Rego graduates to shooting hoops in Germany

Top local basketball talent Amanda Rego happily graduated from University of San Diego last spring, but she longed for the excitement she had known as a two-time CIF champion at Mission Bay High and West Coast Conference champion point guard for USD.

Then on Aug. 22, approximately two months after graduating from USD, the phone rang and five days later she was on a plane to Germany to play pro basketball for the Halle, Germany, Lions. She was on the court three days later in a pre-season game.

“It felt so good to play again. I didn’t realize how much I missed playing,” she said. “Being out on the floor again was an amazing feeling.”

Rego grew up a block from the PB Rec Center and hung out on the rec center court with her older brother and friends.

“I have been playing basketball since I was five years old and I just wasn’t ready to give it up after college,” she said. “I looked at this as the perfect opportunity for me to continue playing and experience a different culture living in another part of the world.”

Now that the season has started, the Lions practice twice a day and generally play one game a week.

“We definitely look forward to the days we have games,” she said.

Everyone on the team speaks English, although she is the only player from the U.S. There is a post player from the Canadian National Team, a player from the Czech Republic, and one from Romania — the rest are German.

“My coach speaks English pretty well, but a lot of the time he speaks German,” she said. “When that happens, one of my teammates comes and stands next to me and translates.”

The team members live in apartments 10 minutes from the industrial city of Halle, located an hour south of Berlin.

The Lions are off to a 3-0 start in the 12-team Division 1 German league. Teams play each other twice in a schedule that lasts through mid-March, followed by playoffs for the eight top teams and a championship series.

The level of play is a little tougher than WCC action, according to Rego.

“The style of play here is so much different. They rarely call checking and there is a lot of pushing, grabbing and holding jerseys that never gets called — all just things I’m trying to adjust to,” she said.

The Halle Lions play at the local university.

“The support and fans we get give me a new definition of what it means to be a fan,” she said. “They enter the gym in a big pack, chanting and banging on drums and noise makers. What impresses me is that they keep it up the entire game!”

Rego, happily graduated to playing in Germany.

For Rady Children’s Hospital around Mission Bay Saturday, Oct 4.

A flock of flamingos greets walkers as they made their way through SeaWorld at the second annual SeaWorld Shamu & You Family Walk.

BeachFest is back, highlighting the best of the beach

While every one is invited, BeachFest is the one event every one from the southern tip of Mission Boulevard to Turquoise and east to the I-5 can be proud to take part in.

The event was created to bring together 92109’s various communities of families, college students, surfers, retirees, young adults and elementary, middle and high school students for a day fun while showcasing the best of the area’s businesses that work for all of us.

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(Clockwise from top left) A player for Ms. Kiss sets up for a return during Saturday’s Six-on-Six Beach Volleyball Tournament at South Mission Beach. Players dressed up in a variety of costumes for the fundraiser tournament.

Jen Gibson, a volunteer, talks to Hank Warner, who donated a pink surfboard for a raffle to benefit the American Cancer Society. Gibson and her friends took over the bar at Latitude 32 for their annual Beer for Boobs fundraiser. They raised a record $1,664 for breast-cancer research.

Lead Pastor Richard Rollerson sings during the blessing of the animals at Christ Lutheran Church’s Blessing of the Animals, Sunday, Oct. 5.

Hammie, a potbellied pig from the “Pets Rule!” show, greeted walkers as they made their way through SeaWorld at the second annual SeaWorld Shamu & You Family Walk for Rady Children’s Hospital Saturday, Oct. 4. More than 2,000 walkers raised more than $140,000 for the hospital. Participants started with a one-mile stroll from the South Shores boat ramp, crossing through SeaWorld, where they were greeted by SeaWorld characters and animals.

“Ranchito” Ted skims through the surf in North PB on his beach cruiser Tuesday, Sept. 30.

(Please note that this text is a mix of news articles and real estate listings, as indicated by the real estate ad format.)

**WEEK IN PHOTOS**

www.beachandbaypress.com
City of San Diego lifeguards battled with La Jolla planning groups for nearly seven years to gain approval to rebuild the crumbling, now-condemned Children’s Pool lifeguard station – which La Jolla Community Planning Association members passed Thursday during their monthly meeting.

LCJPA Trustee Tim Lucas expressed the frustration felt by both sides Thursday saying, “There’s been more debate on this than on the bailout bill that’s been going around.”

Planning members narrowly passed the motion to recommend the project; voting 8-6-0 to forward the lifeguard station plans to a city of San Diego hearing officer.

According to Lifeguard Lt. John Greehhalgh, the city can now begin building the station, unless someone appeals the decision, he said.

Greehhalgh started working with the community nearly seven years ago, he said. At that time, issues with La Jolla’s lifeguard stations seemed tame compared to today’s issues — about a year ago, the city condemned the Children’s Pool lifeguard tower, concerned the crumbling cement and structural cracks could cause the building to collapse.

“We worked with the community for seven years,” Greehhalgh said. “We didn’t get exactly what we wanted but I think it’s going to meet our operational needs.”

La Jolla planning group members and city of San Diego Project Manager Jihad Sleiman agreed on various issues about the Children’s Pool project including: members wanted a narrower access ramp, less landscaping and more plaza. Sleiman said he narrowed a beach access ramp and removed landscaping from the plans. But some members continued to express concerns regarding the tower’s footprint — mainly its impact on the community’s view.

“There were concerns about increasing space in the public plaza,” Sleiman said. “We reduced landscaping. The ADA ramp was 12-feet wide and we narrowed it to 7-feet wide. We even removed a flag pole to accommodate the public’s desire.”

But Sleiman’s concessions seemed futile moments after he spoke, when trustees began voicing their concerns regarding lifeguard duties especially relating to the Children’s Pool area.

LCJPA Trustee Orrin Gabsch opened a Pandora’s Box among the other trustees when he said lifeguards would have too much room for daily administrative work in the proposed Children’s Pool tower – an area one trustee said “could be guarded by someone sitting in a chair.”

“I think the size of this is beyond what the lifeguard needs and I’m going to oppose it for that reason,” Gabsch said.

Trustee Bob Collins spoke after Gabsch.

By ALYSSA RAMOS | BEACH & BAY PRESS
NEWSbriefs

Missing swimmer found at friend’s house

Lifeguards found a man who went missing early Wednesday morning after he and a friend went for a dip in the ocean near Thomas Avenue in Pacific Beach after 2 a.m.

Only one swimmer returned. He reported his missing friend at about 2:25 a.m., Oct. 8. Lifeguard officials said.

While lifeguard and the coast-guard units brought out the heli-copter to search for the man for about two hours, the missing swimmer reportedly made his way to a friend’s house in Pacific Beach area and fell asleep. Lifeguard Li. Andy Lerum said.

“He was found shortly after 9 a.m.,” Lerum said. “He’s located and he’s OK. We’re planning a more extensive search.”

The men decided to go for a late-night swim after both had been drinking, lifeguards said.

Gallery hosts pumpkin-carving contest

With Halloween approaching, Lunatic Fringe art gallery is inviting pumpkin carvers to stop by and try their hand at creating the most scary, funny or creative Jack-o’-lantern Saturday, Oct. 11.

Lunatic Fringe will be located at 4932 Cass St. Doors will be open from noon to 8 p.m. The pumpkin carving contest begins at 4 p.m. with judging at 5 p.m. The contest is limited to 12 carvers.

For information call (858) 270-9599.

Cyclists pedaling through PB on Sunday

Cyclists raising money for the National Multiple Sclerosis’s Pacific South Coast Chapters by pedaling early Sunday morning through the streets from Carlsbad to Mission Bay.

The Oct. 11 fundraiser begins at 7 a.m. with staggered start times for approximately 2,500 cyclists. Riders will head south past Solana Beach up Torrey Pines Hill to North Torrey Pines Road. From there, cyclists will ride down La Jolla Shores Drive and La Jolla Boulevard to Pacific Beach.

