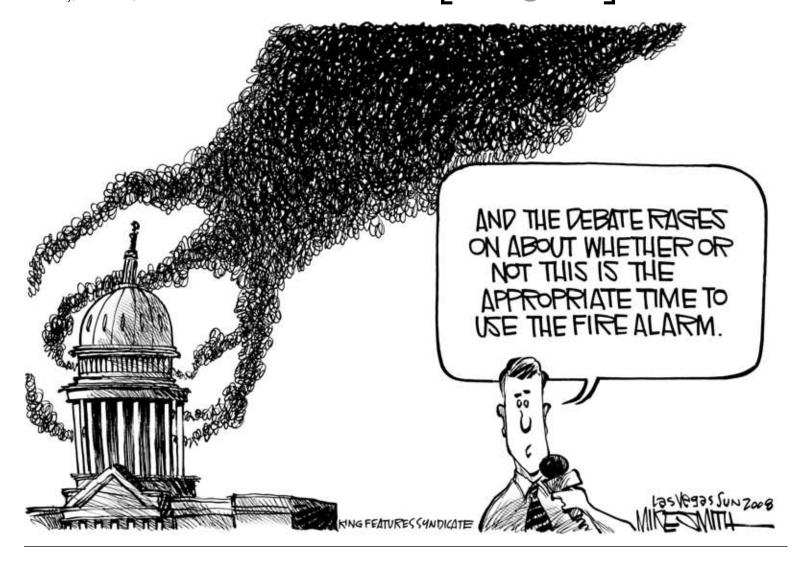
MBHS Dixie Jazz band student leader Rob Zanchetta performs with the band for parents and students at the recent MBHS Back to School Night.

Mission Bay High School Contact: Lori Glasgow

mbhsfriends@yahoo.com Fri., Oct. 3: Progress Reports (Term 1)

Fri., Oct. 3: Vietnam Memorial Dedication 9:30 p.m. (open to public) Oct. 7 & 8: CA High School Exit Exam (Grade 12) Ongoing: Escrip Sign Up &

Contributions Drive



LETTERS TO THE EDITOR

Newman's blue eyes were unforgettable

It was 1972 — in San Francisco - making of the movie "Towering Inferno." The movie was filmed during the night around the Bank of America building located at the bottom of California Street. Believe it or not, I was working the night shift ('til 3 a.m.) as a keypunch operator in a building across from the BofA.

Not only did we watch the filming through the windows, but we sneaked from our jobs and went to hang out with the hundreds of local firemen. I spoke to Steve McQueen, who was the star, and his wife Ali McGraw. Someone said that Paul Newman was directing the movie.

Wow, one night at the entrance of the building stood Paul Newman, all alone.

I approached him face to face. He looked at me and I looked at the bluest eyes ever. Maybe because it was nighttime or the lighting, but those bluest eyes stuck in my head for the last 36 years.

I asked him, "Are you directing

He replied, "Not that I know!"

Memories differ on alcohol's impact

Mr. Chubinsky's recollection and interpretation of events differ markedly from mine ("What the ban side doesn't want you to know," Beach & Bay Press, Sept. 25). Let's just say that whether voters want the current alcohol ban to become permanent will be decided Nov. 4. Since he cites his experience on Mission Beach Town Council to give weight to his claims, here's a "second opinion" on that experience, from one who survived it.

Chubinsky participated in a four-year takeover of the council by customers of the Pennant and Beachcomber bars. First a guy named Richard Green, who had never before even attended a town council meeting, was installed as president. Later, Chubinsky took over. Participation during their terms dropped markedly, and the meetings became mainly "gripe" sessions.

Chubinsky's designated successor as president, a character named J.P. Hegemeyer, suddenly left town before presiding over **Sierra Wysling** his first town council meeting. **Pacific Beach** Fortunately, Nancie Geller,

whose husband Marc had been council president in the past, stepped in, picked up the pieces and ran the group successfully for three years. After her first year, Chubinsky bailed out and has seldom attended a meeting since.

Geller was followed by Mary Swenson, who has continued to build membership during her two terms.

The meetings are now a lively forum dealing with a variety of community issues. In fact, Mission Beach Town Council is currently in its annual membership drive, and interested parties can go to our web site at www.missionbeachtc.org to see some of our current projects and priorities.

I've been active on the town council for over 15 years, and it's never been healthier.

As for Chubinsky's claim that ban supporters just don't like alcohol, no one who knows me could accuse me of being antialcohol. I'm simply pro-public safety.

> **William Bradshaw Board Member Mission Beach Town Council**

2002 ban ordinance can't be compared to Prop D

Regarding "What the ban side doesn't want you to know" (Beach & Bay Press, Sept. 25), let me try and get to some real facts and issues letter writer Robert Chubinsky doesn't want you to know.

He starts by saying, "Many PB and MB residents don't want a total ban on alcohol." Well, the last vote on a ban in 2002 only lost by 1½ percent, and that was mostly due to the fact that the ordinance was not written so all the beach areas were included and voters were either confused or afraid all the problems would move to their area.

Also, the alcohol industry pumped about \$128,000 into the last election while the people for the ban and safe beaches came up with only about \$25,000.

Oftentimes in a democracy we have to give up minor personal freedoms to do what's best for the community as a whole.

Please vote yes on Prop D and you'll support safe, clean and fun beaches, not the alcohol industry.

> **Steve Sherrard Mission Beach**



Small World **Eve Anderson**

Side Effects... We all know how much the economy and gas prices slowed business this summer in San Diego, especially restaurants.

I was curious, though: How had other businesses changed specifically due to the beach alcohol ban?

According to Todd Gudat, owner of Swings-n-Things at Crystal Pier, "Our business was up this summer. This was the first year I didn't have to call paramedics or the police even once! And there's been not nearly as much theft," Todd said.

"Before, tourists would ask, 'Is it safe? This looks like a rough area.' This year, no one asked."

At Pangea on Garnet, manager Tracy Cox said, "Business was really good this summer. We've seen a lot more families. And there's a lot less theft," she noted. "We're all in favor of the ban."

Unexpected Benefits... Irene Gingery, owner of The Creative Touch hair salon on Bayard, said, "It's been wonderful-what a difference! On Saturday morning, I'd find beer bottles lining the wall outside - and several broken ones. And it smelled strongly of urine, right by my door," Irene said. "Sometimes you'd find somebody passed out on the driveway. It was scary."

She continued, "But now, look how clean it is. Before, there would be trash all over, fast food wrappers and plates and junk. Now our whole driveway is clean in the morning. We love it — we want to keep the ban!"

Sofa Link owner Frank Salcido recalled, "We had real problems before the ban. We had a lot of vandalism, including two broken windows. And it would smell terrible right in our doorway. The guys would urinate in front every night. Then every morning, we'd have to hose down the whole area. Our customers shouldn't have to deal with that."

The Cass Street shop added bright security lights, which helped. "But with the ban, we don't have any problems anymore," he said.

Peaceful Crystal Pier... In August, I interviewed pier manager Jim Bostian.

"It's the best thing that's ever happened here! Before the ban we had to have two security guards on July 4th. We'd close the gate at 4 p.m. because drunk kids would try to dive off the pier. This year, we had no problems. We saw families enjoying themselves — it was beautiful."

He recalled, "On July 5th, I'd pick up 40 to 50 bags of trash and you'd see sofas, recliners and furniture on the beach. This time was amazing! I hardly filled one bag."

CIRCULATION

BEACH & BAY PRESS



Mannis Communications 4645 Cass St. Box 9550 San Diego, CA 92169 Fax: (858) 270-9325 Ad Fax: (858) 713-0095

bbp@sdnews.com (858) 270-3103



sdnews.com

PUBLISHERS

Mannis Communications David Mannis (858) 270-3103 x105 Julie Mannis Hoisington (858) 270-3103 x106 jmannis@sdnews.com

EDITOR IN CHIEF Anne Terhune x133

mail@sdnews.com

EDITOR Larry Harmon x132

bbp@sdnews.com **REPORTER**

Sebastian Ruiz x135 sebastian@sdnews.com **ACCOUNTING**

Heather Glynn x103 Patty Angley x120

OPERATIONS MGR.

Julie Mannis Hoisington x106 julie@sdnews.com

AD CONSULTANTS

Mike Fahey x117 Jason Gregory x116 Marjorie Kirby x122 Michael Long x112 Laura North x136 Michael Padden x146 Heather Snyder x115 Innesa Zavulunova x 147

CLASSIFIEDS MGR. Heather Snyder x115 heather@sdnews.com

CLASSIFIEDS Kristin Silvestri x144 kristin@sdnews.com Kim Donaldson x118

kim@sdnews.com

PRODUCTION MGR.

Casey Dean x107 casey@sdnews.com

PRODUCTION Dee Kahler, David Ramsey,

Chris Baker

PHOTOGRAPHERS

Mercy Arcolas, Don Balch, Paul Gallegos, Ronan Gray, Ron Gallegos, Paul Hansen, Stan Liu, Paul Parks, Barry Schwartz, Kirby Yau

CONTRIBUTORS

Baldridge, Paul Douglas, John Fry, Anthony Gentile, Dave Kensler, Nicole Larson, Bart Mendoza, Theresa Miracle, Shannon Mulhall. Loralee Olejnik, Neal Putnam, Barry Schwartz, Dave Thomas, Martin Jones Westlin

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.

COPYRIGHT © 2008. All rights are reserved. Printed in the United States of America

PRINTED with soy inks and recycled paper.



COURTESY PHOTO

Biologist Andre Sonksen with the city's Storm Water Pollution Prevention Division collects a water sample from Mission Bay near Cudahy Creek.

CUTS

CONTINUED FROM Page 1

according to city officials. While the county and the city do often monitor the same sites, the county will no longer be able to analyze those data from samples collected by the city because of the budget cuts.

The samples let health officials know if the beaches were potentially contaminated. The program also paid for signs about water contamination so people can decide where they want to enter the water, McPherson said.

"Having that kind of data is important because you can make real time decisions because of that history. It's

always preferable to have a continuous data set. So you don't want to stop [monitoring]," he said.

Though McPherson said that the health of San Diego beaches is good overall, they continue to warn people to stay away from high risk areas, which include areas near storm drains, creek outlets and open lagoons. County officials also remind people to stay out of the water up to 72 hours after a rainstorm.

A Heal The Bay beach report card released recently gave mostly A grades to the city's beaches, with a few beaches near San Diego River outflows receiving poorer grades. The full interactive report can be found at www.healthebay.org.

"But far as beach water quality data...during the dry season, if we're not sampling, we don't know what's there and the public doesn't know what's there either," McPherson said.

The impending cuts in county resources puts a strain on local environmental groups whose volunteers venture inland and along to the coast to monitor the bacteria of the regions waterways, said Bruce Reznik, executive director at San Diego Coastkeeper.

Data gathered by the county and city agencies let the volunteers know of potential health risks at the beach areas and associated waterways.

And while Reznik said the city and county officials continue to do a good ...if we're not sampling, we don't know what's in there and the public doesn't know what's there either.

MARK McPHERSON DEPARTMENT OF ENVIRONMENTAL HEALTH

job monitoring beaches and waterways with the resources they have, he added that San Diegans still don't have a "really good assessment" of the health of the regions waterways.

"As it stood they (monitoring programs) were already under-funded.

So to see that last bit of funding being cut is really disappointing," Reznik

Coastkeeper volunteers continue to monitor the San Diego watershed. Water from the regions waterways eventually reaches the coast so volunteers monitor focus on the inland region, Coastkeeper officials said.

Volunteers from environmental groups such as the San Diego Chapter of the Surfrider Foundation and San Diego Coastkeeper join forces every month to train new volunteers for the monitoring task. New volunteers can sign up by contacting San Diego Coastkeeper officials through www.sdcoastkeeper.org.

NEWSbriefs

Mayor's town hall meetings look at water crisis

Mayor Jerry Sanders is inviting the public to join him at one of his town hall meetings organized to discuss San Diego's critical water supply issues.

The mayor, along with staff members from the San Diego Water Department, will present information regarding water shortages the city could face.

The first of two coastal meetings is scheduled for Thursday, Oct. 2, at the Point Loma Hervey Branch Library, 3901 Voltaire St., from 6 to 7 p.m.

The second coastal town hall meeting is scheduled for Thursday, Oct. 16 at the La Jolla Riford Branch Library, 7555 Draper Ave., from 6 to 7 p.m.

Seating is limited, so RSVPs are recommended.

For information or to RSVP, call the mayor's office at (619) 236-6330 or email RSVPMayor@sandiego.gov.

Venues pour cold ones for breast cancer research

Two Pacific Beach venues are turning over their taps to help raise funds for breast cancer research this week.

On Thursday, Oct. 2, Bare Back Grill is hosting the first annual Bare Back for Boobies and will donate a part of the evening's proceeds to the American Cancer Society's 11th annual Making Strides Against Breast Cancer Walk on Oct. 19 in Balboa Park.

The event promises a fun night of food, drinks and prizes. Bare

Back Grill is located at 4640 Mission Blvd.

On Friday, Oct. 3, Andrea Nozykowski, Jennifer Gibson and Allison Herr are returning to the taps at Latitude 32 for their annual Beer for Boobs breast cancer fundraising event from 7 p.m. to midnight.

The women will take over bartending duties and all tips they collect over their shift will be donated to the American Cancer Society.

"We've raised about \$6,000 over four years for four short hours," Nozykowski said.

Latitude 32 is located at 5019 Cass St.

Pets invited to Christ Lutheran for blessing

Betas in fishbowls, labs on leashes and tortoises in terrariums are invited to be blessed this weekend.

Christ Lutheran Church is inviting pet owners to join them members for a Blessing of the Animals service commemorating St. Francis Sunday, Oct. 5.

The blessing will begin at noon at the River of Life fountain outside

SEE BRIEFS, Page 8

Don't be left out of our next issue of the **Beach & Bay Press**



For advertising Information, contact **Heather Snyder**



(858) 270-3103 x115 Fax: (858) 713-0095 heather@sdnews.com Voted #1 Home Cleaning Company in La Jolla continuously for 9 years.

Come home to one thing you didn't have to do today

A completely clean home from a team you can count on.

\$150.00 Savings!!

Receive \$40.00 off the 1st cleaning. 10^{00} off all follow-up cleanings. Up to 150^{00} value. Daily, Weekly or Bi-Weekly Customers Only.

Ask about our Rewards Club for further savings.

858-272-4100 or 619-579-9205 • e-mail: mrymds@aol.com

All Major Credit Cards Accepted

merrymaids.com



New customers only. Not valid with other offers. Valid only at this location Cash value of 1/1000 if 1 cent. Offer valid through 10/30/2008

45 MINUTES A WEEK CAN **CHANGE YOUR LIFE**

Just 45 minutes a week at a Weight Watchers meeting can change your perspective, your wardrobe and your relationship with food. It's the change that leads to more change. And that can mean never having to diet again.

Join now and get FREE REGISTRATION*

Point Loma - Liberty Station Weight Watchers is Opening on Sept 4th! NTC Command Center, Rm 3, 2640 Historic Decatur St., San Diego - Meetings: Th 6 pm, Sat 8 & 9:30 am

> Pacific Beach Weight Watchers is Opening October 3rd! 1675 Garnet Ave., San Diego, 92019 - Meeting: Fri 9 am

Marina Village Weight Watchers Has Ongoing Meetings! Marina Village - Mission Beach, 1936 Quivia Wy., San Diego, 92109 - Meeting: Wed 6 pm

La Jolla Weight Watchers Has Ongoing Meetings!
Lawrence Jewish Comm. Center, 4126 Exec. Wy., La Jolla, 92037 - Meeting: Wed 12:30 pm & Sat 8:30 am

1 800 379-5757 WeightWatchers.com



Weigh-in begins 30 minutes prior to meeting time. *Offer valid from 8/24/08 - 10/18/08. First and subsequent weekly fees apply.

