TAN WITHOUT THE WORRY
A San Diego entrepreneur is helping locals beat the ill effects of the sun in a community that worships it. And with cooler, grayer winter days upon us, now is as good a time as any to take advantage of the mobile service privately. Page 7

Trio convicted in 2011 slaying of MB man, 18
By NEAL PUTNAM | Beach & Bay Press

After nearly three days of deliberations, a jury convicted three young men on Nov. 15 of first-degree murder in the 2011 slaying of Garrett Berki, the Mission Beach man who was shot after he answered a Craigslist ad for a computer for sale.

Sentencing was set for Jan. 25 for the gunman, Rashon Jay Abernathy, 18, the driver, Shaquille Jordan, 19, and Sean-dell Jones, 19, who also held a gun during the May 11, 2011, robbery of Berki, 18.

Because the jury found that

An empty chair awaits the arrival of Santa Claus, who will make a special trip south to the shores of Pacific Beach on Dec. 1 for the annual “Christmas on Crystal Pier” event.

“Tis the season for local shops to kickstart the holidays.

PB Window Decorating Contest
It’s that time of the year! Time to brighten the street of PB with Window decorations. The theme for this year is 125 years of Pacific Beach History. Present. Choose your favorite decade and decorate your window in the holiday fashion from that decade.

Starts on November 26th • Judging on December 12th, 2012

 marsha Kay seff

Beach & Bay Press

Marshall Wiseman stands at the entrance to Camp-Land on the Bay, where he has served as general manager since 1980. Page 3

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Marshall Wiseman stands at the entrance to Camp-Land on the Bay, where he has served as general manager since 1980. Page 3
**THANKSGIVING... COUNT BLESSINGS, GIVE THANKS**

**New Single Family Residences Schedules For 2013**

**Gated Community Call for Information**

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**CENTURY211ST.COM • DRE#00983314**
SeaWorld celebrates birth of its fifth dolphin locally

SeaWorld San Diego officials coed with delight Nov. 5 at the birth of a new Atlantic bottlenose dolphin calf that was born in a behind-the-scenes pool at the marine park shortly before noon. The 30-pound baby dolphin, born to a 29-year-old dolphin named Cascade, was reported in good health as the pair swam together and bonded, according to SeaWorld officials.

“Mom and baby are doing great,” said senior animal-care specialist Mike Hopkins. “The baby started nursing right away and that’s what we hoped for. We expect to see the baby start to gain weight quickly because of the rich milk from mom.”

The event marked the fifth time a dolphin calf has been born at SeaWorld San Diego. Trainers monitor the mother and baby around the clock, documenting respirations and nursing frequency.

MBHS weight room in for major revamp with $75,000 Chargers grant

Br. KEITH ANTIGNOVA | BEACH & BAY PRESS

Mission Bay High School’s (MBHS) athletic facilities are expected get a major overhaul in the coming year. An announcement will be made in December that MBHS will be among a select group of schools in San Diego County scheduled to receive a $75,000 grant through the Chargers Champions School Grant Program, which will go toward remodeling the school’s weight room.

“Receiving this award is a testament to the hard work and cooperation between the school and our parent organization, Friends of Pacific Beach Secondary Schools (FOPBSS),” said MBHS principal Fred Hilgers. “Without the diligence of Betsy Knight, this 8-year dream of revitalizing the school’s weight room would never have happened.”

MBHS principal Fred Hilgers stressed the new weight room will be open to all students to promote physical fitness, rather than just for use by the football team or any of the other MBHS sports teams. The purpose of the Chargers grant program is to assist San Diego County schools with meeting the basic physical fitness, nutrition and athletic standards of their students. The program is open to any public or private school in San Diego County.

The selection process involves the Chargers Champions program working with the county Office of Education to create a school selection team, which then reviews all grant submissions that have passed a first round of review. The first-round review involves making sure all applications are complete, submitted properly and making sure the grant proposal meets the stated guidelines of the program.

Following the first round, the selection team reviews applications based on their own merits and selects a group of finalists. The Chargers Champions School Grant Program dates back to 2000 and has selected about 100 San Diego County schools in that time span.

27 Tips to Drive up the Sale Price of your Home

San Diego. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you be prepared as possible.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know To Get Your Home Sold Fast and For Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggres-

SeaWorld San Diego is expected to receive a $75,000 grant through the Chargers Champions School Grant Program following an announcement in December. The grant will be used to renovate the school’s weight room to improve the fitness and nutrition standards of their students. The program is to assist San Diego County schools in promoting physical fitness, nutrition and athletic standards of their students. The program is open to any public or private school in San Diego County.

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A decade ago, only a handful of schools in the San Diego Unified School District (SDUSD) had comprehensive dance, music, theater and visual-arts programs to speak of. Now, thanks to the dedicated efforts of the district’s Visual and Performing Arts (VAPA) administrators, teachers and numerous local donors, San Diego can boast complete music programs in every elementary school, more than 60 active community partnerships and an ever-expanding wealth of integrated programs that serve 131,000 students districtwide.

Not only is it the largest program of its kind in the state, it is also the highest—despite across-the-board budget cuts that continue to wobble the school districts.

“The more decision-makers cut, the more we don’t have money, but our programs are growing, our teachers are more educated and our curriculum and assessments are more standardized,” said VAPA director Karen Childress-Evans. “Nobody understands what we do here because it’s not done in any other district.”

In an auditorium-turned-office space is where the crux of VAPA’s decision-making takes place. The largely conventional 1950s site at 825 Santa Barbara Plaza, Mission Beach, which just recently started a new property sale by the SDUSD, houses the program’s headquarters and serves as the think tank behind the thriving operation.

The building itself might be falling apart by the ideas and programs developed within its crumbling walls are strengthening the arts program’s foundation with every step. A recent $30 million property sale by its administrators, which includes a director, a music director and four music teachers for each of the arts disciplines.

Through adherence to a strategic multi-year plan, comprehensive analyses into arts-integrated education and the groundbreaking discovery that the arts serve as a foundation for multi-curricular learning, the VAPA program advances students’ critical thinking, improves their vocabulary and cultural literacy and generates results in measurable outcomes like higher test scores.