Riders will head east on Pacific Beach Drive to Crown Point Drive before heading south to Indiahough Street. The ride ends at Hospitality Point on Quirtara Way.

Entries are limited to 2,500 riders for safety reasons. Spaces for the popular race are reserved early and have hit maximum ridership for four years. For information visit www.beachandbaypress.com

Jury acquits man for throwing fatal punch

A jury acquitted a Pacific Beach man of murder and voluntary manslaughter Friday, Oct. 3, but San Onofre Bonsu received a Not Convicted Monday, Oct. 6, on the remaining charges of involuntary manslaughter and two assaults stemming from a lethal punch to the head which killed a young man as he was exiting a taxicab.

Bonsu, who turned 36 on Monday, was released later that day on $20,000 bond after San Diego Superior Court Judge John Thompson Jr. reduced his $300,000 bond since he no longer faces murder or voluntary manslaughter charges in the death of Nathaniel “Nat” Ward, 25, of Pacific Beach.

The jury deadlocked 8-4 for acquittal for assault and involuntary manslaughter of Ward and assault of Colm Costanzo, 25, that stemmed from a 2 a.m. incident on May 24 in the 4,400 block of Bond Street near Mission Bay High School.

Bonsu’s attorney Gary Gibson sought the bail reduction over the objection of Deputy District Attorney Corrine Miesfeld, who drove off quickly after the fight started. “We’re still looking for that taxi driver,” the prosecutor said.

Costanzo received stitches after Bonsu punched him in the face, causing a tooth to pierce his lip. Ward’s friends also expressed dismay at the verdict.

“His family and all of us were very disappointed. We’re unhappy with the verdict,” said Marie Angeli.
City needs to open up space for motorhomes

I am writing in response to your article on the upcoming RV regulation changes and would like to voice my opinion in this issue as I am disabled and will be unable to attend the City Council meeting.

While I understand property owners being concerned, we fellow citizens’ owners also have rights here to access to public property. Property owners don’t change daily while we RV owners are paying daily rate changes in gas prices and related expenses far more than they are. People damaging our vehicles is dangerous to us and our insurance companies don’t cover them.

We are tired of being homeless, sleeping on streets, unable to get to jobs wherever they need us and need our government’s support to do this. Especially transitional jobs such as construction, farmings, etc. would be good taxpayers.

Would it not be possible to open say part of Dog Beach, South Shores, Mission Bay and the Glider Port area to no hook up overnight parking for say $5 to a night for non Medicare people and $1 a night for Medicare people to compensate for the lack of available housing (8th Amendment cases pending)? I speak for quite a few friends who think this a fair solution to this issue.

Also a sleeping park for the homeless would help here for people in transition to avoid further issues and would increase public safety.

Also a lower income mechanical services would help both keep these vehicles up to public safety codes and provide employment and job training.

A temporary labor agency or Conservation Corps style area would provide suitable employment to meet these needs and prevent the spread of pandemic (drugs, disease, homelessness) issues as well and these areas are notoriously underdone in the areas of available employment which leads more and more to social problems.

I hope this helps provide a better understanding of RVers needs too and addresses the fact that we try to be good to property owners in spite of their treatment of us. We are all citizens here and deserve equal respect of our situations and needs.

Jennifer L. Jordan
Ocean Beach
Letters

CONTINUED FROM Page 6

Thursday, October 9, 2008

the front yard.

We’ve come to find out that this lit-
tle problem isn’t uniquely ours. Turns out “Yes on D” signs are being stolen all over the beach area. So much for freedom!

Fortunately, it won’t be the yard signs that ultimately determine the outcome of the election. But for now, two more “Yes on Prop D” signs please.

Laura & Brian Baly
Pacific Beach

Most Irish students are here to work and study

In response to the letters to the editor published Sept. 18 (“Irish tourists turn aps. into summer hostels”) and Sept. 25 (“Say ‘no vacancy’ to Irish summer renters”) in reference to renting to Irish tourists, I would like to caution both landlords that in addition to their letters being very heavy handed, they reeked of prejudice. There are nearly 1,000 students who visit San Diego every summer on J1 visas. These are not tourists as described in the letters. These are American students. This is not the 1840s where signs in windows read “No Irish Allowed.” An entire culture of young people should not be discriminated against because of a few miscreants.

Pat McGuinn
Allied Gardens

Prop 2 would eliminate cruel farm practices

I have always believed in the humane treatment of animals, which is why I am supporting The Prevention of Farm Animal Cruelty Act and am voting yes on Proposition 2 this November. A yes vote on Prop 2 will give animals who are subject to some of the cruelest practices in factory farming the ability to simply spread their limbs or wings, lie down and turn around in their enclosures. Providing this for any living being should go without saying, but due to the common practice of treating animals raised for food as mere commodities, people do not often realize the cruelty that goes on behind closed doors, such as that exposed by recent undercover videos from California and Iowa factory farms.

There are anti-cruelty laws that protect cats and dogs, but all animals have the capacity to feel pain and to suffer. Animal cruelty is just wrong and Prop 2 gives Californians a chance to tell corporate farmers that their mistreatment of animals is unacceptable.

Pam Harris
Chariumont

Letters to the Editor

Letters Policy

Policy

The opinion pages of Beach & Bay Press are meant as an open forum for expression. The views expressed in the Letters to the Editor and editorial within this paper are not necessarily the views of the paper, nor those of the staff.

The Beach & Bay Press reserves the right to exclude any Letter to the Editor, or to edit Letters to the Editor for length and prevention of libel, or for other reasons as seen fit by the editors.

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After four days of deliberations, a jury deadlocked Monday, Oct. 6 over whether four San Diego firefighters were sexually harassed during the 2008 parade.

Juries were able to answer only one question in the lawsuit, and they voted 11-1 to conclude that firefighters Jeffrey Crow and Charles Aguirre were not subjected to an adverse employment action by firing the lawsuit with the three others against the city and the city’s Fire Rescue Department. In order for a jury to reach a verdict, nine votes are required to reach a decision.

San Diego Superior Court Judge Darcy Ashley said the penalty offensives in which the officer can appear before a “court” of local citizens and a legal represen- tative to discuss their crime and fig- ure out a way to make restitution, which always includes some type of community service.

In exchange they will have the offense removed from their record and may avoid paying a fine. More than 75 percent of the offenses are alcohol related.

“The BACC has proven to be an effective way to help the offender understand there is a consequence of their actions for both the victim and the perpetrator,” Cox said.

“There have been some very posi- tive projects done by the offenders, like the painting of signs, picking up trash and other efforts to improve Pacific Beach.”

Ironically, while being funded by the bridge funding, “It is a great idea of having the offenders paying a fee, then we need people to write a fee, then we need people to write a

Last month, residents met with the Public Safety Neighborhood Services division of the City of San Diego to discuss options which will support the BACC once the bridge funding ends.

“We are looking at charging a fee for anyone who goes through the BACC,” NiMco said. “About $30 per person would fund the court on an ongoing basis year after year.”

NiMco explained the City Council would have to approve such a fee and the earliest there will be a vote on the issue would be this month. “If you like the idea of having the offenders paying a fee, then we need permission from the City Council or their represen- tative,” he said.

For more information visit www.pacificbeach.org and click on the link for the Beach Area Community Court or call the Discover Pacific Beach at (858) 273-3303.

Museum is located at the NTC Naval Training Center and opted its start when many Filipinos that ed to the U.S. from the Philippines after their driver had a sudden family emergency. Hewitt was promoted to captain last February.

Severson argued that the court’s claims, such as the severity of the harassment and the relative hostility at the parade. Along with Hewitt, John Giolito, Chad Allison and Alexander Kane testified they were repeatedly subject- ed to jokes about dances during the parade.

They also said they were forced to participate and given only five hour notice.

Fire Chief Tracy Jarman testified that policy has changed as a result of the firefighters' complaints. She took the six-man, six-woman jury that only volunteers will be asked to oper- ate a fire truck and march in future parades, a policy that was followed in the 2008 parade.