Valid for new registrants in participating areas only. Not valid for At Work or online subscription products.

©2008 Weight Watchers International, Inc., owner of the Weight Watchers registered trademark. All rights reserved.

DINING & ENTERTAINMENT

4 Units Prime Beach Investment

Wonderfully upgraded units, 3BR/2BA house with hardwood floors throughout, with tandem driveway, grassy front lawn, large patio, fireplace and den. Additional 3 units in back with alley parking. Studio, 1BR and one 2BR/1BA with garage. Must see. \$1,095,000-\$1,295,000.

Open Sat & Sun 1–4 • 1411 Oliver Ave., PB

Contact

Susan Ronis 858-274-9548 cell: 858-504-1011 MARCUS & MILLICHAP

THE LARGEST PREMIUM

@ THE SAN DIEGO CONVENTION CENTER



ant Thea

Faith

For more info & to RSVP, please visita

Chef Celebration digs in for scholarships

By LORALEE OLEJNIK | BEACH&BAY PRESS

Eat for a good cause as the 13th annual "Chef Celebration" returns in October, including a culinary event in Ocean Beach.

Each Tuesday evening through the month, a team of San Diego's star chefs collaborates to host a special dinner at a designated restaurant, with proceeds benefiting a scholarship fund for San Diego's aspiring culinary profes-

"It's like dining in five restaurants in one night," said Jeff Rossman, chef at Terra Restaurant and president of the Chef Celebration Board. "Most of us (cook) something that we've never done before. People have high expectations and we have to one-up ourselves every

Teams of about five chefs work together to create a menu for each Chef Celebration dinner hosted at one of their restaurants. Each chef cooks a course and periodically makes special appearances to mingle with guests throughout the

This year's hosting restaurants are Bernard'O on Tuesday, Oct. 7,

Pamplemousse in Solana Beach on Tuesday, Oct. 14 and Thee Bungalow in Ocean Beach on Tuesday, Oct. 28. The special kickoff dinner was held Oct. 1 at Terra in Hillcrest.

Participating chefs throughout the month include Victor Jimenez of Cowboy Star, Chris Walsh of Bite, Brian Malarkey of Oceanaire Seafood Room and Juan Flores of 3rd Corner.

Rossman said the event raises about \$15,000 to \$20,000 for scholarships for San Diego culinary students to attend weeklong continuing education classes at the Culinary Institute of America-Greystone in Napa. They return energized and with new skills to put to use in their home restau-

"It allows them to go further in their education and bring something back to San Diego," said Ross-

Rossman said Chef Celebration was started by Ed Moore, then owner of Thee Bungalow, as a way to bring chefs together and create a fun event to attract patrons during the slower months. It has since grown into an annual production

"run by chefs and for chefs," with a 501(c) 3 nonprofit status to raise money for scholarships.

Scholarship applications are still being accepted and are available by visiting www.chefcelebration.org. Applicants must have at least two years of kitchen experience in the last four years at the level of sous chef or below.

Chef Celebration dinners require a \$65 donation per person. To make reservations, contact host restaurants directly. For more information, visit www.chefcelebration.org.

Chef Celebration:

• Tuesday, Oct. 7 - Bernard'O (858) 487-7171 12457 Rancho Bernardo Rd. Chef Patrick Ponsaty www.bernardorestaurant.com • Tuesday, Oct. 14 - Pamplemousse

- Grille (858) 792-9090 514 Via de la Valle, Solana Beach Chef Jeff Strauss www.pgrille.com
- Tuesday, Oct. 28 Thee Bungalow (619) 224.2884 4996 West Pt. Loma Blvd. Chef Paul Niles www.theebungalow.com

BRIEFS

CONTINUED FROM Page 7

the sanctuary.

Christ Lutheran Church is located at 4761 Cass St.

Dine-out at Rubio's will benefit MBHS ASB

Fish tacos are raising bucks for the Bucs Wednesday, Oct. 8, when Rubio's donates 20 percent of all sales from 2 to 7 p.m. to Mission Bay High School's Associate Student Body.

For the school's ASB to receive the donations, diners must present a flier to the cashier when placing either a dine-in or take-out order.

ASB president Lee Houck said the funds will be used for promoting school spirit and activities.

Fliers can be picked up on at the school's front office or classroom 213.

For information call (858) 273-

Vendor spaces still available for BeachFest

dor spaces are still available at BeachFest, which returns to Ocean Front Walk for day of a outdoor family fun and dining Saturday, Oct. 11. The fall event features live music and dancing, a volleyball

tournament, a fun run, arts and crafts and the popular Taste of Pacific Beach Food Court offering inexpensive samples from a dozen area restaurants

For vendor information, visit www.PacificBeachFest.com or call Discover Pacific Beach at (858) 273-3303.

Six Man volleyball returns to South Mission

The San Diego Six Man Volleyball Championships return to South Mission Beach Saturday, Oct. 4.

The competition is open to volleyball players of all levels. Six-person teams face off on 30-foot by 30-foot "long courts." Divisions include men's open, A and masters; women's open, A and masters; corporate coed; college coeds; and youth ages 14-18.

The competition emphasizes having fun by encouraging players to dress in costume, with prizes awarded for most creative.

The annual event is a fundraiser for the San Diego Beach Improve-Although only a week away, ven- ment Group, a nonprofit that works to create awareness on keeping the beaches clean and safe and raise money for improvement projects such as installing bike racks, recycling containers and drinking foun-

For information visit www.SanDiegoBIG.org.

Library seeks local authors for book exhibit

The San Diego Public Library is seeking local authors who had a book published in 2008 for its 43rd annual Local Authors Exhibit.

The exhibit will be on display in the lobby at the Central Library downtown, 820 ESt., through February 2009.

Authors have until Dec. 1 to submit work. For information call Pamela Sanderson at (619) 236-

For information about upcoming library events and services visit www.sandieogolibrary.org.

Taylor Library hosts free concert on Wednesday

As part of its Library Music Series, the Earl & Birdie Taylor Library is inviting the community to watch Adrienne Nims and Spirit Wind perform Wednesday, Oct. 8, at 7 p.m.

Admission is free but donations are accepted.

The concerts are planned for the second Wednesday each month. The Taylor Library is located at 4275 Cass St.



Boone, Iowa

\$1.4 mil

San Diego Convention Center

Ballroom 20 D 111 W Harbor Dr, San Diego, CA 9210

Or join us a day early on our

SATURDAY, Oct 11, 10:00 am - 4:00 pm

(\$15 presale VIP tickets, or \$25 at the do









Grinnell, Iowa

Playa Del Carmen Mexico \$2.3 mil

New Ocean Front broker-owned Villa with over \$200K in annual income.

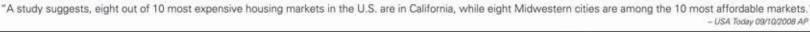
Visit: villa-paradise.com/sale



Knoxville, Iowa \$1.4 mil

Grimes, Iowa \$1.9 mil

Pending





SULENTIC FISCHELS COMMERCIAL GROUP

ph: 858.750.9872 www.jacknooren.com

DINING & ENTERTAINMENT



PHOTO COURTESY US NAVY BLUE ANGELS

The amazing Blue Angels return to this year's Miramar Air Show, Oct. 3-5.

Miramar Air Show will feature high-flying feats

By ANTHONY GENTILE | BEACH & BAY PRESS

The return of the Blue Angels highlights a host of unique acts at this year's Miramar Air Show. The 53rd annual air show will be held Friday though Sunday, Oct. 3 to 5, at MCAS Miramar.

"We're definitely excited about the return of Blue Angels. Everyone is excited about that, given that we are a Navy town," said Irma Malabanan, the air show's director of marketing.

The Blue Angels return to the Miramar Air Show after being absent last year. The Navy stunt pilots will top the day show each of the three days.

"We're definitely happy to see them come back. They give a lot to the community when they come out for these events. They bring a really strong part of the field to the air show," said Capt. Staci Reidinger, public affairs officer at MCAS Miramar.

Over the three-day span, more than 30 military and civilian acts will perform at MCAS Miramar. Highlights of military acts include the AV-8B harrier, a vertical take-off and landing aircraft; the F/A 22 Raptor, the Air Force's newest fighter aircraft; and the U.S. Army Golden Knights parachute team.

"We've never had that before. It has a lot more maneuverability than the F-18," Malabanan said of the Raptor.

Civilian performers include award-winning aerobatic pilot Sean Tucker in his plane Oracle Challenger, the Silver Wings wingwalking team and Shockley's Shockwave jet truck, which races planes and can achieve speeds of up to 300 miles per hour. Each of those performers will perform during the day shows, and Tucker and the jet truck will also perform Saturday night.

The day show will take place Friday through Sunday from 9 a.m. to 4 p.m. During the show, there will be exhibits, vendors and sponsors set up behind the grandstand.

"We have a whole row of squadrons selling their T-shirts and dog tags and goodies that you can't find anywhere else," Malabanan said.

A unique aspect of the day shows is the Marine Air-Ground Task Force demonstration. Crowds on each of the three days will get to see a sample of the task force as it would respond to a call, combining air support, armor, artillery and infantry forces.

"We basically show the tactical elements of the Marine Corps,"

SEE **AIR SHOW**, Page 14





Call today and ask how to get listed for **FREE!**

For Advertising Information call (858) 270-3103 4645 Cass St., 2nd Floor, San Diego, CA 92109 www.sdnews.com

Food and Drink

HAPPY HOUR SPECIALS Everyday at 4pm!



\$2<u>00</u>

\$300

GLASS OF WINE 2960 Truxtun Road, San Diego, CA 92106

619-222-GOLF (4653)

CAPTAIN'S QUARTERS Cocktails • 19 Exotic Beers Happy Hour

CHEESEBURGERS
4-7PM

FREE POOL SUNDAYS

MONDAY \$600

STEAKS

STEAKS
TUES & SAT
NIGHTS KARAOKE
BLOODY MARY'S \$275
DAILY 6AM-12PM

3pm-6pm 7 DAYS A WEEK



\$200 DOMESTIC DRAFTS

1403 Rosecrans • 223-2750 • In the Ramada Hotel



S8 minimum purchase per entree plus beverage, per person.

Limit 4 per coupon, per table with this ad. Not Valid on weekends, holidays or with any other coupons, specials, offers or with private groups.

Open Daily 6:00am - 3:00pm

"We've Got Huevos!" www.thebrokenyolkcafe.com

Pacific Beach 1851 Garnet Ave. 858-270-YOLK(9655) Eastlake (7am-3pm) 884 Eastlake Pkwy. (619) 216-1144

La Costa 7670 El Camino Real (760) 943-8182





You can't shake us, but we've got the info you need.

To get your free Consumer Information Catalog filled with federal booklets on all sorts of family and financial matters, just visit pueblo.gsa.gov, call 1 (888) 8 PUEBLO, or write: Trusted Source, Pueblo, CO 81009.

Pueblo, CO. Your trusted source.



A public service message from the U.S. General Services Administration.



© 2008 JUDITH LEA GARFIELD

A spiny lobster vanquishes a "camera predator" with a wave of its antennae wands.

Browse but don't bag bugs in Underwater Park

By JUDITH LEA GARFIELD

Although most Americans consider eating insects unimaginable, others find them delectable, particularly with drawn butter. Those folks geared up, literally, for the opening day of lobster season, which began this past week for sport divers. Panulirus interruptus, the California spiny lobster, is a member of the Arthropod family and, as such, is related to terrestrial insects. Typical of their land brethren, lobsters have a segmented upper shell (a carapace), a pair of antennae and lots of legs. Being scavengers, they are equally content to feed on dead animals as those with a pulse. Divers call them "bugs" because they look like colossal-size cockroaches. Still sound appetizing?

The West Coast spiny lobster is really a crayfish because it lacks claws like East Coast lobsters. Our Pacific Coast bugs range from Point Conception to the north to down south in Baja's Magdalena Bay. Highly adaptable, They're found in the La Jolla Ecological Reserve's kelp forest, rocky reef, shallow sand flat and submarine canyon habitats. Interestingly, spiny lobsters don't take advantage of the abundant acreage available to them. I more often find them tightly clustered together in crevices and under ledges, looking more like a seafood market display, sans the surrounding bed of crushed ice. They frequently share close quarters with suitemates outside their own kind, including assorted fish.

Not easy marks, spiny lobsters sport several survival strategies, like hiding in dens during daytime. Their extra-long, flexible antennae remain exposed and are employed as a tactile sweeping device to ward off predators such as octopi. The lobsters also wave their antennae like conductors' batons to deflect intruders when they are feeding. Should this mechanism fail to get results, they have backup. A noise-making apparatus at the base of each antenna allows them to emit a grating sound that frightens or at least alarms predators. To me, it just sounds like a creaky door. Spiny lobsters best defy humans with a carapace and antennae studded with sharp, tough spines and the ability to curl their tails under and instantly

jump away. I once saw a lobster leap three feet to a ledge above me from a stationary position. No pole-vaulting equipment needed. Despite

deft defenses, the nocturnal bugs are at their most vulnerable when they venture out following sunset to search for food.

Spawning occurs March through August. Females carry their eggs (about 50,000, but only a fraction survive) plastered to the underside of their bodies for a little more than two months, then the hatched microscopic larvae swim to the ocean's surface to feed on plankton and undergo a few moltings as they increase in size. Once grown to nearly an inch, the transparent lobsters settle to the seafloor, where eagle eyes may spy them secreted among surf grass strands.

As juveniles struggle to adulthood, adult creepy-crawlers are on the run until lobster season closes (before midnight March 19, 2009). At least they are safe from me, as I am only an observer. This season's lobster wranglers must carry a Spiny Lobster Report Card (besides the requisite saltwater fishing license). Not instigated by the San Diego Unified School District, the Department of Fish & Game wants to gather detailed information about the catch numbers, fishing effort and gear used by recreational fishers. While data for the commercial lobster fishery are regularly collected, the recreational fishery has gone essentially unmonitored. You don't need to be a mathematician to compare the number of lobsters needed for a feast at yesteryear's bug barbecues with today's: Historical logs of spiny lobster catches document bugs up to 26 pounds and measuring up to 3 feet long. Today's bragging rights belong to hunters bearing trophy-size lobsters measuring somewhere over a staggering 5 pounds.

Since males can live up to 30 years and females live at least 20 years, it's easy to see how fishing pressure has led to the present population of diminutive lobsters. In terms of reproductive power, the larger the gal, the more eggs she carries, so diminished body size also translates to smaller broods.

The San Diego-La Jolla Underwater Park (to the border at Torrey Pines) is off limits for taking lobsters, and the La Jolla Ecological Reserve off La Jolla Cove and La Jolla Shores is off limits to the taking of any and all marine life. Should you see anyone exiting the water with plunder, call the DFG at 1-888-DFG-CAL-TIP, San Diego Lifeguard Service and San Diego Police. Take pictures, write down license plate numbers and record other pertinent information. Stewardship is everyone's responsibility.

underwater photographer, has authored two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. www.judith.garfield.org. Questions, comments or suggestions? Email

jgarfield@ucsd.edu.

— Judith Lea Garfield, biologist and



© 2008 JUDITH LEA GARFIELD

They may seem like odd roommates, but for a spiny lobster and scorpionfish (below), four eyes are better than two when it comes to safety.



