Big donations keep Pacific Beach Holiday Parade rolling

After organizers of the Pacific Beach Holiday Parade signaled the alarm that the popular December event could be cancelled due to a lack of funding, Benjamin Nicholls from Discover Pacific Beach announced that more than $25,000 had been pledged. “When the word got out that the parade was going to get cancelled, we had about $1,500 in the bank for the parade,” Nicholls said. “That was about a month ago. Since then, a handful of volunteers and people in the business association have really stepped forward and come up with funding in unprecedented ways. So we had $1,500 in the bank and now we have pledges for $26,000.”

Nicholls said the costs for the parade have steadily increased each year. Expenses include:
- $6,000 for police services (this is an estimate; the bill isn’t tallied until after the event)
- $4,400 for rentals (staging, signage, sound system, etc.)
- $1,700 for clean-up crews
- $1,200 for advertising and promotions
- $900 for security
- $700 for Port-a-Pottis
- Approximately $400 in permits

Nicholls singled out several individuals and groups for their work to fund the parade. “Kevin [Faulconer] really got the ball rolling by connecting with the city funding. The city is kicking in $5,000. The PB Shore Club then came on board with $5,000 right after that happened. So they’re matching the biggest contributor,” he said. “Also, Kathy Evans, the woman around to her business community — the real estate community...”
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Johnson said that researchers speculate that sea squirts arrived in the U.S. in ocean-going ships’ sea chests — openings in a vessel’s hull encasing engine cooling intake pipes — and then are spread, like other invasive species that adhere to hulls, by small recreational boats that are trailered between lakes and rivers.

Previous invasions of foreign aquatic species such as the freshwater Quagga and Zebra mussels have caused extensive damage to American waterways and water and irrigation systems. Both were introduced into the United States, probably through discharge of ship’s ballast water, in the late 1800’s and have now spread throughout the West, adversely affecting reservoirs, dams, lakes and recreational boating and fishing.

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

The tiny Quaggas are a particular concern, she explained, because their shells are dangerously sharp and are voracious feeders. They’re varieties. They’re clusters and clog water pipes of all their shells are dangerously sharp

Concern, she explained, because they were first introduced into the U.S. Lakes, where the Zebra mussels caused extensive damage to American aquatic and terrestrial invaders. They can waterways and water and irrigation systems, both were introduced into the United States, probably through discharge of ship’s ballast water, in the late 1800’s and have now spread throughout the West, adversely affecting reservoirs, dams, lakes and recreational boating and fishing. The Zebra mussels, through the build-up of their concrete-like excretions, blocked municipal water and power plant cooling water intake systems that drew their supply from infected lakes and rivers, particularly from the Great Lakes, where Zebra mussels were first introduced into the U.S. Clearing the blockages cost system operators millions of dollars. The tiny Quaggas are a particular concern, she explained, because their shells are dangerously sharp and are voracious feeders. They’re varieties. They’re clusters and clog water pipes of all their shells are dangerously sharp and are voracious feeders. They’re varieties. They’re clusters and clog water pipes of all their shells are dangerously sharp and are voracious feeders. They’re varieties. They’re clusters and clog water pipes of all their shells are dangerously sharp and are voracious feeders. They’re varieties. They’re clusters and clog water pipes of all their shells are dangerously sharp.
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The Cohn Family invites you to enjoy “THIS LITTLE PIGGY” by watching the sausage making process as we take our new “Farmhouse Sausage” from a farm to a family to a plate.

October 4th - both locations: FARMHOUSE SAUSAGE
Watch the entire sausage making process as we take our new “Farmhouse Sausage” from the farm to your table.

October 11th & 12th - Sat. at Iowa Farms, Sun. at Sisson's: "WELCOME TO EDEN!"
Meet the actual producers of Iowa Farms Certified America Berkshire Pork. Explore and celebrate the differences we offer a comparison tasting of Berkshire and regular "pulled pork.”

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Join us as we sample some new "un涯" flavors. Each will be skillfully crafted into a delectable pork loin roast, creating a festive, elegant, and even ready dish.

