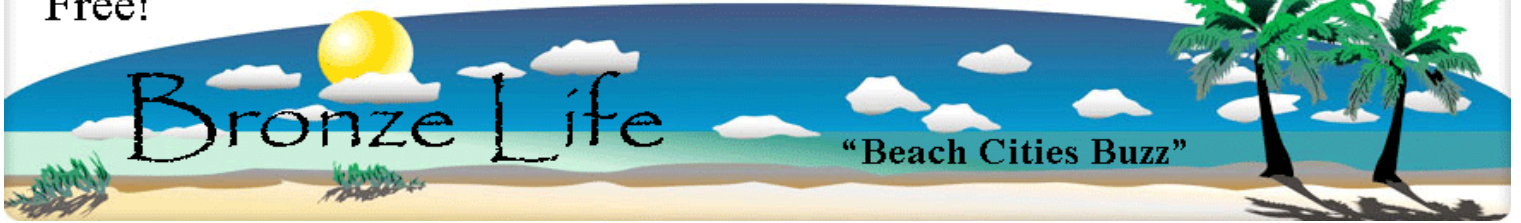


Free!



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Food For Thought (*Restaurants*)

The **Pan Asia Mongolian BBQ** restaurant (369 E. 17th St, Costa Mesa 92627 (949) 646-4644) is a great choice for a night out with the family and is very affordable. The restaurant offers different meal choices but I recommend the Build-Your-Own bowl in which you go to the buffet style bar at the back, grab a bowl, choose from a variety of veggies, meats, sauces, and spices. Once you have built your masterpiece you hand your bowl to the cook at the end of the line. The chef cooks up your creation on a large, flat, round skillet while you watch. Many people that experience this part of the Mongolian BBQ don't realize the historical... (continued on bronzelife.com)

Dog Gone It (*Pets*)

The Costa Mesa **Bark Park** (890 Arlington Ave, Costa Mesa) is an open to the public "dog park" just off the 55 Newport Beach Freeway. Bark Park is fenced off and designed for owners to let their dogs run leash-free so master and dog can socialize. There are two sections: one for large dogs (this is the biggest area) and the second is for small dogs (a smaller area but plenty of room). Additionally, there are lots of random tennis balls on the ground that anyone can use to start up a game of fetch with any random Fido that happens to be nearby. A dog is NOT required to enjoy the park so drop by, scratch a few heads, and shake a few paws!

American Made (*Local Goods*)

Promer Surfboards (1835 Whittier Ave A7, Costa Mesa (949) 642-3806) is one of Costa Mesa's few remaining custom surfboard makers. Amazingly, surfboard manufacturing is another industry being swallowed up by China. However, Ray Promer has not sold out, his boards are 100% American made. Ray and his crew have over 20 years of experience shaping short, long, knee, stand up, and paddle boards. A humble and personable Huntington Beach native, Ray Promer has been in the industry since he was a kid. He started out as a gromet, sweeping up a local surf shop while learning from established shapers. His custom short boards... (cont. on bronzelife.com)

Keep It Clean (*Health*)

Fairview Park (2501 Placentia Ave, Costa Mesa) recently underwent a big facelift. Improved trails, large wooden log benches, informative nature preserve signage and a great staircase on the cliff! I particularly enjoy the staircase, it provides a great tool for a hard workout. A few laps around the mesa, some push-ups on the benches, and about five to seven trips up and down the stairs is a great daily workout in the fresh sea air and cool breeze. I almost feel sorry for the masses running on treadmills like so many hamsters haha! So grab your iPod and get in shape for summer!

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"Beach Cities Buzz"

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Guides For Gamers (*Video Gaming*)

Are you a busy completionist **gamer**? Do you have limited time to enjoy games but still wish to achieve 100% power ups, zone explorations, upgrades, etc? Well you're not alone! As many of us get busier and busier we find that less time is available to fully explore virtual game worlds and find all the hidden secrets. Well fear not! There are hundreds of "walkthrough" gamer sites on the net to help you. With a simple Google search you can find links to platform and game-specific walkthroughs to speed you on your way and not take the fun out of the game!

Translatables (*Language*)

Here are some informal translations for the English phrase "**Good Morning**" in several different languages!

French: Bonjour **German:** Guten Morgen

Hebrew: Boker Tov **Japanese:** Ohayo

Korean: Annyong-hi Jumushyossoyo **Russian:** Dobroye Utro

Spanish: Buenos Dias

Protect Your Brain (*Zombies*)

The **zombie** is driven by its hunger for brains. Generally they moan the word "braaaains" as they wander around or are chasing you. Therefore, PROTECT YOUR BRAIN! One trick is to paint a softball to look like a brain. Then if you are close to your car and a zombie attacks, just grab the "brainball" and toss it to said zombie. This could give you precious seconds to start your car and make a fast get-a-way! Stay safe, Bronze Lifers!

Free Loot (*Giveaways*)

The **free** giveaway for this edition of Bronze Life is a Trio MP3 Player. The Trio package includes: 1x AAA Battery, USB Cable, User's Manual, Earbud Headphones, and a Warranty Card. (Player also has a voice recorder) To enter the drawing: send an email to webmaster@bronzelife.com and tell us where you found your edition of **Bronze Life**. One winner will be randomly selected and contacted via email on March 25, 2010.

Only Orange County, Ca. residents are eligible. Good luck!

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