CE NEWS

LA JOLLA'S PREFERRED SOURCE FOR LOCAL NEWS

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, JANUARY 8, 2009

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Friends hold hands to take the plunge into 50-something-degree water Jan. 1 at La Jolla Shores during the La Jolla Cove Swim Club's annual Polar Bear Swim.

La Jolla swimmers grin and 'bear' it

By ALYSSA RAMOS | VILLAGE NEWS

The National Weather Service forecast that the Pacific waters off La Jolla would hover between 54 and 57 degrees last Thursday, Jan. 1, 2009. For hundreds of locals turning out for La Jolla Cove Swim Club's annual New Year's Day Polar Bear Swim, the chilly waters are a

Swim Club member Fouad Feretti, hopping spryly out of the water. "So give me five.'

Feretti has become something of a swimming mascot among locals. One local rushed to offer the recently emerged Feretti a bowl of chili or cup of cider — another New Year's swim club tradition.

And during La Jolla's 2008 Rough Water Swim event, Feretti "I'm 85 and still alive," said Cove said he achieved something

"I came in first [in the 85- to 90year-old age group], but I also came in last," he said.

The swim club doesn't award prizes during the Polar Bear Swim.

About 250 swimmers in Speedos plunged into the icy waters off La Jolla Shores to show — well, that they can.

SEE SWIMMERS, Page 4

Surging Bolts electrify SD

Colts harnessed at Q; Steelers next

By DAVE THOMAS | VILLAGE NEWS

Darren Sproles may not get the notoriety of other backs in the NFL, QB Peyton Manning back to the but he doesn't seem too concerned Colts 1-yard line for an eight-yard about that.

Sproles rushed for 105 yards on the evening, while scoring the game-winning touchdown (22-yard run) some six minutes into overtime, as the San Diego Chargers scored a 23-17 win over the Indianapolis Colts last Saturday evening in the AFC Wild Card Playoff at Qualcomm Stadium. The win sends San Diego (9-8) to Pittsburgh for this Sunday's AFC Divisional Playoff at 1:30 p.m. PST. Pittsburgh defeated San Diego 11-10 earlier this season at Heinz Field.

Trailing 17-14 late in the game, with the Colts only a first down away from running out the clock, the Chargers made their move.

San Diego's Tim Dobbins sacked loss on third down to set up a fourth-down punt, which Sproles returned into Indianapolis territory.

San Diego QB Philip Rivers moved the Chargers down into scoring territory, where Nate Kaeding delivered a 26-yard field goal to tie it at 17-17 with under a minute left. The Colts were unable to move the ball in the final seconds, setting up Sproles for his heroics.

After winning the coin toss, the Chargers were the beneficiaries of some defensive foul calls against the Colts, giving San Diego several

SEE **BOLTS**, Page 14



VILLAGE NEWS L DON BALCH **Charger Darren Sproles rushes ahead** of Jeromey Clary for a first down during the Jan. 3 Wild Card game vs. the Colts.

Seal sponsors pursue state grant expansion

By ALYSSA RAMOS | VILLAGE NEWS

Bryan Pease, attorney for the Animal Rescue and Protection League's (APRL) SealWatch, has begun campaigning for new legislation in an effort to insert three words into a state land grant he says would protect La Jolla's harbor seal colony and save the city of San Diego millions.

Despite ongoing state and federal litigation involving La Jolla's harbor seal colony, Pease said he may have solved one of the city's financial problems.

"The cleanest solution would be for state legislation to add 'marine mammal habitat' to the 1931 tidelands grant," Pease

According to Pease, if state officials would add marine mammals to the list of permissible Children's Pool uses, the

city would save millions from a 2005 ruling requiring ongoing dredging. Pease and seal advocates have asked Senator Christine Kehoe to back the legislation, but Kehoe said she wanted a local resolution.

"My hope is that there is a local consensus first — otherwise we take the argument up to Sacramento," Kehoe said. "I need the council and the mayor and the city council as a whole to give me some direction as to how they want this handled."

Pease has been meeting with San Diego City Council members, including newly elected Council District 1 Sherri Lightner. La Jolla's Children's Pool sits inside Lightner's district.

Lightner says she hasn't made a decision. And before bringing a resolution before the

SEE GRANT, Page 3



Pastry chef Richard Kauffmann gives La Jolla Girl Scout Sierra Stewart a new nose at The French Gourmet, a participating restaurant in the Jan.

Restaurant Week returns; Girl Scouts bring dessert

By LORALEE OLEJNIK | VILLAGE NEWS

Diners can enjoy fine food and stay within their budget as San Diego Restaurant Week, the popular semi-annual culinary event, returns Jan. 11 through 16.

About 150 restaurants across the county are participating in this year's event. Each will feature a special threecourse menu for \$20, \$30 or \$40, depending on location (tax, beverage and gratuity not included, wine and spirit pairings available at some locations for an additional fee).

"While they are getting a three-course meal for just \$40 per person, they can expect the exact same quality, preparation style and service they would expect on any other night dining," said Leslie Araiza-Lorenzo from Nine-Ten restaurant.

Araiza-Lorenzo also said Nine-Ten will offer \$2 valet parking for the event.

The \$20 menu is an addition this year and is offered by restaurants such as Mr. Tiki in the Gaslamp Quarter.

"Our hope is to inspire guests

SEE **DESSERT**, Page 4





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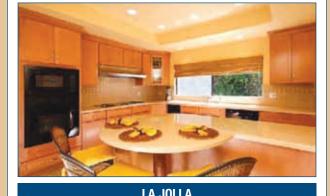
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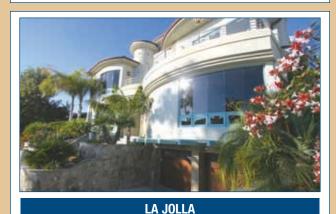
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GRANT

CONTINUED FROM Page 1

city council, Lightner said Pease may need to go through La Jolla's planning process to give the public a voice.

Last year, Pease fought for the seal colony in federal court, but exhausted his appeals with the city of San Diego. Last month, he won a temporary restraining order in federal court allowing the city to carry out the council's resolution to install a guideline rope throughout the seal's pupping season. But a state judge ruled the city must recondition the surrounding area to its 1941 standards, and until the issue is resolved, the city must hire a "seal chaser," Pease said.

"...The heirs of Ellen Browning Scripps, who gave the money to build the seawall, would not take lightly to abolishing the purpose of the trust," said Paul Kennerson, attorney for Valerie O'Sullivan, the swimmer whose case ended in a ruling forcing the city to dredge the Children's Pool for swimming.

The new legislation would solve the dredging issue and the city would not have to hire a "seal chaser," according to Pease.

Though Pease said he is confident that once the legislation begins at the city level, it would go through to the state, Kehoe said she still had reservations.

"We need a local solution that will resolve the issue. To my knowledge, that hasn't happened yet," Kehoe said. "I do not have a bill on this topic at this point."

"One of the [council] members would have to sponsor a resolution," Pease said, adding that harbor seal legislation usually passes through the Natural Resources and Cultures Committee chaired We need a local solution that will resolve the issue ... that hasn't happened yet.

CHRISTINE KEHOE STATE SENATOR

by District 6 Councilwoman

Donna Frye. "If it's not controversial, it could

get passed — otherwise it could get public comment," Pease said. "It would be a request to the state legislators to add 'marine mammal habitat' as a permissible use under the tidelands grant."

Casa Beach, or the Children's Pool, was among several areas the state gave to the city for certain uses in a 1931 state grant, including "public park, bathing pool for children, parkway, highway, playground and recreational purposes, and to such other uses as may be incident to, or convenient for the full enjoyment of, such purposes," the statutes stated, adding the right to fish off the waters.

There would be a new bill introduced before the legislature with a slight wording change to the 1931 tidelands grant, the law that conveyed Casa Beach from the state to the city," Pease said.

Kehoe said she needs some "indication from the city" that this is what the people want. But at this point, she said, "I can't promise — we're putting the cart before the horse.'

For information about the Children's Pool, visit www.friends ofthechildrenspool.com www.childrenspool.org. ■

NEWSbriefs

Youths with BB guns mistaken for armed men

Two youths frightened locals Saturday, when one La Jollan called police after misidentifying a BB gun, causing armed police to respond with the department's helicopter crew.

A resident of the 5700 block of Rutgers Road called police Saturday, Jan. 3, at about 2:45 p.m., reporting an armed 20-year-old male wandering along the road, police spokeswoman Monica Munoz reported in a press release. Police responded, launching the San Diego Police Department helicopter (ABLE), the release stated.

The helicopter crew began to record the incident on video and spotted the suspect on Copa de Oro Drive," Munoz reported.

The resident told police another armed man also was running around, the release said.

One of the suspects ran and hid in front of a house while the other tried to leave the area. The second male was stopped by officers and taken into custody without incident," police reported.

While officers took the second male into custody, police said the ABLE tactical flight officer kept the first male in sight until additional officers arrived and arrested him.

Despite the counter-terrorist measures police deployed, the duo did not have real weapons. The juveniles were playing with toy BB guns, police said.

"They were detained until it was determined that no crime had taken place," Munoz reported.

Although police released the duo, Munoz said, "it is against California law to carry a replica gun in public (12556PC) unless they are



TANNENBAUM TO TINDER

A dry Christmas tree tossed on a La Jolla Shores fire ring in the late afternoon of New Year's Day (above) explodes into a raging fireball in seconds (below), causing those watching to scatter. Holiday trees can be recycled at Kate Sessions Park or Swanson Pool before they become a fire hazard. VILLAGE NEWS | DON BALCH



easily recognizable as replicas."

According to Munoz, citizens can purchase replica toy guns that shoot BBs for less than \$15, but manufacturers do make clear plastic guns, which are distinguishable from real guns.

"It is never advisable for any individual to carry replica guns in

public because they can be confused with a real gun. In this case, both the citizen and the officers believed that these individuals were carrying real guns," Munoz reported.

SEE NEWS BRIEFS, Page 5







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SWIMMERS

CONTINUED FROM Page 1

Feretti said he's been taking the polar bear plunge the past 15 to 20

"We have over 20 English Channel swimmers in the club," La Jolla Cove Swim Club president Bob West said. "It varies from hardcore channel swimmers to the weekend warrior swimmers. We have all kinds of folks who like to jump in the sea."