Jarman said she remembered the hose jokes, but she said the other firefighters testified they did not hear or see other types of behavior the firefighters said they witnessed.

Deputy City Attorney Maria Sever- son told jurors in closing arguments the city will make a decision on comments made by the public and the city can’t regulate how someone dresses in a parade. Severson argued the firefighters claimed they were sexually harassed but that none of them said they were touched by any parade spectating.

“For me, I feel it was a banana for what we stood up for what we believe in,” Giolito said after the verdict. “It was never about anything but the city. It’s too bad we had to go this far.”

COURT
CONTINUED FROM Page 1

Cox was quick to laud the BACC for its efforts and noted its success is a key factor in the allocation of the bridge funding. “It is a great program which is obviously having a positive impact and proving to be a tremendous benefit to the commu- nity,”

BACC executive director of Discover Pacific Beach, which helps oversee the BACC, is thrilled with the new operating dollars.

“Greg Cox really saved the pro- gram,” he said. “In honesty, we were on the verge of shutting down the BACC in mid-August. To have the County Board of Supervi- sors provide the bridge funding is phenomenological. You cannot run pro- grams on grants over a long term. They are not permanent so this bridge funding is a huge help.”

The BACC is an option for cer- tain offenses in which the offender can appear before a “court” of local citizens and a legal represen- tative to discuss their crime and fig- ure out a way to make restitution, which always includes some type of community service.

In exchange they will have the offense removed from their record and may avoid paying a fine. More than 75 percent of the offenses are alcohol related.

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Ocean Beach People's Celebrates National Cooperative Month

Nowadays, there is a different kind of marketer—a person who become something more than buyers or sellers, and that place is called a co-op. 

Co-op member shoppers not only buy goods and services from the cooperative, but they also own the business. They use their combined power to invest their capital, operate their own business, provide themselves and others with goods and services, and share their benefices. Ocean Beach People's Organic Foods Co-op is a California Cooperative.

But why buy your groceries at the Co-op? When you make purchases at the Co-op, your community benefits from its own economic activity. How? Your money stays in the local economy. Prices stay low and local, organic farming is supported. Education and outreach programs promote a vision of sustainability within the community. This direction is widely different than the single end point of profit at any food store that is not cooperatively owned. Community is the means and the end.

This month People's Co-op celebrates with our annual Healthy Halloween Carnival on Friday October 31. Enjoy pumpkin bread and cider all day, free healthy treat bags for kids, cloning, magician and fortune teller. We're having a pumpkin coloring contest too—pick up entries at the Co-op.

Come take part in the cooperative experience at Ocean Beach People's Organic Food Co-op, 4765 Voltaire Street (619) 224-1387, where “everyone can shop and anyone can join.” Check us out on the web at www.obpeoplesfood.coop.

Hot Summer Workouts—
How do you stay motivated in the heat?

Lizbeth Garcia, personal trainer and owner of Tilia Studios, has “Five Quick Tips” to help you stay motivated in the summer heat. “Last summer was unusually hot and humid for San Diego. These fitness tips helped my clients and myself stay motivated in the heat.”

1. Start Earlier—clients who usually started at 6 a.m. got out of bed earlier. A half-hour made a significant difference in their overall energy. The early morning “coolness” motivated them to get it done fast before the sun sizzled. Starting earlier to get fit pays off!

2. Location—Location, Location—choose a location near the water—it feels cooler to the skin while sweating pounds off. San Diego's waterfront was refreshing and the beach boardwalk was also cooler and an entertaining location (time passes faster) in the heat.

3. Infused Ice Water Reward—everyone needs a reward after a workout, having chilled ice water infused with fruit or herbal tea waiting for clients when they finished, made sweating worth it.

4. Watermelon Reward—summer watermelon is the sweetest reward for any client or group class after a workout.

5. Workout in Water—running and walking bare foot in shallow water will keep you cool. Add pushups, abs curls, lunges, squats, you name it—all can be done in shallow water to add resistance.

For more information, contact Lizbeth Garcia (619) 454-7380, www.TiliaStudios.com
New locations at 4645 Cass St., San Diego 92109

Theatrical Review

The New Musical Missoula

Missoula is a new musical with music by Jeanine Tesori and book and lyrics by Tony Kushner, based on the play Missoula: An Epic of journalistyal Verdict by Weinstein. The story takes place in the aftermath of an assault on campus, and follows the investigation into the case and its consequences. The musical explores themes of consent, power dynamics, and the impact of media coverage on victims and perpetrators.

The cast, directed by Eric Schaeffer, delivers a strong performance. The music is catchy and the lyrics are thought-provoking. The stage design by David Lee C. Smith is simple yet effective, with minimalistic sets and lighting that add to the atmosphere of the production.

Overall, Missoula is a powerful and relevant addition to the musical theatre repertoire. It challenges its audience to consider the complexities of the topic and encourages them to be more informed about consent and power dynamics in our society. Recommended for mature audiences.
The Girls of the Golden West 

The stitched image of an old photo of the 1930s country duo the Girls of the Golden West by Liz Abbott will be on display at Tecolote Guitar Works, 1231 Morena Blvd, along with other stitched likenesses inspired by vintage photos and advertisements. The opening night reception for Abbott’s stitched exhibit is scheduled for Saturday, Oct. 11, from 7 to 10 p.m.

Featured Sale

$25,000 Liberty Station, Point Loma. Owner will consider offers on this former model home built in 2003. Numerous upgrades to the property include custom built-ins, hardwood floors, and stainless steel tile backsplash. There are 3 bedrooms, 2.5 baths, 2-car garage, and BBQ on the spacious yard. Backyard is perfect for entertaining with the ocean view and lush tropical feel. Available now.

Art show features stitched versions of retro imagery

The idea of stitchery and music coming together might seem like an odd mix, but in the case of artist Liz Abbott and Tecolote Guitar Works, it’s a seamless match. Abbott creates an almost 3-D world in fabric, taking vintage images, including retro travel posters and photos of musicians of the 1910s and 1940s, and transforming them into formable art. On Saturday, Oct. 11, the venue will host an opening night reception for Abbott’s “Creative Stitchery Show” which will run through Dec. 11.

“...the combining of a music shop and gallery is definitely a good fit,” said Tecolote Guitar Works resident artist Kat Kirby. “Although, I think people are astounded some times when they enter the gallery, looking for a dusty old repair shop.”

The reason behind the guitar shop/gallery paring seemed obvious to Kirby.

“Musicians are artists, and artists enjoy music usually, so it made sense to us to put them together,” she said. Abbott has been a mainstay of the local music scene since moving to San Diego in 1977, most notably as co-editor of acoustic music magazine The Troubadour since it’s founding eight years ago.

“I suppose stitchery is a great way to de-stress, but to tell you the truth, I’ve been so busy over the last couple of years, I haven’t been stitching as much as I used to pre-Troubadour,” Abbott said.

The magazine provided the initial impetus for the show.

“We advertise in The Troubadour, and met Liz (co-editor) Kent Johnson when we first placed an ad,” Kirby explained. “I told me about her artwork, and I wanted to see it. It developed from there.”

Up to 90 pieces will be on display, with prices ranging from $300 to $700. Abbott said stitchery is a very time intensive art form, with each piece taking between 10 and 30 hours.

Abbott’s introduction to the craft came about almost by accident.

“I had had a box of hand-stitched quilting squares sitting under my bed for about 20 years and finally decided it was time to make something. By the time I got around to making a quilt for my mom, there weren’t many squares left, so I decided to do a tribute to her by doing a ‘story quilt,’” she said.

Using a photo of herself at age five with her mother, she reproduced it in fabric as a centerpiece for her quilt.

“That was so much fun that I wanted to do more,” she said. She next decided to recreate vintage orange crate labels.