PAUL DOUGLAS | BEACH & BAY PRESS

Mission Bay junior Dillon Baxter (28) moves down the field during the Bucs' battle against Coronado Friday, Sept 26. The Islanders scored six touchdowns and a 36-yard field goal to beat Mission Bay 44-19.

Coronado passing game grounds Mission Bay

By PAUL DOUGLAS | BEACH&BAY PRESS

Mission Bay learned what an effective passing game was like while Coronado High scored five touchdowns through the air and one on the ground during the Islanders' 44-19 win over the Bucs Friday, Sept. 26, at Mission Bay.

Coronado completed TD passes of 57, 81, 69, 10 and 48 yards plus an 8-yard quarterback keeper and a 36-yard field goal.

Along with the Bucs, Coronado is a Division IV team.

Mission Bay got on the scoreboard late in the first half, while they were already down by 27 points. Dillon Baxter took the hand-off and punched it in from six yards out. The extra-point kick was blocked.

After 10 minutes of play in the third quarter, Mission Bay quarterback Bryan Allen connected with a leaping Baxter for a 4-yard pass to the end zone. Senior Manuel Bohena got the PAT up and through to give the Bucs 13 points.

With 1:30 left in the game, the Bucs added a final score. Allen found Ray Herring streaking down the left side for an 18-yard touchdown. The extra-point kick attempt was again blocked.

Coronado was so disciplined that on one down in the devastating second quarter, they ran a play where the entire bench participated in the deception. The Islander quarterback took the snap and faked a hand off to the halfback charging into the line. At that point the Coronado bench yelled, "RUN" while their quarterback bootlegged the ball to the right and lobbed a first-down pass.

On Sept 19 the Bucs hosted North County Division II powerhouse Bonita Vista. During that of a great offensive line in establishing a running game.

Bonita Vista scored three times while dominating the game. The Bucs' lone highlight came while Mission Bay's goal-line defense was

on the field. Baxter stepped up from the safety position and intercepted a pass at the 3 yard line then easily won the foot race 97 yards to the other goal line. The final score was 21-6 Buena Vista.

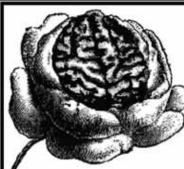
The Mission Bay varsity football squad is now 2-2.

This Friday is the Bucs' bye week while they rest up. On Friday, Oct. 10, Mission Bay will host Lincoln High at 3 p.m. in their final preseason game.

Oct. 17 the Bucs will start Western League play when they host Point Loma. The match-up with the Pointers will be the annual homecoming game.

During halftime, Mission Bay will hold an induction ceremony for athletes voted into the school's contest, the Bucs learned the value Hall of Fame — the first ceremony in more than five years.

> Mission Bay football information is available at www.missionbay high.com or from coach Willie Matson at (858) 273-1313 ext. 137.



Spanish

Beginner, Beginner Plus, Intermediate and Advanced

French

Beginner and Beginner Plus

Italian

Total Beginner starts Oct 11

English

Evenings and Saturdays

Sign up for any of these classes by October 11 and get our Canvas Tote Bag FREE

Grow Your Mind™ WordWide.US

Casual, Fast and Fun Language Education

4843 Voltaire Street, Ste. A, in Ocean Beach

Tel.: 619.222.6411 study@wordwide.us

*while supplies last, minimum 10-weeks (20 hours)

Reverse the Patterns of Postural Change

Walk Tall: A Comprehensive Osteoporosis **Management & Postural Correction Program**



Every Tuesday 11:00a.m.-12:00 p.m. La Jolla YMCA, 8355 Cliffridge Ave.

Every Thursday 9:30 a.m. - 10:30 a.m St. Bridgid Parish Hall, 4735 Cass St.

Presented by: Tassanari Physical Therapy and St. Brigid Health Ministry

For information on this class, the Walk Tall Program, or a FREE consultation at Tassinari Physical Therapy



Call (858) 581-6900 or website: www.tasspt.com





PT LOMA VIEW MASTERPIECE



PAUL THORYK DESIGN IN LA PLAYA OVERLOOKING SAN DIEGO BAY (SEE PICTURES ON WEBSITE) 5BR + 2 Offices + 6.5 BA 6,500± sq. ft. + Wine Cellar 9 Cars in Garage + 4 in Drive Huge Pool Area • 17,000 sq. ft. Lot Home is 3 yrs. New, Has Everything! \$5,900,000 to \$6,500,000

OCEANFRONT MISSION BEACH



BRAND NEW RECONSTRUCTION Condos on the Beach • 2BR/2BA 2 SUV Parking • Garage No Tandems! Deck • Boardwalk Patio • Granite **Travertine • Stainless Appliances** Priced from \$1,395,000 to \$1,750,000

PACIFIC BEACH 4-PLEX



HOUSE + 2 TOWNHOUSES + APT Lots of Parking Nice Yard Condo Map Started \$1,350,000

MISSION BEACH 8 UNITS



8 UNITS WITH CONDO MAP Vacation Rentals • Garage Parking 5 Studios & 1 Bedroom & Two 2 Bedrooms Priced to Sell \$2,900,000

"The Heartbeat of San Diego"TM

Terry L. Sheldon

www.terrysheldon.com

858.454-4500

T.L. Sheldon & Associates, Inc.

WHEN YOU'RE LOOKING FOR MORE THAN **JUST AN AGENT**

Bolts roll over Oakland with 4th quarter rally

By BOB HURST | BEACH & BAY PRESS

Chargers fans had to be sweating bullets on Sunday as their team trailed the Oakland Raiders 15-0 at halftime and 15-3 after three quarters. But the Bolts put it all together with 25 fourth-quarter points for a 28-18 win.

San Diego (2-2) beat its AFC West rival for the 10th consecutive time.

After Philip Rivers hit Antonio Gates for a nine-yard touchdown pass, LaDainian Tomlinson gave the Chargers the lead on a 13-yard scoring run. A 2-point conversion made it 18-15 with 12 minutes 47 seconds to play. The TD run was set up when Bolts linebacker Marques Harris sacked Oakland quarterback JaMarcus Russell, forcing a fumble.

Later tied at 18-18, Darren Sproles worked his magic on a 67-yard kickoff return to set up Nate Kaeding's 47-yard field goal with 1:51 left. Tomlinson, who ran 20 times for 106 yards, sealed the victory with a 41-yard TD run just 47 seconds later. It was Tomlinson's 21st career scoring run against the Raiders (1-3).

Tomlinson has scored two touchdowns in two straight games, and ran for 100 yards for the first time this season. San Diego's defense forced two turnovers and had six sacks.

"We pride ourselves on no matter how we start, finishing the game strong," Tomlinson said. "It



DON BALCH | BEACH & BAY PRESS

After beating the Raiders at Oakland and heading to Miami, fan will have to wait until the Oct. 12 matchup against New England to catch the Bolts at home.

didn't matter that it was against the Raiders."

Raiders fire Kiffin: Oakland's loss to the Chargers on Sunday apparently wasn't the last straw for Raiders owner Al Davis, who fired head coach Lane Kiffin on Tuesday. That came at least after a Week 3 loss to Buffalo, and probably sooner.

But the Raiders' play against the Chargers didn't help. They blew a big lead in the fourth quarter for the second consecutive week.

Kiffin, who went 5-15 with the Raiders, was the youngest NFL head coach at the age of 31 when he was hired in February 2007. He previously had been the offensive coordinator at USC. Kiffin and Davis had been at odds since last

season.

Some players still don't get it: Less than two weeks after NFL commissioner Roger Goodell advised players of his intention to strictly enforce playing rules that promote safety on the field, New York Jets safety Eric Smith lowered the boom on Arizona wide receiver Anguan Boldin.

The league announced this week that Smith has been suspended for one game and fined \$50,000 for his helmet-to-helmet hit on Boldin. Smith will also lose his game check for the game against Cincinnati on Oct. 12. Boldin took the hit from Smith at the Meadowlands on Sunday. He was trying to catch a pass in the end zone before getting hit by two defenders. Boldin briefly lost consciousness and was immobilized on a stretcher before being taken off the field. Tests were negative, and on Monday, Boldin was resting at home.

Week 4 Leaders: Passing

Kurt Warner, Cardinals, 40-57, 472 yards, 2 TDs, 3 INTs. Drew Brees, Saints, 23-35, 363 yards, 3 TDs, 1 INT. Jay Cutler, Broncos, 29-49, 361 yards, 1 TD, 2 INTs.

Rushing

Larry Johnson, Chiefs, 28 carries, 198 yards, 2 TDs. Clinton Portis, Redskins, 21 car-

SEE **BOLTS,** Page 14

Week 5 NFL Preview & Picks

By BOB HURST | BEACH&BAY PRESS

Tennessee and Buffalo attempt to go 5-0 this week while the Patriots try to get on the winning track. Here's a look at this week's games. All times are Pacific.

Last week: 8-5 Season record: 41-19

Sunday Oct. 5
Tennessee 4-0
at Baltimore 2-1, 10 a.m.
Last Meeting: Ravens won 2726 at Tennessee in 2006.
Stats & Stuff: Titans are 4-0 for the first time in franchise history.
Baltimore ranks first in NFL defense. 25th on offense.

defense, 25th on offense. **Game Day:** Can Tennessee's magic keep rolling? Ravens defense says no.

Pick: Ravens 19, Titans 16

Kansas City 1-3 at Carolina 3-1, 10 a.m. Last Meeting: Panthers won 28-17 at Kansas City in 2004.

Stats & Stuff: Chiefs' Tony Gonzalez needs just 3 more yards to pass Shannon Sharpe for the most receiving yards by a tight end in NFL history. Carolina has won 13 straight home games when it has more takeaways than giveaways.

Game Day: Panthers 19th-ranked run defense must stop Kansas City's Larry Johnson. **Pick:** Panthers 27, Chiefs 20

Chicago 2-2

at Green Bay 2-2, 10 a.m. Last Meeting: Packers won 33-25 at Atlanta in 2005.

at Detroit 0-3, 10 a.m.

at Chicago in 2007.

last season.

Atlanta 2-2

Last Meeting: Lions won 16-7

ranks fourth in opponent third-

down efficiency at 28.3 percent.

down, converting 26.5 percent.

Detroit swept the season series

Game Day: Chicago cranked up

Eagles. Lions try to regroup after

firing team president Matt Millen.

its defense in Week 4 win over

Pick: Bears 30, Lions 14

Stats & Stuff: Bears defense

Lions offense is 29th on third

Stats & Stuff: Falcons RB Michael Turner has rushed for 422 yards in first 4 games. Green Bay QB Aaron Rodgers has completed 65.6 percent of his passes in 2 home games.

Game Day: Rodgers hopes to play despite a sprained shoulder as Pack tries to avert a third consecutive loss.

Pick: Packers 34, Falcons 20

Indianapolis 1-2 at Houston 0-3, 10 a.m.

Last Meeting: Colts won 38-15 at home in 2007.

Stats & Stuff: Indianapolis leads the all-time series 11-1. Texans have won 4 straight home games. **Game Day:** A bye week probably helped the Colts iron out the

SEE **PICKS**, Page 13

At the Beach

Full Menu 'Till 1am Nightly Best Traditional Breakfast at the Beach Saturday & Sunday 9am-2pm

Now Featuring Daily Lunch Specials from 11:00am to 3:00pm Monday Thru Friday

n Us for Dinner

FOOTBALL IS BACK - WATCH THE
GAMES ON HIGH DEFINITION TV'S,
ENJOY OUR BREAKFAST MENU
AND DRINK SPECIALS. OPEN AT 9AM
SATURDAY AND SUNDAY FOR
COLLEGE & PRO GAMES!

www.NicksAtTheBeach.com







809 Thomas Ave · Pacific Beach · 858.270.1730

FLU
SHOTS
\$20
w/coupon
reg \$25

Free to Eligible Medicare Recipients No Appointmment Needed Hours: 9-6 Mon-Fri; 9-1 Sat



1015 Turquoise St. Ste. #1, Pacific Beach 858-274-6762





1808 Garnet Ave.
Pacific Plaza II
Open 6am-5pm
Thurs-Mon
Closed Tue. & Wed.
858-272-3521

Charlie's been baking awesome bread since 1987!

Real Sourdough • Crusty French • Sourdough Walnut • Spinach Feta Nine Whole Grains • Hallah Egg Bread • Banana Chocolate Chip Apple Cinnamon Walnut • Black Forest Chocolate Cherry Pumpkin • Fruit n' Nutz • Maple Walnut • Cheddar Jalapeno Fat Free Muffins • Exceptional Biscotti • Cream Cheese Scones

Awesome Tasting • All Natural • Scratch Baked • Organic Flours

Free Giant Cinnamon Roll or Muffin or Cookie or Scone with Purchase of a Loaf!

One Coupon Per Person Per Day. \$4.00 Minimum Purchase. Expires 10-17-08

Thursday, October 2, 2008

CONTINUED FROM Page 12

wrinkles in their game plan. Pick: Colts 24, Texans 21

San Diego 2-2 at Miami 1-2, 10 a.m.

Last Meeting: Dolphins won 23-21 at San Diego in 2005.

Stats & Stuff: Chargers are 28-4 when LaDainian Tomlinson has 25 or more carries on the road. Miami has won 5 straight at home over the Chargers.

Game Day: Paving the way for Tomlinson will be a key. Chargers don't want to become second straight upset victim of the Dolphins.

Pick: Chargers 31, Dolphins 27

Seattle 1-2 at N.Y. Giants 3-0, 10 a.m. Last Meeting: Seahawks won 42-

30 at home in 2006. Stats & Stuff: Seattle is 8-0 in last eight meetings with NFC East teams, including 3-0 in playoff games. Giants try for first 4-0 start

since 1990, when they won the

Super Bowl.

Game Day: Giants are looking like a defending Super Bowl champ so

Pick: Giants 23, Seahawks 20

Washington 3-1 at Philadelphia 2-2, 10 a.m. **Last Meeting:** Eagles won 33-25 at Washington in 2007.

Stats & Stuff: Redskins have won 3 in a row. Philadelphia QB Donovan McNabb is 10-5 in his career vs. Washington with 25 TDs, 11

Game Day: Eagles should be able to cool off the hot Redskins. Pick: Eagles 28, Redskins 24

Tampa Bay 3-1 at Denver 3-1, 1:05 p.m. Last Meeting: Broncos won 16-13 at Tampa Bay in 2004.

Stats & Stuff: Buccaneers are 13th in scoring at 25.3 points per game. Denver ranks 29th with 29.3 points allowed per game. Game Day: Time for another Den-

ver shootout. Pick: Broncos 35, Buccaneers 31

Buffalo 4-0 at Arizona 2-2, 1:15 p.m. Last Meeting: Bills won 38-14 at home in 2004.

Stats & Stuff: Buffalo is shooting for its first 5-0 start since 1980. In

10 home games vs. AFC teams, Cardinals quarterback Kurt Warner has thrown 28 TD passes, 8 INTs.

Game Day: Arizona has been brought back down to Earth just in time to knock the Bills down too.

Pick: Cardinals 27, Bills 24

Cincinnati 0-4 at Dallas 3-1, 1:15 p.m.

Last Meeting: Bengals won 26-3 at home in 2004.

Stats & Stuff: Cincinnati's pass defense ranks fourth, allowing an average of 165.8 yards per game. Cowboys' pass offense is third at 292 yards.

Game Day: Tony Romo will find Terrell Owens open more this week.

Pick: Cowboys 31, Bengals 20

New England 2-1 at San Francisco 2-2, 1:15 p.m. **Last Meeting:** Patriots won 21-7 at home in 2004.