The club inaugurated its Polar Bear Swim more than 30 years ago when the group was formed, according to West. The chilly swimming tradition began at La Jolla including hot apple Shores' Kellogg Park. Though the club first used the Cove years ago, West said the surf was unpredictable and rough, so the swim-

mers moved to calmer waters at the Shores. Traditionally, the swim should be performed in swimsuits only, but some people wear wetsuits and that's OK, West said.

"A majority of the people who do the swim, swim year-round in the Cove," West said. "I think our youngest member is 12 and our oldest is around 90."

The swim started New Year's Day at 10 a.m. The swim club served refreshments, cider and chili.

For information, visit swimclub.org. ■



VILLAGE NEWS | DON BALCH

 $w\,w\,w.\,l\,a\,j\,o\,l\,l\,a\,c\,o\,v\,e$ Fouad Feretti, 85, gives the thumbs-up after a brisk New Year's Day dip at La Jolla Shores.

CONTINUED FROM Page 1

to walk through our doors and into the South Pacific," said Christopher Penta, general manager of the island-inspired eatery.

Mr. Tiki will feature pan-seared Barramundi, rum-glazed pork tenderloin and wasabi-crusted filet medallions as its main course.

Last year, about 250,000 persons participated in restaurant week activities, designed to promote the local dining industry. Many use the opportunity to try new restaurants that normally would be too pricey. From Chula Vista to North County, restaurants of all varieties participate in this event.

Sam Kim at Rice, in the W Hotel, said the eatery will host celebrity guest chef Kevin Harry from New York and will showcase a special Restaurant Week menu.

Participating La Jolla eateries include Apollonia, A.R. Valentien, Azul, Crab Catcher, the French Gourmet, George's at the Cove, The Grill, Jai, the Marine Room, Nine-Ten, Oasis Bar & Grill, Roppongi, Roy's, The Shores, Steakhouse at Azul, Trattoria Acqua and Vigilucci's Seafood.

Many of the nearly 7,200 restaurants in San Diego County are feeling the pinch in the current economy as San Diegans struggle with rising unemployment rates and home foreclosures. Many potential patrons have put their fine dining habits on ice as of late.

A special partner of this year's restaurant week is the Girl Scouts of America, which will promote its trademark cookie sales campaign that begins at the end of January. Several restaurants will feature special dessert recipes inte-

grating Girl Scout cookie favorites like Thin Mints and Samoas.

'This year we're seeing a return to comfort food. We think Girl Scout cookies in an ice cream sundae will make people feel good and satisfy them," said Michel Malecot, owner of The French Gourmet.

Now in its fifth year, San Diego Restaurant Week is sponsored by the California Restaurant Association San Diego Chapter, the San Diego Convention and Visitors Bureau and San Diego magazine. No special tickets or passes are required. However, reservations are strongly recommended and can be made by calling the restaurants directly or by visiting www.sandiegorestaurant week.com. The Web site also lists all participating restaurants by price and geographic region. A fall restaurant week is scheduled for Sept. 13 to 18. ■

A WEEK ahead

8 Thursday

- La Jolla Sunrise Rotary Club, 6:58 a.m., La Jolla Shores Hotel, 8110 Camino del Oro, 459-8271, (619) 992-9449
- San Diego Business Connection, 7:15-8:30 a.m., Coco's, 4280 Nobel Dr., (619) 681-1910
- Leads Club/UTC, 8:30 a.m., Hyatt Regency Barcino Grill, 3777 La Jolla Village Dr., (800) 783-3761
- · Exercise class, followed by activities and discussions throughout the day, weeklong schedule, 8:30 a.m., Riford Center, 6811 La Jolla Blvd., 459-0831
- Seniors discuss current events, 9:30-11:30 a.m., JCC, 4126 Executive Dr., free, 362-1114
- Toddler/preschool storytime, 10:30 a.m., Riford Library, 7555 Draper Ave., free, preschool groups must call ahead, 552-
- Doyle Park Bridge Club, all levels welcome, 10:30 a.m.-1:30 p.m., Doyle Rec. Center, 8175 Regents Rd., 581-7170
- Toddler/preschool storytime, 11 a.m., University Community Library, 4155 Governor Dr., free, preschool groups must call ahead, 552-1655
- La Jolla Town Council meeting, starts early 4:30 p.m., LJ Rec. Center, 615 Prospect St., 552-
- Toastmasters of the Cove, 6:15 p.m., Doyle Community Center, 8175 Regents www.tmcove.com
- "Dreams with Sharp Teeth," this week's MCASD winter film program entry, 7 p.m., MCASD, 700 Prospect St., \$5 MCASD members, \$7 non, 454-3541

9 Friday

- LeTip Breakfast Club, 6:45 a.m., Radisson, 3299 Holiday Ct., 488-
- La Jolla Bridge Club hosts Duplicate Bridge, also Sundays and Wednesdays, noon, 1160 Coast Blvd., \$2/non-members, 459-7000 or 456-1909
- JCC Bridge, daytime party bridge, 1 p.m., 4126 Executive Dr., 362-1141
- La Jolla Kiwanis Club, noon-1:30 p.m., La Jolla Presbyterian Church Social Hall, corner Eads and Kline, members and guests only, call Caran for info, 454-7713

10 Saturday

- Member information meeting, Osher Lifelong Learning Institute, 9:30 a.m. refreshments, 10 a.m. presentation, UCSD Rubinger Center, building D, 9600 N. Torrey Pines Rd., 534-3409
- Opening of "Looking for Juan," work by emerging Filipino artists, through Feb. 14, 10 a.m.-5:30 p.m., The Athenaeum, 1008 Wall St., 454-5872
- Local tide pool exploration, 1:30-3:30 p.m., Dike Rock, meet at Birch Aquarium, 2300 Expedition Way, \$12, reserve, 534-FISH

11 Sunday

- Farmers Market, 9 a.m.-1 p.m., corner Girard and Genter streets
- La Jolla Motor Car Classic, tribute to American sports cars, 11 a.m.-3 p.m., La Jolla Cove, (619) 233-5008
- UCSD campus tours, walking and bus alternating weeks, views of campus architecture and public art, 2 p.m., meet at South Gilman information pavilion, 9500 Gilman Dr., 534-4414

SEE WEEK AHEAD, Page 5

Travel Events You're Invited

San Diego's own Acacia Travel, celebrating over 35 years of expert travel service to the public, will be holding some special events that travelers will find of interest.

The first is a Cruise Line Open House, January 21, between 4 and 7 p.m. Come in when you can to learn about the very special cruises now being offered by the cruise lines for 2009 and 2010. Cruise line representatives will be on hand to answer your questions and introduce you to their special offers — Avalon River Cruises, Carnival Cruise Line, Celebrity/ Azamara Cruise Lines, Cruise West, Princess Cruises, Holland America Line and Regent Seven Seas Cruises. Door prizes will be won, possibly by you (you need not be present to win), and refreshments will be served. The offices are located at 3272 Rosecrans St., near Midway Dr., in the Point Loma area. Please RSVP by calling 619-225-1233.

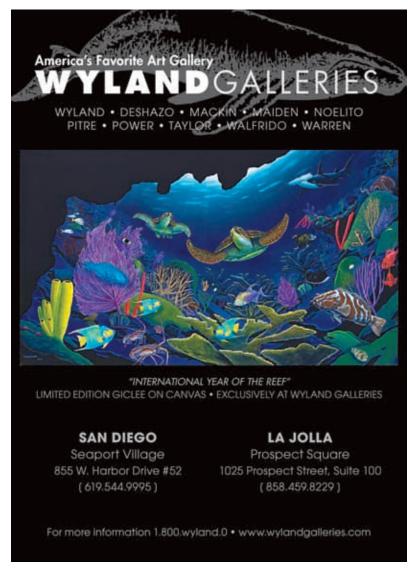
Another unique February event in the planning stages is an Introduction to Africa, which will include a lot more than just "safaris." If you are interested in that event, please give us a call to receive an invitation.

Visit our web site: acacia travel.com.

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CONTINUED FROM Page 4

- 12 Monday • University City High School tour, 8 a.m., 6949 Genesee Ave., 457-
- Low-impact aerobics/stretching and toning exercises, 9-10:30 a.m., also Wednesdays, chair exercises to music, 10:30-11:30 a.m., ages 55+, LJ Rec Center, 615 Prospect St., free, (619) 221-6973
- Law and the Retiree class, 9:15-11:15 a.m., JCC, 4126 Executive Dr., free, 362-1141
- Sea-Wees, introduction to sea life for 2-year-olds, 9:30-10:30 a.m., Way, \$15-\$23, 534-FISH
- Gentle Yoga/Breath & Flexibility, 10 a.m., La Jolla Bridge Club, 1160 Coast Blvd., \$15, 456-9964
- Piano duet, Ron Morebello and friend, free Athenaeum mini-concert, noon, Lyceum Theatre, 79 Horton Plaza, 454-5872
- Cancer Support Group, 2-3:30 p.m., Green Cancer Center at Scripps Clinic, 10666 N. Torrey Pines Road, 554-8533
- Boy Scout Troop 506 meeting, 6:30 p.m., LJ United Methodist Church, 6063 La Jolla Blvd., Mark Pulliam, 483-3642
- Acidic Oceans: Why Should We Care?, SIO winter lecture series, 6:30-8 p.m., Birch Aquarium, 2300 Expedition Way, \$5-\$8, 534-FISH
- Troop 4 welcome meeting for those interested in Scouting, 6:45 p.m., La Jolla Presbyterian Church, 7715 Draper St., 452-1435
- Speed Dating for Single Professionals, 7:30 p.m., Venice Ristorante & Wine Bar, 4365 Executive Dr., \$35, 349-4535
- La Jolla Masonic Lodge meeting, 7:30 p.m., 5655 La Jolla Blvd., call George Geanoulis, (619) 203-8622