See Stitched, Page 12

The Girls of the Golden West

BR BART MENDEZ | BEACH&BAY PRESS

$4,500 Birdrock. How would you like Starbucks just outside your front door? That’s what you get with this 3 bedroom 2 bath stylish townhome. Designer furnished with an ocean view roof deck, all unique stainless steel. The home exceeds expectations allowing you to walk to all the great places Birdrock has to offer. Available now.

$6,000 Santa Luz. Stunning Mediterranean style home in the prestigious gated community of Santa Luz. This 4 bedroom 4 bath home is beautifully furnished with custom designer touches. The backyard is palatial with walk through boutique sized huge kitchen with top of the line appliances to the sprawling luxury home sets the standard. From the Mormon Temple and the lights of UTC. Elegantly furnished the 3 bedroom, 3.5 bath home has more than 3000 sq ft of space. Available furnished or unfurnished the 3 bedroom, 3.5 bath home has more than 3000 sq ft.

$10,000 La Jolla Shores. Located directly on Kellogg Park with stunning sit down white water views this sprawling luxury home sets the standard. From the huge kitchen with top of the line appliances to the palatial master suite with walk through boutique sized closet and private gym the home exceeds expectations. The roof top deck with full kitchen and fire pit offers the perfect setting on a grand scale. 5 bedrooms, including 2 masters, 5.5 baths. Available now. Unfurnished.

$6,000 Liberty Station, Point Loma. This 3 bedroom 2 bath home is fully furnished and just a short stroll to the beach. There is a beautiful private yard and plenty of off street parking. Available Oct-08 June-09.

$925,000 Liberty Station, Point Loma. Owner will consider offers on this former model home built in 2003. Numerous upgrades to the property include custom built-ins, hardwood floors, and stainless steel tile backsplash. There are 3 bedrooms, 2.5 baths, 2-car garage, and BBQ on the spacious yard. Backyard is perfect for entertaining with the ocean view and lush tropical feel. Available now.

Featured Rental

$3,500 La Jolla Shores. The 2 bedroom 2 bath home is fully furnished and just a short stroll to the beach. There is a beautiful private yard and plenty of off street parking. Available Oct-08 June-09.

$4,500 Birdrock. How would you like Starbucks just outside your front door? That’s what you get with this 3 bedroom 2 bath stylish townhome. Designer furnished with an ocean view roof deck, all unique stainless steel. The home exceeds expectations allowing you to walk to all the great places Birdrock has to offer. Available now.

$6,000 Colony Hill. Incredible views, views and more views. This home is rugged to take advantage of some of La Jolla’s best views. From the pond at the Beach and Tennis Club all the way to Dana Point and east to San Clemente. Located directly on Kellogg Park with stunning sit down white water views this sprawling luxury home sets the standard. From the Mormon Temple and the lights of UTC. Elegantly furnished the 3 bedroom, 3.5 bath home has more than 3000 sq ft of space. Available furnished or unfurnished the 3 bedroom, 3.5 bath home has more than 3000 sq ft of space. Available now.

$10,000 La Jolla Shore. Located directly on Kellogg Park with stunning sit down white water views this sprawling luxury home sets the standard. From the huge kitchen with top of the line appliances to the palatial master suite with walk through boutique sized closet and private gym the home exceeds expectations. The roof top deck with full kitchen and fire pit offers the perfect setting on a grand scale. 5 bedrooms, including 2 masters, 5.5 baths. Available now. Unfurnished.

The opening night reception for Abbott’s stitched exhibit is scheduled for Saturday, Oct. 11, from 7 to 10 p.m.
Members of San Diego’s Polish community would to say, “Witamy,” or welcome, to the 2008 Polish Festival this weekend at St. Maximilian Kolbe Roman Catholic Mission, 1735 Grand Ave.

While the event brings together Poles from Southern California and Arizona for two days of traditional foods, music and dancing from the old country, the event welcomes everyone to their 13th annual Pacific Beach celebration.

“Come and experience Polish hospitality, said Mission member Bogdan Maziarz. “It’s Little Poland away from Poland.”

While common in the Midwest, Eastern European food isn’t easy to find in a border city filled with cheap and delicious taco shops, so it’s no wonder the variety of Polish dishes has hungry guests lining up for plates of pierogis (dumplings stuffed with potato, cabbage and cheese), Polish sausages and potato pancakes.

Another favorite is the bigos, or hunter’s stew, brimming with slowly-cooked cabbage a variety of meats and sausages.

“It’s served hot, so when it’s cold outside, it’s a great thing to eat and warm up,” Maziarz said.

There will also be plenty of desserts and cakes available for those with a sweet tooth.

PB Polish Festival shows off Old World traditions

By LARRY HARMON | Beach & Bay Press

Thursday, October 9, 2008

Our friend is dead. (Bonsu) did not need to get out of his car,” she said.

ACQUITS

CONTINUED FROM PAGE 5

The cab driver has never identified. The victim’s friends said they figured the cab driver may have not either read or heard anything about the case afterwards, or was operating the cab in some manner that would have got him in trouble with his employer, such as not logging the fare. They urged him to come forward.

“Nat was a wonderful, happy person. Very happy. You couldn’t find a picture of him not smiling,” Angeli said.

Are You a Doula at Heart?

UCSD VOLUNTEER BIRTH ASSISTANTS

Join the UCSD Medical Center’s Hearts & Hands Volunteer Doula Program

What Is A Doula?

A Doula is a non-medical birth assistant who gives one-to-one support to women during childbirth. A Doula provides continuous physical and emotional care and comfort to a birthing mother and her family during her entire labor and delivery.

Who can be a Doula?

You can, if you have the time, commitment, and stamina needed to stay at a laboring woman’s side during childbirth.

You need a calming presence, but medical, nursing or birth experience is not required.

UCSD Medical Center in Hillcrest offers training for new volunteer doulas.

(619) 543-6269

happier, healthier mothers & babies...
“When I had done about 30, I realized the quilt would look way too busy, so they sat in a pile until I got the idea to frame them for show,” Abbott said.

While she thoroughly enjoys stitching, she admits her work situation at the time helped motivate her.

“I ended up becoming the mad sewer,” she joked. “Partially because I wasn’t happy in my job at the time and vented all my anger and frustrations by stitching.”

While she has made fabric art of this style for numerous clients, including The Pannikin and The Brockton Villa, it’s the opportunity to use pre-1950s imagery that appeals to her the most.

“I just love vintage anything, you name it: photos, posters, magazine covers, odd little drawings.” At the moment, her favorite subjects are music ones.

“I have fantastic promo shots of various musicians, like the Girls of the Golden West and the Ink Spots to name a few,” she said.

While her art subjects tend to be from the pre-Kennedy era, she has stepped further.

“I also stitched the cover art for the Beatles’ ‘Meet the Beatles’ record,” she said.

For her part, Abbot enjoys all aspects of stitchery but with her 60th birthday approaching, she “slowed down a little lately,” but still finds her work therapeutic and most of all, fun.

“When I was heavy into it awhile back, I’d finish one and then couldn’t wait to pick the next image to work on.”

Her latest inspiration is particularly close to home. “My newest project is a baby blanket for my webmaster’s baby, Oliver, which depicted the Little Prince on it,” she said. Abbott marvels at the idea of having an art show based around what was initially just a hobby for her. “I got started kinda through hit and miss and kept going and perfecting my techniques,” she stated. “And now it’s all this.”

“Creative Stitchery by Liz Abbott”

Opening reception: Saturday Oct. 11, 7 – 10 p.m.
Tecolote Guitar Works
1231 Morena Blvd.
www.tecoloteguitarworks.com

STITCHED
CONTINUED FROM Page 10

HOMEMADE and Cracked to Order!

Breakfast or Lunch at the Beach

Thank you Beach & Bay Press readers for making us an award winner for Best Breakfast! Ask for your “Best Things in Life Card” after your 5th visit, next entree is FREE!

Tuesdays are double stamp day

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

VILLAGE NEWS • BEACH & BAY PRESS

Bird Rock:
the quaint and quiet beach community!

