Coastal Cleanup Day to restore shine to waterways Sept. 15

By STAFF and CONTRIBUTION

An army of volunteers numbering about 8,000 strong will mobilize Saturday, Sept. 15 to tackle trash-choked problem areas at 88 inland and coastal sites, lending a polish to San Diego’s jeweled waterways.

The local environmental group I Love A Clean San Diego will launch its 28th annual Coastal Cleanup Day throughout the county from 9 a.m. to noon.

Volunteers are being urged to sign up immediately for desired sites prior to the cleanup, which takes place from 9 a.m. to noon.

Although participants may opt to travel to more northern, southern or eastern cleanup sites, some of the localized areas include:

- Pacific Beach (Rose Creek)
- Point Loma (Tourmaline Beach)
- San Diego Bay (Shelter Island)
- La Jolla (Windansea)
- Pacific Beach (Roses Creek)
- Torrey Pines State Beach
- La Jolla Shores
- Ocean Beach (Dog Beach)
- South Mission Beach
- Ocean Beach Pier
- Mission Bay (Santa Clara Point)
- Mission Valley (SD River Mission Valley Preserve)
- Pacific Beach (Toursmaline Beach)
- Mission Bay (Bonita Cove, kayak cleaning)
- San Diego Bay (Shelter Island)
- La Jolla (Windansea)
- Point Loma (San Harbor Marina)

The ambitious cleanup will also include two new on-the-water cleanup sites along San Diego Bay, according to organizers. Volunteers are being urged to sign up immediately for desired sites prior to the cleanup, which takes place from 9 a.m. to noon.

Free 18th annual Jetty Kid Surf Kontest set to tackle the waves

By STAFF and CONTRIBUTION

The 18th installment of the free Keith Noel Memorial Jetty Kid Surf Kontest will again draw young surfers to the South Mission Beach Jetty on Saturday, Sept. 23 during the 2011 San Diego Bayfair in Mission Bay.

The ever-popular Kontest is open to girls age 8-16 and boys age 8-15 — will see about 8,000 strong will mobilize Saturday, Sept. 15 to tackle trash-choked problem areas at 88 inland and coastal sites, lending a polish to San Diego’s jeweled waterways.

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Fall into the House of Your Dreams!!
Big or Small, We Can Find a Place for You!

Stunning 3/3.5 condo in the heart of the Village; A/C, elevator, solar & 3 car garage.

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OPEN MOST WEEKENDS
Students help local business aim for highest LEED certification

Dr. MARKO LAMB | BEACH & BAY PRESS

College students from UC San Diego and San Diego State University have teamed up to revamp the Mission Bay Aquatic Center (MBAC) to reduce its carbon footprint, improve its energy efficiency and make the facility platinum LEED (Leadership Energy and Environmental Design) certified, a nationally accepted benchmark for design, construction and operation of high-performance green buildings.

The students, under the supervision of UCSD’s LEED team head and sustainability analyst Michelle Perez, started the project by measuring and documenting ways in which the building already met LEED platinum requirements. They took a systematic approach to understanding the building’s energy efficiency by conducting energy and water audits, modeling the building’s airflow, interviewing staff members and surveying its occupants. Based on their collected information, they then determined new goals within MBAC policies to ensure the facility is operated with optimal sustainability for many years to come.

“Fortunately, little retrofitting and change to the equipment was necessary,” said Perez. “The structure had already received a 100-percent energy rating, meaning that it rates in the highest percentile of similar buildings.”

New recommendations to policies and goals were adopted, including “green” cleaning, sustainable purchasing and waste diversion. Through the students’ knowledgeable leadership and experience, they were able to save the MBAC — the largest instructional waterfront facility in the world — thousands of dollars in the LEED certification process, while advancing their own knowledge and talents in the growing movement.

“One of the selling factors of this endeavor was that UCSD’s USGBC (U.S. Green Building Council) student group would teach SDSU’s student group,” Perez said.

at the Wave House Athletic Club, where he worked from June 2010, until January 2012. He faces 14 other counts of identity theft, receiving stolen property and possession of ecstasy were dropped.

Polley received credit for 145 days already served in jail and the sheriff’s office will be £40,000.

Many homeowners have given up trying to sell their homes when they’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you’ll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

Students at UCSD and SDSU worked together on a project to help the Mission Bay Aquatic Center earn platinum LEED certification.

How to sell your home without an agent

SAN DIEGO. If you’re tired to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start ringing off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start hounding you for your listing.

All over, with the proper information, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has

QUICK Hits

Woman pinned by car, suffers broken leg

A local woman was arrested on suspicion of felony drunken driving on Sept. 2 when she allegedly backed her Acura into her 20-year-old friend, pinning the second woman between the vehicle and an apartment building in the 4000 block of Promontory Street in Pacific Beach.

The accident, which happened shortly before 9 p.m., left the victim with a broken leg and the driver was arrested for felony DUI.

Ex-fitness center worker released from jail

Christopher Antonian Polley, 26, of Pacific Beach, was released from jail Sept. 6 after just hours after he was sentenced to 10 years in jail for identity theft for the victims will be held in the future when all the losses are totaled. There isn’t an agreement on a restitution amount, which his lawyer estimated at $20,000, but the prosecution suggested the loss could be $40,000.

Polley violates probation conditions, he could be sentenced to four years in prison.

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Staying power is often hard to come by these days, and it’s even harder for a nonprofit organization. That’s why this month, Birch Aquarium is celebrating a milestone as the aquarium turns 20 years old on Sept. 16.

With two decades of educating the public about the ocean under its belt, Birch is looking forward to the next 20 by reflecting on its contributions to the community and to ocean science and conservation.

“We feel full of achievement for what we’ve done in 20 years, and what we want to do in the future,” said Nigella Hilgarth, executive director of the aquarium. “We’ve reached over 6 million people, and over a million children in our education programs.”

Birch Aquarium wasn’t always equipped to achieve such lofty ambitions. Prior to 1992, the aquarium was housed in a much smaller facility on La Jolla Shores Drive. It contained a fraction of the fish, employed a fraction of the staff and saw a fraction of the visitors that today’s Birch can boast.

Then, in 1986, a $6 million donation from the Delaware-based Stephen and Mary Birch Foundation made it possible to replace the existing Scripps Aquarium — founded in 1951 — with the current larger facility on Expedition Way.