Stats & Stuff: This is the first year ever that Patriots are playing 4 times on the West Coast. 49ers Frank Gore leads NFL with 525 all-purpose vards.

Game Day: After a week of finetuning during their bye, the Patriots are ready to stiffen up their defense and get back to winning. Pick: Patriots 35, 49ers 14

Pittsburgh 3-1 at Jacksonville 2-2, 5:15 p.m. Last Meeting: Jaguars won 31-

29 at Pittsburgh in first-round playoff game in 2007 season. Stats & Stuff: Steelers are 27-2 when Ben Roethlisberger has a 100-plus passer rating. Jacksonville has won the last 4 meetings with Steelers. Jaguars' first 4 opponents have combined record of 9-5.

On Target with Robert Bullet

Last Week's Bets

1 win, 2 losses

Overall

9 wins, 9 losses

Best Bets This Week

Tennessee - 2 1/2 over Baltimore Kansas City +9 1/2 over Carolina New England - 3 1/2 over San Francisco

Tampa Bay +3 1/2 over Denver Chicago -3 over Detroit Washington +5 1/2 over

Game Day: Jacksonville has picked up its game and will be tough on the Steelers.

Pick: Jaguars 17, Steelers 14

Monday Oct. 6 Minnesota 1-3 at New Orleans 2-2, 5:30 p.m. Last Meeting: Vikings won 33-16 at home in 2005.

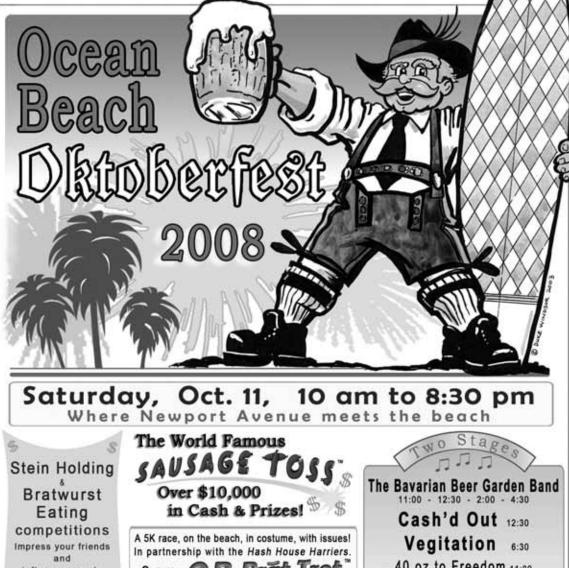
Stats & Stuff: Minnesota is sixth in league defense, allowing 279.3 yards per game. Saints are third in NFL offense at 414.3 yards.

Game Day: New Orleans played its best overall game in Week 4 and should keep the momentum going this week.

Pick: Saints 27, Vikings 21

Bye week: Cleveland, N.Y. Jets, St. Louis, Oakland







Registration See Details Online

Free Shuttle Buses every 30 min. PB to OB & back. Noon - 8:30 pm Pickup at 710 Beach Club, 710 Garnet Av \$3 Beer Garden donation benefits the Ocean Beach Mainstreet Association & Ocean Beach Community Foundation

40 oz to Freedom 11:00 Knights of Monte Carlo 2:30 Danielle Lo Presti and the Masses 3:30 Bateke Beat 5:00 Sweet Tooth 6:30

* Emcee Jose Sinatra presides *



www.OBOktoberfest.com









JOLLA **HAND WASH** FULL DETAIL SERVICES AVAILABLE 891 Turquoise St. 488-1900

Free to Eligible **Medicare Recipients** No Appointment Needed Hours: 9-6 Mon-Fri; 9-1 Sat



1015 Turquoise #1 Pacific Beach (Corner of Turquoise & Cass) • 858-274-6762



3 hour party \$250* *3 hour party normally \$375 **So Cal Sings**

AIR SHOW

CONTINUED FROM Page 9

Malabanan said.

Following the day show on Saturday, from 5:30 to 9:30 p.m. will be the twilight show. In addition to a number of various performers, Taps will be played at sunset and the show will conclude with both fireworks and the Great Wall of Fire, a large pyrotechnic display.

"It's something special that a lot of other air shows don't offer." Reidinger said.

Reidinger said the base expects more than 700,000 people to come to the air show over the three-day span. In addition to the air show, guests will also

have a chance to check out the base itself.

"It's the only time of the year where we open the whole base and the flight line to the public because it is our open house," Malabanan said.

Admission, parking and blanket seating on either side of the grandstand are free to the public. For those looking to get a better view, preferred seating ticket packages are available for both the Friday and Sunday matinee shows, the Saturday all-day show and the Saturday twilight

For ticket information, directions to MCAS Miramar or general information about the show, visit www.miramarairshow.com.



Allen de la Rosa (left) and Russell Ramo grab a ukulele and banjo from the wall to pluck out a tune at Elephant Music,

Elephant Music keeps PB's musicians strumming

Have Ads, Will Travel ... Glad to Help You!

Call Kirby for your free marketing consultation! 858-270-3103 x122 or Kirby@sdnews.com

BEACH & BAY PRESS

The only community newspaper about the community for the community."



Build Better Bones A Comprehensive Osteoporosis Management

MYTH FACT

Osteoporosis only affects people over 60

Osteoporosis affects people of all ages

How to build stronger bones

- Learn how to Reverse the Patterns of Postural Change®
- Learn how to improve your back problems and pain

Everyone receives a FREE Consultation at Tassinari Physical Therapy

Time: Sacred Heart Church Parish Hall, 2024 Sunset Cliff Ave., Point Loma Call (858) 581-6900 or (619) 224-9114 to RSVP. For more info go to tasspt.com

Presented by Marcia Tassinari, M.P.T.

LEARN

Light refreshments will be served

Ask The Lawyer

Question:

What is the difference

Answer:

between a Will and a Trust?

A Will can be a short and simple document that is

handwritten which indicates how you want your property to pass. It does not accomplish any estate tax planning, reduction in taxes or privacy of the individual writing the document. It is important that you have a Trust if you own property or have significant assets, over \$100,000.



When you have a living trust, you also have a will, referred to as a pourover will, and it pours over assets to the living trust. A living trust accomplishes the following:

Avoids probate (Probate is the court process by which assets are titled in the name of the heirs or beneficiaries). Probate costs approximately 2-9% of the gross value of the estate. This total is not reduced by any mortgages or debts of the estate. The probate process takes from 10 months to several years to complete, depending on its complexity.

A trust is a private document which is not available to the public inspection, as is a Will.

A Trust can save hundreds of thousands of dollars in federal estate taxes. Federal estate taxes are taxes collected by the IRS at the death of an individual who owns assets at the time of death, valued at over a certain amount that changes over the next few years.

Virginia L. Weber, Inc.

Your Grandpa & Grandma Would Love!"

A Law Corporation 619-222-5500

Probate Trusts Wills

www.virginiaweber.com • E-mail: vweber01@yahoo.com 4817 Santa Monica Ave. Ste D, San Diego, CA 92107

& Postural Correction Program

of Tassinari Physical Therapy Inc.

Date: Thursday, October 23rd at 6pm-8pm

Sponsored by St. Brigid Health Ministry and Tassinari Physical Therapy

square inch is taken up with something musical, from walls to countertop. Even the sales floor is dominated by a massive sales display for

By BART MENDOZA I BEACH&BAY PRESS

While Pacific Beach is known for

live music venues, the show could

strings, drum heads, picks or amps.

Avenue, Elephant Music, the six-

year-old instrument and instruction

shop is a blur of activity, with a mix

of music students and walk in cus-

ran a similarly named shop in Lake

Tahoe, Elephant Music is managed

multi-instrumentalist who doubles

Though relatively small in size,

the store, located at 1380 Garnet

Ave., is packed with the mundane

and the exotic, from guitar picks to

drum kits and amps. The shop isn't

cluttered, but just about every

by Allen DeLarosa, an amiable

as an instructor.

Owned by Rick Webster, who also

tomers keeping the mood lively.

Located just a stone's throw away

not go on without a place to buy

from the nightlife on Garnet

"We try to offer something for just about everybody who plays an instrument, and it adds up," DeLarosa said.

While the store is a far cry from instrument megastores like Guitar

Center, its friendly atmosphere and personal attention keep regular customers happy. The store will happily special order anything they don't have in stock, but their best seller is guitars, which can range in price from \$79 to \$1,500.

"I've noticed a real upswing in beginner guitar sales in particular," he said. "But the biggest surprise has been the ukulele revival. That's really caught on like wildfire."

While the sales floor is packed with options, the store's mainstay is providing lessons, primarily guitar, bass and ukulele.

"We don't have any one type of student," said instructor Russell Ramo. "We're very much the local neighborhood shop, so we get a lot of kids from the area schools. But this is the beach community, with a lot of young people that are interested in music, so we get all sorts."

Elephant Music is in relatively close proximity to such live music venues as the Tiki House and 710 Beach Club. However, "We don't get a lot of specific crossover with the local music clubs," Ramo said. "But the bands know where we are. It's not unusual for groups to pop in for emergency supplies before a show."

Ramo laughed when he said rummers forgetting sticks seems t be a recurring theme.

The shop's support of local music is clearly evident at the front door. The last thing a customer sees as he exits is a selection of flyers and posters promoting upcoming local events.

"It's important that we're connected to the local scene. Putting up posters and so on is a small thing, but this is a place where lots of people that are interested in music gather, so if we can also help spread the word about something cool, that's great," said DeLarosa, who also performs with the local band Science Fiction.

For Ramo, part of the business' appeal is its constant turnover of customers.

"There's a lot of walk-in business here, so you spend a lot of time interacting with new people, talking music and picking up interesting bits of technique," he said.

After pausing to help a customer, Ramo stops to think of the best way to describe his job.

"This is the sort of place you want to come to every day," he said. "For someone who loves music, this is a dream job."

Elephant Music is located at 1380 Garnet Ave. For information call (858) 272-1964. Hours are from 10 a.m. - 6 a.m. Mondays through Saturdays, 11 a.m. 4p.m. on Sundays.

BOLTS

ries, 121 yards, 0 TD. Earnest Graham, Buccaneers, 20 carries, 111 yards, 1 TD.

Receiving

Muhsin Muhammad, Panthers, 8 catches, 147 yards, 1 TD. Santana Moss, Redskins, 8 catches, 145 yards, 0 TD. Derrick Mason, Ravens, 8 catches, 137 yards, 0 TD.

Tackles

Ray Lewis, Ravens, 13.

James Harrison, Steelers, 2.5

Interceptions

Darrelle Revis, Jets, 2.

Quotable: "I'm sure a lot of people weren't giving him a chance to come back. He proved a lot of people wrong."

-Saints QB Drew Brees on Deuce McAllister, who ran for 73 yards and a touchdown on 20 carries in his first significant game action this season after coming back from his second reconstructive knee surgery.

Sidelines: Joe Namath has company. The former New York Jets quarterback had his team-record six touchdown passes tied by Jets newcomer Brett Favre on Sunday. Favre threw for a career-high six TD passes in the Jets 56-35 rout over Arizona. Three of those scoring passes went to Laveranues Coles. "Throwing six touchdown passes was awesome," Favre said...Former Denver Broncos quarterback John Elway and former Oakland Raiders cheerleader Paige Green became engaged recently in Italy. Elway, 48, has been divorced since 2003 and has four children. Green is 41...The Houston Texans will play their 100th game this weekend. Guard Chester Pitts will be the only Texan player to start all 100 games, and kicker Kris Brown joins Pitts as the only players on the team to have played in every one of the franchises games... The Detroit Lions fired team president and CEO Matt Millen last week, after his teams compiled a 31-84 record since 2001.

Call 858-270-3103 Place or view ads on-line at sdnews.com

ANNOUNCEMENTS 100

ALTERNATIVE CLEANING SERVICES an eco-friendly company, wants to give youan early holiday gift. Month of October only, 1 HOUR FREE HOME CLEANING! (Minimum of 6 hours) CALL NOW! To take advantage of our reliable services 619-550-1991

HELP WANTED 250

Employment Opportunity

Advertising Sales Representative. Two positions available. Full time reps for *La Jolla Village News* and *San Diego Downtown News*. Advertising sales experience preferred. Email résumé to David Mannis:

dmannis@sdnews.com or call (858) 270-3103 x105

San Diego Community Newspaper Group





AMATEUR FEMALE MODELS Amateur Female Models Wanted: \$700 and more per day. All expenses paid. Easy money. (619) 702-7911

General Help Wanted

ABLE TO TRAVEL. National Company Hiring 6 people. No experience necessary. Paid Training and Trasportation. OVER 18. Start ASAP. 1-888-921-1999

OCEAN CORP Houston, TX. Train for NEW Career. *Underwater Welder. Commercial Diver. *NDT/ Weld Inspector. Job placement and financial aid for those who qualify. 800-321-0298.

POST OFFICE Now Hiring. Average \$20/ hour, \$57k annually including Federal Benefits, Overtime, Paid Training, Vacations. Part-time/ full-time. 1-866-483-6562 USWA

SWIM INSTRUCTORS WANTED \$12-\$19/hr. Call (858) 273-7946

TEAMS EARN TOP DOLLAR plus great benefits. Solo drivers also needed for Western Regional. Werner Enterprises 800-346-2818

BOOTHS AVAILABLE in beautiful, new, full-service, eco-friendly salon in Point Loma. Excellent location, Excellent opportunity. Move-in incentive. Looking for experienced Hair Stylist w/ clientele. Please call Mindy at 619-723-9046.

ITEMS FOR SALE 300

FAST FOOD DISCOUNT CARDS Fast Food Discount Cards that never expires. 24 Restaurants including Arbys, Wendys, Pizza Hut, Krispy Kreme and more. Cost \$20. R. T. 3115 WhiteHorse Road PMB 177, Greenville, SC 29611. (864) 295-5551

Garage/Yard Sales

MOVING/GARAGE SALE. Diving equipment, incl.tanks, wet and dry suits, lots of new tools, Furniture Add New Computer software, TV and Video player and 100s of videos. Skis, underwater scooter, and exercise equipment. See at 3538A Ashford S

Misc. For Sale

BIG BEAR - FAMILY GET-AWAY Rent by day or week! Sleeps 4-14. Spa and Gameroom. Photos @ www.bluemoo nridgelodge.com or (619) 226-6671

MANGOSTEEN THE QUEEN OF FRUITS Feel better now and try risk free today: www. MyMangosteen.net

ITEMS FOR SALE 300

MEMORIAL POEM FOR PET custom poem for lost loved one.sample available.email: montereywordweaver@gmail.com \$40-\$60

NEW complete screen-printing equipment package. press, conveyor, flash, exposure, tools-supplies \$5990.00 CALL NOW 800-

RESALE & NEW women's clothes, accessories, shoes, jewelry, \$5 - 35, Designer BARGAINS, Tierrasanta. (619) 985-6700

SPA/HOT TUB \$1950! Never Used! Neck Jets, Therapy Seat. Many Jets. Warranty. Can Deliver. Worth \$5950. Sell \$1950. (858) 530-0980

Misc. For Trade

ATT READERS! FREE BOOKS! Trade your books for free at www.PaperBack Swap.com!

HEALTH SERVICES 375

Health Care

BUY VIAGRA, CIALIS, LEVITRA, Propecia and other medications below wholesale prices. Call: 1-888-300-3941.www. GlobalDrugsOnline.com Over 70% savings.