13 Tuesday

- LeTip Golden Triangle, 7 a.m., Coco's, 4280 Nobel Dr., 278-3334
- Spanish classes, basic to advanced, 9:30-11 a.m., 11 a.m.noon, 1-2 p.m., 2-3 p.m., Riford Center, 6811 La Jolla Blvd., 459-
- Qi Gong classes, 10 a.m.-noon, Hospitality Hall, United Methodist Church, 6063 La Jolla Blvd., free, (619) 224-7479
- Joy-Dance-Yoga, a chance to burn calories and relax, 11 a.m., La Jolla Bridge Club, 1160 Coast Blvd., \$20 per session, \$80 for eight weeks, 456-9964
- Toddler/preschool storytime, 11 a.m., University Community Birch Aquarium, 2300 Expedition Library, 4155 Governor Dr., free, preschool groups must call ahead, 552-1655
 - La Jolla Rotary, noon, La Valencia, 1132 Prospect St., members and their guests only, 278-5600
 - Ali Lassen's LEADS Club, noon, Trattoria Aqua, 1298 Prospect St., (800) 783-3761
 - Pier Review Toastmasters, improve public speaking and leadership skills, noon-1 p.m., SIO, Room 114, Directors Office, toastmasters.ucsd.edu
 - Improve speaking and leadership skills with Toastmasters, noon-1 p.m., meeting site alternates, check Web site, visitors welcome, 826-6200 or http://wirelessimpress ions.freetoasthost.com
 - Coastal Development Permit Joint Committee meeting, 4 p.m., LJ Rec. Center, 615 Prospect St., 552-1658
 - University Community Planning Group Executive Committee meets, 6 p.m., Forum Hall, University Towne Center, above Wells Fargo Bank, 546-2875
 - Toastmasters of La Jolla, 6:30 p.m., Firehouse Community Center, 7877 Herschel Ave., guests welcome, 483-0116

- JCC Bridge Club, partner required, 7 p.m., 4126 Executive Dr., \$2/members, \$3/non, 457-
- A Sense of Place: British Art History with speaker Linda Blair, 7:30 p.m., The Athenaeum, 1008 Wall St., series \$40-\$60, single \$12-\$17, 454-5872

14 Wednesday

- Sculpting classes for adults and seniors, with Hollywood model maker Angel Carrasco, call for times, San Diego Rec Center, 8810
- www.carrascoarts.com
- Golden Triangle Business Network International, 7-8:30 a.m., Coco's, 4280 Nobel Dr., (619) 491-
- Torrey Pines Kiwanis Club, 7:15-8:30 a.m., Clay's Restaurant at Hotel La Jolla, torreypineskiwanis@earthlink.net
- Soroptimist International, every Wednesday (dark fifth Weds. of month), 7:30-8:45 a.m., Sea Lodge, 8110 Camino del Oro, 459-9271
- Torrey Pines Rotary Club, noon, Sheraton Hotel, 3299 Holiday Ct., 583-0070
- Progressive bridge (some Sundays also); no partner required, 12:30 p.m., Florence Riford Adult Center (50 and up), 6811 La Jolla Blvd., \$3/non-members, 459-0831
- UCSD Poets of Noise music, Meditation with Hanna Kluner, 1 p.m., UC Older Adult Center, Congregation Beth Israel, 9001 Towne Centre Dr., 550-5998
- University City Community Association meeting, 6:30 p.m., University City Library, 4155 Governor Dr. Spinal Flexibility and Meditation, all levels, 7 p.m., La Jolla Cove Bridge Club, 1160 Coast Blvd., \$15 one person, \$20 two people, 456-

NEWS BRIEFS

CONTINUED FROM Page 3

Town Council will meet earlier

The La Jolla Town Council will meet 30 minutes earlier than usual this afternoon, Jan. 8, since the La Jolla Community Planning Association is also meeting today.

The Town Council will convene at 4:30 p.m. at La Jolla Recreation Center, 615 Prospect St.

For more information, call (858) 454-1444.

Troop 4 to welcome prospective Boy Scouts

Boy Scout Troop 4 of La Jolla will hold an open-house type event next Monday, Jan. 12, for all boys in fifth grade or above who are interested in scouting.

The welcome begins at 6:45 p.m. at La Jolla Presbyterian Church, 7715 Draper Ave. Cub Webelo rank will be special guests. For information call Scoutmaster Serge Decorte, (858) 452-1435, or Committee Chair Jim Rodisch, (858) 488-7002.

Motor Car Classic spotlights sports cars

The La Jolla Motor Car Classic will take place Sunday, Jan. 11, at La Jolla Cove. The fifth annual event, which runs from 11 a.m. to 3 p.m., will celebrate classic American sports cars such as Corvettes, Mustangs, GTOs and Shelby Roadsters, and also pay tribute to GM on its 100th anniversary. The juried show will feature 10 specialty car classes.

Tickets are \$15 in advance or \$20 at the event, with children ages 13 and under free. A portion of the proceeds goes to the Monarch School for disadvantaged youth.

For more information, call 233-5008 or www.lajollabythesea.com.

Spanish classes offered

Four Spanish classes, from introductory to advanced conversational, will begin next Tuesday, Jan. 13 at the Riford Adult Center Center, 6811 La Jolla Blvd.

The classes are taught by retired Spanish teacher Sylvia Cavaiola, and run from 60 to 90 minutes each. For information, call (858) 459-1202.

Liberty Station will recycle e-waste

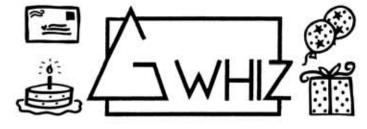
The High Tech Middle Media Arts Parent Association will host Scouts who have reached the an e-waste recycling drive on Saturday, Jan. 10 to help San Diegans reduce clutter and recycle sensitive materials in an ecofriendly manner.

> The event will be held from 9 a.m. to 4 p.m. at the High Tech High School campus, 2230 Trux-

> Acceptable items include computers, monitors, fax machines, cameras, keyboards, televisions, printers, copiers, toner cartridges, video game consoles, laptops, Internet devices, camcorders, mice, cell phones, stereo systems and speakers and other

> For more information, call (310) 734-6700 or e-mail sigurdk@yahoo.com or mindy.olson@gmail.com. ■

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New Year's resolutions for drivers

behind the wheel,

particularly at

night, make you

drowsy, less ålert to danger ...

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Meriden, CT — At this time of year, everyone hopes to close the book on bad habits and resolve to do better. Experts agree that many people break their New Year's resolutions because they set unrealistic goals for themselves. However, there are common driving behaviors that drivers can resolve to improve for this New Year that are not only attainable but can make it a safer year for every-

"Bad driving is often just a Long hours

habit you get into," said Ray Palermo, director of public relations for Response Insurance. "It can take as few as 21 days for people to adopt a new habit. So.

drivers can help ensure that 2009 is safe for themselves and others on the road in a relatively short period of

He offered a few New Year's Resolutions for drivers:

- Use your turn signal. Letting other drivers know where you are heading avoids crash-
- Stay calm. Don't compound another driver's foolish driving maneuver by making your own. Don't overreact to events that can lead to road
- Know where you are going. And if you do make a

wrong turn, just keep going. More often than not, you can return to the correct road pretty quickly and do it without endangering others.

- Maintain your car. Check all fluid levels, change the oil if it's due, clean the car's windshield, windows and headlights, make sure your lights and directionals are working properly, check the tire tread and air pressure.
- Sleep. Rest can be your best defensive driving weapon. Long hours behind the wheel, particularly at night, make you drowsy, less alert to danger

and increase your response time.

• Stop multi-tasking. Eating, reading and talking on a cell phone (even hands-free) while driving are distracting.

 Never drink and drive. And be alert for drivers who may not be as safe as you.

• Get an emergency kit. A first-aid kit should minimally include bandages, tape, wash and dry cloth and a topical antiseptic. A car kit should include oil, anti-freeze, transmission and brake fluids, basic tools, signal flare, flashlight (with fully charged batteries) and duct tape.

Additional information on this and other car and homeowner topics is available at the Response Insurance Safety www.response.com/safety. ■

Information Center:



Letters to the Editor

A warm glow

Thank you to the anonymous donor for saving the fire pits throughout San Diego's beaches and Mission Bay. We are one of the many groups and families that enjoy sitting around a warm fire enjoying friends and fellow-

> The Beach Bums **Christ Lutheran Church**

The token child

I am so sorry that Proposition 8 has caused such a problem. I am sorry that people see homosexual marriage as a right. First of all, God ordained marriage between a man and a woman. The more we have abused this rule, the more problems we have as a society. I am surprised that people believe that rights are more important than God's command-

I personally have lived with a homosexual parent and I wouldn't wish this problem on anyone. I was the token child since he couldn't make one normally. I took his name even without adoption. My mother was the unsuspecting token wife and he made it hard for her to leave without complications.

Our society is forced by minority groups to be what they want us to be and to think what they want us to think. We don't need to feel sorry for these people and we don't need to be their token guilt partners either. Since homosexu-

als don't have children, they can put more money into their causes. Adopting children is one of their causes and many believe it is their right. If I had the ability, I would legally prevent this situation from happening to another child the way I had to experience

America is struggling to make sense of minority control and now homosexual rights. We need to get back on a healthy track and start focusing on all of our citizens.

Susan Drake

They are accountable to us, not us to them

Regarding "More views on Prop 8" (Letters to the Editor, Dec. 23, page 6) and protecting democracy: Thank goodness for the California Constitution — a document created by "we the people" to serve and protect the rights and liberties of "we the people" from the majority — or from the minority. A living document, the preamble is quite clear in that it serves to secure and perpetuate freedom's blessings provided by Almighty God.

We the people own the ability to establish it, change it and modify it. In fact, Article 2 is quite clear when it states, "All political power is inherent in the people. Government is instituted for their protection, security, and benefit, and they have the right to alter or reform it when the public good

may require." This constitution belongs to "we the people" and not they the legislature nor they the court. It establishes protections against their tyranny and we the people have changed our constitution more than any other state for this very reason. When the legislature or judiciary gets too out of touch, they no longer serve the people. They are accountable to us, not us to them as much as they would hope it not to be so.

We the people of California made clear in the most recent election that we understand marriage well. We comprehend that current law is quite clear that same-sex couples have the same rights as the rest of society. We also appreciate that marriage has its origins in religion. It is considered to be a sacred union sanctified by God. Our constitution is quite explicit in providing for the free enjoyment of religion without discrimination.

The issue before the voters therefore was quite simple — it was that of "we the people" providing a definition to the judiciary and legislature of the term marriage so they would know how to govern. Agendas, be they legislative or judicial, cannot nor will not be tolerated.

We the people have spoken and rest assured that we will speak again.

Government works for us. The freedoms are ours. We are fiercely protective.

> Al Sargeant La Jolla





VILLAGE NEWS



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OPINIONS Signed letters to the editor are encouraged. All letters must include a phone number for verification. The editor may edit letters for clarity and accuracy. Letters should be 350 words or less. Views expressed are not necessarily the views of this newspaper or staff.

