Inside this issue:



Low: 4:57 a.m. & 5:16 p.m.

Thursday, August 20, 2009

Visit us online for more stories:

The Beach & Bay Press is skipping a week! Look for our next issue September 10!

Surf Conditions (619) 221-8824 Weekend Surf Report **SATURDAY AUGUST 22 SUNDAY AUGUST 23** Surf: 3-5 ft. Hi: 11:13 am. & 11:19 nm. Hi: 11:49 a.m. Surf: 4-6 ft.

Low: 5:29 a.m. & 6:11 p.m. Wind: 16-18 mph





www.beachandbaypress.com

Party floats around alcohol ban

Wind: 16-18 mph

By SEBASTIAN RUIZ | BEACH&BAY PRESS

Sail Bay in north Mission Bay played host to an estimated 3,000 people dragging inner tubes, rafts and floats into the water to legally drink a beer on the bay on Saturday, August 9. The second year for the floating party, dubbed "Innertubapalooza 2009," saw the crowd balloon from an estimated 1,500 people expected to attend to more than double, causing police and lifeguards to pay extra-close attention to safety issues.

The flotilla also effectively circumvented the two-year-old ban on drinking on the beach and bay sands.

The San Diego Police Department and lifeguards discovered the party a few days in advance, allowing some time to prepare, officials said. Police handed out approximately 50 citations and arrested six people while lifeguards had their hands full with approximately 18 water rescues, police and lifeguard authorities reported.

Northern Division Capt. Shelley Zimmerman said the police department and lifeguards are working closely with the U.S. Coast Guard to monitor any similar future events.

"While what they are doing, technically, is legal," Zimmerman said. "We don't advise people drinking and driving, drinking and swimming, drinking and boating or even drinking and floating."

It's illegal to have an open alcoholic beverage container on the sand but not on the water under certain conditions, Zimmerman said. All applicable laws includ-

SEE **FLOTILLA**, Page 5

Mission Beach pro heads for Deaflympics BY ANTHONY GENTILE | BEACH & BAY PRESS On the beach volleyball courts in Taipei, Taiwan crowds will cheer, music will bump, whistles will be blown - and Mike Brüning won't hear any of it. The legally deaf Mission Beach resident will be participating in the 21st Summer Deaflympics from Sept. 5-15. SEE **DEAFLYMPICS**, Page 15 Photos courtesy of Stan Liu

Strauss to convert beer waste into fuel

By JOSEPH GREENBERG | BEACH&BAY PRESS

GreenHouse Energy (GHE), a barely threeyear-old San Diego company on Santa Fe Street, wants to make the ability to convert the byproduct of brewing beer into a cleanburning fuel as commonplace as brewing a strong pot of coffee.

GHE has created E-fuel MicroFuelers, which convert spent beer yeast and sugar waste into clean-burning ethanol through the processes of fermentation and distillation. The company aims to sell these consumer-size machines to local businesses and private residences to brew their own beer fuel.

To make their business model run, GHE requires large amounts of organic waste. Breweries and wineries alike were logical providers, and GHE President Russ Earnshaw knew early on he wanted to work with one brewery in particular.

"Karl Strauss is a great local brewery," Earnshaw said. "They have a well-known name and want to be on the cutting-edge of green energy solutions, so we thought it would be great to step in and open up a relationship with them."

GHE is also partnering with Stone Brewery and Gordon Biersch.

The nuts and bolts of GHE's method consist of combining spent beer yeast from Karl Strauss Breweries with sugar waste to create an organic concoction called feedstock. The feedstock is then distilled to create ethanol with potable water as a by product. The beer yeast, which has a slurry consistency like soft-serve ice cream, can be reused 10 to 20 times before it is spent. GHE currently uses sugar waste from Sunny Delight and is looking to partner with some wineries.

SEE STRAUSS, Page 3

Fishing around: excursions that lead to the best catch

By JOSEPH GREENBERG | BEACH & BAY PRESS

With 70 miles of coastline and neighboring Mexican waters teeming with sea bounty, San Diego overflows with opportunities for folks to be "gone fishing." From a privately chartered and intimate 40-foot boat to a larger vessel carrying up to 72 passengers to fishing among beds of kelp from a kayak, there is something for everyone off the shores of San Diego.

The most economical voyages, marked by a short duration and less opportunity for motion sickness, are usually half-day trips lasting around six hours. They generally cost \$42, not including a fishing license. Point Loma Sport Fishing runs two daily trips, casting off in the dawn light at 6:30 a.m. and another midday trip at 1

Trips are made aboard two 65foot vessels named "The Daily Double" and "The Point Loma," each carrying maximum passenger loads of 72 anglers (people who fish with a hook and line).

"Weekends are busier, but during the week and in the morning you could luck out with a real small group of only 10," said Point Loma Sport Fishing reservations agent Shawn Gray.

From Point Loma Sport Fishing's southern location on the Peninsula, their half-day trips sail to various spots near the Mexican border.

"Using sonar equipment called 'fish finders,' captains will steer their boats toward hot-pockets, or areas where there are large numbers of fish," Gray said.

The day of fishing begins shortly



A kayaker catches a yellowtail off La Jolla Shores while on excursion with Photo courtesy of kayak4fish.com Kayak Fishing Adventures.

SEE **FISHING**, Page 14

FINE HOMES & ESTATES

(858) 490-6100 • 845 GARNET AVE.



Bernie SOS na

"I'll Come To Your Rescue"



619.977.4334 Cell 858.490.6127 Direct

www.BernieSosna.com Lic. 01104934

Summer Place in Paradise = Sun, Sea and Sand



- 3 Bedrooms/3 Baths
- Stunning Roof Decks
- Travertine Floors
- Slab Granite Kitchen Counters



- Air Conditioning
- Solar Electric
- Tankless Water Heater
- 2 & 3 Spaces in Garage



BEAUTIFUL LA JOLLA VILLAGE!

New 3BR/2.5BA and 3BR/3.5BA, townhomes with elegance throughout. Stainless appliances, slab granite counters, travertine floors, elevators, washer/dryers, ample storage, 2- and 3-car garages, lush landscaping

ONLY 1 LEFT \$829,000



BERNIE SOSNA 858/490-6127

BernieSosna.com



MOUNT SOLEDAD BEAUTY!

Lovely, contemporary, 3-bedroom, 3-bath totally redone with high end finishes. European-style kitchen with black granite counters and stainless steel sink. Fireplace, beautiful landscaping and more! Forever views and near everything.

> **REDUCED AGAIN!!** \$955,000

CENTURY211ST.COM 858/490-6100



BRAND NEW & GORGEOUS IN PB!

2009, 3BR, 3BA condos offer beach living at its best. Enter through leaded glass door to living area with fireplace. Granite counters, stainless appliances and modern accents. 2nd level has large master suite & balcony. Enjoy summer nights on the roof-top deck.

> **ONLY 2 LEFT FROM** \$659,000

CENTURY211ST.COM 858/490-6100



LA JOLLA CONDO WITH PANO VIEWS

This corner, 1 bedroom unit is located on the 5th floor of the prestigious Seville high rise with large windows to take in all the views. 24-hr concierge, heated pool, sauna & spa and a gated parking lot. Walk to shops, restaurants and beaches.

> **AMAZING PRICE** \$639,000

CENTURY211ST.COM 858/490-6100



RESORT STYLE PB LIVING!

Two 1-bedroom condos in the Plaza! Five tennis courts, 4 pools and spas, exercise room, billiards room, recreation room, barbeques, secured parking and so much more to enjoy. Very centrally located near everything. Don't miss out!

FROM \$219,000



CEAL MUZZY 619/507-4388

> Ceal.muzz@ 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 \$619,000



BERNIE SOSNA 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.

JUST REDUCED! \$525,000-\$550,000 **MAKE YOUR OFFER QUICK!**

> **CENTURY211ST.COM** 858/490-6100



LOVELY SAIL BAY CONDO!

This 2nd floor, 3BR/2.5BA looks out into sunlight and trees through gorgeous Anderson windows ad doors. Travertine floors, granite counters, stainless steel appliances, nice cabinets with lazy susans and so many more perks!

> **AMAZING PRICE TOO!** \$649,000

CENTURY211ST.COM 858/490-6100



FURNISHED INVESTMENT PROPERTY!

4 unit building with 2 residential 1BR's, a residential 2BR and a vacant commercial unit. Rent 2 of them, live in 1 and have your business all-in-one! 3 garages + a large storage unit. Walk to beach, bay, shops, banks, grocery store and restaurants.

DON'T PASS THIS ONE UP!

CENTURY211ST.COM 858/490-6100



2 GREAT PB INVESTMENTS!

1BR duplex with grassy front yard and a shared porch, great for BBQ's. 2BR duplex with small private yards. Both have white ceramic tile and one has W/D hookups and

1BR DUPLEX \$399K-\$399K 2BR DUPLEX \$459K-\$449K

> CENTURY211ST.COM 858/490-6100



CLAIREMONT STEAL!

Very motivated Sellers so make your offer now on this one story, 3-bedroom house across from park and recreation center. Large and flat backyard has great potential for a pool. Near schools, freeways, shopping and much more. Grab it quick!

\$397.000

CENTURY211ST.COM 858/490-6100



"CORPORATE OWNED" **SOLD FOR OVER \$350,000 ORIGINALLY!!!** LOW PRICE \$235,000!

NEEDS TO SELL!!!



JILL \$ELLERS (619) 490-6143





3BR, 1BA home on a large lot on a very desirable street. Cozy fireplace, hardwood floors, modern appliances and lots of large windows to make it light and bright. Separate laundry room and huge backyard with a cov-

ered patio great for entertaining. NOW \$799,000

> **CENTURY211ST.COM** 858/490-6100

CENTURY211ST.COM

CONTINUED FROM Page 1

"In a week we create 2 to 3,000 allons of spent beer yeast," said Karl Strauss quality control manager Shawn Steele. "It costs us money to dispose of and has not been 100 percent recycled. Now [GHE] will collect most of that spent beer yeast to recycle."

Both companies look forward to forming the symbiotic relationship as GHE receives its crucial distillation ingredient for free. In exchange, the Karl Strauss Brewerv on Sante Fe Street will receive an E-Fuel MicroFueler free of charge.

According to the GHE website, all the MicroFueler needs to properly function is a 110-volt electrical hookup, a water supply with a drain and a connection to the internet.

"This process will require three kilowatts of electricity to produce one gallon of ethanol, which, in turn, will create 23 kilowatts of electricity," Earnshaw said.

The distilled ethanol will be

stored in a 50-gallon tank that comes attached to the Microfueler which owners will be able to pump straight into their gas tanks.

"Our MicroFuelers take up the same amount of space as a regular washing machine and have pretty much the same requirements to function," Earnshaw said. "Through the internet connection, each machine will be hooked up on our global networking system."

The connection between GHE and its MicroFuelers means the company will know if their machines need more feedstock or need to be repaired, relieving the owner of much of the stress.

After a quick and inexpensive conversion procedure, ethanol will be safe to use in any vehicle manufactured after 1991, according to Earnshaw.

GHE is prepared to set up and install their trademarked distillation system at any location and keep it filled with an unlimited supply of feedstock. In the case of a repair or malfunction, GHE technicians will be available to perform



A new type of gasoline: GHE's new machine converts spent beer yeast and sugar waste into ethanol.

the required maintenance as well. The warranty for the MicroFuelers lasts for 12 months and the life span of the unit is estimated at 30 years.

The real obstacle is the cost of a unit, which hovers around \$10,000 for the machine and its installation. Consumers will also be required to pay GHE \$2 per gallon for the fuel, a price that is not expected to fluctuate. According to the GHE website, however, customers will be eligible for federal tax rebates that could reduce the



Partners at GreenHouse Energy stand on top of their fuel truck that will deliver feedstock - a slurry of spent beer yeast and sugar waste - to consumers to convert into ethanol using residential-size microfuelers. Photos courtesy of GreenHouse Energy

cost to \$6,998. The State of California also offers a rebate program that could cut the cost even fur-

On July 30, GHE staff celebrated the first installation of the E-Fuel MicroFueler at CEO Chris

Ursitti's house. GHE plans to distribute the MicroFuelers to buyers by November and already has orders for more than 100.

For more information visit energy.greenhouseintl.com.

Mission Beach rapist arrested in Illinois

By ANTHONY GENTILE | BEACH&BAY PRESS

The man believed to be the socalled "A.M. Rapist" — a suspect thought responsible for a series of five burglaries and sexual assaults in Ocean Beach, Mission Beach and College West areas in 2000 and 2001 — was arrested near his home in Arlington Heights, Ill. on Aug. 11 according to police offi-

Stephen D. Richardson, 33, was extradited to San Diego and faces numerous charges associated with the "A.M. Rapist" series.

According to San Diego Police

The so-called "A.M. Rapist" is suspected of five burglaries and sexual assauslt in OB, MB and the College West area.

Department investigators, evidence was developed on July 22 that linked Richardson to a Sept. 2, 2000, sexual assault in Ocean Beach. The San Diego County District Attorney's Office subsequently issued a warrant for his arrest. Detectives from the Sex Crime Unit

worked with the Arlington Heights Police Department to arrest Richardson.

At the time of his arrest, a DNA sample was obtained from Richardson that matched samples gathered at the scene of all five cases in the series.

COLDWELL BANKER

Mission Beach | \$1,650,000

715 Toulon Ct. Absolutely Perfect, Exquisite 3 br, 3 ba Spanish style home, 1,343 appx sf of coastal luxury. Views of surf to the West, bay to the East. 3 patios (incl 450 appx s rooftop deck), an outdoor shower, washer & dryer



I AWRENCE **TOLLENAERE**

858.740.1011 wrence.tollenaere@ camoves.com





Bay & Ocean Views! MLS# 090037138

REVIEW



Finally...an Affordable 2bedroom,3bath Condo at the beach.. Smaller 4 unit complex with Low HOA fees. Bright open floor plan with balcony, and fireplace in living room. Two carport parking with storage. Ideal Neighborhood-close to all Great Value-Show and Sell!Call Paul to get the results on



PAUL THACKREY 858.539.4453 pthackrey@ coldwellbanker.com

Closed Production

Mason Ballard

Top Selling Units



822 Nantasket Ct. Charming 2 BR, plus optional 3rd BR (office/bonus room), 2 BA, on one of the best courts in North Mission Beach just Steps to Bay. This Cape Cod Charmer feels like a home with upscale 2nd floor chef's kitchen & living area w/rich rosewood fls. Peek bay views, private patio & 2 balconies w/ 2-car garage!

Mission Beach | \$895,000



CONGRATULATIONS TO OUR TOP PRODUCERS FOR JULY!