October 25th - both locations: "SAUCE AND SMOKE"
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Thursday, October 2, 2008

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

“San Diego’s best kept breakfast secret” is back up and running. After going thru a complete rebuild for 9 months, the Landing Grille re-opened their new doors this past August. Although the building is different from the old restaurant, the same style menu of awesome breakfasts, lunch, and early dinners is still served better than ever. The menu offers a variety to choose from to please all tastes, including the famous lighthouse special (hotcakes, eggs, bacon and sausage), the overstuffed breakfast burritos, fish and chips, and “damn good” burgers are always a hit. Now with a large outside patio area, diners can enjoy their meal with a gorgeous view of Mission Bay and all the action of the sport fishing boats. The Landing Grille is located at 1717 Quivira rd., off of West Mission Bay, at Seafish Sport fishing. Look forward to Grand Opening specials and happenings all throughout October. The Grille is open daily at 5am so come on down to the docks and see what the secret is all about. For further info please call (619) 222-3337.
Memories differ on alcohol’s impact

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

Chubinsky participated in a four-year takeover of the council by customers of the Pennant and Beachcomber bars. First a guy named Richard Green, who had never before even attended a town council meeting, was installed as president. Later, Chubinsky took over. Participation during their terms dropped markedly, and the meetings became mainly “gripe” sessions. Chubinsky’s designated successor as president, a character named J.P. Hegenmeyer, suddenly left town before presiding over his first town council meeting. Fortunately, Nancie Geller, whose husband Marc had been council president in the past, stepped in, picked up the pieces and ran the group successfully for three years. After her first year, Chubinsky bailed out and has seldom attended a meeting since.

Geller was followed by Mary Swenson, who has continued to build membership during her two terms. The meetings are now a lively forum dealing with a variety of community issues. In fact, Mission Beach Town Council is currently in its annual membership drive, and interested parties can go to our web site at www.missionbeachcistc.org to see some of our current projects and priorities.

I’ve been on the town council for over 15 years, and it’s never been healthier. As for Chubinsky’s claim that ban supporters just don’t like alcohol, no one who knows me could accuse me of being anti-alcohol. I’m simply pro-public safety.

William Bradshaw
Board Member
Mission Beach Town Council

2002 ban ordinance can’t be compared to Prop D

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

He starts by saying, “Mary PB and MB residents don’t want a total ban on alcohol.” Well, the last vote on a ban in 2002 only lost by 1 percent, and that was mostly due to the fact that the ordinance was not written so all the beach areas were included and voters were either confused or afraid all the problems would move to their area.

Also, the alcohol industry pumped about $12,800 into the last election while the people for the ban and safe beaches came up with only about $25,000.

Opinions in a democracy we have to give up minor personal freedoms to do what’s best for the community as a whole. Please vote yes on Prop D and you’ll support safe, clean and fun beaches, not the alcohol industry.

Steve Sherrard
Mission Beach
Biologist Andre Sonksen with the city’s Storm Water Pollution Prevention Division collects a water sample from Mission Bay near Cutaday Creek.

CUTS CONTINUED FROM PAGE 1

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

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

“Having that kind of data is important because you can make real-time decisions because of that history. It’s always preferable to have a continuous data set. So you don’t want to stop monitoring,” he said.

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

A Heal The bay beach report card released recently gave mostly A grades to the city’s beaches, with a few beaches near San Diego Riverouth receiving poorer grades. The full interactive report can be found at www.healthbebay.org.

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

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

Seating is limited, so RSVPs are recommended.

For information or to RSVP, call the mayor’s office at (619) 236-6310 or email RSVP@mayor.org.

Venues pour cold ones for breast cancer research

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

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

Bare Back Grill is located at 4640 Mission Blvd.

On Friday, Oct. 3, Andrea Nonykowskii, Jennifer Callahan and Allison Herr are returning to the taps at Latitude 32 for their annual Bear for Boobies breast cancer fundraising event from 7 p.m. to midnight.

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

“We’ve raised about $6,000 over four years for four short hours,” Nonykowski said.

“...if we’re not sampling, we don’t know what’s in there and the public doesn’t know what’s there either.”

So to see that last bit of funding being cut is really disappointing,” Reznik said.

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

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

Latitude 32 is located at 5019 Cass St.

Pets invited to Christ Lutheran for blessing

Betas in fishbowls, labs on leashes and tortoises in terrariums are invited to be blessed this weekend. Christ Lutheran Church is inviting pet owners to join them members for a Blessing of the Animals service commemorating St. Francis Sunday, Oct. 5.