SUBMISSIONS Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

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SAN DIEGO RESTAURANT WEEK

Jai by Wolfgang Puck





Executive Chef Yoshinori Kojin

Created by one of the country's most renowned and respected culinary greats, Jai by Wolfgang Puck provides San Diego with a world-class dining experience that fuses rich Asian tradition with contemporary culinary trends. Executive Chef Yoshinori Kojima works closely with Chef Puck to create the modern and inventive menu, featuring diverse Asian inspired cuisine ranging from Miso Sake Broiled Butterfish to Crispy Cantonese Duck.

The name Jai (pronounced "Jay") draws on the Thai word for "heart" and references the Chinese good luck dish. Puck's first venture into America's Finest City, Jai is proud to partner with La Jolla Playhouse to combine both theatre and culinary arts for Playhouse guests, as well as residents and visitors to San Diego.

Beyond the plate, guests at Jai enjoy a modern ambiance designed by architect Martin Vahtra of PRO-JECTS architectural design, also known for Jay-Z's 40/40 Club in Las Vegas, and the Time Hotel in New York City.



Roppongi Restaurant & Sushi Bar



Conveniently located on Prospect Street, it's obvious why Roppongi is Zagat rated "One of the Top Five Most Popular Restaurants in San Diego" and is a recipient of Wine Spectator's "Award of Excellence." Executive Chef Stephen Window continually finesses the extensive menu of tapas, salads, sushi and seafood, delighting guests with fresh, exotic fare prepared with traditional European gourmet cooking techniques.

Visit Roppongi during Restaurant Week and try their inventive prix-fixe menu which includes selections such as Pan Roasted Salmon with Curried Cauliflower Puree, Cilantro Pesto and Candied Cashews, and Meyers Natural Flat Iron Steak with Sake Braised Shitake Mushrooms and Chinese Broccoli.

Roppongi is open daily for lunch and dinner with an ever-popular happy hour from 3-6pm. Spend an evening dining around the firepit, cozy up around the indoor fireplace and aquarium, indulge at the stunning sushi bar or just have fun watching the scene from their covered/heated patio.

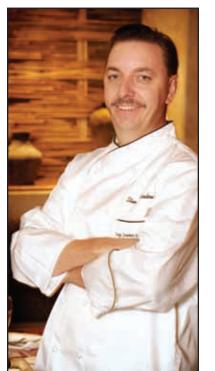


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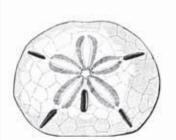
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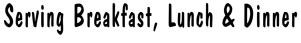
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Apollonia

A contender for the best Greek restaurant in Southern California, For 27 years, Apollonia (formerly Aesop's Tables) has been the destination of choice for La Jollans with an appetite for Greek delicacies. The restaurant has a handsome outdoor patio where shaded alfresco dining is delightful. Venture inside and you will find a charming ambiance in every dining room and in the beautiful lounge. The menu includes age-old favorites such as Dolmathakia and Moussaka, alongside some absolute surprises guaranteed to tantalize your adventurous curiosity. The menu offers many hearthealthy items prevalent in Greek cuisine and are suitable to those who follow a restricted diet yet like the joys of eating and the finer things of life. Apollonia's service is very friendly and as pleasant as the food. Opens daily from 11:00 AM to 9:00 PM (Sun-Thur) and to 10:00 PM (Fri & Sat).

Vigilucci's

A relative newcomer to La Jolla, Vigilucci's Seafood, Steak & Chop House has quickly become a local favorite. Italian-influenced seafood, prime steaks and pastas are complemented by an extensive wine list. Sunday Italian Dinners featuring live music. Open Christmas Eve. Accepting reservations for New Year's Eve—call for details on our special menu.





www.kitimaextraordinarythai.com

Kitima Thai

One could describe Kitima as unique, extraordinary and superb, and still fall short of describing it properly. Located in San Diego's artistic Hillcest area and also overlooking the water in La Jolla, Kitima takes pride in serving authentic Thai cuisine using only fresh and natural ingredients. The menu features an impressive array of organic vegetarian, seafood, poultry and pork entrees. Several house specialties, such as the Evil Prince (fresh prawns steeped in red curry sauce), sets the standard by which all Thai cuisine should be judged. The desserts are homemade, including the wildly popular coconut ice cream. The dinning room, design b owner/artchitect/chef Troy Bushykanist, features a beautiful blend of Asian sculptures and colorful wall murals, giving it a refreshingly relaxed feel. The service (led by Troy and his wife Kitima) is excellent, and guests immediately feel at home in the intimate and romantic atmosphere.





Mr. Taco

Happy Hour just got even Happier! Please join us Monday-Saturday,

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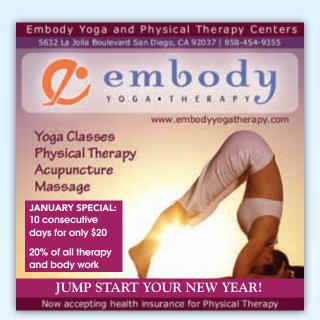
BIRDROCK Shopping Guide

Bird Rock is nestled between swanky La Jolla Village and the beach community of Pacific Beach. The charm of Bird Rock is alluring and seductive with the assortment of shops and eateries. Make a point to park and shop along the newly renovated La Jolla Boulevard and enjoy the vibrant trees and colorful plantings. Among the variety of shops you'll find clothing boutiques, including swim wear, bridal salon, infant clothing, formal attire and fashion accessories and shoe salon. Locals have enjoyed the health and fitness salons, postal services and other services available. There's even a piano store! Bird Rock hosts a large assortment of restaurants and eateries from casual to very elegant! If you haven't visited Bird Rock on the Boulevard, you're in for a very pleasant surprise!



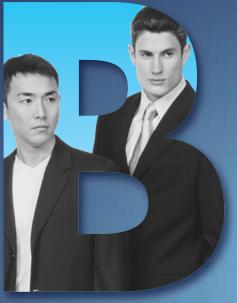








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In and about the Village

Newcomers salute New Year

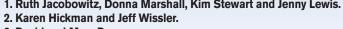
What better way to start off the new year than with a tale of the La Jolla Newcomers gala? Last week in this column there were two photos and herewith are the rest. It was a glittery affair, replete with two handsome Marines (in the aforementioned photos) who guarded the new, boxed, unwrapped toys, destined for the hands of children who otherwise might have had a bleak Christmas, and assorted recycled shiny silver table centerpieces, selected from the extensive collection of Joni Alpert, which she uses time and again for such occasions. Not visible is the redecoration of rooms at the home of the Crossroads Foundation, a group that helps women attain sobriety, and has become the new charitable undertaking of LJN. One thing that is not so new is their membership; the very name "newcomers" alludes to newly arrived La Jollans but there are no hard and fast rules about what constitutes one nor are there any limitations on how long they can remain members. That's why there were so many familiar faces, dating back many years, in the gala crowd, plus a few new ones who have been local residents for eons but perhaps never got around to registering. Maybe they found out how fun this group is, so, La Jollans, it's never too late! Check out their assorted activity groups, going far beyond the toy collections and Crossroads.



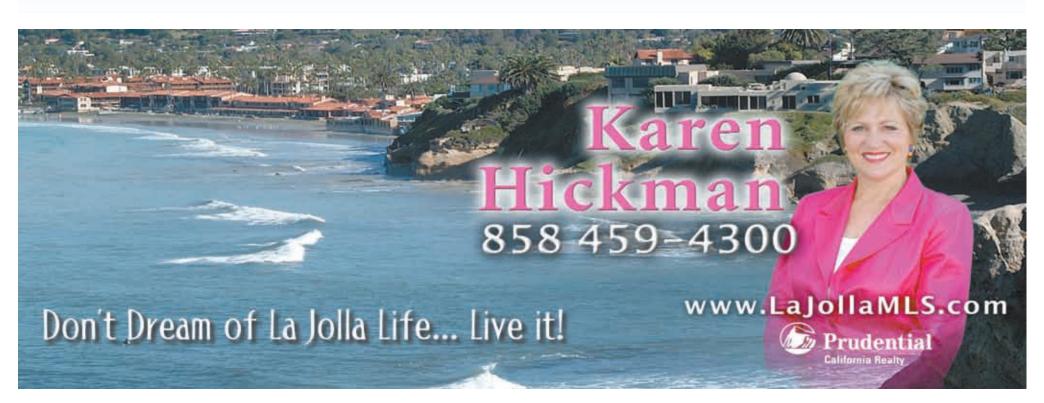
7. La Jolla Playhouse: Happy New Year from Joan Jacobs, Barbara ZoBell and Iris Strauss.

8. Athenaeum: Happy Holidays from Sammy Tritt.

9. Timken Museum: Happy Holidays from Patty and Murray Rome.



- 3. David and Mary Duea.
- 4. Bob and Madeline Artman.
- 5. Adrienne and Richard Shere.
- 6. Joni Alpert and Janice Farnow.



Location, location: Cabaret Dances moves to Anthology

By CHARLENE BALDRIDGE I VILLAGE NEWS

Art produced in places not created for art is common in today's world. Art has an illustrious history of cropping up wherever it happens to bloom — anywhere, in fact, which provides a platform, including parks and street cor-

Over recent decades in San Diego, citizens have seen theater and dance in storefronts, at trolley stops, at the beach, in hotel banquet rooms and converted spaces of all kinds, including the decks of ships in San Diego harbors. Art manages to survive even in places with bad acoustics, bad pianos and execrable sight lines. There is need for art that flows both ways. Art must be seen; people must see and be affected by it.

Because The Old Globe converted San Diego Museum of Art's (SDMA) Copley Auditorium into theater space for its use during the razing and reconstruction of its smallest theater, programs and artists normally booked into Coplev are as homeless as gypsy theater companies.

Jazz in the city was set back decades by the shuttering of SDMA's monthly Jazz in the Park series, booked by the extraordi-

of an odd cosmically aligned allemande left, Jean Isaacs San Diego Dance Theater — longtime producer of a yearly series titled "Cabaret Dances" at SDMA — has moved this season's "Cabaret Dances" to one of San Diego's newest commercial supper clubs, Anthology, where it continues Sundays at 5 p.m. throughout January.