DARLENE ALLEN Coastal Property Specialist 858.539.4412 darleneallen.com darlene@ darleneallen.com

Marie Tolstad

Top Dollar

Sue Driscoll

Top Listings Sold Top Listings Taken Outstanding Performance

Award



DAN **RYAN** 858.454.7344 danryan@



Birdrock Beach House, one block to the beach

2 br, 2 ba home is nicely updated with dual

pane windows, galvanized steel roof, and French

doors to large patio deck.The 2005 kitchen has

Studio Becker cabinets. Back yard has lush

Open Sat 12-4 (Aug 22) Sat 12-4 (Aug 29) 329 Bonair # 2 A block to beach & surf. MI S# 090008925



Pacific Beach | \$652,500

Californiamoves.com

Open Sun I-3 (Aug 23)

2387 Wilbur Ave. Pacifica Water View 4br/3ba.Custom Home on quiet Hilltop street! Gorgeous Bay, City Lights & Downtown Views from most rooms & large view deck. Modern floor plan with 2,210 appx sf. Large Kitchen/Huge Family room with fire place, Living room opens up to grassy backyard & patio. Owner Desper-

ate...Bring offers! **MARIE TOLSTAD** 858.705.1444

www.mtolstad.com Pacific Beach | \$425,000





Pacific Beach Office | | 4090 Mission Blvd. 858.488.4090



RESIDENTIAL BROKERAGE

3,800 Offices

120,000

40 Countries

102 Years Experience

Coastal Properties 4444 Mission Blvd., SD, CA 92109 84444 Mission Blvd., SD, CA 92109 8444 Mission Blvd., SD, CA 92109 8444 Mission Blvd., SD, CA 92109 8445 Mission Blvd., SD, CA 92109 8446 Mission Blvd. **Coastal Properties** Nobody sells more real estate.

How many sunrises do you have in your lifetime?

A spectacular condominium offering ~50 ft. of dramatic, ever-changing bay views from all major rooms. A steal.



Dine with altitude...

On the rooftop deck of this NEW, impeccably designed Crown Point area home. 1975 sf, 3 BRs, 4 Baths, penthouse or media room, bay view.



Attention Surfers!

2-bedroom Bayside Lane home with extra room to store surfboards. New roof, newer kitchen, newer bath. Steps to surf. \$686K \$639K



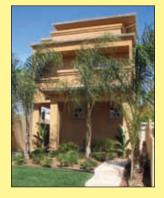
KATHY EVANS

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

DRE #00872108

Price Reduced \$589,995-\$648,995

Brand new construction in the heart of PB. 3Br/3Ba, 1,600 sf. Oversized 2-car garage. Dual wrap-around balconies with VIEWS! Take advantage of the \$10,000 Tax Credit!



www.1022Felspar.com

Brian Lewis 619-300-5032

DRE #01440201

SeaWorld fireworks: a look behind the curtain

BY RACHEL CURTIS | BEACH & BAY PRESS

SeaWorld's nightly Shamu Rocks show is drawing to a close. As the celebrated killer whale arches for his final bow, several hundred yards away ten three-inch Nashiki Kamaros - Chinese-made fireworks – are hunched in their racks and ready to explode. A walkietalkie crackles.

"Ten seconds to fire." Three pyrotechnicians huddle in a shack with their ears plugged, watching a load of explosives through a pane of glass. They are floating on a barge on Mission Bay waiting for the Nashiki Kamaros to take off.

"One!"

The first Nashiki rips into the night with a roar, makes a pop and sprinkles gold glitter across the sky. A prerecorded tape counts off the bursts in time to the theatrical music of Shamu's SkySplash fireworks show, and crew member Kyle Pollitt taps a small, green light on the firing board for each shell, triggering an electrical charge. He touches 101 of these cues, launching more than 150 shells over Mission Bay in the space of five minutes. The crew, protected in the cabin, can't see the shells bursting overhead.

"Normally, one of us is out on the boat and they get to watch," said Debbie Ludwig, lead pyrotechnician at SeaWorld for the last ten vears. Tonight, that person is licensed operator David Hurtado,



the firing board, ready to launch fire-anybody in." works for the nightly SeaWorld fireworks

who is securing a 600-foot perimeter around the barge to ensure boats are not hit by falling shells.

Clean-up typically ensues as soon as the finale set of ten shells has blown. Pollitt isn't sure all the cues fired, so Ludwig verifies that each mortar (the case which holds the shells) is clear. Meanwhile, Hurtado and two SeaWorld employees sweep the bay for debris. In the morning, another team on foot will check the shorelines.

Ludwig, an avid scuba diver,

recalls environmental protests from two summers ago.

"They were concerned about chemicals falling into the water," she said. "So I dove under the barge to check it out. It was full of life."

SeaWorld also sends divers to the bottom of the bay three times a year to clean up any debris from the falling shells: before, during and after the summer fireworks.

The fourth crewmember, Travis Prater, helps gather shell casings and disconnect e-matches, the wires that carry the charge from the firing board to the shells. He's here because he knows Pollitt, just as Ludwig came into the business 17 years ago through her husband.

"It's totally by word of mouth," Pyro-technician Kyle Pollitt is poised at Ludwig said. "We don't just let

> Aspiring pyrotechnicians work with an experienced operator, who decides whether they stay on and learn the trade.

> The first rule is don't stick your head over a loaded mortar - it's the same as staring down the barrel of a loaded gun.

While a crew of four can set up for a nightly fireworks show in an hour, the July 4 weekend needs a crew of 15 people to work 10 hours to load the shells for the 20minute shows. The crew spends two days setting up the racks that

SEE **SEAWORLD**, Page 7



Equipment included Need we say more?



Start School Off Right!

Road Runner BASIC up to 1.5 Mbps FOR AS LOW AS

FOR AS LOW AS



Road Runner STANDARD up to 10 Mbps 36 MO

FOR AS LOW AS

Road Runner TURBO up to 19 Mbps

Bundle with Home Phone and get both for as low as \$4990/mo

Call Now! or visit www.TimeWarnerCable.com Ask how you can get up to \$100 back!* Free installation!*



Proposed medical marijuana task force looks to clear up rules

BY ANTHONY GENTILE | BEACH & BAY PHISS

Much of the controversy surrounding medical marijuana dispensaries in San Diego is due to a lack of clarity regarding rules and regulations, City Council's Committee on Public Safety and Neighborhood Services hopes its proposed medical marijuana task force will change that.

"It will clearly define what can and can't happen," said Genie Cavitt, director of communications for District 7 Councilwoman Marti Emerald, who is chair of the public safety committee.

At the July 8 public safety com-

mittee meeting, Emerald proposed an action item to form a medical marijuana task force. At that meeting, Emerald suggested a resolution be put on the docket for the first council meeting in September.

"She's the head of the public safety and public services committee and she says it's time to hit the reset button." Cavitt said, "It's imperative that we protect the integrity of the program."

The proposed task force would consist of 11 members, including medical marijuana patients. medical collective owners and operators, small business owners, legal

professionals and people with backgrounds in social services. community planning, law enforcement and land use. Cavitt said city council will nominate and confirm representatives for the task force and that representatives from the City Attorney's Office and the city's Office of the Independent Budget Analyst will also be involved.

"They're taking applications now." Cavitt said. "People have been sending in resumes because it's going to be a professional task force."

The task force plans to operate for a year and meet with city council twice during the process. Cavitt

said the task force will meet and clearly define or establish new guidelines for patients and caregivers, structure and operation of the dispensaries and police enforcement as laid out in Proposition 215, which California voters approved in 1996 to legalize the use of medical marijuana.

"It should clearly spell out how this will be available and enforced. so that you don't have a bunch of drug dealers going out and selling marijuana and people who really need to get medical marijuana ought to be able to get it," Cavitt said. "It's going to regulate the collectives."

A proposed medical marijuana task force comes a week after the San Diego County board of supervisors voted to impose a 45-day moratorium on medical marijuana dispensaries. The moratorium is designed to allow time for the county to draft rules and regulations regarding use and distribution of marijuana for medicinal purposes.

"The county people have been fighting this all along and they've been spending a lot of money tying it up in court," Cavitt said. "It's such a complicated issue."

ing laws against public intoxication are still enforced.

San Diego lifeguard boating safety lieutenant John Sandmeyer said the magnitude of the event forced lifeguards' resources away from other parts of the beach and bay.

A few accidents occurred throughout the day, including a woman who cut her hand on a stationary boat propeller and another woman who suffered injuries during a Jet Ski accident near the Ingraham Street bridge, he said. Both victims were treated and taken to the hospital.

"Most of the [extra] lifeguards were off duty." Sandmeyer said. "It definitely peaked out for us and created a big deal.'

He added that the floating party could also create a safety hazard by making it difficult for lifeguards to reach a person who needs help if they are in the middle of a large group of floats or rafts.

The floating party grew out of an annual summer party named Summerpalooza organized through social networking websites like Facebook and The Full Extension. The Full Extension boasts hundreds of members promoting a relaxed lifestyle reflected through summertime parties.

Some of the party's organizers live in the Mission and Pacific beach communities, said Phil, a representative for Full Extension who helped organize the flotilla. Phil. who preferred not to publish his last name for professional and liability reasons, said the party was not an act of rebellion against the beach alcohol ban,

"We're not trying to stick it to the cops. We're really just trying to get together and have fun," Phil said. "Given what just happened, it came across as a party of rebelling against the alcohol ban, but we're really just trying to celebrate what San Diego has: good weather and good times and good friends."

Private events that serve alcohol on city parks, beaches and bays, such as the Old Mission Beach Athletic Club's Over-the-Line tournament, usually require the organization to go through the city's special events permit process. But since drinking on the water does not violate the beach alcohol ordinance.

the organization did not need or seek a special events permit.

Organizers said they will work with lifeguard and city officials for better organized future events.

And at least a few neighbors didn't seem to mind the thousands that floated along on the bay for Innertubapalooza 2009.

Jon Cunningham, a two-year Pacific Beach resident and president of the Sail Bay Scene Homeowners Association, attended the event and said it was "totally relaxed.

"Everyone was having a really good time," Cunningham said. "People have been drinking on the water for decades...that's certainly nothing new."

He said the "responsible crowd" was more reserved than a typical bar on Garnet Avenue on a Saturday night, adding that lifeguards

and police did a great job with the crowd.

Cunningham has lived in San Diego for more than 10 years and said he voted for Proposition D. the beach alcohol ban, in recent years.

"I'm a dad of a two-year-old," Cunningham said, "As a homeowner, I'm in favor of upgrading the quality of the beach visitor and efforts to clean up the beach."

District 2 Councilman Kevin

Fauloner could not be reached for comment. Faulconer helped push the beach alcohol ban through city council following a fight involving hundreds on the sands of Pacific Beach during Labor Day weekend in 2007.

Spokesperson for Faulconer's office, Tony Manolatos, said Faulconer received approximately three e-mails about the Sail Bay party but no calls.

"My Husband Laughed When I Called A Chiropractor... Until My Migraine Headaches Went Away!"

Dear friend,

This message is for all the San Diego area "Professional Moms," young and old, who always gets "killer" migraine headaches.

...The nasty migraine that puts you out of commission and you have to miss a whole week of work.

.. The classic, textbook, pounding migraine with unmerciful nausea and sensitivity to bright lights - and loud noises... and...

.The brutal migraine that makes you so 'seasick" you gotta lock yourself in the bedroom, turn off the lights...and hide from the kids, who call you "grumpy."

> Today There Is New Hope For Your Migraine Headaches

If you are interested in relieving your miserable migraine headaches, this may be the most important message that you will ever read.

Here's why: Dr. Wong is offering you something special for a time...but...ONLY if you are exhausted "Professional Mom" exhausted currently experiencing recurring migraine headaches, neck or back pain.

This Special Offer Is Designed Specifically For Busy And Frazzled "Professional Moms"

From now on until noon 08-15-09, Dr. Wong is offering a special new package that he's designed especially for the local professional moms who have never been to his office - or to any busy mom who hasn't been in to see him for a while.

* UNSOLICITED TESTIMONIAL *

"I was having so much back pain, neck pain and terrible headaches that affected my job. I was misdiagnosed so many times but now, I live pain free since I've been seeing Dr. Wong. My husband and kids used to call me 'grumpy' but not anymore! Thank you Dr. Wong!"

Signed,

Ligaya A, RN, San Diego, CA.

When you call Dr. Wong's office today at This is a \$25 value that you'll get FREE for (619) 222-8885, you will receive up to \$300 of his professional services for only...\$47 for a limited time. (This offer expires at noon on 9-15-09



Dr. Wong takes some time from his busy schedule to talk with Registered Nurse and former migraine headache sufferer. She is one practice members who's life has changed dramatically since has been seeing Dr. Wong.

(STAFF PHOTO)

Here's Why Dr. Wong Is Giving Away Up To \$300 Worth Of His Services For Only \$47.

Basically, it's time for you to try chiropractic care at Dr. Wong's office. Let's face it, paying only \$47 for a \$300 office visit like this is completely nuts. However, suffering from headaches...when you have an 80% chance of getting relief...is also crazy. Listen, Dr. Wong can't promise your results. But, he can promise you great service...and a friendly staff!

This Special Offer Includes...

- A Private Health Consultation
- A Comprehensive Exam
- Computerized Testing Any Necessary X-Rays
- A Report Of Your Findings To See If Dr. Wong Can Help You

Plus A Special Bonus Offer

Also, if you are one of the first 11 "Professional Moms" who call today for an appointment, Dr. Wong will include a very special "goodie" bag when you come in. @ GLFC

For Acting Today!

calling his office at (619) 222-8885 right away.

Now Offered For The First Time Ever - An "Iron-Clad" Satisfaction Guarantee!

Oh, we almost forgot to mention that Dr. Wong has an Iron-Clad Guarantee. wants you to instantly realize how much your life can be easily improved with care at his office. Therefore, your first office visit is...GUARANTEED.

At the conclusion of your first visit, if you honestly think he's wasted your time, or you sincerely believe that you will not benefit from his care in any way...all you have to do is say no ... and you will NOT be charged for your visit!

OK, now imagine how life will be in a few weeks...if you handle your miserable migraine headaches right now. Will you do better at work? Will you now be a fun person to be around? OK, you get the drift here...It's time to call Dr. Wong today.

Call Now For An Appointment

It's easy to make an appointment at Dr. Wong's office. All you have to do is call his today and ask for the Professional Mom Special."

His staff will do everything possible to get you in the same day even if they have to work you in during a busy time.

They pride themselves in being San Diego's premiere "no waiting" office - for busy professional moms who have to get their kids to and from school in a hurry. Dr. Wong's office is conveniently located next to 24 Hour Fitness and Sport Chalet on Midway Drive next to the Sports Arena.

Phone: (619) 222-8885

Greater Life Family Chiropractic Dr. Henry C. Wong, DC Ph: (619) 222-8885 * Fax: (619) 222-8889 3689 Midway Drive, Suite G San Diego, CA 92110

P.S. When accompanied by the first, we're also offering the second family member this same examination for only \$27 - What a

P.P.S. Don't forget, this offer ends at noon on 9-15-09 so call right now!