“‘What we want are arts embedded intelligently,’” said Childress-Evans. “When we get arts block-grant money, my focus is that it has to leave a foot-print.”

Through a $1 million Department of Education (Dol) (Development and Dissemination) grant and a partnership with U.C. Irvine, Childress-Evans and her hard-working team have discovered through research that the arts—dance, theater, visual art and music—can serve as key tools for the development of a child’s dynamic critical-thinking skills.

“We designed lessons K-2 in dance and theater to meet the needs of kids that are mostly English-language learners in accessing literacy at a young age,” she said. “There’s a lot of smart kids out there, but they don’t understand the words, so the doors close to them. What we’re trying to do is challenge the rigor and also improve their vocabulary.”

VAPA’s research has resulted in quantifiable success in SDUSD’s students.

“We have found with the Model D&M grant that English-language learners’ CELDT (California English Language Development Test) scores have gone up significantly because of the program, so we’re doing something right,” she said.

Another grant—California Post-Secondary Education Commission’s Improving Teacher Quality—also showcased that test scores in science improved when visual art, dance and theater were incorporated as a base to the Common Core curriculum.

VAPA administrators’ next focus is to work on supporting the Common Core Standards—educational state standards that describe what students should know and be able to do in each subject at each grade level.

“We look at the district benchmarks and say, ‘How are kids doing in grade-3 science? Where are they missing the concept? What’s tough for them?’ and we took that and wrote lessons for it,’” Childress-Evans said. “We’re pretty much hand to mouth here.”

Despite difficult obstacles—and potentially more challenges to face ahead—VAPA is able to succeed thanks to the efforts of its dedicated team, the benefits of public-private partnerships and proven success of arts integration in the classroom.

“It is so important across the board that students have critical thinking and think creatively—innovatively and collaboratively and communicate. That’s at the center of what we do here in the arts,” she said. “We’re preparing kids for careers that don’t even exist right now, so the arts are so critical to that.”

In the program’s active partnerships—more than 65 and counting—include everything from museums and theater visits to free musical or choral coaching to the donation of physical supplies or complimentary services by myriad businesses and organizations.

“It ranges from the mundane to the unique,” said Childress-Evans. “I do it all with people and relations. I’m not a fundraiser. I’m just not good at it. That said, we bring in millions of dollars every year in goods and services through people. As long as the district will give me people that are quality—who people can use, who can make it work.”

Childress-Evans said the strength of VAPA’s programs is directly relational to the quality of teachers in her classrooms.

“If the program dies, it’s not because of the kids,” she said. “There is a certain amount of compassion and dedication one needs to build a program. Wherever our strong programs are, that’s where our best teachers are.”

VAPA’s instrumental music specialist, Mark Nicholson—who acts as a principal of the 16 elementary music teachers in the district—has helped grow the music program so all 131 elementary schools have music offerings in the form of band, orchestra, choir or VAPA’s “exploratory program,” where students can try their hand at a range of instruments from different families.

Again, the program’s success is attributed to the leadership of the teacher, as he said, “No. 1 is the teacher. That’s what makes or breaks it in the classroom,” he said. “There’s case after case where we can show you these beautiful programs that are because of these phenomenal teachers.”

Although Nicholson said it has been a tough road over the last decade to build programs and achieve music education in all schools, music continues to be alive and well in San Diego Unified.

“The last couple of years have been really challenging as we lost some teachers through layoffs, but we came back. We’re still afloat,” he said.

“Despite the success of the VAPA programs and the battle to provide all students in the district with access to quality arts must wage on, despite the always-impending budgetary challenges ahead, he said. “We’re a very strong team. We’ve worked hard. The community has real rallied with us to make this happen and to educate the board and the decision-makers on how important arts and music are in the lives of these children. We’ve done a lot of work, and we just have to hold on at this point and not let that go.”

For more information about the Visual and Performing Arts program, visit www.sand.net/page/2260.

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GRANT

CONTINUED FROM PAGE 3

High schools can receive up to $75,000, middle schools up to $40,000 and $30,000 can be awarded to elementary schools.

In addition to the weight-room remodel funded by the upcoming grant, Mission Bay High will be getting a new football field, scheduled to be installed next summer along with the possibility of field lighting.

“The new field will be put in next August, so it is going to be difficult because it will be around the start of next football season. The situation with the lights is still tentative,” said MBHS athletic director Jorge Palacios.

MBHS had been applying for the Chargers grant the last eight years, but could never get past the first cut until Betsy Knight’s efforts made it possible this year, according to Hilgers.

“The MBHS community thanks the Chargers for their extreme generosity and to Betsy Knight for her tireless efforts to secure the grant,” Hilgers said.
**NEWS**

**Suspect hails cab, robs driver in PB**

A man robbed a taxicab driver in the wee hours of Nov. 19 after hailing the cab in Pacific Beach and asking for a ride.

The suspect, described as a black man about 23 years old, hailed the cab in the 1600 Garnet Avenue shortly before 1 a.m. and was driven to Emerald and Morrell streets, where the suspect reportedly pointed a handgun at the driver and demanded cash.

According to investigators, the suspect fled with the victim’s wallet, cell phone and cash. He was last seen running westbound on Emerald Street.

Police said the suspect is described as about 5 feet 9 inches tall, with an athletic build. He was last seen wearing a brown coat and black T-shirt.

There were no injuries. The police department’s robbery unit is investigating.

**DUI checkpoint nets 14 impaired motorists**

San Diego police conducted a DUI checkpoint in Bay Park at the eastern fringe of Pacific Beach on Nov. 16, taking into custody 14 motorists suspected of driving under the influence.

The checkpoint took place in the 4200 block of Mission Bay Drive between 11 p.m. and 3 a.m.

Department officials said nearly 1,300 vehicles passed through the checkpoint and 29 motorists were detained for further evaluation of their sobriety. Police said 15 vehicles were impounded.