The supper club would seem an ideal venue for dance, with its super-slick art deco ambience, an excellent sound system, an intune piano, a platform made for musical groups and a dance floor usually covered with tables just waiting for Isaacs' appealing troupe, over many seasons of "Cabaret Dances" much appreciated for their humor, elasticity and emotive movement. Alas, the dance floor is long and narrow and with the eye spread so far, nuance of personality is lost despite excellent videography that allows sight of what cannot be seen. Smaller pieces were performed on the stage at the end of the room, which also held hardworking vocalist Rachel Drexler (more applied "style" than substance or musicality) and the talented arranger/pianist and singer,

Two world premiere sections were presented, "The Eyes of Love" and "Canned Goods," so named because it is accompanied by pre-recorded music. Dramatically most affecting among these were set on Diamanda Galas' "Time," danced and choreographed by John Diaz, and Damien Rice's "Sleep, Don't Weep," choreographed by Isaacs and performed by a dynamite duo, lanky and luscious Liv Isaacs-Nollet and her diminutive and voluptuous foil, Veronica Martin-Lamm.

The concluding section comprised Isaacs' 2005 "Sippie" set on the music of Sippie Wallace. Perhaps because this work was seen before the piece seemed a

better showcase of the humor and personality one has come to love and expect from San Diego Dance Theatre.

Internationally renowned, Isaacs taught technique, choreography and improvisation at University of California, San Diego for 25 years. Her San Diego Dance Theater is in residence at Dance Place San Diego supper club

at the NTC Promenade. No doubt audiences will follow "Cabaret Dances" anywhere she takes it. Readers are urged to do so as well. Wherever art happens, it deserves our

"Cabaret Dances" is seen at 5 p.m. (doors open at 3:30 p.m. for cocktails and dining before or during show) Sundays Jan. 11, 18 and 25 at Little Italy's Anthology, 1337 India St. (between A and Ash), San Diego. For tickets (\$15-\$35) and information, visit www.sandiegodancetheater.org or call (619) 225-1803. ■

PHOTO BY MANNY ROTENBERG

Liv Isaacs-Nollet (left) is part of Jean Isaacs Dance Theatre, presenting "Cabaret Dances" each Sunday this month at Anthology in Little Italy.

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'Valkyrie' captures intense moment in world history

By JAMES COLT HARRISON | VILLAGE NEWS

"Valkyrie" is an exciting new look at a moment in history, which could have changed the direction of World War II. Director Bryan Singer ("The Usual Suspects") and screenwriters Christopher Mc-Quarrie and Nathan Alexander have extensively researched a plot to assassinate Nazi leader Adolf Hitler by his own officers, led by Colonel Claus von Stauffenberg, as portrayed by Tom Cruise. The actor bears an uncanny resemblance to the real military man, and seems to be perfectly cast.

Because this is a true story, the filmmakers had to be accurate and please the living relatives of the German colonel. Permission to film the story was not easily granted, as the family closely guards the colonel's image. He's somewhat of

fenberg had devised Operation fleshed out. Valkyrie, a shadow government that would take over if Hitler were killed during the war. Hitler himself approved the scheme and considered von Stauffenberg one of his loyal officers. But the colonel was beginning to see the terrible things the Nazis were doing and became disgruntled. He joined the secret German Resistance and devised a plot to get rid of the maniacal Nazi Fuhrer.

There had been at least 15 attempts by others to kill the murderous man with the funny little moustache. Even Charlie Chaplin tried to "kill" Hitler through laughter in "The Great Dictator" by making fun of him. Surprisingly, none of the attempts worked, even those by people who had easy access to the leader. Unfortunately, he had the nine lives of a cat.

Cruise plays von Stauffenberg competently, making sure he remains a hero to the country and not a villain. Hitler was the villain,

and many of the officers were beginning to realize he made insane decisions and was ruining not only the country but the military as well. Although more than 200 people were hanged after the aborted attempt, and more than 700 were arrested, the film concentrates on only a few of the officers who plotted the coup.

Joining Cruise in the film are Kenneth Branagh as Major General Tresckow, the ambitious General Fromm as played by Oscarwinner Tom Wilkinson and Terrence Stamp, who plays General Beck, an officer who resigned early in 1938 to protest against Hitler. Also doing a terrific job are comic Eddie Izzard in a serious role, Bill Nighy, German superstar Thomas Kretschmann, David Bamber as Hitler and newcomer Carice van Houten as Mrs. von Stauffenberg. It's a good ensemble The film depicts the plot to kill cast and they do the best they can Hitler on July 20, 1944. Von Stauf- with characters that are not fully

The officers are all upset with Hitler, but the real reason they want to participate in the assassination is not fully clear, unless they all have the same reason as Cruise's character. This is unlikely, but they did have a common bond that seemed to propel them headlong into what they knew would be a disaster if they failed.

It's an amazing thriller even though we know the outcome. It takes some expert directing and writing to sustain interest in a subject when we know the ending. But that didn't stop "Titanic," which became the biggest grossing film of all time. It doesn't hurt "Valkyrie" either, and it is a fine film that keeps one on the edge of the seat.

Others in the cast are Stephen Fry, Thomas McNally and Christian Berkel. It was filmed at Babelsberg Studios in Germany, in Berlin and in California's Cougar Buttes desert, which stood in for Tunisia. MGM/ United Artists. ■



SAN DIEGO SYMPHONY



BEETHOVEN FESTIVAL



WINTER POPS

JANUARY 9, 10 & 11 Jahja Ling, conductor

Jeff Thayer, violin / Jessie Chang, piano San Diego Master Chorale BEETHOVEN: Triple Concerto; Symphony No. 1; Choral Fantasy

Jacobs' Masterworks

JANUARY 14, 7:30pm One M Beethoven Recital

At Irwin M. Jacobs Qualcomm Hall BEETHOVEN: Spring Violin Sonata Moonlight Sonata; Archduke Trio

Jahja Ling, piano / Jeff Thayer, violin Jisun Yang, violin / Yao Zhao, cello Anne-Marie McDermott, piano

JANUARY 16, 17 & 18

Jahja Ling, conductor Anne-Marie McDermott, piano BEETHOVEN: Piano Concerto No. 1 Symphony No. 4; Leonore Overture No. 3

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APRIL 2 (7:30PM) Philip Mann, conductor MENDELSSOHN: Symphony No. 4, Italian

APRIL 23 (7:30PM) Jahia Ling, conductor ELGAR: Symphony No. 1

MAY 21 (7:30PM) Jahja Ling, conductor RACHMANINOFF: Symphony No. 2

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SPORTS

Cagers take to hardwood over holiday break

By DAVE THOMAS | VILLAGE NEWS

Several local scholastic boys basketball teams took to the hardwood over the holiday break in area tournament action.

week with a 6-7 record. After meeting University City High on Tuesday, the Vikings are slated to play at neighborhood rival Bishop's School on Friday night at 7 p.m.

against a quality non-league schedule," Assaf noted. "We are looking forward to a great league season.'

La Jolla played in the MaxPreps Holiday Classic over the Christmas break, scoring wins over Francis

41), with losses to Palm Desert (43-40) and Temecula Valley (62-52).

In the win over Francis Parker, Alec Giusti paced La Jolla with 19 points, while John Walsh and Jack Latta led the way in the win over Bingham with 13 and 12 points, respectively.

At The Bishop's School, the Knights head into action this week with a record of 9-3.

In action at the Las Vegas Prep Tournament to end December, Bishop's tallied victories over Las Vegas Mountain View Christian (67-33), Clovis North (66-44) and Sherman Oaks Buckley (68-60).

Malik Love and David Stotelmyre led the way over Sherman Oaks Buckley with 26 and 18 points.

La Jolla Country Day (LJCD)

Kamal Assaf heads into play this petitively—we have defended well Parker (51-34) and Bingham (51- School comes into play this week at 9-4 following action in the Coronado Islander Tournament.

> The Torreys scored wins over Lutheran (79-19) and San Ysidro (76-37), with losses to Oceanside (60-49) and Anaheim Katella (63-56). LJCD had five players in double figures in the victory over Lutheran, with Max Hershfield leading the way with 16 points.

> Finally, University City High enters play this week at 10-2, having competed in the Surf 'N' Slam Tournament over the holidays.

UC registered wins over Tracy Merrill West (50-39) and Snoqualmie Mount Si (69-57), with a 68-64 loss to Conestoga.

David Washington tallied 23 points for UC in the victory over Snoqualmie Mount Si. ■



Tight end Antonio Gates racks up some of his 87 yards Jan. 3 vs. the Colts. He overcame a high ankle sprain and made eight big catches. VILLAGE NEWS | DONBALCH

BOLTS

CONTINUED FROM Page 1

first downs, and allowing the home team to move farther into Indianapolis territory.

Sproles, who along with kickoff and punt returns saw more time on this evening as a result of a groin injury to running back LaDainian Tomlinson, then capped off the comeback. The former Kansas State star emerged from the pack and raced 22 yards into the end zone, sending Indianapolis home again courtesy of the Chargers for the second straight January.

While Sproles got the most notable play of the night, it was also the efforts of punter Mike Scifres that kept San Diego, a 23-20 loser to Indianapolis (12-5) in the regular season, in the game. Scifres landed six punts inside the 20-yard line on the evening, including a 67-yard boomer, to force Manning and Co. to go long on drives.

One drive where the Colts went

appeared to fall asleep. With nearly eight minutes remaining in the third quarter, Manning caught the Chargers in a defensive switch, leaving defensive back Antonio Cromartie in the dust. Manning hit wide receiver Reggie Wayne for a 72-yard strike, giving the Colts their final lead of the night at 17-14.

San Diego's defense, however, bottled up the Colts for the most part the remainder of the night to set up the Sproles heroics.

"When I got the hand-off, I saw the end slant in," Sproles said. "Once I saw the end slant in, I saw the green grass outside and I just went for the score."

The score set off a wave of celebrations at the Q, and sends San Diego off to battle the Steelers.