The mission of Birch Aquarium, Hilgarth said, is threefold: connect people to the ocean, teach people about the science research performed at Scripps Institution of Oceanography (SIO) and contribute to ocean conservation. All three are equally important, and all present unique challenges.

Interpreting science and presenting it in a way that is easily digestible for the layperson presents obvious challenges — especially when it comes to presenting that information in a way that children can understand but that still holds an adult’s attention — but one that Hilgarth feels the aquarium readily overcomes.

“We do really well interpreting and communicating science to the general public,” Hilgarth said. “That’s really the role of any zoo or aquarium or science museum. We have our classroom programs, and then we have our public programs. We do walks on [Scripps] pier and we’ve had so many different exhibits. We have an exhibit on climate change right now, and it’s told through the scientists researching it.”

Connecting people to the ocean and contributing to ocean conservation, meanwhile, present different challenges, and the two often go hand in hand. One of the greatest difficulties in protecting the ocean comes from the fact that many people don’t realize how their everyday behaviors contribute to the ocean’s degradation.

“One thing we’re trying to do is make people understand the need to protect our watersheds,” Hilgarth said. “Most people don’t realize that everything drains into the ocean, and their basic behavior impacts conservation efforts.”

Apart from illustrating the association between us and the ocean, Hilgarth said the aquarium tasks itself with educating the public on the various issues like overfishing, pollution, warming oceans and the danger to coral reefs.

The aquarium’s work with other conservation programs also helps secure its place in the world of environmental stewardship. Birch, for example, has bred seahorses for years and sends the animals to more than 60 other institutions — aquariums, zoos and research facilities — so there is less of a need to take seahorses from the wild.

All of those challenges have to be addressed under the added pressure of the biggest one of all: money.

“The obvious challenge for a nonprofit is funding,” Hilgarth said. “And it’s affecting everyone, not just us. We have to figure out how to continue with the pace of our operation that are dear to us, like education in underserved communities, without charging way too much.”
much at gate. Another big challenge is that ocean is facing so many challenges itself, and just trying to get the breadth and depth of that across to the public can be difficult.”

Hilgarth is herself celebrating a milestone anniversary. This year marks her 10th as executive director of the aquarium, and as Birch reflects on its history she, too, reflected on her time there thus far.

“I’ve loved every minute of it,” she said. “It’s been a time of growth and relaxing.”

Birch Aquarium will celebrate its 20th anniversary on Sept. 16 with a Thursday of Tide-Pool Plaza, complete with visits from staff and volunteers, a members-only reception from 5:30 to 7:30 p.m. on Tide-Pool Plaza, complete with visits from staff and volunteers, a look at them,” she said. “Or I like to go just after closing, I’ll sneak in to just look at them,” she said. “Or I like to go just watch the kelp forest. It’s very relaxing.”

Birch Aquarium will celebrate its 20th anniversary on Sept. 16 with a members-only reception from 5:30 to 7:30 p.m. on Tide-Pool Plaza, complete with visits from staff and volunteers, a look at them,” she said. “Or I like to go just after closing, I’ll sneak in to just look at them,” she said. “Or I like to go just watch the kelp forest. It’s very relaxing.”

The sing-alongs continue on the second Saturday of each month. The library also will host a discussion about “The Media & the Constitution,” on Sept. 25 from 6 to 8 p.m. The discussion is part of the four-month project called “Searching for Democracy: A Public Conversation about the Constitution,” which meets around the city. Professor Kevin Greene of the University of San Diego’s College of Natural and Social Sciences will facilitate.

A One-on-One eReader Clinic is set for Sept. 28 from 1 to 4 p.m. Staff members from the San Diego Public Library’s Technology Team will offer personalized guidance in using electronic devices to download and read eBooks through the library’s catalog. Reserve a 30-minute appointment and bring your eReader. Take it up to the session. Advance registration is required by calling (858) 581-9934, or sign up at the circulation desk.

Also on the agenda for adults:

- Knitting Circle — Sept. 15, 10 a.m. to noon.
- Zumba Gold — Sept. 22, 10 a.m. This low-impact dance class meets every Thursday of every month.
- Zumba Basic — Sept. 29, 10 a.m. This class is limited to the fourth Thursday of every month.
- Sing-Along — Sept. 27, 10:30 a.m. Learn stories, songs and games using sign language with pre-verbal babies and toddlers.
- Meet the Library — Sept. 29, 10:30 a.m. to noon. Meets on the first and third Thursday of every month.

Recommended for ages 18 months to 5 years. Bring your own towel or yoga mat.

Music Together — Sept. 20, 10:30 a.m. to noon. Recommended for ages 18 months to 5 years.

Story Time — Sept. 27, 10:30 a.m. to noon. Recommended for ages 18 months to 5 years.

Pajama Storytime & Craft — Sept. 27, 10:30 a.m. to noon. Recommended for ages 18 months to 5 years.

Toddler Dance — Sept. 27, 10:30 a.m. to noon. Recommended for ages 18 months to 5 years.

Dr. John Wilding took this photo of the Birch Plaza Marquee on a rainy March day in 1975. It looked south-east from SavOn toward Bennett’s Appliance Centers and Putt-Putt Auto Repair. Fantastic Sam’s and PB Auto Repair occupy those spots today.

— John Fry may be reached at (858) 272-8665, or by email at mail@johnfry.com.

Lifelong Pacific Beach resident Brian Martinet passed away at his home on September 7, 2012. Brian was a man proudly defined by the things he loved most in life: his family, his friends and his love of the sea.

Brian was a ringleader who wanted those he loved to have fantastic times together. Mostly these fantastic times somehow involved the ocean. He organized group trips to Kauai where he built his dream house, annual boat trips to Catalina, and traveled to Fiji on a once in a lifetime surfing adventure with buddies. He believed in making memories and in making good friends into family.

Brian learned to surf when he was eight, and it was in the local beach and surf community that he found his people. He surfed, windufed and paddled the bay, and captained his own boat. And it wasn’t long after he started painting boards, signing them “The Crazy Frenchman,” that he began shaping them, under the name “Birch Beach Drive.”

Brian was born on March 27, 1963. In 1981, he graduated from the Army and Navy Academy in Carlsbad, where he swam and played water polo. For the next 20 years he worked as a California State Lifeguard. His schooling and experience as a life-guard shaped a man who embraced hard work and service, and who strived to set an example within his family and community as a person of integrity.