Thank you Beach & Bay Press readers for making us an award winner for Best Breakfast! Ask for your “Best Things in Life Card” after your 5th visit, next entree is FREE!

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4150 Mission Blvd. Pacific Beach • 274-3122
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VILLAGE NEWS • BEACH & BAY PRESS

Bird Rock:
the quaint and quiet beach community!

Have Ads, Will Travel ...
Glad to Help You!
Call Kirby for your free marketing consultation!
858-270-3103 x122 or Kirby@sdnews.com

BEACH & BAY PRESS
“The only community newspaper about the community for the community.”
people are expected to head to Ocean Boulevard between Thomas and Felspar streets Saturday, Oct. 11.

The daylong event gets an early start with the 8K Beachrun from Crystal Pier to the jetty at 7:30 a.m., but BeachFest doesn’t really get shaking with music and dancing until 11 a.m.

Following the Pledge of Allegiance led by troops from the Boy Scouts and Girl Scouts, The Corvettes will turn on their amps and work the crowd with their nostalgic set of rock’n’roll classics that cover three decades of great music at the Pacific Nissan Main Stage near the foot of Hornblende Street.

Local singer/songwriter Andrea Reschke will take the Discover Pacific Beach Community Stage two blocks north at Felspar Street also at 11 a.m.

While the main stage will focus on rock and swing to move you, the community stage has a line up of locals to cheer on, including freestyle rollerskaters Skate This!, PB Locals to cheer on, including

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Local...
Pacific BeachFest

Pacific BeachFest Event Lineup

1. **7:30am 8K Beachrun:** This eight kilometer run on the sand from Historic Crystal Pier past the historic roller coaster to the San Diego river and back is a challenging run. Registration begins at 6:45am, the race starts at 7:30am and costs $20.

2. **Volleyball Challenge:** Competition starts at 9am on the beach. Watch the Boys and Girls of summer compete on the beach in the Volleyball challenge. Two person teams of beach volleyball enthusiasts will spike, block, and dive to victory completing for over $2,100 in prize money. The beach volleyball competition begins at 9am and runs all day.

3. **Vavi presents the Sand Tennis Tournament:** A friendly co-ed Sand Tennis tournament brings a new sport to Pacific BeachFest. This new sport is quickly gaining on Beach Volleyball as the sand sport of choice in San Diego. Organized by the Sand Tennis Association of San Diego this event is sure to turn heads. The Sand Tennis competition begins at 9am and runs all day.

4. **Windsurfing:** Midday on the beach. Watch as the San Diego Windsurfing Association brings out the colorful sails and longboards as part of a windsurfing clinic and Formula Class Exhibition. Featuring instruction and displays, this event showcases a popular and exciting sport.

5. **Kite Flying:** 11am on the beach. One of the most popular summer sports on the beach and bay is kite flying. The San Diego Kite Flying Association will bring out the mighty and colorful kites to demonstrate acrobatics that will make children smile and amaze parents.

6. **Pacific Beach Dunk Tank:** This classic carnival attraction will raise money for the Pacific Beach Elementary School. Neighborhood characters and perhaps some politicians will get their comeuppance provided someone has a good aim.

7. **San Diego Police Department Law Enforcement Expo:** Join the boys and girls in blue as they showcase San Diego’s Police Department on Felspar St. Get your picture taken in a historic police paddy wagon, see a SWAT tank, and get up close with San Diego Park Rangers. SDPD recruiting will be on hand to talk about a career in Law Enforcement.

8. **The Pacific Nissan Main Stage**

Listen to the best lineup of musical talent to play on the boardwalk. The Pacific Nissan Main Stage will be located on the boardwalk at Hornblend Street. The line up is as follows:

- **11am**
  - Pledge of Allegiance

- **11am-12:30pm**
  - The Corvettes

- **1:30-7pm**
  - Stars on the Water
  - The Stilettos
  - The Pacific Nissan Main Stage
  - Big Time Operator

- **7pm**
  - Fireworks Extravaganza

9. **Discover PB Community Stage**

This year the Community Stage heats up at Felspar Street with a diverse range of local, regional, cultural, and artistic entertainment. The Community Stage will feature the following line up:

- **11–11:55am**
  - Andrea Reschke

- **12–11:55am**
  - Skate This!

- **1:30–3pm**
  - The Corvettes

- **3:30–5pm**
  - Stars on the Water

- **5:30–7pm**
  - The Stilettos

- **7pm**
  - Big Time Operator

- **Fireworks Extravaganza**

10. **Taste of Pacific Beach Food Court**

   - **Olde City Grill** — Pizza and Cheesesteaks
   - **Pacific Bean** — Acai Bowls & Iced Mocha
   - **Pacific Beach Central Café** — Grilled Cheese & Turkey Wraps
   - **Leilan’s Café** — Katsu Pork Sliders & Teriyaki Chicken
   - **Synergy Vegan Café** — Vegan Desserts and Kombucha
   - **BareBack Grill** — Sliders
   - **Pacific Beach Smoothie** — Smoothies
   - **Turquoise** — Tortillas & Tacos
   - **Caffé Bella Italia** — Pasta, etc.
   - **Hooters** — Hot Wings
   - **Abby’s Candies** — Ice Cream & Smoothies

   **ALSO FIND THESE WONDERFUL VENDORS ONSITE:**

   - California’s Best Kettle Corn
   - Hawaiian Shaved Ice
   - Sweet Country Kettle Corn

Art by Jesi is Pacific BeachFest’s presenting artist in 2008. Visit her work at www.arbyjesi.com or find her at BeachFest on the Boardwalk.
Cafe By The Bay

New cafe, Crown Point area 100% natural, best seat in town, delicious fresh fruit smoothies and savory grilled outdoors.
Eat in or take out. Don’t wait, come and enjoy.
3510 Ingraham St., 858.273.2233

Cafe Athena

"The closest thing to Santorini is here in San Diego..."
Zagat Survey. Cafe Athena specializes in the art of Greek and Eastern Mediterranean food with excellent service.
1846 Garnet Ave. (Pacific Plaza II), 858.274.1140

Filippi’s Pizza Grotto

Open for lunch and dinner. Quality Italian food in Pacific Beach for over 40 years.
962 Garnet Ave.(corner of Casa & Garnet), 858.483.6222

Smoke Zone

The best cigar and cigarette prices in PB! Our "Walk in humidity" preserves all our premium cigars. Buy one get one FREE (12p or higher), Monday $3.49 + Tax; Camelillos $5.69 + Tax.
2015 Garnet Ave. #104, 858.483.3745

PB Foreign & Domestic Car Repair

Serving PB since 1981. All work guaranteed, 6 months or 6,000 miles, all makes and models. Check out our coupons at pbforeign.com, visit George & Arron at 1727 Garnet Ave., 858.270.1142.