PETS & PET SERVICES 400





Tick Tock is a unique name for a unique dog! He is a 3-year old Terrier mix, and weighs 40 pounds. This happy youngster would like to be your one and only pampered prince. He will benefit from obedience training and lots of love.

obedience training and lots of love.
Tick Tock is available for
adoption through FOCAS.
Information: Katie at 619-788-7880

www.focas-sandiego.org



TINY TINA

What a little sweetheart! Tiny Tina is a min/pir chihuahua mix. She is only 4 lbs! This little petite girl would make a wonderful traveling companion or a stay home lap dog! She is a devoted canine who needs a home. She is spayed, current on all vaccines and microchipped.

microcipped.
Please call SNAP volunteer foster if interested in meeting Tiny Tina.
310/918-5120 or 760/815-0945
Contact SNAP at 858/456-0452

CAT ADOPTION SERVICE

An All Volunteer



Lucky was rescued off the streets of SE San Diego abandoned by a roadside. Lucky and many other Rescued Cats and Kittens are looking for loving

permanent homes. Come visit them at the **La Jolla Petsmart** located in La Jolla Village Square.

For more information please visit our website at **www.catadoptionservice.org**

MISC. SERV. OFFERED 450

AC PLUS HEATING & AIR HEATING AND AIR CONDITIONING INSTALL/SERVICE FREE EST. LIC 737166 (858) 254-7374

Ask the Contractor's Board

Hiring a contractor, whether a simple repair or major remodel, can be daunting. Armed with some basic information, California homeowners can avoid many common pitfalls of home improvement. If you



have questions or need information go to our website at www.cslb.ca.gov.

Services Offered

AUTOMATIC E-MAIL information on any homes listed for sale in the San Diego area. sdhomebuyersonline.com Prudential Dunn, Realtors (619) 275-3866

Cleaning

CLEANING SERVICE Cecilia Sanchez (619) 248-5238

MARIBEL'S CLEANING 13 years experience, Free Estimates, References Available, Move in/Move out Special! (619) 862-9148 Ask for Mary

Computer Repair/Support

A NEW COMPUTER NOW Brand name, Bad or NO Credit No Problem Brand name Smallest weekly payments avail. Call NOW 1-800-804-6016

DJ / Karaoke

WEDDING DJ Available to DJ ALL types of weddings and unity ceramonies. Make your next event the best ever with So Cal Sings Karaoke and DJ Pros. Your complete musical entertainment source. Providing quality entertainment for San Diego County since 1980. DJ Music, videos and karaoke for all ages and tastes. Rentals also available and everything includes free set up and delivery. Call today for information or a free quote (858) 232-5639

Electrical

JACOB'S ELECTRIC Clean - Quality Work! Residential/Commercial Lic #903497 Call Today! (619) 843-9291

NEED AN ELECTRICIAN? Big or Small Old or New from Pole to Plug G. Prewett Electric, Service for the people. George @619-203-4111 Lic# 900483

Financial

CREDIT REPAIR We legally remove Negative history from credit reports. Raise Credit Scores. 1-888-687-1300, 1-888-687-1400. Members of Better Business Bureau.

Gardening - Landscaping

R & V RUPERTO VASQUEZ Tree trimming, Gardening, Hauling, Fertilizing, Sod Lawn, Landscaping, Clean Up Trash, Sprinkler Installation, Concrete and Wood Fencing. Call (858) 518-0981

Handyman - Construction

HANDI-HANDYMAN - Decks, Windows, Doors, Baths, Kitchens, Tiling, Painting, Gates, Fencing and Crown Molding. You name it! Call 858-483-8106.

MISC. SERV. OFFERED 450

CUSTOM HOME IMPROVEMENT Services Carpentry- Interior & Exterior, Fencing, wood or vinyl, termite & drywall repair, tile, doors, windows, painting, roofing. 20 Yrs Experience Local references. Hourly rates. 619-241-1231



No job too small!

- Carpentry
- Plumbing repairsWindows & Doors
- Installation

 CALL FOR PROMPT

CALL FUR PRUMPI FREE ESTIMATE References Available 858/361-5166

(Not a contractor

BUSINESS OPTS. 550

RECESSION — HOW TO SURVIVE IT

Network Marketing is recession proof, you
can't get fired! Come join the fastest growing home-based business opportunity today
marketing the original mangosteen juice,

Xango! www. TeamworkNotCompetition.com Income Opportunities

100% TRUE HOME BUSINESS \$3,000 to loan in product 800-343-4857 www.yourbreaktofreedom.com/ proven

INTERNATIONAL PERSONAL DEVELOP-MENT Company. Earn Executive Level income from home in the Personal Development Industry using the laws of attraction. Serious Entrepreneurs only! (888) 879-4424 www.toliveadream.com

WWW. SPORTSGIRLJEWELRY.COM FUND RAISERS FOR YOUTH SPORTS- VERY PROFITABLE

REAL ESTATE 800

Homes for Sale

FIND OUT WHAT HOMES ARE SELLING FOR IN YOUR NEIGHBORHOOD... No hassle, no obligation, you don't even have to talk to an agent. www.sdhome sellersonline.com Prudential Dunn, Realtors (619) 275-3866

LA JOLLA HOME FOR SALE! 2837 Via Posada 3/3 + Opt. 4th Bed. Lg/ Open design, Btfl upgrades! Exc. Location! \$1,199,000-\$1,299,000. Agent: Ellice Zappardino (858) 750-5000

LA JOLLA HOUSE FOR SALE! 8906 Cliffridge Ave 3/2 Lovely Home & Yard, Pool, Priced to Sell! \$899,000 - Agent Ellice Zappardino (858) 750-5000

SPECTACULAR OCEANVIEW IN BAJA Custom built residence by renowned local Architect just a short stroll to beaches, restaurants & shops. This Baja home features a master retreat suite, a roof top barbecue deck & two additional decks with great views of the Mountains and the Sea of Cortez ideal for entertainment and aggressively priced. For additional information call today. Alfredo Cristo (608)-320-0799 or Jorge Cristo (619)254-5577. www.bajasurlegal.com

Investment Properties

AMAZING CASH FLOW! 4BR/2BA \$12,500 Rents \$550.00 Mgr. in place 877-890-5988

LEGAL ADS 700

*Display Ad Goes Here

IMMIGRATION/IMMIGRATION BRING YOUR FAMILY TO THE UNITED STATES. ARE YOU BEING DEPORTED?? DO YOU WANT BOND?? RELIEF FROM REMOVAL?? CALL ATTORNEY D BROWN LOCATED IN DOWNTOWN CHAM-BERS BUILD. 110 C STREET SUITE 1300 SAN DIEGO, CALIF 92101 CALL NOW 832 279-1463

FICTITIOUS BUSINESS 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 following owner(s): CYNTHIA FRANCISCO This business is being conducted by: AN INDI-VIDUAL 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

located at: 3530 BAYSIDE WALK SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): GARY A. FRANCISCO This business is being conducted by: AN INDI-VIDUAL The transaction of business began on: 05/31/85 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 05, 2008 Issue Dates: SEPT 11, 18 25 AND OCT 02, 2008

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

located at: 3833 CHIPPEWA CT. SAN 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 CALIFORNIA 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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-026444 THE NAME(S) OF BUSINESS: CAPELLA INTERNATIONAL

located at: 4962 CHATEAU DR. SAN DIEGO, CA. 92117 is hereby registered by the foll-lowing owner(s): MARK KRIEGER, SANDRA WOOD This business is being conducted by A GENERAL PARTNERSHIP 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: SEPT 18, 25 OCT 02 AND 09, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-025910 THE NAME OF BUSINESS:

15

AMERICAN BÈVERAGE CATERING
located at: 3780 PARK BLVD. SAN DIEGO, CA.
92103 is hereby registered by the folllowing
owner(s): THE JMJ GROUP This business is
being conducted by: A LIMITED LIABILITY
COMPANY THE JMJ GROUP 1311 EMERALD
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 14, 2008 Issue Dates: SEPT
11. 18. 25 AND OCT 02. 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-027040 THE NAME (S) OF BUSINESS:

YOGURT ESCAPE

located at: 907 TURQUOISE ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): YOGURT BABY, INC. This business is being conducted by: A CORPORATION YOGURT BABY, INC. 907 TURQUOISE 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 25, 2008 Issue Dates: SEPT 18, 25 OCT 02 AND 09, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-028936 THE NAME(S) OF BUSINESS: THE LIGHT WITHIN

located at: 10210 PRARIE SPRING RD. SAN DIEGO, CA. 92127 is hereby registered by the folllowing owner(s): SHAHPAR RAHMANI This business is being conducted by : A N INDI-VIDUAL The transaction of business began on: 01/01/04 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 11, 2008 Issue Dates: SEPT 18, 25 OCT 02 AND 09, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-029078 THE NAME(S) OF BUSINESS: BLACKWELL DISTRIBUTERS

located at: 10210 PRARIE SPRING RD. SAN DIEGO, CA 92109 is hereby registered by the folllowing owner(s): SANDRA BLACKWELL, CRAIG SIEGAN This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: 09/01/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 12, 2008 Issue Dates: SEPT 18, 25 OCT 02 AND 09. 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-029610 THE NAME(S) OF BUSINESS:

LITTLE BLUE MONSTER ENTERPRISES located at: 9279 IRVINGTON AVE. SAN DIEGO, CA 92123 is hereby registered by the folllowing owner(s): LOIS L. JARRELL This business is being conducted by: A N INDIVIDUAL The transaction of business began on: 09/17/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 17, 2008 Issue Dates: SEPT 25 OCT 02, 09 AND 16, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-029284 THE NAME(S) OF BUSINESS: LADY EBO (ELITE BASKETBALL ORGANIZATION)

located at: 2463 EMERALD ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): LONNIE D. JONES This business is being conducted by : A N INDIVIDUAL. The transaction of business began on: 09/11/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 15, 2008 Issue Dates: SEPT 25 OCT 02, 09 AND 16, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-030087 THE NAME(S) OF BUSINESS:

LEGAL ADS 700

SDL, SDLBA located at: 9748 FIELDTHORN ST. SAN DIEGO, CA. 92127 is hereby registered by the following owner(s): SAN DIEGO LONGBALL BASEBALL ACADEMY This business is being conducted by : A CORPORATION SAN DIEGO LONGBALL BASEBALL ACADEMY 9748 FIELDTHORN ST. CALIFORNIA The transaction of business began on: 09/26/06 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 22, 2008 Issue Dates: SEPT 25 OCT 02, 09 AND 16, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-028916 THE NAME(S) OF BUSINESS:

R.W. MORRIS CUSTOM CARPENTRY located at: 719 KINGSTON CT. SAN DIEGO, CA. 92109 is hereby registered by the folllowing owner(s): ROBERT MORRIS 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: SEPT 11, 2008 Issue Dates: SEPT 25 OCT 02, 09 AND 16, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-029981 THE NAME(S) OF BUSINESS: SIDEPOT. SIDEPOT GAMING COMPANY. **BUYPOKERCHIPS.COM, SMARTBAR**

DRINK TOKENS, NEXT DEMO located at: 4475 MISSION BLVD. STE 237 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): STEPHAN APRSTOL This business is being conducted by : AN INDIVIDUAL The transaction of business began on: 09/09/03 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 11, 2008 Issue Dates: OCT 02, 09 16 AND 23, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-030439 THE NAME(S) OF BUSINESS: ALCO-CHECKPOINT

located at: 833 JAMAICA CT. SAN DIEGO, CA. 92109 is hereby registered by the foll-lowing owner(s): JONATHAN OHANA This business is being conducted by : AN INDI-VIDUAL The transaction of business began on: 09/24/08 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 24, 2008 Issue Dates: OCT 02, 09 16 AND 23, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-030167 THE NAME(S) OF BUSINESS: BEACH PLUMBING COMPANY

located at: 2075 DIAMOND ST. SAN DIEGO, CA. 92109 is hereby registered by the folllowing owner(s): E. RAYMOND CISLO, JR. This business is being conducted by : A $\ensuremath{\mathsf{N}}$ INDIVIDUAL The transaction of business began on: 01/01/85 The statement was filed with Gregory J. Smith, County Clerk of San Diego County on: SEPT 22, 2008 Issue Dates: OCT 02, 09 16 AND 23, 2008

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-030134 THE NAME(S) OF BUSINESS: WSBS, WEST SHORE BEST SHORE

1670 LA MANCHA DR. SAN DIEGO, CA, 92109 is hereby registered by the following owner(s): ROSS ALLFORD This business is being conducted by : A N INDI-VIDUAL The transaction of business began on: 09/01/08 The statement was filed with Gregory J. Smith. County Clerk of San Diego County on: SEPT 22, 2008 Issue Dates: OCT 02, 09 16 AND 23, 2008

LEGAL ADS 700

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2008-027719 THE NAME(S) OF BUSINESS:

SQUEAKY GREEN located at: 2048 REED AVE. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): DANCIN' NOODLES LLC. This business is being conducted by : A LIMITED LIA-BILITY COMPANY DANCIN' NOODLES LLC. 2048 REED AVE. 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 29, 2008 Issue Dates: SEPT 25 OCT 02, 09 AND 16, 2008

IFPA Ads

ADOPTION

PREGNANT? CONSIDERING ADOPTION? Talk with caring agency specializing in matching birthmothers with families nationwide, LIVING EXPENSES PAID. Call 24/7. Abby's One True Gift Adoptions, 866-910-5610.

AUTOMOTIVE

WANTED JAPANESE MOTORCYCLES KAWASAKI,1970-1980, Z1-900, KZ900, KZ1000, H2-750, H1-500, S1-250, S2-250, S2-350, S3-400. CASH PAID. 1-800-772-1142. 1-310-721-0726.

BUSINESS OPPORTUNITIES

ALL CASH VENDING Business. Instant Profits! Be your own boss! Investment \$7.188.00 to \$49,900.00. Call for free brochure. 1-800-584-8887

Absolutely All Cash! Do you earn \$800/day? Local Vending routes, 30 machines + candy \$9,995. 1-800-807-6485. (Void/SD,CT,MD)

COMPUTERS

GET A NEW COMPUTER Brand name laptops & desktops. BAD or NO credit - no problem. Smallest weekly payments avail. It's Yours NOW 1-800-624-1557

A NEW COMPUTER NOW. Brand Name. Bad or NO Credit - No problem. Smallest weekly payments available. Call NOW 800-838-7127

EDUCATION

HIGH SCHOOL DIPLOMA AT HOME, 6-8 Weeks. Low payments. FREE Brochure. 1-800-264-8330 or HIGH SCHOOL DIPLOMA! Fast affordable, accredited, FREE brochure. Call now! 1-800-532-6546, ext. 532

ELECTRONICS

* REDUCE YOUR CABLE BILL! * - Get a 4room, all-digital satellite system installed for FREE and programming starting under \$20. Free Digital Video Recorders to new clients. So call now, 1-800-795-3579.

EMPLOYMENT

OFFICE CLEANERS OPPORTUNITIES. Start today, PT/FT. Night -Day- Wkend poss. Flex Hrs. \$17.00 per call. 1-900-945-9400

MYSTERY SHOPPERS! Earn up to \$150 daily Get paid to shop pt/ft. Call now 800-690-1272.