Brian is survived by his wife Linda Martinet, who he met in 1989 and married in 1993, his two daughters, Emily Martinet and Olivia Martinet, his nephew, Daniel Pitt, his mother, Joanne Harper, and sisters, Mice Martinet, Nicole Martinet and Kendra Gaeta.

Brian’s irreplaceable and generous spirit, his passion to engage and entertain, and his magnetic personal
Longtime volunteer Pam Furby, 59, loses her battle with cancer

Dr. Keith Antignovanni | Beach & Bay Press

Longtime Pacific Beach resident Pam Furby, 59, passed away Sept. 2 after a long battle with breast cancer. Furby was born June 17, 1953 and volunteered much of her time helping others in the San Diego and Pacific Beach communities.

She worked with the Center for Community Solutions’ (CCS) “Critical Hours” after-school program at Pacific Beach Middle School from 1997 until 2000 when she became sick and then later returned as a marriage and family intern trainee while in graduate school in 2004 and 2005. When it began in 1997, the “Critical Hours” program was the first of its kind in the San Diego Unified School District at the middle-school level.

“She was a dear friend of mine and was like a sister to me,” said friend Lisa Boyer of CCS.

Over the last two decades, Furby won awards for community service. Among them were:

A certificate of appreciation from the North City Drug Abuse Service in 1993; the Saturn Award Students for Students SDSU in 1994; Six to Six Award from the Center for Community Solutions in 1997; a V.I.P. Award from Pacific Beach Middle School in 1998, 99; and a Learning and Safe Neighborhood Award in 1999.

In addition to her awards, Furby also participated in the Avon 60-Mile Walk for Breast Cancer in 2003.

After graduate school, Furby became a marriage and family intern and worked at Diana Guest’s office in Pacific Beach over the last six years.

BRIEFS

CONTINUED FROM PAGE 3

Mission Bay/ PB chefs chosing those to aid charity for burned mother

By Marijo LaBrie | Beach & Bay Press

After a tragic accident left Stacy Friscia — mother of two teenagers, son and wife of executive chef Antonio Friscia — with life-threatening, third-degree burns on nearly half her body, Furby would spend rollerblading from Lamont Street to the roller coaster in Mission Beach.

“Shes loved dogs. Whenever we would go rollerblading we could never get through it without stopping and talking to a dog. In fact, the uglier the dog, the more she loved them,” Lib said.

Family and friends held a memorial service for Furby at Kate Sessions Park on Sept. 8.

Furby is survived by husband Terence Hughberg, children Ashley, Sean, Monica and Landsey; and five grandchildren — Brooklyn, Tegan, Parker, Bruxton and Poet.

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**William Calabrese remembered for good work in the community, persistent spirit**

By KENDRA HARTMANN | BEACH & BAY PRESS

Friends, family and community members had a chance to say a final goodbye to one of their own during a memorial and paddle-out last weekend in memory of 20-year-old William “Willie” Calabrese of Pacific Beach, who died Sept. 2 as the result of injuries from a fireworks explosion.

On Sept. 8, a celebration of life was held at the La Jolla Presbyterian Church. On Sept. 9, a paddle-out at Marine Street Beach took place, with an incredible outpouring of support from members of the community as dozens of people showed up to honor the memory of the La Jolla High graduate.

“Our hearts are breaking with the tragic death of Willie Calabrese. We have a very special community that has embraced and supported the Calabrese family,” said community member DeAnna Andrews. “Willie will be forever in our hearts.”

On Aug. 31, Calabrese was helping set up a fireworks display at a game of the Lake Elsinore Storm, the San Diego Padres’ minor-league team, when an accidental explosion happened. Calabrese was burned on more than 90 percent of his body and passed away two days later.

Calabrese’s aunt, Kristina Calabrese Stracke, said her nephew was an “exceptionally bright and driven young man” who participated in a variety of activities and hobbies, including glass blowing.

“He was an inventor, always tinkering in the backyard,” she said.

Calabrese, who was a certified life-guard and an Eagle Scout, played water polo for La Jolla High School until graduating in 2010. He was entering his junior year at the University of California, Santa Barbara. Stracke said he had recently revealed his desire to become a psychiatrist so he could help other people.

“I was privileged to be there when he was born and grateful I had a chance to say goodbye before his passing,” Stracke said.

Calabrese’s high school water polo coach, Tom Atwell, described Calabrese as “selfless” and an “incredible example of service to others” in a eulogy he posted on the water polo club’s website following Calabrese’s death.

“Willie was an incredible example to all of us. He worked harder than anyone,” Atwell wrote. “He loved to laugh. He was open-minded, non-judgmental and forgiving. He was the guy you wanted to go into battle with. He always had your back, whether it was in the water or away from the pool.”

Through Stracke, Calabrese’s brother, Ron Jr., described Calabrese as the “greatest brother he could have.”

“He was guy that really stuck to his guns, a man of principle and he did everything from members of the community as dozens of people showed up to honor the memory of the La Jolla High graduate.

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“He was guy that really stuck to his guns, a man of principle and he did everything...
Villwock may have to do some maneuvering again in Qatar as the odds-on favorite. He locked up another series title by winning his heats and the final last year. He's seen a change in the way the heats are run this year, going airborne and landing upside down. He hasn't been a factor since the first turn in a Detroit heat race this year, going airborne and landing upside down.

The remaining five or six entries appear to be noisy back markers. Villwock will be aboard the Spirit of Bay's Bill Muncey Course well, having won his heats and the final last year. He locked up another series title by winning his heats and the final last year. He's seen a change in the way the heats are run this year, going airborne and landing upside down. He hasn't been a factor since the first turn in a Detroit heat race this year, going airborne and landing upside down.

Qualifying is scheduled for Sept. 14 and 15 and 5 boats, and the five-lap-final is set for Sept. 16. The Lucas Oil-sponsored drag boats will see action off Crown Point. About 1/10 entries are expected. Off-shore boats are scheduled to perform off Ski Beach.

The annual Hydros drag boat races off Crown Point will be exceeding 200 mph. One hundred boats in several classes are expected. Some of the top fuelers competing in the Lucas Oil drag boat races off Crown Point will be exceeding 200 mph. One hundred boats in several classes are expected. Some of the top fuelers competing in the Lucas Oil drag boat races off Crown Point will be exceeding 200 mph. One hundred boats in several classes are expected.

The 6,800-pound hydroplane boats can also reach 200 mph on the stretches. The average qualifying lap speeds range from 130-165 mph. It's the next thing to a NASCAR race," said Donald Fiedler of Bardstown, Ky.