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All packages including UFC
LIVE ENTERTAINMENT - PRIVATE PARTIES - KID CRAY-FOOD & BEER TO GO
710 Garnet Ave., Pacific Beach • 858.483.7844

PB Als House

PB Als House is a great new restaurant and bar in Pacific Beach. Located at the end of Grand Avenue, close to the boardwalk. The restaurant is stylish and comfortable and includes a rooftop deck with ocean views.
721 Grand Ave., 858.581.BEER (2377) www.pbalshouse.com

IPSB College/Massage Therapy Center

Licensed in the heart of Pacific Beach! We personalize each session. A safe, relaxing, and relaxing environment.
Student Message $45. Licensed Professional Massage $60
1414 Garnet Ave., 858.490.1154

Bike Shop Chris

10% OFF accessories with purchase of a bike or 20% OFF a tune up! Large selection to choose from.
1484 Garnet Ave., 858.270.0882, www.BikeShopChris.com

Great Clips

Present this map to receive
$2 OFF your haircut!
No Appointments Necessary! Hours: M-F 9-9; Sat 9-6; Sun 10-5
1886 Garnet Ave. (Pacific Plaza II), 858.362.3607

Eye Glasses Galore

Come to Eye Glasses Galore for Eyeglass repairs, sunglasses replacements, contact lenses and unique sunglasses accessories! We have prescription and designer sunglasses for all ages.
1772 Garnet Ave., 858.459.2020

The UPS Store

Have your items organized and expertly packed at your nearest
The UPS Store location. Packaging supplies, mailing supplies, rotary services, passport ID photos, and money transfers. We have all of your shipping needs!
1804 Garnet Ave., 858.273.0661

United Cellular Palsy Thrift Store

Clean out your old items you no longer need! Bring them down to the United Cerebral Palsy Thrift Store in Pacific Beach!
1454 Garnet Ave., 858.490.6400

DAVES TAVERN

Home of the infamous "Boomer Festival" Join us for Happy Hour from 4-7:30 a day, all year round. All New England Offshore, & Baja Seafood Bar.
Gamers NFL Sunday Ticket & Free pool all day, all day. Brand new food menu served from noon to close!
2263 Garnet Ave., 858.273.9181

Plum Crazy Saloon

66 Bears on Tap - Pool - Football - Sports TV
Come join us for a slice of Pacific Beach!
1006 Garnet Ave., 858.270.1212

Wells Fargo

Wells Fargo provides banking, insurance, investments, mortgage, and consumer finance with over 130 branches in San Diego.
1302 Garnet Ave., 858.272.8824

Dirty Birds

We're the best seat in the house! We're the ultimate sports bar, with the best food and drink specials. We're open every day and every night. We've got it all, from football to basketball, from baseball to hockey, and everything in between.
1717 Quivira Rd., off of West Mission Bay, at Seaport Sport fishing. (619) 222-3317

La Jolla Auto Body

“Since 1966” Scotty - Paul - Kirby - Jose Specials: $25.00 on your next auto “Detail”, 10% Discount on your total “labor” costs on any estimate.
4620 Mission Bay Dr., 858.270.6821

The Freak Factory

In the heart of Mission Beach (San Diego). Mugs, masks, ties, kits, vintage, Hawaiian shirts, t-shirts, pipe, orguny, t-shirts and really nice people behind the counter. There even your typical Island jangle from the ceiling.
3742 Mission Blvd, San Diego, CA, 92109, (858) 488-4324

Pacific Beach Central (Italian) Cafe

Authentic Italian food made fresh daily with seasonal ingredients. Breakfast all day. Lunch includes Pastas, Tiramisu, Baked Wings, Salads, Smoothies and Pizzas prepared from fresh. Frequent customer special available.
7am-6pm, 4452 Ingraham, 858-272-7222.

Caffè Bella Italia

Autostrico Ristorante Italiano e Pizzeria
"Your Corner of Italy in PB". Authentic Italian cuisine prepared by chef and owners from Italy. Served with pride and beautiful presentation with a Mediterranean touch. Open daily 4:30 pm to 9:30 pm.

Weight Watchers

45 Minutes A Week Can Change Your Life!
Pacific Beach Weight Watchers is now open.
Join now and to receive FREE REGISTRATION Meetings Friday 9 am
1675 Garnet Ave. San Diego CA 92109. 1.800.379.5575

S.D. Storage

Convenient, secure storage right here in PB
Open 24 hours 7 days a week. Variety of sizes to suit your needs.
See our website for special and information.
sdstorage.com - 4595 Mission Bay Drive, 858-273-7631

To find out how you can be “put on the map” call your sales representative at
858-270-3103
A group of boys perform at the 2007 Pacific Beach Polish Festival. Organizers are expecting approximately 4,000 people at this weekend’s event.

The festival begins Saturday, Oct. 11, at noon with a daylong lineup of music and dancing, including traditional dance groups Polanie (Yorba Linda), Giewont (Arizona) and Podhal (Los Angeles). As the event approaches, the festival will switch to the American sounds of rock’n’roll and blues with performances by the October Fest Rock Band and Mystery Train of San Diego. Vendors specializing in arts and crafts will also be on site during the festival.

Sunday begins with the performance of the national anthem of both the home and host counties, followed by a line up of more music and dancing. The children enrolled in the Mission’s Saturday school will also don traditional garb to perform for audiences from 2:15 to 2:45 p.m. The festival winds down with a 6 p.m. performance by Zbigniew Galas-

What’s New(s)

Fig Tree Cafe Opens in PB

Johan Engman and Chef Damaso Lee invite you to in to the newest restaurant to open in Pacific Beach, Fig Tree Cafe. Their passion about food, quality, service and a deep desire to please customers, will become apparent dining experience.

The interior has been transformed to Tuscany via Venetian plaster, wine vault and hand painted pastoral scenes on the windows. Enjoy outdoor dining in the quaint garden where you are first greeted by a story high slate wall fountain, surrounded by a picket fence with tables nestled under the expansive Fig tree.

Centrally located at 5119 Cass St. For more information visit our website at figtreecafepb.com or call 858-274-2233.

Sneak Joint; a food and drink lifestyle

Sneak Joint is San Diego’s premier action sports restaurant and bar at the beach. Located in Mission Beach, Sneak Joint offers patrons a lifestyle venue offering “deviant” service levels for food, drink, and customer loyalty. The principals behind Sneak Joint developed the brand entirely focusing on three tenets, “food, drink, and lifestyles”. The menus offers "Gourmet American" cuisine with fresh fish daily and innovative takes on typical burgers and sandwiches. The drinks menu boasts over twenty Micro-brews and all Sneak Joint signature cocktails are prepared with the freshest fruits and juices. The extraordinary staff promotes exceptional food, great drinks, and a caring culture. Sneak Joint has been featured in 944, Umage San Diego, and San Diego Magazine.

Authentic Italian Eatery Opens

Pacific Beach Central (Italian) Cafe is truly authentic Italian eatery takes no shortcuts in taste or quality. Using only fresh, seasonal, all natural ingredients, each order is prepared to your specifications. Open at 7am breakfasts are served all-day, select from Bagels with fresh made Hummus, Egg Sandwiches, Herb Frittata, fresh fruit assortments, smoothies, hot or iced drinks. Try lunchtime favorites Panini, Torpedos and Blanket wrap sandwiches, the "Messy Veggie" is made with fresh roasted vegetables marinated and spiced to perfection. A regular daily customer proclaimed the Prosciutto Formaggio torched the only authentic Italian sandwich in San Diego. Salads are served with fresh made dressings and Rosemary focaccia, Smoothies, Froste's, Fruit Blasts, Blended Creams all pair perfectly with Canned, Tiramisu and assorted pastries imported from Ritter. Owner Sandra Cugusi makes you feel right at home, just ask the regulars who utilize their frequent visitors card for freebros, 7am-6pm weekdays, 7am-3pm weekends, 4432 Ingraham, 858-272-7222.

This has been great...I’m really enjoying everything so far.

AMANDA REGO

REGO CONTINUES FROM Page 1

This is Rego’s first long stay away from San Diego and her USD career always included friend and teammate Amber Sprague, who was also from Pacific Beach and a product of Mission Bay High School. Their talents and experience playing together since PB Rec days produced the best local basketball players since Adia Barnes in the mid ‘90s.

On Oct. 17, the pair will be inducted into the Mission Bay High Hall of Champions, although Rego will be unable to attend.

Sprague spent one year at USD as a red-shirt player due to a foot injury, so the 6-foot 5-inch leading scorer for the Toreros has another few weeks.

During her junior year, Rego led the NCAA with 8.1 assists per game her junior year with the USD Toreros. Before moving to Germany to play basketball, Amanda Rego (No. 2) led the NCAA with 8.1 assists per game her junior year with the USD Toreros.

BOGDAN MAZIARZ

ST. ROYCE POLISH MISSION

FESTIVAL CONTINUED FROM Page 11

The festival begins Saturday, Oct. 11, at noon with a daylong lineup of music and dancing, including traditional dance groups Polanie (Yorba Linda), Giewont (Arizona) and Podhal (Los Angeles). As the event approaches, the festival will switch to the American sounds of rock’n’roll and blues with performances by the October Fest Rock Band and Mystery Train of San Diego. Vendors specializing in arts and crafts will also be on site during the festival.