Small
World
Eve Anderson

Old Town is fun again!... We went once to the dismal disaster created by Delaware North at formerly colorful Bazaar del Mundo: dull shops filled with large, expensive replicas of an era that few cared about—and even fewer visited.

Forget that image. The color is back and the shops, while different from the original Bazaar, are filled with a delightful mix of items for tourists and locals. (And an even more sensibly wide range of prices.)

I know. Old Town's not in PB, but it's still one of the first places we like to take our out-of-town visitors. It's called Fiesta de Reyes now, with San Diego County restaurateur Chuck Ross in charge. Casa de Reyes, serving traditional Mexican-style dishes in Casa de Pico's old courtyard location, once again features umbrellas (banned in Delaware North's austere version).

We had tasty Indian fry-bread tacos at Barra Barra, offering a more casual, contemporary menu in a ranch-house setting.

The best part? After wandering through surrounding historical buildings and shops on adjacent streets, we came back to relax in the courtyard at dusk. A Latin group played in their bandstand, and a new fire pit drew families as little ones danced to the music.

One last compliment: The landscaping is drought-tolerant, yet colorful; more subtle than the former bazaar, but well-suited to both old and new San Diego.

San Diego mini-vacation... On Monday we toured San Diego Zoo's Wild Animal Park. At 100 degrees heat – surprise – it was not crowded! The tram ride and the cool breeze that followed was terrific. Tuesday we explored the Midway Museum, climbing up and down narrow steps and ladders. What a view from the end of the Midway! Dinner at Anthony's reminded us, again, what a lovely harbor we have.

We quickly visited downtown before Comic-Con took over. Petco Park on a non-game day is impressive, an architectural jewel with attractive drought-tolerant landscaping.

Old Town, downtown, San Pasqual Valley – we are indeed fortunate. But coming home to PB's even better.

Solar specials... When developer Mike Turk built four houses on Malden (replacing Carmelita and Bern Swarts' old "Gingerbread House"), they were billed as environmentally friendly.

Interviews with several residents confirmed this. "Wonderful light floods the place," said one. "With solar panels, electric bills are much lower," declared another.

His new condo complex on Mission Boulevard at PB Drive is also "sustainable development." It's attractive enough – wood and stucco with stone trim in front and copper above the three-bedroom condos.

In front, 10 tall palms and brick sidewalks add a nice touch.

Will on-site parking in that busy area be sufficient? Only time will tell.

GUEST COMMENTARY

A market-based water conservation system makes sense

No time to waste. No water to waste. Many of us have heard the slogan, and numerous San Diegans are heeding the advice of Mayor Jerry Sanders and the City Council. Citywide, we've seen a 19 percent reduction in water use in the last year, but our supply is shrinking and our costs are rising.

We have to make changes in how we use water and from where we get it.

It is my belief that the best way to achieve reductions in water usage is through a market-based approach. In other words, the city needs to create an aggressive "tiered rate structure" for its water consumers. In such a system, efficient users would be rewarded with lower water bills and wasteful users would be penalized with higher bills.

The good news is some restrictions, such as watering days, can be eliminated with the successful implementation of a tiered system because the market will determine efficient water users, meaning many of those who are wasteful will likely reduce their consumption so they can lower their cost. It's similar to gasoline consumption. When gas prices rise people drive less. I believe that we can see similar effects from a tiered rate water system.

Numerous studies, including those conducted by the California Department of Water Resources, have indicated the most effective means of reducing water consumption is through modifying rates.

It is my goal to implement a model



District 2 Councilmember Kevin Faulconer

that is effective year-round and does not require continuous council approval. If implemented correctly, we can adopt a system that reduces consumption yearround, eliminates the use of watering days for customers, and avoids the use of water cops to monitor homes and businesses.

It is important that we work quickly in developing a long-term plan in addressing our water crisis.

In May 2010, the San Diego County Water Authority is expected to let districts throughout the county know if further water reductions are needed. The Water Authority issued a mandatory 8 percent reduction in San Diego starting June 1. It is my intent that we are prepared for further reductions, eliminating the use of stop-gap measures that would ultimately hinder our local economy and quality of life.

As I've said, I believe the quickest and most cost-effective approach to water

conservation is through the use of rates to discourage waste. Once such a system is in place, we will be able to focus on long-term infrastructure projects that include increasing our local water supply and lowering our dependence on imported water.

Eighty-two percent of the water we use in San Diego comes from the Sacramento-San Joaquin River Delta and the Colorado River. Since we're dependent on that water, we are subject to the rate increases of transferring that water. These costly transfer rates are expected to increase 20 percent over the next three years.

The city is conducting studies on how to effectively increase our local supply. I'd also like to see San Diego work with private businesses to determine the feasibility of installing a desalination plant in the city — similar to one scheduled to be constructed in the city of Carlsbad.

We all need to do our part to conserve water.

It's a priority at my house, something my wife and I discuss with our two young children. Overall, our water use has steadily dropped — from an average of 18.25 units in 2007 to 15.16 units in 2008 to 13.6 units so far this year. That's a 34 percent reduction in two years. Although we've cut back, we're continuing to look at ways to decrease our use.

— Council President Pro Tem Kevin L. Faulconer represents District 2 in San Diego, including Pacific Beach and Mission Beach.

Take action for your community

Whoa! It appears that the voters of San Diego made a grievous error in approving a citywide beach alcohol ban, at least according to some recent letter writers. Horrors! The problems are now "inland." We have revelers in Kate Sessions Park and greedy landlords are busy renting to kids who drink! Permits for private parties are being granted, and these clever revelers are now running amok, inventing ways to disguise their booze, yada yada. The culprits? Why, our stupid, meddling town council officers! Everything was wonderful until they got the booze off the sand? Funny, I don't remember it quite that way.

Let's review a little history. The reason people came, and some still come, from elsewhere to San Diego to party is because we had the loosest rules. Remember the block party? When it got out of hand it was eliminated. Same thing on the beach. So-called neighborhood parks like Kate Sessions are mostly alcohol-free, as they are almost every-

LETTERS TO THE EDITOR

where else in Southern California.
Booze has been banned in park after park in San Diego over the years through resident complaints about recurring problems. It will happen at Kate Sessions eventually, if the current situation persists. And, the booze rafts on July 4th are in jeopardy as well.

Our beach communities happen to be

Our beach communities happen to be overflowing with college-age kids and recent graduates, and they love to party. The proliferation of bars, with their chronic problems, is a testament to this. Community groups like the town councils, working with the police and the city government, have responded with measures like the Community Assisted Party (CAPP) program and administrative fines, and with cooperation from some of the bars who sponsor things like taxi and ride sharing programs, to control the situation.

The idea that "People are going to party and you can't do anything about it" is a myth. I'm confident that if addi-

tional measures are needed, they will eventually be put in place. To sit on one's rear end and second-guess the situation is the lazy person's solution, and it doesn't work. Join your town council, your planning board or your Neighborhood Watch group. Volunteer to work on the community court. Understand the details and be heard; be part of the solution.

And, please, no lectures about abridging personal freedoms. Folks, we live in a densely populated, urban environment. Whether we are willing to recognize it or not, this isn't the place it was in the '40s and '50s. But, it's still pretty darn good, and we can make it better. **Bill Bradshaw**

Mission Beach

Editor's Note: The CAPP Program is a police initiative to identify residences that hold loud and disturbing parties on a chronic basis. Once a residence is "CAPP'd," police take a zero-tolerance stance to the residence. Occupants are

SEE **LETTERS**, Page 7



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



PUBLISHER

Julie Mannis Hoisington (858) 270-3103 x106

jmannis@sdnews.com DIRECTOR OF SALES & MARKETING

John Dowd x136 john@sdnews.com

EDITOR IN CHIEF Anne Terhune x133 mail@sdnews.com

EDITOR
Adriane Tillman x132
bbp@sdnews.com

REPORTER

Anthony Gentile x135 anthony@sdnews.com

ACCOUNTING

Heather Glynn x103 Patty Angley x120 Accounts Receivable

ACCOUNTS Receivable AD CONSULTANTS

Mike Fahey x117 Jason Gregory x116 Marjorie Kirby x122 Michael Long x112 Aleather Snyder x115 Innesa Zavulunova x147

CLASSIFIEDS MGR.

Heather Snyder x115 heather@sdnews.com

CLASSIFIEDS

Kim Donaldson x140

kim@sdnews.com PRODUCTION MGR.

PRODUCTION MGR Casey Dean x107 casey@sdnews.com

PRODUCTION

Dee Kahler, David Ramsey, Nicola Rushford, Chris Baker

PHOTOGRAPHERS

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

CONTRIBUTORSEve Anderson, Charlene

Baldridge, Paul Douglas, John Fry, Anthony Gentile, Joseph Greenberg, 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 other Thursday.

COPYRIGHT © 2009. All rights are reserved.

Printed in the United States of America

PRINTED with soy inks and recycled paper.

Please recycle.

LETTERS

CONTINUED FROM Page 6

no longer given warnings or asked to voluntary comply but can be arrested, cited and fined. The property owner may also receive a fine. Houses are CAPP'd for one year, regardless of occupant changes.

Alcohol ban has improved Pacific Beach

The notion that the alcohol ban has only helped those who live right at the coast and has made life worse for everyone else is absolutely laughable. From I-5 to the coast, the entire culture in PB and MB has changed, and for the better. You think there weren't any house

parties on holiday weekends before the alcohol ban? It has always been crazy in the neighborhoods on the 4th. The only difference is that now, police can handle problem areas inland because the entire force is not "attempting" to control the beach/bay environment that previoulsy resembled a state prison rec. yard more than a public beach.

"Thoughtfully written ordinances" to allow alcohol on the beach? Are you kidding? Show me a draft of such an ordinance that could begin to control the beaches given the environment that previously existed. Kate Sessions Park will be the next to go because, well, there is a significant element in our society that is simply piggish and

lewd. Don't blame Faulconer or the PB Town Council for the changes that have been made, blame the tens of thousands of people who simply cannot enjoy themselves in any sort of reasonable and respectful manner when alcohol is flowing.

Gary Burcham Pacific Beach

CORRECTIONS

Ronan Gray photographed the cover shot for the "Surf's Up! Dive into PB's Backyard" article on page 1 of the Aug. 6 edition. The photo is of Collin McPhilips, who participated in the 2008 PLA competition at Tourmaline Surf Park.

Seasoned surfers and the Tourmaline Tailgaters Surfing Association erected the Surfer's Memorial at Tourmaline Surf Park in 2008 – not the PB Surf Club as misreported in the Aug. 6 Beach & Bay Press. Tourmaline Tailgaters member and surfer Greg Miller first envisioned the idea for the monu-

ment as a way to immortalize the surfers – famous and not so famous – that frequent Tourmaline Surf Park. His idea was sparked one day after walking past the bench dedicated to surfer Skeeter Malcolm at Tourmaline Surf Park. Miller's wife, Cheri, Tom Davis, John Pruitt, Glen Paculba and Jeff Grant also worked to make the project a reality.

The Surfer's Memorial is a deck of inscribed bricks that stands before the Tourmaline sands and Pacific Ocean like the bow of a ship. The shoulder-high monument features a granite plaque with a picture of San Diego surfing

SEE **CORRECTIONS**, Page 12



SEAWORLD

CONTINUED FROM Page 4

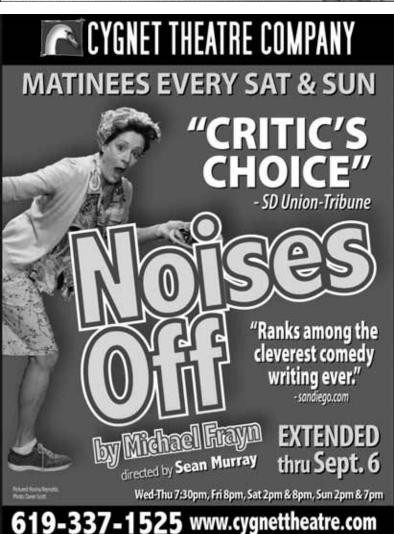
hold the mortars, and Ludwig brought in her own personal firing system for the colossal event. The July 4 show features 10-and 12-inch shells shot off from Fiesta Island – twice the size of the largest shells used for the SkySplash show.

Ludwig said the audience's reaction makes it worth all the work.

"You take off your earphones and listen to the crowd," Ludwig said. "It makes it all well worth it."

For a video synopsis of the preparation and launching of the July 4 weekend shows visit www.youtube.com/watch?v=STy_awU18I4.





Students throughout southern California have a new option for earning their diplomas. It's called Southern California Online School Network. This free, online program is backed by real teachers, real support and a real diploma. Now students in grades 6-12 can take online classes on their own schedule. Whether they need a more flexible alternative or just another option for school, this program caters to the modern student. Check it out today.

SoCal Online School Network is brought to you by participating California charter schools, including: ARA Charter School, Golden Valley Virtual Charter School and Juan Bautista de Anza Charter School.

What you get:

- One-on-one attention from California-certified teachers
- Flexible, interactive online classes on your schedule
- An online classroom with no distractions
- A school-supplied laptop and Internet allowance if needed
- 24/7 technical support



Powered by Advanced Academics.

Availability is limited.
Contact us today at:
www.SoCalOnlineSchool.com
or call 1-866-579-6599



Coastal EXPERTS

Are you considering buying, selling or investing in a property along the coast? If so, here are the agents who know the coast best. Each zip code in San Diego has its own personality and the quirks to go with it. Property values, zoning, building permits, and many other criteria vary at the beach more so than any other area. The agents below are experts in coastal real estate. Each is a Realtor with experience, ethics, and the track record of a top producer. Feel free to visit their websites, email, or even call with questions or concerns. Each realtor has agreed to do a FREE home analysis of the property you own, or are thinking of buying.



Beau Trickey
Remax Coastal Properties
(858) 334-3019
www.beautrickey.com
DRE# 01473230



Brant Westfall

Prudential CA Realty
(858) 922-8610

www.BrantWestfall.com

DRE# 01365343



Catrina Russell
Coldwell Banker
(619) 226-2897
www.CatrinaRussell.com
DRE# 01229742



Elaina Nieman
Coldwell Banker
(619) 742-2343
www.elainanieman.com
DRE# 01424483



Phyllis Whitebread

Coldwell Banker
(619) 818-4929
Phyllisrealtor@gmail.com

DRE# 00686882



David R. Indermill
Remax Coastal Properties
(858) 414-5478
TeamIndermill.Com
DRE# 01232827



Dianne Reichardt
Coldwell Banker
(619) 248-0882
dianner@coldwellbanker.com
DRE# 00814799



Ocean Pacific Properties, Inc. 858-274-1553 www.oppsd.com



Karen Hickman

Prudential CA Realty

(858) 459-4300

www.KarenSellsThe Coast.com

DRE# 01015206

Art gallery celebrates influence of tiki culture

By ANTHONY GENTILE | BEACH&BAY PRESS

In its 10th year in Mission Beach, Freaky Boutiki has undergone a recent transformation sure to please art aficionados. Formerly called Freak Factory, the boutique's art gallery is hosting Tiki Island 3 – its first exhibition – through Sept. 4.