The blessing will begin at noon at the River of Life fountain outside the NTC Command Center, Rm 3, 2640 Historic Decatur St., San Diego - Meetings: Th 6 pm, Sat 8 & 9:30 am

Point Loma - Liberty Station Weight Watchers is Opening on Sept 4th

NCT Command Center, Rm 5, 2640 Historic Decatur St., San Diego - Meetings: Th 6 pm, Sat 8 & 9:30 am

Pacific Beach Weight Watchers is Opening October 3rd

1017 Garnet Ave., San Diego, 92109 - Meeting: Fri 9 am

Marina Village Weight Watchers Has Ongoing Meetings!

Mamita Village - Mission Beach, 1936 Quivira Way., San Diego, 92109 - Meeting: Wed 6 pm

La Jolla Village Weight Watchers Has Ongoing Meetings!

La Jolla, 92037 - Meeting: Wed 12:30 pm & Sat 8:30 am

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See BRIEFS, PAGE 8
**Chef Celebration digs in for scholarships**

**By LORALEE OLEJNIK|BEACH&BAY PRESS**

This year’s hosting restaurants include Victor Jimenez of Palomero in Solana Beach on Tuesday, Oct. 14 and Thee Bungalow in Ocean Beach on Tuesday, Oct. 28. The special kickoff dinner was held Oct. 1 at The Hillcrest. Participating chefs throughout the month include Victor Jimenez of Cowboy Star, Chris Walsh of Bite, Brian Malahan of Oceanair Seafood Room and Juan Flores of 3rd Corner.

Rossman said the event raises about $5,000 to $20,000 for scholarships for San Diego’s aspiring culinary students to attend weeklong continuing education classes at the Culinary Institute of America—Graystone in Napa. They return energized and with new skills to put to use in their home restaurants.

“It allows them to go further in their education and bring something back to San Diego,” said Rossman.

Rossman said Chef Celebration was started by Ed Moore, then owner of Thee Bungalow, as a way to bring chefs together and create a fun event to attract patrons during the slower months. It has since grown into an annual production of “run by chefs for chefs,” with a $6,000 501(c) 3 nonprofit status to raise money for scholarships.

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

Chef Celebration dinners require a $56 donation per person. To make reservations, contact host restaurants directly. For more information, visit www.chefcelebration.org.

**Chef Celebration:****

• Tuesday, Oct. 7 – Bernard’O (858) 487-1771

12457 Rancho Bernardo Rd.

Chef Patrick Ponsaty

www.bernardorestaurant.com

• Tuesday, Oct. 14 – Pamplemousse Grille (858) 792-9990

514 Via de la Valle, Solana Beach

Chef Jeff Strauss

www.pgrlcle.com

• Tuesday, Oct. 14 – Thee Bungalow (818)224-2884

4966 West P. Loma Blvd.

Chef Paul Niles

www.thebungalow.com

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**BRIEFS CONTINUED FROM PAGE 7**

**THE SAN DIEGO PUBLIC LIBRARY**

The San Diego Big Library is seeking local authors who had a book published in 2008 for its 4th 3rd annual Local Authors Exhibit. The exhibit will be on display in the lobby of the Central Library downtown, 820 E St., through February 2009.

Authors have until Dec. 1 to submit work. For information call Pamela Sanderson at (619) 236-5847.

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

**Taylor Library hosts free concert on Wednesday**

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

Admission is free but donations are accepted.

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

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**Chefs make special appearances to mingle with guests throughout the evening.**

**THE SAN DIEGO PUBLIC LIBRARY**

Although only a week away, vendor spaces are still available at BeachFest, which returns to Ocean Front Walk for day of a outdoor family fun and dining Saturday, Oct. 1. The fall event features live music and dancing, a volleyball tournament, a fun run, arts and crafts and the popular Taste of Pacific Beach Food Court offering inexpensive samples from a dozen area restaurants.

For vendor information, visit www.PacificBeachFest.com or call Discover Pacific Beach at (858) 273-1301.

**Six Man volleyball returns to South Mission**

-san diego's six man volleyball championships return to south mission beach saturday, oct. 4. the competition is open to volleyball players of all levels. six-person teams face off on 30-foot by 30-foot "long courts." divisions include men's open, a and masters; women's open, a and masters; corporate coed; college coed; and youth ages 14-18. the competition emphasizes having fun by encouraging players to dress in costume, with prizes awarded for most creative.

the annual event is a fundraiser for the San Diego Beach Improvement Group, a nonprofit that works to create awareness on keeping the beaches clean and safe and raise money for improvement projects such as installing bike racks, recycling containers and drinking fountains.