Sunday begins with the performance of the national anthem of both the home and host counties, followed by a line up of more music and dancing. The children enrolled in the Mission’s Saturday school will also don traditional garb to perform for audiences from 2:15 to 2:45 p.m. The festival winds down with a 6 p.m. performance by Zbigniew Galas.

A group of boys perform at the 2007 Pacific Beach Polish Festival. Organizers are expecting approximately 4,000 people at this weekend’s event.
If anything, the San Diego Charg-
ers proved Sunday that Miami’s up-
set of New England nearly two
weeks ago was no fluke. The Charg-
ers became the second straight upset
victims of the resurgent Dolphins, los-
ing 17-10 in Miami.

The usually explosive Bolts were
held to their fewest points since the
end of the 2005 season, when they
scored only seven points in a game in
consecutive losses to Kansas City and
Denver. San Diego came into the
game leading the NFL with 34.5
points per game.

Miami running back Ronnie
Brown was up to his old tricks, tak-
ing a direct snap and running five
yards for a touchdown to give the
Dolphins a 1-0 lead in the second
quarter. Brown had 24 carries for
125 yards, while his counterpart,
Lavarr Kam, was limited to just 15 yards on 12
carries.

The loss kept the Chargers win-
less in six games since their last

Philip Rivers brought the Chargers
back from a 2-0 deficit to tie the game after
rushing for 17-10. But Tomlinson stole the
game with a fourth-and-goal at the
Dolphins’ 1 yard in the fourth.

“It was one of our favorite plays
down there and we have been succes-
sful in doing it,” Tomlinson said.

“They get paid too, and they did a
good job of stuffing the play,”
Brown thanked the Dolphins’ defense.

Miami didn’t give the Bolts much
time with the ball, owning the pos-
session game 16:41 – 23:19, includ-
ing the last 5:55 of the game.

The Dolphins (2-2) surpassed their
2007 win total, having posted a 1-
4-5 last year.

San Diego (1-3) hosts New Eng-
land on Sunday night at Qualcomm
Stadium before going on the road to
Buffalo and then traveling to play
New Orleans in London.

Gonzalez sets NFL record: Kansas
City’s Tony Gonzalez passed Shan-
ahan’s all-time receiving yards leader for tight ends on Sun-
day. Gonzalez caught a 6-yard pass in the first quarter against Carolina
to set the record and finished the
game with 10,075 career receiving yards at his position. Sharpe had
10,060 career yards.

Shaunahan disappointed: Former
Oakland Raiders coach and current
Denver Broncos coach Mike Shanana-
han had some fun last week at his
weekly press conference after
Raiders owner Al Davis fired Lane
Kiffin as Oakland’s coach.

“I was a little disappointed, to be
honest with you,” Shanahan joked.

“When you take a look at it, I was
there 586 days. Lane Kiffin was
there 616 days. So, what it really
means is that Al Davis liked Lane
more than he liked me. I really don’t
think it’s fair. I won three more
games, yet he got 14 more days of
work. That just doesn’t seem right.”

Week 5 Leaders:
Passing
Kyle Orton, Bears, 24-34, 334
yards, 2 TDs, 0 INT
Drew Brees, Saints, 26-46, 334
yards, 1 TD, 0 INT

See Bolts, Page 30
Carolina and Tampa Bay battle for first place in the NFC South this week while the Cardinals try to upend the Cowboys in Arizona. Here’s a look at this week’s games.

### Sunday Oct. 12

#### Chicago 3-2
at Atlanta 3-2, 10 a.m.

**Last Meeting:** Bears won 16-3 at home in 2005.

**Stats & Stuff:** Chicago QB Kyle Orton set career highs with 334 passing yards, 24 completions and 121.4 passer rating in win over Lions in Week 5. Falcons rank seventh in NFC receiving at 12.2 yards per catch.

**Game Day:** Bears are on a roll and Orton keeps improving. Might be too much for surprising Falcons.

**Pick:** Bears 24, Falcons 21

#### Miami 2-2
at Houston 0-4, 10 a.m.

**Last Meeting:** Texans won 22-19 at home in 2007.

**Stats & Stuff:** Miami had 23 first downs in win over Chargers in Week 5. Texans rookie Steve Slaton ran for 93 yards, 2 TDs in loss to Colts. Houston is 3-0 all-time vs. Dolphins.

**Game Day:** Texans are overdue and Miami has no surprises left on offense.

**Pick:** Texans 19, Dolphins 16

#### Baltimore 2-2
at Indianapolis 2-2, 10 a.m.

**Last Meeting:** Colts won 44-20 at Baltimore in 2007.

**Stats & Stuff:** Ravens have lost 2 straight games by 1 points each. Colts offense ranks 16th in NFL with 313.3 yards per game. Indianapolis has won last 5 meetings against Ravens.

**Game Day:** Peyton Manning has pretty much owned the Ravens in previous 3 games with 7 TDs, 0 INTs.

**Pick:** Jets 27, Bengals 24

#### Carolina 4-1
at Tampa Bay 3-2, 10 a.m.

**Last Meeting:** Panthers won 31-23 at Tampa Bay in 2007.

**Stats & Stuff:** Panthers defense hasn’t allowed a 100-yard rusher this season. Tampa Bay backup QB Jeff Garcia relieved injured Brian Griese in Week 5 and led Bucs to 13-play, 90-yard TD drive. Carolina has won 5 straight games at Tampa.

**Game Day:** Bucs try to finally get a ‘W’ at home against Carolina and earn a tie for first in NFC South.

**Pick:** Buccaneers 23, Panthers 20

#### St. Louis 0-4
at Washington 4-1, 10 a.m.

**Last Week’s Bets**
5 wins, 1 losses

**Overall**
14 wins, 10 losses

**Best Bets This Week**
New England +6 1/2 over San Diego Arizona +5 1/2 over Dallas Denver -3 over Jacksonville Baltimore +6 1/2 over Indianapolis Minnesota +3 1/2 over Houston Carolina +3 over Tampa Bay
**Table of Contents**

- **Game Day:**
  - Jacksonville's loss to Steelers. Broncos kicker Matt Prater is 4-for-4 on field goals of 50 yards or more this season.
  - Game Day: Jacksonville out ran Broncos 186-47 in last season's win. Colorado is 4-1 against the same with Denver's 25th-ranked rush defense allowing 114 yards per game.
  - Pick: Jaguars 28, Broncos 25

- **Stats & Stuff:**
  - Green Bay 2-3
  - Week 4 vs. Los Angeles Rams. Green Bay has won 6 straight games following a bye week.
  -著名 coaches who have faced each other since 1991.
  - Stats & Stuff: Green Bay has 35 sacks in 40 games with team, including playoffs.

- **Last Meeting:**
  - Philadelphia 2-3, at San Francisco 2-3, 1:15 p.m.
  - Last Meeting: Packers won 42-20 at home in 2007 NFC Divisional playoff.

- **BOLTS CENTERED Page 1**
  - Laptop, $2 INTs
  - Rushing: Clinton Portis, Redskins, 29 carries, 145 yards, 1 TD
  - Receiving: Reddy White, Falcons, 8 catches, 113 yards, 1 TD
  - Tackles: Patrick Willis, 13 tackles, 13 tackles
  - Interceptions: Tramon Williams, Packers, 22 others with 1 each.

- **Picks:**
  - Previous Saints coach Jim Haslett makes head coaching debut with Rams. Washington has been the surprise team in NFC East.
  - Pick: Redskins 30, Rams 10

- **Old Town Oktoberfest at the JOLLY BOY SALOON**

- **SPORTS**

- **Bears kick returner Devin Hester has some competition. Reggie Bush ran back two punts for touchdowns in New Orleans 30-27 loss to Minnesota on Monday night.