One motorist failed to stop and was pursued before being arrested for DUI, felony evasion of a peace officer and driving on a suspended license. The driver reportedly had a prior DUI conviction.

**Quick Hits**

Cathy Ives grew up at the beach in San Diego and said she hates to see beachgoers leaving their dirty imprints on the sand.

So for years, the Mission Beach resident has been spending two hours several mornings a week picking up trash and other discarded items for recycling. She uses many of her finds in wall hangings and even decorated her fence with found sandals and baseball caps. She wears a pair of reclaimed flip-flops in like-new condition.

She recycles glass and cans and takes the things that still have life in them to thrift stores. She discards as little as possible, although she admits with a cringe that dirty diapers, condoms and razors are bound for the trash.

Ives said she’s always amazed that people can spend a day enjoying the beach and then leave their trash behind to ruin the experience for others.

On a recent morning, she collected 15 shoes, including pairs and singles. She has even found an American flag in the sand. Among her other finds are bottle caps, cans, cigarettes and lighters, toys, hats, dog leashes, make-up, balls, towels, balloons and clothing — including underpants and bras. Ives shakes her head when she says she finds some of the trash within steps of the trashcans.

She also picks up lots of broken boogie boards, which owners simply abandon. She hasn’t decided how to recycle them yet, though one of her friends is using one to display jewelry.

Ives said Styrofoam and balloons in particular make her angry, because they can and do end up in fish and birds. That’s why there’s a ban against them at the beach, she said.

“The problem, she said, is that people don’t care. “They toss out something because it’s cheap, yet they can’t pay their bills,” said Ives. “Talk about a disposable life and society.”

To encourage others to think about what they discard, Ives started her own blog, www.greenecoservices.com, in 2008. The site is filled with ideas for green products and recycling.

Cleaning up the beach is easy, she said.

“Every morning, there are hundreds of people walking for exercise and they walk right by the trash,” she added. “If everyone had one bag for trash, we’d have a cleaner beach.”

She points to a woman walking by with her dog and says every dog owner could make a difference if they took one bag for the poop and another for the rest of the garbage. Actually, there are so many plastic bags left on the beach people don’t even need to take their own, Ives said.

Ives said she continues her quest to clean up the beach “because someone has to.” And she hopes that seeing her at work will make other people more conscious about what they do with their litter.

**MB woman turns beach trash into art; breathes new life into other discards**

Cathy Ives takes her morning walk at Mission Beach to collect garbage and discards. Below, Ives decorated the fence behind her house with some of her beach-trash finds.

Photo by Marsha Kay Seff | Beach & Bay Press

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**Shop PB Dec. 1st-12th & Be Entered To WIN An**

All Exclusive Pacific Beach Weekend Getaway

Grand Prize Winner will receive an exclusive PB Weekend Getaway including a two night stay at Ocean Park Inn. Over 20 other Prizes to win!


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**Winter Business Mixer & Anniversary Celebration**

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Appetizers · Holiday Deals · Meet Neighbors · Network · Marlin!

Win a Beach Cruiser

Hosted by Typhoon’s Saloon (1165 Garnet Ave)

Please RSVP to 858-273-3303 or alexandra@pacificbeach.org

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**Pacific Beach Holiday Parade is BACK!**

Join us Dec. 15th along Garnet Ave. The Parade starts at 1:00pm. To enter a float, e-mail alexandra@pacificbeach.org

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**Pb is turning 125 and You are invited As Discover Pacific Beach, Mission Bay Rotary and Pacific Beach Town Council Present Winter Business Mixer & Anniversary Celebration**

For more information about Holiday Events In Pacific Beach

{www.Pacificbeach.org} 858-273-3303
More parks, green technology in the future for San Diegans

COUNCILMAN KEVIN L. FAUCILMER

I’m honored to work every day with San Diegans to protect our beaches, bays, clean air and environment. We’ve achieved several victories recently that will transform recreation centers and parks and transportation options to our city, all of which will have a real impact on our daily quality of life.

• Greater waterfront access becomes a reality

I’m proud to be at the forefront of bringing new life to San Diego Bay. As chairman of the North Embarcadero Visionary Plan Joint Powers Authority, I’m working on civic projects that replace unsightly concrete along the bayfront with trees, grass and public art. Two significant coastal park projects are under construction on the recreational space to San Diego Bay. The parks are made possible thanks to generous partners, including the City of San Diego.

Ruocco Park, located at the corner of Harbor Drive and Pacific Highway, bring two miles of new waterfront recreational space to San Diego Bay. The park is made possible thanks to generous grants from the City of San Diego and management by the United Port of San Diego.

One mile north of Ruocco Park, a parking lot adjacent to the iconic San Diego County administrative headquarters is on the verge of conversion to eight acres of parkland. The County Administration Center Waterfront Park will feature a children’s play area, garden rooms and interactive features. I commend the county Board of Supervisors for adding to the momentum of waterfront redevelopment.

These two parks bookend the North Embarcadero revitalization project centered at North Harbor Drive and Broadway. When Phase 1 is completed in 2013, we will be able to enjoy a bayline park three times wider than today, a pedestrian and bicycle path, public art and groves of jacaranda trees.

Combined, these parks will better link us to our most valuable asset — the bay — and provide public space for residents wanting to get out and gardens, so we can celebrate our connection to the water.

• Council says ‘no’ to power plant on open-space land

Whether a neighborhood park or natural preserve, San Diegans love open spaces. That’s why I recently joined San Diego Canyolands and other environmental groups to reject a proposal to build on 2.2 acres of open space in the heart of San Diego County. The Quail Brush project would have constructed a 1,000-foot power line and 6,000-square-foot power plant near Mission Trails Regional Park and north of State Route 52.

The property is designated as open space by the community plan. My City Council colleagues agreed that we must protect San Diego’s limited open space, and I recommended the California Ener-


gy Commission — the final decision-making body — consider alternatives.