MOVIE EXTRA/MODELS NEEDED! Earn \$200 - \$400 per day. No experience needed. Call now. 1-800-464-0897

FINANCIAL

MONEY PROBLEMS? Guaranteed help? Pay OFF your debts 50-70% off. No application fees. Good/Bad credit. 1-866-677-2455,

\$\$\$ACCESS LAWSUIT CASH NOW!! Injury Lawsuit dragging? Need \$500 - \$500,000++ within 48 hours? Call 1-877-

BANKRUPTCY: LET US HANDLE YOUR ENTIRE BANKRUPTCY \$299 Plus \$399 for COURT COSTS GUARANTEED NO ADDITIONAL FEES CALL NOW 800-878-2215, www.signhere .org, Better Business Bureau Member

VIDEO to DVD

Film 8mm & 16mm to DVD I Slides & Photos to DVD

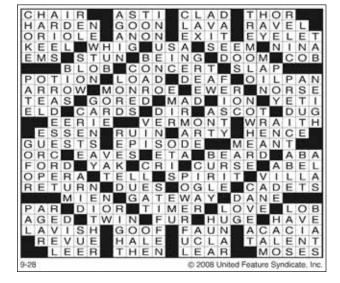


10%

When you mention this ad

Video Tapes Deteriorate Don't Lose Your Memories Record to DVD • Play on Computer or TV

5201 Linda Vista Rd. • 619.220.8500



IFPA Ads

HEALTH & FITNESS

PHENTERMINE - SOMA, FIORICET, and more. Doctor CONSULTATION included. Shipped FedX 1-3 days. www.EasyBudgetRx.com, 1-

CAN YOU DIG IT? Heavy Equipment School. 3 wk training program. Backhoes, Bulldozers, Trackhoes. Local job placement asst. Start digging dirt NOW. Toll free 866-362-6497

1000 Envelopes = \$6000 GUARANTEED! Receive \$6 for every envelope stuffed. 24hr

WORK FROM HOME: Government Office John Basic Computer Skills Full Benefits

ASSEMBLE MAGNETS & CRAFTS FROM HOME! Year-round Work! Excellent Pay! No Experience! TOLL FREE 1-866-844-5091,

\$8000 GUARANTEED! Receive \$8 for every envelope stuffed with our sales material. 24/hr. Information 1-877-220-4470.

MISC. FOR SALE

System & Equipment Upgrade Save \$18/mo for 12/mo. Ends 10/7/08. Expert Satellite 1-866-926-2068. (CC Required)

MISCELLANEOUS

AIRLINES ARE HIRING: Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance Aviation Institute of

ATTEND COLLEGE ONLINE from home. Medical, Business, Paralegal, Computers, Criminal Justice Job placement assistance Computer available. Financial aid if qualified. Call 800-494-3586

POST OFFICE NOW HIRING. Avg. \$20/hr. \$57K/vr. including Fed. Benefits, OT. Placed by adSource, not affiliated w/ USPS, who hires. 1-866-483-1057

NEED A LOAN? No credit - BAD credit -Bankruptcy - Repossession - Personal Loans - Auto Loans - Consolidation Loans AVAIL-ABLE! "We have been helping people with credit problems since 1991". Call 1-800-

A NEW COMPUTER NOW, Brand-Name Japtops & desktops. Bad or NO Credit - No problem. Smallest weekly payments available. It's yours NOW. Call 800-932-4501

Gretsch, Martin. 1930s - 1960s. Top cash paid. 1-800-401-0440

A NEW COMPUTER NOW. Brand Name. Bad or NO Credit - No problem. Smallest weekly payments available. Call now 800-804-5010

REAL ESTATE

beautiful homesite. Million \$ view! Secluded. utilities, overlooking Tennessee River, close to Marina, Schools, Shopping! \$49,900, low down, owner financing! 330-699-1585.

WANTED TO BUY

WANTED! OLD GIBSON LES PAUL GUITARS! Especially 1950's models! Fender, Gibson, Martin, Gretsch, D'Angelico, Rickenbacker Strombera, Ephiphone, (1900- 1970's) TOP DOLLAR PAID! Old FENDER AMPS! It's easy.

Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer "employment" but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to quarantee loans regardless of credit and note only over the phone it's illegal to request any money before delivering its service. All funds are based in US dollars. 800 numbers may or may not reach Canada

NANI Ads

COMPUTERS

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit - No Problem Smallest weekly payments avail

MISCELLANEOUS

Advertise in NANI for only \$2,795 per week For information, visit www.naninetwork.com. TIMESHARES

SAVE 60-80% OFF RETAIL!! BEST RESORTS & SEASONS.
Call for FREE TIMESHARE MAGAZINE! 1-800-639-5319 www.holidaygroup.com/flier

COMPUTERS

A NEW COMPUTER NOW! Brand Name Bad or NO Credit - No Problem Smallest weekly payments avail Call NOW 1-800-640-0656

MISCELLANEOUS

AIRLINES ARE HIRING - Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified -Job place-

NANI Ads

ment assistance. CALL Aviation Institute of Maintenance (888) 349-5387

MISCELLANEOUS

ATTEND COLLEGE ONLINE from Home Medical, *Business, *Paralegal, *Computers, *Criminal Justice. Job placement assistance. Computer available. Financial aid if qualified. Call 800-510-0784 www.Centura

HELP WANTED

ASSEMBLE MAGNETS & CRAFTS FROM HOME! Year-round Work! Excellent Pay! No Experience! Top US Company! Glue Gun, Painting, Jewelry & More! TOLL FREE 1-866-844-5091 *** Not available in MD***

SCHOOLS & INSTRUCTION

HIGH SCHOOL DIPLOMA! Fast Affordable & Accredited FREE Brochure. Call NOW! 1-800-532-6546 Ext 412 www.continentalacademy.com

FINANCIAL SERVICES

TOO MANY BILLS? Pay off your debts up to 50-80% off One low affordable monthly payment. 98% Approval Rate 1-866-608-BILL (2455)

Visit www.paylesssolutions.com FINANCIAL

\$\$\$ GET LAWSUIT CASH NOW- Oasis Lega Finance #1 See us on TV Fastest Cash Advances on injury cases-within 24/hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959

BUSINESS OPPORTUNITY

Earn up to \$500 weekly Assembling angel pins in the comfort of your own home. No experience required Call 813-699-4038 or 813-425-4361 or Visit www.angelpin.net

ITEMS FOR SALE

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE! T-\$299 F-\$349 Q-\$399 K-\$499 ADJUSTABLES - \$799 FREE DELIVERY 25 YEAR WARRANTY 60 NIGHT TRIAL 1-800-ATSLEEP 1-800-287-5337 WWW.MATTRESSDR.COM

OUT OF AREA REAL ESTATE

TENNESSEE MOUNTAINS 1+ to 2 acre home sites. Wooded Bluff and Lake View. Starting at \$59,900. Guaranteed Financing! 866-550-5263. Ask about Mini Vacation.

3 days, 2 Nights & Travel Allowance. MISCELLANEOUS

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit- No Problem Smallest weekly payments avail. Its yours NOW 1- 800-804-7475

EMPLOYMENT

Mystery shoppers earn summer gas money. Up to 150\$/day. Undercover shoppers needed to judge retail and dining establishments. Exp not rea. 800-742-6941

EMPLOYMENT

Local Movie Extras Needed Have Fun & Make Up to \$300 Per Day NO Experience Needed! NO Fee to Register GO TO —> www.TalentHunter.com

HELP WANTED SECRET SHOPPERS NEEDED IMMEDIATELY

For Store Evaluations. Local Stores, Restaurants, & Theaters.
Training Provided, Flexible Hours. Assignments Available NOW! 1-800-585-9024 ext. 6262 MISCELLANEOUS

**A L L Satellite Systems are not the same. Programming starting under \$20 per month, HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935

SPA/HOT TUB

SPA/HOT TUB 5 person portable maint-free Spa. Sells new \$4495. Sacrifice \$2450. Cover and delivery included. NEVER USED. 866-953-7727

BUSINESS OPPORTUNITY

WANT TO EARN \$1K - \$5K PER WEEK? GUARANTEED ACCTS.
SAFE INVESTMENT! MONEY BACK GUAR-ANTEE. 100 YEAR OLD INDUSTRY. 800-896-2492 CALL 24 HRS/7 DAYS

HELP WANTED

DATA ENTRY PROCESSORS NEEDED! Earn \$3,500 - \$5,000 Weekly Working from Home! Guaranteed Paychecks! No Experience Necessary! Positions Available Register Today! Online Now! www.DataPositions.com

HELP WANTED 19 PEOPLE WANTED

\$1,200-\$4,400 Weekly Working from Home Assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. CALL NOW! 1-888-248-1359 (Dept.75)

LOCAL MISCELLANEOUS FOR SALE FREE DIRECTV Satellite TV

For 4 months with NFL Sunday Ticket package; or Save \$18/month for 12 months.
Packages from \$29.99/mo. Call Expert Satellite 1-866-926-2066

TIMESHARES

SELL/RENT YOUR TIMESHARE NOW!!! Maintenance fees to high? Need Cash? Sell your unused timeshare today. No Commissions or Broker Fees. Free Consultation www.sellatimeshare.com. 1-877-494-8246.

AUTO DONATIONS

DONATE YOUR CAR... To The Cancer Fund of America. Help Those Suffering With Cancer Today. Free Towing and Tax Deductible. 1-800-835-9372 www.cfoa.org

NANI Ads

LOCAL MISCELLANEOUS: ITEMS FOR SALE

FREE DIRECTV 4 Room System All 265+ Channels FREE 4 Months Includes Movie Channels! 130 HD Channels! Ends Soon, Ask How! Packages Start \$29.99 FREE DVR/HD 1-800-620-0058

LOCAL MISCELLANEOUS: ITEMS FOR SALE

All 265+ Channels FREE 4 Months! Includes Movie Channels! 130 HD Channels! Ends Soon, Ask How Packages Start \$29.99 FREE DVR/HD

\$\$\$HELP WANTED\$\$\$ Earn Extra income assembling CD cases from Home. CALL OUR LIVE OPERATORS NOW! No Exp Necessary 1-800-267-3944 Ext 104 www.easyworkgreatpay.com (Unavailable in MD,WI,SD,ND)

\$\$CASH\$\$ Immediate Cash for Structured Annuities, Inheritances & Cash Flows, J.G. Wentworth #1 1-(800) 794-7310

AUTO DONATIONS

CHRISTIAN DATING & FRIENDSHIP SERVICE Over 100,000 members, countless relationships & marriages since 1989. Singles over 40 call anytime for a free package, 1-800-437-1926

OWN A RECESSION Proof Business Established accounts with the average owner earning over \$200k a year call 24/7

NANI Ads

FINANCIAL/MONEY-TO-LEND

\$\$\$ ACCESS LAWSUIT CASH NOW!!! As seen on TV. Injury Lawsuit Dragging? Need \$500-\$500.000++ within 24/hrs after approval? Compare our lower rates. APPLY NOW 1-866-386-3692

> Movie Extras/Models Needed! Earn \$200-\$400 per day No Experience Required, PT/FT. All Looks and Ages Needed. Call Now!! 1-800-605-6851

BUSINESS OPPORTUNITY

EMPLOYMENT

WEEKLY PAYCHECK Possible from Home mailing our mortgage product postcards. References Available No Advertising Required.

Materials provided. No Gimmicks. 877-774-9295

FREE 2 Night Cruise Vacation! To the Bahamas – Imperial Majesty Just pay port fees- Meals and Cruise are 100% FREE Call Now 1-800-380-6510

FINANCIAL SERVICES

"NOTICE TO READERS:

all advertising. Check your contractor's status at www.cslb.ca.gov or

800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors

Religious Directory

DISCIPLES OF CHRIST

TORREY PINES CHRISTIAN CHURCH

8320 La Jolla Scenic Dr. North · 858-453-3550 9 am Sunday School 10:30 am Worship Service

Childcare Available · www.torreypineschurch.org

NON-DENOMINATIONAL

6545 Alcala Knolls Dr. (off Linda Vista Rd.) SUNDAY 9:00 - 10:00 Interfaith Devotions; 10:30 - 12:30 Introductory Talk & Discussion Please Call 858-274-0178 for Directions or for more information General Baha'i Info - www.bahai.org

Come Grow With Us!

Join us for Biblical Teaching & Inspiring Worship Steve Murray, Senior Pastor • Dan Sharp, Worship Pastor



Sundays, 9:15 & 11 a.m. 4377 Eastgate Mall Our new 3.6-acre site in UTC-La Jolla

www.ljcommunitychurch.org



La Jolla Presbyterian Church Invites You To Worship With Us!

Great Classes for Kids of All Ages

10 AM - Contemporary, Life Center

Pre-School Ages, Nursery Murturing Equipping Going Celebrating

LJPC is located two blocks from the Pacific Ocean

by-the-Sea

Sunday Worship 7:30 am - Rite I 10 am - Rite II

Choral Eucharist Sunday School & Youth Program

12 noon 743 Prospect St.

La Jolla, CA 92037 858-459-3421

VIAGRA/CIALIS Save \$400, 40/\$99.00. Free Prescriptions. Lowest Prices. Order Now. 1-877-242-5305. Save on Drugs.

877-453-7701

HELP WANTED

information. 1-866-861-0703, code11.

Flexible Hours. Call 1-888-611-9333.

DIRECTV Satellite TV: Free Install 4-room

Maintenance, 888-349-5387.

OLD GUITARS WANTED! Fender, Gibson,

TENNESSEE MOUNTAIN ACREAGE. 2 acre

Call toll free 1-866-433-8277 CALL TODAY. Reader Advisory: the National Trade

Its Yours NOW 1-800-932-3721 Reach over 30 million homes with one buy.

BUY TIMESHARE RESALES

DIRECTV FREE 4 Room System!

1-800-973-9044

HELP WANTED

FINANCIAL

DONATE YOUR CAR- HELP DISABLED CHIL-DREN WITH CAMP AND EDUCATION. Quickest Towing. Non-Runners/Title Problems OK. Free Vacation/Cruise Voucher. Special Kids Fund 1-866-448-3865

MISCELLANEOUS/ PERSONALS

BUSINESS OPPORTUNITY

VACATION/TRAVEL

BURIED IN CREDIT CARD DEBT? Stressed out and Concerned About Your Future? Stop the harassment! Call and get Help Now! 1-800-644-4347

California law requires that con tractors taking jobs that total \$500 or more (labor and/or mate rials) be licensed by the Contrac tors State License Board. State law also requires that contractors include their license numbers on

State License Board'

SAN DIEGO BAHA'I COMMUNITY

www.sandiegobahai.org

Nursery, Preschool & Sunday School (K-12th) provided

Community Church Together We Make A Difference



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

7715 Draper - 858-454-0713 - www.ljpc.org



www.sjbts.com

Holy Eucharist Wed & Friday

Service Directory

Place your ad here! Call Kristin (858) 270-3103 ext. 144

SOCAL PAINT & TEXTURE ACCOSTIC REMOVAL / RESPRAYS DRYWALL / PLASTER REPAIR 858.414.1447 lic. 898692

CHIMNEY SWEEP

When was your chimney last checked?



Every year structural problems and flammable deposits risk the homes and safety of 1,000s of families

At Chimney Sweeps we don't just clean chimneys, we maintain them!

> Be prepared for Winter. Call Now!

(619) 593-4020

CLEANING SERVICE

Cleaning Service

by Cecilia Sanchez Family owned & operated 15 years experience.

> Office, residential & vacancy cleanings

> > #1 vacation rental experts

Free estimates & excellent references

> (619)248-5238

Manibel's Cleaning

13 Years Experience FREE Estimates References Available Move in / Move out Special 619.862.9148 ask for Mary

ELSIE'S Cleaning Co.