For information visit www.SanDiegoBIG.org.
Miramar Air Show return to this year’s Miramar Air Show, Oct. 3-5.

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

By ANTHONY GENTILE | Beach&Bay Press

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

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

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

“We basically show the tactical elements of the Marine Corps,” said Anthony Gentile, public affairs officer at MCAS Miramar.

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

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

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

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

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

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

“We basically show the tactical elements of the Marine Corps,” Mr. Gentile said.

The amazing Blue Angels return to this year’s Miramar Air Show, Oct. 3-5.
A spiny lobster vanquishes a “camera predator” with a wave of its antennae wands.

Browse but don’t bag bugs in Underwater Park

By Judith Lea Garfield

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

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

Not easy marks, spiny lobsters sport several survival strategies, like hiding in dens during daytime. Their extra-long, flexible antennae remain exposed and are employed as a tactile-sweeping device to ward off predators such as octopus. The lobsters also wave their antennae like conductors’ batons to deflect intruders when they are feeding. Should this mechanism fail to get results, they have backup. A noise-making apparatus at the base of each antenna allows them to emit a grating sound that frightens or at least allows predators to escape. I once saw a lobster leap three feet to a ledge above me from a stationary position. No pole-vaulting equipment needed. Despite this backup, the nocturnal bugs are at their most vulnerable when they venture out following sunset to search for food.

Spawning occurs March through August. Females carry their eggs (about 50,000, but only a fraction survives) plastered to the underside of their bodies for a little more than two months, then the hatched microscopic larvae swim to the ocean’s surface to feed on plankton and undergo a few molts as they increase in size. Once grown to nearly an inch, the transparent lobsters settle to the seafloor, where eagle eyes may spy them secreted amid surf grass strands. As juveniles struggle to adulthood, adult creepy-crawlers are on the run until lobster season closes (before midnight March 19, 2009). At least they are safe from me, as I am only an observer. This season’s lobster wranglers must carry a Spiny Lobster Report Card (besides the requisite saltwater fishing license). Not instigated by the San Diego Unified School District, the Department of Fish & Game wants to gather other pertinent information. Record other pertinent information. Although most Americans consider eating insects unimaginable, others find them delectable, particularly with drawn butter. Those folks geared up, literally, for the opening day of lobster season, which began this past week for sport divers. Fun with ultrasound. The Californiaspiny lobster is a member of the Arthropod family and, as such, is related to terrestrial insects. Typical of their land brethren, lobsters have a segmented upper shell (a carapace), a pair of antennae and lots of legs. Being scavengers, they are equally content to feed on dead animals as those with a pulse. Divers call them “bugs” because they look like colonial-size cockroaches. Still sound appetizing?

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

The West Coast spiny lobster is really a crayfish because it lacks claws like East Coast lobsters. Our Pacific Coast bugs range from Point Conception to the north to down south in Baja’s Magdalena Bay. Highly adaptable, they're found in forest, rocky reef, shallow sand flat and submarine canyon habitats. Interestingly, spiny lobsters don’t take advantage of the abundant arcoges available to them. More often they find themselves clustered together in crevices and under ledges, looking more like a seafood market display, sans the surrounding bed of crushed ice. They frequently share close quarters with sponges outside their own kind, including assorted fish. Not easy marks, spiny lobsters sport several survival strategies, like hiding in dens during daytime. Their extra-long, flexible antennae remain exposed and are employed as a tactile-sweeping device to ward off predators such as octopus. The lobsters also wave their antennae like conductors’ batons to deflect intruders when they are feeding. Should this mechanism fail to get results, they have backup. A noise-making apparatus at the base of each antenna allows them to emit a grating sound that frightens or at least allows predators to escape. I once saw a lobster leap three feet to a ledge above me from a stationary position. No pole-vaulting equipment needed. Despite this backup, the nocturnal bugs are at their most vulnerable when they venture out following sunset to search for food.