• Continuing San Diego’s leadership in clean technology

From biotech to wireless communications, to healthcare, our city is an epicenter of technological innovation. So it should be no surprise that San Diego has the highest penetration of electric vehicles per capita among California cities. In fact, the San Diego region is one of 16 metropolitan areas selected by the Department of Energy for a nationwide rollout of electric vehicle infrastructure.

In October, the City Council approved an agreement to build 117 new electric vehicle charging stations to the region, resulting in nearly a 50-percent increase in locations to charge up these alternative energy vehicles. This venture expands upon a public-private partnership that comes at no cost to the city.

Over the coming months, look for electric vehicle charging stations to be installed in the following locations: Pacific Beach (Reed Avenue between Cas and Dunne streets), Mission Beach (Santa Clara Place at the Mission Bay Aquatic Center), Mission Bay Park (South Drive), Balboa Park (East Drive adjacent to Park Boulevard) and downtown (1200 Pacific Highway and First Avenue and Market Street, and the Central Library).

Kevin Faulconer serves as president pro tem of the City Council and represents District 2 of the council, which includes Pacific Beach, Mission Beach, Mission Bay, Point Loma and Ocean Beach.

Registration opens as youth rugby prepares to hit Pacific Beach

One of the nation’s fastest-growing youth sports is coming to the area with the La Jolla Youth Rugby club, serving Pacific Beach, La Jolla, University City, Sorrento and Clairemont.

Registration is open until Dec. 15 for youth ages 7 to 14. The cost for joining a team, including uniforms, equipment and an end-of-the-year banquet is $50 to $825, depending on which age group also receives a ball, bag, bar, denim jackets, shorts, socks and other equipment with registration.

La Jolla Youth rugby founder Zack Jacobs said he expected up to 450 children to sign up for the program this season, visitors in cars, on foot or on bicycles can enjoy a day of boating, bird-watching and swimming and receive a refund by showing a marina or café receipt.

Eager to share his vision for this “lit-

tle” city, the 6-3-year-old GM hops in his golf cart. With nearly 600 camps-


sites, there’s room for everything from tents to pop-ups, fifth wheels and mul-
dollar-plus-motorhomes measuring up to 45 feet.

Wiseman said the so-called “glam-

pers” really make themselves at home, toting dune buggies, outdoor carpets and even water bottles. For those who want to stay on site, there is space for 315 boats and RVs.

The father of six, grandpa of eight and great-grandpa times three points out the market, café and ice cream par-

lor for children’s playground. “I built that.”

He also swings by the arcade, com-

plete with electronic games and old-

fashioned pinball machines, and the basketball court and skate park. Still on his “to-do” list is the creation of a specialty bike park.

Campland boasts an eighth-of-a-
mile-long beachfront and marina, with 124 slips open to the public and rental paddleboats, kayaks, jet skis and bicycles.

A fitness room, two heated pools and a pair of spas (Wiseman designed a 400-square-foot crescent-shaped spa for 27 people) are popular, as are venues for live bands and karaoke.

Wiseman said he “pre-plans” all the projects, then does “magic at the end,” as with the off-leash dog park.

Wiseman, a rower and bicyclist who has hiked Half Dome and Mt. Whit-

ney, overlooks 150 full-time and sea-

sonal employees and everything from a large maintenance-workshop to underground plumbing.

Among his favorite jobs is creating new venues to keep visitors returning. “The more we can do to involve our-

ners in what the campers come here for, the better,” he said. To those ends, “You have to be a good neighbor.” But it’s obvious that his passion for helping the surrounding community is more than business.

Campland is the center of opera-

tions for the annual San Diego Crew Clashe. The park also hosts running events, car clubs and a music-lovers group. Campland supported the construction of the bridge over Rose Creek, enabling bicyclists and walkers to go from the South Mission Beach Jetty through Pacific Beach to the Ocean Beach Pier. And Campland will be part of the Rose Creek awareness festival in February, building a 12-by-

40-foot waterslide mural for local color.

Wiseman and his maintenance crew removed the mangroves that threatened to overtake Kendall-Frost Park and the campground and its guests participate in Campland Cares, a pro-

ject that has raised $30,000 for the Homeless Youth Outreach Project.

“T walk into the park that’s been here for decades and ask what can do to make it better every day,” he said.

He stops his golf cart at the wooden welcome sign at the entrance to the park and points out with a smirk, “I broke the “M”.

LA JOLLA VILLAGE NEWS

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Mobile spray-tan service brings sun to you – but safely

By MARSHA KAY SEFF | BEACH & BAY PRESS

A San Diego entrepreneur is helping locals beat the ill effects of the sun in a community that worships it. And with cooler, grayer winter days upon us, now is as good a time as ever to take advantage of it.

Cheet the Beach and its sister company, Bikini-N-Martians, offer mobile tanning services in the comfort of customers’ homes. The companies specialize in one-on-one airbrush tans for competitors at bodybuilding and fitness events, as well as group tans at bachelor—er — and bachelor—er parties, weddings, showers, proms, holiday gatherings and photo shoots. Not only does the spray tan result in a natural-looking color, but it blends in blemishes and camouflages veins, cellular and stretch marks, according to founder Laurie Hagstrom.

She supplies all the necessary equipment, including a tent for mess control and privacy, since most people prefer to be sprayed in the buff. Revealers can supply their own martinis or beverages of choice.

In an era when savvy tann-lovers eschew the sun and its damaging rays, and might be wary about tanning beds, more people are turning to airbrush tanning, Hagstrom said. Though towel tans have become increasing popular, too, she said she believes the spray offers more even and fuller coverage.

According to the American Acade-

macy of Dermatology, more than 2 mil-

lion cases of skin cancer will be diag-

nosed this year — and that’s just in the United States. “Most people get skin cancer from too much sun — or tanning beds,” according to academy officials. “Research shows that indoor tanning (e.g. tanning beds, sun lamps) increases a person’s risk of getting melanoma by 75 percent.” With an art degree from San Diego State University, Hagstrom started her tanning business in 2007. She also offers a line of skincare products custom-made by her own chemist.