Serving all of San Diego Housecleaning, Move-out cleaning, Construction cleaning, Business and Janitorial Services

619.262.9414 Over 15 Years Experience

CONCRETE/MASONRY

CONCRETE MASONRY STRUCTURAL & DECORATIVE

BRICK • BLOCK STONE • TILE **CONCRETE** DRAINAGE

> 30 years experience References & Portfolio

All Masonry Construction

WILLIAM CARSON Licensed & Insured Lic #638122

(858) 459-0959

JR. JONES & SONS CONCRETE

Specializing in: • Foundations • Retaining Walls Driveways • Decorative Concrete

 Any room additions. **BOBCAT SERVICE ALSO!** (619) 572-5684

License #900350 Bonded &





GILBERT'S CONCRETE

All Phases of Concrete Driveways · Patios · Sidewalks Insured · BBB Member

CALL FOR FREE ESTIMATE 619-253-8775

III Lic. #786215

CONSTRUCTION



DRYWALL

NEW CONSTRUCTION OR REMODELS

- Acoustic Removal
- Re-texturing
- Serving SD for over 18yrs.
- Profesional & Best Prices

Better Business Bureau Member Lic#810245 • Bonded • Insured



619-527-2227

CONSTRUCTION & DESIGN

Turning Dreams into Reality

- T Residential Remodels
- * Unique Decks
- T 2nd Story Additions
- Skilled Carpentry
- T Custom Stairs T Conceptual Design
- T 3-D Sketches
- T Electrical Tile & Formica

Quality Service & Affordable Rates **Donovan Mahoney Company** (858) 414-4175

CARPETING / FLOORS



- REFINISHING
- REPAIR
- INSTALLATION

SPECIALIZING IN **HARDWOOD FLOORS** Over 20 years experience in San Diego JOHN WEIGHTMAN

(619) 218-8828

DRAFTING



ELECTRICAL

(619) 997-6611



ELECTRICAL

JACOR'S ELECTRIC Clean, Quality Work Bonded & Insured • Lic (619) 843-9291

FIXTURES

Appliance Installlation & Repair

Certified Technician Specialist

- Miele
- Thermador
- Bosch

and others.

Fixtures KITCHEN & BATH (760)-690-5801

FLOORS

DIAMOND POLISHED **CONCRETE FLOORS**

The ultimate flooring concept for Residential, Commercial, Industrial & Public Works. www.pcf4u.com • 858-272-9292

FOOT CARE



For Health & Well Being 1010 Pearl Street 2nd Floor, Ste. 9 La Jolla, CA (858) 454-8888

GARDENING-LANDSCAPING



- COMPLETE WEEKLY
 MAINTENANCE
- FENCES
 TREE TRIMMING SPRINKLER SYSTEMS & REPAIRS
- & REPAIRS
 DESIGN &
 CONSTRUCTION
 CLEANUP & HAULING
 LOWEST PRICES
 GUARANTEED



EARTHWORM LANDSCAPING 619.301.LAWN (5296)

AMUST SE

Organic Gardens & Edible Landscapes Native & Drought Tolerant Gardens Landscape Maintenance Lawn Care & Installation **Pruning & Tree Trimming**

GO GREEN Ask about our zero emisions ECO-PACKAGES FREE ESTIMATES (619) 301-LAWN (5296)

Teco's Gardening

Tree Trimming New Plants & Design Whole Tree Removal Sprinkler Installation/Repair General Clean-Ups Stump Grinder Service Clean Palms & Trees We Also Do: Fencing Floors Stucco Benairs

crete, Demolition, Brick & Block Walls Drywall Painting Roofing ing, Drains Installed/Repaired General Hauling

Low Prices Free Estimates (858) 503-5976 (858) 220-6184 j_teco@yahoo.com

GARDENING-LANDSCAPING

Natural Aspect Gardenscape

- Yard Transformation
- Hardscape
- Softscape
- Irrigation
- Cal Poly Trained 40 Years Experience Call Bob (619) 668-1263

FREE ESTIMATES REFERENCES



Tree Trimming \cdot Hauling Sod Lawn · Clean Up Trash Concrete · Gardening Fertilized · Landscaping Sprinkler Installation · Wood Fencing

Ph: (858) 573-6950 Cell: (858) 602-1797

P.O. Box 710398 San Diego, CA 92171

We Pay Attention to Detail

Walls · Concrete Islands · Acid stain Pavers and Irrigation
HOME THEATER/AUDIO
TV · CAMERAS
PARTS AND/OR WIRING
AND MUCH MORE

CALIFORNIA LANDSCAPE CONSTRUCTION

lic. #847291 hablamos español 858-605-0623

FOR SALE EACH SUNDAY

BAMBOID

FROM NOON TO 5 PM OR BY APPOINTMENT

Timber Bamboo (Old Hami) Black Bamboo Golden Goddess, Alfonscar and other Tropical Plants (5- & 15-gallon)

5061/2 Palomar Ave., LJ 858.459.YOGA

Landscaping Available

Jose's Gardening Clean-up Hedges hauling · Reasonable Rates Free Estimates · References 619-847-1535

HANDYMAN

LEONARDO'S HANDYMAN

• Carpentry • Drywall • Custom BBQ Repair • Palapas/Tiki Huts Specializing in Concrete/Concrete Repair **EXCELLENT REFERENCES - QUALITY WORK** (858) 336-1580

RJ BOWEN & SONS

Decks, Wood or Composite Patio Covers • All Styles (619) 757-8189

rjbowenandsons.com

INTERIOR & EXTERIOR

FREE ESTIMATES PROMPT & PROFESSIONAL 619.869.2270

Lic# 908620 Licensed, Bonded & Insured Stellar **Top Handyman**

Coastal Area! Competative Prices • Fast Response Plumbing • Electrical • Drywall **General Home Repair**

858.382.1140

HANDYMAN

Ocean Home Services **High Quality Home Improvement**

Only \$35/hr. Master Carpenter w/ 25 years experience. Interior /exterior woodworking (ex-termite inspector)

Quality design fence work wood /vinyl

Professionally Installed windows & doors

Drywall Install/Repair and finish work. Detail Quality Painting Light Electrial & Plumbing

Call Scott (619) 241-1231

RENT-A-HUSBAND

Handyman with 20 years experience. Many Skills . Hourly or Bid Prompt & Professional Insured

> **Ask for Bob** 858-454-5922

Retired Carpenter for Hire Small Jobs. Reasonable.

Can work weekends, evenings. **Call Chuck**

858-699-8165

Remodel/Repairs

Free Estimates. References - Perfectionist All size jobs, Interior & Exterior, All Trades 24 years experience Al 858-414-8722 unlic.

Trinity

Serving San Diego since 1999 ONE HOUR FREE!"

Maintenancé

Home

*3 hour min. & 1st time clients only TOTAL HOME CARE: Repair, Maintenance & Upgrades for Home, Office & Rental Properties

Electrical • Custom Paint Custom Tile • Design & Install all Phases of Landscapes • Power Washing 619.674.8967

Turn Your Home Into Your Dream Home

Proper-T Improvements

Design and Build Custom Additions and Remodels



<u>United Home</u> Remodeling Prompt & Reliable Service

10% OFF when menuous this ad. when mentioning

All Home Repair/Remodeling Kitchen/Bathrooms/Custom Work All Electrical/Recessed Lighting Windows/Doors • Tile/Flooring

Plumbing • Carpentry Senior Discounts. Will beat any written estimate Call Today Lic#874554 insured & bonder 619-723-3935

I LUV JUNK HAULING You Call-We Haul!

No Job Too Small! Evictions, cleanouts,

construction debris,

tree trimming, etc. We are eco friendly

619-933-4346

10% Senior Discount

HAULING



MORTGAGE SERVICES

NOT STOKED ON YOUR MORTGAGE? **BUYING A NEW HOME?**

Purchase - Refinance WE CAN HELP! **Call BEN & ROCHELLE ENGELBY** License # 01796932

> (619) 255-5366 SDCoastProperties.com



PAINTING



Interior & Exterior

Residential Specialist

www.ocshousepainting.com

858-571-7323

Painting & Handyman Service Power Washing • Dry Wall • Lighting Electrical • Window Replacement Plumbing • Acoustic Ceiling Removal Custom Work • Apartment Rental Prep Roofing • Honey Do List

Call Don 858-273-4239

FREE ESTIMATE!

Interior/Exterior Painting, Repairs Power Washing, Caulking & Sealing, Stucco and Much More!

(619) 665-0754 Call John, Paint Division Representitive License #B-71031/B-C-33 Established

lic # 703976 MELLE'S PAINTING Interior & Exterior Free Estimates 619.818.6766

858.576.2200

Drywall, Wood and Stuco Repair Interiors/Exteriors Commercial and Residential.

35 years in San Diego

BBB & Fully Insured Office: (619) 284-2918 Contact Ace: (619) 540-1286





Drywall Repair Texture Fabulous Exteriors Wood & Stucco Repair 7 step Prep

· Over 18 years experience 1-800-926-4001

Painting USA Lic # 361425

Discount Pricing · Beautiful Results Custom Interiors

servicedirectory

PAINTING



Custom Painting

Great Work-Great Price! Residential & Commercial Interiors/Exteriors

858.366.2240 License #911234

San Diego Business for over 12 years

- · Interior/Exterior • Power Washing
- · Stucco Repair
- Residential/Commercial



AFFORDABLE HOUSE PAINTING

3rd Generation Painter.

Ranked one of the best in town.

Interior/Exteriors.

We also do repairs and specialty coatings.

> Free Estimates. Call Now!

858-504-1001

Lic. # 833455

PLANS & PERMITS

CALIFORNIA SUPERIOR DESIGN

1 OR 2 STORY 3D **COMPUTER GENERATED PLANS & PERMITS** 30 YEARS EXPERIENCE

(619) 239-8363 **FREE DESIGN**

CONSULTATION **CA STATE LIC 296484**

PLASTERING

LATH & PLASTER Interior Plastering & Repair

All Work Guaranteed 20+ Yrs Exp Lic#694956

REPAIRS Lath & Plaster . Re-Stucco Custom Work • Room Additions

Clean • Reliable • Reasonable D'arlex 619-265-9294 Pgr 619-418-5693

PLUMBING

ZEVEN ENTERPRISES PLUMBING PHONE# 619-567-4327 LICENSE# 913342

RESIDENTIAL & COMMERCIAL SMALL & LARGE JOBS WELCOME REMODELS & NEW CONSTRUCTIONS **GAS, WATER & WASTE LINES REPAIRS RE-PIPES** REPLACEMENTS NEW INSTALLATIONS PRESSURE REGULATORS SHOWERS

SINKS FAUCETS TOILETS DISHWASHERS WATER HEATERS

TANKLESS WATER HEATERS GARBAGE DISPOSALS

PLEASE CALL FOR ALL QUESTIONS AND A FREE ESTIMATE

-BILL HARPER PLUMBING & HEATING-

Senior Discounts · Self-Employed BBB Member · Repairs, Repipes Drain Cleaning, Fixture Installations. Water Heaters & all Plumbing Lic #504044

CALL BILL 619-224-0586

PLUMBING

WHY PAY MORE? PLUMBER \$45/HR.

FREE ESTIMATES/ FAST SERVICE

• Remodel (bathroom) • Repair (Toilets, faucets, valves, water heaters, repipes) **SEWER REPAIR/ SLAB LEAKS** WE DO IT ALL! HIRE A PRO! **ROUGH-IN SPECIALIST!**

www.American PlumbingCompany.com 28 Years Experience

Plumbing Contractor #708829
IMMEDIATE RESPONSE

619.723.1114

POOL CARE

SWIMCARE



The Pool Service & Repair people you keep. 30 yrs in the neighborhood

(858) 277-7096

Cont. Lic# 445392 TOM RIVES

REMODELING

Lloyd Homes Inc.

Quality English Craftsmanship 2 Story Additions Luxury Bathrooms & Kitchens Tel: (619) 275-5125 Lic #918144

∃Builders **Express**

Remodeling Specialists

27 Years • Lic# 490616 • Additions • Painting • Roofing • Baths • Kitchens • Concrete

☆GUARANTEED☆ We do it all and right

(619) 297-2280

10% Off

with mention of this ad.

Kitchen & Bathroom Plus Quality people and products Honest & affordable service Free estimates



619.252.3415

lic. # 84151

DOD HOME INTERIORS, INC.

Kitchen Remodeling **Granite** • Flooring (858) 695-0800

lic. #915821

www.dodca.com

вğв NKBA

Free Design Consultations and **Estimates. Top Quality Service** and Products

ROOFING

SEQUOIA ROOFING, INC.

"We cover your most important assets'

Re-roofs, New Construction & Repairs Insured & Bonded

LICENSE #897098 866.739.7664 www.sequoiaroofing.com

ROOFING

GUARANTEED! A Plus Roofing Company

- will **not** be <u>undersold.</u> Over the phone quotes
- Extended warranties
- Financing Available Senior Discounts
- Better Business Bureau Member Lic#810245 • Bonded • Insured A+ Construction Inc.

ROOFING GUTTERS 619-527-2227

SMITH ROOFING CO. cott Smith, has been serving the 858-272-ROOF (7663)

619-224-ROOF (7663)

D.K. TILE

Repairs, re-grouts & installations of all ceramic tile & stone. All work done by owner.

Free Estimates Lic # 428658 858.566.7454 858.382.2472

TREE SERVICES



CROWN POINT CLIPPERS, INC. FREE ESTIMATES!

• FINE PRUNING & THINNING ARTISTIC TREE LACING TREE & STUMP REMOVAL (858) 270-1742

Fully licensed and insured. Lic# 723867 WINDOW CLEANING



Inside/Outside Screens & Track Cleaning **Residential Specialist Commercial** Licensed & Insured Get your FREE estimate today! Senior and Military Discounts

(619) 384-7615

JB's Window Cleaning & Service

- Mini Blinds
- Screens
- Mirrors

Pressure Washing Experienced



Call (619)248-2778



services offered: •Interior & Exterior Window Cleaning •Construction Clean •Residential Small Commercial •Store Fronts

WINDOW TREATMENT

619.981.0169

WINDOW TREATMENT

Excellent prices, shutters, cornice boxes, velvet panel, designer fabrics, silks & chenile. Call between 9-11am & receive

20% off (first order 800.207.7888

ELDERLY CARE

BELLA'S HOME CARE SERVICE Elderly Care Giver

Affordable • Dependable 25 Years Experience Licensed, Bonded, BBB 619-962-9777 or 619-477-1409

LIFE COUNSELING

Are You Interested in a New Career? Greater Personal Growth? More Money?

If you're serious about it but not quite sure how to go about it. Call me! I have helped scores of people achieve their goal.

FIRST SESSION IS FREE!



ET LUX LUCET. LLC 5325 Toscana Way, SD, CA 92122

DRIVER



619-252-5244 www.LimoDriven.com TCP 23799P

Personal Care Directory PERSONAL ASSISTANT

Alternate Office Solutions LLC Is your office a mess? Are you overwhelmed by a disorganized or a non - existent

Do you need help getting your business on track?

set of books?



.EARNING IS A LIFELONG PROCESS

their goals.