San Diego Bayfair is run completely by volunteers, from the board of governors to the parking attendant.

More than 800 volunteers will be assigned various tasks throughout Mission Bay, including Ski Beach, Crown Point and Fiesta Island.

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Young surfers prepare for action during a previous Jetty Kid Surf Contest at the South Mission Beach Jetty.

*Courtesy photo*

**SURFING**

CONTINUED FROM Page 1

shirt shop in this beach community for 17 years and grew up surfing at his home break at the Jetty in South Mission Beach.

Noel became known to the local surfers up and down the coast as “The Jetty Kid.” Noel wanted to be remembered by providing funding for a yearly surf contest for kids — all completely free of charge — all leading to the establishment of the South Mission Beach Crew Foundation.

Winners in the judged divisions also receive fresh flower leis as a nod to Keith’s affinity for the Hawaiian culture.

All pre-registered participants will receive a custom-designed “Kontest” T-shirt and have a chance to win other surf-related prizes donated by local businesses and friends. The “Super Menehune” division for kids 7 and under is a parent-accompanied exhibition with no judging, and each pre-registered child goes home with a surfing trophy.

Many volunteers assist the event and Noel’s old surfing buddies run the competition and judging while Marianne Kendall and her crew man the food tent in honor of her late fiancé.

All contestants and their families are treated to free food and drinks during the day, including breakfast items, burritos and pizza.

For more information or entry forms, visit Coldwell Banker Real Estate in Pacific Beach at 4090 Mission Blvd., call Kendall at (858) 539-4422, or email her at marianne.kendall@coldwellbanker.com. More information can also be obtained by emailing Kim Fox at kfox@san.rr.com.

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**WEDNESDAY**

2 lbs of Wings for the price of a pound
Check out TapRoom for your next football ‘draft’

BY MARIKO LAMB | BEACH & BAY PRESS

What more do you need to catch the next Chargers game than a TV and a good old-fashioned beer? Well, how about 10 high-definition flat-screen TVs, a 10-inch high-definition projector, and more than 40 craft brews on tap? If that’s more your style, check out TapRoom in Pacific Beach for the next Chargers games.

Whether you’re a beer snob, a Charger fan or you root for one of those other NFL teams, TapRoom has everything for game day. There’s little excuse for not joining other local-at-the-neighborhood pub as the Chargers take on the Tennessee Titans on Sept. 16 at 1:25 p.m. and the Atlanta Falcons on Sept. 23 at 1:05 p.m.

“We get a Chargers crowd that creates a really exciting and fun atmosphere to watch the games,” said owner Kevin Conover. “We are San Diego-based — born and raised — and we naturally draw a local crowd that makes you feel right at home.”

On game day, you can find area Chargers fans gathered at the local watering hole cheering on their favorite team and exploring the bar’s expansive list of draft and bottled beer, which includes local, national and international craft-brew favorites. “They’re mostly local, with some rarities like Pliny the Elder and ones-off collaborations,” Conover said. “The San Diego IPA is, for sure, our most popular style. Beers like Sculpin, AleSmith IPA and Port Mongo have the highest demand, but our Belgians are also paining in popularity thanks to beers like Lil Devil and Horny Devil, which have turned people onto this style of beer.”

For guests who can’t decide between a sour or a stout, TapRoom also offers an app, allowing guests to sample six-ounce tasters of up to six different beers, starting at just $2.50 per sample.

To supplement the host of combinations of refreshing liquid, you’ll also score with TapRoom’s mouth-watering menu items, like the bite-size pizza-influenced beer soakers or a spoonful of the restaurant-bar’s signature Sculpin IPA chili.

TapRoom also offers full breakfasts on Saturdays and Sundays, alongside drink specials that include mimosas and bloody Mary’s made by San Diego’s very own Ballast Point Brewery, for those who want to get a jump start on their football Sunday.

“The game day ambiance is high energy to say the least — everyone wearing their jerseys, cheering for their teams, having a great time,” said Conover. “It can be a little loud, so be warned.”

TapRoom welcomes fans of all teams and has the sports package subscriptions to support them. TapRoom also cheers on the New York Giants and promotes such collegiate programs as Washington State, Clemson, Indiana University and San Diego State University.

TapRoom is located at 1269 Garnet Ave. For more information, to call in an order, or to ask about a specific game being televised, call (858) 274-1010 or visit www.sdtaproom.com.
A new marriage of kebabs and beer in PB

By RACHEL HUTMAN | BEACH & BAY PRESS

California Kebab and Beer Garden is Pacific Beach’s newest treasure — and the word has gotten out fast. For those who like delicious Mediterranean food, yummy craft brews and gorgeous Pacific Beach sunsets, this is the place to visit again and again.

Laid back as only PB can be, California Kebab and Beer Garden is the perfect mix of So Cal surfer cool. Knives and forks are kept in buckets on the table and faux, green grass covers the floor. The windows to the patio are open, so guests can enjoy the cool ocean breeze from wherever they sit. The patio is the perfect spot to wait and chat while you watch surfers peeling off. It’s fine to wear jeans to Kebab and Beer Garden because it’s very relaxed. Anyone overdressed is most likely an out-of-town guest.

The falafel pita sandwich is extraordinary. The falafel is crispy and flavorful, and complimented perfectly with a garlic aioli sauce. Luckily, California Kebab and Beer Garden is a new addition to Pacific Beach, offering delicious Mediterranean food, craft brews and gorgeous PB sunsets all in one sitting.

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The restaurant also boasts drink specials that you can find on the sink on a skewer, as well as choosing two sides. Try the fries; they are covered in skewer, as well as choosing two sides. Which delicious meats you want on a skewer plate, where you can pick and choose your own. A solid option is to create your own kebab plate, and get extra sauces at your leisure. Another solid option is to create your own kebab plate, and get extra sauces at your leisure.

There is an added bonus with a new marriage of kebabs and beer in PB. California Kebab and Beer Garden offers a sauce bar so you can go out-of-town guest.

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One of the most anticipated weeks of the year for foodies is just around the corner. Kick off fall, the twice-yearly San Diego Restaurant Week will serve up a culinary smorgasbord of prix fixe lunches and dinners from Sept. 16 to Sept. 21 at more than 180 restaurants throughout the county.