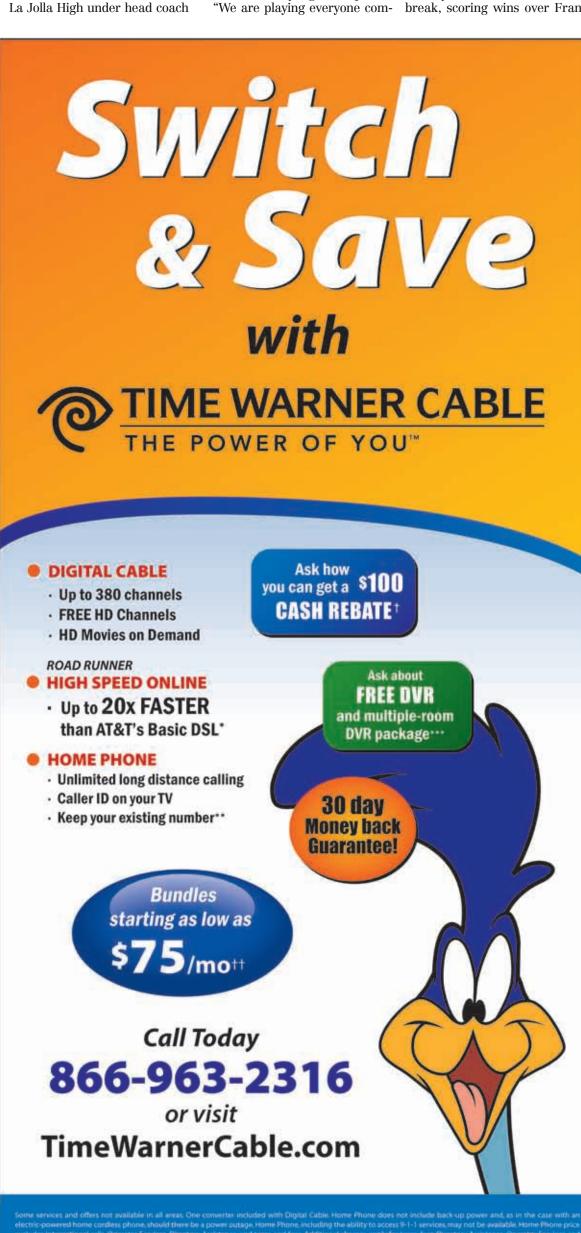
As for Manning (25-of-42 for 310 yards, 1 TD) and the Colts, it was the second straight disappointing

"The Chargers made the plays when it counted. Give them credit," Manning commented.

The question is: Can the Charg-



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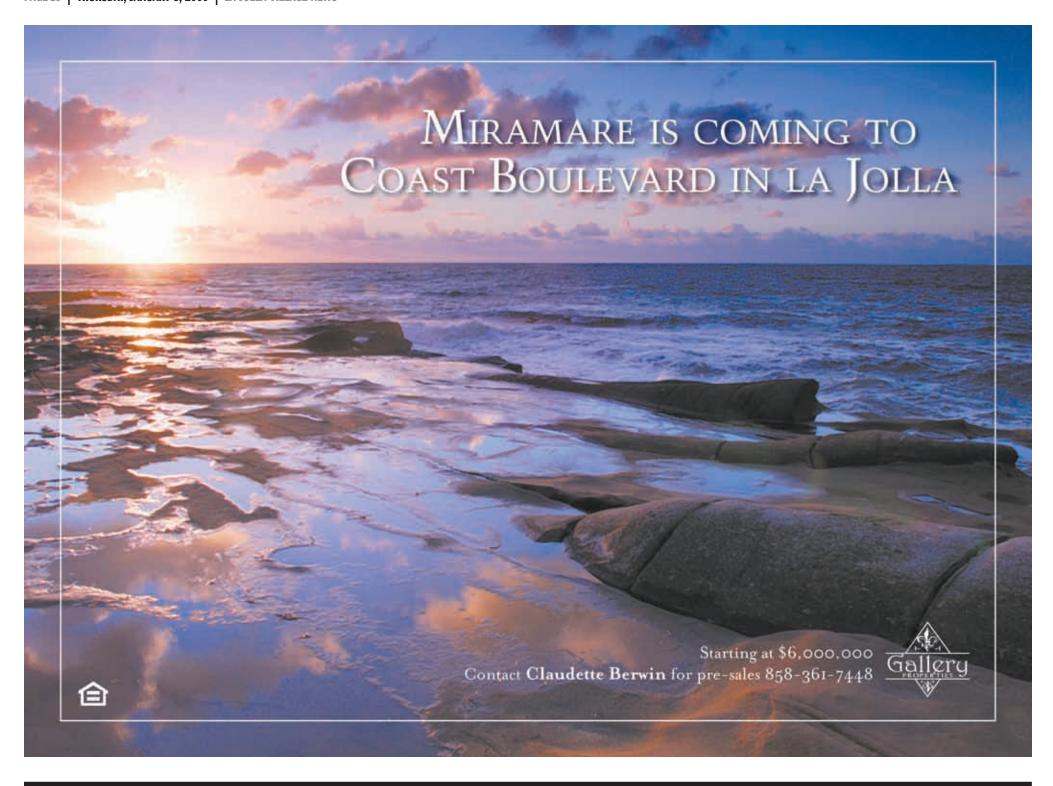
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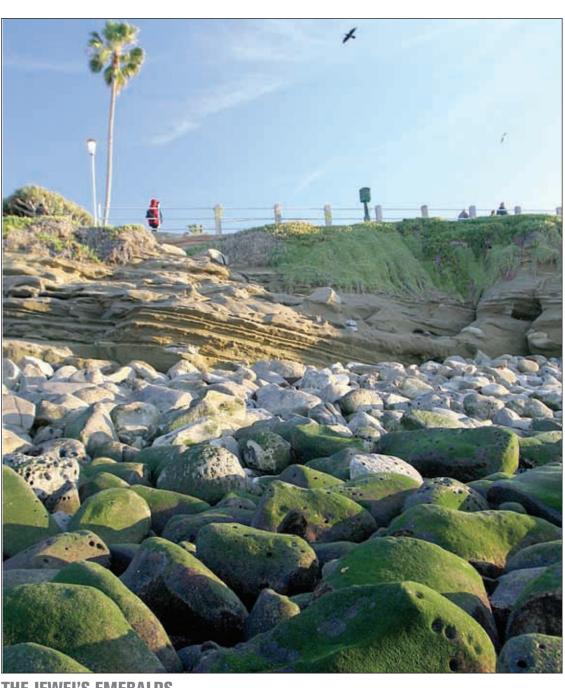
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THURSDAY, JANUARY 8, 2009 Vol. 14, No. 10



THE JEWEL'S EMERALDS

A coating of soft, slippery green moss is exposed Dec. 27 during low tide at Boomer's Beach. The afternoon low tide was about -0.8 feet. Last month's lowest low tide occurred around Dec. 13.

San Diego Boat Show drops anchor

By LAURIE SMITH | VILLAGE NEWS

Avast ye, mateys! The 21st annual San Diego Boat Show sails into town today, Jan. 8, and will dock through Jan. 11 at the San Diego Convention Center. Show manager Jeff Hancock declared that the event is for everybody and anybody — "people who own boats, people who want to own boats and people who just

want to look at boats."

And this year, like no other, it's also for the eco-minded.

The show, largest of its kind on the West Coast, features hundreds of vendors and local dealers, showcasing the latest in boats, gear and accessories — at the best deals — from kayaks to mega-yachts and everything that goes with them, ing free sailboat rides and the Hancock said.

"Think of the show like a

supermarket," he said. "If you went to all these dealers individually, it would take a month of Sundays to see everything [offered in the show]. It would be impossible."

The show takes place at the convention center and behind it at the Marriott Marina, featuring outdoor events, includ-

SEE BOAT SHOW, Page B-6

Bird Rock Home Tour tickets on sale Jan. 14

By ALYSSA RAMOS | VILLAGE NEWS

Bird Rock Coffee Roasters will begin selling tickets on Jan. 14 for Bird Rock Community Council's (BRCC) third annual home tour.

BRCC members will host the home tour Saturday, Jan. 24, from 11 a.m. to 3 p.m., in an effort to raise funds for Bird Rock Elementary School. Tickets are \$20 for BRCC members and \$25 for nonmembers

This year, locals can tour six Bird Rock homes, according to BRCC board member Michelle Fulks.

"It's a fantastic community event where people can tour [local]

homes," Fulks said. "A lot of people do it as a hobby ... other people do it to get ideas to remodel or to decorate their own home."

While this year's homes don't have any historical designation, attendees will view a mix of remodeled and original cottages, Fulks

The BRCC does not disclose the home locations, Fulks said, so people attending the tour must pick up maps at Bird Rock Coffee Roasters, 5627 La Jolla Blvd.

For more information, visit birdrock.org or call (858) 775-8500. To purchase tickets, go to Bird Rock Coffee Roasters. ■

Ducks take wing to beat Cowboys at Holiday Bowl

By DAVE THOMAS | VILLAGE NEWS

In typical Holiday Bowl fashion, an offensive shootout emerged.

When all was said and done last Tuesday evening, Dec. 30, the 15thranked Oregon Ducks (10-3) scored a 42-31 victory over the 13thranked Oklahoma State Cowboys (9-4) in the 31st edition of the game at Qualcomm Stadium in front of nearly 60,000 fans.

While Oregon's defense stood out in the end, so did Ducks QB Jeremiah Masoli.

Masoli, who was named the game's Offensive MVP, tallied three touchdowns (1, 41 and 17 yards) on the ground and tossed another (20 yards), while Oregon's defense stiffened in the fourth quarter to give the Ducks their second Holiday Bowl win (defeated Texas in 2000). Defensive back Jairus Byrd was named the game's Defensive MVP, thanks in part to a huge 39-yard interception return.

Neither offense was shy about piling up the yards, as the Ducks the victory. (565 yards) and Cowboys (469 yards) totaled more than 1,000 yards combined.

With Oregon clinging to a 35-31 lead with three minutes remaining



Three members of the Oregon Ducks leap after a great play during the Dec. 30 Holiday Bowl vs. the OSU Cowboys.

in the contest, LeGarrette Blount delivered the knockout blow on a 29-yard TD run to give the Ducks

Oregon, which is no stranger to big plays, got back in the game after trailing 17-7 when Walter

SEE DUCKS, Page B-3

TIDE LINES

Green grow the grasses beneath the waves

By JUDITH LEA GARFIELD | VILLAGE NEWS

Considering that grasses now represent about 20 percent of Earth's vegetational cover, it may not be so surprising that some grasses saw the future and chose not to compete. Our local surfgrass (Phyllospadix scouleri) and eelgrass (Zostera marina) species, though not true grasses, are thought to have evolved from ter-140 to 40 million years ago. In tides it may be exposed to air

other words, though all land plants first evolved from the sea, seagrasses returned to their roots, as it were. Being true-rooted, flowering plants (kelp and other algae have no such characteristics), seagrasses self-pollinate, then eject their seeds while completely submerged. While many people have trouble telling surfgrass from eelgrass, there are clear distinctions.