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Coronado passing game grounds Mission Bay

Mission Bay learned what an effective passing game was like while Coronado High scored five touchdowns through the air and one on the ground during the Islanders’ 44-19 win over the Bucs Friday, Sept. 26, at Mission Bay. Coronado completed TD passes of 57, 81, 69, 10 and 48 yards plus an 8-yard quarterback keeper of 57, 81, 69, 10 and 48 yards on one down in the devastating second quarter, they ran a play where the entire bench participated in the deception. The Islander quarterback took the snap and faked a hand off to the halfback bootlegging the ball to the right and then easily won the foot race 97 yards to the other goal line. The final score was 21-6 Buena Vista.

The Mission Bay varsity football squad is now 2-2. "RUN" while their quarterback faked a hand off to the halfback charging into the line. At that point the Coronado bench yelled, "RUN" while their quarterback bootlegged the ball to the right and lobbed a first-down pass. On Sept 19 the Bucs hosted Bonita Vista during that fall season game. During halftime, Mission Bay learned what an effective passing game was like while Coronado High scored five touchdowns through the air and one on the ground during the Islanders’ 44-19 win over the Bucs Friday, Sept. 26, at Mission Bay. Coronado completed TD passes of 57, 81, 69, 10 and 48 yards plus an 8-yard quarterback keeper of 57, 81, 69, 10 and 48 yards on one down in the devastating second quarter, they ran a play where the entire bench participated in the deception. The Islander quarterback took the snap and faked a hand off to the halfback bootlegging the ball to the right and then easily won the foot race 97 yards to the other goal line. The final score was 21-6 Buena Vista.

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**Bolts roll over Oakland with 4th quarter rally**

Chargers fans had to be sweating bullets on Sunday as their team trailed the Oakland Raiders 1-0 at halftime and 15-3 after three quarters, but the Bolts put it all together with 25 fourth-quarter points for a 28-18 win.

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

After Philip Rivers hit Antonio Gates for a nine-yard touchdown pass, LaDainian Tomlinson gave the Chargers the lead on a 13-yard scoring run. A 2-point conversion made it 18-15 with 12 minutes 47 seconds to play. The TD run was set up when Bolts linebacker Marques Harris sacked Oakland quarterback Tynes after a Week 3 loss to the Chargers on Sunday. He was trying to catch a pass in the end zone before getting hit by two defenders. Bolts briefly lost consciousness and was immobilized on a stretcher before being taken off the field. Tests were negative, and on Monday, Bolts was resting at home.

Week 4 Leaders: Passing<br>
Kurt Warner, Cardinals, 40-57, 472 yards, 3 TDs, 3 INTs, 1,365 yards, 3 TDs, 1 INT. Jay Cutler, Broncos, 29-49, 361 yards, 1 TD, 2 INTs.

Rushing<br>
Larry Johnson, Chiefs, 28 carries, 198 yards, 2 TDs. Clinton Portis, Redskins, 21 carries, 112 yards, 1 TD.

**NFC**

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

**Week 5 NFL Preview & Picks**

Tennessee at Buffalo is a game strong,” Tomlinson said. “It’s important how we start, finishing the last game. San Diego’s Anquan Boldin was taken off the field. Tests were negative, and on Monday, Boldin was resting at home.

Week 4 Leaders: Passing<br>
Kurt Warner, Cardinals, 40-57, 472 yards, 3 TDs, 3 INTs, 1,365 yards, 3 TDs, 1 INT. Jay Cutler, Broncos, 29-49, 361 yards, 1 TD, 2 INTs.

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Larry Johnson, Chiefs, 28 carries, 198 yards, 2 TDs. Clinton Portis, Redskins, 21 carries, 112 yards, 1 TD.

**NFL**

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809 Thomas Ave • Pacific Beach • 858-270-1730
San Diego 2-2

at Miami 1-2, 10 a.m.

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

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

Game Day: Paving the way for Tomlinson will be key. Chargers don’t want to become second straight upset victim of the Dol- phins.

Pick: Chargers 31, Dolphins 27

Seattle 1-2

at N.Y. Giants 3-0, 10 a.m.

Last Meeting: Seahawks won 42-30 at home in 2006.

Stats & Stuff: Seattle is 8-0 in last eight meetings with NFC East teams, including 3-0 in playoff games. Giants try for first 4-0 start since 1990, when they won the Super Bowl.