“We have over 15 amazing and tasty restaurants within this [Mission Bay and La Jolla] area, which is almost a quarter of where San Diego Restaurant Week’s restaurants are located,” said Laurel McFarlane, president of McFarlane Promotions.

“It’s a great way to get reacquainted with some of your favorite neighborhood restaurants and, in addition, it encourages you to explore new ground and discover your new favorite dining spots,” she said.

Hard-rock quartet Trailerpark Rockstar appears at Brick by Brick on Sept. 20. The band’s members are all excellent musicians, but Eric Meyer’s manic fretwork and frontman Cory Mitchell’s vocal are both standouts, making for a show that’s entertaining to watch and listen to. If you’re a fan of harder-edged rock with a melodic flavor — particularly anthemic riff rockers — you’ll want to hear Trailerpark Rockstar.

• Trailerpark Rockstar performs at 8 p.m. on Thursday, Sept. 20 at Brick by Brick, 1130 Buenos Ave. 21 and up. $11. www.brickbybrick.com

Even if you’re not into cover bands, a show by MC Funk, which appears at the 710 Beach Club on Sept. 24, is something you’re going to want to experience. While the majority of tribute acts are of the rock variety, this seven-piece group performs the mind-bending soul and funk music of George Clinton and Parliament-Funkadelic. It manages to nail the beats and rhythms of their musical heroes, as well as their look. Indeed, MC Funk’s frontman is a Clinton dopé. With an expansive set list that includes such classics as “One Nation Under A Groove” and “The Mothership Connection,” this show will appeal to diehard Clinton fans or those who simply want to dance.

• MC Funk performs at 9 p.m. on Monday, Sept. 24 at the 710 Beach Club, 710 Garnet Ave. 21 and up. www.710bc.com

San Diego Restaurant Week: gastronomic delights at a value

**SD Restaurant Week**

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**THE CALIFORNIA RESTAURANT ASSOCIATION SAN DIEGO COUNTY CHAPTER**

**SD Restaurant Week**

**SEPT EMBER 16-21 2012**

SanDiegoRestaurantWeek.com
The Anderson Medical Center

Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he has opened his own clinic.

The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic features the latest in technology including digital x-rays and electronic health records. Patients will be seen on a walk-in basis. This allows easy access with the extended hours from 8 a.m. to 8 p.m. during the week and 8 a.m. to 4 p.m. on weekends and holidays.

The Anderson Medical Center is equipped to handle minor emergencies such as suturing and casting. It is designed to take care of patients of all ages as their primary care physicians. Physical therapy will also be available on a scheduled basis.

Most insurance will be accepted. For more information you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

Age, inactivity no barriers to Zumba workouts

By MARSHA KAY SEFF | Beach & Bay Press

If you think your salsa and mambo days are behind you, you haven’t taken Eunis Christensen’s Zumba Gold class at the Pacific Beach/Taylor Branch Library.

On first glance, you might not have realized that the 17 students — all over 55 and some over 80 — were working out. But they are. The theme of the experience that has been sweeping the nation with classes for young and old, active and sedentary, is “Ditch the workout; join the party.”

And party it was on a recent Monday afternoon, as the women — men are invited, but none were present this day — stepped, swayed and swung their hips to the zesty Latin music.

At the front of the class, 67-year-old Christensen was having just as much fun. Zumba Gold takes the Zumba party fitness atmosphere and modifies the pace and the impact so the moves, including a combination of mambo, salsa, merengue, tango and flamenco, are easier on the body, said Christensen.

“My purpose is to bring the joy of movement and rhythm,” she said. “It’s so good for our cognitive processes, as well as the traditional cardiovascular benefit of exercise.”

Zumba, a Colombian dance-fitness program combining dance and aerobics, was created by dancer and choreographer Alberto “Beto” Perez during the 1990s. According to enthusiasts, there are 1.2 million people taking weekly Zumba classes at more than 140,000 locations in 150 countries.

Christensen said she wasn’t originally a dancer.

“Following dance steps never came easy to me,” she said.

Rather, she was a fitness buff and bodybuilder who was named San Diego Ms. Muscle Beach when she was 39.

“During my 50s, though, work stress and caregiving duties interfered with fitness and I gained 50 pounds over a seven-year period,” she said.

She started training as a Zumba instructor, received her certification and began teaching in April 2011.

“I loved the Latin rhythms,” said Christensen. “I grew up hearing them. Mom was Panamanian. There are Latin rhythms in my blood … Now, I am happy to say that with return to exercise, particularly Zumba classes, and careful attention to diet, I have lost those 50 pounds and maintain a healthy weight.”

Zumba Gold is moderate aerobic exercise, aimed at beginners, boomers, active seniors, expectant new moms and anyone who hopes to get into shape or stay there, she said.

“I have a heart for anyone who wants to exercise, but hates to go to the gym,” according to Christensen.

She said the exercise is ideal for people with high cholesterol or blood pressure. She described the dance as slower baby steps.

“You feel the music at your own pace,” she said. “A person can come in a three-feet-footh and leave having had some success.”

One student, E. Bass, 80, said that in spite of her big knee brace “that keeps me walking,” she has fun and enjoys the music at Zumba Gold.

“I can’t do regular aerobics because it’s too jarring to the joints,” said Bass. “Here, I don’t have to jump and I can pace myself. The Latin music makes me feel like I’m not exercising.”

Another student, Lori Libs, a 55-year-old chiropractor in Pacific Beach, said, “It’s just so much fun. It’s dancing more than exercise. I definitely recommend it to my patients. I recommend anything that’s healthy and fun.”

Christensen teaches the free classes at the PB Library; 4275 Cass St., at 4 p.m. Mondays and at 10 a.m. on the fourth Saturday of every month. She also teaches at other San Diego city libraries. Basic higher-impact Zumba classes at the PB Library are held at 10 a.m. on the second Saturday of each month.

Christensen believes Zumba Gold is so popular “because you don’t have to be a fitness buff to enjoy it. It reaches the woman in the street, the grand- mother. Everybody likes to dance.”

And judging from her students’ smiles, she’s right.


Don’t settle for the same old urgent care.

Come check our modern facility equipped with the latest technology.

Dr. Kenneth Anderson

ANDERSON MEDICAL CENTER

at 1945 Garnet Ave.

Hours of operation are 8 a.m. on weekdays and 8 to 4 on weekends.

858.224.7977 • Andersonmedicalcenter.com
The San Diego County Bicycle Coalition (SDCBC), which has landed a grant to improve the region’s trails networks, will host two open-house meetings to gather public comments on a proposed bridge designed to ease trail connections for bicyclists and walkers between University City, Clairemont and Mission Bay.