"It's an international group show including work by many San Diego artists – all influenced by mid century American tiki culture as well as their original islander inspirations," said Hank "Hodad" Adelsön, proprietor and curator of the gallery.

Tiki Island 3 opened at the beginning of the month and will run through Sept. 4. Adelsön said the exhibition is about more than just the works on display.

"The exhibit explores the creative processes and divergent paths used by each artist in their personal journey to create modern primitive artwork using various mediums," Adelsön said.

Freaky Boutiki Gallery is putting the exhibition on in conjunction with Tiki magazine. It features Polynesian pop art, which Adelsön called a truly American artistic phenomenon, comparable to jazz. Tiki means image – or refers to a wooden or greenstone image of a human – in the Polynesian language of Maori.



Freaky Boutiki features Polynesian art in its Tiki Island 3 exhibition that runs through Sept. 4.

Photos courtesy of Hank Adelsön

"Tiki's primitive influence was vast and spread from southern California across the nation and world," Adelsön said. "While its prominence has ebbed, one need only look at the popularity of San Diego's landmarks like Mission Beach's own Catamaran Resort to realize San Diego owns a special place in America's legacy of tiki which should be honored, preserved and enjoyed."

Freaky Boutiki Gallery is also as a dealer of art and ceramics. Adelsön said the gallery adjacent to the Freaky Boutiki tropical gift shop will start selling art and carving supplies later this year.

In conjunction with the gallery, Freaky Boutiki is celebrating its 10th year in Mission Beach. Adelsön said he considers the anniversary a personal triumph, having

dreamed of opening his own art gallery for years.

Perhaps no period in Freaky Boutiki's existence has been as tumultuous as the past couple of months. In June, Freak Factory was one of four San Diego smoke shops raided by San Diego Police. While Adelsön said Freak Factory is a thing of the past, he also said Freaky Boutiki is a licensed seller of a variety of tobacco products and sells hand-carved pipes.

Freaky Boutiki Gallery is open six days a week from 10 a.m. to 6 p.m. (closed Tuesdays), and the closing reception will be held on Sept. 4 from 6 to 11 p.m. The gallery and gift shop are located at 3742 Mission Blvd. in north Mission Beach. For more information, call (858) 488-4924 or e-mail thefreakfactory@aol.com.

NEWSbriefs

Neighbors of Kate Sessions met with government officials to discuss behavioral problems at Kate Sessions Park on Tuesday, Aug. 18 at the Soledad Club. The group discussed alcohol use at the park, underage drinking, litter, public urination and intoxication, as well as organizations that fail to obtain permits for their events. Visit beachandbaypress.com to read the full story.

Go online to read more. www.beachandbaypress.com



SEE **NEWS BRIEFS**, Page 16



Fur Ball brings out the royal

Margo Schwab, Scott Johnston and their dog Kima pressed the part for the San Diego Humane Society and SPCA's 23rd Annual Fur Ball held Aug. 15 The theme this year was "Catch the Royal Wave." Dr. Judith Muñoz was honored for her visionary leadership during her more than 13 years on the humane society's board of trustees. Nearly 500 people, 150 dogs and one rabbit attended the black tie event that raises money for the humane society and SPCA. Last year, the Fur Ball netted approximately \$120,000.

Photo courtesy of San Diego Humane Society/A. Thompson

STRAIGHTEN UP!



Osteopenia, Osteoporosis, Postural Correction

Every Tuesday 11:00 - 12:00 a.m. La Jolla YMCA, 8355 Cliffridge Avenue, L.J.

Tuesdays 12:30 - 2:00 p.m. (will resume September 8th)
N Clairemont Rec Center, 4421 Bannock Avenue, S.D.

Every Thursday 9:30 - 10:30 a.m.
St. Brigid Parish Hall, 4735 Cass Street, P.B.

Presented by: Marcia Tassinari, MPT, Physical Therapist Osteoporosis, Osteopenia, Posture Correction

Osteoporosis, Osteopenia, Posture Correction Spine & Bone Health, Instructor, Speaker, Educator

For more information on this class or a FREE consultation call 858 581-6900 Visit us at www.tasspt.com or www.StraightenUpYourSpine.com

IT'S FOR EVERYBODY Y





Dealing With Dizziness and Improving Your Balance

Presented by
Ian Purcell, M.D., Ph.D., Oto-Neurologist

- · Learn how vestibular problems are diagnosed
- Learn about living everyday life without dizziness
- Learn about the importance and benefits of rehabilitation
- Learn some technological advances in diagnosis and treatment

Thursday, August 27, 2009 5:30-7:30 P.M. *NEW TIME* St. Brigid Parish Hall, 4735 Cass Street, P.B. FREE Seminar R.S.V.P. (858) 581-6900

\$30 sports physicals.

think MinuteClinic



MinuteClinic is a smart, affordable choice, right now and all year long.

In select CVS/pharmacy locations, our experienced family nurse practitioners and physician assistants are here to help 7 days a week, with no appointment necessary.

Just stop by for convenient

- Sports physicals and school shots
- Acne and minor illness treatment

MinuteClinic employs physician assistants in Minnesota, Nevada, North Carolina and Texas.







A Backyard Oasis In a Summer of Budgets

(MS) -- Where do you search for relaxation in a summer of staying put?

Last year, the media reported a new trend: foregoing big vacations for "staycations," or staying put and using the money saved for turning homes and yards into destination spaces for leisure.

But this year, things are different. If you've just scuttled a summer trip because money is tight and you're a little uneasy about job security, then adding on a new sunroom or canopied

deck may suddenly seem mighty frivolous. For many people, this is shaping up to be a

summer of smaller pursuits.

Planting a line of ornamental trees, for instance, to block your view of that one neighbor you wish was not, and who's likely to be home more this summer as well. You won't get the fullest foliage this year, but each new spring will yield even prettier privacy.

Still, the real joy of vacationing is feeling like you're not required to do anything, and that's

tough to manage at home. If only there were a way to cost-effectively create some kind of relaxation haven right in the middle of your daily life, a backyard oasis where you could just pop in and leave the world behind. But that's obviously impossible ...

Not if you've got a well-made hammock, it isn't!

"Repeat customers are always telling me the

SEE BACKYARD, Page 11



\$15 OFF any service

First time customers only. May not be combined with any other offers. Expires: 8/31/2009



CLEANING

August White Sale

20% to 70% OFF

Bed & Bath Linen, Bath Accecesories, Down, Robes.

Specials prices on Selected Sferra, DEA, Signoria, SDH

Specials on discontinued Mattresses and Adjustable Beds

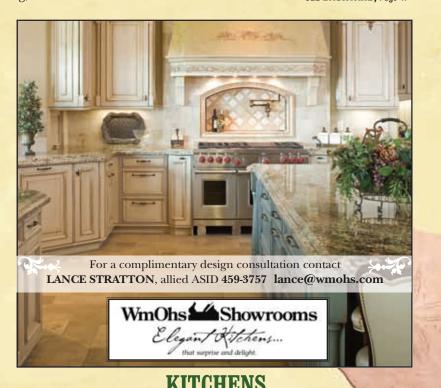


7616 Girard Avenue La Jolla CA 92037 800 883 3305 everettstunz@gmail.com www.everettstunz.com

BEDDING



STAINED GLASS







CONSTRUCTION

BACKYARD

CONTINUED FROM Page 10

best mini-vacation they've ever bought has been a hammock and a hammock stand," says J.R. Pelletier, manager of TheHammockCompany.com, an international leader in hammock sales. "I think it's that sense of being supported while also being up off the ground -- it really feels as if you've been lifted out of your busy life where the driveway still needs edging and the fence needs painting."

Potential relaxers should, however, be aware that not all hammocks are alike, cautions Bill Russo, president of Nags Head Hammocks, one of the world's leading producers and retailers of hand-woven hammocks.

"A poorly made hammock may not last even the summer, so that's really wasted money," Russo says. "But a well-made one should give you a number of seasons of enjoyment, possibly even year-round, depending on where you live."

One note of caution: A shady spot is best for setting up your hammock. "If you fall asleep in direct summer sunlight -- and chances are you

will fall asleep -- you won't feel nearly so relaxed when you wake up burned!" Russo says.

And if you time it to before all those lovely new trees start filling in and blocking the view, you can set up your hammock where that annoying neighbor can't help but see you in it, kicked back and relaxing.



WALLBEDS





BLINDS & SHUTTERS



CLOSETS

FORECLOSURES COMING SOON:



251 Rosebay Dr., Encinitas, CA 92024 2 bed/ 1 bath twinhome Only minutes to the beach!



1756 Essex St. #212, San Diego, CA 92103 2 bed/ 2 bath condo in the heart of Hillcrest Walking distance to shops and restaurants!



Specializing in San Diego foreclosure properties, Avanti has a team in place for all your real estate needs. We have great opportunities for new buyers and investors. Contact us today for your free list of all San Diego foreclosures!

AVANTI

Address: 6336 Greenwich Drive, Suite E, San Diego, CA 92122 Office: 858-246-7780 Cell: 858-952-2216 drew@ayantihome.com_www_AyantiHome.com

REAL ESTATE



LANDSCAPING

Tango del Rey sets new look at Old World Portuguese fare

By CHARLENE BALDRIDGE | BEACH&BAY PRESS

Judging from the photos in her CD and the sound of her voice, beauteous Ramana Vieira is a lovely person. It seems utterly natural for her to be seated in a Bay Area park surrounded by children (including her 5-year-old son) at play while she answers questions via long distance.

A native of San Leandro born to Portuguese parents, Vieira is a fadista, or one who sings and, in her case, composes fado, a Portuguese vocal style she learned at her mother's knee. The word translates into English as "fate" or "destiny." Currently, it is Vieira's destiny to be at Pacific Beach's Tango del Rey Sunday, Aug. 23 to perform her show "A Cultura de Portugal," treating listeners to the art form, her band of musicians and

her song

Asked where and when fado arose, Vieira said, "It originated somewhere between the 15th and 18th centuries, back in the court days, the aristocracy times, when it was sung to kings and queens. It's a blend of music from Arabia, Spain, Brazil and Africa, a conglomeration of these cultures that had major influences in Portugal and in the Iberian Peninsula—you know, similar to how blues music originated here in the United States."

Informed by centuries-old tradition and Vieira's innate theatricality (she studied at American Conservatory Theatre for 10 years), many of her songs are little dramas. Many are sad, like "Lagrimas de Rainha" ("Tears of a Queen"), the title track on her Pacific Coast Jazz CD. She hastened to say that,



Ramana Vieira is a fadista - she sings and composes in a Portuguese style called fado - who will perform at Tango Del Rey on Aug. 23.

just as in a good blues show, "A Cultura de Portugal" is composed of up-tempo fados, ballady fados and the more melancholy fados.

"Lagrimas de Rainha" concerns the true story of Ines de Castro, a servant in the castle of Dom Pedro and his mother, the reigning queen. Dom Pedro fell in love with Ines, and she bore him several children.

"They married in secrecy," Vieira explained. "Eventually, they were found out, and she was killed. When he became king, he never forgot how his lover had been mercilessly slain, so he exhumed her body and dressed her in the finest jewels and silks, where everyone in the court kissed her hand" and acknowledged her as queen.

"There's a beautiful fountain in the town of Coimbra, where this happened. No one knows the source of the water, so the story goes it is the tears of Ines. Wow! What a great story. My life is so boring. There's so much art in the world. It is important for me to emulate something so extraordinary, like that love and that history in Portugal."

Vieira's goal is to take the fado tradition, its beauty and history, to a larger audience. Hence the performance in San Diego, in which she will be accompanied by the extraordinary musicians on her CD, guitarist Jeffrey Luiz, cellist Marcie Brown, electric bassist Alberto Ramirez and percussionist Steve La Porta.

Festivities will begin at 4 p.m. Sunday, Aug. 23 with traditional dancers and support acts. Vieira and her ensemble will appear at 6 p.m. Admission is \$17-\$22, with an optional \$10 buffet-style Portuguese dinner available. Tango del Rey is located at 3567 Del Rey St. in Pacific Beach, (858) 581-1114.

CORRECTIONS

CONTINUED FROM Page 7

legend Skip Frye and lists 21 local surf heroes including Larry Gordon, Floyd Smith, Bobby "Challenger" Thomas, William "Hadji" Hein and Capt. Dan O'Connell. The group also replaced the chain-link fence with a permanent fence for surf gazers and surfboards to lean upon.

"Since the opening of the park in May 1963, Tourmaline's local surfers have shared their time, skills and wisdom with all who have been interested in receiving them," reads the plaque. "Great surfers and fine men and women have grown up with the Tourmaline culture, and carry the positive traits learned here into their lives and those of the people around them."

It took the surfers four years to receive the proper government permits to erect the memorial, including months to convince the city that the group was not altering the canyon by adding a deck and per-

manent fence but that the natural shoreline had already been changed when the city created the surf park in 1963.

The surfers sold 420 bricks at \$200-a-piece to raise \$45,000 to build the memorial, as well as \$15,000 for maintenance.

"You can surf here, walk your dog here, go to the beach and get a brick so that you'll be part of this beautiful place forever," Miller said.

Surfers, brick holders and city officials gathered in October of 2008 to celebrate the completion of the memorial. District 6 City Councilmember Donna Frye unveiled the memorial, unaware that a picture of her husband, Skip, would be on the plaque.

"It was a classic moment in time," Miller said. "It seems so simple but it was a major event."