“I didn’t like the color of the products on the market and how they dried,” she said. She completes a full-body tan in 10 to 15 minutes using a high-pressure, low-velocity sprayer with an odorless spray solution of DHA (dihydroxyacetone) and mineral salt bronzers.

Hagstrom offers seven customized levels of color, depending on each client’s skin tone and the desired level of tan. Knowing the correct level of DHA to use is important because too much DHA can turn the skin orange. Hagstrom said.

“People think they can get super, super dark, but a fair-skinned person can only get so dark without turning orange,” she said. The trick is for the tan to end up looking natural, she said.

“You can’t tell a good spray tan from the real thing,” said Hagstrom. Her tans last up to a week or more, depending on skin type and how well clients follow her tanning tips, she said. Regular moisturizing and tann-extension products can prolong the life of the tan.

Though she makes the process seem easy, it’s not, she said. She works with both clients, spraying and blow-drying as she goes.

A good spray tan is 90 percent per-
son and 10 percent product,” Hagstrom said.

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Hagstrom offers seven customized lev-

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Originally from Minnesota, Hag-

strom said she loved to take in the sun when she was younger. She used baby oil and tins foil,” she admits.

But after she had some pre-cancer-

ous spots removed, “I said I’m done with the sun.”

The cost for a tan party for five or more is $45 each, and the hostess or host tans free.

Hagstrom said she’s busiest during the spring wedding season. But people prefer to be sprayed in the buff.

Laurie Hagstrom spray spray tans Emily Reynolds, a World Bodybuilding & Fitness Federation bikini professional.

“This is a tragedy, but it is not a pre-

cedent that I have ever seen,” said Auchter. “My heart aches for the Berki fam-

ily. My heart aches for the family of Rashon Abernathy,” she said.

Jordan’s attorney, Zaki Zehawi, said they were “disappointed in the verdict to a certain extent,” and that they planned to appeal.

Coyne had asked for a guilty verdict for involuntary manslaughter, argu-

ing that Abernathy accidentally shot the victim when the driver of the stolen car fired one shot toward Berki. Jurors also found the trio guilty of robbing Berki and Fouadou, auto theft and shooting into an occupied vehicle.

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It’s like Taco Tuesdays on Steroids!
$5 Your Choice Mexican Entree

zano days

DON’T MISS A SINGLE GAME!

Looking for a location to host your next corporate event, meeting, or private party? You’ve come to the right place! We have an upstairs location that will meet the needs of events with attendance of 100 or less. seating for up to 75 people – full service (15 seat) – ocean view indoor / outdoor heated patio – order off menu or buffet – free validated parking 11 flat screens on upper patio – presentation friendly! Contact us today to get more information! 619 838 1866

Let Millers Field provide a killer location for your next private event!
For the Steelers fans who have found themselves on California’s sunny shoreline during the NFL season, the next best thing to catching the game at Heinz Field might just be inside that lively brick building on Garnet Avenue that is constantly spilling over with fans oozing black and yellow on game day.

When owner Todd Brown opened Bub’s Dive Bar in Pacific Beach 15 years ago, he envisioned an energetic neighborhood bar with quality food, friendly service and cold beer. At a bare minimum, however, he required that his place be a home for Steelers fans like himself.

“When I first opened the place, I said, ‘Look, if I don’t make any money or crash and burn, at least I’ll get to watch the Steelers with sound every week.’ That was my goal,” said Brown.

Although he admits the Steelers were less than perfect when he first opened Bub’s in 1998, Brown and his Steelers Nation have enjoyed watching the Steelers in three Super Bowl play-offs since, making his team the one with the most number of Super Bowl championships under its belt.

“We make our own version of it, and it’s good,” said Brown. “It’s a little different than what the Primanti Brothers do, but it’s still the spirit of the sandwich.”

To complement the hearty sub, Bub’s also offers a build-your-own bloody Mary deal that is a popular crowd pleaser on game days.

“The biggest thing for us is the food. That’s what really drives the business for us,” he said. “The big thing is having good food because you’re going to sit down for three hours and watch the game, so you’re looking for food and service.”

The camaraderie among fans is palpable from the moment you step through Bub’s’ doors.

“Bub’s is all about being that neighborhood bar and just personable service,” he said. “It’s just a bunch of regulars, especially on game day. So many people know each other and that’s part of the service standard — just being super friendly and having fun with the football.”

With an upcoming Chargers-versus-Steelers game in the lineup on Sunday, Dec. 9, try a place where quality, home-style food is king, and football — particularly the Steelers — reigns. Although Steelers are often spilling out of the place they like to call home, Chargers fans or otherwise are always welcome amid the sea of black and yellow.

“We probably take our football a little too seriously, but it’s always a place where Chargers fans can come. One thing we’ve always prided ourselves on is that we never allow anybody to harass anybody in any way other than something that’s fun — and it goes both ways,” he said. “Treat others respectfully, and we make sure everybody has a good time.”

For a the best of Steelers camaraderie in the warmth of San Diego’s climate, Bub’s is a place that fuses the best of both cities for a slice of the NFL stadium — with shorter bathroom lines.

“First and foremost, we’re a San Diego bar and we’re proud to be in Pacific Beach,” he said. “The Steelers thing is just something you can’t change, unfortunately.”

Bub’s Dive Bar is located at 1030 Garnet Ave. For more information, visit www.bubsdive.com or call (858) 270-7269.

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Bub’s Dive Bar offers a build-your-own bloody Mary deal that is a popular crowd pleaser on game days.
The Amandas, 321 Stereo and blues galore

LIVE MUSIC

By BART MENDOZA | Beach & Bay Press

There are a lot of great bands in San Diego, but you’d be hard pressed to find one that’s more fun than the Amandas. Appearing at Beaumont’s on Nov. 4, this is a cover band with a difference, a total flashback in sound and vision to the mid-1960s, transforming evergreen songs like “Stairway of Your Soul” into Red lighted dance tunes. With a lineup that includes such hometown heroes as bassist Thomas Ward, keyboardist David Fleminger and drummer David Klondew, alongside singer Amanda Suter, this is a top-notch band that will appeal to anyone who watches TV’s “Mad Men” or who digs cool retro sounds played with fire and passion.