Coalition members are working to build a bicycle and pedestrian bridge under Highway 5 and State Route 52 that would connect Rose Canyon and San Clemente Canyon (Marston Bear Memorial Park) to the Rose Canyon Bicycle Trail.

According to SDCBC officials, the new bridge would prevent users from detouring or illegally crossing the railroad tracks at that location.

To collect public comments on the idea, the coalition has scheduled one open house on Friday, Sept. 21 from 4 to 6:30 p.m. and another on Saturday, Oct. 13 from 10 a.m. to noon at the proposed bridge site on the Rose Canyon Bicycle Trail.

SDCBC asks participants to park at the end of Santa Fe Avenue and walk or ride a quarter-mile north to the site, but urges residents to check the coalition’s website at www.sdcbc.org to confirm the location prior to the date.

Questions or comments may also be directed to Kelly@rosecreekwatershed.org.

The project is part of a more comprehensive effort to enhance the Rose Creek Watershed, which includes Rose Creek and San Clemente Creek, both of which drain into De Anza Cove at the north end of Mission Bay.

To learn more, visit www.rosecreekwatershed.org or www.facebook.com/rosecreekwatershed.

— Staff and contribution

San Diego Bahá’í Faith
Informal gatherings
every evening of the week.

Call for more information:
(888) 454-5203 • (888) 274-0178

Or join us on Sunday at the
San Diego Bahá’í Center
6545 Alcala Knolls Dr. (Off Linda Vista Rd)
9:30 am – 10:00 am
Multi-Faith
10:30 am – 12:00 pm
Introductory Talk
Devotional Program
& Discussion

Please call 858-268-3999 for more information and visit our websites:
www.sandiegobahai.org • www.bahai.org

Discover a Land NOT FAR AWAY
There is a land where people come to escape. A land with its own culture and way of life. And endless room to roam. We invite you to experience Terranea.

MUSTREAD
Book recommendation from the Pacific Beach/Taylor Branch Library
TITLE: “The Third Gate”
AUTHOR: Lincoln Child
SYNOPSIS: An archaeological team is attempting to locate the tomb of an ancient pharaoh. This dig is located in the most forbidding place on earth—the Sudd—a nearly impassable swamp in northern Sudan. The bizarre events that follow and the ultimate climax of the book is stunning.

Reserve this book: www.sandiegolibrary.org/Pacific Beach/Taylor Branch Library 4275 Cass St. (858) 581-9934

EDUCATION NOTEBOOK
MISSION BAY HIGH
An Open House/Bac to School Night is set for Wednesday, Sept. 19 from 5 to 7 p.m. From 5 to 6 p.m. the event will feature pizza and salad from Woodstock’s Pizza. At 6 p.m. participants will gather in the auditorium for a brief welcome and presentation and before parents and students have a chance to visit classrooms, the meeting will end and parents will learn about the 2012-13 school-year coursework.

PACIFIC BEACH MIDDLE SCHOOL
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www.sandiegobahai.org • www.bahai.org
Demand Soars For Breakthrough Arthritis Treatment
FDA Cleared, Covered By Most Insurance Even Medicare

Osteo Relief Institute offers powerful, cutting-edge arthritis treatment... prepares for overwhelming demand as news of it’s amazing results spread across San Diego County.

San Diego County – Arthritis sufferers can’t get it fast enough and doctors offering it can’t keep up with the demand.

Results are truly impressive and patients are “thrilled” says Dr. D. Weinstein MD and Medical Director of Arthritis Treatment at OsteoRelief Institute For Spine, Joint, And Neuropathy Pain located at 1764 San Diego Ave Suite 100, San Diego, CA.

Dr. Weinstein is referring to their innovative breakthrough arthritis treatment program featuring Hyalgan at The Osteo Relief Institute in San Diego, CA.

“The response has been a little overwhelming. Once patients found out there is an FDA cleared, doctor administered arthritis treatment that actually works – without the side effects of toxic pain pills or risks of replacement surgery and injury - and has enough scientific research to back it up by most insurances and even Medicare, they naturally flocked to see if they too, could be helped. And newer research indicates it can also be helpful in arthritis of the hip and shoulders.”

What Is This Treatment And How Does It Work?
If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or “arthritis” affects 21 million Americans and typically involves the weight bearing joints – like your knees.

As a member of the American College of Rheumatology, nearly 70 percent of people over the age of 70 have X-ray evidence of the disease (and the ranks many younger victims of this progressive disease continue to grow).

The worst thing is: Arthritis can be devastating.

The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life.

And up until now, treatment options have not been that good... or that appealing to most patients. The basic protocol has been a steady diet of these pain pills until your joints completely wear out and then it’s time to surgically replace the knee joint.

But What Things Have Changed
OsteoRelief Institute offers a joint treatment that affects the cartilage. Cartilage is the tissue that covers the ends of bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and actually shock absorber your “normal” knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint – much like oil lubricates the engine of your car.

In osteoarthritis, the cartilage breaks down and wears away and the synovial fluid loses its lubricating properties and “dries up.” This is like running your vehicle on water or no oil at all. Now as you attempt to use your knee(s), there is not enough lubrication which causes bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain.

Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the joint is not functioning properly or that a joint continues to wear out. The eventual repercussions of this are obvious.

Hyalgan Is Very Different
And here is why: It contains hyaluronate, one of the natural lubricating substances that were produced by your joint. Hyalgan is precisely introduced directly into your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

Hyalgan treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain.

Here’s something very important to consider: Even though Hyalgan IS a natural substance and is NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched, developed by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

What’s Results Can You Expect?
According to Hyalgan manufacturers, Sanofi Pharmaceuticals and their FDA clearance research, “A course of Hyalgan treatment – will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect of Hyalgan is likely to last even longer than 6 months.”

And the best part is: Since Hyalgan is a natural substance, it can be used over the counter without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Hyalgan Therapy, Where Can You Get It and When Should You Start?
You should certainly consider Hyalgan therapy if you have been diagnosed with knee arthritis or you need a knee replacement.

If you have been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination by your doctor to find out what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have - or are starting to get arthritis.

Very Important – Do Not Wait Here’s Why...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments combined with our specialized rehabilitation program most actually help the knee heal thus help avoid joint replacement surgery. In other words, the sooner you start – the better.