The Tourmaline Tailgaters next step is to interview the surfers memorialized on the monument and post their stories at the Tailgaters website, tourmalinememorial.com.





www.NicksattheBeach.com

Best Traditional Breakfast at the Beach Saturdays & Sundays 9am-2pm

> Daily Lunch Specials From 11:00am to 3:00pm Monday thru Friday

Three Course Meal Only \$20.00 Every Friday

One Starter ~ One Entrée ~ One Dessert From Our Three Course Friday Menu

Tax and Gratuity Not Included, Ocean View No Extra Charge Available After 4:00pm

Come Try Our New Wine List

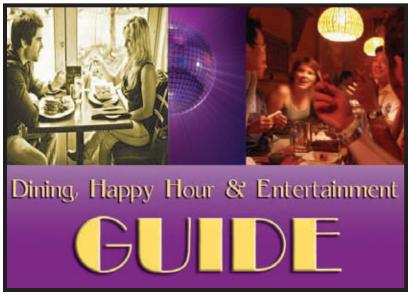
29 Bottles Less Than \$25.00
36 Wines By The Glass
25% Off Bottles Of Wine Saturday Nights
Saturday August 29 UFC 102 at 7:00pm
Join Us Restaurant Week Sept 13-18

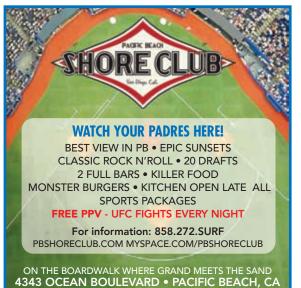


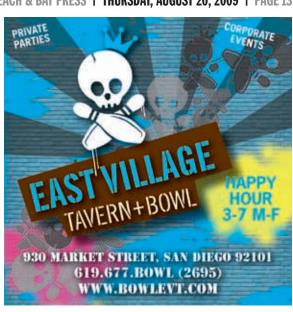
Kitchen Open 'til 1:00am Nightly

809 Thomas Ave * Pacific Beach * CA * 92109 * (858) 270-1730











4110 Mission Blvd. San Diego, CA

Free 3 hr. parking. Not valid w/ any other offer







4150 Mission Blvd. Pacific Beach • 274-3122 Open 7 Days a Week 7 am-2 pm www.TheEggery.com





MISSION BEACH MONDAY

710 Garnet Avenue 858-483-7844

Happy Hour Open to 7:10pm - \$7 any beer w/ any shot! NIGHT: Sing or Die Karaoke - 8pm to Close - Drink specials all night! Daily Food Specials

TUESDAY Happy Hour Open to 7:10pm - \$7 any beer w/ any shot! GAME NIGHT: 8pm – close: Weekly BEER PONG Tournament HAPPY HOUR FOOD: 5pm to Close .25 Cent Wings

PM SPECIALS: 8pm to Close -\$8 Coors Light pitchers, \$9 dom. pitchers, \$13 imp. pitchers

WEDNESDAY **Happy Hour**

Open to 7:10pm - \$7 any beer w/ any shot! Team Trivia Plus: 6pm to 9pm -Food and Drink specials during

PM LIVE MUSIC: 9pm to close Best local bands/ Visit: 710bc.com

Nightly Specials: 6pm- cl \$3 16oz drafts and

THURSDAY **Happy Hour** Open to 7:10pm - \$7 any beer w/

any shot! Live Band Karaoke: 7pm to 10pm Food and Drink specials **DUELING PIANOS - 10pm to close** Food and Drink specials

Equis drafts PM LIVE MUSIC: 9pm to close Best local & National acts / Visit: 710bc.com

Nightly Specials:

8pm-cl \$@ 16oz pbr drafts

FRIDAY

Happy Hour

any shot!

Open to 7:10pm - \$7 any beer w/ Open to 7:10pm - \$9 Domestic HAPPY HOUR FOOD: 5pm to 9pm \$2 Baia Fish Tacos and \$2 Dos Visit: 710bc.com **Daily Food Specials**

Happy Hour

Pitchers / \$13 Import Pitchers PM LIVE MUSIC: 9pm to close -Best local & National acts /

Nightly Specials: \$2 mimosas, \$8 bottles of

SATURDAY

Happy Hour Open to 7:10pm - \$9 Domestic Pitchers / \$13 Import Pitchers DUELING PIANOS – 7pm to Midnight - Food and Drink specials

Nightly Specials: \$2 mimosas, \$8 bottles of

Daytime DJs

SUNDAY



4656 Mission Blvd. P.B. 858-274-2473

FIREHOUSE 722 Grand Avenue



5019 Cass Street P.B. Kitechen# 858-274-4172



809 Thomas 858-270-1730



721 Grand Ave 858-581-BEER



4343 Ocean Blvd. 858-272-SURF

IONY ROMA'S RIBS SEAFOOD STEAKS 4110 Mission Blvd. 858-272-7427

Nightly Specials: all you can eat wings for \$11.99 and buckets (5) of

Nightly Specials: Mandatory Mondays + open Wii play \$3 beers & 1/2 off specialty drinks 9 - CL

keystone light for \$10

Happy Hour:

Nightly Specials: 50 cent ribs. beer & a shot \$6

1/2 price sliders

Nightly Specials: Top Chef/Project Runway in high def. 1/2 off bottles of wine and bottled beers ALL NIGHT

Nightly Specials: \$3 Thursdays\$3 wells, drafts

8pm-cl \$2 keystone light cans

Nightly Specials:

Nightly Specials: \$3 Firehouse drafts ALL NIGHT

Every Saturday DJs all night

champagne, \$4 bloody marys champagne, \$4 bloody marys **Every Sunday**

\$5 Lunch Specials Mon+Fri 11am-3pm, Mon-Fri Beer Clock Starts 11am @ \$1.75 until 3pm @ \$2.75. Happy Hour 3–6pm.* Beer Summit Special \$6.50 PBR Pitcher M-Th 6-9PM

Willie's Cheesesteak & a Beer

Daily Specials: Happy Hour Pitchers ALL DAY! \$5.99 Special 4-10pm* Hamburger & a Beer

Nightly Specials:

Happy Hour 4pm -Close

Nightly Specials:

.25 Wings and

Beer Pong 9Pm to Close

Industry gets 50% off bill

Nightly Specials: \$2 Tacos and \$5 Tequila Happy Hour 4pm -7pm

Happy Hour Pitchers ALL DAY!

Daily Special:

\$5.99 Special 4-10pm*

2 Fish Tacos & a Beer

Nightly Specials: \$5 Whiskey Drinks Happy Hour 4pm -7pm

Nightly Specials:

9pm to close

Italian Night & Garlic Bread

BYO Wine, No corkage fee

Daily Specials:

\$5.99 Special 4-10pm*

Nightly Specials: \$6 Burger and a Beer Happy Hour 4pm -7pm

Daily Specials:

\$5.99 Special 4-10pm*

50 cent Pool 7-days-a-week **Nightly Specials:**

Daily Specials:

Mon-Fri 11am-3pm

\$5 lunches

25% off bottles of wine

Every Saturday \$9 Coors Light Pitchers and \$2 Mimosas Happy Hour 4pm -7pm

Serving Breakfast 9am-1pm

Lunch & Dinner & Beer Specials

8 Flat Screens. Mimosas

Grill Open Until 10pm

8 Flat Screens. Mimosas Lunch+Dinner+Beer Specials Grill Open Until 10pm **Every Sunday**

Serving Breakfast 9am-1pm

All-You-Can-Eat Crab With hushpuppies and salad +

1/2 price bottles of wine 5-10pm

Thursday Special \$3 U-Call-Its from

Friday Special \$3 U-Call-Its from

Breakfast (9am - 1pm) with Build Your Own Bloody Marys and Tropi-

\$9 Coors Light Pitchers and \$2 MimosasHappy Hour 4pm -7pm

(9am - 1pm) with Build Your

Own Bloody Marys and Tropi-

Open Wii play

crab races at 10pm.

Nightly Specials:

1/2 off Appetizers

6pm to close

+ \$5 Martini Madness at 10pm.

Nightly Specials: \$3 U Call it 8pm to close

DJ Tony A NO Cover

9pm – close.

Nightly Specials: \$3 Drafts, \$3 Tacos NO Cover

Nightly Specials: Badgers Football DJ Tony A \$3 Drafts,

\$3 Tacos NO Cover

Reverse Happy Hour 10pm to Close - \$3 U Cal it

Nightly Specials:

Karaoke with DJ Frangueray

Breakfast

cal Mimosas

Happy Hour: Monday - Friday 4 - 6pm \$2 off Bud Light or Hefeweisen Pitchers \$3 off 14 oz Bud Light or Hefeweisen \$3 off well drinks or well wines\$3 off all appetizers \$6.99 basket of 12 wings \$6.99 basket of 4 ribs

Daily Special: Happy Hour 11-4

cal Mimosas

Daily Special: Happy Hour 11-4

Fridays Join us for Live Music

after a hot pocket is found. Anglers will cast their lines with weighted lures to explore a lower depth column or use sardines and anchovies as live bait with a jig for top water fish like barracudas.

Pacific Beach resident Sarah Webb recently embarked on a three-quarter-day trip option with Point Loma Sport Fishing, heading out at 6 a.m. and returning at 5 p.m. The longer trip allows for more time to get to areas not so heavily fished like the Coronado Islands of Mexico. It also is slightly more expensive at \$95.

"I caught a bonita fish near the [Coronado] Islands, but a seal ended up eating it before I could reel it all the way in," Webb said. "All I was left with was the head. We didn't stay there too long because the seals were so bad."

Webb's day ultimately turned out to be successful. She caught four other fish, two sand bass, one bonita and one barracuda.

Webb said she was very satisfied with her fishing adventure that day, particularly because of the individual instruction.

"For a couple bucks extra, the crew will even fillet your fish for you so that you can go home after and throw it right on the grill," Webb said.

Another option for a fishing excursion is Seaforth Sportfishing on Mission Bay. Seaforth runs a similar operation as Point Loma



Fishermen assess their hauls at Point Loma Sport Fishing.

Sport Fishing with 6-hour, 12hour, overnight and multiple-day trips.

"We both go to the same southern fishing spots on the extended trips, but on the half-day trips we take our boats north to La Jolla," said Seaforth reservation agent David Tittle. "Our most popular trip is with privately chartered sixpack boats, which take up to six people. We have two 40-foot sixpack boats named 'The Alexes' and 'El Gato Dos.'"

These trips are a little more expensive, with the rental of a sixpack boat running \$750 for a half-day. The higher price affords the renter a more intimate and personalized atmosphere with more instruction because of the smaller number of passengers.

"It takes about 45 minutes to get up to the kelp beds of La Jolla," Tittle said. "We anchor about a

Photo courtesy of Jim Grant mile offshore, south of the protected marine reserve where fishing is prohibited."

Seaforth Sportfishing captains will anchor their boats in a way to ride the ocean current. Their goal is to swing the back of their boats into the kelp for optimal fishing. After chumming the water to attract fish, anglers will be shown how to use live bait to catch fish like Calico bass, which can be seen swimming right out of the kelp.

Fishing in the La Jolla kelp beds in a much different manner is Jim Sammons and his small groups of guided kayak tours.

Sammons owns and operates Kayak Fishing Adventures in La Jolla. Sammons claims 15 years of experience in the sport, which he said he has seen grow tremendously in recent years.

"I was the first person to catch a marlin from a kayak in La Jolla in

'98 right in front of Scripps Pier," Sammons said.

La Jolla generally sees very good fishing because of the upwelling of nutrients from the underwater topography in the area. This upwelling provides food for a wide variety of animals, including small sharks and squid, Sammons said.

Kayak fishing in La Jolla provides a unique challenge because anglers need to get through the surf and out to sea before they can start casting their lines.

"I have a surf safety and paddleskills class as well, which teaches people how to handle their kayaks in the surf zone, how to get back on if knocked off and how to save people when they fall off," Sammons said.

Sammons also runs guided tours around San Diego Bay, which is what he suggests for beginners. He said since there is no surf it is easy to paddle out, and kayakers can immediately start catching a larger amount of smaller fish.

One-day fishing trips run between six and eight hours and are limited to three people per guide to ensure safety and individual instruction. A one-person weekday trip costs \$175; a twoperson trip costs \$300 and a three-person trip will run \$400. The paddles and surf-safety skills class costs \$75 per person with a minimum of three people.

For more information visit:

- pointlmoasportfishing.com
- seaforthlanding.com

Nielsen wins

IKF kickbox

By ANTHONY GENTILE | BEACH&BAY PRESS

returning to competitive kick-

boxing, local gym owner Dave

Nielsen won the first title of his

California Cruiserweight Kick-

boxing title fight at the Battle at

"I was able to find some holes

early on and I took advantage

of it," Nielsen said. "I landed

more than he did, and I was

Nielsen said he attacked

opponent Derek Galanis from

the outset, and won by TKO at

1:10 in the first round. Nielsen

Pacific Beach located at 2710

tion of straights and hooks, I

down, came back out, started

working my setups again and

caught him, knocked him

"I attacked with a combina-

owns American Boxing in

able to hurt him before he was

able to hurt me and I took away

career. Nielsen took the IKF

the ComiCon at 4th and B

downtown on July 25.

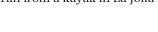
the win."

Garnet Ave.

In his third fight since

title

then I caught him again with a glancing hook," Nielsen said. "I didn't really catch him really square with it, but I just caught his chin just right and he fell • kayak4fish.com. SEE **KICKBOXING**, Page 15



Ask Dr. People's

Q: Dear Doc, I love corn on the cob in the summer, but is corn really that good for me? Terri Aki

A: Dear Terri, The one vegetable that symbolizes summer more than any other, except the tomato, most likely is sweet corn, and to answer your question, yes it is good for you! It's super nutritious, as it's loaded with vitamins C and A, B1, B2, B3 and B6. Corn also supplies you with a good dose of complex carbohydrates, fat, calcium, iron, potassium, and even protein. So keep the salt and butter to reasonable levels and grab another cob, and remember, organic is best!

ADVERTORIAL

Organic Grocery, Bulk & Produce

Ocean Beach PEOPLE'S Organic Foods Market A CALIFORNIA COOPERATIVE

4765 Voltaire St. San Diego, (619) 224-1387

Taste the Organic difference:

Our freshly made muffins contain no trans fats, harmful chemicals, or genetically engineered ingredients.

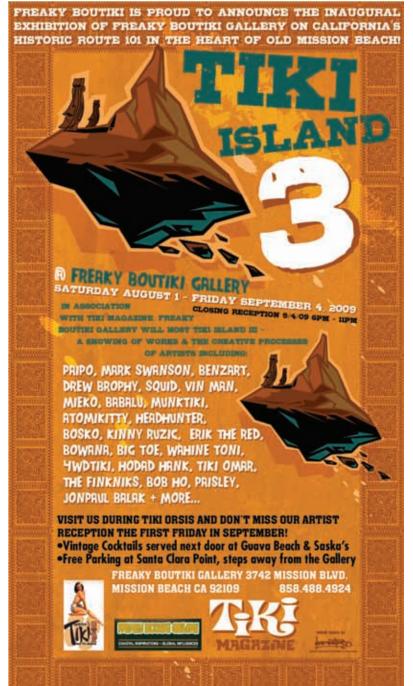
We offer a variety of wheat-free muffins, too!



Bodycare, Books &

www.obpeoplesfood.coop

Full Service Organic Vegetarian Deli





Ø

Essential

ements,

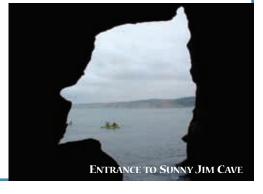
Suppli

WE NOW RENT **SNORKELING EQUIPMENT**

\$1 OFF ADMISSION \$3 Children · \$4 Adults



CAVE STORE 1325 Coast Blvd, La Jolla (858) 459-0746 www.cavestore.com





\$5 OFF LU SHOT

NO APPOINTMENT REQUIRED

FREE WITH MEDICARE (WITH NO HMO/PPO)

REGULARLY PRICED AT \$25.00

"We've all had the same key struggle in our lives and that struggle has been, in a hearing world, not having communication ties to a majority of the world," Brüning said. "It is a very powerful opportunity to get the American deaf and the international deaf together. It's a pretty amazing thing."