The Amandas perform at 8 p.m. on Saturday, Nov. 4 at Beaumont’s, 5662 La Jolla Blvd. 21 and up. www.beaumontsbarery.com

On Nov. 30, jazz pianist Joshua White debuts a brand-new band at 8zyn. White began formal training at the tender age of seven, and by the age of 10, he was performing with the Encanto Southern Baptist Church. It was only the opening salvo in a career that’s seen him work with the likes of composer Anthony Davis and fellow pianist Mike Wofford. Already one of the most respected musicians in San Diego, he is also seen as a rising star on a national level, with one solo album to his credit, as well as appearances on discs by such local luminaries as bassist Danny Weller. Anyone who thinks San Diego’s jazz scene isn’t world class only needs to take a brief listen to White to be proven wrong.

BExport 700 Beach Blvd. 21 and up. www.thegriffinsd.com

If you’re a local blues fan, it’s likely you’ve come across Chet Cannon. Appearing at Tio Leo’s on Nov. 30, Cannon is a gifted harmonica player and vocalist and a terrific songwriter with a slew of blues tunes to his credit that slot in well next to the tunes of his musical heroes. One of the hardest-working musicians in town, Cannon plays in many formats, but for a show like this, you can expect a mix of uptempo blues and standards, keeping both swing dancers and toe-tappers happy.

Chet Cannon performs at 9 p.m. on Friday, Nov. 30 at Te Leo’s, 3102 Napa Ave. 21 and up. Cover TBD. www.catio- less.com

Minimalist guitar and drum duo The Mattson 2 performs at The Griffin on Dec. 1. With just guitar and drums, one might expect the sound to be a little thin, but in fact the pair’s interplay is nothing short of stunning, taking in elements of jazz, surf rock, soundtracks and more, mashing them up into an invigorating sound. The duo is never less than great live, but make sure you save a bit of applause for the moment Jared Mattson unveils his double-neck guitar. It’s something that’s hard to beat sonically and visually.

The Mattson 2 performs at 9 p.m. on Saturday, Dec. 1 at The Griffin, 1310 Morena Blvd. 21 and up. www.thegriffinsd.com

Calendar of Events in Old Town San Diego State Historic Park

November

Shop N’ Dine

DATE: Kicks off Nov. 23 until Jan. 8, 2013 - “It’s a holiday shopping experience that you can’t find anywhere else.” Shop N’ Dine at Fiesta de Reyes, Beaumont’s Imports, 5302 Napa St. or The Cosmopolitan Restaurant! For every $20 you spend at one of the 19 boutique shops in Fiesta de Reyes, you’ll receive $5 dollars off at Barra Barra Saloon, Casa de Reyes, or The Cosmopolitan in Old Town. Guests may use one $5 coupon for every $20 spent at one of the 19 boutique shops in Fiesta de Reyes. One card per person. Visit fiestadesreyes.com for more info.

Holiday in the Park

DATE: Saturday, December 14 – All of the museums, stores and restaurants in Old Town San Diego State Historic Park will be open and richly decorated. Enjoy special holiday treats, activities and extended shopping hours, along with strolling carolers on the plaza and free holiday shopping at the same time. Guests will also be able to view gingerbread houses in the merchant shops and enjoy Carols by the bonfire.

62nd Anniversary Las Posadas

DATE: Sunday, December 16 – This centuries-old tradition is being celebrated in Old Town San Diego State Historic Park for the 62nd consecutive year. Please join the Park Merchants Association as they retrace the historical journey of Mary and Joseph through the town of Bethlehem. The event begins at 9 p.m. with a musical prelude in the state park, with the live theatrical procession starting promptly at 5 p.m. A pizza party and bonfire follows at 6 p.m. Make this a new holiday tradition for your family. It is sure to be a night you will remember.

Bonfire Night

DATE: The week between Christmas and New Year’s Eve, Dec 26 through 30 - Winter evenings are a reason to celebrate in Old Town San Diego State Historic Park. Join carolers and other performers Fridays and Saturday in December from dusk to 9 p.m. Free venues round the bonfire are the highlight of the evening.

December

Holiday in the Park

DATE: Saturday, December 15 – All of the museums, stores and restaurants in Old Town San Diego State Historic Park will be open and richly decorated. Enjoy special holiday treats, activities and extended shopping hours, along with strolling carolers on the plaza and free holiday shopping at the same time. Guests will also be able to view gingerbread houses in the merchant shops and enjoy Carols by the bonfire.

Folklorico Dancing!

DATE: Every Saturday and Sunday at 1 p.m.

Strolling Marimachis!

DATE: Everyday at 3 p.m.

Great Mexican Food!

DATE: Everyday at 1:30 p.m.

Outdoor Dining!

DATE: Everyday at 1:30 p.m.

27 Unique Shops!

DATE: Everyday at 4 p.m.

---

MUST READ

Book recommendation from the Pacific Beach/Taylor Branch Library

TITLE: “I Wasn’t Meant For This”

AUTHOR: Lee Child

SYNOPSIS: “I didn’t put a date on this show being just the tip of the iceberg. I CAN’T BELIEVE this is only known American Apparel on the site. Older folks recall it as Studier’s Drug Store. Really old folks remember it as John’s Drugs, which opened just after the end of World War II.” — John Fry may be reached at (858) 272-6655, or by email at mail@johnfry.com

MUST HEAR

Gilbert Castellanos is one of the most talented musicians to ever call San Diego home. But even his incredible musicianship goes up a notch when paired with a music legend like saxophonist Daniel Jackson. The two will be appearing at Diaz’s on Nov. 24. Add in ace bassist Rob Thorsen and drummer Brett Sanders and you have a true all-star set. Castellanos deserves a medal for all the hard work he has done to promote and propagate jazz in San Diego, this show being just the tip of the iceberg when it comes to music in this town. If you’re a jazz aficionado of any sort, a chance to catch Castellanos or Jackson, especially when they team up, shouldn’t be missed up.