Does the procedure hurt? A local anesthetic is given and the procedure is virtually painless. Most patients say it feels like nothing more than a slight “pinching” sensation - that’s it.

Why Treatments At OsteoRelief Institute Are So Extremely Precise

Our doctors are particularly well-versed in state-of-the-art digital motion imaging which allows them to see inside the joint and the get the natural cushioning Hyalgan medicine exactly where it needs to go. This makes sure treatments have the best possible maximum success. This is very important because studies clearly indicate that doctors doing these types of procedures - without digital imaging - can miss the joint space up to 30% of the time.

How To Check Out This Breakthrough Treatment And See It Is Right For You - For FREE
All the doctors at OsteoRelief Institute are extremely excited about the results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

But There Is A Problem...
Even though Hyalgan can help many patients, it is not a wonder cure. It does not help everyone.

For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That’s why OsteoRelief Institute would like to invite you to come in for a knee arthritis screening at no cost to see if you actually need our comprehensive evaluation and Hyalgan treatments.

All you have to do is call 619-722-3284 right now and when the scheduling specialist answers the phone, tell her you would like you free “Conquer Knee Pain And Arthritis Screening.” She will know exactly what you are talking about and schedule you for our first time available.

Before you do this, you can get all of your questions answered in a warm, friendly environment and begin to find out if Hyalgan therapy and our specialized rehab program is right for you.

But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming. However, since our doctors cannot possibly screen everyone and we always makes sure to give every single patient the personal attention they deserve, we have to limit the number of free screenings to just 20.

But... just imagine how it would feel to have much less pain, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day... without the arthritis pain that’s been terrorizing you and ruining your life.

And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis... Well, you may not have to just “imagine” anymore... because Hyalgan treatments and our specialized therapy regimen could be the answer you’ve been looking for.

If you’d like to find out - at no cost to you - if Hyalgan can help, simply give Crystal a call at 619-722-3284 right now. Why wait one more day in pain when you may not have to? Call now before someone else get’s your free spot.

One More Thing... It’s Important

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if you do not call, the lines are busy or you get voice mail... just keep calling back. Even if the pain is free, is worth the effort it may take to get through to Osteo Relief Institute and schedule your free screening.

And don’t forget: Hyalgan treatments are covered by most insurances and Medicare. To schedule your free screening call 619-722-3284 now.

(C) 2012-AGB
Looking Back & Looking Forward
Looking back on my life, having worked as a factory worker for 45 years, I thought long ago when factory jobs and factories started moving out of America that the skill set would push America into poverty. People, as they became more valuable because of diminished earnings, were tempted to gain the mark of the beast. (Revel. King James Version - Rev. 14:9-11) I see people being drawn into a great deceptive situation without their knowledge. They were ill-equipped to fend for themselves because of ignorance of the Bible's warnings.

Looking Forward - Be aware of man's laws that are against the laws of God. Many people can be tempted by greed and power over others. Evidence of this is the increase in crime, abortion, murder and other abominable acts and failure to follow the word of God. (See Rev. 17:1-8).

The Bible teaches that despairing in high places also are deceiving in people created for this destruction of the world. You will be drawn into the perdition of the world and will be defeated into a false sense of security by deceptive practices and promises of wealth, security and other ideologies that invite greed and slavery to their very tempting offers of survival in a very volatile time. Anti-Christ spirits exist among their origins in Satan should give us ample warning to beware! I have accepted the Son of God. Jesus Christ into my heart as my Lord and Saviour. I highly recommend the King James Version of The New Testament to read before you pass from this world. If you would like to make a love gift to this ministry, we aim for tax-exempt organization.

Brother Carl Cox Ministries, P.O. Box 18948, Shreveport LA 71138-1948

Here are a few scriptures to help you in your spiritual growth.


ANNOUNCEMENTS

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Looking Forward - Be aware of man's laws that are against the laws of God. Many people can be tempted by greed and power over others. Evidence of this is the increase in crime, abortion, murder and other abominable acts and failure to follow the word of God. (See Rev. 17:1-8).

The Bible teaches that despairing in high places also are deceiving in people created for this destruction of the world. You will be drawn into the perdition of the world and will be defeated into a false sense of security by deceptive practices and promises of wealth, security and other ideologies that invite greed and slavery to their very tempting offers of survival in a very volatile time. Anti-Christ spirits exist among their origins in Satan should give us ample warning to beware! I have accepted the Son of God. Jesus Christ into my heart as my Lord and Saviour. I highly recommend the King James Version of The New Testament to read before you pass from this world. If you would like to make a love gift to this ministry, we aim for tax-exempt organization.

Brother Carl Cox Ministries, P.O. Box 18948, Shreveport LA 71138-1948

Here are a few scriptures to help you in your spiritual growth.


ANNOUNCEMENTS

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OPEN HOUSES

LA JOLLA
Sat & Sun 1-5pm 333 Coast #12 3BR/3BA $1,075,000 Natalie Harris 858-826-8843
Sat & Sun 1-5pm 8346 Draper Ave. 3BR/2BA $798,000 Jim Holland 858-405-6440
Sat 11am & 1pm 7830 Via Capri 3BR/3BA $1,160,000 Brenda Wyatt 858-775-7333
Sat 1-4pm 101 Coast Shd. #10 2BD/2BA $893,000 Kathy Evans 858-488-7355
Sat 10-1pm 7520 Draper #1 3BR/2BA $893,000-$960,000 Cindy Eyre 858-755-7577
Sat 12-2pm 1495 Caminito Calzada 3BR/2BA $1,488,000 David Meyer 858-994-2488
Sat 1-4pm 549 Bonair Place 3BR/2BA $1,195,000 Natalia Alexander 858-336-8051
Sat 1-4pm 1340 Caminito Amalia 3BR/2BA $1,095,000 Giselle Grinberg 858-942-0035
Sat 10am 8938 Clifftop Ave. 3BR/2BA $1,100,000 Karen Chinn 858-776-8989
Sat 11am 1694 Nautilus St. 3BR/2BA $1,315,000 The Reed Team 858-456-1740
Sat 12-2pm 5545 Rutgers Rd. 3BD/2BA $1,450,000 Barbara Lennner 858-981-0002
Sat 1-4pm 2417 Sugarbush Ct. 4BR/4BA $1,650,000 Esperanza Garcia 858-987-4851
Sat 1:30-4pm 3131 Mt. Soledad 3BR/3BA $1,895,000 Maria & Mark Osterheld 858-657-6600
Sat 1-4pm 7525 Pepelia Way 3BD/2BA $2,400,000 Nancy Mitchell 858-405-2083
Sat 1-4pm 6720 Maritime Dr. 3BD/2BA $2,795,000 Michelle Serafini 858-829-6210
Sat 11am-4pm 5931 La Jolla Mesa Dr. 5BR/4BA $2,795,000-$3,500,000 Sharee Yasenchak 858-448-0601
Sat 1-4pm 2339 Cape de La Gama 3BR/2BA $3,395,000 Elizabeth Poter 858-922-8299
Sat 1-4pm 8578 Rueute Monte Carlo 3BR/3BA $4,750,000 Karen & Mark Feldman 858-557-4630
Sat 1-4pm Next Door to 7494 Lookout Drive 3BR/3BA $7,965,000-$9,950,000 David Schroedl 858-459-0202