In the 2005 Deaflympics, Brüning and his partner took home the silver medal in beach vollevball in Melbourne, Australia. Brüning will team up with Dimitri Nikiforov in Taipei and has his sights set on the top of the podium.

"The opportunity that I have now is probably my greatest opportunity for a gold medal," Brüning said. "I feel really confident."

Brüning was born with complete hearing but suffered a fever and left ear infection at the age of 2 that left him deaf in his left ear. His hearing loss was not fully discovered until the first grade, when his teacher could not get his attention one day in class.

"I was drawing away and she was trying to get my attention," Brüning said. "I wasn't responding."

Brüning was referred to a thenstart-up program at the University of Arizona designed to help deaf individuals. There it was discovered that Brüning needed a hearing aid in his left ear. Brüning said he still struggled in the classroom with the analog hearing aid and he didn't know where to turn for support.

"At that point," Brüning said, "I wasn't deaf, I didn't really know any deaf people and I thought my struggles were my own. I used to function without [a hearing aid] because I was so embarrassed about it."

In 1989, when Brüning was 19, a gunshot fired near his head resulted in hearing loss in his right ear. This made Brüning legally deaf, as both



Mission Beach resident Mike Brüning heads to the 21st Summer Deaflympics Photos courtesy of Stan Liu from Sept. 5-15 in Taipei, Taiwan.

of his ears now had 60-decibel loss, greater than the minimum requirement of 55 decibels.

For Brüning, this incident necessitated the use of two hearing aids at all times. But Brüning said being forced to wear more powerful hearing aids was not a negative point in his life – it was actually the opposite.

"Once I got these two new ones, all of a sudden I could hear normal conversations," Brüning said. "I would miss random things, but my communication skills skyrocketed and my fears diminished because I was able to hear and communicate for the first time."

After the gunshot, Brüning finally came to terms with his hearing loss. Before becoming legally deaf, he grew his hair out to hide his hearing aids.

"I cut my hair, exposed my hearing aids to the world and nobody ever changed how they treated me, I was just more involved and I could hear and communicate," Brüning said.

With the help of his hearing aids, Brüning is not limited day to day. He has no trouble conversing in person or over the phone and said his hearing loss has resulted in him picking up subtle nuances in communica-

"I'm really in tune to body language and lip reading," Brüning

said. "I pick up on stuff that a lot of people wouldn't."

At his 70-decibel hearing loss, Brüning said the biggest benefit is being a part of both the deaf and hearing communities. He even feels sorry for those without hearing loss.

"Actually I think I'm really fortunate – I'm the lucky one," Brüning said. "You guys get to hear all that crap when you're sleeping, you get to hear the really loud traffic, you get to be bothered by noises and sounds; I hear what I want to hear."

On the professional beach volleyball circuit, Brüning has had success this season, capturing an FIVB title in the Cayman Islands in March. At an AVP event last month in Manhattan Beach, Brüning and his partner squared off against 2008 gold medalists Phil Dalhausser and Todd Rogers.

"It was impressive to see them and play against them. I definitely was a little nervous," Brüning said. "They have an advantage just because they affect people with their presence."

Competition at the Deaflympics will differ from Brüning's appearances at professional tournaments and even his training sessions at the end of August on Mission Beach for one reason. Competitors in the Deaflympics are not allowed hearing aids so that no one player gains an advantage.

"It's a very silent game of volleyball, which is not what you would expect from the game. But the thing is we'll have that disadvantage and the team across the net will have that disadvantage," Brüning said. "That's the purpose of the Deaflympics, because when I play against hearing teams, I'll give up a couple points a game - I'll just call it a deaf point."

At the Deaflympics, all of the points will be deaf points. But that won't make them any less intense.

"I can play through the whistle sometimes," Brüning said. "I don't hear the whistle, so I'm still going for the ball, whereas some players will think they heard a whistle or stop before the whistle was blown."



Rides to the doctor, shopping, social gatherings and much more!

- Escorted Driving Safe and Caring
 - · Easy Scheduling · Smiling Faces

Call today to start scheduling your rides! 619-284-9281

Can't drive anymore? Sign up for Seniors a Go Go!

Are you a Postmenopausal Woman with Osteoporosis?

You may qualify for a clinical trial in the **Department of Family and Preventive** Medicine at the University of California, San Diego if:

- You are a postmenopausal woman 65 years or older
- You have been postmenopausal for at least 5 years
- You have been diagnosed with osteoporosis
- You are not taking other drugs to treat osteoporosis



For more information please call the study coordinator at (858) 534-0950

KICKBOXING

CONTINUED FROM Page 14

almost across the whole ring."

Nielsen said his first title fight was not his last.

"I plan on continuing up that ladder until I reach my goals," he said. "This was an important first step and this was something I should have had a long time ago.'

Nielsen will get back in the ring on Aug. 22 in a fight for the World Kickboxing Association United States Muay Thai title. The fight is part of Combat Sports Challenge 29 in Richmond, Virginia.

"I didn't think I was going to fight so soon, so I immediately went and bought the largest container of mint chocolate ice cream I could find and began inhaling," Nielsen said. Despite having two fights less than a

month apart, Nielsen said his bodv has recovered since the Battle at the Comicon and that he feels ready for his next fight.

"It's kind of hard to train so hard, fight and then start training so hard again right away – it's a little bit daunting, Nielsen said. "But I feel faster and stronger than I did at this point before my fight here in San Diego."

Mobile Pet Grooming

Full Service Grooming Extra Gentle Care We offer services for all your warm weather needs.

\$10 OFF

ANY SUMMER SERVICE Ask us what we can do to help your pet keep comfy and cool all summer long!

(858) 560-5007

Must present coupon at time of service. Valid through 09/30 with paid 15 step grooming process for first time appointment only.

65 and older?



619-291-2845

Worried About Flu Season?

Are you concerned about the spread of influenza this season? Accelovance conducts vaccine research in your community related to seasonal influenza, pandemic influenza (bird flu and swine flu), pneumonia, shingles, and other recommended adult vaccines.

Contact us today to learn more about research.



Aug. 22

Join San Diego Coastkeeper for a beach cleanup from 9-11 a.m. Meet at the end of PB Drive on the beach.

Aug. 23

The non-profit Stay Classy will host a four-mile run/walk along the coast from La Jolla to PB, ending with a party on Garnet Avenue, from 8 a.m. to noon. Visit www.stayclassy.org.

Aug. 25

Pacific Beach Town Council hosts its monthly dine-out at 6 p.m. at the Turquoise Café, 873 Turquoise St. For more information call (858) 483-6666.

Sept. 5

Pacific Beach Woman's Club will hold a potluck lunch at 11:30 a.m. ning Group meets the fourth

at 1721 Hornblend St.

Sept. 8

Would you like to learn how to listen to and understand great music? The continuing education division of San Diego Community College will host the class for free from 12:30 to 3:30 p.m. from Sept. 8, 2009 to Jan. 19, 2010 at the PB Presbyterian Church, 1675 Garnet Ave. Call (858) 272-0280.

Community meetings: Aug. 19

Pacific Beach Town Council meets the third Wednesday of every month, 6:30 p.m., Pacific Beach Library, 4275 Cass St., pbtowncouncil.org.

Aug. 26

Pacific Beach Community Plan-

Wednesday of the month, 6:30 p.m., Pacific Beach library, 4275 Cass St.

Aug. 27

Pacific Beach Town Council's Safe & Beautiful Committee meets the last Thursday of the month at 6:30 p.m. at Knox Chapel, behind PB Presbyterian Church on 1675 Garnet Ave.

Discover Pacific Beach Board of Directors meets at noon on the first Tuesday of the month, 1503 Garnet Ave. Discover PB committee meetings, 1503 Garnet Ave.: Design and Improvement, second Tuesday of the month, 4 p.m.; Hospitality Task Force, third Wednesday of the month, 1 p.m.: Promotions, second Wednesday of the month, 3 p.m.; PB Special

p.m. **Ongoing:**

Pacific Beach Town Council holds beach area cleanup on the first Saturday of the month, 9 a.m. to noon. Call (858) 483-6666 for location.

Events Committee, third Tuesday, 6

Friends of Rose Creek meets the first Wednesday of every month at 6 p.m., Pacific Beach Recreation Center, 1405 Diamond St. Contact Karin at (858) 405-7503.

North PB Nights: Stores on Turquoise and Cass streets will stay open later and restaurants will offer special discounts for North PB Nights every Thursday, 5-9 p.m.

Free tango lessons weekdays at 6 p.m. at the Tango del Rey, 3567 Del Rey St. Call (858) 794-9044.



Brant Campbell, 11, holds a 5 ounce mackerel he caught at the Kids Classic Fishing Tournament last year, which will be held at Crystal Pier on Saturday, Aug. 22 from 8:30 a.m. to 4 p.m. The event is free and open to all ages. Capt. Ron Baker and the sponsors will provide fishing equipment, bait, food and drink plus a T-shirt and prizes for each child. For more information visit welovepb.com.

CONTINUED FROM Page 9

Duplex project approved on Mission Bay

An application to demolish two existing residential units and construct a three-story residential duplex at 3560 Bayside Walk was approved at a public hearing on June 24. The project is still in the permitting phase.

"They are currently in for a building permit that hasn't been issued yet," said city project manager Jeannette Temple.

Temple said once the permits are issued, another hearing will be held the following month to provide proper noticing.

PB to honor civil servants, police, lifequards etc.

Pacific Beach will have the opportunity to honor and applaud its police, lifeguards, firefighters, paramedics and park rangers at the 29th annual Police and Emergency Services Appreciation Night (PAE-SAN) on Sept. 9 at the North Crown Point Shores Rotary Pavilion from 5 to 7:30 p.m.

The Pacific Beach Town Council (PBTC) sent ballots to the police, firefighters, lifeguards, paramedics and park rangers for them to nominate peers on a job well done, who will be awarded with a certificate and framed photo of Pacific Beach. San Diego Police Chief Bill and District 2 Councilmember will show up to celebrate the civil servants.

The Old Mission Beach Athletic Club will grill the evening's dinner with donations from the PB Rotary Club, Kiwanis Club, PB Women's Club and Discover PB. A live band will play Hawaiian music, and a raffle will be held.

When residents call upon these civil servants in a time of emergency, they often don't get the chance to say thank-you, said PBTC event chair Ruby Houck.

"It's the perfect place to say thank you for a job well done - not just for the summer moths when they're so busy but for their work all year round," Houck said. "You have to have dinner anyway.'

Local merchants interested in donating raffle prizes or supporting PAESAN as a \$100 Century Club

Thin varnis

Glum

Free and -

Tower of -

Memorize

Proportion

Zoo denizen

Came to be

Latvians Catch sight of

River in France

Flora and fauna

129

132

135

140

Energy Sounded loudly

Range of mountains

donor or Half-Century sponsor at \$50 should contact the PBTC at (858) 483-6666. Tickets for the event cost \$5.

Volunteers needed to restore dunes

The San Diego Audubon Society and the San Diego River Park Foundation invite volunteers to help restore a portion of the coastal dunes alongside the San Diego River that is home to the threatened Nuttall's Lotus plant, as well as a variety of migratory and resident birds. Volunteers will remove invasive plants and pick up trash on Saturday, Aug. 29 from 9 a.m. to noon. For directions call (619) 682-7210.

Stolen pooch returns home

A family vacationing in Mission Beach that had their dog stolen on Aug. 7 had it returned a week later with the help of a microchip installed in the dog, according to the county's Department of Animal Services.

On Aug. 7 the family reportedly had their white poodle stolen from their car near Belmont Park. On Aug. 14 a family brought the dog, which they had purchased two days earlier, to the County Animal Shelter. The dog was scanned for a microchip when taken into the shelter. The owner, Kim Kendall, was notified shortly thereafter that her dog Lucy was safe.

GRAND OPENING SPECIALS FREE X-RAY with FREE EXAM FREE TEETH WHITENING FOR LIFE FREE INVISALIGN INITIAL CONSULATATION www.mystudiodentistry.com, Dr. Razak (Ray-Zak), Ph. 858-272- STUDIO (7883), 945 Hornblend St. Ste. B, P.B.

81 83 85

103

107

Lukewarm

Father of Methuselah

Is in a rage The "Iliad" is one

Bay window

Place in Asia

Ratite bird

Unbroken

Tons

Finger or toe

George or T. S.

Sport Glutted

Flower part

Corpsman Religious doctrine

Kind of transit

Parting word

Where Spoleto is

– ao braah!

Kind of tennis

Songbird

Wild fear

Lawful

40

ACROSS Abbr. in grammar Reaches across Picture - - is Born Pulled Direction indicator Feel sadness for Monte -Small drum Beau Heart rate Reduce to powder Learning Teeterboards Slaves Cafe Seraglio Fall birthstone Conducted Fruit stone Gambling town Sour 66 Agitates Obligation 70 Keys the singer

Perspiration Not fulfilled, as a demand Academic degree (abbr.) Waterway – is believina 75 77 Bit of color Get used up (2 wds.) 80 City in Brazil 84 Leaning Hazard to ships 88 Van Doren or Eisenhower Means of restraint 91 Unsophisticated City in Florida 97 Tempests Where Cuzco is 102 Used a stopwatch 106 Academy Cordial flavoring 110 Portray Welshman 114 Word of greeting

42 44 46 48 Big shot (abbr.) 126 Clog (2 wds.) 49 50 52 54 Additional paymen 133 Fork parts Truncheon (2 wds.) Cargo ship Big letter 145 On the ocean 60 Immigrants' island Hinder The Emerald Isle 151 Goatee Run off with a love Communion table Jargor 158 Goofed Wyoming range Wet Wave top Furnishes Cole and Hentoff Coal derivative DOWN Fruits Soap plant Bring about Way out Comfortable room Name for a bystander Right away (abbr.) Walk proudly Hard-hearted 10 Rds. Yearn Cognizant Pass away 14 Hang down

event

Dame

Sugary

17

21

23

33

Illegal burning

Part of 152 Down

Was hold enough

Long story

Mine entrance

120

Jerk Relative of an M.D. 109 111 Sleeper's sound Diplomat Print measures Carved gem 156 69 Mine car Whiskey Subject From the time of Unyielding Put on a show De Mille or Moorehead Fish in cans 76 Coup d'-123 Hen Uses a blue pencil 125 Remunerated Answers in the Classifieds Match before the main Material for a violin CROSSWORD PUZZLE COMPLIMENTS OF STUDIO DENTISTRY (SEE



HERBS • TEAS • MEDICAL CANNABIS/CONCENTRATES

In accordance with prop 215; 58 420; CA H &S 11362.



classified BEACH&BAY PRESS

The #1 Local Place to go for Autos, Homes, Services and More! ● Call 858–270–3103

Place or view ads at www.sdnews.com

ANNOUNCEMENTS 100

DESIGNER STUDIO BEACH access. Enjoy relaxing in the common patio, bbg area over looking the ocean, all utilities included \$1400 mo. Call Mary Mc Gonigle 858-361-2556

LUXURY FURNISHED CONDO 1BR/1BA Ig outside patio, quiet park like setting like new, all utilities included, weekly housekeeping \$2,500 mo Call Mary Mc Gonigle 858-361-

Calendar/Events

BUDGET/FINANCIAL PLAN WORKSHOP Learn & do your own budget and financial plan w/ guidance from 12 yr exper Certified Financial Planner. 2 hr class teaches you to do your own budget, get out of debt and start a financial plan based on your personal situation. Max 10 people per class. Bring 3 months bank nents, a calculator and be prepared to work. \$90 Reservations Required Call (888) 873-9003. Pick from 3 different dates: Mon, 8/24 6-8pm, Wed 8/26 6-8pm or Wed 9/2 6-8pm, Kearney Mesa library located at 9005 Aero Dr.