Gilbert Castellanos and Daniel Jackson perform at 8 p.m. on Saturday, Nov. 24 at 4275 Mission Bay Drive. $15. www.dnzyjazz.com — Bart Mendoza

MUST SEE

Beaumont’s Imports, 5302 Napa St., (858) 581-9934

Fortunately, 1 Imports, but I’ll guess it’s around 26-28 years. Finally, I CAN’T BELIEVE there’s only one known American Apparel on the site. Older folks recall it as Studier’s Drug Store. Really old folks remember it as John’s Drugs, which opened just after the end of World War II.

— John Fry may be reached at (858) 272-6655, or by email at mail@johnfry.com

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Brewing up neighborhood coffee and staying mellow

By MARSHA KAY SEFF | BEACH & BAY PRESS

Neighbors said a coffee shop in South Mission Beach wouldn’t make it, but Nick Cantalupo decided to try it anyway. Now, four years after he opened Mission Beach Coffee Break, the place is going strong. So much so that Cantalupo plans to expand his menu.

“IT’S HARD to believe,” he said. “Time flies.”

A South Mission Beach surfer, Cantalupo said he started the business simply because the building became available “and I felt the neighborhood had a need … We’re kind of isolated down here,” he said, pointing out that there’s not a Starbucks in sight.

Located just across Mission Boulevard from the popular Pennant Bar, there’s a room for a coffee house and a bar. Cantalupo said.

Mission Beach Coffee Break — “about 70 paces to the beach” — is one in a long line of businesses that have occupied the 600-square-foot space through the years. Cantalupo has been told that the average life for businesses in this spot has been two years.

“I’ve doubted that,” he said.

The storefront has housed a custom bathing-suit store, a postal annex and a surfboard shop, according to Cantalupo. Someone even told him that, way back when, it had been a five-and-dime store. But he’s far more interested in its most recent incarnation, a business built around six inside stools, a surfboard bench, an easy chair and two outside tables and chairs.

On a busy day, Cantalupo said he serves between 400 and 500 customers. On an average day, he figures he serves about 150. Customers include locals, winter students and summer vacationers. Regulars include several Old Mission Beach Athletic Club old-timers. Cantalupo said.

“They’ve lived here so many years,” he said. “It’s cool getting to know the history of the neighborhood from them.”

Customer Nancy Markins of Arizona said four generations of her family have been vacationing for years in South Mission Beach.

“We’re all for small business ‘cause we own one in Phoenix,” she said.

According to Cantalupo, the neighborhood has changed in some ways — and in other ways it hasn’t.

“There is more money and new construction,” he said. “But the vibe stays the same. You know everybody’s name and they all look out for you.”

There are five full- and part-time employees serving up specialty coffees for between $2 and $4. Pastries cost between $2.75 and $4. Breakfast sandwiches are $5.25; a choice of bagels with cream cheese is $2.40, and acac smoothies are $4.75. Cantalupo said he plans to add a lunch menu, featuring panini sandwiches, by fall.

On a recent morning, the shop was out of pastries by 9 a.m.

“It usually lasts till 11 or noon,” Cantalupo said, adding that baked goods are delivered every morning.

The best part about running the shop, which is open from 6 a.m. to 9:30 p.m. seven days a week, “is not having a boss,” said Cantalupo, who formerly worked in financial sales. “The worst part about it is the time commitment. But it’s all worth it.”

He has been known to slip away to ride a few waves.

Customers are encouraged to bring their computers since there’s free Wi-Fi and “I don’t care how long they hang out,” he said.

Patrons are also encouraged to bring books to exchange.

About every six weeks, on a Thursday from 6 to 9:30 p.m., he offers shows featuring largely unknown local artists.

“I wouldn’t have imagined there would be so many beach-area artists,” he said.

Union Bank unveils innovative checking account program

Union Bank, N.A., which operates a branch on Garnet Avenue in Pacific Beach, and on the verge of a menu expansion.

Owner Nick Cantalupo opened Mission Beach Coffee Break four years ago because he saw a need in the South Mission Beach neighborhood. Today, the coffee house is going strong and on the verge of a menu expansion.

The paintings, which will hang on the walls until the next show, are priced at between $50 and $100.

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New and existing Union Bank customers can design their own checking account by choosing only the services they want. The base cost of $3 per month can be waived if the customer makes one direct deposit of $250 or more each statement period.

Consumers can design their account and, after customizing it, they can call or visit a Union Bank branch to open the account.

Accounts can also be designed in a Union Bank branch with the support of a personal banker, and the ability for consumers to open their Banking By Design account online after customizing will go live in January 2013, giving them yet another convenient option.

Banking By Design’s initial offering is only the beginning as additional feature enhancements are already planned for 2013.

In support of the launch, Union Bank is debuting a new advertising campaign, and will also be adding an interactive viral component that allows users to create a Banking By Design commercial with an opportunity for their commercial to air on television in 2013.

To learn more about Union Bank’s Banking By Design or to design a checking account, visit www.bankingbydesign.com.

At Elmcroft, our memory care residents benefit from a unique “person-centered” approach to care. It involves active listening and the telling and retelling of life stories to continuously build mental connections and keep treasured memories alive.

Call to schedule your personal visit 619.224.7300
The Anderson Medical Center

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

The Anderson Medical Center is located at 1945 Garnet Avenue.

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

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

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

Less Invasive NuAge Facelift Available

The NuAge Facelift procedure is a minimal incision approach for facial rejuvenation of the lower face and neck. Compared to the traditional facelift the NuAge Facelift is less invasive with quicker recovery time.

At our facility the Grossmont Oral & Facial Surgical Center, we take pride in the vast scope of services we offer our patients. With three main focuses of practice: Oral Surgery, Maxillofacial Surgery, and Facial Cosmetic Surgery, we are able to customize a treatment plan for each of our patients.

As oral and maxillofacial surgeons, Dr.’s Varboncoeur & Caldemeyer are recognized specialists who are surgically trained in a hospital based residency program for a minimum of four years. They have the knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and esthetic conditions in the maxillofacial anatomical area.