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

Pick: Giants 23, Seahawks 20

Washington 3-1

at Philadelphia 2-2, 10 a.m.


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

Game Day: Eagles should be able to cool off the hot Redskins.

Pick: Eagles 28, Redskins 24

Tampa Bay 3-1

at Denver 3-1, 1:05 p.m.

Last Meeting: Broncos won 16-13 at Tampa Bay in 2004.

Stats & Stuff: Buccaneers are 1-3 in their scoring at 23.5, 5 points per game. Denver ranks 29th with 29.3 points allowed per game.

Game Day: Time for another Denver shootout.

Pick: Broncos 35, Buccaneers 24

New England 1-1

at San Francisco 2-2, 1:15 p.m.

Last Meeting: Patriots won 21-7 at home in 2004.

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

Game Day: After a week of fine-tuning during their bye, the Patriots are ready to stiffen up their defense and get back to winning.

Pick: Patriots 35, 49ers 14

Pittsburgh 3-1

at Jacksonville 2-2, 5:15 p.m.

Last Meeting: Jaguars won 31-29 at Pittsburgh in first-round playoff game in 2007 season.

Stats & Stuff: Steelers are 27-2 when Ben Roethlisberger has a 100-plus passer rating. Jack- sonville has won the last 4 meetings with Steelers. Jaguars’ first 4 opponents have combined record of 9-5.

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Last Week’s Bets

1 win, 2 losses

Overall 9 wins, 9 losses

Best Bets This Week

Tennessee - 2 1/2 over Baltimore
Kansas City -9 1/2 over Carolina
New England - 3 1/2 over San Francisco
Tampa Bay -3 1/2 over Denver
Chicago -3 over Detroit
Washington +5 1/2 over Philadelphia

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1 win, 2 losses

Overall 9 wins, 9 losses

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Tennessee - 2 1/2 over Baltimore
Kansas City -9 1/2 over Carolina
New England - 3 1/2 over San Francisco
Tampa Bay -3 1/2 over Denver
Chicago -3 over Detroit
Washington +5 1/2 over Philadelphia

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

Pick: Jaguars 17, Steelers 14

Monday Oct. 6

Minnesota 1-3

at New Orleans 2-2, 5:30 p.m.

Last Meeting: Vikings won 33-16 at home in 2005.

Stats & Stuff: Minnesota is sixth in league defense, allowing 279.1 yards per game. Saints are third in NFL offense at 414.3 yards.

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

Pick: Saints 27, Vikings 21

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

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

“It’s something special that a lot of other air shows don’t offer,” Reiding said.

Reiding said the base expects more than 700,000 people to come to the air show over the three-day span. In addition to the air show, guests will also have a chance to check out the base itself.

“It’s the only time of the year where we open the whole base and the flight line to the public because it is our open house,” Mohabanan said.

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

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

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**BOLTS CONTINUED FROM PAGE 12**

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**Inteceptions**

Darrelle Revis, Jets. 2.

**Quoteable: “I'm sure a lot of people weren't giving him a chance to come back. He proved a lot of people wrong.”**

—Saints QB Drew Brees on Deuce McAllister, who ran for 71 yards and a touchdown on 20 carries in his first significant game action this season after coming back from his second reconstructive knee surgery.

**Sidelines:** Joe Namath has company. The former New York Jets quarterback had his team-record six touchdowns pass tied by Jets newcomer Brett Favre on Sunday. Favre threw for a career-high six TD passes in the Jets 56-13 rout over Arizona. Three of those scoring passes went to Laveranues Coles. “Throwing six touchdown passes was awesome,” Favre said. Former Denver Broncos quarterback John Elway and former Oakland Raiders cheerleader Paige Green became engaged recently in Italy. Elway, 48, has been divorced since 2003 and has four children. Green is 41. The Houston Texans will play their 100th game this weekend. Guard Chester Pitts will be the only Texan player to start all 100 games, and kicker Kris Brown joins Pitts as the only players on the team to have played in every one of the franchise’s games… The Detroit Lions fired team president and COO Matt Millen last week, after his team compiled a 31-84 record since 2001.
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Pumpkin patch
Climbing wall
Exhibitor booths
Historical campus tour, 11 a.m.

GOING GREEN
Electronics recycling drive for old computers, cell phones, batteries, TVs, and more!
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Story time

Grand Prize Drawing
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