Public Notice

IF YOU OR ANYONE you know worked as a Boiler Tender, Millwright, Machinist Mate for: BAE Systems and/or San Diego Ship Repair Co. at any time from 1977 - 1990 in San Diego. CA please call Tom Harrison at Simmons Firm 800-479-9533 x6247, today

HELP WANTED 250

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

General Help Wanted

1000 ENVELOPES = \$10,000 guaranteed! Receive \$10 for every envelope stuffed with our sales material. Free 24 hour recorded information, 1-800-431-2875

HAIR SALON BOOTH 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

MYSTERY SHOPPERS Earn up to \$100.00 per day. Evaluate retail and dining establishments. Experience not required Call 877-

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-

ITEMS FOR SALE 300

CRIBS TV HOME THEATER INSTALL FREE IN HOUSE WRITTEN ESTIMATE!!!!!!! Thank you SDNEWS. COM for giving CribsTv.com the opportunity to provide your shoppers with a 25% discount off of the total price of our labor services. Plus as a Bonus vou get Brand name Electronics at Wholesale prices. Since 2001 we have been providing San Diegans with Custom Home Theater installation. We take pride in what we do and it shows in our work. Please feel free to call us anytime Monday thru Saturday between 7am and 7pm we look forward to hearing from you... Services Available *Custom Home Theaters *Indoor-Outdoor *LCD/ Plasma Calibration *Wireless *Moving Uninstall and Reinstall *Multi Room Audio (888) 502-7427 (888)

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

Misc. For Sale

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

KID'S TABLE W/2 CHAIRS HAND-PAINTED, OCEAN THEME 27"Dx22"H. LIKE NEW.. STURDY, CLEAN, \$99. CASH. (619) 742-

OUTLET CENTER DOORS WINDOWS We have warehouse full of Doors, Windows, Flooring reduced Prices (858) 268-0679

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

TRACTOR 2002 John Deere 5205 Diesel. price \$4300, Mower, Loader, 4WD, pictures and details at rob46rr@gmail.com, (650)719-0346.

ITEMS FOR SALE 300

Misc. For Trade

ATT READERS! FREE BOOKS! Trade your free at

SENIOR SERVICES 376

Seniors

ELDERCARE WANTED Wheelchair/ walker patient, mentally sharp, help with dressing, grooming, bathing, getting to bathroom, meals, light housekeeping. Must have valid driver's license, reg. and insurance to drive to dr. and other appts. 6:30 am - 11:30 am and 1 pm - 4 pm shifts available, 7 days/ week. (858) 456-7064

PETS & PET SERVICES 400





Meet **GRETA**, a gorgeous 6-yr-old German Shepherd mix. Greta weighs 55 pounds. She has a sunny disposi tion, sits for treats, and is very gentle. Greta loves to play with toys, and will enjoy hanging out with you no matter where you are or what you're doing. She is a FOCAS spotlight dog. You car arrange to meet her or get more infor mation by calling her foster mom at 858-205-9974. Her \$69 adoption fee includes license, vaccinations,

microchip, and spay. www.focas-sandiego.org or call 619.685.3536





MONTY

5 vr Bichon/Poodle Mix S yr Bicholr/Pooler Mix
He is a very loving dog. He needs a
calm home, with an owner who will
enjoy reading, movies, and snuggles.
te does like a little play in the yard or
walk around the neighborhood too.

Monty is neutered, vaccinated, microchipped and health & behavior

CAT ADOPTION **SERUICE**

An All Volunteer Non Profit Corporation Lucky was rescued off the treets of SE San Diego abandoned by a roadside. Lucky and many other Rescued Cats and Kittens are looking for loving

ermanent 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

Pet Services

CAMPCOUNTRYCANINES.COM Dog and Cat Boarding at Lovely Three-Acre Manor Estate. Dogs play all day on tree-filled hills, cats frolic in upstairs playrooms with lofts. Convenient Home Transport. (760) 522-1001

LOST WHITE POODLE Female, last seen at the Roller Coaster Aug 7th about 7:30-8:00pm If anyone has any information please Call Kim 760-413-8025

It's the NUMBER ONE cancer killer.

NO MORE EXCUSES. NO MORE LUNG CANCER.

lungcanceralliance.org

MISC. SERV. OFFERED 450

DJ / Karaoke

DJ, KARAOKE, PRIVATE PARTIES Including weddings, birthday parties, anniversaries and any event you can think of. Also available for clubs and bars. Make your next event the best even with So Cal Sings Karaoke and DJ Pros Your complete musical entertainmen source. Providing quality entertainmen for San Diego County since 1980. DJ Music, videos and karaoke for all ages and tastes. Rentals also available with everything oncluding free set up and delivery Also available weekly for your club or bar. Call today for information or a free quote (858) 232-5639

Gardening - Landscaping

LANDSCAPING SERVICES 619-419-7091 Handyman - Construction

HANDYWORK No job too small. Plumbing, electrical, painting, locks, phone-lines, rescreening Reasonable rates & references.



- No iob too small!
- Carpentry
- Plumbing repairs
- Windows & Doors Installation

CALL FOR PROMPT FREE ESTIMATE References Available

858/361-5166 (Not a contractor)

Painting

PAINTING SERVICES 619-419-7091

Window Cleaning

SPARKLING CLEAN Windows and mirrors not much to pay to brighten your day! call Dave 760-329-3827

BUSINESS OPTS. 550

Income Opportunities

SERIOUS ENTREPRENEUR? Looking for Huge Profits without Employees or Overhead? Call: 888-700-4916

WANT TO Purchase minerals and other oil/ gas interests. Send details to: P. O. Box 13557, Denver, CO 80201

WWW. SPORTSGIRLJEWELRY.COM FUND RAISERS FOR YOUTH SPORTS- VERY PROF-ITABLE

RENTALS 750

Housing for Rent

4BR/2BA + EXTRA ROOM + POOL 1 mile to beach Quiet cul-de-sac - \$3725/ mnth. 4766 Academy PI - By Kate Sessions/ North East PB. (858) 361-6208

Vacation Rentals

LOVELY FURNISHED COTTAGE Close to Windansea w/ lq private garden. Entire house \$4,500 mo. Upper Cottage 1BR studio \$1,100 mo. Lower unit 3BR/1BA \$3,500 mo. 9mo Lease Call 858-456-2463

REAL ESTATE 800

Investment Properties

SERVING S.D. SINCE 1967

INVESTMENT PROPERTY SPECIALISTS, **SALES & EXCHANGES**

APARTMENTS • OFFICE BUILDINGS COMMERCIAL • LEASING • FEE COUNSELING

• RESORT PROPERTIES ANYWHERE • REAL ESTATE PROBLEM SOLVING **GEORGE JONILONIS** The Estate Builder

858-278-4040 3536 Ashford St., San Diego, CA 92111 in Clairemont. gjonilonis@att.net Fax 760-431-4744

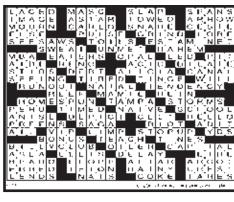
For Sale or Exchange

TEN UNIT CONDO PROJECT, plus retail near lease option 21,000 ft Kearny Mesa office building 18 miles Baja oceanfront Idaho Resort F & C \$625,000, Try your sale, exchange ideas? Geo. Jonilonis, Rltr. 619 454 4151

Pacific Beach Community Development Corporation and Pacific Beach Business Improvement District of The City Of San Diego NOTICE OF ELECTION AND GENERAL MEETING

The Pacific Beach Business Improvement District (PBBID) includes business and rental properties with six or more units, in the area which can be approximately described as the area circumscribed by Interstate 5, the Mission Beach Boardwalk, Crown Point Drive and Turquoise Street. The purpose of the PBBID and The Pacific Beach Community Development Corporation (PBCDC) is to provide an organizational framework and funding for the improvement of the area. Pacific Beach area business license holders, owners of rental property with six or more units, and other people with business and property interests in the PBBID are invited to run for election as a member of the PBCDC Board of Directors. Nominations are currently being solicited for five (5) seats on the fifteen (15) member Board. The Board has appointed a nominating committee to whom nominations may be made by submitting a petition or letter. The nomination petition or letter must be submitted to the nominating committee by August 31, 2009. Additional nominations may be made from the floor at the September 1 meeting. The Board of Directors will also review the list of business and rental property license holders to confirm their representative's eligibility to be voting delegates for the election. The business delegate will be the person named in that business license or an authorized employee of that licensee as indicated in writing to the PBCDC Board of Directors. The Board of Directors must receive the written notice of the business delegate change at or before their September 8, 2009 meeting. All delegates' terms will end with the election. The list of known business and property license holders eligible to vote will be available for review after the September 1, 2009 meeting by contacting Andy Hanshaw at 858-273-3303. The Board will then consider reports and other matters to be placed on the agenda for the annual election meeting. The annual meeting of the Board of Directors is scheduled for October 20, 2009 at 5:30, at Discover Pacific Beach office, 1503 Garnet Avenue, Newly elected members of the Board of Directors will be inducted and the Board will consider any other items placed on the agenda by the Board of Directors. A majority of the current Board of Directors shall constitute a quorum for a meeting of the Board of Directors and meeting of the delegates for the October 20, 2009 annual election







MARK or JASON **3196 MIDWAY DR.** (619)224-0500









Try one now on a special test track at The Center for Sustainable Energy this Sunday, August 9th! 8690 Balboa Ave.



5032 Niagara Ave. O.B.



CLEANING



Expert House Cleaning! Reliable • Affordable • Insured Ask about our 2 for 1 special

619.674.6134

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



Maid Service

Trustworthy, reliable & detail oriented!

FREE ESTIMATES! (858) 229-0016

CONCRETE/MASONRY

CONCRETE MASONRY

STRUCTURAL & DECORATIVE BRICK • BLOCK STONE • TILE CONCRETE DRAINAGE

WATERPROOFING 30 years experience

References & Portfolio

carsonmasonrysandiego.com WILLIAM CARSON

Licensed & Insured Lic #638122 (858) 459-0959 cell: (858) 405-7484

GILBERT'S CONCRETE

All Phases of Concrete Driveways · Patios · Sidewalks Insured · BBB Member www.ailbertsconcreteconstruction.com

CALL FOR FREE ESTIMATE 619-253-8775 III Lic. #786215

COPIES

From one original only, 100 min. on 8.5 x 11" 5¢ Self Service



SHOP OPEN M-F 12:30 to 5:00 PM

Sales, Service & Supplies Same Day Response Digital/Analog • Reliable



3200 ADAMS AVE. STE. 103 SAN DIEGO, CA 92116 Ph. (619) 282-6252 Fax (619) 521-0117 copyserv@att.net

CONSTRUCTION

Construction Handim**A**n

20 yrs Experience

Remodel - Additions Call Mike (619) 846-9917

ELECTRICAL

JACOB'S ELECTRIC Clean, Quality Work! Service / Repair - Panels Custom Lighting / Spas Bonded & Insured • License #9034

FLOORS

(619) 843-9291



- REFINISHING
- REPAIR
- INSTALLATION

SPECIALIZING IN HARDWOOD FLOORS Over 20 years experience in San Diego

JOHN WEIGHTMAN

(619) 218-8828

GARDENING-LANDSCAPING

Teco's Gardening

Tree Trimming Lawn Renovation New Plants & Design Whole Tree Removal Sprinkler Installation/Repair General Clean-Ups Stump Grinder Service Clean Palms & Trees

We Also Do: Fencing, Floors, Stucco Repairs crete, Demolition, Brick & Block Walls Drywall, Painting, Roofing nbing, Drains Installed/Repaire **General Hauling**

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

Point Loma Landscape

SAVE WATER NOW!

- Same Day Sprinkler Repair
- Drip & Irrigation System
- Flagstone Pavers Brick Lawn Substitutes
- Rock, Mulch, Bark Delivery
- Outdoor Living Areas
- We Install & Repair it All (619) 523-4900

dvanced in the Art of Landscape pointlomalandscape.com State Lic #783646

BAMBOO FOR SALE

EACH SUNDAY FROM NOON TO 5 PM

OR BY APPOINTMENT **Timber Bamboo (Old Hami)** Black Bamboo

Golden Goddess, Alfonscar and other Tropical Plants (5- & 15-gallon) **Landscaping Available**

5061/2 Palomar Ave., LJ 858.459.YOGA

Jose's Gardening Clean-up $\textbf{Hedges hauling} \cdot \textbf{Reasonable Rates}$ Free Estimates · References

619-847-1535

GARDENING-LANDSCAPING



www.DeLaCruzLandscaping.com Custom Landscapes

FREE Estimates Residential & Commercial Maintenance Landscape Lighting Drip Irrigation & Troubleshooting Tree Trimming & Wood Fences

Drought Tolerant Landscapes 619 200-7663 LIC#808864

HANDYMAN

HANDYMAN DOES IT ALL!! GMD COMPANY (619) 244-9380 (619) 244-9380 DRYWALL, ELECTRICAL, PLUMBING, TILE

WINDOWS, DOORS, PAINTING, CEMENT,

FRAMING,BATH & KITCHEN REMODELING LIC# 420564 LIABILITY INSURANCE AND BONDED WWW.GMDCOMPANY.COM

Same Day Service

· Woodwork · Stucco · Paint · Window · Doors · Decks · Fences · Tile · Drywall Electric · Plumbing · Concrete 30 Years Exp., References 619-276-5439

RENT-A-HUSBAND

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

Ask for Bob 858-454-5922

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 not licensed



858-452-0479

HAULING



I LUV TUNK HAULING

You Call-We Haul! No Job Too Small!

Evictions, cleanouts, construction debris, tree trimming, etc.