For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center. Call 619-463-4486 or visit our website to learn more about this revolutionary procedure at vchoms.com.

San Diego French-American School students on Soledad Mountain Road are introduced to the Mandarin Chinese language. -- Staff and contribution

San Diego French-American school introduces Mandarin to curriculum

The Anderson Medical Center

Dr. Kenneth Anderson is a part of the curriculum.

The program will be moved to Bayside Terrace Elementary in the Mission Bay Cluster of Schools.

The majority of the children at the SDFAS are still concentrating on French immersion, who are fluent in both the French and English languages are being introduced to Mandarin, a language spoken by one in every six people around the world.

The purpose, Jarlov said, is to introduce the children to yet another language and one that is quite different from the three Western languages — French, English and Spanish — that are already a part of the curriculum.

“Our students at the French-American school are already benefiting from a bilingual education that will enable them to read and write in both French and English by the end of first grade,” Jarlov said. “The introduction of Mandarin will enable our students to benefit from the exposure to sounds that are very different from Western languages, and it will open their ear to different tones, and help develop their memory through the study of Chinese characters.”

Many studies have proven that children are capable of learning languages very easily at an early age and that the learning process makes them not only excellent communicators in their own language, Jarlov said, but also better problem solvers in math and science.

The new program includes two periods of 30 minutes per week. For those not participating in the Mandarin section, another option proposes the reinforcement of French through math, science or music, therefore offering additional support to those who are new to the French language.

Students in first grade and up at SDFAS have the option of studying Mandarin as an after-school activity. The SDFAS Saturday Language School also offers several language options for students who are not currently enrolled at SDFAS, including Italian. For more information, contact admissions@sdfrenchschool.org.
In the Neighborhood

PB Girl Scouts launch toy drive for needy families

Pacific Beach Girl Scout Amanda Majernik and Ciara Gray have launched a PB Girl Scouts launch toy drive for needy families in the PB Elementary School auditorium on Saturday, Dec. 1 at 2:30 and 5:30 p.m.

Parents and students are encouraged to bring new, unwrapped toys to the toy drive. The toy drive is a great way to provide holidays for kids in need and give back to our community.

For more information, contact Kathy Majernik at 858-344-0035 or majernikkc@gmail.com.

ATTENTION BAY AREA RESIDENTS!

IT'S NOW EASIER TO MAKE A DONATION TO A LOCAL NON-PROFIT!

Now, instead of going to local nonprofits' websites to make donations, Bay Area locals can easily make donations by using the new Facebook Pay tool.

Just like a credit or debit card, Facebook Pay is a digital payment method that is integrated across the Facebook platform. It allows you to quickly and securely donate to nonprofits with just a few clicks.

Donating through Facebook Pay is easy. Simply select the nonprofit you want to support, click the “Donate” button, and enter your payment information. The donation will then be processed securely and in real-time.

Donating via Facebook Pay helps local nonprofits reach more donors because it makes giving easier and more convenient. With Facebook Pay, donors can give to their favorite local nonprofits from inside Facebook, Instagram, or Messenger.

In addition to supporting local nonprofits, Facebook Pay helps to increase awareness of the good work these organizations are doing.

If you're interested in donating through Facebook Pay, simply visit the nonprofit's Facebook page and click the “Donate” button to get started.

Thank you for supporting local nonprofits and making a difference in your community!

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Holiday Food Safety Tips for your Pets

Nothing can ruin Thanksgiving weekend faster than a cat or dog that gets a hold of turkey day leftovers. To make this holiday one you will remember, serve the leftovers to your human family members and keep the food away from your pets.

- **Foods Not Already in Your Pet’s Diet:** Like most humans who taste foreign foods on vacations and end up with stomach aches, pets who eat foods they are unaccustomed to may have the tendency to sneak your pet some scraps on the sly. To make this holiday one you will remember, serve the leftovers to your human family members and keep the food away from your pets.

- **Onions:** The raw, removed gizmo that gets a hold of your Thanksgiving Turkey? No? Well neither should your pets. In addition to the vomiting and diarrhea that will occur if your pet gets a hold of your onion-infused stuffing, a larger medical emergency may occur as onions (garlic, leeks, and chives too) are poisonous to the red blood cells of cats and dogs.

- **Bony Things:** This applies to humans, too! To avoid a choking hazard, don’t give your pets any food that is hard, sharp, and big enough to get stuck in your cat or dog’s throat. To make this holiday one you will remember, serve the leftovers to your human family members and keep the food away from your pets.

If you or your guests are not feeding your dog or cat any leftovers, your Thanksgiving weekend will be disaster-proof for your pet’s digestive tract. Avoid giving your pet xylitol and chocolate, desserts that are heavy in fats can be disastrous for your pet’s digestive tract. Avoid giving your pet any human desserts but do consider giving her one of these special holiday treats instead.

- **Onion-y Things:** Onion does make things taste good, but it is toxic to dogs and cats. In addition to the vomiting and diarrhea that will occur if your pet gets a hold of your onion-infused stuffing, a larger medical emergency may occur as onions (garlic, locks, and chives too) are poisonous to the red blood cells of cats and dogs.
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Highly desirable corner home in Emerald Cove with spectacular unobstructed views! This beautifully upgraded twinhome features high ceilings, a 3 car garage, granite counter tops throughout the kitchen and baths, stainless steel appliances, limestone flooring, lots of natural light and ocean, bay and evening lights views from almost every room.

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Luxurious Masterpiece in Mission Beach
Incredible opportunity to own this luxurious masterpiece in the heart of Mission Beach! This one of a kind, detached property includes kitchen facilities on each of the three floors, Costa Verde Granite throughout, Thermadore and Fischer appliances, large flat screens, and surround sound systems on all three levels (including outdoor patios). The property is being sold fully furnished and would make a magnificent second home or high-end vacation rental. Major Reduction.

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I can get an offer on your home in less than a day!

Wishing You a HAPPY THANKSGIVING

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$975,000

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