Help your students to achieve

Leadership training Part-time service in your communit

\$20,000 I-800-GO-GUARD

MASSAGE

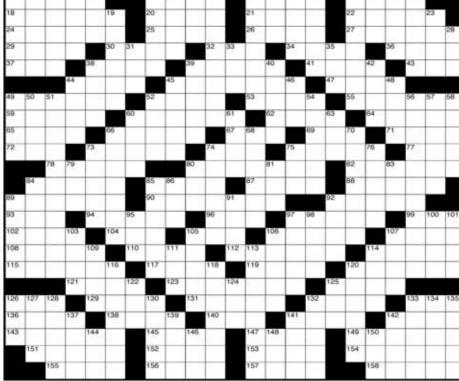


www.DeepTissueMassage.biz

JULIANA **ROCKS**

1237 Prospect St. Unit V 858-952-2199 *Foot Spa & Body Massage \$65!

FUNDRAISER Antique Paintings & Calligraphy for Sale! www.kayvantemple.net



ACROSS

- ROSS
 Seat
 Wine city in Italy
 Dressed
 God of thunder
 Calcify
 Brutal gangster
 Etna's output
 French composer
 Baltimore player
 Soon
 Go out
 Grommet
 On an even —
 Tory's opponent
 Serv. branch
 Look
 Explorer's ship of

- Look
 Explorer's ship of 1492
 Letters
 Bedazzle
 Living thing
 Condemn
 Male swan
 Amorphous mass
 Event at Carnegie Hall
 Hit
 Magical drink
 Burden
 Unhearing
 Crankcase part (2 wds.)
 Item for an archer
 Madison's successor
 Pitcher
 Scandinavian
 Erewed beverages
 Injured with the horns
 Crazy
 Free electron
 Abominable Snowman
 Calling and credit
 Movie set VIP (abbr.)
 Eventually
 Calling and credit
 Movie set VIP (abbr.)
 Eventually
 Green Mountain State
 Specter
 City in Germany
 Carno History
 Diettantish
 Errom this time
 Invitees
 Invitees
 Soap opera installment
 Intended
 Sea monster
 Antiquity
 Roof border
 After zeta
 Lawyers' gp.
 Lawy

- 110 Narrate
 112 Incorporeal being
 114 Country residence
 115 Homecoming
 117 Club charge
 119 Give the eye to
 120 Military trainees
 121 Bearing
 123 Entrance
 125 Copenhagen native
 126 Term in golf
 129 Fashion name
 131 Stopwatch
 132 Adore
 133 Throw in a high curve
 136 Elderly
 138 Look-alike sibling
 140 Animal hair

- 140 Animal hair
 141 Really, really big
 142 Possess
 143 Extravagant
 145 Make a mistake
 147 Creature of myth
 149 Tropical tree
 151 Song-and-dance show
 152 Healthy
 153 Western campus (abbr.)
 154 Ability
 155 Lascivious look
 156 Therefore
 157 Nonsense poet
 158 Exodus leader
 DOWN
 1 Strangle
 2 Seraglio
 3 Sign of the Zodiac
 4 Graven image
 5 Kinsman (abbr.)
 6 Once more
 7 Ballad
 8 Also
 9 Derogatory
 insinuation
 10 Washed
 11 Not strict
 12 Rara—
 13 Old-fashioned
 14 Quavering vocal effect
 15 Animal food
 16 Chamber for baking
 17 Holdover
 19 Sir Isaac—
 23 Late night TV host
 28 Bar bill
 31 Major airport
 33 passim
 35 Dawn goddess
 38 Poky
 39 Plank
 40 Cupidity
 42 Large water pipe
 44 Life stories, for short
 45 Solid figures
 46 Playing marble
 48 Stratagem

- de foie gras
 City near Moscow
 Advantage in business (2 wds.)
 Nobleman
 Mettlesome
 Easily foretold
 Shrewd
 Whinny
 Additional
 Arab ruler
 Legendary bird
 Declare to be false
 Fleet of war vessels
 Get fast
 Greek island
 More compact
 Emmet
 Tire surface
 Letter for plurals

- 76 Irle Surface
 79 Letter for plurals
 80 Clock numerals
 81 Mineral
 83 Arbor
 84 A continent
 85 Smelled a lot
 86 and downs
 89 — broke
 91 Elevator name
 92 Pole on a ship
 95 Cistern
 97 Brawny
 98 A Great Lake
 100 Fan or conveyer
 101 Word of woe
 103 Large container
 105 Anti-slip device
 106 Stogie
 107 Military assistant
 109 Like a desert
 111 Cup handle
 113 Mighty
 114 Weathercock
 116 fish nor fowl
 118 Become rigid
 120 Warning
 122 The present time
 124 Big bird
 125 Loyal pet
 126 Chum
 127 Culture medium
 128 Make merry
 130 Correct
 132 Of the moon
 133 Shoestrings
 134 Pertaining to sheep
 135 Pummels
 137 Disreputable place
 139 Ark builder
 141 Expressive dance
 142 Nimbus
 148 Expert
 150 Rotating machine part



It Begins with You.

3837 Mission Blvd. San Diego, CA 92109 858-488-1218

We are currently looking for happy, self-starting, experienced sales agents to join our core team of Real Estate Professionals.

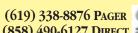




WWW.BERNIESOSNA.COM

Work with a Beach Specialist







(619) 338-8876 PAGER (858) 490-6127 DIRECT



Kathy Evans



858.488.SELI



PB's Newest Addresses 769-<mark>5011</mark>-773 Sapphire & within the L J School District



ONLY 2 LEFT! Open Sat & Sun 1-4 3 Brand New, stunning single family residences. Ocean real close! 2050 sf with ocean view roofdeck & penthouse room.

From \$1.049.000

ISELLREACH.COM

Pacific Beach





Mission Beach bayside, like new home... Nantucket Island style! \$1.195.000

Colossal New Homes on 1100 block of Oliver, Open Sat & Sun 1-4. 4BR + rec. rm, bay view roofdecks, 2150 sf. From \$1,069,000

Beach & Bay close 2BR/2.5BA townhome! Priced to move you! \$529,000

858.490.4119

Just Listed!

Cenius,

T CHOICE FLORE





Need Help Selling Your Home?



All areas of the Real Estate Directory:

- Rentals
- Forclosures
- Open Houses
- Realtors/Lenders/Brokers

For as low as:

\$75/wk for an ad with picture \$25/wk for a 3 line classified ad

For a listing, call us today at: 858.270.3103



Wake up and at your leisure ski to Eagle Express chairlift. Conveniently located in the ski in/out Juniper Springs neighborhood. This is
THE ULTIMATE MAMMOTH MOUNTAIN property.

818-236-4838





Beautiful single level home located in N. Pacific Beach with partial ocean view. Large remodeled kitchen, gorgeous granite counters, Alder Cabinets, large island, prep sink with lots of storage, high grade stainless appliances with additional beverage refrigerator. Upgrades include high quality 8' Adler double front entry door as well as interior Alder Doors, vaulted beamed ceilings, ceiling fans, skylights, engineered oak floors, slate hearth on fireplace and more! Seller will entertain offers between \$980,000 - \$1,005,000. FIRST CHOICE PROPERTIES

Contact Marie Menno (619) 602-3349 1203 Agate Street

ADVERTISE IN THE

Real Estate Directory

Call 858-270-3103

FRIDAY OCT 3 · 1pm-4pm \$1,049,000 Chri
SATURDAY OCT 4 • LA JOLLA • 11am-4pm 802 Coronado Ct. 2BR/2.5BA Chris Love Coastal Properties • 858-581-5683 \$1,050,000-\$1,175,000 \$829,000-\$939,000 7520-7530 Draper 3BR/3.5BA 7540 Drapei 3BR/3.5BA \$1,800,000-\$2,000,000 7967 Paseo Del Ocaso 4BR/3BA **1pm-4pm** \$13,250,000-\$13,800,000 5BR/5BA 5730 Dolphin Pl 3BR/3BA 2BR/2.5BA 3330 Cam Eastbluff #148 928 Agate St. 2BR/2BA

\$1,199,000

\$1,299,000

\$3,750,000

\$1,710,000

\$5,950,000

\$1,695,000 **1pm-5pm** \$6,500,000-\$7,500,000

\$3,600,000-\$3,900,000 \$2,600,000-\$2,900,000

\$2,100,000-\$2,450,876

\$795,000-\$895,000

7555 Eads Ave. #4 7811 Eads Ave #502 2BR/2BA \$1,199,000 3BR/2.5BA 2663 Ocean Front Walk 2663 Ocean Front Walk Unit 24BR/3.5BA \$2,795,000

769 Sapphire St 1161 Oliver Ave. 4BR/4BA 859 Bangor St. 2BR/2BA 3575 Texas St 3BR/3BA

4RR/2 5RA

7520-7530 Draper 3BR/3.5BA 7540 Drapei 3BR/3.5BA

2143 Via Don Benito 5BR/3.5BA 1919 Spindrift Dr. 3BR/3BA

4+BR/4.5BA 5468 Pacifica Dr 438 Retaheim Way 3BR/2BA 1688 Caminito Asterisco 3BR/2BA 5183 Chelsea St 845 La Jolla Rancho 3BR/2BA 6BR/4BA 7811 Eads Ave #502 7825 Bellakaren Place 2BR/2BA 3BR/3BA 7475 Hillside Dr. 5554 Avenida Fiesta 6BR 4BR/3BA 3BR/4BA 2BR/4BA 945 Coast Blvd. 947 Coast Blvd. 605 Arenas St. 1712 Valdes Drive 2BR/1BA 6BR/5BA

7530 Mar Avenue 5360 Chelsea Dr. 4BR/3BA 4BR/2.5BA 7666 Hillside Dr. 4BR/4BA 3200 6th Ave. #2C 3BR/3BA

5162 Edgeworth 4BR/3BA 4BR/2.5BA 1161 Oliver Ave. 4BR/4BA 1973 Fortuna Ave. #2 988 Agate St. 3BR/2BA

3BR/2BA 4BR/4.5BA 4304 Hill Street 1330 Willow St. 1271 Willow Street 2BR/1BA 1441 Froude Street 4BR/2.5BA 3BR/3BA 3636 Kingsley St.

3BR/2BA 7440 Hillside Dr. 2RR/2 5RA 7337 Olivetas Avenue 4BR/4BA 1132 Avenida Amantea 4BR/4BA

4BR/4BA

1591 Loring Street

3758 James St.

Fletcher Team • 858-273-2121 Brad Brinkman • 858-273-2121 The Daniels Group • 858-361-5561 John Pinjuv • 775-772-1933 Judy Smilor • 858-539-9557 Robert Knight • 858-273-2121 \$699,000 \$1,295,000 Yvonne Sorour • 858-967-0816 Lynn Walton • 858-405-3931 PACIFIC BEACH / MISSION BEACH · 12pm-3pm \$1,895,000 Chris Chris Love Coastal Properties • 858-581-5683 Chris Love Coastal Properties • 858-581-5683 1pm-4pm Kathy Evans • 858-488-SELL Kathy Evans • 858-488-SELL \$1,069,000 \$1,069,000

OCEAN BEACH / POINT LOMA · 11am-4pm Robert Antoniadis • 619-852-8827 \$1,375,000-\$1,575,000 NORTH PARK • 1pm-4pm Team Fuller • 619-226-8264 \$699,000

SUNDAY OCT 5 · LA JOLLA · 10am-4pm \$1,050,000-\$1,175,000 Fletcher Team • 858-273-2121 \$829,000-\$939,000 Staci Malloy & Saeed Danishvari • 858-273-2121

12pm-3pm \$3,690,000 Jim Shultz • 858-354-0000 1pm-4pm

\$4,375,000 \$1,799,876-\$,899,876 Team Chodorow • 858-456-6850 • La Jolla Shores Tom Wilson • 858-729-8671 \$1,400,876-\$1,595,876 David Schroedl • 858-459-0202 Nate Levy • 858-735-3851 Susana Corrigan • 858-229-8120 Yvonne Sorour • 858-967-0816 \$879,000 \$1,495,000 \$2,777,000

Lynn Walton • 858-405-3931 Team Chodorow • 858-456-6850 Karen Ekroos • 858-735-9299 Tim Nelson • 858-527-9949

The Reed Team • 858-456-1240 The Reed Team • 858-456-1240 Bob Andrews • 619-517-4404 Maxine & Marti Gellens • 858-551-6630

Maxine & Marti Gellens • 858-551-6630 Greg Noonan • 858-551-3302

Ozstar De Jourday • 619-248-7827

PACIFIC BEACH / MISSION BEACH • 12pm-3pm \$965,000-\$1,000,000 Gil Kahele • 619-318-4651 **1pm-4pm** \$1,079,126 Joann Mockbee, CRS • 619-200-8194 Kathy Evans • 858-488-SELL Kathy Evans • 858-488-SELL \$1,069,000 \$1,069,000

\$549,000 Lawrence Tollenaere • 858-740-1011 2pm-4pm \$699,000 Marie Tolstad • 858-705-1444

POINT LOMA / OCEAN BEACH • 1pm-4pm \$1,099,000-\$1,145,000 Cindy Wing • 619-223-9464 • Sunset Cliffs

Team Fuller • 619-226-8264 \$1,795,000 \$750,000-\$999,000 Cindy Wing • 619-223-9464 Cindy Wing • 619-223-9464 \$1,075,000 **1pm-3:45pm** \$769,000

Todd Devin • 619-222-4775 Todd Devin • 619-222-4775 \$649,000 SATURDAY & SUNDAY · LA JOLLA · 1pm-4pm

\$2,195,000 \$3,000,000 Leslie Rosenquist • 858-692-3880 Maxine & Marti Gellens • 858-551-6630 \$1,750,000 Maxine & Marti Gellens • 858-551-6630 PACIFIC BEACH · 1pm-4pm \$2,100,000-\$2,450,876 Maxine & Marti Gellens • 858-551-6630

Open House Directory listings are due on Tuesdays at noon.

The House Doctor Rx All Trades. All Problems. Fixed.

#1 in customer Service, Very Reasonable



CD RATES TOO LOW? LET'S TALK.



Chris S Blentzas Financial Advisor

1850 Garnet Ave Pacific Beach, CA 92109

858-270-5784 (Pacific Plaza II) www.edwardiones.com Member SIPC



POINT LOMA NAZARENE UNIVERSITY

ALLFESTIVAL

Saturday, October 18, 2008 10 a.m. to 2:30 p.m.

Join us at the PLNU Fall Festival on our beautiful oceanfront campus. Free fall-themed fun for all ages!

FOOD

- Free food samples "Taste of Bartell Hotels"
- Free ice cream President's Ice Cream Social, 2 p.m. (Sponsored by Stump's Family Marketplace)
- \$1.50 Hot Dogs and \$3 Hamburgers

WELLNESS

- Chair massages
- Karate demonstration
- Pilates demonstration
- · Health and wellness booths

FUN FOR EVERYONE

- Hayrides
- Pumpkin patch
- Climbing wall
- Exhibitor booths
- · Historical campus tour, 11 a.m. Prize drawings – enter to win a new
- scooter! (Must be present at 2 p.m. to win.)
- · PLNU women's and men's soccer games, 11:30 a.m. and 2 p.m.

ARTS & CULTURE

- Live musical performances
- Plein Aire watercolor painters

GOING GREEN

- Electronics recycling drive for old computers, cell phones, batteries, TVs, and more!
- Solar panels at PLNU tour and info session, 1 p.m.

KIDS ZONE

- Pony & Ilama rides
- Petting zoo
- Bounce houses
- Arts & crafts
- Face painting
- Puppet shows
- Story time







International Council of Air Shows (ICAS)













BARTELL







visit www.pointloma.edu/fallfestival or call (619) 849-2388.











MCAS Miramar
A Salute to
Marine Aviation

Daytime Shows

Friday, Saturday, Sunday

9:00am - 4:00pm · Gates open at 8:00am daily

Twilight Show

Saturday • October 4, 2008 5:30pm - 8:30pm

FREE Admission, Parking and Blanket Seating!

For more information visit miramarairshow.com









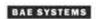


Sikorsky











Hamilton Sundstrand









A United Technologies Company

