We are eco friendly

619-933-4346

ORGANIZING

10% Senior Discount

Is it time to downsize Are you ready for a brand new efficient and organized you? F Then you are ready for

Your Own Girl Friday www.yourowngirlfriday.com Stacey Blanchet (619) 997-7601

PAINTING

PAINTING

• Full Service • Interior/Exterior

 Power Washing
 Stucco Repair Residential/Commercial Bonded / Insured



colormasters painting

Licensed & Insured

Interior

Exterior

- Serving San Diego Over 30 Years
- 619-223-2370
- Commercial FREE ESTIMATES Residential



www.chuckiespainting.com chuckgjr@cox.net Bonded & Insured • CA Lic. #925325

FREE ESTIMATE!

Painting Division: Interior/Exterior Painting, Repairs

Power Washing, Caulking & Sealing, Stucco, wood replacement, epoxy coatings and Much More!

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





COMMERCIAL • RESIDENTIAL INDUSTRIAL • HOA'S

Guaranteed Work · Power Washing 25 Years Exp. · References Available MARC CASSON

858-627-0639 MasterCoatings@gmail.com 863 Coolidge St., San Diego, CA 92111

PLUMBING

-BILL HARPER PLUMBING & HEATING-

Cash Discounts Repairs & Repipes **Fixture Installations BBB Member since 1986** Self-Employed Lic #504044 CALL BILL 619-224-0586

57 SMITH ROOFING CO. Scott Smith, has been serving the 858-272-ROOF (7663) 619-224-ROOF (7663)

REMODELING



Small Job Experts 25 Years Experience

RemodelingHandymanElectricalPlumbing **Past Termite Inspector** Pest & Dry Rot Damage ★★★★ Rated
Service Magic Angieslist

> 10% Discount Active Military & Seniors

858.382.1140 Insured Free Estimates Lic# 92394

SENIOR SERVICES

Rosa Assisted Living 619-223-1451

•24/7 Assistants Outings & Events

·Healthy Meals ·Maid Service

rcfe#374601285

·Custom Care Plans ·Assist with Medications

Call for information

SOLAR



SOLAR ELECTRIC 619-527-2227

STUCCO

Re-Stucco Specialists

nterior Plaster/Drywall Repairs

All Work Auaranteed 30+ Years Experience Lic. # 694956

Repairs • Lath & Plaster Re-Stucco • Custom Work Clean • Reliable • Read **D'arlex**

619-846-2734 Cell 619-265-9294 Email: darlex0907@hotmail.com

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

TONER

Toner Cartridge Recharging

Helping the environment!

100% Guarantee! **LOW PRICES!**

15 years experience! (760) 233-9785 (888) 228-6637



brother. SHARP

(P)

TREE SERVICES

CROWN POINT CLIPPERS, INC. TREE SERVICE FREE ESTIMATES! FINE PRUNING & THINNING • ARTISTIC TREE LACING

WWW.CROWNPOINTCLIPPERS.COM

(858) 270-1742

Fully licensed and insured. Lic# 723867

TREE & STUMP REMOVAL

WINDOW CLEANING

JB's Window Cleaning & Service

- Mini Blinds
- Screens
- Mirrors

Pressure Washing Experienced



Call (619)248-2778

WINDOW CLEANING



services offered: •Interior & Exterior Window Cleaning
•Construction Clean-u •Residential •Small Commercial •Store Fronts 619.981.0169

PROFESSIONAL DIRECTORY

ACCUPUNCTURE



L.Ac OMD

Arthritis

- Stress/Anxiety Myalgia
- Asthma Female Disorders Headaches Sports Injuries

Neck & Back Pain

(619) 684*-*1848

wang.acu@gmail.com lifestrong.com

BEAUTY SALON

Vision Beauty Salon **Full Service**

858-270-2735

4645 Cass St., Ste #103

corner of Emerald & Cass Haircut + Shampoo \$16 (reg \$19) Senior Haircut & Shampoo \$14 (reg \$16) Manicures \$10 (reg \$12) Pedicures \$20 (reg \$25)

Facial • Waxing

Hours: Mon.-Sat. 9:00am to 6:00 pm

in the service directory? Give Heather or Kim a call!

Interested in advertising

858-270-3103 x115

858-270-3103 x140

ioner:legharge.com

SAVE \$ while

FREE DELIVERY!



Panasonic

RIGOR

MINOLTA

IBM SAMSUNG

OKI

LEXMARK.

Canon

XEROX.



Kathy Evans The New Jewels of Pacific Beach. 1837 Chalcedony — SOLD 1835 Chalcedony Open Sat. & Sun. 2–5 2 Brand New Single Family Homes.
Just imagine enjoying 2,300 sq ft. of new & elegant living. Each home has 4BRs, built-in office area, large penthouse room that opens to large bay & ocean view deck. 858.488.SELL PRICED TO MOVE YOU! RE/MAX





RE/VIX

858.490.4119

Interest rates go up? 92109 Summer Specials

- 3BR Mission Beach cottage \$649K
- Crown Point New Home, Iuscious, 1,975 sq. ft., bay view \$939K
 - Crown Point 50 ft. of bayfront condo \$649K









WWW.BERNIESOSNA.COM







VISIT US ON THE WEB
WWW.Sdnews.com

www.PacificBeachSands.com

directory

LA JOLI 5410 La Jolla Blvd 2BR/2BA \$640.000-\$700.876 Sat 2-4pm 1BR/1BA Sat 12-4pm 329 Bonair St. \$699,000 \$829.000 Sat 11am-4pm 7536 Draper 3BR/2.5BA \$950.000-\$999.000 469 Arenas 2BR/2BA Sat 1-4pm 7453 Girard Ave Sat 9am-12pm 1BR/2BA \$995,000 Sat 9am-12pm 7551 Girard Ave 2BR/2BA \$1,150,000 Sat 1-4pm 5444 Chelsea Ave. 3BR/2.5BA \$1,595,000 Sat 2-5pm 5524 Waverly Ave. 5BR/5BA \$1,795,000 Sat 2-5pm 1127 Virginia Way 3BR/3BA \$1.895.000-\$2.050.000 Sat 1-4pm 6626 Michaeljohn 4BR/3BA \$2,190,000 Sat 1-4pm 7124 Country Club Dr. 5BR/6BA \$3,300,000 Sat 1-4pm 6120 Avenida Chamnez 5BR/5.5BA \$3.850.000 \$4.985.000 Sat 1-4pm 6505 Muirlands Dr. 5BR/5 5BA Sat 1-4pm 5380 Calumet 4BR/2BA \$5,450,000 Sat 1-5pm 1620 Torrey Pines Rd. 8BR/9BA \$7,500,000 \$8,500,000 Sat 1-5pm 1590 Coast Walk 5BR/6BA Sun 1-4pm 220 Coast Blvd. 1M Studio \$395,000 or \$1,400 mo. Sun 1-4pm 6349 Via Cabrera 3BR/2BA \$749,000 3BR/2.5BA Sun 11am-4pm 7536 Draper \$829,000 337-341 Playa Del Sur \$875,000 Sun 2pm4pm 1BR/2BA Sun 11am-2pm 7453 Girard Ave. \$995,000 1BR/2BA \$1,150,000 Sun 11am-2pm 7551 Girard Ave 2BR/2BA 2139 Avenida De La Playa2BR/3BA Sun 1-4pm \$1,150,000 Sun 1-4pm 8946 La Jolla Scenic \$1,195,000 Sun 1-4pm 5530 Beaumont 3BR/3.5BA \$1,398,000 Sun 1-4pm 9643 Claiborne Sq \$1,429,000 303 Coast Blvd. #2 2BR/2BA \$1,495,000 Sun 1-4pm Sun 1-4pm 7124 Olivetas 2BR/2BA \$1.549.000 1471 Caminito Batea 3BR/3.5BA \$1,700,000-\$1,849,876 Sun 1-4pm 5524 Waverly Ave. Sun 1-4pm 5BR/5BA \$1,795,000 4BR/4.5BA \$1,795,000 Sun 1-4pm 5511 La Jolla Mesa Dr. 551 Rosemont Sun 1-4pm 2BR/3BA \$1,890,000 Sun 1-4pm 553 Rosemont 2BR/3BA \$1,890,000 Sun 1-4pm 1353 West Muirlands Dr. 3BR/2.5BA \$1,995,000 \$2,795,000-\$3,195,000 Sun 1-5pm 7824 Exchange Place. 4BR/3BA 5BR/4.5BA \$2.800.000-\$3.200.876 Sun 1-4pm 7402 High Ave.

4BR/4BA

\$2,990,000

Sun 1-4pm

358 Belvedere

Darlene Allen • 858-539-4412 Susan Forester • 858-490-6100 Melanie Aalbers • 858-729-4431 Katie La Pay • 858-232-7456 Katie La Pay • 858-232-7456 Mark O'Gordon • 858-869-7188 Ben Kashefi • 858-353-2636 Kim Caniglia • 252-342-5298 Maxine & Marti Gellens • 858-551-6630 Helena Holloway • 619-829-2636 Sarmad Habib 619-754-5926 Greg Noonan • 858-551-3302 Maxine & Marti Gellens • 858-551-6630 Meg Lebastchi • 858-336-0936 Meg Lebastchi • 858-336-0936 Mary Mc Gonigle • 858-361-2556 Myriam Huneke • 619-246-9999 Susan Forester • 858-490-6100 Ed Mracek • 858-382-6006 Andy Jabro • 858-525-5498 Andy Jabro • 858-525-5498 Mary Ann Holladay • 858-864-7091 Irene Mc Cann • 858-232-7373

Maxine & Marti Gellens • 858-551-6630

Trent Wagenseller • 858-336-0602 Bob Andrews • 619-517-4404 Jackie Helm • 858-354-6333 Linda Marrone • 858-459-4173 Maxine & Marti Gellens • 858-551-6630 Mark O'Gordon • 858-869-7188 Maxine & Marti Gellens • 858-551-6630 George Humphreys • 858-699-2220 George Humphreys • 858-699-2220 David Schroedl • 858-459-0202 Kathryn Murphy • 858-336-5623 Karen Hickman • 858-551-7204

George Humphreys • 858-699-2220

A JOLLA, continued

\$3,300,000 7124 Country Club Dr. 5BR/6BA Michelle Serafini • 858-829-6210 Sun 1-4pm 6120 Avenida Chamnez 5BR5.5BA \$3,850,000 Ben Kashefi • 858-353-2636 Sun 1-4pm Sun 1-4pm 6505 Muirlands Dr. 5BR/5.5BA \$4,985,000 Greg Noonan • 858-551-3302 \$5,450,000 Maxine & Marti Gellens • 858-551-6630 5380 Calumet 4BR/2BA Sun 1-4pm Meg Lebastchi • 858-336-0936 1620 Torrey Pines Rd. Sun 1-5pm 8BR/9BA \$7,500,000 5BR/6BA 1590 Coast Walk \$8,500,000 Meg Lebastchi • 858-336-0936 Sun 1-5pm

PACIFIC BEACH / MISSION BEACH

Ts, W, F 12-4pm 924 Hornblend \$519,000-\$556,000 Alex Rojas • 858-427-3664 Sat 11am-4pm 924 Hornblend 2BR Units \$519,000-\$556,000 Alex Rojas • 858-427-3664 1022 Felspar \$598,995-\$648,995 Brian J. Lewis • 619-300-5032 Sat 12-3pm 3BR/3BA Sat 1-4pm 720 Toulon Ct 2BR/1BA \$799,000 Vicky Wynn • 619-807-9744 Sat 1-4pm 3940 Gresham St. #224 2BR/2BA \$995,000 Brenda & Dan Wyatt • 858-775-7333 Sun 1-4pm 903 Agate \$479,000 Brian J. Lewis • 619-300-5032 Sun 11am-4pm 924 Hornblend 2BR Units \$519,000-\$556,000 Alex Rojas • 858-427-3664 Sun 12-3pm 1022 Felspar 3BR/3BA \$598,995-\$648,995 Brian J. Lewis • 619-300-5032 Becky Miller • 858-775-5968 822 Nantasket Ct 2BR/2BA \$895,000 Sun 1-3pm Sun 1-4pm 3940 Gresham St. #224 2BR/2BA \$995,000 Brenda & Dan Wyatt • 858-775-7333 Sun 1-4pm 715 Toulon Ct. 3BR/3BA \$1,650,000 Catherine Viani • 619-823-2787

OCEAN BEACH POINT LOMA

Sat 11am-4pm 529 Rosecrans 4BR/3BA \$999.500 Sat 11am-4pm 425 San Gorgonio 10000 Sq. Ft.View \$1,350,000 Sat 11am-4pm 3345 Lucinda St. 3BR/3BA \$1,375,000 Sun 1-4pm 4891 Narragansett Ave 2BR/1BA \$499,000 Sun 1-3pm 1830 Ebers St. 4RR/2RA \$675,000 Sun 11am-4pm 529 Rosecrans 4RR/3RA \$999.500 Sun 2-4pm 1330 Willow 3BR/3BA \$1,350,000 Sun 11am-4pm 425 San Gorgonio 10000 Sq. Ft.View Sun 11am-4pm 821 Armada Terrace 4BR/3BA \$1.375.000 Sun 11am-4pm 3345 Lucinda St. 3BR/3BA \$1.375.000 Sun 1-4pm 4319 Del Mar Ave 3BR/2BA \$1,695,000

Robert Realty • 619-852-8827 Robert Antoniadis • 619-852-8827 Robert Realty • 619-852-8827 Cindy Wing • 619-223-9464 Team Fuller • 619-226-8264 Robert Realty • 619-852-8827 Team Fuller • 619-226-8264 Robert Antoniadis • 619-852-8827 Robert Realty • 619-852-8827 Robert Realty • 619-852-8827 Diane Thompson • 619-888-9725 "Baldwin" First in Southern California!!

Merging Smart touch technology

With preschool educational excellence.





Baldwin Academy's

27-year-old academic curriculum now adds cutting edge technology, merging the Baldwin Method with Smart Table to project students to the vanguard in educational excellence





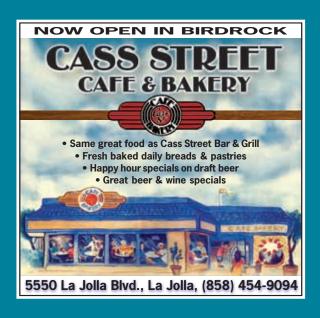
Touch. Learn. Together.

Designed to encourage collaboration, discussion and consensus building. The SMART table gives early primary students a gathering place to explore digital lessons, play educational games and work together on interactive learning activities

Current opening in prestigious Jr/Senior kindergarten Maximum 10 children. 5 full day programs. For inquiries call (619) 270-5995. 1762 Hornblend St. Pacific Beach, CA 92109

Morth Pacific Beach

Set Your Compass North... EXPLORE • DISCOVER • REWARDS ABOUND



Your Neighborhood, Your Party!

North Pacific Beach Nights
Thursdays 5-9 p.m.
All summer long on Turquoise & Cass Streets

The Businesses of North Pacific Beach are having a neighborhood party!

The Businesses of North Pacific Beach are having a neighborhood party! Every Thursday night this summer, there will be Music, Food, Drink & Shopping Specials.

Join Your friends for these festive celebrations!

