

PLUS: Bingo gets cool

Classic Italian soup

FREE

WEEKLY ENTERTAINMENT

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FREE EDITION

Ke\$ha

wants respect

Singer tries
to move beyond
party-girl image



MICHELLE SCENE: SMART SUMMER FUN



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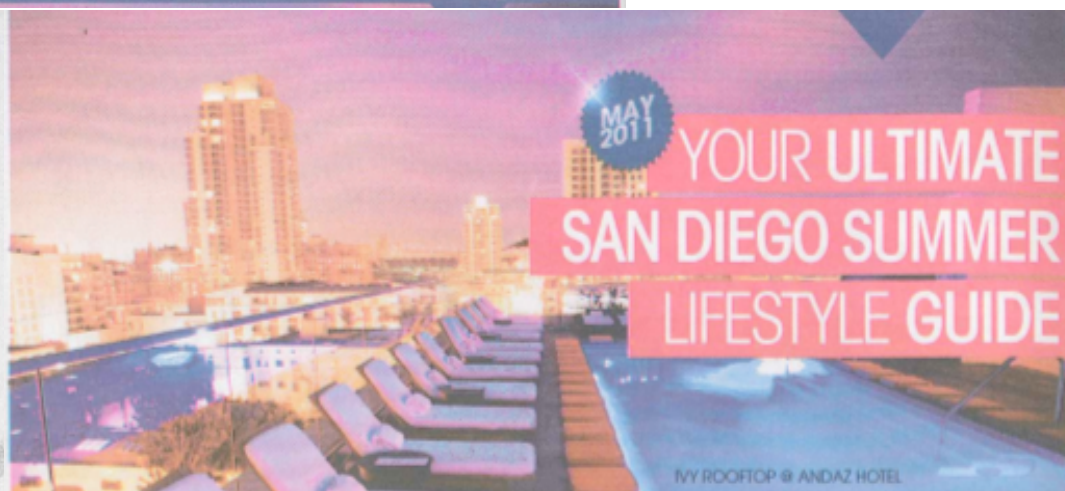
As soon as the first heat wave hits, no matter how premature it is, local mentality is swayed to all things summer in San Diego. Logical priorities are pushed aside in honor of outdoor adventures, waterfront entertainment, and luxury stayouts. Or, maybe that's just me?

On an 80-degree day in mid-May, why stay inside and acknowledge responsibility when you can ditch reality for a brief 24 hours and treat yourself to a taste of the good life, San Diego-style? In case you forgot, we happen to live in one of the most treasured vacation destinations in the world, and I highly recommend you reserve some time to enjoy it.

The age-old problem with summer is that we decide to drop a few swimsuit-appropriate pounds at the same time that all the seasonal fun begins. We are so proud of our motivation to get back to the gym, but then we realize that in order to make Kickboxing class on Thursday night we have to miss a happy hour networking mixer, a restaurant grand opening party, and an in-club celebrity performance. Is that dedication or just plain stupidity? They say you must sacrifice in order to see results, but come on, that is just cruel! This year, I've created a new strategy for smart summer fun. I plan to put health and fitness first, while never, ever missing a beat in the local scene. I believe success starts as a state of mind. Care to join me?

In this DiscoverSD Night&Day Street Edition, I'm hooking you up with ten tips for the ultimate San Diego summer lifestyle, made by locals, for locals. From outdoor fitness ideas and thrilling adventures, to al fresco spa treatments, waterfront restaurants, rooftop lounges, and of course, the hottest pool parties, summer just wouldn't be the same without these entertainment ideas.

For more San Diego lifestyle tips and trends in real-time, follow me on Twitter @DiscoverSD & @MichelleScene!



TOP TEN TIPS MADE BY LOCALS FOR LOCALS

It's a rough life we lead: blue skies, hot sun, idyllic beaches, vibrant entertainment, and best of all, laid-back locals who love and respect the roots of San Diego lifestyle. Make the most of the season with our top ten tips for the ultimate summer experience.

5. OUTDOOR SPAS

Pool parties and kayaking are nice and all, but I'll take a luxury spa day over just about anything. But don't you even think about being cooped up in a dark treatment room. Thanks to a handful of superlative San Diego spas, we can now enjoy our choice massages, facials, and body wraps al fresco. And yes, it's just as amazing as it sounds. From private poolside cabanas at The Spa at Rancho Bernardo Inn to the Indonesian inspired garden setting at Bergamot Spa in Encinitas and outdoor cabana rooms with flowing water fountains at Sea Spa in Coronado, you'll have to fight the DSD staff for an appointment at these hot spas all summer long.

For more information on these featured businesses, visit discoverSD.com/summer.