PACIFIC BEACH / MISSION BEACH / CROWN POINT
Sat & Sun 1-4pm 4060 Mornel St. 3BR/2BA $499,995 Peter Meldorean 858-764-4408
Sat & Sun 1-4pm 4063 Lamer St. 2BD/2BA $580,000 Alex Raipa 858-964-0889
Sat & Sun 1-4pm 4061 Lamer St. 3BR/2BA $640,000 Alex Raipa 858-964-0889
Sat & Sun 1-4pm 3947 Seapake 4BR/4BA $799,335 Kathy Evans 858-488-7355
Sat & Sun 11am-4pm 1301 Oliver Ave. 2BD/2BA $899,000 Kathy Evans 858-488-7355
Sat 12-5pm 4060 Mornel St. 3BR/2BA $499,995 Matthew Jenner 858-603-1812
Sat 1-4pm 3916 Parkva Dr. #402 2BR/2BA $819,000 Matthew Jenner 858-603-1812

POINT LOMA / OCEAN BEACH
Sat 11am & 1pm 5030 Mesa Dr. 3BR/2BA $785,000 Robert Reddy 858-652-8287
Sat 11am & 1pm 3758 Southwood Ave 4BR/3BA $1,196,000 Robert Reddy 858-652-8287
Sat & Sun 11am-4pm 3360 Harbor View Dr. 3BR/2BA $1,476,000 Robert Reddy 858-652-8287
Sat 11am-1pm 867 Harbor View Pl. 4BR/4BA $2,650,000 Robert Reddy 858-652-8287

UNIVERSITY CITY
Sun 1-4pm . . . .4106 Caminito Casitas 3BR/2BA $798,000 Russ Crisp 858-361-7877
Sun 1-4pm . . . .3904 Montrose Way 4BR/4BA $999,000-$950,000 Russ Crisp 858-361-7877

BACK TO SCHOOL SPECIAL!
I recently priced a duplex listed high above the street in Pacific Beach. Total of 4 units, 2 2-bedroom 1 bath. Perfect as an investment for parents looking for a property for their son or daughter while they attend school in San Diego. Move immediately into one unit and rent the others. All have large private outdoor patios, separate laundry rooms, and parking. Use the beach, parks, Mission Bay, walking distance to shops and restaurants. Only minutes from the bay at Crown Point Shores. Located on Consol St 1 1/2 blocks back. Kathy Evans 858-488-7355

ENDLESS SUMMERS AWAITS YOU IN SAN DIEGO AND LA JOLLA
Beach Barber Tract Beauty
This home is just steps to the beach and is close to the ocean. Built from the ground up just 10 years ago with all the finest finishes. Features included walnut hardwood floors, Williams Engineering 4 bathrooms, 3.5 baths, family room, office, large private patio, and 1-car garage plus a gated additional parking space. Closed Escrow at $2,475,000.

Mid-Century Modern 3987 Kenosha Avenue
Mid-Century Modern Single Story "Drogan" Home, Open Beam Real Natural Wood Ceilings, Large Flagstone Fireplace, Dine-In Kitchen Master En-suite. Recently Upgraded Throughout. Freshly Painted. Newer Roof And Windows. Add a Deck For A Fantastic Bay View! Offered at $625,000.

LA JOLLA/BIRDROCK 5535 TAFT AVE. Highly sought after quiet location. Home is located only a few blocks away from the ocean. Walk to famous La Jolla restaurants, boutiques, shops & schools. Newly built 4 ½ years ago with amazing panoramic ocean views. Unique led story with large deck for entertaining or to relax on while soaking in the Pacific sunsets. Spectacular architecture & interior design complete w/ sunroom & home theater systems in each bedroom. Solar panels for energy efficiency. Tropical backyard w/large patio & fenced yard. Offered at $1,275,000.

PACIFIC BEACH 
2-150 sq ft Single Family Home 
Penthouse Room/Family Room
Security System & Closed Circuit TV
Yard/Patio
RE/MAX
1265 Oliver Ave
Open House Sun 2-4 - relax before it's over $499K 593K

THE ONLY THING MISSING IS YOU & YOU & YOUR BEAUTIFUL BAY VIEW!
Back to School Special!
"I'LL COME TO YOUR RESCUE" DIRECT: 858.490.6127 619.822.0093 Home
LICENSE: 01104934
"I'LL COME TO YOUR RESCUE" DIRECT: 858.490.6127 619.822.0093 Home
The New Fall Line Up!

Score a great deal on this charming 1975sf house just 1.5 blocks from the bayfront at Crown Point Shores and its miles of sandy beach and bike trail/walkway around the bay...........................................$1799K-$1835K

Kick off your shoes and relax in this fabulous outdoor 23x17 "living room" including Fireplace, slate floor, & built in bar with cabinets all sitting underneath a large custom built gazebo with lots of added character! 1500sf house on the Crown Point peninsula...........................................$1779K-$1839K

Rush on over to this coveted beach location for a Brand New 2150sf house with beach views. 1 LEFT! Ocean 4 blocks. Bag 2 blocks. Don’t forget your beach toys!.................................$1899K-$1935K

Walk, dine, leisure stroll home to this 2257sf townhome 3 blocks from the beach in La Jolla. Live the village life! Private elevator in unit. Ocean view!...........................$1939K-$1969K

North Mission Beach Gem!

SALE PENDING

Priced at $879,000

Beau Trickey
Mobile: 858.334.9619
Office: 858.272.9696
beau@beautrickey.com
DRE #01473230

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