

RANCH & COAST

San Diego's Luxury Lifestyle Magazine

October 2008

Readers' Favorite
North County
Restaurants

2008 Kitchen
Contest Winner

23 Great Things
About Downtown

Simon Fashion Now

San Diego Sizzle

Wolfgang Puck

\$3.95US



Supporting A Natural High

On Saturday, October 18, the Sundt Memorial Foundation presents Caribbean jam at Birch Aquarium at Scripps. Guests will enjoy dinner and unique silent and live auction items, with Bill Menish serving as auctioneer. The foundation will present two special Natural High awards - the first to a student who exemplifies the natural high lifestyle. The second award will be presented to San Diego-based band Switchfoot, who will be honored for their dedication to the natural high cause. This annual event supports the distribution of the highly acclaimed *Natural High* DVD series that focuses on encouraging youth to develop their natural high and reject the use of drugs. The foundation produces and distributes this message free via DVD to every school in the country with a fifth grade and higher. Proceeds from this year's event will go directly towards the production and distribution of the next initiative in the series, *Natural High 4*. Tickets are \$150 each. (858/551-7006, www.sundtmemorial.org/gala) - Mia Stetanko