Surfgrass is found where surf restrial plants that invaded the sea and rocks abound. During low

where the brilliant, shiny emeraldgreen strands, which grow to 4 feet tall, densely carpet nearshore rocks and boulders. Under the water's surface, tidal surge and swell whip up the long blades to shape them into verdant wave shapes that mimic the look of water waves. The lush grass copes with its turbulent surroundings via each individual strand's awesome anchoring powers. Each strand's

SEE **GRASSES**, Page B-2



Surfgrass bonds its roots to solid substrate to hold sway in a turbulent environment (here featuring a shimmering garibaldi). © 2009 JUDITH LEA GARFIELD

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GRASSES

CONTINUED FROM Page B-1

base comprises tangled, brown roots that weld like concrete to rock substrate. The individual, compressed (1/16-inch wide) blades flex easily with little resistance. Shapewise, surfgass strands somewhat resemble fine spaghettini noodles. When I enter the water at the Cove and a set of waves rolls in, I dive down and grab onto a hunk of surfgrass, confident that I won't be washed back to shore. It's a strategy that works every time.

Contrarily, eelgrass generates tranquil, grassy islands or oases in the white sand expanse off La Jolla Shores. Growing in bundles on the sheltered bottom at 25 to 50 feet deep, individual blades grow to 3 feet tall and measure 1/8-inch wide. Shapewise, eelgrass strands somewhat resemble flat, wide fettuccini noodles. The stem of each bundle is loosely submerged in sand, where it is further anchored by many fine roots. Although eelgrass grows well beyond the breaking waves, surge from heavy surf may uproot these delicately positioned plants so beach walkers may see some wash in.

As with all plant life, seagrasses provide food and substrate to a variety of animals. Like many local plants at this season, seagrasses are also not in bloom. Come summer, they will send up flowers but none that are colorful or fragrant because, as self-pollinators, they have no need to attract birds or bees.

To find surfgrass flowers, move in close and wade through the strands to discover singular green blades with individual brown seedpods attached.

To locate eelgrass flowers, maintain some distance and look for



© 2009 JUDITH LEA GARFIELD

This eelgrass island (above) is made up of numerous generations that hark back to one plant. Each plant's roots sit loosely in the sandy substrate. Seeds of the next generation of eelgrass plants are ready to make their debut (above, right). No need for birds or bees - the self-contained surfgrass flower self-pollinates (right).

seedpod structures that project a foot above the grass meadows themselves.

Once seagrass seeds have developed, the pods burst open and the numerous seeds pop out, drop down and root within 3 feet of where they were ejected. This is a particularly good trick for grasses in the surfzone. The reseeding method is not obvious for surfgrass because of its rocky and otherwise chaotic environment, but it explains why eelgrass forms distinct islands. Each island is composed of a solitary plant, its progeny, their progeny and so on.

Seagrasses are an important food source for many animals such as snails, some fish, birds and mammals, and they play a critical role in providing a safe haven for various animals to hide, hunt and reproduce. Cormorant birds use jgarfield@ucsd.edu.





surfgrass to build their nests, as can be seen in their rookery area above the caves. These attributes aside, we want to be mindful of seagrasses because their sensitivity to pollution makes them an excellent barometer of the health of the nearshore environment.

- Judith Lea Garfield, biologist and underwater photographer, has authored two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. www.judith.garfield.org. Questions, comments or suggestions? Email





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bull market to rescue any losses may be an exercise in futility.

No one can predict with accuracy when the turnaround will come or how robust it will be when it does. Human nature is often in conflict with successful investing. Those who continue to invest in today's market are essentially snapping up stocks & real estate during a 40% off sale as compared to the peaks in 2007. This may be a great opportunity to rebalance your portfolio since your asset allocation is likely off-kilter. The mix in portfolio should match your personal goals & objectives. risk tolerance and time hori-

Don't panic when the markets seem to be falling apart and forget about sitting on the sidelines with your longterm investments. You can't control the markets - but you can control your reaction to it. Remember, crisis plus fear may equal opportunity. As always, please let us know if we can be of assistance.

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CHAMBER*chat*

The board of directors of the Golden Triangle Chamber of Commerce (GTCC) extends best wishes for a productive and happy New Year to members and to the entire community. The next several months will be exciting and busy for the Chamber.

The December mixer was held at Harry's Bar. Always a fun venue, this year was no exception. More than 50 enthusiastic business people enjoyed great appetizers and even better networking. Three new members were awarded certificates of membership.

The Chamber has two more fantastic Business After Five Mixers scheduled. The January mixer will be at Venice restaurant on Wednesday, Jan. 14. Of special note is that Venice has one of the largest wine collections in San Diego. The theme of this event will be recognition for all members who joined in 2007 or before. They will receive a certificate of appreciation that notes the year of original membership. All renewing members and new members from 2008 that have not yet received their certificates will also have a photo opportunity receiving their certificates.

The February mixer should be a night to remember. The new restaurant Jai La Jolla Playhouse has



New GTCC members (from left) Cory Reynolds (Manpower), Chamber President George Schmall, Laurie Britton (Cafe Virtuoso) and Ed Badrack (Send Out Cards) display their certificates at the December mixer at Harry's Bar.

offered to host the event on Wednesday, Feb. 11. Jai is owned by world-renowned chef Wolfgang Puck, so it's a safe bet the passed appetizers will be delectable.

There are currently two unfilled positions on the GTCC board of directors. Anyone interested in this leadership opportunity is invited to call GTCC Chairman of the Board George Schmall at Financial Bodyguards, (858) 350-1253.

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DUCKS

CONTINUED FROM **Page B**·

Thurmond raced back the secondhalf kickoff 91 yards to set up the Ducks inside the 10-yard line. Masoli (106 yards rushing, 258 yards passing) scored the first of his three TDs two plays later to pull Oregon within 17-14.

OSU, meantime, opened the game with a 7-0 lead as Dez Bryant, who finished with 13 receptions for 167 yards (both Holiday Bowl records), hauled in a Zac Robinson pass.

Robinson finished the contest passing for 329 yards, completing 27-of-50 passes. It was Robinson who gave the Cowboys their final lead of the night at 31-28 on a oneyard scamper early in the fourth quarter.

According to OSU head coach Mike Gundy, who helped lead the Cowboys as a quarterback to the 1988 Holiday Bowl title, "Oregon was much more physical in the second half than we were on both sides of the ball."

Oregon was also proficient at scoring in the final 30 minutes, outscoring the Cowboys 35-14.

The Ducks dedicated the win to Todd Doxey, a redshirt freshman from San Diego who died last summer when he drowned in Oregon's McKenzie River.

"Coming back here, knowing we were going to play in San Diego, was very special to a lot of our players," Oregon head coach Mike Bellotti noted.

HIGH-TECH_

- Corporate Finance Council of San Diego: "How I Sold a Business to a Fortune 500 Company," with Defense Web CEO Douglas Burke, Jan. 8, 5:30-8:30 p.m., La Jolla Marriott, 4240 La Jolla Village Dr., (619) 922-8553
- Executives in Transition: For professionals in transition at the \$150K level, hosted by Judy Thompson of BrownThompson Executive Search, Jan. 9, two sessions, 8-10 a.m. and 10 a.m.noon, call for location, 452-1200, ext. 111

SEE **HIGH-TECH**, Page B-6

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Every year the pressure to see more people increases, leaving both the patient and the doctor dissatisfied. The dramatic changes in medicine, throughout the years, have made it exceedingly difficult to deliver a high level of personalized service. With this in mind, I am making some important changes in my practice that allow me to take care of my expanded patient base and offer new personalized wellness options and specialty services.

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At Club La Jolla, the health club intimidation factor is eliminated. If you are new to exercise and have the desire to improve your health and fitness, take the first step and experience the difference at Club La Jolla.

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Club La Jolla employs a philosophy of superior quality and a friendly, non-competitive atmosphere that encourages members to return, day after day, to enjoy their workouts in a relaxing and stress free environment. The Club is well equipped, providing everything you need for an enjoyable and productive workout. At Club La Jolla, you can achieve the level of fitness you desire.

There has never been a better time to get started on your membership at Club La Jolla, located conveniently in the Village on Fay Avenue across from Vons. The enrollment fee (normally \$145) is only \$10 in January, which will be donated to The San Diego Center for Children. In addition, your membership comes with a 10 day money back guarantee.

If you are standing at the crossroads, knowing you need to improve your health and fitness, pick the path that leads to a better life. Start a regular exercise program with Club La Jolla today!

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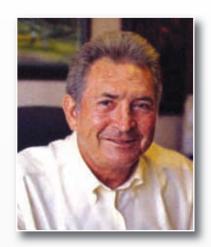
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Now that summer is over have you noticed hyperpigment (brown spots/areas) on your skin? Annoying isn't it and how did it get there anyway? The first cause is from the sun itself, second is birth control pills or hormones, third comes home treatments that are too aggressive and injure the skin, rounding third and sliding in to home are lesions and abrasions. If you get by all of these you get the Gold Star. The skin reacts to injury by Inflammation -> Tyrosinase -> Melanocyte Activity -> Melanosome Formation > Melanin Granule Deposit = Freckles - Dark Patches - uneven skin tone

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BOAT SHOW

CONTINUED FROM Page B-1

Big Bay Kids Area (sponsored by the Port of San Diego). This area features interactive boating safety puppet shows, boat painting and a chance to meet Skipper, the show's dolphin mascot.

Among the new features is the sure-to-be-popular Wakeboard Stunt Show, from Florida.

"It's a spectacular show of professional wakeboarders and wakeskaters doing tricks on an impressive indoor set-up featuring a pool, rails and ramps," Hancock said, adding that "they perform jumps, flips, nose-presses. And there's something called the Kicker, a jump that launches riders 20 feet and propelling them up to 40 feet across the pool."

The Green Boating Zone, another first for the show, promises to help water enthusiasts discover eco-friendly boating. Featured are the latest eco-friendly boats and engines to hit the market; West Marine's "Go Green" display, outlining the best eco-friendly practices; and the Green Accessory Center, previewing the newest green boating accessories.

Former mega-yacht captain Russ Grandinetti — in his new role as Knight & Carver Yacht Center's "eco-detective" — will hold a seminar titled "Trends Toward Greener Boating.

The seminar will address what's new in green marine products and highlight the most effective and useful procedures that make the boating experience more environmentally friendly.

Knight & Carver, based in National City, invited Grandinetti to shift careers and help form a

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The San Diego Boat Show will showcase all things ship-shape Jan. 8-11 at the San Diego Convention Center and the Marriott Marina (above).

new division of the company called Eco Solutions, the first green division in the shipyard

"I used to bring yachts in there all the time," Grandinetti said. "When they asked me to come work for them, they asked what I would like to do — what I was passionate about.