- **Happy Hour**

- **Breakfast & Lunch**

- **North Beach**

- **Captain’s Quarters**

- **Happy Hour**

- **Cocktails**

- **Happy Hour**

- **Bolts Centered**

- **Bolts Centered**

- **Picks**

- **Old Town Oktoberfest at the JOLLY BOY SALOON**

- **Pot Of Gold SWEEPSTAKES**

- **Food and Drink**

- **Washington defense is last in NFC in yards gained and points. Washington defense is ranked seventh in yards allowed and sixth in points allowed. Redskins lead series 20-7-1.**

- **Game Day:**
  - Last Meeting: Rams won 37-31 at home in 2006.
  - Stats & Stuff: St. Louis offense is last in NFC in yards gained and points. Washington defense is ranked seventh in yards allowed and sixth in points allowed. Redskins lead series 20-7-1.

- **Game Day:**
  - Last Meeting: Jaguars won 23-14 at Denver 4-1, 1:05 p.m.
  - Jacksonville has won 6 straight games following a bye week.

- **Stats & Stuff:**
  - Stats & Stuff: Green Bay has 35 sacks in 40 games with team, including playoffs.

- **Last Meeting:**
  - Last Meeting: Giants won 27-10 at home in 2004.

- **Last Meeting:**
  - Last Meeting: Packers won 24-20 at home in 2007 NFC Divisional playoff.

- **Last Meeting:**
  - Last Meeting: Packers won 42-20 at home in 2007 NFC Divisional playoff.

- **Stats & Stuff:**
  - Stats & Stuff: Green Bay has 35 sacks in 40 games with team, including playoffs.

- **Game Day:**
  - Game Day: Packers vs. Lions.

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After working for years using traditional medical healing methods, two physical therapists grew exasperated with the results and opened Embody Yoga Therapy center in Bird Rock.

Diana Smith and Rachel Krentzman worked as physical therapists for more than 30 years combined. When Krentzman suffered her own back injury, she said she realized the healing effects of yoga. “At first I started [yoga] for myself,” Krentzman said. “I had a herniated disk. We both worked at hospitals and worked the gamut.”

Krentzman said she then understood that some patients needed more than just normal physical therapy. But Krentzman said she was able to heal her own back injury using yoga techniques, so she journeyed to Seattle, studying for 2,000 hours under Master Yoga Teacher, Aadil Palkhivala. Palkhivala taught the women basic yoga techniques, staying true to tradition.

According to Krentzman, instructors at Embody focus on two streams of yoga: back health and Vinyasa, which offers a more intense cardio workout. And Krentzman said that because the women are physical therapists, they accept health insurance. “We have acupuncture and massage and Purna, too.”

Although the instructors offer all types of yoga classes, including prenatal and Vinyasa, they specialize in back care, Krentzman said. “People are actually hurting themselves doing yoga,” Krentzman said. “All our teachers are really aligned based.”

Krentzman and Smith studied Purna – meaning complete, in breath, posture and philosophy – under Palkhivala. In addition to accepting health insurance, Embody features a yoga wall that allows students to practice yoga poses without injuries. “We hold the heart of yoga in all our classes,” Krentzman said. “All our teachers are really well traversed. Yoga is their life.”

Embody has about 10 instructors and includes Pilates and a variety of yoga classes. Other services include yoga physical therapy, Asian medicine – therapeutic massage and Thai Massage and acupunture. Each class is $15. Embody is offering a special $60 monthly pass beginning in October.

Embody Yoga Therapy is located at 5632 La Jolla Boulevard.

For more information, go to www.embodyyogatherapy.com or call (858) 454-9355.
### Open House Directory

**Pacific Beach & La Jolla**

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<tr>
<th>Address</th>
<th>Price Range</th>
<th>Contact</th>
<th>Notes</th>
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**Point Loma / Ocean Beach**

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<td>Maxine &amp; Marti Gellens</td>
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<tr>
<td>1132 Avenida Amantea</td>
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<tr>
<td>1066 Mira Lago Terrace</td>
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<td>Ozstar De Jourday</td>
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<tr>
<td>7967 Paseo Del Ocaso</td>
<td>$1,800,000-$2,000,000</td>
<td>The Daniels Group</td>
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<tr>
<td>935 Genter #311</td>
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<td>Maryam Tavakoli</td>
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<tr>
<td>3528 Bayside Walk 4BR-3BA</td>
<td>$1,600,000-$2,400,000</td>
<td>Brien Metcalf</td>
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<td>3526 Bayside Walk 4BR-3BA</td>
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<tr>
<td>7811 Eads Ave 2BR/2BA</td>
<td>$1,199,000</td>
<td>Lynn Walton</td>
<td></td>
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**San Diego**

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<th>Address</th>
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<tr>
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**Ocean Beach / Point Loma / La Jolla**

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<td>1250 Galvez Rd</td>
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**Grossmont**

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**Open House Directory listings are due on Tuesdays at noon.**
If you could save money, extend the life of your water heater, help our environment and never run out of hot water again, would you? If your answer is yes then Tankless Water Heaters are for you.

USE LESS ENERGY
Currently the United States is the world’s largest energy consumer in the world, and for that reason is also the largest source of global warming pollution. The United States emits more carbon dioxide than China, India and Japan, combined. 25% of the carbon dioxide pollution produced by the U.S. comes from fossil-fuel burning. By switching to more energy efficient appliances and fossil-fuel burning. By eliminating stand-by heat loss alone, energy consumption can be reduced 20% to 30%. Did you know if every tank heater was replaced with a high-efficiency Noritz tankless water heater, North American society alone could annually save; 290 million gallons of fuel oil, 164 million gallons of propane, 6 billion hours of kilowatt electricity. PRODUCE LESS WASTE
It is estimated that 7.3 million traditional tank-based water heaters are disposed into landfills each year in the United States. Keys to preventing the production of waste are to practice the 3Rs: Reduce, Reuse and Recycle. With a Noritz tankless water heater you can be sure that the 3Rs are in place.

REDUCE
The most effective way to decrease waste is to prevent it in the first place. Purchasing durable, long lasting products is a means of waste prevention. With a Noritz tankless water heater you can rest assured that you will not be getting an extremely durable unit. The average tank water heater has a lifespan of 8-10 years, but a Noritz tankless water heater can last 2-3 times longer.

REUSE
Buying a product may actually be more beneficial than recycling, because it doesn’t require any reprocessing before it can be used again. Every part on a Noritz tankless water heater is replaceable, so you won’t have to worry about replacing the entire unit if there’s a malfunction. Just repair the damaged part and your unit is as good as new. With a tank water heater you’re more than likely going to have to replace the whole thing.

RECYCLE
Recycling turns materials that would otherwise turn to waste, into valuable resources. The main components of a Noritz tankless water heater are recyclable, so there will be a significant decrease in waste materials from a Noritz unit.

GLOBAL WARMING
With the ever growing concern over the threat of Global warming, the time to take action is now. While it’s hard to predict the full-scale impact of Global warming it is feared that if measures aren’t taken to reduce it within 10 years, catastrophic impacts may be inevitable. By taking a few simple steps in reducing greenhouse gas, we can all make a difference and reduce the effects of Global warming.

CO2 EMISSION
By reducing the amount of CO2 emitted into the atmosphere we can reduce the effects of Global warming significantly. A Noritz tankless water heater is 83%-93% efficient so it reduces over 700 lbs. of CO2 per year. This reduction compared to a tank water heater greatly reduces the emission of CO2 into the atmosphere, and greatly reduces the effects of Global warming.

Tankless is Green
If you could save money, extend the life of your water heater, help our environment and never run out of hot water again, would you? If your answer is yes then Tankless Water Heaters are for you.
Your Coastal Property Specialists, helping you with all of your real estate needs in San Diego.

858.581.LOVE

Call today for a private showing • 3605 Mission Blvd. • San Diego, CA 92109 • ChrisLove.com