"I went to school for marine science and oceanography, but I kind of got away from the research part, and I said that I'd be interested in bringing awareness to people about the environment."

As a captain, Grandinetti was all too familiar with the toxic materials and practices used by boaters. His own concern

prompted him to test products and integrate the things that work, slowly changing out toxic products and systems.

"Often when you take the toxic ingredients out of products to make them green, a lot of times they don't work as well, Grandinetti explained. "So I test them to see how well they work, and if they do, I put them on my recommendation list.

Grandinetti also offers his findings and advice in a regular column for the blueskynews.com, an online newsletter geared toward boating enthusiasts at San Diego County marinas.

Admittedly, making major changes to a boat can be quite costly. However, Grandinetti

explained that every little bit

Take a look at systems on a yacht: wastewater management, bottom paint, cleaning products, how you dispose of things. exhaust emissions," he said. "You switch those out — and there's plenty of technology to replace these things — then you're working in that environment as best you can. It's a practical approach."

The best and perhaps easiest issue to deal with in a more environmentally friendly manner is wastewater.

"This is the most important thing because that can be the most toxic," Grandinetti emphasized. "If everyone pumped out at the dock, it would not be an

He added that the law currently requires boaters to go out three miles to dump into the ocean; in 2010 that distance will increase to 12 miles out. Grandinetti's concern is that people will have to go farther and use more fuel — if they bother to follow the law at all.

"To take care of the smells on board, chemicals are used that contain formaldehyde, so vou're not only dumping raw sewage into the ocean, you're dumping the chemicals," he said. "If people get tuned in to using different, more eco-friendly chemicals and different systems — or, better yet, pump out at the dock — that's really a great way to start. Another important issue is bottom paint. Copper-free paint is becoming more affordable."

Grandinetti will be available throughout the show at the Green Zone display as well as at the Knight & Carver booth. For more information, check out the boat

show Web site, or Eco Solutions, www.knightandcarver.com/eco solutions.

Also premiering at this year's San Diego show is the new Affordability Pavilion, highlighting pricing options and showcasing boats that can be financed for \$250 or less.

The Discover Boating Center & Information Seminars resource center features seminars for the experienced boater or the new enthusiast looking to learn more about the sport and lifestyle. Topics include cruising (both local and Mexican waters), sail handling, fishing and navigation.

The show takes place at the San Diego Convention Center and Marriott Marina, 111 West Harbor Drive, Thursday through Sunday. It's open Thursday and Friday from noon to 8 p.m.; Saturday from 10 a.m. to 8 p.m.; and Sunday from 11 a.m. to 6 p.m. Each night, the marina portion of the show closes at 6 p.m.

Adults (ages 16 and above) are admitted for \$10; youth (13-15) for \$5; and children (12 and under) for free. Tickets can be purchased online at SanDiego BoatShow.com. For more information, visit the Web site or call (858) 274-9924. ■

HIGH-TECH

- SCORE Workshop: Internet Marketing 101, Jan. 9, 9 a.m.-3 p.m., PLNU Mission Valley campus, 4007 Camino del Rio South, \$69 prepaid, \$79 door, (619) 557-7272
- SCORE Workshop: Business Plan 101, How to Develop your Best Competitive Advantage, Jan. 10, 9 a.m.-3 p.m., PLNU Mission Valley campus, 4007 Camino del Rio South, \$79 prepaid, \$89 door, (619)
- SCORE Workshop: Financing Your Business, Jan. 12, 9:30-11:30 a.m., SCORE Entrepreneur Center, 550 W. C St., Ste. 550, \$29 prepaid, \$39 door, (619) 557-7272
- SCORE Workshop: How to Start and Manage Your Business, Jan. 13, 9 a.m.-4:15 p.m., PLNU Mission Valley campus, 4007 Camino del Rio South, \$69 prepaid, \$79 door, 619 - 557 - 7272
- SCORE Workshop: Import-export basics, Jan. 13, 9 a.m.-noon, SCORE Entrepreneur Center, 550 W. C St., Ste. 550, \$69 prepaid, \$79 door, (619) 557-7272
- California Society of Certified Public Accountants: Annual dinner meeting, Jan. 14, 5 p.m. registration, 5:30 p.m. dinner, Sheraton La Jolla, 3299 Holiday Ct., (800) 922-5272
- American Society of Women **Accountants:** Natural prescriptions for women's health, with Mark Stengler, N.D., Jan. 15, 5:30 networking and registration, 6:15 dinner, Rock Bottom Brewery, 8980 Villa La Jolla Dr., (619) 525-7140
- Accountants in Transition: Hosted by Brad Janik, Jan. 16, 9-11 a.m., Thompson Financial Search, 5080 Shoreĥam Pl., Ste. 204, 452-1200, ext. 111
- SCORE Workshop: Financial statements - what they mean, how to use them, Jan. 16, 9:30-11:30 a.m., SCORE Entrepreneurial Center, 550 W. C St., Ste. 550, (619) 557-7272
- SCORE Workshop: QuickBooks Basic, Jan. 21, 9 a.m.-4 p.m., PLNU Mission Valley campus, 4007 Camino del Rio South, \$69 prepaid, \$79 door, (619) 557-7272
- CONNECT MIT Enterprise Forum of San Diego: "Sell, Spin-off or Go It Alone," Jan. 21, 5 p.m. networking and reception, 6 p.m. presentation, Salk Institute, 10010 N. Torrey Pines Rd., 453-4100 ■

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Calendar/Events

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Public Notice

CITY OF SAN Diego Park & Rec. Dept. Campus Pt, Eastgate, & La Jolla Village Dr. Maintenance Assessment Districts Annual Budget Meeting on Wed., Jan 21 @1:00PM. To be held at North University Branch Library.8820 Judicial Dr.

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PETITION FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, 330 WEST BROADWAY SAN DIEGO, CA. 92101 HALL OF JUSTICE CASE NO: 37-2008-00098872-CU-PT-

CTL
PETITIONER OR ATTORNEY, NATIVIDAD
EMPERADO SHEETZ 17607 POMERADO RD. #203 SAN DIEGO, CA. 92128 858-699-0054 : HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS FROM NATIVIDAD EMPERADO SHEETZ TO DECHI EMPERADO SHEETZ THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON FEB 10, 2009 AT 8:30 AM, DEPARTMENT D-25 220 WEST BROADWAY,SAN DIEGO,

ISSUE DATES: JAN 08, 15, 22 AND 29, 2009

PETITION FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, 330 WEST **BROADWAY SAN DIEGO, CA. 92101** HALL OF JUSTICE

CASE NO: 37-2009-00080757-CU-PT-

CTL PETITIONER OR ATTORNEY, MARYAM ARMANI 3435 LEBON DR. #1011 SAN DIEGO, CA. 92122 858-337-8613 : HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM MARYAM BEHROUZZADEH TO MARYAM ARMANI THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON FEB 19, 2009 AT 8:30 AM, DEPARTMENT D-25 220 WEST BROADWAY, SAN DIEGO, CA 92101



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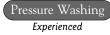
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- 102 119 20 126 130 128 132 133 134 135 138 139 137

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Nervous energy has you looking for a new project, Taurus. It could be just what the doctor ordered to get your mind off of other things. Ask Scorpio to help out.

GEMINI - May 22/Jun 21 Gemini, if you're thinking about a new relationship, consider adopting a pet. This could be

Cancer, there is such a thing as too much of a good thing. Whatever you've been doing in

CANCER - Jun 22/Jul 22

excess, you need to slow it down. Ask for friends to provide some other stimulation. LEO - Jul 23/Aug 23 With so much going on in the financial realm, it pays to take inventory of your spending and

saving, Leo. Now is the time to get your finances in check so you'll be prepared.

Virgo, there's been a lot of turmoil in your life the last few months. But this week something will occur that will take away a lot of the stress. Peace of mind is on the horizon

everyone involved. A new pet can bring trouble into the household.

SCORPIO - Oct 24/Nov 22 Is money ruling the day, Scorpio? It could be time to take a better look at your priorities. You may find some answers to your problems if you shift the focus off of your finances

SAGITTARIUS - Nov 23/Dec 21 Sagittarius, you're reaching new heights at work. The trouble is, you're not feeling so great about all of the success. Maybe you need to reevaluate your career path.

CAPRICORN - Dec 22/Jan 20 Capricorn, family concerns leave you feeling nervous. The way around them is to talk things over with friends. Sometimes just talking can make you feel better.

AQUARIUS - Jan 21/Feb 18 There's a lot of drama going on at home, Aquarius. But avoiding the situation won't make it go away. You have to stick it out and find the silver lining to this cloud.

Surround yourself with lots of friends, Pisces. This will put and keep a smile on your face this week. Sagittarius wants to join the fun.

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Recycling and Waste Reduction Tips!

How to Recycle at Home. Make recycling an easy part of your daily

routine with these simple guidelines.

Select storage locations - Collect recyclables where they're generated by conveniently placing bins in the kitchen, home office, and garage.

Select storage containers - Make sure that your recycling and trash containers look different from each other. Stackable plastic bins, crates, boxes and grocery bags make good indoor containers. When full, empty them into your Cityissued blue bin.

How to prepare items - Remove lids. Flatten cardboard. Although rinsing containers out is not required, it may deter bugs.

What to do with...?

There are some items not accepted in the blue bin that can still be recycled:

Donate clothes and household items - If in good condition, these items can be donated to local thrift stores and nonprofit groups to be repaired and reused.

Recycle paper and plastic shopping bags - Most grocery stores in California have bins for recycling plastic bags, and paper bags can be recycled in your blue bin. Avoid single-use shopping bags altogether by using durable bags, and prevent tons of unnecessary paper and plastic bags from being produced and disReuse Styrofoam Packing Products -Try reusing Styrofoam for packing at

home. If you can't use the peanuts, many shipping stores will reuse them. Some do not accept molded Styrofoam.

Recycling Household Hazardous Waste and Universal Waste

It is against the law to dispose of household hazardous waste (HHW) or universal waste in any refuse container.

HHW includes: used motor oil, antifreeze.

oil filters, and latex paint.

Universal Waste includes: consumer batteries, electronic devices, fluorescent bulbs, and items containing mercury.

Proper disposal and recycling options vary. **For More Information**

Help is Close By - For help on starting a recycling program, disposal options for hazardous wasteand universal waste, or more waste reduction tips, call Environmental Services at 858-694-7000 or visit www.sdrecyclingworks.com





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